

Doctor In the Kitchen

by Laurence M. Hursh, M.D.
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NUTRITION A LA CARTE

- Older people who have become less active need the same foods as other people but smaller portions. They'll get less calories that way. Studies show the meals of older people usually are low in some of the nutrients furnished by milk, citrus fruits, and other fruits and vegetables. If you have oldsters at home, see that they get these foods.
- The best diet for arthritis is simply a good, balanced diet of a wide variety of foods from the four food groups — the meat group, the milk group, fruits and vegetables, and enriched or whole grain breads and cereals. No food causes or cures arthritis. But good general nutrition and sufficient rest will help you to manage your arthritis more successfully.
- Regularly I suggest that people would feel better if they stopped skipping breakfast. To save arguments in the family, have your breakfast "skippers" try eating breakfast for two or three weeks and let them appraise for themselves whether they do or do not feel better in the morning and accomplish more at school or at work.
- As most everyone knows, milk is the best source of calcium in our food supply. It is, in fact, almost impossible for you to get the amounts of calcium that are recommended unless milk in some form is used daily and cheese and other milk-containing foods are eaten frequently.
- How do we get energy from the sun? Plants make carbohydrates by photosynthesis. Part of this process involves interaction between sunlight and the green plant pigment, chlorophyll. Energy from sunlight is trapped by chlorophyll and this energy sets in motion a series of intricate chemical reactions that result in the production of carbohydrates.
- Is fat essential in your diet? The answer is "yes." Some fat is necessary for good nutrition. Some fats provide vitamins A, D, E, and K, and some are important as sources of essential fatty acids. Fat is a concentrated source of calories. The fats you use up for energy will save other nutrients for body building and repair.
- The hamburger is said to have been popular in Germany before immigrants brought the idea to the United States. But Americans were the first to put it in a bun. This happened in 1904 at the St. Louis World's Fair, where the ice cream cone also was invented, and iced tea served.
- Your best sources of protein include eggs, meat, milk, cheese, poultry, fish — plants and their seeds such as beans, peas, nuts and cereal grains. Mix them all together in varied meals and you'll get many other nutrients too, such as carbohydrates, fats, vitamins and minerals and you'll be well on your way toward good nutrition.

USDA Study Says Mechanization Could Displace Tobacco Growers

Tobacco mechanization could slash by about half the number of man-hours needed to produce flue-cured tobacco and displace many rural people, according to a study by the U. S. Department of Agriculture.

The study by USDA's Economic Research Service tells why tobacco mechanization has met slow acceptance so far. It also explains the social and economic effects it could bring to the five important flue-cured states — Virginia, North Carolina, South Carolina, Georgia and Florida.

Tobacco is the largest of the remaining labor intensive crops in American agriculture. The flue-cured crop alone requires about 300 million man-hours annually. By comparison only 200 million man-hours are needed to produce the nation's food grains — wheat, corn, oats, rye, barley. Currently available machinery and equipment could cut the flue-cured requirement in half.

Complete mechanization, however, a producer would need about 40 acres in tobacco. Investment for equipment would total \$50,000 — over \$10,000 for the automatic harvester and around \$40,000 for curing barns.

One of the barriers to mechanization is the small size of the average flue-cured plot — just over three acres. Nearly 90 per cent of almost 200,000 farms growing flue-cured had allotments of less than six acres each. Less than one percent had allotment exceeding 20 acres. Government tobacco programs limit acreage, production, and land leasing or rental arrangements.

Another barrier to mechanization is the reluctance of tobacco farmers to invest heavily in equipment because of uncertainty about tobacco demand, the USDA study continued. Public and private agencies have tried to curb smoking, and changing manufacturing techniques have lessened the amount of tobacco used per cigarette by about a

To justify the expenses of com-

"THANKS"

Since I will be unable to send each person a personal "Thank You Note", I would like to take time out to express my appreciations to the Merchants, Teachers, Classmates and Friends for the many votes you gave me during the Jones Senior High School Homecoming Queen Campaign. Your support was greatly appreciated and thanks again to each one of you.

PATSY BANKS
11th Grade
Jones Senior High School

ROTC Marks An Anniversary

WASHINGTON — The American tradition of military instruction on the college campus marks its 150th anniversary this school year.

The concept of educating Army officers on the civilian college campus, which started in 1819 at what is now Norwich University in Vermont, is today carried on through the Army ROTC program which is taken by approximately 150,000 men at 285 colleges throughout the United States. This year more than 16,000 men received Army commissions through the ROTC program.

Not only does ROTC provide the Army with more officers than any other officer development source, but it is also the least expensive way of training a man to be an officer.

The Army is dependent upon the ROTC-trained officer. Ap-

proximately 50 per cent of all officers in the Army today received their commissions through the ROTC program and more than 150 of the Army's generals are ROTC alumni. Among them are Gen. William B. Rosson, deputy commanding general in Vietnam and Lt. Gen. Frederick Weyand, U.S. military adviser to the Paris peace talks.

A roster of ROTC alumni in civilian life is equally impressive. It would include presidents of large corporations, government leaders and professional and amateur athletes. Among them are Secretary of the Army Stanley R. Resor, former Secretary of State Dean Rusk, U.S. Senators Edward W. Brooke, Jack R. Miller, John Stennis and Ernest F. Hollings, and tennis star Arthur Ashe.

fourth since the mid-1950's.

The USDA report says about 84,000 commercial flue-cured tobacco farms with over 350,000 persons would be affected should full mechanization occur in southern Virginia, North Carolina, South Carolina, Georgia, and northern Florida. Over 45 per cent of these farms were operated by tenants.

Displaced tobacco workers would probably have great difficulty finding other employment to replace lost income. Average age of the farmers is 47 years, 10 years older than in the total U. S. work force. Among tenants, two-thirds were Negro.

for profitable use of machines would especially affect tenant farmers who lack allotments to sell.

— Hilly areas, where much tobacco is grown on small units using hand labor, would not be suitable for mechanical harvesting and production would eventually shift to flat land or bottom areas.

A copy of "Potential Mechanization in the Flue-Cured Tobacco Industry With Emphasis on Human Resource Adjustment," AER 169, is available free on postcard request from the Office of Information, U. S. Department of Agriculture, Washington, D. C. 20250. Please include your zipcode.

TWICE IN ONE DAY

Edward Carroll Wainwright suffered the unhappy distinction of being tried twice in one day in Lenoir County courts on Monday. In the morning session he pleaded guilty to a first drunken driving offense in superior court where he was fined \$100 and after lunch he was found guilty of a 2nd drunken driving offense in district court and given four months in jail. He appealed that judgment to superior court.



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AND MANY, MANY MORE!

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