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Action for a New Frontier Begins - Fall Festival Oct 30-31 at Pembroke Center, N.H.

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THE GREEN

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



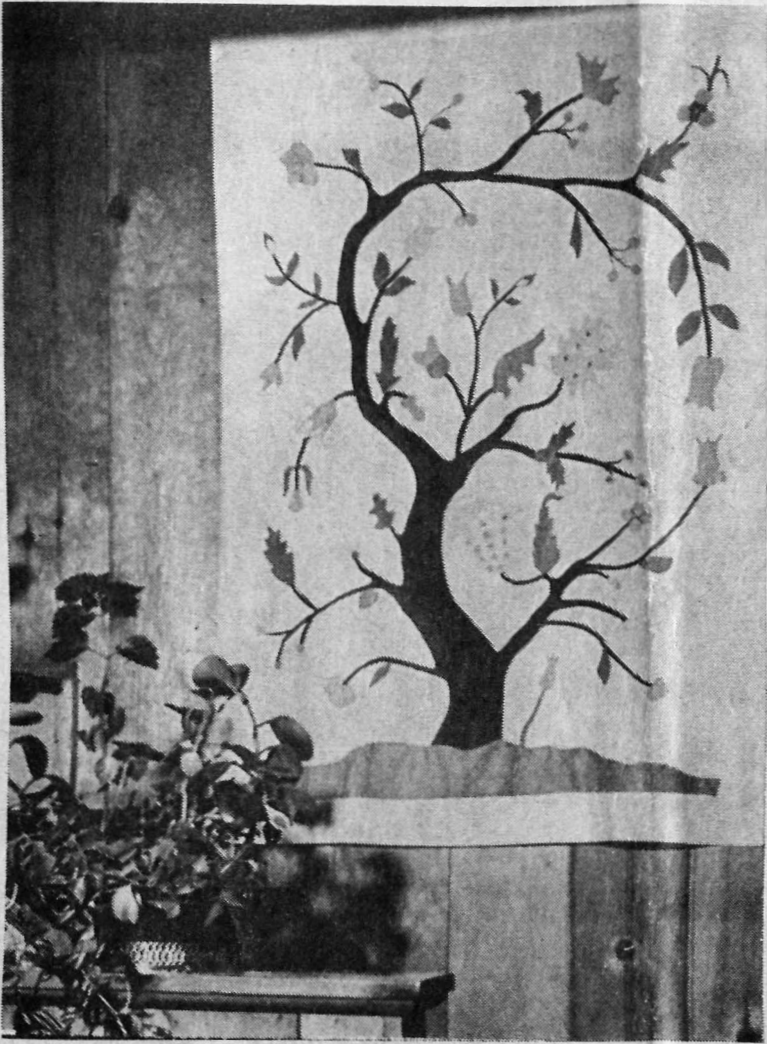
REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309
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TREE OF LIFE—Symbol of whole living, this wall hanging is now at Lane's End Homestead.

A Challenge to the Green Revolution—

The Revolt In Our Cities

By Ralph Borsodi

The dictionary distinguishes sharply between a revolt and a revolution. A revolt is "a renunciation of allegiance and an uprising against legitimate authority"; a revolution is "the overthrow of one government, or one ruler or ruling class, and the substitution by the governed of another." What is taking place in our cities at present is not a revolution; it is a revolt. But it is symptomatic of the conditions out of which actual revolutions develop.

Forty years ago conditions of this kind erupted into Fascist revolutions in Portugal under Salazar, in Italy under Mussolini, in Germany under Hitler, in Spain under Franco. Since the Second World War they have been erupting into Communist revolutions. The question which the readers of *The Green Revolution* and the friends of The School of Living should ask themselves is this: Will these conditions in America's big cities lead to a Red Revolution (it has already erupted into bloody and destructive revolts in a dozen cities of which the Los Angeles riot was the most terrible), or will we come out with an action program which will turn into a *Green Revolution*?

Misery and Frustration

Revolts and revolutions have their source in misery and frustration. Men do not renounce their allegiance, they do not follow agitators and demagogues, they do not take to murder, pillage and fire unless they are so desperate that they shed all vestige of their inheritance as civilized human beings. Then they do things more terrible than the most ferocious of animals.

Most of the world's desperation has been caused by hunger and poverty. But what is happening today has developed in a nation in which nobody is hungry. There are plenty in poverty, but often the rioters are not. Incendiary writers like James Baldwin and conspirators like Alger Hiss are not poor; on the contrary, they are not only wealthy but successful. And the poor who are on relief in America actually live much better than the vast majority of the four hundred millions of people in India, for instance.

But if we have no hunger, even in the Negro ghettos, we do have frustration and desperation in an ever increasing measure. Frustration explains the fact that middle class and wealthy people—thousands of teachers and students in our universities who are nearly all middle class—are members of Communist parties and are agitating for a Socialist revolution of some kind.

But there is just as much frustration, and planning for direct action, on the Right. And it is much better financed and much more widespread. The extremists on the Right are conspiring just as are those on the Left. There

are even para-military organizations (which we now consider funny) which are accumulating arms and ammunition, not merely to prepare for "C" Day when they will feel free to take potshots at Communists, and when they can vent their bitterness on men like President Johnson and Chief Justice Earl Warren, for their determined Statism and for "turning America into a Communist satellite."

Urbanism and Industrialism

What is the root cause of this frustration? There are two: Industrialism and Urbanism. Both are doing such violence to human nature, both are reducing men and women and children to such a state of alienation, that they welcome an eruption of violence as an escape from intolerable tensions. Industrialism reduces them to cogs in a huge machine; Urbanism plunges them into rabbit warrens into which they pack themselves in densities as high as 400,000 people per square mile.

And to those of us who are aware of this, it is downright comical (or tragic) that nobody in an official position in "the establishment" which both rules us and leads us (in State School and Church) has the slightest realization that this is at bottom the source of the revolts in affluent America, the reports of which erupt from time to time on the front pages of our daily papers.

Los Angeles

Take Los Angeles. Everybody agrees that the Negro ghetto in (continued on page 6)

Decline and Imminent Fall of Cities

By Lewis Herber

Note: The damage and destruction to life and living in modern cities, brought together by Mr. Herber, supports everything that School of Living journals and books have been publishing for years. For instance, see Borsodi's chapters on Disease, Degeneration and Delinquency in *Education and Living*, 1948. Our quotes and summaries here are from Mr. Herber's 7-page, 8x11, article in the July-August, 1965, issue of

Fact magazine, 100 W. 40th St., New York City.—Editor)

"Anyone who knows the heart-disease and cancer rates among people living in large metropolitan areas, and who still chooses to live in one, must be crazy (or, very likely, soon will be)." Thus, Mr. Herber introduces his smashing article that appraises the effect on the human body, nervous system and psyche when people pack themselves into cities in

densities reaching 400,000 per square mile.

Rats and the Rat Race

He follows it with a record of a laboratory study of rats. (See the Sept. 1963 *A Way Out* for discussion by Dr. Rene Spitz of similar experiments, before the 119th annual meeting of the American Psychiatric Association.) Dr. J. B. Calhoun of the National Institute of Mental Health confined 30 Norway rats in a 10x14' room partitioned into four interconnected pens. They had neat nests, boarding-house style; wire ramps from one pen to another; ample food in structures that fostered a maximum degree of collective feeding. When the 30 became 80 rats, bizarre behavior began. As they became a congested rodent metropolis, nearly all instinctive rat behavior collapsed.

Mothers neglected their nests, abandoned their young. Many wandered around dazed and utterly disoriented. Some turned to homosexuality and curious sexual aberrations. Still others, despite available food, devoured the carcasses of starved young abandoned by their mothers. After several months, death rate soared to over 90% of all births in the more congested pens. In 16 months the rats had regressed to a state that insured their extinction.

Of course rats aren't human, but Dr. Calhoun points out that both animals are mammals and (continued on page 3)

HOW MANY CAN YOU USE?

We have printed more copies than usual of this special issue. We will mail you 10 copies for \$1 for you to distribute (larger quantities at further reduced cost.) We hope our readers will distribute many of them to individuals, groups and receptive organizations in their own communities. Order from School of Living, Brookville, Ohio.

Action for a New Frontier Begins—

Fall Festival Planned Oct. 30-31 At Pembroke Center, N. H.

A New Frontier is opening up. It is starting in New Hampshire and hopefully may quickly spread far and wide. New Frontiersmen have been called to their first gathering, a Fall Festival of music, art, discussion and fellowship at Pembroke Center, N. H., on October 30 and 31, 1965. (See program, page 4.)

This is a new frontier. It is a frontier because its goal is new—a change, a revolution, a turning in cultural patterns. Men, women and children active in this movement will develop no new geographical frontiers—on earth or in outer space; they will not be piling up more material goods and wealth. They will be pioneering in new values, better human relationships, new solutions to age-old problems, new social institutions, and new ways of living!

The New Frontier is new in method! It doesn't use government nor turn to politics and political parties. It uses a new, local and regional adult education! It isn't purely intellectual; it appeals to feelings and emotions; uses art, music, and dancing! It is new in not looking to the city as the be-all and end-all; it looks to a life of health, culture and fulfillment on Shangri-Las (family homesteads) and in small towns and communities.

Ralph Borsodi at Center of New Frontier

At the center of the movement for a New Frontier is Ralph Borsodi, author of a dozen books and founder of The School of Living. He and Mrs. Borsodi reside in Exeter, New Hampshire, where he continues research on basic living problems. His *Introduction to Problems of Man and of Society* has recently been accepted by Beacon Press.

As Mr. Borsodi has shared ideas and plans with friends and neighbors in New England in recent years, several educational adventures have developed. The first was a Federation of Liberal Religious Groups in New England. Another was the drafting of legislation on birth control and eugenics. A third was a movement for re- (continued on page 4)

Headquarters Community News

Some 30 persons joined the Labor Day Workbee at the Old Mill on Heathcote Rd., Freeland, Md., to help prepare it for a School of Living headquarters. They found the W. B. Anacker family settled in the main farm house, and Mrs. Dee Hamilton and children moved to the renovated second-floor rooms of the mill. The main accomplishment of this workbee was putting a new roof on the south wing of the mill. Materials for this very nearly wiped out what remained in our \$1000 building fund, after payment for the septic tank was made in July.

Trustees of the School of Living held a business session during this weekend.

Everyone agreed it was a very successful workbee. Herbert Rauch, of New York City, wrote, "It was an overwhelming success from the view of work accomplished and camaraderie." A group of young persons, seriously considering forming an intentional community, returned for further discussion and work at the mill on Sept. 18 and 19.

Replenish the Building Fund

With so much achieved in so short a time with so little financial resources, everyone involved is encouraged and pleased. A new School of Living Headquarters is assured. Coupled with the new efforts at a nationwide education for living beginning in New Hampshire, and motivated by the rising ferment for change in the cities, many School of Living members are renewed in their determination to effectively take part.

One of our members has offered \$200 in cash for the Building Fund, to be paid when an equal amount is contributed by others subsequent to this announcement. Contribute now and find other contributors (all contributions are tax exempt).

Recent contributions to the Building Fund: David Stry \$25, Russell Buehl \$25, Samuel Eisman \$10, L. Danzeisen \$4, Charles Isaacs \$20, V. Tauffner \$15, Robert Argott \$25, Howard Morris \$25, Wesley Smith \$5. Total \$154.

In the past few years School of Living members have contributed generously to "extra" projects, as follows:

In 1963—Borsodi-Chawla Fund, \$1500

In 1964—Headquarters Building Fund, \$850

To date in 1965—Headquarters Building Fund, \$346

To end of 1965—Headquarters Building Fund, \$???

1966—Into Headquarters Building Fund let's say, \$1000

Decline and Imminent Fall, cont'd

the tenants' need for adequate living space and privacy.

"The psychiatric distress that comes of living a cubical life in a human honeycomb is overlooked by municipal authorities. They are content with such obvious precautionary formalities as fire inspection, plumbing permits, electrical certification, police approval and a hatful of codes about materials. . . . no one seems to mind if the resulting apartment reverberates like an African drum to every household beat so that no one literally knows a moment of silence or true privacy. Doctors responsible for a community's mental health are not asked what they think of contemporary apartment buildings that are built without soundproofing — much less are they given a chance to condemn them." — Edward Higbee, expert on land utilization.

Effects of Noise and Congestion
Studies in Scandinavia, France and the United States show that industrial workers have suffered major losses in hearing that could be attributed only to the effects of noise. The sudden slam of a door may raise one's blood pressure four times above normal. Rats subjected to a screaming siren have developed gastric ulcers and overstimulated adrenal glands. Dr. Vern O. Knudsen of the University of California finds that in a suburban residential area sound levels range between 20 and 30 decibels; in a Manhattan hotel room from 50 to 60 decibels; and on the sidewalks of New York 103 decibels. Exposure to 90 decibels can flush the skin, constrict stomach muscles, and shorten tempers. Doctors suspect that noise is a hidden factor in heart disease, nervousness and mental ill

health. . . . Fighting one's way through massive crowds to get to a job, waiting over long periods for the most elementary services, arouses a sense of anxiety and tension that is often imperceptible to one's senses but almost certainly is damaging to health.

Reduction of Exercise and Emotion
Places of work are so distant from living areas that few people walk. Congestion, bustle and unsightliness of most urban areas discourage people from going outdoors unless necessary. Parks are usually congested; benches beckon or the playing fields encourage over-exertion. Bicycling is hazardous; if one runs, he's eccentric.
The city also raised barriers to the spontaneous expression of emotions. Despite the anonymity and superficial freedom of an urban dweller, coping with millions of people leads to an extraordinary degree of social regimentation. Ordinances restrict an individual's right to walk, talk, lounge on the grass, burst into song. Children must be reserved; any public demonstrativeness is frowned upon. Cities place heavy lids on human passions—release comes in orthopedic difficulty or mental breakdown.

Air and Water Pollution
The automobile adds to the problem. Instead of providing escape, it strangles traffic and fills the air with an appalling array of gaseous and solid poisons. The tailpipe of an automobile emits 200 hydrocarbons, some of them cancer-causing. In using up 1000 gallons of gasoline, a motor discharges 17 lbs. of sulphur dioxide, 25 to 75 lbs. of oxides of nitrogen, and more than 3000

lbs. of carbon monoxide, all of them toxic in varying degrees. Fumes from steel mills, power plants and paper factories blanket the cities with noxious fumes, which may promote cancer, heart disease and chronic bronchitis.
Some cities get water from distant rural reservoirs, but inland cities draw their tap water from highly contaminated rivers. Says the *Globe Democrat*, "Every time you take a glass of water in St. Louis you are drinking water from every flush toilet from here to Minnesota." . . . The contamination of ground water is rising, especially in suburbia, where profit-making real estate operators erect immense housing divisions with septic tanks that exceed the carrying capacity of the soil.

Urban-Rural Health Compared
The highest life expectancy figures in the nation are in rural North Central states. Newly born males in Minnesota, Iowa, Nebraska, Kansas and the Dakotas can expect to live an average of 68 years, while white males in the country as a whole expect 66. . . . Urban non-smokers are 11 times more likely to get cancer than are rural non-smokers. . . . U. S. Public Health Service reveals that death rates from coronary heart disease (45-64 years) was 37% higher for men and 45% higher for women in urban over non-urban counties. . . . A study by E. Parkhurst (1948-51) showed that death rates for heart disease, tuberculosis, pneumonia, diabetes and cirrhosis of the liver were higher in large central cities than in small-sized and rural communities. . . . Two researchers found the death rate for cardiovascular disease was much higher in Chicago than in rural counterparts: 25% in males 25-34 years; 100% higher in 35-54 years; and 300% in 55 to 64 years. . . . In the predominantly rural state of Iowa, life expectancy of men is 68.2 years, women 73.7. In Iowa cities, cancer cases are 350 per 100,000 people; in rural Iowa, 255 per 100,000.

Mental Health in Urban Centers
Dr. Thomas A. C. Rennie, brilliant Cornell University Medical School psychiatrist, supervised a large team of workers who made 1700 home interviews of adults between 20 and 59 years in Midtown Manhattan, in the early 1950s. A 1962 three-volume report shows that four out of five people in the survey had symptoms of psychiatric disorders. Roughly one out of four had neuroses sufficient to severely disrupt their daily lives. The country over, about 1 out of 10 Americans suffers from mental illness severe enough to require treatment. (About 1 in 100 is actually treated in hospitals, clinics or by psychiatrists.) In Midtown, 1 out of 4 required treatment.

By 1980 (if present trends continue) an estimated 174,000,000 people (70% of the population) will live in metropolitan areas of 50,000 or more residents. The overwhelming majority will live in concentrated urban belts, which are being baptized with new names like "Atlanticopolis." One city planner and architect has devised "ecumenopolis"—the "universal city" that will cover the entire surface of the earth! . . . Says the World Health Organization of the UN: "The tremendous increase in urban population clearly justifies the warning that after the question of keeping world peace, metropolitan planning is probably the most serious single problem faced by man in the second half of the 20th century."

Urban Decentralization
Many experts, like Dr. Francis W. Herring of the University of California, advocate urban decentralization. "Decentralization of industry, with varied choice in

Fall Festival, cont'd

vival of a new type of country life as an answer to crowding, frustration and riots in cities. This has the cooperation of New England readers of *The Green Revolution*, certain faculty members of the University of New Hampshire College of Agriculture and other agricultural leaders in the state. A fourth activity is the seminar at Exeter, New Hampshire, on October 24-29.

Co-Workers

Included in a group of persons working with Mr. Borsodi in planning for the New Frontiersmen Festival have been homesteaders Joe and Helen Ryan, Franklin, Arthur Harvey, Raymond, Luther S. Thompson, Fitzwilliam, and Gordon Herndon; and, from the University of New Hampshire, Dr. Henry Bailey Stevens, Director Emeritus of Extension, Dr. Silas B. Weeks, Economist, and Dr. R. L. Christiansen of the Cooperative Extension Department.

NEW ENGLAND FALL FESTIVAL FOR NEW FRONTIERSMEN

AT

Pembroke Center, N. H.

October 30-31, 1965

Program

R. L. Christiansen, Moderator
Cooperative Extension Service
University of New Hampshire

Saturday, October 30

- 10:00 A.M. Assembly. Musical Program, Overture to Festival, in charge of Joe Ryan.
- 10:30 A.M. "Get Acquainted." Divide into groups, perhaps by state or county.
- 11:30 A.M. Opening Address. Fellowship and Organization to Create a New Frontier: "Instead of "Go West, Young Man!" let's "Get to a Homestead; Get Out of the Rat Race!" Mildred Jensen Loomis, Editor, *The Green Revolution*; author, *Go Ahead and Live!*
- 12:30 P.M. Luncheon
- 1:30 P.M. Subsistence Living in New Hampshire, Dudley Laufman, Canterbury, N. H., folksinger, homesteader, poet. Objectives and Methods of Community Planning for the Small Rural Community, Randall Raymond, Planning Division, New Hampshire Dept. of Resources and Economic Development.
- 3:00 P.M. Recess
- 3:30 P.M. Home Horticultural Projects and Community Beautification, Radcliffe Pike, Extension Horticulturist, University of New Hampshire.
- 4:15 P.M. Services of the University and the Cooperative Extension Service Available to New Hampshire Residents, Mrs. Joan Peters, University of New Hampshire News Bureau and Director of Extension Television.
- 6:00 P.M. Dinner
- 7:30 P.M. Musical Program, Singing and Folk Dancing.

Sunday, October 31

- 6:50 A.M. Sunrise Assembly and Musical Program
- 7:30 A.M. Breakfast
- 9:00 A.M. Practical Problems on the New Frontier:
 1. Silent Spring, Fact or Myth?, Beatrice Trum Hunter, author of *The Natural Foods Cookbook* and *Gardening Without Poisons*.
 2. Problems in Obtaining Land and Establishing A Homestead, Silas B. Weeks, Economist, University of New Hampshire, and C. Gleason, District Supervisor, USDA, Concord, N. H.
 3. Raising and Preserving Food, Gerald Smith, Professor of Animal Husbandry, University of New Hampshire, and part-time farmer.
- 12:00 noon Luncheon
- 1:30 P.M. Debate: Resolved, That Big Cities Are Parasitic Growths on the Body Politic. Affirmative: Ralph Borsodi, author, *Education of the Whole Man*, and other books, and founder of The School of Living. Negative: Silas B. Weeks, Extension Economist, University of New Hampshire. Open Discussion with Debaters.
- 4:00 P.M. Musical Epilogue
- 4:30 P.M. Au Revoir, Auf Wiedersehen and Farewell.

* * *

Registration fee \$1 per person. Accommodations: camping facilities, rooms, and room and board available at Pembroke Center. Charge for three meals and bed is \$6.25 per person. Please advise what accommodations you desire and send registration as soon as possible to Luther S. Thompson, Registrar, Fitzwilliam, N. H. Telephone 585-6657.

Look Magazine Says (Sept. 21):

Our Sick Cities Are A Grave Challenge

"Our cities are sick," agrees John Peter, a *Look* editor, "and their health represents one of the gravest challenges in this half of the 20th century."
"Seventy percent of us have voted overwhelmingly for the city and future ballots will swell the toll. . . . The city has always been the mainspring of civilization, nurtured the arts, commerce and political freedom of Western Man. . . . It is the escalator to a better life."
Then he pictured the crumbling slum, the flight to suburbia, urban renewal and the return of the old. "Today the central city contains a concentration of the poor, the elderly and the discriminated against." These are great burdens to officials (particularly mayors) but "the big city must rank as one of the most skillfully managed of American organizations."

Major Urban Problems

Education—Substandard teaching, outmoded methods, overcrowded facilities. "A Harlem teacher says, 'You don't worry about teaching these kids. You just keep them from killing each other and from killing you.'"
Traffic—Astronauts can make it around the world in the time it takes some commuters to get to work. "Cars take more space than people; Los Angeles allots 70% of downtown land to the automobile."
Welfare—In New York City half a million people are on city relief.
Police—"The function of the police is to maintain an orderly society, not just law and order." Yet police departments vary from poor to good.
Administration — Legislators hamstring cities; rural interest and voting predominate in legislatures; cities refused right to earn tax on people who commute to work in cities, etc.
Urban Renewal — Homes destroyed, new housing becomes "sanitary slums"; the town-planner, a new profession.

Centralist Answers Or Centralist Solutions

The major cure, according to John Peter, is federal money.
"The one accurate index to our cities' responsibilities is the budget. . . . Local government spending has shot from 9 billion in 1946 to 50 billion in 1965, and it may double that in the '70s."
"The problems of our cities 'are in a large measure, the problems of American society itself,'" said President L. B. Johnson in requesting a Department of Housing and Urban Development. This gave urban problems cabinet-level attention. Anyone who thinks HUD won't change things fails to appreciate the Federal Government's astounding new commitment to the city."
"Urban renewal has been one way that we (?) have decided (through our elected representatives) to invest our national money in the salvation of our cities. To date, even with 4.7 billion already appropriated by Congress we (?) have scarcely begun. In the next 40 years we (?) will rebuild virtually the entire U. S. urban area." ("?"s are by the editor.)

Other Federal Money

"The \$325 million urban-mass-transportation act is city-focused.
"The Aid to Education program will mean \$750 million for the cities.
"The billion-dollar poverty program is virtually all for education, and most of it in the city.
"The City has lost its tax base and the Federal Government is helping to make it up."
Constitution Plaza in Hartford, Conn., is a shining achievement — a multi-blocked, raised platform with grass, trees and fountains for the shoppers; while underneath it the traffic flows.
Some volunteer citizen action is reported, particularly in Houston, Texas.

types of housing within easy distance of the work place," she declares, "could give rise to subsidies of substantial size—250,000 to 1,000,000 perhaps — which could still be psychological and corporate entities. Cities of this size could support their own junior colleges, commercial and professional services, cultural and social activities. At the same time they could be surrounded and invaded by woods and ranchlands reserved as permanent open spaces, by vineyards, orchards, farm and truck gardens. Mountainous country, coast and bayshore lands, lakes and stream-

sides, major creeks and other landscape features could be conserved for recreational activities. A regionwide transportation system could coordinate all types of transportation, reserving costly rapid transit for those few areas where local conditions present great difficulty to private transportation."
The honesty with which we face these problems, and the insight we bring to these problems may well decide whether or not our urban civilization will eventually crumble under its own weight, burying man in the debris.