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## B Vitamins Good for Memory

Pauline Pidgeon

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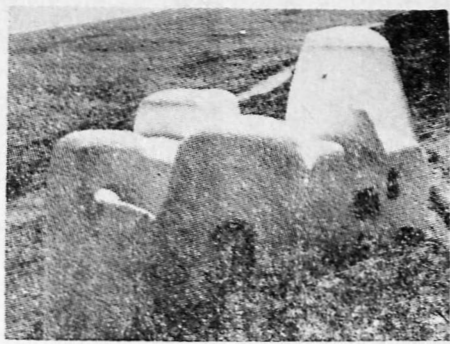
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The Owner-Built Home — Chapter 3  
**Planning Systems:  
 The Free-Form House**

By Ken Kern

(continued from last month)



Each sleeping section of a free-form dwelling is designed as an individual living room. Private baths may be included in each individual living quarter.

There is *continuity of structure* in a curving free-form building which makes it more desirable than straight-line types. Conventional structure is put together from separate, articulated pieces, whereas free-form is composed of simple, continuous materials; angles break the flow of the eye but curves lead smoothly from one surface to another. There is also a significant structural advantage in continuity of structure. Forces applied at any point in a building structure should be distributed in an equal flow throughout. Obviously, these forces are less apt to flow at right angles to one another—which is what we demand of the standard frame or masonry house.

Only the more serious and seasoned owner-builder should attempt to build a free-form structure—with floor curving into wall and wall curving into ceiling. To build thus one must develop a knack for spreading concrete on curving forms (concrete plaster being the best suited material for the job). Regular poured concrete is much too limited because of the necessary straight-edge formwork required. Plaster, however is a plastic form material that all but eliminates elaborate formwork. Plaster is applied to a reinforcement which is itself a form—in the manner of the sculptor's *armature*, or frame-support.

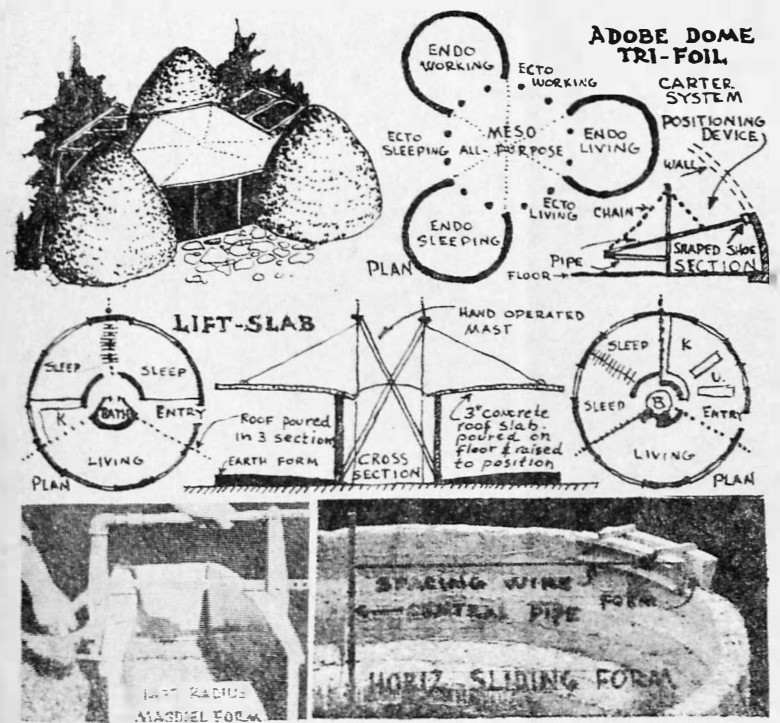
Lime is the type of plaster used in the earliest civilizations. Nowadays hydrated lime is used as a plasticizing agent, to increase workability of the cement mortar. Diatomaceous earths and fire-clay (mortar creme) are better, as they are less harmful to the workman's skin.

Gypsum and portland cement are the two most commonly used binders in plaster work. A type of waterproof cement called *plastic* is preferable to common cement, as it spreads easier.

To achieve first quality work, only clean, well-graded plaster sand should be used. Where available, coarser aggregate should be used in the base coats. Vermiculite and perlite aggregates are used where a lightweight, acoustical treatment is desired.

Where plastering is done against a rigid surface, a stucco netting having large openings should be used so that plaster will be pushed through to the backing, completely embedding the metal. A special *furring* nail is used to attach reinforcement. It holds the reinforcement out at least one-fourth inch beyond the backing, permitting plaster to be forced behind the reinforcement. Expanded metal lath and gypsum lath are used where there is no backing. Again, the plaster should completely cover the mesh.

The correct proportioning, mixing, and application of plaster is essential for quality results. The table included here will assist the owner-builder in his selection and use of the common types of plaster. With some trial-and-error experiences one can soon develop a facility for spreading plaster. It is also important to buy and become familiar with the right plastering tools: a high quality *steel trowel* for application; a lightweight *hawk* for carrying the mortar; a *wood float* for gliding over the surface, filling voids and leveling bumps; a *darby* for preliminary smoothing and leveling.



(continued next month)

Join 20,000 who will call on Sunday, March 27, at American homes to receive gifts for Medical Aid—to heal as best they can the tearing off of children's limbs, perforating of tiny backs, searing of little heads and gassing of infant lungs. Send for instruction, labels and collection containers to Dr. Tom Brewer, National Coordinating Committee, 1241 46th Ave., San Francisco, Calif.

Checks or gifts to Bertrand Russell Peace Foundation, 3/4 Shaver Pl., Haymarket, London, England.

**Some Thoughts On, cont'd**

location of this land. It would have to be far enough from any city so that the likelihood of being annexed was small, since the land becoming part of a city is a catastrophe for any homesteader. Not only do taxes become prohibitive, but the first thing the city does is ban the raising of all animals within the city limits.

**Health vs. Picture Windows**

The ostensible reason for this is that so doing causes odors and flies and is a threat to the health of the community. The actual reason comes from our snobbish heritage from the past. Who hasn't heard about the lowly stableboy, the horny-handed son of the soil, the country hick—anything to downgrade the man who puts his hands in the good earth to raise food for himself? It descends from the day when lords and ladies set themselves up as being better than other folks and particularly those who lived on the land. The high goal: to divorce oneself from any kind of work and live in a state of idleness.

The situation exists today. It is still believed that the condition most devoutly to be desired is to sit on a silk pillow and be waited on hand and foot. In the old days it was done by having slaves or servants; today it is accomplished by labor-saving appliances. The philosophy behind it is the same.

**B Vitamins For Good Memory**

By Pauline Pidgeon

It came as no surprise that scientists at a conference on physiological psychology in California last December came to the agreement that a challenging environment could increase the size of the brain. But did they recommend that people look for a few pet challenges or change their ways of life? No! Nothing so revolutionary. They proceeded to tell of their experiments with chemicals and enzymes to either intensify memory or produce amnesia in animals.

It seems they discovered that acetylcholine is the neural transmitter across the synapse (a functional connection or space between two brain cells over which the transmission is of a biochemical nature). In order to keep levels of acetylcholine at the synapse within reasonable limits, and to enable transmission to occur efficiently, the body has an enzyme called cholinesterase. If a drug ties up the cholinesterase, the acetylcholine is free to accumulate at the synapse and produce amnesia.

Two of the amnesia-producing drugs are Scopolamine and Benzotropene. It is no surprise to many that patients with Parkinson's Disease are known to suffer memory loss after an overdose of Benzotropene. See what happens? It's a case of having a damned synapse and who wants that?

It makes good sense, then, if you want to have a well-functioning brain, to have a good supply of these two substances in your body. But where do they come from?

What do you want to bet the B vitamin choline is related to cholinesterase and acetylcholine? Many nutrition writers have pointed out the need for all the B vitamins for a healthy emotional state, good memory and keen mind and how this all fits.

And let's not overlook the value of oxygen for the brain. You are familiar with the increased breathing and hyperventilation with vigorous exercise in play and hard work. And you are familiar with the blessed, peaceful sleep which follows.

Well, there are millions of people who poke fun at homestead-oriented people for "going back to the land," but we will have the last laugh. Fresh, unpolluted rural air, vigorous exercise and plenty of B vitamins in their natural state from whole grains and brewers' yeast will go a long way towards a keen mind and a happy state of mind.

It is for this reason that all the words connected with the growing of things are loaded with degrading connotations. The words "soil" and "dirt" are used to describe unclean things; and the word "unclean" means the same in this usage as it does to caste-conscious people of India. So in order to set themselves up in the world, acquire status and join the social swim, residents of suburbia sit in their artificial stone, aluminum and glass houses and look out their picture windows at other picture windows and decide to have laws passed to preserve uselessness of their existence. (to be continued)

**Expressing The Green Revolution**

A California member asks: "What do I get for my \$10 membership in the School of Living? What can I do for the School of Living?"

As indicated in A Way Out (back front cover), "Members who want to give support beyond the cost of subscription to our journals, send a membership and help determine policy and elect officers." This may be more in our favor than yours, but like any club, church or group, funds for the School of Living are needed to advance the goals to which members commit themselves.

What services can we provide members? Who will volunteer to be Membership Secretary, answer mail, loan books and otherwise "service" members?

Some specific ways to assist the School of Living (others can be added, of course) organizationally, now, could include:

1. Correspond with members and readers of our journals.
2. Visit and share with readers in your neighborhood.
3. Tell others about School of Living, its goals, journals and activities.
4. Organize and hold a state or regional meeting of School of Living members in your area (write us for a list of readers).
5. Write to news commentators (radio, TV, papers, etc.), giving information about our work and point of view.
6. Send items of interest for our publications.
7. If you have a homestead, invite visitors and seekers (on a pre-arranged basis).

**New York City Members Active**

Initiated by Selma and Gordon Yaswen, 339 E. 94th St., New York City, twenty School of Living members met at the Institute of Rational Living on Jan. 23. Members elected to join one or more of three sub-groups: Technical Problems of Developing A Homestead; Social Problems of Intentional Community; School of Living Structure and Ideology.

One group will meet each week; on the fourth week members of all three groups will come together for report of progress and general exchange of ideas. One group met with the Yaswens on Thursday, Jan. 27, and others were scheduled for successive Thursdays. Please contact the Yaswens for further information.

**Monthly Forum**

Herbert Roseman (1452 E. 85th St., Brooklyn), editor of the March-April 1966 A Way Out, and Jack Schwartzman (248 Jamaica Ave., Bellerose, N. Y.), editor of Fragments, are sponsoring a monthly forum to which all School of Living persons in the area are invited. Dr. Albert Ellis was the speaker at their first meeting, Jan. 28.

**School of Living Course**

Abigail Grafton (170 E. 2nd St., New York City) is assisting Dr. Leo Koch (Collaberg School, Stony Point, N. Y.), president of the School of Living, in a course in sexual education in New York City. Dr. Paul Goodman consented to give the first lecture.

**ADVERTISING RATES**

Classified: 45¢ per line; minimum 3 lines or \$1.35; 30¢ per line for repeats of same ad.

Per inch (8 lines), \$3.20; \$2 for repeats. \$25 per inch for 12 consecutive insertions. Average line has 29 spaces.

Display: \$4.40 per col. inch; \$3 for repeats of same ad; cuts and mats acceptable.

Payment should accompany order.

Write for yearly discounts. Arthur Harvey, Advertising Mgr., Raymond, New Hampshire.

Deadline: 10th of preceding month (example, April 10 for the May issue).

I WISH to contact sane western growers, dealers, and users of quality products who are interested in a goal of 150 years of happy, healthy life for God's people. Rev. Herb Blackschlager, Box 1028, Ridgecrest, Calif. 93555 (3-66)5

YOUNG WOMAN needed to help with cooking and housework on homestead educational center. Write Helen Valentine, Argenta, B.C., Canada.

WANTED: Responsible person or couple enthusiastic about possibilities for educating children in rural atmosphere, encouraging individual growth and accepting non-standard thought. Considerable autonomy possible for right persons to help provide summer experience for children on homestead in mountains of British Columbia. Write for brochure, possible meeting on trip east. C. P. Valentine, Argenta, B.C., Canada.

NON-SECTARIAN, liberal, intelligent, self-employed deaf man, 45, 5'4", 115 lbs., likes most outdoor activities and organic gardening, wishes to meet a mate with same interests and desire for a devoted home life. Leonard Heller, 621 Avalon Ave., Santa Rosa, Calif. 95401

80 ACRES for sale, new log house, good soil, gravity water, timber. Ideal for group. Harry Griswold, Kaslo, B. C., Canada. (2-66)3

HIGH, BEAUTIFUL 22 acres in pasture, hog-fenced, crossfenced, pine woods, 2 springs, pond, young orchard, 3 gardens, flowers, ugly unfinished CB house & patio, smoke-house, barn, chickens, 7 cattle, well, some furniture, \$10,500. F. Burn, Rt. 1, Marianna, Fla. (2-66)4

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NATIONAL \$1 seller (verses). "Words for Wisdom." Rush 30¢ each for postage and handling to Aura-Graphic Publications, 437 Lyons Ave., Newark 12, N. J. (2-66)3

ROCK PHOSPHATE, Colloidal Phosphate, Hybrofite (a potash rock), Granite Dust, Nitomin; also A & E Hybrofite. Paul Degler, 51 Bethlehem Pike, Colmar, Pa. (on Rt. 309) (6-5y)

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JUNE BURN'S book, *Living High*. Joyous account of homesteading in San Juan Islands and "troubadouring" throughout the U. S. Illustrated edition with postscript, only \$3 postpaid to "Green Revolutionists." (Reg. \$4.50). Wellington Books, 346 Concord Ave., Belmont, Mass. w(4-65)y

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Send us names and addresses of friends who would like to see **The Green Revolution**. We will mail sample copies to them.