

# Lillian Byington's Prize Essay

Those who live on a mountain have a longer day than those who live in the valley. Sometimes all we need to brighten our day is to rise a little higher. The highest standards of civilization and progress today have been attained only through the undying struggle of men who employed the greatest effort. To exert effort demands power. To control power and put forth effort are the fundamental stepping-stones of efficiency.

Our country, the leading nation of the world today, is lacking in efficiency. Let us begin at the very root of our problem which faces the state of North Dakota as well as the rest of our nation.

Undernourishment of our children, which is the principal cause of the death of approximately 350,000, is the root of inefficiency. Reports of investigating committees state that there is at least one-third of our school children undernourished. Undernourished childhood results in stunted manhood. This fact was established when one-third of our young men failed to pass or equal standards in the army requirements. Underdevelopment is due to the lack of the use of the proper foods. Experiments and tests made by colleges, experiment stations and other government offices have found with the highest merits that the proper foods for normal development are milk and its products, butter, cream, cheese, condensed milk and ice-cream. Milk contains the proper nutritive elements, such as protein, carbohydrates, fats and mineral water. In like manner the products of milk contain the proper elements in a perfect natural proportion for human consumption. If for no other reason than just to build up our nation and to develop the abilities of our own children the state of North Dakota is too proud to leave the task undone, but there are other reasons.

After cropping and recropping once fertile soil we soon learn that the plant food of our soil is no longer as plentiful as it was in early days. We can meet this problem of plant-food depletion best by the introduction of dairying in our state. The dairy cow replaces more fertility in the soil than any other branch of agriculture. For each 100 pounds of milk produced the cow is credited with 59 cents for manure. When only butter-fat is sold, the farmer has yet the skim milk which is a most valuable food for growing pigs. As the swine industry is increasing so will the dairy industry. Skim milk also is going to receive a more prominent place in the future as a winter feed for poultry. The excessive amount of protein will result in a larger yield of eggs. Thus the dairy cow in the future of our state will introduce and support diversified farming.

Diversified farming is progressive, practical and educational. The former statements prove it progressive and practical. It is better to create and stimulate than to destroy. It is educational for it creates a love in the

young generation for home and ownership. It is the young boys and girls who are entering the calf clubs and associations today, and by acquainting themselves with the problems of today that will encourage and develop the dairy industry. Theirs will be the ultimate solution. Thus the second point in the question of the dairy cow's future must be satisfied.

Let us consider the farmer's relation to dairying. Our state is included in that upper delta of alluvial plains and includes the fertile soil which comprises our wealthy states just east of us. Dairying possibilities are strengthened by the raising of alfalfa, clover and corn. The ever-increasing number of silos is the fore-runner of a new era in dairying.

Our climate cannot be excelled for our summers and winters are moderately temperate. The summer winds make it neither too hot nor cold. Our winters are never severe and with the constant erection of new and modern barns our state should soon be leading as a dairy country.

The ever-increasing miles of railroads means the building of new towns and the growth of our cities. Thus a market for our produce will be created. Creameries are being built, condensed milk and cheese factories will be established. The growing population demands an increase of dairy products. Of food expenditures last year only twenty per cent was for dairy products. Authorities claim that this is only one-half the amount that should be spent. Scholars are being educated to use more dairy products.

The number of dairy cows is steadily increasing, yet the price of products has not been injured. This is because the nation's population is growing faster than the cattle numbers. Milk and its products are man's most economical food. Therefore he is willing to pay well for it.

North Dakota will have an enterprising and growing trade for years to come, helping supply the European countries with condensed milk. Their loss during the war cannot be replaced for many years. These are partial explanations why dairying in North Dakota will be on a permanent and profitable basis.

Another reason which has no bearing on trade but has a place in the future of the dairy cow is the fact that our state consists of that class and nationality of mankind, the Norwegians, Danes, Hollanders and English, who have come from dairying countries and are well acquainted with its possibilities.

Summing up the principal reasons why the establishment of the dairy cow is positive and certain we have (1) Dairy products, of which there will never be an over-production, is man's best and most economical food. (2) Dairying is essential to the progress of a nation, establishing efficiency in childhood and supporting it in manhood. (3) Dairying produces a steady income with no failure. (4) A ready market is always waiting for milk and products. (5) Replaces fertility of the soil. (6) The increasing stock sales and

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