Green Revolution

Volume 4 | Issue 6 Article 17

6-1-1966

In and Out of the Disease Hole

Pauline Pidgeon

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Recommended Citation

 $\label{eq:pidgeon} Pauline~(1966)~"In~and~Out~of~the~Disease~Hole,"~\textit{Green~Revolution}:~Vol.~4: Iss.~6~, Article~17.$ Available~at:~https://research.library.kutztown.edu/greenrevolution/vol4/iss6/17

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The Owner-Built Home — Chapter 4

Planning Systems: Group Living Space

By Ken Kern

Many of the New House building concepts can be used to economic and esthetic advantage by the Owner-Builder. These notions cut through all the established criteria and standards, and for this reason naturally meet with consumer resistance. Mainly, these design-concepts influence way-of-life, and this is sacred territory to most people.

New House design concepts indicate that rooms should be planned for a complete range of activities, not for singular, specific functions: there should be several possible locations for any single action and one particular location should serve a number of different functions. We may do some hobby work, read a book, eat lunch and take a nap all in one room over a span of a few hours. Of course noisy and messy activities should not conflict with quiet, passive ones. The best solution to this problem is to provide alcoves and nooks that can be closed off but at the same time "linked" to adjacent spaces. A hallway doubles very nicely as an office, sewing-laundry, storage, or hobby alcove. The Japanese plan changed living functions by moving pieces of furniture from the storage into the rooms.

New House planning offers the prospect of closing off certain defined functions (located in halls, alcoves, nooks) or opening the total into one grand continuous (endless) space. This architectural feature runs consistently throughout the structure and includes all living functions.

Even the group-living fireplace can be planned around these new design concepts. The fireplace is traditionally located in the exact center of a wall. The mantel, raised hearth and fire-box opening are all properly designed and symmetrical. The customary over-stuffed couch directly in front of the fireplace cannot be used when the fire dies out. At least 14 feet required between fireplace and couch—but at this distance all intimacy and privacy are lost

A fireplace supplies warmth or a sense of warmth, and solid backing to the adjacent seating area supplies a sense of shelter. Both are necessary for desired effects. This can be achieved by backing the seats against tall cabinets or bookcases, and placing the seats at right angles to the fireplace. A type of inglenook is thus created. The seats are best placed to the left (as one faces it) of the fireplace alcove, for the same reason that right-handed people prefer rooms that open to the right.

A more elaborate fireplace alcove can be created in the form of a conversation pit. An impromptu yet intimate atmosphere is effected in this recessed (about 12 inches) space. From a practical standpoint a conversation pit will seat a large number of people in a relatively small area.

The same New House design concepts that create groupliving arrangements are also employed in developing individualliving and cooking-eating spaces. A description of these other functions will be given in following chapters.

BIBLIOGRAPHY The Art of Comfort, William Massee, 1952. Guide to Easier Living, Mary and Russel Wright. Communitas, Paul Goodman. Homes For Family Living, Gutheim.

Fiddlers, cont'd

(Joe does it alone with the aid of a tackle) to the next bin when one is full. This happens to be about a year for our family of five. Thus, when the third bin is full, the compost in the first one has aged two years. Although heating is probably sufficient to pasteurize the human wastes, this extra aging makes it more acceptable to many who might otherwise reject the idea. So long as we have materials at hand to keep it working properly--sawdust to absorb the urine and its nitrogen and earth to keep flies off-it is almost odorless. It usually smells of the garbage we have put in last (cabbage leaves, orange peels, rotten apples).

Sauna and Heating

For bathing, we plan on a sauna; it is warm in winter, most refreshing, and one gets cleaner than in any conventional American way of bathing. Besides that, it requires no plumbing and very little water - three can bathe with a bucketful, if necessary. The same fire that heats the sauna ought to be able to heat water for laundry. And we also have plans for using this same stove and outbuilding for sap evaporating and greenhouse in the spring, as sap evaporation about coincides with the time tender plants started in a greenhouse need heating. And the plants ought to like the mois-

Other Thoughts

Washing machines may be worthwhile. We don't have one now. I use garbage cans, a wringer, and a metal plunger with a long handle. It does a very thorough job, but takes time I could use more efficiently on other things: children, sewing, craftwork, walking, reading, and

contemplating.

Freezers strike me as something planned to make women work more. It is no less complicated than open kettle canning, and for the most part I'd rather put vegetables into a root cellar at harvest time and take them out to eat raw, or just slightly cooked.

A wood stove we find far more efficient than any other kind: the whole stove is hot, so that a pot or kettle of any size receives heat over its entire bottom. I can pasteurize cider on one as fast as I can handle it - more than 50 gallons an hour. The same fire heats the oven and the top. A rack above dries apples, socks and mittens, and gives gentle bottom heat to hasten sprouting seeds.

In and Out of The Disease Hole

By Pauline Pidgeon

Upon spotting the May 1966 Harper's magazine and the article. "America's Unhealthy Children" (An Emerging Scandal), by Roul Tunley, my heart pounded to think, "They're finally going to openly admit that we are truly a sick nation." But no. it was only another limp hand held out to old Uncle Sam for more socialized medicine: more patches for roofs ruined in the storm of ignorance, more braces for the crooked teeth of our narrowing dental arches, more drugs to prop up kids so they can appear well as they continue in their self-destructive ways - encouraged by ignorant parents who believe food is entertainment rather than nourishment, more drugs to keep our pharmaceutical industries in financial health, more medical personnel and facilities to treat the

(continued on page 4)



KEN KERN is here seen developing an inexpensive, top-of-theground concrete cistern. An able homesteader, surveyor and architest, he plans to be present at the School of Living Workshop, Freeland, Md., Aug. 24-28, 1966.

School of Living Meetings Planned

June 12 - NFA Convention participants meet at School of

Living Center, Freeland, Md. June 17-26—Intentional Community Conference at School of Living, 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.

Aug. 24-28—SCHOOL OF LIV-ING ANNUAL MEETING AND WORKSHOP. Come early, set up camp, and assist in work and renovation projects.

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

To Florida, cont'd

ry comes in at night and if he's carrying contraband." Etc.

Each was discussed briefly, and to one youngster who showed some impatience at the whole proceedings, another said, "This is important! This could get us in trouble with the neighbors and authorities in Orange

Others suggested, "Limit Larry's spending money. See that he doesn't have any, and pledge not to loan him." "Tell the tavern people downtown not to sell to Larry." Etc.

None of the ideas seemed to please the whole group. At one point a staff member asked Larry how he was feeling. He made quite a response, but all I could hear included, "I feel angry."

Finally, an engaging youngster beside me turned to Luke and asked, "Luke, what do you think we should do?"

Luke transferred the "chair" to a student beside him, and then said, "I move we ask Larry to brew 5 gallons of beer and share it with the rest of us."

This did it. A hearty laugh indicated unanimous acceptance. Tension broke, the meeting adjourned, and everyone dispersed to wash dishes, clean garbage pails, etc., with the feeling that they had "handled" another sticky "problem" in their midst.

Send us names and addresses of your friends who might like to see a copy of The Green Revolution. We will mail samples.

Youth Opportunity This Summer

This year, tons of fruit, vegetables and grain will rot in fields for lack of harvesters, while more than a million and a half youngsters won't "find" summer jobs. A wise Californian became a "demonstrator." He led seven boys into the berry fields, and, working beside them, receiving the same remuneration as they, was able to show-not merely tell—them what should be done.

Dr. G. H. Earp-Thomas, a leading soil expert, reports that "in this country more food rots ungathered in the fields for lack of harvesting help than is shipped to market.

Why shouldn't this idea of small squads of American boys and girls, under competent demonstrators, spread? Why not a hundred thousand such unitsseven boys from 13 to 17-each under the competent leadership of some person who not only knows and can tell them about the art of harvesting but can show his followers how.

Here's an idea for individual action, as well as for government departments.

New Book On Natural Healing

Reviewed by Rosetta Schuman*

Get Well Naturally, by Linda Clark, \$5.95, Devin-Adair, New York City.

This is a do-it-yourself book. Doctors do not make us well; we make ourselves well as we make ourselves ill. If we can believe, as did the 15th-century Italian, Cornaro, when he reached the age of 40 with health broken, that we can regenerate ourselves, we can find a blueprint for it in Linda Clark's Get Well Naturally. Dr. Royal Lee compared it to a well-organized menu. Beyond that, it is a complete repast (easy to digest) of health information which leaves out the

Not "Is it orthodox?", but "Has it helped?" is her criterion for inclusion. Many are the orthodox sources, but there as many of the fringe: the Doctors Shute, Quigley, Knibht, Morrison, Sandler, Pottenger, Jarvis, McCay, Shadman, Gerson, Ratner, Bicknell and others. This is a resource book par excellence for the ailments that beleaguer mankind. Homeopathy, osteopathy, chiropractic, herbalism, acapuncture, radiesthesia, macrobiotics, autotherapy—all are given a hearing. For all have helped. In Russia, 40% of the therapy is herbal! As one reads the many arresting ideas, one should remind oneself of William Penn's plea: "Help us not to dispose or oppose what we do not understand." You will find out what Dowsing is. One eminent physician said of it: "I don't believe it; I don't understand it; but it works!" And five Nobel prize winners agree! Linda Clark vouches personally for Edgar Cayce, and tells us that there is a research organization for studying his work. He left behind a treasury of untapped health information.

Practical Helps

The chapter on infections will be of immediate and continuing use. It alone justifies owning the book. It is replete with empirical information — the somewhat simple cause of leg cramps, the value of using buckwheat and

*Mrs. Schuman is director of a three-county district home for elderly persons, Manassas, Va.

THE GREEN REVOLUTION — 3 June, 1966

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

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flaxseed, the fact that human blood parallels sea water in mineral analysis, a discussion of flatulence, a thorough-going discussion of arthritis, etc. You'll find out what "weapon salve treatment" is, and why it may be an illusion to feel safer at the practice of underground testing.

During the period I was reading this book I had a fall. Immediately I applied a cold compress to my leg. Inflammation (continued on page 4)

Read THE CONSCIENCE OF A RADICAL by SCOTT NEARING

Review from New World Review, January 1966

"A man of scholarship attached to the soil; a social scientist who is also moralist; a social critic with a cosmic perspective; deeply concerned with society, yet profoundly individualist; geographically isolated, societally engaged; theory and practice related; mind, heart, hands, and spirit each playing a part in a rich and productive life."

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Plans Being Made, cont'd

veys and reports, to be presented in full a little later and discussed at the annual workshop to be held at the Center. Aug. 24 through Aug. 28, and voted on at the annual members' meeting on Saturday, Aug. 27. All members are urged to attend this important meeting. Families may arrive earlier than the 24th, for camping and assistance in work projects and renovation under way.

Workshop Program

Beginning on Wednesday. Aug. 24, each morning will be given to conference and discussion on "The Type of Educational Program We Can Best Develop" at this new center.

Each afternoon we will discuss the practical and philosophical aspects of "The Type of Community We Want to Develop Here"

Send in your suggestions, questions, indication of interest before that time, and make sure you are present at the workshop and annual meeting.

Particularly, those who have any thought of joining this (or any other) intentional community should attend. But all who want a more vital education in this country can well attend, and welcome, here to express and help guide a new experiment.

Education Committee At Work

Ten persons have joined Mrs. Loomis, director of education, in correspondence on the nature of the educational program we want. Any who would like to

New Book, cont'd

was avoided and the discomfort stopped dramatically. I considered this all to the good. Later I wondered whether controverting the natural effect was the thing to do, inasmuch as inflammation (like tever) is a cutative procedure. Are we "impatients" rather than "patients," as Clark says? Opinions, please?

Natural Healing vs. Drugs

America, it is conceded, is the most over-medicated, over-populated, over-inoculated country in the world, but the world is fast catching up. Nutrition is the slower way, the basic way, the preventive way. Few ills, even cancer, are primary, as Dr. Quigley says. What the immediate cause is makes little difference. The body's natural regulatory mechanisms will fail if there be irrational and/or deficiency factors. The author is against gimmicks, even nutritional ones, as the natural way is the total way. One physician acknowledged that he has "cured more people by taking away drugs than by giving them."
Drugs cannot be assimilated. though they may be absorbed. The recurrent theme is: Build up the resistance: never mind about the disease. Even the American Medical Assn. warns against at least 72 drugs, and the book quotes a London physician of standing who states that drugs are 90 % useless. A Peter Bent Brigham factotum flatly states that there is no such thing as a safe drug. To those who contend that drugs have eradicated communicable diseases, that same London physician credits social engineering, not drugs.

Rationale of Herbs

For some time I pondered the rationale behind the use of herbs and other natural remedies. Don't htese also treat symptoms, as do drugs? Get Well Naturally brought it into focus. Drugs act to relieve pain. Herbs provide the missing nutrients, the lack of which made the body a prey. Toad skins, thought to be pure superstition, were discovered to contain ephedrine! More and more one sees that nature will not play second fiddle to science—no matter how exalted its exponents may be. Until man formulates a water compound an ocean fish can live in, until he duplicates a blade of grass, his

vaunted pride is hollow.

The chapter entitled "Who Is

share in this, please let us know. This committee will not finalize plans, but wants to face and discuss possibilities, and submit some plans for re-discussion at the workshop.

Technical Help Available

Preliminary to and during our workshop we will have able architectural, legal and other assistance. We are particularly pleased that Ken Kern of Sierra Homestead, Oakhurst, Calif., will be present to help in surveying and physical layout, suggest and design possible homesteads, etc.

Finance Committee

One of the crucial matters is the successful financing of the property. A committee to plan and supervise this consists of Harold Lefever, Hugh Graham, Philip Smith. Bill Anacker and J. I. Smith.

Now is the time for all good members to come to the aid of the School of Living. We think of ourselves as a libertarian group. This means memberinvolvement, participation, decision. It does not mean lack of organization. But it means a minimum of leader control, and little or no "authoritarianism." We have been a long time, slowly developing toward some significant outreach. We can achieve only what concerned people working together make possible from now on.

Send us your ideas. And watch for important report, ballot and other vital matters which need your attention and your action.

to Blame?" is a shocking indictment against that part of The Great Society which reasons that there is no money in prevention, and Linda Clark takes up where Dr. Gillow left off in her A Doctor Dares to Tell. She reiterates the theme of Sir Lionel Picton's A Medical Testament. She is a prophetess like Brian Ingiis, and her plea is, like his in Fringe Medicine: Does it help?

Now I'm going to start to read the book again.

Our Readers Like Go Ahead and Live!

Go Ahead and Live! reached the market in March 1965. In large media, 150 copies to regular reviewers brought no response. Mrs. Loomis and the School of Living had wonderful ccoperation from 25 smaller-audience journals (the most recent reviews were by Eleanor Woods in January Humanist and Dorothy Samuel in May 1966 Fellowship). Now we report that the 600 copies necessary to return the personal investment to secure publication have been sold through School of Living, and 150 copies sold by the publisher (Philosophical Library).

Readers continue to send ap-

proving comments:

"Green Revolution is my favorite reading matter, and everything in Go Ahead and Live! makes sense to me. Send a copy to my father." — Diane Porter, 833 N. Central, Claremont, Calif.

"We're Humanists, and weary of meetings, organizational work and talking. We're interested in living the way we talk about and finding out if Go Ahead and Live! opens such doors." — J. & J. M., Cleveland, Ohio.

"I'm studying your fine book. If parents would read this and then get their children to study it as diligently as they are 'forced' to study college texts, more young people and their parents would omit college and go ahead and live! . . . School of Living is in the forefront of a real revolution in education. — W. C. Lloyd, 310 N. Broad, Burlington, N. C."

We'd appreciate your help in finding more readers for Go Ahead and Live! Does your library have a copy?

We have some extra copies of the April-May issue of **A** Way Out, on war and peace. 50e each to any name and address.

School of Living Center News

Heathcote Road, Freeland, Md.

It has been a wet, gray spring in the area of Heathcote Hollow. Between the raindrops our efforts have centered on preparing the two large garden areas, with the indispensable aid of our Gravely tractor. We've also concentrated on destoning the sloping rocky terrain (still far to go) and on an intensive daily extermination routine aimed at the prolific groundhog population. This won't take care of birds or rabbits but we go ahead with planting on faith that last year's ravages were due mostly to the pesky groundhogs. The garden planting is at about the halfway mark, due to be finished this last week of May, weather permitting. Large-scale mowing and cleanup details proceed simultaneously. Further essential indoor work, especially in the bathroom, commands Ken's attention before his next absence.

Other personal aspects of the Sprague-Hamilton partnership (Ken, known to some fo you as Walter, and Dee were married in March), such as health and economics, have taken their share of time and energy. The organ business will very shortly take Ken to Illinois and Arkansas for four to six weeks, on his necessary spring rounds. Meanwhile, Dee and the three young Hamiltons will carry on quietly with whatever help may appear, including the Youth Rally scheduled June 18-25.

—Ken and Dee Sprague

Raise Your Own Rabbit Meat; It's A Good Homestead Project

By Rose Smart

Did you know that one buck rabbit and three does will produce as much meat in a year as one cow will produce? Did you know that Americans are eating fifty to sixty million pounds of rabbit meat each year and asking for more? Did you know that the care of a few rabbits is child's play; that your ten-year-old can do it? (Our David takes complete care of his 12-lb. doe, "Nibbles," for a 4-H project.)

There are a number of advantages to raising rabbits rather than raising beef. The units are smaller, thus less expensive to acquire and to lose, should you lose one. The housing for a doe and young is approximately two by four feet; and the quarters are easy to clean. The meat is spaced out over the entire year, a saving ou the freezer bill. Rabbit meat can be used in any way that chicken can be used.

Rabbit History

The original home of the rabbit is believed to have been the western borders of the Mediterranean Sea. Domesticated rabwere mentioned by the early Greek and Roman writers; the Romans introduced rabbits to England and the English introduced them to Australia (but we won't talk about that). The Chinese used rabbit as early as the time of Confucius. The Easter bunny dates back to a charming legend which tells that the rabbit was once a bird and in gratitude for being changed to its present form it promised to lay eggs every spring for the festival of the goddess who made the magic change.

Probably the greatest alteration in the rabbit since that one is the change in size from an average of 3 lbs. in the wild to as much as 18 lbs. for the Flemish Giant breed. There are upwards of 50 different breeds, with no single breed being best for "all purpose." We shall consider only two 9 to 12-lb., meat-producing breeds: the New Zealand Red or White and the California.

Rabbits Are Popular

If you have never raised rabbits, you may be surprised on looking around you in rural and semi-rural areas to see how many people are raising rabbits in neat little elevated hutches in backyards, garages and barns. Scout around and find these people; talk to them; watch them work with their rabbits. Ask questions. They won't mind (if you keep your visit under a halfhour, that is). When you do get to the point of buying breeding stock, buy from the man who has clean hutches, healthy and clean animals and keeps records. This man will be able to tell you to the penny how much it costs him to raise a pound of rabbit meat in your area. Our cost is well unthe cheapest hamburger, with the advantage of our knowing what an animal was fed.

Rabbit Hutches

Do not come home with a rab-

bit the first time you go out scouting. They are not house pets; they need adequate quarters. I think I will be safe in saying that you will be most unhappy if you do not provide proper housing before you bring home your first rabbits. Though they seem docile, they can and do gnaw through cartons, baskets and crates, and the rabbit you paid good dollars for may be killed by your neighbor's dog or may escape to go back to the wild.

Proper housing does not mean that you have to purchase the most expensive hutches going (all-wire cages with cleaning trays underneath). Unless you run across someone who is going out of the rabbit business, someone who will sell these excellent cages at five or ten cents on each dollar they originally cost, you would be wiser to build your own cages of wood. The wooden cages we built nine years ago are still going strong and probably will be as long as we are.

Some of the rabbit raisers you visit will be using wooden cages and from these you can get an idea of size, construction, roofing if needed, doors and fastenings. Why not write the Bureau of Publications, in Washington, D. C., for the latest material on rabbit raising and housing? Or get some material from your county agent? Or, if you can wait until next month I'll try to draw you a picture (with words) from my son's 4-H project book.

Helps For Seekers

Fortunately seekers are not all alone. There are Rodale's Prevention and Organic Gardening (Emmaus, Pa.), for nearly 20 years highlighting the preventive ways, and the School of Living which helped get the rend started. There's Nicholas and Natural Food Associates in Atlanta, Tex.; Let's Live, 6015 Santa Monica, Los Angeles: Herald of Health, Lamoni, Ia.; Natural Health Federation, 211 W. Colorado, Monrovia. Calif.; Modern Nutrition, 234 E. Colorado, Pasadena, Calif.; Shelton's Hygienic Review, Box 1277, San Antonio, Tex.; and many others both here and abroad.

And there are the good books by Catharyn Elwood, Linda Clark, Adelle Davis, Agnes Toms, Beatrice Trum Hunter and scores of others.

And for those in a hole, you can't find any other way to help them get out. try handing them Brian Inglis' amazing book, The Case for Unorthodox Medicine. This book is pretty well guaranteed to make the followers of orthodoxy furious, and perhaps furious enough to look elsewhere for answers to illness. Most of these books can be found in the School of Living Library, and in the Hatch Loan Library (St. Johnsbury, Vt.). It's an exciting world—if you're healthy!

In and Out, cont'd

ill wherever they are—more—more of what we have.

But how can it be accomplished when the big complaint today is that we haven't enough doctors and nurses with the present system? Women are not even interested in joining the nursing profession any more. "It's a job for a slave," they say. So the big thing is we're going to have male nurses called Medical Assistants. I've heard of women wearing the pants, but this is a switch!

Getting Out of the Hole

What do you do when you have a multi-million-dollar business with a vast body of skilled people involved and you're all down in a hole and can't get out? (Why am I reminded of an Aesop fable?) Some "brain" will come along and tell you, "Pick up your shovels and dig deeper and learn to live down there." Yet another will advise, "While down in that ridiculous hole, let's see if we can figure out a way to dig out and stay out."

Today, the man who represents the latter must pretty well do his own research and experimentation and go it alone. Perhaps a day will come, before it's too late, to salvage something of this disgraceful sickness scandal, a time when prevention ideas will come into vogue. Meanwhile we all have friends and relatives who are headed for an early grave. We must tell anyone who will listen how to stay out of the hole of sickness and death.

Mental Aspects Of Healing

A student of health and healing cannot fail to wonder about many types of therapy and approaches to healing, all of which have, at times, "worked" and produced good results. This aspect is high-lighted in Linda Clark's new book, on Get Well Naturally. One speculates on how this can be so. Therapies of seemingly opposite natures get results.

One speculates, and concludes that the human body, its processes and interactions are still very "mysterious." Healing is still something that goes on largely aside from or in spite of all that "we" do.

A new book which emphasizes an age-long finding of human experience makes one ask whether "believing" in a cure or a therapy is largely the reason it "works." This is Psychocybernetics, a new technique for using your subconscious power, Maxwell Maltz. (Wilshire Paperback, \$1, after June printing.) Here one sees again, with amazing wealth of documentation, how one can use the conscious mind to influence, guide and effect the subconscious, to achieve, in many cases, astounding results. Results come in personality change, in health and body well-being, even in external goals.

The key to this "magic," says Dr. Maltz, is that the subconscious does not know the difference between an imagined situation and a real experience. Its "power" and function is to produce what the objective conscious mind instructs it to do. Hence, if one systematically and continuously directs the subconscious to specific tasks, results will inevitably come to pass. Instructions are outlined and explained in the book.

Suppose one does not have any set program of directing the unconscious, but thoroughly believes in some therapy, some action or person. Then one is really "unconsciously" directing the subconscious, and these results come about. Dr. Maltz shows the similarity of human brains to computers. It's a fascinating book that many have found useful.

In my view, Normal Neurosis, by Putney, discussed in previous issues of Green Revolution, lays a groundwork for valid use of the psycho-cybernetic technique. Once one understands the dynamics of self-image. as per Putney, one could use the subconscious to reinforce deliberate goals.—MJL