

## Eye Care Is Important During Winter Months

With the indoor season here, good general eye health care is more a matter of concern than it has been for several months,

according to the president of the Vision Conservation Institute. Noting that both adults and children will be spending more

time indoors - thus doing more reading and watching more television - Dr. Richard Feldstein, president of the VCI, cautioned that eye health care "is an absolute must."

"Good general health is even more important to the eyes of a child than to those of an adult," he said. "but the adult must remember that the child learns best by example."

He noted that children generally tend to rebel against any rules of behavior that apply only to them and not to the others around them, especially their parents and siblings.

"Thus," Dr. Feldstein pointed out, "parents should show their children by example good eye health care habits."

Dr. Feldstein says the onslaught of winter gives parents many opportunities to teach

children good eye health habits

The indoors season also shows an upswing in the amount of television people watch, Dr. Feldstein noted, adding that "it might be well to follow a few simple rules for avoiding possible eye strain."

He suggests that the station be tuned sharply so that the picture is as clear as possible, has a minimum of flicker and does not have excessive contrast, and that a soft light be on elsewhere in the room.

Dr. Feldstein especially warned parents to make certain that children watch television from as near as possible to eye level. He cautioned that children should not lie on the floor to watch their favorite programs since this position causes neck and eye muscle strain, resulting in fatigue and headache.

### Farm Planning

Since this article will be appearing in one of the first issues of this publication in 1974, we would like to take this opportunity to wish all of our readers a very Prosperous and Happy New Year. The outlook includes many uncertainties with high living costs for everyone and higher production costs for the commercial farmer. Good farm planning might be in order at this time to determine which enterprise should be expanded or reduced. Farm records are very important in making these decisions and we urge farmers to evaluate their farm accounts before making major decisions for 1974. Most farm products will be in strong demand and the food, feed, and fiber situations call for maximum production on every farm. Land is becoming more of a premium each year; therefore, greater output per acre should be the objective.

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## Milk Order Realignment to be Considered by USDA

Dairymen in Maryland, New Jersey, New York, and Pennsylvania are advised that the U. S. Department of Agriculture will hold a public hearing in Allentown, Pa., Wednesday, Jan. 23 to consider requests from dairy cooperatives to redraw the geographic boundaries of the Middle Atlantic and New York-New Jersey federal milk marketing orders.

The agency's Agricultural Marketing Service said that the hearing will be held at the

Holiday Inn West at 9:30 a.m. If it is not completed within the week, it will be reconvened at the Downingtown Inn, at the junction of U. S. Route 30 and Pennsylvania Route 100, Monday, Jan. 28 at 10 a.m.

Requests to realign the two order areas were received from five dairy groups.

Pennmarva, a federation of three cooperatives, asked that the remaining southeastern Pennsylvania counties as well as Washington County, Md. be

added to the Middle Atlantic order.

The Lehigh Valley Farmers Cooperative requested that 17 northeastern Pennsylvania counties be included. The two proposals put together would extend the order's marketing area to cover the entire eastern half of the state.

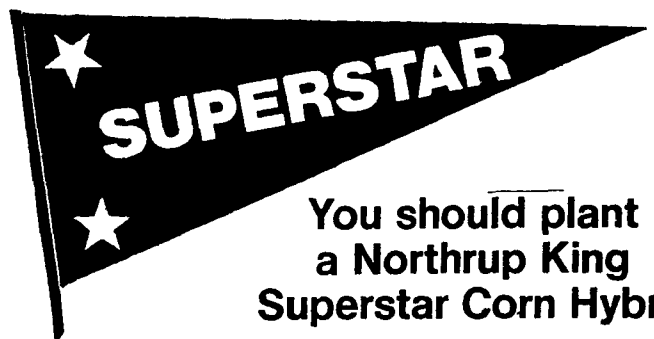
Dairyalea and Northeast Dairy Cooperative Federation, Inc. suggested that 20 counties in the northeastern part of the state be included in the New York-New Jersey market, whereas a proposal from a Tuscan Dairy Farms handler would transfer northern New Jersey from the New York-New Jersey market to the Middle Atlantic.

Other proposals include revising pooling provisions, varying price increases based on milk uses, and amending base plan provisions.

Dairymen will have an opportunity to approve or disapprove any recommendations USDA may make after it evaluates evidence presented at the hearing.

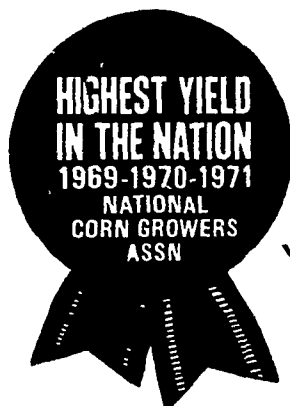
Details of the proposals appeared in the Dec. 21 Federal Register

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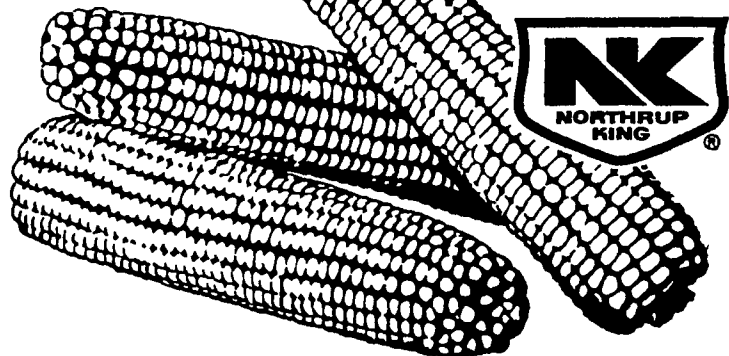
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