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The Owner-Built Home - Chapter I - Volume IV - Design and Structure - The Plan

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New (Old) Diet From The Orient Has Some Very Interesting Ideas

Part II

"With this knowledge or compass we can understand the nature of everything in the Universe.

"How do we correlate balance with this knowledge of Yin and Yang? They describe the two extremes in nature. All things are made up of these two forces.

"Man, however, is composed of red (Yang), warm (Yang) blood; he is Yang. He is active (Yang), and his blood is a sodium solution (Yang).

"All food is more Yin than man since even animal food is no longer living at the time that we eat it. (Life is Yang; Death is Yin.) Vegetables have no warm blood; they are cold in nature. Generally, as in the leafy vegetables, they are composed of chlorophyll (green—on the Yin side of the spectrum). Since man eats Yin almost exclusively, he is inevitably taking too many things which would be expansive (Yin) into his system. The ideal balance is somewhere in the middle of the expansive and contractive forces.

"To repeat, blood is a saline solution. Also, we saw that the two most important elements in our bodies, for proper balance, are sodium (Na), and potassium (K). There is a critical relationship between these elements in our systems. If man (Yang) eats red meat (extreme Yang containing much sodium), his body will demand to be brought into balance. In order to achieve this, he is forced to go to the other extreme and eat fruits and vegetables high in potassium. This swing from extreme to extreme is a tremendous strain on our bodies. We all, at one time or another, have been on a seesaw. We know that the balance of this seesaw is important in its movement.

"Let us consider Yin and Yang in this situation. Meat is extremely Yang, while fruits and vegetables high in potassium are extremely Yin. If we are big meat eaters, we are like the person who has come closer to the center of the seesaw in order to balance the other side (fruit). This person has to eat more fruit, i.e., move further out on the seesaw to balance. This demands more meat and then more fruit until the limits of the seesaw are reached. It can no longer contain these forces. Under these conditions our bodies are torn between extremities, which eventually leads to physical and/or mental difficulties.

"This swing is not necessary. There are foods which are in the middle or close enough to be brought into the middle of the seesaw or balance. Whole brown rice falls right into this middle category. Goma salt, a seasoning prepared with salt (Na) and sesame seeds (K) in a proportion that is balanced, is used to bring foods into the middle ground.

"Vegetables and fish are less Yin than Yang, respectively, than fruit and meat, but they are still not in the middle ground. How

do we center them?

"There are four conditions which will bring food into the center. We call this process **Yangization**. In order to yangize a food, we cook it, for a length of time, under pressure, with salt. Depending on the food and on the situation, we utilize one, two, three, or all four of these factors.

"Before going on, let us sum up what we have so far:

1. We choose food that nature has provided at our door.
2. We use no food that has been processed or grown with chemicals.
3. We balance between the two forces of nature—the expanding force (Yin) and the contracting force (Yang).
4. Knowing these forces, we choose certain foods above others since they are closer to the center and easier to balance.

"The concept of a principal food has gradually been discarded by Western civilization. With modernization and mechanization, a variety of industrialized or chemically treated foods have replaced the natural produce of the land with a laboratory-conceived substitute. Even the people of the East, who have retained the principal food concept because of the pressure of economics or custom, are being influenced by Western culture to such a degree, that they consume almost as many pizzas and sugared drinks as we do! The traditional rice that they do use, is now white, polished rice, since it is cheaper and less complicated to produce.

(to be continued)

News, cont'd

natural living instead of on drugs, medicines, hospitals, etc. These eight aspects are pure air, pure water, proper food in proper combinations, adequate sleep, elimination, fasting, mental poise, and exercise.

Dr. Herbert Shelton, San Antonio, Texas, editor of *Natural Hygiene Review*, was unable to be present, but his place was ably filled by other practitioners, Dr. Gerald Benesch of California, Dr. William Esser of Florida, and others. Miss Dolores Burns (205 N. Wacker Drive, Chicago) is the able secretary of the convention. Mildred Loomis gave a talk on "Eliminating Tension and Toxin via An Accurate Self Image," which will be published in *Natural Hygiene Review*. The hotel management cooperated by serving hygienic meals—mostly raw food—all organically grown, in "proper" combinations. The hotel chef is reported to have said, "I never saw anything like this before!"

Mountain Falls on School

The Freedom School and Rampart College have been developing over the past ten years near Larkspur, Colo. They are headed by Robert Lefevre, former editor of *The Colorado Gazette* and author of *Man and His Govern-*

"KNEE PADS ON THE DESERT"

A sad Lord frowned upon His earth
As John Brown did of yore,
On legislators who pass laws—
John Brown had no Peace Corps.

The sad Lord spat upon a cloud
And hell broke loose below;
The West Coast and Ol' Mrs. Sipp
Learned where the waters flow.

A "Gay Lord" (maybe Nels' Son),
A senator from Wis-cheese,
Spoke out on waste and why we fail
That Lord above to please.

Some say Big Steel pollutes the Lake,
—Old Michigan, that is—
While Newsprint louses up the streams
So faucets seem to fizz.

But let's look facts square in the face,
What IS the cost of print?
—two-forty thous. gals. for one ton,
For ads and news that stink.

Big John has gone from dark coal mines,
His sons have left us too;
The sad Lord up in Atmosphere—
Says he is almost through.

Christ died, they say, for us in vain,
But Gawd just may give up;
We don't ask Him if WE CAN HELP,
E'en though Earth is bankrupt.

It then behooves us mortals here
To back the Gaylord's Plan,
For time's run out, the creeks are dry,
There's naught to flush the Can.

Big Wars we fight in decent lands,
Big profits are our goal;
The folks who must pay thru the nose
Have neither land nor gold.

Where then, has Satan been the while
This Slavery took in all?
Will he too, give up in disgust
At preaching on the Mall?

Is there yet time to spare this Land,
Now reeking from the stench
Of rotten lakes and dying streams—
And blind old morons on the Bench?

Each hour that passes sees more fish
Float out to sea for keeps,
No oxygen in Aqua World—
No citizen who weeps!

May 26th, 1965

—Gus Goltz, Milwaukee

News of Our Members

Taliesen in Switzerland. Rod Anderson, a member of the Frank Lloyd Wright architectural school, Taliesen, wrote from Paris in June that the entire school would spend the summer in Switzerland.

Nature Poems for Children. Gary DeYoung, Cass Lake, Minn., has written and illustrated a paperback book of nature poems for youngsters, about pumps, barrel stoves, gophers, bear hunts, etc., many with the surprise and

directness of a child's approach. \$1 a copy from him.

Wind In The Timothy is a collection of lyrics by Dudley Laufman that celebrate the moods of joy and sorrow of the pastoral life the author and his family lead on their New Hampshire homestead. Beautiful printing, hard cover. \$4 from the author, Canterbury, N. H.

New Mexico Newsletter. Ella Hanford, Box 28, El Rito, N. M., publishes an interesting newsletter "for thinking people, on this and that" (including real estate thereabouts, books, equipment and health foods for sale).

Sons of Levi Youth in Accident. James Taylor, a 10-year-old grandson of Rev. Marl Kilgore, founder of the Sons of Levi community at Mansfield, Mo., was in a sad accident in June. The boy lost both hands from burns received in grasping a wire carrying 7200 volts of electricity. He is recovering and cheerfully says he's going to learn to play baseball with artificial hands.

Science Quest is a newsletter on "community" — with special reference to the Walden II emphasis of B. F. Skinner but with news and ideas on housing, technology and other general community matters. Gerald Baker, 330 E. 4th Ave., Cresco, Iowa, is the editor and sponsor.

Data on Soil Mineralization. Jack Sophir, 9120 Meyer Lane, Crestwood, Mo., spent the month of July at the home of J. Carter Savage, Nicholasville, Ky., where he sorted, filed and prepared reports on years of work on soil mineralization, for publication.

A Vegetarian Health Resort and retirement community is being established in Cuernavaca, Mexico, by David Stry. This historical and colorful city is located about an hour south of Mexico City. For information send a self-addressed envelope to him at Cerritos 5-A, Cuernavaca, Mexico.

WRITE TO ME if you are troubled or heavy laden. Learn of Christ for he is meek and lowly of heart and he will bring comfort to your mind and soul. Write to me all your troubles and worries. No advice given unless requested. List of friendly Christian people, 75c. Basic Christian, 1837 Harri-man, Bend, Oregon.

Fine Meeting In Oregon

By Eleanor Woods
Blue River, Ore.

We enjoyed the generous and friendly hospitality of Nina and Herman Johnson at their homestead (Rt. 1, Newberg, Ore.) on the July 4 weekend. All were glad to meet fellow homesteaders and exchange information. Next year we can go further and invite other interested people, such as Natural Food Associates members and organic gardeners, to join with us and provide speakers.

The relaxed atmosphere was just right for getting acquainted. We might have done more toward discovering what we could do for the School of Living in our area. I enjoyed the Rouses' report of finding land in Canada and suggest it appear in *The Green Revolution*, including their list of all the things they looked for in a homestead. Their rational method of going about it would be a good example for other homesteaders. Also Bob Wagner should develop his idea that if one owns or gets land too close to a city or town, booming taxes as the town expands become prohibitive to homesteaders.

We had a delightful weekend and a very successful start toward an integrated group of School of Living members in Oregon and Washington.

Natural, cont'd

this is but one type of water pollution! We include verses from Mr. Goltz to help tell the story, stir our feelings and lead us to action!

In July 1965, all manufacturers of detergents agreed with government officials to switch to production of a non-sudsing type of detergent which is soluble and disintegrates in the soil. Thus one of the many serious pollution problems has been lessened.

Needed, cont'd

his foot is different from touching his shoe.

Language is most important in this process; very early, words begin to mean Things—"mother, dog, chair." Gradually other words like "good, bad, dirty" come to mean what others show him they mean. The infant tries these out with the Things—"good chair, bad mother, dirty dog," or "good mother, dirty chair, bad dog." One significant day, the child wakes up to the fact that "Tom" means him—he, too, is a Thing, like these others. Having come to this sense of Self, he cannot reverse the process. From that moment, he (and each of us) spends much of his energy in expressing, hiding or verifying this Self.

Next month: Self needs and steps to fulfilling needs.

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