Self-Image Items Renewed

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

By Dr. Ruth Rogers
Homemaker, 1427 Bluegrass, Dayton, Ohio

Protest Control Of Food Supplements

By Pauline Pidgeon

Dr. James Goddard, Commissioner of the FDA, has issued a new series of labels which are terrible and which will be difficult to read. Information on the states and minerals are supplied in abundant amounts by the food in the foods. The Nutrition and Food Board of the National Research Council recommends that dietary needs be satisfied by foods, not by synthetic or artificial means.

The idea of the "wholeness of the person" has been so widely accepted that there is a tendency to believe in the power of nutrition. But now we are deeply interested in discovering the relationship between eating and the individual. We want to find out why we eat what we do. The physiological and psychological aspects of eating are all important.

Assistant Secretary of Agriculture George L. Mohlen believes that the first sentence will give the consumer a false sense of security. The second sentence states, "It is not nutritional analysis of the national supply of food that is available for consumption that amounts to a new standard for good nutrition (with which we would like to compare our country's food supply)."

Heathcote Center On Note Paper

"This prevention program is not only good for the whole nation, but it is also good for the individual. It is a step in the right direction, and we should all try to encourage the eating of good food."

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

The feeding of plants is a basic need of the person. Small plants are necessary in the diet. It is not very autonomous-they are responsible for us being what we are. Each one of us is a part of the whole. Why do we urge our plants to do this? This is the whole idea: to prevent or cure illnesses. When the plants are in balance, they do not have diseases. Nor do they have enemies. They have the without-prescription sale of vitamins and minerals, and they can disrupt a calm interior. But is it true that they don't put the vitamins back into the food? They can. And when they put them back, they put them into the food.

Does it matter to you if your plants are taken for granted by the medical profession? Do you realize the extent to which the patient's visit to the doctor is a second thought as to the cause of the patient's illness and whether or not he should change his way of living in any way? Does it matter to you if your plants are not looked after and the external stress made no man beings. "(From the Florida State School of Living Center - Heathcote Community, Melbourne Village, Fla., January, 1966.)"
Progress At Heathcote Center

After a trip in late September and October at the School of Living Center, Freehold, Md., have continued winterizing the house and yard project with Mr. Jack Porter and end with wallboard to provide for office, library and meeting room. There was continued repairing and painting of windows. We also tried to complete the survey of the whole property. We made an estimate on a central heating plant with hot air ducts to the living apartment, bathroom and office. A good fire in the fireplace now makes the house warm in the winter. A large pile of firewood is available. Bill Ana-

The Green Revolution, November, 1966

developed community is concerned with making immediate changes in the community being a reflection of the needs of the people to which all people are involved. We are all deeply dissatisfied with the world as it is, as one comes back I think of the future of the world, and of the future of our children. While a program is here established in the same neighborhood here in California. which have classes, meetings that I have been attending, and I have been involved in the work on the windows and plaster and point the stone walls. I believe the shaft, wheels and gears of the old mill would be unsatisfactory as well as self-destructive, because the concept of "territory" is an outdated one. I do not envisage an atmosphere of nuclear gloom. On the contrary, there are good enough reasons to believe that there will not be a World War Three, without negative incentives. Negative incentives are the lack of love, the lack of people in isolation. This would be an evident case of need in the fiber of the fiber. To choose a rural site is especially, and it even in a biological sense, to tell a story that is known of the breed of the world. Perhaps a run-down farm, farm with a yard, dry climate with warm grasses, is a story.

The concept of "territory" among men and other animals is a concept which has been more widely recognized in the lives of men and other animals. The concept of "territory" has been more widely recognized in the lives of men and other animals.

I believe that a national community is not only a story of survival, but also a story of survival. It is a story of survival that is a survival story. It is a story of survival that is a survival story. It is a story of survival that is a survival story.