

ORGANIC LIVING

By

Robert Rodale

During a particularly torrid July heat wave, a doctor in Michigan made a startling discovery. After running more than a dozen biochemical tests on hundreds of out-patients at a large university clinic, Dr. Stanley H. Schuman found that levels of important nutrients were lower than during cooler weather.

Potassium and calcium were two essential minerals - most sharply reduced by the heat. The doctor blamed the problem on "tea and toast" diets, which many people resort to when the weather gets too hot to cook or eat proper meals.

During a hot spell, people tend to consume more soft drinks, alcoholic beverages, snack foods and convenient, sandwich-type meals using refined white flour. Unfortunately, those are the foods which contain the least potassium.

Potassium-rich foods like turkey, lima beans, spinach, carrots, prune juice and other components of a balanced meal are usually neglected during what Dr. Schuman calls "the malaise, fatigue and discomfort of sustained, humid hot weather".

There's evidence that other nutrients besides potassium and calcium are also reduced by summer heat. Some scientists believe vitamin A metabolism changes during hot weather. Two Johns Hopkins University researchers detected a wide seasonal variation in vitamin A deficiency among children in West Bengal, India. They found that vitamin A levels hit rock bottom during May and June.

Other studies with laboratory animals indicate that B vitamin requirements increase sharply during hot weather.

There are other factors at work in the summertime to undermine good nutrition. Prolonged, severe heat usually takes away one's appetite, so people wind up eating less. Protein intake often suffers on such a skimpy diet.

Families are more active during the summer season, with outdoor recreation and vacations. More meals are eaten away from home at roadside fast-food stands or from vending machines.

If anything, we should be eating more wisely than ever during summer months. Hot weather puts a tremendous strain on the cardiovascular system. "Deaths from conditions affecting the heart rise greatly during heat waves," says Dr. Morris Fisbein, editor of "Medical World News." The sudden onset of hot and humid weather is especially a threat to the elderly.

When a body is overheated, the heart works overtime, stepping up the circulation of blood to the skin, to accelerate the cooling system of evaporating sweat. In that way, the inner body can maintain a constant temperature.

Being overweight doesn't help, either, at least if you're a woman. Three Minnesota doctors recently reported that heat tolerance declines in females as body weight increases. But they did not find the same relationship between overweight and heat intolerance in men.

The next time you find yourself in the midst of a sweltering heat wave, remember these tips for keeping your cool:

Drink plenty of liquids, but concentrate on natural fruit or vegetable juices instead of soda or tall, alcoholic drinks. The former contain the minerals your body needs to resist the effects of heat.



One of the most enjoyable and healthful drinks I've ever had was a juice concoction served up in a Santa Fe health food store a few years ago. "I will make you a special drink," said the proprietress. She went around her small store, taking carrots, celery, watercress and other good things from various bins.

My mouth dried up like a blotter while she fiddled around until she had fed just the right combination into her juicer. Then she handed me the drink, and we raised our cups together. What a refreshing drink for a hot, New Mexico afternoon! I will never forget it.

Eat smaller, but balanced meals. Don't forsake meat, poultry, fish and other substantial foods, just because "it's too hot to be in the kitchen."

-Take advantage of the summer season's bounty—freshly-picked salad greens, vegetables and fruit from your own garden or local farmers' stands.

-Light summer diets are a doubly good reason for taking daily food supplements. That way you're sure of getting the vitamins and minerals you require, even when the appetite sags.

Jr. Bull Riding Contest At Cowntown

Cowntown Rodeo had an extra attraction Saturday night by featuring a Junior Bull Riding Event. Boys under the age of 16, and of comparable size, were allowed, with their parents consent, to try their skill and agility in riding the small 700 pound Brahamas. Out of seven attempts made by the boys only Montie Merola of Penns Grove, N.J. managed to stay on for a full 8 Second ride.

Jack Meli of Spring Valley, N.Y. is still tops in Bare Back Bronc competition, with a 58 mark and \$125.93, added to his summer's winnings.

Jimmie Lee Walker of Cowntown, N.J. Stayed on a jumping spinning bull

named Tony and made an unusually high mark of 75 to take home his \$149.45. Tony will be one of the bulls featured in the National Rodeo Finals in Oklahoma City this December.

Joe Merola of Penns Grove and father of the winning Junior Bull Rider, won the calf roping event, with a fast run of 12.4 seconds and making \$194.53.

The Steer Wrestling events top time was 10 Seconds flat, with Steve Dubrovsky of Farmingdale, N.J. earning \$186.69.

A girl from Thorofare, N.J. Judy Clement, was the fastest barrel racer of the evening at 18.29 Seconds for \$119.56.



Doctor in the Kitchen®

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

Nutrition A La Carte

Many bakeries do not offer custard or cream-filled goods during hot weather, because of the danger of spoilage or infection. When such foods are purchased or prepared at home, they should be kept cool. If taken on a picnic, they should be frozen. Mayonnaise or similar dressings also are susceptible to summer spoilage unless consistently cooled.

Vitamin C is also called ascorbic acid. Ascorbic means "against scurvy." Scurvy, once a common

disease (especially for those at sea) is no threat now. Vitamin C prevents scurvy, helps you resist infection, makes the walls of blood vessels firm, and helps heal wounds and broken bones. Fruits, raw cabbage, turnips, and potatoes are good sources of Vitamin C.

You need nourishment to start a new day at high efficiency. Breakfast helps avoid that fatigue and laxness that can hit the breakfast skipper in the late morning. You'll be more alert at school, at work, or at home if you eat breakfast. Teen-agers especially, shouldn't skip breakfast.

You need phosphorus in your diet and nutritionists recommend milk as an excellent source because of milk's favorable ratio of phosphorus to calcium. Phosphorus is needed in every living cell. It's involved in chemical interaction with protein, fats, and carbohydrates in giving the body energy and essential materials for growth and repair.

Ice cream is one of our most popular foods. And both young and old love it. In hospitals ice cream is a favorite because its taste is so appealing even to sick people, and it goes down so easily. This means it is also a very convenient food—easy to handle, ready-to-serve and highly nutritious.

For best performance, athletes should drink more water than their thirst demands, and they should do this as frequently as possible during a game. Athletes start to perform poorly when they have lost only two percent of body weight from sweating. They can easily lose this much in just the first half of a football game.

Riboflavin, one of the B-vitamins, helps keep your skin in good condition. It's important to the health of your tongue and lips, too. Riboflavin functions by helping your cells use oxygen. Good food sources of riboflavin include milk, cheese, ice cream, meats—especially liver—fish, poultry and eggs.

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