

OUR READERS WRITE

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pressure, heavy cigarette smoking, obesity, and physical inactivity. Her recommendations for a modified diet then were based on a doctor's diagnosis of high level of blood cholesterol.

Livestock producers, dairymen, poultry people, and even some nut growers bristle whenever nutritionists and doctors suggest cutting back on food that may contribute to heart disease, but for some patients a modified diet may be the difference between life and death.

According to the Nutrition Committee of the American Heart Association, "six decades of evidence have provided a considerable degree of certainty that the level of plasma cholesterol is determined by the intake of dietary cholesterol, saturated and polyunsaturated fat and total calories. The development, progression and regression of atherosclerosis are closely, if not causally, related to the resultant plasma cholesterol level."

In contrast, the Food and Nutrition Board of the National Research Council points out "the evidence is insufficient to sanction a change in the present cholesterol and fat intake by the average American who is not a special risk for coronary heart disease."

And Cathy McCharen, director of Nutrition and Consumer Affairs for United Egg Producers, perhaps the industry most affected by the cholesterol scare, points out "research still hasn't answered the question one way or another concerning the relationship of dietary cholesterol to heart disease."

She reports the "official" advice to the public regarding dietary cholesterol is unchanged — "USDA/DHHS Dietary Guidelines still recommend that we avoid too much fat, saturated fat and cholesterol."

Until further research changes this position, it is our obligation to print both sides of the story.

"Play Bull?"

I find pages C2 and C4 of your June 12, 1982 issue of Lancaster Farming very obnoxious. Pictures of this nature do not give the reader any educational, spiritual or moral value what-so-ever.

In the short time that we have received the Lancaster Farming, we have purchased a lot of machinery from your advertising dealers, and have sold hay and machinery through it.

However, if you are going to turn your small farm paper into a gross, sexist paper, the Mast's can find the needs for their farm elsewhere. Perhaps you should rename your paper the PLAY-BULL.

I am sure that many examinations and or treatments of this nature are necessary for both human and animal bodies. But to print such trash in a family farm paper is absurd.

Ernest Mast
R3 Meyersdale, Pa.

Editor's note - In Donna Tommelleo's On the Road series, we attempted to feature four service people who are invaluable to the farming industry.

Her story and photos of veterinarian Dave Nirschl were an accurate depiction of a day in the life of one of farming's most respected professionals. Although their job is not always pleasant to observe, veterinarians are essential. A good veterinarian tops the list of welcome visitors on farms — usually they can't get there fast enough to suit the farmers.

Thankfully, these folks are dedicated to the veterinary

medicine field, not many people would have the stomach for either the long hours or emergency operations. Through the care and concern prescribed in large doses by veterinarians, cows like the one pictured in the story do not go to slaughter before their productive life is over, whether due to an infected claw or uterus.

Lancaster Farming is a trade publication for the agricultural industry, and as such presents news and features realistically. A change of name would not be a change of heart, but to take on the title Play Bull would appear to be following the lead of a successful Canadian pork producers' magazine called "Play Boar."

Now is the Time

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consume a moderate amount along with the fresh grass.

The dry matter slows down the passage of the lush forage through the digestive system. Also, it reduces the danger of bloating when there is clover or alfalfa in the forage mixture. If the animals are out all of the time, then a portable hay rack would be the way to feed hay or straw. Dry matter intake is important when pastures are lush and high in water content.

To Clean Pesticide Sprayers
The use of various kinds of spray

materials in one sprayer is risky. This is especially true when you are using any type of weed killer. In too many cases the sprayer carries sufficient residual weed killer material to injure a susceptible crop. Farmers who are spraying corn fields with weed killers one day and then spraying alfalfa or tobacco plants the next day with the same equipment had better do a real thorough job of cleaning the sprayer.

Some materials can be cleaned by using warm water and soap detergent. However, materials such as 2,4-D had better be cleaned with one pint of household ammonia in 25 gallons of hot water. Allow this mix to remain in the sprayer overnight and then spray it out through the system on the lane or driveway. Don't be guilty of harming good plants. One of the best practices is to have one sprayer for weed killers and another sprayer for other purposes.

To Control Potato Beetles

Many potato growers have learned that the Colorado Potato Beetles are thriving on the usual insecticides. This was the case last year and is again true this summer. It seems they have developed a resistance to Sevin, Malathion, etc. Commercial potato growers find that mixing Guthion and Thiodan, at the low rates, is very effective in controlling the potato beetle. For the home gardener, Imidan is best.

These beetles can defoliate a potato plant quickly, resulting in a weak plant and poor tuber development. Directions on the label should be followed at all times.

Unnecessarily damaged

American farmers and ranchers have been damaged unnecessarily by unfounded dietary recommendation of the National Academy of Sciences that may reduce the risk of contracting many forms of cancer.

The Academy recommended eating fruits, vegetables and whole grains daily and limiting consumption of fats and processed meats. They, basically, would have us return to the diet of 40 years ago when malnutrition and diseases caused by malnutrition were common.

In fact, livestock producers are now producing cattle and hogs that

are lean and nutritious. Virtually fat-free meat is available in any grocery store.

The study also advised Americans to eat very little salt-cured, salt-pickled and smoked foods such as sausages, smoked fish and beans, bacon, bologna and hot dogs. Extensive research has failed to show a direct connection between those products and The Academy admitted that in a hasty, supplemental news release issued following the general condemnation of the American diet.

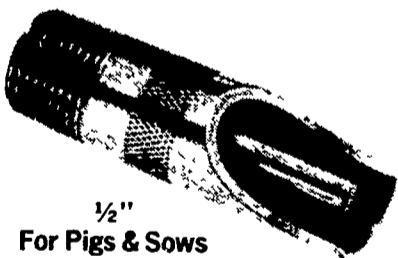
In fact, Americans are con-

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SPECIAL SALE

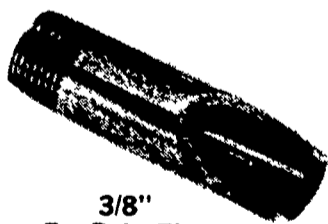
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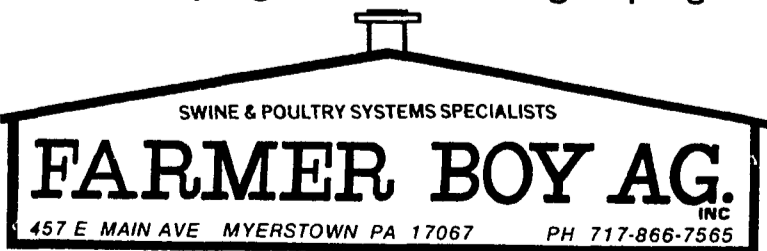
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