

Diet Is a People Problem

The American Heart Association has released a so-called "prudent diet" report recommending a low-fat, low-cholesterol diet. The potential effects of this diet on the farm economy and American eating habits has been studied by the USDA in a report known as the "Le Bovit and Gale" report.

Le Bovit and Gale found that the so-called "prudent diet," among other things, would contain 13 per cent fewer calories, require 15 per cent more pounds of food and cost the consumer about 10 per cent more for food.

Overall, the impact on the farm economy apparently would not be too great, since farmers would continue to receive about the same total income if Americans changed their diets as recommended by the American Heart Association.

But individual farmers could be affected considerably. For instance, the study showed the diet would require 10 per cent more beef, veal and lamb, 70 per cent less pork, 50 per cent more poultry and fish, 30 per cent less butter, 60 per cent more salad and cooking oil, 75 per cent more fruits and vegetables, 50 per cent less sugar, and 75 per cent less eggs, margarines and shortening.

Depending on the type of farming the individual farmer does, changes of this nature could be beneficial or harmful. Of course, at this time, the Heart Association's recommendation are simply that — recommendations. Their implementation requires voluntary cooperation of every individual consumer. Since many doctors disagree with the Heart Association's recommendations, voluntary compliance with these recommendations will probably be very minor.

But even the cooperation of a relatively small percentage of the American people can result in significant price changes in particular farm products. For instance, the egg industry has been complaining vigorously that recent reports on cholesterol — reports which the industry feels are unproven and unfounded — are costing the industry up to 10 per cent loss in consumer demand and millions of dollars a week in lost revenues.

Because supply and demand is usually very evenly balanced with particular farm products an increase or loss of demand of one to five per cent often means the difference between profits and losses for the farmer.

Attacks on various food products would appear to be a growing trend. Note the nationally publicized report on low food value of cereals, many reports on high levels of chemicals in various foods, the persistent attacks on high cholesterol levels of eggs and a speaker in Lancaster County recently attacked what has always been considered a near-perfect food — milk.

It would appear that nutrition may eventually replace ecology as a political football in this country. As with the ecology issue, we can expect particularly in the beginning, that the nutrition issue will be laced with more fancy than fact, more emotion than reason.

Note that both ecology and nutrition

have an extremely high emotional value. Ecology involves the world we live in and of course nutrition includes the food which sustains our bodies and our life.

In the same way that the ecology issue has ignored the fact that in many respects our environment is better now than it has been for many decades, the nutrition crusade will ignore the fact that many, probably most, of our foods are better than they have ever been.

And the most obvious factor of all in human diets — personal choice — is being played down.

The simple truth is that doctors have always told people to eat moderately, eat a well balanced diet, exercise regularly. The goal of this advice has always been to maintain a relatively moderate and constant weight and healthy bodies. Those who have followed this advice have done about as well as they can to maintain their health.

But the problem has been that as Americans have gotten more money and as the efficiency of farming has enabled them to spend much smaller proportions of their income on food, they have gotten increasingly careless about maintaining both the proper quantity and quality of their diets. They eat too much and they don't eat a balanced diet and they compound the situation by not getting proper exercise.

The result is that most Americans are overweight and under-nourished. They are not in good physical condition.

Add increasing stresses and strains from an increasingly complex society and we have what most anyone, including doctors, could logically expect: high incidence of heart attacks, as well as other ailments and disorders which follow too much prosperity and neglect of the body.

The Poultry and Egg National Board (PENB) underscores the point in summarizing the results of changes in the American diet in recent years:

"It would appear that among the highest income families, the objective in dietary change was weight control through fewer calories. This was not achieved. According to the analysis presented by Le Bovit and Gale this group in the 10-year period, reduced fats and oils by 13 per cent; eggs by 20 per cent, total milk solids by 13 per cent, and milk fat by six per cent — but actually made no change in total fat consumption and increased slightly both protein and calories."

We think the past clearly points out what would happen if the American Heart Association could have its way and change the diets of every American. Americans would simply eat a little more, particularly if incomes continued to rise in relation to food costs, they would, as in the past, "increase slightly both protein and calories."

All we really need to do to meet the objectives of the American Heart Association is to convince Americans to eat balanced diets and eat moderately, settle for two pork chops instead of three, a small steak instead of a large one, small servings of high calorie foods instead of large ones, and cut out the increasing share of the food dollar which is going to snacks and sweets.

And get a realistic amount of exercise. Of course, we don't really expect Americans to change much.

But it should be a reasonable goal to hope that the Heart Association will not get sidetracked into unreal and emotional issues such as cholesterol and other technical names which only doctors understand.

The program is not a technical one. It is a very human one — convincing people to live the way they should instead of the way they want.

NOW IS THE TIME . . .

By Max Smith
Lancaster County Agent



To Check Barn Ventilation

Cold weather has arrived and most barns are full of livestock; if these animals are confined to stalls or pens, then some means of improved ventilation may be necessary. Livestock in open barns or in free-stall dairy operations may not need any supplemental ventilation because the building is partly open. If there is condensation on the windows or ceilings of the building, then some means of removing the warm, humid air is needed. Exhaust fans are commonly used and should be on thermostatic controls. Animal comfort is very important for top production and unless some ventilation is provided, the moisture will rot the building. Dairymen with stall barns may be assisted by one of our Penn State publications on dairy barn ventilation.

To Be Careful With Abrasives

Slippery walk, steps, and barnyards can cause serious injury to both man and beast. With the snow and ice season approaching we'd like to remind everyone that salt does a good job of melting ice, but is not good for either shrubbery or grass that is nearby; we suggest the use of sand or sawdust for this purpose around the home with the salt being used only out around the barn or buildings where it will not harm the turf or shrubs. Superphosphate fertilizer has been used to improve the footing and will be of value to the nearby lawn or shrubs. Abrasives should be used to prevent slipping, but care should be exercised so that

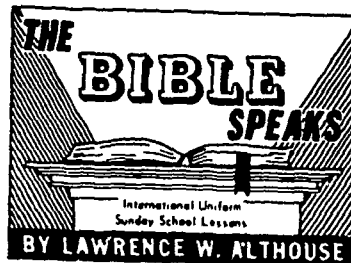
nearby turf or shrubs are not injured.

To Exercise Horses

Lancaster County has the highest horse population of any county in the state; this includes both work and pleasure horses; in most cases the work horses and mules get plenty of exercise due to the farm work. However, many pleasure horses and ponies get neglected during the winter months; they should either be ridden several times per week or allowed to run outside in an exercise lot. To keep them confined to a small box-stall during the entire winter is not good equine management. Limited grain may be fed depending upon the flesh of the animal and liberal amounts of dust-free hay. Good quality hay is essential in order to prevent respiratory infections.

To Utilize Corn Stalks

Corn stalks may be a source of corn blight infection next year; we are not only referring to the southern leaf blight, but to several other possible infections. Therefore, it is suggested that corn growers either utilize their corn stalks as bedding by shredding them and putting them through the barn as bedding, or disc or plow them down this fall or winter. We have already noticed a number of growers discing their corn stalks into the topsoil in order to get them to rot down; this is a good practice and should be done on every field. When the stalks and missed corn are covered with soil, they should rot during the winter and not be a source of disease infection for the 1972 corn crop. Attention should be given to this practice now.



'COMING' OR 'GOING'?

Lesson for November 28, 1971

Background Scripture: Micah 4:1-7, Romans 8:18-25, 1 Thessalonians 5:1-11, Revelation 11:15

The little boy came home from church deeply pondering the sermon. "It is from dust that we have come," intoned the preacher, "and it is to dust that we will return." Spying a clump of dust under his bed, the little boy sang "Mother, there's a man under my bed, but I can't tell whether he's coming or going!"



Unfilled hopes

There are many people today who feel like this little boy is Man "coming" or "going", they wonder? Many have the sickening feeling that the world is "sliding downhill." Despite our expanding technology, our mastery over things, many people are despairing for the future of civilization. "What is the world coming to?" they ask and their tone of voice reveals that they have already decided on the answer.

One of the reasons for the despair we sense today is the failure of many of men's brightest hopes. Addressing the House of Commons on Armistice Day, November 11, 1918, Prime Minister Lloyd George said: "I hope we may say that thus, this fateful

morning, came an end to all wars." That hope was rudely dashed in 1939 with the beginning of an even bigger "World War." Then the "Second World War" was fought "to make the world safe for democracy," but that hope too was forlorn.

We have painfully discovered that progress is not automatic. It is quite plain to us that in many areas, we are getting "worse." No wonder so many people are beginning to despair and see "the beginning of the end."

The saving hope

Yet, we find a different point of view when we come to Paul. Despite the sins of men and the corruption of society, despite the rejection of God's own Son and the insensitivity of so many to the "Good news" of the gospel, Paul was hopeful because he saw God moving his creation toward the fulfillment which had been his plan from the very beginning. "For the creation waits with eager longing for the revealing of the sons of God" (Romans 8:19).

For Paul, despite everything, God was moving the world on to fulfillment.

This purposefulness of creation, according to Teilhard de Chardin, is evident in the process of evolution. Teilhard, a Roman Catholic priest with an international reputation as a paleontologist, found in the march of evolution the promise of fulfillment for God's universe. Men of many faiths are rejoicing in this hope today just as in the first century A.D. men found in Paul the grounds for a hope that would be fulfilled by the power of God in a day yet to come.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U.S.A. Released by Community Press Service.)

LANCASTER FARMING
Lancaster County's Own Farm Weekly
P. O. Box 266 - Lititz, Pa. 17543
Office 22 E. Main St., Lititz, Pa. 17543
Phone Lancaster 394-3047 or Lititz 626-2191
Robert G. Campbell, Advertising Director
Zane Wilson, Managing Editor
Subscription price \$2 per year in Lancaster County; \$3 elsewhere
Established November 4, 1955
Published every Saturday by Lancaster Farming, Lititz, Pa.
Second Class Postage paid at Lititz, Pa. 17543
Member of Newspaper Farm Editors Assn., Pa. Newspaper Publishers Association, and National Newspaper Association