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Mildred Loomis

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Paul Marks Investigating and Publishing Community Ideas

Paul Marks, Box N, Los Banos, Calif., has been working for years for better education and cultural improvement in his area. Since 1960 he has headed a non-profit organization concerned with these goals known as Youth Resources, Inc. More recently he has concluded that an important means to a better world is small intentional communities in which members experiment with new institutions and new ways of living.

Mr. Marks is an active member of the School of Living, and was instrumental in organizing and guiding 1966 summer meetings of our members in San Francisco and Los Angeles. He now agrees to be chairman of a School of Living Community Committee and to represent the School of Living in developing communities. He hopes to secure as members of his committee persons who are interested in various types of communities, including those who are new to the idea, as well as those who have had some experience in forming a community. Above all he is interested in those "who will work at it, and who will communicate fully and quickly."

He writes, "I am not interested in any flash-in-the-pan action; the long-term result is what I am working for."

Questionnaire and Report

In October Mr. Marks circulated to his many correspondents a long questionnaire asking for ideas and suggestions. The good

response was summarized in his November issue of *The Questers* (the complete report is available from him for 25c).

Typical results to the several groups of questions are indicated below (% indicates percentage of participants responding):

1. Reasons for interest in intentional community: (86%) frustrations of modern life; (38%) to develop environment conducive to self-expression.

2. Who would be more interested in IC?: (76%) young single men, (24%) young single women; (30%) young families with children, (8%) families with teenagers; (51%) agnostics and atheists, (49%) religiously inclined.

3. Characteristics of IC preferred: (48%) an experimental approach; (33%) combination cooperative and private ownership.

4. Types of education preferred: (92%) for all ages; (59%) Summerhillian.

5. Preferred methods of beginning financing IC: (60%) sale of shares in a co-op; (44%) insured fund account, providing for possible refund to investors.

6. Preferred locations: Northern California; Washington-Oregon; Arizona-New Mexico; highlands of Central America; Caribbean islands; Ozarks; Canada.

A second questionnaire which Mr. Marks will issue soon is designed to discover how serious and ready a person is to take action toward community.

Optimism and Vigor Needed

To one or two writers of pessimistic outlook, Mr. Marks has said, in effect: "Some who have worked at community over the years have become disillusioned. They are realistic and should be listened to. But today people are responding to the idea of intentional community more than in generations just past. As our civilization is decadent, some aware persons are strongly enough to really go ahead and take action. The biggest job is finding those serious and capable enough to proceed with an experiment. This is a searching and an orientation job. Giving up won't get it done. But with the trend in our direction, how can we miss if enough effort is put forth? With vigor we can overcome the hurdles."

A Doctor Reports On Fluoridation

A Struggle With Titans, by George L. Waldcott, M.D., \$4.75, Carlton Press, New York, 1965. Reviewed by Pauline Pidgeon.

For those who would have unshakable faith in the integrity of popular applied scientists and scientism, this book will make them blush.

The author, an outstanding allergist in Detroit, scientist and writer of the book *Contact Dermatitis*, gives his account of what happens in any age when a man, regardless of his education, reputation and standing, opposes the titans behind a money-making scheme.

Systematically, he tears down the flimsy pyramid of evidence supporting fluoridation of public water supplies. From the first unqualified committee investigation in Texas to the latest legislation. Dr. Waldcott sews his case together with air-tight precision, but with no sensationalism nor tear-jerking, tho sad the facts.

From the *Globe and Mail* came the following points posed by the Canadian Medical Association's Ad Hoc Subcommittee at the 1954 Winnipeg Convention.

"We don't know enough about physical and oral damage which may be unrecognizable in the absence of dental fluorosis; about the toxic effects of fluorine; . . . about the relation of nutritional factors to the action of fluorine; . . . about the toxicity of fluoride as allied to climate and geography which may increase absorption or diminish

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excretion."

These comments are to this day unanswered by the authorities.

Fluoridation in Medical Journals

Buck-passing is shown to be an *avant garde* sport in the medical-political-scientific houses where the editors of publications of "highest" reputation such as JAMA, JADA, USPHS and others quote each other when none have done the original research on fluorides and teeth, a situation akin to Gilbert & Sullivan plots but far too serious to be laughed away.

In one instance a journal stated the wrong amount of fluoride in an article. Other journals repeated the mistake. When Dr. Waldcott called the mistake to the attention of the editors involved, they ignored him as tho he were being impudent.

A deplorable promotion technique of the fluoridationists throughout their history has been to stage rigged debates and public exhibitions. Many times Dr. Waldcott found himself the sole spokesman against a battery of scientists and public officials who delighted in aiming their darts at their opponent's reputation (tho unquestionable) rather than discussing the issue of fluoridation.

The book contains case histories of allergy patients and their reactions to fluoridated water. Every kind of test and psychosomatic involvement was employed but the incriminating evidence was unmistakable. When submitting his findings to the medical journals, the author received cold shoulder replies to the effect, "We've already endorsed fluoridation, do you expect us to be so dumb as to contradict ourselves?"

Such allergic reactions as hemorrhages in the small blood vessels of the stomach and upper bowel were linked to excessive fluoride stored in the body. For unknown reasons, some persons store certain compounds and others do not. One anesthetic used in surgery today has 28% fluorine and is considered by this author to be the cause of many post-surgical deaths. The whole field of questionable fluoride in drugs today is virtually an open field for investigation.

It is pointed out that sensitive, allergic people are always more likely to have an unfavorable reaction to drugs as well as foods.

To sum up, in this doctor's analysis, the fluoridation issue is pinned on these facts:

History of Fluoridation Promotion

The fluoridation idea was originally promoted by industry; a handful of outstanding scientists received grants to carry out research in order to prove a predetermined thesis; these scientists, utilizing this research and their high standing in scientific groups, were able to attract officials in medical and dental organizations; the dental branch of the USPHS embraced the new "health measure" at a time when relatively little progress in preventive dentistry was on record compared with its sister branches in the medical field; new industries including some of the tooth-paste and drug industries fell into line; the same scientists, now aided by the USPHS, began a vigorous campaign among lay organizations with the backing of some of their colleagues whom they had, by now, convinced that fluoridation was safe; these men won the news media, especially medical news writers, for their cause and thus prevented data unfavorable to the project from reaching the profession and the

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Confronting Major, Universal Problems of Living

The School of Living is an association of persons developing an adult education in major, universal problems of living, i.e., all those issues and questions which every person, irrespective of time or place, must and does answer.

Good answers are more likely to be discovered and practiced by those who carefully define and examine those problems, and who impartially consider and choose from alternative answers.



Mrs. Mildred J. Loomis

The School of Living was founded near Suffern, N. Y., in 1936 by Ralph Borsodi and associates, one of whom was Mrs. Mildred Loomis. Since 1950 Mrs. Loomis has been its Director of Education.

Mrs. Loomis is now available for a limited number of lectures and discussions on major problems of living. Fees are adjustable to time, expense and resources of the groups involved. Address inquires to:

The School of Living
Lane's End Homestead
Brookville, Ohio 45309

LECTURES AND DISCUSSION TOPICS

I — *Adult Education For Living*

What is a good life? What is a good purpose for living? What are major, universal problems of living? Why does the School of Living distinguish seventeen such problems, Do they provide a philosophy of living? Do they lead to personal action and social change?

II — *The Nature Of Man*

What is the essential, distinctive nature of this creature, this human being, who is at the center of all "problems"? This becomes the first and most essential search, because one's patterns of living reflect one's concept of one's self. *Cultural* patterns are determined by that view of man most widely accepted, or which has become habitualized, or legalized and enforced by governments. Are human beings fixed or free? determined or creative? How become more of one than the other.

III — *Clarifying Economic Causes Of War*

Conflict among humans institutionalized into international war Mrs. Loomis believes is the most tragic and persistent of all human problems. She quickly lays an ethical foundation for, and then unravels, the structure that would provide a *peaceful* flow of goods. She shows how generally accepted opposing practices cause war. (She has a B.Sc. in economics, an M.A. in education, but discovered most of what she regards as economic truth outside college.) One student says: "Mrs. Loomis has one of the most basic and radical understandings of the ills of our economy of anyone I've ever read or heard discuss economics. An excellent speaker; she can put economics in terms a 10-year-old can understand."

IV — *Your Health! Who Is Responsible?*

Are you sick or well? How long will you remain so? To whom do you look for help? How decide which therapist or regimen to follow. Mrs. Loomis has experimented with many health ideas: macrobiotic, wheat grass and Gerson cancer diets; natural hygiene, yoga, etc.; has studied many others. She believes many persons can confidently confront their own responsibility for their health. She is well and in her late sixties productively handles a good physical-mental output. She homesteads and edits *The Green Revolution* and *A Way Out*.

V — *The Case For The Modern Homestead* (with film)

A modern homestead is a small plot of land on which a family lives an integrated, or whole, life. After years in business, in social work and teaching, Mrs. Loomis discovered the home-



stead. Out of her experience she shows how major problems of living can be personally and socially dealt with on today's homesteads and in homestead communities. Discussing modern technology, she quotes a president of Radio Corporation of America: "Cybernation will make it necessary and desirable

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Conservation, Land and Jobs

Our Public Lands is the official publication of the Bureau of Land Management, U. S. Dept. of the Interior. It is a 24-page quarterly in its 14th year, attractive, well illustrated; 20c a single copy, 60c a year's subscription (18th & C St., N.W., Washington, D.C. 20240. Articles deal with land use, conservation, and life in the more remote areas of the United States. Each issue carries a Public Sale Bulletin Board of land for sale, particularly in the western states.

Pioneer Newsletter is a 4-page bulletin. For the past two years, editors of this bulletin have collected and distributed important data about job situations and general conditions in somewhat isolated parts of our country. They have had maps, announcements of construction projects going on, types of professions needed, etc., under such titles as *Small Farms Offered* (in southeast Washington); *New Jobs in North Dakota*; *Flaming Gorge Area (Utah) May Become Vacation Center*; etc. The September 1966 issue was the last to be published, though back copies are available at 24 for \$2 (Periday Co., 17003 Ventura Blvd., Encino, Calif. 91316).

The Wilderness Society (729 15th St., N.W., Washington D.C. 20005) publishes a monthly report on jobs in study and research needed in expanding primitive areas and national park and wildlife refuge systems.

The Last Valley is a book by Ben Haas, Simon & Schuster, 478 pp., \$5.95. It is a story, by a native of Charlotte, N. C., of the struggle by the people of the Piedmont area to protect their land from spoilation by a private power firm. A reviewer in the *Charlotte Observer* says: "There are insights here into the manner in which pressure is applied at various levels of government, and into the divisive results in the community resulting from the pell-mell quest for the dollar. It delineates the tug of war between those who would conserve irreplaceable natural resources and those who would needlessly exploit and destroy them. The author takes the side of the conservationists: his book merits a national audience."