

Milk, Eggs and Propaganda

Normally we think of propagandists as liars. But that's not so. Propagandists do tell the truth. Only they're selective about the truths they tell. I heard a good example of selective truth the other day on a local radio station. It came from the American Heart Association.

The content of the broadcast I heard concerned the avoidance of saturated fats (the kind which, everybody knows, are in butter and milk), and listeners were invited to call the Association for more information. Diet, the broadcast implied, is the most critical element in staying free of heart disease.

There is an element of truth in this. A big element of truth, but still selective. Obese people with clogged arteries, writhing hearts and labored lungs probably should avoid eggs and whole milk. They should also avoid crescent buns, lobster, coffee, salt, cigarettes, arguments (and other things) with their wives, and horror movies.

But was the Heart Association message beamed at the fat, stocky, balding middle-aged man, the most likely candidate for heart attack? Not over radio station WLAN it wasn't. Kids listen to that station. Skinny kids. With lots of hair. (And an occasional not-so-skinny farm editor.)

Those kids needed that propaganda like

they need more acne. Take those kids off milk and eggs and they'll subsist on Coke and hot dogs. Kids need to be told to eat well. They don't need to be told to avoid the best and the cheapest sources of protein available.

The Heart Association does a tremendous amount of good work, both in research and in spreading information about heart disease. But in the selective truths they spread about diet, we feel the Association is doing a genuine public disservice. The irony of the situation is that Association funds are donated mostly by the public.

We feel the Heart Association should redirect its educational efforts. They should focus on exercise and good living habits, not just diet. Lack of regular exercise is a bigger factor in heart disease than saturated fats. So is stress. Even the country's leading heart specialists disagree on the role of cholesterol in heart disease. Everyone agrees about exercise, so why not put the big push where the real need exists?

We urge the Heart Association to try and get the American public off its snacking, TV-watching collective rump. Sell the people on the merits of bicycles, sweat-suits, tennis courts and swimming pools. But don't sell them short on good nutrition.

A Dirty Shame

Half the topsoil in Lancaster County seems to be washing into the Conestoga Creek. Tillage operations on farmlands are a problem, of course. Especially on those farms without conservation planning.

Amos Funk, at Wednesday's meeting of the Lancaster County Conservation District, said that we're not even approaching the half-way mark in most of the conservation work that needs to be done on farms. Only 27 per cent of the farmers have signed on as cooperators. Only 24 per cent of the conservation plans have been implemented. A mere 23 per cent of the proposed waterways have been started. Funk told a similar tale about the lack of terraces, drainage facilities and conservation measures for cropland, pasture and woodlands.

But farms aren't the only source of sedimentation. Construction sites, bare housing development lots, poorly engineered roads and highways — all contribute their tons of sediment to this County's waterways.

Clearly, something has to be done. The Conestoga Creek is carrying sediment at the rate of 530 tons per square mile per year. It drains an area of 500 square miles

per year, which means 265,000 tons of soil lost irretrievably every year.

The District directors are fully aware of the problem. And it's the opinion of this writer that they truly want to work toward more clearly defining the problem, more precisely identifying the sources of sedimentation, and finally taking measures to end the waste.

A lot of labor will have to be expended before even small steps can be made. The Directors are busy people, already burdened with their public and private duties. Where is the labor to come from? The labor to take samples? The labor to keep records? The labor to report findings?

We feel that the long-range clean-up of the Conestoga is a perfect project for concerned youth groups. It would take longer and eventually accomplish more than a one or two-day session of picking old tires and milk cartons out of stream beds (although that kind of project is important, too). It would also give young people an insight into the practical aspects of environmental issues.

Classroom theories are good to learn. But for conservation, the environment itself is the ultimate classroom.

Grassroots Opinions

CARUTHERS, CALIF., GAZETTE: "The simplest thing to do is legislate majority. It is impossible to legislate maturity. We will be watching the coming years to see how well our newly enfranchised young people handle their role as voting citizens."

The Public Service Company of Colorado observes that it costs less than one cent to move a gallon of oil from Texas to New York—one fifth the charge for sending a postcard the same distance.

NORWICH, CONN., BULLETIN: "Observers of the passing scene call attention now and then to the contribution of one Herkimer Baffelback, who pioneered in the technology of making consumer goods hard to get at...At this writing, it appears the honor may fall to a manufacturer of small household items which come encased in

impregnable translucent plastic welded to a card that only a strong man can tear. This is not yet certain, however; a firm that supplies its product in heavy cardboard boxes sealed with a substance which glues two spaceships together at launch time is in the running."

NILES, ILLINOIS, SCRAP AGE: "The woman who placed her dog on Medicaid will be prosecuted for fraud, according to HEW Secretary Elliot Richardson. In an attempt to reform New York City's welfare procedures, Mrs. Evelyn H. Lustig successfully applied for a Medicaid card for her Great Dane. Publicity led to a major change—effective November 1971 the state required face-to-face interviews. However, Mason Lustig (the dog) has since received a second card extending his benefits."

NOW IS THE TIME . . .

Max Smith
County Agr. Agent
Telephone 394-6851

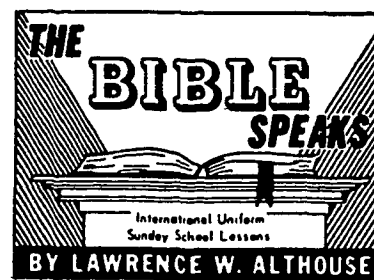


To Beware of Poisonous Plants

Livestock that are out on pasture or woodland are always subject to a number of poisonous plants and from solid waste thrown into the pastures. Owners that have livestock grazing where there are wild cherry trees should keep in mind that wilting or wilted wild cherry leaves are poisonous to all animals; green or fresh leaves are not toxic. Also, along stream banks it is common to find nightshade plants, or water hemlock. To kill these plants with a herbicide or dig out the roots is recommended; merely to cut them off is not the answer because the regrowth will also be toxic. In spite of good forage from the pasture being sufficient over the area, some animals will relish the poisonous plants in favor of the normal pasture growth.

To be Careful with All Pesticides

This time of the year we find numerous applications of many types of sprays and chemicals; all of them have been developed and approved to do a certain job; whether they do that job depends largely upon the man making the application. It is very important that the proper amount be applied, at the right time, and according to the proper method of application. It's the mis-use of spray materials that causes problems, not the use of them. Empty containers should be buried, burned, or sent away to a land-fill; do not allow them to collect about the barn or premises; they can be dangerous to children, pets, or livestock.



PERSONAL LETTER

Lesson for June 11, 1972

Background Scripture: Psalms 119 9-19, 97-104; Timothy 3:14-17
Devotional Reading: Psalms 119.97-104.

Soren Kierkegaard, the Danish theologian, once commented: "The Bible is a letter from God with our personal address on it." Kierkegaard was right: whenever men discover or rediscover the Bible, it is because they have found it speaking very personally to them and their situation.

Several years ago former television and screen actress Ann Sothern suffered a serious illness which left her emotionally broken. Small matters, disturbances, fears, and concerns were all magnified out of proportion. Insecure, she felt hemmed-in on all sides. She found it almost impossible to make decisions, much less face the cameras.

Her personal address

The actress concluded that she needed some spiritual resources. She began to pray, asking simply for faith and strength. She also turned to the Bible and some of its great devotional passages. One day when her daughter was getting ready for school for her first serious examination, the actress found herself saying: "What

To Safely Store Left-Over Seeds

The image of agricultural chemicals was blemished several years ago when the children of a Texas family were injured after eating pork from hogs fed seed grains. In the first place the seed grain was not intended to be fed to livestock and should never have been permitted to leave the premises. This is still true that left-over grains are not to be fed to any livestock; we're thinking of commercial seeds that in most cases have been treated with a pesticide. Even though the mercury fungicides have been restricted, it is risky to use the grains for feeding purposes. In many cases the seeds may be kept until next year if they are stored in a dry place away from weed sprays, children, and all livestock.

To Give Livestock Hot Weather Care

The handling and care of livestock during extremely hot weather warrants special attention; when both the temperature and the humidity get above 70 degrees livestock suffer the same as humans. When hauling livestock under these conditions it is important to move them during the cooler part of the day or at night, use sand or sawdust wetted down in the truck (not straw) and keep the truck moving at all times. In the barn it is important to open windows and doors to get maximum cross-ventilation, use fans to move the air over the animals, and provide free access to fresh water at all times. Out on pasture or in the feedlot the animals should have access to shade and fresh water. Swine producers may want to establish a fogging or mist spray of water into the pens to help keep the hogs more comfortable. Hot weather attention to animals is very important for efficient gains and to eliminate heat exhaustion losses.

makes you think He's deserted you when you need him?"

Suddenly, she realized that the question was applicable to herself and her own situation. As if in answer, she found Paul's testimony to the church at Philippi: "I can do all things in him who strengthens me" (Philippians 4: 13). From this day forward she began to search diligently through the Bible for the power to meet the demands of her daily life. The words were those of Paul, but the message was from God and it had upon it her personal address. Through a letter written almost two thousand years ago, God was able to speak to her and heal her life.

From childhood

In 2 Timothy 3:15, the writer says, "... how from childhood you have been acquainted with the sacred writings . . ." The Bible can be discovered by a man at any time in his life, yet it is best if he makes that discovery early. The best relationship with the Bible is the relationship that has had time to grow and ripen.

To Timothy is given the advice, "... continue in what you have learned . . ." (3:14). Thus, our experience with the Bible is to become a growing relationship. What we have already learned becomes the basis for continued new learning. And these human words, written and spoken thousands of years ago, are the means whereby God can speak to us today, thus making the Bible "a letter from God with our personal address on it."