



# NORTHWEST PASSAGE



VOLUME 6, NUMBER 5

BELLINGHAM, WASHINGTON

DEC. 20, 1971- JAN. 9, 1972

25¢



## **ALTERNATIVE HEALTH CARE**

**Whole-Body Dentistry**  
**HEAL YOURSELF: a manual**  
**Acupuncture**  
**Marine Hospital Endangered**



# LETTERS



## Brave New Passage

To the writers, editors, and contributors of the *Northwest Passage*:

I was really pleased to hear the recent program "Impact" when four people from the paper were interviewed by Haines Fay of radio station KGMI.

I am glad your representatives had a chance to defend the paper and to praise it to the listeners.

I think Bellingham is very fortunate to have this newspaper in our town.

"The in-depth articles on controversial issues, the inside story that the *Herald* would not print." — I have seen the brave way the *Passage* prints the truth. And as long as you print the truth and nothing else then I believe you will become a very strong force in this area. (You are a strong force right now.)

Mrs. Betty Thompson  
817 - 12th Street  
Bellingham

## Beating on Drum

Dear Passage,

You've got to be kidding about cooking on the exhaust manifold. To advocate such a method is sheer irresponsibility. If the engine were totally emission free it would be okay, but as they so gaily cook breakfast the exhaust leaves the same shit in the woods as is strangling our cities. It's only one you say, but this type of thinking has caused our problems. Look at our garbaged lands, filthy waters and unbreathable air. Everyone thought their actions wouldn't matter. If this is the type of mindless trash you're taking to publishing, you've joined the ranks of those who claim to take one stand, but plant your feet some other place. Please be more careful about what you print.

To the people who cook this way—if you can afford to idle your car for 15-20 minutes than you can afford a small Coleman stove. Get your head out of your ass and tend to the air you breathe.

Ernie Benson

## Time for Answers

Dear People:

"No more shopping days till peace." I'll buy that!

Special congratulations on the *Northwest Passage* of December six: another highlight in this bright, timely, and significant publication's career. It was good to see the *Passage* recognize and emphasize the urgency for political and environmental alternatives.

On the local Seattle scene a little venture has been launched to suggest and attempt to implement alternatives to the current status quo. On possibility that the *Passage* has not been introduced, I enclose a recent issue of the bi-weekly newsletter *Time for Answers*...

It is encouraging to add that *Time for Answers* and its editor Harry Briggs have been getting some favorable attention, particularly on the California scene and in Europe. Recently there has been increased recognition in the homebase of Seattle.

My continuing appreciation to you people of Bellingham who are responsible for the consistent excellence of *The Northwest Passage*. I am privileged to remain one of your subscribers.

My best wishes always,  
Sincerely,  
Philip Prichard  
Seattle, Wash.

[Ed. Note: *Time for Answers* appears to be a forward-looking little review. Trial subscriptions (3-mo.) are \$1.00 from 5022-B Roosevelt Way N.E., Seattle, Wash. 98105.]

## Bake Report

Dear NWP:

At the time of this writing the Fairhaven Community Center Bake Sale to raise funds for various community projects has been going on for five days. Those of us who have been coordinating the bake sale would first off like to thank all of the many people who have volunteered their time and energy; the help we have gotten has been so encouraging.

As of Sunday expenses (\$745) have about been covered. Much of the profits will not come in until after vacation when a second phase of the bake sale will happen. At this time we will again need bakers and other assistance.

Fairhaven Community Center



The *Passage* invites letters of compliment / criticism whenever readers are struck by the urge to respond. Space limitations afford brief, to the point letters the best chances of landing on this page.

## Toad for Monk

Dear Passage People,

I read and enjoyed Ed Monk's article in your Dec. 6-19 issue. It reminded me of the times I was in Calif. unhappy among the unreal people, deceased grass and lumpy brown mountains. But now that I am back (to stay) in the beautiful Northwest, I am a very joyous Toad indeed.

Joyously yours,  
Toad

## Traders' Index

Dear Passage:

This week Mary Kay Becker was out here trading in her "Van Zandt Gold". In the course of her conversations she mentioned that there once existed in the State of Washington an association wherein members traded whatever they had to offer. The advent of a governmental relief program undermined the bartering association, as the people opted for cash. For whatever reasons many of us these days are reducing our cash income and assets. As the cash flow dwindles it would be fortuitous to be able to discover a plethora of traders (traitors?) so that one could establish a network for gaining goods and services. By sidestepping the cash economy we can move to an alternative economy. This also has obvious tax advantages.

Therefore we at Everybody's Store have decided to compile and edit a Quarterly *Index* of resources, materials, skills, and needs. We would like to bring out the first edition for the Spring of 1971. I have read that a young gent has compiled a private hostelry index wherein the subscriber pays \$3.50 to list him or herself. I mention this only to give a notion of what it costs to take on such a project. I am sure that by mimeographing the publication we can do it for less. It would seem than that \$2.00 is not asking too much of those who would to underwrite and receive *The Pacific Northwest Index to Resources and Materials*.

The first section would list those goods and services which could be traded with regularity, e.g.:

Since we intend to bring out the *Index* quarterly it will be divided into three sections:

*EGGS to trade, Ganef Harry, Star Rte. Box 69, Deming 98244, Van Zandt, Potter Road, E. of Hwy. 9, 592-2486;*

*or DENTISTRY, Binder Lou, B'ham Mall, 733-0410*

The second section will be devoted to trades that are immediately available, e.g.:

*PRUNE TREES to trade. Two years old—Shyster Robert, Start Rte. Deming Box 33, Deming 98244, Potter Road W. of Hwy. 9, 592-1234.*

The third section will be open to Needs which do not have to be fulfilled imminently but sometime within the seasonal quarter of the *Index's* publication, e.g.:

*BEEHIVES wanted, Mensch Albert, Star Rte. Box 76, Hwy. 9, Van Zandt. (Just in case, all of the above are hypothetical).*

What we want to do is provide a cashless as possible way for receiving goods and services. At Everybody's Store we will usually trade anything for merchandise on our shelves. It might also be helpful if those who join in and write to us at Box 290A Van Zandt, Deming 98244, would mention the types of things that they are willing to take in trade for what they have to offer, e.g.:

*SADDLE to trade, Mundane Bill, Box 1, Deming 98244, Old Deming Rd., for Monarch Stove.*

Additionally, if anyone knows where others can usually find cheap or free scores; wood, compost, or autoparts for example, then he or she should check with the source as to the reliability of the commodity or service remaining free and then either list it or urge the benefactor to list it in the *Index*.

I'm sure some folks will also have tips on "how to" do tricky things, so it would be nice if they would pass down some of their acquired wisdom. Such short stories will brighten up an otherwise dull *Index*. An *Odyssey* here or there will also be appreciated.

Let me recapitulate. We would like subscribers who would automatically receive a copy of *The Pacific Northwest Index to Resources and Materials* to send \$2.00 or reasonable facsimile thereof to the *Index* c/o Everybody's Store, Box 290A, Deming, Van Zandt 98244, Wash. Please make sure that you categorically state what it is you have to trade or need. Give your name, address, phone number if you have one, along with simple travel directions and what you might have to exchange.

We are hoping that this guide will become a working tool for the advancement of a decent economy. Remember, to engage it is to sustain it—wherever.

Yours truly,  
Jeffrey Margolis  
Everybody's Store

"Due to unusual interest, 'Yesterday' has been recalled." — B.W.

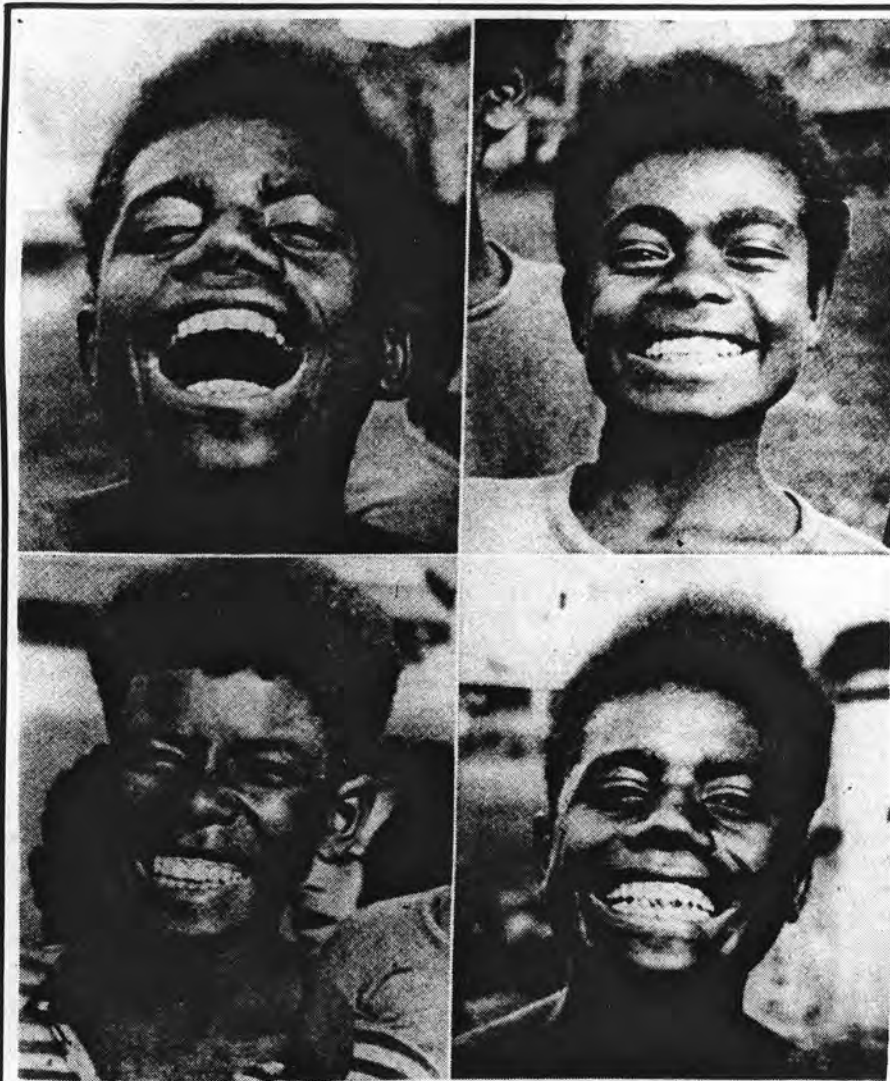
# Dentistry

## Dr. James Hitz

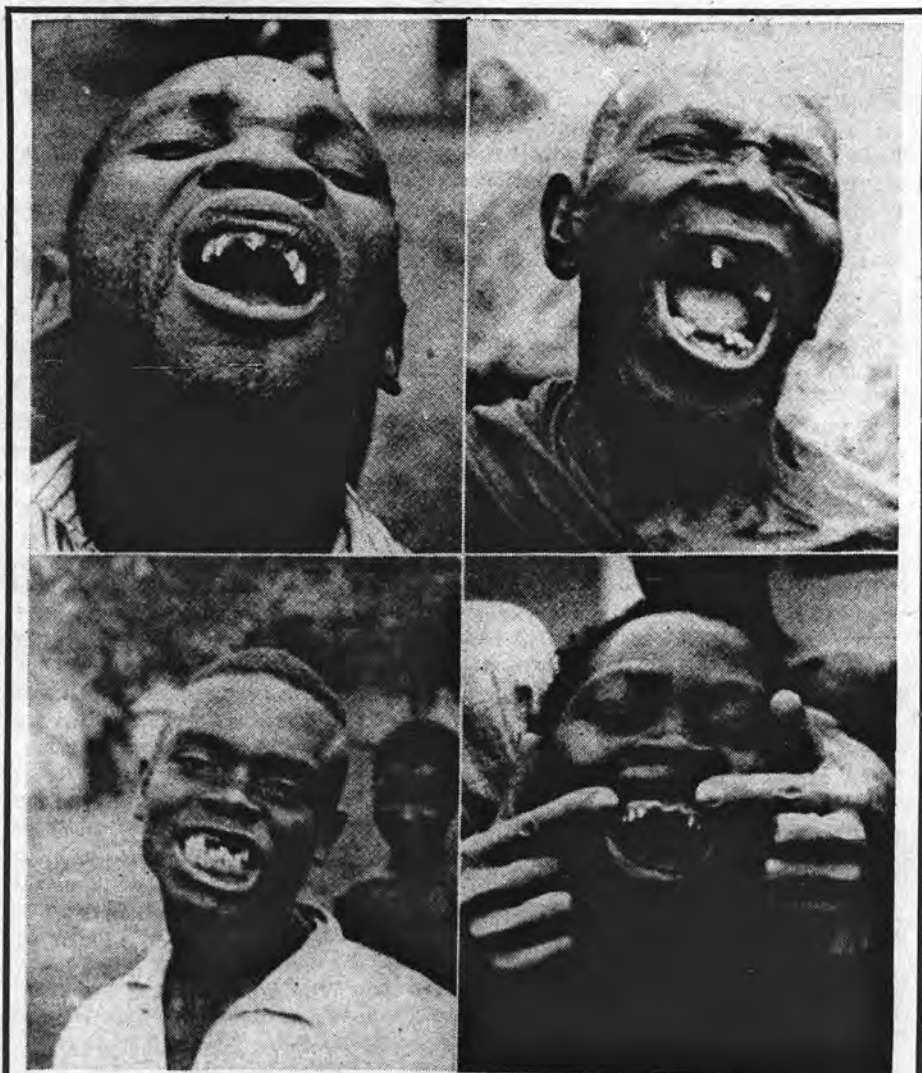
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first came in I would put them on a basic diet of unrefined carbohydrates and no fruit (sugar) intake was allowed. From this I would be able to see what their body would do. This diet created what I call a working blood. No symptoms were taken into account. Water was the only liquid allowed so that all the strain was taken off the endocrine system. Then a blood test was taken and analyzed for blood sugar, Calcium/Phosphorous, cholesterol, hemoglobin, etc. If the Calcium/Phosphorous level was not 2.5/1 the refined food diet had done damage.

Some of my patients would go to an M.D. to get their Calcium/Phosphorous ratio check. Most of the time he would say that it was normal, but the physicians so-called "normal" range has been taken from abnormal people. The so-called "normal" person may not symptomatically exhibit any difficulties, but at the same time would not be in perfect health and balance. Their standards are broader than the 2.5/1 range and so their measurements are way off. If someone was not in the correct range, they were given minute amounts of endocrine to rest their atrophied glands.



*These four Melanesian boys born on different islands look like brothers but are not blood relations. They illustrate the role of heredity in reproducing racial type. Heredity, however, can only operate normally when the germ cells have not been injured.*  
— From *Nutrition and Physical Degeneration*, by Weston Price.



*Wherever the Africans have adopted the foods of modern commerce, dental caries were active, thus destroying large numbers of the teeth and causing great suffering. The cases shown here are typical of workers on plantations which largely use imported foods.*

— From *Nutrition and Physical Degeneration*, by Weston Price.

JEFF: Did some people recover without endocrine?

DR. HITZ: Yes, some people's systems were able to switch back over. With some people the constant sugar bombardment on the glands did not completely atrophy them.

JEFF: How can you tell which gland is atrophied?

DR. HITZ: This was done through certain body proportion measurements. You can slowly find out the problem through body measurements.

JEFF: How do you view the future trend in dentistry toward the incorporation of this technique?

DR. HITZ: Some of this work is slowly gaining acceptance. Dr. E. Cheraskin, who is also a dentist and research scientist at the University of Alabama, has been a real pioneer in getting this work into the literature. He has done extensive double blind studies on all of Page's work.

The dental journals are still full of articles on local prevention. Just look at the recent advertisements on the most advanced brushing methods — food coloring and ultraviolet light on the teeth. "Just brush the color off." Dentists aren't ready yet to prescribe whole body health. It boils down to the fact that the worse off a patient is, the better patient he will be. People just won't give up this refined diet. It takes discipline to follow the straight path.



# GOVERNMENT VS. PUBLIC HEALTH

by the public health care coalition

*Editors' Note: The proposed use of the Public Health Service Hospital (Marine Hospital) in Seattle has been the focus of several lobby groups including the newly formed Public Health Care Coalition. This coalition is striving to make free medical services a right for everyone and to utilize the PHS hospital in ways which will benefit the most people. The following article describes the background of the PHS hospitals and the "behind-the-scenes" activity with the University of Washington and the Nixon Administration. You may be reminded of last winter's controversy over the closing of Northern State Hospital in Sedro Woolley, where the Governor argued that state funds were no longer necessary because the "community" was ready to take over the hospital's functions. Sometimes it seems life is just a long-playing instant replay.*

The Department of Health, Education and Welfare is trying to close the nation's U.S. Public Health Service (PHS) Hospitals, including the one in Seattle. There are currently eight such hospitals left in the country. The Public Health Service was founded in 1798 to give health care to merchant seamen. Since then it has extended its services to include members of the armed forces, both active duty and retired, and their dependents, as well as other groups. Lately, Seattle's Public Health Service Hospital has begun to give some services to Indians and the local free clinics.

In 1953, there were 28 Public Health Service Hospitals in the U.S. Today there are only the eight. Everytime a new president has been elected, there has been a study done of the Public Health Service, which wound up recommending that the hospitals be renovated, expanded, and modernized. Instead, the Federal Bureau of the Budget has refused to even allow the hospitals to stay open; one after another, it has closed them down and replaced them with outpatient clinics. By controlling the flow of the money the Bureau of the Budget has also kept the remaining hospitals from doing the needed renovations on their buildings.

The last eight hospitals were to have been closed this year. July 1, 1971, was the cutoff date. If no one had objected, that is what would have happened. But Congressman Rogers, a Democrat from Florida, heard about the plan and held hearings to find out why the hospitals should be closed. Rogers is the Chairman of the Subcommittee on Health of the House Interstate Commerce Committee. The Maritime unions, representing the seamen who get care at the hospitals, threatened to strike if any of them were closed. The military groups, particularly those representing retired people, also objected. The House of Representatives passed a resolution with the Senate concurring, that said, "...it is the sense of Congress that the Public Health Service Hospitals and outpatient clinics not only remain open and funds be made available for the continued operation of such hospitals and clinics, but that additional funds be made available for the modernizing, upgrading and expanding of all existing facilities in order properly to carry out the responsibilities of the Public Health Service to provide the best medical care and treatment to beneficiaries entitled thereto under law."

The Administration backed down, and the hospitals were not closed outright. But the Administration is anxious to get the Public Health Service hospitals off its hands, in fact, it seems to

want to close down the whole U.S. Public Health Service. So now it has come up with another plan: the hospitals will be turned over to their "communities." In Seattle as elsewhere, the search for "the community" was on.

In January of 1971 there were hearings held in Seattle to determine the future of the hospitals. These hearings were not publicized, and the press was not allowed to attend them. So very few people know what happened there. This does not sound like the best way to get the community involved. In June, the Puget Sound Comprehensive Health Planning Council, a federal agency, was instructed to find a local "corporate entity" to take over the hospital.

The University of Washington has had an interest all along in what happens to the hospital. The reason is that the University has much of its Medical School training program there, and uses the hospital for the teaching, research, and a supply of patients. If the hospital is closed abruptly, the University's Medical School is going to be badly disrupted.

So when the Health Planning Council was told to look for a "corporate entity", the University asked for a grant for a feasibility study, to see how much it would cost to take the hospital over. But then, around the middle of the summer, the government told the University to submit, by September 1, a proposal for taking over the hospital. Though the deadline was only weeks away, the University hastened to comply.

The resulting grant proposal is sloppy and incomplete. Here are its major points:

1. The Public Health Service Hospital will be run at government expense until the University can transfer its Medical School program out there and into the new places it is building now.

2. The government will give the University 12.7 million dollars to finish its new wing at the University Hospital and to build an ambulatory patient center at Harborview. 3. A prepaid group-insurance plan for some of the beneficiaries of the Public Health Hospital will be established—meaning that these groups will lose their free care.

4. Community control will be avoided. An "advisory" community board is included in the proposal, but it has no power.

There was a set of hearings on this proposal. They were no more public than the ones in January. What was emerging was a situation where the government would have an excuse to say that the University was the only community group interested in the hospital, because they were the only ones to submit a proposal. But by this time, the hospital employees, the Indians, and the Free Clinics were aware of what was going on. All three groups are against closing the hospital, so they got together with the seamen's unions and the military groups, wrote another proposal, and formed the Public Health Care Coalition. The Coalition is going to campaign and lobby to keep the hospital open and to extend its services to people and groups not now being served. Petitions are now being circulated in Seattle to endorse these ideas and reinstate the former Chief Administrator of the hospital, Willard Johnson, who was fired because he opposed the shutdowns.

In the developing struggle over the PHS hospital, several important issues have been raised which deserve everyone's attention:

1. Health care is everyone's human right. Under the existing profit system, health care is treated as a privilege. Rapidly rising medical prices and cutbacks in government assistance are leaving more and more poor and working people out in the cold.

The Public Health Service and its hospitals have operated according to a different principle: that free health care is a basic right for those who had "served their country" (seamen, military personnel) or had been violated by it (Indians).

The current fight to save Seattle's PHS hospital is based on a long-overdue extension of this principle: that health care is everyone's right. The Public Health Care Coalition is supporting the Free Clinics' efforts to use PHS resources to provide adequate medical care for the many thousands who cannot pay for it.

2. The Nixon Regime wants to fatten the medical profiteers at the expense of the people. Closure of the PHS hospitals would have four harmful effects:

(1) Beneficiaries of the PHS would lose the only hospitals where they are guaranteed prompt and first-rate care.

(2) Health services obtained elsewhere would be priced at the "prevailing rate" of private practice, which is two to three times higher than PHS rates. This would be paid for by taxing the people.

(3) PHS Hospital services could not be extended to Free Clinics or anyone else.

(4) PHS hospital workers' jobs would be eliminated—at a time when many more health workers are needed.

But these effects would be a shot in the arm to those interests served so faithfully by Nixon and his kind: profit-making doctors and hospitals, private insurance carriers, drug and medical supply companies. And by smashing the Free Clinics' bid for PHS assistance, the government would strike a blow against the principle of free health care for all—to the glee of the profiteers.

3. The University of Washington is not acting in the interests of the people. The government's plan was to get the U. of W. to submit a plan for closure of the PHS hospital in Seattle, and then turn to Congress and claim that since only the U. of W. was concerned, their proposal should be adopted.

Now that this tactic has been undermined by the Public Health Care Coalition's proposal to save the hospital, the U. of W. is embarrassed and has begun to back down. But they were not forced to cooperate with the government's scheme in the first place. If the U. of W. is truly concerned to save the hospital, they could have refused to submit a hasty proposal, informed the community of what was going on, and offered to help those who had already expressed the desire to save the hospital.

4. Those who are fighting to save the PHS hospital are those who rightfully should run it. All the institutions of society should be democratically run by those who work in them and those who use them. To achieve this principle will require a long period of revolutionary change and struggle. But the Public Health Care Coalition and all those it represents have already earned the practical right to run the PHS hospital, for they are the only ones who are putting up a fight to save it.

—from the People's Health Newsletter

# Metaphysical Healing

by ken li

Having been asked by the NWP to do an article on acupuncture has led me to the necessity of "stepping back" from all such "systems" of healing and instead of concentrating on acupuncture specifically, attempting to expose the roots from which these arts were elaborated.

The Chinese ideogram for Tao is as good a place as any to begin. In its simplest form, the symbol of Tao represents man. The emphasis of this man-symbol is placed on the head and foot. When the head and foot are together, you have symbolized a whole man. When the head is clear, the feet are on the path. Through clarity of thought, wholeness is achieved; any means that brings about the integration of the head and feet is part of the way = Tao = Path.

The symbol of the Tao can represent a basis for approaching the concept of metaphysical healing. The idea that the mind is before the body is an expression of Tao — more exactly the concept of *mentalism*. The power of mind is a noumenous force which is non-empirical and has eluded philosophical structure since the beginning of time. Master Lao-tse reminds us that those who speak of Tao do not possess it. Many philosophers have attempted to structure and systematize the noumenal or mental plane, but it always seemed to escape "as if upon the winged feet of Mercury".

Those things with which we are familiar exist upon the physical plane. It is the physical world of phenomenon upon which the noumenal or mental plane exerts its forces. Descartes expressed this in the oft-quoted phrase, "I think; therefore, I am". The concept of mentalism seems to sing down through the ages as the basis for all understanding of the physical world.

The physical world is forms and things. Relationships of things we call phenomena. The apprehension of the physical world occurs upon the mental plane. The things of the mental plane are symbols and the interaction of symbols represents the noumenal events of experience. The foundations of metaphysical healing are mental, as are all other "systems" of symbols or forms upon the mental or physical planes of existence.

Metaphysics relates to a science of being — beyond the physical — a science of the fundamental causes and processes in things. Metaphysical healing does not treat the *symptoms* of disease — it treats the whole being at the level of fundamental causation of disease.

The metaphysical healer is often a natural healer. He heals without knowledge of his acts. He makes you feel good; because you feel good, you get better. You have often been healed in this way without even knowing it. The human community has always had natural metaphysical healers. Often those with such talents are identified at some time in their lives and are labelled as "medicine man" or whatever other significator is used within the community. Shaman, brujo, rabbi, sensi, teacher, hypnotist, magician, doctor, philosopher — these are some of the symbols that have been associated with healers in the past.

Lao-tse, which translates "old philosopher", taught the wisdom of avoidance of labelling. It seems that he felt long and wordy discourses had a tendency to lose the Tao. The mind that is filled with symbols and formalisms is not a free mind. The non-free mind can not generate healing life-forces. The confused mind is not a free mind, it is not peaceful. While gazing at the stars, we often fall into the mud. The mind occupied with things gets lost in things. The peaceful mind is a healthy mind. The peaceful person brings peace to the earth; he is a natural metaphysical healer.

All societies have institutionalized the natural arts of man. Customs of a people show "how things are done here". Medicine has been a part of every cultural tradition known to man. Each of these traditions has institutionalized its own form of medical practice. Except by a few visionary mystics, the basis of medicine has not been often understood.

So often in medicine, as in religion, only the form remains and the art has disappeared into the cloak of professionalism awaiting rebirth out of the darkness.

The various mystical arts (individuated enlightenment) are well aware of the limitations of the intellect and its offspring, the formalized institution. The sophistries of specific medical application are reserved for those who left the Tao long ago. The gross application of drugs to statistically determined patterns are techniques analogous to driving nails with sledge hammers. It is often difficult if not impossible to determine whether the drug cured, or whether the patient just "got better". This placebo effect is widely known in medicine and very difficult to analyze. The patient gets better; was it the drug? faith in the drug? a natural process? or faith in self or other metaphysical process?

Immanuel Kant is said to have produced the aphorism, "Experience without theory is blindness, and theory without experience is mere intellectualism". I have attempted to open discussion on the concept of metaphysical healing. There are those of our readers who have had specific experiences with various traditions of metaphysical healing, and also those who understand the uniqueness of each life experience. Would you share your views on this subject? Can someone turn us on to American Indian and other ethnic traditions of metaphysical medicine?

Some books have been written and are worthy of comment. *Healing, the Divine Art*, by Manly P. Hall, 1971, is an excellent historical review of metaphysical medicine. The *Huang ti nei Ching Su-Wen (The Yellow Emperor's classic of Internal Medicine)* has been translated at the Johns Hopkins Medical History Department by Ilza Veith, 1949. This work is the Chinese classic on Acupuncture — it is on the same level as the *Wilhelm / Baynes / Ching*. It is rumored that the *Yellow Emperor's Classic* can be obtained in paperback. This document has an enlightening modern analysis of acupuncture, with a complete, legible, and artfully performed translation of the classic.

The University of Washington experimental college is offering two courses in acupuncture through the experimental college. There will be a medical and a general course. The medical course will "go all the way"; the general course will be mostly massage and historical. It is said that a Master or at least a professional will teach the courses. So call the experimental college for details.

From the standpoint of metaphysical medicine: You are what you think, what you feel, and what you eat.

"Revolutionize the common manner of living, eating, and drinking, and you will have a happier and healthier people."

— Jethro Kloss, *Back to Eden*, 1939



## How to Choose a Doctor

Dr. Fred Darvill, a private physician in Mt. Vernon, has also had experience in large clinic practice, at the University Hospital in Seattle, and has served at the Open Door Clinic and the Whatcom Planned Parenthood Clinic. His booklet, *Mountaineering Medicine*, the result of his own experience as a mountaineer, is familiar to many local climbers and hikers.

Having "read with interest" the October 25 issue of the *Passage*, devoted to medicine, Darvill contacted us and we got together last week to talk about various factors in the "health equation." Pointing out that a federally-sponsored health care system will be with us before long in one form or another, he stressed the danger of "throwing the baby out with the bath water." Darvill believes that a good relationship between patient and physician can in itself be therapeutic, and that this person-to-person closeness shouldn't be lost. He would like to see personal choice of a physician guaranteed by any new system, along with its corollary — continuity of care.

Since he feels that it's very important for a person to have a doctor that he trusts and with whom he feels comfortable, Dr. Darvill recommends taking a good deal of time to select your doctor when you first start a home or move somewhere. "Usually people spend more time buying a new car than picking out a doctor," he said. "All doctors are not equal, but it's the great lay fallacy to assume that they are."

The best thing, he said, is to get your old doctor's recommendation. But if you're starting cold, first make a trip to the local library. There, look up two books: *The AMA Roster of Physicians* and the *Marquis Guide to Specialists*. These books list physicians by state, giving their age, training, and qualifications. The Marquis book lists the professional boards that have certified the doctor. (If you wanted a G.P., for instance, you would look for a doctor in your area that belongs to the American Academy of General Practice.)

From these books you can get a list of three or four doctors in your area that more or less fit your needs. The next step, Darvill said, is "doctor-shopping." Visit the offices of these doctors. Observe how the staff treats you. Talk with the doctor; tell him you are trying to choose a personal or family physician, and describe your needs to him. Basically you are saying, "This is what I want in a doctor—are you it?"

(Art Johnson adds: "Judge a doctor on how well he cares for his patients. Does he come to the hospital to visit them? Will he be standing by when you come out of anaesthesia? Or does he just refer you to a specialist who does his job? A doctor heals as much by his presence and psychological friendship as from his surgery.

"Is the doctor available often? Does he care about you? Does he respect you as a real person, perhaps not as versed in medical learning, but still a real human being as he is himself? Only then can you and he really talk about your life, and that is what his job is: To know you, to be able to understand your medical and psychological problems, and to differentiate between them. His job is a service; he is supposed to serve you. You should be grateful, and love him too. Is he happy to be part of your 'family?'")

Check with the local hospitals to see what privileges they give the doctors you are considering. Do they, for example, have unrestricted surgical privileges or are they only allowed to do minor surgery? This is an indication of how highly the hospital staff esteems a doctor's skills. Finally, ask around the community to see what reputation the doctors have among people you know.

In his fifteen years of private practice only about three people have ever done this with him, Darvill said. "But it's worth it if you want to find a doctor you really feel comfortable with." —m.k.b.



# Heal Yourself



by friends of the country doc

[Editors' Note: Friends of the Country Doc in Seattle are currently printing "Heal Yourself" as a manual. We've decided to run the manual in two or three sections over the next months, so plan on saving these pages. Next time we'll have hints on diarrhea, dysentery, ears, and all sorts of other goodies.]

## INTRODUCTION

This manual was originally written by Debbie Berson of Whitehorn, California. She lived there in a country commune, far from the nearest doctor: "I'm trying to get away from synthetic medicines and into simpler, healthier, and more easily available remedies." Her pamphlet, entitled "Heal Yourself", was nine pages long, and it was a great inspiration to us. We wanted everyone to read it, but first we couldn't resist adding a whole bunch of our own cures, and making our own changes. Most of the pamphlet is geared to the special needs and problems of country communes. We feel that they're the ones who need it most - since the alternative of a doctor near at hand is not often available to them. So we've left that emphasis, even though most of us are now in the city. We feel, however, that this manual will be useful and important to you, whether you're in the city or the country, in a commune or a family, or by yourself.

We wish we could say that all of these suggestions are tested and true. But we can't. Some are from books, some from a little of our own experience, and some from a great deal of experience. And so, as fumbling amateurs in a long-lost (to most people) art, we inevitably become our own guinea pigs. We might've even made some mistakes! Therefore, a **WARNING:** Use at your own risk. Don't get hung up into thinking that all herbs and vitamins are benevolent, and harmless, and all Western medicines are gangsters. Some herbs, like other medicines, can kill you if used improperly. Pregnant women, especially, have to be very cautious which herbs they use (see note to Pregnant Women in Table of Contents); for example, many common herbs were used (in strong infusions) to induce abortions in the old days.

Finally, this is NOT intended to substitute for a good First Aid Manual. If you intend to try curing yourself, or if you have to do without doctors for one reason or another, be sure to have on hand a good 1st Aid manual, and to consult it for what to do about Shock, Artificial Respiration, Poisoning, Injuries to Bones, Joints, and Muscles, Objects in the Eyes, Ears, Throat, and other Common Emergencies. And neither this Manual nor a First Aid Manual should substitute for a good doctor. Don't be allergic to doctors. Sometimes they can do a whole lot of good. Of course, if you prefer Natural cures, you may want to try to find a Naturopathic or a Homeopathic doctor.

Here are some books that we have used and recommend:

- Back to Eden, by Jethro Kloss
- Vermont Folk Medicine, by D. C. Jarvis
- Nature's Medicines, by Richard Lucas
- Red Cross Home Nursing
- Stalking the Healthful Herbs, by Euell Gibbons
- Let's Get Well, by Adelle Davis

CLIP 'N' SAVE!



## HYGIENE

"Now, don't forget to wash behind your ears."

It's good to get outta mama's overclean suburban home, but a lot of the time we get hung up on our anal background and forget that germs are relevant at all.

Most of the time we live in old cheap houses with bad plumbing or no plumbing at all. Hard to keep clean, and since there's usually a lot of people around, it sometimes seems useless to try. People in and out all day and night - crashers, hitchhikers, visitors who bring crabs, clap and hep. Dishes piled up and then there's the mold in the coffee cups. Yeah, dishes should get done but it's hard to get it together. So the result is almost constant disease. There's always someone in the house who has a cold or diarrhea and you're lucky if you're one of the invulnerable ones who always seems to escape.

So, for the babies, pregnant ladies, and sugar-fed kids of the 50's, here are some ways out of the rat race:

**DISHES:** From bitter experience: Rinsing the dishes off in cold water is a waste of effort. It's gotta be hot water and soap. If you live in a household of three or more people, with a lot of company, it's a good idea to add two or three tablespoons of chlorine bleach or pine oil (Pinesol or Hexol, etc.) to the dishwasher. If you wash dishes in a tub, increase the amounts proportionately. These are good disinfectants that kill common household germs, although they aren't foolproof for hep or other stubborn diseases. It's better to use separate basins for washing and rinsing dishes, rather than doing it in the sink. It's hard to keep sinks really clean.

If there's an epidemic in the house, boil all the dishes (especially cups and silverware) for twenty minutes. This kills most everything.

By far the easiest way to handle the problem is to give each person in the house his/her own cup, bowl, plate and silverware. Don't keep a large surplus of unclaimed dishes on hand, as people will be tempted to stray. Save only enough extras for visitors, and encourage them to use the same dishes while they are around. This is also a great way to solve the dishwashing dilemma: wash yer own.

Sick people should always have their own dishes and should never ever eat straight out of the communal pot or drink out of the communal pitcher, or share cigarettes or similar things (make a cigarette holder out of a matchbook top).

**GARBAGE, BABIES, DOGS, AND FLIES:** Babies and dogs get worms from chewing on the garbage which they will always do if it's laying around. Garbage also attracts the same flies which you will find in the soup, pot later. Garbage pails should always be covered tightly and should be made of plastic or other easy-to-clean material (no maggots: no flies). Outhouses should have well-fitted lids to keep flies out. They should be built below your water supply or it will get contaminated. The hole should be lined with rocks, brick shards, or gravel, so that the waste material will leach out and purify itself before it gets back to you. It's a good idea to research the subject before you build one because mistakes can bring a lot of misery.

**TOWELS AND LAUNDRY:** Damp towels are one of the easiest ways to spread disease because the bacteria can stay alive much longer than on dry surfaces. Every person in the house should have his own towels. If you live with a lot of people and do your laundry together, you should add disinfectant to the wash. Pine oil is good and better for the land than bleach. (Commercially available as Pinesol and Hexol.)

**HEPATITIS, ETC.:** People with hep and other serious contagious diseases, like staph, should be isolated from the rest of the group. They should have their own dishes, towels, and bedding. They shouldn't even share clothes if these haven't been washed and disinfected. If possible, they should have their own toilet or seat on the shitter. If that's impractical, have them disinfect the seat every time they use it (a little Pinesol will do). Hep is one thing you can catch from a toilet seat. People with hep, or exposed to it, should be especially careful to wash their hands with soap or some other good germ-killer after they shit. This is very important because hep is spread through the feces.

**SOAP:** Babies, especially little ones, should have their own soap. A bar of soap can spread skin diseases. Neutrogena or Ivory are good mild brands. Golden Seal also works as a disinfectant.

**BATHROOMS AND KITCHENS:** Many diseases, especially impetigo and staph, can be transmitted in water. So be especially careful to disinfect washbowls and basins and tubs and shower areas frequently.

Several spices make good room deodorizers for crummy - smelling bathrooms, kitchens, and sick rooms. They also help stop the spread of contagious diseases. Boil some cinnamon or cloves in water and let the steam penetrate the room. Sprinkle cinnamon

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powder on the top of wood-burning stoves — it's easier than scrubbing it and smells better than Ajax. Rosemary, juniper berries, and thyme are especially good for stopping the spread of disease. Boil them alone or together just like the cinnamon. In the summertime, sprinkle a little rosemary in a hot sunny place like a doorway or window, and let the fumes spread throughout the room.

## COMMON MISERIES AND SUGGESTED REMEDIES

### ASTHMA

See congestion.

### BEE OR WASP STINGS

Here are some easy ways to deal with a minor sting:

1. Remove stinger, if still in the skin;
2. To obtain relief from pain, just slap on either:
  - a. slightly moistened tobacco (better to use clean water than saliva);
  - b. paste made of baking soda and water;
  - c. scallion juice;
  - d. parsley or comfrey poultice;
  - e. ice or ice water;
  - f. a 10% solution of ammonia.

Allergic Reaction: Some people are allergic to bee stings, in some cases fatally. If, after being stung, there is serious swelling, fever, and trouble with breathing, the patient is probably allergic. In this case, you can either:

1. Administer a dose of anti-histamine (try to have it available when you're in the woods, if you know you have an allergy). Some people are allergic to anti-histamines, so be careful.
2. Follow procedures above for relief of pain.
3. If necessary, see a doctor.

### BLISTERS

Most sources advise against popping a blister. The idea is to let nature take her course. Opening it up exposes it, and you, to infection. Blisters can be avoided in the first place by slapping the hurting area with mud. If you have to do a lot of shovelling, for instance, keep applying mud to the hands; in most cases, blisters will not develop. And if they do develop, mud is a good way to treat them; the mud sucks out the moisture. Some Indians in New Mexico turned us on to this, and it works.

If the blister is on the foot or in some place where it's likely to break open anyway, it would be better to open it yourself under sterile conditions. In this case:

1. Clean blisters with soap and water.
2. Sterilize a needle and puncture the blister at its edge.
3. Apply a sterile bandage until wound closes, wear shoes, and cover the blister.

### BLOOD BLISTER UNDER THE NAIL

The pressure can be a source of great pain. To relieve the pressure, heat a paper clip or similar object intensely and then touch it to the nail.

### BURNS

1st Degree — Skin reddened

2nd Degree — Skin blistered

3rd Degree — Skin tissues are destroyed

If you think the burn is third degree, or a bad second degree, get to the hospital. Meanwhile, here's what you can do:

1. Plunge the burned area in cold water to stop the burning and to ease the pain. For second degree burns, constant applications of towels soaked in ice water really work and often leaves no scars. When cooled,

2. Treat for shock as soon as possible. Put the person's feet up so that they're above the heart (unless it's an injury above the heart, of if this position causes difficulty in breathing. Then just lie them flat on their back). Cover with a blanket, both over and under the body; sufficient to just keep in the body heat.

3. If the burn is serious enough to take the person to the hospital, do not apply a dressing; it'll just have to be removed again. Instead, to keep the air out and reduce the pain, dress the wound in the following way: Put clean plastic directly over the wound. It will not stick. Then wrap sterile (if possible) gauze over

the whole area to keep it air-tight. Bandages can be sterilized either with a hot iron or by baking in a 450-degree oven for 10 to 20 minutes.

For a first degree, or a mild second second degree burn, plunge the burned area into cold water until pain is relieved and then apply either:

1. Honey (over a large area, cover clean linen cloths with honey and apply to area. On a smaller area, apply directly and then, if necessary, cover with gauze or a band-aid. On a very small area, just apply honey and leave alone; it will be absorbed by the skin in a short time).

2. Dust with white flour and apply ice. This works to form a cast or compress to prevent skin from expanding and air from getting in.

3. ALOE VERA GEL (This can be purchased at health food stores and is useful for a variety of skin problems. Or you can keep a fresh plant in your home, and just break open a leaf to get the fresh gel. Write to Cedar Brook Herb Farm, Sequim, Washington, to order a plant). WARNING: some people are allergic to Aloe Vera.

4. Fresh COMFREY leaves applied directly or as a poultice (see Poultice at end);

5. What germ oil, or break open a vitamin E capsule.

6. Apply a really old tea bag — sounds weird, but it works. Old-timers used to keep a few old bags in water up in the cupboard all the time.

### COLDS

Prevention is without a doubt the best cure. If you've been exposed to a cold, or if you've just noticed a little more mucus than usual, or a slightly sore throat, or a little cough, DON'T WAIT UNTIL IT GETS WORSE. Discipline yourself to stop a cold before it begins. Here are some things you can do to prevent a common cold. Sometimes they also work after the cold takes hold. (See also Cold Sores; Congestion Due to Colds or Sinuses; Coughs; Throat, Sore (including Strep Throat and Tonsillitis):

1. Do Vitamin C therapy — Take 1500 mgs of Vitamin C every hour for 10 hours, then 2000 mgs every 2 hours around the clock for 24 hours or as close as you can get to it. It sounds pretty drastic, but it really works. If you use ascorbic acid, always take it with fruit juice or else your body won't be able to absorb it. (See pregnant women)

2. Garlic: chew clove or two. If you don't like the taste of garlic, try garlic and lemon tea two or three times a day until the symptoms disappear. It tastes real good, even to those who don't care for garlic. Cut one clove of garlic into tiny pieces and put in bottom of cup and squish it with a spoon. Add ¼ lemon. Brew a cup of tea, preferably mint of peppermint, for good taste. Add the tea to garlic and lemon and let brew about 3 minutes. Use honey as desired. Or use garlic - and - parsley pills — absolutely no aftertaste. Parsley is a good antidote to the taste and smell of garlic.

3. Fast — to get rid of body toxins; only consume liquids.

4. Eat lots of greens, lightly cooked (cook only to brightest color), such as parsley, watercress, spinach, mustard, swiss chard, beet tops, nettle.

5. Macrobiotic: boil 1 teaspoon KUZU (arrowroot starch) in 1 cup water with 1 salted plum and some ginger. Boil until clear, and drink. Clears up congestion and relieves cold symptoms.

6. Hot vinegar and honey tea: 2-3 Tablespoons vinegar, and plenty: add to one cup tea. Drink as needed.



7. After getting chilled or exposed to cold wind, take some red pepper; or when first feeling a cold coming on, take some on the tip of a knife. Gives feeling of warmth and energy to the whole body. Also contains a lot of vitamins.

8. Here are two different though similar exercises to do when you feel a cold coming on:

- a. Yoga: do the Lion 6 times, every 4 hours (hold arms up, elbows bent, fists clenched; expel breath quickly while spreading arms, extending fingers, and bugging out your eyes and tongue).

b. Rosicrucian: sit with feet touching and fingers touching. Inhale and exhale deeply 5 times. Repeat every 3 hours.

People who are used to living in the country rarely get common colds. One of the most common causes of such colds is the shock to the body of having to adjust to extremities of heat and cold, such as is suffered from going from an overheated building into the outside cold air — or from an air-conditioned room into a hot day. We suggest keeping your home no warmer than 68 degrees, avoiding air conditioners if possible (they're one of our worst sources of power consumption anyway), and sleeping with the heat off and a window open.

### COLD SORES

Canker sores in mouth: This is believed to be caused by an upset stomach. Peppermint tea is good for your stomach. Or you might want to try Adelle Davis's suggestions for nutrition: 100 mgs of niacin amide at each meal, plus vitamin B complex (for B6 and pantothenic acid), and vitamin C. To deal just with the symptom:

1. Cut a clove of garlic and apply directly to the sore;
2. Apply baking soda (it burns for a while, but the sore will be gone by the next morning);
3. Apply poultice of fresh green comfrey leaves or wheat grass.

### CONGESTION DUE TO COLDS AND BRONCHIAL TROUBLES

1. Prepare a tea made of:

a. slippery elm powder: sprinkle one teaspoon of slippery elm powder (granulated bark will suffice, but it's not as good) in 1 cup of boiling water and let simmer 20 minutes. It is very helpful in relieving congestion.

b. EPHEDRA, also known as Mormon Tea or Squaw Tea or Desert Tea: boil a small handful in 2 cups of water about 20 minutes. Drink as needed.

2. To clear passages: boil about about 2 cups of water and add either:

a. a few drops of eucalyptus oil (obtainable in most drug stores for about \$.89);

b. a few leaves, and "nuts" and a small piece of inner green bark from the eucalyptus tree — or just a small handful of leaves alone, though it won't be as strong.

Boil gently for about 10 minutes, with a lid on, until the odor is very strong. Remove pot from stove and remove lid. Lean head over pot and cover head and pot with a towel and inhale. Do this until you've used up all the steam, then return pot to stove until boiling and repeat. Do this two or three times a day, as needed. It is especially good to do this before you go to sleep, to enable you to breathe.

c. chew some garlic for immediate results. Try a little at a time until it works to clear passages.

People who are troubled with congestion should be particularly careful not to stay in overheated rooms, to get plenty of fresh air, and to sleep with their windows open or at least with the heat off.

### CONSTIPATION

This is usually due to a dietary deficiency, or eating too fast, not chewing your foods thoroughly (chewing food produces saliva, which is alkaline, which aids digestion), tension, etc.

Here are some dietary suggestions:

1. Eat lots of greens; get plenty of roughage in your diet.

2. Get plenty of oil in your diet.

3. Eat a lot of yogurt (preferably a brand like Continental) and/or take B-complex vitamins and food (torula or brewer's) yeast.

4. Try an all-fruit and yogurt diet for a few days, up to a week.

5. Drink plenty of water. Constipation is often caused by dehydration.

6. Take ¼ teaspoonful of Golden Seal powder in ½ glass of warm water 20 minutes before each meal. If you can get gelatin capsules from the drugstore, fill them with golden seal powder and take 2, followed by half a glass of warm water.

7. Drink a glass of lukewarm water and lemon half an hour before breakfast. It helps to regulate your bowel movements.

Watch for continuation of  
"Heal Yourself" in forthcoming issues.

# THE DAIRY GOAT

by don pippenger

Don Pippenger, a District Director of the American Goat Society, has been raising goats out on Kelly Road for the last five years. He has seven goats at the present time. Anyone interested in learning more about goats can contact Pippenger at 844 Kelly Road or by phone at 398-1608. Besides being involved with a 4-H group on goats, he also has information about classes on goat raising currently being conducted in Skagit County.

The dairy goat does not play an important part in the economy of our country. Other countries of the world know more of the true value of this small animal and use her to her capacity in their everyday lives. With this small animal, a family can have milk, butter, ice cream, cottage cheese, hard cheese, yogurt, meat, etc. To derive this fortune of food for our homes, we only have to put out a limited amount of money, equipment, feed, and time.

With the younger people of today desiring to return to the wholesomeness and purity of the land and its products, the dairy goat comes to her complete usefulness. To pay cold cash for the products we can derive and make from the dairy goat would be a major expense on the family budget and certainly not as wholesome as the raw products we can make and keep clean and pure as we keep ourselves clean. It is foolish to think a raw home product from milk can be healthy and free from harmful bacteria if the equipment used and we ourselves are not kept clean by washing with a good cleaning agent and elbow grease.

Goat milk is ideal for babies, anemia, nervousness, loss of weight, run-down condition, constipation, ulcerated stomach, nervous indigestion, pernicious anemia, and most important, just plain good wholesome food for healthy people too.

Goat milk is (1) alkaline in reaction, (2) rich in mineral salts, (3) digests in twenty minutes, (4) a normalizer overcoming constipation.

Goat milk digests in twenty minutes, whereas it takes cow's milk from two to three hours. The fat globules in goat milk are only one-fifth the size of those of cow's milk. Contrary to general belief, goat's milk is not richer in butterfat than cow's milk, but is richer in the vital mineral salts that are so necessary to life. The butterfat tests of a herd of milking does tests around 3.3% - 3.8% on the average.

Goat's milk has an alkaline reaction on the stomach, whereas cow's milk has an acid reaction. Goat's milk contains much magnesium, which is the same mineral used in milk of magnesia, a medicine for stomach disorders.

The dairy goat (doe, not nanny) that we will discuss here are the ones in your herd as well as mine. We are not talking about the 4,000 pound (500 gallon) producers, nor the show string champion, nor the purebred.

## TYPE

All dairy goats should show some resemblance to an average good type animal. There are no perfect animals. Registration papers do not guarantee their perfect conformation nor milking ability. A dairy goat is what she is, and all human feebleness to increase a false value through useless paper work,

ribbons, etc., will not change the basic genetic capacity of the animal.

During this breeding season I service does that show great depth of body, wide chests, strong straight legs, and large body capacity. Udders vary as much as do people, but one thing most of the owners agree on is that the does milk well for their keep.

Points (conformation) to be sought in all breeds of dairy goats are: straight top line, rump long and not too steep, wide chest, large heart girth, plenty of feed capacity, rugged muzzle, straight legs, standing solidly on the hooves, good bone, loose pliable coat, and lack of horns, disbudded or naturally hornless. Udder and teat placement are vital and most important. Udders should be attached well forward under the belly and high and wide between the rear legs under the tail. The skin of the udder should be soft and pliable. The udder should be soft, free from bumps and lumps and when milked out, should collapse and not be meaty and full. A big udder does not mean a big milker. It can mean a beefy udder and little milk. Before you buy a doe, milk her! The teats should be well formed and long enough to be easily grasped, tapering and not globular.

## MILKING

The dairy goat milks for 305 days just as the cow. Some good producing does can be carried over the year and bred every other year, thus called long lactation does. Not every goat has the persistency in milking to be a profitable long lactation doe, therefore must be bred every year. By breeding one-half of your does early in the breeding season and the other half late in the season, a somewhat constant supply of milk for your family can be maintained. If your does are good long lactating does, you can breed one-half of them each year, carrying the milkers over and thus reducing the number of does to be taken out to be bred and the number of babies to be raised. The baby end of goat raising can soon get out of hand.

Milk your does in as clean an area as possible. The end product will only be as healthful as your facilities are clean. The does are milked twice a day at approximately twelve hour intervals. Regularity is important in all milking animals. Grain can be fed to the doe while you are milking, thus keeping her quiet while you get the chore done. The udder should be washed and dried about one minute prior to the drawing of milk.

In a dairy cow, the milk pressure is 30 mm when the full udder is stimulated. In as short a time as one minute, pressure builds up to 60 mm for a maximum let-down period of several minutes in the average unmilked cow. To delay this milking any length of time or to prolong the actual milking will result in the loss of maximum pressure from the animal, thus making it difficult to draw off the full supply of milk. Excitement, harsh treatment, etc. during milking can cause the animal to produce adrenaline which will overcome the let-down action and incomplete milking will result.

The amount of water a doe can be induced to drink materially affects the milk yield, and for this purpose warm water is particularly useful. It is most important that all water and its container be fresh and clean.

A doe milks for 10 months and is dry for 2 months. During the dry period she should not be ignored as a useless piece of equipment with no function. The kids she is carrying will demand their most from her these last two months and she should be fed so as to put on some body weight and furnish the demand on her body by the kids. Ample minerals and vitamins are essential at this time and should not be overlooked. These two months are very important to the future kids, forthcoming lactation, and general condition of your doe. Don't overlook this period of time. During the dry period a doe's ration can have the protein level reduced from 14 - 16% to 10% or so. Babies are not grown on protein but rather carbohydrates, and excessive protein at this time can cause trouble in kids and parturition.

## EQUIPMENT

The equipment necessary to operate your herd of milking goats does not have to be expensive, heavy in construction, nor elaborate. Actual designs and ideas mostly come through necessity. The most important factor in equipment is, that the animal should never be forced to be in a draft. Airtight walls four feet up from the floor with adequate ventilation above that level is fine. As much daylight as possible never hurt, and also serves as a good disinfecting agent.

The most convenient way to house your animals is loose housing. An indoor room with approximately 20-30 square feet per doe with a dog-proof fenced yard of about 50 square feet or more per animal will satisfy the housing requirements. Lock-in stanchions on one wall with feed mangers on the outside will allow each doe to eat her fair share of hay and grain without the "bully" of the herd stealing her food. This manger position will allow feeding to be done from outside the pen without going in among the animals. I lock each doe up for 1½ hours after they are milked, at which time they all eat in peace. Babies eat their rations, thus continuing to grow well. Milkers eat their share, enabling them to keep producing their milk. All is peace and quiet, at least for that hour and one half!

The actual equipment necessary for milk handling is not elaborate. It is not a wise thing to milk in or store milk in plastic containers. Too many gallons of good milk have been made useless by unnoticed film residue left in plastic, thus setting up the fresh milk stored therein. Glass gallon jars to store your milk in and enamelled or stainless steel or crockery containers to milk in will prove more satisfactory than plastic.

When you are through with milking you should rinse the utensils in warm water (100 degrees) to rid the surfaces of milk film. Cold water rinse will set the butterfat on the sides, while a hot rinse will cook the fat into the surface. After rinsing, wash with hot soapy water, or better, an iodine washing solution obtainable from a Dairy Supply store. Rinse well and drain dry. A small gallon-size milk strainer is a handy thing and the filter discs can be thrown away after each use.

A milking bench is convenient and also helps to keep the milk clean. You can milk on the floor or

continued on following page



anywhere, but a separate milking bench will enable you to maintain a good level of sanitation to produce that high quality product. Most of the books listed below have good plans for stationary as well as fold-up milk stools so we won't go into that here. Mineral boxes and salt lick holders can also be found in these books.

### FEED

Feed for dairy goats can be as simple or as complicated as we choose to make it. The main feeds for dairy goats are hay, grain, minerals and pure water. Dairy goats produce milk on roughage and not grain. The only purpose for grain is to balance the protein level of the hay. When a top quality alfalfa hay is fed, a low percentage of protein in grain will be necessary to balance it and in some cases none at all. (Who can find hay like this?) When hay is local and lacking in legumes, a higher percentage of protein grain will be necessary to balance it. A point here would be to feed your does the coarse hay during the winter, because the action of rumen and chewing raises body temperature. The finer hay can be fed during summer with less chewing, not raising the heat level of the body so much. Roughage produces milk, not grain.

There are no actual formulae for feeding a goat, so the keen eye and intelligence of the owner take over. To test your hay supply for protein and then calculate the necessary percentage of and amount of grain to balance it properly and then feed it to the animal, will require more knowledge than most of us have or can afford in cash. So we learn to watch and know our animals.

Grains for dairy goats can be a prepared goat chow especially formulated and of proper consistency for goats. It can be the 14 - 16 percent dairy ration grains sold at local feed stores. Horse feed is fed by some. Goats will generally prefer a coarse feed rather than a pelleted formula. Remember, never feed a powdery type mix such as cows will use. Goats will usually turn that down. Beet pulp, either dry or soaked in hot water, is relished by goats and adds to the bulk of their diet. Trace mineral salts with steamed bone meal (I said steamed; plain bone meal is for fertilizer, steamed bone meal is to be eaten) in the ratio of 2 parts mineral to 1 part steamed bone meal can be fed in the mineral box. An iodized salt block hanging on the wall gets used quite a bit in this area.

Some knowledgeable people will tell me that goats will eat "anything". I say yes, she will eat anything, when she is STARVED into it. But since our purpose for having this small dairy machine is to supply her best for our children and ourselves, it behooves us to feed as well as we can. Thus the railroad track, tin can, washing on the line, and garbage heap become old wives' tales when we show respect and consideration to this animal. Feed her properly and let her browse at will in the woods, and your milk supply will be wholesome, pure, and very, very good.

### BUCKS

The buck is one of the most important factors in dairy goat farming. The rule of thumb when breeding should be to have the offsprings superior to the parental stock. This can only be done when an upgrading program of breeding is followed. As I said earlier in the writing, we will deal with the does in your herd and mine. These usually are grade animals with unknown background and unknown genetic compositions. I sure am not going into a discourse on genetics, but we all must be aware that known quality



cannot come from unknown breedings. Therefore, to cross a doe of unknown genetic quality onto a purebred buck with records of milk production, types of offsprings, show records, etc., we take our first step towards establishing some form of uniformity in our offsprings.

The babies born on our place, bucks and does are always the best in our eyes. They are the prettiest, the strongest, the tallest, etc. However, when a buck of unknown background is used just because he is a family pet and cheap because we have him, we find the production and general quality of his offsprings will be lower than their parent stock. Low grade stock can only produce lower grade offspring. The decision is yours, but if you sincerely take an interest in this subject and read reliable information on it, you will have to accept the fact that known quality is the only way to upgrade a low grade or unknown quality doe.

Not everyone should have a buck. As a kid and yearling he may pose very little trouble. As he matures and reaches 4-6 years old, his fencing and housing have to be nothing but strong. A buck must be maintained 365 days a year. For six months he is in breeding condition and always ready for the "girls". During this time he is usually nervous, easily disturbed and antagonized, and always has his goatly smell that the does love and the owner has to continually wash off of himself. The buck will lose weight as the breeding season progresses and can



become more of a handful, all depending on the individual animal. The remainder of the year when he is not in breeding condition, he must be clipped, cleaned, fed, handled, etc. to prepare him for the next breeding season. A cow or horse in an adjoining pen or paddock becomes an arch enemy during breeding season, thus putting more stress and strain on the pen walls and fencing of the paddock. Chicken wire and dreams do not hold nor care for a buck.

Generally the months between September and February are the breeding times of the dairy goat. The pure Nubian, I am told, cycles every 21 days throughout the year, while the Swiss breeds and their grade crosses cycle just during the fall and winter months. It is wise for you to learn when your doe is "in" and how many days between heat periods. This will enable you to know how long she stays in, and thus you can plan for the time when she will be bred and let the buck owner know so he or she will be present to breed your doe when necessary. Many owners do not appreciate the handy "serve - your - self-er" who thinks he can breed his does without the buck owner around. This causes many hard feelings, and many of us keep our bucks under padlock for just such reasons. The unknown danger to an amateur doe owner is the main reason you should not take special privileges without consent.

Does vary in the signs they show indicating "heat". Too much emphasis is put on the wagging of the tail. This is true in lots of cases, but in others it is not even shown. Other more reliable signs could be the decrease in milk flow, nervousness and bleating. She will be picky with her food and may try fighting other goats. The genitals may be swollen and inflamed; there may be a slight mucous discharge.

After a doe has conceived, she continues in milking for three months, at which time she is dried up for a two-month rest. Gestation is 145-155 days. Roughly figure five months from day of breeding for a rule of thumb.

About two weeks prior to the day you wish to stop milking, start reducing the grain to one-half its normal quantity. This should tend to reduce the amount of milk she will give, and at the prescribed day stop milking altogether for seven days, at which time you milk her out completely, and she should have stopped producing. During the non-milking days, watch the udder. It will fill at first and get quite firm and should not be much more than warm body temperature. After a few days the doe will start resorbion and the udder will slacken and cool down. Milk her out completely on the seventh day and you should be all through until the doe freshens again.

There are does than cannot dry up so easily. I suggest the reading material listed below for further study on this and other subjects of dairy goats.

### BIRTH

Baby goats (kids) are born from January through July. There are many factors determining when you will breed your doe. Some reasons can be the staggering of two or more milking does for continued milk production. Having kids old enough to show well for the first show in May. To have weather warm because you do not have warm quarters for young kids. To have kids ready for pasture when it starts to come and is more nutritious.

Grade buck kids should be castrated at 3-5 days old so as not to allow them to grow to service. A buck does not make a family pet during September - February.

The first milk the kids must receive is their mother's colostrum. This is a thick yellowish milk rich in Vitamin A and antibiotics necessary to its survival. The first milk helps the kid discharge the tarry, black meconium stool it has inside. If this black stool is not discharged shortly after birth, the kid will not live. There are several ways to feed kids: (1) Mother, (2) bottle, (3) pan. Personal preference will settle that problem for you. The below listed material will go farther into this subject. The kids should receive colostrum at least one hour to four hours after birth. See to it!

Keep the kids dry and out of drafts. At 3-5 days of age, disbud and castrate the kids. They are easier to handle at this time, and for disbudding, the roots of the horns are not as firmly planted and a less strenuous and painful disbudding can be done. It will be over in a couple of minutes and the kids will be no worse for wear. Disbudding should be done with an electric dehorning iron. Other methods can be used but are not as totally satisfactory as the iron.

Kids will be on straight milk for a couple of weeks before they start eating hay and grain. Don't expect a kid to sustain itself in your overgrown weed-infested back yard. You don't feed your human baby

continued on page 19



ECCO-

compiled by c.t.s.

The U.S. now has a new Secretary of Agriculture, Earl Butz. What we can look forward to from Butz is indicated by what he has to say about organic farming (as quoted by the American Dairy Association. "Environmentalists are the greatest single threat to modern agriculture today. A return to organic farming poses the question: Which 60 million Americans shall be selected for death by starvation? The Foundation (Purdue University Research Foundation) believes greater emphasis should be placed on the benefits of pesticides and herbicides used by modern agriculture in the production of food for a world population which is expected to double by the year 2,000."

-from Not Man Apart.

The long neglected train may be the only hope to counter pollution, congestion and delay in the Northeast United States, according to a newly-announced report by the U.S. Department of Transportation. The report recommended federal, state and local funds amounting to about \$500 million to improve transportation in the Northeast Corridor. About \$390 million of this would go to updating rail systems. "The old ways of expanding capacity only by building more and more - be it highways, airports or what have you - are out," said Charles Baker, assistant secretary for policy. The study reflects a significant turnabout in the attitudes of Secretary of Transportation John Volpe, who emphasized completion of highway projects which had been thwarted by protest on the part of environmentalists and the public at large. More effective use of existing rail transportation systems must be developed rather than new ones. Short-takeoff-and-landing aircraft currently are too noisy and emit too much pollution to be considered practical as a solution. The main emphasis, therefore, probably would be placed on developing a second generation of the Metroliner system.

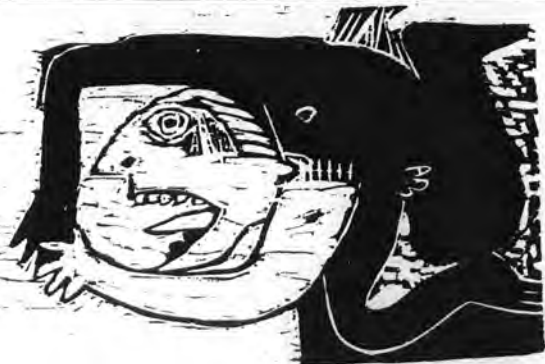
-Rodale's Environment Action Bulletin

The Harris-Pryor Bill to protect ocean mammals needs your support. The Bill: S 1315-HR 6558 would make the slaughter of any ocean mammal by any US citizen or corporation a criminal offense; would ban the import into the US of products from these animals; calls for the State Department to initiate an international treaty ending the killing of ocean mammals. These include seals, polar bears, whale, walrus, sea lions and porpoise. The Bill is opposed by all hunting and fisheries interests and will need all the help it can muster! Write your Senators and Congressmen urging passage of this Bill.

-North Cascades Audubon Society

Many states now forbid the discharging of marine toilets into state waters; the idea being to retain the waste in holding tanks on board. But the laws are largely honored in the breach because stations to pump out the holding tanks are not only few and far between, but even less publicized. Too often the law has required the holding tanks without also requiring all marines and yacht clubs to provide pump-out service. The Canadian Province of Ontario did better. Its law not only demanded that boatmen with marine heads install holding tanks, but it also directed all marina and yacht clubs to provide or arrange pumpout services for their customers. Further, Ontario published a list of facilities and their locations.

-Rudder, Dec. 1971



by habakkuk

Man: (picking up the telephone) Please give me God.

God: God speaking.

Man: Look, we are getting too crowded on this planet. What shall we do?

God: I told you to be fruitful and multiply.

Man: Yes, that's just the trouble. We have been doing that for too long. There is hardly a lake or a river which is not polluted. Forests are mostly gone, almost no animals left, only men - still multiplying.

God: You like multiplying?

Man: Yes . . . but . . . soon there'll only be standing room here.

God: Don't worry, go on, multiply; it's your birthright! (hangs up)

Man: (shaking telephone) Hello, Hello!

Exchange: Exchange.

Man: What kind of God did you give me just now?

Exchange: Why, yours of course.

Man: Mine? What do you mean, mine!

Exchange: Your tribal God - the god of your fathers.

Man: Its a long time we have no tribes here anymore.

Exchange: Well, whose God do you want?

Man: Isn't there a God of the whole ecosystem? Of the biosphere, of planet Earth?

Exchange: I see. I'll connect you with Mother Earth.

Mother Earth: Mother speaking.

Man: Mother, it's me, your child-man.

Mother: It's a long time you didn't call me "mother."

Man: I know, but we need you. We have become too many here.

Mother: The last time I met you, you spoke about conquering Nature, meaning me.

Man: I am sorry, but you must help us.

Mother: What do you want me to do? Send a flood, an earthquake, an ice age, a magnetic pole-reversal?

Man: No, not that. Too drastic. Have a heart!

Mother: Perhaps an epidemic? I have been preparing something new.

Man: Don't be crude now.

Mother: You want me to be subtle?

Man: If you can, please.

Mother: I could do something psychological.

Man: Yes?

Mother: How about a suicide wave? I am doing that with the lemmings, you know.

Man: If that's what you call subtle...

Mother: I could turn you all into homosexuals or something like that?

Man: Is that all you can offer as help?

Mother: Look, you spoke about conquering nature, why don't you conquer yours and simply stop multiplying?

Man: (hangs up)

(shakes the telephone)

Exchange: Exchange.

Man: Isn't there a higher authority than Earth that I can ask for information?

Exchange: I can give you Galactic Cybernetics.

Man: Yes, please.

Galactic Cybernetics: Galactic Cybernetics speaking.

Man: I am man. Earthman. We have a problem. Suddenly we have become too many. How to stop multiplying?

Galactic Cybernetics: You are a biologically evolving being, a dominant species with no natural enemies left but yourself. You can stop yourself multiplying only by evolving further.

Man: How to evolve?

Galactic Cybernetics: Stop being man.

Man: How can I stop being what I am?

Galactic Cybernetics: Become superman. As man you are doomed.

Man: I still don't see how that can be done.

Galactic Cybernetics: The programme for that is already in you; find the programme and follow it.

Man: There is no other way;

Galactic Cybernetics: No.

from Equals One  
Pondicherry, India

## They Moved

Planned Parenthood of Whatcom County has moved from its old location at St. Luke's Hospital. The clinic and office are now set up at the County Health Department, 509 Girard in Bellingham. The Clinic is open on Tuesday and Thursday evenings from 6:30 on. For appointments or information, call 734-9095.



## Pacific Northwest Eco-News

by harvey manning

### THE BUILD-WHILE-ARGUING STRATEGY

The Washington State Highway Department is proceeding to gouge and blast the I-90 monstrosity through Snoqualmie Pass, even as a court decision is awaited on whether it has illegally failed to file an environmental impact statement with the national Environmental Protection Agency. The highwaymen claim a statement is not required because the project was approved (by the Highway Department, that is, not the people) before the law took effect on January 1, 1970.

But now, on the segment of I-90 entering Seattle, the 9th Circuit Court of Appeals has ruled it doesn't matter that the project was approved (by the Highway Department again) in 1963, the law applies anyway and an impact statement must be prepared. Of course, in the meantime the Department had destroyed one whole section of the city by purchasing property and either demolishing buildings or letting them deteriorate — an effective way to force holdouts into selling.

The strategy is to build while the courts deliberate — and then tell the judge umpty-ump millions already have been spent and it would be criminal to flush so much money down the drain.

Following the strategy, the Atomic Energy Commission has decided to proceed with the Trojan nuclear power plant on the Columbia River near Rainier, Oregon — the first of 48 plants under construction around the nation which AEC has authorized to continue. The Oregon Environmental Council by no means has exhausted its judicial remedies (financed by the Stop Trojan Fund, P.O. Box 631, Portland, Oregon 97207) but the project already is 10 percent complete and at each further step through the courts the AEC will point to more and more funds expended.

Justice delayed is justice denied. Quaint old saying, that.

*Friends of the Earth, Not Man Apart.*

## .....an oil report

by mary kay becker

The Interior Department expects to issue the permit for the trans-Alaska pipeline any day now. How many different times have we heard that? Though the native claims issue is out of the way now, pressure is still on from environmentalists.

The Sierra Club has proposed a five-year moratorium before any pipeline decision is made. Each moment of delay, while it means rotting equipment and idle dollars for the oil investors, means also more new technological improvements to ease the impact of the pipeline if they ever do put the thing in. Engineers have admitted Alaska would now be a disaster area if they had gone ahead with the relatively crude plans they designed a couple of years ago when the pipeline was first scheduled to open.

As we reported early in November, the campaign against ARCO's permit to operate their Cherry Point refinery is still in the courts. The dates of court hearings have been pushed back to February, so there will be little heard news until then. The defendant in the suit is not ARCO, but the Army Corps of Engineers, who issued ARCO a permit to operate. Briefs are being filed in the Federal Court (Western District) in Seattle.

Initiated by the Sierra Club and Save Our Sound, the suit has recently been joined by the Lummi Indian Tribe. Earlier, the lawyers were facing the possibility of being thrown out of court for lack of "standing" — proofs that the plaintiffs were being harmed economically by the consequences of the permit's being granted. Since the Lummis came in on the suit, the lawyers for the Corps no longer intend to raise the question of standing. They will base their whole case on refuting the principal charge: that the Corps of Engineers should have done an environmental impact study before proceeding to grant the permit.

Apparently the government has selected this case as a key test case on the question of impact studies by the Corps. At issue is the interpretation of the 1969 National Environmental Policy Act. The government will argue that in the process of holding hearings and studying the permit application, the Corps has in effect already done an impact study. The environmentalists will contend that the ACT explicitly requires the Corps, as a federal agency, to file an impact study as such.

If the Court's decision goes against the Corps, it could have big consequences for Corps offices across the country in terms of increased workload. It may well mean that they have to conduct impact studies wherever a refinery, pulp mill, or other plant applies for permission to discharge effluent into navigable waterways — or even for construction permits, if these proposed actions "significantly affect the quality of the human environment". It would be similar to the Calvert Cliffs decision in Maryland last July, where the court ruled that the Atomic Energy Commission had to go to much greater lengths to protect the environment in its licensing of nuclear power plants. This decision, now recognized as a landmark case for the environmental movement, made the AEC directly responsible for evaluating the environmental impact of power plants and for assessing this impact in terms of the available alternatives and the need for electric power.

Locally, the winning of the suit by the Sierra Club, SOS, and the Lummis would probably mean another long delay in ARCO's operation, since their permit would become invalid until such time as an impact study was conducted. This could be done in a hurry, of course. However, a superficial study that left out, for instance, the research done at Woods Hole on the effects of oil spills, would not be likely to stand up in court.

## NOTES

The Sensible Consumer is an eco-action group head-quartered in Seattle, Washington, which could become the spearhead of a nationwide drive to make supermarkets more ecological.

In operation since February 1971, TSC has handed out information sheets and taken surveys on how consumers feel about environmentally-sound products. The results show that "people are overwhelmingly in favor of more ecological products, and they are concerned as individuals about doing something," and one survey conducted in a Seattle-based chain has the store owner changing things. Women in other sections of the country who would like to join with TSC in promoting supermarket ecology should write to: The Sensible Consumer, 2303 - 41st East, Seattle, Wn., 98102

In the same vein: "The 3 R's of Shoppers Ecology" is a useful consumer information sheet for those interested in buying environmentally sound products. It is available for 10 cents, plus a stamped, self-addressed envelope from: CCEC - eR's, Box 8823, Elkins Park, Pa., 19117. On recycled paper, we hope!

The maker of Wonder Bread, while conceding that the product is not distinctively more nutritious than competing brands, has filed a denial of false advertising charges with Federal Trade Commission. The false advertising complaint against ITT Continental cited the company's advertisements that say, "Wonder Helps Build Strong Bodies 12 Ways." The complaint also accused the company of falsely advertising that fortification of Hostess snack cakes with vitamins and iron constituted a "major nutritional advance." The litigation, which may wind up on appeal in Federal court, is regarded as an important test case involving a major aspect of the commission's newly broadened interpretations of the Federal law against unfair and deceptive trade practices. The company contends that the commission lacks statutory authority to order corrective advertisements.

—The New York Times, 23 Oct. 1971

### FOREST SERVICE BLASTS FOREST SERVICE

Many and many a time, driving or hiking through clearcuts in the Cascades and Olympics, we've wondered about all the seemingly sound logs left behind, and speculated that if harvest techniques were improved the industry wouldn't have any incentive to lust after trees in scenic climax of the ranges.

Now the U.S. Forest Service Northwest Experimental Station (not to be confused with the operating arm of the Service) has stated in a recent report that more than 50 percent of the total annual wood needs of all the pulp-and-paper and lumber mills in Western Washington and Western Oregon could be met by use of valuable wood left as waste after clearcut logging operations.

Read that paragraph again. Ponder it.

Why so much waste? Because completely clean logging would not be economical. Much simpler, cheaper, to "high grade" the virgin timberlands — as long as they last. Then, maybe, techniques will be improved.



it's the  
only  
one  
we've  
got...

"On my God! Have they bombed Limbo!"

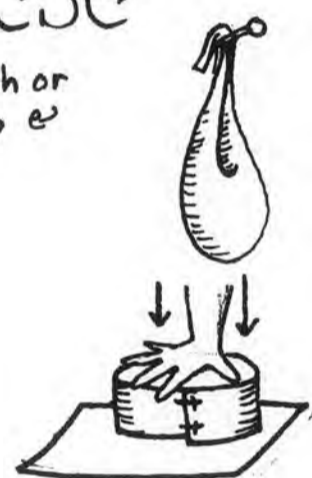
## BASIC HARD CHEESE

8 qts milk / 2 lb. cheese

Allow 4 qt. to sour at room temp. overnight. In the morning, add 4 qt. fresh milk & heat on the stove to lukewarm. Add solution from 1/2 rennet tablet. (Solution is made by crushing & dissolving tablet in 2 tbsp. cold water.) Let stand until a smooth curd forms. (45 min.) Cut curd into small chunks with a knife. Gently stir with your hand... cut big chunks you may have missed. **DO NOT** squash the curds! Do this for about 15 min. Now, slowly heat the curds & whey to as hot as the hand can stand, stirring constantly. A very firm curd will form. Remove from the heat. Put somewhere to cool, stirring occasionally. When cold, pour curds into cheesecloth, salt to taste, hang to drain. Dress, press, wax, & store.

## TO WAX CHEESE

Melt wax. Apply with a brush or by dipping. Beeswax, olive oil, & paraffin are often used.



## TO DRESS CHEESE

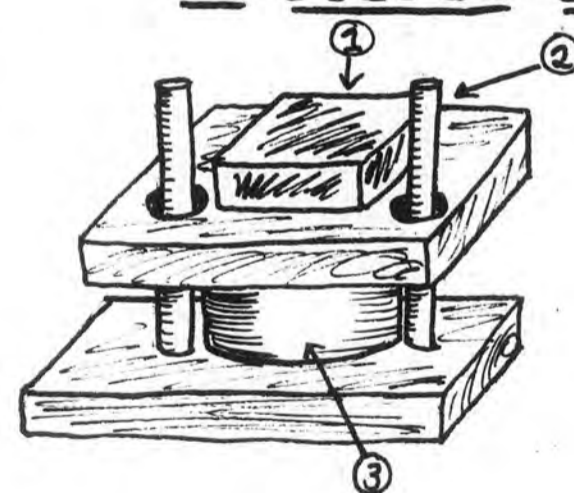
① When cheese is finished draining, carefully remove cheesecloth. You will have a firm ball of cheese. Place a clean cloth underneath.



② Wrap a folded cheesecloth around cheese. Secure with pins. Smash curds flat with your hand (gently).

③ Lay a folded cloth over top. Store or press.

## TO PRESS CHEESE



- ① Weight
- ② Dowels
- ③ Cheese

## PENNSYLVANIA POT CHEESE

Prepare the curd from bottom milk. Drain, & grind in a meatgrinder... Place in a covered crock. Keep curd warm for several days until it is covered with a tangled mass of mold. Remove curd. Heat slowly for about half an hour in water (or whey), stirring constantly. When it reaches the consistency of honey, put in moulds & cool.

## TO AGE CHEESE

Wrap in a damp cloth. Store in a cool, dark place (cellar). Turn once in a while at first.

# OUT of the MOLASSES JUG CHEESE MAKING

is simple & lots of good fun. All you need is plain old milk. To produce a superior product, always be sure to use raw milk. Cheese can be made from top milk, bottom milk, fresh milk, sour milk, buttermilk, and even from the whey. Goat, cow, & ewe's milk are most common, although in some places the milk of the camel, the water buffalo, the donkey, & the mare are used.

**RENNET** is an animal product made from the stomach acid of young calves. When added to the milk, it causes the liquid to separate from the solid. Thus... Curds and whey. If the milk is warm & sour when rennet is added, the curds will be softer. If the milk is cold & sweet, the curds are harder. (Extracts of the wild thistle & wild artichoke will also coagulate milk). The extract of bruised marigold petals has been used for centuries in Europe to add a golden color to cheese. After the curd has separated, the cheese goes through a drainage process. The process depends on the cheese you are making. Some cheeses are salted & eaten right away, such as ricotta. Another cheese is cut, kneaded, cooked, pressed, ground, & pressed again. This is called cheddar. After the drainage process, the cheese may be ripened. This final stage varies greatly from cheese to cheese. Bleu cheese, which is originally made from ewe's milk, is inoculated with mold, & within a few months the characteristic green veins have found their way deep into the cheese. Bannan, a French goat cheese, is cured in chestnut leaves, dried, passed through the dregs of wine casks, & fermented in stone crocks. It is finally presented wrapped in fresh chestnut leaves. Prestost, a hard Swedish cheese, is washed in whiskey for five months during curing. Another french goat cheese, Selles-Sur-Cher, is kneaded in charcoal until it takes on a gray color, & is then aged slowly. There are hundreds of thousands of different cheeses in the world. Each is a part of its native soil... each is unique. Cheese is one of the most ancient foods manufactured by man... Simple & natural... cheese is a gift of the land; & of the slow seasonal rhythm of country life.

## BLEU CHEESE CULTURE

Take a culture of mold from aged bleu cheese & put it on a loaf of bread. Keep in a moist, dark place for 6 weeks. When the bread has crumbled completely and the mold has separated, dry the mold into a powder. Bottle & cork tightly.

**TO USE:** sprinkle dried mold on the cheese, or pierce it in on the head of a needle in several places. Salt lightly, & let it rest for several days. When the mold has had a good start, pierce it at least 60 times to give air to the mold deep in the interior. Keep in a cool, dark place. Age 2 to 5 months.

## ITALIAN CHEESE

Heat 10 qt. of fresh milk to 85°. Add solution from one rennet tablet. Let stand until a firm curd forms. (45 min) Break up curd with hands; heat slowly, stirring constantly, to as hot as the hand can stand. Gather curd in the hands & knead to form a firm ball. (Ricotta Romana is made at this time.) Return to whey, and set somewhere to cool. Drain, press, wax, & store.

## RICOTTA ROMANO

Before Italian cheese is put back in the whey, heat the whey until a coat of cream rises to the top. Add one qt. milk, (per 10 qt.), stir... heat until almost boiling. When curd rises, add one cup strong vinegar. Stir well; curd will come together. Drain curd, salt to taste, serve fresh.

## S & S SPECIAL HEALTH HALAVAH

Get whole unroasted sesame seeds. Grind or blend them into meal. To 1/2-3/4 lb seed meal add a tbsp. vanilla & 1/2 cup honey. Stir till all is a stiff mixture. If you like add a little carob for a marble effect or more for carob flavored halavah. Refrigerate. It definitely improves with age.

Love & good eating,  
S & S  
or

## CREAM CHEESE

Allow fresh cream to sour for 2 days. Strain into a cheesecloth. Salt to taste & drain overnight. Press into flat cakes. Keep in a cool place.

## DEVONSHIRE CREAM

Allow the cream of whole milk to rise. Heat slowly to just below the boiling point. When the layer of cream is firm, skim it & place in a mould to harden.

FOR more information, the Dept. of Agriculture puts out several bulletins on making cheese. The office in town may have copies. I don't know of any real good books, though. You just have to scrounge.

Sincerely,  
Miss Monica Rice

P.S. I buy rennet at the "Prairie Market" in the "Jello" section.

## Chinese Medicine



### Barefoot Doctors

[Editors' Note: the following are excerpts from an article by Dr. Signer, biologist at M.I.T., and Dr. Galston, botanist at Yale. They travelled to Peking May 10 — the first American scientists in over 20 years to visit the People's Republic of China.]

PEKING (LNS): Lying flat on her back on the operating table, the young Chinese woman smiled up at us as the surgeon deftly sliced into her abdomen. It was hard to keep in mind that the only anesthetic was a set of four long, thin needles we had seen inserted into the calves of her legs a half hour before.

Acupuncture — piercing the body with needles at specified points — has been used in China for many hundreds of years in dealing with minor ailments such as headaches, insomnia, colds, and backache. Now the Chinese are developing new uses for acupuncture, among them anesthesia.

We were visiting Number 3 Hospital of Peking Medical College, located in the pleasantly wooded university quarter on the northwest outskirts of Peking. Four major operations were under way with acupuncture as the only anesthetic: the removal of part of the stomach, a hernia, excision of a thyroid tumor, and removal of an ovarian cyst.

All four patients were conscious throughout the operations. The stomach patient sipped tea as the incision was being made. The thin needles, about 2 to 3 inches long for these operations, were thrust up to their handles into the body at spots marked with mercurochrome, and a report of numbness by the patient indicated successful placement.

The insertion points are found empirically, since anatomical research in progress has not yet revealed the physiological basis for anesthesia. The use of acupuncture is still considered experimental, and has only partly replaced traditional anesthesia so far.

"The advantages of acupuncture," Dr. Chu, the Chief of Surgery, said, "are that the patient can communicate with the doctor during the operation, and that complicated equipment is not needed. Also there are none of the complications of chemical anesthesia so the patients recover more quickly, and the technique is very safe, especially for old and weak patients."

The more than 3000 operations done under acupuncture anesthesia in this hospital since its founding in 1958 include removal of eyeball, lung, spleen, and amputation of limbs. "Based on Chairman Mao's saying, 'Dare to think, dare to act', Kuo

Fashang, Chairman of the hospital's Revolutionary Committee, told us, "the doctors in this hospital have created new applications of acupuncture by experimenting on their own bodies."

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### Acupuncture: 'Dare to Act'

JIANGJEN, China (LNS): Although acupuncture is receiving a great deal of attentions throughout the world, it is not the most revolutionary feature of Chinese medicine. Less known, but more remarkable, is the phenomenon of the "barefoot doctor".

"Barefoot doctor" is the common term for medical personnel working outside the cities who have received special medical training. It originated during the Cultural Revolution, when special attention was given to medical work in rural China. Training para-medical workers goes back more than 10 years, but it was not until 1968 that it gained real momentum.

Before 1949, when the Communists came to power, China had only 12,000 scientifically trained doctors in 500 hospitals, to care for a nation of 400 million people. What little care was available was open only to rich people in cities. 70% of the population — rural China — had virtually no medical care other than that administered by Taoist mendicants.

Faced with an average life expectancy of 28 years, and an infant mortality rate of 160 to 170 per 1,000 live births in 1949, the Communists made remarkable progress. Epidemic disease was confronted and reduced markedly, and the quality of medical care greatly improved. But after 15 years, it was evident that the solution lay elsewhere.

Mao made known his dissatisfaction with the state of things in an address delivered on June 26th, 1965.

"Tell the Minister of Public Health that the Ministry works only for 15% of the nation's population, and that of the 15%, mainly the lords are served. The broad masses of peasants do not get medical treatment, and they are provided neither with doctors nor with medicine . . . Medical education must be reformed."

Now, the "barefoot doctor" is the mainstay of China's new health plans. Chosen by their brigades in

the villages where they live, they receive introductory courses of six months in urban centers and hospitals, and then return to their brigades. In addition to follow-up courses during the slack farming months for several years, the barefoot doctors study with mobile medical teams of doctors whenever these visit the communes.

By the summer of 1970, for example, over 15,000 "barefoot doctors" were practicing in Heilungkiang province; 47,000 in Kwangtung, with two or three in every brigade; and 30,000 in Yunan.

Recently, I crossed the Huangpu River to visit the Jiangjen Commune near Shanghai. There are 7,000 households there — 30,000 people divided up into 21 work brigades. The 48 "barefoot doctors" living there meant that each brigade has two or three barefoot doctors for itself.

The Jiangjen Commune Hospital also has ten doctors from the cities and 160 "health workers", in addition to the "barefoot doctors" (all of whom wore shoes). The 40-bed hospital contains X-ray equipment, fluoroscope, new dental facilities, and extensive surgical equipment, all made in Shanghai. The trainees spend a few months in a country or city hospital every two years, and, depending on their ability, they then pursue a particular branch — surgery, traditional medicine and acupuncture, internal medicine, etc.

I talked with Jin Yun-di, a 22-year-old barefoot doctor working in a brigade clinic. In addition to diagnosing and treating infections of the respiratory system and digestive tract, she said that part of her job is preventative work: keeping well water clean, giving injections, and controlling mosquitoes.

According to the guidelines, still in effect, laid down by the First National Health Congress in 1950, "the main emphasis should be placed on preventative medicine". And it is in the area of preventative medicine, from teaching basic hygienic principles to purification of water supplies and night soil to inoculation against disease, that the barefoot doctor is most important.

With their work as the backbone of a new medical approach, China has succeeded in eliminating or controlling virtually all of the scourges which disabled and killed large numbers of her people until recently. Malaria, schistosomiasis, and the "four pests" — flies, rats, bedbugs, and mosquitoes — are no longer national curses. And alone among the nations of the world, China has completely eradicated venereal disease from most areas and brought it under control in the rest.

# People's Party: Dr. Spock For President?

Two hundred and fifty representatives of some 30 political groups met in Dallas, Texas over Thanksgiving to create a national political party. Nine state delegations from the Peace and Freedom Party, New Party organizers from five states, activists from Michigan's Human Rights Party, the Independent New Mexican Party, the New World Party of Illinois, La Raza Unida, the D.C. Statehood Party, Gay Liberation, the Southern Christian Leadership Conference, Vietnam Veterans Against the War and other groups chose the name "People's Party" for the new national organization. The largest components are Peace and Freedom and New Party, although several other groups are expected to join.

Dr. Benjamin Spock was selected as the stand-in candidate for President, with Julius Hobson, a Black educator, the stand-in Candidate for vice-president. The People's Party elected to hold another convention after the Democratic convention in July to select final candidates. Several of the more radical Democrats have expressed interest in joining a third party in July, as they expect to be disenchanted with the choices of the

Democratic power structure.

It was stressed that state and community organizations have complete local autonomy. Thus, the national party cannot force a local group to take particular stands or run particular candidates, in keeping with the philosophy of allowing each individual maximum control over matters which affect their lives.

The party general program includes: complete overhaul of national distribution of ownership of the means of production, immediate withdrawal from Southeast Asia and future avoidance of such foreign entanglements, abolition of laws that make crimes out of victimless acts, and health care for all. The program calls for the assertion of women's rights, an end to racism, and the reduction of material consumption, along with a vigorous effort to conserve what is left of the world's ecology.

For further information contact:

People's Party  
1346 Connecticut Ave. N.W.,  
Suite 232A,  
Dupont Circle Bldg.,  
Washington, D.C. 20036.  
Phone: (202) 833-1415.

# The New American Movement

by jerry chroman

fundamental units of the N.A.M.

After it was decided that 50% of all elected officers would be women, 13 people were elected to the national interim committee.

At the close of the conference, the three hundred or so people there representing local chapters returned to their homes to begin or continue working on programs with special emphasis on the priority programs. A founding conference was set for sometime next spring with conferences before then likely.

Participants at the conference stressed the necessity for thorough research into the nature of America and its institutions, and the development of strategy based on the reality of America.

It was agreed that N.A.M. would not compete with other movement organizations such as woman's liberation or the Black liberation movement, but would give support, form coalitions around specific issues, and gladly accept into its own structure anyone who wants to join.

Their position toward socialist countries is one of critical support while making clear the differences that exist between what they are working for and what exists in present socialist societies.

It was agreed that an important initial function of the New American Movement is to help break down superficial barriers such as racism and sexism so that people can work together to improve their lives.

— from *The Seattle Sound News*  
(The Seattle Chapter of N.A.M. is at 910 N.E. 53rd St., Phone LA4-2778.)

A new radical organization is on the national scene attempting to transform America by unifying alienated, antiwar, mostly middle-class people with all parts of the working class.

Called the New American Movement, this amalgam of old movement people, service workers, community organizers, and counter-culture people hopes to avoid mistakes of the past, such as elitism, too much rhetoric without effective organizing strategy, and failure to relate to working people. Its goal is democratic socialism in which the people control the economy, and the people's needs replace profit as society's catalyst.

New American Movement (N.A.M.) spokeswoman Barbara Meranto from Seattle stressed the importance of relating concrete programs based on immediate needs to a continuous struggle against the present system. In this way, immediate needs will be met, she said, while education to raise political consciousness is going on simultaneously.

At a two-day conference in Davenport, Iowa, the last weekend of November, the following programs were accepted with the first three given priority status: imperialism and war; economic programs, anti-corporate organizing; campus organizing; food - farmer - consumer programs; and law and justice.

One of the organizational goals of N.A.M. is to avoid strong centralized leadership — which has been a sore point in the past — and to maintain power among the local chapters around the country. These chapters, which already exist in all major cities, are the

# Hark! Hark! The Nark!

by tom brose

Headline, December 17, Seattle P-I: "Friedman Explains Role as Drug Agent".

Quote from *Abstract publication, Satsop*: "Friedman answered with kind words for the sheriff's department and the other law agencies in the county. 'I'd call Satsop a people's success,' Friedman said."

Recently it came to our attention that Friedman is doing his thing for \$150 per week as a narc, according to testimony in the trial of a rival rock promoter, John Hutt. Simultaneously we received a copy of *Satsop*, a ripoff at \$2.50 celebrating the late Friedman fun fest, and singing the praises of this hip entrepreneur.

Some months ago we smelled a shady deal when cops, legislators, Evanocrats, and the press all paved the way for the Satsop affair. Well, the competition is on trial, and it's only the beginning: magazines with nude pictures, lots of shit about the fine time; praises for Friedman; then some records (?); plans for a Son of Satsop; maybe a "B" movie set to the music and tangled footage of the fair.

Scratch a hip capitalist and you still get a capitalist. And the pandering text and hackneyed photos — still have your *Life* rip from Woodstock? — promise the reader nothing but a gyp. Someone asked me if I would like to review the publication, but I can only issue a warning. Stay clear of entrepreneurs; don't confuse the rhetoric with the actions; be skeptical of the "government inspected" label on people's projects. Struggle!



# The South Side

photos by Jim McConnell



...as  
you  
like  
it



*A while ago some friends of mine walked along Padden Creek. Their descriptions of this experience made me realize that I had never looked carefully at all of the South Side. I had glanced down at the Creek from the bridge but never much more than that. I had been guilty of "appreciating" the natural beauty as an "aesthetic view" from roads or bridges, much the same as the highway planners for the SR10. I have been critical of the planners for their superficiality and was taken aback to discover I had operated with the same utilitarian attitudes.*

*To encourage people to appreciate the South Side's unique combination of natural environment with residences, Jim McConnell put together this photo essay. We hope that you will walk the Creek and begin to "see" the South Side as more than a cardboard backdrop. When we know this area, both the residents and the land, then we can make alternative land-use plans and legitimately estimate what this neighborhood is and can be.*

— r.p.



# a christmas story

by bill corr



A bad year and a bad month; yes, a bad week and the end of a poor day. I was getting set to lock the door. For good.


The bell rang; I raised my head. A skinny hillbilly was coming toward me, holding a bit of green cardboard. His face, with its dumb grin, looked like it had been knocked together by some fellow trying his hand at something new.

But I felt different when he looked up. His eyes made me feel funny, almost spooky. Like the time in Seattle when a fellow tapped my shoulder and asked how my soul was doing. Then, although the hillbilly's big, clumsy hands almost covered the green cardboard, I spotted a United States Treasury check.

He was shy about showing it to me, as if he could hardly believe such luck himself. I asked him to let me see the check. "John Christianson. Twelve dollars," it said.


It seemed funny at first that he should have such a check, but then I realized that it would be from one of those government projects that were being set up to help the unemployed. At that time a government check was something of a curiosity; since then the whole country — no, half the world — has come to know what they look like.

There wasn't much stock in the store: just a few staples and some hard goods. Nothing much had moved since I had put up the "No-Trust" sign. I walked over to the food section. That wasn't what he wanted. We were used to those fellows, slow and awkward, but he was the worst. Finally I got something out of him. He didn't want staples or shoes; he needed some toys.



*Toys! I looked at the poor devil. His shoes were gone and his clothes were worse. Clean, of course, but worn almost white. Toys! That money should be socked into flour, salt, and molasses. The worst part of the winter was ahead.*

*But no. He wanted toys. Didn't I have some stuck away in the basement from other years? Be glad to give me a hand to poke around.*



It was funny. The knothed just stood his ground, grinning and waiting on me. I wanted to tell him he was a fool. I couldn't get to say it, though, even to myself. So he grinned and I mumbled and what was left of the stock in the basement got turned over. Sure enough, we began finding things. If it looked even a little bit like Christmas, he would pull it out and put it on the pile. In the end, we had a haul. Wagons and dolls, trains and carriages, balls and bats, sets of blocks and small cars for the toddlers. All dusty and shopworn, but any kid would see that it was brand new and store boughten.

There were the old decorations: a couple of big folding bells, red and green, faded on the side the light hit them, tree ornaments and boxes of colored paper. Finally there was an artificial Xmas tree with a Star of Bethlehem stuck on its top.

By now I had my man placed. Some people thought he was a screwball. He had a wife and a bunch of towheaded kids. They had taken a place on the upper fork of Snow Creek. What little topsoil they did have had been washed down onto the good farms in the valley. Those were the farms the banks had taken. He still had his because nobody would loan on it. When that family showed up, instead of thinking about making a dollar, you'd like to say, "Go away, you're breaking my heart."

Now the business of picking began. A wagon for the oldest boy. A bat and ball for the next one. A carriage and a small doll for one girl. A big doll for her sister. Then a windup train and a set of blocks. It was a relief when he got down to a rattle. Even at rock bottom close-out prices, he had gone over the twelve dollars. But he wasn't finished. Now he wanted my help. Could I suggest something for his wife?

---

## The Dairy Goat.....

continued from page 11

hamburgers at two weeks, so don't expect more from a kid goat. It will be three months or so before the stomachs of a kid will be sufficiently developed to handle grass.

Goats are no good as lawn mowers. Sheep are better for this purpose. A goat is a browser, not a grazer. At two weeks, introduce hay and a coarse type grain to the kids. You may have to feed some by forcing a little in the mouth or if a couple are together, inquisitiveness will do the same thing.

Give the kids sunlight, fresh air, something to climb on, to play king of the mountain, and room to run and exercise. They will grow, and this is just what you want. Don't allow scours, lack of milk and good feed and water to stop their growth and they will stunt on you and all your efforts to breed to a quality buck, feed, etc. will go down the drain.

Trim those feet with a pocket knife starting at six weeks and keep it up every 30 days or so. Then your doeling will have good strong bones and feet to stand on when she has freshened and is milking for you.

Never raise an animal for just today. Raise her for her use in the near future. To do this, you will end up with a fine, large, well fed and bred useful doe to produce her capacity of milk for you or a fortunate person buying her from you.

I tried to give a few pointers that might bring the raising of dairy goats out of the dark ages and into the light of thought. The ideas presented here are by no

means the last word in dairy goat raising. For those of you interested in dairy goats, start with this information and go on to greater knowledge on the subject by getting some or all of the below listed material and use it. The extension offices do not have updated material on the dairy goat. Some know-it-all breeders will lead you falsely. Read some of this material and you will find your basic knowledge will lead you to better understanding and when someone tells you that you must dry up a doe before you breed her (and consequently lost 4 months of milk) you can tell them to jump in the lake.

I hope my suggestions have been or will be useful to the interested readers of N.W.P. If one person raises a better kid or milks a doe more completely and finds the satisfaction of the dairy products on his or her table, I will feel this writing more than worth my time.

Happy Capriculture,  
Don Pippenger

### MAGAZINES:

1. *Diary Goat Guide* Countryside Publications, P.O. Box 107, Marshall, Wisconsin 52559.

This is a homestead type publication with lots of good basic information on dairy goats. \$3.00 per year subscription for 10 issues a year.

Before I could catch myself, I busted out laughing. The grin went away and he looked puzzled. Getting hold of myself, I turned it into a joke.

"Sure," I told him, "There's a bottle of perfume upstairs."

You couldn't down that man. He was all thanks. The tally showed that he was six dollars shy. Hated to ask. Anybody could read the sign. But would I give him a tick? Yes, I would trust him.


All the truck he didn't take was still out on the floor. Seemed a shame to stick it back. Maybe I ought to pull myself together and make some sort of an Xmas display. Ding it, if that nut with his house full of raggedy pantsed kids would blow his only ready money to make a Xmas, then maybe I ought to do something, too.

Well, I would. First of all, I got into the window and gathered up all the auction notices, circus poster, fair announcements, election pictures and whatnot until I got down to the bare boards. Some of that stuff was seven or eight layers deep. We had just stuck the new ones over the old ones, year after year.

After the high cobwebs were swept away, I was ready for a bottle of window cleaner. Henderson, who had the drugstore down the street, came and watched. Then Peters from the Texas Station joined him. After studying me for a while, Peters tapped his head. It struck me as being kind of nice that neither one laughed.

Then there was something I had never noticed before: The fly-dirt formed patterns on the glass. Of course, there was some all over, but why the concentrations? I'd watch in the future and see if I could find out. Maybe they had regular flyways that they traveled, like geese. Yes, there were a lot of things I could look into.

I'd have to stick around a while to do that. That was alright, though; I hadn't actually made a decision to pull the blinds. Well, one thing I knew: I wanted to make a good Xmas display. What I needed first was a plan, or at least something to build on. When I remembered the artificial tree with its star, I knew I had my display.



It sure gave me a laugh to think of that fake tree. We had forty million real ones growing on cutover land in our state. That year, though, you couldn't make freight on them.

Everything I had went into the window. Even some canned peaches that had bright labels. Before I was finished, word had gotten around. People began bringing the children. Butter, eggs, and smoked meat were traded for some of the stuff. A little of it went for cash.

That was the turning point. Nothing big or fancy, but it marked the change. I laughed when the druggist came to visit. Henderson watched the families milling around for a while. Then he looked at the artificial tree. He took a while, as if he couldn't see it clearly. Well, maybe he couldn't. We all don't have eyes like that hillbilly. I'd hang another bulb over it.

2. *Dairy Goat Journal* P.O. Box 836, Columbia, Missouri 65201.

A more technical advanced magazine dealing with milk records, breed clubs, good articles on goat management. \$3.00 per year, 12 issues.

### BOOKS:

1. *Aids to Goatkeeping* by Carl A. Leach. 7th edition. \$7.50. The "Bible" of goat keeping. Order from Dairy Goat Journal, Columbia, Missouri 65201.

2. *Diary Goats: Breeding / Feeding / Management*. Leaflet no. 439. Order from American Dairy Goat Association, Box 186, Spindale, N.C. 28160. \$1.00 per copy. Very good basic information on dairy goats.

3. *Goat Husbandry*, by David Mackenzie. \$16.75. Order from Whole Earth Catalog or local book store.

### DAIRY GOAT RECORDING ASSOCIATION:

1. American Goat Society  
1606 Colorado Street,  
Manhattan, Kansas 66502.

2. American Dairy Goat Association  
Box 186  
Spindale, N.C. 28160





# poetry

....and still more NOTES TO PQETS

Now it is understood that a critic  
resembles a poet to a hair;  
He only lacks the anguish in his heart  
and the music on his lips.  
-Soren Kierkegard

Perfection is not a newfangled shape,  
perfection is a breath of life,  
a breath of the earth, that's what it is.

Do not eat up your heart because art is secondary  
because it's a mirror and its task reflection,  
because, compared to nature, it's fettered  
because its only in search of perfection.

Do not stray from nature, but reproduce it,  
reproduce the self that alone is you.

-Yevtushenko

Poetry is an arational, not an antirational enterprise.  
To deny reason is to suppress a necessary part of your self.  
Poetry and art must strive after perfection and therefore  
the poet should not make himself incomplete.

Use your whole self.  
Forsake writing poems you must pretend to understand.

-G.K.

Talk

You're a brave man they tell me.  
I'm not.  
Courage never has been my quality.  
Only I thought it disproportionate  
So to degrade myself as others did.  
No foundations trembled. My voice  
No more than laughed at pompous falsity;  
I did no more than write, never denounced,  
I left out nothing I had thought about,  
Defended who deserved it, put a brand  
On the untalented, ersatz writers  
(Doing what anyhow had to be done).  
And now they press to tell me that I'm brave.  
How sharply our children will be ashamed  
Taking at last their vengeance for these horrors  
Remembering how in so strange a time  
Common integrity could look like courage.

-Yevtushenko

"Observe and Reason"  
Galileo

Galilei, I observe. I observe  
Where can this get me?  
Only so much can be seen.  
When I push it to the summit,  
like Sisyphus,  
it escapes me.

Curse the fate-maker, who  
if he would, could reveal, but will not  
and blunts the eye  
so it can not see  
and equips us with a tongue  
Which can ask more  
than answers make.

The crime of cleverness  
has placed me in the custody of my ignorance.  
Sentenced by an inquisitiveness of mind.

Recant.  
I can no more than unknowingly lie.  
I have upon my knees  
offered to quit the cell that is my self

but, not so lucky as the ordinary fool,  
when I chose anonymity  
I found that I was lost

and not dissolved.

-G.K.



chinese symbol for "truth" — being a man standing by his word,  
his word being a box with birds flying up.



# Matchbook Songs and Gypsy Hymns

by nils von veh

Whereby the author describes an epic journey to a dirty old town,

or,

Faces I have seen, Pictures I have taken

As I headed towards Vancouver a couple of weeks ago to see the Faces I was plagued by numerous doubts about the whole adventure. Ten days, or so, had gone by since the now infamous Rock 'n' Roll Revival happened / not happened. That concert had done much to confirm many of my opinions about why the concert experience has recently become impossible to negotiate. Too much negative energy keeps appearing, you understand. For many people it has become common practice to consider themselves as some sort of liberators to give the music back to the "people". I mean, "concerts are a rip-off so let's rip off the promoter and have a riot so they let us in". Yes, well, if I have the choice I'd rather stay away from crowd situations where a lot of assholes like that are around!

And then, if you're lucky enough to get into the hall safely, your mindfucks are not done with, because now, you have to be able to constantly cope with the enormous energy unleashed by the concert experience itself. And, as seen at the Rock 'n' Roll Revival, this energy can just as quickly find its release in negative activity, as it can in good times. It's just that recent years' events have gotten our heads in some frustrating corners and these frustrations can nowadays often erupt at the slightest provocation, especially in crowd situations. We really haven't come as far as we think we have, really.

Anyway, those were not all my doubts, those were just the ones that came to mind considering the immediate concert experience. In addition, there were all my usual other doubts about what place exactly the music has in my life. I mean, like what was I doing spending a lot of my time and energy going to a Faces concert when there were so many more important areas that my energies should be funneled? Well, I came to grips with this one as I normally do — by reminding myself that such an experience is sometimes necessary for me, and many others around here too, to clear my mind of visions of vampires like Melvin Laird. (Quack, quack go the ducks of derision!) After six months of avoiding concerts I again found myself wanting a good one to clear my mind, and perhaps also, the urge to witness large-scale phenomena was upon me.

So up to Vancouver I went, government making its normal impositions on your consciousness at the border. (It was one of their "routine" search and destroy days, our inspector seemingly being nice enough, as he gave my van the once-over for anything I might be smuggling in to corrupt the saintly youth of Canada.) But our hassles were hardly over, because after finally making it to Vancouver, we found out that the concert had supposedly been sold out for two days.

Well, to make the story of the rest of a tedious afternoon short, I'll just say this — we ran into the concert manager. He told us there would be

some tickets on sale later in the day to avoid the eventuality of a mass gate-crashing like what happened at the Led Zeppelin concert awhile back, when over 3,000 people crashed. So, armed with this information, we hung out until the tickets went on sale, and almost as if by magic, all of a sudden we were finally INSIDE!

After getting inside and defrosting, we were still faced with a two-hour wait until the official starting time of 8 p.m. and, as every experienced concert

to save myself from launching into a lengthy desultory lambast of the other two groups which performed, Bull Angus and Cactus, I'll try to limit my words. Bull Angus had that high-energy, ho-hum, so what, sameness to them which marks many derivative rock 'n' roll bands. Cactus was your typical meth group which is characterized by that dull, boring loudness which even a few joints didn't make any more listenable.

Rod Stewart and the Faces were



photo. by tracey

were over 16,000 people who were having the fact of the previous week's niceties at the Revival shoved at them at every possible opportunity by members of Bull Angus and Cactus and still they refused to get uptight. That audience was certainly the nicest one in all my days of concert going! (My god, that's quite a cosmic leap for me!)

None of us were really ready for Rod when he showed up, though, in his flashy pink satin suit, and Ron Wood in some sort of pseudo-Spanish fandango outfit! But the show had begun. I've been a Rod Stewart fan since his days with the Jeff Beck Group, his songs always dealing with levels of human affairs that are so right. And well, of course, everyone knows his vocals are, what can I say? Sometimes mellow, sometimes ecstatically abrasive, his voice almost always succeeding in giving at least two shades of meaning to every phrase. Even though Rod always goes to great lengths to tell everyone that he is only one of the Faces, hardly anyone every manages to remember it for very long. On record, just his voice is overpowering enough, but on stage his presence — talk about stage presence . . . Rod is second only to one, and even then, I'd have to say that personally I'd rather watch Rod than Mick!

The music, you ask? Well, this is really strange, you know, but any band that can sound as good on stage as they do on record is a rarity. The bands that sound better on stage than they do on record are fewer still. The Faces is one of those bands. They played for over an hour and a half doing "something new and something old", and all of it sounded incredible. Rod tried to do "Country Comforts" but neither he nor the audience could bring themselves down enough to get into it, or perhaps the incongruity of him singing "I'm a horsedrawn man until my dying day . . ." in a pink satin suit was too great.

The final strange thing about this concert was that, although the audience was enjoying the whole affair, Rod didn't bring the house to its feet until the encore. The concert was so fine people just wanted to lay back (the smoke was real heavy) and enjoy the whole experience. Unusual, that one is!

Any concert that could make me forget afternoons like the one the preceded it are phenomena that in the end are really beyond description. Lots of pictures — lots of stories! Whooooo!

goer knows, you always allow another 45 minutes after that for it to really start. Not so this time around. The concert started promptly at 8. This was only one indication of the effort the concert producers had obviously made to insure that this concert move smoothly. Every equipment change went more quickly than at any performance I have ever been a party to. The concert coordinator, Kent Collinge, had also gone to extra lengths. He had set up this extraordinary video tape system that included two large screens on both sides of the stage on which close-up images of the Faces taken from three cameras at various places in the Coliseum were projected during the concert.

But what about the music? Perhaps

who everyone had come to see and finally they were on! But perhaps, I should digress just for a moment to talk about the crowd. First, I would have to say that as appraisers of crowds go, I am probably one of the most pessimistic, cynical ones around. But damn, this crowd was a delight! There

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# Somebody Someplace Is

by cassandra of the misty isles

And here it is again. Somebody Someplace Is—that fascinating potpourri of boundless all-knowing, making another miraculous appearance. Gathered from you, digested ever so carefully, and returned as a whole greater than the sum of its parts. We hope you will see this space as a message amplifier, through which your latest mind-boggle can educate thousands of insatiable readers, and influence the Destiny of Mankind. It all takes place inside P.O. Box 105, So. Bellingham Station, Bellingham, Washington 98225



—Illustrations from "The Graphic Work of M. C. Escher," courtesy Hawthorn Books, Inc.

Is is the plural of I, which bears an intimate relation with eye.

I looks like 1, which represents beginnings, wholeness and unity. Every digit has its own meaning. Nine has to do with endings and completion, as you might have already guessed.

Every number can be reduced to a single digit. Take 1971. To reduce 1971, simply add the digits together.  $1 + 9 + 7 + 1 = 18$ . Eighteen reduces to 9, because  $1 + 8 = 9$ . Which tells us something about the year that's passing. 1971 marks the end of a nine-year cycle that began in 1963. Some interesting changes have come down since 1963.

1972 is the beginning of a new cycle. The digits add up to 19; one and nine add up to 10, which reduces to one. A "one" year is a time of new beginnings, which means changes and creations.

Number games have always fascinated me. They engage the eye and the I with the hand and the symbol, and therein lies some magic.

Another game I like is star gazing. Some people do it with horoscopes, but I prefer lying on my back on a mountainside (or on a Sealy Posturepedic mattress on an island in the middle of a lake.)

Once, gazing across the galaxy, there came an illumination that brought me a new beginning. My eyes and I chanced upon Andromeda, our sister galaxy—the only one whose light reaches our unaided eye. Lying on a hilltop, alone in midsummer, I was suddenly, flashingly, blindingly, miraculously, no longer alone. Reaching across one and a half million light years, I felt the presence of another intelligence. I knew, without the slightest doubt, that there was another eye looking back at me. It was quite a rush.

That was long before I'd even heard of drugs, just in case you were wondering. But I learned what "spaced out" meant that night. And I've never really been alone ever since.

There was another star 1971 (or thereabouts) years ago that provided a bit of illumination. One theory suggests that that star was really a conjunction of Saturn and Jupiter. In any event, it enlightened a few folks, for a while, a long time ago. "... And what rough beast, its hour come round at last, slouches toward Bethlehem to be born?"

Our modern equivalent of enlightenment is all summed up in an equation propounded by a fourth-grade mathematics drop-out turned alchemist name of Albert Einstein. He got spaced out behind the fact that energy is equal to mass times the speed of light squared. And he even lived to prove it, much to his dismay.

Think I'd rather see a little more positive, usable energy loosed upon the earth. Anyone discovered the secret of that sort of generation yet?

Some folks say that one way of raising the energy illumination level is called "paying attention." Aldous Huxley's birds used to chant "Here and Now, Bony! Here and Now!" Reminding each other that the only thing you can really pay attention to is Here and Now. This moment, this place, is where it's at.

*Paying attention can be quite an enlightening trip. Right now, my hand casts a shadow over the words I write. The wind is cooling my toes. I hear a voice next door, humming the Coke commercial. I can feel the roughness of an old Army blanket under my leg, and my other hand is pressing against my ear. The wind is howling through the heavens, dancing to the music of the spheres. The vapours of drying paint assault my nostrils, and stale grey tobacco smoke clouds my mouth. Mike's photo on the last Passage cover reminds me of other here and nows. The arm holding up my head is getting a crick in it. Time to*

*shift positions. At my feet a row of bars, steel bars, part of the cage that encloses my body. But then I get high off of paying attention, so my mind is not enclosed. And I am never alone.*

Of course, if you don't dig it where it's at right here and now, that's no matter. Because that's where it's at, regardless.

Another way of looking at that one is: if you don't like it where it's at right here and now, you can change it. It being your head, or your body, or your soul, or your time, or your place. It's as simple as walking around the corner. And as complex as creating a peaceful world.

The funny thing about changes is that they don't happen all at once, in a pre-packaged New Year's Resolution (or Revolution). They happen moment by moment, little by little, imperceptibly, as the result of the paths we choose each and every here and now.

And the changes require energy, which is related to light, and illumination, and enlightenment. A few more quanta of energy, please, God, so we can begin making the changes we'd all like to see.

(Perhaps the way to enlightenment is to take a little matter and add a little energy. Let's see.  $E=mc^2$ . So,  $c^2=E/m$ . So we'd have to divide the energy by the matter. If we could only find out what the matter was. Course, if you wanted to begin with the energy, you could create little matter and have a lot of light left over. Take it from there, all you fourth-grade mathematical drop-outs. I've lost track.)

\* \* \* \*

And while you're working on that one, I'm going back to figure out the changes I'd like to see our new beginning begin to make. But keep in touch! If we're going off on different tracks, we should probably stay within hailing distance. Keeps up the flow of energy better.

Speaking of energy, the sun begins its annual climb on Tuesday, the 21st. The days begin to be longer, which means more light, more energy, and maybe more matter for our new beginning.

The sun enters the sign of Capricorn, a cardinal, earthy sign. And a good time for determinedly clearing away the obstacles. Saturn, the ruling planet of Capricorn, lends a serious cast to the time of the Goat which will test our capacity for endurance and self-discipline. Not a cheerful beginning perhaps, but a chance for consolidation.

While you're here, may I take a moment to divert the energy flow a bit more and send off a few ergs to Jerry and John and Bernie and Kenneth and Marga and Graham and Annette and Gary and Richard (of the East and West) and Jeanne and Larry and Cheryl and Ed Monk and Linda and Bill and all the rest of you folks who are sharing energy long-distance at this particular turning-point. You are never alone.

To each and every one of you, a full-length new year hug — the kind that starts the juices flowing for a new beginning.

*"As the rhythmic fire of sexual ecstasy bursts into the molten flow."*

And the miraculous part of it is that, if we all believe, it's a new beginning, it will be. Let it be... So be it... Amen... AUM.

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**1000 harris**

If nature's way is a joint process of initiation and completion, sowing and reaping, producing and consuming, can you rightly demand that you always deserve to play the role of the consumer?  
 — Lao Tsu

**TOAD HALL**

11th & 2nd  
 Monday - 1<sup>st</sup> Pizza night  
 Fri & Sat. Entertainment  
 Sunday: Folk Dancing

# Thoughts from Another Road

## Winter Harbor is a Family Affair

by ed monk

Just read an article in a November *Life* magazine about some guy going back to his home in Oregon and starting an underground paper in his Archie Bunker father's grocery and trying to get through the resistance of fear in Klamath Falls.

The guy is a dropped-out San Francisco school teacher who feels the battle is lost in the cities and feels the only hope now is to go back to the town level and start educating, enlightening, and lightening up people who as yet are not too paranoid - schizophrenic - overcrowded, polluted, and future-shocked to reach.

The article ends with him explaining that he ended up back home after going through college - teaching - dropping out - and bumming out of a big city - because "there was nowhere else I belonged."

Sound familiar?

It does to me and it's happened to me and I'd like to know how many of you are finding yourselves going through the same sequence.

"Richard's return traumatized his whole family."

Same here.

"The community maintains a ferocious vigilance toward their [the longhairs'] ideas."

Uh huh.

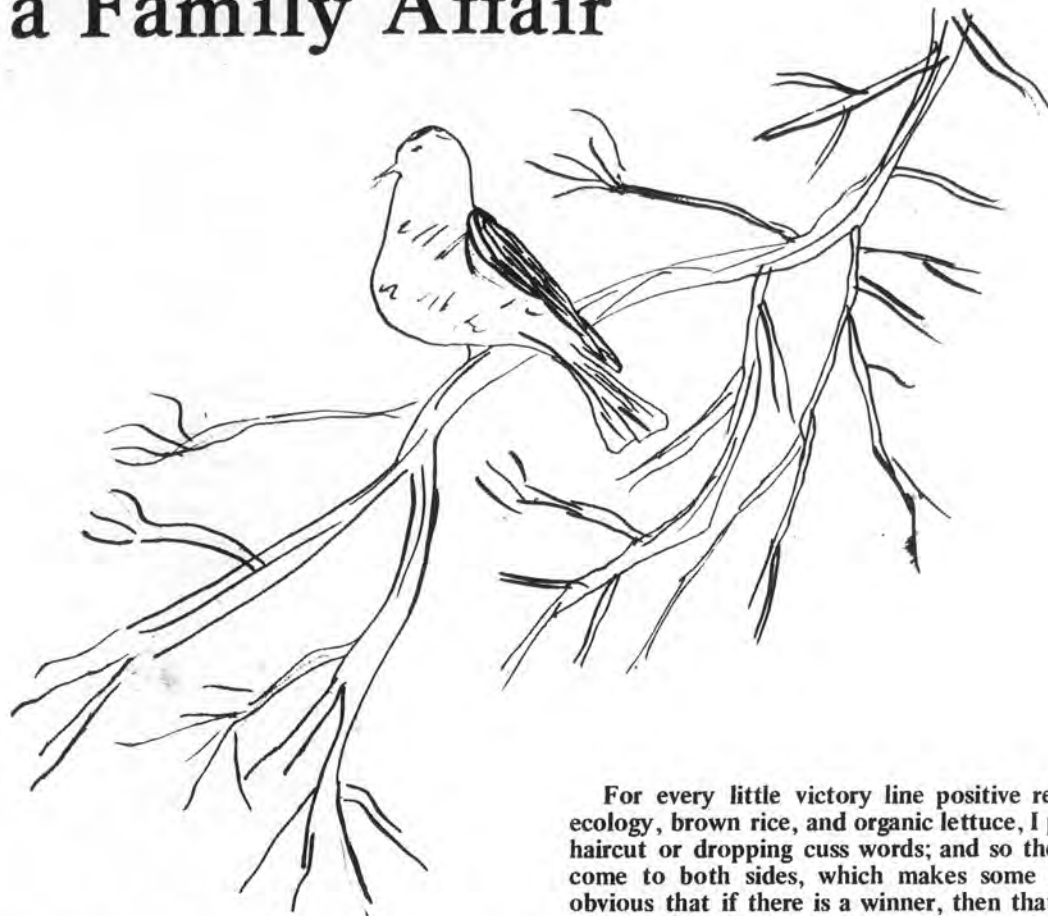
And his mother says, "You know, maybe Richard came back here, changed the way he is now, to make us more tolerant of people."

And that could've been my mom, 'cause with a little perseverance maybe we're starting to remember what tolerance means.

You know, a big part of our problem (those of us who would like to find some way . . .) is that we are facing a justifiably frustrated generation of people who have watched the whole works change Bang in about 20 years. Who wouldn't be paranoid as hell of change and be skeptical of people pushing for even more changes, more changes - more - more - more - now - now - now?

Like, how would typically-hip us feel if (like John Sebastian sang about) our 4-year-old told us he wanted to drop acid with the little girl next door? Yeah, sure, far out. Man, I'm thinking twice about borning any kids in the 1970's. I remember something from Demography at Western about a natural human birth control when the future looks shaky. Must work something like the stock market, don't invest money (energy certificates) or children (life energy) until the future shows a likelihood of halfway secure returns.

The way it's worked out is that since I'm not gonna start my own little nuclear family, and since communal living seems to lack that very basic something (blood ties; - all those years that it takes for that certain tightness?) I have found through trial and error that I'm right back home again. When ya can't figure out yer next move, ya go where you're needed, and that's yer next move.



For every little victory line positive response to ecology, brown rice, and organic lettuce, I pay with a haircut or dropping cuss words; and so the victory's come to both sides, which makes some sense. It's obvious that if there is a winner, then that creates a loser, which creates resentment and a new conflict. And we all know about the circle games and that's what we're trying to ease out, eh?

It's getting to take part in home decisions I was never asked to help make as a kid, but now that I'm all growed up I get to help figure out what color to paint the kitchen and whether we watch the Thursday nite movie or the Lakers' game and whether we can switch over to powdered milk (about 1/2 as much liquidy stuff - good Cheapo) and all sorts of other pretty important (to us) things.

And it seems to me that this is where it's happening, and even if it's a kind of slow thing, it seems to be happening in other homes and in other home towns, and so that kinda helps too, because ya do get to missing that old longhair reality and Toad Hall pizza nites and Food Co-ops and and and and - and all I can say is it's dang nice to get the Passage, 'cause when yer living in Suburbia - brother - you are CUT OFF and ON YER OWN (except fer yer books and memories and faith and yer dog and for me a good Virgo lady who doesn't even mind me keeping the light on and writing til 4:00 a.m. - sorta).

And it doesn't come all at once. I've split twice since I came home a few months ago, and there have been the fights and the hours of stupid T.V.

And maybe you too will find yerself a kind of truce where ya enjoy what ya can together and ya don't push trips on each other and just sorta get reacquainted and find out that we ain't really "we and they" and "them and us", but just us and usuns.

Just had a flash of hundreds of thousands of teenagers going through the "seek out the high energy people" part of the routine, being cycled through places like Taos and Bellingham and Tennessee or wherever Gaskin set up his 400-member commune, and getting slowed down and turned on to themselves, God, truth, and whatever else we discover - and returning to their natural families in the Bronx, in L.A., central district Seattle, and everloving Suburbia with the everloving GoodNews and paying back all those years of food, toys, and shelter with a little consciousness - sharing. It's obvious that coming back from college didn't give ya a lot to share with Mom and Dad around the boob tube on a Tuesday nite, so maybe what our evo-revolution needs is our own institutes of higher learning in the dorm at places like B'ham where a kid can take courses like "Up and Down 101 (drugs)"; "Instant Karma 222 (crowded communes and freak houses)"; "Power through Unity (Northwest Passage)"; "Book Pounding 333 (Ram Das, The Bible, Zen, Uneda Comix)"; "Health, Sex, Nutrition, and Welfare. 404 (Food Co-ops, Molasses Jug, B.C. pills, Cheapos and common sense)"; and graduate courses in "Letting it Be", "Breathing deeply - while ya still can" and Ph.D.'s in Nature Worship for Converted City Kids or any age".

Make sense?

Guess what it is like to go back and live at home.

For me it has been the realization that the harder I push, the stronger the resistance.



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# FOOD FREAKS



by jeff kronenberg



Jeff Kronenberg has volunteered to provide us with Food Freaks for the next while. Jeff currently is attending a school of Higher Education and specialized in wild-eyed enthusiasm, mad mushroom hunt attendance, and very general good humour. Any suggestions you might have of topics for this column should be addressed to "Freak Jeff" c/o N.W.P.

## What is a Food Additive?

*"Quod ali cibus est aliis fiat acre venenum" ("What is food to one man may be a fierce poison to another.")*

— Lucretius

As the American technology moves ahead, some of us still refuse to flow with the mainstream of organized madness. Many individuals have taken to a more ecologically plausible and healthful diet. To do this, one must carefully scrutinize the ingredients of food, rejecting all unnecessary and potentially harmful plasticity. Let us overcome confusion inherent in food labeling and try to explore what it all means.

Perhaps the best definition of a food additive is that of the Food Protection Committee (NAS-NRS): "A food additive is a substance or a mixture of substances, other than a basic foodstuff, which is present in a food as a result of any aspect of production, processing, storage, or packaging." This definition encompasses both intentional and unintentional additives. An unintentional additive is a chemical finding its way into food from external sources such as pesticide residue, migration from a wrapper or package, and trace amounts of lubricants that can get into food from processing machinery. These are the substances often found to be harmful (DDT, mercury in fish, etc.). Additives which are purposely added to foods to improve appearance, quality, flavor, to aid in processing, and to promote better storage properties are known as intentional food additives. These are the additives that confront you on the side of a package (and anger many of us).

What are the types of intentional additives used by the food industry? To explore this chemical mess we find:

**(1) ACIDS, ALKALIES, BUFFERS, AND NEUTRALIZING AGENTS:** Regulation of acidity or alkalinity is an important factor in processed foods. The baking industry relies on chemical leavening agents to replace the use of yeast in carbon dioxide production. These agents act as an acid in the presence of moisture or heat. Some acid ingredients used are sodium bicarbonate, potassium tartrate, and sodium aluminum phosphate. In soft drinks, fruit flavor relies on organic acids such as citric acid, malic acid, and tartaric acid, while the cola type beverages depend mainly on phosphoric acid as an acidulant.

**(2) BLEACHING AND MATURING AGENTS, STARCH MODIFIERS:** Bakers consider freshly milled flour undesirable because it has a slightly yellowish tint and does not come up to their baking standards. Therefore, oxidizing agents are used to develop properties quickly that can only be obtained by long storage. Benzoyl peroxide, chlorine dioxide, and oxides of nitrogen are commonly

used. For conditioning bread dough for "better performance," bromate and iodate oxidizing agents are employed, while sodium hypochlorite helps to improve water solubility of starch. White bread is one of the best constructed chemical substances of our food supply in this country!

**(3) EMULSIFYING, STABILIZING, AND THICKENING AGENTS:** Included in this group are those chemicals used to stabilize and thicken by combining with water to add viscosity and to form gels. Baked goods, cake mixes, ice cream, frozen desserts, and candy often contain such stabilizers as carboxymethyl cellulose, pectin, carrageenan, amylose, mono- and di-glycerides, and gum arabic. The foaming properties of beer are often improved by the use of one of these agents.

**(4) FLAVORING AGENTS:** This is the largest group of food additives, including some 1,100 natural and synthetic flavoring materials. They play an important role in the American food industry by increasing acceptability and attractiveness of a product otherwise rendered plastic due to various "modern" processing methods involving heating, concentrating, drying, and other practices. Examples of synthetic compounds are diacetyl, used to simulate a "butter" flavor, heptyl isobutyrate, used to simulate a "coconut" flavor, and propyl disulfide, used to simulate "onion" flavor. They are usually added in amounts ranging from 3 to 300 parts per million. Natural flavoring used includes a wide assortment of common spices, natural extracts, and oils. Examples: anise oil, vanilla, and bay leaf.

**(5) FOOD COLORS:** Another substance used to help deceive the senses of the consumer, by making the product appear appetizing and attractive. At present, there are ten synthetic colors approved for use in foods: two blues, one green, three reds, one violet, and two yellows. Natural colors used include carotene, tumeric, and saffron.

**(6) NUTRIENT SUPPLEMENTS:** Food is often raped so badly in processing that vitamins and minerals must be added to create a "nourishing" product. Quite frequently more comes out than goes back in, as in white bread where some 20 important nutrients are removed by refining and only four replaced through "enriching." The FDA has set standards for the enrichment of products such as milk (vitamin D), and macaroni (thiamine, riboflavin, niacin, and iron). Potassium iodide is added to salt to prevent goiters, and vitamin A to blue cheese and gorgonzola cheese to replace that lost in the bleaching process. Amino acids are also included in this group. The level of nutrient supplements in this country's food

supply is a true reflection of how unnatural and plastic food is becoming. Natural "whole" foods (whole wheat vs. white flour, honey vs. white sugar, etc.) provide a reasonable alternative to this insanity.

**(7) PRESERVATIVES:** For greater profits (and to reduce waste), food must last longer on the shelf. For this reason, sodium benzoate, calcium propionate, and ethyl formate are added to growth of yeast, molds, and bacteria. Ethylene oxide and ethyl formate are employed to fumigate nuts, dried fruits, and spices. Natural preservatives used are salt, sugar, and vinegar.

**(8) ANTIOXIDANTS:** The refining of fats and oils removes many of the natural antioxidants (tocopherols, etc.). To prevent oxidative changes from taking place which produce rancidity in the food, chemicals such as butylated hydroxy-anisole, butylated hydroxytoluene (BHA and BHT), and nordihydroguaiaretic acid are added.

**(9) MISCELLANEOUS INTENTIONAL ADDITIVES:** This category includes dietary sweeteners, surface active agents, sequestrants, flavor enhancers, and texture improvers. Saccharin is an example of a dietary sweetener. Surface active agents are employed to aid emulsifying, and diglycerides would be a common example. Sequestrants are compounds which combine with trace metals to take them out of solution, where they may normally be catalysts of oxidation and help produce off-color in processed foods. Some common sequestrants are ethylenediamine tetraacetic acid (EDTA) and polyphosphates. Monosodium glutamate characterizes flavor enhancers in the food supply (and also is believed to cause mild poisoning in what is known as "The Chinese Restaurant Syndrome"). Texture improvers are chemicals usually added during the canning process to help maintain firmness in fruits and vegetables. Examples are calcium chloride, and aluminum sulfate.

By proper use of this information, we will have an increased awareness of the composition of processed foods which will help to decide when to select a reasonable alternative. The purpose of this article is not to create paranoia, rather it is to aid the individual in making his own decisions concerning diet...whether it be Zen macrobiotic, meat and potatoes, or the technique of moderation.

*Tell me what you eat, and I will tell you what you are.*  
—Brillat-Savarin: —Physiologie du Gout

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# Connexions



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GIBSON Ebo-Bass Guitar in good condition, mellow sound. \$150. See Dennis at 1009 Larrabee St.  
1964 DODGE PICK-UP for sale. Slant six engine. Call 733-6225.

BOAT TONGASS for sale. 72 foot fishing boat. \$15,000 without drag gear. Larry Waters, Rt. 2, Box 68, Blaine 98230. 332-0430.

[Ed. Note: Sorry we couldn't print the picture that Larry sent of the Tongass, but it does look like a fine boat.]

BARR'S CAMERA: 108 East Magnolia, Bellingham: See ad in this issue.

WILL TRADE Yashicamat 120 Twin Len Reflex, including 15 rolls Tri-X, for comparable 35 mm single lens reflex. Also will sell 35 mm Agfamat for \$25. 734-1288.

SPORTCASTER PARKA for sale. Prime goose down, woman's size small. Never worn. Was \$50, now selling at \$34. Call Janie, 733-0239 after 5:30.

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CONNECTIONS are run free of charge as a community service to individuals who have something to offer the community or something for the common good and general enlightenment. Rates for businesses are 12 cents a word, 10 words minimum. All ad copy submitted is subject to approval of the PASSAGE staff. Send ads and money to NORTHWEST PASSAGE, Box 105, South Bellingham Station, Bellingham, Washington 98225.

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Hi! My name is Stephen Connor. We (a group of local people) are on the verge of opening a free clinic up here in Arcata, Humboldt County, California. We desperately need to find an M.D. to work here full time.

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Please contact: Humboldt Open Door Clinic, 10th and H Streets, Box 367, Arcata, California 95521. Call (707) 822-2957, c/o Don Sampson or Stephen Connor.

I'M LOOKING FOR A GUY 18-24 years old to help me build a 48-foot sailboat and then sail it around the world for four years. If you're interested, call 734-8652 in the late evenings.

WOULD WHOEVER BORROWED the black male Lab, about 7 mos. old, from the South Hill area please return him? Call 734-5018.

WE DESPERATELY NEED A FEMALE GERMAN shorthair or pointer type dog to replace our puppy that just got killed. Can buy or trade for salmon or stove. Call 733-0999.

GRILL WANTED: for '55 Buick Special or other Buick grill that would fit. Contact Scott Carr, Rt. 2, no. 83A, Bow, Washington. 734-0060.

## PLACES TO LIVE

OUR HOUSE IS TOO BIG for us. So if you want to help share the 6 1/2 rooms, there is an extra bedroom, \$50 a month. Please come to 1807 I St. It's not Southside, but it's nice. See you later. Jayne, David, Don, and (6 wk.) Benjamin. P.S. In case no one's home, please at least leave a phone number of whatever where we can reach you.

GIRLS WANTED for co-ed house. \$37 and share utilities. 256 50th N.E. after 6 p.m.

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R.B.K.W.

THE FOOD CO-OP has had only a few volunteer clerks lately. Without community support the store will close! In concrete terms: the next time you come truckin' in to get some food, don't be surprised if y can't get past the locked front door.

YOUR OLD SPRINGS been lettin' you down? Your mattress too soft for you? Like to move up to a double? Well, we have a nice double bed for sale for \$40. It's one year old and really in good condition. Stop by and see it at 308 N. State or send your name and phone. (We don't have a phone - sorry.) Includes frame, 2 fitted sheets, and delivery if you like.

## FREEBIES

CHRISTMAS KITTIES: Enjoy a pleasant drive north on Hannegan Road, turn right at E. Pole Road. 5 male, 3 female, orange, calico, black and white, and grey. Fred, 1322 E. Pole Rd., Everson.

## NOTES TO FOLKS

ED MONK: The words are "yes" and "howdy". Thanks for the welcome thoughts about the paper.

JOHN AND MARILYN P.: Don't forget Beethoven's birthday December 16. Tree-trimming, also midwinter Yule party December 21. Paul and Jinx.

"PAULA" S.: It was really good to be able to talk to you! Maybe sometime again. Love to you and the family. Roxanne.

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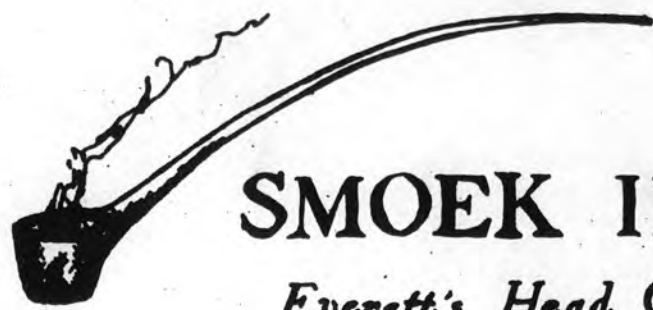
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