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Spinach!

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LEO POKORNY, 1209 C Ave., Lawton, Okla., inspects his loaded persimmon tree.

"Big" Persimmons In Oklahoma

The dictionary says "persimmons are plum-like" but down in Lawton, Okla., Leo Pokorny produced a first-harvest of organically grown persimmons considerably larger than plums. Neighborhood children asked, "Could we have a few of your oranges, Mister Pokorny, when they ripen?"

"This shows how fruit can be raised in this part of the country," he says. "They are the most beautiful as well as useful fruit trees I have ever seen in this country, Mexico or Cuba."

Mr. Pokorny worked on his two trees. He fertilized them with kelp, cottonseed meal, manure, granite dust, and compost.

What Logic Among Leaders?

By Mildred J. Loomis

On Dec. 9, 1965 I heard three predictions on the radio:

1. In 35 years (year 2000) the world population, at the present rate, will have doubled.

2. By 1970, 90% of our people will live in cities!

3. Vice president Humphrey said, "Cities everywhere are like bombs, ready to go off! We can expect urban explosions that will make Watts (Los Angeles, August 1965) look like a summer picnic."

So the clamor and the effort among officials is to pour more billions of dollars into cities to "handle the problems."

But the simple logic of a homesteader asks:

"Why unquestioningly accept population increase and drift to cities? Why not a challenging education for population control and for the skills and values of country living? Why not teach and help people to move out of cities? Why not education for an honest economy—a free market and no monopoly—so the average family can more readily get land and buy equipment, and keep the products of their work when they get a homestead?"

Why 66 billions for war in 1966? Why use most of our skill and brains for space and military problems rather than human, living problems?

Medics Muddle

In the medicine section of Dec. 3 *Time*, there is a story of a doctor's discovery that a certain form of high blood pressure, as well as perhaps the adult kind of diabetes, seems to be caused by too much sodium and not enough potassium in the victim's blood. This creates minute tumors on the adrenals, but they can be removed by surgery!

Why, WHY wouldn't the simple deduction occur to these doctors that the situation could be changed by more potassium and less sodium in the blood, and that one way to achieve this would be by way of food—eat less salt (sodium) and more po-

tassium foods, vegetables?

Another article said that a new form of cholera is gaining ground in Southeast Asia and is likely to appear in the U. S. via our men in Vietnam. It also says, "The drastic reduction in recent years in the death rate from cholera has resulted from the method . . . devised to maintain the victim's balance of fluids and those all-important electrolytes, the salts of sodium and potassium. . . ."

Many will recall that Dr. Max Gerson's famous therapy for cancer centered on improved potassium-sodium balance in body cells.

Suggestion: Let V. P. Humphrey and *Time* magazine have your reactions.

Can You, cont'd

Green Valley School, will present new ideas and practices with children; a paper by Henry Winthrop, University of South Florida, Tampa, will consider changes in college education; and an invitation has been sent to a member of the Free University of Florida to be present.

Saturday evening our Homesteading Film will be shown; W. W. Newcomb will talk on Obtaining Land for Homesteading, and there will be singing and dancing.

Sunday Program

Sunday morning will include a meditation on nature and country life, followed by an open meeting with the local Unitarian Fellowship on Major Problems of Living, a Lifetime Search, led by Mildred Loomis, director of the School of Living.

In the afternoon a session on Community will include the History, Structure and Goals of Melbourne Village, by Elizabeth Nutting, and discussion of other types of community. Before adjournment at 4 p.m., Continuing Fellowship for the Green Revolution will be considered.

Registration for the weekend is \$2.50; some rooms are available at moderate cost in Mel-

bourne Village homes. Write to W. W. Newcomb, 8240 New Haven Ave., Melbourne, Fla.

Preliminary Seminar

Mrs. Loomis will offer a discussion seminar on six major problems of living on Thursday and Friday, Jan. 27-28, at the home of Mrs. Virginia Wood, 530 Hammock Road, Melbourne. Fee \$6. Write for program and outline to M. Loomis, School of Living, Brookville, Ohio.

Spinach!

Beware left-over spinach. Spinach has long had its skeptics who say it contains substantial amounts of oxalic acid, which is suspected of a role in forming kidney stones.

But now a doctor's journal in West Germany (*Medical World News*) carries an item which says that pediatricians there have blamed a number of cases of a rare and sometimes fatal disease on spinach.

It is methemoglobinemia, a condition in which the oxygen-carrying chemical in the red blood cells is attacked by nitrites, and prevented from carrying out its life-sustaining task. Sometimes the victims perish of oxygen starvation.

Spinach, the German doctors say, is rich in stored nitrates absorbed from nitrogen fertilizers. If it is not eaten immediately after being cooked, the nitrates are broken down into nitrites by bacteria. Officials have warned parents to give children only freshly prepared spinach.

John Ewbank Comments

In submitting the clipping from which the above is quoted, John R. Ewbank (1150 Woods Rd., Southampton, Pa.), who lives in Bryn Gweled Community, writes:

I am not an organic gardener, natural food faddist, etc. I encourage use of nitrate fertilizers, etc. However, I am angry with physicians who report on the dangers of spinach today without calling attention to the fact that the high nitrate content is attributable in part to the nitrogenous fertilization practices of spinach farmers. The item from Nov. 29 *Philadelphia Enquirer* provides the natural food writers with some of the best ammunition they have had since the discovery of vitamin B₁₂.

Possibly the physicians were so specialized that they were unaware that modern spinach farms use much fertilizer, and that our grandparents raised spinach without fertilization.

Doubts, cont'd

other. County agents furnish whatever gardening information people will accept, and through 4H and Future Farmers there is a kind of crusade for new farming methods. I wish the government would expand the existing ag and home ec programs rather than introducing new programs through O.E.O.

"We will do all right if we have the personnel to handle the present programs effectively. And if the government does not insist on putting money in in such a way as to destroy initiative, which it is now doing at points. I think it is some of the government people who need educating. And I think probably your proposals for self-help are needed worse in the cities than here in Appalachia.

"In our immediate area, we may soon have a national forest. The Forestry Service is trying to buy up the land from large corporations. If they succeed it will mean better roads and other facilities. Then private homesteads can be more easily maintained. Then the County Agent, the Home Demonstration Agent and other groups can get information out more effectively."—D. B., Red Bird Mission, Beverly, Ky.

Please send us your Zip Code Number. Magazines will not be delivered in 1966 without Zip Code.

\$136,000 Needed to Report That The Air In Chicago Is Polluted!

Now the secret is out! A study coordinated by the Northeastern Illinois Planning Commission, on a Federal grant of \$136,000 reported in the *Chicago Sun-Times*, says that there is "a cause and effect relationship between some air pollutants and illnesses.

"Air stagnation with a high incidence of air pollution, possibly causing deaths, has occurred 25 times in the Chicago area since 1936. Periods of four-day stagnation may have caused deaths because weather conditions would not allow dispersion of lethal pollutants."

The study also reports conditions in other cities: on Oct. 25, 1948, 20 dead and one-third of the 14,000 citizens in industrial

Donora, Pa., were ill from smoke, gas and exhaust fumes; in December 1952, a five-day fog in London, Eng., caused 4,000 more deaths than usual; New York City suffered 200 deaths over the normal rate in November 1953 stagnant weather; in one year physicians report air pollution a contributing factor to illness in 1,600,000 cases!

Now, Chicago's Air Pollution Dept. has 43 stations in its six-county area recording buildup of foreign matter in the air. It is installing 8 more to measure the extent of sulfur dioxide from coal burning. "We must ask ourselves," says the director, "what is going to happen in the future that portends more industry and more autos?"

Milton Wend Continues Human Engineering Research In Nutrition

Milton and Florence Wend now live at Edgartown, Mass., a resort town which has a population of 6,000 in the winter and 55,000 in the summer. Now at home with the regular citizenship, they hope to interest summer visitors to their island, in their hand-made craft items. Mrs. Wend has for years designed and constructed beautiful lamp shades combining plastic and pressed flowers, seaweed, etc.

Milton Wend was the author, in 1944, of a well-received book, *How to Live in the Country Without Farming*, a detailed presentation of practices and methods useful to modern homesteaders. He was a trustee of the School of Living when it was organized in 1936 at Suffern, N. Y. He has since continued research in publication in many aspects of better living. Now in his early seventies, tall, erect and vigorous, he enjoys sharing his discoveries and achievements in health, posture, making of suitable furniture, building, etc. At the 1964 Workshop at Sperryville, Va., he explained his success with low-cost building with Semesto Board. This is a 2 inch thick, composition-insulated slab with a weatherproof cover. For some 15 years his own Semesto Board cottage has withstood New England weather. One photograph showed it literally covered with snow.

Presents New Book

Milton Wend writes now of a new book, *Heart Attack: Are You A Candidate?*, by Blumenfeld. He says it is so carefully documented as to be completely convincing and for the Wends

proves to be the book of the year in nutrition.

Blumenfeld states that half the present males and nearly as many female adults will die of coronary attacks unless they change their eating habits. He has developed a Prudent Diet which calls for reduction of fat consumption, including polysaturated fats. He claims that cream, butter, margarine and all cheeses except those made only from skim milk should be eliminated. Does this require getting rid of the family cow or goat? If eggs contain the highest amount of cholesterol of any food, and their consumption would be limited to three or four a week, then less than a dozen hens would suffice. The cholesterol content in eggs from hens fed in cages is twice that of the old days when scratching for worms was part of a hen's feeding program.

Wends Experiment With Diet

Milton Wend writes: "We have been vegetarians for years, but in experimenting with the Prudent Diet we are undergoing some changes. No more salt on the table, since it is a big cause of high blood pressure. Cream, butter and fat cheese are out. We now use Pet powdered skim milk made by quick, low-temperature technic. Our milk costs are now less than 10 cents a quart. We are experimenting with a line of bread spreads made in the blender with ground up carrots, honey, wheat germ and other things (he supplies 25 recipes). If one is still dependent upon stores for food, then one has to consider possible vitamin and mineral deficiencies. To handle this we are turning to "Green Life" supplements, based on Schnabel's original work with high protein grasses. V. E. Irons has a farm in Kansas where nearly a million dollars has been invested in land, natural fertilizers and processing equipment to turn out their line of really natural food supplements.

"I am drawing up a mimeographed sheet so that one can check one's daily fat consumption accurately as to amount and kinds. Also I am reducing this book on Heart Attack to several sheets to be available in our small natural food store which we are starting."

Building Fund Financial Report

INCOME	
Contributions as of 5/28	\$350.00
Contributions 7/11	45.60
Contributions 7/15	579.50
Contributions 10/11	221.75
R. J. Stanewick 10/11	2.00
James I. Smith 11/16	200.00
Leo Rainer (Nov. Labor)	200.00
	<hr/>
	\$1398.85
DISBURSEMENTS	
Septic Tank & Work	\$395.60
J. Costa, plumbing	100.12
Freedom Lmbr., stairs	3.05
Wolf Supply, nails	14.49
Throne Lmbr., roof	60.98
Wolf Supply, roofing	187.85
Throne Lmbr., oil, putty	3.42
Kopps, finish lumber	12.53
Throne Lmbr., steel & cement	36.20
Kopps, masonry	11.02
Throne Lmbr., lumber & plaster	17.68
Kopps, window sash	8.24
York Hdwe., misc.	8.67
New Freedom, misc.	2.56
Throne, lumber & masonry	59.60
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	\$922.01
Balance	476.84
	<hr/>
	\$1398.85
Immediate needs: plumbing,	
—Hugh Graham, Treas.	

NEW YORK READERS
You are cordially invited to an informal meeting at our home, Jan. 21, at 8 p.m., to bring School of Living sympathizers face to face, and to consider possible immediate functions for a New York chapter of the School of Living.—Selma and Gordon Yaswen, 339 E. 94th St., Apt. 6A, phone 534-0567.

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 Harman, Bend, Oregon.