

## Doctor in the kitchen



by Laurence M Hursh, M D  
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### WHAT VITAMINS DO FOR US

It is necessary to know how the cells in our bodies work if you are to understand why you need vitamins.

To start with, do you know how many cells there are in your body? Billions of cells is the answer, and all of them work together to perform chemical functions that are essential to life.

But assisting each cell to do its specific tasks are numerous enzymes. It's estimated that in helping the cell to do its jobs, individual enzymes perform their tasks thousands of times a minute.

Since it's also estimated that each cell contains hundreds of different en-

zymes, a cell is obviously one busy place.

But scientists tell us that some enzymes can't work alone. They need co-workers, known as coenzymes. And this, friends, is where vitamins come in for many coenzymes are, in fact, vitamins — or vitamins are needed to produce them.

The primary function of vitamins is to assist enzymes in carrying out many of the chemical happenings that are essential to life.

The first vitamin to be discovered (in 1913) was, of course, named vitamin A. Scientists knew before 1913 that something besides protein, fats, carbohydrates and minerals was at work in foods — something that

encouraged growth. But they didn't know what it was until in research with animals vitamin A was discovered. And this was followed over the years by the discovery of the whole host of vitamins we know now.

Vitamins are separated into two classes — fat-soluble vitamins and those known as water-soluble. Vitamins A, D, E and K are fat-soluble. They always appear in the fat portion of foods. In our bodies, they all are stored to some degree. Thus we can build up reserves.

But a word of warning, this also means we could build up toxic levels of fat-soluble vitamins in our bodies.

As for all the other vitamins — they are water-soluble and our bodies do not store them. They are constantly being excreted and thus must be replenished from our daily food. Next week, and the week after, we'll get into what the different vitamins do.

### Continent

A continent is defined as a large unbroken land mass completely surrounded by water.

## Dairy club meets

At a meeting held recently at the home of Lori Stein, Mohrsville, the Northern Berks Co 4-H Dairy club elected officers for 1976. Elected president was Nedra Yoder of Shoemakersville, vice-president was Patricia Dreisbach of Hamburg, secretary, Connie Ohlinger, Mohrsville; treasurer, Cathy Ohlinger, Mohrsville; historian, Harold Dietrich, Hamburg; news reporter, Carol Dreisbach, Hamburg; song leaders, Larry and Lance Christman, Hamburg. Club members participated in the nationwide Judging Contest sponsored by Hoard's Dairyman and made plans for a roller skating party to be held in April. The club also voted to provide calves for the Dairy Week exhibition to be held at the Berkshire Mall June 14-19.

The next meeting will be held on March 25 at the Mohrsville home of Connie and Cathy Ohlinger.

## Broilers 'boiling'

Placements of broiler chicks in the Commonwealth during the week ending February 21, 1976 were 1,448,000. The placements were 20 percent above the corresponding week a year earlier, and 10 percent above the previous week. Average placements during the past 10 weeks were 11 percent above a year earlier. Settings for broiler chicks were 2,277,000, 3 percent above the previous week and 17 percent above the comparable period a year earlier. The current 3-week total of eggs set is 13 percent above the same period a year ago. Inshipments of broiler-type chicks during the past 10

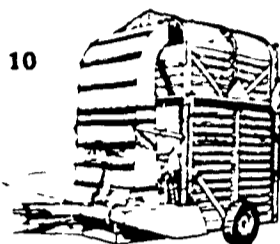
weeks averaged 100 compared with zero a year ago. Outshipments averaged 208,000 during the past 10 weeks, 12 percent below a year earlier.

21 STATES Placements in the 21 States were 60,423,000, 2 percent below the previous week but 5 percent above the same week a year earlier. Average placements during the past 10 weeks were 9 percent above a year ago. Settings were 78,614,000, 1 percent above the previous week and 10 percent above a year earlier. The current 3-week total of eggs set is 10 percent above the comparable period a year ago.

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