

## A Poem for Farm People

The following poem, printed in Scimitar and Song magazine last year, has been forwarded for our farm readers:

### Country View

Pastures, dotted with milk-rich cows,  
 Barn-free to roam and chew the green,  
 Beneath huge fleets of God's best clouds,  
 Spreading shadows across the scene,  
 Twice scarred with streams, gently flowing,  
 Without concern for width or end,  
 Quenching thirsty fowl and woodland  
 As they towards the fields descend  
 Where stalks of corn, stretching taller,  
 Kern'ling sweetly, in mass array,  
 Tassled neatly, like proud soldiers,  
 Waiting husked death with calm display,  
 Surrounds the worn, faded shingles  
 That roofs the hands which paints this ground,  
 With plow and sweat from Spring till Winter,  
 Tranquil beauty and peace abound.

Michael J. Smajda

## DeBakey Backs Framingham

The Egg Industry magazine in July carried a report about Dr. Michael DeBakey's strong stand against the medical profession's recommendations on cholesterol and saturated fats.

As farmers know, eggs and meats have come under attack by many doctors because these key farm products supposedly contribute to heart disease and other ailments. These attacks, which have been particularly severe and costly to the egg industry in recent months, have persisted despite growing evidence, such as the Framingham report, that the attacks are completely unfounded.

The stand of Dr. DeBakey represents a growing awareness that there is little or no substance to the attack on saturated fats and cholesterol. And the stand of Dr. DeBakey cannot be lightly dismissed by the medical profession itself; Dr. DeBakey is one of the world's most famous heart surgeons.

The complete report of the Egg Industry magazine is as follows.

A noted heart surgeon, Dr. Michael DeBakey, president and chairman of surgery of Baylor college of medicine, said at a cardiovascular disease seminar presented by Danciger Institute of Menorah Medical Center, Kansas City, Mo., that he and his associates have found very little relationship between diet, cholesterol levels and coronary artery disease progression.

In a story appearing in the April 17,

1971, issue of The Kansas City Times, Dr. DeBakey said, "Much to the chagrin of many of my colleagues who believe in this polyunsaturated fat and cholesterol business, we have put our patients on no dietary program and no anticholesteral medications."

He said he had found that 80 per cent of his patients with severe occlusive coronary artery disease had had blood cholesterol levels comparable to the levels in normal people.

"When the levels are comparable it just doesn't make sense that elevated cholesterol levels are the cause of coronary artery disease," he said.

The surgeon, who claims he eats only one meal a day — late at night — sleeps only four to five hours a day and practices no exercise regimen except "avoiding elevators at all possible times." He advises his patients to eat a varied diet of fruits, vegetables and meats, keep their bodies in good tone with moderate exercise and avoid anything in excess, particularly alcohol and cigarettes.

"I personally think most people eat too much and sleep too much," he said.

Dr. DeBakey thinks hearts damaged by coronary artery disease will be repaired surgically in the future, instead of being replaced.

Surgical techniques which either bypass the clogged heart artery or mechanically clean it have been perfected and he believes this approach is the most promising.

## Another Dust Bowl Era?

Remember the days of the great Dust Bowls which wiped out huge farm sections for many years in the 1930's?

Most of us think of the Dust Bowl days as a thing of the past, something which modern know-how and modern conservation practices have completely solved.

But The Furrow magazine recently reported that wind erosion of soil is fast becoming a problem again in such diverse

areas as the Great Plains, Illinois corn country, Michigan's sugarbeet area, and the New Jersey vegetable bowl.

The problem is reported to have developed largely in the past 20 years and is considered a serious one.

We suspect that the problem stems from the growing trend toward large farms with massive expanses of plowed land, leaving nothing to break up wind erosion. It's the type of problem which small family farms in Southeastern Pennsylvania can avoid if management practices of the past are continued.

After the disasterous experience of the '30's, we should all be surprised that large portions of our farm economy are subjecting themselves to a possible repeat of that disaster. Perhaps it shows that history really doesn't teach us anything and that every generation will make its own mistakes.

Also, conservation is one of those intangibles in farming which is hard to detect on the profit sheet. It's only in the long run, or when a disaster such as a Dust Bowl occurs, that conservation pays for itself many times over.

## NOW IS THE TIME . .

By Max Smith  
 Lancaster County Agent

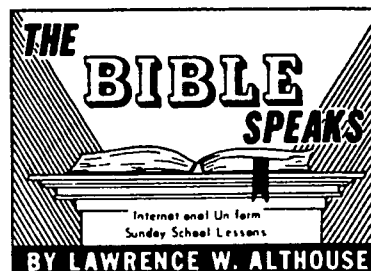


**TO STORE CORN CAREFULLY**  
 Growers with blight-infected corn that was not made into silage should give special attention to the drying and storage of their crop. If the blight lesions on the ear caused soft or moldy corn, then it should be used early this fall, or placed in a well ventilated crib. If the corn is to be stored until next year and contains soft parts, it might be advisable to have it dried with supplemental heat. To store this soft corn on the barn floor or in a tight crib, will result in more low quality corn when removed.

**TO BE AWARE OF ACORNS**  
 Oak trees are shedding their acorns at this time of the year and milking cows should not be allowed to graze in the area. Reports have indicated that cows relish the acorns and will consume them readily. They reduce or stop the milk flow on most cows and it will not return to normal until the next lactation. Digestive disturbances have also resulted from the eating of too many acorns. If a milking cow has consumed too many acorns and milk flow has been reduced, we know of nothing, except time, that will bring her back to normal production.

**TO SEGREGATE CATTLE**  
 Feeder cattle coming on farms at this time of the year need to be segregated from acclimated cattle. In most cases these cattle come through auctions or other public yards and are a source of infection for a number of contagious diseases. Calves or light yearlings are more likely to get infections rather than the heavy short-fed cattle. These newly-purchased animals should not come into contact with local cattle for at least 3 weeks, nor should they eat or drink from the same trough. The quiet handling of new cattle is very important and give them plenty of fresh air, water, and rest. Close observation of the animals is very important several times each day and "slow" cattle segregated and treated.

**TO SEED WINTER WHEAT**  
 In southeastern counties October 10 to 20 is a good time to seed winter wheat. If the ground is not cleared by the 20th, the remaining days of October will still be suitable to get the crop into the ground. Late October is better than too early in October due to the danger of severe Hessian Fly infestation. Most all of the common wheat varieties (Redcoat, Blueboy, and Arthur) are not fly resistant and should not be planted until mid to late October.

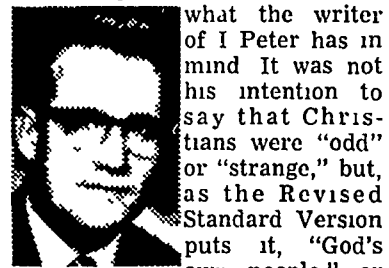


**A 'PECULIAR PEOPLE'**  
 Lesson for October 10, 1971

Background Scripture Exodus 19,  
 I Peter 2:1-10  
 Devotional Reading Matthew 18:10-20

"But ye are a chosen generation", says the King James Version of I Peter 2:9, "a royal priesthood, a holy nation, a peculiar people."

Yes, Christians have often been thought "peculiar," but that's not



what the writer of I Peter has in mind. It was not his intention to say that Christians were "odd" or "strange," but, as the Revised Standard Version puts it, "God's own people," or "a people claimed by God for his own" (New English Bible). What makes them "peculiar" or sets them apart from other people is that they have been chosen by God for a special relationship with him.

### The great privilege

The people of Israel gloried in the fact that they were God's "chosen people." Often it gave them a tremendous sense of pride and, not uncommonly, a sense of superiority. What a singular privilege to be elected by God for this place position of special status!

Unfortunately, this line of thinking was not very beneficial

to the Hebrews. They thought of their election in terms of status. Yet it was not status, but responsibility that God had in mind in electing them. True, being God's people was a privilege, but much more than that it was a responsibility, a task to perform, a mission to accomplish. They were chosen, to be sure, but they were chosen "that you may declare the wonderful deeds of him who called you out of darkness into his marvelous light" (2:9).

### The great responsibility

Protestants have often spoken of "the priesthood of all believers" in that same erroneous manner, as if it means that each man is his own priest. But what this universal priesthood really means is that each of us is a priest, not just for himself, but for others. As the late German theologian, Paul Althaus, has written: "Universal priesthood" definitely does not mean an individualistic dissolution of the church as a fellowship. It is just the opposite; it is the binding of every member to every other member in the inner structure of the fellowship. Priesthood, in the Reformation sense, means the 'communion of saints.'"

So it is with Christians today. What should make us "peculiar" or identify us as God's special people is a reflection upon the purpose for which we have been called, not our own worthiness. What makes us unique is that we know we have tasted the mercy of God. "Once you were no people but now you are God's people; once you had not received mercy but now you have received mercy" (2:10).

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