

Farm Philosophy

By
Newton Bair

Defending the Afternoon Nap

I realize that this subject is loaded. In some polite circles it is absolutely verboten. In others it is ignored. But there are really some civilized people who practice it almost religiously, and swear to it's refreshing properties. I'm talking of course, about the snooze after lunch, whether observed on the living room couch, or snatched unobtrusively behind the newspaper where you think nobody can see you.

The Afternoon Nap, in the eyes of those who practice it openly at least, has some very positive thera-

peutic effects. After a long, hard mornings work and a fully refueled stomach, the metabolic processes of the human machine need to slow down for a fresh start. The mainspring must be rewound, the batteries re-charged, and the psyche re-psyched. A twenty minute snooze will do them all at once.

As a subject for the written page, it's almost like a confession of guilt, to be flaunted defiantly in the face of it's detractors. Yes, there are those who either sniff at us, (that's my confession), look down their nose with derision, or

pretend to look the other way when the subject comes up. They wouldn't be caught dead taking an afternoon nap. They're the kind that would rather die with their boots on. So would I, for that matter, but not without taking a nap first.

I've known whole families of afternoon snoozers. They attributed it to heredity, but I really think it was more like a contagious malady, passed down like a virus of some kind. The really nice thing about the affliction is that it is never fatal. In fact, there is good evidence that the practice contributes to a longer life. Just like letting the brakes cool off periodically on a long grade. A nap cools down the machine and prevents undue and excessive wear on the old frame. And, of course, it also rejuvenates the cranial mechanism, which is a most important consideration.

In some countries, where it has become a National tradition, they call it a "siesta." That is a polite word for taking two hours to goof off from work. I do not recommend that anyone fool away two whole hours in the middle of the day. Those countries that practice the two-hour siesta are nearly bankrupt. Take Mexico and Brazil.

They owe us lots of money, which they might well repay if they would cut their siesta time in half and use it for productive work. There can be too much of a good thing, and somebody has to pay. I have no objection to a half hour nap, but don't carry it too far.

Unfortunately, some big business executives, (and also some small ones I'm told), substitute a three martini lunch for the afternoon nap. That is not only expensive, but degrading and debilitating. It has no uplifting or refreshing effect on the body or the mind. It might even contribute to an early collapse of the body, to say

nothing of the business. Some practitioners of the three-martini lunch have been known to spend the afternoon on the floor, which is never conducive to rest and rehabilitation.

To nap or not to nap, that is the question. I'm all for it, but would like to offer a few guidelines. Whether you do it lying down or hiding behind the newspaper, limit it to a half hour. Just make sure that you have the approval of your spouse, to avoid undue criticism. The happiest results are obtained when you both nap at the same time, preferably behind the same newspaper.

Holstein Field Day Set In Mercersburg

MERCERSBURG — Windy Knoll View Farm, located near here, will host the 1987 Franklin County Holstein Annual Field Day, Thursday, July 30, beginning at 10:00 a.m. Owned by James and Nina Burdette, Windy Knoll View Holsteins have a BAA of 106.4% with eight excellent cows in the 60-cow herd.

The field day will feature Jack Remsburg, a professional cattle photographer, as guest speaker. Remsburg will also serve as the official judge for the judging contest.

Agri-businesses will have dis-

plays and will also provide items to be given to the winners of the judging contest and as door prizes. Two leather halters will be awarded to two lucky juniors age 16 and under.

Lunches must be reserved by 11:00 a.m. and free milk and ice cream will be furnished.

Directions to the farm are as follows: On Route 16 in Mercersburg, turn at the traffic light onto Park Street. Windy Knoll View Farm is approximately 2.8 miles from the signal.

All Holstein enthusiasts are invited to attend for a day of fellowship, education and fun.

HESS MILLS

WE HAVE A SOW CONTRACT FOR YOU...

- PIC Breeding Stock
- Purina Feeding Program
- Record Keeping Programs
- Quality Service

* Expanding? Building New? Need Security?

- We Have A Need For Farrow To Feeder Pig Operations, Farrow To Finish Operations And Potentially, A 150 Sow To 220 Sow Multiplier Herd.

Call For An Invitation To View A New 250 Sow Unit In Eastern York County, Saturday, August 8th, from 9 AM to 12 Noon

Please Give Us The Opportunity To Earn Your Business.

Thank You.

HESS MILLS



6 S. Vintage Rd.
Paradise, PA 17562
(717) 442-4183 (717) 768-3301

Rt. 82
Unionville, PA 18375
(215) 347-2377

* Registered trademark of Ralston Purina Company

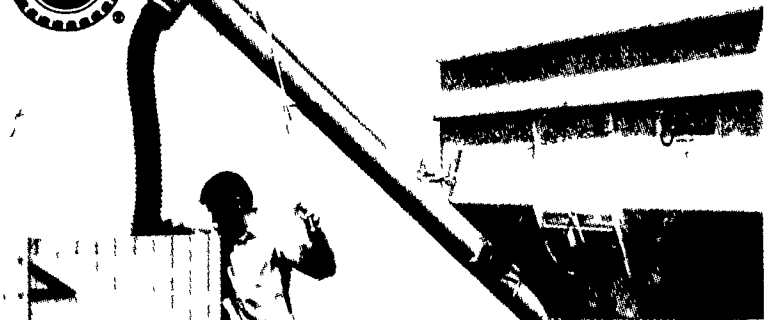
Material on the move

Trust Unverferth to load, carry, and unload your grain, seed, feed, and fertilizer.

Grain boxes, running gear, and hydraulic box and body augers for every material handling operation.

See your dealer today. Or contact us.

Unverferth Mfg. Co., Inc., Kalida, OH 45853
1-800-537-9442 (419-532-3121 in OH) Telex 265026



ATTENTION

Homeowners - Contractors - Farmers

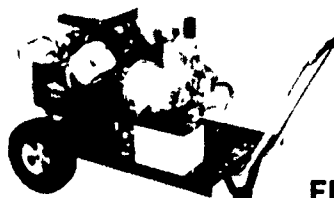
Rent a Skid Loader to:

- Spread Top Soil - Level Stone - Haul Fill
- Dig Post Holes - Haul Manure
- Landscape - Backhoe



Also Available For Sale Or Rent

AQUA BLAST SUPER MINI
VERSATILE High Pressure Sprayers



5 G.P.M. at 3,000 P.S.I.

FEATURES:

- Direct Drive For Less Maintenance
- 5 Piston Axial Pump
- 18 H.P. Twin Cylinder Electric Start Engine
- Variable Pressure From 500 To 3,000 P.S.I.
- Adjustable Spray Pattern From 0° to 70°

Many Other Models Available

Stoltzfus Rentals, Sales & Service

Specializing In Rental Of Skid Loaders, Backhoes & Pressure Washers
Delivery Available No Sunday Rentals

Call For Directions

215-273-9884 215-273-3376

Featuring **Kendall MOTOR OIL**

Located On White School House Rd. Honey Brook, PA