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Film Shows Cells in Flouride Solution

Mildred Loomis

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A Good Adventure, cont'd

be produced in order that all persons survive, and be adequately developed? How shall goods and income be distributed equally, according to need, by gift and stealth, or according to the contribution each claimant has made to their production?

The Political Problem — what is the nature of the political state? How is it similar and dissimilar to other organizations? What is the nature of legal coercion and where and to what extent should it be used in a good society?

The Problem of Purpose — what is my purpose in living?

What Place for the Homestead?

The term **School of Living** usually brings to most minds the idea of "the homestead." Some of our seminarians were puzzled that our seminar did not begin with the homestead. At the conclusion of our study, we pictured a successful homestead and considered how the foregoing problems could be dealt with or "solved" in homestead living. It was quite obvious that the preliminary probing and discussion had uncovered a theory and philosophy for action in the direction of homesteading as a way of life and decentralization as a good social policy. Our seminar had provided an intellectual and philosophical validation for homesteading. It seemed to most of us a rational, desirable and even necessary "institution" for a Good Society, with an end to war.

[Note. Some seminarians expressed interest in a longer search. A month-long study of 17 Problems of Living (July 7-Aug. 9) is open to 8 or 10 qualified seekers at Lane's End Homestead, Brookville, Ohio.]

Florida State Meeting

Friends from Port Orange, Okeechobee, and other Florida points, plus more from Melbourne, joined us for the weekend program beginning Saturday, Jan. 29. Homesteader Hal Porter gave us a spirited and convincing account of his homestead and instructions for developing one from scratch. (We will print his talk later.) Dr. Ruth Rogers, homeopath from Daytona Beach, outlined her reasons for adding organic foods to her practice with patients.

Luke Carpenter from the experimental Green Valley School opened a session on New Concepts of Education for Human Development. His experience and the questions opened up produced a most rewarding hour, to which Mabelle Brooks added in presenting a paper by Dr. Henry Winthrop of the University of South Florida. This plunged us into a lively discussion of cybernation and the destiny of no-work and "creative" leisure. Mildred Loomis presented the chal-

lenge of adult education in every community to deal with basic, perpetual problems of living—to create and produce a human "future," rather than "predicting" that one planned and managed by scientists and politicians is "final" and inevitable.

On Sunday, Rev. Bill Reece of Melbourne Village led us in a moving meditation on the spiritual values in nature and country life, which proved a high point in our weekend. In combination with the Melbourne Unitarian Fellowship, Mildred Loomis outlined "An Adult Education to End All War"—a quick survey of the place and nature of 17 Basic Problems of Living.

A final session on Community was led by Elizabeth Nutting, in which we examined the goals, history and structure of Melbourne Village, sponsored and developed in the past 20 years by the American Homesteading Foundation. We were meeting in their attractive Village Hall, we were guests in their lovely homes, we walked in their beautiful "hammock" parks, we ate fruit from their functioning homesteads — we were reluctant to come to the end of our association together.

We finished off with a discussion of what to do now to further advance a movement for adult education in living. We'll outline these plans later. When we announce another seminar in Florida, make sure of your plans to attend; you'll find the people, the ideas, the whole experience well worth the effort.

And how about a seminar-meeting in your area? The pattern we have worked out can be a rewarding experience elsewhere. Write us if you will assist in developing one in your area.—M.J.L.

Letters, cont'd

woman, or young couple who want to practice their dreams without spending all the capital they have. — Calliope Columbus, 2427 N. Broadway, Springfield, Mo. 65803

Migrates to Canada

To the Editor:

In October we came to the Quebec section of Canada, to get a new look and give our boys a chance to escape draft, etc. We like it here and for the first time in many months there is freedom to breathe. The people are simple, friendly farmers; and we are learning French. In the spring we will move to the farm we bought which has no house—only a very large barn which we shall convert into living quarters, film and art studio and whatever we need for our work. We have fertile soil and will grow many things, but will not have a herd of cows. Like you we think the Homestead is a Moral and Material Withholding Action. — Virginia Naeve, Rt. 2, Ayers Cliff, P. Q., Canada

Thanks for Help

To the Editor:

Thank you very much for the information you have provided me on intentional communities in the United States. It has been most helpful.

I include herewith a check for a year's subscription to your publication, **A Way Out**. Thank you again. — Foster Stockwell, 4749 S. Woodlawn, Chicago, Ill.

A Way Outs

Extra copies of some very popular issues of **A Way Out** are available while they last.

March-April, 1965, on Community. 35c.

November-December, 1965, on Rural Utopia. 50c.

January-February, 1966, Reader Reactions to Rothbard-Tucker Controversy Over Money, 35c.

March-April, 1966, War and Peace, 35c.

All issues stress decentralist, libertarian ways out of personal and social problems. Order from School of Living, Brookville, O.

Riot Linked To Rural Problems

Prentiss, Miss., Oct. 31 (special to **New York Times**)—A Negro agricultural official told Negro farmers today that the lack of opportunity in rural America was largely responsible for such strife as the Watts riot in Los Angeles.

L. J. Washington, a native Louisianian who is program officer of the Farmers Home Administration in Washington, D.C., called on Negroes here to remain on the farms and in rural areas, with the aid of new Federal programs.

"For too long, too many people have written off rural America and its people," he declared. "Thus we have not only created a problem of major proportions in rural America, we have also infected our cities with our rural ills."

Mr. Washington spoke at the dedication ceremony for the Sutton Mission Assembly, training center for Negro ministers. It has recently been given a grant of \$125,000 from Farmers Home Administration to erect the center.

"If you can't make it in Prentiss, how are you going to make

it in Chicago?" Mr. Washington asked. "Your problems must be solved right here."

"Face it or not," he declared, "the Watts incident was more than a racial riot. Racial tension no doubt triggered the explosion, but the real roots of the problem go much deeper."

[Editor's Note. See our forthcoming March-April **A Way Out** (and later issues) for analyses of some of the deeper economic problems which result in poverty, riots at home, and war in Vietnam. 35 cents a copy from the School of Living, Brookville, Ohio.]

Film Shows Cells In Fluoride Solution

By M. J. Loomis

Now you can actually see what happens to living (normal mouse-L) cells as they are subjected to an environment containing sodium fluoride. A very remarkable film has been prepared in the laboratory of the Time-Lapse Research Foundation in Illinois, sponsored by the International Institute of Clinical Physiology, of which Dr. Jonathan Forman of Columbus is director.

In the time-lapse technique, a camera is attached to a microscope which photographs movements and cellular changes too slow for the human eye to perceive. First we see normal cells under normal conditions as they multiplied and divided in a basic life process.

Then a concentration of sodium fluoride of one part in 30 million (blood-level concentration in adults drinking fluoridated water) was added. Immediately there is a dramatic change; cell action is greatly speeded, with rapid cell division. In a few minutes this action begins to slow down; cells "explode"—the walls break and the cells diffuse. Shortly thereafter there is absolute inactivity. Every trace of motion and cell division has ended.

Interpretation

To a layman this looks like an introduction of stress, which the cells try to overcome, and are defeated. Dr. Forman, who narrates the film, points out that the fluorine ions have entered the cells and blocked various vital enzymes, thus breaking the reactions which control all life processes. The extra activity is the cells' effort to produce additional enzymes to replace those poisoned by contact with fluoride. Every cell either dies or has its normal growth altered by the fluoride.

Dr. Forman says, "In the human body such poisons are subtle, insidious, and if prolonged for months and years will create chronic disorders and upset the functions of one or more of the vital organs."

Report Checked

A report was circulated that Dr. Ott, who had produced this film, had later "repudiated" it. Asked whether this was a fact, Dr. Forman wrote:

"Dr. Ott, the producer, has disassociated himself as a result of threats to ruin him and all he has built up. It should be clear that his foundation was contracted with to do a piece of research under our direction for the sole purpose of confirming or failing to do so the work of Berry and Trillwood in Sinclair's Human Nutrition Laboratory at Oxford University, England. The film is not propaganda. It is a graphic record of our confirmation and speaks for itself. It is intended to help raise funds for more research into the toxicity of fluoride. This is further discussed in my new book, **Fluoridation Intelligence**."

[The film can be purchased at cost per print — \$68.68, plus \$5 mailing and insurance — from Greater New York Committee Opposed to Fluoridation, 342 Madison Ave., New York City 10017.

Rental charge is \$10, including postage.]

Health Resort Reopens In Florida

After a year of searching and testing many sites, R. J. Cheatham (formerly of Orange City, Fla.) has reopened his Shangri-La Health Resort in Bonita Springs (on Florida Gulf Coast).

Springs here flow over a million gallons of crystal clear water a day, with chemical analysis almost identical to that of the famous spa in Baden-Baden, Germany.

Mr. Cheatham is operating a vegetarian-hygienic health and vacation resort. Swimming, boating, hiking and many other sports are available, along with lectures and assistance on special health problems.

Publications For The Homesteader

National Stock Dog magazine, quarterly, \$2 a year, \$5 for 3 years. E. G. Emanuel, Rt. 1, Butler, Ind. 46721

Peace of Mind Thru Nature, \$1. Backwoods Journal, Paradox 5, N. Y. \$2 a year, sample 35c.

Hygienic Review, \$4 a year. Herbert Shelton, Editor. Box 1277, San Antonio, Texas.

California Homeowners, quarterly, \$2 a year. 1561 N. Gower, Los Angeles 90028

Dairy Goat Journal, monthly. \$2 a year. Box 836, Columbia 35, Mo.

American Rationalist, \$4:50 a year, liberal religious viewpoint. Box 742, St. Louis, Mo.

Mankind Go Home, by Russel Jaque, simple life, handcrafted, \$2 from School of Living.

Go Ahead and Live! 200 page record of young couple's effort to set up a homestead and solve living problems, by M. J. Loomis and others. \$4 from School of Living, Brookville, Ohio.

Nest Eggs, cont'd

and some mental anguish, we are getting by.

I do not own a woodlot. I clean out neighbors' woodlots and hedgerows, and get wood for the

Our choice to live in partial poverty

Is but the means, an end for to achieve.

The end is having time in which to live

The way we wish, a life where we are free

Of regular hours, where time is unimportant.

Yet where there is the time a plenty to

Help our garden flourish and children grow,

Time to absorb the smell of pungent woodsmoke.

Time for poetic living is our intent.

The means must be the vehicle to obtain this,

Must be poetic and practical as well.

Simple living, the means to cut expenses.

Less time spent in earning may be spent

Loafing and inviting the muse and soul.

—By Dudley Laufman, in **Sonnets That Examine The Simple Life**

work. We get quite a bit of free meat. A poet, musician and countryman attracts many people to the door. They come to talk, see, listen, and usually to stay for a meal or two, and usually they bring something with them. This is a nest egg.

When I first embarked on the good life, I was filled with youthful enthusiasm, and perhaps announced my feelings too soon and too flowery. Because of this, I got shelved with other good lifers as a zealot. I wish I had not been so hastily outspoken. But I do feel that rural life has much to offer many people, be they peaceniks, artists, back to earthers, or all three. Whatever help I can offer regarding housebuilding, gardening and the like, I will be glad to do so.

—from **The Greenleaf**

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