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## Health Ranch for Retired

F M

*Lilac Hills Ranch*

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## Letters To The Editor

### Health Ranch for Retired

To the Editor:

We'd like information on building rammed earth houses. I joined this project — 35 acres for health seekers, preferably retired folks. Three acres are planted in all kinds of fruit, small garden and nursery. Four home sites almost ready, for people who can buy over three acres (one section has 10 acres). We also need a good experienced man or couple to help in the organic orchard and garden. We have good pure air, lovely scenery; 80% of our food grown here.—F. M., Lilac Hills Ranch, Route 4, Box 405L, Escondido, Calif.

### More on Vaccination

To the Editor:

In your February issue under Immunity vs. Hygiene you state, "There is no legal compulsory vaccination for U. S. Army soldiers." As a conscripted soldier I am personally concerned with this. I have been told that the Army is legally empowered to compel me to be vaccinated. If this is not the case, I would certainly like to know. If there are provisions within army regulations for me to legally refuse to be vaccinated I would like to know specifically what they are and where they are located, so that I may protect myself from the medic's needle. One friend of mine was hospitalized by severe reaction to his recent vaccination. — Pfc. S. A., Ft. Lewis, Wash.

[Note: In the Sprague study (January and February *Green Revolutions*) of vaccination they were told by an official in the National Health Federation that his own son was exempted from vaccination in the U. S. Army. Presumably this was in order to prevent the use of much data showing the adverse effect of vaccination in many cases. If one can be exempted, could not others be exempted?—Ed.]

### Different Point of View

To the Editor:

I greatly enjoyed copies of *The Green Revolution* and its idea of a School of Living. But I have something to say against a point of view in the article, "The Time Has Come for a Third World Force." It says, "The real problem in India, in Vietnam, in Mexico, in Brazil and in all the other underdeveloped countries is rural and agricultural. It is not urban."

I would say that the real problem in Brazil is to increase industrialization. It is not rural nor agricultural. Brazil isn't yet an industrial nation, and it is necessary to increase this sector of the economy. . . . I would like to receive your newspaper because I am studying to go to the country, to live there and get out of the city, which is very noisy, much confusion and so on. Congratulations for editing this extraordinary journal. — Gerlido Sobral, 1032 Copacabana Ave., No. 803, Rio De Janeiro ZC 7, Brazil.

### How Develop Program?

To the Editor:

Long ago I was impressed with the School of Living program, though I wished it might be more inclusive than what I first saw. It appears to be an almost insurmountable task for one organization to take responsibility for teaching all facets of a total and better way of living. Nevertheless, I am pleased to see that the School of Living has taken on more and more responsibility — has come to look at the total man and what is required for health and happiness. Your most recent concern for the right of free choice in the Sprague case is an instance. . . .

Perhaps the School of Living is destined to accept leadership in consideration for the total welfare of man. We hope so. There are many other groups with many enthusiastic followers, but

few if any have grasped the total picture. . . . Leadership that is sufficiently strong to pierce the controlled press is necessary if our civilization is to progress. The general public must be informed. . . . More power to you and your leadership.—Jesse Mercer Gehman, Citizens Medical Reference Bureau, Setauket, Long Island, N. Y.

### No Stoves or Refrigerators

To the Editor:

I enjoy all the articles in *The Green Revolution*, including those of Ken Kern. But why does he provide for "cooking" in his house? What does cooking do to food? What vitamins or enzymes or food values are added by this process of cooking? I can't figure out how otherwise intelligent people can cling to the completely out-worn idea of cooking food. Fruits and vegetables are already "cooked" (ripened and completed) by the rays of the sun.

I have just established a beautiful 25-unit Health Resort which is probably the only one in today's world without a stove or refrigerator on the premises. And our many guests love it. We have our own organic gardens, an orchard under way, and are close to commercial source of produce. We keep no animals and serve no animal-bodies on our menu. Life is simple, beautiful and delicious.—David Stry, Villa Vegetariana, Cuernavaca, Mexico.

### Student Seeks New Purpose

To the Editor:

In the Students for A Democratic Society's *New Left Notes* I saw a letter by Hermine Hurlbut recommending *Go Ahead and Live!* and intentional communities. I know nothing of such things, nor whether my husband and I would want to, or could, live in that way. I only know that our inability to agree with the false motives that drive people through life in American society have made life rather unbearable at times, and the future seems empty of purpose. It may be that autonomous community living is a way to re-humanize portions of society. Please send me literature.—Mrs. P. Sanger, Evanston, Ill.

### Travel Without Vaccination

To the Editor:

Is there any way one can leave and re-enter the United States without vaccination? — Florence Newbauer, Brookville, O.

[The World Health Organization issues International Sanitary Regulations. Article 83 says that objectors to vaccination can refuse the operation and still be admitted into those countries which have accepted the International Sanitary Regulations. Article 83 reads: ". . . Any person who cannot produce such certificate (of vaccination) may be vaccinated; if he refuses to be vaccinated he may be placed under surveillance for not more than 14 days, reckoned from the date of his departure from the last territory visited before arrival. . . . A person under surveillance shall not be isolated, but shall be permitted to move about freely." Hence, one reports to authorities before leaving, for surveillance for 14 days, and again in the country last to be visited before re-entering the U. S.—Editor]

### Homeopathy, Vaccination

To the Editor:

Can you recommend a homeopathic physician in New York City, or how I can locate one?

Where can I read more research and findings on vaccination?—Ellen Cohen, 246 E. 94th St., New York City 10028

[Dr. Alonzo J. Shadman has published a \$7 text on Homeopathy. Information on practitioners could probably be obtained from American Foundation for Homeopathy, 2726 Quebec St., Washington, D. C. 20008, or The Hahn-

### The Green Revolution

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For books: *The Vaccination Controversy*, H. Dennis Taylor, \$2.50; *Diet Prevents Polio*, B. P. Sandler, M.D., \$2.25; *The Poisoned Needle*, \$1, from Health Research, Mokelumne Hill, Calif.—Editor]

### Tucker and Homesteading

To the Editor:

This summer I will be Head Resident in a project of high schoolers in preparation for college, in Bowie, Md. I expect to spend some of my days off relaxing and learning at Heathcote Center. . . . How did the ideas of my grandfather, Benjamin R. Tucker, become associated with those of homesteading and organic foods, etc? — Marianne Riche, New York University, New York City.

[Ed. Note: The best procedure would be to let our dear friend, Marianne, figure this out herself. The answer is in the nature of Tucker's life and ideas; as editor of the early American individualist journal, *Liberty*, he expounded ways out of governmental authority, though he did not discuss health and food. Our espousing and practicing homesteading and organic foods is part of individual-family action, away from regulation and control.

Let's look at these three answers in terms of our Problems of Living approach. Those who have thought about these problems know that we find three general types of answers to each of seventeen problems of living: the supernal, the hylistic and the cognitive (rational). Now ask yourself the three basic questions on Occupation, Health and Government, and note the cognitive, rational answer to each: Occupation: To live a good life, how should a human being work, and where should he live? Cognitive answer — creatively on a homestead.

Health Problem: How can we obtain maximum mental-physical health? Part of cognitive answer — "eat organic whole food."

Civic Problem: In a human culture, how much organized coercion (i.e., government) is necessary? Cognitive answer — "little or none."

Q.E.D. These three "answers" belong together in the cognitive or rational class.]

### Spragues in Canada

To the Editor:

We left Heathcote in Maryland on Feb. 10, and, after stops and visits, mostly with relatives in Denver, we arrived at Kaslo, British Columbia, Canada, on March 17. We are snug in the spacious log house built by Harry Griswold, whom we met on our September visit. [See item by Mr. Griswold in our November, 1966, issue.—Ed.] The Griswolds' lane was under more than a foot of snow, and Ken and Jerry carried only bare essentials and sleeping bags up the hill. Fortunately we were able to hire a young neighbor and his tractor to clear the lane and then, each in turn, pull our heavily laden Chevy van and little trailer up the hill. That morning it was clear enough to unload. Otherwise we've had a rather soggy welcome to this magnificent country with much rain and winter's last snow.

We feel blessed to be here after no further mishap on our

long trip than a split rim and an "egg" on a rear tire, which led us to replace our (almost new) rear tires with 8-plys for this last rugged lap. We almost didn't make it up the ramp after our ferry ride from Kootenay Bay to Balfour, but a push from four husky men squeaked us through.

Though we lack electricity and the log house is not quite finished, we have the comforts of indoor plumbing, unlimited fresh mountain water, and ample wood to feed the kitchen range and basement stove. Ken has already built steps to replace the ladder (continued on page 4)

## Local School of Living Groups

To the Editor:

I've read many sample copies of your informative *Green Revolution*, for which I enter a subscription. I would like to know if I qualify to start a chapter of your famed School of Living in my vicinity. I have friends who, like myself, are trying to create a better life through the green revolution. Any help would be appreciated. — W. J. Stehling, 62 Arbour St., West Islip, N. Y. 11795.

Editor's Note: This is a very welcome query, to which we reply, "Certainly, anyone with this interest and initiative should experiment with group discussion and action. As a first step, let us send some material—extra *Green Revolutions* for sampling, study and subscriptions; or we could send copies of our book, *Go Ahead and Live!* Develop a group that would meet monthly (or oftener) to discuss articles or chapters in these publications.

A good discussion group can develop out of common reading material, based in three general steps: What facts are presented? How do you feel about them? What can you do with them? Would the following general questions assist in dealing with (for example) a story of a homestead adventure, or the item on Immunity vs. Hygiene in a recent issue of *Green Revolution*?

### Suggested Steps for Discussions

I. Make Sure of the Facts.

Communication is so difficult that different people do not get the same facts from either spoken or written material. Test out the understandings of members of your group. What data, what information did an article give? Was there more than one point of view presented? Let these points of view, and major facts, be summarized.

### II. Evaluation.

How do group members feel about the facts? Evaluate or rate the importance, to you, of the facts presented. How do you feel about them? Can you (do you) separate your feeling about the facts from the facts themselves? (If the facts irritate you, does that make them wrong? If you agree with them, does that make them right?)

Rate the competence of the authorities quoted. When experts or authorities differ about issues, how do you decide with which to agree? How do you validate what you believe or do?

### III. Application.

Have you had any experience in the area(s) presented in this item? Do you know people who have? Can you make use of the theories or facts presented? Who will test them out, and report results at another meeting? What more data do we need to act on these ideas? Where can we find it? With whom can we get in touch to further our action?

Happy discussing — and acting!—MJL

### WANTED

Homesteaders for Heathcote Community. Application blank available from

Heathcote Committee  
Bt. 1, Box 129  
Freeland, Md.

## Spring Aids

Many cash-saving practices for modern homesteaders have been culled from *Buckeye Cookery*, 1880, and submitted by Eleanor Woods, Blue River, Ore.

Kalsomine - Cover one-fourth pound of white glue with cold water over night. Heat gradually until dissolved. Dissolve 8 lbs. of whiting in hot water; add the dissolved glue and stir. Add warm water to the consistency of thick cream. Brush in with a kalsomine brush, finer than a white-wash brush.

Hard White Wash - 10c kalsomine, 5c glue dissolved in warm water; 2 qts. soft soap and bluing.

Crack Filler - Make a cement of 1 part water to 1 part silicate of potash mixed with whiting. Sets in one hour.

Mending Cement - Mix litharge and glycerine to consistency of thick cream or fresh putty. After cement is hardened, mended item (stone jars, tin pans, wash boilers, cracked iron) will resist hot or cold water, acids and almost any temperature.

Remove putty from window frames by passing a red-hot poker slowly over it.

Badly Fitting Doors - Cover the ends or thickness of a door with chalk to prevent adhesion. Place a strip of putty all along the jambs. Shut the door, the putty will fill all spaces which would remain open, and be pressed out where not needed. Excess can be easily removed with a knife. Putty is left in place where it soon dries, leaving a well-fitting jamb.

Vermin- & Moth-proofing - add ferrous sulphate to white wash until yellow; brush cellar walls.

Destroy moths in cracks of a floor by using benzine, when no fire is present; under carpets, use newspapers — printers ink is moth preventive; protect clothes with pulverized camphor, cut tobacco, cedar chips, or highly scented sage, thyme, or spearmint, and wrap in newspaper.

Mice and rats can be evicted by cayenne pepper in cracks; red ants by a small bag of sulphur in drawers or cupboards; cockroaches by hellebore sprinkled on the floor at night; fleas by oil of lavender.

## The Bay, cont'd

the square world, they will bring with them "spontaneity, honesty, and appreciation for the wonder of life."

### Religion and Love

At their most idealistic, the New People represent a radical religious re-awakening, an expression of basic love in the tradition of Jesus and Buddha. Means are considered before ends, and the means are very startling in today's world of hate and violence: flowers instead of bullets, incense instead of tear gas; music instead of missiles. Compare the already legendary Human Be-In at Golden Gate Park January 14 when 15,000 people peaceably passed the day in low pressure communion, to the mood of the Red Guards in China or the unspeakable actions of the American war machine in Vietnam. The Be-In was reported in the February 6 issue of *Newsweek*.

### Rapport with Indians

The Be-In was called "a gathering of the tribes"; there is much sympathy for American Indian culture among the New People. Happily, the feeling is reciprocated. A recent Los Angeles conference of six Indian tribes invited some Hippie leaders to attend, for the Indians have a prophecy that their brothers slain by the European invaders will be reincarnated through the children of the white man, and the New People seem to be the realization of this old prophecy.

The press gives much attention to the Hippie use of hallucogenic drugs, and for some marijuana, peyote, and lysergic acid trips do become ends in themselves. But the usual use of these substances, especially "pot", is as a rite of communion and fellowship or a way to mystical understanding. Peyote was used in the (continued on page 3)