

# Pollution Control Research Tied With Farm Production

Agricultural scientists at The Pennsylvania State University are seeking new knowledge of pollution control to combine with long-standing achievements in plant and animal production. The goal is adequate agricultural production within a quality environment.

The long-range program involves all three divisions of the College of Agriculture - research, teaching and extension. Heading up the planning is Dr. Milford R. Heddleson, Coordinator of Environmental Quality Affairs in the College of Agriculture.

New environmental task groups have been appointed in air quality, extension programs, land resource management, waste management, education, land and water quality, and pesticides management. Numerous faculty members are already working in inter-departmental teams to help identify and solve highly complex

problems of protecting natural resources and improving the environment.

Environmental problems related to land use, water quality, and air quality are featured in a special issue of "Science in Agriculture," the quarterly magazine of the Agricultural Experiment Station at Penn State. Free copies of the issue, entitled *A Quality Environment for Pennsylvanians*, are available from the Agricultural Mailing Room, 112 Ag. Administration Building, University Park, Pa. 16802. Teachers and organizations may obtain up to 100 free copies.

In other experiments, scientists are seeking to improve fertilizer practices and develop nonpersistent pesticides and other agricultural chemicals that will not pollute the soil, air, and water. Herbicides and biological control techniques are being developed to control weeds and

other undesirable plants.

Research is also underway to improve systems for disposing of plant and animal wastes and to utilize effluent discharge from agricultural processing firms. Effectively designed home septic tank systems and techniques for revegetating unsightly refuse banks from strip mines are of importance to the farmer, the rural resident, and to all citizens, Dr. Heddleson points out.

Research on trace element accumulation in feed and food chains is making important contributions to the understanding of environmental problems. The protection of natural resources is being enhanced by studies designed to control erosion and sedimentation - one of agriculture's oldest and most persistent pollutants.

A major study is now underway to determine what level of environmental quality is desired by residents of the Pine Creek Watershed area in Tioga, Lycoming, and Clinton counties. Consideration is being given to programs and policies needed to achieve this level of quality. A team of scientists from various colleges within the University are using the Pine Creek area as a laboratory to examine the highly complex environmental relationships in a "real world" setting.

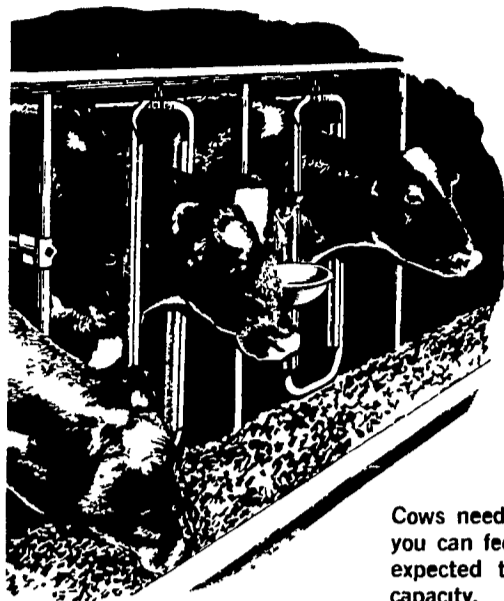
"Agriculture, and the entire rural community, must continually assess those practices or activities causing pollution. When risks outweigh their benefits, such practices must be modified, corrected, or discontinued and replaced by safer alternatives. When alternatives are not available, research should be directed toward developing them," Dr. Heddleson affirms.

The plight of rural communities as well as farmers is an important concern of the College of Agriculture, Dr. Heddleson says. A state or federal mandate to install or improve municipal waste treatment plants may overwhelm rural communities with their shrinking tax base. Interdisciplinary research is currently underway to investigate the feasibility of providing water supplies and regional sewage treatment centers in rural areas.

#### For Dad

A message for daddies from the American Cancer Society: have a checkup once a year for your sake and the family's.

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### Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

#### FEEDING LITTLE FOLKS

Children that are one to three years of age need more good foods in proportion to their size than older children. The total food intake of the younger child will, of course, be less, but the emphasis on real, body-building foods must be greater.

Since their stomachs can hold only so much, and their growth needs are so great, this is a time to be sure they don't eat too many concentrated sweets and cookies. What they eat must not crowd out the needed variety of foods that are high in protein, minerals and vitamins.

The foregoing is good advice for parents from a nutritional standpoint. But more than that, it offers the best means, too, for parents to help a child form good eating habits early in life. This, after all, is one of the best foundations for health that parents can pass along to their children.

#### Further Guidance

But the process needs even further guidance — beyond three years of age — for it is about this time that the child usually slows in growth rate and his appetite also slows down. If parents anticipate this, they won't become upset. Instead of pressuring the child to eat, it might be better to increase the number of meals by introducing sensible between-meal eating. It is simply a matter of realizing that young children can-

not hold a lot of food in their stomachs at any one time.

This causes us to reflect soberly on how many obese individuals there may be today because their parents forced too much food into them, perhaps both by direction and example.

Studies of nursery school children have shown that when snacks are eaten far enough before regular mealtime, the child's appetite for the meal remains good. In fact, if a child becomes too tired or too hungry by mealtime, he may become irritable and not eat properly even when the meal is served to him.

#### Snack Choices

Good choices in snacks are milk, fruit, vegetable relishes, juices, cheese, bread and butter sandwiches. Sweets may dull the appetite for mealtime, as well as interfere with good dental health.

Such nutrition recommendations, made in Dairy Council material published for professional health leaders, were "reviewed by the Council on Foods and Nutrition of the American Medical Association and found consistent with current authorities medical opinion." I heartily agree and next week we'll talk more about feeding preschool-age children.

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