

Animal Vs. Vegetable Fats

The highly respected dairy publication, Hoard's Dairyman, has editorially made the following clear-cut call for a look at the record on the question of animal versus vegetable fats:

At a table next to us in a restaurant recently, we overheard two well-to-do Ohio couples "hoping" the spread on the table was margarine rather than butter. From their conversation, they obviously had been indoctrinated by American Heart Association propaganda.

The incident sent us steaming back to our desk to dig for more up-to-date information on what has been happening on the fat consumption front. Here is what we found:

From 1931 to 1967, the heart disease death rate in men has gone up from 275 to 362, an increase of 32 percent. (These figures do not agree with others we have seen, but they were provided by an official in the National Institutes of Health.)

During the same period of time, per capita use of butter has dropped 70 percent. Lard usage has gone down 60 percent. Combined use of butter and lard was DOWN 65 percent.

On the vegetable fat front, oleomargine use was up 483 percent, shortening up 71 percent, and edible oils climbed 215 percent. Total per capita usage of vegetable oil products was UP 161 percent.

The foregoing figures are for "visible" fats and oils. How about total consumption, including fat in milk, meat, eggs, beans, nuts, and so forth? Data are available only for the eight-year period from 1959 to 1967. All butterfat consumption, visible and invisible, dropped 18 percent. Other animal fats were down 6 percent for a total animal fat DECLINE of 10 percent.

On the other hand, total usage of vegetable fats WENT UP 22 percent in this period. The big boost was in cooking and salad oils, which climbed 49 percent per capita.

We have presented similar data in years past. To date, we have not had one exception to them. We did receive one half-apologetic note from a cholesterol faddist suggesting the real problem was hardened fats, thus incriminating margarine to some extent.

But let's look at that argument. The combined use of butter, lard, and hardened (hydrogenated) margarine went down 36 percent from 1931 to 1967.

Letter on Safety

Editor, Lancaster Farming:

May I commend you for your article "On Reducing Farm Accidents" — October 24, 1970, in your FARM WEEKLY. I especially like the way figures of my study were interpreted in your article which would lead to appropriate action in reducing farm accidents.

Many times in technical writing we present cold, bare statistics; but unless the statistics are humanized, very little can be done with the ideas which the statistics present.

I appreciate the extra effort which your editors placed on the farm accident article.

Frank Anthony
Penn State University
Associate Professor

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But the use of "soft" shortening and edible oils climbed a whooping 120 percent.

No matter how much we dig into the record, we can make no sense whatsoever of the recommendations of the American Heart Association. Back in 1931, we were using more butter than the total of all shortening and edible oils. Today we use six times as much soft fats and oils as we use butter.

And the heart disease rate booms. But what gets the blame for the soaring heart disease rate? Animal fats! Once again, it doesn't make sense.

Hoard's Dairyman also concludes in a separate editorial headed "Vegetable Oil Indicted, Not Convicted, on Cancer":

It is still too early to forecast the full impact of the Framingham and California studies on the diet-heart debate. Reasonable persons would assume these two reports would cool off the cholesterol faddists who have been pushing polyunsaturates in the public media. But millions have been invested in the campaign.

Further, many men have painted themselves into a corner where their professional reputations are at stake. A cornered man can admit his error or come out fighting with even more vigor. We have seen evidence of this already as press reports further criticizing animal fats are appearing with increasing frequency. In fact, we suspect a well-planned conspiracy is in action to reduce the impact of the Framingham study on public opinion.

What should the dairy industry do? In the past, we have turned the other cheek rather than give additional publicity to the diet-heart question.

If, however, the attack against us continues at its current intensity, then we may have to go to the mat of public opinion and fight it out in the media. Hopefully, this will not be necessary if the scientific community puts enough pressure on the American Heart Association. But we should be prepared with funds and a well-developed battle plan.

Letter on Tobacco Coop

Editor, Lancaster Farming:

The Lancaster County Tobacco Marketing Cooperative in a recent stockholders meeting voted to dissolve the organization.

It was organized in 1945 and operated under federal price control in marketing the 1944 crop. There was a price ceiling of 21 cents per pound. We were allowed to pack the tobacco and return 3c a pound to the farmer.

We know some tobacco firms who did the same which never happened before the Cooperative was organized.

As stockholders, we must credit much to S. S. Bard. He was one of the men who led out and worked unceasingly to get the organization started. He later became our manager and in that position put forth untiring efforts for its success. It was during his term as manager that the sales floor was started whereby the farmers could market their tobacco weekly, which was an ideal method.

During the 27 years out of 30 years before 1945 prices were less than 20c per pound. From 1945 - 1950 while the Cooperative was operating farmers received from 60c per lb. in the bale to 75c in the cases. Prices like that to the farmer were never heard of before.

It would be wrong to claim the Cooperative did it all as the general economic condition had its effect. But the Cooperative sure played a part.

After some years of operation, the farmers were influenced by some buyers not to bring tobacco to the sales floor, promising them more to sell on the farm.

We then leased our building and remained in a standby position.

Later the Farm Bureau, now Agway took over and are rendering a marketing service to the farmers.

A Stockholder



NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent

To Be Careful With Fertilizer

The proper placement of fertilizer in relation to seeds or plants is very important. The farmer or gardener should keep in mind that both nitrogen and potash fertilizers will burn; the phosphate part of a fertilizer, or superphosphate, is not dangerous. Therefore, when any fertilizer containing either nitrogen or potash is applied, it should be either to the side of the plant or seeds or several inches under the planting depth. Seeds or plants surrounded by caustic fertilizer may not grow or germinate, or will be weak and injured.

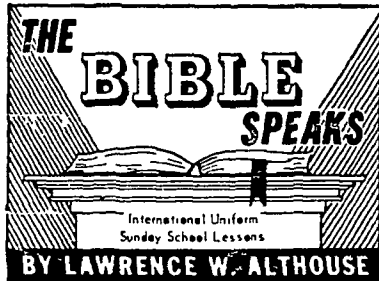
To Fertilize Permanent Pastures

Many progressive dairy and livestock producers have converted their permanent pasture acreage into crop land to grow more corn or forage crops, there is little doubt that more feed nutrients may be produced on this land if it is tillable. However, some areas are suitable only for pasture, and in these cases, we suggest that the crop be fertilized at least once a year

and preferably in early spring. Straight grass stands will respond to only nitrogen applications, but with grass and clover mixture, the use of a complete fertilizer such as 5-10-10 or 10-10-10 should be used. Most pastures will respond profitably to annual fertilizer treatment.

To Practice Safety

Farm and Home Safety is an important subject, but very few people take it seriously until it is too late. As I have mentioned previously many times in this column and on radio, farm animals and farm machinery are not dangerous when handled properly. I realize that it is very difficult not to take any chances, because most of us do one time or another, but the plea to take time to be safe and to urge others to do likewise continues to be timely. The manufacturer's shields and guards should be kept in place at all times and small youngsters should be kept off of and away from operating machinery. Serious or fatal accidents cannot be corrected for the person involved, they must be prevented.



WHO IS A PROPHET?

Lesson for April 18, 1971

Background Scripture: Isaiah 6 1-8; Jeremiah 18 18; Hosea 1 1, 8 1-3; Amos 1 1, 3 1 8, 7 1-15, Micah 3 5-8, Hebrews 1 1 2, 2 Peter 1 20, 21.
Devotional Reading: Jeremiah 1 4-12.

No prophet was ever admired or valued—except posthumously. A living prophet wins no popularity contests. No one ever hears a prophet and tells him that they "liked" his sermon (unless they didn't really understand him).



Celebrated when they are dead and gone, prophets know little else than rejection in life. Though many of us are quite "up" in knowing who were the prophets, we are not nearly so perceptive in deciding who are the prophets among us today. This is not a new phenomenon, for men have always had this difficulty. Who is a prophet?

A man like Amos

Perhaps one of the best approaches to answering that question is to take a good look at some of the prophets of the past whom we can identify. Perhaps they can tell us what to look for. There's Amos, for example. Although in his own day he was rejected by most who heard him, today we recognize that he was a prophet. One mark of his role as prophet was his commission to speak for God to the people about the sins of the nation: "Hear this word that the Lord has spoken against you, O people of Israel against the whole family which I brought up out of the land of Egypt. . . Therefore I will punish you for all your iniquities" (Amos 3 2).

Amos did not come waving the flag of Israel and singing "God Bless the Hebrews." His message

was a condemnation of the moral corruption that had pervaded the nation. The message of Hosea was also a dark warning: ". . . a vulture is over the house of the Lord, because they have broken my covenant and transgressed my law" (Hosea 8 1). Not only did these men condemn the sins of Israel, they also promised dire consequences "if the nation did not repent: "Israel spurned the good; the enemy shall pursue him" (Hosea 8:3).

Called to prophesy

A prophet is also a man who has received a divine call from God. He does not become a prophet because he thinks he would like to do that kind of work, but because he is obedient to God's will. Such a man was Isaiah. In Isaiah 6 we find that he is a man who was aware of his sin before God. But the Lord overcame these feelings of inferiority with the promise of his help. Isaiah did not seek the prophet's mantle; it sought him. Thus, not because he looked forward to being a prophet, but because he wanted to be obedient, he answered: "Here I am! Send me!"

Even more reluctant had been Jeremiah who, when he was called by the Lord, protested: "Ah, Lord God! Behold, I do not know how to speak, for I am only a youth" (Jeremiah 1 6). But God told him that as a prophet his confidence was not to be in his own adequacy, but in the help which the Lord would give him: "Be not afraid of them, for I am with you to deliver you, says the Lord" (1 8).

In Micah we also learn who a prophet is not. "Thus says the Lord concerning the prophets who lead my people astray, who cry 'Peace' when they have something to eat. . ." The prophet is not a man to dwell on our assets. His special task given by God is to probe into our sins, our weaknesses, our liabilities. The prophet who tells us that we shouldn't worry, that "everything's going fine", is not really a prophet.

Who is a prophet? The question is still difficult, but at least we have some idea how a prophet, when he comes, will make us feel!

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