

# Lancaster Farming

## OPINION

### A Call To Rewrite The Book

Diet and health/nutrition books seem to sell without much effort these days and apparently it doesn't matter if correct information is contained in these books. We recently read about one such book that has been on the New York Times' best sellers list for 35 weeks. The book sells for \$16.50 and contains an incredible misrepresentation of facts about eggs.

From this one paragraph you can see the low credibility of both the author and the publisher. We print it here only to remind you again of the importance of promotion programs operated under the direction of farm producers in today's market place.

Here is that paragraph from "Fit for Life" by Harvey and Marilyn Diamond. "You may be wondering if eggs fare any better than flesh foods as a source of protein. Actually high-quality protein is not what we should search for. High-quality amino acids are what we need to produce the protein we must have. Unless eggs are eaten raw, the amino acids are coagulated by heat and thereby lost. Even if they are eaten raw, eggs are laid by hens that are fed arsenic to kill parasites and stimulate egg production, and you ingest some of that virulent poison. Also, eggs contain much sulfur, which puts a heavy strain on the liver and kidneys. The beautiful human body does not require anything that stinks for its survival. Eggs stink. Just drop one on your driveway on a hot day, and let it sit there for about eight hours, then take a big whiff of the effluvia. There's no difference between that and putting eggs in your body at 98.6 degrees for eight hours. The next bowel movement after the consumption of eggs will

certainly bear this out. Excuse me for being rude, but the facts must be acknowledged."

This paragraph is so bad that it probably should not even have been reprinted, here. United Egg Producers board members now are looking at options and considering what can be done about such abuse.

The book's lack of credibility has not gone unnoticed. A story in USA Today said nutritionists were calling the book "bizarre" and the male author's "doctorate in nutritional science" came from an unaccredited correspondence school.

The American Dietetic Association is working to institute a book review program triggered in part by inquiries about "Fit for Life," the newspaper report says.

Recently we were treated to a really good egg promotion treat when Howard Helmar, known as the "Omelet King", gave his humorous, inspiring and informative presentation about eggs at the Twentieth Anniversary Celebration Banquet of Plain and Fancy Egg Ranch. Before the end of the evening all of the 180 guests had made their own delicious egg omelets.

We can assure you Howard Helmar's eggs don't stink. And with his knowledge of the nutritional benefits of eggs and his persuasive way of presenting the facts it would be a good turn of events if sometime we could get the Diamonds into one of Helmar's presentations.

After they ate one of those delicious egg omelets so easily prepared under Helmar's instruction, the Diamonds might even make a public retraction of their erroneous facts. They may even rewrite their book.

## Farm Calendar

- Saturday, May 24**  
Rural Preservation in Pennsylvania Conference, Stahr Hall, Franklin and Marshall College, Lancaster.
- Bradford County Dairy Festival and Dairy Princess Pageant, Troy High School.
- Wyoming-Lackawanna County Dairy Princess Pageant, Moose Hall, Tunkhannock.
- York County 4-H Beef Club Preview Show, York Fairgrounds, 9 a.m.
- Sunday, May 25**  
NW Keystone Jr. Beef Classic, Crawford County Fairgrounds, Meadville.
- Pa. Flying Farmers Meeting, 1 p.m., Rover Airport, 3 miles

- south of Millard's near Annville. For information, call 717-867-2384.
- Wednesday, May 28**  
Tree Evaluation Seminar, Cook College, Rutgers University. Hearing on labeling artificial dairy products, 1 p.m., Room 202 Pa. Department of Agriculture, Harrisburg.
- Farm Women Spring Rally, York Fairgrounds.
- Thursday, May 29**  
Lancaster County dairy goat meeting, Farm and Home Center, 7:30 p.m. Program: feeding dairy goats and how nutrition affects herd health and milk composition.



## NOW IS THE TIME

By Jay Irwin  
Lancaster County Agriculture Agent

### To Be Aware Of Rabies

Pennsylvania has had cases of animal rabies for many years but the last several years have seen a real increase. Rabies is transmitted through a bite of a rabies-infected animal, also through exposure of an open wound, a fresh abrasion, scratch, or mucous membrane to virus infected saliva from a rabid animal.

The symptoms of rabies in animals may vary from a quiet depressed state to a furious erratic behavior pattern. If you are bitten by any animal, wash the wound thoroughly with lots of soap and water, then immediately see your physician for medical treatment.

In cases of human exposure, the suspect wild animal should be humanely killed and the head taken to a laboratory for examination. Be sure it's packed in

ice and delivered within 24 hours so as not to damage the brain. Deliver to Department of Health and Welfare, Pickering Way and Welsh Pool Road, Lionsville, PA 19343. Phone ahead for more information - 215-363-8500. Large animals (dog size and larger) should go to B.A.I. Laboratory at Summerdale, Pa. 17093, phone 717-787-8808.

There is a danger that unvaccinated pet animals could contact the disease through exposure to rabid wild animals. Since there is no practical way to eliminate the potential contact, have your pets vaccinated by a veterinarian.

### To Check Stored Pesticides

The shelf life of most pesticides, when stored in their original container, is usually several years. The greatest problem with stored pesticides comes from freezing temperatures. Cold winter temperatures may cause a breakdown of the emulsifier in liquid materials. These materials may not mix properly when added to the spray water.

To determine if the pesticide will still mix properly with water, follow this easy procedure: (1) place 1/2 pint of water in a small container, (2) add 1/2 teaspoon of the pesticide, (3) shake or stir thoroughly (you should get a milky mixture), (4) let stand for about one hour. The spray mix should remain an even milky mixture. If an oily scum or layer forms on top, or if a layer of curds appear on top, don't use the material.

### To Check Water Supplies

Water is one of our most important resources, and it should be checked periodically. Many families depend on wells for their water supply. But they pay little attention to the water unless the pump fails or the well runs dry. Your water should be tested annually to determine its quality.

It is important to test water following any reconstruction or addition to the water supply or its distribution system. Water supplies should be checked whenever a disease occurs that may have been caused by unsafe drinking water. If water changes in taste, odor or appearance for no reason, it should be tested.

There are many tests and analyses that can be used. Two of the most important are for nitrates and bacteria.

### To Be Aware of Ticks

The tick season is here. These pests may be on almost any dog or person that walks through uncultivated fields or woody areas from May to September.

Ticks await their victims on low-growing shrubs and on tall grass. They attach to, and feed on the blood of dogs and humans as well as many other animals.

To control the American dog tick, first clean the area of tall grass and weeds on which the ticks await their victims. Also treat bushes 20 to 30 feet on either side of paths with either Sevin, Diazinon or Lindane. The dog should also be treated with a 5 percent Sevin dust at weekly intervals, or as needed, to control ticks.

Pennsylvania Dairy Promotion Program Advisory Board meeting, Room 309 Ag Building, Harrisburg, 9:30 a.m.

**Friday, May 30**  
Potter County Dairy Princess Pageant, Ulysses Community Building, Ulysses.

**Saturday, May 31**  
Chester County Dairy Princess Pageant, West Fallowfield Christian School, Atglen.

Tioga County Dairy Princess Pageant, Mansfield High School, Mansfield.

York County Dairy Princess Coronation, York County 4-H Center, York.

S.C. Beef and Lamb Preview Show, Shippensburg Fairgrounds. For information call Diane Conaway, 486-5423.

**Tuesday, June 3**  
Cedar Crest Young Farmer Award Banquet, Schaefferstown Fire Hall.

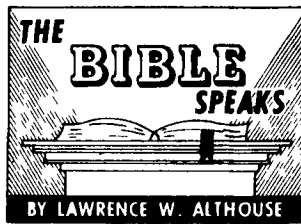
**Wednesday, June 4**  
Lancaster Conservation District Board Meeting, Farm and Home Center.

Hunterdon County, N.J. Board of Agriculture monthly meeting, Extension Center, 8 p.m.

**Thursday, June 5**  
Lancaster County Holstein 4-H Club Meeting, Stonehurst Farm, Strasburg, 7:30 p.m.

**Friday, June 6**  
Delmarva Chicken Festival, Delmarva Technical and Community College, Georgetown, Del.; continues through tomorrow.

**Saturday, June 7**  
Bucks County Dairy Princess Pageant, Richland Mall, Quakertown.



## WHO'S GOT THE SPIRIT?

May 25, 1986

**Background Scripture:** 1 Corinthians 12 through 13.  
**Devotional Reading:** 1 Corinthians 2:6-16.

It is strange what people do with the gifts God gives them. No sooner does he give them something special than they find some way of perverting the gift. Instead of the blessing it was intended to be, the gift becomes a bone of contention between God's children. Instead of gratitude, the gifts often inspire pride. Intended to enrich the human community, the gifts often become the source of division in that community.

Consider the gifts of the Spirit. In the early church God blessed the followers of Jesus with wonderful spiritual gifts: the utterance of knowledge, wisdom, faith, healing, miracles, prophecy, tongues, and interpretation. Given for the

Wayne County Dairy Princess Pageant, Seelyville Fire Hall, Honesdale.

Fleece Day, Amazing Acres, Womelsdorf. Contact Debbie Mikulak, 215-589-4023.

enrichment of the early Christians, the gifts soon became a cause for dissension and bitterness in the church. Instead of uniting congregations, the gifts seemed to divide them. Instead of making people more thankful to God, they seemed to become more prideful. Instead of inspiring love, the gifts engendered hostility.

### ONE IN MANY

The list of God's gifts may not be quite the same today, but the situation is — people still pervert his gifts and thwart his will. Therefore, Paul's powerful message to the Church at Corinth is still very very timely for us and our situation. In 1 Corinthians 12, Paul recognized the great diversity of gifts, varieties of service, and ways of working, but emphasized again and again that there was but one Spirit, one Lord, one God as source of that diversity. Instead of being separated by our variety of gifts, we are united by our common source.

Paul emphasized that all the gifts given to us from this common source are intended, not just for the enjoyment of the few, but to employ for "the common good." Thus, if you have a spiritual gift from God it is for the purpose of helping someone else. And, in fact, everyone is given some gift that is needed for "the common good." To be sure, some gifts are more spectacular, some more rare, but all of us are given something to contribute to others. So, just as we are one in the Source of our gifts, so we are also one in our need for each other's gift.

### STILL MORE EXCELLENT

If you must contend over what is the highest of all God's gifts, says Paul to the Corinthians, then concentrate on that which is "a still more excellent way" — the peerless gift. For, without this gift, all the other gifts are useless. And what is this gift that is higher than tongues, prophetic powers, the understanding of all mysteries, and faith that can move mountains? The answer: love — the love that puts all these gifts at the disposal of others.

For the person who has everything else, love is still the best of all gifts. For without it, they have nothing.

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