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Books on Creative Living

Mildred Loomis

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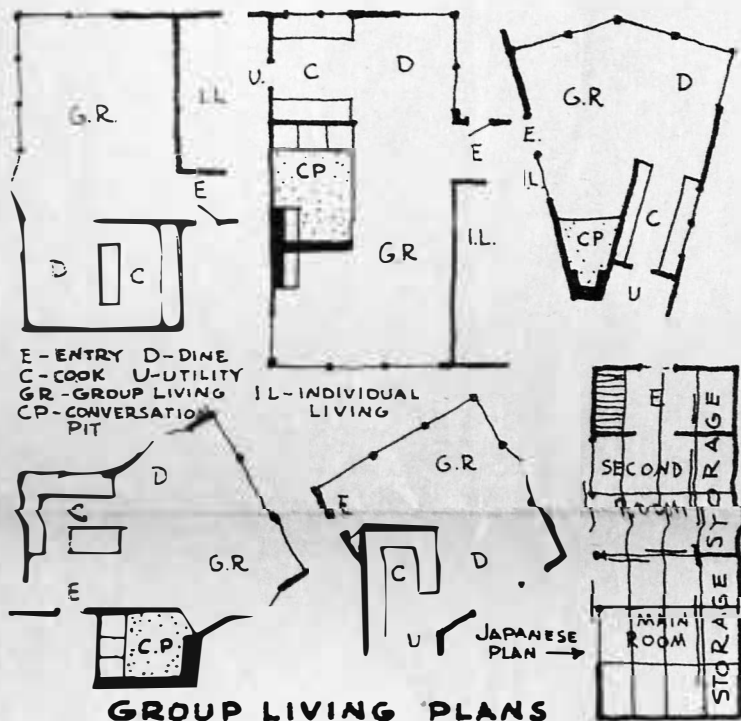
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The Owner-Built Home — Chapter 4 Planning Systems: Group Living Space

By Ken Kern

In planning group living space we seek first of all to satisfy our *physical* space needs. We classify furniture groupings into (1) Primary Conversation; (2) Secondary Conversation; (3) Reading-Writing-Study; (4) Music; and (5) Games. The furniture arrangements thus made constitute an *interior view* in the same way that window and door arrangements constitute an *exterior view*. A volumetric furniture sequence is suggested: placing the bulkiest furniture against solid walls, with medium-volume furniture between, and light furniture closest to window and door openings. Under open-plan design concepts a light, adaptable type of furniture is recommended. Let low individual pieces of furniture be sparsely distributed in the room.

Open-planning concepts can offer an Owner-Builder a much more satisfying living environment. Contrast the studied "activity planning" approach to the traditional, standard-sized Victorian room-box planned exclusively to receive, entertain, and impress guests. The monotonous symmetry of box-shape cells should be replaced by the spaciousness and flexibility found in the open plan. The open plan living arrangement provides for changing demands at different times of the day and year. It also meets the changing demands for the different stages of family development; simultaneously engaged active and passive activities are provided for. An almost unrestricted inside view prevails in the examples of open planning illustrated below. Cooking and eating areas are only a few steps apart, and neither area is cut off from the rest of the group living space. Quiet and passive functions are placed in dead-end areas (by nature we prefer the cozy feeling of enclosure when reading).



Open-planning concepts should serve as important tools to the modern architect; a means, however, when the disciplines of one tradition are replaced; substitutes merely, not alternatives, are established. Alternatives too often necessitate a painful thought process and a major change in basic living patterns. It may have been this notion that prompted Frank Lloyd Wright to say that:

In our country the chief obstacle to any real solution of the moderate-cost house problem is the fact that our people do not really know how to live.

Open-planning concepts enable us to satisfy our *physical* needs—but this is only one purpose of "making spaces." We also design space to satisfy our impulses and add richness to our lives. These emotional qualities are too often overlooked by architects, and hardly ever considered by Owner-Builders.

A surprise view or a changing vista in a room can add immeasurably to its charm. We should contrast the narrow-wide, the light-dark, and the high-low characteristics of a room area. There should continually be a feeling of change in the places we inhabit. Wright spoke of "filtering from one place to another." A hall, for instance, "filters" us into a room. The architectural treatment we give the hall thus influences the emotional impact created through the transition from one space to another.

Entry-passage planning warrants our special care and attention. It is here that guests are first received and it is here that we wish to feel the first impact of homey welcome. A low, wide entry has a more appealing shelter suggestion than a tall, narrow one. A small, low-ceiling hall makes the adjoining room appear wider and adds a sense of movement and spacious rest when one is entering the room. Hallway doors and room-openings should be grouped together to reduce major circulation across a room. To prevent the division of a space into two sections, a good hall location is at the corner of a room rather than in the center of the wall.

(continued next month)

Letters To The Editor

Ahimsa Children's Camp

To the Editor:

Many parents who care deeply about social justice and peace have difficulty locating activity for their children which is compatible with this concern. Therefore a group of pacifist individuals are banding together to create a new summer camp

which can provide an answer.

They have purchased a beautiful camp in eastern Connecticut, renamed it Camp Ahimsa, and hired Richard King to serve as the director. The first summer season begins July 1 and runs for eight weeks, until Aug. 27.

Camp Ahimsa is incorporated as a non-profit enterprise and will be open to children of all

ages from ages 9 through 15. A brochure is available.

To meet an up-coming property payment, financial contributions are needed. An arrangement is in effect by which 50% of each \$100 share purchase may be credited toward the camp fee of any child.

Children or their parents (as well as young people interested in counseling) are urged to write the camp.—Paul Salstrom, Secretary, Camp Ahimsa, Voluntown, Conn. 06384

Don't Overcook Greens

To the Editor:

Re your item on greens in the February issue, who wants to cook the poor greens one full hour? Better to boil a small amount of water, drop in the greens, cover, let it come to boil for one or two minutes, and turn off the fire. In a few minutes they are ready to eat. (The water in which dandelions and chicory are cooked is like medicine to people with gallstones or gall troubles.) Chicory is easier to clean. The best greens grow on plowed land. Don't pick greens

on the highway; they are loaded with lead poisons. No green should be cooked in 3 or 4 waters; even pokeweed is not poisonous, and need not be cooked to death if picked young and only the tender part eaten. Needs only a minute or so in boiling water. To those who send a stamped, addressed envelope, I'll send some Florence Fennel—excellent raw, flavors fish, and helps digest food.—Calliope Columbus, 2429 N. Broadway Ave., Springfield, Mo. 65803

Ways with Fruit Trees

To the Editor:

As soon as peach blossoms appear in the spring, spatter wood ashes over them and the young leaves. Attach a perforated tin can to a pole and sprinkle ashes through the branches, on a damp day when there is no wind.

To prevent fruit tree blossoms from being damaged by frost, a hempen rope is intertwined among the branches of the tree in blossom, and the end of it brought down to terminate in a bucket of water. If a frost occurs during the night, the tree will not be damaged, even though a film of ice may form on the water in the bucket. My grandparents brought this lore from Germany and I saw it in use on their Kansas farm.—Alice M. Kennedy, 1355 Ivy St., Denver, Colo.

Educating At Home

To the Editor:

Will Evan was born on Feb. 25—another natural birth, this one the first time we were really at home. While I (Carol) was impatient for 3½ hours of labor, Will was born with no problems. I felt better than before the birth, by the very next day. In the week since, 3-year-old Don has done a lot of growing up; he's quite proud of "his" baby.

We've been looking into education laws and found that Vermont will permit children being educated outside public school, if they are getting "the same" education (the decision as to

"same" being made by the principal of the school). It looks like Vermont is one of the few states where, with enough education, you can educate your own.

Enclosed is Dave's favorite list of books. *Green Revolution* readers might be interested in a list of what we think is conducive to "creative living." You tuned us in to *Normal Neurosis*—and thanks. It surely hit home with us and many who have borrowed it. Hope you are well. We sure are!—Carol, Dave, Don and Will Hatch, 8 Pine St., St. Johnsbury Vt.

Books on Creative Living

Dorothy Baruch, *New Ways in Discipline*, \$5.50; Ralph Borsodi, *Education and Living* (4 parts); June Burn, *Living High*, \$3.75; Albert Ellis, *How to Live with a Neurotic*, \$3.95; Albert Ellis & Robert A. Harper, *A Guide to Rational Living*, \$4.95; Paul Goodman, *Compulsory Miseducation*, \$3.95; Ammon Hennacy, *The Book of Ammon*, \$3.00; Aldous Huxley, *Island*, paperback, (continued on page 4)

Wend to Produce Better Chairs

One of the best bits of news we've had in a long time comes in Milton Wend's announcement that he is going into production on chairs suited to the human body. Among the popular lectures of this erect, vigorous 70-year-old is one that shows how badly the "modern" chair is designed for body support and comfort. The seats are too deep, padding is a mistake, the backs are no good, and usually the chair is too high.

Mr. Wend, director of Human Engineering Research, Edgartown, Mass., lists at least three body needs that a chair should sustain: an erect spine, with body weight on the fleshy rump bones; back support just under the shoulder blades; and no pressure on the under thigh muscles. This gives the body maximum support, no nerve pinching or pressure, and true comfort and relaxation.

Check the chair you're sitting in. Is it low enough that your feet touch the floor, and leave a space between the chair seat and the thighs? Do the knees extend out at least two or three inches beyond the edge of the chair, to make sure of no pressure on the thigh muscles? Are you sitting with a straight spine, perpendicular to the chair seat? Is your weight on a maximum of 2 inches of padding, so that the rump bones carry your weight? Is there back support to the three or four inches below your shoulder blades, and nothing from there to the chair seat?

Mr. Wend says that requests for decent chairs have grown to the "pressure" stage. He is now equipping and expanding his craft shop to go into production on good chairs, this spring. It will be a part-time occupation, and if orders exceed his individual capacity to fill, he will try to get some parts made else-

(continued on page 4)

THE GREEN REVOLUTION — 3 May, 1966

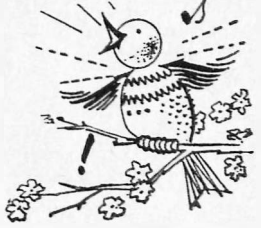
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BOY, 14, active, enthusiastic, interested in livestock. Needs farm, country experience, work for summer in Christian home. No heavy lifting. Mrs. F. E. Simpson, 4720 3rd Place, N.W., Washington, D. C.

LIVING HIGH by June Burn. Joyous homesteading classic, New illus. edition, \$3. Wellington Books, 346 Concord, Belmont, Mass. (y4)

WANTED—Someone to live on our homestead; food and lodging in exchange for work in garden, house and health food store. Lefever's Sonnenwald Homestead, Spring Grove, Pa.

PRIVATE SCHOOLS FOR ALL by O. B. Jannsen. Provocative essay on purpose of education. Why it should be conducted as private enterprise. 50c.—Committee of One, 825 Walnut St., Roselle Park, N. J.

SHARE our search for HEALTH and WISDOM on a guest homestead in the Ouachita Mountains. Camper parking, neighborly help. Mary & Ed Borsodi, Star Route 1A, Smithville, Okla. 74957

I WISH to contact sane western growers, healers, etc. (Arabic/Hebrew/English/Portuguese) who are interested in a goal of 100 years of age, healthy life for God's people. Rev. Herb Blackschlegel, Box 1028, Ridgecrest, Calif. 93555 (3-66)5

80 ACRES for sale, new log house, good soil, gravity water, timber. Ideal for group. Harry Griswold, Kaslo, B. C., Canada. (2-66)5

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School of Living Center News

Heathcote Road, Freeland, Md.

Many projects are available at the Old Mill for groups this summer and fall. The following are the most important and pertinent:

1. Repair retaining wall near the bridge, to provide space near the stream for patio, garden and parking.
2. Rebuild stone wall and steps near porch to upper terrace level.
3. Excavate, drain and lay flagstone on second-level terrace.
4. Willing hands and backs always welcome in garden.
5. Repair stone wall from big dam to Mill.
6. Remove wheel house from east end of Mill, and restore east wall to attractiveness.
7. Sanitize and convert chicken house to summer living quarters.
8. Design and construct covered cooking facilities in lower meadow.
9. Bring in available large quantities of wood for use in the Mill.

These projects can best be done by a few people at a time. We will be glad to hear from interested persons and help arrange a schedule to meet your convenience.—Ken and Dee Sprague, School of Living Center, Freeland, Md.

School of Living Trustees, cont'd

are the concrete work of Leo Rainer, the cabinets and carpentry of Mr. Sprague, and the attractive doorstep made of old mill stones by George Pettie.

It is hoped that many, many more persons will cross this threshold this summer (and in the years to come), to enjoy, benefit from and contribute to the development and meaning of the new, member-owned School of Living Center.

Reactions, Suggestions Wanted

Some persons who had an early report on plans for purchase of this property for a School of Living Center responded immediately. Two are recorded below (send us yours):

"How absolutely marvelous about buying the Mill and 30 acres! This is more like it! Now we can do something definite."—Eleanor Woods, Blue River, Ore.

"I am shocked at the enormous

amount being paid for the Mill and 30 acres. I had no idea the trustees would vote such a large debt. Debt I was prepared for, but not \$15,000. I believe it a mistake if the membership is not consulted on this matter. It is we who will shell out.*

"I suggest much further discussion and publicizing of the means and ends. The pages of *A Way Out* and *Green Revolution* should be humming relative to this transaction. If we are to remain libertarian, all members and readers ought to participate in the decisions."—Ferdinand Knoess, 3588 Delaware, Gary, Ind.

At all gatherings this summer, ways and means for quickly raising the money will be planned. Come, join the discussion.

*Ed. Note: Mr. Knoess sends frequent voluntary contributions for the School of Living Building Fund.



TREICHLER HOME at Walker, Iowa, which the family is now leaving.

Treichlers Moving to Colorado, Leaving Us Their Iowa Tea Lore

Bill Treichler, Birch Lake Farm, Walker, Ia., began teaching in March at a farm school at Carbondale, Colo. Martha and the four children will join him when Iowa school is out. In Colorado the Treichler family expect to continue their cherished homestead life, and add to it the larger opportunity of teaching and sharing with high school youngsters. Bill reports things challenging and satisfying.

In the late 40's, just out of Black Mountain College, Bill and Martha returned to Bill's parental home, built a charming cottage at the lake's edge on the home place, and took over the farming for family use. In the center of the house, one view shown here, is a stone structure that incorporates a fireplace, a small bathroom and closet. The stone is from a nearby abandoned bridge. Beams from walls to the stone structure are logs from the farm woods.

Family living circles around the stone center; the kitchen is on the east; living room west, facing the lake; dining south; and bedroom wing (with an addition) to the north.

The Treichlers are reluctant to leave their three-generation homestead. But, they say, "The government is putting in a dam on the river nearby, which will encompass our lake and site, so that's another reason for this change."

Many readers of *Go Ahead and Live!* have reported their interest in the chapter on "Beating the Cost of Living" which Bill and Martha wrote. Best wishes for their new venture!

Martha writes below on homestead teas.

Grow Your Own Tea

We homesteaders must think ahead. Since we want to have fragrant, steaming tea next winter, now is the time to start planning for it. All spring, summer, and even into fall, we harvest a variety of green leaves to give us a cup of hot brew whenever we want it next winter.

Tea, for us, is part food and part tonic. We enjoy it, and we think it is a good source of minerals during the long winter months when we have no fresh garden greens. When we choose herbs and plants for our tea supply, we add some plants more for their nutritional quality than for their flavor. Carrot tops and alfalfa are among these.

Other leaves add fascinating, mysterious flavor and aroma when a small amount is added to our tea brew. Marigold and black walnut leaves are in this class. Wild pennyroyal makes a royally delicious tea, but may be hard to find. The peeling of the sassafras root makes another tea we like, but don't have in our part of the country. On a visit to some relatives in Virginia not long ago we got enough sassafras root for several years.

Spearmint is a favorite of ours. It is easily grown if we remember that it needs a lot of moisture. Comfrey is another favorite. When it is freshly picked it smells like melons, but dried and brewed into tea it has a full-bodied, nutty flavor.

I dry all tea leaves in small bunches, as quickly as possible after they have been picked. Instead of washing the leaves, which makes inferior tea, I pick only clean leaves.

I put a rubber band around

the stems of each bunch and hang them separately on cup-hooks under a shelf in my kitchen. This shelf is between two windows and gets good air circulation. If I had a roofed-over place out doors, that would probably dry the leaves even faster. Any dry, airy place, out of direct sunlight, is good for drying.

The tea leaves are still a pretty green color when I take them down, crackling dry. The length of time needed for the drying depends on the weather and the thickness of leaf; comfrey may take a week. I put the bunches into a large paper sack, loosely twist the top shut, and before hanging it in a closet I jab a few holes in the sack with a sharp pencil. Tea doesn't like to be stored in an air tight container.

When winter comes, we can choose many different combinations when we drink tea: spearmint with a hint of walnut and marigold one day, comfrey the next, maybe a little of everything the third day.

NFAers Invited to Old Mill Center

Pennsylvania Natural Foods Associates will hold their state convention June 10-11 at Dickinson College, Carlisle, Penna. Many School of Living members and friends will attend. All of these, and any others interested in the School of Living "idea," are invited to meet on Sunday, June 12 (11 a.m.), at the new School of Living Center, Heathcote Road, near Maryland Line (RFD, Freeland), Md. Telephone 357-5723.

Any person interested may contact Grace Lefever (Sonnwald Homestead, Spring Grove, Pa., phone 223-1221 (who will be at the NFA meeting).

Leaders of the NFA meeting—Beatrice Trum Hunter, Euell Gibbons, Gina Larson—and others—are invited to accompany the interested group. The 11 a.m. session will show the compatibility of the School of Living and NFA, and "The Homestead" will be discussed—followed by a 1:30 luncheon of whole organic foods.

Letters, cont'd

75c; Laura Archera Huxley, *You Are Not the Target*, \$4.95; Mildred Loomis and others, *Go Ahead and Live!*, \$4.00; James Clark Maloney, *Battle for Mental Health*, \$3.50; James Clark Maloney, *The Magic Cloak*, \$3.50; James Clark Maloney, *Fear, Contagion and Conquest*, \$3.75; Helen & Scott Nearing, *Living the Good Life*, \$3.50; A. S. Neill, *Summerhill*, \$5.75, paperback, \$1.95; Snell & Gail J. Putney, *Normal Neurosis*, \$4.00; Wilhelm Reich, *Selected Writings*, paperback, \$2.75; Wilhelm Reich, *Sexual Revolution*, paperback, \$2.75; John Ransom Shortney, *How to Live on Nothing*, \$4.95; Herb Snitzer, *Summerhill, a Loving World*, \$6.95; Thomas S. Szasz, *The Myth of Mental Illness*, \$7.50; Simon J. Wickler, *Take Off Your Shoes and Walk*, \$3.50; Charles Morrow Wilson, *Let's Try Barter*, \$3.95.

(These books—and others, are for loan—borrower paying postage both ways—or for sale at prices indicated.—Editor)

School of Living Meetings Planned

June 12 — NFA Convention participants meet at School of Living Center, Freeland, Md.

July 2-4—Homestead Festival and Ohio Regional Meeting, Smart and Loomis Homesteads. Write to Rose Smart, 4998 Twin Creek Road, West Alexandria, Ohio.

July 5-Aug. 5—Intensive study for 8 to 10 qualified persons of Major (End All War) Problems of Living, at Lane's End Homestead. Mildred Loomis, discussion leader. Also training in writing, group process and personal dynamics. Students will maintain themselves in our building. Fee, \$10 a week.

July 16-17 — Bay Area School of Living meeting with Pres. Leo Koch, San Francisco.

Aug. 6-7—Los Angeles Area School of Living meeting with Pres. Leo Koch, in Los Angeles.

Sept. 10-11 — Michigan Area School of Living meeting, near Traverse City, Mich.

Goat and Rabbit Recipes Shared

By Rose Smart

Part II

We eat rabbit until it comes out of our ears. Fried rabbit equals fried chicken, and roast rabbit is one of our favorites if the young ones come on faster than we can use them (as fryers). I use rabbit in any recipe calling for chicken. Here is one which our guests particularly like:

Hawaiian Rabbit

Cut fryer rabbits into very small pieces (back legs into at least four pieces). Dredge in mixture of 1 cup flour, 1 T. powdered ginger, salt and paprika. Brown in butter, margarine or oil (more flavorful than lard). Life out, and discard fat. Replace browned pieces in pan, add large can of pineapple chunks and juice, pint size of apricot nectar or juice, ¼ cup honey, 3 T. soy sauce. Simmer, covered (in most of an hour should be very well done). Toward the last, add green pepper cut into large bits and thinly sliced carrots. Pepper essential for flavor, carrots add color. Serve over rice, cooked separately. This can be prepared ahead and reheated, and is excellent cold.

Goat Cheese and Butter

Q. I need help in making butter and cheese from goat milk. I am interested in getting cream out of the milk without a separator, since this would be expensive for one goat.—Hal Porter

A. It takes longer for cream to rise on goat milk, but it can be skimmed like cow's milk. Don't let it set outside the refrigerator, for it takes on bad flavor very quickly from surrounding odors and bacteria. We pour our milk through a filter pad, set the jars to cool in cold water, and then put in refrigerator. At one time we tried pouring the milk from container, as in commercial dairies, to let odors escape from the milk. But we thought the difference in flavor not worth the extra effort.

I make butter just as with cow's milk, though it seems to come more quickly. For me it never gets to the "kernel" stage after the whipped cream stage, and before the blob stage. These are not regular dairy terms, but you know what I mean. Wash the butter carefully. I have not yet made butter from goat cream that will keep "sweet" any length of time. It must be the washing that I do not do sufficiently well.

We have not yet succeeded in making any but cottage cheese. Goat's milk needs practically no heating; the curd will toughen very quickly. Some of our friends warm the milk by putting pan in a sink of hot water (the very lowest heat on a stove seems to be too much for goat's milk). We like the flavor of butter when the cream is allowed to sour or ripen, but prefer our cottage cheese to be made, with rennet, of sweet goat milk. It works either way, however.

Some Thoughts on Homesteading, Part III—

We Must Not Only Grow Our Food, But Preserve It Properly

By Hal Porter

Keeping food would also present a problem. Every now and then someone advocates going back to nature and natural living and advises the drying, smoking and salting of food to preserve it. This was one thing which defeated our pioneer ancestors. Food saved in this way loses all its enzymes and most of its vitamins, and even some of the proteins are changed into unusable forms. Because much of the year our forefathers subsisted on this kind of food they had all sorts of illnesses, caused by malnutrition. Anyone who can remember the home remedies used in those times (included in the childhood of a lot of us) can realize the truth of this statement.

Freezing and Refrigerating

So the modern homesteader has to keep his food in a way that will preserve all the nutrition possible. The only good way is by freezing, which is another reason for taking advantage of modern industrial products that further the homestead. However, I would have gas refrigeration. Electricity, in spite of the propaganda ads on the boob tube, is expensive. So is gas when you have to buy it, but it is possible, and has been for 30 or more years, to make your own gas generator for methane gas and to make the gas out of farm wastes such as corn cobs and manures.

This makes it possible to have a walk-in cold room for aging meat, and a walk-in refrigerator to keep the meat as well as other freezers for fruits and vegetables. Also it is possible to compress this gas into tanks and run automobiles and gasoline farm equipment, and the conversion is not a bit expensive for anyone with some mechanical ability.

The Homestead Kitchen

The other important part of the homestead is the kitchen, wherein we process and convert the meat, fruits, grains and vegetables into food. And this food can surpass that of any gourmet. This kitchen will have to be much like the old-fashioned farmhouse kitchen: spacious, lots of work counters and tables, large sink with running hot and cold water, a gas stove and an old-fashioned wood range. This last is important for warmth in the winter and for the flavor of the food; nothing tastes as good as when it is cooked over a hardwood fire. However, on hot days and for fast work the gas stove would also be handy. This kitchen would also need a pantry for storage. It would take the place of the factory or factories which produce instant, ready-prepared food. But the food prepared in this kitchen, either for storage in a freezer or for canning, or to go directly to the table, contains no chemicals which might be pos-

sible poisons. It may entail a lot of work, and probably I should help with some of this, cutting up and peeling vegetables, cutting the meat, etc.

I don't mind. Here again, a person's attitude is all-important. If one wants to get out of the kitchen in a hurry he should forget homesteading and stick to the unhealthy life of the city or suburbia, and be dependent on the supermarket for existence.

This pinpoints the real difference between homesteading in the modern manner and the accepted American way of life. The city dweller is absolutely dependent on the market for his living. If anything happens to our system of distribution, such as war strikes, riots, or whatever can upset the general scheme of things, the average householder will rapidly eat up the meager supplies on hand and then go hungry. The homesteader could see all distribution break down and his only hardship would be that he would have to give up his coffee and some other things he might better do without.

The only real security, as always, lies in the land and in oneself. It would be interesting to know how much fear, worry, and anxiety are caused by the realization of the average citizen that he is absolutely dependent on society as a whole for his very existence. The homesteader requires only himself and his little piece of land.

How Much Cash Income?

However, as a homesteader I will need some income. While the emphasis will be just the opposite of Mr. John Q who works to get the money to buy the bread to gain the strength to go to work and then is tragically short-changed on the food, which does not contain the material to give him strength, the homesteader still needs some income to live in the modern world, to buy such luxuries as books, magazines and other sources of entertainment and knowledge, and even records, radio and television. This last is valuable as a time waster; this I sometimes need as I have a great tendency to disregard my doctor's orders and work 16 hours a day. The idiot box helps me to sit still and use neither my muscles nor my brain for hours while the body recoups and rebuilds.

(to be continued)

Wend, cont'd

where.

Our January *Green Revolution* article on the Wends brought them many inquiries, which they say they tried to answer. Now we hope to persuade them to design and sell plans for decent chairs, so that many homesteaders can construct their own proper chairs to their own body needs.—MJL