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Herbs and Your Health

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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 aralanted to a hundred bales 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.