

# The American Diet

Why should food and nutrition be subjects of national concern in the United States? US farmers can produce food supplies in an abundance and variety and with an efficiency never seen before in the world. We have learned to process it, manufacture it, package it and distribute it in a near endless range of delectable and enticing forms. Despite what we consider to be high prices, this is done at a lower cost in the US, relative to the average person's income, than any other nation in the world. Our food supply is pure and safe despite all of the publicity over additives, impurities, mislabeling, deceptive packaging and heaven knows what else. Still we worry about food and diet.

One of the food-related problems faced by a large percentage of Americans is that it is just too much fun to eat in the US—and easy. We eat too much and share a common problem, to varying degrees, of being overweight. This has been one of the factors giving rise to such a vast number of special diet programs. Many of these are of the fad variety and can actually be injurious to health since they often omit basic foods necessary to human nutrition. In a feature article in Time magazine, entitled "The Perils of Eating, American Style", the observation is made that, "Whether they are simply trying to get thin, or whether they are pursuing health or even salvation through diet, Americans are perhaps more preoccupied than any other nation with what to eat, what not to eat, how to eat and even when."

For various reasons, many Americans, if not suffering from actual malnutrition certainly fall far short of eating a diet conducive to the best of health. Coffee for breakfast, lunch on the run and a long afternoon and evening without food lead to picking up snacks that are usually greasy, salty or full of sugar, and to overeating at the evening meal. The Time article points out that young people are the worst offenders when it comes to "gobbling" things that aren't good for them, "consuming as much as half their caloric needs in potato chips, cookies, cakes and other

foods high in calories, low in protein, adults are almost as bad." The organic food movement, given impetus by the counter culture group and others seeking greater simplicity and purity in their lives, the Time article says, may have had some broad beneficial influence in making consumers more conscious of their general diets and more likely to read food product labels to see what they are eating. Crash diets generally make little sense for most people who may lose a lot of poundage that they gain right back when they revert to old eating habits which they have not changed.

Out of all the controversy, most Americans have come to the conclusion, and quite rightly, that too many calories and excessive weight is bad for their health. Overall, it is still good advice for the normal, healthy person to eat a balanced diet including moderate amounts of the four basic food groups: milk and milk products, meat, fish and poultry; vegetables and fruits, and breads and cereals. Sharp dietary changes for health reasons should be made on an individual basis on the advice of a physician. Overall, it can be said there is need for a broader awareness of good eating habits on the part of the general public. The information is available and so is the food. More people, in their own best interests, should make an effort to use both wisely.

Good nutrition for the American people does not lie in the direction of proliferating regulations and controls that kill the productivity and innovative ability of the food industry. The vast majority of us just don't have the time or interest to become nutritional experts and very few people probably want a federal bureaucracy telling them what to eat. Simple information on how to choose and prepare a balanced diet and broadening interest in sensible weight control and how to achieve it would probably be most helpful in improving American eating habits. But, in the long run, it is up to the individual and, like the horse which was led to water but didn't want to drink, that's the way it should be.

## Rule of Law

A statement by the president of the American Farm Bureau Federation, the largest farm organization in the nation, on the progress of farm labor relations legislation shows how inexorably the rule of law under representative government moves forward.

The official pointed out that enactment of a new farm labor law will be given top priority by the Farm Bureau in the 93rd Congress. He also observed, "Our Farm Bureau policy clearly states that we uphold the right of employees to bargain collectively but condemn the use by either labor or management of force, coercion, intimidation, secondary boycotts, or any other unfair means applied by one side to force its will upon the other. What's wrong with having a special farm labor board similar to the National Labor Relations Board, to consider the special problems of agriculture? What is wrong with secret

ballot elections for farm workers, or prohibiting boycotts in agriculture as they are presently prohibited in industry?" The pressure for farm labor legislation has arisen as a result of excesses in the organizing of farm workers, excesses that have deprived consumers of the right of free choice in the marketplace and have threatened to subject farmers—and consumers—to a type of dictatorial economic control in the name of collective bargaining that free citizens cannot accept.

Three states now have laws banning the use of the secondary boycott and providing for secret ballot election for farm workers, and the drive is continuing for similar legislation in other states as part of the campaign to restore the freedom to market for the producers and sellers of farm commodities. Thus the wheels of the democratic process and law continue to turn—slowly but surely.

## Grassroots Opinions

BEDFORD, IND., TIMES-MAIL "An indignant citizen of our national capital mailed 75 letters from Philadelphia to Washington addresses. Then he carried a second set of letters between the two cities by his own 'pony express' service of six horses and eight riders. Most of the letters carried by pony express were delivered first, to the surprise of nobody. Recently the horse has been making a comeback on

the American scene. There may be a greater future for it than realized, unless the Postal Service gets its mess untangled soon." xxx

"Law is designed to control the rapacious minority." - Mr. Jenkin Lloyd Jones

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"Poverty is the parent of revolution and crime"—Aristotle

NOW IS  
THE TIME . . .

Max Smith  
County Agr. Agent  
Telephone 394-6851



### To Prepare for Spring Oats

One of the secrets of producing a good crop of spring oats in southeastern Pennsylvania is to make the seeding early — as early in March or April as weather conditions will permit. We urge farmers who are planning to seed spring oats this year to make plans to get the crop into the ground during the month of March if at all possible. Experience shows that March plantings will out-yield April plantings in nearly every instance. Suggested varieties for southeastern Pennsylvania include Clintford, Clintland, or Jaycee. All of these varieties will do better in the warmer part of Pennsylvania because they are early maturing varieties that should ripen before hot weather arrives. Even though spring oats is not the most profitable for Lancaster County, some livestock and poultry producers may want to produce some oats this season because of the high cost of feed grains.

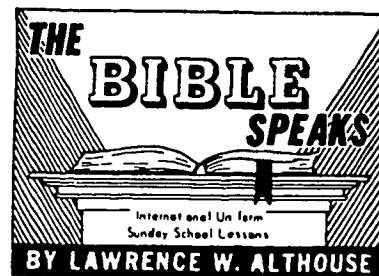
### To Start Rose Care

Many gardeners will be looking forward to working in their lawn and flower gardens in the very near future. According to the calendar, the "spring fever" season should be with us later this month. Growers or hybrid tea roses might start the spring activities by pruning back their rose bushes to the 12" to 18" height and also remove any dead

canes. This work can be done during late March and early April after the danger of severe freezes is over. In addition, the mulch around the rose bushes should be retained against summer heat and dry weather. The addition of a handful of 10-10-10 fertilizer around each rose bush will help produce beautiful blooms this summer. Care should be exercised not to get any of the fertilizer against the rose stalk or in contact with the roots.

### To Mark March 14th

One of the most important meetings of the spring season for Lancaster Countians will be held in the auditorium of the Farm and Home Center on Wednesday evening, March 14th. This public educational meeting will be sponsored by the Farm and Home Foundation and will include several speakers from Penn State University on the subject of "Issues Relating to the Amendment Regarding Land Assessment." This subject is very important because it will appear on the primary election ballot in May throughout the state of Pennsylvania. This will be an experience for farmers as well as other folks to learn more about the proposed change in the constitution to permit farm land to be assessed on production value rather than market value. We urge everyone to take note of this meeting and attend.



"VERY GOOD"

Lesson for March 4, 1973

Background Scripture: Genesis 1:1-26, 31; Psalms 24:1, 2, 104:24-30  
Devotional Readings: Psalms 95:1-7

Several years ago I saw in a magazine a cartoon depicting an American family on vacation at Grand Canyon. Their auto was parked at one of the overlooks perched on the lip of the canyon. The father and mother were standing outside the car, looking with rapt wonder at the glorious sight spreading before them. In the car, however, their little boy and girl were totally engrossed in comic books!



Rev. Althouse

In the beginning . . .

The cartoon reminds us that, blessed with the opportunity to see the world in all its God-given glory, many of us, like little children, refuse to see what is so close at hand. We see the sights and hear the sounds of the world about us, but we do not really either see or hear.

One day recently I walked for the first time along a road on which I often drive my car. I was amazed to see and hear so many things along that road that had always in the past completely escaped my notice. It was the same world I was seeing, but I was seeing it through different eyes.

This is the view of the world to which the Bible would often lead

us. It does not show us a different world, but the same world through different eyes. It calls us to see the world as God sees it, not in hopelessness and confusion, but in that light that caused him to say as he first beheld it, "Very good!"

God came to the verdict of "Very good!", not just because here and there he saw something that pleased him, but because the whole of creation, "everything that he had made" (Genesis 1:31), pleased him and met his specifications. As Teilhard de Chardin once put it, "All around us for as far as the eye can see, the universe holds together."

### "Let them have dominion"

The ancient peoples, for the most part, saw no design or ultimate goodness in the world. It was, for them, a chaos, a jumbled mass of elements and forces that moved the world nowhere in particular. The Genesis view of creation was a startling, new perspective, that saw creation, by the grace of God, not as chaos but as cosmos. Despite all its divergences and paradoxes, creation, said Genesis, hangs together because that is the way that God created it to be.

The second great thought in Genesis follows close on the first: that God places man in dominion over his "very good" world so that it may be fruitful and achieve God's purpose. It is God's world, but he gives it into my hands so that I may live constructively in it.

Too frequently men have regarded this as their world. They have used it, abused it, exploited, and ruined it. They have done so because they have forgotten that it is God's world and they are only temporary stewards of it.

So, again and again, God calls us to remember whose world it is and remind us that, if we will be good stewards of it, it will continue as it was created to be: "Very good!"

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