



## Doctor in the Kitchen®

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### VITAMIN INTERRELATIONSHIPS — III (Third of a four-part series of articles)

What has a Florida winter vacation to do with vitamins? Or basking in Arizona, California or somewhere in the Caribbean area at this time of year?

For those of us who spend winters in parts of United States where sunshine is not so generous — and because of cold weather we must bundle up in heavy clothing — a winter vacation in sunshine relates specifically to our ability to produce vitamin D in our bodies.

A sunlamp will help, too. The process involves sunshine converting a provitamin in our skin to vitamin D. Vitamin D is essential,

primarily, for us to efficiently use calcium and phosphorus in the formation and maintenance of bone. This process is especially critical for infants, growing children, and pregnant and nursing women. But it continues throughout life as well.

#### A Proper Balance

All of our bone structures must have a proper balance of calcium and phosphorus if they are to grow and maintain themselves. Vitamin D assists in getting calcium and phosphorus from the intestinal tract into the blood and then it again sees to it that cal-

cium and phosphorus are deposited in bone where they are needed. If this process fails, for lack of vitamin D, bones do not calcify. In the young, such disease is known as rickets. In older persons, osteoporosis, a bone-softening process, results from lack of vitamin D and of foods such as milk, rich in calcium and phosphorus.

Because milk and its products bring us about 75% of the calcium available in the the U.S. food supply, nutritionists long ago recommended that milk should be fortified with vitamin D. Today, most is. Read the label.

Because of this fortification of milk, rickets is uncommon today in the United States. But I do wish older people would drink more milk. It would reduce osteoporosis. In my opinion, occasionally the hip breaks suffered by older adults are not because of falls. The falls are caused by the bones simply fracturing of their own deterioration. In other words, the bone breaks first, causing the fall

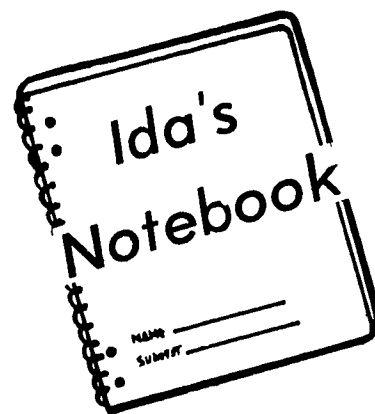
#### Pollution A Factor

The body can store vitamin D to some extent. But, again, when the weather allows, the formation of natural vitamin D is triggered by sunlight striking our skin and activating our own production of this essential element. Clouds, dust, smog — air pollution in general — inhibit this process.

A word of warning: Vitamin D can be toxic. More than you need will not improve growth or health in any way. The results can be very serious. Thus taking vitamin D in pill supplements can be dangerous. The daily recommendation for infants is 400 international units, the amount in a quart of vitamin D milk. Adults need less

#### Girl Scouts

More than 100 million Girl Scout cookies were sold in 1972. Girls 9 years and older practice small business—making the sale, fielding complaints, doing paper work, and coping with the red tape —by selling cookies. In general, cookie profits are split between the troops and their local Girl Scout council.



Ida Risser

These winter mornings as the red-orange sun rises its bright rays reflect on many objects. It almost makes my heart stop as I

notice a house on a distant hill apparently on fire; but on second glance there is no smoke and I realize the sun is playing tricks on me

Next, I notice how the bright rays make a group of seven cockbirds shine like bronze as I whiz by on my way to the bus stop.

### Dauphin Deposit

#### Names MacDonald

E M Green, Chairman of the Board of Dauphin Deposit Trust Company, has announced that Roderick C MacDonald has been appointed Comptroller for the Bank.

MacDonald, a resident of 3 Lantern Lane, Camp Hill, is a native of Carrollton, Ohio. He is a graduate of The College of Wooster, in Ohio, and served in the U.S. Navy during World War II

He was previously employed by Main Lafrentz & Co, and prior to joining Dauphin Deposit, served for 20 years with AMP Incorporated. At AMP, he served in a number of positions, including Assistant Controller and Director of Management Information Services.

MacDonald became a Certified Public Accountant in 1951, and he is a member of the Pennsylvania Institute of Certified Public Accountants. He is also active in the Market Square Presbyterian Church in Harrisburg. Married, MacDonald has a son and a daughter.

As I look at the bare frozen ground, it seems as though nothing would grow on it again but of course I know better. At least, I'm glad the turnips and carrots are safe in ground in our cellar. They keep very well in old lard cans completely covered with moist soil.

xxx

When I go to an evening meeting, I often return to find my house has a different smell. Likely the children have made hot chocolate and popcorn. Sometimes I think they wait till I go away to feast, as I chide them for eating all the time.

When they ran out of popcorn the other night, they scouted around in the summerhouse and found some old tiny ears of strawberry-popcorn which Philip grew. It was delicious and so very white after it popped.

I'm reminded of the broom-corn which my grandfather Shriener grew on his farm. He had it made into brooms which he gave away

We children got small brooms which were fun to use. At least, it was fun until we got older and had to use them to sweep the rag rugs in our kitchen or the porches.

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