

From Where We Stand...

Fat Controversy

The saturated fat versus the polyunsaturated fat controversy is still a boiling scientific pot with leading nutrition scientists, heart specialists, and bio-chemists not agreeing on the cause of cholesterol build-ups and if these buildups leads to coronary heart disease.

In a National Livestock and Meat Board report this week, MB says evidence simply does not implicate animal (saturated) fats and claims further that those who recommend dramatic saturated fat cutbacks in diet are "experimenting" with the health of the general public, rather than offering medically astute advice.

A number of scientists do not agree with the National Meat Board, but we join the growing number of such people who do agree. And our point of view got fuel recently — and from all people — a highly-placed executive with (you guessed it) The American Heart Association. This "heart" official made some comments from the podium at the International Symposium on Atherosclerosis in Chicago that belie what the Heart Association has been trying to tell us. Here in essence is what Dr. Campbell Moses, Medical Director of AHA told the luncheon gathering of scientists and physicians: The AHA general diet recommendations are made on the basis of "clinical judgment" rather than "absolute scientific proof." When physicians do not have absolute scientific proof they must make recommendations on clinical judgment.

To us, this adds up to acknowledgement by the AHA that what we along with many others have claimed right along — that the AHA does not have scientific proof that switching from saturated to polyunsaturated fats will help prevent heart attacks.

And as for this "clinical judgment" bit as opposed to indisputable proof, that may be fine for doctor-patient relationships where the M. D. knows the history of the patient and can keep him under relatively constant observation. Certainly, doctors must work that way using their best judgment in the individual situation. But to base recommendations for an entire population on clinical judgment is not only impractical, it is quite likely dangerous. At least that's the way it looks from where we stand.

An Encouraging Sign

Very often the question of how government gets bigger and bigger revolves around a sort of "which came first, chicken or egg" argument. On the one hand, there are those who blame big government on the persuasive force of public opinion which demands evermore costly governmental services. On the other hand, there are those who believe big government comes from the

steady push of politicians to curry favor with voters by constantly thinking up new schemes to spend tax dollars to help the folks back home. Irrespective of where the blame lies, there is at least one sizable group of citizens who would like to see the trend reversed.

Nearly 2 million farm families — members of the American Farm Bureau Federation — support proposed legislation that would gradually free agriculture from the subsidies and controls that have dominated farming for more than 30 years. These subsidies and controls have been failures. They have helped neither farmers nor consumers and have burdened us all as taxpayers with farm programs that have cost billions of dollars. The president of the American Farm Bureau Federation, Mr. Charles B. Shuman, speaking in behalf of the Agricultural Adjustment Act of 1969, says, "... A completely new approach is needed. New legislation should be enacted this year..." The Act represents what Mr. Shuman and the Farm Bureau believe is the way to a gradual return to the principles of the free market in agriculture. Over a period of years, it would phase out subsidies and controls while providing assistance to farmers during the transition period.

Members of the Farm Bureau are proving that a great body of U.S. citizens favor limiting the role of government in our lives. It is an encouraging sign.

Try The Moon, Baby

A late issue of Nation's Business carries a recital of some of the Horatio Alger success stories of young U.S. businessmen, ranging in age from the early 20's to the early 40's. The experiences of these young men are the best possible answer to the dreary charges that business turns off America's youth, that the "establishment" must go, and other similar laments and threats that are repeated ad infinitum.

The truth is that there is probably more opportunity in the U.S. today for the young progressive, enterprising businessman or farmer than in any previous era. Nation's Business describes the rise of some of them. For example, in Memphis, Tennessee, a young Negro, 40 years of age, is head of a life insurance concern with \$18 million worth of policies in force. He employs 110 agents and is vice president of the Memphis Area Chamber of Commerce. Another young man made a fortune working "27 hours a day" selling home fire alarm devices. This year the firm, which he heads, expects to gross \$10 million and is planning a \$750,000 office building. These are but two examples out of many ranging from farming to computers. Of today's militants, one of these young men says, "If you want to pull down American flags, let's see you get the one on the moon, baby."

Farm News This Week

Clair Witwer Named
New FFA President — Page 1

Secretary Lyng Requests Action
Of Inter-State Cooperative — Page 1

Tobacco Buying Starts Early — Page 1

LANCASTER FARMING

Lancaster County's Own Farm Weekly

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Across The Fence Row

Men are born with two eyes, but with only one tongue, in order that they should see twice as much as they say.

— C. C. Colton

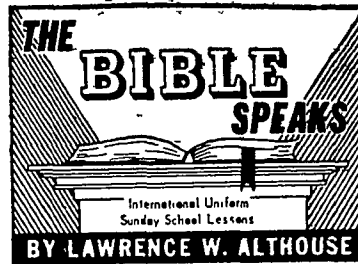
To be born a gentleman is an accident, but to die one is an achievement.

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 below normal with daytime highs in the mid 30's and over night lows in the 20's to low 30's. Generally cold throughout the period. The normal high-low for the period is 45-28.

Precipitation may total one-fourth to one-half inch water equivalent as rain or snow showers over the weekend and rain showers on Tuesday.



BEHIND THE LAW

Lesson for November 30, 1969

Background Scripture Nehemiah 8 through 9.

Devotional Reading Psalms 199 89 96.

Many a man has dreamed of rebuilding a city, only to fail because he did not realize that cities require more than brick and mortar and ambitious plans. To build houses, stores, factories, to pave streets and plan for parks: these activities alone cannot make a city beautiful or comfortable. All the building is in vain unless there is also moral and spiritual building.

When the exiles returned to Jerusalem they found it in ruins. Thus Nehemiah, a close associate of the Persian king, had left his good position to go to Jerusalem and lead the people in a program of reconstruction. Despite great obstacles and many detractors, they began to restore the great city and its temple.

A man named Ezra

It became apparent, however, that something else was needed in Jerusalem. Thus, several decades later, another man, a priest and scribe named Ezra, came to Jerusalem to meet that need. As he saw the situation, the people were greatly lacking in their knowledge of God's law. Thus, on the Jewish New Year's Day, he called the people to assemble in the square at Jerusalem so that he might acquaint them with the ancient laws of Israel. Unless they made this law the foundation of their lives he said, their rebuilding of Jerusalem would be in vain. If they lived by this law, however, they would live happy and prosperous lives.

The better way

There are many passages in the scriptures which promise us a richer and fuller life if we will live according to God's laws. What is the basis of that promise?

Does it mean that if we please God by doing as he commands he will reward us? Much more than that, it means that God's laws spell-out for us a way of living that brings us the highest possible satisfaction.

It is not a matter of God forbidding what he does not like, but of forbidding that which is harmful for man and a hindrance to the creative potential God has placed within him. Nor is it a matter of God making arbitrary requests of men, but of setting before them the ways that bring him the greatest good.

In the 1840's one of the most famous teaching hospitals in the world was Vienna's Allgemeines Krankenhaus. In its maternity wards in those days, one out of every six patients died, a mortality rate common throughout the world. When the women died, they were wheeled into the autopsy room where they were examined by physicians and medical students. Afterwards, without cleansing their hands or using rubber gloves, these same men went into the maternity wards to examine their patients.

The wisdom of the law

Finally, Dr. Ignaz Semmelweis was given charge of these wards and observed that it was particularly the women examined by these doctors who died. After three years, he established a rule that every physician who participated in an autopsy would wash his hands before examining a live patient. The mortality rate dropped remarkably and today the practice is routine throughout the world.

Dr. S. I. McMillen, a contemporary physician has observed that Semmelweis had "discovered" what the Jews had been commanded six thousand years earlier when Moses gave God's laws for the handling of the dead and the infected. These commandments had not been arbitrary rules, but the principles that provided for his people's welfare. The Jews did not understand the reason behind these laws; today, however, we know why.

So it is with all the laws of God. We may not always know why they are given to us, but we may be sure that behind the law there is God's provision for our greatest welfare.

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ATTEND THE
CHURCH OF
YOUR CHOICE SUNDAY

Read Lancaster Farming For Full Market Reports



NOW IS
THE TIME...

By Max Smith
Lancaster County Agent

To Protect Farm Machinery
Winter weather is approaching and all machinery that is not to be used daily during the winter should be in out of the rain and snow. Rust will develop if the equipment is permitted to be outside. With the high cost of machinery and parts, it is only good management to protect this big investment. A special machinery shed away from the main barn is strongly advised.

To Practice Sanitation

All livestock and dairy producers must be very careful about bringing infection home to the herd or flock. With considerable traffic between public sales, auctions, and stock yards every own-

er should be sure to wear different boots or shoes, or to disinfect them before entering his own barn. Many diseases are brought to the farm by the owner, by trucks, or by visitors. Strict sanitation is only good management.

To Spray Legumes For Weeds

Some fields of alfalfa or clover may need some spray attention in the next month in order to kill chickweed, shepherds purse, winter cress, and some of the winter weeds. The use of one of the DiNitros or Chloro IPC when the weeds are very young should give good results. Follow directions as to amount and air temperatures.