



## Doctor in the Kitchen®

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

### SENIOR CITIZEN MONTH

May is Senior Citizen Month. The President of the United States so designates this month to help recognize the contribution our elderly citizens make to society and, in turn, to recognize their special problems and needs.

How many Americans are in this group?

Well, one in every ten of our citizens has reached or passed his 65th birthday. This means we have more than 20 million elders in our total population of over 200 million. The over-65 group is growing every day by a net gain of 900 persons a day, or 330,000 a year. The total number of such people has grown by 30% since 1961.

#### Within 25 Years

Predictions are that within 25 years or so, older citizens (people 50 and over) will approach or constitute a majority of our population. One out of three will be 65 or over.

With this kind of growth ahead of us, it's predicted that families will place more emphasis on planning for the elderly than for children.

Certainly more thought has been given to all this since the organizing and carrying out of the 1971 White House Conference on Aging. And in this column I'm particularly interested in pointing out that nutrition is perhaps one of the most important aspects of the aging years.

Besides good general health habits, nothing will add useful years to life as substantially as good meals — good food choices

Older people do not need special foods. They may need a softer diet, say, if there are dental problems. But in the main, they need the same foods as all of us, but smaller portions, fewer calories.

If older people eat the same meals as in years before, that in itself can add weight to their bodies as they become more sedentary. Thus they must cut down on portions as physical demands become less.

Eating alone can sometimes offer little incentive to prepare and enjoy good meals. Eating alone can also present psychological problems. These factors are considerations when it is proposed that ways must be found to provide better production and distribution of food to older people in both metropolitan and suburban areas and in isolated and rural areas as well.

#### Easy Access Needed

Older people need easy access to the food supply. Methods of assuring this must take into account whether an aged person lives alone, in a family, in a group, or in an institution. Many plans have been launched, including getting meals to where aged people live and places nearby where they can join others in a kind of "school lunch for the aged."

The best provision for tomorrow, in my opinion, will be for today's adult to learn well his nutritional needs and how to meet them. He will then be a better senior citizen himself when the time comes.

### FOOD FADDISM

In my opinion, food faddism flourishes because it offers responses to some of our most deep-seated yearnings—yearnings such as wanting to believe in miracles, and, certainly, the desire that everyone has to win over any fears he might face.

Now what better way could one ask for to meet these needs than to believe that certain foods are miracle foods and that through them we will have super-health, or freedom from ill health? Besides, the lure of food cults is not new. It is part of our heritage. In America, in particular, the snake oil salesman enjoys an honored place in our history, in our respect for gumption and enterprise. So why not macrobiotic diets?

#### Nutrition, A Young Science

Nutrition, which is a relatively young science, is particularly susceptible to distortion, fads and cults. We teach that proper nutrition is associated with health and poor nutrition with disease. The public response to so-called "health foods" stems from this concept.

Does it matter? Are enough people involved in food faddism for physicians like me to worry about?

The answer is "yes." Estimates of the market for fad foods run as high as \$1 billion by 1975. And an indication that "health food" items have really caught on is obvious when major food chains add "natural" food sections to their stores.

My argument, for example, with so-called "organic foods" is not so much with the items themselves—except that they are unnecessarily expensive. My concern is that we could in no way produce enough food for this country by such methods and the fact that such foods are not superior nutritionally to those raised by the more traditional methods of agriculture in which chemical fertilizers are used.

#### What Is "Natural"

Since all of us and everything about us are part of nature, what can there be that is unnatural? To me, anything that "is" is "natural." And as for plant growing, plants use only inorganic not organic forms of plant food. They utilize nitrates, potassium, iron and phosphates as determined by the plant's heredity. If the soil is deficient in certain nutrients you will get less crop but the quality of the plants you get will not be affected. A plant so deficient in its own needs would simply wither, be obviously stunted, or die—and it would never reach the market as food.

I object, then, to so-called "natural" foods because they are sold and consumed under false premises—premises that help to block the nutrition education efforts in this country to help our people know best how to choose their food wisely. Next week we'll talk more about this.



## Washington Report

By U.S. Senator  
Dick Schweiker

### Supports Full Watergate Probe

The sordid mess that has become known as the Watergate affair has shaken the faith of the American people in their government and in the political process.

To restore lost confidence and trust there must be a complete public airing of all facts about the entire Watergate affair, including highly improper cover-up attempts and any other illegal financial or political activities.

The President has taken an important first step in getting to the bottom of the Watergate mess by accepting personal responsibility for the conduct of members of his staff, and by pledging his full cooperation to reveal all facts and to hold accountable all persons responsible.

I recently cosponsored a Senate resolution urging the President to appoint a special prosecutor from outside the Executive Branch to conduct all criminal investigations and actions relating to the Watergate incident and other acts of political espionage during the 1972 Presidential campaign.

The criminal investigation must be conducted by someone of the highest integrity who has no connection whatsoever with this Administration or with any of the parties who would be involved in the investigation. The public must have complete confidence in the thoroughness and completeness of the Watergate investigation. Only a special prosecutor, who is beyond reproach and who can immediately command the respect of the American public, can provide us with those assurances.

I also support a full investigation by the Senate Select Committee to Investigate 1972 Presidential Campaign Activities. Earlier this year I voted in favor of setting up this committee, and against a watered-down investigation which would have looked into every Presidential election back to 1964. This amendment would have severely weakened the investigation of the Watergate.

Prior to the President's address to the nation on Watergate, I publicly called for the immediate termination of all activities of the Committee to Re-elect the President. This committee obviously is knee-deep in the Watergate affair. Its continued existence is a blot on the name and the future of the Republican Party.

The Watergate incident also should spur our steps to create an independent Federal Bureau of Investigation. The serious lapse of independent integrity leading to the resignation of Acting FBI Director L. Patrick Gray III point to the necessity of removing the FBI from any possibility of political influence. My own bill on this subject, by setting up a single ten-year term for the FBI director, would guarantee that no President could ever appoint more than one FBI director, and that no FBI director would be subject to re-appointment pressures that could undermine the authority of an independent FBI.

The entire Watergate affair has been a shock to all of us who believe in integrity and good government. I am not one of those people who believe that this kind of thing has gone on for a long time and was being done by all politicians. I totally reject that this kind of thing has gone on for a long time and was being done by all politicians. I totally reject that concept!

Our job now is to get all the facts out in full public view, to press for prosecution of all those criminally involved, and to set up and enforce such procedures and laws as are necessary to make sure that the first Watergate affair is the last Watergate affair. Once truth is applied to the Watergate mess, we can begin to lay the groundwork to make certain this kind of thing never happens again.

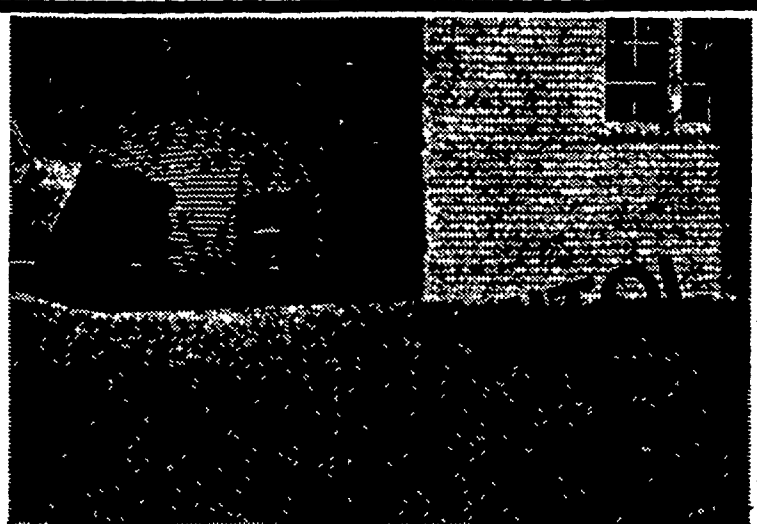
## WHITE WASHING with DAIRY WHITE

- Dries White
- Does Not Rub Off
- No Wet Floors
- Is Compatible With Disinfectant

**MAYNARD L. BEITZEL**

Witmer, Pa.

392-7227



## GET BARE GROUND WEED CONTROL

Pramitol® liquid gets rid of weeds where you don't want them. In fences. And around buildings, silos, feedlots, gas tanks, and pumps. It's great for knocking out weeds where you can't mow.

Pramitol liquid works like a charm. One early spray keeps weeds down all season. Try Pramitol 25E liquid. You'll find all kinds of uses for it. Or, if you prefer, use easy to spread Pramitol pellets.

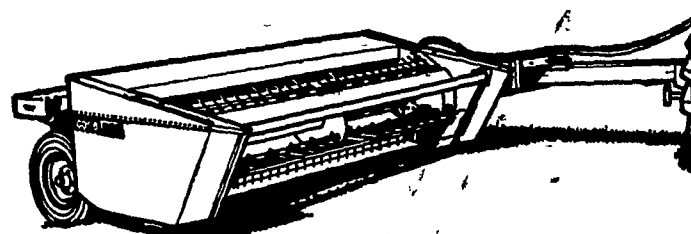
**P. L. ROHRER & BRO., INC.**

Smoketown, Pa.

397-3539

### New Case 7-foot windrow-conditioner

treats hay like the big ones  
...and then some!



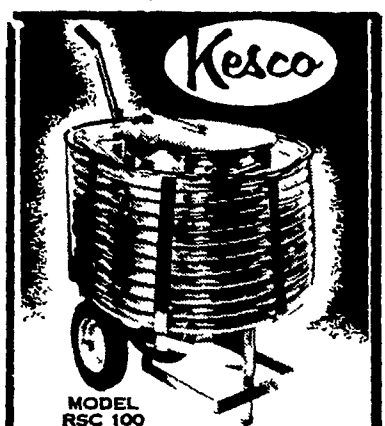
The CASE 475 offers more. Like putting less hay in the windrow than a 9-foot — for faster drying-curing, especially the first cutting. It takes less horsepower, too — a 2 or 3 plow tractor does the job. And you have less overall width — just 9½ feet — for passing through narrow gates and lanes.

**BINKLEY and HURST BROS.**

Lititz RD4, Pa.

Ph. 626-4705

Rothsville Station Road



## A MILKMOVER SYSTEM

gets you out of the barn sooner—with more money in your pocket! It saves your lugging heavy pails of milk from barn to cooler.

- HAS MORE MILK CAPACITY
- PERMITS FASTER MILKING
- ELIMINATES EXTRA HELP
- PROTECTS MILK QUALITY
- IS 100% SELF-CLEANING
- HAS ELECTRIC CONTROLS
- FITS INTO ALL BARN
- EASILY INSTALLED

Available thru your local dairy equipment dealer or call the factory collect to arrange for a free demonstration on your farm.

Manufactured by

**DOUG  
INDUSTRIES, INC  
JOHNSON**

P. O. BOX 283, ELKTON, MD 21921

Phone 301-398-3451