

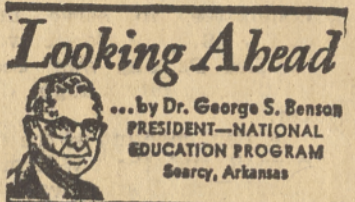
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UNCLE SAM GETS WEAKER

If and when enough American people become sufficiently aroused concerning their property and lives to force their governmental leaders to begin catching up with the Soviet Union in military strength it still would require five to eight years to pull up even with the Communists in major nuclear armament. And while the U.S. continues to delay the long, tedious span of research, development and production of vitally needed armament (time gap from appropriation to production: up to 10 years), hoping "not to upset Russian tempers" at the SALT disarmament talks, the USSR continues to expand its SS-9 and SS-11 new missile production, its all-ocean navy and its nuclear-powered, missile-carrying submarine fleet.

The experts in Washington to whom I talked on a trip devoted entirely to our military weakness crisis, estimate that it would take about eight years to produce a bomber to replace the aging B-52s, and from three to five years to produce new kinds of missiles such as the Soviets have in their SS series (unmatched in our arsenal). The Soviet Union is spending more money on military research and development than we are; and the percentage of their Gross National Product going into military hardware is considerably greater than ours.

A PAPER TIGER?

One of the sources of the information I gathered in

Washington was the American Security Council, which is composed of America's top military leaders of the last two decades, top military writers of some of the best known world military reporting services, former U.S. Ambassadors and other professional authorities on armament. Here are some of the items of information they gathered for me to use in our efforts to arouse and activate the American people to the grave and worsening military crisis.

The Soviet's all-seas navy has been built in the last 20 years; hardly a single operational combat ship is more than 20 years old. Yet, a large number of U.S. combat ships are over 20 years old and obsolete. Our entire navy is swiftly becoming militarily obsolete! We have plans for a 100 mile-an-hour Navy — but no production!

SOVIETS BUILD

The Soviet "Yankee" (Y) class submarine now carries a load of SLBMs (sub-launched ballistic missiles) using a depressed trajectory with which it can reach any target in the continental U.S. in less than seven minutes! All of our strategic forces or their supporting systems fall under the shadow of this threat.

The USSR is going forward with extensive weapons testing programs, including large payload missiles such as the SS-11 with its three warheads; and the new Soviet submarine missiles are longer range, some up to 3500 miles.

The Soviets are installing new ABMs (anti-ballistic-missile missiles) in various locations.

The Soviet's now have an ICBM force 50% larger than the U.S. in number of delivery vehicles, and many times larger than the U.S. in terms of total megatonnage or destructive power.

SIGNS OF FIRST-STRIKE PLANS

Very little notice has been taken of the fact that the Soviets are making a determined drive to improve their Civil Defense capabilities. Civil Defense is of real importance to a power like the Soviet Union whose strategic military force in being under construction makes sense only when viewed in the light of an intention to acquire a first-strike capability against the U.S. The basic criteria for an effective first-strike capability is the ability to really limit damage to one's own society.

Secretary of Defense Melvin Laird revealed just recently that the technological momentum of the Soviet Union in ICBM production in Polaris-type and "Y" type submarine production has gone forward at a pace far beyond his estimate in the March 1971 report to Congress.

Secretary Laird, in his forth-coming March report to Congress, is expected to shock many Senators and

Congressmen with the latest estimates of comparative military strength — USSR vs. U.S.A. America is becoming a sitting duck for Soviet weaponry!



by Louie H. Gross, Yamhill County Extension Agent

Two people of importance to the livestock industry in Oregon talked at the recent educational meeting for dairymen at Salem. Dr. Guy Reynolds, Extension veterinarian from Oregon State University, discussed the diseases milk fever, ketosis, bovine virus diarrhea, infectious bovine rhinotracheitis and other minor disease problems at the meeting. Dr. Reynolds told the dairymen that perhaps the most important preventative for them in keeping disease out of the herds is to follow a correct feeding program.

Some vaccinations are available — especially for the DVD, IBR and PI3 diseases. But such things as milk fever may be controlled mainly by an adequate diet and a balance of the calcium phosphorus minerals within the total rations. Dr. Reynolds also stated that the administration of vitamin D2 the last ten days before calving has shown considerable promise. He advanced the idea that the prevention of ketosis would be more likely accomplished through a challenge feeding program the last three weeks before calving with the manager avoiding increasing stress of the fresh cow through getting a

dow off of her feed. He stated specifically some of the causes of ketosis was indigestion because of improper feeding, a liver disease, obesity, and/or high protein in excess of 16 per cent.

Virgil Simmons, of the State Department of Agriculture, brought out some very important items about sanitation. He stated it is a way of life that we need clean communities, clean appearance and a good image of our farms as well as the products we sell from them.

Simmons quoted some statistics as saying that herds below 75 cows decreasing in number while herds with below 75 are decreasing in increasing number. He also mentioned the number of dairies in Oregon producing Grade A milk had decreased from 1,402 in 1961 to 811 in 1971.

Mr. Simmons pointed out that his department wants to be helpful to all dairymen and that if they have problems with sanitation and the quality of their milk the department will do all in their power to assist the dairymen to overcome these problems.

This is the time of year when cattlemen will be doing something to control the lice that affect cattle. Lice affect cattle more during winter than summer.

Cattle are usually under more stress during winter and little things such as excess parasites, a winter cold, and soggy soils caused by excess rains wear on the total of the animal.

One helpful thing is to control the lice that are usually apparent on livestock in the winter. This may be easily done with one of several insecticides that are available at seed dealers, a veterinary hospital and other supply

houses.

Five very common materials that can be used on beef cattle are toxaphene, 5 per cent as a dust; malathion, 4-5 per cent as a dust; methoxychlor, .5 per cent as a spray; korlan, .25 per cent as a spray; or co-ral, .06 per cent as a spray or a dip.

It is very important when livestock operators use any of these insecticides that they follow instructions on the container; and it will say in regard to toxaphene that we must not spray or use dust within 30 days of slaughter.

Malathion, methoxychlor and co-ral may be used with regard to time limitation between application and

slaughter.

Oregon State university is fast becoming one of the nation's leading centers for training experts in air and water pollution prevention and control.

With the aid of federal grants that now total about \$450,000 a year, the OSU School of Engineering has greatly expanded its graduate training programs in sanitary engineering and air sanitation. Fred J. Burgess, dean of engineering, points out.

This past year, 18 studied for master's and doctor's degrees in air pollution control and 22 in sanitary engineering.

—Continued on page three



Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

THE TRAVELING EXECUTIVE

Now that the Holidays have passed businessmen are busy traveling again. Most of their customers and colleagues were too busy or otherwise preoccupied to be seen during the Christmas season. Now the rush is on again and everyone is anxious to get a good start on the New Year.

What will this mean in terms of businessmen eating out? It will mean hotels, motels, and restaurants are again filled with businessmen eating alone as they rest from a busy day out of town.

It means that many of your husbands are on the eating-out routine again. So perhaps it's a good time to take a good look at how your husband eats when he's out of town. Have you ever checked?

Does He Overeat?

I hate to be a kill-joy. But many husbands undoubtedly overeat, both at home and on the road — especially on the road and on an expense account. And it's not necessarily their fault. If you are entertaining, or being entertained, it is difficult to be restrained if others insist on "living it up."

Trouble is, it ups the waistline, but good!

So, does your husband need to reduce? That's your starting point. If not, there's no need to

worry, unless, of course, you know for sure his diet is far from balanced. If that is the case you've got to get him on the four food groups, choosing a wide variety of foods from the meat group, the milk group, vegetables and fruits, and breads and cereals. But if his weight isn't a problem at least he's handling his calories okay.

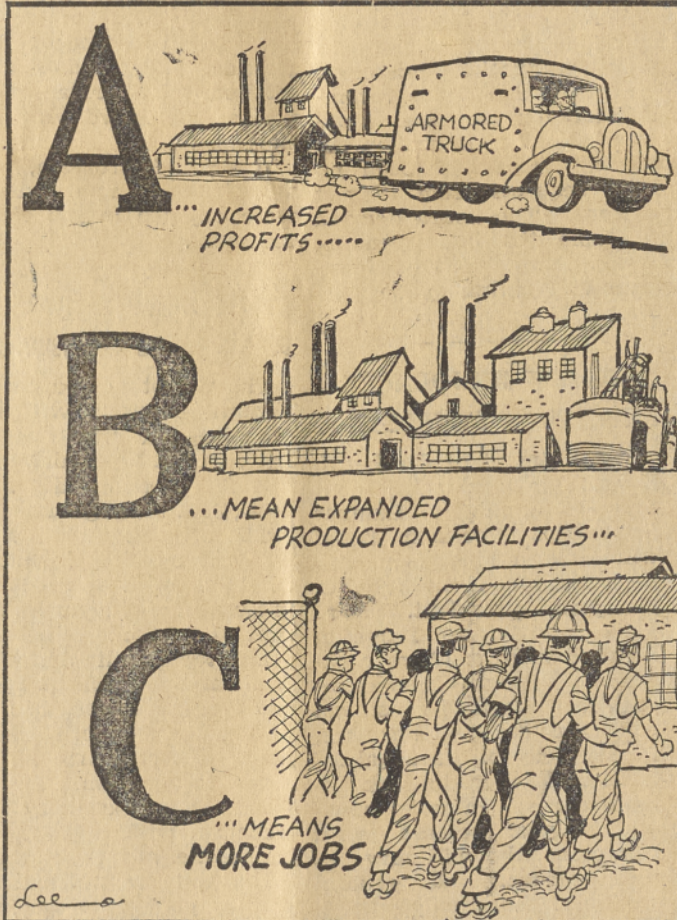
Motivation The Key

But for the husband who is overweight — you really must get him motivated to watch what he is eating, and particularly when he is out of town. It needn't be terribly difficult. But he's got to handle foods and alcohol with discretion. It is demoralizing to watch the average out-of-town businessman eat.

What is needed are more vegetables and fruits, less enormous servings of fatty meats and things like french fries. There is no substitute for a wide variety of fruits, vegetables, and then judicious selections of breads and cereals, protein foods such as meat, fish, poultry, eggs, and cheese. And your husband ought to drink milk for its calcium, vitamins, and contribution, too, to protein consumption. Tell him to watch overconsumption of rolls, large cuts of meat, baked potatoes. And easy on the desserts.

You want him healthy both on the road and when he comes home.

AS SIMPLE AS THAT!



A LOOK AT THE BOOK

DR. BOB JONES.

BOB JONES University

GREENVILLE, SOUTH CAROLINA

"And that you study to be quiet, and to do your own business. . . ." (1 Thessalonians 4:11). A woman is reported to have called the manager of a certain hotel in a large city and said to him, "tell that man in the corner room on the fifth floor on the south side to pull down his shades." The manager asked the address of the woman who was making the report. She gave an address, and he said, "That is seven blocks away. Can you see that far?" She answered, "Yes, I have spyglasses." That woman was a busybody.

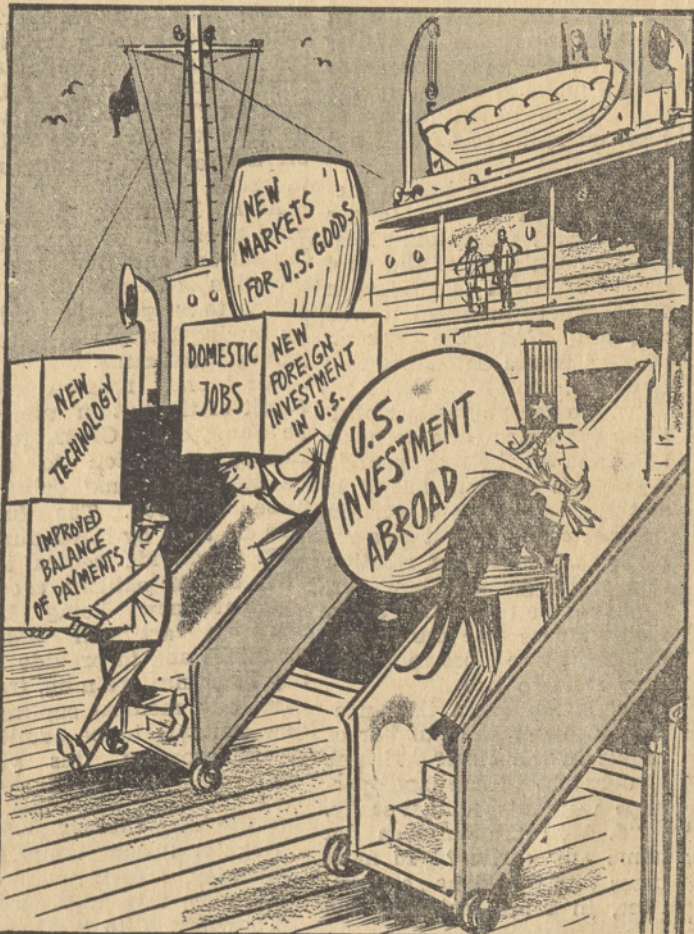
Christians are not to be busybodies. However, if something touches the testimony of Jesus Christ, it is our business. We are members of the family of God. If something should threaten our human families, we would bear some responsibility and concern; and as members of a spiritual family it is our business to be concerned about anything that would harm the Cause.

"But let none of you suffer . . . as a busybody in other men's matters" (1 Peter 4:15). Note the company in which God places the busybody—murderers, thieves, evildoers. Everything that can be done by a busybody can be done by a murderer and thief, if you carry it far enough. There have been not a few murders because of somebody's long tongue.

"If any man suffer as a Christian [that is, if we suffer because of living a consistent Christian testimony that is pleasing to the Lord], we have no need of shame"; we can rejoice, for upon us is the Spirit of God and of glory. "For the time is come that judgment must begin at the house of God." We need to be practical in our Christian living. If we faithfully discharge our own Christian responsibilities, we will not have time to be meddling in the affairs of other people.

Released by the Gospel Fellowship Association.

GANGWAYS TO PROGRESS



DAZZLED at the announcement that she is the new 1972 Oregon Dairy Princess is Vicki Van Dyke, 18, blue-eyed blonde from Forest Grove. Setting crown on her is retiring Princess Susan Gourley, 19, of Brownsville. The new princess was selected from a group of 12 dairy princesses from county and regional areas in the state. Miss Van Dyke represented Washington County in the competition. Coronation was held Monday at the Portland Sheraton Motor Inn and highlighted three-day dairy industry meeting.