



OPINION

Cure "Bellyfulitis" Before Starvation Sets In

A new report by a prestigious research committee of the National Academy of Sciences has found that the great majority of naturally occurring and synthetic food chemicals present in the human diet "occur at levels far too low to have any adverse effects on health."

Carcinogens and anticarcinogens in the Human Diet, released February 15 and produced by 20 of the nation's leading scientific experts in biochemistry, toxicology, risk assessment, food and nutrition, affirms that a balanced diet rich in fruits and vegetables — and low in calories and fat — is the best way for consumers to reduce the risk of cancer.

Committee chairman Dr. Ronald W. Estabrook, a biochemist from the University of Texas Southwestern Medical Center, said, "If Americans are concerned about cancer, then they should be concerned about calories and fat." Noting the public's concern over chemicals, he also said that "regulation has been very effective at keeping synthetic chemicals at a very low level" in the American diet.

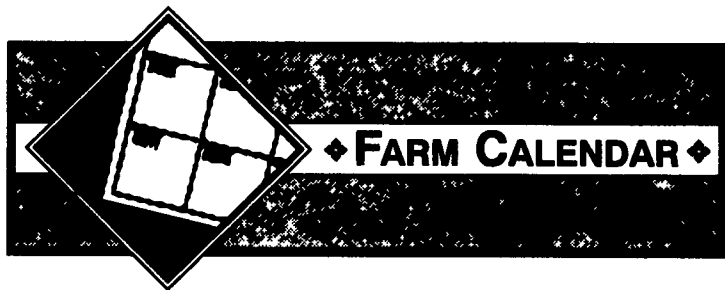
Jay Vroom, president of the American Crop Protection Association, said, "This is a victory for common sense and the American consumer, who has suffered needlessly over the years from 'health-scare' reports generated by groups opposed to modern, safe agricultural technology."

Vroom also pointed out that the Academy's findings underscore what former U.S. Surgeon General Dr. C. Everett Koop has said, that "our food supply is not only the safest, but it is the most abundant in the world, and pesticides are one of the important tools that have made that abundance possible."

From the chemist's lab to the farmer's field and onto the American table, the U.S. food safety system protects our entire food supply through rigorous testing and the careful use of modern agricultural technology. Each Environmental Protection Agency-registered pesticide undergoes at least 120 separate tests designed to determine human health, safety and environmental effects. On average, only one in 20,000 chemicals ever makes it from the laboratory through testing and EPA registration to the farmer's field. Pesticide development, testing and EPA registration take eight to 10 years to complete and costs manufacturers \$50 million or more per crop protection product.

The irony of all this discussion is that life expectancy continues to lengthen for Americans. The number of people who live past 100 years has dramatically increased. Actually, the problem with the food supply from American farmers is not that it is full of chemicals. The problem with the food supply is that it is so abundant. This abundant food supply causes "bellyfulitis," a disease expressed by complaints through a full mouth by someone who has never faced food rationing.

We can only hope that this American disease is cured in the opponents of agriculture before starvation sets in.



Saturday, February 24

Adams County Fruit Growers Association annual meeting, General Pickett Restaurant, Gettysburg, 6 p.m.

Wyoming County Sheep and Wool Growers annual Winter Lambing School, Ag Building, Tunkhannock, 9 a.m.-noon.

Sunday, February 25

Monday, February 26

Pesticide update meeting, Keystone High School, Knox, 7:30 p.m.-9:30 p.m.

DHIA Records Workshop, Adams County extension office, 10 a.m.-2:30 p.m.

Frederick County Milkers School, Dan Dee Restaurant, Frederick. Octorara Young Farmers Grain Marketing Meeting, Ag Ed Room, 7:30 p.m.

Tuesday, February 27

Lancaster County Dairy Days, Lancaster Farm and Home Center, also March 5.

Potato Growers meeting, York Extension, Pleasant Acres, 9 a.m.-3 p.m.

Pesticide update, Penn Manor High School, 7 p.m.

Milkers School, Carroll County Md. extension office, 10 a.m.-3 p.m.

Nutrient Management Public Information meeting, Dauphin County Ag and Natural Resources Center, Dauphin, 10 a.m.-noon.

Commercial Tree Fruit Growers meeting, Brynwood Inn and Banquet Center, Lewisburg, 9 a.m.-3:30 p.m.

Mastitis and Milking Quality Seminar, Williamson, 9:45

Now Is The Time
By John Schwartz
Lancaster County Agricultural Agent

To Participate In Nutrient Management Hearings

The State Soil Conservation Commission will be holding hearings on the proposed nutrient management regulations in March. The hearings give people the opportunity to present testimony on the proposed regulations.

Those wishing to give oral testimony at one of the public hearings must contact Karl Brown, State Conservation Commission, Room 304, Pennsylvania Department of Agriculture, 2301 North Cameron St., Harrisburg, PA 17110, (717) 787-8821 at least one week before the hearing.

Oral testimony will be limited to 10 minutes for each witness. Also, three written copies of the oral testimony must be submitted at the hearing.

Written comments may also be submitted to the State Conservation Commission at the above address before March 29, 1996. The public hearings are scheduled for March 4, Somerset County Vo-Tech; March 5, Mercer County Cooperative Extension Office; March 6, Brynwood Inn, Lewisburg; and March 11, Farm and Home Center, Lancaster.

Now is the time to participate in the regulatory process and make your thoughts known.

To Check For Termites

According to Robert Anderson, extension agronomy agent, you can prevent termite damage to your home if you know when to check for signs, what to look for, and whom to contact for help.

March is when you should inspect around your house and buildings. Examine the area where the foundation meets the siding. Check under the porch, in the basement, and in crawl spaces for signs of termites.

What are the signs? Look for telltale mud tubes. Since termites die when exposed to air, they build tubes to pass from the soil where

a.m.-2:15 p.m.

Wednesday, February 28

Lebanon County Dairy Day, Prescott Fire Hall, 9 a.m.-3 p.m.
Financial Workshop For Progressive Pork Producers, Satellite Workshop, York Extension, 8 p.m.-10 p.m.

Nutrient Management Law meeting, Paradise Community Center, 1 p.m.

Thursday, February 29

Lebanon County Vegetable Day, Prescott Fire Hall, 8:30 a.m.-3 p.m.

Cambria County crops meeting, Ebsensburg extension office, 10 a.m.-3 p.m.

(Turn to Page A11)

they live to the building where they feed on wood. These tubes look like long streams of mud about one fourth inch in diameter running up basement walls or along foundations.

Examine wood closely. Even if the wood shows no damage, knock on it to see if it is solid. Termites could be inside wood that looks fine on the outside.

If you think you may have termites, call in a professional pest control service to confirm your findings and to set up a treatment plan.

To Select All-American Seed Varieties

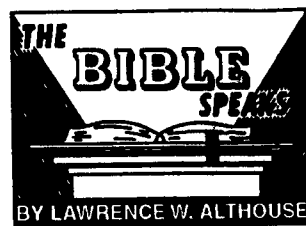
As you read through the seed catalogs that have arrived in the mail or one of the many gardening magazines available, you may see a new variety of flower or type of vegetable that you have never grown before.

Your next thought may be, "Will this type of plant grow in my yard?" and "Which variety should I plant?"

Dr. Tim Elkner, extension horticultural agent, says the answer to the first question is to read the variety description closely or to consult a good garden book for further information. He says the answer to the second question is to select an "All-American Selection" if one is available. This signifies that the plant has performed well throughout the country in various test locations.

All-American Selections are judged by an independent organization of volunteers that evaluate new seed selections for growth and productivity. By choosing one of these selections, your chances of having success with a new type of plant are increased.

Feather Prof.'s Footnote: "Excellence is an attitude that says good can be better."



A BIT LIKE JESUS
February 25, 1996

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Background Scripture:

Ruth 2 through 4

Devotional Reading:

Ruth 2:14-20

A friend of ours told us of an incident that took place some years ago when she was driving from Dallas to Austin. Out on the open highway one of her tires blew out and she had to pull off to the side of the road. Although she knew how to change a tire, she was unable to unscrew any of the lugnuts on the wheel.

"Lord, send me someone to help!" she breathed. A number of cars went whizzing by, but soon a dilapidated pickup truck pulled to a stop just in front of hers. Seeing it, she felt a sense of great relief, but when two young men alighted from the car, her heart sank. The word "hippies" flashed in her mind, for they were long-haired and bearded.

Her fears, however, proved unfounded for the two young men were polite and had her tire changed within minutes. She offered them a 20-dollar bill in appreciation, but they refused. As they drove away, they wished her "a safe trip." "My previous image of hippies had not been very positive," she told us. "What a surprise, then to find that, while several well-dressed people passed me by, the answer to my prayer came in the form of two bearded hippies who despite their appearance, weren't anything like what I expected. Actually," she admitted, "they looked a bit like Jesus."

BEARDS & LONG HAIR

In the story of Ruth there is no physical description of either Ruth or Boaz, but in our minds we tend to picture them as attractive people. Ruth, because she was so loyal to Naomi and willing to work hard to provide for the two of them. Boaz, because he was so kind to Ruth — for, after all, she was a foreigner, a Moabitess. Whereas needy local women were granted the privilege of gleaning, picking up the leftovers left by the harvesters (Leviticus 19:9,10), it was not a kindness granted to foreigners. In fact, as a foreign wom-

an gleaning in an Israelite's grain field, she might very well be molested by the laborers.

But Boaz bestowed great kindness upon Ruth even though she was a foreigner. Why? "All that you have done for your mother-in-law since the death of your husband," said Boaz, "has been fully told me, and how you left your father and mother and your native land and come to a people you did not know before" (2:11). Boaz treated Ruth with kindness because he had heard of her great kindness to Naomi, his kinswoman. One did not expect kindness from a foreigner, but Ruth did all and more than any Israelite daughter-in-law might have done. So, as Naomi's being an Israelite did not keep Ruth from being kind to her, so Ruth's being a Moabitess did not stop Boaz from being kind to her.

A CYCLE OF KINDNESS

In many cultures today we see between religious and ethnic groups a hostility and vengeance that's been passed on from one generation to another. The cycle of hatred spirals on and on and it is almost impossible to break the cycle. But kindness can work the same way. One act of kindness can inspire another kind act and our daily lives can be opportunities from keeping those cycles alive and well.

When Eugene Debs was imprisoned as a conscientious objector, he became interested in a fellow prisoner, an Afro-American who other inmates claimed was incorrigible. Debs started a campaign of kindness toward the black inmate, leaving an orange on the man's bed and going off without a word. Despite many rebuffs, the two eventually became firm friends. Years later when he learned that Debs had died, the fellow inmate, now a useful citizen, commented, "He was the only Jesus Christ I ever knew."

How wonderful if someone could say that of us!

The Althouses will lead a group to the Holy Land, Oct. 9 to Nov. 2, 1996. Space limited. For information, write them at 4412 Shenandoah Ave., Dallas, TX 75205.

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