



# NORTHWEST ASPECT



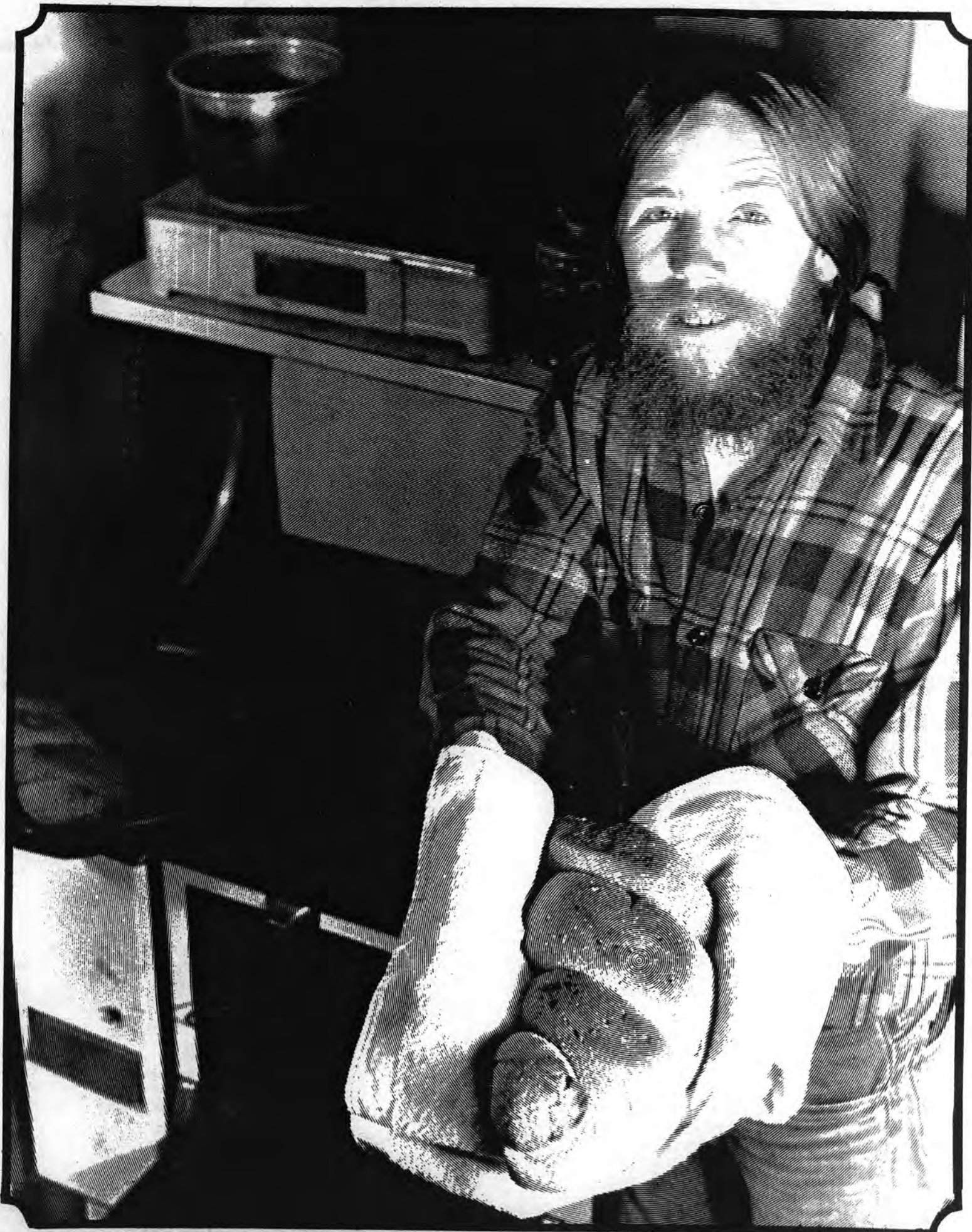
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# LETTERS

## Support Your Local Drop-off

Dear Editor and friends,

It surprised me to see the recognition that the Food Co-op and the southside received by a page two article in the Dec. 27, 1971 issue of the Bellingham Herald. Peter Gittlen, accountant for the Co-op, asked the Public Works Board for permission to use a strip of city property adjacent to the co-op for a recycling drop-off depot. The facility would consist of a 12 ft. by 4 ft. wooden shed on the 10th street side of the co-op. The area is now being used for parking and wood storage.

According to the Herald, The Public Works Board said that the idea was laudable... "But Mayor Reg Williams said he wonders if the city has legal authority to allow use of public property... The matter was referred to the city attorney."

I wonder who has legal authority to allow use of public property to Goodwill Industries and private garbage collectors? Can a proposal of such obvious public benefit be considered anything but proper use of public property? The matter is still up in the air and a little voter support never hurt any proposal. Perhaps it is time for those of us who oppose strip-mining and wasted resources to spend fifteen minutes writing a letter. If those of us who haven't the energy to cart glass bottles and tin cans all the way to Huxley College would use a little energy to voice our opinions we could have a recycling center in the hub of our community.

Hopefully,  
T.K. Begnal

## The Fire Burns

Dear NWP

Well here it is January First, nineteen seventy-two, full moon in Cancer (give or take a few hours) and a very grey winter saturday. Fire burns both inside me and without, giving such warmth.

It occurs to me how philosophies are such a diversion from what they claim to know. Love is love is love. I love to be love, to see love, to be in love, to live love alone, to live love in, with and of another. And the last lonesome leaf falls from high in the tree past the window of our quiet morning and we both sigh.

I must comment on the inspiration received upon reading the article by Cassandra of the misty isles... "and the miraculous part of it is that, if we all believe it's a new beginning, it will be."

So be it.

Music and movement and this feeling, this love this acknowledgement of the supreme being have been born amidst the struggle. And yes life begins anew.

Bless you all of the Passage and all other brothers and sisters who have found themselves in love. Sing it, share it, acknowledge it and draw it out from where it lies trapped and stagnated.

live always  
Bob  
Chuckanut Bay

## Getting it on?

Dear Friends:

From time to time I read in the Passage that our community is finally getting it together and/or getting it on--& the Food Co-op is usually given as some sort of case in point. And, maybe it's true! There's times like yesterday when 4 or 5 people suddenly showed up to work in the store, and we really get high working together. But, still, I often feel that the Co-op is just existing, standing still, while the community keeps growing, & maybe could/should be putting more energy into the store.

My friend Greg keeps telling me that he's tired of having to go to a super market to get dairy products, produce, toilet paper, and a few other necessities that the Co-op doesn't have. I usually get defensive (what an easy trip, but what an energy rip-off!) and fall back on a not-enough-energy explanation; but, I keep thinking that he's right; it sure would be nice if we could better satisfy people's needs without ruining the quality of our store. And I keep hoping that, maybe someday soon, the needed energy will come together.

On Wednesday evening, February 9, at 7:30 pm, in Toad Hall (11th & Harris) there'll be the Annual Bellingham Food Co-operative Membership Meeting. The sun'll be in Aquarius and the moon'll be in Sagittarius--so it should be a good time for the community to be together to talk and get high. Besides gathering ideas and energy to improve the store, we'll elect a new Board of Directors, and maybe even figure out where to start a community garden. (There's a lot of fields around here that would look beautiful as peoples' gardens and parks.)

So circle your calendar and invite your friends to come on down to Toad Hall on February 9; and, whenever you can get into karma yoga, drop on by the Food Co-op.

Love,  
bookkeeper peter

## E Pluribus Unum

I keep thinkin bout a letter you wrote a while back bout how you're tryin to find your identity, as a paper, midst all the diversity.

That which comes into my mind is...

Well, look at a people. I mean, one of us. And what do you see? Ah, there may be a specialty, a skill, that's true, & that's good. But also & especially there is diversity. Chromosomes of interests & vital needs & concerns, making up the new molecules of reality--new alternatives emerging out of the making of new alternatives--in our bodies, in our communities, in our newspapers. That's not just an environmental issue, or a women's rights issue, or a health issue, or a children's issue. It is all that & more.

What are we? Let us not pretend to know. Not yet, anyhow.

Love,  
Joyce  
Seattle, Wn.



## New Center

Dear People:

The Fairhaven Community Center is located in the Fairhaven district in Bellingham, right above the Bank Book Store. It was established by Fairhaven people to co-ordinate community efforts. Some of the specific programs of the center are: 1). a free medical clinic. 2). an economy kitchen, which is an attempt to provide low income people with a well balanced diet at a very low cost, and 3). community gardens, which will attempt to turn non-productive land into productive land. A number of alternatives have been suggested about what to do with the produce. Should we share the harvest among us, market it, or contribute to local food banks? This decision will be made at a later date. This effort coincides with other efforts to beautify our surroundings. The term Agrarian Reform could apply to this project very well.

There are currently community centers in Whatcom County. Each of them has its different projects and areas of concentration. The Fairhaven Community Center recognizes the importance of ALL community projects. Co-operation and co-ordination between these centers insures greater community participation.

The other two centers are:

(1) The Good Earth Community Center at 1000 Harris Street, which has brought to reality such ideas as the Food Co-op, Free School, Good Earth Pottery, Free Store, etc. At present this center is working on plans for a co-op garage and community gardens and parks.

(2) The Whatcom County Community Action Center located in the old Birchwood Presbyterian Church on the north end of town. The make-up of this center is different from the other

two; it has developed as a center to help the many small-interest groups in Bellingham. Some of their areas of concentration are: Housing (Tenants' Rights, protection from landlords, etc.); Welfare Rights (represented by a group called W.I.S.H. (Women in Self Help)); L.I.C.C. (Low-income Citizens' Committee); and many more.

At the Fairhaven Community Center, the main objective right now is raising \$1,000.00 fund to facilitate programs of local interest. This is where the bake sale comes in. The sale started two weeks before Christmas when a group went to Seattle to pick up wholesale ingredients. From that point several work parties divided, chopped, and measured; then other volunteers delivered the supplies to homes where fruitcakes and plum puddings were baked.

Many people used their own ingredients and contributed favorite recipes. Approximately 150 people are involved as co-ordinators, measurers, deliverers, bakers, and p.r. people, artists, etc. Assistance and advice from local bakers, contributions from supermarkets and small businessmen, the use of a commercial kitchen, and faith and food fronted by the co-op, are all greatly appreciated.

With bills amounting to \$745, we have finally broke even with about one-third of the supplies left over. The Bake Sale definitely goes on! The best way you can help now is to do some selling for us or donate ingredients and do creative baking. We have expensive things like nuts and raisins, also a limited supply of eggs, margarine, and flour. Call the Center (676-0858) and let us know what you can do. If you have any ideas on how we can eliminate our surplus supply of fruitcakes (60), please share them.

After the Bake Sale is over, a Community meeting will be called to determine how the money should be spent and to select a board of trustees.

Peace Be With You,  
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.



Through the fleeting moments of the last 4 or 5,000 years our sense of identity with nature and the continuity with the stars and seasons has been swept away to the realms of the unconscious. In its place came a separation of man and nature. So strong has been this separation that only now are we beginning to realize the full impact of Darwin's quest to reopen man's evolutionary framework to the conscious mind.

The evolutionary process has produced and discarded so many different organisms. Very few species indeed survived evolutionary dead ends. With all of our intricate devices we are rediscovering the one very fundamental tool for survival—the human tool of an earth household.

There can be no doubt that the vision of the transformation from the apocalypse to earth household is going to be as radical as the problems now besetting the planet. *The vision is radical because it is natural.* The sign may be the dawn or sunset of man. Man in the midst of the technological apocalypse has finished evolution, that is, the dead end has been reached. Perhaps, our karma is once again setting its tune in and with the flow of earth's evolution. *Recognize that Homo sapiens is passing, but not dying.* We are just scattering and opting for other forms. "The recognition that nothing need be done, is where we begin to move from."

And so in this issue we continue to focus on options. We tie the flow of Adrian, in Somebody Someplace Is, to Dr. Hitz' Whole Body Dentistry. We examine with laughter and joy the basics of Bread Making and can even find cosmic irony and laughter in an interview on the quarantine of the little old crane fly in Whatcom County. We focus on more options of self-reliance as we continue the section on Heal Yourself and at the same time gather penetrating insight into the role of the healer in the magic theatre. The passage comes together and as I write these thoughts to you in the early morning I hope you will smile and say flowers are once again blooming in the void.

Yehudah Laab



## Space Out

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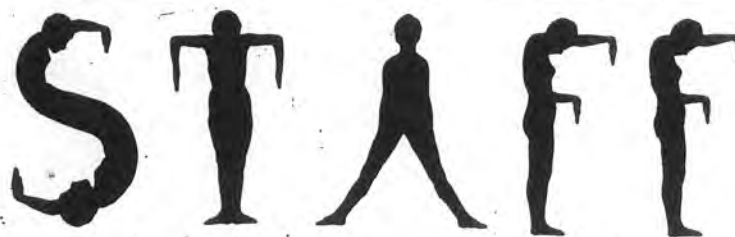
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Those members of the community who help put out the Passage are:

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AND

CURT ROWELL

"If a man bakes bread with indifference, he bakes a bitter loaf that feeds but half his hunger."  
— Kahlil Gibran

## INGREDIENTS

**FIRST AND FOREMOST: FLOUR.** When one considers both the work and the enjoyment that go into the baking and eating of bread, and the difference that high quality ingredients can make for a relatively insignificant amount, I see no reason to buy anything but the best. When you are talking about the best, you are first of all concerned with organically grown grains and stone ground flours therefrom. Organically grown grains insure the maximum of nutrition and flavor with the minimum of chemical residues. Stone grinding is very important when you consider that the vast majority of nutrients are in the germ, or the seed, of most grains. In wheat, for instance, the germ contains vitamins A, B Complex, and E, calcium, phosphorus and iron. Regular commercial milling processes remove the germ as it is oily and gums up the machinery. The end product, being lifeless, will keep indefinitely. It is still labelled "wholewheat", because as the millers say, it contains no corn or barley, etc. But it is by no means the entire wheat berry. So the germ is removed, and to quote Gaylord Hauser, "No vitamin E and only two of the 16 or more known B vitamins are added to devitalized bread ironically publicized as 'enriched'. What strange mathematics — to take away 16 and add only two, and call the result 'enriched'."

Stone grinding, however, grinds the entire berry in such a manner as to distribute the particles throughout the flour. Stone ground flour should be refrigerated to keep the germ fresh. The best possible solution is to grind the grains yourself, thereby retaining maximum flavor and nutrition. There's a good section on buying and storing wheat berries in *Wheat for Man* (see bibliography).

## INDIVIDUAL FLOURS AND GRAINS:

**Wheat:** Can be used as the basic flour, or added to the dough in the form of wheat germ, cracked wheat, rolled wheat, etc. (Rolled grains are usually not as good as cracked or steel-cut varieties as most rolling processes use high heat which breaks down some of the B vitamins.) Unbleached white flour is nutritionally very inferior as well as usually having many added chemicals and never, as far as I know, being organically grown. Geoffrey Bowles, in the British *Countryman* magazine, once said, "Much of our national illness is caused by crazes for food that is (1) white, (2) refined, (3) keepable. All three crazes are exemplified in white flour. The best food chemists are the earth and the sun, which produce the wholewheat that the steel rollers of the white flour millers spoil. White flour makes white faces . . . food is stuff to be eaten fresh, not to be 'kept' as if it were an heirloom . . . wholemeal flour naturally does not 'keep' because the germ in it is alive. Germless white flour 'keeps' because it is dead, because it is as dead as Portland cement powder, all its original goodness having been sifted out of it. Let them 'keep' their flour who do not care to keep their health."

As an alternate to white, try wholewheat pastry flour. It is a light, 'soft' wheat flour from the Pacific Northwest, as opposed to the hard winter or spring wheat from Montana that is usually the highest quality available. If the change must be gradual, at least use part white and part wholewheat pastry or soy flour during the transition. And while we're on wheat, remember that wheat is deficient in lysine, therefore imbalanced protein. So add, for each cup wholewheat flour, 2 tablespoons non-instant dry milk, or ¼ cup soy flour, or ¼ cup sesame seeds, to supply the lysine necessary for complete, balanced protein.

**Buckwheat:** (Kasha): As flour — the pancake standby; as whole groats — great in bread. If you're not used to the flavor, go easy the first time as it is likely to overwhelm other flavors.

**Rye:** Has no gluten to speak of and will usually make heavy, sticky dough unless special precautions are taken, such as having all of the ingredients at room temperature. Usually wholewheat is combined with it to insure success. Unless, of course, you want to make pumpernickel, which is a brick anyway. Rye added as whole rye or rolled is a delicious addition to wholewheat bread.

**Soy (flour or grits):** Soy flour is very easy to add to most baking, especially to pastry, biscuits and cookies, as it has a high fat content and will give a nice rich result. Also soy flour has two to three times the protein content of meat at a fraction of the cost. It also contains lecithin, a very important unsaturated fatty acid. Baking with soy flour causes faster browning, so keep an eye on it.



# BREAD

## A Garden



**Rice Flour:** This is an excellent addition to unleavened bread, giving it lightness and fine texture.

**Oats:** Steel-cut or rolled, or ground to meal or flour. Especially good combination is steel-cut oats and sunflower seeds baked in your bread.

**Other Grains:** Corn, millet, barley, etc. — try 'em. Also try leftover breakfast cereals, porridge, milk and all, etc.

**Sprouted Grains:** Sprouted wheat is excellent. Sprout just like mung beans.

**Seeds:** Sunflower, sesame, and chia can be added to wholewheat bread. Caraway, of course, is added to rye bread, and the following are used for sweet and specialty breads: fennel, anise, cardamon, dill, cumin, mustard, poppy, etc., and on into spices and herbs.

**Cooked Vegetables:** Leftover cooked carrots, potatoes, and sweet potatoes produce a moist bread that keeps well.

**Nuts and Raisins:** Add whole or chopped to the liquid.

**Nutritional or Brewer's Yeast:** Add small amounts (2 or 3 tablespoons) until you're familiar with its flavor. Provides super-protein.

## OTHER INGREDIENTS

**LIQUIDS:** Including milk, soup stock, juices, and water. Milk produces a bread with fine texture, and softer crusts than water. Scalding improves the texture. Non-instant powdered milk should be combined with dry ingredients, an inexpensive nutritional booster. While milk makes a rich dough, eggs will produce an even richer loaf. Water produces a crustier, "wheatier" tasting loaf. Also try soup stocks, and tomato juice for hearty breads. Potato water, incidentally, is a natural "preservative".

**ABOUT CRUSTS:** Water as an ingredient makes a crusty loaf. For extra-crusty, pat water on top of loaf before baking and put a pan of water in the bottom of the oven. Bread baked with milk makes a softer crust. Brush top with oil while hot out of the oven for a softer crust, and for yet softer put a towel over the tops of hot loaves for a brief period. For shiny crust, brush with egg whites before baking — this also makes seeds stick on top — and for a golden shiny crust, brush the loaf with the yolk of an egg, mixed with a little milk.

**YEAST:** Sourdough is easy to make (see recipe; end of article) and doesn't contain preservatives as do most commercial yeasts, at least dry ones. One package of dry yeast = 1 cake fresh yeast = ¾ tablespoon dry bulk yeast (more or less).

Another alternative, of course, is "quick breads" using baking powder (most of which contain aluminum, a controversial ingredient, except tartrate, made from grapes; and baking soda, which inhibits the absorption of B vitamins). And yet another alternative is unleavened bread, loaf types as well as chapati/tortillas and other patty-cake varieties that are simple to make/bake and are also delicious.

**SWEETNIN':** If there must be a sugar other than the natural sweetness of the grains, honey is best. Real maple sugar is good, but rare and expensive, as is date sugar. Unsulphured blackstrap molasses produces dark, delicious loaves and can be combined with honey to make up the total sugar called for. If none of the above are available, raw sugar can be used.

**SHORTNIN':** An ingredient to be immediately eliminated in favor of oil, or to be more specific, cold-pressed oil, such as soy, corn and/or peanut oil (sources of unsaturated fatty acids). Occasionally butter may be used for purposes of flavoring.

**SALT:** Crude sea salt, containing natural trace minerals and iodine, can be added to the liquid to simplify breaking down.

## BREAD MAKING STEPS

**COMBINING INGREDIENTS:** Melt yeast in lukewarm (90 to 105 degrees) water. Never add to hot water or to any hot ingredient as it will kill the yeast and you will end up with a brick. Milk should be scalded, then cooled to lukewarm. Add flours, seeds, etc. gradually, mixing while you do. You will often use a lot less or a lot more flour than the recipe calls for. A heavy dough will rise a lot slower than a soft dough. If whole or cracked grains are used, they can be added to the milk while it's hot and that will help soften them. Also the honey can be worked in easier if added to the hot milk.

**KNEADING:** Kneading stretches the gluten and makes it elastic, making your bread smooth in texture. When you add whole grains and seeds, extra kneading helps keep it together. Knead through the sticky stage (oil your hands if it is too sticky) until the dough is smooth and elastic, adding flour as needed. When you are satisfied that it's sufficiently kneaded, place in an oiled bowl and oil the top. Cover with a towel or another inverted bowl and place in a warm place to let rise.

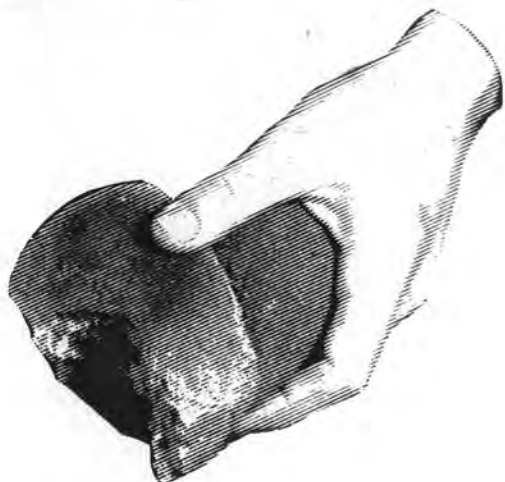
**RISING:** Around 85 degrees is ideal for bread to rise. It should be free from drafts. It usually takes about an hour to rise to double size the first rising. Poke two fingers into the dough and if the imprint remains, it is about doubled. If it keeps rising past the double point and then collapses, you're on your way to sourdough as fermentation will begin. Successive risings and punchings-down will improve the texture and grain.

**SHAPING:** After having punched the dough down for the final time, be it the first or fifth time, divide into portions according to sizes of pans or if free-form, the size you wish. Shape into desired shape and tuck edges under to bottom-center. Place in greased bread pans or on cookie sheet (if rye poke a belly button in it; it's traditional) and cover with towel to rise if you wish. Many recommend letting rise until double, but if a more compact loaf is desired, a very short rising time is adequate. The bread will rise some in the oven. For those who have trouble with the bread being too crumbly at the top, sometimes it has been left to rise too long before going into the oven. So do whatever you're going to do to the top (seeds, glazes, etc.) and into the oven.

**BAKING:** The right temperature for most breads is 350 to 400 degrees. Glass bread pans bake hotter, so reduce the oven about 25 degrees for them. Bake until golden brown, and the bread will pull away from the sides of the pan when done. Turn out immediately onto a rack to cool, or bread will have soggy sides. Cool completely before putting in bags or wrapping.

# BAKING of Kneadin'

by mother bird



## MISCELLANEOUS INFORMATION

**TIME INVOLVED:** Usually the combining and kneading takes from 15 minutes to one-half hour — sometimes longer for more complicated breads. Rising takes from one hour to all day, depending on the circumstances. If slower rising is desired, because you'll be away for a while, put it in a cooler place and it'll rise slower — or make it a heavier dough. If you're in a hurry, make it a lighter dough and add more yeast. Bread baking is very flexible. If you're hungry, make rolls with some of the dough — they require little or no rising and only take about 15 minutes to bake in a hot oven. If you're baking in a wood burner, keep it fired up for the better part of the day to get even heat, or add a little coal. If none of these make the oven heat evenly, turn the bread half way through the baking. Bread's been baked for a long time by a lot of methods. Find the best for you — it's worth it. Don't be discouraged by a few bricks, or even a lot of bricks — they're all building blocks.

## SOURDOUGH STARTER

yeast  
water  
flour  
honey

Mix about a package of yeast with enough water and flour and sweetnin' to make a mixture like pancake batter or a little thicker, that fills about ¼ of your crock. Use glass or crockery, not metal! Mix with wooden spoon, not metal! Cover and put in warm place to grow. Watch closely the first day as it may grow and go over the top and make a mess. After the first day it settles down and starts fermenting. The first day you should stir it down every few hours or so; after that, once a day. I hear tell that on warm summer days if you omit the yeast and set the flour / water / sweetnin' mix uncovered, outside, it will collect the freefloating wild yeasts in the air and produce a very different sourdough, determined by what's floating around. Anyway, after about 4 or 5 days you can use it. It should be used about once a week or refrigerated.

## BASIC WHOLE WHEAT BREAD 2 loaves

1 cup milk  
¼ cup honey (or molasses)  
2 Tablespoons oil  
2 teaspoons sea salt  
1 package yeast  
1 cup lukewarm water  
6 cups whole wheat flour, about;  
or 5 cups + 1 cup wheat germ  
or other goodies\*

1. Scald milk and place in bowl with honey, oil, and salt. Other goodies\* can be added here, cook to lukewarm.
2. Soften yeast in ½ of the water. Add rest to milk; when lukewarm, add yeast.
3. Add flour, stirring 'til unable to. Then turn out onto floured board and knead until smooth.
4. Place in oiled bowl, cover, and let rise 'til double.
5. Punch down, let rise again if you like.
6. Shape into loaves and place in greased bread pans.
7. Let rise howevermuch you like and do what you will to the tops.
8. Bake about 350 degrees for 45 minutes to 1 hour.
9. Turn out of pans to cool to avoid soggy bottoms.

## OLD COUNTRY PORRIDGE BREAD

2 pkgs. yeast (or 2 cups sourdough)  
1 cup warm water (stock or milk)  
1 cup water, boiling  
2 cups porridge (whey, oatmeal,  
breakfast cereal)  
¼ cup oil  
½ cup honey (molasses, maple syrup)  
1 teaspoon salt  
2 eggs, beaten  
8 cups flour (whole wheat or blends)  
oil  
rolled oats, wheat, or bran

## A DECADE

*When you came you were like red wine and honey.  
And the taste of you burnt my mouth with its  
sweetness.  
Now you are like morning bread, smooth and  
pleasant.  
I hardly taste you at all, for I know your savor.  
But I am completely nourished.*

—Amy Lowell

1. Dissolve yeast in warm water in large bowl.
2. In another bowl, combine boiling water, porridge, oil, honey and salt.
3. When warm, add eggs and ½ flour and beat; add to yeast, beat well.
4. Mix in rest of flour, turn onto floured board and knead. Put in oiled bowl. Cover; let rise.
5. Punch down, form into loaves, brush top with oil, and brush tops with oats or bran.
6. Bake at 350 degrees 50 minutes.

## BERG'S UNLEAVENED BREAD

2½ cups wheat berries  
1 cup brown rice  
½ cup: pick one: buckwheat groats,  
corn kernels, rye  
1 cup cooked grain (leftover  
rice or breakfast mush . . .)  
½ cup raisins or dried fruit  
1 cup nuts and seeds —  
sunflower, pumpkin, almonds, peanuts  
(pumpkin recommended for sex energy)  
1 teaspoon seasalt; 0-2 tsp kelp meal  
0-1 tsp. caraway seeds

First grind yer grain 3 times thru a corona corn mill is good, set it so it's stiff enuf to make you sweat each time. Then mix all the other shit in. Then wet it down. This is the only critical step. This much dough (measurements listed) take just about 1½ pints of water. Everything should be moist, but not runny. No water left over in the bottom of the pan. If you overdo it, sop it up with some dry wheat germ or sumpin. Then plop it all in a well-oiled bread pan and stick it in your oven. Crank the heat up to 375 degrees F or about as hot as you can get your wood stove. It takes about 1½ hours — turn it around halfway thru, and toast the bottom for 10 minutes when you're done.

## Sources:

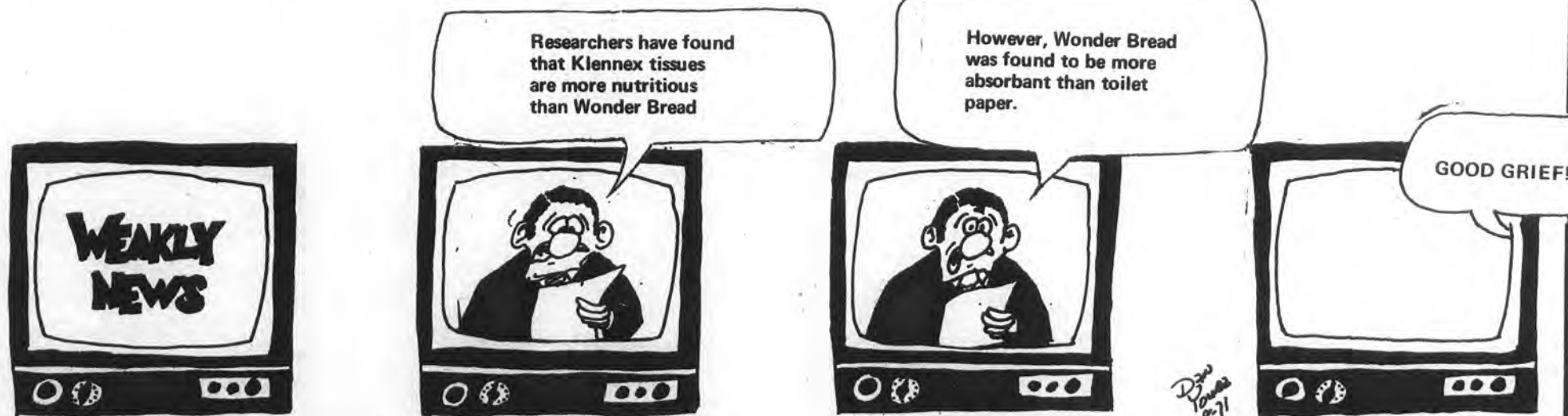
**Cooking with Whole Grains,**  
by Helen & Vrest Orton

**Uncle John's Original Bread Book,**  
by John Rahn Braue

**Let's Cook It Right,**  
by Adelle Davis  
**Diet for a Small Planet,**  
by Frances Moore Lappe

**Wheat for Man, Why and How,**  
by Vernice Rosenthal,  
Mabel Miller and Dora Flack

Any questions about breadbaking, etc. can be directed to Mother Bird, NWP, and I'll try to answer them.



[Editors' Note: This is the second installment of a manual compiled by Friends of the Country Doc in Seattle. The first installment was in our December 20 issue. In case you missed it, please take heed of this warning from the introduction:

*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 that 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.*

We will continue "Heal Yourself" in a future issue with advice on staph, toothache, worms, and other assorted ailments.

#### COUGHS

1. An excellent cough syrup, which tastes strong but is very effective, may be prepared as follows. If left unrefrigerated for over a week, it tends to turn to beer. The beer is much tastier than the unfermented syrup and just as efficacious.

a. Boil ¼ cup Horehound OR 2 Tablespoons Horehound, 1 Tablespoon Mullein, 1 Tbsp. Yerba Santa, 1 Tbsp. Yarrow and 1 Tbsp. Comfrey Root (or combinations thereof) with 2 cups of water for 10 minutes.

b. Add 1 Tablespoon of Peppermint and 1 Tbsp. of Chamomile, mostly for taste. Let whole mixture sit covered for 5 minutes, then strain.

c. Mix one part of the above infusion with two parts honey (that's right) and stir until smooth. Thyme honey makes it even stronger.

d. Use as much as you like; it's harmless.

2. COLTSFOOT COUGH SYRUP: If you're lucky enough to have fresh coltsfoot on hand, you can make a very tasty cough remedy. Cover 1 ounce of fresh coltsfoot leaves with a pint of water and boil down until there is only 1 cup of liquid left. Strain and add 2 cups of honey (thyme preferably, though it changes the taste) and bring almost to a boil. Then bottle.

3. If you don't want to bother with making a syrup, here are some very effective teas you can try, with plenty of honey, every few hours.



a. ½ teaspoon EACH comfrey root and horehound boiled gently in 1½ cups water for 20 minutes. Then add ½ teaspoon peppermint and let sit another 3 minutes, covered. Strain and drink. Add honey as desired.

b. Slippery Elm (granulated bark or powdered) tea: Simmer 1 tsp. in 1 cup water for 20 minutes. Strain if desired.

c. Add the juice of 2 large lemons to 1 quart of green tea and drink a cup every 2-3 hours.

d. Mix equal parts of cinnamon, bay, and sage. Add 1 tsp. to a cup of boiling water and steep 5 minutes.

4. Use equal parts of lemon juice, honey, and glycerine as a healing sip to hold in your throat.

#### SMOKER'S COUGH

For Smoker's Cough, smoke dried coltsfoot instead of tobacco. This is also supposed to be good for Asthma and Bronchitis.

#### DIABETES

Many people have been able to discontinue the use of insulin by taking any one of the following strong teas, one cup morning and evening. Some people may require more. This in no way changes the dietary requirements for diabetics. One should certainly take a blood sugar test with litmus paper every morning to make sure the tea is working. And remain under close observation of a good doctor.

1. Huckleberry leaf tea: 1 tsp. to a cup of boiling water. Brew 5 minutes (not too palatable);

2. Blueberry leaf tea: 1 tsp. to a cup of boiling water. Brew 5 minutes. Tastes mild and can be used as a base for other drinks.

3. Devil's Club Root: Boil 1 tsp. in a cup of water for 20 minutes. Strain and drink. To gather this herb: lift root carefully and strip outer layer from root, then replace in ground.

4. Diabetics may want to write to this man who claims to have a 6-week herbal CURE for diabetes:

Morris Baker  
c/o Isabel Alvarez, Prop. Mutualismo 709  
R.F.C. A.A.R.I. 510319  
Tijuana, B.C., Mexico

#### DIARRHEA

Especially in the summer, there is a lot of this going around. If you think your water is very bad, go to the spring for drinking water. Ten drops of 7% iodine to a gallon of water is supposed to kill many bacteria, after 30 minutes. If you boil water for 10 minutes, many bacteria are destroyed, but it takes 20 minutes for others. If you have the runs for weeks and weeks, something is definitely wrong. Either your diet is not right — eating too much, too fast, not enough protein, too many soybeans, etc. — or you have some kind of intestinal infection or form of dysentery that should be checked out by a doctor. If possible, have your water checked. Make sure all outhouses are below the water level. (See also Dysentery.)

You can usually cure the runs by:

1. This is almost a sure cure to bind you. ¼ tsp. cinnamon and a dash of cayenne pepper in 2 cups water and boil 20 minutes. Cool, strain, and sip as needed. For babies, use 1/8 tsp. cinnamon. (It's better, though not necessary, to use cinnamon from Ceylon or some Eastern country, because American cinnamon is reputed to be not genuine.) This is a symptomatic cure; it doesn't necessarily cure the cause. So if you find you have to use it too frequently, you probably have something more serious and you should try the garlic cure under Dysentery. If that doesn't work, see a doctor.

2. Fast for a day and let your system cleanse itself. Drink only water. Especially good for bacterial infection.

3. Eat only yogurt, which quickens the whole process of internal cleansing. Make sure to get a good brand of yogurt. Acidophilus culture is also excellent, 1-2 Tablespoons at least 3 times a day.

4. Drink cups of thyme, ginger, clove, strawberry leaf, or elderberry leaf tea every few hours.

5. Eat several cloves of garlic a day. You can either mix them up in salads, eggs, etc. or make garlic and lemon tea (see COLDS) or take garlic and parsley pills, or just chew and swallow cloves of garlic. This helps cure the disease as well as the symptoms.

6. Take a tablespoon of apple cider vinegar and a Tablespoon of honey in a glass of hot water three times a day.

7. Follow dietary advice under Dysentery.



DISCHARGES - See FEMALE DISORDERS

#### DYSENTERY

1. There's a real danger of getting seriously dehydrated (loss of water and blood sugar) when you shit too much. This also leaches out all the nutrients from the body, but particularly niacin and magnesium. So use the Cinnamon tea mentioned above under DIARRHEA and take niacin and magnesium daily until you get over it, or until you feel strong enough to undergo a cleansing purge. Then:

2. Eat one clove of garlic five times a day. The best way to do this is with garlic and parsley pills. This is a purge. Don't get scared if it makes you shit a lot all day. You should be better by the next day. If not, see a doctor.

#### EARS

Earache:

1. Put a piece of fresh garlic inside the outer ear, wrapped in gauze.

2. Apply heat over ear and around neck.

3. Warm some olive oil, oil of clove, or cod liver oil, or just use Vitamin A. Moisten a piece of cotton with the oil and place inside ear.

Itchy ears:

1. Use vitamin A or warm cod liver oil in a piece of cotton to relieve itching.

2. Q-tip dipped in apple cider stops itching.

#### EPILEPSY

Many epileptics have completely avoided attacks by observing any of these regimens:

1. Take ½ teaspoonful of royal honey daily.

2. Gather St. John's wort flowers in the summer and preserve them in wine. Sip some of this decoction whenever signs of an impending attack are observed.

3. (see Adelle Davis) 25 mgs. B6 and a teaspoon of epsom salts (OR magnesium carbonate)

#### EYES

Irritation:

1. Strong chamomile tea as an eyewash or compress

2. Put one chia seed under eyelid and leave overnight.

Tiny object in eye

Put a flaxseed under the eyelid and it will absorb the moisture and draw out the object.

#### FEMALE DISORDERS

VAGINAL DISCHARGES (distinction is made, in treatment, between yeast, trichomoniasis, and other kinds of vaginal infections): Contact a doctor to make sure you don't have V.D.

1. Orally:

a. 6 mgs. each of vitamin B2 and B6 daily

b. Motherwort tea daily, as much as you like; cover 1 tsp. motherwort with 1 cup boiling water and brew 3 minutes.

c. Oregon grape root tea, 1 cup daily; boil 20 minutes and strain.

d. Fast for 3 days; especially effective if you're macrobiotic (recommended by someone who was on a macrobiotic diet; might not work if you aren't)

# Heal Yourself

by friends  
of the  
country doc

2. Externally: (Choose just ONE method and stick with it)

a. yogurt: use a foam or similar type applicator to administer yogurt in the vagina, twice a day; encourage the growth of healthy bacteria, the absence of which causes yeast and other infections.

b. Vinegar Douche: 2 Tablespoons of white vinegar in 1 qt. warm water, as a douche, two times a day for 3 days.

c. Garlic: Mix garlic oil equivalent to a clove of garlic and add to above vinegar douche. OR insert a clove of garlic in the vagina, changing it every day for 3 days, followed by a vinegar douche.

d. 2-4 Tablespoons of sea salt in 1 qt. warm water (adjust so it doesn't burn) as a douche once a day for no longer than 2 weeks.

e. Red or white oak, inner bark, douche: steep 1 oz. bark in a pint of water and strain. Oak leaves can also be used.

f. Golden seal, OR golden seal and myrrh douche: 2 Tbsp. golden seal, or 1 Tbsp. golden seal and 1 Tbsp. myrrh, powdered, steeped in 1 qt. water for 20 minutes. Use warm.

g. Slippery elm suppositories: Jethro Kloss suggests:

*"Make a thick paste with powdered slippery elm with pure, cold water. Shape into pieces about one inch long and one inch thick. Place in warm water for a few minutes. These are called vaginal suppositories. Insert three, afterwards inserting a sponge with string attached. Let it remain two days, then remove the sponge, and give douche which will remove the slippery elm. This is an excellent treatment for cancer and tumors of the womb, all growths in the female organs, fallen womb, leucorrhoea, or inflammation and congestion of any part of the vagina or womb."*

[Leucorrhoea means vaginal discharges.]  
WARNING: should not be used by pregnant women.

## FEVER

1. Drink a strong infusion of yarrow tea. Tastes bitter. Add some peppermint for flavor and for your belly. Go to bed and sweat.

2. Sponge off fevered person with cool (not cold) cloths. (You can put a baby right in a tub or basin of cool water). When the person becomes chilled, cover with a blanket (or take the baby out of the tub and hold wrapped in towels, but do not rub). Begin again when chill passes. You can do this with alcohol also, which works faster. Do it in a fairly warm room, where there are no drafts.

3. High fevers can cause brain damage, so if home remedies fail, see a doctor and follow his or her advice. If aspirin is used for small children, observe instructions on bottle. If aspirin is being taken for the first time, give smallest dose and keep under close observation for at least four hours; some children are severely allergic to aspirin. Do not use at all if you're in the last month of pregnancy, and use only if absolutely necessary if you're pregnant otherwise.

## GAS

For gas in the stomach:

1. Use slippery elm tea: simmer 1 tsp. powder or granulated bark in 1 cup of water for 20 minutes, with ¼ tsp. cinnamon (preferably an Eastern kind). Strain and drink.

2. Make a tea of caraway seeds. Very good for the stomach and gas.

3. Take some golden seal (powdered) and red pepper on the tip of a knife. Hold some water in mouth. Pop in pepper and golden seal and swallow quick.

## GENITALS, ITCHING AND PAIN

First, make sure you're not wearing any kind of clothing which would irritate this area, such as nylon underpants, which keeps the moisture in and air out. Cotton is fine.

Simple remedies for itching of the vulva, the genitals, the area between the legs, heat rash:

1. Slippery elm infusion: boil 2 tsp. slippery elm powder in 1 cup water, gently for 20 minutes. Cool. Apply to area.

2. Sprinkle with corn starch.

## HAIR

### DRYNESS, DANDRUFF, RECEDING HAIRLINE, ITCHINESS:

An excellent way to restore health and beauty to the hair is:

1. Take a handful of stinging nettle and put it in 2 cups of boiling water and boil gently for 20 minutes. Cool and strain. Use as a rinse after washing hair, rinsing with plain water. Just pour the nettle tea over clean wet hair. Do not rinse off. If you're actually trying to restore lost hair, you can pour this tea on your head every day. Regular use of it, even just after each washing, will probably prevent the loss of any more hair.

2. Vinegar and lemon rinse helps restore the acid balance, especially if you use detergent shampoos: Use 1 Tbsp. cider vinegar to 1 qt. water in the final rinse, or juice from ½ lemon to 1 qt. water.

3. Beat an egg until it's frothy and mix in with the final shampoo. This is a good protein tonic for the hair and helps make it strong and shiny, if used regularly. The whites of eggs are also a good cleansing agent.

4. Boil a Tbsp. of rosemary in 2 cups of water for 15 minutes. Strain, cool, and pour on hair as last rinse for shiny hair.

5. Make a strong chamomile tea, strain and pour over hair as a last rinse for shiny hair. This is particularly effective for blondes.

## HEADACHE

If you prefer not to use aspirin:

1. Wintergreen tea is said to contain salicylic acid, and 1 tsp. covered by a cup of boiling water and left to brew for 3-5 minutes will usually do whatever a dose of aspirin does.

2. Willow bark boiled, then simmered for 20 minutes. Drink tea. Aspirin is an artificial copy of ingredients in willow bark.

3. Drink strong cup of peppermint tea, then rest a few minutes.

4. Rosicrucian exercise: Wash hands. Tip of first 2 fingers of right hand on left temple. Index and middle fingers of left hand on right temple. Three or four minutes. Pain disappears. Wash hands again.

## HEMORRHOIDS

These are usually connected with constipation, so see also CONSTIPATION.

1. Take 10 mg. of vitamin B6 after each meal. Preferably, use a B complex vitamin that has 10 mgs. each of B2 and B6, or else you may create an imbalance and thus a deficiency in some of your B vitamins. OR eat as much food yeast as you can stand. This contains all the B vitamins in their proper balance.

2. Apply directly to the hemorrhoids, for immediate relief and shrinkage, either:

- Lemon juice;
- Witch hazel;
- Kerosene

## IMPETIGO

This is characterized by yellowish scabs that stay soft and won't heal. It occurs most commonly in children. Sores usually appear on the face, hands, and sometimes other parts of the body. Many times it can be avoided by keeping clean, especially in the areas of the nose and hands. However, it is very communicable and can be picked up by even the cleanest person if he comes in contact with it enough.

## The best things to do if you get this are:

1. Try to keep from close contact with other people. If your child has it, if possible, keep him away from other children for a few days or until it heals. In any case, don't let your child bathe with other kids because it spreads easily through water.

2. Keep your hands off the sores! You can re-infect yourself over and over if you don't.

3. Wash infected area at least twice a day with soap and apply bacitracin (an antibiotic ointment, not expensive, obtainable without prescription from any drugstore).

4. Apply apple cider vinegar to each affected part of the skin six times a day.

5. The infected person should always use a separate towel and bedding.

6. Wash with powdered golden seal, a very good disinfectant.

## INSOMNIA

Sleeplessness usually has to do with tenseness, nervousness. Of course, you should try to find out what's bothering you, and deal with it whatever way you can. Do a lot of deep, abdominal breathing. Do relaxing exercises (lie on your back; alternately tense and relax each limb, breathing deeply each time; tense and relax the stomach by extending it; likewise the chest; scrunch up all the facial muscles, then expand them, opening the eyes wide and sticking out your tongue). Take up yoga.

1. A nice, relaxing tea can be made from a Tablespoon of hops in a pint of water, simmered for 10 minutes. Drink one cup morning and evening. If all else fails, make yourself a pillow out of dried hops; this is supposed to be foolproof.

2. Use dolomite (calcium and magnesium) with vitamin D (or sunlight). Use 1000 mgs. in proportion.



## INTESTINAL FLU

1. Combine 1 Tbsp. each of apple cider vinegar, hot water, and honey.

2. Mix equal parts of golden seal powder, slippery elm powder, and cinnamon (preferably an Eastern kind). Use ½ tsp. in ½ cup warm water before each meal, if you can hack the taste. If you can't, try to get empty gelatin caps from the drugstore, fill them with the powders (very thoroughly mixed) and take two caps, followed by ½ glass of warm water before each meal.

3. Take a pinch of wormwood: put in front of mouth and swallow with water.

## POISON OAK

As soon as you're out in the woods, learn to identify the poison oak leaves. Ask someone to point them out to you. Teach your kids. Prevention:

1. Poison oak honey (obtainable, for example, in some health food stores in southern Oregon), taken 1 Tbsp. a day for 30 days immunizes most people. It tastes wonderful.

2. Some people can eat a FEW of the TINY YOUNG leaves in the SPRING and get a mild case which immunizes them for the rest of the year. Apparently, this is what the American Indians did. Try at your own risk.

3. Drink goat's milk from a goat that has been eating poison oak.

If you are exposed to poison oak:

1. Wash the affected area (sometimes your whole body) in warm water with kelp soap (buy it in a healthfood store; it's supposed to be very helpful in healing), Fels Naptha, or strong soap. Rinse. Then wash with alcohol and rinse with water again. Repeat this five or six times and then wash with clear water and dry. The reason for this is to wash the oils which contain the toxin off your skin before they can be absorbed and cause you trouble.

7. If the area is too sensitive or tender for zircadryl, use honey. Cover with gauze if desired. The honey will absorb the moisture, reduce swelling, and promote healing.

# PROMETHEUS

## The Role of the Physician and Cultural Disease

by knecht

### The Wasteland

*"The condition of alienation, of being asleep, of being out of one's mind, is the accepted condition for modern man."--Laing*

We are the citizens of a mad world. Alienated from ourselves and our environment, our destinies are largely determined by bizarre cultural and political forces of which we have little knowledge and less control. Our gods are the denaturalized products of technology and the deifications of our political and social thought. Modern literature has taught us the lesson of inverted morality: the movement toward a meaningful existence is the movement away from the established values of our culture. Our prophets are crucified now, as in any age, for the voice of humanity and compassion is labelled mad in a society which thrives on war and the suppression of love.

The price we pay befits the magnitude of our collective sin. Our science has provided us the tools of apocalyptic self-destruction, and our slaughter of the environment can only reach fulfillment in ecological cataclysm. And, as if these physical threats to human existence were not sufficient, we must inhabit a world of personal neurosis and spiritual despair. The mad culture. A child born in England has a greater chance of reaching a mental institution than college! A cold statistical fact.

Is this brief portrait a hopeless study in black, an invitation to despair? Certainly not. Although it is an incredibly difficult journey against the current of our monolithic culture, the journey toward life and

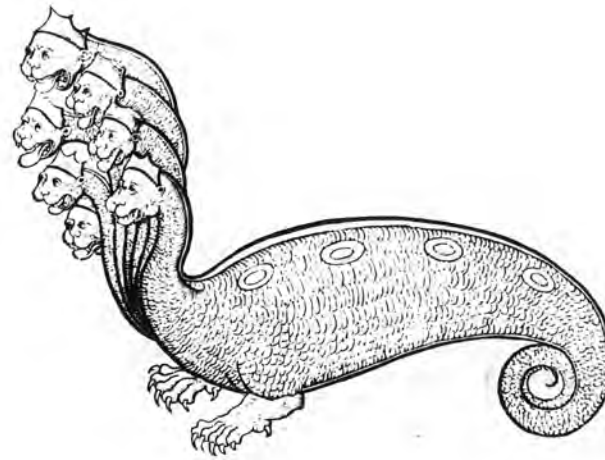
awakening is being made continually. It is precisely the energy of this movement which produces the tension in our world today. We are still the same man who has thrown off the chains of a thousand empires and created artistic beauty in innumerable ways. Our mediators, our healers: the prophet, the artist...and the physician.

### II. The Archetype

Prometheus: the first physician. He brought the divine gift of fire from heaven to earth to liberate primordial man from the darkness. For executing this act of love and healing, he was chained to a mountain, and an eagle was appointed to gnaw his liver daily. Yet, the act of healing was accomplished.

The Judeo-Christian modulation of the image appears in Christ himself, the healer who brings divine forces to bear upon the misery of the poor and disinherited. The gospels are the story of one who heals the body as well as the spirit of man. His act of healing, too, is an act of sacrifice of self. He joins Prometheus on Mount Atlas, but the blind have fire and sight.

These are the gods, and our recorded histories of societies are the histories of men. Yet, the human healer of myth and history shares the salient features of the archetype. The healer is the purveyor of hidden knowledge. Like the divine archetypes, the healer's actions result in the sacrifice of self. For this, man exalts the healer. He is unlike other men. In primitive society, the medicine man is priest. In western society, he is incorporated into an esoteric guild, a profession; he is the physician. As such, he holds sway over kings and warriors. His quest for the forbidden knowledge leads to persecution from the established church. During the middle ages, he was labelled an heretic by Rome, yet the quest continued. Remaining in plague ridden cities after all the healthy had fled, he gave comfort, he gave himself. For this, the people revered him, and the established powers of church and state could no more deter him than they could deter the divine archetypes. Forbidden knowledge. Sacrifice of self.



The country doctor of American Folklore is a further extension of the type, incorporated into the framework of our own mythology. He is the servant of the people, a dealer in a realm of knowledge upon which the powers of state and wealth have no influence. There is no sense of time for the healer, no limit of endurance, no motivation of material reward.

And now, for the cultural pathology of the modern wasteland, a modern medicine, a new realm for the healer. With the advent of Freud and psychiatry, the profession has sanctioned the study of mind, culture and spirit as well as body. The physician has received his invitation to join the priest and artist in the struggle for the liberation of fallen man.

### III. The Fall

*"We have met the enemy, and he is us."--Pogo*

For the modern physician, the healer in the sick culture, the reverence of the people is still there, in a sense. And the physician, appraising his skills and prestige may still concur that he is next to the gods. Yet, surely this process is a grotesque parody of the archetype. The healer himself has fallen. Commander of technical skills and objective knowledge which would have astounded his predecessors, he is unable to check the physical and mental sickness of our society. What is the nature of the discrepancy between this healer and his ancestors?

The distinction between the doctor and the patient has changed. The exaltation of the healer in previous times was a function of love. Prometheus connotes the image of an intermediary between man and gods because he is that image. Our modern healer confers that distinction upon himself, and that is artifact. Reverence for the modern physician is a reverence of fear; he holds the power of life and death. It is the reverence of envy, for the physician is the embodiment of all the social values we have been taught to equate with success. Sadly, we can no longer (in the general sense) ascribe the reverence to a function of love. The physician has become a focus of material values and not human ones. The element of sacrifice has vanished and we stand in the vacuum.

The healer has succumbed to the disease. The lepers walk the streets while the healer discusses law with the centurions.

### IV. Value and Blame

*His head is immersed?  
The position is perilous  
How long can this continue?  
No blame." --I Ching*

We are the citizens of the wasteland, and the physician is neither more nor less a member of this citizenry than anyone else. He is the victim and the contributor. This cannot be a time of moral denunciation, for there is no position from which to denounce, thus no blame.

The influence of culture upon values is obviously not a uniquely modern phenomenon. Yet, because of the complexity of our culture and our almost instantaneous system of communications, we are immersed in and dominated by an artificial social milieu. The very technology which has rendered the modern physician a healer of unparalleled skill has made him incapable of applying his talents in the proper sense.

Our culture teaches us to compete, to be better than; and this engenders contempt for our fellow man. The modern physician is encouraged to conceptualize himself as superior in intellect and status. To behold poverty is to elicit pride, not compassion. The healer has been imbued with material values at the expense of moral ones. The art of healing suffers.

Psychiatry represents the realm of modern medicine with the most direct bearing upon our cultural disease, and yet this field has perhaps suffered most from perfusion with the values of the mad culture. We can label people mentally "healthy" (i.e., they behave like everyone else) or "sick". The extension of this value into medicine has resulted in psychiatry becoming far too often a tool of management, a device through which those who do not function like everyone else can be removed from the field of vision. And yet, in the wasteland, to be like everyone else ("healthy") is no honor.

Surrounded with corrupted values, there can be no progression. A pathological culture cannot be improved upon as long as the ethical tenets of that culture are assumed as truth. The cycle must be broken, the artifact distinguished from the substance. The task is monumentally difficult, and those who embark upon such a venture must recognize that they must literally become madmen: madness, like good and evil, is now culturally defined.

### V. Role: The Steppenwolf

Romantic as the role of the archetypal healer may seem, we must acknowledge its viability, for this role is part of the legacy of our sensibility. How does the role playing of the modern physician differ from that of his predecessor? This entails two questions: How does the physician perceive his own role?

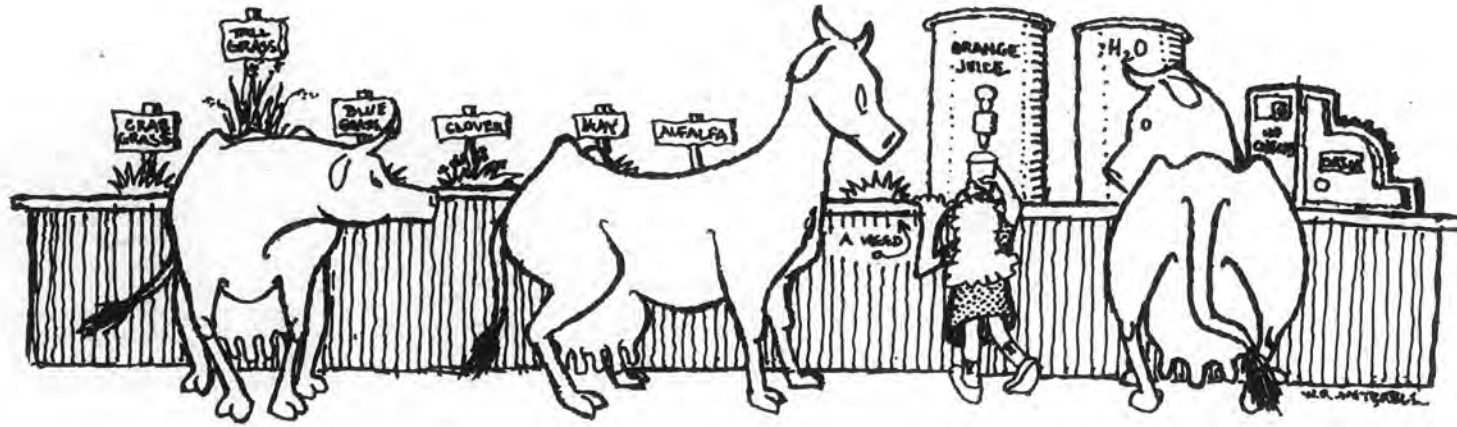
The socially perceived role of the physician suggests a paradox. There exists, certainly, a discontent with the depersonalization of medical care, and complaints about the expense and inaccessibility of medicine have become almost cliches. Yet, irony arises from our saturation with social values. Any change in role by the physician which represents a threat to the established Order of Things produces for the beholder a sense of uneasiness. Modern man clings almost hysterically to the big lie, that everything is really all right. The vehemence with which the lie is defended is a direct function of the incredible implications of its exposure. Order must be preserved. The actively perceived role of the physician is that of the embodiment of social success. "And so," the whispered reasoning goes, "if he denies the meaning of all this social struggling for success, what have I to defend my security with?" Rather than question the basic cultural assumptions, it is easier to dismiss the liberated physician. He cannot be acknowledged as a counter-example to the established order. And so, the healer who would extend aid to the disenfranchised elements of society is himself disenfranchised. He works at odds with the state, his colleagues, and the people themselves. The cry for more personal medical care is not worth the terror of shattered belief. The physician is more valuable in his role of social success than in the role of healer.

*continued on page 24*



# "Observe the Cow..."

by dr james hitz



The basis of systemic dental health is the return to instincts inherent in every living person. To accomplish this return, we must first find a qualified guide to body chemistry. We have, on the one hand, man with sophisticated instruments and technology, and on the other hand, the lowly beast with its natural instincts. Which shall we choose? Observe a cow left to forage for herself in woods and field and you will see what a superb body chemist she is. She selects, without hesitation, the particular grass, weed, leaf, twig and mineral dirt she requires to maintain optimal health. Why does she choose certain foods? She doesn't ask advice of other cows; she knows what she needs by the instincts Mother Nature catalogued into her brain computer. Man was likewise endowed, but somewhere along the evolutionary path lost this natural selective ability. Americans today are frantically searching for optimal health and spending millions for advice, diets, vitamin, mineral, and enzyme supplements. Ask your doctor, dentist, or nutritionist for a specific dietary regime and exact proportions of vitamin and mineral supplements, and you will quickly conclude that no human being can give the answer. Not even with all the precise and sophisticated instruments and technology have scientists come up with concrete answers to what the beast simply takes for granted. Until technology can selectively breed a human body to keep pace with its alarmingly rapid advancements, Mother Nature's laws are our best guidelines.

In view of modern dietary allurements it is not an easy path to follow. It's a waste of time to set out on this path unless you sincerely desire vibrant, optimal health and are willing to attain it, for it is a path of extreme volition. Only the few will succeed who realize that each person's needs are unique and the wisdom to choose essential foods lies within each individual and must be gradually nurtured back to a subconscious habit.

Let's go back to our body chemistry instructor, the cow. She doesn't have a modern technical laboratory and libraries crammed full of books on disease symptoms to work with. She relies only on her innate gift, the sense of taste and smell. As long as Mother Nature's cards are fed into her brain computer it never fails her. However, when man steps in and slips in mislabelled cards, the answers come out wrong. The computer desperately brings out disease symptoms in an attempt to let her know something is wrong with the programming cards being fed in. Man, seeing the disease symptoms, frantically shoots in more mislabelled cards. The computer becomes more confused. The body machine, driven by the mixed-up computer, whiplashes the already overstressed glands until in fatigue they finally atrophy and the machine ceases to function.

Now, since we have chosen our guide, let's get to work. First, we will need a set of tools. These tools

are so advanced and complicated that all the top scientists in the world working together for a lifetime could never begin to duplicate them. It took millions of years and unlimited funds to develop and perfect these tools. How can we possibly afford such a set of tools? Luckily, my friend, you already have a personalized set. They may have become tarnished from neglect, or maybe you have forgotten you ever owned such a valuable set.

To get our tools polished and in working order, let's analyze them more closely. The tools are, of course, the sense of taste (sweet, sour, salt, and bitter) and the hunger - thirst center in the brain. Let's see how this thirst center functions. Back we go to our instructor, the cow. She doesn't have to ask if she needs 6 or 8 glasses of water a day, or to drink or not to drink during a meal. She depends on her thirst center to tell her when to start and stop drinking. "This is silly. I know how to use my thirst center," you are thinking. Back to the cow. What does she drink? That's right: water. Now, make a list of all liquids you consume other than pure H<sub>2</sub>O. The thirst center is catalogued by nature to register all liquids as water and in no way other than years of selective breeding can this be changed. "So, what if I do drink other liquids than water; it still quenches my thirst," you say. Let's look more critically at the effect these mislabelled computer cards have on our body chemistry. We need that morning glass of orange juice for its Vitamin C. But Mother Nature catalogued our computers to consume whole fruit, not drink it. Nature's computer signals when sufficient acid food has been consumed, such as a whole orange, but the thirst center has not been catalogued to judge the safe amount of liquid food, as orange juice, so our thirst center stimulates thirst until water requirements are filled, then signals stop by a satisfied feeling. How have we affected our body chemistry when satisfying our thirst center with orange juice? We have taken in more acid than we can safely use. The delicate pH balance of the blood is in jeopardy. A distress signal stimulates endocrine action and the pH is brought back into balance. Problems arise with the endocrine glands if such crises constantly keep recurring.

We gulp down a glass of milk. The thirst center registers it as water, not knowing it behaves like a solid in the intestine. Since the thirst center has registered adequate water intake, the body takes needed water from the sigmoid colon, resulting in a hard, constipated stool. The thirst center is one of the easiest of the senses to bring back to normal functioning. Follow Mother Nature's law by restricting your liquid intake to only water and see how fast this sense returns. Sometimes during a meal there is a definite desire to drink. If your liquid is water only, don't neglect this desire. Trust it; gulp

water 'til satisfied. When a draught of water is taken on a full stomach, it does not dilute the gastric juice; the water runs rapidly along the upper curvature of the stomach while the lower part clamps around the bulk of food. As soon as the water reaches the pylorus, it is allowed to pass into the duodenum and small intestine where it is rapidly absorbed. If this liquid, which rapidly reaches the blood stream contains caffeine (coffee, tea, or cola), sugar, alcohol, or drugs, an immediate crisis arises and a call for endocrine help is sent out. If the insults are continued, the weakest of the overworked endocrine glands may become fatigued to the point of lowered output or even to nonfunction.

It may be hard to convince your preconditioned subconscious that Mother Nature catalogued you to drink only water. It may help to buy a urinometer and test the specific gravity of your urine. See how it will change from a fluctuating range between 1.005 and 1.030 to a definite stable point around 1.021. This will quickly occur if the endocrine system has not been fatigued to the point of atrophy from years of excessive stress. Later, if you are interested, I will show how all blood tests will stabilize from a normal range to a definite point, when animal senses are developed and Mother Nature's laws are followed.

As you become more proficient in reading your subconscious' subtle signals for water, you will be amazed at the rewards it will bring. You will find a glass of water brings enjoyment and pleasure beyond compare to any other liquid. You will become a connoisseur of water and start seeking pure spring or well water. You will discover you have a definite craving for certain well or spring water. Your cravings and satisfaction for water will become so definite and delightful you will wonder how on earth you ever lost such a natural sense. Many more amazing surprises are in store for you as you learn to know and use what your subconscious tells you.

The path steepens and narrows and will take much more volition. I can see many dropping by the wayside now at the thought of giving up their favorite beverages. The hardy few that wish to forge onward will read in the next issue how modern technology is jamming our computers with mislabelled tastes. They will see the effect it is having on body chemistry. We will see if our instructor, the cow, can help us up out of the abyss of confusion and chaos to where we once again can rely on our sense of taste to maintain our body chemistry balance.

Please don't delay; make an appointment with your friendly family body chemist, the cow. If you don't find her in the main office, she may be in the field office. Take notes, and observe closely what she teaches.

The U.S. Department of Agriculture has quarantined the Northwestern part of Washington State because of a recent infestation of the European Crane Fly. The quarantine was issued from the U.S.D.A. in Washington, D.C. a year and a half ago after the larvae infested the sod north of Bellingham early in 1970. In cooperation with the Federal Government, the Washington State Department of Agriculture issued quarantine regulations (Order no. 1163) effective October 15, 1970.

The Crane Fly migrated from Europe to B.C., Canada in 1965; the U.S.D.A. has been aware of this: in Washington State they have, since 1965, set traps near the border, waiting for the fly to cross over into the United States.

The larva of the European Crane Fly feeds on turf, sometimes creating brown spots in lawns and golf courses. At present, the quarantine policy is not to eradicate the fly, but to keep it contained in this area north of Bellingham. The quarantine primarily affects those engaged in interstate commerce who ship plants or art out of the quarantine area (e.g. nurseries).

The U.S.D.A. regulatory measures (as stated in the document from the office of D.R. Shepherd, U.S.D.A., A.R.S., P.P.D. in Washington, D.C., issued June 26, 1970), stipulated that for interstate shipment of Nursery Stock: 5 pounds of granular Chlordane per acre to be applied to open nursery growing areas for every two year period. Granular chlordane must also be mixed with potting and bench soil for greenhouse use: 5% active: 4 oz. of chlordane per cubic yard of soil. Articles that come under regulations are: (1) soil, compost, humus, mulch, peat, and decomposed manure, separately or with other things; (2) plants with roots; (3) grass sod; (4) used mechanized cultivating and soil-moving equipment.

The fumigant, Dichlorus Resin Strip, is recommended for moving vehicles. The Washington State Department of Agriculture recommends that farmers spray Diazinon in open pastures and homeowners apply Chlordane or Diazinon to lawns in a cooperating effort to contain this European Crane Fly.

Because of our environmental concern about the use of pesticides, especially when it is mindlessly used without giving careful thought to the whole problem, we challenge the method of containment the U.S.D.A. has chosen regarding the European Crane Fly.

We ask:

1. Is this fly dangerous enough to warrant the use of pesticides?
2. Are pesticide control measures effective? Or are they short-sighted sops that are ineffectual in the long run except for untold damage to the environment?
3. What alternatives to pesticide control have been considered by the U.S.D.A.? How much research has been devoted to biological control methods?

Armed with these basic questions and many others, Passage staffers Jeff Fine (graduate student in Biology) and Ann Nugent interviewed Mr. Reginald Rosander, District Supervisor, Western Washington Experimental Station, Puyallup, Washington. Mr. Rosander is a federal agent who was sent to Washington State a year ago because of the Crane Fly Quarantine.



Mr. R: I'm from Federal Govt. I have office space at WSU (Wash. State U. at Pullman, Wash.) My supervisor happens to be Mr. Richard Jackson who also has office space at WSU. We have faculty appointments, but no teaching or research. We used to be agricultural research service, but as of last week (ed. note: Nov.) they have taken our division and combined it with Plant Quarantine Division. Now we're the Animal and Plant Health Service. We never have been a research oriented division. The Plant Protection Division has been a control and regulatory primarily. This is one reason why they are getting us out of the research line.

Now this work on the Crane Fly here, a localized situation where there isn't a research team from entomology research service, then we take up some of the slack. That's why we're doing some studies on various irritants, survey work and this type of thing. But life cycle studies of the fly and deep research—we won't be getting into that, because entomology research will probably have somebody up here in not

# USDA Policy: Pesticides

the too distant future. My time as District Supervisor from Puyallup, is 75% crane fly. 75% of my money is allocated to Crane Fly. That includes our quarantine work, survey work in the spring for the larvae, and any research work we might do during the summer.

A: Are there other research agencies working on this crane fly?

Mr. R: Dr. Harry Davis from the Entomology Research Service in Fresno Calif. has been primarily working on Yellow Jacket control with a lure trap. He was up here this summer and I was working with him for three weeks, on this crane fly, testing various lures, sex lures, insect lures that have been used with other insects such as Japanese beetle bait; we screen 150 various lures.

A: He's then taking action on biological research?

Mr. R: We're often together on something like this. We're now getting other people involved in this type of research. WSU along with entomology research service from Pullman are setting up resistant plots at Blaine Airforce Station.

A: Is that a new type of grass?

Mr. R: Yes. We have been given 7 acres there. And the only part our division will have in it is that we will be monitoring populations. This is already an infested area. This has already been cleared and rototilled in preparation for grass seedings in the spring.

A: The European Crane Fly was discovered on this continent 7 years ago, 1965, in Canada. Now you're just beginning biological methods, in Blaine, for example, experimenting with new grass, and you have talked to a man in Fresno about another biological control method. Why has it taken 7 years to start thinking this way?

Mr. R: Now we haven't had it here in the US. The first adult was found here in 1967. The first larvae was in 1970. Most of our quarantines and regulatory work is dependant on the damaging life stage of the particular insect.

A: You wait until it becomes an infestation before you start.

Mr. R: We wait until it becomes a damaging life cycle. We have had adults in Mt. Vernon for the last two years. Collected male adults. But we were unable to find any larvae south of Bellingham.

A: Why do you wait until this occurs?

Mr. R: The adults don't do any damage aside from egg laying of course.

A: But if there's damage reported in Canada, and one can more or less anticipate that it probably will spread, why couldn't you begin biological research methods several years ago?

Mr. R: Well this is what Wilkinson has been doing, see. It would be a duplication of effort (ed. note: Wilkinson is an entomologist at the Canadian Dept. Agr. Research Station, in Vancouver, BC.).

A: Well he's trying one biological control method, and you—

Mr. R: Well no. He's tried various iridescent viruses, tipula iridescent virus, and the problem is that in Europe they haven't found any natural enemies for it, predators, or effective parasites. In Europe they have certain cycles of infestations in different parts of the land—heavy in one area and then light. So far we have been drawing a blank on biological control. With the exception this year we've tried the various sex lures, and are studying the life cycle.

A: The fellow from Fresno, he's the only one who's doing it?

Mr. R: No. We're doing it. We're working with him. When there's no one in the area we take up the slack. He supplies us with the lures and supplies us with collecting materials and this type of thing. We came up to a residence in Blaine and collected adults and sent them to him in Fresno and he has extracted them. We're trying to determine if there is a chemical that might be used in trapping—sex lures. We have observed in Blaine that the female even before emergence is highly attractive to males. 10 males hovering about the female even before she emerges from her pupal case.

A: You have been consciously watching for this fly—setting traps?

Mr. R: Oh sure. Since 1965.

J: What direction are you and your department going? Are you going to search for biological control or are you going to concentrate on control methods through pesticides?

Mr. R: Oh well, no control. This is up in the air, because we haven't been able to assess the damage yet. Chlordane has been used strictly on a regulatory basis. The nurseries that ship interstate and out of the area are required to treat with Chlordane. But a widespread control program such as aerial spraying, we haven't done anything on that yet. We have plans for that sort of control measure. Because we haven't as yet been able to assess the damage of what it will do to pasturing, or golf courses or lawns. We have histories what it might do. But in our experience we have not been able to assess the damage. We found heavy infestation in excess of 150 larvae to the sq. foot at the Grandview golf course at Custer in June. 6th fairway was completely denuded. It was treated with Chlordane; in Sept. there was no evidence of crane fly activity or leftover damage, so we don't know if a lawn is temporarily set back or completely destroyed.

J: Heavy infestations have primarily been in golf courses?

Mr. R: Short grass areas, yes.

J: Short grass.

Mr. R: So far, I've been monitoring a pasture 4 miles south of Blaine. Heavy adult populations, but larvae only 20 to the sq. foot.

J: That may really be because the golf courses require a regular watering schedule, and these larvae are dependent upon water. A heavy drought in August and Sept. could really knock them back; whereas the golf courses—

Mr. R: Yes. Constant maintenance areas.

J: Yes. Keep the populations of the crane fly right up there.

Mr. R: Yes. It's already had a history of needing heavy water primarily around egg laying time. Wilkinson has reported that it needs 100% humidity for at least 5 days, otherwise the egg collapses after they're laid. But as far as the survival of the larvae, we have found that the larvae has survived during extremely dry periods of time, so the critical time for 100% humidity would be at egg laying time. We've been monitoring at Blaine from May until now. We had dug up some sod, and left it to dry, and you had to break it with a hammer. The larvae were still alive in the first part of August. We have always been told to look in marshy areas and lowlands. This may affect our survey techniques.

J: It must be egg laying time then, probably.

Mr. R: Our program—we're trying to cover the whole picture. We're trying to get the life cycle down, we're trying to assess the damage. Whether it's economical.

A: What bothers me about this: this fly has been endemic in Europe for a long time; they probably know this already and you're just beginning to start to figure out elementary facts that Europe probably knows already.

Mr. R: We... they know it for Europe, yes. But life cycles are not the same, they change patterns completely. This year there never has been reported adults before August in Canada or Europe. We had adults in July in Blaine! They say it is strictly a single generation insect—just once a year. We may find this to be completely different in the NW. We may possibly find 2 generations a year. I have already reported active larvae that are exceptionally large for this time of year. We started out on pesticides only on a regulatory basis. We have yet to do control work.

A: You call it regulatory when you're just containing the fly?

Mr. R: Yes.

J: What is the procedure in deciding how to use a pesticide, and which one to use, in terms of non-target organisms?

Mr. R: We require granulated Chlordane, that is, a ground treatment. In Canada, they would be using Chlordane also, but their right to use chlorinated hydrocarbons was taken away from them. Chlordane has been the most effective treatment. The way we're applying it as a ground treatment as far as getting to beneficial insects is the least dangerous.

A: And the least dangerous to apply for the applicator. Although it's the most trouble to the environment.

# Instead of Prudence

Mr. R: (laughing) Well, that's debatable.

A: It's long lasting in the soil. It pollutes the soil for an indefinite period of time.

Mr. R: Oh yes. Yes. Well, I don't know if it pollutes the soil but its a control measure for an indefinite period of time

It doesn't kill the angworms. No effect at all on the worms.

J: I've read that after a treatment of chlordane it reduces the earthworm population, but those worms that are left in the soil have ten times the concentration of chlordane in them—it builds up—

A: And the birds eat these worms, and the chlordane builds up in the birds—

Mr. R: Well, (pause) this is probably true. As for our Chlordane treatment: the reason we stayed at 5 lbs. per actual acre is because it is effective and we can certify for up to three years for a single treatment of chlordane. But we have no chemical control program, let me repeat, for the Crane Fly at this time.

A: You said earlier that you have to begin right away with an initial regulatory control—

Mr. R: There usually is a public pressure when an infestation occurs like this; there's pressure that you've got to do something about it! In fact I've got six letters on my desk from people in the Lynden area asking what can you treat these insects with?

A: Are they having problems in their lawns?

Mr. R: No. This is the thing—the adults drive the residents crazy. There's thousands and thousands of them—

A: Oh! They're just bothersome! They don't—

Mr. R: That's right. They do no damage. But when you have your screens covered with thousand of these adults—they are fairly large—notice this picture of them—

A: Oh yes—this is a life-size picture of them—they look scary.

Mr. R: People open their doors in the summer and 150 of them fly in.

A: Can't you tell them there's nothing wrong with them?

Mr. R: Well, yes (laughter), but when you explain to them over and over—still, when you have 150 of them in your living room and you're trying to watch TV they're not really interested in the fact that they are not going to bite them—They're There!

J: What kind of advice do you give them?

Mr. R: Well, we're trying public education—trying to tell the public that they don't bite, that this is a lawn pest, not dangerous—and then we tell them to watch for lawn damage. This sheet of paper we have available for the public lists chlordane and diazinon—from the extension service at WSU.

J: That seems to me severe to consider treating the adults—

Mr. R: Oh no no. No adult treatment. Strictly a larval treatment.

A: This paper doesn't say to treat only the larvae. When do you treat, if it's larvae?

Mr. R: Late fall-early spring—when the larvae are active; but Dec., Jan, wouldn't be a good time to treat because they are not moving through the soil.

J: So you are recommending to the people to treat their lawns—

Mr. R: We're not recommending a treatment for anybody.

A: But this paper does say—although the fly does not bite or sting nevertheless, treat your lawns with diazinon, or chlordane—so you are recommending—

Mr. R: Well, yes, but—this isn't sent out to every resident. (Ed. Note: The paper in question is a public information sheet on European Crane Flies, put out by the USDA; it is conspicuously available at the USDA Extension Center or Public Agricultural Information Bureau.) Only if someone has a question about the crane fly. If questions come into the extension office—we will follow up on each question; come out and inspect and if the larvae is extensive in their yard we will recommend treatment, yes. You mention that we go in with chemicals first and then do biological control later; but we don't recommend just anybody to spread pesticides on their lawns, no! except as a last resort; this is more or less a public relations thing—People say—"I want to get rid of it." We can't answer that we're doing a biological control study on it—We hope in two or three years we'll have a biological control for it. They're not interested in two or three years. They're interested in getting the fly right then!"

A: How long does the fly last when he's an adult, flying swarms?

Mr. R: About three days.

A: This information sheet from the extension center: It says here 'Damage by their feeding especially noticeable in March and April.' Why doesn't it say here that you don't know the damage yet, or the damage is slight, or you're uncertain about the damage?

Mr. R: Well this is written up at WSU at the recommendation from the Canadian studies. We haven't done any studies on their damage. Our budget is for monitoring the damage this year. Just see what it does. We don't know the damage. We are just early on this.

J: How has the iridescent virus been?

Mr. R: This hasn't been effective at all, from Wilkinson's reporting.

J: How about any other viruses? Have you looked into any other viruses? Such as *Tipula paludosa*? I've got a study from Dr. Bird, head of the insect Pathology Research Institute, in Sault St. Marie, Canada; although he didn't get complete control he got up to 40% control. Wouldn't that be a more reasonable level?

Mr. R: As far as researching viruses and biological control, there's going to be a replacement at Puyallup. The new entomologist will be doing biological control at our office.

J: This seems like a real shame, you know.—There's literally millions and millions of dollars that go into the chemical industry—a very large industry, there seems to be a disproportionate amount of emphasis placed on looking into these things; it's not done in nearly the same magnitude. It's really kind of a shame.

Mr. R: Well I think with this particular program the chemical side of it has been small.

J: I'm talking in generalities, in terms of pest treatment throughout the country. Not just necessarily the crane fly.

Mr. R: Oh I think there's a tremendous amount of work being done—

J: What is the balance?

Mr. R: Well, naturally, the chemical companies are doing a lot more research—

J: Right!

A: They put their own money into it—

Mr. R: Surely. But the Universities and colleges, throughout the country, I would say that their research is much more closely related to the biological side of it.

A: What colleges are doing research on this crane fly besides the fellow from Davis? WSU for example. They're right here. How many men are doing serious research?

Mr. R: Well, there will be this one coming to Puyallup. I don't know what percent of his time will be devoted to the fly.

J: How do you envision the licensing of biological controls? Is it going to improve in the future? Do you think that the FDA is going to redo its procedures in licensing because the difficulty has been in the difficulty of the toxicity of the production of certain viruses and bacteria? There's a real problem in getting some of the licensing. Do you know any of this?

Mr. R: No, I don't know, I'm not familiar with that side of the problem. I'm not aware of the FDA picture.

J: There's a real problem in getting licensing for the use of the viruses, and bacterial agents which certainly are safer for they are specific in their action. That is they have no side effects.

Mr. R: There's also a tremendous amount of research that the chemical companies have to do to get just a single chemical registered. It's not any less for a pesticide than for a virus or bacillus. The work that goes into registration is the same.

J: The basic work naturally has to be the same but there's certain things in the licensing; There's different procedures in the production of biological control agents; therefore you get variable dosage rates. The USDA won't register them because they can't guarantee a universal dosage rate.

Mr. R: Same problem with chemicals dosage rates—The main problem with biological control—it's an economic thing. The whole economic picture is going to have to change. Companies will have to be interested in producing these viruses. Sterile male technique—radiating insects, mass rearing; there will

Mr. Rosander indicated in this interview that Canadian biological control methods have not proved effective, but we received a letter from the Canadian Department of Agriculture stating otherwise. Part of the letter reads as follows.

"In 1968 the tachinid parasite *Siphona geniculata* (de Geer) was obtained from Germany through the Research Institute at Belleville, Ontario. Several generations were bred successfully at the Vancouver Station and adults and parasitized leatherjackets were released in the summer in a heavily infested area. To date they have not been able to determine if this parasite is established. Mr. Wilkinson did comment that there is a man in Europe working on biological control for the marsh crane fly at one of the Research Centers. . . .

"Once biological control becomes established we hope to bring it below the economic level so that insecticides will not be necessary. . . ."

s/ D. R. Bertoia,  
Agricultural Officer

Plant Protection Division  
905 - 1001 W. Pender Street  
Vancouver 1, B.C. Canada

have to be a change in the chemical companies: instead of producing a pesticide, they're going to have to produce insect foods, so this mass rearing could take place. The companies aren't going to changeover night, when they are making a lot of money on pesticides.

A: A quarantine is alarming to me. At first, I thought this insect was a dread disease carrier. The USDA Extension Center helps to promote this alarm: "Crane Fly Quarantine" is advertised in headlines on the walls of the office in Bellingham.

Mr. R: Our quarantine is to limit as much as we can the spread of this pest. We have reports from Canada, that this pest could, in theory, infest the entire coast as far south as San Francisco. So as soon as this crane fly arrives in the US, the people in Calif. and Oregon say, "We don't want it down here!" So what does the government do? We try to limit the spread of larvae but, but there is no hope of limiting the spread of the adults. We quarantine our nurseries so that any nursery stock sent out of the area is treated. We're pretty sure that within the next few years, this will be a slow progression right on down the coast, but our quarantine is designed to keep something from making the big jump. Prevent some sod from carrying it quickly, spreading it fast.

A: Didn't Canada have a quarantine on the crane fly beginning in 1965 to prevent it from spreading over the border?

Mr. R: Yes. And they still have one now.

A: But what I'm saying is, it didn't work: the bug spread anyway.

J: What's interesting to me is their life cycle—one season they appear, the next time they don't. There appears to be an environmental factor—somewhere along the line. Whether its some nematode or other infestation reducing the crane fly population. You could look into this.

Mr. R: You say look into this. It comes down to the economic factor. It would do the government no good or Washington State or whatever, if they were to hire 2 or 3 PhD's, and have a full scale research program going on out here; each with \$15,000-\$20,000 salaries working on something if we don't know if it's going to cause \$10 a year damage to the lawns.

A: And yet a farmer complains that he has to spend \$60.00 a year on pesticides in order to comply with USDA regulations because of this Crane fly quarantine. So money is involved, because of these regulations; it's all going to support chemical industries and the individual farmer has to pay it.

Mr. R: No. All the quarantine does is to guarantee that these people will be able to sell their stock down in Calif or Oregon. Otherwise the people in Calif. or Oregon won't accept it. Otherwise there is no sale. It's not us, the government that is preventing the sale; it's the Calif. growers, who won't accept the stock if it isn't regulated. Those nursery people down there, say "we're" not going to have that crane fly down here! So somebody up there has to pay! This works with any quarantine. We have many quarantines that costs growers, naturally, for certification, but if they didn't have certification they wouldn't be able to sell anything.

J: It's a vicious circle.

Mr. R.: Yes; right. I'd be the first to tell you that if anybody came up with any biological control we could use and could work, we'd use it.

A: I presume that the European Dept. of Agriculture has literature accumulated on the crane fly since this insect is endemic there. Have you studied any of this literature?

Mr. R: No--well, there is considerable literature—from Europe on the subject of the crane fly—volumes—but we haven't read it yet; no. But perhaps we'll get a chance when our entomologist begins to work on this.

# Worms Eye View of Biological Control

by jeff fine

Setting--Northern Whatcom County

Every day was beautiful and peaceful for the pasture earthworms of Northern Whatcom County. The cows and the chickens and the pigs and the horses left plenty of manure to be recycled. Even old-fashioned delicious compost heaps started to reappear as new people from the city started to live and love their way back to the land. In fact, the earthworms didn't even mind sharing the pasture with all sorts of new insects including the crane fly larvae from across the border. Although some of the earthworms' relations that lived over at the golf course and residential lawns of the county felt that the crane flies were crowding them a bit, they told their neighbors that everything would work out fine as soon as the people let the lawn go into organic gardens and pasture again. So the sun rose and set and the land was at peace. The earthworms didn't even mind the presence of funny men with official cars that ran around taking soil samples until the Day Chlordane Struck.

Chlordane is a chlorinated hydrocarbon pesticide that is residual in the soil for eight years, and in many instances is lethal to earthworms, not to mention that like DDT it accumulates in the ecosystem. Ironically with all the literature depicting the damage created by the use of chlorinated hydrocarbons, the first line defense by the United States Department of Agriculture is going to be chlordane. USDA reasoning is that if a pesticide cannot definitely be proven harmful to man, then it is safe to use in the ecosystem. In other words, damage to other life forms is of no consequence. This type of reasoning assumes that man is the only vital species on the planet.

The use of broad spectrum pesticides (those pesticides which are lethal to a wide variety of insects) such as chlordane or diazinon raises some very serious questions. The consequences of any action that involves the use of broad spectrum pesticides must thoroughly be considered. You cannot manipulate one environmental variable, and not expect it to have any side effects. Somewhere along the line every living species is hooked up to the earth. The USDA, on the other hand, has yet to understand this principle. More insidiously, the multi-billion dollar pesticide-oil industry. (Yes, Standard and Shell Oil are the largest manufacturers of pesticides) is more interested in economic gain than in the planet eEarth.

Although directed at a specific organism a broad spectrum pesticide will non-specifically filter into the whole ecosystem as has been the case with DDT. It appears that administrative use of broad spectrum pesticides is accomplished out of a one-dimensional reality, i.e., kill the target organisms, but do not worry about non-target species. Any use of a broad spectrum pesticide applied over a large land area must necessarily incorporate a survey of that area to determine its effect on non-target species. Prey-predator relationships are normally kept in balance. Predators are not only of a smaller population size, but also are much more susceptible to toxic poisons. In so many cases eradication of a particular insect has also destroyed a non-related useful predator at the same time. The result is that another insect kept in natural balance in that area goes out of control and does further damage. A classic blunder of this type occurred recently at

South Lake Tahoe where the mosquito population was particularly bothersome. A decision was made to control them with a malathion thermofogger. As the malathion was applied, the scale insect population exploded, devastating the pine trees in the area. Malathion had also eliminated a whole host of non-target organisms including a tiny wasp which kept the scale insect population in balance. With the wasp gone the scale insects reproduced exponentially,

Another side effect of massive pesticide spraying is the development of particular strains of insects that become resistant to all forms of chemical pesticides. This has occurred in the Central Valley of California (the Salad Bowl, etc.) where two species of mosquitoes, one capable of transmitting encephalitis, are totally resistant.

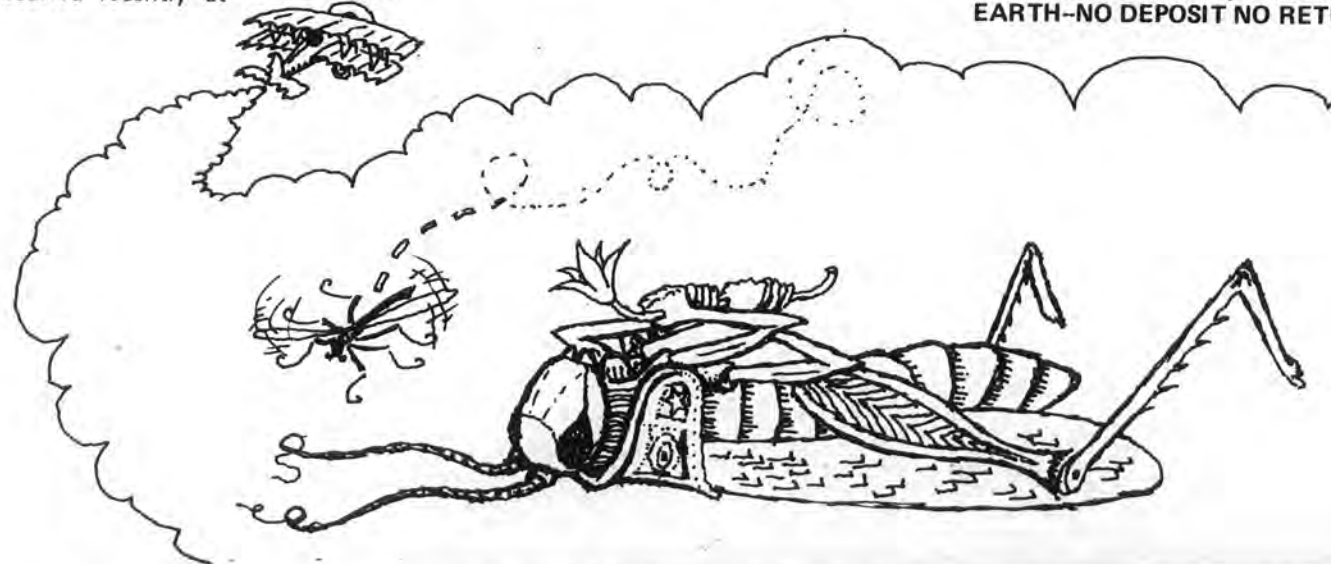
The process is further complicated by the presence of massive monoculture farms. These are farms which not only produce one crop only, but they also serve as massive breeding grounds for insects. A basic ecological principle here is that the more simplistic the ecosystem, the more unstable it becomes. If you have only one specie of plant growing in a given large area, the insect population is likely to be homogeneous, not broken up with insects that might compete for food, or predator insects. The farmer in this situation is in many cases forced to perpetuate the pesticide nightmare. The federal government forces him to eradicate pests from his crops. The consumer will not tolerate any little insect on any vegetable. Because chemicals are the only thing available, the grower embarks on a program of intensive pesticide use. The irony is, of course, that we substitute one problem for another--contaminated food.

In many cases the most simple solution to chemical control is to let the environment take charge--that is, do absolutely nothing. Unfortunately this is rather difficult to accomplish on several counts. For one thing people have a rather bad case of entomophobia--fear of insects. This fear in many cases elicits an automatic pesticide response. By all means one must evaluate a situation before acting.

There is then the phenomena of biological controls. When one considers that the pesticide industry in the United States is a multibillion dollar operation you can readily recognize that these people are not going to be of much help in assisting with research and dissemination of biological control methods. Currently, there are many entomologists doing research in this field, but there is no massive multi-million dollar implementation program being supported nationally. The emphasis is still on the use and development of chemical toxins. On the list of priorities biological controls do not receive primary importance. The men working in this state on crane fly control have not even surveyed the entire literature available on the crane fly. Intensive study of another individual's data can lead to new insights. The United States Department of Agriculture has registered approximately 50,000 chemical insecticides, but only one viral pathogen and 3 bacterial disease agents out of the thousands of diseases already known to attack insects. The record is not very well balanced.

The limitation of registration of biological control agents is stymied for several reasons. Biological control agents are very selective--each virus is effective for only a few species of insects. Therefore for economic reasons production returns are small. Since traditionally our economy seeks quick capital gains the chemical industry is not about to switch over to biological control work to assure safety in the environment. Another limiting factor in licensing biological agents is that the research price may be prohibitive. With no funds available on a large scale it is difficult to complete all the tests necessary to assure the USDA that the biological agent passes standards. Furthermore, production of biological agents cannot be precisely controlled. The USDA demands exact application amounts for a specific area. Variability in biological control amounts is a result of production preparation. When one is producing insect pathogens (live material) it is difficult to achieve uniform yields. This is not to say that biological controls will be a panacea for all entomological problems, but there are at least 1,000 insect pathogens already known, not to mention the possibility of introducing massive numbers of sterile insects into a population to control the reproductive rate.

And so once more we arrive at the beginning, the thin line between thought and action. Or rephrased, where do we go from here? On the surface certain questions are going to have to be raised. Eyes and ears must be kept open to assimilate and learn more than simple pesticide rhetoric about the merits of a particular one dimensional program. What alternatives are now present? I don't think we need to look for more gadgets to create new technological utopias. We've got to look at what's available. We've got to get back to basic self-reliance. The first method is the 'do-nothing' approach. Let the land take its own course. Start in your own backyard, and then begin working on the Parks Department or any other nearby source of chemical pesticide control. When enough people ask why and think in terms of change, things start happening, not only in peoples' heads, but also in their surroundings. The Berkeley Parks Department has now started to switch over to biological controls. Things do happen. There is no doubt that over-reliance on poisons to control insect pests has been shown to be a dangerous and self-defeating procedure. Relying on natural checks is a better approach. Not only are there many beneficial insects and diseases that prey on other insects, but by also keeping the ecosystem (which is your own backyard) filled with a variety of vegetation you can increase beneficial predators. Diversify in order to avoid predation. Where natural controls are not present such as through the introduction of a foreign pest, look for ways to import natural predators into the area to control the insect. Alter farm practices through your own organic garden, and recognize that massive spraying campaigns to eliminate every little insect in the field is not an acceptable reality. This is to say that we can tolerate insect damage. Look at it this way. If an insect likes your vegetables, it certainly is palatable for you. Next time in the store think about that. The head of lettuce in front of you has only been touched by chemical spray. Any insect that got near it died. Expend a little energy inwardly while you're here on the planet. As the saying goes, EARTH--NO DEPOSIT NO RETURN.



# High Attendance

by kay lee

With the current school year Bellingham High School has adopted a policy on student attendance which is unique in the area and, we understand, not generally followed among school districts statewide.

The policy provides that after 12 absences from any one of his classes during the school term, whatever the reason for absence, and whether it is a continuous absence or scattered at intervals through the term, the student is mandatorily withdrawn from the class concerned. Thus, he becomes an automatic dropout. When the twelfth absence occurs within the last two weeks of the term, a grade of "F" is given for the course.

An appeal procedure is provided, whereby the student or parent may appeal before an evaluation committee consisting of the teacher, department chairman, and the student's counselor. These officials meet with the student and parent to consider the reason for absence, student's attitude and past performance, and other pertinent information. If the parent cannot appear, he is expected to notify the counselor.

Statistics compiled by Mr. Robert Frazier, school principal, indicate that during the Fall Term 1971 a total of 143 students were dropped from a total of 230 classes. Of these 143 students, only 18 appealed the action. Fourteen of these appeals were accepted and the punitive action rescinded.

Recently the **PASSAGE** solicited reactions of a number of local people to this policy, and we obtained a variety of responses.

An experienced school administrator, currently head of an instructional department, told us, "This matter of attendance policy is a complicated and difficult question." He added that he has helped to draft about twenty different attendance policies. He considers the present policy the best he has seen to date—not perfect, but good and fair. It puts responsibility directly on the student and may be beneficial to the student. Students at Bellingham High are now watching their own attendance as a result of this policy.

This administrator feels the policy is not in any way discriminatory. He states that he has sat in on many appeals. He pointed out that when a student is unable to attend, he can request and the school will provide home visitors; or the student can request his assignments in advance from the teacher. Finally, the administrator stated that the school would welcome suggestions from anyone for improvement of the policy.

Dick Seymour, member of the ACLU, feels this a basically bad policy—poor, both educationally and socially. He mentioned the action of students in Lehigh, Pennsylvania, as reported in an article December 21st in the **Bellingham HERALD**. Students at Lehigh defeated a similar policy used by schools there by bringing court action in which the policy was declared unconstitutional. Mr. Seymour offered the suggestion that the same policy could be used as an optional one—the child having choice of withdrawal with the privilege to make up the work later, or to re-enroll in the class during a subsequent school term.

The parent of a Bellingham High School student reports that his child and some of his friends are now fearful and over-anxious lest they incur the punitive effects of the attendance policy.

Dr. Bill Heid, psychology professor at Fairhaven College and co-founder of an independent elementary and secondary school, believes there should be no compulsory attendance requirement. But if you do have compulsory attendance, then this policy of enforced withdrawal is in blatant contradiction to it. When attendance is compulsory, then the school has a responsibility to provide conditions that make attendance attractive. "The school should encourage the student to learn on his own."

Jim McKay, Chief of the Lummi Tribe, thinks this absenteeism policy works a hardship on Indian kids, and he does not care for the policy. The child may be sensitive, easily discouraged, and he should be encouraged to come, not encouraged to quit. Mr. McKay thinks that if a child is frequently absent, the school should plan extra counseling with him, attempt to find out what is the problem, and to help him. Nation-wide the trend now is to keep the child in school, but this local policy is inconsistent with that overall aim.

John Parker, Makah Indian educator presently training at Western College to become a school principal, states: "If that policy was applied to the school I went to, all the Indians would flunk. What really counts in school is motive, not attendance." He added that in the background behind school absences for the Indian students is a different life-style, different values. In the Indian family it is mandatory for all the family including the children to be together on such occasions as a death in the family, or a wedding. Applying the absenteeism policy to the Indian student at such times is equivalent to requiring the white American student to attend public school on Sunday morning.

Mr. Robert Frazier, the principal of Bellingham High School, feels the policy is not unfair since the appeal procedure is an integral part of it. No administrator takes part in the appeal procedure. Sickness appeals have been accepted. If a Withdrawal is entered on the student's record in compliance with this policy, this does not affect the student's overall grade point average or credits. In the four-year high school course, there is a built-in leeway of 12 credits.

Concerning the appeal, Mr. Frazier pointed out that at the time the appeal is heard, the counselor, teacher, department head, parent and child are all present. Sometimes this is the first contact between school and parent.

The principal stated the school adopted this policy because it is a way to make young people more responsible for their attendance, and more aware of the importance of attendance. This is necessary since many people are slothful, lazy, and unwilling to work.

Mary Hillaire, educator and current holder of a fellowship in Washington, D.C. for year's work on educational problems at the Federal level, states that she does not approve of the use of this attendance policy and appeal procedure. From years of experience working in the Welfare Department in this area, she knows that racial prejudice against the Indian does exist here. This state is one of seven which have this problem of racism. Racism brings inevitable trauma.

Working at the Federal level, she has found that black racism has great strength. The blacks are making demands and the whites are responding from political motives, although without accepting the changes demanded as humanly necessary. Meanwhile, the Indians are caught in the middle in the squeeze between whites and blacks.

The solution can come, Miss Hillaire believes, if we recognize that there is strength in diversity. We need also to be aware that "a graphic element in the Indian philosophy is the pursuit of peace. A balanced diversity may be the means of saving our world."

One of the teachers in the county remarked, "This policy is handy for a teacher—he can just discard the student with problems. It's a pushout." Will Wasson, professor in the College of Ethnic Studies at Western Washington State College, says, "I think schools should be geared to the student, not students to the school."

Dr. Evelyn Mason, at Western Washington State College, directs the Rockefeller-funded Catch-Up program—designed to work with the junior-high student to maintain student interest in the school and to encourage the student to stay in and graduate. Dr. Mason reports that the cooperation of Bellingham High School with her program has been excellent. Follow-up workers who contact the school in the interest of Catch-Up students report that without exception the school counselors are responsive, concerned, sympathetic and helpful.

Ross Buffington, Teacher Corps intern and Master's candidate, stated, "This policy has three bad features: it is arbitrary; it is irrational in that it assumes if a student is in class, he's learning; and it has potential of hurting the students who need encouragement the most." He then added, "If a student has a poor record and is on the verge of dropping out, and then faces losing credit for a course or for the entire term, this might encourage him to give up for good."

A young teacher in another school in the area states that when one of her students is absent inordinately, she arranges to have the school nurse visit the home. This often uncovers important information about the reason for absence. In addition the teacher may offer transportation to school, and may readjust the student's program to make it more interesting to him.

Rita Sadt, League of Women Voters member, has been conducting a study group on the local schools. Several mothers of Indian students are included in this study group. Rita feels this attendance policy can be used in a discriminatory manner against the minority student.

A newly-employed probation officer whose work involves him with the entire school district states that on the basis of his initial observations, this attendance policy affects his clients very severely.

An experienced Registrar's clerk points out that to add to a student's record the notation of Withdrawal or Failure can have a serious adverse effect. Eventually the high school student will be an applicant for employment or for admission to further education. In a competitive situation, where a number of applications are being considered for a limited number of openings, the presence of an irregularity of this kind on the high school record may be enough to disqualify the applicant. It would seem that this should be a weighty consideration to high school administrators.

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} Mix



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3 cups white flour  
3 cups whole wheat flour  
3 table spoons salt  
1 1/2 tsp baking powder  
1 lb butter  
1/2 cup milk (or enough to make a dough that can be rolled 1/2 inch thick.)

Combine all ingredients (butter & dry stuff first). Knead until smooth. Roll out 1/2 inch thick. Cut crackers out with cookie cutter. poke holes in crackers with a fork, brush with butter, milk, & salt, then poke holes again.

Bake until dark golden brown 400° oven 15 min.

Batter, milk & salt mixture: melt 1/2 lb butter, add 1/2 cup milk & 1 tsp salt.

P.S. you can add anything to the dough, Caraway seeds, poppy seeds, etc.

**Cuban Bread**

2 cups warm water  
1 tbsp raw sugar  
1 tsp salt  
1 tbsp yeast dissolved in 1/2 cup water  
6 cups unbleached white flour

let the dough rise until doubled; put into 2 loaf pans, don't let it rise this time, just put into a cold oven, turn up to 400, & bake until golden brown. (sprinkling it with sesame seeds before the oven is nice).



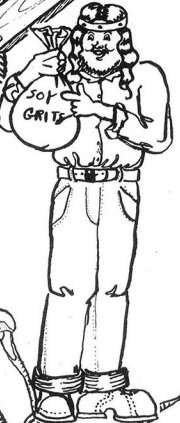
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honey  
crunchy granola  
mashed dates  
peanut butter  
sesame butter (Tahini)  
walnuts  
raw peanuts  
vanilla (optional)

mix well & form into long bars -

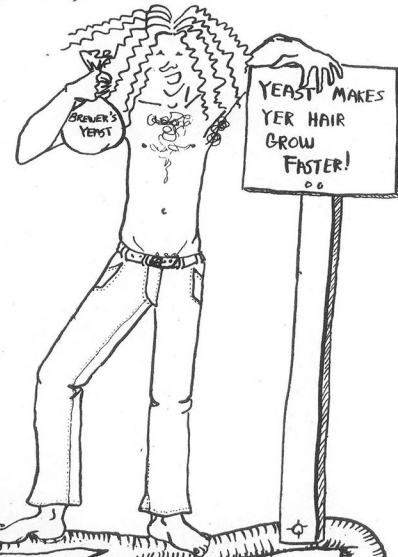
leave in freezer till hard enough to cut into pieces.

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**Cathi's Recipe**

1 8 oz large curd cottage cheese  
1 8 oz sour cream  
1 8 oz pkg egg noodles  
green olives  
1 or 2 cloves garlic  
dash tabasco sauce  
1 Tbsp. worshshire sauce  
1/2 large onion, diced.  
salt & pepper  
bake at 220° for 30 min; then shredded cheddar cheese on top. Bake 30 more min.



# ECO-

**The Other Side of DDT.** Dr. Norman Borlaug, 1970 Nobel Peace Prize Winner, in the keynote speech to the U.N.'s Food and Agriculture Organization, attacked "the current vicious, hysterical campaign against the use of agricultural chemicals being promoted today by fear-provoking irresponsible environmentalists." Today's greatest danger according to Borlaug is the pressure put on food supplies by the world's rapidly growing population. To make matters worse, the soil in many developing nations is worn out and crops are ravaged by ravenous insects. The need for chemical fertilizers and pesticides is not only clear, but imperative. Borlaug feels that campaigns to ban agricultural chemicals reveal a callous misordering of social priorities. If such bans become law, he warned, "then the world will be doomed not by chemical poisoning but by starvation." Time: 22 Nov 1971.

\* \* \* \* \*

Three Japanese companies, Sony Corporation, Fuji Heavy Industries and Shinke Electric Company, have experimentally developed a pollution free electric car that runs on batteries not requiring periodic recharge. Powered by a new zinc-air fuel battery, the two seater can run continuously for about five hours at a speed of 25 to 30 mph, with a maximum speed of 57 mph. The companies predict that commercial production may come within three years. Conservation News

\* \* \* \* \*

The SST, the Trans-Alaska pipeline and phosphate detergents are more needed for the economy than clean air, Commerce Secretary Stans recently told Houston business leaders. He said Congress should pass a new law allowing work to proceed on the many projects being held up by environmentalists' objections. -Environment Action Bulletin



Beer in completely recyclable aluminum cans will soon be pouring forth from the Adolph Coors breweries. Coors' new sixpacks will feature cans held together by drops of glue, eliminating the need for cartons or wrapping. Individual cans also eliminate the ring-pull opener. In its place will be a tab that folds down into the container. Environment Action Bulletin.

Environment Action Bulletin.

\* \* \* \* \*

Yet another reason for aspirin abstinence comes from the University of Maryland where Dr. V.M. Smith conducted a study which showed that 94 out of 100 patients admitted to a hospital for intestinal bleeding had taken aspirin within 24 hours of the onset of the bleeding. It has been known for some time that aspirin can cause erosion in the lining of the intestine that leads to internal bleeding. Dr. Smith believes that aspirin further is acting to inhibit a process to "plug" bleeding at an early stage and he speculates that this may well be a factor in coronary thrombosis—a major share of heart attacks. Dr. Smith also suggested that aspirin may play a role in excessive or irregular menstrual bleeding. Vancouver Sun 11 Dec 1971.

Vancouver Sun 11 Dec 1971.



# Why Waste?

In 1972 let's vow not to participate in the "throw-away" society. Let's try to stop the rapid depletion of our resources just to fill our garbage cans. Did you know that in Bellingham the \$3.15 you pay for garbage every two months allows you to fill THREE garbage cans each WEEK with no additional charge? In Seattle, \$2.70 per month allows you to fill FOUR cans each week. But in Berkeley, Calif., the monthly charge covers only one can each week and you pay more if you create more garbage than that. This should be the case in Bellingham and Seattle also, so more people would become aware of the problem and try to change their habits a bit.

For a start, stop filling your garbage cans with:

(1) Bottles, tin cans, newspapers. Rinse bottles, flatten cans, bundle newspapers. In Bellingham, take them to the Huxley Recycling Center in back of Huxley College. This center is temporarily closed down during construction of a larger facility, but this does not mean you can't take stuff there, just that you have to haul all the stuff up to the bins and sort it yourself (including the different colors of glass.) In Seattle take them to the City of Seattle Transfer Station (583-2870) for recycling, or the boy scouts' stations, etc.

(2) Milk cartons. Buy milk in returnable glass or plastic bottles, either home delivered or from stores or milk stands which have them.

(3) Egg cartons. Buy eggs from stores which have them in bulk so you can fill up the same egg cartons ten-fifteen times. (QFC, some A&P, Food Giant, Puget Sound Coop, B'ham food Co-op, others)

(4) Junk Mail. Stop putting the contents of your mailbox into your garbage can. Most junk mail comes with postage-paid return envelopes. Remove your name, so they won't send you the thing by mistake, and then cram everything else, including their original

envelope, into the postage-paid envelope and send it back to them. They pay 10c to get this wad of ugliness back. (First class postage plus 2c handling charge.) If you want an even more effective protest against junk mail, send them a sheet of lead too! If it is an appeal for money from a good cause, don't send it back to them but save out the nice paper with one clean side for scratch paper and stationery to your other ecologically aware friends.

(5) Magazines. Don't subscribe to so many magazines. Share subscriptions with friends and use library copies. Take only those you want to save. Or, give your magazines to hospitals when you're finished. They'll love them and you may influence others by the magazines you provide.

(6) Paper bags, plastic bags. Don't accept all the packaging the checker wants to give you. A lot of us who aren't quite up to the fairly bold act of returning the outside cardboard from individually packaged items, make our protest by bringing our own canvas shopping bags, our own plastic bags for the produce (saved from earlier purchases), our own egg cartons, milk bottles, etc. Things are getting worse. We saw a checker put three 3-oz. packages of pressed ham into another plastic bag before putting them in the doubled shopping bag—apparently some new Safeway rule about putting meat in plastic bags.

(7) Paper napkins. Use cloth napkins. Don't buy paper towels.

(8) Garden clippings, etc. Compost the leaves for nutritious mulch so you don't have to buy big bags of bark in big plastic bags you're then stuck with discarding. Chop up branches of all sizes and use them for barbecuing so you won't have to buy big bags of briquettes in big paper bags you're then stuck with discarding.

(9) Kitchen "green garbage." Don't throw vegetable peelings into the garbage can or disposal—add them to your compost heap to provide fertilizer or aeration for your garden soil.

Adapted from the Puget Sound Sierra Club Newsletter.



"Look, Pop! Environment!"

## Phone Phreaking:

# The Thrill of Cheep-Kachunks



In the past few months, word has come to the surface of an underground network of phone freaks. The news has mostly concerned raids and arrests of phone freaks in scattered locations around the U.S., most recently in Seattle, at the instigation of the Bell System.

A phone freak (or phreak), stripped down to the bare essentials, is simply someone who is into telephones. But really into them. Phone phreaks study, explore and probe the intricacies of Ma Bell's switching systems for hours a day. In the process they usually acquire almost complete mastery over it. Consider the following feats, each of which can be accomplished by an experienced phone freak within 30 seconds, from any home and most pay phones, and at no charge whatsoever:

1. Calling the Rome, Italy recorded weather announcemnet or the London "Dial - A - Prayer" number.
2. Calling the American Embassy in Moscow via satellite or cable.
3. Calling around the world after setting up a circuit via Australia, India, South Africa, London and New York to ring the pay phone in the next booth.
5. Calling almost any dial phone in the world.

All of these tricks are accomplished with the help of a "blue box" — a small electronic box, put together in a day, which produces the chirps and beeps which control the world-wide telephone communications system. Of course the box is simply the "guitar pick". The skill in playing the Bell System (whose very name has the ring of some sort of giant musical instrument) comes from a knowledge of the infinite codes and routings which Bell uses.

Phone freaking began about five years ago and is essentially the result of two fatal mistakes which Bell engineers designed into the system. First, to use the same wire to carry both conversation and also the control tones (called Multiple frequency or MF tones). And second, to use simple tones easily reproduced by oscillators, electric organs, or even amplified guitars. Actually, although the MF tones resemble the touch tones you hear on a push button phone, they are quite different. In any case, it was simply a matter of time before the actual frequencies became known to people outside of Bell. Then all that was necessary to become an apprentice phreak was to be able to reproduce the tones. This process is called MFing. Actually, MFing is only one of many tricks in the phone phreaks' repertoire. Others include the "black box", a simple device which, connected to one's phone, allows the user to RECEIVE toll calls at no charge to the caller. Still another is the "looparound", a pair of sequential phone numbers (such as 415-724-0021 and 415-724-0022). These numbers are used by telephone maintenance people

[Author's Note: Sorry, but I can't let my name go on this. I've never messed with phones myself. But I'm friends with a few who have and I know the phone company can get nasty with anyone whom they suspect. The reason I can't even give you my name is that the Grand Jury in Seattle was mostly after the names of anyone who could possibly be involved. So it's better that you don't even know my name in case you're asked.

as toll-free test numbers. However, if party A calls the first number from his home in New York, and party B calls the second from his home in Seattle, both can talk to each other because of the arrangement of the test numbers (which in this case would be at a central office in San Francisco). In fact, for a long time, up to last April, a switching machine in Vancouver, B.C. provided a continuous free 13 party conference line for phone phreaks all over the world to exchange information.

Ma Bell's response to all this has been to yell RAPE. Raids have taken place all over with potential penalties of five years (!) awaiting the guilty. And yet the cries of rape seem a little overdrawn. True, Ma Bell has had her bottom pinched, but that's about it. She makes the following charges:

1. Phone freaks are cheating the company out of lots of money (anywhere from \$50,000 to \$50,000,000 depending on which phone company spokesman you believe);
2. Phone freaks tie up lines and can put a city out of communication by locking up all the tandems (long distance circuits);
3. Phone freaks are generally mentally unbalanced.

The charge of loss of income is probably easiest to dispel. While it is true that the charges would be enormous for the thousands of calls a phone freak may make each month, these are calls which would not be placed if phreaking were not possible. Clamping down on phone freaks will not suddenly bring more income to Bell. Actually Bell suffers no out - of - pocket losses either. The system is automatic and costs the same to run whether it is idle or in heavy use. Phone freaks confine their activities to the off-peak hours. This fact also tends to demolish the charge of tying up the lines. The tying up of tandems is sometimes done by an individual freak, not so much to tie them up as to see how complex the path is by which he can send his call from here to there. For some freaks, the ultimate trip is to hear the series of "cheep-kachunks" over the line as a circuit of 20 stacked up tandems collapses when the party at the other end hangs up. But generally, phone phreaks are out probing the system, searching out looparounds, or calling the time recording in Sydney, Australia and then moving on to the next call.

Perhaps this is what has led to the charge of mental imbalance. And yet, the tremendous feeling of power, of having the entire world telephone network in the palm of your hand, seems to lead to a feeling akin to that of the little boy turned loose in the candy shop. Another interesting aspect to this is that an amazingly high proportion of the freaks are young boys who are blind. Apparently, one blind boy learned the art and passed it on at a summer camp for blind boys. For these kids, often trapped at home in a house full of normal people, the ability to communicate at any time with other blind and sighted freaks all over the world is one of the best things that's come along. It's really a bit much to think of Ma Bell being raped by a blind 14-year-old.

At the present moment, the phreaks are laying low. The recent Seattle busts seem to have been set up so as to allow Bell to examine the seized address books of the 8 arrested freaks, in order to penetrate the freak network. Bell has also begun to use certain countermeasures, although a systematic foolproofing of the Bell System may run into the billions of dollars.

In some ways it's enough to restore one's hope for the triumph of man over the machine. If the largest system in the world, the result of some of the best engineering minds, and the Bell Telephone Laboratories can so easily be thwarted by a blind boy with a \$30 blue box, we can all breathe a bit more easily. Some of the original phone phreaks have moved on to computer freaking — using blue boxes to gain access to and sieze control of time-sharing computer systems via telephone. This could lead to bigger and better things, such as getting into the FBI's national crime bank computer system by simulating a police station coded inquiry. And one of the most renowned phone freaks, the sinister Captain Crunch (named for his discovery that a toy whistle distributed with Cap'n Crunch cereals produces the precise 2600 cycle note used to unhook tandems) is busy at work on a portable radio transmitter to sieze control of the radio controlled traffic signals in his California home city, giving himself a perpetual green light.





# More on Seattle's Public Health Hospital

In the last issue of the *Passage*, there was an article by the Public Health Coalition on the status of the Public Health Hospital in Seattle. The purpose of this article is to give a progress report of the Public Health Coalition in their fight to save the Public Health Hospital to serve the people and to relate this issue to Whatcom County and Bellingham and other communities in Washington.

In Seattle at the present time there is a drive to get 100,000 signatures on a petition demanding the extension of the services [of the hospital] to the community by serving those who now and would in the future patronize the Indian and the other Free Clinics of the Pacific Northwest. The petition currently has 10,000 signatures. A speaker's bureau has been set up to arrange for speakers to talk to different community groups. PHC is trying to get congressional hearings. There is presently a lot of energy going into this. Both Magnuson and Jackson have expressed interest. There is a campaign on the U.W. campus to get the U.W. to change their position (see last issue). For more information, or to find out how you can help, call EA4-8060.

The petition drive has been extended to Bellingham. There are or will be petitions in all your favorite gathering places. The Public Health Service issue affects not only Seattle, but also Bellingham and other communities in Washington. The hospital in Seattle is one of eight left in the U.S. In most communities there is no place where people can get good medical care if they don't have a good amount of money. 24% of the people in Whatcom County are considered to be low-income (according to governmental standards). Medical care is out of reach of a lot of these people.

People in Bellingham are currently trying to set up a health center. One of its aims is to provide free medical care for all people who need it. The Public Health Hospital, if the Public Health Care Coalition proposal passes, could provide back up service and more extensive service to the Bellingham Clinic.

For more information, etc., call Fairhaven Community Center, 676-0858 or in the evenings call 676-0740; ask for Campbell.

**MEETING**  
FOR THOSE INTERESTED IN  
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GET UNDERWAY: THURSDAY  
JAN 20: 314 E HOLLY 7:30 PM



## College Co-operative Nursery

The College Cooperative Nursery is a unique non-profit organization in which all the members participate by providing day care for children. Each member will contribute a convenient amount of time to the center during the week, and each arguing and voting at the meetings of our cooperative. All members, both men and women, share in the care of the children and help determine the direction of the organization. The children's program is collectively determined by the membership.

The Nursery will be located at Fairhaven College in dormitory number three. There will be room for fifteen children at one time. The nursery will be open from 7:30 until 5:30.

We are giving highest priority to student families. We are also giving priority to single parent families and to low-income families. Space available will go to children between the ages of 6 months to 2½ years. If there is still room after the first week of each quarter, then the children of staff and faculty will be admitted. Volunteers who wish to donate time on a regular basis are also very welcome to become members.

Student families will not be required to make any payments to the cooperative since the ASB and the college administration will make contributions on behalf of the students. Workshops in the area of early childhood development will be made available to parents and volunteers.

The nursery itself is in need of many items such as cribs, toys, play pens, books, diapers, posters, mats, plants, blocks, pots and pans, and all the things that children need and get off on. We will be grateful for any donations no matter how insignificant your donation may seem to you. They may be dropped off at the nursery any time between 7 a.m. and 6 p.m. after January 4th.

For more information, call Cathy Dexter at 734-0218 or Barbara Grote at 676-0465.

**EVERYBODY'S STORE** - VAN ZANDT  
1½ mi. S. of  
542 on Hwy. 9

Open Sundays at noon. Closed Mors.

NEW REVOLUTIONARY RETAIL STORE IDEA  
You come into the store most Sundays,  
anytime buy a bunch of stuff. We get  
rich & split to Mexico. Yippee, Margolis is gone.  
Mystery guests running store.  
The government conned the people into  
buying um for the Army who conned the  
Indians into taking um who gave um  
to us on consignment and ya gotta come  
out to see what they are.  
If I vote the guys gonna have  
to be pretty funny.

the  
**FAIRHAVEN**

**BEER  
WINE  
MUSIC**

**PEOPLE**

**1310 12TH ST.  
BELLINGHAM**

# PLANTS THAT POISON



## House Plants



PLANT	TOXIC PART	SYMPTOMS
Hyacinth, Narcissus, Daffodil	Bulbs	Nausea, vomiting, diarrhea. May be fatal.
Oleander	Leaves, Branches	Extremely poisonous. Affects the heart, produces severe digestive upset and has caused death.
Dieffenbachia (Dumb cane) Elephant ear	All parts	Intense burning and irritation of the mouth Intense burning and irritation of the mouth and tongue. Death can occur if base of the tongue swells enough to block the air passage of the throat.
Rosary pea, Castor bean	Seeds	Fatal. A single rosary pea seed has caused death. One or two castor bean seeds are near the lethal dose for adults.
Poinsettia	Leaves	Fatal. One leaf can kill a child.
Mistletoe	Berries	Fatal. Both children and adults have died from eating the berries.



## Flower Garden Plants



Larkspur	Young plant, Seeds	Digestive upset, nervous excitement, depression. May be fatal.
Monkshood	Fleshy roots	Digestive upset and nervous excitement.
Autumn crocus, Star-of-Bethlehem	Bulbs	Vomiting and nervous excitement.
Lily-of-the-valley	Leaves, Flowers	Irregular heart beat and pulse, usually accompanied by digestive upset and mental confusion.
Iris	Underground stems	Severe, but not usually serious, digestive upset.
Foxglove	Leaves	One of the sources of the drug digitalis, used to stimulate the heart. In large amounts, the active principles cause dangerously irregular heartbeat and pulse, usually digestive upset and mental confusion. May be fatal.
Bleeding heart	Foliage, Roots	May be poisonous in large amounts. Has proved fatal to cattle.
Rhubarb	Leaf blade	Fatal. Large amounts of raw or cooked leaves can cause convulsions, coma, followed rapidly by death.



## Ornamental Plants



Daphne	Berries	Fatal. A few berries can kill a child.
Wisteria	Seeds, Pods	Mild to severe digestive upset. Many children are poisoned by this plant.
Golden chain	Bean-like capsules in which the seeds are suspended	Severe poisoning. Excitement, staggering, convulsions and coma. May be fatal.
Laurels, Rhododendron, Azaleas	All parts	Fatal. Produces nausea and vomiting, depression, difficult breathing, prostration and coma.
Jessamine	Berries	Fatal. Digestive disturbance and nervous symptoms.
Lantana camara (red sage)	Green berries	Fatal. Affects lungs, kidneys, heart and nervous system. Grows in the southern U.S. and in moderate climates.
Yew	Berries, Foliage	Fatal. Foliage more toxic than berries. Death is usually sudden without warning symptoms.

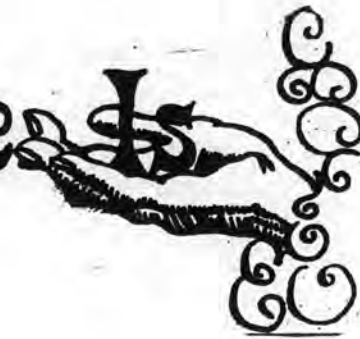


## Trees and Shrubs



Wild and cultivated cherries	Twigs, Foliage	Fatal. Contains a compound that releases cyanide when eaten. Gasping, excitement, and prostration are common symptoms that often appear within minutes.
Oaks	Foliage, Acorns	Affects kidneys gradually. Symptoms appear only after several days or weeks. Takes a large amount for poisoning. Children should not be allowed to chew on acorns.
Elderberry	Shoots, Leaves, Bark Shoots, Leaves, Bark	Children have been poisoned by using pieces of the pithy stems for blowguns. Nausea and digestive upset.
Black locust	Bark, Sprouts, Foliage	Children have suffered nausea, weakness and depression after chewing the bark and seeds.

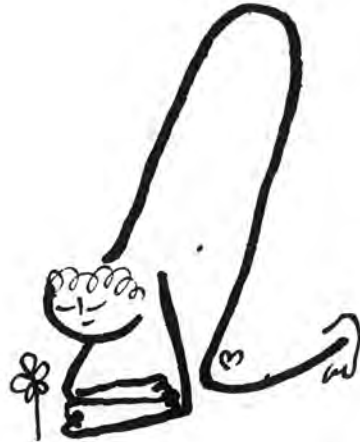
# Somebody Someplace *Is*



## Heart of my Heart

Thank you for your open expressions. There developed an expression from the heart, not conditioned by what was expected or ordered by past habits, self-aggrandizement, isolation, aggression, hopelessness, lassitude or simple confused attack on something in blind vain grasping for instant relief from misery. We began to listen to each other and the messages began to sound full and complete without need of reaction as opposed to response making a fuller unity or completeness to the communication. Respect for self grew undifferentiated from respect for others. The sense of self became less dependant upon a space-time body or personality. The self did not feel so crowded or confined. Other bodies did not threaten or disgust by their presence or proximity. The physical form itself transformed without verbal suggestion into a more circular shape representing a unity and equality that at other times in life seems too distant, theoretical and beyond immediacy. There arose a quietness in the midst of the sounds, heard in the sounds. Sounds became understandable and therefore not disturbing. Understandings beyond one's own first apprehension were welcomed for truth unfolded in dimensions without contradicting or excluding the prior dimension. The dark and the light became more easily distinguishable, the open and the close, and beyond this could be seen as united in the greater whole beyond the good-bad yin-yang, again without denying the lesser, restricted dimensions.

*Out of silence in darkness arose the Word of truth, honesty, the spirit, the silence of Night. A graceful microcosm of Creation. The seed was sown. The gardener has awakened, the harvest is not so difficult to envision.*



It is Saturday. The sky is clear and a gentle breeze reminds my ears and my body pores of the freshness of every new moment of time.

My presence was less inhibiting than on previous days and so I was blessed with a movement and open expression of your wishes. I do not read other people's minds. It is for each of you to work out your own infusions. I wish to do whatever I can with you so that we might better understand ourselves and each other. Knowledge of one's self is the only knowledge worth pursuing. This proposition rings true to me—whether it comes through the mouth of Jesus, Socrates, Lao Tse or Patanjali. The paths to self-knowledge cannot be imposed from without. Sometimes I share with you my thoughts about my path (as in this letter to you) in words, sometimes in music, sometimes in action other than speech or music. Sometimes you share with me your thought about your paths in words, sometimes in silence (I, too, may have nothing to say!),

sometimes in other action (for example, leaving a room) You may praise or blame me for what I do on my path, but I do not wish to praise or blame you for what you do on yours. You have already suffered enough judgement. It is part of my path to release you, while in my presence, from judgement from without so that you may simply observe, ultimately, without self-judgment (for to fully understand precludes any form of evaluation. Jesus loved Judas because he understood him. Hatred of self or others ends with understanding.) your own paths.

The status (state of being) in which there is total understanding is the same as that of total acceptance, total involvement, total participation. It is being in the hands (bosom) of the

L o r d

(Hebrew-Christian-Hindu-Bhuddist etc traditions) for the Lord is One and understanding this totally is identification of self with the One at the highest level of Being. As it was in the beginning, it is now and it shall be One world without end or beginning, without differentiation.

Yoga is the study and practice of becoming United in every aspect of reality. Philosophy is the study and practice what is real. Meditation, Yoga and Philosophy are all the same in being the reflective-reversal of the evolved (our present alienated condition) state to the original unity of Reality. All such paths seek the courses behind the appearances, ultimately seeking the One from which the many emanates in Time, Space—in our non-reflective minds.

How long does it take to understand? No time at all. All is One. God is One. Reality is One. Truth is One. We are not separate from the One. We are not merely a part of the One. The One is One. We are One. Not ourselves as egos or personalities. But ourselves which is One. To understand this is to be outside the dimensions of time and space wherein differences make sense to our individual selves. To be outside of time and place does not take time nor can it be done in any particular place. The path is in time but its termination is eternal or timeless. St. Paul and Bhudda had paths of different lengths but they reached the same point of perfect Yoga or Union with God, the One.

Does one need a teacher? For some paths yes, for others No. Does one need a teacher of piano or physics? Some people come to know without a human teacher. They are sometimes said to be inspired by the Muses or by God.

*Are the teachings of any one school of thought necessary for liberation, salvation, enlightenment, Union with One? Yes, but no. The basic teachings of Jesus are identical with those of every religion that man has articulated. Any one is sufficient. You cannot be in the bosom of God without loving God, you cannot love God and hate anything or anyone. You cannot love Jesus and hate anyone or anything. You cannot be at One with the One and make any distinctions between self others or between one thing and another.*

Good evening. The sun is going down on this clear autumn day. Thank you for influencing me to respond to your paths as you expressed them in my presence.

Adrian

## PROMETHEUS

## CONT.

The physician's conceptualization of his own role is obviously difficult to evaluate in general terms, yet some valid inferences can be suggested. The very fact that the profession has accepted and enforced its socially outlined role suggests that our modern healer has not diagnosed his own cultural disease. It is easy and comforting to believe such a flattering image as truth. As long as this role is accepted, there is a built-in rationalization against change: "no matter how bad things are, or how many sick people there are out there, I cannot be criticized. I heal people, and that is good, in any circumstance." And, it is easy to pronounce judgement: "You are sick. I know because I am trained to know."

There is great facility and comfort in established roles. The expectations are cast, the actors and the audience know them well. The audience is comforted by their familiarity and the affirmation of their belief. The actors are enforced by the applause. A spectator who fails to clap or an actor who dares to improvise can be quickly dismissed. The audience has lost the meaning of the action, and the actor has lost his identity, but no one stops to notice.

A new role for the healer in the wasteland? It has been cast before and rejected, but only because it failed to establish its own theater. When the experience, not the applause, becomes the reinforcement for the actor, the cycle can be broken. It is the phenomenon itself that becomes central. The healer has become the Steppenwolf, peeling away from the established values and roles, forging his own indifference to the immediate approval or disapproval of the citizens of the wasteland. He will find his audience.

The Magic Theater  
Admission Not for Everyone  
For Madmen Only...--Hesse



### Postscript

Dealing as I have in generalizations and images, I have certainly not intended any absolute condemnation of all modern practitioners of medicine. Although in the section called "Value and Blame" I attempted to emphasize that my analysis does not imply moral condemnation of anyone, I recognize that my general tone is obviously severely critical. Suffice it to say that:

1. I recognize that there are a great number of physicians who are quite free from many of the cultural diseases I defined, and who do operate in relationships of love with their patients. Even these individuals, however, are citizens of the wasteland to a greater extent than they probably realize.

2. I am not suggesting that any group (i.e., young doctors, students, myself) are inherently freer from cultural symptomatology than anyone else. We are all in this together.

# poetry

## THE LESSON

You lean on me, baby  
he said  
one green day.  
One white day, I did.  
No words broke  
my fall.

*Rochelle*

## INTO THE SUNSET MOUNTAIN ROAD (somewhere in Wyoming)

This is a poem  
with a title  
but no poem.

Wyoming comes  
in somewheres.  
Somewhere in Wyoming

this road  
stops being  
a road.

*Paul Keller*

## THE OFFICER'S POEM

Officer Holbridge,  
a damn nice guy,  
got three bright kids, Charlie get's straight A's you know!  
and our man follows orders from the office, right to the T.  
**STICKS ON THE HEAD, MACE IN THE FACE.**  
Sweet Mrs. Holbridge,  
discusses at tea, peace, war, and politics,  
well versed on today.  
and teaches her children about known right and wrongs,  
gonna grow up like daddy, big, right and strong,  
yes kids got to keep the reds down,  
**STICKS ON THE HEAD, MACE IN THE FACE.**  
**STICKS ON THE HEAD, MACE IN THE FACE, BE**  
true to god, quote brotherhood,  
hail mary full of grace the lord is with  
thee, she too followed orders and opened  
gates,  
**STICKS ON THE HEAD, MACE IN THE FACE.**  
**THERE'S A SUIT IN THE CLOSET, ALL PRESSED AND BRUSHED,**  
gold metal buttons, shined with momma's sweat,  
kiddies have passed beyond returning, beast in control,  
**LET US MOURN,**  
**HE JUST FOLLOWED ORDERS SENT OVER THE PHONE,**  
got a long vacation, honors, his wife  
will get paid, a dead civil servant,  
hooray, boo, hooray,  
**STICKS ON THE HEAD, MACE IN THE FACE.**  
one, two, buckle your soul,  
three, four, slam your inside door,  
five, six, **STICKS ON THE HEAD, MACE IN THE FACE,**  
**FOR** all the acquaintances have forgot  
and never brought back to mind,  
**FOR** all the acquaintances have forgot  
and justify the nations crime.

*Robert Van Horn*

## JONAH

Jonah was much possessed by whales:  
and was never  
quite  
sure of himself,  
or of others;

was always just on the  
verge  
of taking off his shoes,  
or sneezing,  
or turning on a light.

Who, having splotched for the hundredth time  
his pants, realized that it  
could not,  
would not be washed out  
out, beaten out, wished away:

took out his handkerchief,  
aimed, sneezed,  
leaned over and tied his shoelace,  
and turning, stepped  
into the whale's mouth.

*Paul Keller*

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

# FROM BEHIND BARS...

## National Prison Inmates Coalition

The purpose of the National Prison Inmates Coalition is to unify prisoners from around the nation who want to help bring about major progressive changes in our correctional system. One of the problems which has kept prisoners from developing long range and broad based programs has been our individualism. Prisoners have been conditioned to see themselves as a collection of individuals, to believe each man is able to act independently of others, and to view our mutual problems as person problems, when in fact, it is the institutions which oppress one oppress all. And since they are too big to tackle alone, these institutions must be dealt with collectively. By uniting, we have an excellent opportunity for a beautiful revolution and achievement of our collective goals.

The coalition plans to use peaceful, constructive and legal strategies to bring about the necessary changes. Cooperation with the administrators and officials of various state and federal prison systems is emphasized as long as we do not have to compromise away our values and goals in the process. It is the expectation that the methods and strategies the coalition will use to bring about our aims will include widespread public education through the mass media, direct involvement of the community, efforts to educate and involve legislators to make the required legislative changes, efforts to inform and pressure government officials and correctional system administrators to make major policy changes, and generally to utilize whatever creative and effective methods the coalition can come up with. It is of course essential that prisoners who want to help bring about total actualization of our goals be as responsible, creative, and constructive as possible. We must really believe what we are trying to accomplish is right, and dedicate ourselves to getting fellow inmates responsibly involved so that the coalition speaks for as many men as possible on any given issue.

NPIC is beginning to focus on McNeil Island Penitentiary because of the very serious problems again coming to the surface there. Any McNeil prisoner interested in establishing a coalition chapter on the island, or in merely adding his individual voice to our collective movement, is urged to try to communicate with: Ron Hanna, National Prison Inmates Coalition, 32019 - 11th Place South no. E4, Federal Way, Washington 98002; or contact Inside Out in Steilacoom for additional information concerning the coalition and its objectives.

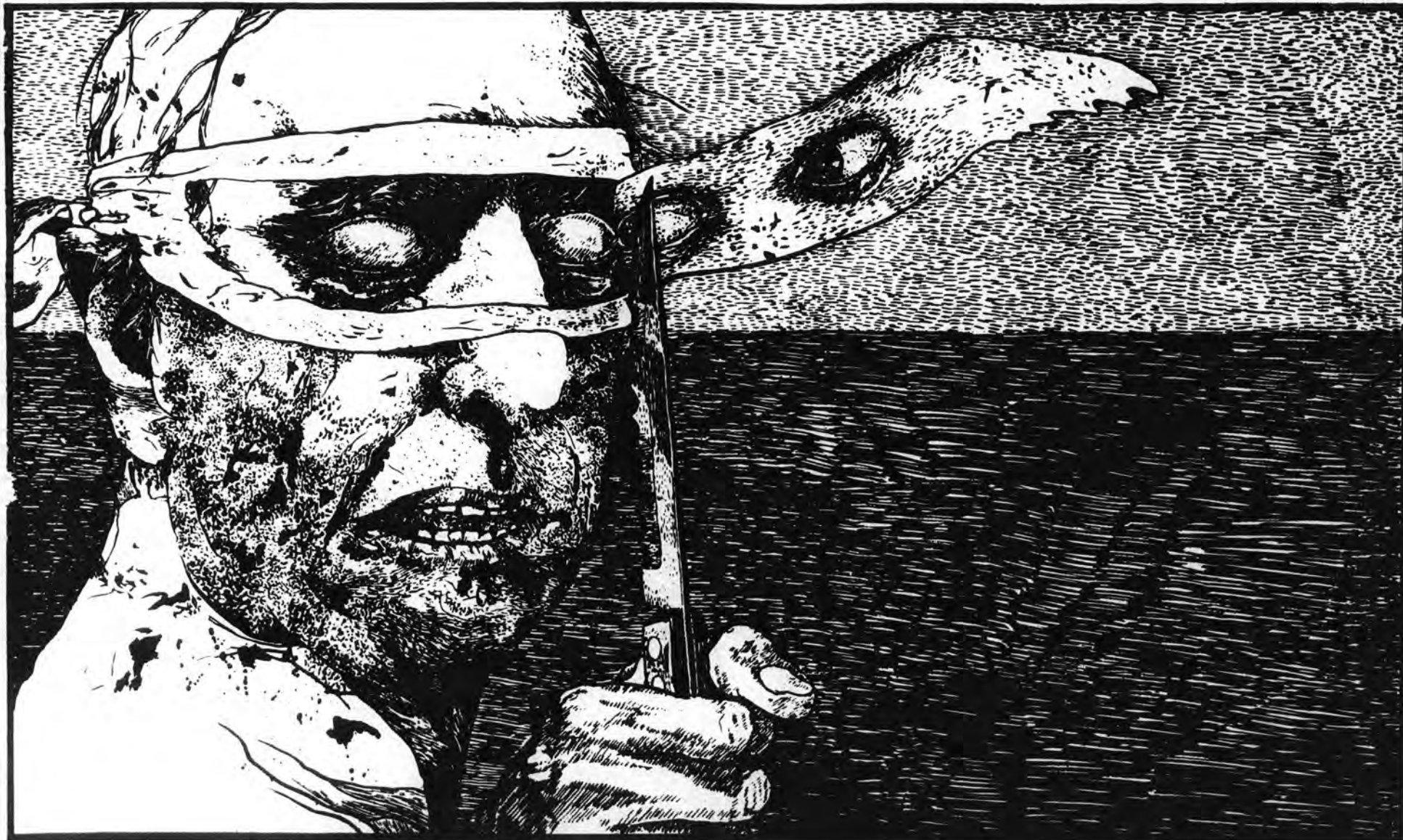
Power to the prisoner...



who knows what it is.

## Attention, Smugglers

This last week has seen stepped-up activity by American customs officials at the border crossings in arresting "smugglers". "Smugglers" are people who after all these years still haven't learned they shouldn't bring their personal stashes across with them. Those who are caught face federal charges. It's not worth it, friends. Remember to Dump your Dope before you cross.



**Warning:**

## Straw Dogs May Be Hazardous

### to Your Health

by roxanne park



I am not exactly sure why other people read film reviews. I seem to usually skim through the comments to gather some sense of whether the film was "Good" or "Bad". Beyond that — sometimes I am interested in the reasons for the judgment and maybe some ideas the reviewer had while observing the film.

If you do what I do first — I will save you the trouble of interpreting my comments or reading any further. Sam Peckinpah's "Straw Dogs" is an AWFUL film and I hope none of you have to sit through it.

The story is about an American expatriot (Dustin Hoffman) living in England with his wife (Susan George). He is a mathematician working on a government grant. He left America because, generally, he did not want to get involved and they thought returning to her home in England might improve their marriage. The village is very hostile to the couple. They make the man look like a continuous fool and try to get into his wife's pants.

The film concludes itself with about fifty minutes of violence: gunshots, lye thrown in faces, beartraps sprung on a man's head, a foot shot off, a gunshot blast in the back and two in the head, an attempted rape . . . truly, a series of delightful events!

Every person in the film is portrayed as negatively as possible. The

wife who childishly demands her husband to entertain her, invites a rape, throws her body around and then is disgusted when men respond. A hysterical child.

The American, a moral weakling, who responds finally when his house, his property is being violated. Who goes through an hour of deaths and then stands back to exclaim proudly, "I got them."

The teenage bitch who struts around in short dresses, watches the Americans in bed, and seduces the village idiot. Her father uses the excuse of "his property, his daughter" to murder and rage.

The workmen who wait around to ogle the woman and dare each other. The men who think, act, and walk sweated sex, drink, violence. The male group that taunts and tears at each other's throats.

The only person who escapes the filmmaker's vision of perversion is the village idiot, played by David Warner. He is obviously not aware enough to be corrupt.

Peckinpah's other films have been of *The Wild Bunch* genre. For this film he left the violent West and turned his tricks on the English countryside. The whole world, I assume, is a vision of primitive terror for this man. The fantasies he plays out are very similar to those of Burgess in *A Clockwork Orange* (watch for the Kubrick film of

this book). Maybe these men are telling us that life is really a series of hidden "Straw Dogs" and "Oranges" — maybe we should sigh and accept that violence as the real "nitty gritty" of life. What struck me about "Straw Dogs" was that there did not seem to be any purpose to the display of violence except to suck the viewer into Peckinpah's clutches. I find myself refusing to accept his fantasies as somehow "human" because doing so would involve a definition of human in male terms. The women in his film were all objects for the men, women who revolved totally around their

sexuality and waiting to be 'used'. This characterization of the women was one of the main reasons I would not accept the film as saying anything about "human nature."

Time magazine stated that there was some moral to the film — something like "violence breeds violence" or "there is violence in all of us." I would advise people to flog themselves with a whip 100 times repeating that moral instead of attending a showing of the film. You will have a better time, and you can have your own, original fantasies.

**Barr's Camera**  
108 East Magnolia  
Bellingham

See Special Buys in Connections, this issue, page 31.

Western Washington State College

Art Film Series Presents

A WAR GAME IN 1994 WHERE GENERALS FROM THE EAST AND WEST FEED STRATEGY TO A VIOLENT BUT NEUTRAL COMPUTER AND WATCH THEIR TEAMS FIGHT ON SATURDAY NIGHT TV.

**THE GLADIATORS**  
NEW FILM BY PETER WATKINS



**THE GLADIATORS**

Saturday, January 15  
Music Auditorium  
7 and 9: 15 pm

**THE HUNTERS ARE THE HUNTED**

Saturday, January 22  
Music Auditorium  
7 and 9: 15 pm  
*Cultural Fascism is the theme, everyone becomes a hunter, attacking the weaker, in order to survive.*

Students .75 Gen'l Adm 1.25

**TOAD HALL**

11th & Hamis  
Monday - 1<sup>st</sup> Pizze night  
Fri & Sat: Entertainment  
Sunday: Folk Dancing



## Cobalamin in Human Nutrition

by jeff kronenberg

If the word cobalamin doesn't ring a bell in your mind, there is no cause for alarm. I'm sure that most people don't find this name familiar either. However, this substance is a vital nutrient to the human body; and as I hope to point out in this article, something which all true vegetarians should know about.

Cobalamin is more commonly known as vitamin B12; although it is often referred to by doctors and nutritionalists as the antipernicious anemia factor and the erythrocyte maturation factor. It was first discovered and isolated in 1948 by both scientists in the US and Britain,

while searching for the factor lacking in individuals suffering from pernicious anemia. Chemically, the essential components were to be cobalt, iron, and magnesium, arranged in a molecule similar to that of hemoglobin (the red pigment found in red blood cells).

Vitamin B12 plays an important role in maintaining body functions. It is necessary for the proper formation of red blood cells, maintenance of a healthy nervous system, and in the absorption and metabolism of folic acid (another important nutrient), protein, and fat.

Pernicious anemia is a condition where abnormal red blood cells are formed because the body lacks cobalamin. However, the cause of this lies with a malfunction in the normal absorption and metabolism of B12, not as a result of a deficiency of the vitamin in the diet. Pernicious anemia is not very common, and is often genetically determined.

Lack of dietary cobalamin still can also be harmful and will eventually lead to degeneration in the normal functioning of the nervous system. It is at this point that all "true" vegetarians should take note (by "true" vegetarian I mean any individual who does not eat any animal products). Vitamin B12 is the only nutrient essential to human health which cannot be found in foods solely of plant origin.

Although the body is capable of storing about six years worth of cobalamin in the liver, it is now recommended that a diet contain from 3 to 5 micrograms per day (a rather small amount). Most individuals have no trouble getting a reasonable quantity of this vitamin in daily food consumption, but if you are a strict vegetarian, you may want to consider supplementing your diet with B12. The following is the cobalamin content of some animal foods:

In 100 Grams of the Food, You Will Find This Many Micrograms of B12.

BEEF LIVER	80 micrograms
OYSTERS	18 micrograms
EGG, WHOLE	2.0 micrograms
CHEDDAR CHEESE	1.0 micrograms
CHICKEN	0.5 micrograms
MILK	0.4 micrograms

It is my wish that the information provided will aid individuals in following their own paths concerning diet. For further material on vitamin B12, please see:

Chow, B.F.: Nutritional significance of vitamin B12, World Rev. Nutr. Diet. 1:127, 1960.

Guthrie, Helen A.: *Introductory Nutrition*, C.V. Mosby Company, Saint Louis: 1971.

Sullivan, L.W.: Studies on the minimum daily requirement for vitamin B12, New Eng. J. Med. 272:340, 1965.

# Cheapos

by the groats, et tu, et al

howdy folks: feels good to be relaying these cheapos yer sharin' with each other. tis a fine way to start the year.

might mention the Thriftway store on marine drive goin' out the north end of B'ham is closing out (their old customers all shop at the co-op nowadays). anyway they're sellin' all their stock at a discount. a lot of stuff is already gone, but if yer in the neighborhood ya might check it out.

a mighty fine secondhand / surplus store has been discovered in seattle. appears its part of a complex that includes a dry cleaning plant and a rag business. its located at 55 Spokane St. (head south on 4th Ave. South to Spokane St., turn right and proceed along under the Spokane St. viaduct past 1st to Colorado St. and yer there):

## The Business Haus

1230 N. 5th St. 733-3271  
(Next to Shakey's)

- SKIING EQUIPMENT
- SNOW SHOES
- MOUNTAIN REPAIRS

OPEN WEEKDAYS TIL 9:00  
SATURDAY TIL 6:00

some of the cheap goodies include: Pea coats (\$2-\$3), navy wool bell bottoms (\$1.50), used jeans without holes (50-75 cents), wool sweaters (35-50 cents) women's and men's everyday clothes (20-75 cents). sounds worth checkin-out-a-couple-a-times-baby.

are ya troubled by wooden window frames rotting out? we've heard that Western Sash and Door in Vancouver, B.C., at 1112 Franklin St. (254-3425) is the cheapest place to have 'em fixed up. they also make new doors and windows to order fer about 1/2 the cost of havin it done in the states.

now a word or two from the government's -there-so-ya-might-as-well-use-it-dept: the Soil Conservation service, part of the USDA, will provide lots of free assistance fer planning work on rural land, they'll check yer soil and tell you its suitability, locate garden sites, wells, suggest crops likely to succeed. in bellywash they are located in the Federal Bldg. (Call 676-8320).

the whatcom county extension service provides a similar service geared to the problems and details of plants and animals. they have numerous free booklets on just about any animal or crop & they will identify plant pests or diseases; (and probably suggest a pesticide—but once ya have the diagnosis ya can look fer a more organic cure to what ails yer garden). they also have a homemaker service with advice on cooking, canning, sewing, and other crafts. their office is on the 5th floor of the county court house (call 733-1320).

mary's knitting studio at 111 Prospect in Bellingham (next to the museum) has inexpensive yarn—and you can have it twisted together to order, whatever colors and number of plys you want, so you create your own yarn.

the mystic frog of the north sends his love and magic until we meet again.





# Matchbook Songs and Gypsy Hymns

by nils von veh

## New Jazz

**LIVE--EVIL--Miles Davis**  
(Columbia-G 30954)

**THE INNER MOUNTING FLAME--The Mahavishnu Orchestra with John McLaughlin**  
(Columbia-KC31067)

It was only a few weeks ago that I reviewed a new John McLaughlin album. That album was a marked shift in style from his first. Now John McLaughlin has switched to the Columbia label and already has a new album out. Which is surprising. But then, a lot of things about it are surprising. Not the least of which is the fact that, all things considered, John McLaughlin has managed to produce two of the best albums of 1971.

The Inner Mounting Flame finds McLaughlin back on electric guitar. His four sidemen have come to be called the Mahavishnu Orchestra. Although at first it would seem unlikely that four people could even come close to sounding like an orchestra, the Mahavishnu Orchestra succeeds in producing an overwhelmingly complex sound. The Orchestra includes Jerry Goodman, formerly of the Flock, on violin, Billy Cobham, who played with Miles on Jack Johnson, and two unfamiliar names on bass and piano. These five people sound like they have been playing together for at least a million years.

The music is almost impossible to describe. It is so varied and played with such virtuosity, that one can at best only resort to using hand gestures to convey it... "Well, you see, the guitar comes zooming by--like this, and then the drums head by--this way, followed by some scorching bass, the guitar comes sweeping by again--this way, and all of a sudden the piano shows up--here..." After you've described

about five seconds of a forty minute album in this manner, you realize the futility of all this and go and put the album on again.

The people of Bellingham and elsewhere are not, for the most part, known as avid jazz fans, but even if you've never heard any jazz, I'm certain that you will be as enthused about this album as I am. This album is very much an extension and sophistication of the music on Devotion. Devotion made a dent on the rock 'n roll market. The Inner Mounting Flame deserves much more than a dent. If you get only one album

this year, or any year, get this one, you won't be disappointed.

Now to the hard part of this review... Everyone knows that Miles Davis was one of the foremost influences on music in the Sixties. He doesn't seem to be having as much luck at innovation in the Seventies. Of his albums released in the last two years only Bitches Brew and the Jack Johnson albums, and Live--Evil have their moments; Miles seems to have run out of steam. It's not that the music is bad, it's just that it seems to lack that spark of inventiveness and life which characterized Miles' earlier albums. The album is structured so that there is one long, extended piece, usually. It is on these shorter pieces that the album lives up to Miles' previous work. These ballads are similar in style to the lyrical music heard on In a Silent Way. But to hear these, one must put up with the tedium of listening to the longer, twenty minute pieces.

Even though Live--Evil flunks as a Miles Davis album, it is still more musically interesting than just about any of the other sounds around. Except for the new John McLaughlin album.

Now that is really a strange one. Never did I expect to hear the day when one of Miles' side men would upstage his mentor. Even stranger is the fact that John McLaughlin plays on almost all of Live--Evil, but even his brilliance can't break through the rut Miles has got himself in. After several listenings to Live--Evil the only conclusion you can come to is that at some point you got very bored with the whole thing, and you can't even remember at what point that was. Miles' emotions seem to have gotten buried in stylized superficiality.

One can just keep hoping that Miles will break out of his musical doldrums soon.

## Bangla Desh Rip-off

Upcoming weeks will tell whether or not a large portion of record buyers has been the object of an enormous hoax by Capitol Industries. First of all I will begin with a disclaimer--any time there is someone putting up a lot of money for a charitable cause there are bound to be numerous rumors about whether the money is being used to the best advantage. However, what I'm going to tell you now is to the best of my knowledge 100% reliable.

The Bangla Desh album has no promotional budget, there are no free copies being sent out to anybody, none of the artists are getting ANY royalties, Capitol is not allowing any returns by record stores, AND to this date, Capitol has refused to give a public accounting of how the money is being divided up.

Capitol is charging distributors \$10 for every album sold. To the best of my knowledge the album is currently the fastest selling album in the United States. Now for the big one--what I consider to be a reliable source, has just informed me that Capitol Records is getting a \$6 share of that \$10, with only \$4 going to benefit Bangla Desh! Capitol's cost for the album, pressing and distribution included, could not be more than \$2, so for every \$4 that goes to aid refugees another \$4 is going to benefit Capitol. At the present time there is no way for me to definitely verify this because Capitol Records is refusing to make public the division of the money.

Until you are personally certain that Capitol is not getting an exuberant profit on this benefit album (benefit for who?) I unequivocally recommend that you not buy this album and urge your friends to do likewise. And if you are as incensed by this whole thing as I am--perhaps you could also manage some choice invective in Capitol's direction, or perhaps you could write George at Apple and ask him what he's doing about this whole thing.

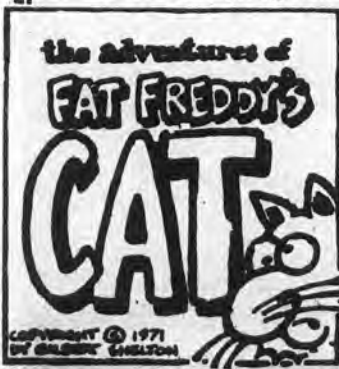
Baskar Mennon--President  
Capitol Records  
Hollywood & Vine Streets  
Hollywood, California  
\*\*\*\*\*

George Harrison  
Apple Records, Inc.  
1700 Broadway  
New York, New York 10019

And if you want to support the Bengalis directly without worrying that your money is going either to Capitol executives or to corrupt Bangla Desh executives, you can send your donations to:

Bangla Desh Relief  
Ananda Marga Yoga Society  
736--17th Avenue East  
Seattle, Washington, 98102

Peace to you all.





# ALMA BETH

by bob sawatzki

MONDAY, January 10

(B) "High School" and "Basic Training". Documentaries by Frederick Wiseman. WWSC. Lecture Hall 4. 7:00 p.m. FREE.

(B) "Pizza Night", Toad Hall

TUESDAY, January 11

(S) "Getting Married", George Bernard Shaw play at City Center Playhouse. 8:00 p.m.

(B) Northwest Passage meeting, 1000 Harris St., 7:30 p.m. We need you.

(B) Port of Bellingham meeting, County Courthouse, 8:00 p.m. (every 2nd Tuesday)

(B) La Leche League, 3854 Marine Drive. 733-4805 or 734-8143. 7:30 p.m.

(B) Public Utility District Meeting (every 2nd and 4th Tuesday), Harold Lantz's office, 215 Mason Bldg.

WEDNESDAY, January 12

(S) Audobon Society Wildlife Film, Eames Theatre, City Center, 8:00 p.m.

(B) "Marx Brothers" series - every Wednesday, 6:30 and 9:00 p.m., WWSC, Lecture Hall 4. \$.50.

THURSDAY, January 13

(B) "The Endless Summer", surfing+ film. WWSC Lecture Hall 4, 7:00 and 9:15 p.m.

(S) "Getting Married" - see above

(B) "200 Motels" Frank Zappa's movie about touring across the USA. Starts at the Grand Theatre.

FRIDAY, January 14

(S) "Getting Married" still plays

SATURDAY, January 15

(B) The First Annual "Dirty Dan" Memorial Old Time Music Festival, Toad Hall (11th and Harris in the Fairhaven District). Starts at noon. \$.50 admission. Musicians enter free and get a free dinner. Dirty Dan was the crazy old drunk who first settled in Bellingham, or Fairhaven, or Chuckanut Drive, or some damn place.

(S) "Getting Married" still a viable alternative

(B) Mama Sunday's Outdoor Program, WWSC, Viking Union.

(B) "The Gladiators" - first in a series of political films. WWSC, Music Auditorium, 7:00 and 9:15 p.m. \$.75.

(TV) "Funny Stories" - Russian made film. Children's Film Festival, 1:00 p.m.

SUNDAY, January 16

(B) Folk dancing every Sunday night, 8:00 p.m. Toad Hall Magic will be playing.

MONDAY, January 17

(B) Pizza Night, Toad Hall

SATURDAY, January 22

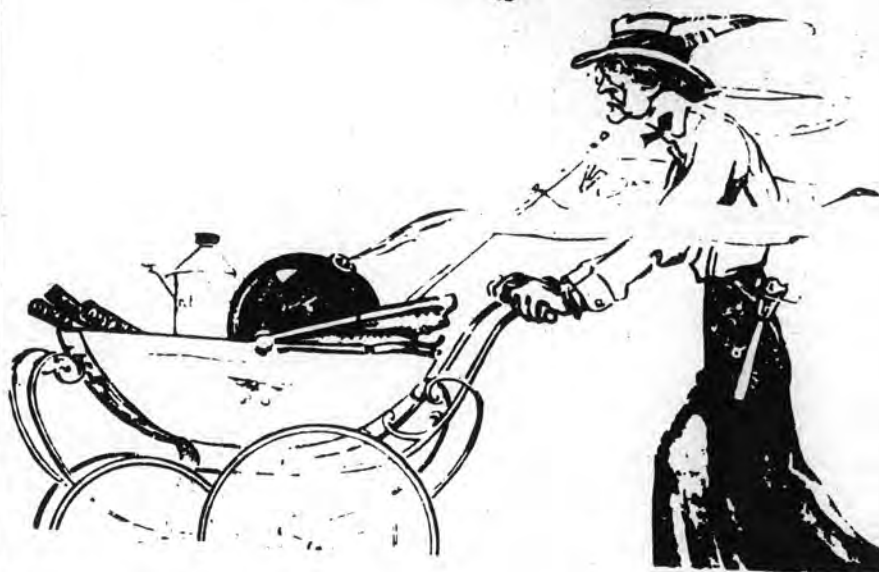
(B) "The Hunters are the Hunted". WWSC Political Film series. Music Auditorium, 7:00 and 9:15 p.m.

ATTENTION PLEASE

(B) WWSC non-credit course: "Organic Gardening", "Income Tax Preparation", "Expressive Stitching", "Basic Photography" meeting one night a week, 7:30-9:30. Call 676-3320 for information.

ALSO: Free University classes are getting under way. If you don't already have a catalogue, get one at the Viking Union on the Western Campus, or stop by 1114 N. Forest. For more information call Jenny Henderson, 733-5095; Judi Henderson, 733-2548; or Mike Micari, 733-8733.

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## FOR SALE OR TRADE

3-SPEED MURRAY BIKE, new, boy's, has all factory papers, etc. \$35. 809 MacKenzie. Got to sell before January 11.

ARTIFICIAL SUN: Sun lamp Blender, 8-speed, \$15 with guarantee. Good condition. Antique chair, kinda far out, \$6. 809 MacKenzie.

VW BUS: 40 hp. Runs, needs work, \$250 or offer. Steve Southwick, 733-9321, 1339 Franklin, Apt. 2.

GERTRUDE FOR SALE: She's ugly and blue and daisy. She's a '56 VW Bug. She may look awful, but she's got a kind and reliable heart, plus a rebuilt engine, excellent transmission and new battery and generator. Call Ron, 734-9137. \$175.

CARBON MONOXIDE GETTING YOU DOWN? Brand new muffler for Ford truck. New Price \$18, will sell for \$8. 734-9941.

CUSTOM HAND-KNIT NOOKSACK INDIAN SOCKS AND SWEATERS from natural homespun wool. No phone - call 734-6001 for directions.

PICK-UP FOR SALE: '62 Dodge with covered bed. Slant-6. Good running condition. \$650. Emil Crape, 1910 Harris Ave., 733-6225.

COMMUNICATIONS DEPARTMENT: For Sale: Two tabloid newspapers, published monthly, 2500 active accounts. Monthly billing, approximately \$10,000 plus. One paper can be expanded to regional publication and a weekly. For further information call (206) 623-6525. P.O. Box 66374, Seattle 98166.

GLORIA SEZ: to tell you that we do NOT "baptize" folk at "The Daily Bread Delicatessen". We DO serve big sandwiches, picnic supplies, bagels, etc. Thank you. 1140 North State.

BARR'S SPECIALS: 25 packages of our Kodak paper went out of date last month - most surfaces and grades marked way down. GAF 35 mm color slide film is going out of date next month - was \$2.10, now \$1.15. We're having a closeout on Fujichrome 35 mm slide film too; was \$2.30, now \$1.18. Less if you want to buy in large quantities. Lots of odds and ends around the store are

on a special. If you want something photographic, we probably have it! Come on it... Barr's Camera Shop, 108 E. Magnolia. It won't be a negative experience.

TWO 10-SPEED BICYCLES for sale: Almost new, \$80 and \$85. Rod or Elaine, 676-0461, 1133 Grant St., B'ham.

AND IN ADDITION: 10-speed Raleigh bicycle, good condition, \$50. 1125 Grant St., B'ham.

## WANTED

OLD TIME MUSICIANS for an evening of fun at Toad Hall, January 15.

I'M COLD! Please take me to California (San Francisco). Anytime after January 18. I will help pay the costs and share driving. Please call Vicki at 734-8022 or leave a message. Thanks!

LADY SEEKS LADY to really share small farm on Northwest Road. Call Amy, 384-1131, and we can ask each other questions.

SISTERS IN PURDY PRISON at Gig Harbor would sincerely appreciate getting some buttons, posters, or any items like that to brighten up their rooms - or finding out about places to send for such items, free. Write: Purdy Prison Box 17, Gig Harbor 98335.

HOUSES WANTED: We can rent your house or apartment with no charge to you or prospective tenant. Anywhere in Whatcom County. 384-1417.

NEED DAILY RIDE TO SEDRO WOOLEY. Will pay expenses. Call 733-9781 after 6:00.

HELP WANTED: Looking for a teacher-coordinator for a free school (Evergreen Community School) in Olympia. Call Sue Lawing at 352-8067 or write to her at 2087 Lakemoor Drive, Olympia.

COUPLE DESIRE FARM POSITION: preferably an organic farm. Woman to cook, man to do field work or other work. Write: Mail box 170, 2420 1st Ave., Seattle 98121.

## FREEBIES

25 POUNDS OF FREE DOG for anyone who will take an adorable small black and white pup. Joan at 4518 Northwest Road.

## NOTES TO COMMUNITY

COME ON DOWN and hear the old time musicians Saturday, January 15 at Toad Hall.

LA LECHE LEAGUE meets Tuesday, January 11, at 7:30 p.m. This month's meeting will center on "The Advantages of Breastfeeding to Mother and Baby". All interested women are most welcome. So are your nursing babies! Location of meeting is 3854 Marine Drive. For directions and/or information call 733-4805 or 734-8143.

PRISONERS AT WALLA WALLA are now allowed to dress in their own clothes, to make phone calls (collect) to family and friends, and can paint and decorate their cells. Also they can have cassette tape decks. They would appreciate being sent posters and cassettes (including messages you tape yourself - they might be censored though so watch it). Contact John P. Hanson, No. 118188, P.O. Box 520, Walla Walla, Washington 99362.

A WAITER sidled up to the vampire and asked how he would like his steak. Whereupon the vamp replied: (1) naughty, (2) thick, (3) with a fork, (4) fill in blank (Courtesy Everybody's Store, Van Zandt.

A VAMPIRE in drag is a Transylvestite. Courtesy Adrain America.

THE FOOD CO-OP needs temporary or permanent garage for co-op van so we can do some repairs on it - out of the rain. Here's YOUR chance to co-op!

THIRD WORLD poems, drawings, pictures and essays wanted: Cotyledon, Rt. 4, Box 276, Traverse City, Michigan. Michael Mayer, ed.

WOULD LIKE TO TRADE BABY-SITTING TIME: See Glenda at 1511 "H" Street.

COME TOGETHER: If you are interested in getting it on with compatible people to rent houses or apartment buildings, let us know. We are beginning a service to

coordinate the formation of cooperatives in Whatcom County. Purchasing is a possibility. City: 734-9075. County: 384-1417. Whatcom Community Activities Center, 2826 Birchwood. Robert Castle.

THE BELLINGHAM COMMUNITY HEALTH CENTER (free primary medical care, classes in preventative medicine, herbs, first aid, etc.) needs a building (preferably located near center of town), medical equipment, and most of all good people. If you want to help, call the Fairhaven Community Center, 676-0887 or in the evenings, call 676-0740. Ask for Campbell.

IF YOU ARE EXPECTING A BABY or are now breastfeeding your baby and have questions that need answers or just want to talk, contact these La Leche members anytime - Harriet at 733-4805, or Dottie at 734-8143.

ADVICE TO THE WISE: If your car is ill, get going on ideas and help organize meetings to get the Co-op Garage going. Lessons of experience have proved to us (and others, we're sure) that there are no FAIR (needless to say) good mechanics (in business, that is) in B'ham.

## NOTES TO FOLKS

VIVANNE: The Swinging Jump Seat is once again yours if you want it back. Come visit. S.

MARCUS AND MARYANNE: Please come by. We are leaving middle of January. Have some things for you. S & S.

JIM MILLER: Will you send us some more bird articles? Call Mary Kay at 734-6001. Love, Passage.

HELLO SAM CARGO wherever you might be - Seattle I figure - would be nice if you'd like to do some drawing for this here paper - get in touch if possible - much love to you. Yer brother Bob Clifford. 3201 18th St., B'ham.

ROCHELLE: I hope I remembered your poem right. Dorothy.

HAPPY BIRTHDAY WOLFE!

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To be poor, that is, not to be dependent on things worldly, -wealth, power and reputation -and yet feel inwardly the presence of something of highest value, above time and social position: this is essentially what constitutes *wabi*. Stated in terms of practical everyday life, *wabi* is to be satisfied with a little hut, a room of 2 or 3 tatami, like the log cabin of Thoreau, and with a dish of vegetables picked in the neighboring fields, and perhaps to be listening to the pattering of a gentle spring rainfall.

*D.T. Suzuki*

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Bookstore:  
1100 Harris Ave.  
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