



OPINION

Drink Milk It Does A Body Good

Did you hear this? According to the Medical Tribune News Service, a pint of milk a day may lower the risk of heart attack. This from a new British study.

Once considered forbidden for people on low-fat diets, milk may actually lower the risk of heart disease. A 10-year study of 5,000 British men between the ages of 45 and 59 found that only one percent of men who drank at least a pint of whole milk a day suffered heart attacks. In contrast, 10 percent of the non-milk drinkers in the study had heart attacks, said lead researcher Dr. Peter Elwood of the Medical Research Council's epidemiology unit at Llandough Hospital in Penarth, South Glamorgan, Wales.

Milk may contain an ingredient that has a cholesterol-lowering effect, said Ann Fehily, a nutritionist who worked on the study.

The results of the study are scheduled to be published in the March issue of the American Heart Association's journal. According to the association, as many as 1.5 million Americans have heart attacks each year, resulting in 500,000 deaths.

The results of this study run counter to earlier studies, but certainly confirm what the dairy industry has been saying all along. Drink milk! It does a body good.

Farm Calendar

Saturday, February 23

- National Direct Marketing Conference, Parsippany Hilton, Parsippany, N.J., thru Feb. 24.
- Berks Co. Pa. Holstein Convention, Sheraton, reading, thru Feb. 23.
- Berks Co. 4-H Extravaganza, Berks Co. Ag Center, 9 a.m.-2 p.m.
- Potter Co. Holstein Club annual meeting, Penn York Camp, Ulysses, 8 p.m.
- Penn State Engineering open house, University Park, 10 a.m.-3 p.m.
- Mercer Co. Corn Day, Mercer Co. Vo-Tech, 10:30 a.m.-3 p.m.
- EPD Workshop, Penn-State Fayette Campus, Uniontown, 9 a.m.-3 p.m.

Sunday, February 24

- National Direct Marketing Conference, Parsippany Hilton, Parsippany, N.J.

Monday, February 25

- York Co. grape meeting, Holiday Inn, Fogelsville, 9 a.m.-3:30 p.m.
- ISA Shade Tree Symposium, Hershey Convention Center, thru Feb. 26.
- McKean Co. Dairy Nutrition School II, Port Allegany, 9:30 a.m.-3 p.m.
- Schuylkill Co. Beef Producers meeting, Line Mountain High School, Mandata, 7 p.m.

- Berks Co. ag zoning meeting, Berks Co. Ag Center, 7 p.m.-9:30 p.m.
- Jefferson Co. Dairy Nutrition School I, UNILEC Building, DuBois, 10 a.m.-3 p.m.
- Lancaster Co. dairy barn meeting, Nevin H. Horning Farm, Lititz, 1 p.m.
- Lancaster Co. dairy barn meeting, Mark Wells Farm, Quarryville, 7:30 p.m.
- Westmoreland Co. Crops Fair, Extension Office, 7:30 p.m.-9:30 p.m.
- Fayette Co. Crops Day, Fayette Campus, 12:30 p.m.-4 p.m.
- Cumberland Cooperative Wool Growers, South Middletown Fire Hall, Boiling Springs.
- Hazardous waste incineration informational meeting, Union, Northumberland, Montour, Snyder and Lycoming counties, The Country Cupboard

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NOW IS THE TIME

By Jay Irwin
Lancaster County
Agricultural Agent

To Keep Good Pesticide Records

The arrival of March means the beginning of a new growing season and warmer weather. And, the use of various spray materials and chemicals will be a common practice. They're all intended for a special purpose, if used correctly. In order to protect the producer from the danger of having excess residues in food and feed crops, it is very important that accurate records be kept. This is true with crops as well as with livestock. In case the producer is charged with excess residues, these written records may save your business. Don't rely on your memory or oral statements; they will not stand up at a hearing. Be sure records list the name of the material and the rate and date of application.

To Use Caution Near Manure Pits

No doubt many barns, liquid manure pits and poultry houses will be cleaned out in the near future. I would caution you to be very careful because of the poisonous and inflammable gases that develop in these pits. Some cleaning methods require the agitation of the liquid manure in the pit before pumping starts. Good ventilation is needed over the pits at this time, otherwise animals, poultry and people can be suffocated. Also, smoking should be prohibited and all flames kept away. In addition, anyone going down into the manure pits, after being emptied, should wear a gas mask. Don't take chances on the presence of toxic gases.

To Use Heat Lamps Safely

A portable heat lamp is a useful item around the home and farm during cold weather. The lamp's infra-red rays can be used to keep

pigs from freezing, relax aching muscles, or warm crankcases of tractors and automobiles or trucks so they'll start easier. The heat lamp can also be used in brooders for small pigs or lambs, or baby chicks or at your workbench to give you quick heat.

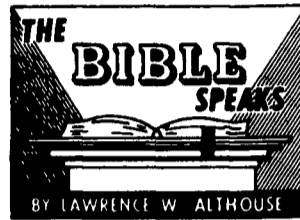
But, I'd like to add a word of caution. A heat lamp can be dangerous because the lamp's rays can easily burn you, the same as a sunburn.

Also, if you are using the lamp continuously for a long period, use a porcelain socket. Most plastic sockets will not be able to stand the heat. Another thing ... in a brooding area, use a wire or chain to support the lamp. Don't hang it by its cord; the cord was designed to carry the current and not the weight. Remember, a heat lamp can come in handy around the farm or home in cold weather. But handle it with care.

To Apply Manure
This is the season of the year that a lot of manure is applied in preparation for corn planting. We need to be concerned with proper application of liquid and manure in such a way as to minimize odors and avoid pollution complaints.

Application should be made from mid-morning to mid-afternoon to allow maximum odor dispersion and manure drying before the calm, nighttime hours when neighbors are home from work. Fields for disposal should be downwind, rather than upwind from neighbors, if possible.

Whenever possible the manure should be plowed under or disked into the soil as soon as possible after spreading. This practice not only minimizes odors but also preserves nutrients and reduces potential for surface run-off that causes water contamination.



WHEN ARE YOU FREE?
February 24, 1991

Background Scripture:

I Corinthians 8:1-11:1

Devotional Reading:

I Corinthians 10:1-13

A woman noticed her neighbor's little girl hurrying down the sidewalk. "I'm running away from home!" the little neighbor announced as she sped by. A few minutes later the little girl passed again with the same announcement. As the little girl was making her third pass around the block, the neighbor lady asked why, if she was running away, she continued to circle the block? "'cause I'm not allowed to cross the street!" snapped her little neighbor.

All freedom is relative, isn't it? Our freedom is never total; there are always limitations within which we must exercise our freedom. Some times, the more we seek to exercise our freedom, the more we are captivated. If I want to smoke a pack of cigarettes per day, I have the freedom to choose to do so. But, if I smoke a pack a day, am I really consciously choosing, or is a habit doing it for me?

WAS JESUS FREE?

Actually, wonderful as freedom is, it is not the highest of all goods. Love is higher than freedom. In a sense, we might even say that love is the fulfillment of freedom. When Jesus was crucified on a cross in Jerusalem, he appeared to be the prisoner — a man bereft of freedom. From the vantage point of time, however, we see that Jesus's acceptance of the cross was not imposed upon him, but a freely-chosen act of love. Even as he hung on the cross, Jesus was the only free man at Golgotha.

So freedom is not always what it appears to be. That is why I have always loved George Matheson's hymn:

Make me a captive, Lord,
And then I shall be free.

Sometimes it is only when we recognize a loyalty higher than to our own desire that we can really appreciate freedom. Back in those days when educators were in conflict over the amount of freedom students should be granted in the educative process, I remember a cartoon in which a school boy raises his hand and asks the teacher, "Do we have to do just what we want to do again today?"

A STUMBLING BLOCK

It is against this kind of background that we have to put Paul's teachings concerning freedom in I Corinthians 8 through 11:1. Apparently Paul had received an inquiry from the Corinthian church about food offered to idols. Much of the meat that was sold in the market place came from animals that were sacrificed in pagan temples. Some Christians saw nothing wrong in buying and eating this meat because they didn't think of it as being "food offered to idols." Others, however, had some scruples about this meat, fearing that because of its source it made them participants in the pagan rites of sacrifice.

Paul agreed that there was nothing necessarily wrong about Christians eating this meat unless: "Only take care lest this liberty of your somehow become a stumbling block to the weak" (8:9). Paul himself concludes: "Therefore, if food is a cause of my brother's falling, I will never eat meat lest I cause my brother to fail" (8:13).

In other words, Paul believed that, although we are free to do pretty much what we please, there are times when, if in love we practice self-restraint, we experience the highest possible level of freedom. Only then, it would seem, are we truly free.

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Farm Forum

Editor,

In regards to Keith Eckle's letter of Jan. 19, 1991, I still have some serious concerns regarding PFA and Farm Bureau policies along with Major COOPS and farm economists on dairy issues. Also our college economists. Mr. Eckle says they listen to member-

ship on policy that is adopted at local, state and national level by majority votes. 1. I would ask Mr. Eckle what percentage of members actually vote in these elections. 2. I would ask what percentage of dairymen actually vote on dairy policy at both state and

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