

# Meat, Milk Said Better Diet Than Bread, Water

Noting that low cholesterol diets are in vogue today a heart authority said "If you follow everything they say, you'll die of malnutrition with perfect arteries."

Dr. David Kritchevsky of the Wistar Institute of Anatomy and Biology, Philadelphia, said if you come from a coronary-prone family it's only prudent to take precautions in diet and otherwise. But he noted no causal relationship between diet, cholesterol and heart disease has been established.

The fact that it is more of a casual than causal relationship makes such a correlation tough to pin down, he said.

Dr. Kritchevsky was guest speaker at the banquet of the Semi-Annual Meeting of the National Live Stock and Meat Board in Montgomery, Feb. 23.

Other factors which seem to relate to heart disease are stress, high blood pressure, smoking, overweightness, sugar and fat consumption.

Kritchevsky said if cholesterol were a foreign substance positively known to contribute to heart disease the solution would be simple: eliminate the foreign substance. But, he observed, cholesterol is an essential part of the body. It is the parent substance of sex hormones, ACTH and bile salts. Further, he said, it isn't positively known that it contributes to heart disease.

He suggested that the stress of taking precautionary measures against heart disease — such as trying to stay on a strict diet — could possibly bring on

coronary troubles itself. He noted also that the health of western populations is such that people live long enough to have heart trouble.

And he projected the possibility that manipulating the traditional American diet as a means of avoiding heart disease could deteriorate the body's resistance to other diseases and ailments which also can be deadly.

Referring to himself as a nutritional dove, Dr. Kritchevsky said, "I don't really believe everybody in the U.S. should be put on bread and water."

He cited research with African Masai tribesmen whose diets consist of meat, milk and blood and who live extremely physically active lives. Such diets, of course, are practically devoid of polyunsaturated fats — the kind of fats said by many to lower blood cholesterol levels.

Yet the tribesmen have low blood cholesterol levels and virtually no heart trouble. He said similar studies have been done in this county where people were allowed to eat pretty much what they wanted but were put on a regimen of extensive exercise. Here, too, the cholesterol levels did not move upward.

Exercise, he indicated, has a positive effect in prevention of heart ailments. He also emphasized control of calories — cutting down on all foods (when one is overweight) but not cutting out any food group entirely.

## 1970 4-H Calendar

The 1970 county 4-H calendar events has been released. It is as follows:

March 11 — leader training, March 16-31 — County Council Candy Sale, March 21 — 4-H TV Action Program, 12:30 p.m. - 1:00 p.m.

April 10-11-12 — Teen Leader Conference Weekend - Heishey, April 13-14 — Capitol Days

Beginning April 14 and ending May 28 — Sew Smart on Channel 33 each Tuesday and Thursday at 6:15 p.m. 14 program series on an intermediate level showing the newest techniques for sewing today's fashions.

April 24-25 — 4-H Play (Tentative), April 30 — officers training and new leader orientation.

June 8-12 — Camp Kanasa, June 15-18 — Pennsylvania 4-H Club Congress.

June 22 to July 5 — Suggested dates for Exchange Trip to Barron County, Wisconsin (Tentative).

July 7-14 — Suggested dates to host Exchange delegates from Plymouth County, Iowa (Tentative).

July 8 — County Demonstration and Public Speaking Contest, July 15 — Regional 4-H Day (demonstrations and public speaking contest), July 28-29 — Countywide 4-H Dairy Show, July 31 — County Dress Revue.

August 10-11-12 — State 4-H Days, August 13 — District Dress Revue (Tentative), August 19-20 — State Dress Revue.

August 27 — District South Central 4-H Dairy Show, August 28 — 4-H Achievement Day and Queen Contest, September 20 — State Dairy Show.

November 9-13 — Pennsylvania Livestock Exposition, November 13-14 — State 4-H Horse Show.

## 4 Corn Meetings Hold By West Chester Office

The cooperative Extension Service of West Chester held four corn meetings this week on topics including corn varieties, plant populations, fertilization, weed control, corn insect control and standability.

The meetings Wednesday and Thursday were held at Home Brook Grange Hall, Octorara High School, Russellville Grange Hall and North Coventry Grange Hall, Cedarville.

## Egg Marketing Group To Hear Consumer Talk

Mrs. Bette Clemens, director of the Bureau of Consumer Protection, office of the Attorney General, Harrisburg, will be the speaker at the March 13 meeting in Denver of the Pennsylvania Egg Marketing Assn.

Mrs. Clemens will speak on consumer protection at the 7:30 p.m. meeting in Schrafft's Restaurant, Denver.

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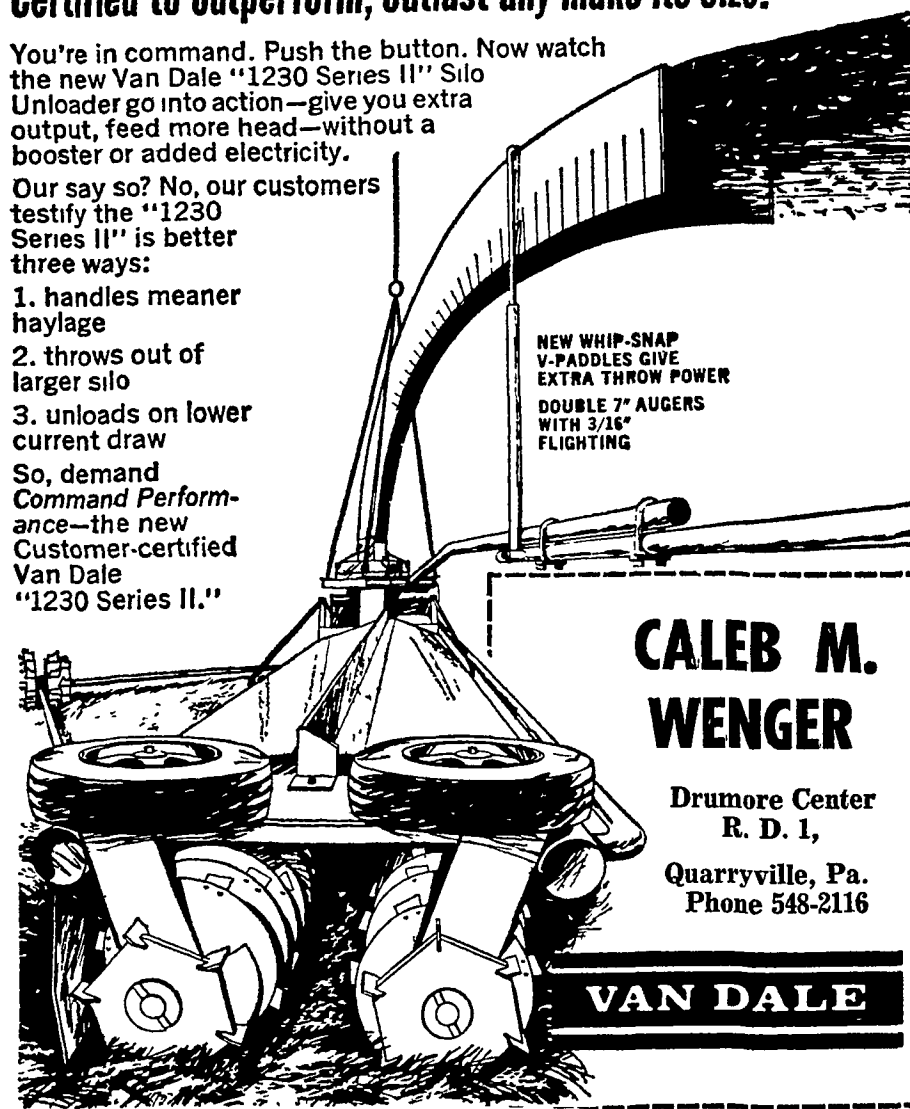
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