

10-1-1967

Honeycomb for Sinus?

Thurman Frick

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

Recommended Citation

Frick, Thurman (1967) "Honeycomb for Sinus?," *Green Revolution*: Vol. 5 : Iss. 10 , Article 10.
Available at: <https://research.library.kutztown.edu/greenrevolution/vol5/iss10/10>

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.

Productive Summer

Man Cans 700 Quarts of Tomatoes; Ex-Hippie Makes Hay, Bakes Bread, Weaves and Composts

Summer is a time for gladness—for working in the sun, cooperating with the Good Earth and bringing forth fruit and grain. If “the world” were rational, headlines such as the above would be common. But No! Instead, those who read the papers, watch TV or listen to the radio have been bombarded with news of “the long, hot summer” riots, violence, burning and looting in “civilization’s” great cities.

But on our homesteads it was different. News and letters of creative work, joyful meetings, wonderful crops and good living have poured in. Add your own experience to the brief filling in of the above headlines.

Near us is a homesteader on 10 acres, who puts in a big garden every spring. Tomatoes are his favorites. When his crop is at peak ripeness, early September, he takes a vacation from his outside work (printing). Shall he go to the mountains, to the beach, or Expo '67. No. He chooses to can tomatoes. 700 quarts this year! Can you see 700 shining red jars on his shelves? Can anyone compute the milligrams of Vitamin C he and his family will consume this winter? Who knows the work and satisfaction in 700 quarts of home-canned tomatoes?

And there's the charming blonde (24) who spent four months on an Ohio homestead, after several years of life in New York's Village and San Francisco's Haight-Ashbury section. She had gone their cycle—freedom, psychedelics, yoga, sex and marriage. Much of it she found good and useful: it heightened her wish for health and honesty. These she now wanted to pursue and achieve as fully as possible. In a Bay Area health store she came upon a *Green Revolution*. Its description of homesteads intrigued her. Forthwith she planned her summer on a homestead.

She was thrilled by “everything.” Zestfully, completely and intelligently she tackled one project after another. First she weeded a June garden and raspberry patch and applied worm castings and manure, which insured a good September harvest of raspberries. She helped work up big compost heaps, hauled manure to the fields with a tractor, helped bring in hay (hoisting it into a mow via the old hay fork method). She mowed huge lawns, helped with logging and buzzing the coming winter's fuel, cleaned a chicken house, installed and ing the winter's fuel, cleaned a chicken house, installed and cared for eight Leghorns and their master cock (resulting in six eggs a day).

Indoors she cleaned house and washed dishes, baked five and six loaves of bread at a time, made yogurt, helped churn, assembled a huge loom and wove table mats, embroidered two blouses, sewed two dresses, knitted a sweater, asked questions galore, discussed every issue in depth, read at least 20 or 30 books on health, soil and country life, wrote letters and entertained friends and guests.

Each morning she appeared smiling and radiant. In four months she ate not one bite of “boughten food.” If ever there were such on the table she left it untouched, preferring only that which was grown on the homestead under her own eyes. She said it was a summer of learning and living, the like of which she had never had before. She left with notes, memories, experiences and skills that will help her soon achieve a homestead of her own.

(Your editor regrets that neither of these productive persons wants his or her name used. However, we accept this modesty, knowing that a person is known more profoundly by his “fruits” than by a name.) — Mildred J. Loomis

School of Living

is for everyone who wants to live better. If you want better health, more independence, more community, creative work, improved family life, better child-parent relationships, let the School of Living help.

If you want to get rid of war, improve economic and political conditions, improve or get rid of government, improve education, decentralize cities, etc., etc.—let School of Living know.

School of Living examines the whole of life—every aspect. It suggests direct, decentralist action for every problem. You can take part—informally by contributing to and reading our books and papers—more formally by study of our Seventeen Universal Problems of Living.

Whatever your offering or need, we welcome you in searching and acting for a good life. Write us soon.

Date _____

Heathcote School of Living
Rt. 1, Box 129
Freeland, Md. 21053

Enroll me as a member:

— \$5 a year with The Green Revolution.

— \$10 a year with A Way Out and The Green Revolution.

— \$3 for 1 year The Green Revolution only.

— \$4 for 1 year A Way Out only.

— \$4.15 for 200-page book, Go Ahead and Live!

Name _____

Street or R. R. _____

City & State _____ Zip Code _____

Letters to the Editor

Workshop Fees

To the Editor:

May we suggest a maximum fee for families, say of \$35 or \$40 a week, instead of the \$2.50 and \$1.50 a day rate? And reduce rates for kids under 5, and particularly for babies. A special

price if you stay the entire time, \$2.50 per family or \$15 for a 7-day week.

Some will say, “work out the fee.” This sounds great if you are single, or a couple coming from a homestead. But if you come to Heathcote emotionally drained

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.

from the firing line of the peace and freedom movement in a very poor city neighborhood, you experience a sort of withdrawal stage when you first hit the woods. It simply takes a while to unwind and get “normal” again. After that, three small children willing, I love to pitch in. If you have undergone the “shock treatment” of constant immersion in urban poor people's problems, you know what I mean. — Robin Standish, Washington, D. C.

Likes Book

To the Editor:

I must say, before waiting any longer, how very much I have liked *Go Ahead and Live!* It was one of the things that made us realize that we were on a good track for having sold our suburban “box.” Now if we can get our own homestead we will be OK. We've sold 13 years' accumulation of goods, except for needed tools and books, which we consider really important. Life is simpler and more beautiful, and we have more time for essentials—for each other and other people. We think *Go Ahead and Live!* should be in every high school library, so that young people can learn from it before getting caught in so many of the financial and other “traps” awaiting them.—Edith Gosnell, Heathcote Center, Freeland, Md.

Doing Something About It

To the Editor:

I certainly enjoy our *Green Revolution*. Always someone is doing something about “it.” Often when I mention Dr. Steiner's “Threefold” order, someone says “Borsodi,” so they must be closely similar. I'm watching the youth rebellion. No doubt many are angels of sorts, but I wonder about their use of dopes and drugs. I keep looking for youth to be freer and “purer” of ugly contamination than we oldsters. I must do more study of their objectives. Hope all Heathcote meetings are terrific. — Cathryn Ellwood, Washington, D. C.

Honeycomb for Sinus?

To the Editor:

Friends have been telling me that there is a substance under the cap of honeycomb deposited by bees that has curative value for sinus trouble. It is lost in decapping the comb. Can anyone positively confirm this, and provide the scientific name of this substance?

Green Revolutioners are always welcome to visit me in Southern California. I'm 20 miles northwest of Los Angeles, 10 miles north of Glendale on state highway 118. — Thurman Frick, 9446 S. Hillhaven Ave., Tujunga, Calif.

Old Dolls for Peace

To the Editor:

One way we Dolls have found to express our love for the child victims of aggression in Vietnam (one-half the casualties are children) is to knit caps and slippers to be sold for these children. With the Voice of Women at Toronto, we have a knitting project of over 250 women and children knitting garments for Vietnamese babies. To date they have sent 620 knitted garments via the Canadian Aid to Vietnam—all in dark colors for camouflage. Senior citizens would be real co-operators in this project. We want affiliation with other knitting groups, for exchange of ideas and mutual aid. If you want

Exchange With Communeers, Pacifists and Gardeners

Summer, 1967, afforded your editor interesting interaction and exchange with three groups working for goals which School of Living encompasses.

Community Conference

During the weekend of Aug. 25-26, our guest Marie Anderson (San Jose, Calif.) and I were part of the Community Conference called by Gerald Baker at Monticello, Ill. Fifty persons attended, and were largely concerned with the Walden II concept of community (see B. F. Skinner's book by that title). It was a pleasant meeting, but I would have preferred a more direct comparison of the Walden II approach (which tends toward “conditioning” of communities) with what might be called a libertarian approach to community. I shared in the discussion group dealing with Economics of Community, in which Donald Sweet presented an economic pattern organized so that producing units cooperated with a central warehouse and warehouse receipts became the medium of exchange. I presented my concern for changing current concepts in land tenure and issuing of money. I was pleased to find two other persons working on these basic issues: Melford Pearson, editor of *Eagle's Eye* (Box 252, Noblesville, Ind.) and M. E. Byers, editor of *Byers' Bulletin* (Box 402, Mowema, Ill.). School of Living readers might well be interested in both of these publications.

Michigan Organic Roundup

The 15th Annual Roundup of Federated Organic Clubs in Michigan was held at Jackson on Sept. 16-17. Our guest Jo Moesel (Scarsdale, N. Y.) and I were guests of Earl and Elsa Madsen, School of Living members and he a vice-president of the federation. A large attendance enjoyed a very good program of films showing wonderful gardening and farming results (outstanding was that of Mr. and Mrs. Bill Mundt). Helpful classes and clinics were held on gardening, organic farming and use of wheatgrass. The exhibits and displays of organic produce, health foods and literature were an education in themselves (Mr. Madsen provided a booth for School of Living books and papers). Michigan people started organic gardening a long time ago, and we were thrilled at their educational work, growth and influence. Some of their leaders are of course hoping for “more” along these lines and expressed an interest in “widening the perspective and coverage” of the federation. We enjoyed meeting other School of Living friends and members there, and the help of Carl and June Ogren. The wonderful lunch of organic foods from their Paw Paw, Mich., homestead was a real treat!

Pacifist Training School

Pat Herron and I drove from the week-long Heathcote workshop to the Peacemaker's sessions on Training for Nonviolence (at the Catholic Worker Farm, on the Hudson River at Tivoli, N. Y.), for part of two days (Aug. 21-22). Here about 60 persons spent two weeks in preparing for more effective opposition to war. I chose to present my concept of “Economics of Peace,” trying to widen the perspective of Peacemakers to long-range and basic economic and political changes. My conclusion, after 30 years in the peace movement, is that “picketing and protesting” of war is too short-range. It deals too much with symptoms and results of war, rather than eliminating or preventing war. It is comparable to locking the barn door after the horse is stolen, like poulticing a cancer sore instead of altering nutrition to change body chemistry, like picking up a victim who has fallen over a cliff rather than building a guardrail where the road approaches the cliff. I doubt if I did much to change their orientation in my two brief presentations: to takes more time, more skill in the leader, and more receptivity in the audience than were available at this encounter.—MJL

Intensive Study of Economics of Peace

Lane's End Homestead is available for two weeks in late October or early November for a small group (5 or 6 persons) for daily and disciplined study of basic economic concepts, from which to plan peace action of a fundamental nature. Readings and discussions will assist members in understanding the basic assumptions and the workings of finance capitalism and state communism, both of which deny people their rightful ownership and returns, and will show why and how both are reaching a breaking point and issuing in ever-expanding war. The seminar will examine some actual working alternative systems now available and provide opportunity for creative development of other action patterns.

Low costs will be cooperatively pro-rated. Anyone interested should write promptly to Mildred Loomis, School of Living, Brookville, Ohio 45309.

to knit for Vietnamese babies, send 25c for 7 patterns and instructions. — Valida Davila, convenor Old Dolls for Peace, 1909 Glenridge Rd., Escondido, Calif.

New Green Revolutioners

To the Editor:

We have fallen in love with the *Green Revolution*—we find it inspiring as well as full of practical advice. For the next year or two we will practice organic farming, earthworm propagation and just living under rugged conditions at our studio. Then we hope to go to Canada and permanently homestead. The *Green Revolution* will be indispensable to us. Please send copies to friends' addresses we are enclosing.—Marty & Marcia Pagan, 627 Eastwood Way, Mill Valley, Calif.

News from New Zealand

To the Editor:

We are writing a book, *Green Mountain Homestead*, of which

“A Lady Named Jess” is a chapter. Know any publisher who would like to see the manuscript? This is our story of finding and developing a self-sufficient homestead on an abandoned farm in Vermont. . . . We are greatly interested in *Time* magazine's report of the hippies, which said several agricultural communes had sprung up—especially on the west coast—along with a certain amount of drug taking with it. This is exciting if true. Sounds as if they are practicing a good many of our ideas. — Robert F. Stowell, Diamond Harbor, N. Z.

Nudism and Delinquency

To the Editor:

Did you see the item in *National Observer* (Aug. 4) saying that not one of the 23,000 youngsters in our nation who have been raised as nudists has ever been known to have had a police record? Nudists held a national convention in August at Granger, (continued on page 4)