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Family campgrounds open for season

HARRISBURG - William C. Forrey, Director of the Department of Environmental Resources' Bureau of State Parks, said today that family campgrounds in 54 State Parks will open officially Friday, April 9, for the summer camping season.

Forrey said fees for the 6,902 sites will remain the same as last year \$3 per night for campsites in areas with modern sanitary facilities and \$2 per night for sites in campgrounds with cold water pumps and pit toilets.

No reservations are offered for the 1976 camping season and all sites will be made available on a first come, first served basis.

Forrey said that since only 2.8 per cent of the people camping in State Parks in 1975 came with a reservation and since heaviest use of the reservation system was confined to only three holiday weekends, it was

decided to drop the reservation system this year and return to the first come, first served operation.

"Although the reservation system did not cost the Department any money," Forrey said, "it did require time on the part of our employees and it does not make sense to commit that time to a program which the vast majority of campers apparently do not feel they need.

"Considering required cuts in staff and budget, it makes sense to us to assign our manpower to duties in the Parks and camping areas which relate more directly to a pleasurable experience for as many people as possible."

Additional information on State Park camping is available by writing Camping, Office of Public Information, Department of Environmental Resources, Box 1467, Harrisburg, Pa. 17120.



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Doctor in the Kitchen®

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

DIET AND HEART DISEASE

What's the latest on heart disease—especially the concern that diet may have some influence in the development of atherosclerosis?

At a recent food writers conference sponsored by the National Dairy Council four nutrition experts spoke on this subject. Their comments were illuminating and pointed up again the complexities of heart disease and the problem of pinning down causes and ways in which the disease might be prevented or at least delayed until late in life.

THE REAL concern over heart disease is, of course, not so much in the case of the person who lives to a reasonable old age having enjoyed many years of living. As a physician, I have to remind you that there are worse ways to die after an otherwise healthy life than from a heart attack.

The concern is for the so-called premature death from heart disease that strikes so many younger men and some women.

Referring to the lack of simple answers to heart disease and the tendency of some scientists to recommend dietary changes for everyone, Sheila (sic) Craig

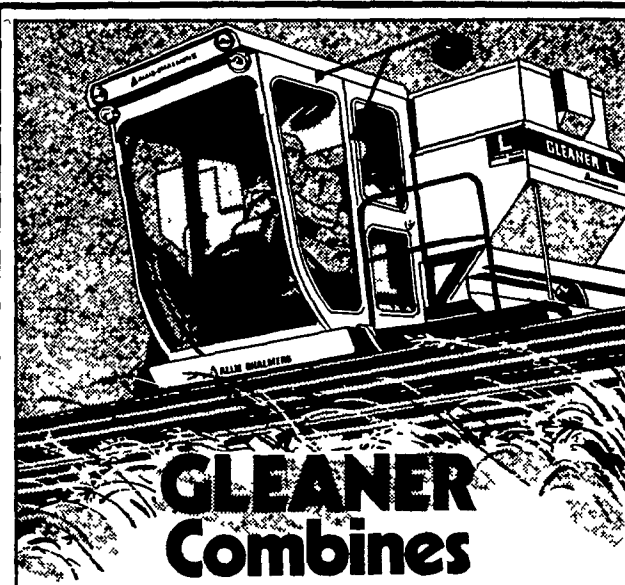
Mitchell M.D. of the National Heart and Lung Institute had this to say:

"NUTRITION health and heart disease are complex problems. There are no simple solutions to complex problems. I do not recommend that all Americans change their diets to a standardized one. There is no one rule for everyone. People and their needs are unique. I do feel nutritionists should be part of the medical team."

Cautioning that people should not too quickly adopt the idea of more fiber in the diet, Ralph A. Nelson, M.D. of the Mayo Clinic said: "More dietary fiber might be beneficial. However, the health claims made for fiber in current popular books are over-simplified and not supported by facts. I find such books 'irritating'."

"IT IS easy to add more fiber to the diet—certain grain foods, fruits and vegetables with skins, etc. But the overstated case for fiber is an emotional one, without perspective. Dietary fiber is not a panacea."

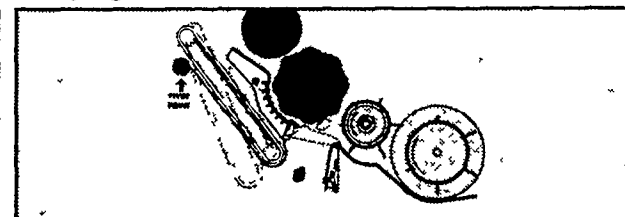
Next week I'll discuss what the other two nutrition experts told the food writers.



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