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Who Will Explain Us?

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Flight From The City

By Ralph Borsodi (first published 1932)

The annual food contribution of our poultry-yard, after it was once established, usually averages twenty or twenty-five capons, an aqual number of old hens, and all the eggs we can eat. There is always a surplus of eggs in the spring. Sometimes we sell them or turn them in to our grocer, but usually we prefer to put them down and preserve them in water glass, which keeps them fit for cooking purposes for the fall and winter when the production of fresh eggs falls short of our needs. However, if the chicken-house is of warm construction and especially if it is electrically lighted in the winter so as to give the hens a full day at the feed-boxes a plentiful supply of fresh eggs can be secured the year round.

A small flock of chickens, kept up each year by raising about seventy-five chicks, is all that the average family needs. The dividends per dollar of investment are really enormous, even if all the feed for them has to be purchased. Owing to the fact that land in our section is not adapted to grain farming and the fact that we have had to clear every bit of land for garden purposes, we have purchased nearly all of our chicken feed. There is no reason, however, why the feed should not be produced on the homestead if the soil is suitable. This simply increases the dividends earned and proportionately reduces the family's dependence upon income and purchases from the outside. The labor of feeding and caring for such a flock of chickens is not great, especially if good equipment and housing is provided. A large poultry project from which money is to be made, is an altogether different affair. The poultry business seems to have a universal popularity. It looks like an easy way to make a living. But it takes much more experience and much more ability than the average man possesses to make money at it. We tried it one year and, while we lost no money on the project (on the contrary, by ordinary standards it might have been considered a success), it was one of the experiences which made us decide against the home production of anything for sale.

A few years after we moved to the country a brother of mine was ordered to the country by his doctor. We invited him to come to "Sevenacres" and suggested that he make his expenses by raising eggs and chickens for the market. So that year we had the opportunity of watching what happened when the flock grew in size to something like commercial proportions. The eggs raised sold well and at high prices. The cockerels were all caponized and in the fall sold to a restaurant in the city. Yet when we were through with the year there was precious little to show for the labor which had been put into them. By the time that feed and supplies were paid for, pocket money was all that my brother had to show for his summer's work. The experiment was well worth while, however, because it proved one of the things which helped us to decide that any extra time which we could put into production could be more profitably used raising other things for our own use than by raising a surplus of one thing, such as eggs and chickens, for sale.

We have applied this principle to the poultry-yard itself, keeping the number of chickens down and raising other fowls. We have raised Peking ducks and found that the Peking duck furnishes almost as many eggs as do many breeds of chickens, and in addition furnishes a welcome variation in the diet. We also raise turkeys; we plan to raise at least one bird for each month for the table, and a flock to be used as Christmas presents. This particular experiment in the home production of gifts has been among our most successful; the sentiment surrounding the turkey savors of Christmas much more than factory-made gadgets usually bought in crowded stores. We have also raised pigeons, principally because they were decorative, and have hatched pheasants principally for the sake of romance. It is a part of our yearly spring thrill to watch for the first appearance of the cock pheasants and to see them in all their finery as they begin their courting dances.

A few words must be added on the subject of fresh eggs. We used to buy so-called fresh eggs in the city, but in the very nature of things it was impossible for them to be really fresh. Even near-by eggs rarely get to the city before they are two weeks old. True, the palate of the city man is so little cultivated that the finer flavors of all sorts of foods have lost their importance to him. Industrialism and urbanism have combined to blunt his taste. As to fresh eggs, the Borsodi family consists of gourmets. The fact that the humble egg has developed a new value for us is typical of the transvaluations which have come to us from our return to nature.

Milk, cream, buttermilk, cheese, ice-cream—all the various milk products—constituted one of the large items in our food budget when we lived in the city. Our fluid milk supply consisted of grade A milk, delivered daily in glass bottles. This milk was pasteurized. We used creamery butter which at that time was made from raw cream. Since then efforts have been made to compel creameries to use only pasteurized milk. Buttermilk we drank occasionally. After we moved to the country it became a part of our regular diet; it proved a most healthful and nourishing foodstuff. Ice cream we ate in much greater moderation in the city than we do today, perhaps because of some Puritanical inhibition about eating too much dessert. But probably the notion was actually correct, at least with regard to commercial ice cream, which is what we used to eat. Certainly the bulk of commercial ice cream, often made from rancid cream, artificial coloring, and synthetic flavoring, is not a desirable food. But even the best commercial ice cream cannot be compared with home-made ice cream and frozen desserts made from clean, sweet cream, fresh eggs, and real fruit juices. Much of the cheese now consumed in the city is synthetic, made from something which the breweries invented and which ought not to be called cheese at all. We ate little cheese before we left the city; after we went to the country we began to eat all the pot cheese we could enjoy, and when we learned how useful a part of the diet cheese can be, we began to buy the kinds of cheese which we could not make at home.

Letters, cont'd

Arctic Stove designed in 1898 for Alaska gold miners, cast iron construction, long firebox to hold log fire, in three sizes, with top for cooking.—Jane Preston, Butler, Pa.

It's Not That Easy

To the Editor:
I'm young—and seriously con-

sidering living in a utopia after college. How much does it cost to subscribe to the *Green Revolution* for a year?—Ron Richardson, Seattle, Wash.

Who Will Explain Us?

To School of Living:

With apologies to Sylvia, who are you? What are you?—Lorraine Glennby, Ass't Editor, East Village Other, 147 Avenue A, New York City 10009

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Joe Southard is a graduate Naturopath and student of Chiropractic and has 15 years' experience in physical training and 9 years in Yoga. Joe has been a wrestler, tumbler, handbalancer, physique contest winner, a Yogi, muscle control contest winner, cable pulling contest winner (he has pulled more in official competition than any other American), weightlifting contest winner (he holds 4 world records, including 2 records in the Crucifix, held out two 80 lb. dumbbells as a middleweight, did a floor press with 435 lbs., did a bent arm pullover with 380 lbs. (All records done at sanctioned A.A.U. contests, witnessed by qualified judges.)

While in the army Joe taught Ju-Jitsu and had the highest physical training score in the U. S. Forces in Europe. He was Men's Physical Training Counselor at the Granite City, Ill., Y.M.C.A. and operated his own gym (The Olympic Health Club) for 5½ years. Read why he quit, and the truth about weightlifting. He has been featured in 6 leading physical culture magazines.

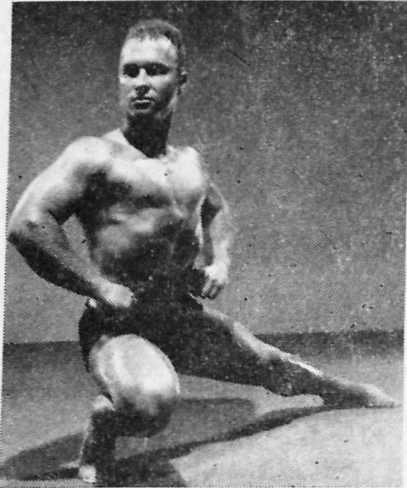
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Will You Be in a Round Robin To Gather Ideas on Community?

By Patricia Herron

No one would question the widespread interest in "community" that exists today. Yet all too often when you ask someone who has expressed such an interest, exactly what community means to him, or when you in turn try to tell him what community means to you, you find something equally obvious: a wide gap between the emotional longing for community on the one hand, and a specific awareness of what a community which might satisfy this longing would be like in its concrete details on the other.

Perhaps we can find a way to bridge this gap. A sense that you must know exactly what you want before you go ahead can only seem like a wet blanket to someone with a real passion to act. But longing per se can be all too vague. Minds and hearts strike fire from one another, as we are willing to share our deepest concerns with others and to open our awareness sympathetically to theirs. It is from this kind of nourishment that meaningful action can come. Could we try to think out for ourselves and discuss with others who feel a similar concern, some of the questions that anyone who seriously wants to commit himself to a definite community venture needs to face?

Form Round Robin Groups

Most of us have not found an interested group in our own

town, ready and eager to discuss these questions. Could we then form several "round robin" letters among *Green Revolution* readers, each concerned with a specific question of community? A suggested list of questions is given below.

Each person on a particular round robin committee would write out his own ideas and add them to the statements of the others who would receive the letter in turn. When the letter had gone full circle, it would return to the chairman who would condense the most provocative and practical ideas for an article in *The Green Revolution*. Then the letter could be started round again, perhaps with fresh questions and new suggestions.

In this way many members of the School of Living would deepen their own self-awareness through the discipline of putting their ideas on paper and would benefit from the ideas of others. The members of each round robin would, it is hoped, develop a sense of friendly interest in one another, which might result in any thing from stimulating face-to-face conversations to pamphlets to actual community commitments.

Each round robin would expand as needed — new members would always be welcome—or, if a particular subject were adequately covered, that round robin could be discontinued. Any reader of *The Green Revolution* (continued on page 4)

THE GREEN REVOLUTION — 3
June, 1967

ADVERTISING RATES

Classified: 35c per line. Minimum 3 lines or \$1.05. Average line has 40 spaces.

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THE OWNER-BUILT HOME is now completed. Volumes I, II, III, IV are available (\$2 for each volume) from: Ken Kern, Sierra Route, Oakhurst, Calif.

IS THERE a carpenter-mechanic who sees the beauty, simplicity and usefulness of windmills? Who would love to make one or two, to work a small grindstone, to churn a tub of laundry, or as a more complicated technology, to turn a generator for heat? Who would see the significance of a windmill as an aspect of technology, that is in proper relation to nature, people, and democracy, decentralization and oriented to village life and industry in the Gandhian sense? Who would see their beneficence as a conservator of the trees and forests, and oil and coal of the earth? Martha Shaw, Ashley Falls, Mass. (6-67)

IS THERE a player of Oriental music who knows the power of his music and understands the significance of village life in the Gandhian sense that would make himself or herself available to a small New England village? Martha Shaw, Ashley Falls, Mass. (6-67)

KIND WIDOW, retired nurse, wishes to meet a man about 70 who is equally concerned and interested in world events, nature, the arts and similarly eager to share an interesting, wholesome and devoted home life in north California.—Freda Jay, 621 Avalon, Santa Rosa, Calif. 95401

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HYGIENIC CONVENTION. 9 gala days, Friday July 7 through Sunday July 16 at Chicago's Edgewater Beach Hotel. A true feast for health-seekers. Write American Hygiene Society, 205 W. Wacker Drive, Chicago, Ill. 60606. (6-67)

People, asked from where it came, Would very seldom know, They would simply eat and ask, 'Was not it always so?'

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