



## Doctor in the Kitchen®

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### OVEREATING AND YOUR LIFE-SPAN

Overeating early in life certainly can lead to obesity that may be irreversible. And some evidence has suggested that overeating early in life may predispose a person to cancer.

But now two researchers—M. H. Ross and G. Bras of Philadelphia and Utrecht, Netherlands—have reported that overeating also shortens life-span.

ACCORDING to their report in the eminent journal, *Science*, Ross explained "Obviously there are all sorts of ways to shorten life-span. But diet is apparently the only way we know of to date that will increase the length of life of a warm-blooded animal. I think that what we have done here is confirm the fact that under natural conditions there is a relationship between dietary habits and life-span, whereas in previous work the study was always on animals under some kind of stress."

Ross and Bras allowed 121 rats to select their own diets after the first 21 days of life and to follow these diets until they died. The rats, in the manner of people, chose widely varying amounts and kinds of foods.

There was a dramatic correlation between how much the

rats ate and how long they lived. The average life of a rat is 630 days. The rats in the Ross-Bras study lived anywhere from 317 days to 1,026 days.

"IT'S WHAT you eat during the early phase of life that counts," Ross says. "An ample diet and a nonexcessive rate of increased body weight is apparently conducive to a long life."

Researchers Ross and Bras have not extrapolated their data beyond that but it is expected that their research will continue to give us more information.

Since they submitted the *Science* paper for publication, they have found that they can predict, on the basis of what rats eat and how fast they grow, how long they will live. "We are now trying to see whether imposing a change on such animals truly increases their life-span," Ross says.

**MY RECOMMENDATION** to readers of this column, as always, is that one should eat a well-balanced diet, chosen from a wide variety of foods from the four food groups (the milk and meat groups, vegetables and fruit, breads and cereals)—but never more food than you need to maintain ideal weight.

## Farm Women Societies

### Society 28

Society of Farm Women No. 28 met on February 26, 1976 at 7:30 p.m. at the home of Mrs. Robert Book, 11 S. Hershey Ave., Leola, Pa. Mrs. Eugene High served as co-hostess. Mrs. Glenn Book, 655 Strasburg Pike was taken in as a new member. Members of Society 28 voted for the Welsh Mountain Clinic as their choice for the county project.

The Society was again asked to help with the crafts at Strasburg Community Day to be held in June. Mrs. Harold Rohrer, Mrs. Glenn Book and Mrs. James Bowman volunteered their services. The Ways and Means committee announced plans for a sub sale and house sale this Spring.

President, Mrs. William Harnish, plans to give a resume of two members at each meeting so members learn to know each other better. Mrs. Glenn Book and Mrs. James Bowman were chosen for this meeting. Plans were made to go to

the dinner theater "The Three Little Butlers" at Kennett Square on May 29th.

Gloria Larmy from Merle Norman Cosmetics of Park City Mall spoke and demonstrated on two models "Find the More Beautiful You."

The next meeting will be held at Mrs. Roy Book, Ronks, RD1 on March 25, 1976 at 7:30 p.m. Louetta Hurst will demonstrate macrame at the craft night.

### Society 4

The February 28th meeting of Society of Farm Women 4 was held at the home of Mrs. Daniel Forry, Columbia R2, with Mrs. Cyrus Gamble, Jr. as co-hostess.

Mrs. Henry Reist, president, conducted the meeting. Devotions "The 100th Psalms" was said by the members.

Twenty-seven members answered roll call by naming a penny for each door (walk-in-doors) in your home. The highest number was

## Sequoia Riders meet

The Sequoia Riders 4-H Horse and Pony Club had their monthly meeting recently. There has been a change in the Competition Trail Ride. It is now scheduled for April 4 and the rain date is April 11. Refreshments will be served and a fee charged.

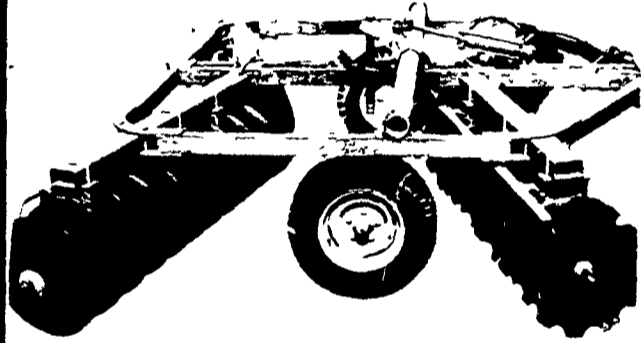
The 4-H'ers plan to ride with the Bicentennial Wagon Train that will be coming to Lancaster on July 1. The riders will begin at Lancaster Riding Club and ride to Kinzer. Later that day the 4-H'ers will have a show for the County Project.

Planning for the Sequoia Riders' trail ride to be held in June is underway.

The next meeting will be held at the home of Jesse Zarfoss on March 19, at 7:30.

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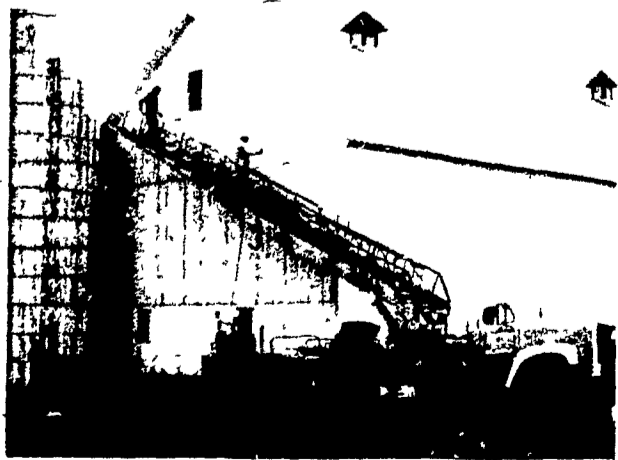


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