sufficient iodine. The effect has been found to be completely reversible by removing the compound from the diet, a fact, incidentally, which should be sufficient to also remove it from the carcinogen list. Furthermore, the maximum amount of residue found on the cranberries, a small number of which had admittedly been illegally sprayed (in violation of label instructions, incidentally), was of such magnitude as to require the daily consumption of some 15,000 pounds of raw cranberries for over ten years to provide a goitrogenic dose in man. This would have been a prodigious gastronomic feat even for Paul Bunyan.

However, a much simpler way to secure appreciable levels of goitrogen, if so inclined, is to turn to "natural" sources with a diet well fortified with turnips, kale, cauliflower, peanuts, soybeans, mustard, beets, peas, beans, spinach, lettuce, carrots, celery, chard, green peppers, filberts, pears, strawberries, peaches, apricots, raisins, milk, oysters, clams and, that epitome of all natural food lovers, raw liver. The list looks like a recipe from a book on "organic gardening," but be sure not to cook any of the items: it destroys the active principal.

## CONTROL OF INSECTS

Biological control of insects, parasites and diseases is admittedly the ideal method of control; however, it is highly specific, too late, too slow, too uncertain and too costly. Nevertheless in certain specific areas it has been significantly successful. The milky disease control of Japanese beetle, the irradiation sterilizing of male screw worm flies, the use of lady beetle (coccinella) larvae to control alfalfa aphids in the valley pockets of the Western mountains, and spraying or dusting the spores of *Bacillus thuringiensis* for control of certain moth and butterfly larvae are all good examples of effective biological control. However, each is quite limited in the scope of its use and efficacy.

The grower, however, is confronted with a whole array of pests, insects and acarids, fungal and bacterial diseases, parasites and weeds, several species of which may attack his crop or animal herd simultaneously or sequentially during its production life. Control of one pest and none of the others, or even control of all but one, is often as futile as controlling none.

Federal and State authorities require the farmers' products to be free from insect blemish and disease, to be of specified grade size and conformity for interstate shipment his animals must be free from contagious disease, vermin and parasites to pass meat inspection department standards. He therefore cannot, indeed he must not, fall below the rigid requirements of grade and quality. Furthermore, the processor who packs the grower's raw product is obliged to meet label specifications rigidly if he proposes to ship in interstate commerce.