

From Where We Stand...

For Better American Diets

Heart disease, accepted as the nation's leading killer has been attributed to over-eating, obesity, saturated fats, smoking, sleeping too little, worrying too much, competing too vigorously, overdoses of vitamin D, low physical activity and even lately "The Pill" is blamed, to name a few. What is the answer? A. All of the above? B. Some of the above? C. None of the above? Or perhaps, D. There is not enough information available to adequately answer the question?

We think the answer lies somewhere between B and D. Medical science has clues and some information. And the general public, largely has only misinformation. The subject, especially on fats, has been debated recently by the National Meat Board's Dr. W. C. Sherman, Director of Nutrition Research and the American Heart Association's Dr. Campbell Moses, Medical Director.

According to reports Moses spoke well of meat industry's promotion work and endorsed "new" lean pork and other lean meats. He said the heart people did not want to cut meat from the diet of Americans, they only want to cut saturated fat contained in food intake. They only want to substitute polyunsaturated fats for the saturated ones. Of course, this means cutting your consumption of meat, dairy, and egg foods.

In rebuttal, Sherman made three points. First, the American Heart Association's repeated special health claim for polyunsaturated fats has no scientific proof to substantiate it. In fact, at the recent White House Conference on Food, Nutrition and Health, a special panel on heart disease referred to the polyunsaturated fats idea as "dietary hypothesis". If you are a scientist, that means it is a supposition assumed as basis for reasoning. A hypothesis comes before a "theory" which in turn comes before a "law". A "law" is a theory proved beyond reasonable doubt. So, you see, the polyunsaturated fats idea hasn't come near being proved beyond reasonable doubt.

Secondly, Sherman said research with animals and investigations among humans show evidence that an oil fat diet may increase the incidence of cancer and other degenerative diseases. And thirdly, he asked why the American Heart Association is vigorously supporting the idea for a massive, government-financed diet-heart study on humans if it already is certain that saturated fats are bad and the polyunsaturated fat diet is good. You would think if they had proof of scientific fact, they would not be so interested in further study.

We are compelled to ask where Dr. Moses would like to lead the American people. Evidence doesn't show that the land

of polyunsaturates is necessarily the promised land of heart health.

We think the American Heart Association should join with farm organizations to support research and promotion of diets that are based on facts and common sense. The public would be served and so would the agriculture industry. At least that's the way it looks from where we stand.

Commonsense Approach

Retiring Executive Vice Chairman of the National Alliance of Businessmen, Mr. Leo C. Beebe, expressed a refreshing viewpoint on the present near mania for innovation for innovation's sake when he said, "I think that what this nation needs today is a moratorium on innovation for at least a test period during which we all do what we're supposed to do, like managers manage, and teachers teach and garbage collectors collect the garbage. . . ."

"I suggest that if we started doing that, we'd get more innovation than we'd know what to do with. Why? Because where do new and effective ideas come from? Not from the ozone. They come from people who have done their homework, who think and work and have tried old ideas, who have learned that because the old ideas won't work, we need something new. Thus they have a frame of reference from which to proceed."

And the Marshfield, Missouri, Mail has expressed some thoughts on the quality of people and the quality of nations that while sounding uncompromisingly harsh, embrace a fundamental truth. It says: "Only second-class people make a second-class nation. People who want to be paid without working enough to earn it are second-class people, not Americans. People more anxious for security than self-respect, comfort above accomplishment . . . are dragging America down to the second-class nation status. . . . Run this nation once more by hard work — and for those Americans with self-respect, not for whiners — and we'd sweep that scornful 'second-class' sneer and all excuses for it down the rathole where it belongs."

Across The Fence Row

"Well, son," asked the father, "how are your marks at school?"

"Under water," was the response.

"And what do you mean by that?" persisted the parent.

"Well," said the son reluctantly, "they're all below (C) level."

They say bright eyes indicate curiosity. Well, so do black eyes.

When we do not succeed, our friends are disappointed in us; when we do, they are annoyed. — Stephen Huguonot

Prejudice being down on something you're not up on.

No man is a good physician who has never been sick — Arabian Proverb

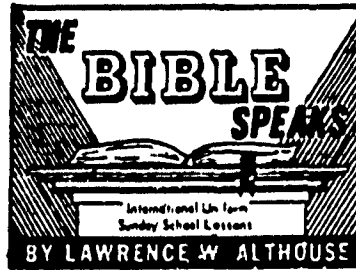
And with this cold weather we've been having here is a good one. A cold is both positive and negative, sometimes the eyes have it and sometimes the nose.

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 near normal with daytime highs in the low 40's and over night lows in the 20's. Mild temperatures over the weekend, turning colder Monday and Tuesday and warmer again Wednesday.

Precipitation may total one-fourth inch as showers late Monday night.



THE WRONG KIND

Lesson for February 8, 1970

Background Scriptures: Nehemiah 1:1-11; Hosea 14; Matthew 18:23-35; Luke 7:36-50; Devotional Readings: Psalms 103:1-13.

A certain young minister was fired by his congregation for what was termed "conduct unbecoming a minister of the Gospel."

The disputed "conduct" was the minister's visits to a local American Legion Post. Disturbed because he had no contact with the people who patronized the Post, he decided to go there every Friday evening for supper. Perhaps he could meet and talk to some of these people that never "darkened the doors of the church."



Rev. Althouse

The first Friday evening when he entered the Post, a hush fell over the people in the room when he appeared at the doorway. Although these people did not attend his church (or any, for that matter), they did know who he was and were astonished to see him there. They could hardly believe their eyes. No clergyman had ever before set foot in the Post. It was the one organization in town that had a bar and hardly a place where one would expect to find a pastor.

Not our kind

Nodding to several of the people as he passed them, he sat down at a table and scanned the menu. In time, a waitress came to his table and he placed his order: a hot roast beef sandwich and a cup of coffee.

That first evening the people in the Post regarded him as an oddity and politely avoided him and his table. In the ensuing weeks, however, they grew more friendly and several people eventually sat down at his table and talked with him at some length.

At first they talked about many things in general: the new school tax, the high school football team,

war, peace, Viet Nam, etc. Gradually, however, their conversations became more personal and several asked him his advice and counsel. One man confessed to him that he had once been a very active church member but had "gotten away from it" and found it difficult to get started again.

That kind of people

After several months of his weekly visit for a sandwich and coffee, several people he met at the post began to come to his church. Some of the congregation welcomed the newcomers, but others gave them a chilly reception. Finally, a delegation of irate parishioners came to the pastor and complained that "these new people are just not our kind!" Either the minister would indicate to the newcomers that they would be more welcome somewhere else or they would ask for his resignation. He had brought great disgrace upon the church with his visits to the post, they said.

The young minister refused to do as they demanded and the struggle began. The irate faction began a campaign to garner sufficient support to force him out. At last, they were successful. "A man of God," they said, "wouldn't associate with that kind of people in that kind of place."

What would Jesus do?

What do you think? Was the pastor wrong in associating with these people? Was he wrong in going where they were instead of waiting for them to come to him? What would Jesus have done?

Actually, we do not have to speculate as to what Jesus would have done, for the New Testament tells us plainly what he did do. He not only told parables about seeking the lost, about the physician coming to heal the sick instead of the well, he himself went to them and sought them. He associated with the "wrong kind of people" and too often was found in the "wrong kind of place." He was condemned for associating with harlots, tax collectors and other moral "untouchables." He was denounced for going to their homes and sharing their hospitality.

What would we say to him today? More important, what would he say to us?

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U. S. A. Released by Community Press Service.)

Farm News This Week

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LANCASTER FARMING

Lancaster County's Own Farm Weekly

P O Box 266 - Lititz, Pa 17543

Office 22 E Main St., Lititz, Pa 17543

Phone Lancaster 394 3047 or Lititz 626 2191

Everett R. Newswanger, Editor

Robert G. Campbell, Advertising Director

Subscription price \$2 per year in Lancaster County \$3 elsewhere

Established November 4, 1955

Published every Saturday by Lancaster Farming, Lititz, Pa

Second Class Postage paid at Lititz, Pa 17543

Member of Newspaper Farm Editors Assn



NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent

To Put It In Writing

Many farm lease arrangements are being made during the winter months. There is not any one definite lease that will suit all parties, therefore, each arrangement is a bit different and should be put in writing and signed by each party. Even though a written lease will not guarantee complete honesty, but it will usually help with a better understanding of each person's responsibilities.

To Give Special Care To The Young

This is the time of the year when hundreds of pigs and lambs are being born on our farms. These little animals require special care the first 48 hours in order to get a proper start. Producers are urged to provide dry and draft-free quarters for them

at this time. In many cases profit or loss in the business is largely determined on the kind of a start they get.

To Beware Of Bargains

Every year we hear of special deals offered to farmers by strangers who travel through the county making very attractive prices on materials and equipment. I have nothing against special sales and good bargains but the point is that you should be sure that you know with whom you are dealing and that he is reliable and will stand behind his product. It is best to deal with reliable folks and concerns, and ones that are known in the community, and will make adjustments if the product is not satisfactory. Many bargains from strangers end up to be very expensive.