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## Seeks a Non-Chemical Environment

Rita Halvorseen

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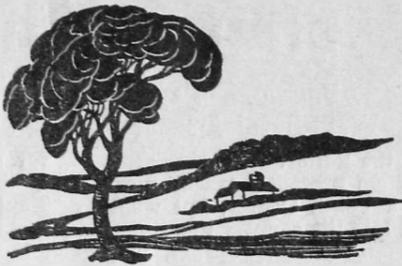
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# THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,  
AND DO-IT-YOURSELFERS



# REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309  
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THE OLD MILL and, L. to R., Margaret Hopkins Anacker, Joseph M. Hopkins, and William B. Anacker. —photo by Lois M. Hopkins

## New Life At The Old Mill

The rock-walled Old Mill has stood staunchly at Heathcote Haven, Maryland Line, Md., for 150 years. With its "feet" in black soil, the steady clear water from the valley stream has turned its wheel, grinding untold barrels of good whole-grain flour.

About 40 years ago, it was replaced by modern technology. Its neighbors fled to cities, its soil was abandoned to a few largely chemical farmers; its mill race clogged up, its wheel stopped turning. But the Old Mill stood.

Years later, some people worried about the results of these trends—crowded living, alienation, the rat-race, disease. Some longed for the elemental goodness and values symbolized by the Old Mill—organically fertile soil, whole uncontaminated food, neighborliness, intentional community, a new education.

A few School of Living members—notably the Lefever and Anacker families—sensed that the Old Mill was both symbolically and actually the ideal place for School of Living activities. They put action to their vision—called a work-bee to begin renovation for New Year's weekend, 1965.

Since then, some 50 persons have cleaned and painted, insulated or repaired, and anticipa-

tion is that three times that number will take part this summer. Important work-play-educational sessions will be conducted all summer, and by Year's End, the Old Mill will be well on its way to a renewal of Life and living for many people.

### Work for Peace and Life

The next cooperative work-bee is April 16-18. Make plans to share in it. Many affairs will compete; one is the scheduled March on Washington against the war in Vietnam; there will probably be other civil rights marches. Concerned and dedicated people want their voices felt in such protests. But in a real sense, the work at Heathcote Old Mill includes and goes beyond them. Working at Old Mill you will be helping restore primary life values, and preparing a place for an education that deals with the whole of life, including all the economic-political-psychological factors that make for war and race-prejudice.

Most of us agree that the world will be made safe for Life by what we do—more than by imploring governments or casting political votes. So as you rake and plant, clean and paint, hammer and saw at Old Mill at Easter time (or later) you can be thinking, "Here's my action for peace, sanity and a vital education for living."—M.J.L.

## Chemicals ARE Killing Us

By Mildred Loomis

Modern people die of chemicals. We die swiftly and suddenly if we're a Vietnamese in a napalm attack, or die more slowly if we are Americans—fairly fast if we breathe the factory fumes near Gary or East Chicago or the automotive exhausts in cities; and perhaps more slowly on a remote homestead where the "only" chemical that reaches us is fallout from radioactive explosions!

Many have known this for years. In 1955 Dr. Leonard Wickenden opened the subject to the public in *Our Daily Poison*; Longgood repeated it later in *Poisons in Our Food*. In 1962 it was finally "popularly" admitted after Rachel Carson's *Silent Spring*.\* Dr. Theron G. Randolph in *Human*

**Ecology and Susceptibility to The Chemical Environment** takes a step that is both more specific and more general.

He's more specific in that he presents individual case histories of several of his more than 500 chemically sensitive patients. In their symptoms and agonies we see the plight of people we know, or even ourselves, who may not have realized that our "adaptation" to the hydrocarbons in our environment is "faulty" or not proceeding as rapidly as it "should." He is more general in saying that if we want to be "cured" from these allergies we have to remove ourselves from such chemical environment—and by implication, do something to prevent the environment from becoming "polluted" in the first place, or change it back to some "natural" condition.

He publishes the questionnaire which his patients fill out. On it they (or you could) indicate your reactions to more than 100 specific types of chemicals now used by nearly every person in modern America—23 that come from coal, oil, gas and combustion

(continued on page 4)

## Do-It-Yourself Pays—

# Home Food Production Is Very Profitable In Dollars and Sense

By Carolyn Guy\*

Introduction: I do not figure my time as having a cash value because I would not be out working for cash anyway. And I enjoy garden work so much I'd be doing it even if no food were being produced. [Note: Many women put more time in raising flowers than Mrs. Guy does in producing vegetables.—Ed.]

I have not included cost of fuel to can or pickle because I use wood except in very hot weather. (Up here they say summer starts on the 4th of July and fall begins the 5th!) An electric deep-well cooker blanches vegetables for freezing in so little time I don't try to figure the current used. As

\*[Note: We are glad to have some record of costs from Mrs. Carolyn Guy, East Calais, Vt. Mrs. Guy, who is a city-girl, worked in Chicago and married a husband in the Navy (see October, 1964, *Green Revolution*). She sends us this article from their Vermont homestead. She has her own method of record keeping which she compares with costs of similar items from a grocery store.

—Many readers who read the School of Living *how to Economize Bulletins* (some of these bulletins are still available) know the method which Ralph Borsodi worked out. He listed the cash cost of all ingredients, including the pro-rated use of fuel, depreciation and cost of equipment, tools, etc. Then he recorded the actual time the person spent in performing each process.

For instance, in baking bread at home the time for my producing four large loaves (6 lbs.) is very little. The mill, the mixer, the stove and the "raising" of the bread do not involve my time. Assembling ingredients and washing up utensils can be done in 10 minutes.

### Cash Cost at Home

5 lbs. of our own wheat .....	.15
Oil and Yeast .....	.06
Fuel and Depreciation .....	.06
Honey .....	.05
Total .....	.32

**Bread Purchased at Health Store**  
6 lbs. @ .35 ..... \$2.10

Thus I save or "earn" \$1.78 in 10 minutes or one-sixth of an hour. Not a bad hourly rate, is it?—M.J.L.]

## Summer Workshop Scheduled July 3-11

The 1965 School of Living workshop will again concern itself with community and community development. It will be held at the Old Mill, Heathcote Haven, Maryland Line, Md., from July 3 to July 11, 1965, with possible follow-up discussions and meetings of various types later in the summer. A committee consisting of Mildred Loomis, David Stephens, Hilja Wescott, Leo Koch, Grace Lefever and Sibyl Brigham was appointed to develop the program, to feature and emphasize the actual learning necessary to develop an on-the-site community at Heathcote.

Save the date. Prepare now to attend. January and March 1965 **A Way Out** (available for 50c each) are now carrying reports of discussions of last summer's workshop on community.

for cost of keeping food frozen, I can find no estimate on the cost of running a freezer which comes near what I think ours costs. Our cost per kilowatt is high, so I try to keep the freezer packed at all times to get the maximum use of it.

I use as a base of comparison, the cost of a given food in the store as against the cash we put in it to raise it at home.

I began by keeping a total of all garden costs and all produce, but to report that you can produce 500 lbs. of vegetables for such and such isn't much help. For one person this might be mostly potatoes; in another area it might be melons and tomatoes, but not up here.

Nor did I show cost of tools and land. With these figures spread over the long period of time they cover, it still wouldn't add much to each year's crop.

We add no chemical fertilizers or insecticides. The chickens, rabbits and cows, who share the garden's abundance, pay it all back.

### Beans

Butterwax, ½ lb. seed .....	.60
French Horticultural ½ lb. .....	.60
	\$1.20

Both kinds frost damaged; had to replant.

Result: Butterwax—one row gave us all we could use fresh or give away. Canned 16 qts. and froze (in last year's boxes) 24 pts. While we were using them fresh,

similar beans were 2 lbs. for 29c at the store, so one picking more than repaid our seed cost. We let many of them ripen; they made wonderful black bean soup, and I have never seen this kind in stores. Also saved seed for following (this) year. French Horticultural—fresh, 4 qts.; frozen, 14 qts. In the store they were 29c for a small, unshelled trayful.

### Peas (Easy Crop Here)

Little Marvel, 1 lb. seed .....	.95
Lincoln, 1 lb. ....	.95
1 pkg. inoculant .....	.25
	\$2.15

Result: 6 qts. shelled fresh (2 lbs. @ 29c unshelled at store); 25 qts. frozen (would be \$10 in a store); 4 lbs. dried and for seed (2 lbs. @ 30c).

### Salad Vegetables

Green Onions, 2 lbs. sets .....	.75
Radishes, 1 oz. seed .....	.40
Salad Bowl Lettuce, 1 pkg. ....	.25
	\$1.40

Result: These vegetables were on the table every day for about 8 weeks. Radishes and onions, 2 bunches for 19c in a store; lettuce was 29c a head. With the \$1.40 we spent on seed we could have supplied our family for about a week from the store. Many of the onions were left to mature for cooking and storing. [Note: Radishes, left to grow, produce seed profusely. Radish seed sprouts are delicious in the winter.—Ed.]

(to be continued)

## Seeks A Non-Chemical Environment

By Rita Halvorsen

I recount some of my experience with and distress from chemical allergy and sensitivity so that you may understand the degree to which many are being damaged by our modern chemical environment, especially the hydro-carbons.

All my life I've suffered from allergies, but have had little or no help from all kinds of medical sources. My first child was born in 1960 and he had severe food problems while I was nursing him. This is not supposed to hap-

pen if the mother has a good diet. Mine was so healthful—lots of wheat germ and brewers yeast—both of us were sick from it! I began deteriorating rapidly and was forced to "help myself." Facing child rearing problems I came across Neill and then School of Living. Years of struggle to survive in a hostile environment gives me plenty of reason to seek a way out.

### Symptoms and Difficulties

I cannot stay in our gas-heated house; the petroleum fumes are

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## Headquarters Community News

Big Spring Workbee and Furnishings Shower  
April 17-18, 1965

Everybody come! Come early—come on Friday, the 16th, if possible, to be ready for work on Saturday. Where? The Old Mill in Heathcote Haven, near Route 83, Maryland Line, Md. Bring food and sleeping gear.

Writes Bill Anacker: "It may be we'll have so many helpers it will be wise to delegate a number to work on different projects for our Spring Workbee. There are enough projects to fit most any personality or talent, such as:

- renovating the Old Mill
- preparing summer living quarters in the corn crib
- cleaning up the grounds; disposal of debris
- preparing parking and camping areas
- preparing garden and planting seeds

Please let Bill Anacker know if you can come on the April 17-18 (Easter) weekend (8 Ventura Lane, Pikesville, Md.). You are welcome to come any weekend; the Anackers will be there. Get in on the pioneering work; let it be known if you want to break ground as a homesteader or community member; contribute time, money or furnishings "for the experience and satisfaction of accomplishment."

Applications for membership or a homestead in the Community will be assigned to a committee for planning and approval.

## MILK AND HONEY—

## Why Can't We All Homestead?

By John Seymour  
Suffolk, England(Presented By  
British Broadcasting Co.)

## Part II

People have said to me: "It's all right for you who have a piece of land to talk about the good life. But we can't all have our little homestead, can we?"

Well, why can't we?

According to the last June Return, there are 24 million acres of good arable or pasture land in England. Making a small allowance for rough grazing as well, that makes half an acre a head of the population, men, women, children and babies. Now you're never going to get more than half the population of the country wanting to become homesteaders,

## Which Items Are Money-Wasters?

The Food and Drug Administration has been giving a vast amount of publicity to its claim that the public is being misguided into wasting much of its income on dietary foods and supplements.

In a recent publication it said: "The need of reaching more low-income consumer groups has long been recognized as important, for it is they who can most benefit from sound information about the foods, drugs, and cosmetics which they purchase. Consumer education which would lead to more discriminating and economically sound buying habits is badly needed by this segment of the public. For example, it has been determined that many low-income families who can ill afford costly and often unnecessary dietary food and food supplements are spending a high portion of their limited incomes for them through gullibility and ignorance."

It is questionable that "many" low-income families spend a "high proportion" of their income on dietary foods, or that customers are "gullible and ignorant."

The singling out of "dietary foods and supplements" suggests a bias. After all, dietary foods are food, usually fresh whole-grain breads made without food additives, whole grain cereals and flours kept refrigerated to insure freshness (instead of being chemically treated to prevent spoilage) or again, fresh fruits and vegetables grown on fertile soils without poisonous pesticides.

What is wrong with patronizing sources of foods not available elsewhere? Do we not still have the freedom to buy the foods we prefer? Then why all the fuss?

FDA's continuous campaign of ridicule and name-calling is an undeserved and serious affront to many knowledgeable, health-minded persons.

Specifically, FDA claims that dietary food stores do a business of one-half billion dollars a year, in a manner implies that this is not to be tolerated. On the other hand, it seems that the government agencies have overlooked a number of items (usually lumped in with consumer's food expenditures) on which consumers spend vast sums, with little concern or knowledge of their harmfulness.

Tobacco sales amounted to eight billion dollars last year (16 times the one-half billion for dietary foods).

Sales of alcoholic beverages amounted to eleven billion dollars (or 22 times the sum for dietary foods). With alcoholism a top-priority national health problem, and drunkenness a major cause of automobile accidents, certainly this item should be at the top of the list of serious hazards to life and health, and a waste of enormous amounts of consumer income.

Candy sales came to three billion dollars, six times the dietary food figure.

—From *Modern Nutrition*

so if half the population went on living in the towns—and towns are necessary for civilization—that leaves an acre of good arable land or good pasture per person. Our family is five—we have five acres. (We've later bought 22 acres in Wales.) And we not only could but certainly do already produce enough food on those five acres to feed another family of five, in the cities. What's wrong with that? Why shouldn't then every Briton, who wants to and proves himself capable of doing it, farm his acre a head for himself and every member of his family? If all the land in England was farmed like our 5 acres, England would not only be self-supporting in food, she would be exporting it.

## Land Use

You say, "It's not the best use of land!"

But it is the best use of land! Before we came to our own five acres, they supported very little except weeds and rats. And most five acre fields in this country now are given over to what good farmers call "combine-and-match-box-farming." You grow a crop of barley every year, collect the subsidy, combine (harvest) the crop, burn the straw because you keep no stock, and grow another crop of barley next year. I know of a man who farms nine thousand acres like this with three men. This isn't farming—it's land-mining—cashing the heritage of our children and grandchildren. For the heart is being taken out of this land; he is simply cashing the heritage of 2000 years of good farming. Our five acres are producing immeasurably more than any five acres of that nine thousand acre wheat and barley factory—and its fertility is increasing year by year, not getting less.

## The Bloom of Health

Every crop we grow is a bumper crop. Our animals have the bloom of health on them; such produce as we send off the place is wholesome and good. And we do this without the use of an ounce of imported artificial chemicals, with no expensive machinery, and no imported petrol or oil either. Our tractor doesn't burn diesel fuel—she eats grass and good hay, grown under her own feet and fed with her own dung.

## Land Formula

The formula we should never forget in thinking about the land is: Big farms equal big output per man-hour, but small output per acre. Small farms equal small output per man-hour, but big output per acre.

(to be continued)

## Chemicals ARE Killing Us, cont'd

products; 8 from mineral oil, waxes, etc.; 6 from tars, resins and dyes; 6 from disinfectants, deodorants and adhesives; 3 from glycols, esters, etc.; and uncounted ones in drugs and food contaminants!

He has a chapter on treatment. The only common and temporary thing for acute cases is doses (or injections) of bicarbonate of soda and bicarbonate of potassium. The rest is an effort to get into a chemical-free environment!

Quote: "The potential dangers of these daily chemical exposures—insofar as the general health of all is concerned—warrants far greater protection than presently exists. The magnitude of the chemical problem associated with indoor hydrocarbon exposures and outdoor traffic exhausts underscores the urgent need of improvements in the design and combustion of gas kitchen ranges, heating systems and automobiles.

"The downhill clinical course of many patients is also associated with the indiscriminate use of chemical drugs. Both the general public and the medical profession need to be alerted to the

## A DECENTRALIST CODE



—South Range Ranch, Mansfield, Mo.

I will content myself with a minimum of things conducive to a clean, comfortable and efficient abode. Counter advertising.

I will live on the land, to develop a healthful, human way of living. Counter urbanism.

I will "grow my own," use it up, build it myself, make it do, wear it out. Counter commercialism.

I will hold only as much land as I can use, and as is necessary to secure possession of the improvements which I and my family put upon it. Counter speculation.

We will produce first to supply all or most of our own needs; then a small surplus of some staple article of good quality to supply others at cost through a Merchandising Cooperative. Counter overspecialization.

I will read and help produce our own publications; help conduct and patronize our own rental and book-purchasing service. Counter propaganda.

I will help educate our children in our own home, community and school. Counter mis-education.

I will refuse cooperation with all invasive acts; I will join with others to provide ourselves voluntarily the common services which we need and want. Counter government.

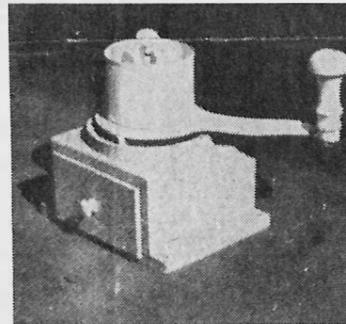
I will reject eugenics, limit births to our productive resources and practice natural childbirth. Counter degeneration.

I will embrace a religion or philosophy only after trial; hold fast to such teachings as day by day living demonstrates is good. I will join our own burial association for dignified and inexpensive rites for the deceased. Counter superstition.

## Hand Flour Mill

The little hand power mill shown here was developed by W. B. Booher (address below) following a trip to Mexico and Guatemala. He observed that the people lived mainly on corn, which they soaked in lime water and then cooked a long time. Fuel for cooking came from long distances, and local stone was too soft for grinders.

On returning home, Mr. Booher developed this mill that will handle corn, wheat, rice, and slightly roasted soybeans. He says, "I



tried to develop a very simple mill so that anyone working with ordinary hand tools could build at least half the machine. The parts they would have to buy would be the two burrs, the cast iron handle, a center shaft and several bolts, at a cost of \$7.00 per mill, packed for shipment. Mill complete as shown here is \$12.50." For further information, write direct to W. B. Booher, 1028 Alneria Ave., Coral Gables, Fla.

potentially hazardous effect of overzealous drug therapy."

## Gerson's Book Republished

**A Cancer Therapy** by Max Gerson, M.D., presents 50 case histories of cancer patients, who had been given up as hopeless from hospitals, from his thirty years of work with his (basically) nutritional treatment. Many of them were, after five years without recurrence, claimed cured; others greatly improved.

The first printings of this book were handled by Gerson's daughter, Mrs. Joanna Oberlander, and friends in The Institute for Cancer Treatment. It was my pleasure to meet Mrs. Oberlander, who has for years served herself and family the diet of organic food (fruit and vegetable juices, soup, salad, etc.) which Dr. Gerson prescribed for cancer patients. She is one of the most healthfully beautiful and alive persons I have ever seen. She said in April 1964 that some 900 orders for **A Cancer Therapy** were awaiting the newly published edition.

This book is now available (first sales at \$6.95; later \$10) from the Groton Press, Inc., 325 Atlantic Ave., Brooklyn 1, N. Y.

## Seeks, cont'd

deadly to me. Nor can I ride in a car, or sleep out of doors if they are burning leaves, laden with pesticide. We tried a motel but with trains and diesel engines I finally had to go back to the hospital and oxygen. We now have an electrically heated house; I threw out detergents, cosmetics, toothpastes, deodorants (these are really polluted!), plastics, rubber products, new telephones, synthetic fabrics. My typing goes crazy, coordination affected by some typewriter ribbons. I spend Sunday in a daze if the Sunday paper (its print and ink) comes in; meetings often leave me sleepless and hysterical—hydrocarbons in people's clothing, detergents, cleaners, smoke, polishes, perfumes, and cosmetics.

This problem is partly inherited, and affects us psychologically. All hydro-carbon allergic people are nervous wrecks; we get acute attacks of ataxia, diminished sight, mental confusion, panic. I've never lost consciousness, but other patients have. We bleed from the nose and vagina. All this may bore you and I hope I don't sound like a crank.

## Help from Dr. Randolph

Last September when I was about ready for a mental hospital, I found help from Dr. Theron Randolph (see item in this issue, "Chemicals ARE Killing Us"). He questioned me about scores of symptoms. He had me fill out a peculiar questionnaire about chemical odors. He isolated me in a hospital, fasted me for five days, and then tested following ingestion of common foods, grown and prepared without contamination. He also gave me some canned meals. Then more chemical testing back in my usual environment. Coming out of the hospital, symptom free, the reactions to chemicals were acute and dramatic. I even found myself sagging to the ground while talking on a plastic telephone. He explains all this in his book, which belongs in School of Living library.

But the only real solution is to live in a clean, natural, uncontaminated environment. Can you suggest one for us?—Rita Halvorsen, 1646 N. Greenwood Road, Glenview, Ill.

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The first ten families are to be selected on what they can contribute to the community in the way of skills via individual and cooperative activities that will benefit both children and adults, in on-going projects that will educate and train the participants while improving the community.

If interested, please write to

Homestead Haven,  
Box 62, Baltimore, Md. 21008