

On the Spirit of Extension

Extension is such a long-standing and important farm tool that we may take it for granted. But recent debate over the form of Extension funding has renewed interest in what Extension is and does.

We think the following item from a USDA publication captures the spirit of Extension:

People in most institutions frequently find it useful to review their charters. Extension workers are no different. Veterans of the Cooperative Extension system find it a source of renewed inspiration. It gives new workers a feel for the force that made the Cooperative Extension system the most copied educational technique in the modern world.

Leaders of many nations have studied the system with the idea of adapting it to their needs.

One man who studied it was an Englishman. He reviewed the debate in Congress preceding passage of the Smith-Lever Act and extracted a portion of Congressman Lever's remarks. We think the portion he abstracted serves as a splendid review of our character in this 67th anniversary year of the Smith-Lever Act.

Congressman Lever said, "Mr. Speaker, we have accumulated in the agricultural colleges and in the Department of Agriculture, sufficient agricultural information which, if made available to the farmers of this country and used by them, would work a complete and absolute revolution in the

social, economic and financial condition of our rural population. The great problem we are up against now, is to find the machinery by which we can link up the man on the farm with these various sources of information.

"We have expended in the neighborhood of a hundred million dollars in the last half century, gathering together valuable agricultural truths. We have been spending 50 years trying to find an efficient agency for spreading this information throughout the country and putting it into the hands of the people for whom it was collected.

"We have tried the Farmers Bulletin. We have tried the Press. We have tried the lecture and the institute work. All of these agencies have done good. They have been efficient in a measure but there is not an agricultural student in the country who does not realize that the greatest efficiency is not being had from these agencies.

"This bill proposes to set up a system of general demonstration teaching throughout the country and the agent in the field of the department and the college is to be the mouth-piece through which the information will reach the people — the man and woman and boy and girl on the farm. You cannot make the farmer change the methods which have been sufficient to earn a livelihood for himself and his family for many years, unless you show him, under his own vine and fig tree as it were, that you have a system better than the system which he himself has been following."

FDA Publishes Regulations

The following editorial appeared in the July 25 issue of Hoards Dairyman under the heading "Labeling of Fats Opens Pandora's Box of Propaganda":

The Food and Drug Administration finally has published its proposed regulations permitting food manufacturers to label the fat content in their products. Though FDA commissioner, Dr. Charles Edwards, declared, "We aren't recommending changes in American dietary habits," it is certain the proposed regulations, if finally approved, will open the floodgates of propaganda asserting polyunsaturates will be the answer to the heart disease problem.

We have evidence that the intent of the cholesterol theorists is to put out "premium" products carrying a "premium" price. There is no need to put a premium price on cheap vegetable oils . . . unless the premium is to underwrite intensive and massive advertising and public relations campaigns.

Data on fats and oils consumption and death rates from heart disease around the world are difficult to bring together but we do have some unselected information which indicates the fallacy of the fat labeling proposal and the certain aftermath. In 16 so-called "developed" western countries, the United States has the highest death rate by far. In 10 of these countries, where we have been able to get butter and margarine consumption data, the U.S. consumer gets the

lowest percentage of his fat intake (11 per cent) from butter. But the highest proportion (73 per cent) of intake comes from fats other than butter or margarine. Here, obviously, we lead the world. And we also lead in heart disease.

Dr. Jeremiah Stamler, the most vociferous of the cholesterol cult, has been attacking butter, eggs, and all animal fats in public appearances. And he scored the Food and Drug Administration in a national television appearance recently for not permitting fat labeling.

But figures just released reveal that this country has been following Stamler's advice for years and heart attacks continue to climb.

Since 1957-59, per capita consumption of all visible fats and oils has gone up 8 pounds, or 18 per cent.

But, in this same period, butter consumption is down 38 per cent, eggs are down 11 per cent, and lard 48 per cent.

The products Stamler extols are up sharply. He never criticizes margarine and he praises the soft vegetable fats and oils. Margarine is up 24 per cent, shortening 57 per cent, and other edible fats and oils 61 per cent.

In total, butter and lard are down 7.6 pounds while the vegetable-oil-based products are up a whopping 15.2 pounds per capita.

Putting it another way, USDA's National Food Situation reveals that per capita usage of vegetable-oil-based products is now at 46.3 pounds while per capita usage of butter and lard is down to 9.9 pounds. And the heart attack rate soars.

Anyone wishing to comment on the fat labeling proposal has until September 13. Send comments to the Hearing Clerk, Department of Health, Education, and Welfare, Room 6-62, 5600 Fishers Lane, Rockville, Maryland 20852.

Obviously, Food and Drug has been under tremendous pressure from the vegetable oil interests and the cholesterol theorists in the American Heart Association. The disclaimer by Commissioner Edwards is evidence of the pressure. But we think he should have rejected it outright.

NOW IS THE TIME . .

By Max Smith
Lancaster County Agent



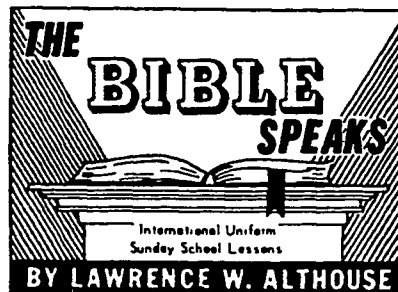
To Use Band Seeding Method
The late summer seeding of alfalfa will have a better chance of success if farmers use the band seeding attachment on their grain drills. When the seed is placed over a band of complete fertilizer and then the soil and the seed pressed firmly together, germination is more rapid, and in addition, the small alfalfa plants will find plant food more available and get off to a better start. The last week in July and the first 10 days of August have been found to be ideal times to make this summer seeding here in southeastern Pennsylvania. Growers should use certified, inoculated seed.

To Prepare Silos
Silo filling time is approaching and the constant threat of severe blight on the present corn crop means that the silo should be ready for the new silage crop at any time. In many cases the inside of the concrete silos may need coated with concrete to fill the small holes; doors or door frames may need repaired. The inside surface of the silo should be smooth and air tight, rough areas may mean air pockets and some molding of the silage. Livestock producers are urged to be ready to fill their silos in case blight conditions become worse and that the crop will need harvested promptly.

To Feed Roughage
The feeding of some dry matter to dairy cows at all times of the year is recommended. We are aware that dry weather makes this necessary on many farms where the forage crops have slowed down in growth. In the case of dry cows it is important to contain feeding hay and not as much high energy grain. The problem of twisted stomachs in our cows is becoming more common and some dairy authorities relate this trouble to the lack of coarse roughage during the dry period and too much grain. The rumen of the cow's stomach needs roughage in order to keep it working and to keep it in the proper place within the cow. Some silage and some hay will provide the needed roughage, but silage and grain without any hay may be the cause of trouble. Hay should be included in the ration of dry cows, according to present suggestions.

Samaritans

The once-powerful sect called the Samaritans still exists, but now has only several hundred members. A schism about 332 B.C. established the group as an independent religious community separate from the Jewish people.



UNREALIZED IDEAL

Lesson for August 1, 1971

Background Scripture Exodus 20:12; Ephesians 5:21 through 6:4
Devotional Reading Proverbs 31:10-22

"PAUL IS A MALE CHAUVINIST"! read a placard carried by a Women's Liberation advocate in a recent demonstration. There were probably many spectators who asked, "Paul, who?", but many of us, familiar with the traditional criticisms of the Apostle Paul and his view of women, got the point.

Many of us are familiar with the view that Paul was: (1) a woman-hater; (2) anti-marriage; and (3) Rev. Althouse advocate of a tyrannical family structure. These criticisms, however, are mostly very unfair to Paul. Paul's concept of both womanhood and the family were, in reality, actually revolutionary for the day in which he lived.

"A piece of property"

To understand Paul's contribution to both womanhood and family life, we need to realize what was the status of the woman in Paul's day. The Jew's view of womanhood was generally very low. Every morning the Jewish male gave thanks that God had not made him "a Gentile, a slave, or a woman." The Jewish woman

had few rights and was little more than a piece of property for her husband.

In the Greek and Roman worlds the standards were even lower. The wife had only two functions: bearing children and managing the household. Loving her husband, being his companion, sharing his life, were not part of the concept of marriage. A married woman was little more than a slave and her husband's rights were almost unlimited.

When we view Paul's teachings, then, we can see what a tremendous change he was calling for. True, Paul's vision was limited from our perspective (he did not anticipate a day of legal equality), but it was revolutionary for his time and, if we understand it, still an ideal that is seldom reached in our society.

"Wives, be subject to your husbands, as to the Lord" (Ephesians 5:21). Note that this submission is to be the same kind of voluntary, uncoerced submission we give to Christ. There is a world of difference between this and the standard of his own day. Paul's society was not about to confer legal equality on the wife, but Paul found a way of erasing the old bondage.

"Husbands, love your wives"

Furthermore, look at the obligation he has placed on the husband! "Husbands, love your wives as Christ loved the Church and gave himself up for her" (5:25). If any man of Paul's day tried to follow this admonition, he had to lift the level of his family life several thousand per cent! What an ideal—even today!

Legal equality and democracy in the home are of great importance. Yet, legal rights cannot take the place of the kind of loving relationship of which Paul is speaking in Ephesians. With all our progress, it is still a standard that beckons us to bring our family life up higher.

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