



Figure 2. Balancing of nutrients applied to wheat in a long-term maize-wheat experiment (1979-90); 120-80-40 kg/ha of N-P₂O₅-K₂O gives a yield of 4.7 t/ha.

limit yield (water, farmer management, temperature, soil physical constraints, etc.). These types of limiting factors are found in every farmer's field. This lends credibility to the saying that "every field has something limiting yield." Liebig's Law of the Minimum focused only on plant nutrients, but the principle fits other conditions in cropped fields. No farmer or researcher has achieved the genetic yield potential (**Figure 1**) of any crop. Agricultural extension agencies should use this knowledge to assist farmers in adapting to different cropping situations and to focus on correcting limiting factors. This tool will enable farmers to obtain their highest yield, fertiliser use efficiency, and profit. **BCI**

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U.S.A.: Potassium-Rich Foods May Reduce Risk of Stroke

Foods containing higher levels of potassium (K) and related nutrients may help reduce the risk of stroke, especially in people with high blood pressure. Bananas, tomatoes, spinach, and oranges are good sources of K in the diet.

An 8-year study of nearly 44,000 men in the health care field parallels the results of earlier, smaller studies. It found that men who ranked in the top fifth according to how much K they consumed had a 38 percent lower risk of stroke than those in the bottom fifth. The major difference in the diets of the top fifth and bottom fifth groups in the study was the amount of fruits and vegetables. The highest-K group had about nine servings per day, compared with four in the lowest.

"There is strong support for a stroke-preventive effect from diets rich in potassium, magnesium, and cereal fiber," said Dr. Alberto Ascherio, MD, a professor of nutrition and epidemiology at the Harvard School of Public Health, Boston, Massachusetts.

Researchers caution that K supplements should not be taken without a doctor's supervision because high levels of such products can be harmful, especially for people with kidney problems.

Potassium intake in the diet can be increased by substituting fruits, vegetables, and their natural juices for low-K processed foods and sodas.

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Source: Circulation, 1998; 98:1198-1204, a journal of the American Heart Association, Inc.

