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***Go Ahead and Live!* for Christmas**

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THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,
AND DO-IT-YOURSELFERS



REVOLUTION

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What Does Homesteading Mean For Us?—

How Much Cash Do We Need To Homestead? Let's Have Reports.

By Carl Ogren
Rt. 3, Paw Paw, Mich.

Part III

I have just got *Five Acres and Independence*, by M. G. Kains, out of our public library. The title of this book expresses a grand theme. It evokes an earthy good picture of a clean little place in the country with lots of room, plenty of privacy and fresh air, and a table bustin' full of wholesome, nourishing vittles 365 days a year. And Mother Nature's quiet hum at eventide, loved ones nearby, and real friends to enjoy life's occasional pain and many pleasures with.

Of course, this has gone way out of style in modern America, but an honest count would show that much of this is still enjoyed by many of us—even today. It gets no coverage in the headlines, and practically none on even the back page, which display the fruits of "Twentieth Century Progress." But throughout the coming of "Progress," a few have stubbornly clung to country living in something like the old style, and in the last couple of decades a few more have found their way back to it. These newcomers, of course, have made some changes, and rightly so.

A Real Alternative

What might be the social significance of this? Does simple, country living have relevance in today's America? To young people with families, in particular? I could talk about hot summer in the cities, riven with violence and tension. I could talk about frustration, and the violations of selfhood which drive young and old alike to drugs, drink, tranquilizers and other destructive (though fruitless) efforts at escape.

But let's talk about real escape. Let's follow a strictly fictional couple (we'll call them Ted and Mary) as they take their simple, essential steps to Modern Homesteading. I call it "Modern Homesteading" because it combines the best and most worthwhile of modern developments, together with the understanding necessary to make a workable, lasting way of life out of this synthesis.

Ted and Mary had already established a home in the city (or suburbs). They sell out and move, and at the same cost (or less), they establish a home on five acres of suitable land outside the city, but within commuting distance of a city job. In order to achieve independence on their five acres they must first learn to eat from it. This means a com-

plete, nourishing, satisfying, and full year-round diet. ENTIRELY OFF THEIR FIVE ACRES. As soon as they are eating entirely from their own homestead, and have it paid for, they are ready for the next step.

Minimum Cash Needs

And this is to figure up their unavoidable annual cash needs. If they have made the grade on self-sufficiency in food, they will by this time have learned to live simply and close to Nature in the other important respects as well, and their annual cash needs will be but a small fraction of what they "just couldn't get by without" during their life in the Rat Race. They are then ready to leave the fulltime treadmill of the city job, for what ever method they have chosen to meet the modest cash needs of their homesteading life.

Many other approaches are possible, some involving much less money, or time, to arrive at the status of fulltime homesteading. But I have chosen the above as something concrete to talk about, which is within the practical possibilities open to an average city family, and which does not require them to burn their bridges behind them or change too far or too fast into a life full of advantages but unfamiliar to them. If Modern Homesteading is to develop into a movement with real social significance in America, it must be made practical to any "average" family which really wants "out" of the Rat Race.

Annual Food Costs

I wonder how low School of Living homesteaders have been able to reduce their annual food costs. Some published figures we've had are those of Ferdi and Rebecca Knoess: (perhaps) \$250 a year (*Green Revolution* for January, 1967). It would be very helpful if the real homesteaders among our readers would send in their best estimates, or actual figures, on (particularly) food costs, for the enlightenment of prospective (or would-be) homesteaders. For that matter, information on the whole year's family budget (under homesteading conditions) would be very useful. This would give people some guidelines to plan by. Please state whether you do, or do not, wish your name used with the information you send in.

Many there are who would gladly leave the Rat Race, but they have to be shown that homesteading works. Together, let's try to get out some facts that people can chew on; let's help them to the kind of knowledge that can really set people free, under present-day conditions.

(Next month, Part IV: Heating and Cooking by a Homemade Stone Stove.)

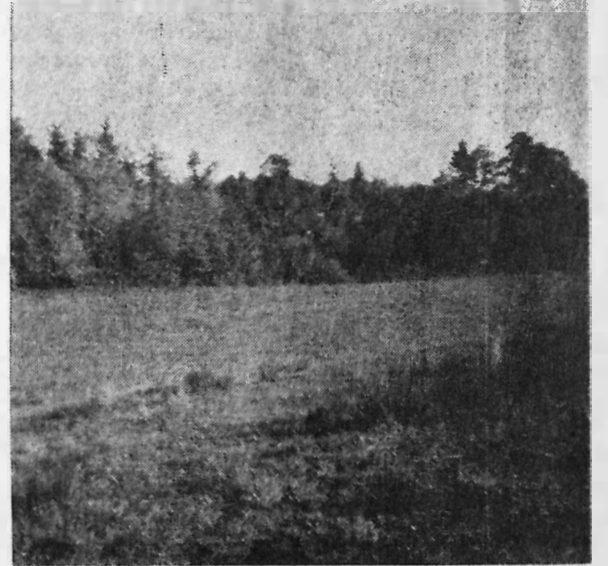
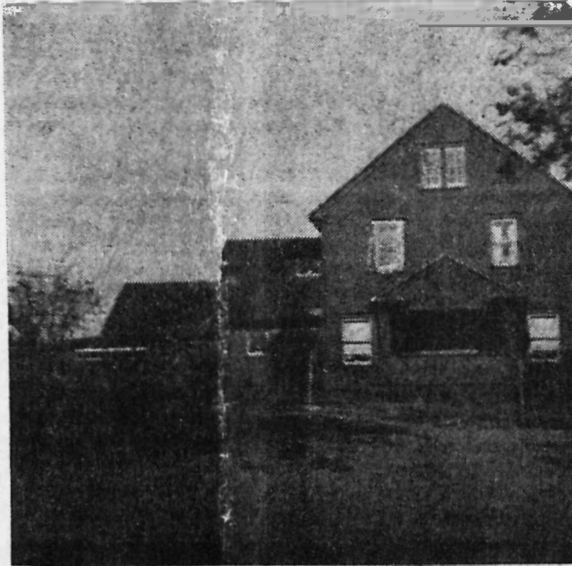
Herbs and Your Health

By Ben Charles Harris

To the members of my herb-study classes, I try to show the relationship between everyday habits and healthful living and herbs. Of course the members are expected to stay as close as possible to a vegetarian-like diet, to exercise via calisthenics or vigorous walking or bicycling, and especially to drink herb teas morning and evening. And each meeting will find one member, once afflicted with coronary (continued on page 4)

On Uphill Homestead—

You Buy Much Less; Create More; Depend On Yourself, Not A Store



TWO VIEWS of Uphill Homestead, Newberg, Ore. On left, porch is to become a library; on right, pasture, creek and woods.

By Nina Johnson
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Newberg, Ore.

For a long time I've divided my life between teaching and homesteading. This year I did not sign my teaching contract and we are severing other cords with "civilization" with no regrets. My mind is freed of summer hurry and scurry to get all things done before September.

Flourishing Homestead

Our half-acre organic garden is in fine shape; rains have come at the right intervals. The cows have done their part, and five growing calves frisk and enjoy the lush pasture by the creek. Mr. Beaver has started a second dam (we stocked the first big pond with bass and it's beautiful down there).

I'm doing some clothes (alterations for "affluent" members of our culture). I put School of Living philosophy into the seams as I sew. And I'm refinishing furniture. (A wonderful varnish-paint remover is Zip-Strip, from Star Bronze Co., Alliance, Ohio. I've used my own lye solution for this, but it is not as successful as Zip-Strip, at \$1.89 a quart.) I want to refinish and recane my grandmother's six Lincoln vintage chairs. I have a file on this craft, and this winter I'll file a

Report on A Way Out

School of Living's bi-monthly *A Way Out* is still on deck, although badly delayed by shifts in printers as each of four editors took over production and processing of an issue—duties from which Mildred Loomis resigned in December, 1966. A double issue (May-June, July-August), edited by Herbert Roseman, was due in July, and is promised soon. Len Krimerman of University of Louisiana, and his students, will edit the September October issue.

After that, *A Way Out* subscribers will be serviced by *Modern Utopian*, with which members at the annual meeting in August voted to collaborate. The editor is Richard Fairfield. He reports action of intentional communities and social reform groups, and welcomes School of Living emphasis and editors to join him in future issues. This trial collaboration will extend through 1968, and insure regular production on alternate months.

huge assortment of information saved over the years.

Barter and Trade

I'm interested in bartering for needs; will exchange organically grown walnuts for hard winter wheat (for cereal and bread). I like Miles Robert's idea of seed exchange; I have plenty of Red Globe onion seed, and elephant garlic bulbs (some weigh 1 lb.), which should be planted this fall.

School of Living Interests

Soon we will start work on our unused porch, converting it into a library. I'm planning to conduct a School of Living loan library (please send ideas, suggestions and bibliographies). I've had a fundamental library course (but I need some help on getting started). I want to serve the West of the Rockies School of Living members in reading and enjoying

Go Ahead and Live! For Christmas

If any teenager or young person you know hasn't read Ron and Laura's adventure in reshaping their lives and getting on the land, now is the time to make sure they get a copy of *Go Ahead and Live!* Many have found this book readable, interesting, inspiring—an ideal gift for Christmas. Twenty-three chapters report what the young couple did in getting along with each other, on health, food, sex, children and education. Five well-known homesteaders—the Loomises, Smarts, Burns, Treichlers and Kerns—present a wealth of practical experience as guides for getting and operating a homestead. There's help on buying property, on re-thinking public problems of land ownership and credit, as well as forming an intentional community and a School of Living.

Linda Clark rates our book a "real contribution to an improved civilization." Dr. J. Clark Moloney said it guided their young marrieds to and through natural childbirth. Edith Gosnell says, "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 financial and other 'traps' that await them."

Give it to your children and grandchildren, your young relatives and friends, or to your school, college or city library.

Order early. Send \$4.15 to School of Living, Brookville, O.

our books.

I would like to visit School of Living members north of us, and see May Valley Community at Renton, near Seattle. Also, I hope I can get Louise Gosho to convert some of my materials into a braided rug for our new library.

And, I'd like to be of help, if I can, to mothers who want to teach their children at home. I could help them find source materials for primary and intermediate grades. Perhaps a correspondence course for home-teaching mothers could be part of my library service.

We've been "homesteaders" for 33 years, and keep learning new ways and means. We welcome School of Living members to stop by for comfrey tea when in our area. We are so glad Heathcote Center is developing and look forward to seeing a School of Living branch on the West Coast some day.

Gleanings on Decentralization

Robert Carson, chairman of Brooklyn CORE, announced a plan in the summer of 1967 to resettle 5,000 ghetto residents on the land by 1968, location undisclosed but approximate cost, \$500,000. This is patterned after Israel's back-to-the land movement.

In September *Ramparts* (75c, 301 Broadway, San Francisco), Paul Goodman satirized on 1984. Instead of Orwell's fascist 1984, Goodman recounts (imaginatively) what happens each year to produce a decentralist 1984. He included: As in a dream, an economist remembered Borsodi's *Prosperity and Security*, which he had read as a boy. . . . A finite number of years later, after several million people had already emigrated to the land, Lurleen Wallace—Bobby had the usual Kennedy luck—signed the Land Grant and Rural Subsistence Act. Mildred Loomis, the grand lady of the green revolution, was named administrator; but since she was a kind of Henry George anarchist, her phone was bugged.

On Aug. 1 (at least 30 years too late) a government official asked in public, "Should we try to check the accelerating movement of people from country to the city?" Orville Freeman, Secretary of Agriculture, told the National League of Cities in Boston (continued on page 4)

Members Increase Purchase Fund

Delayed but grateful acknowledgment is made of the following contributions to the Heathcote Purchase Fund (June to Oct. 15, 1967): William Newcomb \$15, M. Smith \$10, C. McQueary \$5, Rod Anderson \$6, P. Heffley \$10, H. Everitt \$10, R. Camire \$5, J. Holovacz \$5, R. Buehl \$50, M. Harris \$5, M. Waldek \$20, S. Norris \$5, R. Aggott \$10, G. Dennis \$5, F. Moulton \$5, M. Giles \$15, D. Steigman \$5, E. Eisman \$5. Total \$196. There is \$6,000 still to go to complete purchase and to pay off loans made for purchase. Present residents of Heathcote are planning and working toward making it a self-sustaining project.