

## 'Tell It Like It Is'

"The American farmer is an efficient businessman, a good customer, and a good citizen.

"For all the changes that have taken place on the American farm in the years that have passed, one thing remains the same. The farms of America are still providing the greatest nation on earth with the finest selection of rich, nourishing food that has ever been known — the American agriculture, more than ever before, is our nation's most basic industry.

"Folks, this is a great story. Success of the farmer and Farmers' Association depend on how well we can tell this to our legislators, our neighbors, and our friends in town. In today's slang — Let's tell it like it is."

That is part of the speech made by John R. Pitzer, president of the Pennsylvania Farmers' Association, to a large Lancaster County audience at the local Farmers' Association banquet recently. We think the remarks stand quite well as an editorial

## On the Nutrition Movement

The national news media in recent months has carried many interesting stories concerning charges and counter-charges about the nutritional value — or lack of it — of various foods.

Behind all the controversy is something very basic. It's the concern of people for their own health and the health of their families.

When someone charges that this food or that food doesn't have any, or very little, food value, or that it may actually contribute to some type of disease or physical disorder, it raises fears in people.

And when various organizations and individuals, including highly trained medical doctors, begin contracting each other about the nutritional and medical facts of various foods, confusion is added to fear.

The implications of the nutrition controversy for farmers are enormous.

How the consumer feels about food in general and about specific foods is at stake. Will the consumer have confidence or will there be a feeling of fear associated with food?

It is obvious that where fear replaces confidence the market for a particular food can be endangered.

Therefore, farmers and the farm community must be very much aware of the nutritional aspects of their products and guard against unwarranted attacks on these products.

### Bread and Cereal

An example of what can happen was the recent attack on bread. In nationally published articles, a researcher reported that rats starved to death on a diet of "enriched" bread. The study indicated that bread doesn't have much nutritional value and that claims of special food value in "enriched" breads are overtaken.

Defenders of bread, among other things, pointed out that bread alone was never meant to sustain life. The value of bread in the diet must be considered in relation to other foods, they said.

This was also the argument used for cereals when cereals came under fire earlier this year — Cereals must be considered in relation to the total diet. Milk got some favorable publicity in that instance, because the researcher reported that the most important food value of cereal was the milk consumed with it.

We certainly are not prepared to argue the relative nutritional merits of either bread or cereal. But it would appear that it is indeed unfair to criticize any food on

the basis that it doesn't provide all the essential nutrients. Nutritionists for decades have stressed the importance of balanced meals.

Very few, if any, foods can claim to supply most or all the essentials of life in the proper balance. Perhaps eggs, which were designed to sustain life in its initial stages, and milk, which has essentially the same function, come closest to being complete foods. But Mother Nature didn't make these foods just for humans and we don't think anyone in the farm community, despite strong conviction about the nutritional value, would insist that these foods alone are enough.

### Wide Disagreement

One thing the nutritional controversy illustrates more clearly than anything else is the wide disagreement among the best trained scientists on just what foods and nutrients are necessary for a healthy, nutritional meal.

There is also, we understand, considerable disagreement and lack of knowledge on what nutrients and in what amounts are in various foods. This is understandable, since such factors as the type of soil in which a vegetable is grown, or the type of feed fed to an animal can influence the make-up of the finished product.

### What Is Known

Along with all the lack of knowledge about nutrition, there's also the possibility that much of what is already "known" may be inaccurate.

Note, for instance, the cholesterol scare in relation to eggs and other farm products and the recent Framingham study which showed this scare has no scientific basis.

Even though the cholesterol scare did prove groundless, many egg producers feel it cost the industry huge sums of money in lost sales.

This points up the importance to farmers of knowing the nutritional value of their product and making sure that this value is protected in the mind of the consumer.

Any consideration of diet and changes in diet should also include an acute awareness that diet is a precarious balance. A change in one direction, seemingly for the better, can have totally unexpected and sometimes adverse results elsewhere.

### Nutrition and Future

In the future, we think the trend will certainly be toward a greater public interest in nutrition. This is a logical outgrowth of consumerism, in which people want to be protected against inferior products and to purchase quality products for the least possible amount of money. Consumerism implies enough knowledge to products to make a distinction.

While taste and habit now play a large role in food selection, nutritional value will certainly become more important.

Farmers and farm organizations which want to protect their products from unwarranted attack by nutritionists and, in the long run, lead the way to a better future for both farmers and consumers can begin now. They can begin by learning as much as possible about nutrition and how it applies to their products.



## NOW IS THE TIME . . .

By Max Smith  
Lancaster County Agent

### To Test Forage

The best time of the winter feeding season is one of the very best times for farmers to test their hay and sedge crops. If there is any money to be saved due to the very high quality of the forages on hand, now would be the time to discover this fact and not have to buy as much protein feeds. Forage testing should be used as a guide to the most economical grain ration to use. Suggested grain rations may be obtained without additional cost when requested along with the forage test report.

### To Establish Windbreaks

Fuel costs may be reduced and drifted lanes and driveways might be kept open more often if windbreaks are put in place within the next month. In this part of the state drifted lanes are common due to the level terrain; this may be prevented in many cases through the use of

snow fence, sodder shocks, or plantings of trees. The windbreak or snow fence should be placed back at least 50 to 75 feet from the area to be protected; if put too close, the snow will pile up in the area to be kept clear.

### To Store Pesticides Safely

This is not a new suggestion but continues to be a very important one. Most producers are through with the spray program for this year and those left-over chemicals must get some attention. They should be stored in the original containers so the labels will not be lost and stored away from children and livestock. Weed killers should not be stored in the same room as any seeds to be used in 1971; germination may be reduced or ruined. Empty containers should be buried or burned. Chemical safety is important to all concerned.

### A wealth of liberality

In 2 Corinthians 8 Paul holds up as a good example the giving of the church in Macedonia. These churches were poor and destitute, yet, in the midst of their extreme poverty, they were found to possess an "abundance of joy" and "wealth of liberality." In one sense you would say they had nothing, but in another, that they had everything they needed. Their spiritual abundance overcame their material poverty. These people actually begged for permission to participate in the offering Paul was raising and gave considerably beyond what Paul thought they could give.

These people had little, yet they gave much. Often people who have more than they will acknowledge delude themselves by thinking of how much they would give if they ever had the opportunity. Centuries ago William Law wrote of such a man:

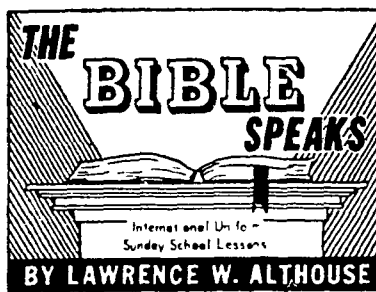
*Clemens has his head full of imaginary piety. He is often proposing to himself what he would do if he had a great estate. He would outdo all charitable men . . . he would allow himself only necessities, that widows and orphans, the sick and distressed, might find relief out of his estate.*

Like most of us Clemens knows what he would do. Unfortunately he ignores what he could do.

Now, Clemens has at present a moderate estate, which he spends upon himself in the same vanities and indulgences as others do. He might live upon one-third of his fortune and make the rest the support of the poor; but he does nothing of all this that is in his power, but pleases himself with what he would do if his power was greater. Come to thy senses, Clemens. Do not talk what thou wouldst do if thou was an angel, but consider what thou canst do as thou art a man. Make the best of thy present state. Too many of us are like Clemens: we do not make the best of our present state. We do not give in proportion to what we have received. And it is the proportionate gift which God desires.

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## ATTEND THE CHURCH OF YOUR CHOICE SUNDAY



### PROPORTIONATE GIFT Lesson for November 15, 1970

Background Scripture: Romans 12:1-8, Corinthians 4:1-2, Corinthians 9:6-15, James 2:14-17

Devotional Reading: 2 Corinthians 9:6-15.

You would think that the Apostle Paul had enough troubles without getting involved in money matters in the churches! Wasn't there enough controversy with the Jewish legalists, the municipal authorities, the factions in the churches, the pagans, the teachers of false doctrine, the immoralists? Why should he have become involved in something so controversial as church money matters?

### A spiritual problem

Yet, if you search through Paul's letters you will find that he has a great deal to say about stewardship, specifically the giving of money, just as Jesus had a great deal to say about it in the gospels. The reasons become quite clear if we examine what both Jesus and Paul had to say about giving, for it is obvious that they do not consider it a "money problem," but a spiritual problem. Love of money and an ingenuous nature are very great spiritual illnesses Paul could not adequately minister to the Christian churches without speaking about giving, specifically the giving of money.

Furthermore Paul was not just concerned that Christians give, he was also concerned with the question of how much they give. Paul didn't prescribe specific amounts or percentages—that he left up to the individual—but he did say that one's giving ought to be in some proportion to what one receives.

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