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"Vitamin, Vitamin, What's Got the Vitamin?" Asks Dr. Ruth Rogers

Ruth Rogers

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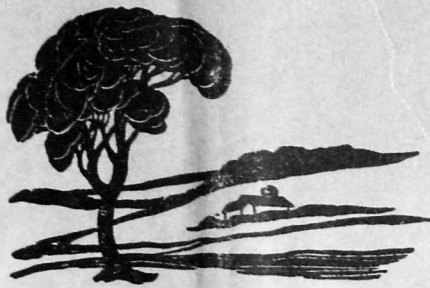
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THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,
AND DO-IT-YOURSELFERS



REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309
PUBLISHED MONTHLY

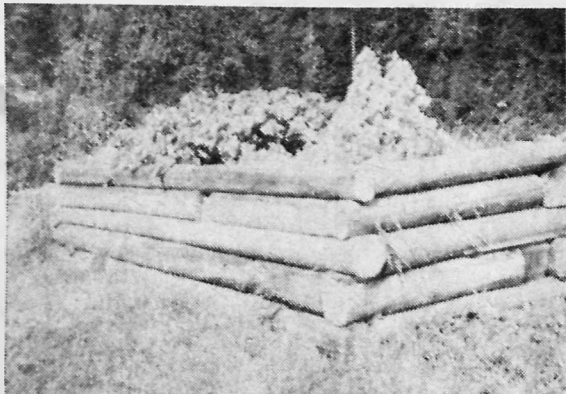
Volume 4, Number 11

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Ever Hear of a Planter Box Garden? Sounds Pretty Good!

A planter box garden, high as a table, four feet wide and any desired length, can be built of logs, concrete blocks, brick, etc. In the bottom put garbage or trash; cover this with good soil — enriched with compost, bone meal, dried blood, rock phosphate, lime, etc. We start all our plants in our log planter box May 1 (we could start in April by using plastic over it). The snapshot here shows how our box looked last year with leftover plants when we came home from vacation. We now have four boxes (two for strawberries).



Griswold's Planter Box

Protest Control Of Food Supplements

By Pauline Pidgeon

Dr. James Goddard, Commissioner of the FDA, has issued some new label standards which are terrible and which will become effective in December unless a protest is raised. The regulation on labeling states: "Vitamins and minerals are supplied in abundant amounts by the food we eat. The Food and Nutrition Board of the National Research Council recommends that dietary needs be satisfied by foods. Except for persons with special dietary needs, there is no scientific basis for recommending routine use of dietary supplements." The AMA, the National Research Council, and even some industries in the food processing camp are putting up a howl over such a robbery of American freedoms.

Assistant Secretary of Agriculture George L. Mehren believes that the first sentence will give the consumer a false sense of security. He points out that nutritional analysis of the national food supply indicates that foods available for consumption are sufficient in kind and amount to furnish each individual with nutrients recommended for good nutrition (with which we would disagree) if equitable distribution is assumed. But, he says, a recent national survey indicates that 48% of households have diets that do not fully meet the National Academy of Sciences-National Research Council recommended dietary allowances in one or more nutrients. . . .

Also, the regulations will limit the without-prescription sale of dietary supplements to uselessly small amounts—vitamin C to 70 mg., vitamin E to 30 units, and prevent the sale of cholin, inositol, and many other nutrients. Adelle Davis, outstanding, outspoken nutritionist who raises much dander, says the regulations are apparently backed by the refined food industry's multibillions because the awareness of the need for dietary supplements decreases the sale of empty-calorie foods.

Please write your congressmen, the FDA and the president and protest. Such an edict will limit the sale and use of effective amounts of supplements to prevent or cure illnesses.

Just as Congress is getting around to auto safety legislation to curb the slaughter on the highways, the motorcycle increases in popularity. Why don't we instigate legislation for a "Back to the bicycle" law?

Famous heart specialist Dr. Paul White has strong words in favor of bicycles as a tool for (continued on page 6)

"Vitamin, Vitamin, What's Got The Vitamin?" Asks Dr. Ruth Rogers

By Dr. Ruth Rogers
Homeopathic Physician
Daytona Beach, Fla.

Part I

(The following material was presented by Dr. Rogers at the area School of Living meeting at Melbourne Village, Fla., January, 1966.)

It is a privilege to be here and I feel very much at home with people who understand the words "organic foods" and with whom there is freedom to talk without having to deal with a negative, rigid attitude. I know you are at home with difference and exploration. This makes for interesting, informative discussions such as we have been having all day.

Although my profession is medicine, I am rather young in the field of natural food living. But I now am deeply interested in organically grown foods, and I want to share why I think it is important for my patients to eat naturally prepared foods. This is such a tremendous subject and covers so much that it must come from my heart as well as my mind.

The idea of the "wholeness of the person" grew as I practiced medicine and learned more about homeopathy. There is no sickness if there is a balance, a harmony within the person. How many of you know people, or perhaps you yourself, who have been in an epidemic of measles and have not come down with them. Or have sat in a crowd with people sneezing all around you, but you didn't "catch a cold"? Your body was in balance and the external stress made no impression. There was no fertile ground for the little wiggle tails to grow in. They bumped their noses against a cell membrane full of vim and vitamin C and couldn't get in, without you even knowing it. Fact is, they didn't want in because you didn't present a place in which they like to grow. There is no stress that can disrupt a calm interior, but my, who has a calm interior all the time? Isaiah tells us who: "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee" (Isaiah 26:3). There is a balance within and an interplay between the spiritual, the mental, the emotional, and the physical bodies. Each one a part of the whole working together.

As this concept of oneness, of wholeness, developed it seemed to me that what is harmful to one person is really harmful to all: what impedes the flow of life through the bodies so that the natural function of the given "object" is interfered with, is detrimental to all. We do have general statements we can make. "Clean air is good for everyone." we know this is true, but with deep sea divers it is better to add a little helium to prevent the bends. It seems quite logical that the organic food growers have this same concept of wholeness. When the plants are in balance, they do not have diseases, nor few if any bugs, and withstand the stresses of weather extremes better, as you know better than I do. This is the whole idea: healthy soils make for healthy plants. Of course, we also need healthy seeds (without contaminants) for healthy plants, which is heredity and pertains to human beings as well as plants. Moreover, we know that plants like

to be talked to and prayed for. I had a friend in New York State who raised the most beautiful dahlias and he claimed it was because he talked to them every day.

When the patient comes into the office we start with those things that are bothering him the most and proceed to cover all the above mentioned areas, the physical, emotional, mental and spiritual. The physical symptoms are often the precipitating cause of the patient's visit to the doctor. And even then if the disagreeable symptom, such as a pain or shortness of breath or tiredness, could be alleviated by a pill, the patient would not give a second thought as to the cause of his illness and whether or not he should change his way of living in any way.

Man is a whole being. The physical body needs exercise, pure air, adequate rest and good nutrition. Man needs to live with calmness and peace without fear but with joy and a zest for living. He needs to serve in a satisfying work using his talents wisely and generously. He needs to commune with the spirit within himself, and be aware of the whole, the oneness of the universe.

However, let us return to good nutrition as one of the parts of the whole. Why do I urge my patients to use organically grown foods? Did you know that last year (1965) "about 168 million pounds of these poisons (insecticides) will have been sprayed on the food you or your children will eat. In the main, they don't wash off, they don't break down, and they are cumulative in the body fats of birds, beasts, and human beings." (From the Florida Naturalist.) Did you know that many scientists are sure that pesticides are absolutely necessary for man's continuing fight

for life? "Although a recently published book advocated elimination of all pesticide application in the United States, it is apparent that a majority of agriculturalists feel that these agents are necessary to our present economy and food production."

"However a large segment of medical readers today may not realize the extent to which the United States has relied on economic poisons in the past 20 years to produce enough food, fiber, timber, and other goods for itself and for some other nations. There is almost unanimous agreement among agricultural authorities that much of the increased production from agriculture is due to the use of pesticides and growth regulators. The prospects for some time to come are that use of pesticides and other economic poisons or chemicals will continue and increase." These are from two editorials from the JAMA.

"This prevention program is obligatory since pesticides are here to stay. Mankind needs them." From another medical periodical, GP.

(to be continued)

We Have Some Christmas Books

Does it matter to you if your friends and neighbors continue to be mis-educated year in and year out by propagandists who are trained to disregard the essentials of a good life? We hope you feel it important to encourage others to see how deadly wrong this is.

Your friends may be part of the Green Revolution if you help guide them toward right education. The approaching holiday season is an apt time for (continued on page 6)

Self-Image Items Renewed

By Mildred J. Loomis

A year ago I reviewed the book *Normal Neurosis* by Gail and Snell Putney and carried comments for several months. So many favorable comments have come — particularly from those who bought and read the book—that I continue them now. One young man wrote, "The importance of an acceptable self-image which I got from that book is the best contribution from *Green Revolution* all year."

Our authors distinguish between Self and Self-image. The Self is all one's perceptions, feelings, attitudes (i.e., the psyche) that constitute a person — each different from any other. One's self-image is the picture of our Self which each of us has. Our own picture of our Self may not be identical with that Self. It may be less or more than the Self really is. In either case we are in trouble. Some individuals may have no clear picture of themselves. In that case, they are not very autonomous—they are "adjusted" and follow out patterns without much choice of their own.

The adjusted person thinks of himself as finished—not likely to change. Many of us cling to an idea of a "determined, fixed self" because we shrink from accepting responsibility for being what we are. When we can't accept ourselves, we find a false comfort in believing that heredity, society, parents (or whatever) are responsible for us being what we are. We don't try to live differently. (continued on page 6)

Coming

Workbee at Heathcote Center on Thanksgiving weekend—Friday, Saturday and Sunday. Come for all or part!

Very Special: celebration and dedication program — Heathcote Center—New Year's weekend.

Heathcote Center On Note Paper

Can this be the disheveled old mill on Heathcote Road (Freeland, Md.) in which some of us gathered Jan. 1, 1965 to begin renovation for its intended use as a School of Living Center?

Yes! A new roof with eaves and gutter, patient repair of stone and windows, plus many interior improvements, by School of Living friends, made it the stately, usable and treasured building you see here, photoed October, 1966, by Margaret Anacker.

Built about 1800, with a giant water wheel and huge gears, it ground good grain for scores of

years. Later it fell into disrepair.

Now, reproduced in green on light gray note paper, suitable for Christmas and general notes, the photo shown here is available at 10c each or 12 for \$1. We're prepared for a flood of orders.

Let all School of Living members share with their friends our big news of a new Center. Let this picture help convey the sturdy values, the strength of handwork, the beauty of the countryside, and the education for the good life to which it will be dedicated this coming Jan. 1, 1967.



Heathcote Mill, Built 1800

SCHOOL OF LIVING CENTER — HEATHCOTE COMMUNITY
October, 1966 Freeland, Maryland