

Dr. Spock

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the Pennsylvania Dairy Promotion Program in Harrisburg, and the Middle Atlantic Milk Marketing Association, Towson, Maryland, issued statements in rebuttal to the recommendations by the Physicians Committee.

"The statements by the Physicians Committee for Responsible Medicine that recommends the exclusion of cow's milk from children's diets are misleading and stray from mainstream nutrition recommendations," said one of the statements.

"The study results being cited need to be put into perspective. The Physicians Committee is taking results of studies that apply to an extremely small percentage of children and relating those results to the entire childhood population, and in some cases the adult population. For instance, the studies cited on diabetes and allergies apply to less than one percent of children.

"We respect Dr. Spock's popularity as an infant/child specialist during the 50's and 60's, but the group that called the press conference is not representative of practicing pediatricians in the U.S. today. In fact, this group's views have been described as extremist by many physicians and fit into an overall agenda that advocates vegetarianism and animal rights."

Of major importance to dairy farmers was an up-date of Dr. Spock's position that aired in an interview on Good Morning America, the national TV news program, Thursday morning. In this interview, Dr. Spock said he has been misquoted. He is simply saying that breast feeding of babies by their mothers is best. And because more mothers are working, he sees the trend diminishing for the use of this feeding method, and he wants to encourage young

mothers to continue breast feeding their babies.

The statement by the milk promotion agencies agree with this latest position of Dr. Spock. "We agree with the American Academy of Pediatrics that breast milk is the preferred food for children under age one," the statement said. "Cows' milk is an important source of nutrients for children beyond that age. The mainstream health and nutrition communities, led by groups such as the American Dietetic Association, advocate two to three servings of dairy products to be included in a balanced diet each day. Dairy products supply over 75% of the available calcium in the American food supply.

"A recent study published in the New England Journal of Medicine this past summer reinforced the importance of calcium in children's diets and raised the issue of increasing the recommended allowances for calcium. Dr. Conrad Johnston, M.D., the primary researcher of the study (not funded by the dairy industry), addressed the importance of milk, cheese, and yogurt in children's diets.

"As for the group's (Physicians Committee) statement that government feeding programs, such as school lunch, should be consistent with AAP recommendations, it is quite a leap in logic to apply guidelines for infants under age one to school-age children. The lunch meal pattern for school-age children has been carefully established by the U.S. Department of Agriculture to provide children with at least one-third of the nutrients essential for growth. For many children, government feeding programs, such as school lunch, are their only daily source of important calories and nutrients."

Greg Miller, a nutritionist with the Chicago-based National Dairy Council, said there are a lot of great things about milk. It is a nutrient-dense product with calcium, mag-

nesium, riboflavin, vitamins A and D. "I don't think kids are going to want to get up every day and eat broccoli and anchovies to get the kind of calcium they need.

T. Milton Nelson from the extension service at The University of Maryland said that everyone forgets that there is a remedy for those who are allergic to milk and milk products. By simply using a lactose reduced product, you cure the problem.

Dr. Terry Hatch, a member of the American Academy of Pediatrics Committee on Nutrition, said that the percentage of people adversely affected by milk is small. For example, he said that less than .5 percent of children are allergic to milk protein.

Chris Lekos, a spokesman for the U.S. Food and Drug Administration, said agency officials found fault with other assertions made by the Physicians Committee. For example, these physicians contend about a third of milk products are contaminated with traces of antibiotics. But based on data from 46 state regulatory agencies, .08 percent of raw milk and .02 percent of pasteurized milk samples showed any trace of drug residue.

The strongest counterattack came from the officials of the American Medical Association. On Wednesday, AMA issued a statement that branded the Physicians Committee "a fringe organization of questionable repute" and insisted that milk is a fine source of calcium and protein for everyone, so long as people are careful to hold down their fat intake.

The statement attributed to Dr. M. Roy Schwarz, senior vice president of medical education and science said, "The AMA continues to marvel at how effectively a fringe organization of questionable repute continues to hoodwink the media with a series of questionable research that fails to enhance public health. Instead it serves only to advance the agenda of activist

groups interested in perverting medical science.

"The Physicians Committee for Responsible Medicine (PCRM) is an animal rights organization and, despite its title, represents less than .005 percent of the total U.S. physician population," the AMA statement said.

Many dairy industry people are talking about the Alar scare in which an irresponsible group that had access to the media nearly

destroyed the entire apple industry and did destroy the lives of many individual apple growers. These dairy people wonder aloud if this latest false attack on the dairy industry will have similar effects on their agricultural industry. Only time will tell. But the prompt rebuttals by bonified physicians and spokespersons for the dairy industry, in addition to the good common sense of the American consumer, should be enough to let truth prevail.

On-foot, On-rail Judging At Ephrata Sheep Show

LOU ANN GOOD

Lancaster Farming Staff

EPHRATA (Lancaster Co.) — Things aren't always what they appear to be. That's what youth who participated in the Ephrata Fair carcass lambs on-foot competition learned when the top six lambs were slaughtered and judged on rail.

Cheryl Fairbairn, livestock extension agent for Chester County, judged lambs on-foot on September 23. The next day the top six lambs were auctioned and slaughtered.

Then Fairbairn judged the carcasses. The placings for both on-foot and on-rail follows.

Troy Bollinger's 98-pound lamb was judged first on foot and on-rail.

Second-place on-foot went to Jerry Bollinger's 124-pound lamb, which dropped to third on rail.

Third-place on-foot went to Jeff Bollinger's 114-pound lamb, which dropped to sixth place on rail.

Fourth went to Keith Bollinger's 118-pound lamb, which ranked fifth on rail.

Fifth place on foot went to Jeff Martin's 116-pound lamb, which jumped to second place on rail.

Sixth place went to Kendall Reiff for his 112-pound Suffolk, which was evaluated as a fourth place on rail.

Placings for the Ephrata Fair Sheep Show follow:



The milking contest at the Ephrata Fair was won by Elmer Murry, right. In second place in the locally popular contest was Alice Ulrich.

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