

Let's Agree on the Food Issue

There have nearly always been those who for religious or moral reasons have been vegetarians, renouncing meat and meat products in favor of vegetables.

Most of us have disagreed with the vegetarians, but we have never done anything about it. It has been a live and let live attitude.

But in recent years, there has been a surge of new efforts to attack meat and promote vegetables. And the basis of the new attack on meat and meat products has been medical and scientific.

Because medicine and science are so important and so highly regarded today, these new attacks have made a deep impression with a small minority of the American people, causing some to radically change their diets. Many others have continued their meat-based diet, but with some misgivings or some slight change toward less meat, eggs, poultry and milk.

While the overall impact of the polyunsaturated movement has not been great, it has caused some persons to alter their diets and it has rightfully caused many in the farm community to view the trend with concern. The concern particularly centers around the new generation which is farther removed than any previous generation from the traditional farm diet, at the same time this generation has been widely exposed to the teachings of medicine and science.

From a long-range point of view, the poultry and egg, milk and beef industries cannot afford to lose this generation.

That is one reason there is growing interest in the farm community for promotional programs for their products.

That is why the reports on polyunsaturated diet and others critical of the traditional American diet which places high emphasis on protein foods are drawing the attention of farmers and their organizations.

That is why these reports will and must be carefully followed by farmers and farm organizations in the future.

The farm community has been particularly concerned by reports that indicate a relationship between saturated diet and heart attack. Stories on these studies have received wide distribution in the national news media. Efforts to show that these studies were not representative or not broad-based enough to show anything have not stopped them; reports such as the Framingham study which found no relationship between diet and disease have slowed but not stopped the reports.

Studies which show that the person who saves himself from heart attack by avoiding saturated fats will die of cancer or some other disease instead are now beginning to appear.

The farm community increasingly has been taking the position that to urge radical changes in diet on the basis of existing medical and scientific knowledge is at the very least premature and is possibly extremely hazardous.

The evidence is growing, for instance, that one of the biggest medical problems of

the new generation is an ancient one, malnutrition.

We doubt that this problem is going to be solved during the controversy over polyunsaturated and saturated diet. If anything, malnutrition likely will increase as a result of any further efforts to avoid polyunsaturated fats.

That's true because the best way to avoid malnutrition, and all the medical complications which stem from it, is still to follow the old standby: eat three square meals and all the basic food groups each day.

We can try short-cuts. We can cut out certain foods, such as the saturated foods, and change things so that the food values, minerals and vitamins, we lose are made up in other foods. But we mustn't be surprised if it simply doesn't work — simply because we don't know enough about human diet to make it work.

All the research that has gone into perfecting human diets, our information indicates, is very small in relation to the research that has gone into work on animal diets. This may be unfortunate, but we believe it is true.

One reason is that people won't submit to the rigid feed patterns that have been successful in finding out what feed mixtures keep animals vigorous and healthy.

Because of this and other factors, we think it's highly likely that much more will be known about animal feed than our own food for many, many years to come.

Our contact with animal nutritionists indicates, it should be noted, that in spite of their vast knowledge, they feel they have just scratched the surface. While they know a lot about the right amount of protein, energy and minerals to put in the feed, they're constantly looking for and finding better combinations.

Their work in the last 10 to 20 years has played a major role in such achievements as cutting the time period needed to grow a market size broiler nearly in half and cutting the amount of feed needed to produce a pound of meat nearly in half.

Similar progress has been made in increasing milk production per cow and per unit of feed input; major progress is underway in growing better beef with less feed and in less time — largely because the farm community understands what nutrition is all about.

But these major achievements did not occur overnight. They have been the product of painstaking and highly costly scientific effort by large numbers of scientists in many firms working under highly competitive conditions for many decades.

Until medicine and science can put together the broad-based and long-term type of research on human diet that is now paying such big dividends in animal diet, we join the farm community in urging medicine and science to go slow on telling people how to eat and what to eat — except for the balanced, three squares a day.

While the U.S. government in recent years has increased its food program to the point where it is now partially subsidizing the diets of 14 million Americans, we may find we're working harder to do less if we allow scientists with incomplete and unreliable facts to dictate the American diet.

This is one issue, we believe, which is basic to the success of farming and the nation. Everyone in the farm community can get together on this one.

We must all begin to spend more time and energy on the food issue.

Saturated foods still are, and we need to see that they remain, an important part of the health of the nation.



NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent

To Raise Calves Carefully

The changeable spring weather can be very hard on the health of young dairy calves housed in barns and sheds. Young calves (under a month) cannot tolerate excessive dampness, drafts, and overheating. Special quarters for these young calves is strongly recommended. They should be kept clean, dry, and free from drafts or sudden changes in temperatures. During the hot summer months outside exercise lots may be provided for calves after a few months of age, but they should not be expected to consume sufficient grass or green forage to provide the needed feed nutrients. The feeding of grain and hay is recommended for young heifers on pasture when under a year of age.

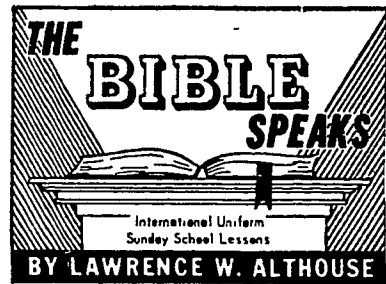
To Beware of Wood Ticks

Pleasant spring weather is about due for this area and all types of insects will be appearing. Folks living near wooded sections, or those who go into wooded areas, are urged to be on the alert for wood ticks. Children and pets should be

carefully examined for these ticks after being outdoors in these areas. Wood ticks suck blood from the body and may start serious fever conditions. Picnic grounds or recreational areas near woods may be kept mowed during the season and several sprayings with Sevin, Chlordane, or Lindane will help reduce the problem.

To Manage Sheep Flock

Shepherds are urged to give some special attention to the flock at this time of the year. The ewes should be sheared and the fleeces kept clean and dry until sold. There is little advantage to waiting until hot weather to shear the sheep. All sheep should be treated for internal parasites in this part of the state; this is very timely before turning them to pasture. Cooperative wool pools at Reading and at Carlisle in June might provide a good outlet for the wool. If stray dogs are a problem, the flock should be brought into the barn or in the barnyard at night; dog problems should be reported to the local Dog Law Officer.



'RIGHT' WITH GOD

Lesson for May 2, 1971

Background Scripture: Amos 5:4-15, 21-24, 9:7-9, 13-15
Devotional Readings: Isaiah 55:1-11.

A radio preacher recently proclaimed that the trouble with the church today is too much emphasis on social issues. In fact, he said, our political, economic, and social issues have nothing to do with the Gospel of Jesus Christ.

All any of us need to do, he claimed, was to "get right with God through Jesus."

A "right" relationship with God certainly ought to be a Christian's first and foremost concern. Both Old and New Testaments are deeply concerned with helping us to see that this is the most vital of all issues. It is by sin that our relationship is ruptured, by atonement and grace that the relationship is repaired, and God's judgment is the evaluation of that relationship.

"Just save souls"

The problem arises when we try to define what is a "right" relationship with God. Some people hold that it is strictly a personal, individual matter that has nothing to do with our social, political, and economic involvements. These would say simply that our task as the Church is "to save souls and not change society."

Thus one of the reasons that many of us are not too taken with Amos and the other prophets, for often they will not fit into that kind of compartmentalized pattern. Amos, for example, makes it very clear that to be "right" with God, one must "Hate evil, and love good, and establish justice in the gate" (Amos 5:15). It is not enough for people to be regular in their worship. In fact,

without justice in their community, the worship only makes God angry:

I hate, I despise your feasts, and I take no delight in your solemn assemblies. Even though you offer me burnt offerings and cereal offerings, I will not accept them, and the peace offerings of your fatted beasts I will not look upon. Take away from me the noise of your songs; to the melody of your harps I will not listen. (Amos 5:21-23)

If these rituals and modes of worship by themselves cannot please God, what will? "But let justice roll down like waters, and righteousness like an overflowing stream" (5:24)! A person cannot claim a "right" relationship with God if he is not compassionate and just in his relationships with his neighbors and fellow citizens, particularly those who cannot help and protect themselves.

A word for the pious

Because he is Lord of history, God is concerned with the behaviour of men, both as individuals and as members of groups. If man sins against his neighbor, God is concerned. If a community sins against individuals, groups of people, or even another community, God is concerned about that no less.

Amos make a very scathing indictment:

Woe to those who are at ease in Zion, and to those who feel secure on the mountains of Samaria, the notable men of the first of nations . . . (Amos 6:1)

Those who feel secure because they worship in the Temple on Mt. Zion in Jerusalem (the people of Judah) and those who likewise feel complacent because they worship on Mt. Gerizim in Samaria (the people of Israel), are living under a false security. Worshipping in the "right" place and in the "right" way is not the same as being "right" with God.

Rev. and Mrs. Althouse will conduct a 15-day Alpine Holiday tour to Europe this summer, June 30-July 14. Complete cost including first class accommodations and private bath: \$895. If interested, please write Rev. Althouse in care of Mohnton, Pa. 19540.

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