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THE GREEN

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



REVOLUTION

SCHOOL OF LIVING, BROOKVILLE, OHIO 45309
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Year-End Meeting Planned; Further Reports On New Center

On New Year's Day, 1965, a score of persons began patching plaster and painting in the upstairs of the south wing of the old Heathcote Mill near Freeland, Md., for a School of Living Center. It's a different place now—clean, warm and livable—through the continued work and care of many people, notably the Ken-Dee Sprague family, living in it and hosting the many visitors and workbees that have been held there since last New Year's. Window panes glisten, frames are painted and tight where once

there were gaping holes through which the wind whistled. A fireplace glows and warms the one unit; with an additional stove (huge rows of logs are outside for these fires). There is a butane furnace for additional use in farther rooms. A well-equipped kitchen (which needs enlarging), with running water, and a beautiful bathroom are at hand.

Dedication to Education for Living

On Saturday and Sunday, Dec. 31 and Jan. 1, those who have worked at Heathcote Center, or who have a strong concern for its future, will hold a reunion and dedicate the building to continued education for living and community efforts. There will be an official meeting of the Board of Trustees; some work if weather permits; planning of the 1967 meetings and programs at the Center; and especially the Dedicatory Service, during which we will view 200 feet of film taken by John Coursell at our August annual meeting and workbee, hear a message from Ralph Borsodi, discuss the relevance of the Major Problems of Living approach, plan community, and hear an inspirational talk-discussion with an outstanding libertarian.

Winter accommodations at the mill are limited. In warm sleeping bags and garments, sleeping is possible in an unheated third-floor loft; some mattresses and springs are available. Motels are some miles away. Food will be contributed by those attending or costs prorated. All deeply concerned in developing Heathcote or finding their place there are urged to come—are expected. Indicate your desire to attend by writing Dee Sprague (Heathcote Center, Freeland, Md.). Unless the weather is far too difficult, hardy spirits inside warmly dressed people will meet to dedicate Heathcote to worthy goals, on Jan. 1, 1967.

Readers Responding

Members are making a good response to the letter sent out by Lloyd Danzeisen (chairman of the School of Living finance committee), dated Nov. 1. Twenty-four have replied (as of Nov. 30), an encouraging number (20) sending \$10 membership-subscriptions (or \$200), with additional contributions of \$220 toward expansion, or a total of \$420. There were, among these, two \$50 contributions. All are welcome; all are tax-deductible. If this kind of response continues, to other appeals, time will bring in a substantial total for our \$5335 expansion budget.

Heathcote Center Contributions

In late November you received a flyer giving the status and the needs of Heathcote Center. This is the 37 acre area around the old stone mill (and some other buildings), on which a down payment of \$4500 was made in October on its purchase price of \$12,500. No further report is yet available, but we have high hope for a substantial additional payment by year-end. James Iden Smith (Rt. 2, New Hope, Pa.) is chairman of the Heathcote Payment Fund. Some \$400 is now in his treasury; plus another \$1000 interest-free loan from Harry Kaplan, Cincinnati, Ohio.

As this is being written, radio reports come in on "man-on-the-moon flights in 1970" and "huge federal funds for the increasing

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New Harmony Homestead Couple Have "What It Takes" To Succeed



REBECCA KNOESS, above, left, admires a new squash plant. On the right, above, are the new living quarters, in the early stages. Below, Ferdi turns a compost pile.

By Mildred J. Loomis

Nov. 12, 1966. I write tonight by a cozy hearth fire, glowing over logs my husband and I "buzzed" this afternoon. Beside me is a sheaf of letters from Ferdi Knoess, and warm thoughts go out north and westward to him, his very young wife and new son, to reach them, snug (I hope) in their self-made quarters at New Harmony Homestead, Pennington, Minn.

I recall the nine months in 1963 when Ferdi lived at Lane's End; his cheerful, steady work, indoors and out: bookkeeping, mulching fruit trees, berries and garden; his quietness broken mostly by questions and wry wit; his ravenous reading; his good assistance to our Indian friend, S. S. Chawla; his brilliant though infrequent contributions to discussions; his intense dislike of Government; his accounts of his childhood in war-torn Germany.

After he left, came good letters and in due time the exuberant announcement of finding a young bride. She was offering jonquils in a New York City peace march! Then their apprenticeship on a Canadian farm, their return to Chicago to earn and save some money, and in the summer of 1965 the search that ended at New Harmony Homestead! (Reported in *Green Revolution*.)

Their reports of activities at New Harmony are welcome aspects of our mail. Usually they are of such quality (witness the account of the birth of Geordie, October, 1966, G.R.) that they elicit high praise from the laird of Lane's End, John Loomis: "they surely have what it takes."

Excerpts from their letters are arranged chronologically below, so that others may enjoy and benefit from them.

A New Season Begins

May 12 (1966). Today we started our garden, and expect to plant several fruit trees this week—apple, plum and Hanson's Manchurian apricot. We scouted the locale for mulch—at first no success. Then a neighbor three-quarters of a mile away let

us have that araldite to a hundred bushels of partially spoiled hay! Zowie! It took us four trips in our 16-year-old truck and two very active days to get that precious stuff to the garden site.

We have a four-inch sod that must be dealt with. I hope our potato eyes will see their way through the tangle of grass roots. We just placed the sets on the sod and covered them with hay. We're busting sod for many of the other seeds and plants. A formidable task when done by hand.

May 19. Many, many thanks for your well-wishing gift to New Harmony. We're a bit hesitant in accepting money, but have decided your gift will be used as the first toward developing an organic community here. Contact with a variety of individuals is very important to us; homesteading and community are inseparable.

We have tried and found stinging nettle to be a very appetizing green. We pluck a mess once or more each day, to be boiled for one minute, water removed, and the greens then steamed without additional water for a second minute. Corn oil may be added for a variation. Nettles grow in great abundance around the place. They make the culinary high point of the day.

I'm replacing a portion of the barn roof that was missing. Also going to "remodel" a lean-to on this barn into quarters somewhat roomier than our present 9'5" x 9'4" cabin. With our baby coming we may need additional shelter. If we can't complete larger quarters before winter, we'll stay in the cabin and put the newcomer on a shelf. At the moment, Rebecca is on the bed doing painless childbirth exercises. Rusty, the cat, is amused.

If you know of anyone looking for land, give them our address. Our land may not be the choicest but it's available. We have scads of acres to be settled and enjoyed. There's much other inexpensive land in the area. People who are "hard-up" as we were to get onto a piece of land may find an opportunity with us. We'd be very happy to hear

from people who are attracted to essential living on the land. We are looking for activists to participate in a here-and-now green revolution.

New Harmony Philosophy

May 28. Being adventurous and willing to face new hurdles, we go ahead with the work before us despite many unknown and known problems. Rebecca and I have committed ourselves to this place and will stay unless driven away by hunger or lack of firewood. We are doing our darn best to assure that that won't happen. I have permanently given up my \$3 an hour job in the city to build and search for a sane communal and essential life on the land.

We will concern ourselves with an economics of adequacy and a social philosophy of love, mutualism and self-motivation. Our consumption will be limited to what we need, to counter the suicidal craze to consume what we can. (The U. S., the chief culprit in plundering the earth, with about 10% of the world's population consumes approximately 80% of the world's available natural resources.)

Those who are ready will come to plan and work with us on similar beginnings. We welcome the work-seeker, the homeless; in fact all rat-race refugees and urban dropouts. We call on the wage-slave to unplug his TV and electric knife, to discard a secondhand reality for the possibilities to share, dream, cooperate and create on the land.

With this move, Rebecca and I have engaged ourselves even more in the revolution in which we are so passionately involved. For me, this means learning to love, to overcome fear and to renounce the slave-master relationship. Men must learn their place in nature and realize that the "conquest of nature" is nothing but a knife thrust to our own vitals. People must take command of their own lives. Ends and means must not be in contradiction. A forest must again be so many trees; not "x" board feet.

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Herbs and Your Health

By Ben C. Harris

This column shall be devoted to the study of the many uses of the common herbs which abound as "weeds" in Mother Nature's vast laboratory—the open fields and roadsides, our lawns and backyard gardens. The uncommon ones—herbs also—are such plants usually cultivated in the garden.

Herbs should become an integral part of our everyday living. In fact, every person from 6 weeks to 66 years of age may inevitably, though perhaps unknowingly, partake of herbs in one way or another. For an infant's colic, a mixture of Catnip and Fennel seeds and/or Chamomile makes an effective homemade remedy. How else savorize the Thanksgiving and Christmas turkey but with Sage, Marjoram, et al? Yet a warm tea of Sage is often employed for sore throat and feverish colds, etc.

How to define herbs? As those uninvited and undesirable "weeds" in your front lawn, as pesty unknowns in your vegetable or flower garden? Herbs are such vegetation as fruits and vegetables, grasses, shrubs and trees, garden flora and hundreds of "weeds" which, when better understood, will no longer be regarded as worthless nuisances, but as a much needed spoke of the health wheel.

For example: We employ Holyhock leaves as a food and the roots as a cough demulcent, the juices of Asparagus and Beets for diseased kidneys, Black- and Raspberry roots as an anti-diarrhea remedy. From the "weeds" of my garden, I have tangy salad and soup greens, ingredients for pancakes, breads and pastries, a salt substitute, etc. Other herbs serve as a vegetable mulch and soil enricher.

Properly evaluated, the weedy herbs, co-existing harmoniously with the usual vegetables and showy, non-utilitarian ornamentals, provide us with nourishing foods and food savorizers, tea and coffee substitutes, medicinal remedies, animal needs, wines and beers, dyes and tints, hair needs, sachets and herb pillows, etc.

Take the case of friend Dandelion. The early leaves make a good salad green, soup ingredient, Spinach substitute and herb tea. Any excess, once dried and powdered, yields a salt substitute. The late summer leaves, flowers and stems enter recipes for beers and wines.

Dandelion roots, called "strong root" by the Indians, are a dandy stomachic and bitter tonic in dyspepsia or indigestion. The roasted roots make a worthwhile substitute for the harmful Coffee because of its needless heart stimulating caffeine.

Golden Acres Producing "Ole Time" Apple Cider Vinegar

By A. P. Thompson
Rt. 2, Front Royal, Va.

[Editor's Note: More than 20 years ago, A. P. Thompson read Borsodi's *Inflation Is Coming* and followed its counsel to establish a homestead. There he developed his now famous organic apple orchard (he has experimented with and uses earthworm culture, as mentioned in our October issue in his talk at our annual workshop). A severe freeze in May caused a staggering loss in his 1966 crop. Mr. Thompson now plans to add several non-commercial aspects to his business: a cooperative plan for pickers (exchanging luscious apples, sauce, juice and cider for help); a harvest festival; a rustic sales room serving hot apple juice and dumplings in front of a huge fireplace. It's a turn to a slower pace and more joy in living.]

During September, this year, a new product made its debut at Golden Acres Orchard. Its name: "Golden Acres Ole-Time Apple Cider Vinegar."

Our vinegar has been made the way the ancient Greeks and Romans made it; the way our early New England settlers did. Sound, fully ripe apples with their aromatic substances were juiced and transferred to wooden barrels where the slow, complex transformation to vinegar took place. The resultant product has a fragrance and quality unlike anything one finds in commercial vinegars. Its strength is such that one can dilute it by 50% and still have a strong product.

As is so often the case, in the hectic and hurried world we live in today the speedy shortcuts adopted in industrial food processing result in a loss of many (if not all) of those normally inherent qualities that make food taste good and enjoyable. The pleasure of eating adds to the sum total of the things that make it a joy to live. In our competitive society we have lost many of the natural qualities of foods by adopting rapid industrial processing methods to get a less costly product.

For many years many of our apple customers have requested us to make vinegar available. We knew little of the process involved, so we advertised to locate someone who knew how it was made the "ole time" way. Finally, after several years of searching, we located a very old man who was once known as a master vintner. His family lived in the mountains of West Virginia and for generations they made vinegar. He had preserved some of the prized "mother" they

New, cont'd

We have quite a lot of land. We intended to acquire a much smaller holding, but with unexpected financial help we ended with buying 157 acres. Our place, an ex-farm, had just under a thousand dollars in equity, and the final cost to us was only \$15 per acre! We have roughly 100 acres of cleared land, with the remainder in woods, brush and a bit of bog. We hope to do some tree planting on the once crop land. There are several good sites for cabins, gardens, orchards, bees and community shelter. Besides our cabin there stands a sturdy 28' x 32' barn which we use for wood and storage. We plan to sink a root cellar in one corner. Plenty of other room for possible housing, workshops, studio-study. Our "building" site is totally surrounded by woods or high bushes, mostly hazelnut; a fine white birch grove borders the north.

Wild life abounds: to name a few: deer, mallards, swallows, woodchucks, loons, robins, porcupines. The wild plum and choke-cherry are in magnificent white bloom now. Violets, strawberries, anemones, march marigold and strawbell have bloomed and wild currant should appear soon.

(continued next month)

once used. Like the French with their fine wines, famous vinegar makers developed their strains of bacteria (mother); and attributed particular excellence of a product to the carefully guarded bacteria used in making it.

Even though this old man had been retired for many years, he agreed to preside over the making of our first vinegar. Last March we filled the barrels with fine cider from sound apples and he took over. As the summer months passed we all grew impatient to bottle some, but he said "not ready yet." Finally one day in last September he gave the word, "it's ready to bottle."

Aside from the fact that our vinegar has been prepared from whole apples, grown without poisons, people will relish its bouquet, tang and quality and select it just for the sheer enjoyment of something good. We have only a limited amount this year; if it moves well we will increase our production in the future.

Champions Vitamin E

By Pauline Pidgeon

Horace Champney, Ph.D., long-time resident of Yellow Springs, Ohio, has a strong concern for the innocent citizens of Vietnam who are being severely burned by napalm bombs. The often-recurring question of what innocent citizens have to do with war is a nagging one; most people just shut out the problem but Mr. Champney set about doing something.

He saw in Adelle Davis's latest book, *Let's Get Well*, a convincing account of how vitamin E aids burned tissue, even allowing healing with no scars. He wondered why American doctors didn't use this harmless method of treating burns. He asked around and found no interest among doctors; medical books say there is no truly effective way of treating burns. So he finally ended up visiting Dr. Evan Shute in London, Ontario, Can., who has experimented extensively with vitamin E. Dr. Shute aided Mr. Champney in finding a suitable supply of vitamin E.

But then Mr. Champney found himself in distinct conflict with the U. S. government, which dislikes the possibility of aiding the enemy. Officials would not consider the shipping of vitamin E to Vietnam. So Mr. Champney asked the Canadians if they would help and it seems arrangements can be made, but now funds are needed for shipping. Want to help? He lives at 130 W. Limestone, Yellow Springs, Ohio.

He would still like to convince our American doctors of the value of vitamin E. He asks any of us who would like to help to go to a doctor with the idea of treating half of a burn with E and the other half with orthodox medication. By the way, a spray form of vitamin E is available from Weber Pharmaceuticals in Canada, but the perles will do. Just sterilize a needle, pierce the end of a perle and squirt the oil on the burned area. It's easy and painless. Also, vitamin E taken internally speeds healing; so does PABA (paraaminobenzoic acid).

Adelle Davis says E reduces the cells' need for oxygen, and causes more efficient utilization of oxygen too. Don't know about you but I have my vitamin E ready!

More On Education At Home

On Rt. 1, Windsor, Vt., live young homesteaders Mario and Margaret Scarpa, and their four young children. The oldest is 7, and they wish to educate her at home. Besides the values they want to put first in her education, they consider the mile walk to the bus—in rain, snow, cold—a difficulty they would like to

remove.

Mario recently appeared before a local judge to ask for an informal hearing on a complaint the court had brought against him for educating his child at home. The State's attorney told the court the State would not prosecute if Scarpa would agree to send his children to school.

Scarpas Plan to Move

Mr. Scarpa writes to the *Green Revolution*: "Since we cannot get permission to teach our children at home and because of the feelings here, we have decided that this is not the place for us. As soon as we can get our belongings together, our intent is to move to live among the Amish in Conewango Valley, N. Y. These people are much as we are (or at least hope to be). A way of life is what we wish to give our children, not merely a school "education." But this is an old story to those who read the wonderful *Green Revolution*."

The Scarpa homestead includes 170 acres of fields and woods, with two brooks that hold up beautifully during drought. All is farmed organically, and good yields are produced. Their cash crop is pure cider vinegar, from unsprayed "wild" apples. The acres are now up for sale and they hope for a buyer who will appreciate their organic purity.

The Scarpas do not wish to sell the cider mill and some few acres around it. This is their "living" and they are loathe to dispose of it. A large supply of good cider and excellent vinegar, aged in oak, are on hand for sale now.

Coles Have Moved

A year ago (November 1965 and January 1966), *Green Revolution* carried reports on the Darrel & Margaret Cole family effort to teach their children at home. They too decided that the education they wished and could give their children was more important than their "residence." Hence they have moved to another section; eventually they plan to move to Mexico or Canada.

Establishing Own School

Helen & Joe Ryan, Rt. 2, Franklin, N. H., are proceeding with plans for a private school at their homestead, to which other children will be welcome.

Year-End Meeting, cont'd

crisis in our cities." In the face of what we regard as mistaken uses of the world's wealth, we are challenged to press on with the important work we all want to do at the School of Living's Heathcote Center. We believe the additional \$7,000 needed to take this project out of the bank mortgage class, and make it the debt-free property of all School of Living members, is both a worthy and a realistic goal.

Methods of Heathcote Support

You can support the Heathcote project in several ways:

1. Small gifts for continued renovations and operations.
2. Larger gifts (say \$50 and up) to be applied on payments on the balance owed.
3. Loans at either low or no-interest are most welcome. (It is very encouraging that several generous members have offered/made \$1,000 loans at no interest.)
4. Those who want access to and use of a homestead plot of an acre or more at Heathcote are putting \$1,000 into the project, called an investment. To date four persons are in this category (James Iden Smith, Mildred Loomis, John Bischof and Leo Rainer). Plans for land allotment and homesteads will be discussed in future *Green Revolutions*.

Recent Heathcote Contributions

Contributions since September, not yet acknowledged in *Green Revolution*, include: L. Hoover \$20, S. Eisman \$5, H. Graham \$25, A. Bialastosky \$10, M. Davis \$5, L. Labadie \$10, J. Whitman \$15, E. Haswell \$50, E. Allen \$50, H. Kaplan \$15, Dr. R. Bays \$15, B. Newcomb \$10, R. J. Cheatham \$10, J. I. Smith \$10. Total \$250. Thanks to all who keep this fund growing. — M. J. Loomis, treasurer.

How Much Difficulty Is In Ourselves; How Much In Our Environment?

Normal Neurosis, Part II

By M. J. Loomis

Readers who are open to self-searching may find the book, *Normal Neurosis* (Gail and Snell Putney), as useful as the one who wrote:

"I want you to know that I value this book as some come to value an experience they call 'revelation.' After reading this incredible book I still feel the urge to climb back on that sinking ship — my old Self — which was once so sure . . . but like the true religious convert I am certain of an irrevocable change in me. The timid awareness of this in myself washes over me with a vast, reassuring gladness and renewing strength. This sounds terribly emotional and poetic but it is surely and simply my truest response to a great offering. My amazement is only that it has been so long in coming. I would like a half-dozen more copies."

Readers of *Green Revolution* find a great many things wrong with the "world"—with the practices, patterns and institutions around them. Your editor, as you know, agrees. But this should not blind us to the faults in ourselves that add to or create the difficulty "outside." It may be that School of Living people share the habit, all too common everywhere, of blaming other people or situations for our own attitudes, reactions, and feelings.

Most people appreciate and want poise, energy, joy. But every one of us often experiences the opposite — frustration, anger, apathy, depression. How do we achieve the former? How outgrow the latter? Some say they do it by prayer, by training or instructing the Unconscious. The authors of *Normal Neurosis* show that one can follow definite steps in creating this more acceptable Self.

A main point in their thinking is that any negative emotion—boredom, jealousy, hatred, prejudice — all are signals of our own faulty self image. If one is angry with his spouse, he cannot blame the spouse for this—he must look within to see what in himself is lacking. And then set about sharing those feelings and communicating with the spouse about what it is that is upsetting. Once we get this idea actually absorbed into our being, there is very little that one can "blame" on the "outside." It enlarges immensely the area for our own responsibility and action.

When We Hate

Hear the Putneys: "A person hates in others those things—and only those things — which they despise in themselves."

It takes a while to accept this idea. You say, "but there are things like war, poverty, cheating—all those things one must hate. They are really 'out there'"

and it's right to hate them."

Surely, the Putneys would agree that we should disapprove of those things, and work to eradicate them. One can disapprove of or disagree with other people's action in a rational and dispassionate manner. But to "hate" them is an irrational and impassioned act. When that strong feeling arises in us, that betrays our own underlying self-contempt. Hatred is an emotional energy which prevents self-acceptance. The energy we spend in hating, we can't or don't spend in seeking out the lacks in our own selves. The feeling of hate or anger is a sign to us that there is something we haven't faced or accepted in ourselves—and which we should begin working on to improve. Hatred is a normal (average) neurosis.

Projection

Hatred begins in a person's attempt to disown certain potentialities of the self. We don't get rid of these unwanted capacities by denying they exist. But ordinarily this is what we try to do. We attempt to get self-acceptance by self-deceit, which the Putneys call *alienation*. "Alienation is the failure to acknowledge aspects of the self, which are then seen as alien." We "rationalize" this by contending that this capacity belongs to someone else.

In this way we project our alienated or unwanted characteristics onto someone else — a spouse, a child, a Negro, a Jew, a Catholic. (Long ago it was a custom for the village priest to cast evil spirits out of people and into a goat, which the people fell upon and drove from the village.) How often do we look for a scapegoat—project our own unwanted qualities onto someone else and then "drive them away" by looking on them with indignation and contempt?

Projection is a mental mechanism used when we transfer some unwanted (alienated) aspect of the self to someone else. Isn't projection a misuse of human energy? How much of the trouble in our "environment" is in ourselves?

(*Normal Neurosis* is \$4 from the School of Living.)

Letters, cont'd

way is an engineer's dream! Though we've never seen them, we can tell by the air bubbles where they are. We had planned to build a dam almost in the same location with soil conservation help. Doesn't that help prove we should leave nature alone?

Sometimes we think of putting up a sign at our driveway: "A School of Living Member Lives Here"—as the 4-H do. We like to think this would be indication of and welcome from alert, useful people. — Nina Johnson, RFD, Newberg, Ore.

(advertisement)

The United States Has Committed War Crimes And Crimes Against Humanity In Vietnam

An international investigating committee has travelled throughout Vietnam, gathering evidence. The International War Crimes Tribunal has been organized, under the leadership of Bertrand Russell, to examine this evidence exhaustively, and to make the findings known to world opinion. This Tribunal was called in the conviction that atrocious crimes have been committed by the United States in Vietnam, and that judgment must be invoked against those responsible. The Tribunal will convene early in 1967, in Paris.

Read Bertrand Russell's "An Appeal to the American Conscience." It explains very clearly the motives behind the United States aggression in Vietnam, and much more. Also "Post Script: To the Conscience of Mankind." Ten cents each from Bertrand Russell Peace Foundation, 342 W. 84th St., New York, N. Y. 10024.

Join millions of others throughout the world, who are demanding justice for the people of Vietnam. Help the War Crimes Tribunal. Make it a Tribunal of the Conscience of Mankind.