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Vitamin, Vitamin, Part II - "I Urge Patients to Use Organic Food"

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Civilizations Rise and Fall In 200-Year Financial Cycles

By Royal D. Rood

(excerpted from pamphlet)

Five great civilizations have followed the same path. By the end of two centuries, population seems always to have multiplied so greatly under the encouragement of borrowed money that great prosperity follows — especially for the money lenders. But high rentals have been capitalized into high land values, followed by a growth of the mortgage, interest and tax burdens. The burden of these becomes almost impossibly heavy on the average person, and results in a great apathy. None can be found to keep the tools and energy serving civilization. Plague and pestilence usually follow the golden age for the money lenders.

Yet always a remnant survives. Those who take the time to understand the process, and act accordingly, seem far more certain to be among the survivors.

Ancient Egypt. The extremely prosperous Eighteenth Dynasty of Ancient Egypt was followed by the evils of the days of Moses. Apparently a quarter to a third (or half) of the population of Egypt died off, and the Pharaoh gave Moses permission to lead out of Egypt a large body of slaves willing to follow him, to make a new start in a new land.

Greek-Egyptian Civilization. A thousand years later, again after two hundred years of money-prosperous increase in population, the Plague of Pericles killed him, his son and a great multitude in Athens shortly after 500 B.C. The whole eastern Mediterranean area of Greek-Egyptian civilization was scourged. Giant organization apparently caused the apathy of the populace.

The Roman World. In the Roman empire, the golden era for the mortgage-holders was from 27 B.C. to 175 A.D. (202 years). Marcus Aurelius, last emperor of that prosperous era, again witnessed plague and pestilence that killed off a quarter to a half of the people of the entire Roman world. The dead were hauled out daily for months for burial in mass graves. Tax levies were converting great areas of the empire into wilderness and desert.

European Feudalism. A thousand years after that came the two great European feudal states. Each had two prosperous centuries very nearly concurrent. Then scourges fell upon the people. In two short years (1347-49) the Black Death killed off a quarter to a half of the populace of all Europe, a tragedy that remained in the memory of our Puritan forefathers. Yet a remnant survived.

Western Civilization

Today we have been "enjoying" the prosperity of the Western world with its four or five great states, each having its own prosperous era:

The financial dynasty which placed the Bourbons on the throne in 1589 reaped the French Revolution in 1789, after exactly 200 years.

The financial dynasty of Great Britain began its prosperous era when the Treaty of Utrecht (1713) put an end to the war over the Spanish throne between the French and the British. That treaty confirmed British possession of the Rock of Gibraltar and control over Mediterranean commerce and of all the seas with an empire "on which the sun never sets." But 201 years later, after World War I gutted her resources, that empire is now in utter collapse.

The financial dynasty of Russia paid honor to Peter the Great, who in 1717 obtained a treaty of commerce with France and prosperity grew to a peak. The October 1917 Revolution, exactly 200 years later, put an end to the Russian Czars.

None can say just when the golden era of the United States will collapse. But we are nearing the end of a 200 year cycle.

Flight From Responsibility

Those who suppose that by

electing officials, or purchasing insurance policies, they can avoid penalties of irresponsibility are much mistaken. Every able student of history knows that all governments tumble when their taxes have destroyed the spirit of enterprise.

What is the duty of every citizen who wishes to see his government avoid economic collapse. What is each one's part?

Certainly a part of one's time and energy is required in some pertinent educational activity. Today people are saying that a third of their time goes to pay taxes — to maintain families of the politically privileged. Recently speakers at the Book Manufacturer's Institute deplored the fact that people no longer read the serious books they issue.

As the day of judgment draws closer, can one do better than seek understanding that he might enjoy the results of such understanding? Yet how acquire understanding if one will not take time to study, meditate, think? Unless wisdom is preserved in each community, then indeed the people will be unwisely confiscated of what they have produced. Whether this be in income or welfare taxes does not matter, for if the seed corn be eaten and the tools destroyed, soon all must starve.

Join and support the School of Living. Read its journals and books; undertake its activities; meet with other concerned persons in your community to define and act on the major problems of living. Write Director of Education, Brookville, Ohio.

Peace and Goodwill, cont'd

real pacifist takes nonviolence as his method. Logically, then, he would want to restrict the use of "government," for government is the institution of legalized coercion. Yet many pacifists seem to be leftist or socialist in their political position.

They tend to count heavily on "government" dealing with life's difficulties. It is as though a peaceful world would evolve through the very institution that supports and legalizes all economic causes of war, and calls on its citizens every generation to a mass slaughter.

I do not know how much decentralist literature is now passing among peace organizations. Some years ago, in my active days in FOR, motions for decentralist action were usually tabled. Yet decentralism calls for a minimum of government, and more individual action, in social organization.

Many pacifists are vocal about the "law of love." Often this appears to be a phrase, without definite insight into method or know-how. I am glad to note, however, a greater use of scientific and psychiatric knowledge in some peace groups.

At I write, it is Dec. 7, 1955. Fourteen years ago today, a Japanese air fleet knocked out eight American battleships, left Pearl Harbor a shambles, many Americans dead, and put America into World War II. (Later disclosures by George Morgenstern, and others, showed how the wrong solutions to economic and political problems had intricately both the American and British government in "maneuvering" this attack by the Japanese.) Four years later the greatest single catastrophe in human history occurred when an atom bomb from an American plane exploded over the city of Hiroshima. In one instant some 100,000 persons were killed and 150,000 so severely injured that most of them died.

The Japanese have erected a cenotaph directly under the place where the bomb exploded. It enshrines names of all their known dead. On it is the message: "Rest in peace; for we will not repeat our sin."

It was the sin of all the nations. The sin was to go to war.— [Reprinted from *The Interpreter*

of November, 1955.]

Read This Book!

Some people defend the 1945 use of the atom bomb and suggest we use it now in Vietnam. Some "statesmen" are saying, "we would do it again if it were necessary." Let them read from the diary of M. Hachiya, a doctor in a Hiroshima hospital, published as *Hiroshima Diary* (available in most libraries).

"Everything was in disorder. Vomiting and diarrhea made matters worse. Patients who could not walk urinated and defecated where they lay. Those who could walk would feel their way to the exits and relieve themselves there. Persons entering or leaving the hospital could not avoid stepping in the filth, so closely was it spread. The front entrance became covered with feces overnight, and nothing could be done, for there were no bed pans and even if there had been, no one to carry them to the patients.

"Disposing of the dead was a minor problem, but to clean the room and corridors continued most urgent."

From *Libertarianism to Fascism* Who said this?

1. "Down with the State—the State of yesterday, today and tomorrow, the Bourgeois State and the Socialist State. There remains for me nothing but the consoling religion of Anarchism."

2. Private property can be only that which a man has gained for himself, has won through his work. A natural resource is not private property, but public property. Land is thus no object for bargaining."

Answers: No. 1: Mussolini in 1920; No. 2: Adolf Hitler in his early days.

Sex and Maturity

Love and Orgasm, by Alexander Lowen, M.D., The Macmillan Co., 303 pp., \$7.95. Reviewed by Herbert C. Roseman.

Dr. Alexander Lowen, noted Reichian psychotherapist, in this study of the psycho-physical nature of human sexuality has issued a challenge to most current literature on the nature of sexual freedom, including Dr. Albert Ellis, Lawrence Lipton, and the "mechanistic" or "performance" view of sex. Whether one agrees with Dr. Lowen or not, *Love and Orgasm* should be carefully considered by all sexologists and interested laymen.

Dr. Lowen believes that the so-called sexual revolution of the last decades has been an extremely superficial one owing to the confusion between "sensuality" and "sexuality." "Sensuality" is considered as a manifestation of a disturbed sexual function. The author hits hard at the current "orgy" school of sex which he regards as abortive and a characteristic of immature personality development. Also coming in for Dr. Lowen's barbs are homosexuality as a way of life. Homosexuality is equated with sickness, lack of "aliveness" and death.

Although a product of Reichian theory, many will consider this a "conservative" approach. Dr. Lowen does not believe that sexual self-regulation has yet proven applicable as a therapeutic tool. Rejected is Norman Mailer's interpretation that the orgasm frees the individual's possibilities for a creative life. Lowen believes "a free individual (free from neurotic conflict) can explore all his possibilities for creative living, one of which, perhaps the key one, is the capacity of full orgasmic surrender in the sexual act."

The importance of breast-feeding to the age of at least three cannot be emphasized strongly enough. Dr. Lowen believes that the rejection of the child's oral needs can create untold havoc in later life. The author rightly points out that few American women are psychologically capable of sustained breast-feeding. Thus a vicious circle is formed generation after generation.

With the overthrow of matriarchal culture a double standard was imposed which separated woman-the sexual object and woman-the mother. Here we have

Flight, cont'd

Chapter 2 — Domestic Production

With Newton, it was the falling of an apple which led to the discovery of gravitation. With Watts, it was the popping of the lid of a boiling kettle which led to the invention of the steam-engine. With the Borsodi family, it was the canning of tomatoes which led to the discovery of domestic production. Out of that discovery came not only an entirely new theory of living; it led to my writing several books dealing with various phases of the discovery — *National Advertising vs. Prosperity* was the first; then came *The Distribution Age*, finally *This Ugly Civilization*.

In the summer of 1920—the first summer after our flight from the city—Mrs. Borsodi began to can and preserve a supply of fruits and vegetables for winter use. I remember distinctly the pride with which she showed me, on my return from the city one evening, the first jars of tomatoes which she had canned. But with my incurable bent for economics, the question "Does it really pay?" instantly popped into my head. Mrs. Borsodi had rather unusual equipment for doing the work efficiently. She cooked on an electric range; she used a steam-pressure cooker; she had most of the latest gadgets for reducing the labor to a minimum. I looked around the kitchen, and then at the table covered with shining glass jars filled with tomatoes and tomatoes juice.

"It's great," I said, "but does it really pay?"

"Of course it does," was her reply.

"Then it ought to be possible to prove that it does—even if we take into consideration every cost—the cost of raw materials, the value of the labor put into the work yourself, the fuel, the equipment."

"That ought to be easy," she maintained.

(continued next month)

Vitamin, Vitamin, Part II—

"I Urge Patients To Use Organic Food"

By Dr. Ruth Rogers
Daytona Beach, Fla.

C. Leslie Mootoo, Deputy Chief Medical Officer in the Ministry of Health and Housing, British Guiana, wrote a letter to the editor of the *New England Journal of Medicine*. He reported "... 46 deaths from malathion ingestion in British Guiana over the period 1959-1964. . . . It may also be surprising that we had 10 deaths from parathion in 1962. These resulted from use of an article of foodstuff contaminated outside British Guiana with parathion. Parathion is not imported into British Guiana, but malathion is used widely in agriculture." In Toppenish, Wash., in August, 1963, 46 people were treated for TEPP (tetraethyl pyrophosphate) poisoning and two heifers died. Other outbreaks in Wenatchee and Terrace Heights also occurred. These were due to airplane dusting of crops at a time of thermal inversion. In the same article, it has been reported that, "An extensive review of the literature revealed that no illness in the United States or Great Britain had been detected from the consumption of treated crops when formulations have been used according to approved directions."

However, 13 people died last year (1963) in Dade County (Miami), Florida, of insecticide poisoning. . . . The most recent case was that of a three-year-old boy who died after eating chicken that had apparently dropped on a floor where parathion had been sprinkled to kill household bugs.

Most of the pesticides now used are either chlorinated hydrocarbons, such as DDT, chlordane, aldrin, dieldrin, and endrin or phosphate esters, such as TEPP, malathion and parathion. The pharmacology for the chlorinated hydrocarbons is not known. "The exact mechanism of action of these insecticides on man is unknown. Animal experimentation and clinical studies have in-

a verification of novelist Vardis Fisher's remarkable insights in his *Testament of Man* series on the degradation of woman by man through the ages and the dichotomy between the "virgin" and the "whore." Whereas in ancient times man had the "all-embracing Great Mother" medi-evil and modern man created the "prostitute," though the roots of this are traceable also to ancient civilizations.

Can sexual freedom be had for a song? Obviously Dr. Lowen does not think so. It is incumbent upon the rival sexual theorists to answer Dr. Lowen's implied challenge with considerable more intellectual equipment than they have heretofore displayed. The real revolution has not yet arrived. For the "virgins," "semi-virgins" and "prostitutes" are still with us and sex is not yet whole.

dicated that these chemicals stimulate the cerebellum and the higher motor cortex. In severe intoxication, such stimulation causes clonic and tonic convulsions or epileptiform seizures." The pharmacology for the phosphate esters is better understood. It inhibits the enzyme, acetyl cholinesterase which causes the accumulation of acetylcholine in the tissues. This resembles overstimulation of the parasympathetic nervous system with death resulting because of interference with respiration.

Some poisons accumulate in the body to reach a toxic level after repeated exposures. One additive in combination with another can increase sharply the toxicity to the exposed person.

Dr. S. G. Bradley, University of Minnesota, warns that the fungus-killing antibiotics used in agriculture may have serious harmful effects. Some plants concentrate antibiotics and when eaten by animals are toxic.

Dr. A. T. Westlake, England, in his paper, "New Factors in the Twentieth Century Disease Pattern," agrees with Dr. Borbely of the Medicolegal Institute in Zurich that a new word is needed to describe the increasing toxic factors: "paratoxic." Dr. Westlake divides these poisons into four groups: the atomic fallout, the chemicals used in agriculture, food additives and the medicinal modern synthetic drugs. The Smarden affair in Kent, with the death of 37 cows, was shocking. The fluoroacetamide, a pesticide, was in the soil to stay and "... in the end the contamination was found to be so bad that the actual soil of the farm was packed in oil drums—2,200 tons of it—and dumped in the Bay of Biscay." Five million pounds of food were seized in the United States in August, 1965, by the FDA because it was unfit for human consumption.

Why do I urge my patients to use organically grown foods? Need I say more?

There are no preservatives, artificial colors, flavors, sweeteners, antioxidants, etc., added to such foods. There are no hydrogenated fats or oils present. There are no refined grains or sugars in the diet. There are no pesticides, weedicides, or growth stimulants used. There is no loss of vitamin or enzyme due to storage or transportation delays.

There are plenty of vitamins and minerals available for the body's use without contamination: juicy carrots full of carotene, thiamin rich yeast, vitamin C in the citrus fruits, trace minerals, vitamins and other treasures in green leafy vegetables and whole grains.

[Ed. Note: Dr. Rogers has cited the sources of the various statements and quotations she makes here. These detailed sources have been omitted from this article, but are available.]