

EDITORIAL COMMENTS By DIETER KRIEG, EDITOR



PFA survey shoots cholesterol theory

Farmers who have been insisting that eating meat, eggs, and dairy products are good for you now have an additional bit of ammunition at their fingertips, thanks to a study conducted by the Pennsylvania Farmers Association.

The bottom line of the survey adds weight to the growing theory that physical lifestyles are more closely

linked to good health than whether or not you eat eggs, meat, and dairy products.

The PFA report noted that out of 3578 health program participants, only 45 showed sign of cholesterol abnormalities. Since farmers are traditionally big consumers of the foods which are often blamed for causing cholesterol problems, the

PFA study is a two-pronged document towards dispelling the idea that eggs, meat and dairy products are bad for you, while strengthening the thought that physical exercise is very important.

The study grew out of a health program which was initiated by the PFA Women's Committee. A mobile health van traveled to 39 County

Farmers Associations and invited farmers to come in for physical checkups.

Of the 3578 individuals who were examined, 50 were children under the age of 16. The average age was 49.

LIFE on the farm

My father could have entered any one of a number of professions. Gifted with both physical and mental powers, his opportunities were broad. During his younger years he was a star athlete, excelling in track and field events, soccer, and boxing. In fact, he was never defeated in amateur heavyweight bouts. He played soccer until age 40 and threw the discus to distances which rivaled tosses seen at the 1936 Olympics in Berlin.

My father's interest and involvement in sports undoubtedly could have led to a career, had he wanted it that way.

Another one of my father's interests some 40-50 years ago was aviation. He had top grades in school and had dreams of perhaps becoming an aeronautical engineer. There's no doubt he could have

entered that field successfully, because even though I have never seen his report cards, I've seen his mind at work. He can figure mathematical problems faster in his head than many other people can use calculators. But despite his abilities and the promises that were evident in aviation, my father chose to keep that door closed too.

Instead, he went on to attend an agricultural school where he graduated with the highest honors ever bestowed on a student at that institution. His chosen career was farming, specifically dairy cattle breeding and management.

Rather than work and live in the limelight as an athlete, my father elected to work in a cow stable. Instead of a challenging and rewarding career at the nearby Heinkel aircraft works, he chose a

profession which most people roll their noses up at.

In the years that followed I have seen my father pitch manure for hours without ever showing signs of fatigue. Some folks may quit working at 5 p.m. and others when they're tired, but my father always kept going until the work was done.

I've seen him uncover a cesspool and think nothing of it. A tight money situation meant that if the job was to be done, we had to do it ourselves. Anyone will take a pleasant job, and most people will go for the jobs that pay well, but only a few will take on a chore such as emptying a cesspool with old grease buckets.

For a couple years, my father got up every morning at 2:30 a.m. By 3 o'clock he'd be milking as many as 106 cows by himself. Not too many folks would subject themselves to

such demanding schedules. When there was hay to haul, only milking time could be counted upon as a sure break in the routine. The air in the mow would get almost unbearably hot, and the sweat would roll, but the bales kept coming and coming. Dad was in his fifties but he worked as though he was half that age.

One Spring we cleared about a 5-acre section of land for pasture. It had grown wild over the years and was the kind of place in which the cows liked to hide at calving time. Most people would have taken a heavy-duty rotary mower into a place like that, but we didn't have one and couldn't afford one. Dad led the way with an ax and saw. Many people would have staggered just at the sight of that enormous task, but my

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NOW IS THE TIME

By Max Smith, Lancaster County Agricultural Agent

Phone 394-6851



TO HANDLE GASOLINE AND DIESEL FUEL WITH RESPECT

We use a lot of gasoline and diesel fuels on our farms and when they are not handled properly, they are a source of unwanted fires.

Gasoline should be stored in an underground tank. When it is necessary to store

it above ground, then the tank should be located at least 40 feet away from any building. Small amounts can be stored in approved safety cans. Be sure to label all cans plainly so there is no danger of a mix-up.

Gasoline and diesel fuel must be kept away from flames or heat. Strictly enforce no smoking rules.

Always refuel outdoors where vapors cannot accumulate. If you spill some fuel, wipe it up before starting a motor.

Storing gasoline or diesel fuel in glass jugs or bottles is inviting trouble. It is also dangerous to use them to start burning trash, leaves, barbecue pits or stoves. Gasoline should not be used

as a cleaning or degreasing agent.

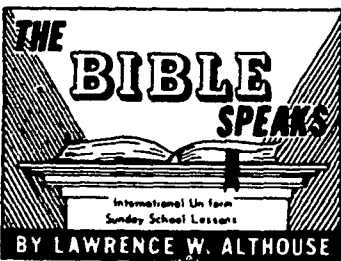
TO CHECK PASTURES FOLLOWING A STORM

The season for storms and high winds will be with us throughout the summer. These conditions often break tree branches and leave them in your pasture fields. If you have any wild cherry or choke cherry branches

lying in your pasture fields, be sure to remove them before allowing any livestock in the field. When these leaves are damaged by broken limbs, they wilt down and a poisonous substance is formed within the leaves. A handful of these wilted leaves can kill a cow or several sheep if eaten. Death occurs very quickly because

the poison interferes with the oxygen carrying ability of the blood. Treatment is possible, but the animals are usually found dead in the field. The only way to

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TURNING THE TABLES

Lesson for June 18, 1978

Background Scripture: Acts 16.

Devotional Reading: Luke 8:4-15.

Did it ever strike you that

much of the Book of Acts is set inside jails?

In Acts 5 the high priest, jealous of their success, imprisons some of the apostles. Of course that night an angel came and freed the apostles and sent them back to the city to continue their public work.

In Acts 8 we are told that Saul dragged off to prison some of the followers of Jesus. In Acts 12 Herod has Peter thrown in jail, but with the help of another angel Peter escapes and his jailers are executed by the enraged Herod. In Acts 22-26 we find Paul in prisons in both Jerusalem and Caesarea,

scenes of some of his most significant confrontations with the civil authorities. And Acts closes with Paul under house arrest in Rome.

Praying and Singing

There is one other prison incident in Acts. 16. When Paul exorcises a demon from a young woman whose madness is being exploited, a riot ensues and after they are severely beaten, Paul and Silas are thrown in jail. One would expect that these two men would feel a deep sense of despair over their plight. But Christians in those days exhibited rather strange behaviour when they were in jail. Thrown into

Herod's prison, you will remember, Peter slept, although his life was surely in danger. Now at Philippi we find Paul and Silas "praying and singing hymns to God" (16:25). And it is interesting to note that "the prisoners were listening to them."

One or more angels had figured prominently in some previous escapes from jail by apostles. This time, however, it was to be an earthquake that would open the prison doors. (What chance does a mere persecutor have when God has angels and earthquakes at his disposal!).

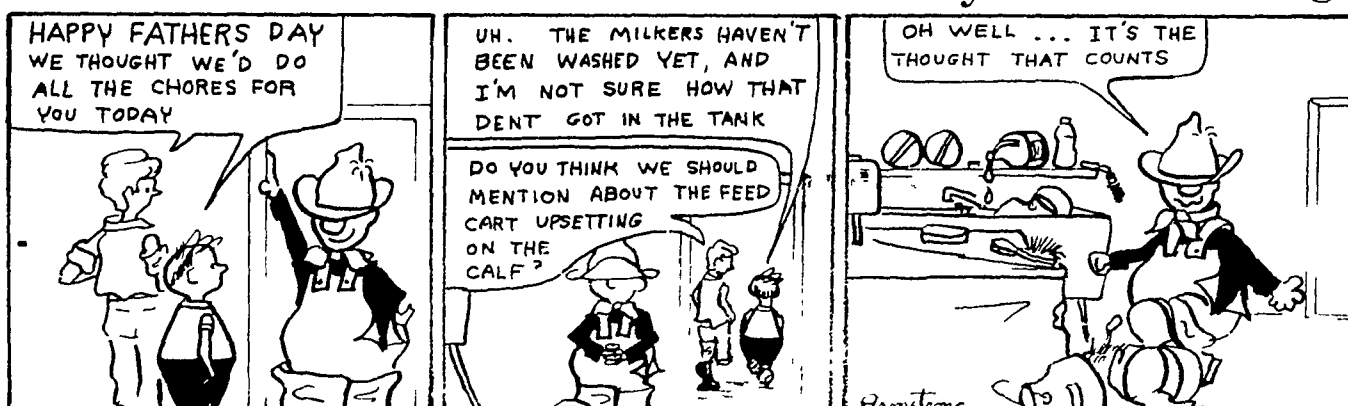
What Must I Do?

It is not just an earthquake that is important in this story, however, but something else. When the earthquake rips open the prison, the jailkeeper, knowing that he will be tortured and killed if his prisoners escape, decides to take his own life. All is lost, it seems. But out of the darkness there comes this reassurance from Paul: "Do not harm yourself for we are all here." Although the prison doors stand wide open, Paul and Silas are not going to escape.

Why not? One cannot help but conclude that they decide to remain out of concern for the jailor. They know what fate lies before him if they escape. So Paul communicates to the jailor a loving concern that is probably as amazing to the jailor as the sheer force of the earthquake. Here are two men who care about him, who are willing to sacrifice their freedom for him. No wonder he turns and asks that important question: "Men, what must I do to be saved?" Once again God has turned the tables to reach a man's heart.

Rural Route

By Tom Armstrong



Farm Calendar

Today, June 17
 Kempton Country Fair continues today and tomorrow in Kempton.
 Pennsylvania Junior Livestock Field Day, Penn State University.
 Pennsylvania Egg Marketing Association meets, 7 p.m. at the Treadway, Lancaster.
 Adams County dairy princess pageant, Biglerville High School, 8 p.m.

Twenty-third annual Craft Days Festival at the Pennsylvania Farm Museum, today and tomorrow, noon to 5 p.m.
 York County 4-H chicken barbecue, 4 p.m. at the 4-H Center near Bair.
 York County 4-H strawberry round-up, 1 p.m. at the 4-H Center.

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