



Off the Sounding Board

By Sheila Miller, Editor

Health food hitlist makes headlines

Did you ever read a newspaper and want to throw it across the room because what you saw in print made you so angry? Hopefully that has never been the case when you sit down on a Saturday or Sunday and relax with Lancaster Farming. But it was the case when I read a story appearing in a recent Food Section of the Washington Post.

In bold headlines, reporter Phyllis C. Richman calls attention to her "Two True Tales of the Diet Generation." Her stories, "Change of Heart: 'Do It or You Die'" and "Bringing Taste Pritikin's Way," highlight the diet recommendations of 66-year-old Nathan Pritikin, an author of exercise and diet books. Pritikin is part-owner of a health center that bears his name in Downingtown, Chester County.

Sandwiched between these two stories, commanding the front page of the weekly food section, is a columnar diet hit-list developed by Pritikin. Even if you didn't dip down into reporter Richman's stories, just scanning the list of foods headed by the words "yes" and "no" would make a definite impression on most readers.

At the top of the column under a bold "NO" are listed: butter, egg yolks, oil, avocados, margarine, soybeans, shortening, olives, hard cheeses, pork, organ meats, other non-lean meats, dark meat and skin of poultry, excessive salt (4 grams per day allowed), white flour and its products, convenience foods with preservatives, sugar, molasses, corn syrup, brown sugar, dairy products (must be 1 percent or below), nuts (except chestnuts) or seeds.

After reading that list, and getting more than slightly annoyed, I wondered "What is left for Pritikin to recommend to anyone interested in eating?" Dropping quickly down over a smiling picture of the author, I found my answer.

Vegetable stock for cooking, stir-frying with film of stock instead of oil, concentrated frozen apple juice as a sweetener, evaporated skim milk instead of cream, lowfat cottage cheese (less than 1 percent by weight), sap sago cheese (though highly salty), lowfat yogurt, breads (fat-free whole grain: pita, bagels, corn tortillas), crackers and cereals (also fat-free), oat bran, whole-grain pastas with no oil or egg,

and sugarless desserts, such as a pudding of rice simmered in apple juice.

Yummy — if you're a vegetarian.

Richman reports Pritikin refers to his diet as "the ordinary diet of the underdeveloped population of the world" and that he thinks it should be the diet of the developed populations as well. When asked if anyone should not be on this diet by one of the folks who had paid \$2,755 for a two-week course on how to eat healthfully by Pritikin, the best-selling author reportedly said "I don't know who it would be." To which another guest is quoted as having said: "Maybe the president of the American Dairy Association."

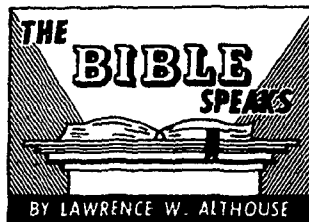
A case history of a Pritikin convert, Mark Talisman, who was having chest pains and "flunked the stress test in his doctor's office," also was outlined in the reporter's story. But was Talisman's doctor's "F" grade the result of food or the fact he smoked a pack and a half of cigarettes a day, weighed 180 pounds and was only 5'1" tall, and only exercised by walking to work in the city and gardening, that caused his arteries to become "substantially blocked?"

As readers follow the transformation of Talisman into the Pritikin-mold, they discover how this man changed his diet to include no fats, no sugar, not salt, no cheeses, eggs or red meats, with a maximum 1½ pounds of animal protein a week. A success story ensues, with Talisman claiming victory in the battle with high cholesterol.

Just think how many folks read that paper and swallowed Pritikin's diet advice — the Washington Post's circulation is more than 600,000 strong. Hopefully, not everyone is so gullible as to believe everything they read without questioning its applicability — but you never know.

Agricultural producers have to get their own "food-is-beneficial" campaign stories circulating, not only in rural papers, but more especially in urban papers like the Post.

Beef, dairy, pork, poultry, lamb — all livestock food animals have received its share of bad press recently which has raised questions in consumers' minds. It's important that these people continue to hear from farm organizations on why these same products are nutritious and healthful in normal diets.



WHAT MEAN THESE STONES?
November 7, 1982

Background Scripture: Joshua 3 through 4.

Devotional Reading: Joshua 4:19-24.

Organized religions are constantly in danger of falling into one of two dangerous extremes. One of these is to dwell in the past and the other is to forget the past.

Perhaps this is the reason that the musical show, Fiddler on the Roof, has always had so much appeal to me. Apart from being most entertaining, each time I see it I am reminded that life is dependent both upon keeping tradition and breaking it. Somehow we must keep a creative tension between forgetting out traditions and keeping them.

Passing Over Jordan

Perhaps this is evident in the story recorded for us in Joshua 3 and 4. Having safely crossed the Jordan, God commands his people through Joshua to create a memorial with 12 stones. One gets the impression that perhaps these stones were still visible when the Book of Joshua was written. At any rate, the 12 stones were part of Israel's tradition.

Yet, the point of the story is not that the stones were to be honored, but that the stones were to point to something else: the safe passage

over the river Jordan by the help of God. "When your children ask in time to come, 'What do those stones mean to you?' Then you shall tell them that the waters of the Jordan were cut off before the ark of the covenant of the Lord. So these stones shall be to the people of Israel a memorial forever" (4:7).

It is typical of human nature to in time venerate the symbol, rather than that for which the symbol stands. When that happens, our tradition has become as empty—and often even harmful—as that of the scribes and pharisees which Jesus condemned. God can continue to speak to us through traditions and symbols, but when these become a substitute for God, they lose their meaning and their reason for being.

You Shall Tell Them

If we want to keep our traditions alive as a means through which God can speak to us and future generations, then it is extremely important for us to teach each generation the meaning behind them. All too often we simply pass on the symbols and traditions without making sure that they are still alive. And perhaps the reason that they do not live for our children and youth is that they no longer live for us. If we have allowed our traditions to become meaningless rituals that we practice by rote and without understanding, how can we expect that they will mean something to the younger generations?

It is also true that there comes a time when the old traditions no longer are channels of God's revelation. Then it is that, instead of clinging to the stones, we must find new ways by which God is able to speak to us.

NOW IS THE TIME

By Jay Irwin

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To Check Ventilating Systems

Exhaust fans in dairy and poultry house ventilation have a heavy job to do. They remove considerable moisture and dust, and in many cases run almost continuously from November to April.

To make your ventilation system more effective in the winter, several items may need attention. Some of the major factors would be to:

- ✓ Clean fan blades, motor enclosures and louvered shutters frequently;
- ✓ Tighten loose belts on belt driven fans. Fan output will vary directly with fan speed. A 10 percent loss in R.P.M.'s of the fan means a 10 percent loss in air delivery;
- ✓ Check the thermostat for accuracy by hanging a thermometer beside it for easy comparison of thermostat settings with actual air temperature. Be sure the sensing element is clean and free from dust accumulation;

Attention to these factors will not only give you better ventilation but increase the motor life.

To Winterize Small Engines

Many small engines on farms and around homes may be hard to start next spring. But you can change that by properly winterizing your small engines. Here are some suggestions:

- ✓ After running the engine to reach operating temperature, drain the crankcase and refill with new oil, as specified in the operator's manual;
- ✓ Add a few teaspoons of gasoline stabilizer into the gas tank and run the engine for several minutes to make sure the stabilizer flows throughout the fuel system.

It's actually better to drain the gas tank and run the engine until it stops;

- ✓ If the engine is water cooled, be sure the anti-freeze in the cooling system is sufficient for the lowest temperature. Use an anti-freeze tester for this check;
- ✓ Remove the spark plug and pour about a tablespoon of clean oil into the cylinder. Also, clean the regap the spark plug or replace it with a new one;
- ✓ Use an air gun to blow loose dirt and chaff from the engine. Remove and service the air cleaner;
- ✓ Finally, cover the engine with a piece of canvas and store in a dry place under cover.

To Be Careful With Space Heaters

Colder weather is here and we see many types of heating equipment. Most of these are quite acceptable provided they are properly used and vented. In some cases the fumes from the fuel can be the cause of suffocation and bodily injury; in other cases they can be a fire hazard.

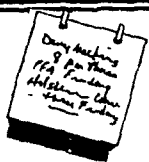
If temporary heaters are used, we suggest that extreme care be used to be certain that they do not make people ill or present a health hazard. Your local fire department officials, or a local plumber, will be able to give additional assistance. Don't take chances with the health of your family or your employees.

For A Hog Report Surprise

The Quarterly Hogs and Pigs Report released on September 22 was a total surprise! The prospects of cheap feed and high profits in hogs should have prompted producers to have substantial

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Farm Calendar



Saturday, Nov. 6

NAILE opens and continues through Friday, Nov. 19, Louisville, Ky.

Pa. Livestock Association annual meeting-banquet, 7 p.m., Holiday Inn, Grantville

KILE continues through noon Wednesday, Farm Show Complex Harrisburg.

Sunday, Nov. 7

Heart of Penn Goat Club, 2 p.m., Someday Hill Farm, Dornsife.
PFA annual meeting, Hershey

Convention Center, continues through Wednesday.

Monday, Nov. 8

Bradford Eastern DHIA annual meeting, 7:45 p.m., Wysox Fire Hall.

Franklin Conservation District, 7:30 p.m., County Administration Building, Chambersburg.

Poultry Servicemen's Meeting, 6:30 p.m., Holiday Inn, North, Lancaster.

Tuesday, Nov. 9

Pa. Brown Swiss Association annual meeting, 11 a.m. Best Western Inn, Carlisle.

Md. Agricultural Outlook Reports, 10 a.m., Talbot County Extension Office, Easton, Md.

Lancaster Holstein Club banquet, 6:45 p.m., Harvest Drive Restaurant.

Wayne County Milkmen's School, 10 a.m.-3:30 p.m., Belmont Fire Hall, Pleasant Mount.

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