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## Natural Environment Threatened

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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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It's not a snowbank; it's detergent!

## Natural Environment Threatened

We could fill each **Green Revolution** with reports of the errors, evils and damage due to technology and centralization, if we published all the material which readers send us. We assume that most readers know these things from other sources, and consider it our job to keep steadily at the constructive, if unspectacular emphasis on modern homesteading.

But we must include one photo of (above)—not snowdrifts—but the detergent foam on the She-

boygan River, and call attention to Senator Gaylord Nelson of Wisconsin. He has introduced U. S. legislation to set national standards for detergents and water conservation. A reprint of his important speech is available for stamped addressed envelope from Gus Goltz, 1515 N. 27th, Milwaukee, Wis.

This mass of detergent foam is not an isolated incident. It is evident in scores and hundreds of photographed places! And (continued on page 4)

## Needed For Health and Effective Living: An Accurate Self Image

By M. J. Loomis

Each of us has a Self and a picture or image of that Self. But they are not always identical. When they are not, the person is in trouble. Those who have an accurate and acceptable Self image are comfortable, effective, happy people. Those who have an inaccurate, unacceptable image are uneasy, anxious, neurotic and tense.

Only a rare person today likes himself, say Drs. Snell and Gail Putney, of San Jose Teachers College, in their 220 page book, **Normal Neurosis** (Harpers, 1964). This universal or "normal" neurosis is due to the diversity and complexity of choices before each person today, along with the breakdown of family, class and community ties. But the authors recommend increasing consciousness of Self and development of an acceptable Self image as a preferable "way out," rather than a return to a more rural culture.

Many have found this book so clear and profound, so comprehensive and specific, practical and useful that I will present a series of brief items on it, to encourage readers to purchase and study its concepts. These items cannot adequately convey the value or the methods of this book.

### A Growing Self

The human Self is a process, never finished. If at age 16, 25, 40 or more, we are not altogether satisfied with our Self and our interaction with others, there is hope. The Putneys show how to better understand the Self and do a better job of verifying, expressing and developing it.

Each of us has a Self at different stages of development. But as infants we all began at the same level—we did not have a Self; it developed out of our hu-

man association. Children who have survived in forests or attics, having had little or no human contacts, have no sense of Self identity; they cannot talk and are not conscious of a Self. As Self and awareness of Self develop from an infant's ability to distinguish among sensations; sucking his thumb is different from sucking a bottle; touching (continued on page 4)

## Plans For The Coming Year—

# More Face to Face Association Is Needed In The School of Living

Many people find personal encounter with others very stimulating and rewarding. Face-to-face meeting is all the more satisfying for persons who share kindred ideas, who have been probing common problems, who are united by similar values, and who have been reading reports of one another's activities, as in **The Green Revolution**. Without a dissenting voice, attendants at the School of Living 1965 annual workshop, July 3-11 at Heathcote Homestead Community, Freeland, Md., felt the stimulus and glow of a common search, shared activity and cross-currents of ideas and feelings.

### Ten Regional Meetings Planned

Most people there asked for more meetings. Several suggested that meetings be available in different sections of the country in order to involve more people at different times of the year. Mrs. Loomis has drafted a schedule, it has been approved by some of the officers, and places have been selected and people contacted so that a vital session seems assured at each of the following places and dates:

Sept. 4-6, Workbee, Board Meeting and General Planning Session at Old Mill, Freeland, Md.

Nov. 25-27, Collaberg School, Stony Point, N. Y., with Dr. Leo and Mary Koch in charge.

Jan. 29-31, 1966, in Florida.

April 1-3, in New England, possibly at Goddard College.

July 4-6, Homestead Festival, Sycamore Hollow Homestead, Rose and Ralph Smart, West Alexandria, Ohio.

July 4-6, Homestead Festival, Nina and Herman Johnson, Newberg, Ore.

July 19-21, San Francisco, Cal., with Dr. Leo Koch.

Aug. 2-4, Los Banos, Cal., with Paul Marks.

Aug. 3-11, Annual Meeting, at Freeland, Md.

Aug. 16-18, in Michigan.

Any person willing to give time and help in your area to arranging these meetings, please write to Mrs. Loomis.

### Home Study Discussion Sessions

One concerned reader, Mrs. Elena Herrschaft, writes: "I believe that mature people can think best in their own leisure time and in the quiet of their homes. . . . What is available in the way of correspondence course material for this type of study?"

Your editor believes that almost any concerned person could interest a small group in reading and discussing the pros and cons of items in our journal, **A Way Out**, particularly issues of 1963 and 1964, where material was arranged on a separate Problem of Living each month. In the March, 1964 issue there was a 3-page discussion outline on the Borsodi Manifesto, which was printed in the October 1963 issue. Copies of both issues (Manifesto in 1963 and discussion outline in 1964) are still available.

### Books For Discussion

**Go Ahead and Live!** by M. J. Loomis and 12 others, presents a score of problems of living in the real life of real people. Small groups have found it useful to read and discuss, chapter by chapter. Additional books are listed for further study at the end of each chapter. Use of this book in this way would engage a group once a month for a year

and cover vital problems of emotional understanding, nutrition and health, natural childbirth, pros and cons of breast feeding, economic problems, property, education, community, how liberty is affected by ways of dealing with land and money, population control and related significant current problems.

**Normal Neurosis**, by Gail and Snell Putney, is also so clear, simple and helpful that chapter-by-chapter study and discussion of the material will prove useful to a group.

### Borsodi's Problems of Living.

Publication of Ralph Borsodi's research on problems of living has been anticipated for years. Now this is assured, in 1966 by The Beacon Press. The book will become a very useful "text" for serious study of basic problems of living. Until then we can offer a 36 page pamphlet of the problems (condensed) for 50c. A 75 page presentation of **The Possessional Problem** (Land and Money) is available for \$1. And Borsodi's book, **Education and Living** (2 vols.) is \$3.50 and his **Challenge of Asia** is \$3, for personal or group study.

We will have a report, at a later date, on interesting developments for the formation of regional and state Schools of Living. Until then, we will be glad to supply the books and materials mentioned here, as well as other books and published material, for those who will take the initiative in personally directed study. Address the School of Living, Brookville, Ohio.

## Borsodi Active In Important Directions In New Hampshire

Having suggested action in several important directions, Ralph Borsodi's counsel is being sought by several groups in New Hampshire.

The first one to form was a federation of liberal religious organizations. On April 20, a meeting of leaders from the Humanist Association, the Unitarian-Uni-

versalist Alliance, the Ethical Culture Society and Reformed Jews was held in Exeter, where Mr. and Mrs. Borsodi reside. Recognizing common goals, they outlined common ground for action and have met several times since then.

Later, Mr. Borsodi helped to draft legislation on the problems of birth control, eugenics and euthanasia. A group headed by Rev. P. H. Beattie, Concord, N. H., has sent out an appeal asking, "What Should New Hampshire Do About The Population Problem?" (termed the most explosive problem in the world). This committee is planning a statewide conference in Concord on Oct. 15-16, at which authorities on the issues will speak.

Mr. Borsodi was in New York in late July to meet with ten organizations working in fields related to birth control and euthanasia. He also met with the representatives of the religious non-conformist movements.

### Revival of Rural Life

Certain faculty members of the University of New Hampshire, at Durham, are discussing with Mr. Borsodi the revival of the country life movement in terms of an emotional approach based on esthetic appreciation for nature. This feeling, akin to religion, it is believed, may be a more permanent and universal approach to a rural revival than the economic or political one. Consideration is being given to Spring and Harvest Festivals, to musical and artistic experiences as well as to the intellectual, in a forthcoming experiment.

## Society To Defend Children

Dr. Tom Brewer of San Francisco has a new, objective concept of the human nervous system. His paper "No War on Children" deals with how the human brain stores experiences on self-reexciting circuits of neuron chains, how a function of the brain is to find meaning and certainty, and the role of tradition and authority in this.

Urged by the fact that there is no place to hide from the threatening explosion in the political-military-industrial conflict, Dr. Brewer says, "We are faced with almost certain universal human destruction unless we can learn new concepts and bring them to the consciousness of millions of our fellow Americans."

Dr. Brewer's paper on militarism and brain functioning was read in August at the 1965 International Conference for General Semantics, in San Francisco, and is available free in the **Journal of American Society to Defend Children** (163 18th Ave., San Francisco, Calif. 94121).

## Headquarters Community News

### Spontaneous Weekend at Old Mill

Ben Zablocki, Box 281, Baltimore, Md., writes: "Some great things have come out of the June Youth Rally and the July School of Living Workshop, for us. The last weekend of July four of us from Baltimore drove to Philadelphia and spent most of Saturday night discussing community with the Stephens, Elwells, Wingrens, Barbie Silberger and Bruce Noble. We also decided we wanted the experience of working together as well as talking, so the 12 of us and the six children spent Sunday at Heathcote working in the garden. The influence of Old Mill activities is working in this part of the country even before the place is ready for action."

### Workshop Significant for Walter Sprague

"I had planned to come to the Youth Rally in June. I feel I was then unprepared for and might have been turned away by concepts expressed there. As it turns out, I was better informed and receptive to ideas presented at the Workshop. For me this was a turning point about which my life is going to revolve. I had the ingredients for new direction of inquiry and activity, but you and the others had the recipe for sane action and living. . . . The School of Living offers so much to people who are seeking a better way that I do not see how I am to keep from doing whatever I can to advance its influence and progress. After this summer I hope to divide my effort between my organ business and the School of Living."

**A Progress Report and Appeal for Helpers for a Sept. 4, 5, and 6 Workbee at Old Mill Farm, Heathcote Road, Freeland, Md., was mailed to all School of Living members on Aug. 10. If you did not receive your copy, let us know.—Dee Hamilton, Hugh Graham, Bill Anacker, Committee. (We welcome workers on any weekend. We'd appreciate your bringing contributions to the food budget.)**



# New (Old) Diet From The Orient Has Some Very Interesting Ideas

## Part II

"With this knowledge or compass we can understand the nature of everything in the Universe.

"How do we correlate balance with this knowledge of Yin and Yang? They describe the two extremes in nature. All things are made up of these two forces.

"Man, however, is composed of red (Yang), warm (Yang) blood; he is Yang. He is active (Yang), and his blood is a sodium solution (Yang).

"All food is more Yin than man since even animal food is no longer living at the time that we eat it. (Life is Yang; Death is Yin.) Vegetables have no warm blood; they are cold in nature. Generally, as in the leafy vegetables, they are composed of chlorophyll (green—on the Yin side of the spectrum). Since man eats Yin almost exclusively, he is inevitably taking too many things which would be expansive (Yin) into his system. The ideal balance is somewhere in the middle of the expansive and contractive forces.

"To repeat, blood is a saline solution. Also, we saw that the two most important elements in our bodies, for proper balance, are sodium (Na), and potassium (K). There is a critical relationship between these elements in our systems. If man (Yang) eats red meat (extreme Yang containing much sodium), his body will demand to be brought into balance. In order to achieve this, he is forced to go to the other extreme and eat fruits and vegetables high in potassium. This swing from extreme to extreme is a tremendous strain on our bodies. We all, at one time or another, have been on a seesaw. We know that the balance of this seesaw is important in its movement.

"Let us consider Yin and Yang in this situation. Meat is extremely Yang, while fruits and vegetables high in potassium are extremely Yin. If we are big meat eaters, we are like the person who has come closer to the center of the seesaw in order to balance the other side (fruit). This person has to eat more fruit, i.e., move further out on the seesaw to balance. This demands more meat and then more fruit until the limits of the seesaw are reached. It can no longer contain these forces. Under these conditions our bodies are torn between extremities, which eventually leads to physical and/or mental difficulties.

"This swing is not necessary. There are foods which are in the middle or close enough to be brought into the middle of the seesaw or balance. Whole brown rice falls right into this middle category. Goma salt, a seasoning prepared with salt (Na) and sesame seeds (K) in a proportion that is balanced, is used to bring foods into the middle ground.

"Vegetables and fish are less Yin than Yang, respectively, than fruit and meat, but they are still not in the middle ground. How

do we center them?

"There are four conditions which will bring food into the center. We call this process **Yangization**. In order to yangize a food, we cook it, for a length of time, under pressure, with salt. Depending on the food and on the situation, we utilize one, two, three, or all four of these factors.

"Before going on, let us sum up what we have so far:

1. We choose food that nature has provided at our door.
2. We use no food that has been processed or grown with chemicals.
3. We balance between the two forces of nature—the expanding force (Yin) and the contracting force (Yang).
4. Knowing these forces, we choose **certain foods** above others since they are closer to the center and easier to balance.

"The concept of a principal food has gradually been discarded by Western civilization. With modernization and mechanization, a variety of industrialized or chemically treated foods have replaced the natural produce of the land with a laboratory-conceived substitute. Even the people of the East, who have retained the principal food concept because of the pressure of economics or custom, are being influenced by Western culture to such a degree, that they consume almost as many pizzas and sugared drinks as we do! The traditional rice that they do use, is now white, polished rice, since it is cheaper and less complicated to produce.

(to be continued)

## News, cont'd

natural living instead of on drugs, medicines, hospitals, etc. These eight aspects are pure air, pure water, proper food in proper combinations, adequate sleep, elimination, fasting, mental poise, and exercise.

Dr. Herbert Shelton, San Antonio, Texas, editor of **Natural Hygiene Review**, was unable to be present, but his place was ably filled by other practitioners, Dr. Gerald Benesch of California, Dr. William Esser of Florida, and others. Miss Dolores Burns (205 N. Wacker Drive, Chicago) is the able secretary of the convention. Mildred Loomis gave a talk on "Eliminating Tension and Toxin via An Accurate Self Image," which will be published in **Natural Hygiene Review**. The hotel management cooperated by serving hygienic meals—mostly raw food—all organically grown, in "proper" combinations. The hotel chef is reported to have said, "I never saw anything like this before!"

**Mountain Falls on School**  
The Freedom School and Rampart College have been developing over the past ten years near Larkspur, Colo. They are headed by Robert Lefevre, former editor of **The Colorado Gazette** and author of **Man and His Govern-**

## "KNEE PADS ON THE DESERT"

A sad Lord frowned upon His earth  
As John Brown did of yore,  
On legislators who pass laws—  
John Brown had no Peace Corps.

The sad Lord spat upon a cloud  
And hell broke loose below;  
The West Coast and Ol' Mrs. Sipp  
Learned where the waters flow.

A "Gay Lord" (maybe Nels' Son),  
A senator from Wis-cheese,  
Spoke out on waste and why we fail  
That Lord above to please.

Some say Big Steel pollutes the Lake,  
—Old Michigan, that is—  
While Newsprint louses up the streams  
So faucets seem to fizz.

But let's look facts square in the face,  
What IS the cost of print?  
—two-forty thous. gals. for one ton,  
For ads and news that stink.

Big John has gone from dark coal mines,  
His sons have left us too;  
The sad Lord up in Atmosphere—  
Says he is almost through.

Christ died, they say, for us in vain,  
But Gawd just may give up;  
We don't ask Him if WE CAN HELP,  
E'en though Earth is bankrupt.

It then behooves us mortals here  
To back the Gaylord's Plan,  
For time's run out, the creeks are dry,  
There's naught to flush the Can.

Big Wars we fight in decent lands,  
Big profits are our goal;  
The folks who must pay thru the nose  
Have neither land nor gold.

Where then, has Satan been the while  
This Slavery took in all?  
Will he too, give up in disgust  
At preaching on the Mall?

Is there yet time to spare this Land,  
Now reeking from the stench  
Of rotten lakes and dying streams—  
And blind old morons on the Bench?

Each hour that passes sees more fish  
Float out to sea for keeps,  
No oxygen in Aqua World—  
No citizen who weeps!

May 26th, 1965

—Gus Goltz, Milwaukee

## News of Our Members

**Taliesen in Switzerland.** Rod Anderson, a member of the Frank Lloyd Wright architectural school, Taliesen, wrote from Paris in June that the entire school would spend the summer in Switzerland.

**Nature Poems for Children.** Gary DeYoung, Cass Lake, Minn., has written and illustrated a paperback book of nature poems for youngsters, about pumps, barrel stoves, gophers, bear hunts, etc., many with the surprise and

directness of a child's approach. \$1 a copy from him.

**Wind In The Timothy** is a collection of lyrics by Dudley Laufman that celebrate the moods of joy and sorrow of the pastoral life the author and his family lead on their New Hampshire homestead. Beautiful printing, hard cover. \$4 from the author, Canterbury. N. H.

**New Mexico Newsletter.** Ella Hanford, Box 28, El Rito, N. M., publishes an interesting newsletter "for thinking people, on this and that" (including real estate thereabouts, books, equipment and health foods for sale).

**Sons of Levi Youth in Accident.** James Taylor, a 10-year-old grandson of Rev. Marl Kilgore, founder of the Sons of Levi community at Mansfield, Mo., was in a sad accident in June. The boy lost both hands from burns received in grasping a wire carrying 7200 volts of electricity. He is recovering and cheerfully says he's going to learn to play baseball with artificial hands.

**Science Quest** is a newsletter on "community"—with special reference to the Walden II emphasis of B. F. Skinner but with news and ideas on housing, technology and other general community matters. Gerald Baker, 330 E. 4th Ave., Cresco, Iowa, is the editor and sponsor.

**Data on Soil Mineralization.** Jack Sophir, 9120 Meyer Lane, Crestwood, Mo., spent the month of July at the home of J. Carter Savage, Nicholasville, Ky., where he sorted, filed and prepared reports on years of work on soil mineralization, for publication.

**A Vegetarian Health Resort** and retirement community is being established in Cuernavaca, Mexico, by David Stry. This historical and colorful city is located about an hour south of Mexico City. For information send a self-addressed envelope to him at Cerritos 5-A, Cuernavaca, Mexico.

## Fine Meeting In Oregon

By Eleanor Woods  
Blue River, Ore.

We enjoyed the generous and friendly hospitality of Nina and Herman Johnson at their homestead (Rt. 1, Newberg, Ore.) on the July 4 weekend. All were glad to meet fellow homesteaders and exchange information. Next year we can go further and invite other interested people, such as Natural Food Associates members and organic gardeners, to join with us and provide speakers.

The relaxed atmosphere was just right for getting acquainted. We might have done more toward discovering what we could do for the School of Living in our area. I enjoyed the Rouses' report of finding land in Canada and suggest it appear in **The Green Revolution**, including their list of all the things they looked for in a homestead. Their rational method of going about it would be a good example for other homesteaders. Also Bob Wagner should develop his idea that if one owns or gets land too close to a city or town, booming taxes as the town expands become prohibitive to homesteaders.

We had a delightful weekend and a very successful start toward an integrated group of School of Living members in Oregon and Washington.

## Natural, cont'd

this is but one type of water pollution! We include verses from Mr. Goltz to help tell the story, stir our feelings and lead us to action!

In July 1965, all manufacturers of detergents agreed with government officials to switch to production of a non-sudsing type of detergent which is soluble and disintegrates in the soil. Thus one of the many serious pollution problems has been lessened.

## Needed, cont'd

his foot is different from touching his shoe.

Language is most important in this process; very early, words begin to mean Things—"mother, dog, chair." Gradually other words like "good, bad, dirty" come to mean what others show him they mean. The infant tries these out with the Things—"good chair, bad mother, dirty dog," or "good mother, dirty chair, bad dog." One significant day, the child wakes up to the fact that "Tom" means him—he, too, is a Thing, like these others. Having come to this sense of Self, he cannot reverse the process. From that moment, he (and each of us) spends much of his energy in expressing, hiding or verifying this Self.

Next month: Self needs and steps to fulfilling needs.

(advertisement)

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