

BY CURT HARLER, EDITOR



# Lancaster Farming says...

## Cut out the fat

There's an old rural saying, "A fat wife and a full barn never did a man any harm." The adage doesn't address possible harm to the obese wife.

Indeed, if there is one object in today's society which conjures up revulsion, it's fat. Millions of dollars are spent trimming fat from Americans' bodies. Politicians promise to cut the fat out of budgets.

Beef, hog and sheep operators wisely are producing leaner animals. And dairymen should be thinking about eliminating fat as the basis for dairy pricing.

The National Milk Producers Federation has called for a review of the current milk pricing formula.

In its meeting last week the 53 member groups of the Pennsylvania Council of Farm Organizations supported the Federation's position.

Both groups say the Minnesota-Wisconsin formula, used to establish

market price for Grade A milk, has grown obsolete. There is no doubt the time has come for such a change.

But to be effective, pricing changes must cut deeper. Fat should be phased out as the basis for milk pricing.

As the system stands today, the dairy producer's milk check revolves around fat, the DHIA program puts big fat producers at the top of its list, and a high fat test is seen as a mark of good management.

But the realities of dairy marketing run in the opposite direction.

Pennsylvania Farmers' Association took a step in the right direction this year when it amended its dairy pricing policy to recommend "PFA promote a pricing and advertising policy for milk based on protein and fat."

It would be better if the policy went one step further and read "protein

not fat," but the first moves have been taken by that group to recognize the wave of the future.

Sales of lowfat milk are increasing annually. The premium placed on high fat ice cream has lost status to the ice milk and sherbet market. The consumer, right or wrong, goes to the store to buy food value for the family and doesn't want to be caught dead putting something fatty in the cart.

On the other hand, protein pricing would fit in well with current advertising and marketing programs supported by dairy farmers.

After all, the real selling point for milk is its natural wholesomeness. Without the healthful difference between milk and its competitors, there is little or no reason why a consumer would reach for milk rather than Coke or coffee.

Dairy producers, we suspect, have some fear of the unknown. But there

probably would be no great shift in production methods or breeds if protein rather than fat were the price basis.

Jerseys lead the DHIA fat list with 4.94% and are tops in protein at 4.2%.

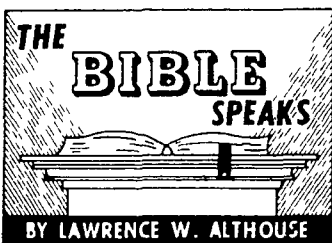
Holsteins, the lowest average DHIA fat producers at 3.7% also have the lowest protein, 3.45%.

In between, in decreasing order, are Guernseys, Brown Swiss, and Ayrshires.

Protein production is a genetically inherited trait, so breeding for protein improvement is possible.

A push for protein production and protein pricing would be a winner in all areas, enhancing milk's image, consumer sales, and eventually farm prices.

Dairy producers should move to cut out the fat and get with protein pricing.



### THE SPIRIT HAS A BODY

February 8, 1981

**Background Scripture:**  
Matthew 13:53 through 15:39.

**Devotional Reading:**  
Jonah 3:1-10

"Would you like me to pray for healing?" I asked

the man in the hospital bed. He stared at me as if I had proposed something outrageous. Then he said, "Sir, you may pray for my soul, but not my body. It is only my soul that Christ will save."

I wasn't all that surprised by his response to my question, for many Christians seem to share that same point of view: that Christianity and the Good News of Jesus Christ are for the soul or spirit and the body is at best of no concern or at worst even a hindrance.

#### Living In our Heads

As a result, Christianity in many churches has been reduced to a rather cerebral

level. We listen to sermons and lessons, read prayers, and our bodies are seldom, if ever, involved. But this is not representative of the view of the early church, let alone Jesus and his disciples. The Hebrews — and Jesus was a Hebrew — thought of a person as a whole being: a body-mind-spirit. The whole person was involved in the covenant of Israel, not just the mind or the spirit.

And Jesus himself displayed as much concern for the physical needs of people as he did their spiritual needs. In the Gospels we find him not only preaching and teaching, but healing and even feeding the hungry. In fact, you'll find

the gospels devote as much or more time to his healing ministry as they do to his preaching and teaching. The reason Jesus ministered to the whole person.

Centuries later the Church came under the influence of Greek philosophy that held that the body was essentially evil and spirit good, and therefore people began to seek to free the spirit from the evil clutches of the body. Under the influence of Pope Gregory, Christians began to abuse their bodies in the belief that the more pain and discomfort the experienced, the closer they would be to God. As Clyde Reid has written, "So today, in the late twentieth century, we

still think of our bodies as somehow unacceptable. We try to live in our heads as totally mental beings while both ignoring and abusing our bodies" (p. 48, *THE RETURN TO FAITH*, Harper & Row).

#### The Sick And The Hungry

We might imagine that there were some who would have tried to dissuade Jesus from doing his healing, reasoning that he must devote himself to proclaiming the Gospel and leaving their physical needs to someone else. But Jesus knew that the Gospel was good news not only for the spirits and minds of God's children, but also their

bodies. He ministered to whole persons, in his deep compassion helping them wherever he found them wanting, for he knew that body, mind, and spirit are interdependent; you cannot touch one without affecting the others.

To manifest our concern for the physical needs of people does not diminish in any way the spiritual thrust of the Gospel. If we minister to the spirit, let us remember the spirit has a mind and a body. (Note for a fuller discussion of this issue, see Rev. Althouse's book, *REDISCOVERING THE GIFT OF HEALING*, Abingdon Press.)

## NOW IS THE TIME

By Max Smith,  
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#### TO CONSERVE TOPSOIL

No doubt you've heard this suggestion dozens of times in recent years. Our Extension Agents and Soil Conservationists have been preaching "save the soil" for the past 50 years or more. However, there is still a need for more attention to this problem on many farms. We continue to hear reports of the vast losses in tons of topsoil each year from our farms. Due to the trend toward continuous corn in the past generation, the problem of soil losses becomes harder to prevent. I'm thinking of those practices such as terraces and sod waterways in fields that are growing row crops year after year. I notice from the local ASC report that a large part of the funds available are being used on these two practices. This is very much in order and I'd like to encourage more farmers to adopt these practices. In most cases some cost-sharing will be available, if desired.

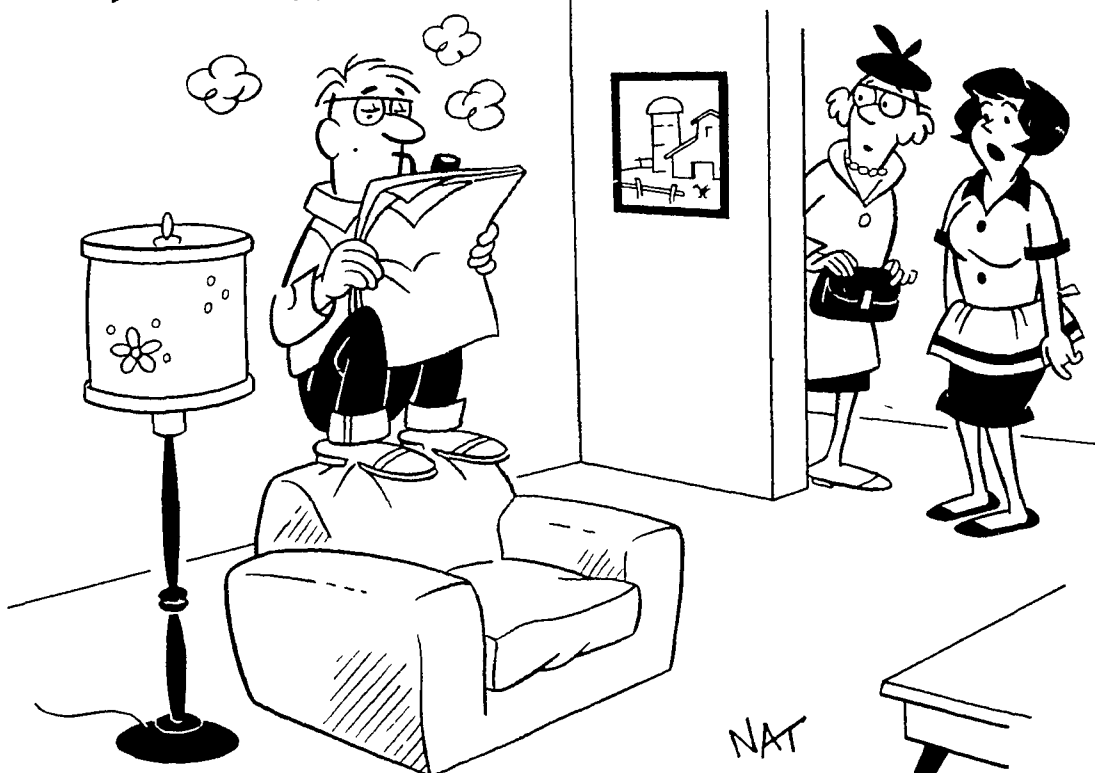
#### TO PLAN YOUR ESTATE

During my lifetime the management of farm labor, livestock, crops, and machinery have been very important in order to obtain maximum production. Many farmers have excelled in these areas. Now looking into the eighties, I feel that money management is of growing importance to the farmer and warrants more attention and knowledge. The planning of your estate including the making of a will; also, the proper farm transfer stipulations are very important. Today, the average farmer is handling much more money than his ancestors; the value of his estate is much greater. We urge more attention to estate planning and money management, as a part of good farm management.

#### TO RECOGNIZE SEWAGE SLUDGE LIMITS

Due to the increase of our population in most counties, sewage disposal plants are going to

## HAY HAWS



"I'm starting to wonder if taking care of 200,000 chickens is having an effect on Dilbert."

be faced with a problem of getting rid of sewage sludge. One good place for this material is back on the land as a source of fertilizer. However, there are limits as to the

amount that should be applied per acre in your lifetime. Chemical tests of the sewage at Penn State are available for each sewage plant. This will include the fer-

tilizer content of the sludge and the amount of heavy metals. It's this latter item that brings the limitations. When we apply too

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