

ORGANIC LIVING

By

Robert Rodale

IS THERE HOPE FOR CITY DWELLERS?

Where will you ride out the storm if predicted ecological and economic upheavals occur? If you're a city dweller, you're going to have two strikes against you right at the start, in an age of continual shortages and crises.

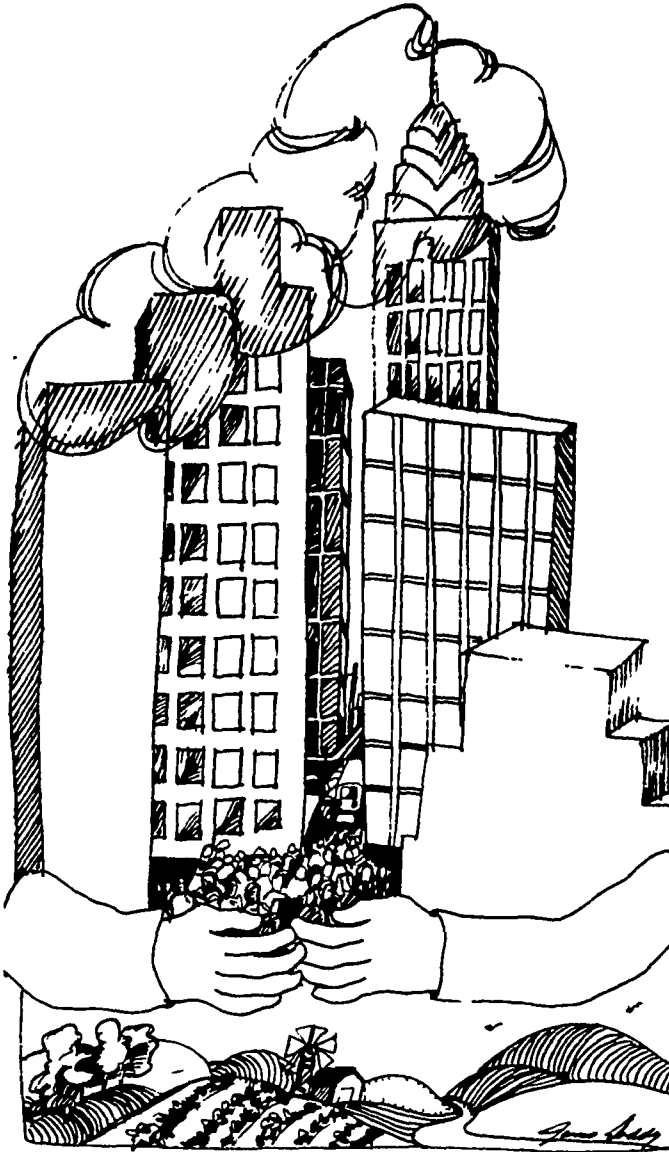
Cities aren't the healthiest places to live, even in the best of times. The stress of crowded urban conditions may be causing actual physical changes in man, reports Australian physician Fess Groenestein. City dwellers have abnormally enlarged adrenal glands, compared with rural residents, he has discovered.

Other urban hazards such as air pollution, lead poisoning and crime are more obvious. Loss of hearing by children subjected to constant urban noise is still another way cities injure their inhabitants, says Dr. Robert Aldrich of the University of Colorado Medical Center, Denver.

"We must not allow children to live in cities which are machines for producing pathology," he told an American Academy of Pediatrics meeting last year.

Housewives who live on the upper floors of high-rise apartment buildings are more prone to mental ills, and their children suffer more respiratory and circulatory ailments, says Dr. Dietrich Oeter of Hamburg, Germany. He calls the problem "upper-floor illness."

Even reasonably healthy urbanites may find themselves in a more severe bind than rural folks if severe economic shortages develop. They have no land on which to grow their



own food. They must depend on a delicately interrelated, gasoline-fueled distribution system to satisfy basic needs. Everyone depends on "the system" to some extent, but city people are totally dependent.

Possible shortages of chlorine for municipal drinking water purification have already driven home this point with an urgency no country person with a spring-fed or deep well can fully appreciate. Any community might be affected, but "the shortage would be most detrimental to our cities," warned Senator Philip Hart. He said Detroit, Denver and New York were among cities "down to a few hours supply" of chlorine at critical times in 1973.

For the vast majority of employed city people, escape to the countryside is no longer practical. Gasoline shortages may spur a migration back into cities instead, as suburbanites try to get closer to their jobs. Fortunately there are some steps individuals can take now to make their city lifestyle more satisfying and pleasant:

1. Eat a simpler, more natural diet of whole, unprocessed foods. "Internal pollution" is something we can control, by cutting back on additive-laden foods, refined starches and sugar. Food supplements and vitamins can also help our systems withstand the onslaughts of external pollution.

2. Stock up on natural foods that can be stored easily. Dried beans, brown rice, seeds, nuts and wholemeal flour are all healthful foods that will go a long way in a pinch. Try to have a month's supply on hand at all times. That way you'll be prepared for any short-term shortages or inconveniences.

New Book on Farming Terraces

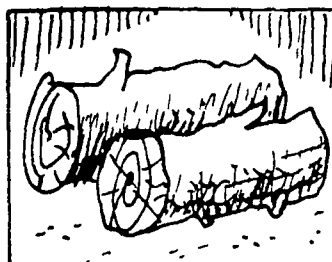
Better ways of farming terraced land is the subject of a newly-revised publication of the U.S. Department of Agriculture.

The 16-page illustrated booklet, "Farming Terraced Land," was revised by the

Soil Conservation Service in response to farmers' demand for up-to-date information.

The publication gives advice on how to use a two-way plow on both parallel and nonparallel terraces; four methods of using a one-way plow; using other tillage implements on terraces; planting row crops on parallel or nonparallel terraces, and harvesting hay, other close-sown crops, and row crops. Photographs and illustrations show how to do it.

Single copies of "Farming Terraced Land," Leaflet 335 are available from the Office of Communication, U. S. Department of Agriculture, Washington, D. C. 20250.



When an alder tree is cut, its wood turns from white to red!

Don't stockpile the food. Keep using it and replacing it with a fresh reserve.

3. Consume less and recycle more. A rooftop onwindowbox garden may be just a token step toward self-sufficiency, but it is a step in the right direction. You can always sprout soy, wheat, mung, alfalfa and other seeds and beans under the kitchen sink for a supply of high-nutrient, "homegrown" food.

4. Exercise more. Walking and bicycling are fast becoming the most efficient ways to get around in some center city areas. And neither contributes to pollution, or uses fossil-fuel energy.

5. Support environmental measures that will improve the quality of city life over the long run. In central London, winter sunshine has increased by 70 percent since 1962 as a result of smoke control legislation.

6. Get to know your neighbors. Exchanging special skills or services could help keep budgets intact if inflation really gets out of hand. Food co-ops, where members pool their orders and buy direct from growers at a discount, is another possibility for those willing to work together.

7. Try fitting a "country craft" into your city lifestyle. Weaving and spinning are just two of many newly-popular activities that offer productive and recreational value. There's even a compact 36-inch floor model loom that's specially recommended for apartment dwellers. Other crafts could be equally attractive and feasible, if you take time to investigate.

Making the cities truly liveable is "the ultimate organic challenge," says Jim Punkre, an advertising copywriter who left a snug rural homestead to move into the core of a medium-sized Eastern city. "Many of us are returning," he says. "We are attempting to prove that man can indeed live in harmony with nature and other men."

Whether you live in the city or the country, there are steps you can take to improve your diet. "The Prevention System for Better Health" is a 46-page guide to food sources of important vitamins and minerals. It's available for fifty cents from Robert Rodale, Organic Living, in care of this newspaper. Be sure to ask for the booklet by name and please allow at least three weeks for delivery.

SEE THE NEW

Kesco

PIPELINE MILKERS

DIRECT SALE DISCOUNTS OF \$1,500.00

CALL COLLECT 301-398-3451

FREE QUOTATION ON YOUR FARM
LOCALLY MANUFACTURED
OFFERING FACTORY SERVICE and INSTALLATION

Dairymen! Having a problem in milking equipment? Not satisfied how it has been handled? We have a lifetime of experience in professional milking equipment sales and design on farms from one milker unit to 104 milker units. Why not give us a call today, it can save you money.

KESCO PRODUCTS ARE MANUFACTURED BY:
DOUG JOHNSON IND., Inc.
ELKTON, MD. 21921
CALL COLLECT 301-398-3451

Dutch School Natural Foods

LARGEST SELECTION OF
NATURAL FOODS AND VITAMINS
IN CENTRAL PENNA.

RT. 222, AKRON, PENNA.
PH. 859-2339

The one feed additive for growth and feed savings plus 4 way control...

AUREO S-P 250 In our feeds helps you control

- ★ ATROPHIC RHINITIS
- ★ SCOURS
- ★ CERVICAL ABSCESSSES
- ★ STRESS

AUREO S-P 250* has proved to be the one feed additive that provides a wide range of benefits to pork producers. No other antibacterial in feed does so many things to help produce fast gains — improve feed efficiency — and provide superior protection against the major diseases that threaten sows and growing hogs.

AUREO S-P 250 helps save feed — reduces labor and medication costs — by keeping hogs gaining in the presence of atrophic rhinitis, controlling bacterial scours, reducing cervical abscesses — and helping prevent these diseases during stress.

AUREO S-P 250 is beneficial at every stage of growth and production.

*AUREO S-P 250 is the registered trademark for American Cyanamid Company's premix of AUREOMYCIN® chlortetracycline, SULMET® sulfamethazine and penicillin. Withdraw seven days before slaughter.

Distributed in the Northeast by:

THE FOX CO.
NEWFIELD, N.J. 08344

For additional information call 609/692 4400

AVAILABLE AT

John W. Eshelman & Sons
Lancaster, Pa.

Gehman Feed Mill
Denver, Pa.

Wenger's Feed Mill
Rheems, Pa.

Stevens Feed Mill
Stevens, Pa.

If it's quality seed corn you want

P-A-G'S SX98

is your number

High yields, top performance, harvestability, early vigor.

CALL OR SEE:

MERVIN DEITER R D #3, LITITZ, PA PH 626 7515	H. WEAVER REITZ R D #1, CONESTOGA, PA PH 872-2557
ELI O. NOLT R D #1, NEW HOLLAND, PA PH 354-5546	EUGENE SPOTTS, INC. R D #2, HONEY BROOK, PA PH [215] 273 3958

Other P-A-G favorites
SX-39 7565
SX-520
SX-92
SX-572
SX-53 315