

12-1-1966

Champions Vitamin E

Pauline Pidgeon

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Recommended Citation

Pidgeon, Pauline (1966) "Champions Vitamin E," *Green Revolution*: Vol. 4 : Iss. 12 , Article 21.

Available at: <https://research.library.kutztown.edu/greenrevolution/vol4/iss12/21>

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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.