

# From Where We Stand...

## Statistics Do Not Show The Cause And Effect

It appears statistical population research has convinced some authorities that diets high in saturated fats are a major cause of heart disease. They show a statistical link between people with high level blood cholesterol and heart attacks . . . low level cholesterol and fewer heart attacks.

But statistical studies do not show vital evidence. And those using them on this fat matter, have selected only the information they want to talk about. By volume and number there are at least as many and perhaps even more epidemiological studies that "prove" quite the opposite! The "Irish Brother" study, "Finnish Lumberjack" study, "Masai Tribesmen" study, "Sugar" study, all "prove" that people eating substantial amounts of animal fats have no higher incidence of heart disease. Even the American Cancer Society has come up with data from a major population study showing fewer heart attacks among people consuming large amounts of cholesterol.

Frankly, we doubt the advisability of counter-claiming with such statistical information. But these are among many more cases published in the scientific journals which tell a story different from that emphasized by people who tell us to cut intake of animal fats. The point is, they are statistics and just statistics — not cause-and-effect medical research projects.

Should such cause and effect investigations ever establish that lowering cholesterol levels is helpful, it should be noted that there are other methods possibly more effective than dietary change in getting the job done. Of major significance are a number of drugs — presently in the development stage — some of which can reduce cholesterol levels by as much as 50%. Diet changes bring cholesterol down in people of U.S. only a modest 10-15% . . . which doesn't even approach the much lower levels of populations cited by American Heart Assn. and others. If cholesterol is a factor, further investigation in this direction appears to offer much greater promise than tampering with the national dietary of the total U.S. population.

After all, the U.S. population is blessed uniquely with a food supply which provides all the necessary nutrients for good health . . . when consumed in proper balance. The less fortunate peoples in other parts of the world could make good use of such a food supply. At least that's the way it looks from where we stand.

## Farm News This Week

**Why Didn't Farmers Grow Sugar Beets? — Page 1**

**County Farmers Assn. Plans Spring Meeting — Page 1**

**Mrs. Stauffer Sets A Busy Pace With Her Many Activities — Page 18**

**Hackerman Receives State Legislative Resolution For Conservation Work — Pg. 1**

**LANCASTER FARMING**  
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## Intolerable Prospect

From time to time, press reports have told of the continuing effort to organize California grape pickers. Since the pickers apparently do not wish to be organized, union pressure has taken the form of a nationwide boycott against California table grapes in an attempt to coerce grape growers to sign contracts whether the workers want to join a union or not.

Wholly aside from the merit of the issues involved in the dispute, which it would seem would be a local concern, the boycott tactics have taken an ominous turn. They involve questions of principle that directly affect all merchants and consumers. By intimidation and threats of violence, the boycotters are endeavoring to force merchants to remove grapes from the marketplace. A retailer, hundreds or thousands of miles from California grape fields, may find his place of business under attack and his customers driven away if he refuses to accede to the wishes of the boycotters. He is forced to take sides, irrespective of his convictions and his right to carry on his business as he thinks best.

By forcing removal of an item from store shelves, boycotters are also depriving consumers of freedom of choice and the right to judge for themselves by their patronage the wisdom of a merchant's merchandising policies. If nationwide coercion of consumers and merchants works in the case of attempts to organize grape pickers, there is little question but that the same kind of coercion will be applied elsewhere. It is an intolerable prospect.

At least that's the way it looks from where we stand.

## The Coming Of Spring

The welcome freshness of the new spring season approaches. Since the beginning of time, Spring has been nature's way of reminding man that life is a never-ending process. During the spring months of March, April, May and June, as the sun rises higher in the Northern Hemisphere, the trees leaf out, crops flourish, the scent of flowers fills the air and the new young of all nature's creatures look about them with wonder at the beauty of the land and the blueness of the sky. Depending upon where we live, our thoughts will turn to the pursuits of spring gardening, Easter bonnets, vacations, weekend treks to the coasts, mountains and lakes. One and all, we will enjoy the general state of somnolence known as spring fever that always makes its appearance after a dreary winter.

The springtime of life is now, and we should make the most of it. We should accept nature's invitation to enjoy the good things of creation, to lay aside bitterness, tension and prejudice. Spring is the time to start anew, and only the foolish will deny it.

## Across The Fence Row

Don't worry about what others think about you — they aren't thinking of you — they are wondering what you are thinking of them.

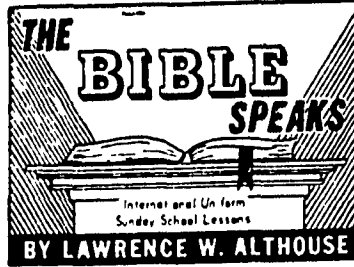
It's very difficult to leave footprints on the sands of time with bedroom slippers.

## Local Weather Forecast

(From the U. S. Weather Bureau at the Harrisburg State Airport)

The five-day forecast for the period Saturday through next Wednesday calls for temperatures to average much lower than normal with daytime highs in the 40's and overnight lows in the low 20's. Little day to day change. Normal high-low is 48-29.

Precipitation may total less than one-tenth inch water equivalent in light snow or flurries mostly over the interior Tuesday or Wednesday.



## THE FATAL LACK

Lesson for March 9, 1969

Background Scripture: Mark 10  
 Devotional Reading: John 15:1-11.

A small child of three spent a whole afternoon teasing her mother to give her some grapes. That night at bedtime she observed her cousin saying her prayers and asked for an explanation of the unfamiliar proceedings. The mother explained that her cousin was talking to God, asking him to bless her family and make her a good girl. Impressed, the little girl went to her own bedroom and shut the door to say her prayers. A little while later upon emerging from her room, she said to her mother: "I talked to God and he said I was a very good girl—and I could have some grapes!"

### Divine Handyman

Like many of her elders, the little girl was trying to use God to serve her own purposes. She was interested in God, but only in terms of what he might be able to do for her. Many adults are interested in him for reasons not much more mature. Religion can very easily become a means to a selfish end. This makes God a kind of divine handyman or celestial troubleshooter. His function may become so stylized that one might expect to find him listed in the yellow pages under "odd jobs," or some similar designation.

We see this when the so-called "rich, young ruler" (though Mark simply calls him "a man") comes to Jesus (Mark 10:17). He wants something from God: eternal life. All of his religion has been directed toward achieving that goal. He has diligently followed the laws of God in order that he might be found worthy of receiving the prize. His observance of these laws has not been so much to please God, but to serve his

own purposes. "What must I do to inherit eternal life?" he asks. What button must I push, what levers must I pull to insure that I will get from God what I want? One thing!

The reply of Jesus must have been shattering. The man could not think of anything he had left undone. In fact, he had gone out of his way to win the prize. But Jesus said: "You lack one thing . . ." (Mark 10:21). One thing stood between this man and eternal life.

It seems a small matter to lack but one thing in seeking your goal. What is one little thing? We can quickly and easily change that. Surely you would not deny the gift of eternal life for the sake of one little insufficiency! But it is not a little matter. The barrier is real and it makes all the difference between receiving and being denied the gift. It was a fatal lack in this man's life.

"You lack one thing; go, sell what you have, and give to the poor, and you will have treasure in heaven; and come, follow me." This may have seemed a strange thing for Jesus to say to the man, for there was no commandment or statute that either required or suggested that a man should give everything to the poor. Does Jesus mean that if men are to become his disciples they must first impoverish themselves?

### Our obstacles

No, this is not what Jesus means. If they are to be his disciples, they must have no vital deficiencies. For the man in Mark 10 the fatal lack was a self-centered life that was built upon material possessions. He lacked the overriding desire to serve Christ above all else. For him, money was the obstacle. For you and for me it may be something else that gets in our way. His possessions were great, but with me it may be an ego that is "great," with you an undisciplined temper.

All of us come before him with some lack that gets in the way of our discipleship. The question for us is the same that applied to him: can we let it go or are we in its grasp? Has that lack become fatal?

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## Attend The Church Of Your Choice Sunday

## For Full Market Reports Read Lancaster Farming



## NOW IS THE TIME . . .

By Max Smith  
 Lancaster County Agent

### To Plan For Pasture Fertilization

Permanent pastures including large amounts of the grasses, such as bluegrass, timothy and orchard grass will respond to early spring fertilizer applications. On straight grass mixtures only nitrogen need be used. With grass-legume mixtures complete fertilizers should be used. This extra plant food applied late March or early April will increase the forage growth and permit earlier and harder grazing.

### To Protect Fertilizer

Fertilizer that has been delivered and in storage should be protected from the weather and away from children and livestock. . . .

fertilizer is delivered and spread in bulk, the danger of careless storage of delivered complete fertilizer is still present on many farms. The bags should not be placed on the ground or on concrete floors, because they will draw moisture and "set-up."

### To Sow Spring Oats Early

Local growers of spring oats are urged to get the crop into the ground by the first of April, if weather permits. Later plantings usually will not yield as well and the crop will not be profitable. Clintford is an adapted variety that is early maturing and should give good results when planted as early as possible in the spring (by early April).