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## Labor Day Weekend at Old Mill was Spent in "Labors of Love"

Grace Lefever

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# THE GREEN

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



# REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309  
PUBLISHED MONTHLY

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## Protective "Shots" For Infants And Children Are Questioned

Mrs. David (Carol) Hatch, of the Hatch Loan Library Service, reports here a pro and con discussion of administering serum and antibodies to youngsters in an effort to prevent colds, measles, scarlet fever and other diseases. Carol and David are students of nutrition, and delivered their baby naturally without assistance (see *Green Revolution*, Feb. 1965). A discerning person has described the boy as the "finest specimen of infancy one could imagine." The points in favor of shots were taken by Carol from a recent widely circulated pamphlet. The "con" arguments are her own.

1. Pro. "Polio, smallpox, DPT and other shots are protective against diseases which cannot be fought off simply by being healthy."

Con. This is definitely not true of polio, since immunity is contingent upon the state of one's blood sugar. (See *Diet Prevents Polio* by Dr. Sandler.) In an article in a 1962 *Minority of One*, Dr. Ernest Zeisler gives statistics that do not agree with the statement that a decrease in children's diseases is due to vaccinations. Dr. McCormack of Toronto, Canada, claims that the elimination of contagious epidemics is due mostly to improved sanitation, better transportation of fruits and increase in vitamin C intake. He reports one death from small

pox in 1948, and 200-300 deaths from vaccination complications. (*Health Bulletin*, June 12, 1965)

2. Pro. "Shots give the body a chance to build up antibodies against these specific diseases naturally, by giving the child a small case of the disease."

Con. It is never desirable to inject foreign substances into the blood stream of a healthy individual. Even a "small case" is a serious one, depending on the individual.

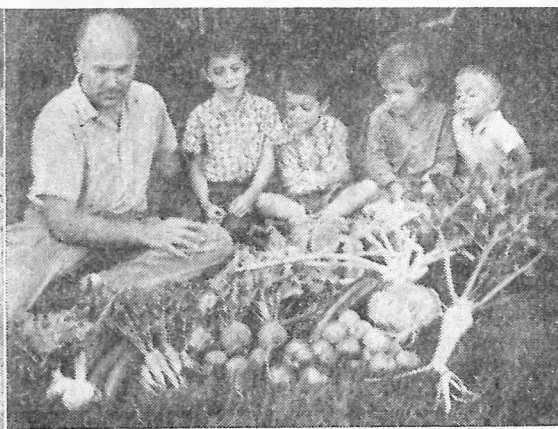
3. Pro. "I live in New York and after checking I have discovered that rarely, if at all, has any person managed to keep a child from getting these shots at school, regardless of religious or personal feeling. All children must be considered, etc.—especially if parents would allow penicillin or surgery, if that were indicated."

Con. As far as we are concerned, surgery is for emergencies only, and we know of nothing which would make penicillin necessary except emergency use, certainly not anywhere near the percentage of cases for which these techniques are used at present. In Vermont, the shots are not mandatory at all, so it is easy for our children to be spared this. The fact that my child is not immunized does not put any other child in jeopardy. All who want the shots, presumably, have gotten immunized, and do not have to worry about their risks.

4. Pro. "Most important, there have been some really pathetic children who never received the shots and were very ill or died from whooping cough, pertussis or polio, or ended up with encephalitis from receiving the shots too late. This is especially true of small pox. Children aged 6, 9, or 12 months don't know what to do with an itching vaccination site. Five year olds know to scratch, and can get smallpox scars all over them because of spreading it. It can be really (continued on page 3)

## Let's Visit A Homestead—

## The Cole Family — Six of Them — Thrives at Sylvan Glen Homestead



SOMEONE can surely make it work (Glen, Wayne, Brian, Alan, and Darrel Cole), and, on right, look how well the men keep the cook supplied.

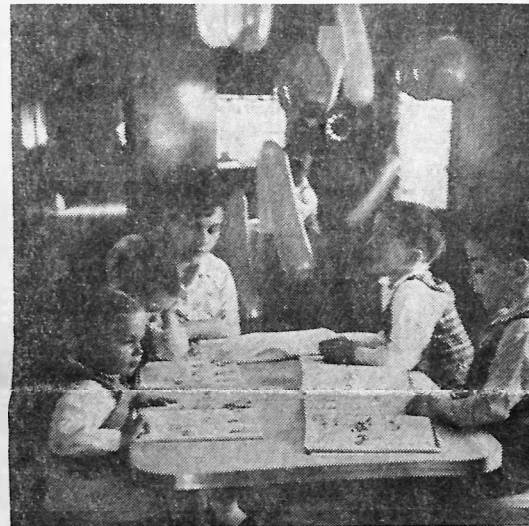
By Mildred J. Loomis

Darrel and Margaret Cole, and four young sons, are secure and happy on their 11 acres, back from the highway, Route 1, near Bear Lake, Michigan.

We were coming to the end of a lovely 50-mile drive from a Sutton's Bay School of Living meeting in late August. We had stopped at various lookouts to view the majestic expanse of Lake Michigan; we had arrived at the gushing spring near the Cole's home, called Old Facefull, and each one had refreshed himself with a face-full from this little geyser. Soon we turned down the long lane to Sylvan Glen, through the woods and garden spots, to their neat trailer home with its built-on porch and living room. Before entering, we followed the children to their rope swing where each one, including adults, took a turn swinging far out over the ravine.

After an inspection of their efficient house, noting shelves of newly-processed tomatoes and vegetables, we toured the homestead. Just beyond the neat, birch-shaded lawn, we stepped into deep woods, to peer at the

COLE children attend their school.  
Wayne  
Glen  
Margaret  
Brian  
Alan



beautiful orange and white mushrooms; we saw where the new house was to come, and crossed the glen on a footbridge to a secluded orchard and garden. Farther on we came to the lane and another lush garden, where the children exhibited their "rows" of many types of plants, from a cherished 1¢ packet of mixed seeds. The soil here is a rich, sandy loam, and the prize main crop of this plot was squash (Butternut and Acorn, huge fruit and vines without a bug or blemish. On to the orchard on the side hill, with neat, well-clipped paths from tree to tree, to inspect each of the many kinds of fruit and nut trees. (The Coles are "natural hygienists.")

Here was a huge mound—10 feet by 4 wide and 4 high—of cherry pits, used for mulching the trees. They are in the cherry center of the world. Then on down to the strawberry patch, past the old beaver dam swamp which some marauders had spoiled with dynamite, down to the private beach on big Lake Michigan. We took off our shoes and walked on the cool beach, and then returned to the house. This time we stopped at the garden of greens to exclaim over the lush chard, beets, broccoli, cabbage, artichokes and cauliflower. We heard the story of bringing in tons of refuse from a nearby canning factory to change this spot from hard clay to mellow, humus-laden, highly-productive garden soil.

Back at the house we ate heartily of juicy watermelon and talked about their plans for the future. Darrell works in a nearby factory at night, to more quickly pay off the mortgage on the homestead. Their strong hope is that a group of interested homesteaders will come to settle near them, on 40 adjoining acres that belongs to a relative and another 40 beyond that which is avail-

able. The Coles are intelligent, articulate decentralists and they hope to pass on their goals and values to their children, who are being "schooled" at home as yet. Here a dozen families could repeat the adventure of the Coles in family creativity and security, and together they could develop an intellectual and cultural exchange of a high level. The Coles would be glad to hear from prospective homesteaders.

## Prospects Good For Tenth Seminar

By mid-October, 20 persons had registered for full participation and six for part-time in the Tenth School of Living Seminar on Basic Problems of Living. Included are one from California, one from Oregon, two from Michigan, five from Ohio, five from Pennsylvania, one from Iowa, one from Illinois, three from New York, and seven from New England. Twenty other members of the School of Living had contributed to a (generous) fund to assist with scholarships.

The seminar was to begin with a get-together on Friday evening, Oct. 22, and continue with four sessions a day through Oct. 29, at Exeter, N. H. Its basic purpose is to plan the organization and cover the curriculum of regional and state Schools of Living.

Ralph Borsodi, leader, Mildred J. Loomis, moderator, and several members of the faculty of the University of New Hampshire were to be present.

A further, detailed, report will appear in the December *Green Revolution*.

## Labor Day Weekend At Old Mill Was Spent In "Labors Of Love"

By Grace Lefever

As the people began to arrive for Labor Day Weekend at the Old Mill, many activities got under way. Hugh Graham and George Pettie had been on the roof, preparing it for metal sheets. By Saturday morning the big roofing job on the far side—the easy side since it was nearer the ground—was in process. And

a few worked on replacing some of the old siding next to the new roof.

Still others were digging away old debris, picking up old shingles for firewood, working in the garden or in the large fireplace room on the first floor, etc. Many of the girls were cleaning vegetables, preparing food and setting up temporary tables and chairs to supply the big appetites that developed.

By Saturday night the one side of the roof was finished, but the hardest, highest side was still to be tackled. Bill Anecker was out bright and early Sunday morning, fastening safety ropes to the trees and getting a long ladder set up. The bravest souls then cautiously began to nail the first strips on. As more footing was gained, others climbed up to help.

Because of the condition of the old dormers and one obsolete chimney, it was agreed that these should be torn down to make a complete remodeling job that would last for years. As the debris came tumbling down, some of us cleaned the area below. Later, many hands sorted out the good wood and bricks for re-use

(continued on page 4)

## Headquarters Community News

### Continuing Activity at the Old Mill:

On Sept. 18-19, a ditch was dug from the springhouse to the Mill, and preparations were made to put the pump in that will make possible a permanent water supply to the Mill kitchen and bath rooms.

On Sept. 25-26, plumbing and facilities for the kitchen and a bath room were worked on.

Now the \$1100 fund, contributed during 1964-65 by School of Living members, is depleted. Once again we say, "If you can make a contribution, please do. Whether it is in money or time, let it suit your convenience and volunteer your help."

### MATCH A \$200 OFFER!

One member has offered a \$200 contribution whenever \$200 has been contributed by others, subsequent to his offer. Dr. Leo Koch, president of the School of Living, has sent in \$20 to help match this gift. Are there nine others who will do the same? Send it soon, to School of Living, Brookville, Ohio.

### MEETINGS FOR SCHOOL OF LIVING FRIENDS AND MEMBERS

Nov. 26-28 (Thanksgiving Weekend) — at Collaberg School, Stony Point, N. Y., 30 miles from New York City. Dr. Leo Koch and Mary Koch in charge (president and secretary, School of Living). Theme: "What Action Can We take in Our Area for Education for Living?"

Jan. 1-3, 1966—Life Science Foundation invites all interested persons to important meeting in San Diego on health and human well-being. Write to Dr. Lowell Coate, Box 3036, San Diego, Calif.

Jan. 29-30, 1966 — School of Living regional meeting, Community Hall, Melbourne Village Homestead Assn., Melbourne, Fla. Report on October New England meetings by Mildred J. Loomis. Write to: W. B. Newcomb, 8240 New Haven Ave., Melbourne, Fla.

Work on Old Mill, School of Living Center — weekends by arrangement. Write Mrs. Dee Hamilton, Heathcote Rd., Freeland, Md.



## Heat Your House For Less—

## Is There A "May Blossom" In Your Home This Winter?

By Howard Bloom  
Cabot, Vt.

## Part II

I myself have what is known as a "chunk stove." Chunk perhaps because of their shape, but more likely because the entire top swings aside to permit putting in of large chunks of wood. This is particularly desirable because so often knotty chunks of maple, birch or elm are impossible to split; they would be wasted otherwise, and they are especially valuable because, once put in the stove, and the drafts shut down, the stove will go all night.

My chunk stove is a May Blossom No. 27, made by the Buffalo Stove Co. (of New York, presumably), I guess around the turn of the century, or earlier. I got it for a ridiculously low price, and I wouldn't sell it for ten times the amount. It's known as a circulating heater; that is, the flame comes up one side of the firebox and down the other. With the drafts wide open, it pours out so much heat that I'm a bit alarmed to let it go "all out," and usually operate it at half-draft. Before retiring, I half-fill it with chunks of Vermont maple and birch, turn the drafts down, and wake up next morning to a firebox full of glowing coals.

This stove heats our "living part" of our old farmhouse, an ell-shaped room made by removing several inside walls. It comprises our kitchen and living room, and is approximately 500 sq. ft. in area. There is no insulation in the outside walls or the roof, but the stove comfortably heats this area in the coldest of weather (we've had subzero temperatures for weeks on end, and 30 to 40 below at least once or twice a year). In addition, the heat spreads enough to take the chill off the front bedroom and the two upstairs rooms.

By the way, we have a fireplace, priceless to us for the psychological warmth it bestows, but it must be admitted that it's very inefficient and wasteful to operate. But we wouldn't be without it, and we had it built three years before we got around to installing an inside bathroom. So much for our value system.

We have another gem in the front bedroom, a stove called the "Tropic Crawford," another of my trading "coups." It was even more of a bargain than the "May Blossom," as it is quite a lot more attractive. "May" is built like, and looks like, an iron box, but the "Crawford" is a graceful, elegant lady, although an equally effective heater. We've only used it once, however, and have it strictly as a standby heater in the event of illness or the advent of a wintertime "down-country" guest.

As to fuel consumption: I've been at home for the past several winters, and have therefore had the stove (and fireplace) going more than if I'd been working out and hence had the stoves banked during the day. I estimate we burn about five cords of wood a season. We burn an extra cord if we have it, but five cords will do if necessary.

Of course a family with children, particularly infants, might use more, though I've seen babies at friends crawling around on the floor at a temperature which city people would find "chilly."

To sum up, good wood-burning stoves (and furnaces) should be available at very reasonable sums. They are much less bother than one might think, and are simple to maintain and operate. They give generous quantities of heat, heat felt as a personable, present live warmth. There are few more satisfying experiences than coming in out of the damp and chill, removing one's wet things, and sitting down before a cheerful fire radiating out from a wood stove or fireplace.

Even though the cost has risen considerably of late, and assuming one has to buy all one's firewood, I estimate one ought to be able to heat for from \$50 to \$150 a year, which is much cheaper than any other kind of fuel expenditure. And if the homesteader has a woodlot of any extent (the Agriculture Department says a ten-acre woodlot will supply the average farm home with enough fuel to heat throughout the year), and is physically able to get his own wood, it will make the fuel bill practically nil. Getting in the wood supply is, of course, one of those chores which can be done cooperatively; it's also helpful to have several growing boys, plus a cordwood saw.

[We are sorry credit to Mr. Bloom was omitted from Part I of this article.—Ed.]

## Book Gets Enthusiastic Reception

Our 200 page book by your editor and a dozen collaborators is being commented on in several journals. It presents a panorama of School of Living ideas in the challenging story of a real young couple as they work out better ways of living.

The concepts of libertarian economics which Ron and Laura Baker probed as they faced buying property has been highlighted in page reviews in the *May Innovator* (Box 34718, Los Angeles), *The Henry George News* (50 E. 69th St., New York City), *The Indian Libertarian* (Bombay, India), and *Minus One*, No. 9 (2 Orsett St., London W2, England).

In September *Lei's Live* (1133 N. Vermont, Los Angeles), Thomas Gaines said, "Utter frankness runs through all four sections of the book," and he then very ably summarized them. A review by Beatrice Trum Hunter has been accepted by *Health Federation Bulletin*, and one by R. J. Cheatham has gone to *Herald of Health*. The *Rural Life Mailbox* (Manchester College, North Manchester, Ind.) and *Humanist World Digest* (1011 Heinz Ave., Berkeley, Calif.) carried brief reviews. Our book also appears on the lists of the Hatch Loan Library (St. Johnsbury, Vt.), Natural Youth Resources, Inc. (Los Banos, Calif.), and Family Life Institute (Los Angeles).

An enthusiastic reviewer of *Go Ahead and Live!* is Mrs. Dorothy Samuel's Review

## Chance For Reader To Win \$25 Award

A \$25 cash award is being offered to the person submitting the best name for the new Vegetarian Health Resort scheduled to open in January, 1966, in Mexico. Entries should be mailed before Dec. 1, 1965 to David Stry, Director, Cerritos-5A, Cuernavaca, Mexico. Participants should know that the resort will have excellent climate, a wide selection of tropical fruits, up-to-the-minute guest accommodations, orchards, organic gardens, and complete programming for the maintenance of health and enjoyment of the "good life." Also, a retirement community for health-minded people will be developed as part of the project.

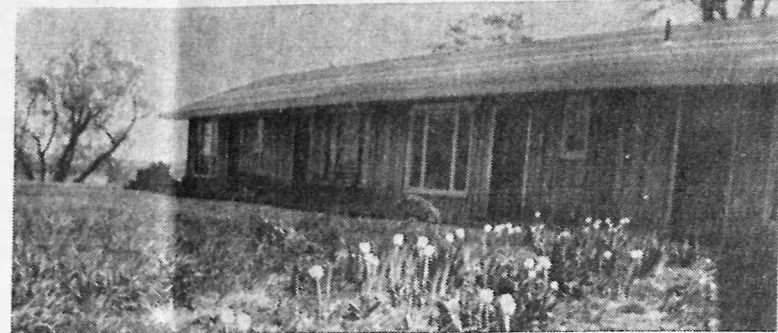
## Choice Land Available in Michigan

Above the lovely resort town of Traverse City, near Sutton's Bay, Mich., is Candle Lights Crafts, a small weaving shop of Mrs. Joy Valsko and household. This is in the Cherry Center of the world; housed in a multiple, motel-like building on the clean, natural shore of Lake Michigan.

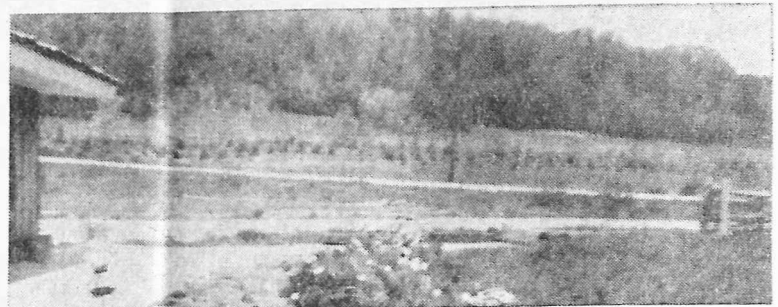
Here eleven School of Living adults and five children spent a rewarding weekend Aug. 22-23. We enjoyed the gorgeous scenery, the ever-changing sky and water at hand, the walks in the woods and orchards, the generous hospitality and becoming better acquainted. Don Abbott stirred our thinking about functioning as an individual, Mildred Loomis led a long discussion on the Self and Self Needs, a health group brought in pot-luck supper, Barney McCaffrey sang, we discussed further School of Living work in this area, tried to pitch a new-fangled tent, and heard the closing symphony of the summer students at the famous Interlochen Music camp! Monday we toured the successful homestead of Darrel and Margaret Cole near Bear Lake.

## Land Available

Mrs. Valsko's land is part of the original 500 acre family homestead, on which her father planted the first apple and cherry orchards in the area. Reluctant to sell the land for ordinary development, Mrs. Valsko is making some 250 acres available for homesteaders, and/or homesteading community with the use of the building on cooperative ar-



WING OF Candle Lights Crafts building (one-third of structure when it is completed.)



LOOKING into the hills from Candle Lights terrace.

rangements. On a hillside in an old orchard, with gorgeous view of the lake, is land available in one to five acre plots for as little as \$100 an acre. These have lake (Traverse Bay) access, with a public beach less than a mile away. Other acres on a road and with a building, are higher, on a lease arrangement, with lease money applied on any later sale. Her hope is that a group would be able to use the build-

ing for some cooperative industry for income.

Mrs. Valsko is looking for "help" in continuing her goals in a rural setting. Her hope is to find suitable collaborators so that she need not accept an offer for sale and conventional development of her property. This is too good to miss. Whoever is interested please write Mrs. Joy Valsko at once, 516 W. 7th St., Traverse City, Mich.

thy Samuel, a teacher at St. Paul's College, Lawrenceville, Va., and a writer of perceptive articles on education and modern problems. Besides a letter about the book to *Organic Gardening*, she has submitted four reviews, similar to the following, to important journals (acceptance was promptly forthcoming from *The Journal of Human Relations*, Central State College, Wilberforce, Ohio).

## Dorothy Samuel's Review

*Go Ahead and Live!* represents a distinctly healthy approach to the problems of living as a responsible and principled human being in today's world. Mrs. Loomis has long pioneered in the Borsodi tradition of life in harmony with ecological principles of nature. At her School of Living in Brookville, Ohio, Mrs. Loomis and her husband practice a kind of reverential dominion over the soil and animal life, open their acres for experiments in human community, and turn out magazines and pamphlets of encouragement and practical advice for those whose spiritual foundations are threatened by mass living in automated social groups.

This book is an attempt to put into simple, easy-to-read form the proof of Mrs. Loomis' faith in ordinary human beings. She follows the transformation of a young couple in no way remarkable for talent, education or family advantages. Their brief but moving reports on the barrenness and pettiness of a life without direction or spiritual strength are followed by the correspondence and conversations they had with people who had found satisfaction and purpose. Some of these people are "experts" — in psychology, nutrition, economics, construction; some are relatively unknown beyond the School of Living—happy homesteaders and creative parents. Although their view-

## THANKS

Dear Mr. Borsodi:

Thank you very much for permission to reprint material from *This Ugly Civilization*. Let me add that I am entirely sympathetic with your approach to life, and wish you even greater success.—John Tipple, Professor of History, California State College, Los Angeles, Calif.

points vary, they share a faith in the spirit of man and that spirit's ability to transcend difficulties and mold the immediate world about it.

Despite the simple style and language, there is no simplification of the challenges presented by our over-organized civilization. The exploitation of soil, man and substance is clearly set forth, perhaps more devastatingly than in the usual social commentary literature. What is different is the ringing affirmation that man need not be overwhelmed by the appearance of evil triumphant.

The pseudonymous couple of *Go Ahead and Live!* are first helped to take a positive and respectful attitude toward each other as human beings, and then to consider together the elementary problems of health, food, and shortly, a baby. Without the satisfactions and self-respect of this somewhat primitive level of happiness, however, they could hardly have faced up to life's larger problems honestly. To find that one is working at a job scarcely worth doing, shot through with duplicity and exploitation, is hardly a unique experience. To find that a credit economy makes a delusion of apparent prosperity is equally common. To have the moral courage to examine such situations, search for the underlying causes in men and man, and courageously set about building an alternative way of life is all too unusual.

Many readers may not be drawn to the particular manner in which the Ron and Laura of the book begin to opt out of the exploitive society and into a self-reliant, self-determined pattern. All, however, should find much that is provocative in the discussions of the various degrees of homesteading by which families can build more closely to the earth which nourishes them and the eternal rhythms which animate them.

As with many School of Living people, Ron and Laura settle for a modified form of intentional community. This is one of the best descriptions of the book, for it avoids the dogmatism usually associated with communitarian literature. The blend of personal freedom and shared searching which the young couple find in Cuyahoga

Heights represents a cooperative relationship which could surely instruct people in quite unintentional communities. And the outline of a schooling securely based on the participation and responsibility of all the community adults is Paul Goodman without his fury and the compulsion to desecralize.

Persons interested in education for living and in educating others for living will find many provocative suggestions in *Go Ahead and Live!* The bibliographies at the conclusion of each chapter facilitate easy location of more detailed information on specific topics. The final chapter outlines Mrs. Loomis' vision of a network of cooperating schools of living by which creative people might cooperate for their own and society's health.

\* \* \*

*Go Ahead and Live!* is \$4.15 from The School of Living, Brookville, Ohio. Order your copy now. Send it as a Christmas gift to your young friends, to teachers, ministers and editors.

## Labor Day, cont'd

and winter fuel. Some worked inside the attic, cleaning and handing out tools, etc. Still others helped dig away the ground and rocks to enlarge the patio area at the back, and, following a wise suggestion, hauled the wheelbarrow loads right through the mill to the front door on the second floor and dumped down to fill up the bad holes below. The approach is now more sightly and eventually this area will be walled, for a kitchen garden.

The back porch was cleaned and fuel stacked there for winter. The shop part of the carriage shed was cleaned out. The windows in the fireplace room were made airtight and the room plastered.

The weather cooperated beautifully! For two nights we could look out and see the stars! Late Monday afternoon, the men announced that the roof was complete, except for the spouting (which has since been put on).

Twenty-six people were there full time; 26 more were present part of the time. We all felt we had a wonderful weekend together, achieving these major repairs!

WRITE TO ME if you are troubled or heavy laden. Learn of Christ for he is meek and lowly of heart and he will bring comfort to your mind and soul. Write to me all your troubles and worries. No advice given unless requested. List of friendly Christian people, 75c. Basic Christian, 1837 Harri-man, Bend, Oregon.

## living the good life

by Scott & Helen Nearing

Read details about their organic gardening, house and greenhouse building on a New England homestead farm. Clothbound Photos 210 pages \$3.50  
FOREST FARM, HARBORSIDE, MAINE