

5-1-1967

Spragues in Canada

Dee Sprague

Follow this and additional works at: <https://research.library.kutztown.edu/greenrevolution>

Recommended Citation

Sprague, Dee (1967) "Spragues in Canada," *Green Revolution*: Vol. 5 : Iss. 5 , Article 14.
Available at: <https://research.library.kutztown.edu/greenrevolution/vol5/iss5/14>

This Letter to the Editor is brought to you for free and open access by Research Commons at Kutztown University. It has been accepted for inclusion in Green Revolution by an authorized editor of Research Commons at Kutztown University. For more information, please contact czerny@kutztown.edu.

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

Second class mailing privilege authorized; entry applied for at Freeland, Md. 21053.

Published monthly by The School of Living, Lane's End Homestead, Brookville, Ohio 45309.

Editor: Mildred J. Loomis.

Subscription rates: *The Green Revolution*, \$3 a year; *The Green Revolution* with School of Living membership, \$5 a year; *The Green Revolution* and bimonthly *A Way Out*, \$6 a year.

Telephone: TE 8-4522 (New Lebanon, Ohio).

Send subscriptions and renewals to School of Living Center, Heathcote Rd., Freeland, Md. 21053.

Send change of address and undeliverable copies to School of Living Center, Heathcote Rd., Freeland, Md., 21053.

emann Medical College of Philadelphia.

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)

Food, Fuel and Spirit, cont'd

The only bug problem we've had is with cabbage worms, though we did almost nothing to protect anything. The cabbages were eaten quite a bit by the worms. This year I'm going to plant onions on all sides of our cabbage plants to see what that does. Any other (inexpensive) suggestions?

We had a few of some kind of bug in the first plantings of radishes. We put wood ashes on and around the other plantings and they weren't bothered. We hadn't heard that wood ashes would burn the foliage of plants, and I guess they hadn't either. Nothing happened. Also put wood ashes around young cabbage and tomato plants, and they weren't bothered by cutworms—but maybe there were none.

We have no way of watering the garden, so we keep it well mulched with hay. Last year was a good year for rain. It came down about once a week. If you looked at the squash plants in the morning after a rain, and looked again in the evening, you'd notice the difference. None of the moisture was wasted.

The starlings are here! This is a sure sign of Spring, according to our good neighbor "Tamarack" Larson. Tamarack should know; he's been homesteading and farming this country for over 50 years now. There used to be a time when this kind of foretelling of possible weather changes played an important role in the lives and occupations of farmers, woodsmen and fishermen. Also, habitual travelers would look for favorable omens from winds, clouds, animal behavior and so forth.

Yesterday we observed our first robins of the year. A gay flirting pair in the front yard. Robins are the traditional signs of Spring further south, where we lived prior to settling in Minnesota. Mallards, Canada geese and woodducks are also arriving at their breeding wetlands.

silhouetted pines
before a purple sunset
geese chattering north

The bird migrations accompanying the mild south winds of the past week make us eager to reach for seeds and hoe. Once again we wake early mornings to the melodies of birds enjoying a spring sunrise.

The winter was not as demanding or severe as we had anticipated. Many of our friends and

relatives thought we would suffer, even starve or freeze to death. For the most part, we were very comfortable and still have plenty fall harvest left in store. Our self-dug cellar held out superbly against the cold. We had insulated the top with woodchips and bales of hay. The temperature holds at a constant 34°. The insulating gunny sack that was crammed into the air vent has been removed to provide circulation now that the cold has passed.

To date we have burned about two cords of wood. Four cords remain of the amount cut last fall. Our small place is well insulated and so requires little fuel to keep it warm.

Pruned the black currants recently. They hadn't been touched in years. Got little fruit from them last year. Cut away much excess growth and dead stuff. Hope the manure and mulch will also help to improve the old bushes. Going to plant a couple of gooseberries later. Berries do well here.

Our first year on our homestead has indicated that we didn't have to be "experts" to make a go of it. We sort of learn while doing. Of course, various literature and helpful neighbors are an excellent source of information. We draw on both constantly.

I believe too many people hesitate to explore homesteading-community because they feel they must first master many skills. Skills don't hurt, to be sure, but there's no reason to vegetate in the city because one hasn't done this or that. There may be a dozen tasks here that we had never done prior to coming here. But, we somehow managed to work them out, primarily because our staying here required it.

From our own experience and from the many wonderful people we correspond with I know that the decision to make the move to the land isn't an easy one. Some will remain where they are, despite the pains, and attempt to accumulate relevant facts and abilities before striking out. We chose to move now and hopefully become wise enough to cope with a new situation. I think we're succeeding. What rankles me is that I suspect that there are a number of people who have or will spend as much as a decade or more becoming "experts" at homesteading-community.

Spring News From Florida Homestead

By Hal Porter

My two oldest goats kidded in January on my birthday. I didn't put the kids on the bottle or try to train them to drink. It was cold at first, and my wife and I thought it would be mean to take the kids away from their mothers. So I let them nurse for two weeks.

Then I started milking part of the morning supply, letting the young ones have the rest and all of the night's supply. Gradually I took more and more of the morning milking, until I am taking it all, and "fixing" to take some of the night's too. This causes problems, mostly bawling. The kids baa for a little while and then quit. But Honey, one mother, is the bawlingest goat I have ever seen. She keeps it up all day. What will stop her?

Boola, the old woods goat, is drying up fast. She started giving a pint to a milking and is now down to a cupful. I'm afraid she is going into the freezer. I will raise one of the present kids to maturity and breed it for replacement for Boola.

Probably the Smart treatment (Sycamore Hollow Homestead, West Alexandria, O.) of putting the kids on the bottle is superior to mine, but seems as though they should get some benefit from nursing the mother. My book on Herb Medicine says the kids you want to raise for milkers should nurse for six months.

Rabbits are doing fine. Hens also coming back and now from

a dozen hens we average nine eggs a day. Bantams set but did not do so well. I mistakenly let them set in the pen, and instead of each one having a nest and hatching the eggs therein, they had a community setting with three hens taking any nest they came to. As a result they abandoned their nests too soon. I now have three bantams mothering five chicks. A friend gave me eight bantam chicks, and loaned me the mother, until they are on their own. They are doing fine.

Spring garden all in; corn, tomatoes, peppers, beans, squash, cucumbers, cantaloupe all up and growing very well (March 16). My winter garden is also carrying over (onions, beets, carrots, cabbage, cauliflower still bearing). Strawberries producing about a pint a day, and the blackberries are due to ripen soon. — H. P., Rt. 1, Box 1742, Port Orange, Fla. 32019

Delight

In the early mornings the bottles at the patio edge sparkle and glow. Rich brown ones like honey a-fire. The blue one with diamonds on each shoulder. The white ones, spring water poured against the light. The green ones more radiant than all. And the great dark trees beyond. It's 30 this morning and the violets sweet as usual.

—J. B.



Ruth Rosevear

Seymours Planning Tour of U.S.

John Seymour, British Broadcasting commentator, author of *Fat of the Land*, and contributor of items in the past two issues of *The Green Revolution*, plans to film homesteads in this country. He writes:

"I want to come over to your side, to see your lot and make a tour of homesteaders and communities. I want to see what solutions other people have found or are working towards. I want to find some people perhaps I am in step with, just for the novel feeling.

"I've been doing a lot of films about our countryside for BBC television, and I'm pretty sure I could get them to finance a couple of films on the homestead movement in the United States. My publishers have already said they'd take a book on it too. I shall have to come. Don't know when—not this year certainly. I couldn't waltz off, leaving Sally and the kids — might try to come with a big van that we could all camp in, and spend six months. I could lecture—do here sometimes—to help pay our expenses. William Cobbett is my favorite subject.

Data Needed

"Meanwhile, the BBC likes to see that one has done a bit of research into a subject before committing itself to commission a film. How many homesteaders are there in the USA? Hundreds, or thousands? How many members of School of Living? Is the movement growing or dwindling? What about the religious communities on the land—Amish and so on? How many are there? Would they refuse to be filmed? I would like to suggest a film on School of Living homesteaders, and another on the religious simple-livers.

"Films shown by BBC are seen by at least half the population of Britain, and have enormous propaganda value. This might lead to forming an effective branch of the School of Living in Britain and Europe. I'm sure this country is ripe for it—at least there is a real outbreak of feeling against the machine state here. Every talk I do on the wireless with a decentralist sentiment, and every bit of propaganda I manage to insert in a TV film brings me scores of letters, sometimes hundreds. All from would-be homesteaders — who don't know how to break out. Surely we ought to try to help them? But we must know what is right ourselves, or can nobody ever be sure of that?"

Letters, cont'd

to the basement.

In spite of wet weather, Jerry is radiant from the outdoors, and has spent this chilly, snow-flecked day building an eloquent tree house in the woods, with assists from Keith. Laverne and Keith have a 20-minute ride by the bluff road along the shores of Kootenay Lake to the elementary school perched above Kaslo with a view of the lake and majestic Kootenay mountains. Oh for that first full day of beautiful sunshine; the children have yet to see the real splendor of this place (which we saw on our visit last fall). — Dee Sprague, Box 315, Kaslo, B. C., Canada.

Heathcote Seminars Off To Good Start; Register Early For Future Events

Twenty-five adults, some from Pennsylvania, New York and Washington, D. C., gathered the weekend of April 22-23 for the opening seminar at Heathcote School of Living. All enjoyed A. P. Thompson's demonstration of earthworm culture and his philosophy of soil and health. The weather was cool and sunny, the garden bed had been tilled, and many hands joined in getting in rows and rows of seeds for a harvest to be consumed at later seminars.

Register for Meeting on Peace

Several expressed interest in returning for future meetings. On May 27-28 (arrival on 26th) the subject is Basic and Practical Paths to Peace, with the economic and political requirements for equity and justice being presented by six leaders. Advance registration (\$2), indicating place and position in a social action group, is expected from all who attend. The subject matter is difficult, and advance material for study will be sent all who register, to assist in fruitful discussion.

Health Seminar, June 24-25

If you want to understand your body and learn to be more and more in charge of your ever-improving health, then you will be at the June 24-25 workshop on Nutrition and Health, Heathcote Center, Freeland, Md.

Mrs. Ruth Rosevear, nutrition counselor at Beechwood Clinic, Columbus, O., will lead five sessions beginning Saturday morning, June 24, at 9 a.m. She is a graduate of Cornell University and graduate student of University of Cincinnati; has traveled around the world taking slide-pictures to compare healthy and diseased bodies; has counseled thousands of persons to better health at Beechwood Clinic; and writes for several important health journals.

The Bud

Through the turning year nature offers its wonders to those with hearts that respond to the goodness and glory of the natural world. When spring's climbing sun and warming air bring the first strands of green on southern slopes and along the meadow creeks the buds begin to swell rapidly.

We take many of life's miracles for granted. Many think that the buds on branch and bough grow in the spring. The buds now stirring with life juices were formed last summer.

Layer upon layer, the tissues of leaf or blossom were folded and wrapped in an almost waterproof capsule. They have waited through an autumn and winter. Each meticulously packed bud has received just enough moisture and oxygen to maintain life.

If you have never studied buds beneath a lens, you have an experience in beauty waiting. The colors are many; there are reds and yellows, browns and pinks, bronze and gray.

Each tree species has its distinctive bud shape. Red maple buds are crimson tridents. White oak has a bluish oval; the dogwood has a plump, pewter-gray bud that may remind you of a shoe button. Elm buds are slender, pointed and light brown; the highbush blueberry has a beautiful, reddish brown bud with lacy scales.

Buds, some think, are common things. But to him who studies and watches as the miracle of spring gathers momentum, a bud is a sacred thing. For in those capsules that will produce leaf or flower is the essence of life itself.

Buds waited through the blizzards of winter for the fulfillment of time. Now the life forces are stirring and the ancient plan is following the established pattern.

A bud on a bough is a small object. But in that humble package is stored the faith that helps man glimpse the grail.

—St. Louis Globe-Democrat

Catharyn Ellwood, author of *Feel Like A Million*, will be present Saturday afternoon to give her popular lecture on "Our Sweet Enemy," title of a forthcoming book.

You can have your own individual body needs revealed. You can see a brown liquid in your palm turn clear if your body acid is in balance; another liquid color change on your tongue if your vitamin C level is adequate; you may look into a black box to see whether your tongue is purple or gray to indicate vitamin B level; etc. Then you will have a chance to plan the kind of food and diet that will bring your health to maximum. This will be worth more to you than many visits in a doctor's office. You will be with a friendly, skilled teacher who knows the hows and whys of health, and who will welcome and discuss all your questions.

Saturday, June 24:

9 a.m. — Colored Slides, Our Changing Faces and What They Mean.

10:30 a.m.—Testing for Health, Rating and Interpreting Body Symptoms of Members Present.

2 p.m. — Planning Diets To Meet Nutritional Needs.

4 p.m. — Lecture, "Our Sweet Enemy," Catharyn Ellwood.

8 p.m. — Slides, How North Country School Feeds Students to Maximum Health.

Sunday, June 25:

Continuing Workshop on Nutrition and Diet Planning.

Send registration with \$2 per adult to Heathcote Center, Rt. 1, Box 149, Freeland, Md.—promptly. Advance registration assists in preparation for the weekend. Meals, lodging and extra costs are \$7.50 per adult, and \$5 for children.

Those who attended the April seminar at Heathcote on Building Soil With Earthworms, led by A. P. Thompson, are singing the praises of Heathcote and this meeting. Don't miss out on the June session on Health! Send your registration now.

The Bay, cont'd

Francisco, the purchase of a ghost town, and an on-the-job training program to teach organic farming.

A month ago I briefly visited a one-time egg ranch 60 miles north of San Francisco, now owned by a one-time professional folk singer who shares it with several younger people. Recently 30 Diggers arrived there and immediately set to work transforming pasture to garden, putting in a water system, and clearing land for a cabin. So it cannot be all plans and talk.

A favorite saying among the New People is "May the baby Jesus open your mind and shut your mouth." After the mind is open and the mouth shut, it looks like many minds will be busy.

Notes from, cont'd

taught courses in creative writing, and is working on his first novel.)

The School of Living offset printing press, which Bill Anacker brought from Brookville to Maryland on the way back from his travels in the West, will soon be operating in the large north room at Heathcote Center. We know that many people have big plans for expanding S of L activities in this direction. Evan LeFever, who is familiar with the press, promises to become chief printer.

By the time this sees print the first seminar of the season (demonstration of earthworm culture and soilbuilding by A. P. Thompson) will be history and we will no doubt be plucking radishes out of the garden. We are looking forward to that garden-planting seminar and all the summer sessions with hopefulness and anticipation and a desire to meet many of you here at Heathcote before the year is out.