

ORGANIC LIVING

By

Robert Rodale

LOW-ENERGY LIVING CAN BE FUN

Some people haven't waited for the energy crunch to hit before cutting back on their high-consumption lifestyles. Instead, they've chosen to make do with less power, fewer gadgets and a more down-to-earth diet because it's more satisfying and enjoyable. Now their experiences can serve as inspiration for all of us faced with shortages and possible sacrifices.

Back in 1968, Eliot and Sue Coleman moved to Maine in search of a simpler, more satisfying way of life. Today, with two children and 40 acres of their own land near Harborside, they are finally realizing self-sufficiency. The Colemans must work harder than most of us, and they do without some modern conveniences we might consider necessities, but they feel it's worth it.

The Colemans have no electricity, but they do have a wood-burning stove. They use six cords of wood a year for heat and cooking.

There's no telephone, but they prefer the peaceful isolation that comes with being out of earshot of a ringing phone. Face-to-face communication suffices for socializing and transacting necessary business.

The Colemans eat no supermarket food. They raise all their own food (except grains, peanuts and cooking oil) on a one-acre organic truck patch. Fertilizer is no problem, because Eliot uses seaweed, manure, leaves, spoiled hay and other inexpensive local materials. Surplus garden produce is sold at a roadside stand, providing cash to live on.

Last year the Colemans made \$3,000 from their one-acre plot. "If everything grew perfectly, I'm sure we could make \$5,000 or even \$6,000," says Eliot.

This year they are planning to keep bees for the first time, and their goat herd has grown. But they don't equate success with owning more things. "I have no idea what I'd do with more money," says Eliot. "If I had a larger farm, I'd have to develop a taste for fast cars, television sets and vacations in order to do something with all that money."

"I may be 100 percent wrong," he says, "but if I am or not, I think there's virtue in charging down the avenue I am charging down at least until I exhaust its possibilities."

Most of us in urban and suburban settings can't pack up and go charging off to the Maine woods. But we can learn to live with less energy and enjoy it. Jeff Cox, a Pennsylvania magazine editor, managed to cut his kitchen electric bill in

half a few years ago. Here are his recommendations for doing the same in your home now that energy is in tight supply:

1. Get rid of all but truly essential appliances. Among the items Cox found expendable were a coffee maker, automatic can opener, deep-fat fryer, dishwasher, bun and plate warmer, rotisserie, air conditioner, steak broiler, and toaster. "If it does what you can't reasonably do, it can stay," he says. "If the appliance is only for ease or comfort, it goes."



2. Be prepared to do a little more work. "It's better for you, and for the quality of your kitchen and food, if you keep your personal hand in things, from disposing of garbage in the compost pile to washing your own plates," says Cox.

3. Seek out quality-built, hand-operated kitchen appliances. Coffee grinders, grain mills, and food shredders are just some of the products available.

Cox also feels that his family's shopping habits are geared to a low-energy lifestyle. "Today," he says, "everyone depends on national suppliers of immense size, which scour the nation for raw materials and punch out trillions of poor-quality products, using tremendous amounts of energy."

Cox enjoys buying as much as he can, including eggs, milk and meat, from small local producers. That way he avoids much of the packaging and processing that consumes so

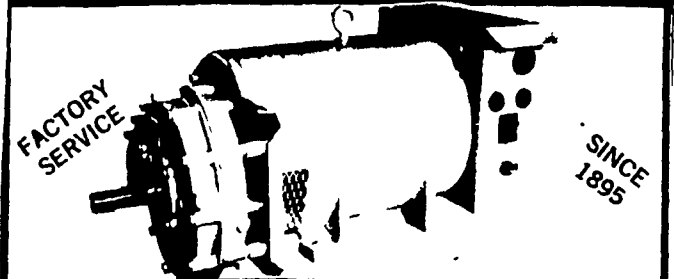
much energy in our society.

"We work for one corporation and buy all our life support functions from other corporations. Now's the time to take back the responsibility for at least some of our life support functions, especially growing our own food and disposing of our wastes in an environmentally-sound manner," Cox says, noting that doing this cuts energy use tremendously. "If you raise a milk goat, for instance, you save the energy used in processing the milk, carting feed to the cows, taking the milk to the cooperative dairy, packaging the milk, delivering the milk to retail stores, and the gas you'd use driving to and from the store."

You can live better for less like the Colemans, with the help of the 48-page guide, "How to Live on Less and Like it More." To get your copy, send fifty cents to Robert Rodale, Organic Living, in care of this newspaper. Please ask for the booklet by name and allow at least three weeks for delivery.

TRY A CLASSIFIED AD
PHONE 626-2191 or 394-3047

FIDELITY ALTERNATOR BUILT IN LANCASTER



LOADSTAR

WHY ACCEPT A LIGHT DUTY "STAND BY" GENERATOR WHEN YOU CAN HAVE FIDELITY'S CONTINUOUS HEAVY DUTY LOADSTAR INDUSTRIAL ALTERNATOR

Super Motor Starting Capability
All Helical Gear Drive - No Chains or Belts
FREE DEMONSTRATION on Your FARM without obligation
Buy one FIDELITY LOADSTAR Alternator in your life time,
It's the only one you'll ever need

FINANCING AVAILABLE

FIDELITY ELECTRIC
COMPANY INC

332 NORTH ARCH STREET
LANCASTER PENN 17603
TEL 717 397-8231

FREY FREE STALL LIFETIME FREE STALL HOUSING



Cut bedding costs 75 per cent, reduce labor for barn cleaning and cow washing; reduce teat and udder injury to the minimum — house your milking herd in free stall housing. Each cow provided a stall for loafing. She won't be stepped on, the rear curb forces manure out into alley for mechanical cleaning or washing. A few minutes twice a day cleans the stalls and curbs, bedding lasts almost forever if your stalls fit the cows. Popular sizes are 6'6", 7' and 7'6" Size 'em by breed.

Our free stall partition may be mounted on wooden head boards or we make a steel divider. Set the legs in 3 to 10" concrete curbs to hold and retain bedding. Stall floor can be soil, sand or gravel. Bedding — straw, sawdust, peanut hulls, ground corn cobs, etc. Should be installed with paved alley surface 8 feet wide for mechanical cleaning or washing.

- 8 Models all steel welded farm and feedlot gates
- 2 Models all steel welded head catch gate

For prices, contact Fred Frey, Mgr

(717)-
786-2146

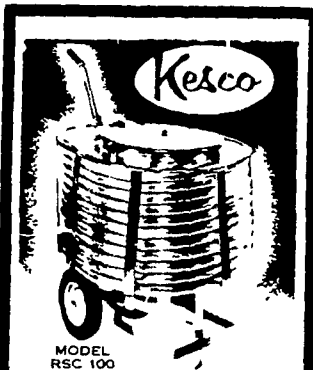
FREY BROS.

RD 2

Quarryville, Penna 17566

OR SEE US AT DAIRY DAY
MARCH 5, FARM & HOME CENTER

TRY A CLASSIFIED AD



A MILKMOVER SYSTEM

gets you out of the barn sooner - with more money in your pocket! It saves your lugging heavy pails of milk from barn to cooler.

- HAS MORE MILK CAPACITY
- PERMITS FASTER MILKING
- ELIMINATES EXTRA HELP
- PROTECTS MILK QUALITY
- IS 100% SELF CLEANING
- HAS ELECTRIC CONTROLS
- FITS INTO ALL BARN
- EASILY INSTALLED

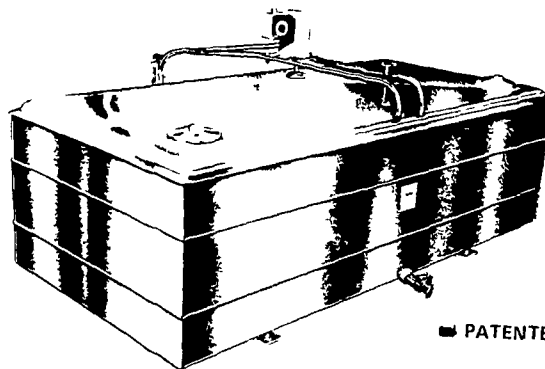
Available thru your local dairy equipment dealer or call the factory collect to arrange for a free demonstration on your farm.

Manufactured by

**DOUG
INDUSTRIES INC
JOHNSON**

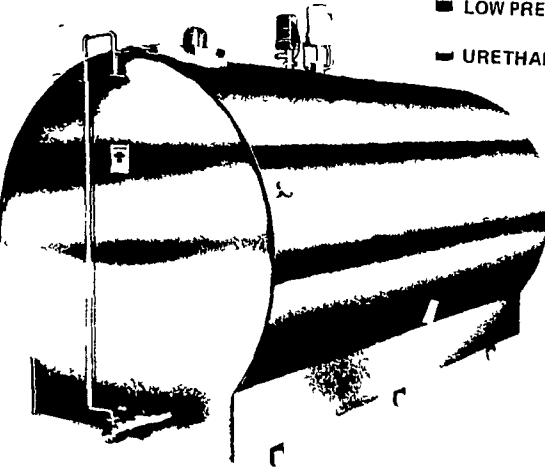
P.O. BOX 283,
ELKTON, MD. 21921
Phone 301-398-3451

The Proven Performers!



DIPLOMAT —
Proven on thousands of dairy farms the world over.
200 to 1500 gallon sizes

- PATENTED, FULLY FLOODED GIRTON COLD PLATE
- STAINLESS STEEL CONSTRUCTION
- LOW PRESSURE FREON 12, THE SAFE REFRIGERANT
- URETHANE (FOAMED IN PLACE) INSULATION



AMBASSADOR —
The ultimate tank for the large, quality conscious dairy farmer 500 to 3000 gallon sizes



**CLARK ELECTRIC,
INC.**

RD. 1, Box 82 Kinzer, Pa. 17535

PH: 768-8228