

**EGGS ARE OK!**

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You may have heard a recent news release that medical doctors have decided eggs are OK after all. They have rediscovered what the mother hen has known for centuries — eggs are nutritious. Eggs have to be because they must contain the nutrients to sustain the life of the developing embryo for 21 days or longer. That means eggs contain high quality protein, vitamins, minerals, and high quality lipid (fat) for building tissue and supplying energy.

A component of that lipid is that dastardly material called cholesterol. It is there to feed the embryo, not to give people heart attacks. Unfortunately, for the last 20 years we have been told the latter — cholesterol in eggs causes heart attacks and strokes.

We know that cholesterol is involved in heart attacks and strokes. We have known this for years. Cholesterol is a component of the fatty plaques that clog our blood vessels, with higher incidences of vascular disease being associated with high blood cholesterol.

However, we now know that there are two types of cholesterol — good cholesterol (HDL), and bad cholesterol (LDL). Therefore, when we wish to reduce blood cholesterol, we want to lower LDL and decrease the ratio of LDL to HDL.

Many approaches have been used to accomplish this goal. These include the use of drugs that inhibit cholesterol biosynthesis, compounds that decrease cholesterol and bile reabsorption, and diet modification. Although reducing dietary cholesterol is an obvious solution, it is very clear that individuals vary greatly in their responses to this change. In fact, amounts and types of fats have a much greater impact on LDL cholesterol. For example, diets high in saturated (solid) fats and trans-fatty acids (found in hydrogenated vegetable oils) increase LDL cholesterol. On the other hand, unsaturated fats (oils) tend to increase HDL cholesterol and reduce total blood lipids.

In the recent study reported in the Journal of the American Medical Association, the incidence of

coronary heart disease and stroke was studied in more than 37,000 men and 80,000 women. After adjusting the data for other risk factors such as smoking and age, the investigators found no relationship between egg consumption and the risk of coronary heart disease or stroke in either men or women. Therefore, consuming one egg per day is unlikely to have a substantial impact on the risk of vascular disease in healthy men or women.

I am sure that the debate will not end with the publication of these results. However, it serves to remind us to use moderation in selecting foods, and avoid fad-diets that emphasize the elimination of foods of high nutritional values such as eggs.

Finally, because of the negative publicity concerning cholesterol in eggs, there have been many attempts to modify egg composition. Some of these have resulted in hoaxes, such as the report that eggs of the Araucana are lower in cholesterol. This was due to a smaller yolk size, confirming the well-known observation that the amount of cholesterol in an egg depends upon the size of the yolk. In studies where drugs are used to decrease cholesterol synthesis, eggs with lower cholesterol content exhibit lower hatchability, illustrating the need for cholesterol by the developing embryo.

There is one modification of eggs that has the potential to improve blood lipid profiles. This comes from the observation that Eskimos have a very low rate of heart disease in spite of consuming diets very high in fat. However, their diet is also high in certain fatty acids (EPA and DHA) found in cold water fish and aquatic organisms. Feeding fatty acids such as DHA to hens modifies the composition of the yolk lipids. When consumed by humans, these modified eggs lower blood triglycerides and LDL cholesterol. Technology is being developed that allows the production of modified eggs without the disadvantage of "fishy flavor."

As Dr. Laura might say — "What's the point, Roland?" The point is that eggs are still an excellent source of nutrition and have the potential to positively affect fat and cholesterol metabolism in humans.

Tradition Lives On in Sickle-Type Mower-Conditioners

ATLANTA, Ga. — When you consider that Hesston designed and built the industry's first center-pivot mower conditioner more than 20 years ago, it's easy to understand why Hesston Hydro-Swing™ machines have become the standard by which others are measured. In 1999, Hesston takes another step in maintaining this leadership by introducing the new 1260/1265 and 1270/1275 sickle-type mower conditioners.

These new, high-performance sickle-type mower conditioners offer the latest technology in cutting and windrow formation. Replacing the current model 1160 12- and 14-foot single sickle windrowers, is the new and improved model 1260 and 1265. The double-sickle 1270, a new entry for 1999, and the double-sickle 1275 replace the current model 1170. These new windrowers possess many of the exceptional features of the discontinued models with several improvements for 1999.

Like the previous Hydro-Swing windrowers, these new machines feature the reliable hydraulic drive and swinging tongue convenience that provide the operator with the maneuverability of a self-propelled machine at the price of a pull-

type model. Exceptional flotation is accomplished through a wide, box-beam frame and a counter-balancing flotation system. These systems provide the header with outstanding radial and vertical flotation for smooth, even cutting over any field contour.

Building on sickle drives that have been touted as the smoothest in the industry, the models 1260/65 feature a half-swaybar single-drive sickle with an operating speed of 1,690 strokes-per-minute for faster cutting. The 1270/75 models utilize a timed, dual-sickle drive with an operating speed of 1,840 strokes-per-minute and a counterbalance flywheel on each side

to reduce vibration.

Additional improvements include new guards and hold-downs from reduced sickle wear, increased auger separation for increased capacity and reduced damage potential and "new look" polyethylene end shields for improved safety, access, durability, and appearance.

"We listened to the industry demands and suggestions of our customers when designing these new sickle-type windrowers," said Ron Hess, general marketing manager, Hesston. "By offering the latest in windrower technology and adding a new 14-foot double-sickle windrower, we give our customers what they expect from the market leader."

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