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VIEWPOINT

For the Record . . .

Honesty, as Congress is wont to impress upon the likes of Tongsun Park and Bert Lance, is the preferred policy.

Except sometimes in its own houses

It is public knowledge that Congress has long been less than fully honest with the public in reporting House and Senate proceedings via its official journal, the Congressional Record

It hasn't been necessarily so that the speeches recorded therein are actually uttered in spirited debate on the House or Senate floor Often they reach print via a procedure — Extension of Remarks" — which permits members to revise their statements Intended as a means of correcting errors and clarifying points for the public record, it has become a vehicle for inserting everything from speeches straight from the typewriter to letters from constituents and clippings from the home-town press in what is supposed to be a record of actual proceedings.

The privilege has contributed no little bit to the bloating of the size and consequent cost — $317 per page to print — of what has become an officially sanctioned blend of legislative fact and fantasy

Chided for years for this deception of the public, Congress is at last facing up to the situation — sort of.

As of March 1, material which has not first been uttered on the floor will be so indicated in the pages of the Record by a bullet (•) preceding and concluding the passages in question.

But wait — there's more. A senator or representative need speak only the opening sentence on the floor to have an entire speech inserted, bulletless, in the Record. The more things change . .

To the credit of the membership, the • has been highly visible on Record pages since the change. But for how long?

Will representatives be able to resist the temptation to use the loophole? Will the Senate succumb to an epidemic of one-sentence minispeeches?

Watch your Congressional Record for further developments

AS TIME GOES BY

Legion grown up

FORTY YEARS AGO
—1938—

"The American Legion has grown up and is ready to take its place in the community, the state and the nation," State Commander Ted Metcalfe told a large audience at the Memorial Building. Carole Lombard and Fredric March starred in "Nothing Sacred" at the Overland while George Brent and Olivia de Havilland starred in "Gold Is Where You Find It" at the Booth Nebraska City contractor Harvey Risk was elected president of the newly-formed Otoe County Motor Carriers Association. Three Otoe county boys, one from Syracuse and two from Nebraska City, were to be picked to go to the first Cornhusker Boys State in Lincoln

TWENTY-FIVE YEARS AGO
—1953—

Nebraska City Rotarians launched the City's Red Cross Drive. County Assessor Wilson Erwin said Otoe County would strictly enforce the new 50 percent of actual value assessment law Leslie Hogue was elected president of the Palmyra Volunteer Fire Department The Syracuse Rockets whipped Franklin, 50-43, in first round action of the Class C state basketball tourney in Lincoln. Bob Kramer led the Rockets with 19 points.

TEN YEARS AGO
—1968—

Otoe County Clerk Jerry Schmitz said Republican election workers for 18 precincts in the county had been reported to his office but not a single democrat. James Hillman was wounded while serving in Vietnam, according to a letter received by his parents, Mr and Mrs Harold Hillman B A Johnson, Syracuse band director and president of the Nebraska Music Educators Association, attended a national music convention in Seattle. Mrs Don Rickets and Mrs Jack Ryder remained in first place in the final week of play of the bridge tournament with a score of 18,830

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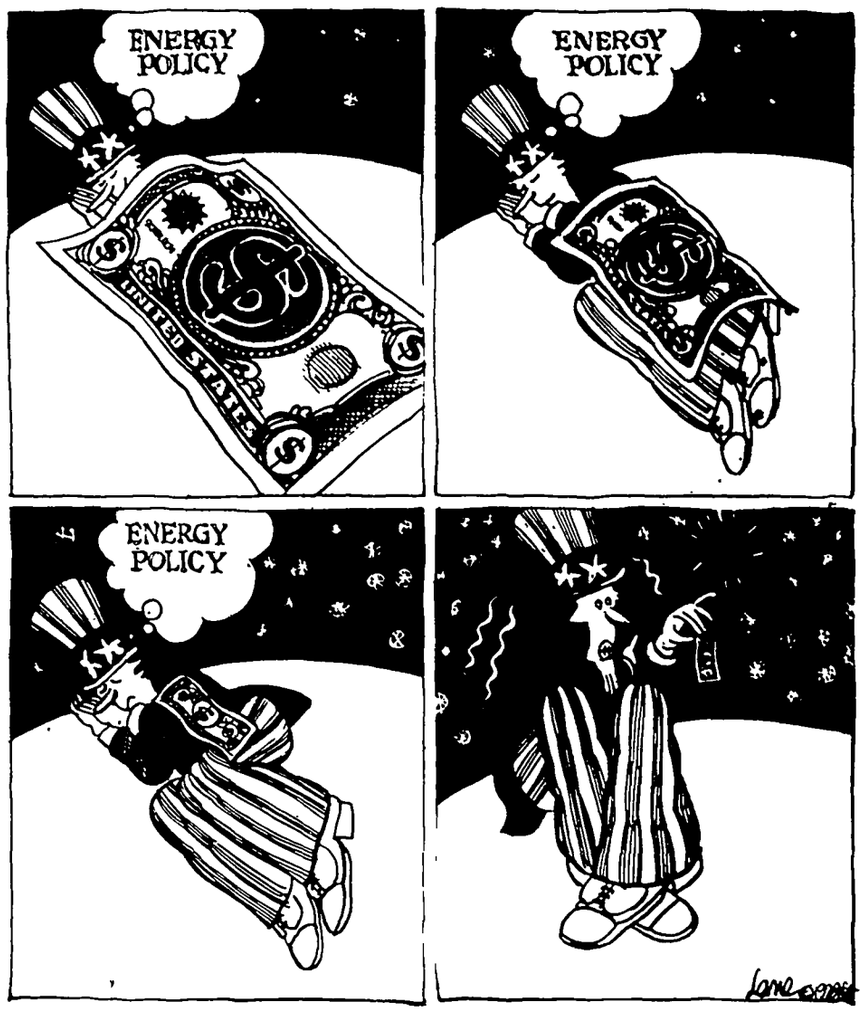
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The Prayer For Today From The Upper Room

I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council; and whoever says, "You fool!" shall be liable to the hell of fire. (Matthew 5:22 RSV)

PRAYER: O God, the temptation to ridicule another person is sometimes hard for us to resist. Give us grace and inner strength to curb our tongues. May we always say helpful, appreciative words. Amen.





Donald F. Graff **COMMENTARY**

Man's constant companion

"Today there are 700 million people in the less-developed countries without enough to eat

"One hundred million children are always hungry

"If population growth is not stemmed and if agricultural production is not significantly increased in the next 20 years, there can be only one result malnutrition and starvation on a massive scale"

These could be the words of any number of concerned public figures surveying the world food situation at any point during the past several decades

They happen to have been uttered recently by John J Gilligan, head of the U.S Agency for International Development (AID) and their aptness then as now is evidence of how chronic and resistant to amelioration the problem of world hunger is Despite green revolutions and a multiplicity of aid programs designed to raise the agricultural productivity of the underfed, hunger persists

And so does hope that man can eventually vanquish it.

The American effort in this direction is receiving fresh attention President Carter's proposed new budget would increase AID funds by more than 20 percent And, heeding congressional recommendations, he is setting up a new presidential commission on world hunger, a move billed by the White House as designed to focus attention on human needs on a worldwide basis as previously has been done on human rights

The commitment is both necessary and admirable Hunger is man's most relentless enemy and the United States, as the world's foremost food-surplus nation, can do much — and much more than it has been doing — to combat it Even the proposed expanded aid program would not exceed one-quarter of one percent of the gross national product The post-World War II Marshall Plan, by comparison, committed three percent of the then GNP to the rebuilding of Western Europe.

But idealism must be tempered by realism. The United States cannot work miracles It cannot by itself feed the hungry of the world, nor could all the surplus countries — a half dozen or so today — do so in concert Their productivity is not equal to the task and even if it were, leaving half the world perpetually dependent upon the charity of the other half would not be a real solution

Technical assistance is of greater long-range importance since the ultimate solution, if there is ever to be one, lies in raising the productivity of the have-nots to something like the level of the haves

Here, however, it continues to be a case of running hard merely to keep from falling farther behind Great advances in productivity have been made during the past several decades in a number of countries, only to be outpaced by even greater rates of population growth, as AID Director Gilligan notes

India is the prime example With more arable land than the United States and the recipient of probably more foreign assistance than any other single country, its productivity remains only a quarter of the U.S. and the population increase continues. India holds its place as the number one international welfare client.

Hunger, however, is only one aspect of the world food picture. Back on the American farm, overproduction is the problem and the same administration that is renewing its commitment to help feed the world is considering production cutbacks to meet domestic farmers' complaints of low prices.

Among the world's major exporters and importers, price stabilization is a matter of considerable common concern. Currently meeting in Geneva, they are considering ways to prevent wild swings in grain prices including a proposed international reserve of 30 million metric tons or more.

The principle purpose of the reserve would be financial, to prevent oversupplies or shortfalls from depressing or inflating world prices. But it could also make a contribution to the campaign against hunger by assuring a consistent and dependable world supply, protecting food-deficient countries from the sudden shortages that in the past have often meant famine.

Hunger has been man's constant companion throughout history and, as contemporary experience indicates, is not about to be vanquished easily. But fortunately, man today has both a greater comprehension of the problem and greater resources for dealing with it than ever before.

Today In History

By The Associated Press

Today is Sunday, March 12, the 71st day of 1978. There are 294 days left in the year

On this date in 1664, New Jersey became a British colony as King Charles made a land grant to his brother James, Duke of York.

On this date

In 1912, the first parachute jump from an airplane was made — by Army Capt. Albert Berry at Jefferson Barracks, Mo.

In 1938, Germany invaded Austria The next day, Adolf Hitler announced that Austria would be unified with greater Germany

In 1939, Pope Pius XII was elevated to the Roman Catholic papacy

In 1940, during World War II, Finland surrendered to the Soviet Union, and a truce was signed in Moscow

In 1947, President Harry Truman established what became known as the Truman Doctrine as he proposed aid to Greece and Turkey to resist communism.

In 1966, Gen. Suharto was sworn in as acting president of Indonesia after President Sukarno had been stripped of authority

Ten years ago: The Indian Ocean island of Mauritius was proclaimed independent of Britain.

Today's birthdays: Entertainer Liza Minnelli is 32 years old. Playwright Edward Albee is 50.

Thought for today: Let us not be weary in well-doing — the Bible

Berry's World



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"Hey, Freddy-baby! How's the ol' mid-life crisis comin' along?"



Ivan D.E. Beaumont **THE BUCK ENDS HERE**

Some lovers need to work

The Love Test —

Didya take the National Love, Sex and Marriage test the other night on the TV program?

We were disappointed at the low rating given to the Midwest so we conducted a mini poll of viewers to see how they fared.

Two out of three said they got below the 230 point mark (need work, marriage); one claimed he got a perfect score; a high school senior and a Peru State student did about the same (they got a "perfect" on the Trust section) and a young married man said he didn't need any TV to measure his strength...or weaknesses.

Well...you wouldn't have known about Nebraska City people unless we asked.

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Best wishes —

to Warren and Jean Griepenstroh on the new ownership of the Pete's Feed and Seed Store at 1121 Central Avenue. They had a ribbon cutting and grand opening during the week.

The weather didn't cooperate for an outside picture of the ceremony, so Sue Quinlan of the News-Press lined the group in front of displays and snapped the picture from an elevated position.

For the record, the picture was taken inside because on March 7, 1978, it was snowing in Nebraska City again.

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And speaking of weather - many farmers will recall the first week of March last year they were readying their ground for planting of oats and in some cases, they had already put the seed into the ground.

Ralph Boerner recalled this time a year ago very well. he was fishing and enjoying the spring weather (We had another inch of snow on March 7, 1978, giving us a ground accumulation of approximately 12 inches and a frost depth of 24 inches.

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Congratulations —

to the winners of the Elks Most Valuable Student contest. They are Judy Todd, Union; Brian Shawn Underwood, Rock Port, firsts; Tim Causgrove, second and Kelly Stillahn, Syracuse, third The other winners were Susan Roddy, Geraldine Petersen, Janice Halvorsen, Elisa Beth Stutheit, Julie Brockhaus, Marsha Stortenbecker, Denise Davis, Mary Kreifels, Kim Harding, Ann Marie Harney, Kristen Wakelin, Ross Sherwood, Sheri Horn, Amy Ellerbrake and Cynthia O'Connor

Miss Todd is a senior at NCHS She is the daughter of Mr and Mrs Melvin Todd, Jr, Union. Brian Underwood is the son of Mr and Mrs Raymond Underwood of Rock Port. He is a senior at Rock Port.

Congratulations to the students and to Jim Hanks and his committee for another big job, well done.

Tim also received a $500 scholarship to the University Joe Wenzl, son of Mr and Mrs Walt Wenzl, also received a $500 NU scholarship.

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The weather — 1931

Thanks to Mrs George Herring, 1102 No. 8th Street for the clipping from the News-Press of 1931 which told about the welcoming of spring.

"...it was one (the last three months of winter) of the three years since 1870 when the temperature never once dropped below zero It was an unusual winter also in that less rain fell than in almost any year since 1880. The month of January was one of the driest and one of the warmest in the history of the weather bureau," the newspaper reported.

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Thanks —

...to County Clerk Jerry Schmitz for providing statistical information on births and deaths in Otoe county over the past five years. The question came up on what seemed to be a high death rate and Jerry checked it out for us.

His five-year average showed 196 deaths a year in Otoe county from 1972-76. Nebraska City recorded 176 burials in Wyuka cemetery in 1977 compared with 101 the year before, according to City Clerk Gladys Wenzel's records.

The birth rate in the county is on the rise. The rate soared to 234 in 1972, then dropped to 190, then 165 and 169 and in 1976 went up to 204 for a five-year average of 192.

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Superkids —

Larry Wegener of the American Lung Association, points to the hazards of smoking, objects to federal monies being used to "subsidize" the tobacco industry and promotes a new program for third, fourth and fifth graders called "Superkids."

Mr Wegener's job is clean lungs.

He hopes to get the program going in Nebraska City. It is run similar to the Superstar program on TV except that in this case, the "stars" are the small fry. The Optimist club is studying the program now as a possible sponsor.

One of the interesting competing levels considered is the separation of boys and girls. The truth is, Mr Wegener pointed out, girls of that age will stomp the clumsy boys.

The program would probably be held on a Saturday morning. More about it later.

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Arbor Day —

The annual Arbor Day and Arbor Day Foundation awards night are coming up in a few weeks and Chamber Manager Dorothy Melchert's office is already buzzing with activity

In fact, Mrs Melchert is getting 50 to 100 letters a day from people who want to take advantage of the Foundation membership campaign.

"The letters are coming in and we aren't ready yet," Mrs Melchert said The mailing address for the national Foundation is Arbor Lodge 100, Nebraska City...and all the mail goes to the Chamber office.

The big attention getter in the Foundation membership campaign is, of course — trees For sending in from $15 to $500 for a membership, the writer gets six free trees ranging from maples, to birch, ash, plum and redbud.

State Sen. Calvin Carsten, Avoca, is president of the Foundation board and is spearheading the campaign. Bill Dawson of Nebraska City, is chairman of the local Arbor Day celebration.

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Stolen —

from the Elberon Eagle Allen Dose, editor

A farmer said to his wife

"Elvira, now that we've struck gasohol on the farm, you've got to get some decent clothes."

"Nothing doing, Henry," she said. "I've been wearing decent clothes all my life Now, I'm going to dress like other women."



HEALTH
Lawrence E. Lamb, M.D.

Vitamin B shortage?

DEAR DR LAMB — I just came from the doctor's office and after taking my blood pressure he announced my diastolic was low and prescribed vitamin B I'm a bit dubious about my having a shortage of that vitamin as I've been eating food that were high in it — brewer's yeast, wheat germ, dried fruits and a good balanced diet. In fact I was getting so red around the eyes that I cut down on some of this What else could cause a low diastolic pressure and what might one do to normalize it?

DEAR READER — When people tell me they have seen a doctor I never know what kind of doctor they mean. There are different disciplines including M.D.s, osteopaths and chiropracters just for starters and that is not the end of the list

You either have misinterpreted what the doctor said — and that happens quite frequently with patients — or something is amiss. You can have a normal or elevated systolic blood pressure (top reading) and have a low diastolic (lower reading) There are many causes for this If you had a leaky valve at the outlet of the heart, a large amount of blood could leak back into the heart after each beat, allowing the diastolic pressure to fall very rapidly. We see this when the valve has been damaged as a result of rheumatic heart disease or birth defects that result in a leaky valve.

A severe anemia may cause a low diastolic pressure but that is not the case in most more common forms of anemia It may also occur when there is an abnormally large connection between the arteries and veins You might see this as a complication of a gun—shot wound, or with excessively wide normal connections between the arteries and veins, which occurs with a number of diseases

It is true that vitamin B-1 deficiencies of severe degree can cause beri-beri heart disease, which sometimes causes a small drop in diastolic blood pressure But if that were true you would have a lot of other important symptoms too Under the circumstances I don't see how you can expect to obtain any value from taking additional vitamin B with your history

I should add that a good doctor would be able to tell from his examination if you have a leaky valve or not and he would most certainly know if you had an anemia severe enough to cause a diastolic pressure drop

I am sending you The Health Letter number 1-8, Blood Pressure, so you can be better informed on what controls your blood pressure. Others who want this information can send 50 cents with a long, stamped, self-addressed envelope for it to me in care of this newspaper, P O Box 1561, Radio City Station, New York, NY 10019.

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