

## Hypoglycemia Is Important To The Egg Man

"Hypoglycemia — low blood sugar — is neither a new word nor a new disease. In fact, it may be a 'disorder' instead of a disease. But it is important to the egg man," advises Dr. L. A. Wilhelm, president of the poultry and Egg National Board.

Recently a number of dietitians and doctors have been recommending "EGGS" for hypoglycemia! That may sound strange to an industry that has become "allergic" to doctors, largely because of cholesterol.

The hypoglycemia literature advises that this disorder may be one of the most prevalent in the country, Dr. Wilhelm said. Strangely enough to the medi-

cal layman, this low blood sugar disorder is not corrected by eating sugar or starch. There are some nine different causes that demand specific medical attention — but the tenth and most common cause is simply poor nutrition — functional hypoglycemia.

Hypoglycemia should be suspected of those who are "nervous" and complain of tiredness, weakness, headache, sudden hunger and possible heart palpitations. Add to this the tense individual with stomach complaints, and you describe a great majority of Americans!

Medical authorities advise that suspected hypoglycemia can be best diagnosed by a sugar (glucose) tolerance test. This is a series of tests given over a period of at least 6 hours rather than the simply "blood sugar test."

Where do eggs come in? . . . Diet is the first line of defense. Not only what is eaten but when it is eaten. Hypoglycemics should avoid not only sugar but all sweets. Their food should be HIGH in protein. Sugar (glucose) is derived from protein — slowly — and does not cause the pancreas to excrete excessive insulin as sugar does.

The principal protein foods recommended are meats, eggs, cheese, nuts, fish and poultry.

Hypoglycemics may be fat, thin or average. Because nervous types tend to be thin — more of them are thin. If the low sugar diet results in loss of weight, this can be made up by increasing the fatty foods. These rate approximately twice as high in calories as sugar.

Hypoglycemia (low blood sugar) may be considered the opposite of hyperglycemia or Diabetes, Dr. Wilhelm explains. More sugar is not the cure — because it is too readily used or "burned up." What the body needs is a long, constant supply such as it can convert from protein. And Eggs are not only the cheapest but the best source of a balanced animal protein.

"Aren't Eggs Wonderful!" he exclaims.

## ● Penn State (Continued from Page 13)

on all important vegetable crops; nutritional studies involving nitrogen and magnesium, breeding plots of sweet corn, peppers, eggplants, and tomatoes. Tomato plots include staked, fresh market and machine harvesting varieties, breeding lines, nutritional studies and growth regulators.

Highlighting Field Day will be the exhibiting and demonstrating of harvesters for fresh market sweet corn and cabbage. Machines will be on display and demonstrated on a number of sweet corn and cabbage varieties planted especially for this event.

A Pennsylvania experiment using a helicopter modified to accommodate a pilot, a medical attendant and an accident victim resulted in a savings of from 16 to 50 percent in the time required by a normal ambulance to travel from an accident scene to a hospital.

When you've come to the end of a perfect day, check things over again.



Russell C. Latshaw

## Russell Latshaw Sales Rep. For Miller & Bushong

Russell C. Latshaw, well-known Berks County, Pennsylvania, poultry man, was appointed August 1, a sales and service representative for Miller & Bushong, Inc., Rohietstown. He will be responsible for a territory consisting of a part of Berks and Montgomery counties.

Since 1943, Latshaw has been operating the family poultry farm and is a Director of the Pennsylvania Poultry Federation, as well as a Director and past President of the Berks County Poultry Association. He and Mrs. (Grace) Latshaw reside at R D #1, Barto.

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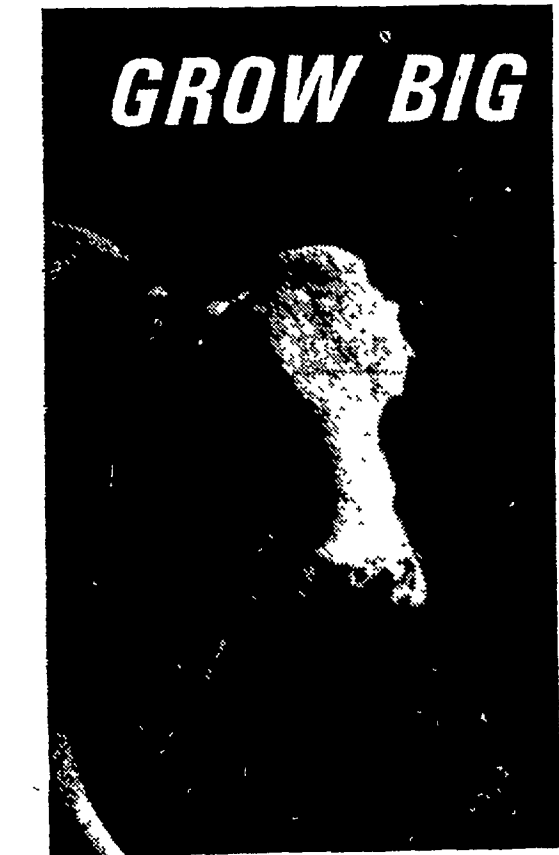


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