

Coronary Culprits

A Fortune article deals with the subject of "What Stress Can Do To You." Directed mainly to the killing stresses faced by businessmen, it carries a message of the greatest significance on heart disease. It says that, "Cardiovascular ailments such as coronary heart disease now take an appalling annual toll in lives of American men in vigorous middle age. Yet until this century heart disease was virtually unknown anywhere in the world . . ."

What has brought about this great change? The suspicion is growing that more than food is involved. The magazine quotes one authority as saying that, "if you could perfectly control cholesterol, blood pressure, smoking, glucose level, serum uric acid, and so on, you would have controlled only about one fourth of the coronary heart disease."

Occupational stress affect certain types

of persons and make them prone to coronaries, the article states. It draws heavily on the views of two eminent cardiologists, Meyer Friedman and Ray H. Rosenman. In the past 17 years, these two research specialists have found that behavior patterns and stress are among the principal coronary culprits.

The article concludes: "Now that even cardiologists are beginning to believe heart disease can be traced to unrelenting competitiveness and baffled fury, will a wave of concern over stress sweep over this hypochondrical country, to match the widespread interest in jogging and polyunsaturated oils? Quite likely."

Medical journals have long pointed out that the best course for a normal, healthy person to follow is one that includes a reasonable amount of exercise, a balanced diet of basic foods and avoidance of fads.

Farm Bureau

With some two million member families, The American Farm Bureau Federation is a true cross section of the United States. Since its policies on public matters are arrived at through an extensive membership participation program, those policies accurately reflect the convictions and beliefs of a large segment of American citizens

A statement of those convictions and beliefs was presented to both the Democratic and Republican Party Platform committees so that the major political parties and the country at large will know that American farm families want their government to "work toward a market-oriented agriculture and the elimination of compensatory payments as soon as possible." The statement declared, "A major objective of Farm Bureau policy is to create conditions whereby farmers and ranchers may earn and get high per-family

real income in a manner which will preserve freedom and opportunity. We firmly believe that this objective can best be accomplished by relying more on the market price system . . . The prosperity of the nation's farm families depends on the successful functioning of the American capitalistic, private, competitive enterprise system." The statement condemned inflation breeding government spending that has brought steady erosion of the dollar and poses " . . . a serious threat to economic stability in our economy today . . ."

No group of American citizens have had more intimate experience with government controls and subsidies than farmers—and no group is more vehement in calling for a return to free market principles and less government intervention in our lives. Here is a clear warning that all people are not ready to accept subservience to big government as a way of life.

Perspective on Meat

Today, the U.S. meat industry provides perhaps the most dramatic illustration of how the public has benefitted from the automatic balancing forces of a free market. Secretary of Agriculture Earl L. Butz reports that farmers and ranchers have increased their beef production by a "magnificent" 25 times in the last 20 years—from 8.8 billion pounds in 1951 to 21.9 billion pounds in 1971.

This increased productivity has been in response to growing demands of a growing population. In fact, demand has far outstripped population growth. During the past 20 years, annual beef consumption per person has doubled. Secretary Butz explains that the rising affluence of American consumers, boosts in welfare payments and increases in the food stamp program have caused meat consumption to soar. In the words of Secretary Butz: "This is as it should be. Not only are we

dedicated to eliminating hunger; we also want people to enjoy the great productive affluence of this nation. Since beef is a demand-controlled market, it is only reasonable that the constantly increasing affluence of the American consumer . . . would have a marked upward effect on beef prices. This is precisely what has happened . . . In a nutshell, beef prices have risen because of increased consumer demand, and this is a market signal to induce increased beef production."

Although meat prices have risen, they still remain at levels far below the general price trend of the past two decades. The meat industry has remained a free market segment of agriculture, and its productivity has risen with neither the help of subsidies nor the hindrance of controls. As Mr. Butz concludes: " . . . there must be ample inducement if beef production is going to be increased. That inducement must come in the form of beef prices . . ."

Grassroots Opinions

GREENSBURG, KANS., KIOWA COUNTY SIGNAL: "We see where some U.S. banks are entertaining the thought of loaning Russia money to buy equipment. The interest rate that has been mentioned for such a loan would be 6 percent. It seems strange that thousands of Americans will pay 8 percent and more interest on money borrowed from banks, while an enemy country can borrow money for slightly above prime interest rate. And when you consider the money that the USSR owes

the United Nations you could hardly consider them a good security risk."

WARRENSBURG, MO., STAR-JOURNAL: "The national debt limit is now \$450 billion or, for all practical purposes, the sky."

ADAIR, IOWA, NEWS: "One way to reduce the incidence of crime is to make it as dangerous to be a criminal as it is to be a victim."

NOW IS THE TIME . . .

Max Smith
County Agr. Agent
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To Ensilage Corn at Proper Time

Early corn has matured rapidly in the past several weeks; soon the field harvesters will be in action and the silos will be getting the 1972 corn crop. The proper stage of maturity is important in order to get the maximum feed nutrients. If the corn is cut prior to the early dent stage, it will not have reached its top feeding value. If it is cut after it is fully mature, the feeding value and palatability will have been lost. Feeding values increase from the silk, through the milk stage into the dent stage; this proper time of cutting is the same for feeding to any type of livestock. Growers are urged to observe the maturity of their silage corn and be prepared to ensilage at the above stage of maturity.

To Beware of Corn Aphids

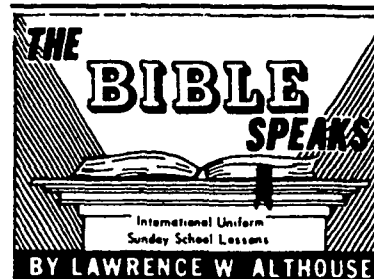
In the past week we have gotten a number of calls from corn growers relating to the black dirty condition of the tassels and top leaves on many of their corn plants. This problem is caused by the corn aphid which is quite common this summer. In most cases inspected, the corn has already pollinated and therefore, the aphids will do less damage. If the infestation comes before the pollen is shed from the tassel to the silk, then the result may be poor pollination. The control is to have the field sprayed with malathion to kill the aphids, but it is doubtful if this application is worthwhile after the corn has pollinated. The black color of the tassel and leaves is caused by the honey excretions from the aphids and the resulting blackening of the plant surface.

To Be Alert For Northern Corn Rootworm Adults

The small green beetle flying around in the corn field might be an indication of northern corn rootworm infestation, and that trouble lies ahead. Chemical control of these green beetles is needed only if there are five or more beetles per ear of corn and when less than 50 per cent of the plants have silked. Heavy infestations could keep the corn ears from being pollinated. In addition, the presence of the green beetles at this time of the year indicates that the corn ground should be treated with an insecticide next spring at planting time to kill the young larvae, or that the ground should not go back into corn next year. Rootworm infestation has been increasing and growers are urged to take notice of this insect in order to maintain maximum production.

To Extend Pasture Season

Some livestock and dairy producers may be short on quality hay this winter due to the poor drying conditions this past summer. If the fall grazing season could be extended by seeding extra acres of a winter grain such as rye, barley, or wheat, then less of the winter hay supply would be needed until freezing weather. Also, additional fertilizer applications on the permanent pastures could give additional growth late in the fall providing moisture conditions improve. The grazing of special summer forage crops such as sudan grass or the sudan-sorghum hybrids is satisfactory until a killing frost and then special handling is needed to prevent poisoning of the livestock.



SHINING THROUGH

Lesson for August 27, 1972

Background Scripture: Acts 4:13-21, 26-40
Devotional Reading: Acts 8:26-40

Ploetzensee is not a standard tourist attraction in the usual half-day tour of West Berlin. Using the unterbahn (subway) and a street car, I had to find it for myself.

It would be easily missed, a complex of dark red brick walls and a tower or two, looking very much like an abandoned factory. In fact, I would have missed it except for a tall plain cross outside the brick wall.



Rev. Althouse

In the midst of darkness

Walking down a narrow alley, I found the entrance with a small sign reading Gedenkstaette, a place of memorial. Though human outrage at what was done in this place might have called for its obliteration, Ploetzensee stands as a grim and silent memorial to the thousands who died there. In this dark prison were murdered Hitler's enemies during the blackness of the Third Reich.

It is a dark, forbidding place. A frightening meat-hook still

hangs where men were horribly garroted with piano wire.

The wife of one political prisoner recalls standing at another prison gate one day in 1944 and seeing a man with his hands tied behind his back. Calmly and erectly he strode forward while behind him there followed "a little Gestapo man who looked to me like a reptile." The SS guard turned and whispered to the woman: "That is Count Schwerin—Ploetzensee." She knew what "Ploetzensee" meant and through her mind there flashed the realization: "There is a man who knows how to die." (from DYING WE LIVE, edited by Gollwitzer, Kuhn, and Schneider, Seabury Press, 1956).

A witness for Christ

Ulrich-Wilhelm, Count Schwerin von Schwanenfeld was a wealthy aristocratic landowner who had been connected with the abortive plot against Hitler on July, 1944. More important than that, however, he was a witness for Christ.

He witnessed to a prisoner's wife, to his fellow inmates, to his captors, though not so much by what he said, but by his bearing. Even from the grave he witnessed through his last will and testament: he provided that a portion of his land in the Sartowitz forest be used as a burial place and memorial to the victims of the 1939 massacres by the Nazis. He directed that a high oaken cross be erected with this inscription: "Here lie from 1400 to 1500 Christians and Jews—May God have mercy on their souls and on their murderers."

John was right: the darkness does try to overcome the light. But no matter how dark it may become, when men allow themselves to be used as witnesses for Christ, God can be seen shining through the darkness.