

## Diet and Health

Dr. George V. Mann of the Department of Biochemistry, Vanderbilt University School of Medicine, discussing diet and health, has said, "I feel intensely that the 'other side' of the diet-heart controversy has not been adequately heard..." Dr. Mann was critical of the relentless campaigns damning meat, eggs and milk "... with puny evidence backed up by dramatic Madison Avenue techniques"

Dr. Mann was also critical of segments of the food industry which he feels have not responded as they should "I do not know who is responsible for the possum tactics of those assaulted industries, but I know as a nutritionist that the industry is allowing a few adventurists in science to sack the

basis for the best diet in human history. One day—too late, I fear—this chapter in human absurdity will be written out." Dr. Mann went on to recommend strongly "suitable mechanisms" for testing prevailing hypotheses having to do with diet and heart disease.

Dr. Mann calls for national and international research programs that can one day find answers to the relationship between diet and health. Hopefully these answers can help convince normal people of the importance of enjoying, in moderation, the abundance of basic foods that modern agriculture has made available to U.S. citizens and the world.

## An Assumption of Freedom

At the conclusion of a three-year, long-range planning project called "Life 2000", Dr. R. M. Kottman, Dean of the College of Agriculture and Home Economics, Ohio State University, offers a number of startling projections. Speaking on "Future Prospects for U.S. Animal Agriculture," he says, "Higher incomes will permit consumers to continue to choose more animal products"

He predicts that in the year 2000, "Consumption of beef and veal will increase to 140 pounds per person per year, compared with 115 pounds today, and pork consumption will climb to 75 pounds, 15 percent above present levels, reflecting favorable public reaction to dramatic improvements in pork quality along with more aggressive marketing and promotion

of pork products. Lamb and mutton consumption may decline slightly, however. This means that by the year 2000, U.S. farmers will need to produce 70 percent more beef and pork, and the same amount of lamb and mutton as at present"

The doctor presumes that cattlemen, processors and others working in the meat industry, will continue to be free to respond to the dictates of supply and demand, and to give consumers the products they want at a fair, competitive price. Rising living standards of the past have hinged upon the resiliency of the free market, and they will in the future. All projections of increasing abundance must presuppose a perpetuation of the free market economy.

## Presumption of Abundance

It has been said that only a wealthy nation, like the U.S., can afford the luxury of turning its back on many of the modern tools which have helped to make it wealthy and provide abundance for its people. By American standards, China is far from a wealthy nation.

Author Barbara Tuchman tells of how China has adopted the chemical aids to agriculture, such as have become bitter environmental issues in the United States. She writes, "Chemical fertilizer is spread by hand from baskets. More than Maoist

Thought, this is what has raised yield in China." The author also described a discussion of agricultural workers as to the best time for the application of insecticide. The people of China want to produce more—by any means available.

U.S. capitalism, both on the farm and in the factory, long ago solved the problem of production—solved it so well that abundance has been taken as a presumed right. Very likely this presumption would appear blasphemous to the hardworking people of one of the oldest civilizations on Earth.

## Grassroots Opinions

WEST POINT, MISS., TIMES LEADER "You know, we have a feeling that the American people are about ready to cry 'enough' of this open anarchy in the streets which moves freely under the false umbrella of 'peaceful demonstrations'. You can't preach 'anti-war' by waging war. ALL patriotic citizens are anti-war! War is never an ideal solution to anything. But you can't promote world peace by running down and tearing down your home nation"

NORTH VERNON, IND., SUN "Government could be a far worse headache than it is for those operating it. Suppose Congress passed a tax bill that included a money-back-if-not-satisfied guarantee"

MARYSVILLE, CALIF., APPEAL-DEMOCRAT "Speaking of spending abroad, Congress made 1971 a record year for foreign travel. Members of both houses and staff spent \$1,114,386 in public funds on trips abroad, according to a Congressional Quarterly study of congressional travel, up from \$825,118 the previous year. More than half the membership of Congress—221 representatives and 53 senators—at sometime during the year was abroad on official business

Neither budget deficits, business at home nor an approaching election year, it appears, can stay a dedicated legislator from his self-appointed foreign rounds"

BRANSON, MO., WHITE RIVER LEADER "I would like to hear just one presidential candidate make an honest statement, maybe something like this: 'This is what I'll try to do if I am elected if congress goes along with it, the supreme court will allow it, my party endorses it, and the polls show it is what most of the people want.'"

CHASKA, MINN., HERALD: "Did you notice a story in a recent issue of the daily newspapers? It was the young man, I forget exactly where, that a few months ago had asked a judge to put him in jail so he could kick the drug habit. Now he's on record of asking the same judge to let him out of jail because drugs are easier to get and more plentiful inside the lockup than out. So what's the answer? I for one sure don't know, but I do believe as long as there's a lot of money being made in drugs the traffic will never be stopped. If somehow the profits can be taken from drugs, the problem will just go away in a short time."

## NOW IS THE TIME . . .

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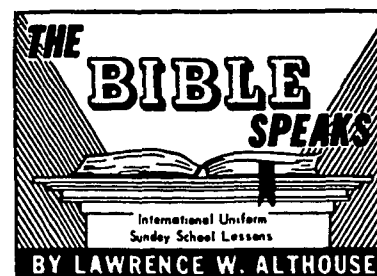
**To Control Weeds In Alfalfa**  
Many fields of alfalfa may be infested with several of our common winter annual weeds; chickweed is one of the most common and may be growthy enough in the next few months to smother out a decent alfalfa stand. The August seedings got off to a slow start and there is some question if they have sufficient growth and root system to withstand the winter weather; however, this will depend upon the severity of the weather and the amount of snow cover. Growers are urged to inspect their new stands several times in the next few weeks to evaluate the weed growth. The best time to control these weeds is during November and December when the weeds are small. The materials to use depends upon age of the stand and whether or not any grasses are wanted. Further details are available.

**To Prevent Livestock Waste Run-Off**  
Drainage water from barnyards and cattle feedlots should not be allowed to run into streams or into any water supply. As our general public becomes more pollution conscious, livestock producers will have to be more careful in a good waste control program. Diversion ditches to

keep the surface water out of the area will help; liquid manure tanks will catch the run-off and hold it until spreading. Settling ponds might be used to settle out, and then permit the overflow to continue down on natural drainage, sodded areas. There are many possibilities to help reduce the pollution from feeding and barnyard areas. Direct run-off into nearby streams is to be prevented.

**To Provide Young Stock Exercise**  
Dairymen who are trying to improve the raising of their herd replacements should keep in mind that daily outside exercise from a box-stall or pen is a good way to develop better dairy heifers. To keep them housed in a stanchion or small pen at all times requires more labor and will not allow them the exercise needed. Some dairymen are erecting free-stall housing for their heifers with good success. Others are building open-fronted pens where the heifers will develop well on quality roughages with limited amounts of grain. Special care in confined stalls until they are several months of age is recommended and gives good results, but after that period, they need more exercise and less costly building construction.

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### THE TEST

Lesson for November 5, 1972

Background Scripture: Daniel 6; Matthew 22:15-22; Acts 5:17-29.  
Devotional Reading: 1 Corinthians 3:5-14

Let's suppose you are a soldier in Viet Nam. Your company has been sent to clear a small village of suspected Viet Cong mortars. When you reach the village, however, there are no Viet Cong, only a few women, some old men, and children.



Rev. Althouse

The handful of villagers stand in a state of shock, as if not quite knowing what is going on. The order is given for them to vacate their huts, but they do not move. Instead they stare blankly. Then comes the fateful order: "Burn them out!" It is apparent that the huts are to be burned out either with or without their human occupants. Deep inside you know you ought not to kill these apparently innocent people. But you have been ordered to do so. What do you do?

#### Render to Caesar

It is not an easy situation when faith and citizenship are so obviously in conflict. Does the Christian owe unquestioning obedience to the state? Must he do whatever his government tells him to do? Is this what Jesus meant when he said: "Render . . . to Caesar the things that are Cae-

### Egg Production Down

sar's . . ." (Matt. 22:21)?

What do we owe to Caesar? This is a controversial question today. It was also a controversial question in Jesus' own day. That's why the Pharisees used it in an attempt to trap him. If Jesus favored paying the tax, he would be despised as a traitor by some. If he favored not paying the tax, he would be branded a subversive by others. No matter how he answered, he would find himself in trouble.

#### The things that are God's

It is sometimes said that Jesus hedged on this question, but if we look closely we find that he has, in fact, given a very definite answer. The answer is not "government or God," but "government and God." We owe some things to Caesar. The government has a right to demand certain things of us. As Jesus paid the hated tax, so as Christian we have citizenship obligations.

There are, however, some things we owe to God and when these are in conflict with our obligations to the state, there is no doubt as to which must prevail. Jesus paid the tax and obeyed other laws of various kinds, but he would not give in to the government and renounce his mission for God. The state owned his taxes, but it did not own his soul.

Put to the test between conscience under God and obligation to the state, Jesus demonstrated once and for all which has the highest claim.

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