



Editorial

by Roger LaRoche
Of Lichens and Yeast

or

How Ones' Aching Feet Gave Rise To Inspiration

It seems strange that one could come by an idea for a superintendent's newsletter because of aching feet, but that's how it happened. Further explanation is probably necessary. The feet have become worse this past year, so the doctor recommended arch supports as a possible cure and suggested that a minor arthritic condition might be present. Tried arch supports, and they didn't help. I happened to leaf through the "Tribune" one day (I'll try to hurry) and noticed a review of the book "Nutrition Against Diseases", so I read the review, bought the book, read the book, and thought it excellent.

At one point the book discussed the plight of the lichens, the algae and fungi living in a symbiotic situation with the most meager of nutrient levels. Somehow they manage to sustain life, a minimal life indeed, but life. What would happen with maximum nutrient levels? Would they take over the earth? Take, for instance, a small cake of yeast, a single cell organism capable of producing 100 new cells per each original cell in a 24 hour period. If you took that cake of yeast and provided proper amounts of water, air and nutrients, in one week you would have the tidy sum of 3 billion tons of yeast (yech!)

Might not our bodies function better with proper nutrition levels? Seems reasonable! If one agrees with scientific data presented in "Nutrition Against Disease," the conclusion is simple. Not only will the body function better, but it will withstand threats of disease (with birth defects, heart trouble, arthritis, obesity, alcoholism, and cancer) far better.

I am not trying to equate the human body and plant life. There is an analogy to be drawn however in the reaction of both to proper nutrition. Why don't we feed both the proper amounts of the proper nutrients to give them the optimum level of nutrition? Why? Because, that's why! Because we don't have the proper methods of testing — especially for humans. Because it is difficult to experiment with humans. Because we haven't put plant tissue test and soil test research at a high priority. Because we have tended

to develop new chemicals for prevention and cures rather than strengthening the body and plant cells.

That's why! We know more about pet nutrition than human nutrition — at least we feed our pets much better than ourselves.

Dr. Beard, in his new book "Turfgrass Science and Culture", points out the inaccurate nature of tissue and soil tests and urges more research. We do need research, a lot of it. However, the methods we now have at our disposal should not be neglected. Considerable effort and monies are expended in developing new medicines and pesticides and while they are a valuable tool, they treat symptoms and do not necessarily strengthen the organism. Why take aspirin when it may be possible to prevent the headache or toothache or whatever. We may not have a wide variety of pesticides long (some are already gone) so allocating resources toward nutrition research is credible, even mandatory. Put the current knowledge of nutrition to use. Work on it! The stronger the plant, the better, obviously, but also, the stronger the body, the better, just as obviously. Abuse neither.

Remember, the lowly lichens — barely survive on minimum nutrition but think of what they could do with the optimum.

Looking through some old records the editor found the following report pertaining to the ladies entertainment program in Chicago in February, 1959. How does this measure up to the present ladies programs? The total cost was underwritten by the Midwest Association of Golf Course Superintendents.

The following is a report on the expenses involved for the Ladies entertainment program of the National Turfgrass Conference 1959.

252 Ladies Registered —		
Jos Mutter's Fee	@ \$1.50	\$378.00
200 Shubert Theatre Tickets —		
Reservations	@ 4.40	880.00
50 Shubert Theatre Tickets —		
Box Office	@ 4.40	26.40
6 Shubert Theatre Tickets —		
Box Offiec	@ 4.40	26.40
150 Palace Theatre Tickets —		
Reservations	@ 1.80	270.00
27 Palace Theatre Tickets —		
Box Office	@ 1.80	48.60
171 Prudential Building		
Tickets	@ .30	51.30
250 Marshall Fields		
Lunch and Show	@ 2.95	737.50*
188 Grayline Bus Tour		
Tickets	@ 2.00	376.00*
225 Art Institute Brunch	@ 3.00	675.00*
Lillian Brodhall Smith		
Lecture Fee		50.00
Evalyn Rohde Lecture Fee		60.00
Hostess Badges		3.87
Miscellaneous Tips		1.25
Ladies Hospitality Room		
Coffee - 15 Gal.	@ 6.00	90.00*
Ladies Hospitality Signs		10.00*
260 Ladies Orchids		
for Banquet	@ 1.25	325.00*
Ladies Program Printing		
& Tickets		200.50
Flowers for Hospitality Room		10.30
	Total	\$4413.72