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Summer Workshop Scheduled July 3-11

Mildred Loomis

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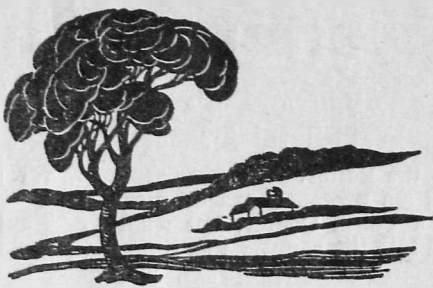
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THE GREEN

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 anticipated

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 have 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 wheat15
Oil and Yeast06
Fuel and Depreciation06
Honey05
Total32

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, 1/2 lb. seed60
French Horticultural 1/2 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. seed95
Lincoln, 1 lb.95
1 pkg. inoculant25
	\$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. sets75
Radishes, 1 oz. seed40
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 (continued on page 4)

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.