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## Mental Aspects of Healing

Mildred Loomis

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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

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 member-involvement, 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.

## 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 fever) is a curative 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 these 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

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 Inglis, 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 cooperation 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 approving 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. 50¢ 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 Gravelly 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 of 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 on 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 rabbits were 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 half-hour, 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 under the 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 trend started. There's Dr. Joe 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 *Psycho-cybernetics*, a new technique for using your subconscious power, by 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