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Why Fear Disease

Albert Howard

A Catalog For Homesteaders

Enclosed is a catalog (from Agricultural and Industrial Machineries, Box 8, Ibaraki, Osaka-Fu, Japan) that may interest **Green Revolution** readers. It mostly illustrates (for sale) machines designed for hand operation or low power for processing coconut, rice and wheat, peanuts, bamboo, etc. We bought a grain huller and winnower and are pleased with them. We use the huller for sunflower seeds. Besides it has a lot of information, such as how to make soy sauce and bean curds.

The huller is large and heavy (100 lbs.), waist high, 5-6 ft. long and 2-3 ft, across. The gearing is fantastic. With two men pushing and pulling the handles (not a hard job), the last little cogwheel is turning at over 3000 rpm! This throws the grain against a rubber cushion which cracks the hulls. The mixture (hulls, grains and unhulled seeds) falls into a bag or bin. The hopper holds about a bushel—a lever regulates how much goes through at once—and it does an unbelievable number of bushels per hour (more than we'll ever have).

We think it works very well. Some grains, like buckwheat, shatter with the impact, but we should be able to regulate this by how hard we work the handles and how much grain we let go through at once. With sunflower seeds we are more careful.

The winnower is smaller and more compact — 2½ x 3½ feet. It is much lighter, made mostly of wood. It is just a hopper with a set of paddles below that work as a fan when the handle is turned. The handle is decorated with Japanese characters (we thought it might be a prayer wheel, but the company says it says "excellent separation is guaranteed"). The hulls blow out one end; the grain falls through two chutes below. It does a good job of removing the chaff, but doesn't really sort out the hulled from the unhulled grain.

Anyone good at mechanics could easily rig up his own winnower. Especially if he has electricity (using a fan or a vacuum cleaner backwards). The Indians just used a windy day. As they poured the grain from basket to basket the chaff blew away. Any method, apparently, will lose some grain, and will require more than one winnowing. Let the chickens scratch through the refuse, and then use the hulls for mulch.

The winnower was $55 to Vancouver; the huller $158.—Eric & Jimmi Freedman, Farquier, B. C., Canada.

General Hints For Gardening

Avoid hybrid varieties and keep some seed of each variety you wish to continue, each year. Organically grown seed is better at germinating and improves with each generation.

Grow as many plants from seed as you can. They are more reliable and may be thinned instead of transplanted (which is a shock to most plants).

Get plenty of variety and make early, mid-season and late plantings of corn, potatoes, peas, salad greens, etc.

Plant corn in square or rectangular blocks rather than in one or two long rows. Square planting helps pollination.

Put asparagus, rhubarb and other perennials away from the center of the garden where you won't have to walk over or around them too much.

While staking tomatoes and other vine plants will increase yields, heavy mulching will do equally well, with a lot less effort and less risk of sun scald.

Try a few new vegetables each year. For instance, why not try Jerusalem Artichoke. It is a variety of sunflower with edible roots.

S. E. Arizona Land Available

We have just returned to California from our annual trip to our Arizona place. Our own spot of land in the foothills now has a plentifully producing well and electricity, and we camped there in luxury. At need we could live there now, with of course a garden to develop.

Readers of **The Green Revolution** may be interested in the information below about the land there; several have written about it but I haven't had specific data until now.

The main attraction of that region is something you can't put on paper; you have to visit the place for a time. But there's something in the air, the sweep of landscape, the mountains and space, that gets you — leaves you unsatisfied with other places afterward. So a number of people have found it.

Land is available in Arizona (Portal-Paradise area, Chiricahua Mts. region) that is suitable for homesteading or group living. Some land is in the foothills; most is in the adjacent San Simon Valley.

Foothill Land. Available in small parcels from a fraction of an acre to somewhat more than an acre, composed of groups of lots averaging 100 x 25 ft., at $75 per lot. Mostly gradually sloping; some level, bordering Turkey Creek. Soil is good.... ground water is plentiful. Rainfall 18-20 inches per year, growing season about 180-200 days, elevation about 5500 ft. Present cover is mainly pinyon and juniper trees and grass; sycamores, walnuts and other vegetation along the creek. Climate mild, dry, sunny. Irrigation required.

Valley Land. Available in parcels from 40 to 170 acres; 320 acres available on lease from State with eventual ownership possible. Prices $100-125 per acre; lease land at $30 per acre for the lease rights, nominal annual lease figure, and eventual purchase at prevailing prices. Soil extraordinarily rich; copious ground water at 200-300 feet. Deep wells (about 2000 ft.) yield 3000-4000 gallons per minute and the valley water table appears to be rising. Some parcels have wells with windmills and tanks. Rainfall 13 per year; summers hot, winters mild; growing season 220-240 days; elevation about 4000. Land is all level. Present cover is mesquite, creosote bush, grass, shrub.

General. Both locations have dry bracing climate, little population, spectacular vistas. Plant pests and diseases are minimal. There is some remaining Federal land for possession under the Homestead Act; i.e., one may acquire it by living on it, developing, and demonstrating successful homesteading, for a nominal amount. — Ralph Hamilton, Box 772, Placerville, Calif.

Why Fear Disease?

We can see why Nature has no arrangements like the burning of infected material, poison sprays, insecticides, sera, or vaccines for checking disease. Why should she fight her own arrangement? Why should she burn diseased material or institute quarantine arrangements?

The diseased plant or animal continues in free and close contact with its fellows who are always exposed to full infection. The infection spreads only to what is already unfit. If it could spread to the fit, all life would soon cease. The parasites would overrun their victims like a forest fire. But life does nothing of the sort, it continues richly and abundantly. This is the one proof we need to tell us that disease cannot attack the healthy organism. Why, therefore, should we fear it?—Sir Albert Howard, in **An Agricultural Testament**

Helps for Speedy, Good Compost

1. Get as much variety of materials in the compost heap as you can. Mix lush green things with equal amounts of drier matter.

2. Grind, shred, or chop your materials with a power lawnmower, shredder, an old chopping mill, or by hand. This speeds the breakdown to a surprising degree.

3. Try for an approximate balance of one-fifth animal matter (manure, etc.) to four-fifths vegetable matter. Moisten well, but do not soak, while building pile.

4. Turn heap every two or three days, or whenever the heating process does not develop. Check temperature with a thermometer that can be thrust well into the pile. It should go beyond 150° F. in the first few days and then slowly drop to a little above air temperature. Then, after 10 to 14 days, when it holds steady at about 95 to 100°, it is ready to use.

—Land Fellowship
Toronto, Ontario, Canada

IT PAYS TO MAKE OUR VOICES HEARD

Residents and farmers in the Pine Plains area of New York protested in such numbers that the state canceled its plan to spray 2500 acres.

Something From Nothing, cont'd

lizer. It takes two fillings for a 100 pound sack. Then he sits down again and I drive on again covering about half the 22 acres in one day. It is great fun. We never tire of the game of making-do.

Wire Carrier

Farrar's barbed-wire releaser for building fences is another photogenic tool. You can see that it is just a box with a spool above it in which the wire unrolls, the whole fitting into a wheelbarrow.

FARRAR BURN and barbed wire releaser. Handling barbed wire is a "nasty" undertaking, and anything that will reduce hand snags from the vicious barbs is a boon to the do-it-yourselfer.

The hammer, etc., also ride in the box. Between posts Farrar pulls it along so easily it ought to be called a rester, not a worker.

A one-horse plow, cultivator, mowing machine, or disk harrow can be worked with the truck, plus two people. Whatever tool or machine that could be worked with a horse can be worked this way. Just as fast and just as easy for all the tools except a one-horse plow. That has no seat and must be held in the row. Fortunately for us there are no rocks in our soil. We haven't seen a single rock on our 22 acres, and we get homesick for them.

Except for the truck, we have spent, all told, less than $50 for tools of whatever kind. Whether a big farm could be worked in this one-man, one-woman, one-pick-up way we have no idea, never having farmed (if you can call this farming) at all before. [Note: The Burns have passed their three score and ten years, but don't look or act it, do you think?—Editor]

For the first year we bought our rock fertilizer, hence the "home patent" spreader. But now with seven cattle, each dropping a bushel of manure a day, plus chickens, plus truckloads of peanut hulls from a factory 35 miles away, plus compost of all waste, including human, we have heavier, less convenient, fertilizer and must spread and dig it by hand—at least until Farrar invents something to make that easier. This hasn't been licked yet.

But each year we increase the planted area so as to buy less food for us, chickens, cattle, and it's about time for another trip to the community scrap dump. It can't be long until Farrar will come lugging home some outlandish thing which will turn itself into a comical but also neat and handy machine to do exactly what we want to do at no expense and almost no work—except for the truck which hasn't complained yet, even with so much as a worn-out tire.

It's handy to be married to a genius. If it isn't money in our pockets, it isn't much money, if any, out of them.

Milk and, cont'd

In the first place—we are forced to work hard. I am naturally lazy, and I won't work unless I am forced. This way of life forces me. I **have** to get up early and milk the cow and feed the animals. I have to work long hours in the sun, or the wind and the rain — to plough and to sow and to reap and to mow. Crops have to be drilled at the right time — be looked after — be harvested and the land prepared for crops again. I have to cut down trees, split posts, put up fences, mend buildings. No one else will if I don't.

Why is this good, you might ask, in a world in which so many people live quite easily without doing any real work at all? Unless filling in forms or minding a machine can be called work. Well, it's good because it makes you feel good. It makes you eat well o'days and sleep well o'nights and dream good dreams, and at fifty I am as young as I was at twenty — I can do anything I could then and do most things better. Isn't that reason enough?

Scientific man has set himself to take the hard work out of **everything**. Has he ever stopped to consider whether doing this really makes for a better kind of life — a better kind of man? A body that doesn't sweat hard with hard labor at least once a day and sometimes for a few days on end soon gets flabby, and the mind inside it gets flabby too.

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The Owner-Built Home, cont'd

to room. Color should be *optically balanced*. For instance, a small entry hall with walls of yellow brick leading to a predominantly blue living room, will emphasize the cool spaciousness of the living room. An excitable impression can be created by a sequence of bright illumination and warm colors, followed by a *sudden* exposure to cool colors and dim illumination. Finally, a restoration of bright illumination will create the desired effect.

Where an impression of sedation is sought, one should decorate one space with cool colors and low illumination. A final, gradual restoration to the first condition will give the impression of sedation. A *dramatic* interior effect can be achieved by using a maximum of color contrast with abrupt transitions of value and hue. On the other hand, a *static* interior effect is created by using a maximum degree of symmetry and parallelism, repetition and continuity.

The degree to which color creates a stimulating or depressing environment is little appreciated by the average home decorator. Red, for instance, has been found to increase a person's hormonal and sexual activity, as well as restlessness and nervous tension. Time is overestimated in red surroundings, and weights seem heavier. Blue, on the other hand, has opposite qualities: it tends to lower blood pressure and pulse rate. It is a restful and sedate color. In blue surroundings time is underestimated and weights are judged as being lighter. Green tends to reduce nervousness and muscular tension. It is the best color choice for sedentary tasks, concentration and meditation. Yellow produces a favorable effect on human metabolism; it is sharply focused by the eye and cheerful in appearance. Chrome yellow has been found excellent for shell-shock victims.

This brief discussion of color brings to mind the wide variety of conditions that contribute to the actual choice of a room. A room color can be chosen on the basis of the hair color of the person using it: a blonde looks best against a background of blue or violet-blue, while a brunette looks best amid warm, light colors. A person having brown hair looks best in green surroundings, and a redhead looks best in a room having cool green-blue hues. A white or grey-haired person looks best against any brilliantly colored background.

Color choice can also be made on psychological grounds. An extroverted person, for instance, prefers high degrees of illumination, amid warm and luminous room surroundings (yellow, peach, pink). An intraverted person requires softer, cooler surroundings amid a lower brightness level. Grey, blue, and green are best suited to this personality type.

Another good basis for color choice has to do with a room's function and form. It is interesting to note that the psychological effect of every color is represented in a tangible two-dimension form. Red impresses one as a square form; yellow, as a triangular form; orange, as a rectangular form; green, as a hexagonal shape; blue, as a circle; and purple, as an ellipse. The shape of a room or building can thus be expressed in color, depending upon whether the room is angular, squarish, curvilinear.

(to be continued)