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Land Available

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Flight From The City

By Ralph Borsodi (first published 1932)

A decent sewage-disposal system is unquestionably one of the essentials of a civilized existence. I can see nothing charming in the way in which this problem is handled by savages in a so-called state of nature, and the way in which it is handled in most country homes today, with uncomfortable and sometimes unsanitary out-houses, seems to me but little better. When we began to study this problem, we found, as we had with so many others, that the benefits of a modern sewage-disposal system could be enjoyed in the country without the expense of paying for maintaining the sewers and sewage-disposal plants for the operation of which city dwellers pay such an unconscionable sum. Looked at from its broadest standpoint, the system generally used today involves a shocking waste of the nation's soil resources. It is no exaggeration of the actual situation to say that we are now taking up organic material from the soil, converting it into foodstuffs, and then destroying that organic matter irretrievably with fire and chemicals in the sewage disposal plants of our cities.

In studying this problem, we became aware of the fact that we had, in common with others who enjoyed the benefits of city life, paid for sewage disposal even though we had been unaware of the fact. Unless the city man happens to own his home—and the vast majority do not—he has no direct knowledge of what taxes are paid for. All he knows is that he pays rent. The fact that part of his rent really pays for running water, for sewage, garbage and ash disposal, is hardly realized by him, just as when he lives in an apartment he forgets that another substantial part of his rent really pays for heat, hot water, janitor service and all the conveniences of his apartment. What we discovered was that we could have practically every service of this sort essential to our comfort, without having to pay a premium price for them.

A simple and inexpensive septic tank, with a drainage tile system to dispose of the overflow from the tank, is all that is needed in order not only to dodge the heavy cost of sewage disposal in the city, but for converting the waste into a contribution to soil fertility. What is taken from the soil is then returned. After we installed such a system on our place in the country, the sewage problem vanished for us.

Hot water, and plenty of it, is necessary to comfort by present standards of living. In the apartment houses in which we used to live we secured our supply from hot-water taps in seemingly unlimited quantities. We were determined to solve the problem of producing it for ourselves with practically no labor and at a lower cost than we had paid for it in the city—concealed inside the rent we had paid each month.

It is almost impossible to be clean without a plentiful supply of really hot water. For dish-washing, water which is merely lukewarm is an irritation rather than a comfort. Yet in spite of the fact that plenty of hot water is essential to comfort, millions of homes in America still depend upon such primitive methods as teakettles and side-arm-stove heaters for their supply of hot water.

The teakettle, we found, furnishes some really hot water, if the fire under it is always a brisk one. But the quantity which can be heated is hardly enough for the needs of the kitchen alone. And of course it requires dozens of trips back and forth filling the teakettle with water and emptying the hot water into a vessel in which it is to be used. The labor and strength involved in making these trips may seem trifling, but repeated dozens of times daily, it totals up to a surprising amount of time and a considerable amount of fatigue, for neither of which there is any real necessity. Modern offices and factories are efficient just in proportion to the extent to which they eliminate all such wastes of time and strength. There is no reason why our homes should be run at lower standards of efficiency. And such efficiency pays in dollars as well as happiness.

Every bit of time and strength saved from unnecessary labor—especially non-creative labor such as that involved in cleaning, carrying water, washing, and similar work—frees an equivalent amount of time and strength for productive and creative work. Some of Mrs. Borsodi's friends wonder how she, even with the assistance of servants, gets the time to do the quantities of cooking, baking, preserving, sewing and even weaving which go on in her home. By using labor-saving appliances and machines to eliminate as much nonproductive work as possible, time is saved which can be used to produce these things. An investment in an efficient water-heating system, for instance, which eliminates the non-productive work of carrying water back and forth, pays for itself over and over again by what it enables the family to save in making things which it would otherwise have to buy. It is for this reason that the teakettle method of producing hot water seems to us as obsolete as the Dutch oven. It doesn't pay. It not only is unequal to the requirements for hot water bathing; it makes a supplementary method of heating absolutely essential for laundering. And we have found doing our own laundry at home is one of the easiest ways in which to pay for an efficient system of hot-water heating.

We started to get away from the tyranny of the teakettle with a small coal heater in the cellar. Water was piped from it to a storage tank, and from the tank to the various hot-water faucets. This was an inexpensive installation, and furnished a good supply of hot water without too much expense. The fire, however, had to be attended to several times each day and the ashes carried out periodically.

In an effort to get rid of this labor we installed a kerosene heater. The first one we tried was wickless. Our kerosene was evidently not clean enough for this type of heater, and the burners frequently clogged, thus interfering with its efficiency as well as creating an unpleasant cleaning job. True, we had a plentiful supply of hot water; the cost, however, was a little higher than coal, and we still had the unpleasant chore of filling the oil-reservoir daily and cleaning the heater occasionally.

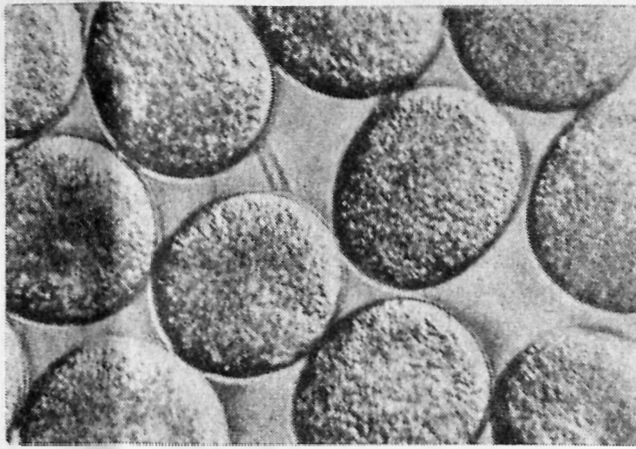
Next we tried a kerosene heater with wicks. This proved an improvement in one respect only—if we changed the wicks frequently enough we avoided the unpleasant cleaning job with which we had to struggle before. We still had the daily filling of the oil-tank on our hands—so the job was still by no means automatic.

Finally we decided to go in for a completely automatic installation. A very low rate permitted us to install an electric heater on an off-peak rate. Where the power company has established such a rate, this type of heater is economical and efficient, and it requires no attention whatever. The off-peak rate is still a new idea: in many cases completely automatic hot water can be most inexpensively secured with gas. In country homes not reached by the mains of a gas company, portable gas-tanks can be used and while the cost is higher, it is still, in our judgment, not so different from ordinary

gas as to warrant some of the methods which we discarded.

Our experiments with the various methods of heating water, as with other domestic appliances, have thoroughly convinced us that the investment and cost of maintaining the most efficient means for furnishing the home with utilities and comforts are quite within the income limitations of most families in this country. It may not be possible to install all these comforts in the very beginning, any more than we were able to, but they are distinctly economical if the time which they save is used for productive work in reducing and eliminating butcher, baker, grocer, and clothier bills.

(continued next month)



Pollen Magnified Under Microscope

Pollen—A Great Benefit To Man?

Pollen is the male sex cell in plants. Bees have been collecting from flowers and feeding their young this yellow powder for millennia. Now many doctors (4,000 in Sweden alone) are prescribing pure pollen extract to patients. Astonishing medical cures are being reported, in encephalitis, prostatitis, hepatitis, bronchitis and sclerosis.

The *Scandinavian Times* (news magazine) for Feb. 1967 carries a fascinating story on Gosta Carlsson, founder and head of A. B. Cernelle pharmaceutical firm, which has collected 90,000 lbs. of pollen, worth some \$80 million.

Pollen consists of a hard, impermeable shell, which contains the secret of life in its cell nucleus (DNA and RNA). DNA determines the shape and development of all living creatures, and RNA and DNA molecules determine the function of all living cells.

The Pollen King

When Gosta Carlsson was five years old he was stung by a bee. His father calmed the crying boy and led him to the hives to explain the wonder of bees. And Gosta was "bitten" with bees. By the time he was 18, he had read everything he could find on the subject, and owned more than 2 million bees. He read that pollen was in the ancient Vikings' ambrosia, and that 200 people in the USSR (all over 100 years old) regularly ate pollen in combs drained of honey. So young Carlsson collected some pollen—a difficult task—and ate it on his morning cereal. But he felt it made him strong. He also fed pollen to some of his bees in the spring, and they grew stronger and tripled their output in a year.

After five years' work Carlsson had invented a pollen collecting machine. After many trials, in 1952 the world's first successful pollen harvester brought in 1,300 lbs., worth about \$200,000. But tragedy struck, fire destroying both the treasure and the machine. By 1953 another ma-

chine, and a new harvest of 1,800 lbs. of pollen were ready for scientists to view.

The Cerenelle Co. expanded, and an extracting method was discovered—to remove the pollen grains from the husk, and reduce the complex contents, which contain 21 amino acids, sterols, growth hormones, water-soluble vitamins, etc. Soon he was selling pills and tonic. Today 10 pollen harvesters, 70 persons and Carlsson produce more than 100 million pollen tablets a year.

Despite Carlsson's amazing \$80 million pollen treasure, he lives the simple life, and he eats pollen daily.

Letters To The Editor

Land Available

To the Editor:

We have 30 acres that may be made available for a homesteading group near Eastern Shore, Va. Soil is good, food is cheap nearby, water for boating and bathing is five minutes away by car. Land cost is low, and surface clay pits can be used for building quite cheaply and durably. Clams, fish and vegetables are plentiful. Local people are friendly; they seem to have no "keeping up with the Joneses." I love it myself and hope to retire there after a year of travel. I'm collecting facts and experiences on low cost homes for a book on the subject. I would like to know of any homesteading cooperatives.—J. Locanthy, Watch Hill Rd., Peekskill, N. Y. 10566

To the Editor:

We have a large house and 2½ acres, and a big garden. A couple of 10 or 16 year olds could live with us. We are not the kind to take advantage of others. We have pets (birds, dogs) and pear, pecan and holly trees. We would buy more land if we had someone to share with us.—Mrs. William S. McVay, Box 569, Vernon, Fla. 32462.

To the Editor:

Though we have approximately 200 acres of clear, excellent farm land, we are using only 20 for corn and a small vegetable garden. This land would be available for homesteaders on flexible terms, rental, sale, or other conditions deemed practical. We would consider the services of a couple for caretaking. There are several buildings available for dwellings; streams, with lots of water; some forest; easy access to main roads to Liberty, N. Y.—Robert Blum, Ferndale, N. Y.

Caution on Home Delivery

To the Editor:

Rebecca and Ferdi Knoess were both brave and fortunate when their son was born at home. But I feel I must disagree with the implied idea that homesteaders can safely plan to handle their own childbirth problems. It's true that in perhaps 95% of the births

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Send ads to: School of Living, Brookville, Ohio 45309.

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WE NEED help, advice, books, people in getting to the land. We'd work with other homesteaders or communities until we got the hang of it. Any such in Arkansas—J. A. North, 4132 N. Drake, Chicago, Ill. 60618

WANTED: printer, writers, news, staff, office equipment, money, criticisms, suggestions, and love. Liberation News Service, 3 Thomas Circle, N.W., Washington, D. C. 20005

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FREE ARTICLE: Every year hundreds of thousands of Southern rural poor move to Northern city slums. Farm co-ops can help them to stay on their farms and become independent. For more information, send for THE GREAT MIGRATION, from National Sharecroppers Fund, Inc., 112 East 10th St., New York, N. Y. 10003. (1-68)

VIETNAM! VIETNAM! by Felix Greene, 175 pp., \$2.25. LET THERE BE A WORLD by Felix Greene, 64 pp., 75c. CHILDREN OF VIETNAM by Wm. Pepper, 20c. Marion Wilhelm, 97-28 130th St., Richmond Hill, N. Y. 11419. (1-68)

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the process will be simple and uncomplicated, and go well. But there is always the possibility of complications. No one can predict when trouble will develop—the mother of three can die with her fourth, the first child can be in the wrong position, with the cord around its neck in addition.

It's well known that in all advanced countries women outlive (continued on page 4)