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Dr. Randolph on Chemicalization

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MILK AND HONEY—

It's All Planned To Fit Together

By John Seymour
Author, *The Fat of the Land*
Orford, Woodbridge,
Suffolk, England

Part III

We get a lot of letters nowadays from people up and down the land, who do much as we do, although it's always interesting to see what a variation there can be in methods, to suit different people, in different jobs, and in different parts of the country. We call these people "homesteaders." People who have a trade, a job, a profession, but run a small holding and produce most of their own food, and sometimes a surplus to sell too.

I know of many more people who would like this. After all—not everybody is satisfied with a life that begins every day with a stuffy ride in the underground and ends with an orgy of watching TV. I believe it should be made possible for everyone to get his fair share of his own country, provided he can prove that he is capable of farming it. I'm not suggesting that all such people should try to earn a full living off the land. I think the educated peasant-craftsman is the highest form of life on this planet.

A Trade Plus Homesteading

If I were a boy again I would learn some honest trade—cabinet making, building, engineering, doctoring, music making or composing—and then I should get hold of my five acres, by hook or by crook, and practice my trade and grow the food for myself and my family, and sell a small surplus of food. Do much as I do now, in fact.

The Satisfaction of Husbandry

It's no way to get rich, of course, but what wise man wants to get rich? You take your ulcers to the grave with you, but not all that money you've grabbed. That man with the nine thousand acres of our country—he'll have to leave it all behind when he goes.

Dr. Randolph On Chemicalization

The Jan. 15-16, 1965, symposium on man and his environment in the Pick-Congress Hotel in Chicago, sponsored by Northwestern University, attracted experts from over the nation.

Dr. Theron G. Randolph, a member of the staffs at Swedish Covenant Hospital in Chicago and Lutheran General Hospital in Park Ridge, charged that man today is being subjected to unprecedented "chemicalization" through chemical pollution of air and water and addition of chemical additives and contaminating agents to food.

Too Many Exposures

Randolph said man may adapt without apparent effect to repeated minimal quantities of chemical agents for long periods, but may reach a point where such repeated exposure breaks through his bodily defenses. Then comes what Randolph described as a new kind of "hangover."

"First to occur may be such localized effects as nasal stuffiness, frequent colds, mild gastrointestinal distress, and itching," he said. "More advanced localized manifestations include asthma, hives, eczema, and other responses. Closely related to such general effects are chronic fatigue and impairment of higher integrated cerebral functions."

Letters, cont'd

sort. Space is decreased again, and after this time I put in a pan with water. Hulls and pieces that float are poured off with the water. This is an effective method but you have to be a good homesteader to follow this up every day. I am working on an inexpensive sunflower seed

But the main satisfaction of our way of life is something very deep and fundamental. I could never describe it—but I believe every person has it in him to understand it.

It is the satisfaction of husbandry—of the cultivator, the herdsman, the forester, the hunter. To labor to grow a crop, and harvest it, and prepare it and eat it and see your children eat it and thrive on it—not all the money in the world can buy this satisfaction. There is only one currency the merchant who deals with this merchandise will accept: the sweat of a man's brow.

Balanced Commonwealth

Another and very strong and subtle pleasure is watching your own little well-run domain—a balanced commonwealth—a hundred different species of animals and vegetables, living in harmony and beneficial interaction through your own good management.

Before I go in at night I take a stroll round. The horse and three cows are grazing peacefully at the end of the field. They are benefitting by the fact that I dragged chicken arks over that grass last year—the hens scratched the old rough grass out and manured the land and the grass and clover has grown up strong and green. The cows had a good feed of kale today—the kale was good because the pigs had rooted up and trod down and manured the land on which it was grown the year before. There the pigs are—they are well fed on potatoes and fodder beet which grew marvellously because I planted them in dung dragged out of the cow shed—by the horse. There is a horde of baby pigs running about—fit and healthy because their mothers are getting skimmed milk from the cow. So everything fits in—everything benefits from everything else—everything interacts. The cows eat the coarse grass the horse won't touch. The geese crop the short grass the cows can't get. The pigs come along and root up the grass when we think it has got past it and improve the land for arable crops—to be followed by grass again.

It all fits in. And what a pleasure to pick up a handful of soil. Ours was pure sand when we came here. Now it is pure "gold." (to be continued)

Important Program For Summer Workshop, July 3-11, Shaping Up

Heathcote Haven — Freeland Exit on Rte. 83 — Maryland Line, Md., will be an exciting place during the July 3-11 workshop. At that time School of Living members and friends will gather for their annual training and study period, with the annual meeting on Sunday, July 11.

The Old Mill is now sufficiently renovated for summer use. A five room apartment is clean and ready—even to electric stove, sink, cabinets and carpeting—salvage gifts from interested persons. A large garden will provide food. Low costs will approximate those of last year: as follows:

\$1 a day per adult for food; 50c for children. \$1 per person for education. 25c a night for campers and \$1 for those who use shelter.

Program

The program of speakers and discussion includes the following: Scott Nearing will talk on the first Sunday on homesteading in an automated age; Hugh Graham will present local tax,

sheller, and hope to be able to place it on the market. I have no solution for hulling oats.

I'm about to retire, in fairly good health, and would like to be useful on someone's homestead. —Leo W. Cornwall, 909 Santa Fe Ave., Albany 6, Calif.

California Group Works with Youth

Youth Resources, Inc., is a non-profit corporation founded by Paul J. Marks and friends, to launch a new system of self-help youth. Their first project is now schools for potentially capable under way near Los Banos, Calif. Here is developing a campus community where members and faculty have their own homes, cottage enterprises and small farming activities. Opportunities are open for teachers, work supervisors, house parents and counsellors.

Paul Marks, a reader of School of Living publications for a number of years, has designed his first "school-community" to serve high school dropouts, with a vision of extending it to every age level, including adult education for living. Education and community living will advance together with self-generating and self-perpetuating factors.

Three-Day Conferences

A number of three-day conferences of interested persons has been held. Seventy-eight persons, including nine California School of Living members, attended the March 20 weekend, where they viewed a film of an American Farm School, followed by discussion.

Do-It-Yourself Pays—

Home-Produced Food Cheaper

By Carolyn Guy
East Calais, Vt.

Part II

I acknowledge the difficulty of accurate record of cost of home-produced food, but one thing I know: it doesn't cost me any 49c to grow a head of cauliflower. And how can I figure the value of a pail of wild raspberries which took three hours of hiking through the woods, marsh and hills to gather? For me, getting up in the hills is worthwhile even if I come back empty-handed, so I don't really try to put a money value on everything.

I have \$21 invested in a pressure cooker for canning, and less than \$5 spent on jars. Many were given in exchange for eggs.

Cucumbers

Seed was 45c (two kinds) and caps, for covering, \$1.25. We had sliced cucumbers every day from mid-July until frost, and I gave many away. They are 3 for 25c during that season here. I make



KEN MARKS relates humorous anecdote during his talk on proposed dropout school at Youth Resources gathering. His father, Paul Marks, director of the organization, and Mayor E. Mastrangelo, of Los Banos, Calif., are seated at table.

At the May Day Ingathering (April 30-May 2) they will have informal seminars on Land Acquisition, Finance, Campus Community Development, School Programming and Staff Recruitment. They will also enjoy the annual May Day Fair of Los Banos, including parades, agricultural exhibits and activities. Interested persons should notify Mr. Paul

Marks of their wish to attend (Box N, Los Banos).

Decentralist Emphasis

Youth Resources, Inc. stresses member participation and voluntary support. They arrange adequate time for discussion of issues and group decision; they never "ask for money," but depend on those who feel the project is worthwhile, giving on their own initiative. Expenditures are reported periodically. At this time, none of the workers are paid. They are eager to be in touch with all who have a contribution to make to shared goals.

Larger Vision

Mr. Marks stated in his last letter to the School of Living, "All of us who agree on the 'mad state of affairs in the world' should begin seriously to analyze our problems. As thinking persons we should lay plans that will eventually alter the current trends which increasingly deprive families of opportunities to live close to the soil. Green Revolution folks want a chance for themselves—where they can earn their living and not be bothered by the troubles of the world. I think we should consider these problems in the light of larger numbers of people. A broader view might help many attain that place in the sun. We need a concern for others—not just for ourselves. This in itself is a step toward maturity."

"Eventually I see the need for lobbying to change laws, enforcement of the 160-acre limitation law for watered lands, changes in financing of farmers, as well as increased numbers of training programs for small or would-be farmers. We criticize South America where 5% of the people own 95% of the land, but the USA, especially in the West, is moving in that direction."

Sweet Corn

We plant two kinds of corn; the short season allows only one planting. We start picking early in August and use 15 ears at a meal, five days a week. Our fresh corn during the summer would cost \$12.50 at the store. We spent \$1.30 for seed, one half pound each of Northern Belle and Spring Gold. We dried a few pounds and froze 16 boxes, which would cost \$2.40 in the store.

Swiss Chard

20c worth of seed produced all the chard we could eat and we gave away all season. If we had bought spinach at the store in place of our chard it would have cost at least \$5.75.

Summer Squash

25c for seed. We had all we could use, gave it away, and fed to chickens and rabbits.

Cabbage Family

Cabbages grow fine in our cool climate. Packages of seed have far more than we need each year. We spent, for red, ballhead and Savoy cabbage seed, each 20c; broccoli 20c; cauliflower 20c; or a total of \$1.00. Had all the fresh cabbage we could use and give away; stored red and winter cabbage through December; and froze 24 boxes of broccoli and 10 of cauliflower. Fresh cabbage was 5 or 6c a pound last fall; broccoli 40c a box; cauliflower 60c a box; my stored supply of these last two would have cost me \$15 last winter.

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Homestead Haven is over 70 acres in a secluded area with woods, fields, berry patches, garden plots, pond, springs, trails, plus those to be developed: athletic field, camp sites, swimming, diving, swings, cable ride into the pond, fishing, boating, a community center in a charming old mill that will include lounge, reading room, large recreation room, guest rooms, dormitories; inside recreation (trampoline) in a large barn; crafts and carpentry shops in the carriage house.

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

CORRECTION

We have had an error in the quoted price in the ad from the Wolfe Memorial Clinic (under "Miscellaneous" in classifieds). The third line should have read:

Complete course, \$8.95. 10-day

We apologize to Mr. Wolfe for our error and to inconvenienced readers.—M.J.L.