

11-1-1965

Knowing How to Eat is Important

Mildred Loomis

Follow this and additional works at: <https://research.library.kutztown.edu/greenrevolution>

Recommended Citation

Loomis, Mildred (1965) "Knowing How to Eat is Important," *Green Revolution*: Vol. 3 : Iss. 11 , Article 16.
Available at: <https://research.library.kutztown.edu/greenrevolution/vol3/iss11/16>

This Article is brought to you for free and open access by Research Commons at Kutztown University. It has been accepted for inclusion in Green Revolution by an authorized editor of Research Commons at Kutztown University. For more information, please contact czerny@kutztown.edu.

Guest Editorial—

Paper Doll People

How do you build a tomorrow on a thin, threatened today?
There are no tools to borrow, just a sack full of paper-mache
Because people are paper dolls, flattened and flimsy

paper doll people with fixed faces and fronts—
no backs—people of just one dimension
Paper doll people, copy after copy etched identical
by dictator billboards
by hypnotic screens and bilious magazines
and street signs and headlines
and status symbols and high styles

Paper doll people safe in their sameness—safe and soft and spineless

living in cardboard houses—row after row
moving in tiny tin cars—stream after stream
on ribbon roads and frightening freeways.

Paper doll people working in ugly block buildings, stack after stack

with glass walls and hurrying halls
Paper dolls consuming tired rubber sandwiches, bitter black coffee
and coke and smoke and smut and smog
People speaking at each other in cypoccat conversation
quoting others who quote others—who quote still others
with minds that memorize monotonous mechanics
and term it thinking.

How do you build a tomorrow on such a thin, threatened today?

where values are vended like vegetables—
loveliness is a lipstick—or a lather
love is a bikini—or hip-low pants
beauty is a bath—a bra, a bed, or a bottle

culture is a Broadway play banned in Boston
music is a twist—a tortured disc
nature is a plastic plant
a poodle in a jacket, grass in a packet
discipline is 2000 calories a day
friendship is in alcoholic flavors
gin and julep—brandy and beer
patience is a label on a library shelf
religion is a church supper, a collection plate;
marriage is a meal, a stopping-off place
a namesake, a between-work break
honesty is a required tax statement
compassion is a welfare office, an alphabet check. . . .

What happened to minds that design
hearts that hope
and faces that respond to delight and concern
to anger, to sorrow
to happiness?

What happened to people with purpose and pulses
and muscles and motive
and dimension, depth,
determination?

The paper must be split, the pattern broken, the canyon scaled.

So real people appear
with eyes uncovered
and ears opened
hearts bared
minds unleashed
souls exposed.

Real people who know
loveliness in a listening face
love in a held-out hand
beauty in a beating rain
culture in a student's struggle
music in an aria, in a bird's pure note
nature in a baby sapling, in a polliwog's wiggle
discipline in a tasteless task
friendship in one unlike the self
philosophy as a deed, not a work
religion that goes home from church
marriage that is both heaven and haven
in one's heart
honesty respects the self—not the law
compassion touches close at hand
to spread itself across a land.

Peel the paper to the person beneath
Crumple the dolls to the soul inside

Probe to the real people
each different, one from the other
each special, each capable and creative
each needed, each God-designed, one of a kind.

With minds to act on, to fill with facts

Letters to the Editor

Alcohol In Cider and Vinegar

To the Editor:

Why is it that apple cider vinegar does not contain alcohol while apple cider does?—A Reader, Box 32112, El Sereno Station, Los Angeles, Calif.

Answer from Bill Peavy (horticulturist, Merced, Calif.): Apple cider is partially ethanol (alcohol), which is further fermented or oxidized so that its formula is changed to acetic acid or vinegar. The process is explained by: C_2H_5OH oxidation CH_3COOH cider to vinegar.

Prepares Site For Spring

To the Editor:

Rebecca and I have bought a place—woods, lake, and tillable land—not far from Bemidji, Minn. We have repaired a very small cabin that will shelter us when it is too cold to be outdoors, and prepared a garden spot. We hope to go up there at the end of next April and hopefully grow enough food to last us over the next winter and spring. We think it is great up there and can hardly wait for the spring. We also think the libertarian-homesteading-community movement can't fail to attract people once they see the fulfilling possibilities of this way of life. We call our place New Harmony Homestead, and hope to find others who will join us in a small intentional community. — Ferdi Knoess, 3588 Delaware, Gary, Ind.

Withholding Action

To the Editor:

Your September editorial re non-participation is a step toward bringing people head-on with the problem of if or if not they are to continue contributing to a lot of things which no sensible, conscientious person should want any part in. And, if they don't wish to continue, how are they to withhold their support from the destructive things and courses?

To be satisfactory from the "secessionist" viewpoint, non-participation has to be more than just tax resistance. One must be willing to find a way of life that not only makes it not incumbent upon him to pay income tax but a way that allows the family or individual to have a satisfactory subsistence, without at the same time putting the very stuff into the regular market channels, through which every destructive project now afoot is nourished and furthered.

From the viewpoint of the average citizen today, this means almost unbelievably simplified modes of living as about the only thing that would make a more or less complete non-participation possible. This of course simply spells "homesteading" as we know it. So why not place homesteading before people just in this light—the one and only way of individual non-participation? So far homesteading has been recommended mainly as a better, healthier way of living. That hasn't been enough to motivate many people in it. Maybe this other would put some "get up and be at it" into the whole thing. It's worth a try.

Community Effort Needed

Your tendency to more and more advocate community is OK and especially practicable under present-day mass occupational patterns. So many people who might want to go in for non-

to rely upon, to breed ideas
to create, to meditate
minds to build a tomorrow

Giant people of strong spines, sure minds
with values worth a child's learning
and deeds worth a world's remembering

Real people each God-designed, one of a kind,
must rebuild a today strong enough
to reach a tomorrow.

participation are now city dwellers who simply could not go out just on their own, and take hold where their grandparents (perhaps) left off as agriculturists many years ago. In community there would be the saving factor of at least three or four members who would have some of the practical, down-to-earth skills needed for a successful effort. Such things simply can't be all re-learned from books or re-learned by a long course of simple trial and error.

So like it or not, and some of us are not too hot for "community," if non-participative homesteading is to go over heavily the idea of "community" can't be dispensed with. — Miles Roberts, Rt. 2, Villisca, Iowa

Sycamore Hollow Report

To the Editor:

This weekend Hurricane Betsy is switching water out of her now benign tail. This is much needed water, since our area has had three or four years of drought. For the first time in 10 years we were short of water. Ordinarily when we pump dry, we wait 30 minutes and have another copious supply. This time, we waited several hours and from then on did not water the garden or the flowers. Our organic garden practices helped so we didn't suffer. If the drought continues, Ralph will develop an irrigation project from our nearby small river.

Canning is finished. I have been clearing new growth from the creek edge, a never-ending process in the middle of a wild spot like ours. Ralph and the boys are finishing the addition to the buck barn, for machine storage. After that all will be neat and under cover, a primary problem of most homesteaders. The terrace along the entire front of the house has a fall display of mums, which Ralph grew from slips. We ripped out the overgrown summer flowers several weeks ago to make way for this act. David just brought in two fryer rabbits. This will be Sunday dinner and lunches for three boxes.—Rose Smart, 4998 Twin Creek Rd., West Alexandria, Ohio.

Bert Garner Replies

To the Editor:

Thanks for copy of your *Green Revolution* with the piece in which Victor Croley mentions me. I have lived very simply and close to nature for 45 years on the farm, "Paradise," on which I was born. I'm now 86 years old and enjoy the simple, frugal life that Victor Croley described. If people write me, I'd appreciate a stamped, addressed envelope for reply. — Bert Garner, Rt. 6, Maryville, Tenn.

Appreciates Mention

To the Editor:

Your mentioning me in your September issue brought a half dozen inquiries the first week, and the next week 8 or 10. This is more than from ads I have in other mediums. You must have a good nationwide circulation.—Ella Hanford, Box 58, El Rito, N. M.

Oakknollers Busy

To the Editor:

We are extremely busy, putting up fences, buildings, etc., as well as fumbling our way along

The Green Revolution

Second class mailing privilege authorized at Brookville, Ohio 45309.

Published monthly by The School of Living, Lane's End Homestead, Brookville, Ohio 45309.

Editor: Mildred J. Loomis.

Subscription rates: *The Green Revolution*, \$3 a year; *The Green Revolution* with School of Living membership, \$5 a year; *The Green Revolution* and bimonthly *A Way Out*, \$6 a year.

Telephone: TE 8-4522 (New Lebanon, Ohio).

Knowing How To Eat Is Important

Many believe they know what to eat, but few know how to eat.

In order to be thoroughly digested, food must have two important changes in the mouth; it must be completely broken up by chewing, and it must be thoroughly saturated with saliva. In hurrying through meals, most persons swallow their food almost whole because they dislike the food, or because of gluttony and inability to be satisfied with the minimum.

In these two ways, a person neglects the only digestive apparatus over which he has conscious control. We regulate our health with our jaws! Poor chewing and insufficient saliva are the source of most difficulties and illnesses.

All food which is not reduced to a pulp in the mouth and which is poorly mixed with saliva is of no use to our body. If a person eats fast he is continually undernourished, and always tends to overeat. Undigested matter accumulates in the intestines, causing gas, colds and a great increase of intestinal microbes, which are then blamed for other illnesses.

A heavy over-supply of microbes develops only where there are large amounts of undigested food held in the digestive track. If food is well chewed, it is assimilated into the bloodstream, and the intestines are well emptied. Then there is no chance for the body to over-develop microscopic life.

How To Eat

Put into the smallest amount of food in your mouth at one time.

Do not take another mouthful until the preceding one is swallowed completely.

Every bit of food, without exception, must be reduced to a liquid in the mouth.

Soft foods, and semi-liquid and liquid foods, must be chewed and saturated with saliva as much as solids.

If there is no time to eat properly, reduce the quantity rather than eat hastily and sloppily.

Stop eating as soon as your sharp appetite is satisfied. Do not allow yourself to be tempted by the goodies that remain.

Your body benefits only by what it absorbs and assimilates. Coarsely chewed, unassimilated food is worse than useless; it is harmful!

Pamphlet Available

The above ideas are emphasized strongly by those who support the Macrobiotic diet of grains, preferably whole rice. A summary of their ideas and practices, along with discussion from readers, will appear next month.

A useful, readable pamphlet summarizing the theory and practice of Macrobiotics is available for 25¢ from L. O. Anderson Research Center, 437 N. Kenmore, Los Angeles, Calif.—M.J.L.

with the animals and plants. We have our brown Swiss heifer and she is beautiful. Also we have bought considerable horse-drawn machinery—no horse yet—and no barn either. Bulldozer arrives tomorrow morning to raise hell around here. We'll see you some day.—Cal Kline, Oakknoll Homestead, Rt. 2, Frewsburg, N. Y.

Land For the Landless

To the Editor:

It seems to me that the failure of democracy or capitalism to (continued on page 3)

—Jean Ohman
From *Young People*