

The Diet-Heart Controversy

Curt Gowdy, a sportscaster, prescribed a remedy for the nation's heart disease problem the other week. And he told the nation about it during a telecast of the July 1 Detroit-Baltimore baseball game.

"People just shouldn't eat eggs," he said. Every eggman who heard the broadcast was undoubtedly incensed. Many nutritionists were probably upset, too, along with quite a few doctors. Folks at the American Heart Association were probably not too upset, but they should have been blushing, at least.

The Heart Association's propaganda efforts at changing American eating habits have persuaded many people that they're in imminent danger of being killed by balanced diets.

Diet is only one hypothetical cause of heart disease. And it's an hypothesis which hasn't stood up too well under the critical eye of objective scientific scrutiny.

There are other possible causes of heart disease. However, according to at least one prominent researcher, the emphasis on diet has side-tracked investigation of these causes. Some possibilities which might be studied include:

— Early treatment of high blood pressure. Is it possible to prevent coronary heart disease (CHD) by treating high blood pressure in young people?

— We each now receive over three pounds per year of food additive substances. Are they a contributing cause of CHD?

— People who live in hard water areas seem to have fewer heart attacks. Should water supplies be hardened?

— Finally, and most credibly, physical fitness is a possible means of reducing the danger of CHD. What is the best kind of physical fitness program?

Dr. George V. Mann has taken the heart people to task for accepting scientific hypotheses as scientific facts. Mann is associate professor of biochemistry and medicine at Vanderbilt University School of Medicine and career investigator of the National Heart and Lung Institute, National Institutes of Health. His remarks quoted here were prepared for the U.S. Senate Select Committee on Food, Nutrition and Health, but were never presented there because the select committee never met. Here are some of the things Dr. Mann planned to tell the committee:

"My own judgement in the Diet-Heart debate was strongly influenced by the following personal research. Experiments with primates showed that atherosclerosis was induced as readily with diets containing corn oil, an unsaturated fat, as with lard.

"Studies with primitive groups of people including the Alaskan Eskimo, the Ibo people of Nigeria, the Congolese Pygmies and the Masai of Tanzania revealed thousands of carnivorous people who are taking more animal fat and cholesterol in

their diet than do we, but with low levels of blood cholesterol and essentially free from coronary heart disease.

"We concluded that only two explanations were possible: either diet is not the determinant in CHD or some other circumstance of life protects against CHD.

"Subsequently we have measured physical activity and fitness in the Masai. Their fitness is superb. They are physically active.

"With some difficulty, over a period of 5 years, we have collected the hearts of 50 Masai men. Surprisingly, these show atherosclerosis but only rarely coronary occlusions. We believe this means that while the Masai do have atherosclerosis, habitual exercise and fitness make their vessels enlarge and so their atheromata (fatty coating in the arteries) are innocuous.

"The implication is clear enough. The Western epidemic of CHD is indeed caused by atherosclerosis, but all men have this, wherever examined. The saving trait which prevents the lethal complications of atherosclerosis is physical fitness. The way to cut off the epidemic of CHD is with a program of exercise.

"Now I have just formulated an hypothesis, not a proven fact. This is not the time for a national rush to the gymnasium or the park to prevent CHD because that is the kind of error the diet protagonists are making. What is needed is a test of this fitness hypothesis.

"The difficulty is that neither I nor any other single scientist can do the test alone. I have tried. The necessary design is too large, too expensive, too demanding for any but a collaborative effort, directed by some kind of a National study center.

"but in the last 5 years the National Institutes of Health have moved away from this function. They have dismantled the Chronic Heart Disease and Stroke Control Program.

"The President's Commission on Physical Fitness, managed often by ex-coaches, fritters away money on magazine and television advertising while adult Americans are uninformed about methods and goals in physical fitness. There is no national fitness program beyond the industrial efforts of the bicycle people and there is very little promise."

Mann went on to say that his preliminary studies indicate fitness could be maintained with as little as one hour per week of proper exercise. It's an interesting hypothesis, and it deserves at least as much attention as diet.

The Heart Association has a tremendous influence on the way people think about their health. At the moment, they're concentrating on making people neurotic about diet. It's possible the Association could save more lives if they'd concentrate instead on getting people into shape.

One wonders why they don't.

It Ain't All Food

Secretary of Agriculture, Dr. Earl L. Butz, explains much of the confusion over today's food prices by telling of an incident that he experienced while shopping at a supermarket. He relates, "The lady in front of me at the check-out counter took from her cart a quart of milk, a pound of bacon, a box of breakfast cereal, a 10 pound package of detergent, a 25 pound sack of dog food, two pairs of pantyhose, some kitchen towels and soap, eight hand-painted tumblers, and a copper skillet. When she saw the bill for \$22.28 she exclaimed, 'Golly, food is expensive, isn't it?'"

The furor over high meat prices that swept the country a short time ago was as illogical as the lady's comment on food prices. A release from the United States

Department of Agriculture states, "Farm beef cattle prices recently reached the level of 20 years ago, but what other prices are just getting up to the levels of 20 years ago? ... if you deflate present beef prices in line with today's cheaper dollars, today's beef prices are a long way under the level of 20 years ago."

The production and distribution efficiency of the food industry—and this includes meat—has given U.S. consumers more and better food than ever before in history. This fact has been obscured by the darkening cloud of inflation. The entire nation should thank rather than criticize the industries that have produced the abundance we enjoy today.

NOW IS THE TIME . . .

Max Smith
County Agr. Agent
Telephone 394-6851



To Control Insects

The liberal amounts of moisture and poor drying conditions have resulted in larger numbers of flies and mosquitoes in many areas. These pests will continue to multiply rapidly as long as we have wet weather and unless their breeding places are destroyed. We have had a number of phone calls from flooded areas saying that the mosquito problem is getting greater. We suggest that stagnant water of all kinds be eliminated by removing empty tin cans and other containers, and draining water from puddles when possible. To keep mosquitoes from increasing standing bodies of water may be sprayed with Abate or with Flit MLO to eliminate the mosquito larvae; both of these are relatively harmless to fish life when used properly. Fuel Oil and Kerosene will also kill the larvae but will be hard on fish life. Adult mosquitoes and flies may be killed by frequent spraying with malathion, dibrom, or a pyrethrin spray. Malathion or Methoxychlor should be used on or around trees and shrubs for the control of mosquitoes and flies.

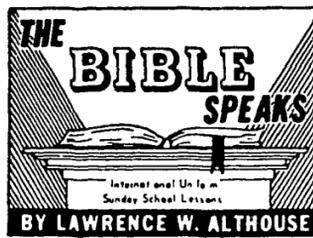
To Cut Alfalfa

According to the calendar it is time to make the second cutting of alfalfa hay or silage. Under normal weather conditions the second cutting is made early in July when the plants are coming into bloom. However this summer, due to the wet weather and to several of the fungus diseases

such as leaf spot, the plants are behind schedule and some may not bloom normally due to the fungus infection. Growers are urged to take the second crop from 35 to 40 days after removing the first cutting. With improved weather conditions it is hopeful that the third crop will come rapidly without some of the leaf spot infections. Growers should be on the alert for insects such as leaf hoppers and spray when the new growth is three to six inches high.

To Control Weeds

Many corn growers are faced with serious weed problems due to the long period of wet weather. When corn plants get two to three feet high many of the normal herbicides such as 2,4-D may cause serious injury, especially in hot weather. The broad leaf weeds such as smartweed, pigweed, lambsquarter, and thistles may be controlled by spraying with ½ pint per acre of Banvel D. Also, it is quite likely that the old practice of mechanical cultivation might help get rid of grass-type weeds such as foxtail, fall panicum, and witchgrass. Cultivations may not eliminate all of the weeds but will reduce the number between the rows and decrease the competition for plant food and moisture. Shallow cultivation (one to one-and-one-half inches) is suggested and stay out of the root zone of the corn plant. Many weedy fields are evident at this time and weed competition will surely hurt the corn yields.



WHEN IN DOUBT . . .

Lesson for July 16, 1972

Background Scripture Psalms 103:1-5,
104, 150
Devotional Reading 103:6-18

Have you ever noticed how many prayers begin and end with expression of praise?

Take the Lord's Prayer, for example. We begin: "Our Father, who art in heaven, hallowed be thy name." Only after we have

begun in praise do we get on to making our requests. "Give us . . . forgive us . . . lead us not . . ." then, having made known our requests, we return once again to praise: "For thine is the kingdom . . ."



Rev. Althouse

The missing ingredient

A friend baked a cake and forgot to put in the baking powder. The cake was a failure; something was obviously missing! So it is often with our prayers. Something we leave out keeps them from being the vital transactions they ought to be. Often, that missing ingredient is praise.

Actually, it is not so much that God needs and requires our praise, but that we need it. When it is missing from our prayer, it is as if we had left out the most important ingredient. The fact is that when we are willing to praise God, the act of praise seems to put life into our peti-

tions and intercessions

Nels Ferre, the late theologian, in one of his books tells us of an incident that happened in his childhood. He was having a difficult time in prayer. Things were not going his way! Overhearing him, his mother advised him: "Nels, just thank and praise him. Thank and praise him." Dr. Ferre said that she was right. Often, when he experienced difficulty in prayer, he found the key in following his mother's advice.

Someone once similarly advised me: "When in doubt, praise God." It seemed strange advice, for one would think that in times of doubt and difficulty one could not, perhaps should not, pray with praise and thanksgiving. Yet, I have often found, that when things are at their worst, the only prayer that can see me through is the prayer of praise and thanksgiving. As someone has put it: "Praise God even when you don't feel like it, and you soon will feel like it." Strange advice, perhaps, but it works!

What for?

But what can we praise him for when things are bad? Won't that make us hypocritical? No, for no matter how bad things may be, there is always much for which we can give him praise and thanks. In Psalms 104, for example, the psalmist praises God as the great Creator and sustainer of the earth: "Thou didst set the earth on its foundations . . ." (104:5). He praises God as the provider for all his creatures. "Thou dost cause the grass to grow for the cattle . . ." (104:14).

There is always something for which we can be very grateful. "O my soul, . . . forget not all his benefits." How much he has given us and done for us. Yes, when in doubt, praise the Lord!

(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.)