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RAIN: Journal of Appropriate Technology

RAIN

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## RAIN: Journal of Appropriate Technology

ECO-NET

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# RAIN

Journal of Appropriate Technology

AUGUST/SEPTEMBER 1977

VOLUME III, NO. 10

ONE DOLLAR



Ancil Nance

**INSIDE: Peanut Butter Power**  
**Prisons of Steel, Prisons of Mind**  
**Household Economy Stores**

# RAIN *access*



## ECONOMICS

*A Working Economy for Americans, 1977*, single copies free from:

Working Economy  
Box 19530  
Washington, DC 20036

This booklet was prepared by a broad coalition of union, environmental, public officials and farmers organizations in response to a one-sided multi-media "American Economic System" campaign produced by the Ad Council promoting the myths of big business paid for (you guessed it) by \$239,000 of our taxes. *Working Economy* outlines simply how our economy really operates and raises basic questions about corporate monopoly, chronic unemployment, unsafe work and externalized costs, and is designed to get people thinking about an economy that works for all Americans. It doesn't have all the answers but reminds us that our real weekly wages have fallen steadily since 1965, how service cutbacks in our cities have made them less livable, that the cost of adequate housing is beyond 80 percent of Americans, that while millions of Americans own a few shares of stock, more than 80 percent of all privately owned corporate stock is in the hands of the wealthiest 1 percent of the population. Worth reading. —TB

*Successful Small Business Management*, Leon A. Wortman, 1976, \$12.95 from:  
AMACOM  
135 W. 50th Street  
New York, NY 10020

Worth getting through your local library if you're setting up a small business. Lots of important practical techniques and practices dealing with money, taxes, advertising, keeping records, etc., presented in a much more readable form than most. A number of business clichés sprinkled throughout, but generally a practical guide for what to think about each step of the way. —TB

*The Value and Cost of Children*, Thomas J. Espenshade, *Population Bulletin*, Vol. 32, No. 1, \$1 from:  
Population Reference Bureau  
1337 Connecticut Avenue N.W.  
Washington, DC 20036

There's something both chilling and fascinating about this little booklet that fell out of the mail one day. Relative values of individual consumption and production in LDC rural areas by ages, direct costs of raising children to age 18 in the U.S., advantages of having children, average work inputs of children of various ages, time spent on child-generated housework by U.S. housewives, importance of having sons vs. daughters. Verbal brickbats that don't really affect much. Or do they? —TB

## FORESTS

*The Citizen's Guide to Forestry and the Environment*, Third Edition, June 1977, \$1 from:

Cascade Holistic Economic  
Consultants (CHEC)  
1604 N.E. 48th  
Portland, OR 97213

An excellent and concise introduction to forestry practices—what you won't get from industry or forest service publications. Includes the key issues in management of these vital public resources and how individuals and groups can get involved in determining forestry management through the Environmental Impact Statement process and other public actions. Full of useful information carefully qualified to prevent sweeping overgeneralizations. Reasons for herbicide use, for instance, are given, potential problems (cancer and birth defects, poor control), alternatives such as salt water, manual control or shelter-cutting are discussed, limitations and economics compared, and present standing of policies and court actions involving herbicide use discussed. Recommended. After you read this, turn to the recent forestry features in *Co-Evolution Quarterly* (Winter 1976-77) and *Seriatum* (Issue 2) for more detailed resources. —TB

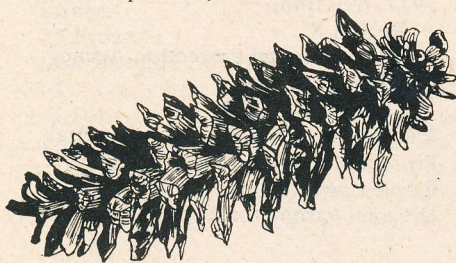
RAIN is a monthly information access journal and reference service for people developing more satisfying patterns that increase local self-reliance and press less heavily on our limited resources.

We try to give access to:

- \* Solid *technical support* for evaluating and implementing new ideas.
- \* *Ecological and philosophical perceptions* that can help create more satisfying options for living, working and playing.
- \* *Up-to-date information* on people, events and publications.

**Coalition for Economic Alternatives**  
 Box 323  
 Ashland, WI 54806

CEA is a private, non-profit community development corporation involved in generating more appropriate forms of economic development in northwest Wisconsin. They are currently involved in development of a woodworker cooperative to better match work and workers in the local forest products industry; encouraging the U.S. Forest Service to replace chemical techniques with labor-intensive ones in pine-release programs; education on the use of wood for home heating and other projects. Membership is \$5/year.—TB



**High Elevation Regeneration of Western Oregon Forests**, Randal Lee O'Toole, 1976, \$1 from:

Cascade Holistic Economic  
 Consultants  
 1604 N.E. 48th  
 Portland, OR 97213

Timber companies cut thousands of acres without replanting, then turn around and accuse the government of putting loggers out of work by preserving our last remaining remnants of 1000-year-old redwood forests. Nitrogen-fixing alder is killed by herbicides so Douglas fir can grow faster, then nitrogen fertilizer has to be applied. We're far from really sane forestry practices applicable to our quite varied topography and climate conditions. This booklet is a start—a careful analysis of actual reforestation success and failure at higher elevations. It concludes that clearcutting should not occur above 1300 meters, and above 1000 meters should occur only in areas with protection from the afternoon sun; only in areas away from rockslides, ridgetops and other locations with thin, rocky soil; only without broadcast burning of residue; and only where immediate replanting takes place.—TB

## TRANSPORT

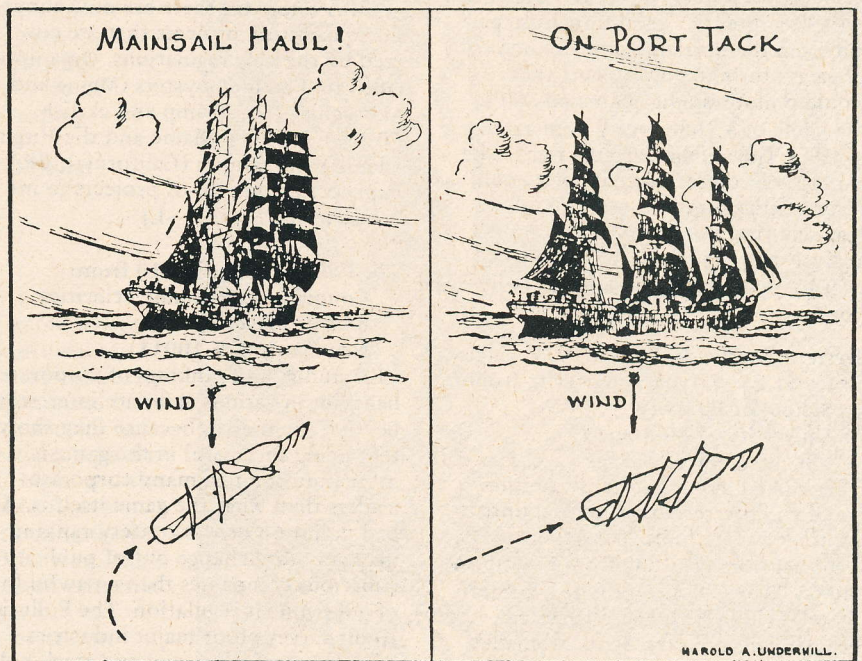
**Burley/Oaks Bicycle Trailer**  
 P.O. Box 155  
 Creswell, OR 97426

These folks have designed a simple bicycle trailer made from steel tubing and aluminum castings that has a very low center of gravity and an improved hitch to the bicycle for use with heavy or bulky loads. Will take 24" to 27" wheels and either front or rear hubs. Recommended load limit—80 lbs. Trailer retails for \$55 without wheels.—TB

*The Way of a Ship*, Alan Villiers, 1953, \$5.95 from:

Charles Scribner's Sons  
 597 Fifth Avenue  
 New York, NY 10017

This was referred to several times in the *Seriatim* article on Dynaships (RAIN, July '77), so we checked it out and found it to be a fascinating and definitive starting place for anyone interested in further evolution of the commercial use of wind-powered ships. Covers the design, rigging, operation, economics, performance and navigation of the great square-rigged sailing ships still in commercial use in the 1930s and the dynamics of their usurpation by low-cost fuels.—TB



RAIN's office is at 2270 N.W. Irving, Portland, OR 97210. Ph: (503) 227-5110.

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**ENVIRONMENT**

*The Harborton Issue: Special Report*, by Policy Analysis Section, May 1977, 33 pp., free from:

Policy Analysis Section  
Bureau of Planning  
Portland, OR

Never trust an electrical utility! In this case, a private one, Portland General Electric, simply lied again and again to get a "temporary" conditional use permit from the Portland City Council to run a gas turbine power plant that would pollute the local airshed. All in the name of a "temporary" emergency in 1973. Guess what? That's right. The plant is still there, using air that could be providing many times more jobs. You will find this a very useful model analysis to keep from getting messed over by your utility as PGE has done to Portland. —LJ

*Western Wildlands*, Winter 1977, single issues \$1.25, \$5/year, quarterly, from:

School of Forestry  
University of Montana  
Missoula, MT 59812

This looked like the usual state-sponsored wildlife/resources journal until we took a close look. Turned out to be a special issue resulting from a symposium on "The Colonization of a Western State" held in Bozeman in 1976. A beautiful essay by N. Scott Momaday on an American Land Ethic, articles on Counter-Colonial Land Policy for Montana, Reflections on Domestic Colonialism, Welfare Criteria for Regional Economic Development and more. Heavy stuff, Washington—better look out. The colonies have had enough. John Cole of *Maine Times* has called for secession of Maine from the U.S., Ecotopia is threatening the same, and Montana and Wyoming are up in arms. Domination by Washington is no different than that by England. —TB

Waste Water for Aquaculture, contact Ron A. Lee  
Water Compliance and Permits Branch  
EPA  
1200 Sixth Avenue  
Seattle, WA 98101

Not all water pollutants are bad. Not if they can be used safely to promote the growth of aquatic animals and plants on underwater farms. Such organisms raised in aquaculture projects can often be made to grow faster or more abundantly by exposing them to wastewater that is rich in food or nutrients.

By regulations which took effect last month, EPA has set up a program that would allow the operator of an aquaculture project and the supplier of the pollutants (a food processing plant, for example, or a municipal sewage treatment plant) to jointly apply for a permit to make use of water pollutants for aquatic organisms. The program applies only to those projects which are located in U.S. waterways and into which pollutants are to be discharged for the purpose of promoting the growth of organisms within the project area. Facilities in privately-owned waters or those which do not use wastes from another source are not included in the program.

EPA estimates there are now about 20 aquaculture projects that are covered by the new regulations. Organisms cultivated include oysters (Maine and Massachusetts), shrimp and catfish (Texas), lobsters (Maine and the Virgin Islands) and salmon (California). EPA expects the number of projects to increase in the future. —LJ

*The Pollution Audit*, \$10 from:  
Council on Economic Priorities  
84 Fifth Avenue  
New York, NY 10011

CEP studies and rankings of corporate behavior in various areas are interesting beyond themselves because they show that being successful in the game is more important to many corporate leaders than what the game itself is. A bad pollution or work-safety ranking may get more change out of publicity conscious companies than an awful lot of government regulation. The Pollution Audit surveys four major industries—petroleum refining, iron and steel, pulp and paper and electric utilities, as a guide for environmentally-conscious investors and public-interest activity. Detailed commentary on the best and worst performers in each industry are given, allowing some revealing insights into the political dynamics of pollution control. Economics and cost of pollution control seem to play rather insignificant roles in individual companies' performance and compliance with standards. —TB

Infrasonic Noise from Concorde Aircraft Registered in Northern Sweden  
STOCKHOLM—Infrasonic noise generated by the Anglo-French Concorde aircraft when in trans-Atlantic traffic has been registered in northern Sweden at a strength of between 60 and 75 dB (linear), according to an article in *Forskning & Framsteg*, the authoritative Swedish scientific monthly.

The infrasonic noise—in audible, low-frequency sound—is produced by the ultrasonic bang which accompanies the aircraft's takeoffs and landings. Those originating in the United States take some five hours to reach northern Sweden, while those generated in London or Paris take only two hours. Duration of the infrasonic noise is approximately five minutes.

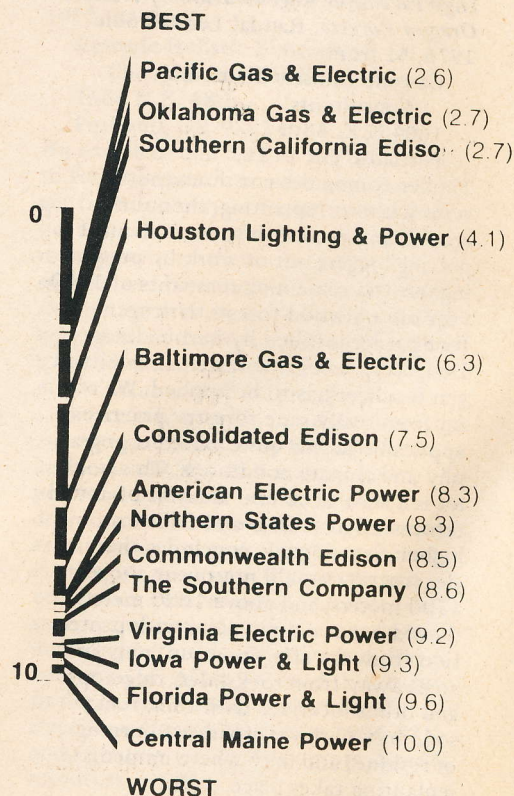
The noise reaches the north of Sweden in the form of infra-acoustic waves and has a strength of 3 megawatts, the article says. —from Swedish-International Press Bureau, July 27, 1977.

Do any of you RAINreaders know how this affects people and animals? —LJ

*Environmental Organizations Directory 1977*, free from:

Region X  
Environmental Protection Agency  
1200 Sixth Ave.  
Seattle, WA 98101

The Region X Office, Environmental Protection Agency, has recently published a directory for Alaska, Idaho, Oregon, Washington and the Province



of British Columbia. The 52-page book is divided according to state and includes names, addresses and brief descriptions of environmental organizations and their purposes. —LJ

**Idaho Environmental Quarterly.** To get on the mailing list,  
Doris Schneider  
Division of Environment  
Idaho Department of Health & Welfare  
Statehouse  
Boise, ID 83720

This newsletter reviews the top environmental issues confronting Idaho. The most recent issue included articles on sewage construction grants, breast

cancer x-rays, the use of wastewater on crops, air pollution in Pocatello, new regulations for swimming pools, and the outlook for drinking water shortages in Idaho communities. —LJ

## AGRICULTURE

**My Garden Companion,** Jamie Jobb, 1977, \$9.95 from:  
Sierra Club Books  
Charles Scribner's Sons  
597 Fifth Avenue  
New York, New York 10017  
This comprehensive guide should be a

welcomed friend to any novice gardener. Written for children, it appeals to that part of all of us looking for adventure in the mystery of the seasons and the magic of mother nature. Wonderfully composed and enchantingly illustrated, one might expect to find a tale of silver bells, cockle shells and pretty maids all in a row but instead discovers a wealth of detailed how-tos from evaluating your soil and climate to plant breeding and organic pest control. Including Planter's and Picker's Pages with botanic and biological bug control and seed catalog directories and a "Digger's Guide to Soil Supplies," *My Garden Companion* is a helpful handbook, good source list and rare treasure. —CM

Wow, Jung was right about synchronicity . . . what's called coincidence. The three items below came up from my nebulous pile and into a pattern that should help illuminate the wetlands-subdivision problem and provide focused techniques for citizen action. Lord, let your humble servant see more such patterns. Ready the white charger, here goes:

**Promised Lands 2: Subdivisions in Florida's Wetlands, 1977,** \$20 from:

Inform  
25 Broad St.  
New York, NY 10004

A 3-1/2 year study led to this report, which is a textbook on the destructive consequences of irresponsible development practices. Focusing on 9 recently built coastal suburbs, it relates the devastating consequences of greed in paradise. These environmental case studies should raise your ire. If you need an argument with a dollar value, keep reading.

**"Putting Wetlands to Work,"** in May/June 1977 *Mosaic*, \$1.45 from:

Editor  
*Mosaic*  
National Science Foundation  
Washington, DC 20050

Cypress domes and peatlands offer ecologically sound, energy-conserving municipal wastewater disposal. Conventional tertiary treatment, so-called advanced facilities, are expensive to build and to operate, as you may have noticed from local bond issues or property tax increases . . . \$20 billion nationally for construction only, according to the EPA. This article explains the NSF-funded research, by Kadlec of U. of Michigan and the famous "net-energy" Odum of U. of Florida, that suggests wetlands cannot only absorb treated effluents, treating them in a natural rather than energy-consuming, artificial way, but can benefit from the fertilization secondarily treated effluents are able to provide. And, where such wetlands are still unpaved, money can be saved. Convinced? Then use the last item as a model for the way to put all this info together and act. —LJ

**Community Workbook, Vol. 1: Subdivision,** by Environmental Information Center, June 1977, 20 pp., free from:

Environmental Information Center  
P.O. Box 12  
Helena, MT 59601

An excellent, step-by-step primer on how to stop a suburban development. There are actually a number of laws and regulation that give you a strong say in the future growth of your town. None of them requires you to have any legal or scientific expertise, or even a great deal of money. What they do



require is your commitment to collect good information like that assembled for you above, make sound decisions, and back it all up with some hard work. Although designed for Montana, this workbook can be translated to your own wetland vs. suburb crisis and start you on the path to local citizen action. —LJ

Word seems to filter out slowly. Scott Burns is one of the few economists around doing really perceptive and innovative research. Scott's premises are simple and important—small people's economics and the real economics of what we do in our homes are more important, more effective and more valuable than big business. And he's putting together revealing numbers that support his premises. His dynamite book, *Home, Inc.*, is now out in paperback under the title of *The Household*

Economy, available for \$4.95 plus 50¢ shipping from Scott Burns, The Boston Herald American, 300 Harrison Avenue, Boston, MA 02106. The first people to send for the book will get the remaining hardcover copies at the paperback price. Scott's continued probings into our economic myths show up in his regular column in the *Boston Herald American*, one of which follows. Maybe your local newspaper would carry his column. —TB

# Peanut Butter Power



Peanut butter is part of the American experience, the soul food of youth. Perhaps more important, it is the meal of last resort in millions of American households.

Oliver Burns, now six, eats virtually nothing but peanut butter, uses peanut butter play dough at school, and tirelessly asks for peanut butter cookies in between requests for peanut butter sandwiches, peanut butter toast and peanut butter crackers.

He does all this with no appreciation for the current trendiness of peanuts.

We don't complain. At least he eats. He appears to be in excellent health. So we are grateful and rest complacently in the knowledge he has much in common with the millions of children afflicted with similar habits.

Eternal verities like this are the stuff of great commercial opportunities. It now appears that the Salton Company, a small New York appliance manufacturer, is about to succeed in turning millions of American households—that's you and me—into capitalists who will soon be in head-to-head competition with the giants of the food processing industry. Yet more amazing, the households will be winning.

We're going to achieve this feat with a little plastic machine called "PB II," the home peanut butter maker.

Priced at \$20, the machine makes it possible to buy shelled peanuts and grind them into peanut butter that sells for about 95 cents a pound in the supermarket.

The 25 cents a pound savings means you can recoup the cost of the machine in about 80 pounds of peanut butter. While that may seem like an overwhelming quantity, it's only a year and a half's consumption if your family uses a pound a week. With two children, the Burns family has no problem: the bottoms of our jars come up pretty fast.

The table here shows what MBA types call a "cash flow analysis," assuming consumption of a pound a week and savings of 25 cents a pound.

Year	Cash Flow/yr.	Cumulative Cash Flow
0	-\$20	-\$20
1	+ 13	- 7
2	+ 13	+ 6
3	+ 13	+ 19
4	+ 13	+ 32

What this means is that if the machine lasts only two years, you are getting a return on investment of about 35 percent; if the machine lasts three years the return exceeds 60 percent; and it zooms to 75 percent if it lasts four years, the approximate expectancy of small appliances.

The competition, in contrast, doesn't do nearly as well. Only a handful of the Fortune 1000, the largest industrial companies in the country, offer such returns.

The three peanut giants—Jif, Peter Pan and Skippy—which now control about 50 percent of our 650 million-pound peanut butter market, don't even come close.

Another way to look at the investment returns is to figure out how much money you'd have to put into ordinary investments to enjoy the same effective income.

If the machine lasts only two years, you'd have to invest about \$50 in tax free municipal bonds to get the same \$6 return; if it lasts three years the required investment to get a \$19 return goes up to \$100. That makes a little \$20 peanut grinder a pretty good deal, particularly when you consider it rests securely on the hunger of children.

There's only one catch. Can you find peanuts? Salton Company representatives complain that shelled peanuts are hard to find and that they've been forced into the peanut business to satisfy the demands of people who've bought their machines, a dilemma that's a little like Gillette complaining that owners of their razors keep demanding blades.

Peanuts are available, however, at food stores like the Organic Cellar in Cambridge (70 cents a pound) or Erewhon in Boston (77 cents a pound).

Those put off by scarcity or too pure in heart to be induced by crass financial rewards should consider that homemade butter will keep them pure in heart while they are Saving The Environment by reducing the endless flow of empty peanut butter jars. (Since peanuts come in bags, not jars, waste glass is eliminated). They will also avoid the usual dose of preservatives and polysaturated oils.

I can hear the rallying cry now! "Capitalists unite, you have nothing to lose but your additives!"

# Household Economy Stores

*Talking with Scott Burns at the Business and Right Livelihood Conference in June, Bob Schwartz and Alan Greene came up with the idea of franchising Household Economy stores—where you could get the tools, equipment and information for economically and culturally more self-reliant and rewarding living. Each product would have an analysis of its economic costs and benefits along with other data. Beat them to the punch, and don't bother with the franchise trip—do it yourself. More and more walk-in and mail-order stores are springing up that focus on products for self-reliance. They're often as interesting for their organizational set-up as for the amazing, hard-to-get products they carry. Here are some we know of—you carry it from here. —TB*

**The Whole Earth Access Co.**  
2466 Shattuck Avenue  
Berkeley, CA 94704

Whole Earth Access is the granddaddy of the self-reliant hardware stores coming out of the *Whole Earth Catalog*. An amazing hodge-podge of things crammed into a tiny store jammed with people and clerks walking on top of the counters trying to reach things hung from the ceiling. They used to have a long table in the middle of the store with racks of catalogs from various producers of exotic and useful things and would sit down and help you figure out what to order directly. They now wholesale to other retail stores as well as mail order and walk-in sales. Good catalog filled with hard-to-find things—from portable Japanese wood planers and groove-cutters to Alaskan mills to food mills to log splitters and woodstoves. Sometimes short on sound advice and long

on counterculture jive, but lots of good stuff. We've had problems getting paid for stuff they've ordered from us but have been told that things have improved there recently.

**The Good Neighbor Heritage Catalog,**  
\$1 from:

**Lehman Hardware and Appliances**  
Kidron, OH 44636

A hardware store that grew up a generation ago in the heart of America's largest Amish and Swiss Mennonite community in eastern Ohio and provides solid products many people can't find or don't know exist. Oil cookstoves, gasoline-powered clotheswashers, washboards, kerosene freezers and irons, coal-fired hot water heaters, coal/wood/oil or coal/wood/electric stoves, noodle makers, bottle cappers and much more.

**American Village Institute Products**  
Catalog, \$2 from:

**A.V.I.**  
440 Meyers Street  
Kettle Falls, WA 99141

AVI surfaced a year or so ago with a catalog offering long unavailable hand- and foot-powered equipment and free apprenticeship programs in foundry-work woodworking and metalworking. Sounded suspicious—what was paying for it all? Inquiries went unanswered, and no one seemed to know what happened to this new comet. Well, they've surfaced again, somewhat dazed at the end of an epic five-month move of 30 tons of machinery to a new location in eastern Washington. New staff people have joined them, including Barbara and Larry Geno, and both production and educational programs seem to be getting into full swing. Their products, such as grain mills, fruit and cider press-

presses, corn shellers, foot-powered wood lathes, sashsaws, and treadle power units, have been chosen as suitable for production in their apprentice program, and thus make those programs self-supporting. Plans and hardware kits are planned (you do the woodworking). Some products are available only periodically when produced by the apprentice programs. Membership programs and a bi-monthly journal, *The Cider Press*—are available. Both products and programs look commendable—hope they do well. A well-thought out operation.

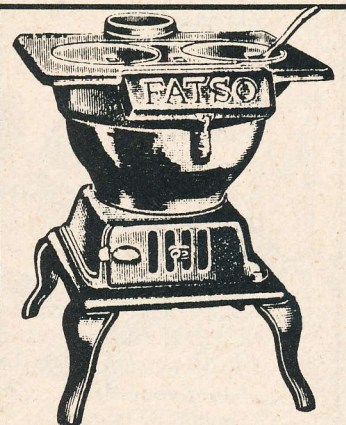
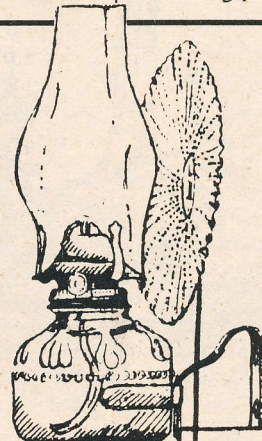
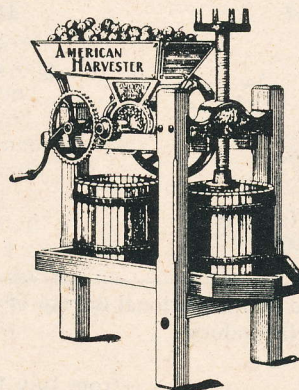
**Northeast Carry Trading Company**  
110 Water Street  
P.O. Box 187  
Hallowell, ME 04347

Set up by the Northeast Carry a.t. group in Maine to provide quality tools, hardware and information for self-reliance. A store, mail-order service and book lending library are operable now, and workshops are planned. In addition to the usual products, they sell a nicely-designed hot water heating system, water-carrying yokes, one-quart flush toilets, and a variety of wood cooking stoves. \$6 membership fee.

**Pioneer Lamps and Stoves Company**  
Catalog, \$4 from:

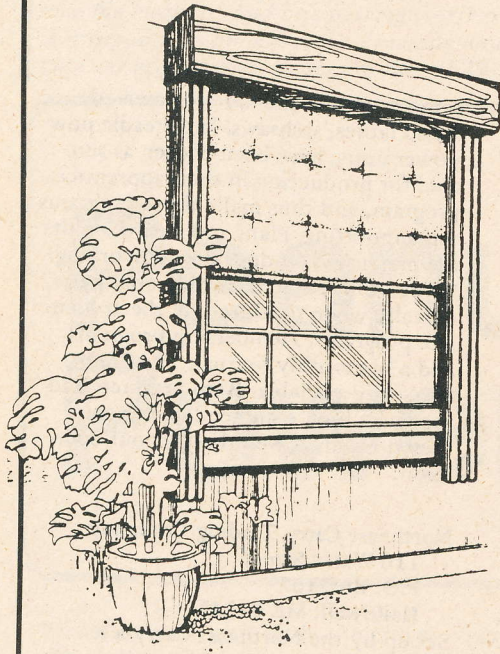
71 Yesler Street  
Seattle, WA 98104

Catalog is expensive for what it has, and the set-up seems aimed to milk the nostalgia boom, but they do have a complete line of oil lighting fixtures, Hillcrest, Ridgetop and Olympic stoves and Alaska commercial wood and coal ranges for feeding a whole herd of hungry lumberjacks. —TB





# ENERGY SAVING



*The Insulating Window Shade Plans,* \$2.50 from:

Rainbow Energy Works  
2325 Moraine Circle  
Rancho Cordova, CA 95670

While you're contemplating the prospects of climbing energy prices and the upcoming cold weather, Rainbow Energy Works has designed an insulating window shade to help "warm" the picture. The simple and efficient design is pleasing to look at, easy to construct and can pay for itself in about four years if you have electric heating or in eight with gas. For the past year we have been collecting information on insulating shutter devices; these plans are the clearest and most together I've seen. Out of wood, polyester batting and common hardware, these shades achieve an insulating value of R-5 at a cost of \$1.50 to 2.50 a square foot of window space. These shades can be used in almost any window arrangement without consuming lots of space, unlike their sliding or swinging shutter counterparts. Not only will they add physical

warmth but aesthetically the softness of the quilted fabric and richness of the wood will add a cozy feel to most rooms. Plans cost \$2.50, and hardware kits are available for \$5.50 a window. With these plans and a little creativity you can enhance your home's energy efficiency and physical appearance.  
—CM

*Energy & Buildings*, quarterly, \$62/yr. from:

Elsevier Sequoia S.A.  
P.O. Box 851  
CH-1001 Lausanne 1  
Switzerland

Try to get your college or public library or architecture/engineering firm to get this. The very first issue (May '77) was excellent, with reports by Fred Dubin, Steve Selkowitz, Lee Schipper, Richard Stein, Arthur Rosenfeld and other toilers in the energy conservation vineyard. Articles on such topics as natural ventilation, wind and energy consumption, natural daylight, as well as more conventional insulation, orientation, glazing and solar energy systems will increasingly be applied to America's built environment. This journal outlines the possibilities. Free review copies of the first issue are available from the publisher. —LJ

## VALUE COMPARISONS FOR INSULATION

by Paul Shippee

It is possible to evaluate on a comparative basis the cost-effectiveness of various types of insulation.

To do this, you need to know the R-value and the cost of the insulation as well as the costs of installation. For those insulation materials which can be installed on a do-it-yourself basis, that cost index is also included in the table below.

If your house has no insulation in the walls, there is no way to stuff fiberglass batts in there, even though you can buy them cheap. You are bound to hire a retrofit insulation contractor who owns a machine for blowing cellulose or foam.

For attics, blown cellulose (fire-retardant recycled newspaper and cartons), is very cost-effective as it requires very little labor.

For walls, cellulose has a lower R-factor and is more labor intensive because a hole must be drilled between each stud. For birch veneer siding, the cost is even higher. You can do this calculation yourself by finding out the R-value and dividing by the actual cost to find out how much "R" you are buying for each dollar spent. If you do it on a square foot basis, it is a simple way to get the general picture.

EXAMPLE: 3-1/2"-inch fiberglass batts are advertised at R-11 and cost about 9¢/sq. ft. to buy at the store. Add another 10¢/sq. ft. (this is just an estimate) for labor and installation costs, and you get the following cost index: 11/.19=58R per dollar.

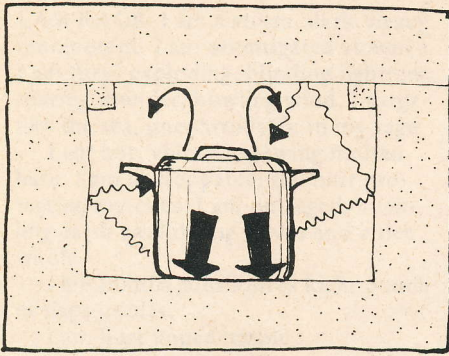
Insulation Type	R/Cost	R/Dollar Index
Fibreglas batt	11/.09	122 d.i.y.*
Blown cellulose (attic)	\$.01/R/ft <sup>2</sup>	100 i.l.**
Fibreglas batt	11/.19	58 i.l.
Polystyrene beads	3.5/.08	44 d.i.y.
Beadboard	4.17/.11	38 d.i.y.
Blown cellulose (walls)	3.3/.1	33 i.l.
Polyurethane (rigid board)	7.0/.28	25 d.i.y.
Dow Styrofoam (rigid board)	5.17/.22	24 d.i.y.
Rapeo foam (walls)	14.7/.65 (average)	23 d.i.y.
Wood	1.0/.30	3 d.i.y.

NOTE: R values for various types of insulation are published by the National Bureau of Standards and are usually about 5 to 10 percent lower than manufacturers' ratings. Use the NBS values!

\*do-it-yourself

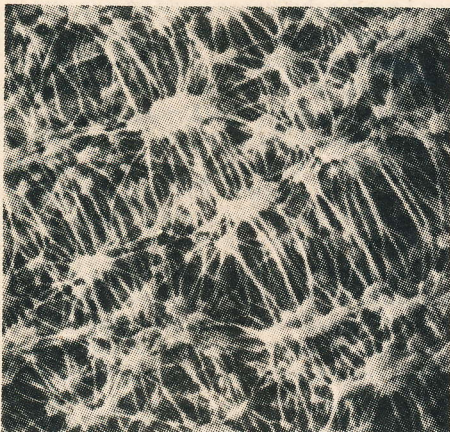
\*\*including labor

—from July 1977 *Colorado Solar Energy News*



**The Hay Box: The Energy Saving Cooker**, Frank Bambrick & Brian Hurley, 20 pp., 1977, \$1.00 postpaid from:  
Low Energy Systems  
3 Larkfield Gardens  
Dublin 6, Ireland

Here's a really neat and delightfully easy way to conserve gas or electricity at your stove: bring the food to a boil and pop the pot in this insulated box faced with aluminum foil on the inside. It'll just keep on cooking with no additional heat! Low Energy Systems is at work on other a.t. ideas—ask for their publication list. And hello Irish! —LJ



**Early Winters Ltd. 1977 Catalog**, \$1 from:

Early Winters  
110 Prefontaine Place South  
Seattle, WA 98104

Do you remember the still-suits worn on Frank Herbert's "Dune"? Well, the latest technological fashion in camping/rain gear approaches still-suits. Yes, Gore-Tex. Now you can wear Teflon with nine billion holes in every square inch, which prevents water from passing through but lets water vapor out. I'm still a bit leery of such technology, remembering always being cold in Minnesota winters in my Fiberfill parka until I went to add some extra lining and found all the fiberfill had disintegrated and all I was wearing at -30°F was a glorified wind breaker! How does Gore-Tex hold up? What does it do to you? A bit too sophisticated? If you try it, let us know. Early Winters sells the fabric as well as rain gear, tents and sleeping bags made of it. —TB

### DON'T BURN YOURSELF!

As Heather McGregor of High Country News wrote in a recent Rainbook review, we "never hesitate to hand out praise." In fact, we agonized over *Wood Heat* for three months! It would have been easy, too easy perhaps, to simply ignore it or to "damn it with faint praise." But when contributing editor Bill Day, who wrote our "Wood Stove Consumer's Guide," kept on caring enough to write to Rodale and to ask our local fire department wood heating expert what he thought of the book, we decided to print it. —LJ

**Wood Heat**, John Vivian, 1976, \$4.95 from:

Rodale Press  
33 E. Minor  
Emmaus, PA 18049

A great deal of interesting wood burning lore is contained throughout this entire book. Some really handy advice is offered on such subjects as the repair of faulty chimney flues. In some chapters, though, I'm concerned with the amount of misinformation concerning chimneys and stove installations. Dangerous expediencies which could result in loss of life, limb or property should not be recommended. A business person distributing these same recommendations could easily spend a great deal of his or her life in a defensive position in our nation's courtrooms.

A sure method of incinerating your home would be to follow information on these pages in *Wood Heat*:

p. 57: The ludicrous illustration indicating a method of by-passing the house eaves with an exterior chimney is dangerous because 1) even galvanized pipe deteriorates rapidly and needs frequent replacement when exposed to the elements, 2) the single wall smoke pipe (due to its rapid cooling effect) will likely load up with creosote in a short time, and 3) in case of a chimney fire, it is reasonable to expect the single wall pipe to disintegrate (especially if 1 and 2 have occurred).

p. 58: Flues for temporary or intermittent use. To my knowledge there is never an excuse for using makeshift chimneys of single wall stovepipe or "cattied" mud and sticks. Prefabricated, insulated chimneys are readily available, and their cost is low. Primitive homes or cabins often have little or no available fire protection, which increases the danger of this expediency.

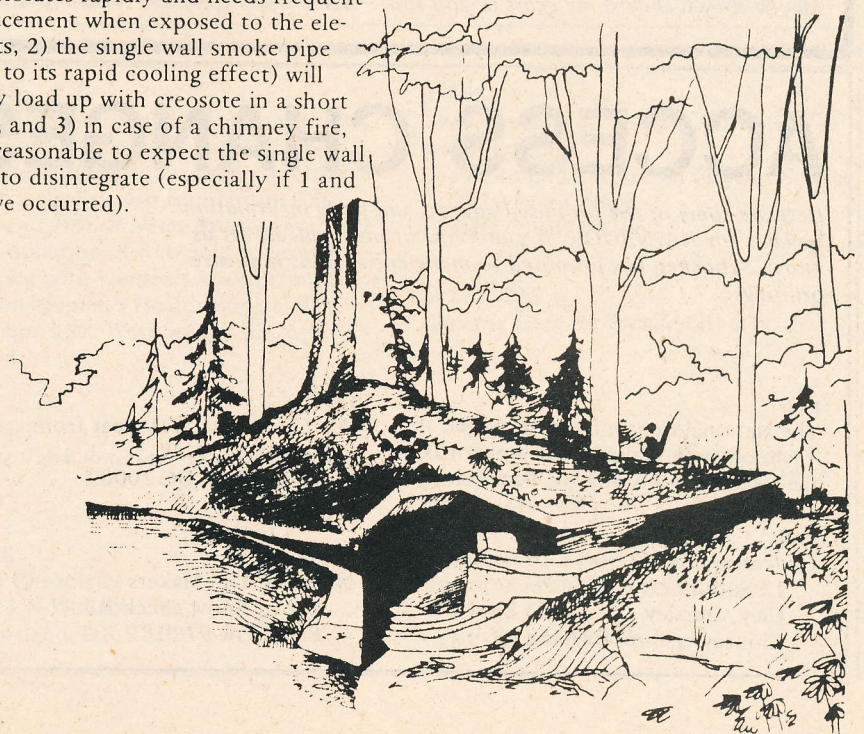
In conversation with Matt Green-slade of the Portland Fire Bureau (Oregon), he indicated that the "lining of the [chimney] flue with stovepipe" (pp. 46-50) is especially dangerous when efficiency-oriented wood stoves are used. The expected accumulation of creosote contains formic acid, which rapidly corrodes the stovepipe.

This book should be avoided by the wood-burning neophyte. —Bill Day

**Underground Designs**, Malcolm Wells, 1977, \$6 from:

Malcolm Wells  
Box 183  
Cherry Hill, NJ 08002

Malcolm has been mumbling about the benefits of building underground for almost 15 years—and he's done it more than probably any other architect since Ajanta. This book of his designs, thoughts and construction details shows how to get sunlight into all the rooms, deal with codes, waterproofing and insulation, structure and comfort. Along with *The Use of Earth-Covered Buildings*, this should give a practical start to people wanting to explore the energetic, ecological and spiritual advantages of warm, cozy living. —TB



# Shifting Gears

*Shifting gears is a delicious joy. After a long and intense period of using one set of muscles and filters and languages, it feels so good to relax those tired channels, stretch and reawaken those that have been waiting until again it is their turn, and move on further on one of the many interwoven paths that add up over time and many cycles to an ever more rewarding and exciting life.*

*Increasingly strong longings let us know when gear-shifting time is near, but we usually try to ignore them and focus more intently on completing what we unconsciously know we're soon going to move away from for awhile. Then boom, something shifts, and we know we're into a new gear and off on a new adventure.*

*Last month something shifted, as one after another the following things arrived and pushed aside the words and numbers and projects and activities—stirring to life those things inside that want to feel rather than think, listen rather than talk, and reveal new dreams rather than news of others' dreams. Maybe they'll shift some gears in you too. —TB*

*SUN—North Carolina's Magazine of Ideas, \$9/year, monthly, from:  
P.O. Box 732  
Chapel Hill, NC 27514*

An inquiry to Hal Richmond about some water conservation articles he had written brought this unexpected gem in our mail. A community magazine containing essays, articles, poetry, drawings, photographs on any subject—they require only that the work make sense and enrich the space we share. And that it does. *SUN* feels like a sister to *RAIN*—the same dreams and sense of where we are heading—but coming out through the other hemisphere of our mind—in dreams, poetry, personal relations and visions of changes. They've done interviews with Elizabeth Kubler-Ross on life beyond death, a guide to all the FM stations you can pick up from North Carolina with an antenna and what they carry, guides to local eateries and prison-ashrams, for starts. All pervaded with a beautiful spiritual quality but without the jargon and trappings of most "spiritual" journals. It leaves a wonderful warm glow and a sense of how small communities can move beyond their usual pettiness and divisiveness.

## ACCESS CHANGES

*Here are some of the promised address and price information updates for RAINBOOK. If you know of more, please let us know. Schocken has promised to make corrections in future printings:*

**p. 6**  
The National Centre for Alternative Technology in Wales is now known as the Centre for Alternative Technology.

**p. 9**  
*Undercurrents*, \$7.50/yr. (6 issues) from:  
12 South St.  
Uley, Dursley  
Gloucestershire, England

**p. 33**  
*Just Economics*, \$10/year from:  
1735 T St., N.W.  
Washington, DC 20009

**p. 49**  
Nomadic Tipi Makers  
17671 Snow Creek Rd.  
Bend, OR 97701

**p. 50**  
*In the Making*  
c/o Acorn  
84 Church St.  
Wolverton, Milton Keynes  
Bucks, England

**p. 58, 125, 201, 207, 210, 212**  
Friends of the Earth  
124 Spear St.  
San Francisco, CA 94105

**p. 89, 170**  
Northwest Trade Directory, \$3.25 from:  
1732 18th Ave.  
Seattle, WA 98122

**p. 95**  
*The Thomas Register of American Manufacturers* is available for \$69 from:  
Thomas Publishing Co.  
One Penn Plaza  
New York, NY 10001

I AM RAGE. I am a storm, dark, heavy, omnipotent. I am unmitigated violence. I am fury, exploding, blinding lightning, roaring thunder, howling wind. I surge like the sea, uncontrollable in my rage.

I am hot, volcano spewing molten hate. I am unstoppable, she bear protecting my cubs. I am outraged, buckling earth swallowing towns and cities whole.

I am bombs guns knives kicks punches slaps insults.

I am hurt impenetrable.

I am hurt invulnerable.

I tear my victims apart with talons and beak, claws and fangs. Like a female preying mantis, I eat my lover's head as he penetrates me with our own species' destiny. I am concentrated death, angry rattlesnake.

DON'T TREAD ON ME.

I am mugger thief rapist. I am greed murder lust. I am arson pillage war. I am laughing whore smug don juan bully con artist. I am mean cruel unfair.

I am pain that strikes back.

I am pain that won't cry, tears that won't form.

I am lifetimes of being abused misused, not understood. I have been the ill fortune of countless parents. I am the victim of all their impotency and fury.

I am angry beyond comprehension. I am cancer of rage, with no control I shout curse slam kick break threaten destroy kill.

I am revenge.

I am avenger.

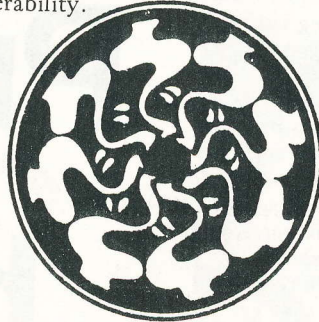
I am frail human being, unwilling to accept my frailty.

I am anger.

**What is Anger?**

Anger is our reaction to feeling/being

hurt, unloved, alone. Anger is our revenge on the world for mistreating us. Anger is our punishment to the injustice of life. Anger is our way of regaining our potency and control. Anger can be a way to re-connect with the world. Anger is, basically, a way of being separated from our enormous hurt and vulnerability.



**What to do with anger . . .**

Express your anger. If the anger is current, we can express it towards the person(s), circumstance, machine, institution, that we are angry at. (NOTE: I believe that no one causes our anger. Other people and situations are a catalyst or excuse for our getting in touch with that feeling which probably is already there. *As anger is a way to avoid hurt, hurt can also be a way to avoid anger.*)

Many people are afraid to express their anger because they believe they will destroy the victims of their anger. Many times I have heard smiling, angry people say "I can't get angry at him/her. I'll hurt him/her." These people prefer to hurt themselves rather than to release that hurt by sharing it with the person that they hold responsible. Obviously, we are angry because we were not treated as we wanted. Someone did not meet our (expressed or un-

expressed) expectations of them. The clearest way to express anger is in terms of our unmet needs.

The often used model for expressing anger (and other "negative" feelings) is:

I feel (*emotion*) when you (*non-blameful description of their behavior*) because (*tangible effects on me*).

Example: I feel *angry and disappointed* when you *charge me \$20 more to fix my car than you estimated and it's still broken* because I now *neither have a car to drive to work or any money*.

If we are *unwilling* to express the hurt that we feel as anger to the people that we hold responsible, we can still release that anger (which is psychologically and physically much healthier than holding it in). We can shout stomp curse kick punch pillow, we can get friends to be surrogates for the people we are mad at. Although non-specific anger release helps us to feel better, in order to let go of this anger we need to be aware of who we are angry with. Expressing our anger allows us to forgive. Hanging on to anger can be a way to maintain distance with a person and/or to continuously punish them. Fighting with a person can be a way to destroy the badness in a relationship . . . or to destroy the relationship.

*I was angry with my friend.  
I told my wrath, my wrath did end.  
I was angry with my foe.  
I told it not, my wrath did grow.  
William Blake, A Poison Tree*

—Leaf Diamant  
*The SUN*, March 1977

p. 129, 130

Urban Bikeway Design Collaborative  
635 C St., N.E.  
Washington, DC 20002

p. 155, 156

*Maine Land Advocate* and Sam Ely  
Community Services are at:  
P.O. Box 2762  
183-1/2 Water St.  
Augusta, ME 04330

p. 169, 170

Food Co-op Project  
106 Girard Ave., S.E., No. 110  
Albuquerque, NM 87106

p. 180

*Madness Network News*  
558 Capp St.  
San Francisco, CA 94110

p. 183

The clinic discount rate for *Our Bodies, Ourselves* is 75 percent, or \$1.50 plus postage. Inquire about the bulk order rate for the Spanish translation. The *Women's Health News Briefs* is available for a donation of \$10 only to groups working with women's health from the Boston Women's Health Book Collective, Box 192, West Somerville, MA 02144.

p. 194

*Septic Tank Practices* now sells for \$3.

p. 198

Earth Chronicles  
811 N.W. 20th  
Portland, OR 97210

p. 208

*The Directory of Nuclear Activists* is available from:  
Environmental Action Reprint Service  
2239 East Colfax  
Denver, CO 80206

p. 221, 225

*Climatic Data Reference List* is now \$2.50.

p. 226

*The Food- and Heat-Producing Solar Greenhouse*, by Bill Yanda and Rick Fisher, is now \$6.50.

p. 242

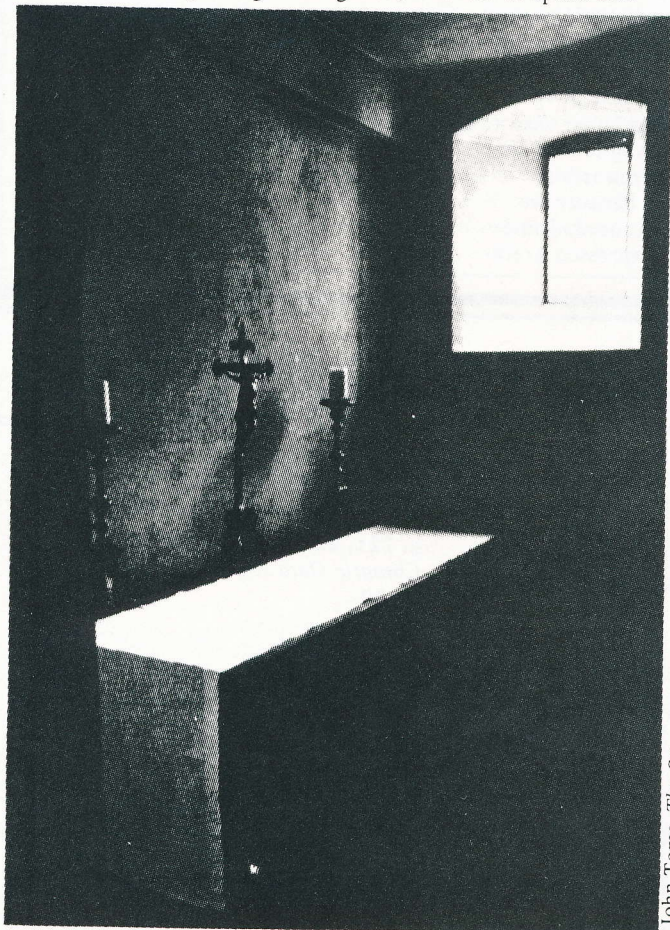
American Wind Energy Assn.  
54468 CR 31  
Bristol, IN 46507

The issue of The SUN that Hal Richmond sent us contained an article on the prison-asbaram project of the Hanuman Foundation set up by Ram Dass and excerpts from their journal, Inside Outside. The project is based on the idea that prisons offer remarkable opportunity for inner growth. Like a monastery, you get a cell and clothes and food. All your outer needs are provided for—you're free to do the inner work. That might sound like a cruelly flip comparison, but letters from prisoners show its powerful effectiveness in dealing with both the heavy prison world and with relationships in general.

Part of an interview with Ram Dass from their journal follows. The project is inspiring—taking the power out of an institution of suppression by the very people it acts on, and turning that power towards personal growth. Bo Lozoff, director of the prison-asbaram project, travels to prisons to do workshops and weekend intensives, and trains those who want to become teachers. Inside Outside is free to all inmates, prison staff and prison yoga instructors—others are requested to make a contribution to the project. It is presently relocating to Colorado—we'll print their address as soon as they get settled. —TB

*Q. Power is one of the prime factors of existence in prison life. Someone is always trying to climb over someone else's body. How can you work consciously within this power structure? Also how can you transcend the power structure?*

*A. Prison is a power hierarchy in which it is defined who has power over whom, not only in the gross ways in which guards have power over inmates, but also how inmates have power over one another in minor ways. The way in which this power is reflected is in privileges and goods, in terms of space and*



John Toms, The Sun

# Prisons of Prison

control of space. All of these commodities are in demand or are usable as power objects only so long as everybody wants them—that is, a pile of sand is hardly a legitimate commodity to barter over power. How involved you will get in the power struggles within the prison is a function of how much you are attached to the goods, services, commodities and privileges that are up for grabs. For example, if one of the privileges is a quiet space physically, you may get into a great power struggle for that object: however, if you could imagine having worked on yourself until you have a quiet space within, you could then live with less of a need for an external quiet space. This frees you from being involved in the power struggle for that particular commodity—that quiet space. But you cannot totally deny your attachments or your needs or your desires, although some of them may fall away as you have a deeper spiritual understanding of who you are.

When you understand that all of your life experiences are useful in awakening you, then you have a very good handle on power structures. Then, whether you get a privilege or don't get it, it's all grist for the mill of awakening and not getting the privilege can serve as a fire for your purification.

Now none of this means that you should become necessarily just a passive scapegoat for other people's power trips. You can assert power in relationships and get your fair share of things—the secret of it is to be non-attached to your actions, so that you do them out of the fairness of the situations, and not because you are lost in feelings of righteousness. If you win, fine; and if you don't—well, that's the way it is—and you work with it either way, even though you worked as hard as you could to win.

You have to make decisions along the way as to how much it is worth investing in any particular power struggle. What you really want to do is go to God, and anything that isn't going to get you to God, you don't even want to be involved in. So you may give up the extra smoke, the extra television, the extra privilege in the yard, the extra food, or the special privilege, because it doesn't really matter—because that privilege isn't going to liberate you. And you get to the point where you just take what comes, working only for those without attachment, but with total involvement.

As your meditations become deeper and you are quieter, you connect with a place within yourself that is neither in prison nor is not in prison. You will be able to appreciate the

# Steel, s of Mind

entire predicament of any power situation. And this quietness of mind will in truth give you *more* power.

One of the secrets of living within a very tense power struggle is the ability to keep a certain detached humor about your own predicament—not a cynical humor and not a humor of defense, but a cosmic humor of seeing the delight in the dance of life. You will also find that the whole heaviness of power relationships is lessened if you do not get emotionally lost in the power struggles, if you can see the essence or soul beyond the power trip in another being. You are only able to see that in another human being when you can see it in yourself. That is why again and again we emphasize meditation as a vehicle for finding your own deeper spiritual identity.

A secret of power relationships is non-activity; that is, not jumping into a reaction for every action of another. Your ability to not react immediately, and get lost in an immediate reaction, is helped considerably by the use of *mantra*. For example, when somebody swears at you, instead of reacting to their swearing immediately, you withdraw momentarily inside your *mantra* and it allows you an instant in which to see the entire predicament you're stuck in, including, perhaps, the fact that it is that individual's frustration that is causing them to lash out. For when you can see that someone else's anger and frustration is their karmic predicament, and only if you get caught in an instant reaction does it become yours—you learn how not to buy everything. In that space you can see that if you react immediately, you might make the situation worse, while if you can allow at least a moment of quietness before your reaction, perhaps you can redirect the whole tone of the situation into a more positive and productive one. It is that moment of inner silence which you can develop—at first only at moments now and then—but ultimately—that moment is every moment and you sit quietly and gently at rest within your being.

There is the story of the Buddha and two young disciples whose father was very irritated because he had wanted them to go into his business. He came to the Buddha, and screamed at great length; swore at him for some thirty or forty minutes. The Buddha sat quietly. When the man had finished, the Buddha said, "Sir, in your home, when someone brings a gift and you do not accept it, what happens?" The man said, "Well, then they must take back the gift and keep it themselves." Buddha said, "Well, I do not accept your gift." That is, the



John Toms, *The SUN*

Buddha did not accept the anger of the man; he left the anger with the man for he himself did not collect it by reacting. That is the secret of the quiet mind.

For example, let us say that you are living with someone who is angry and frustrated and constantly provoking, and attempting to irritate you. The first 1,000 times you get lost in reaction. You just can't stand it and you yell back or you beat up on them or you tear up their stuff or you get furious, and the adrenalin pumps through you—for the first 1,000 times. And each time after you've done it, you say, "Oh shit, I got lost in it; I blew it again; I forgot; I got caught in reacting; he got to me." But the winner is not necessarily the person who has the last word, but the person who retains his peace and his closeness to God. So each time you forget, when you remember, you say, "Oh, I blew it, well, next time maybe I'll do better," and there will be another opportunity, and another and another. Maybe one in twenty times you will be able to stay quiet through the provocation—and when the arrow comes, you will be able to send back, if not love, at least neutrality. When you're really good at this game, you will be able to convert the person's negative energy, not to neutral energy but even to positive energy for both your use and his. Then you'll be able to take someone's anger and send it back to them as love. Take the same energy they send in spitting words of venom, take the negativity out of it, offer it up, convert it, and see that possibly they are frightened, pained, frustrated individuals who are angry, not at you, but at their situation—and that you're just the object that's most available on which they can vent their spleen.

So the process of learning how to not react is done through constant repetitive confrontation with an irritant, with something that will elicit that reaction until finally you have learned how to *let it go through you* just as if you were a

porous sieve or a piece of cheesecloth, and water just pours right through you. The anger will go through; there will be no place in you it can hang its hat. The sticky thing in you is your model of who you think you are. But if you think of yourself as a soul going to God, then other people's criticism either of your personality or of your body has no real effect on you. For example, I am bald; when people laugh at my baldness, that's their problem, because I am not identified with being bald.

When you really get good at this game, and you really are getting on with your spiritual work, you are looking for every source of energy in the universe to work with. When somebody yells at you or comes on to you, they are giving you their energy, and when you know how to work with that, it is like a gift. Ultimately, you can use the electricity from the light bulbs. You use it all in order to give you more and more

force, or more and more spiritual energy, *shakti*, which you can use in your spiritual practices. It has to do with your philosophy and your single-mindedness of purpose. That's the secret of whether you get lost in your shit or not.

When you have made a commitment to want to use your life in order to awaken, and when you have a deep enough understanding of the way in which the Spirit works, and the way in which God manifests on earth, you then recognize that all experiences can be used as grist for the mill of awakening. The situation you find yourself in is just a very hot fire in the sense that it will force you to confront your own attachments, desires, fears and doubts. When you are really ready to do this work, you may not be enthusiastic about the situation you find yourself in (e.g. being in prison), but you take it and you work with it and with your reactions to it.



# simplicity

*These excerpts are from a prophetic essay by Richard Gregg that have wended their way in ever-condensed form from the August 1936 issue of the Indian journal Visva-Bharati Quarterly, through the September 4, 1974, issue of Manas (\$10/year, weekly, from Box 32112, El Serena Station, Los Angeles, CA 90032) and the Summer 1977 issue of Co-Evolution Quarterly (\$8/year, Box 428, Sausalito, CA 94965).*

行平 ヨシノボ

... Simplicity involves both inner and outer condition. It means singleness of purpose, sincerity and honesty within, as well as avoidance of exterior clutter, of many possessions irrelevant to the chief purpose of life. It means an ordering and guiding of our energy and our desires, a partial restraint in some directions in order to secure greater abundance of life in other directions. It involves a deliberate organization of life for a purpose. . . .

**National Moratorium on Prison Construction**

3106 Mt. Pleasant St., N.W.  
Washington, DC 20010

Our country's present policies of crime control have resulted in the most massive wave of prison and jail construction in the world's history. Ironically, the use of prisons rather than community resolution of the underlying problems seems only to generate more crime. But the crime control industry is now a multi-billion dollar growth industry employing over a million persons in 50,000 agencies. These folks at NMPC have put together some meaningful policies to reduce dependence on prisons, and pro-

vide an additional point of leverage to help turn around another messed-up institution where we've taken the path that's easiest in the short term but a total failure in larger perspective. —TB

Stone walls do not a prison make  
Nor iron bars a cage;  
Minds innocent and quiet take  
that for a hermitage;  
If I have freedom in my love,  
And in my soul am free,  
Angels alone that soar above  
Enjoy such liberty.

—Richard Lovelace

*Prisoners of Liberation*, Allyn and Adele Rickett, 1973, \$2.50 from:

Anchor Press  
501 Franklin Ave.  
Garden City, NY 11530

This is the best other resource we've found on rethinking our penal system. Written by confessed American spies who spent time in Chinese prisons during the Korean War, it's a fascinating account of the criticism/self-criticism process used by the Chinese, the taking of responsibility by communities to reeducate and make criminals aware of the effects of their actions and the real catharsis that comes out of releasing and dealing with the motions and situations involved. —TB

It is often said that possessions are important because they enable the possessors thereby to enrich and enhance their personalities and characters. The claim is that by means of ownership the powers of self-direction and self-control inherent in personality become real. Property, they say, gives stability, security, independence, a real place in the larger life of the community, a feeling of responsibility, all of which are elements of vigorous personality.

Nevertheless, the greatest characters, those who have influenced the largest numbers of people for the longest time, have been people with extremely few possessions. The reason for this is something that we usually fail to realize, namely that the essence of personality does not lie in its isolated individuality, its separateness from other people, its uniqueness, but in its basis of relationships with other personalities. It is a capacity for friendship, for fellowship, for intercourse, for entering imaginatively into the lives of others. At its height it is a capacity for and exercise of love. Friendship and love do not require ownership of property for either their ordinary or their finest expressions. Creativeness does not depend on possession. Intangible relationships are more important to the individual and to society than property is. It is true that a certain kind of pleasure and satisfaction come from acquiring mastery over material things, but that sort of power and that sort of satisfaction are not so secure, so permanent, so deep, so characteristic of mental and moral maturity as are some others. The most permanent, most secure and most satisfying sort of possession of things other than the materials needed for bodily life, lies not in physical control and power of exclusion but in intellectual, emotional and spiritual understanding and appreciation. This is especially clear in regard to beauty. . . .

. . . The most beautiful and restful room I ever entered was in a Japanese country inn, without any furniture of pictures or applied ornaments. Its beauty lay in its wonderful proportions and the soft colors of unpainted wood beams, paper walls and straw matting. There can be beauty in complexity but complexity is not the essence of beauty. Harmony of line, proportion and color are much more important. In a sense, simplicity is an important element in all great art, for it means the removal of all details that are irrelevant to a given purpose. It is one of the arts within the great art of life. And perhaps the mind can be guided best if its activities are always kept organically related to the most important purposes in life. . . .

There is one further value to simplicity. It may be regarded as a mode of psychological hygiene. Just as eating too much is harmful to the body, even though the quality of the food eaten is excellent, so it seems that there may be a limit to the number of things or the amount of property which a person may own and yet keep himself psychologically healthy. The possession of many things and of great wealth creates so many possible choices and decisions to be made every day that it becomes a nervous strain. One effect of this upon the will, and hence upon success in life, was deftly stated by Confucius:

"Here is a man whose desires are few. In some things he will not be able to maintain his resolution but they will be few.

"Here is a man whose desires are many. In some things he will be able to maintain his resolution but they will be few."

If a person lives among great possessions, they constitute an environment which influences him. His sensitiveness to certain important human relations is apt to become clogged and dulled, his imagination in regard to the subtle but important elements of personal relationship or in regard to lives in circumstances less fortunate than his own is apt to become less active and less keen. This is not always the result, but the exception is rare. When enlarged to inter-group relationships, this tends to create social misunderstandings and friction.

The athlete, in order to win his contest, strips off the non-essentials of clothing, is careful of what he eats, simplifies his life in a number of ways. Great achievements of the mind, of the imagination, and of the will also require similar discriminations and disciplines.

If simplicity of living is a valid principle, there is one important precaution and condition of its application. I can explain it best by something which Mahatma Gandhi said to me. We were talking about simple living and I said that it was easy for me to give up most things but that I had a greedy mind and wanted to keep my many books. He said, "Then don't give them up. As long as you derive inner help and comfort from anything, you should keep it. If you were to give it up in a mood of self-sacrifice or out of a stern sense of duty, you would continue to want it back, and that unsatisfied want would make trouble for you. Only give up a thing when you want some other condition so much that the thing no longer has any attraction for you, or when it seems to interfere with that which is more greatly desired."





# MEDIA

## Portland Women's Yellow Pages— Finding Each Other

Women in the Portland area are putting together a skills access directory for local women. All of us have skills, but building a locally self-reliant community means finding each other and sharing them. *The Portland Women's Pages* is coming out at the end of the year, and all interested women should submit their entries by the end of August. Cards are available at A Woman's Place Bookstore, 1300 S.W. Washington, Portland, OR 97205. A donation of \$2 per woman is asked to cover printing (\$3.50 will include a copy of the directory). Payment is not necessary, though, since the purpose of this directory is to put women in touch with each other's skills. We needn't be experts to be of use to each other. From alternate energy to creative writing to baby sitting to health care to basketball to office work to carpentry to yodeling—we all do something well—let's share it to build a community. Self reliance isn't just for men! For more information call 235-7139 or write Portland Women's Yellow Pages, 333 S.E. Third, Portland, OR 97214.

"Bibliography of Books and Manuals on the Business and Art of Political Campaigns," in the *National Conference Newsletter*, July 1977, from:

Conference on Alternative State  
and Local Public Policies  
Institute for Policy Studies  
1901 Q Street, N.W.  
Washington, DC 20009

Every time I read this newsletter (\$5/year for individuals, \$10 for institutions), I find lots of good new information. They're definitely tied into some networks we aren't. This bibliography on political campaigns looks to be excellent. It includes 20-25 things like Sam Brown's *Storefront Organizing*, Marjorie Random Hershey's *The Making of Campaign Strategy* and Billie Carr's *Don't Default to the Bastards: Organize!*

*In These Times*, 40¢/issue, \$15/year  
(50 issues) from:

New Majority Publishing Co.  
1509 North Milwaukee Ave.  
Chicago, IL 60622

*Seven Days*, \$1/issue, \$15.60/year (26  
issues) from:

Institute for New Communications  
206 Fifth Ave.  
New York, NY 10010

*Mother Jones*, \$1.25/issue, \$12/year  
(10 issues) from:

Foundation for National Progress  
607 Market St.  
San Francisco, CA 94105

*Open Road*, free (but dependent on  
donations) from:

Box 6135, Station G  
Vancouver, BC, Canada

Here are a few relatively new magazines and newspapers for those of you who are tired of trying to find your news of national and international events in between the shootings and car crashes of the likes of the *Oregonian* and the accounts of Bianca Jagger's birthday party in *Time* and *Newsweek*. *Seven Days* and *In These Times* come out the most often and can therefore cover many of the same events as the "straight" press: skirmishes in the Middle East, union goings-on, Carter's Energy Program and the anti-nuclear demonstrations at Seabrook; even the NBA championships and the televising of *Roots*. But you'll find information and insights here that are much closer to our sense of the world. They also cover such important events as the Conference on Alternative State and Local Public Policies which are events totally unnoticed in your local press. Sometimes I get antsy with the socialist political bickerings that show up from time to time, particularly from *In These Times* (I'm not much on political labels myself), but endorsements from the likes of Gloria Steinem, Barry Commoner and Studs Terkel should give you some sense of the wide variety of opinion and politics represented therein.

I've reviewed *Mother Jones* before. It's part of this encouraging genre of magazines oriented to the broadest spectrum of events, unlike *RAIN*, *CQ* or *New Age*, which deal with small, selected portions of the changes in the works these days. *Mother Jones* is a monthly magazine, so its articles are more in depth, more inclined to be investigative than the others listed here.

*Open Road* is a quarterly out of Vancouver, B.C. An anarchist paper, it is the most heavily political of the four. It has enough articles on anarchist events and personalities, both historical and current, to earn that label. But articles in Issue No. 2 on Reggae, the Minneapolis Co-op weirdness a few years ago, and discussions of the Weather Underground are excellent. Again, new information and perspectives that I value and learn from. —LdeM



*Seven Days*, by the way, had an interesting note in an early issue that we were glad to see because it reinforces our own instinctive commitment to do without the hassles of advertising in our publication:

"We have been asked how we can publish without major advertising revenues. With the printing bill alone for the last issue coming to roughly \$15,000, we don't wonder that the question is raised.

"Oddly enough, the answers revolve around the very fact that we are concentrating on the news rather than on advertising revenues and profits. This affects both our expenses and our income.

"On the expense side, there are tremendous savings. Carrying no advertising allows us to mail out the magazine at greatly reduced rates. And the non-profit status of the Institute for New Communications, which publishes *Seven Days*, affords us substantial savings in our direct-mail campaigns for new subscribers, a matter of vital importance to us in our attempts to become self-supporting through subscriptions. Taking advantage of this, we have recently done a test mailing for subscribers. Largely through it, we have added 5,000 new subscribers in the last six weeks. Now we are preparing a million-piece mailing that will move us further on the road to our break-even point of 200,000 subscribers.

"Our business department estimates that our total postal savings from our non-profit, no-display-advertising policy will add up to \$454,500 during the period of slightly more than two years that it will take us to become self-supporting from subscriptions. That is slightly more than the amount it estimates we could obtain from display ads."

# Rush

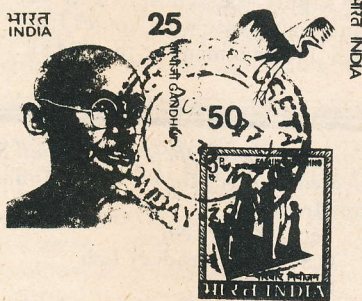


Oxfam-America has a good, put-it-up-on-the-wall poster on food and world hunger action projects and resources including land, production, market and nutrition. It's called the Cross-World Food Puzzle and can be had for \$1 from Oxfam-America, 302 Columbus Ave., Boston, MA 02116.

Hunger Notes (\$6/year for 12 issues) and publications such as *Bottle Babies* (50¢), *Fighting Hunger Here* (50¢), and *Education for Action* (50¢) are available from the World Hunger Education Services, 2115 S Street, N.W., Washington, DC 20008.

Here's a nice model for the other groups in other states to look at: *1977 Legislative Analysis*, \$1 from the Environmental Information Center, P.O. Box 12, Helena, MT 59601.

Holistic Health Organizing Committee (P.O. Box 688, Berkeley, CA 94701) is a new group to promote and network information about holistic health practices. Don't know much about them beyond a copy of their newsletter. Write to them for more information.



Do you get lots of interesting stamps (especially foreign ones)? Send them to the Florida Audubon Society for their fundraising drive for the Bald Eagle Fund. But please write for their instruction sheet so you can be sure what you send is useful to them: Florida Audubon Society, P.O. Drawer 7, Maitland, FL 32751.

*Savvy* by Patty Phelen and Annie Phillips is a directory to local Berkeley non-profit services like child care, counseling centers, ecology groups, legal aid, transportation, parks, employment programs and more. Cross indexed by kinds of services and target groups. Available for \$4 from The Savvy Project, P.O. Box 2458, Berkeley, CA 94702.

*The School of Living* (Box 3233, York, PA 17402) is doing a survey of groups and individuals involved in land reform. Please contact them immediately if you wish to be listed.

This September in Sandpoint, the North Idaho College will offer a night class in electrical systems for homes beyond the power lines. Cost is about \$15/person for eight two-hour sessions, including possible visits to two windpowered homesteads. Contact S. Miller, Rt. 1, Box 36, Samuals, ID 83862.

Training Workshops for community development and social change workers will be held this fall in Mt. Ida, Arkansas. *Fund Raising and Proposal Writing* (Sept. 18-22), *Trainer's Training* (Oct. 16-21), and *Managing Small Non-profit Organizations* (Nov. 6-10). Cost is \$125 per workshop. Contact Jerry Cronin, Independent Community Consultants, Inc., P.O. Box 141, Hampton, AR 71744. 501/798-4510.

The Harvard Graduate School of Design and the faculty of the MIT School of Architecture and Planning will offer courses in Consumer Activism, Historic Preservation, Solar Design and Architecture for the Consumers of It, beginning the week of October 3. Registration deadline is September 12. Information is available from the Special Programs Office, Harvard Graduate School of Design, 48 Quincy St., Cambridge, MA 02138, 617/459-2578.

Are you interested in working with community arts programs? The National Endowment for the Arts offers a 13-week Work Experience Internship in their offices. Application deadline for Spring 1978 is October 7, 1977; deadline for Summer 1978 is February 3, 1978. Contact the National Endowment for the Arts, Mail Stop 557, Washington, DC 20506.

*Directory from the Spring Gathering of Healers III*, \$2 from Antahkarana Circle, P.O. Box 308, Manson, WA 98831. A good collection of Pacific Northwest organizations and individuals along with their healing skills, services and interests. Massage, herbs, polarity therapy, acupuncture, midwifery, you name it. Also some good essays and how-to on first aid, holistic health care and accupressure-reflexology. Enjoyable reading.

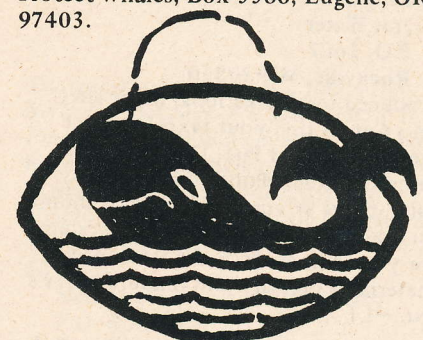
The Home Orchard Society, c/o Marion Dunlap, Secretary, 2511 S.W. Miles St., Portland, OR 97219. A newsletter and moral support for local fruit growers.

The National Self-Help Resource Center (200 S Street, N.W., Washington, DC 20009) is doing some fine national networking for community resource centers. Write them for info about their most recent publications, including their newsletters.

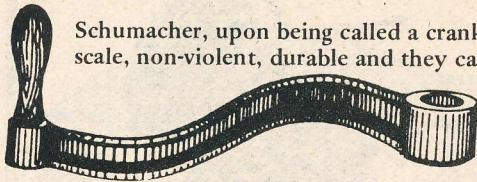
A town-controlled trust account to hold rental-security deposits was voted up at the May Town Meeting in Amherst, MA. Under the new law, landlords can no longer hold security deposits, a measure which gives tenants equal rights in disputes over apartment damages. Tenant deposits will also be protected against landlord bankruptcy. For more information contact James Starr, Task Force on Security Deposits, Town Hall, Amherst, MA. (from the Newsletter of the Conference on Alternative State and Local Public Policies)

*Ace of Spades* is a nice little networking newsletter for artist activists. \$6/year for 12 issues from David Jackson, 149 West 80th St., Apt. 3B, New York, NY 10024.

For more information on what you can do in Oregon to help save the whales, write to Oregonians Cooperating to Protect Whales, Box 3386, Eugene, OR 97403.



Friends just sent us a newspaper clipping of N.Y. Representative Frederick Richmond watering his roof garden outside his office in the Longworth Senate Office Building in D.C. He's planted tomatoes, peppers and beans. The times they are a changin' . . .  
—LdeM



Schumacher, upon being called a crank during his recent Chicago visit, responded, "Nice thing about cranks. They're small-scale, non-violent, durable and they cause revolutions." (courtesy Jim Benson, CEP)

# A.T. GROUP UPDATE

Here are some new organizations to add to your exchange mailing list and your address book. If you want to visit, be sure to write first and send a self-addressed, stamped envelope (SASE). Most are just beginning and can't afford the extra postage.

**Alternative Technologies Association**  
P.O. Box 20571  
Indianapolis, IN 46220

Their newsletter, *Alternative Technologies*, is available for \$3/year for six issues. It describes ATA and other group activities in Indiana: workshops, conferences, book reviews, speakers bureau, mobile unit, calendar.

**L'Affranchi (Enfranchisement)**  
Groupe d'Etude pour la Maison Ecologique (GEME)  
64 Rue Taitbout  
75009 Paris

We had an enjoyable visit with Pierre Le Chapellier, a passive solar architect-engineer with GEME. Like the German group "Eichenmüle" mentioned in the April '77 RAIN, p. 3, they'd appreciate any info on your work or products, especially reports and manuals, in such areas as: residential water recycling, passive solar for homes and greenhouses, do-it-yourself and commercial wind power and stabilized soil-adobe-Cinva ram

bricks. If you read French, you'll find their publication very interesting, including the monthly newsletter.

**Lansing Energy Affairs Network (LEAN)**  
P.O. Box 245  
East Lansing, MI 48823

Too bad Jerry and Betty left Michigan. They have added some strength to LEAN, whose monthly newsletter, *Connections*, is full of local news. They're working on an Energy Directory. Write for more details.

**New Roots**  
Fran Koster  
Office of Energy Related Programs  
Graduate Research Center  
Univ. of Massachusetts  
Amherst, MA 01003

We haven't seen it yet, but this new a.t.-oriented New England magazine has a fine editorial board and recently got a startup grant from NCAT. You should plug into the northeastern U.S. network through *New Roots* and also ask about the *A.T. Resource Guide* they are putting together. They need your input, especially if you can supply Massachusetts and New England-oriented info. Can't wait to see what comes from that vibrant bio-region. (P.S. Please remember that SASE.)  
-LJ

## SOLAR

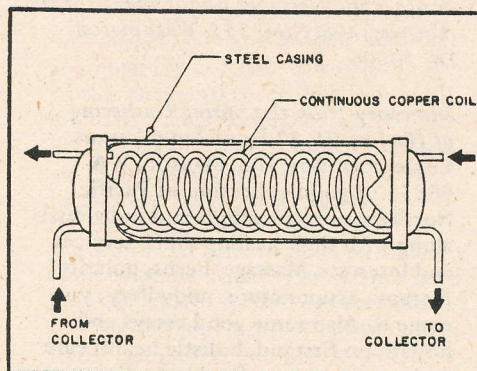
**Residential Solar Domestic Water Heating brochure, free from:**  
Hot Water  
P.O. 1607  
Rockville, MD 20850

Produced by the National Solar H&C Info Center (i.e. your taxes!), so get yours while they last. Discusses consumer considerations on how to buy solar, range of costs and rules of thumb on evaluating a solar hot water system for your homes. Includes reference material, a glossary and manufacturer's list. -LJ

"California Solar Info Packet," by Solar Energy Division, 33 pp., 1977, free from:  
Publications Unit  
California Energy Commission  
1111 Howe St.  
Sacramento, CA 95825

An excellent introduction which an-

swers the most often asked questions on solar energy, including passive, active, hot water, swimming pool heating, heat pumps, air conditioning and photovoltaic cells. Costs and design principles are explained, an extensive list of Calif. manufacturers and details on state incentives/tax credits/loans are well covered. We'd like to see similar material from other states. -LJ



A device used to exchange heat between two liquids. This particular exchanger is a shell and tube type, using a copper coil and a steel casing.

**Constructing & Operating a Small Solar Heated Lumber Dryer**, Curtis Johnson, free from:

Tech. Report No. 7  
U.S. Forest Product Lab  
Box 5130  
Madison, WI 53705

It's often hard to get small amounts of dried hardwood, and when you do, the cost is much higher than green wood. With this 10'x7'x6' backyard solar lumber kiln high-moisture wood can be dried to 6-8 percent for indoor use. In one experiment the southern Wisconsin prototype dried 1" thick walnut from 85 to 8 percent moisture in less than 50 days during the summer with kiln temperatures often reaching 130 degrees F.  
-LJ

Dear Rain,

Susan and I are on our way to Europe for a month. We just finished our latest publication (enclosed). I wanted to get one to you right away. Finally, we're beginning to get a handle on the heat available from one of these simple

**The Center for Local Self-Reliance (CLSR)**  
 3302 Chicago Ave. South  
 Minneapolis, MN 55407  
 612/824-6663

If I were still living in Minneapolis, this is a group I would be involved with—I wish there was a CLSR and a Farallones Integral Urban House in every city getting the word out, showing how it's done. CLSR is housed in a storefront in the Powderhorn Neighborhood (right across the street from the elementary school), and the nature of their projects takes them into people's homes daily. They're building a solar collector for one resident's house and plan several more. They have a fine insulation and weatherization program, providing low-income homeowners with free materials and technical assistance to save energy and money in their homes. Among other things, the homeowners must agree to help organize a block club around the installation of the materials (thereby helping to spread the word) and do fuel use monitoring on their own homes afterward. A recent grant from the National Center for Appropriate Technology (the first NCAT grant?) will provide them with the means to experiment with a solar hot water system for an apartment building. They also have a food and urban gardening program with workshops on canning and food storage, nutrition, indoor gardening and the like. A solar greenhouse is planned for one of the community gardens they are involved with. All very practical and exactly the kinds of hands-on projects community groups should be up to. —LdeM

**Another Place**  
 Rt. 123  
 Greenville, NH 03048

There's a whole genre of groups springing into existence that are—what shall I say—facilitators? They help things happen. They are at the center, the hub of several networks. Brian Livingston and Marshall Landman at CAREL in Eugene are

one such group, the Movement for a New Society in Philadelphia area another. Marc Sarkady and the people at Another Place are a third. They sponsor 20 conferences a year in their big house and woods in New Hampshire and host an equal number for other groups. They see themselves serving as a center for the "transformation of culture, values and institutions." Thus the *process* by which they bring people together is as important as the topic areas covered. It's an area where there's always more to learn—and a lot to share:

"Physically, we speak to people's needs by providing a warm home to come into with clean and simple rooms, great fireplaces and a big kitchen. There are also 70 acres of fields and forests for walking and running. During the conferences we hold volleyball games, often dance to a live band or to our own music, and especially during the summer we engage people in doing physical work together. We see that sharing in these physical experiences brings a group closer together and helps people be relaxed."

Their Social Healing Conference "focuses on political change in its broadest sense, including citizen's lobbying, non-violent civil disobedience, the development of popularly based political units . . . as well as the politics of human awareness, social dynamics and different aspects of lifestyles." A Right Livelihood Business Conference "focuses on economics as a spiritual-political discipline. [It] looks at the interrelation between the nature of the work process/how work gets done, the management of work, the finances of work, and human fulfillment." Other regularly recurring conferences include the Healing Arts Fair, the Massage Conference, the Alternative Education Conference, the New Age Childraising Conference, the New England Community Conference, the Music and Dance Conference, and the Networking Conference.

Write to them (please include a self-addressed, stamped envelope) for more information about the center, their processes and the dates of upcoming conferences. —LdeM

numbers. Take a good look at The Griffin House and the Thermal Performance sections. What it boils down to is that for much (most?) of the country there is not a more efficient or cost effective solar collection application. Also, I find publications like the NOTI solar greenhouse book could be misleading to Mr. or Mrs. John Doe. Solar greenhouses *belong on homes*. They should only be stuck out in the back yard if no acceptable site is found on the home. About a 30 percent probability. There are several books and plans, excellent in themselves, that give independent greenhouse designs and construction details.

If they are the only point of reference for the novice solar greenhouse builder, the builder has missed several billion BTUs when he copies the plans in the back yard. Not to mention the philosophical solidarity of tying your food production and living space together.

When we get back on August 6, I think we're going to put our travelling



dog and pony show on the road. We'll just kind of boogie around the country in some kind of mini-motor home, drive 70 miles an hour and get 8 miles to the gallon. Do lectures, sell books, show slides and our new movie of a gh workshop. See people . . . maybe learn some-

thing, help Ken Kern build a bamboo underground house. You know, whatever comes up. I've got to get away from here to get a perspective on what's going down.

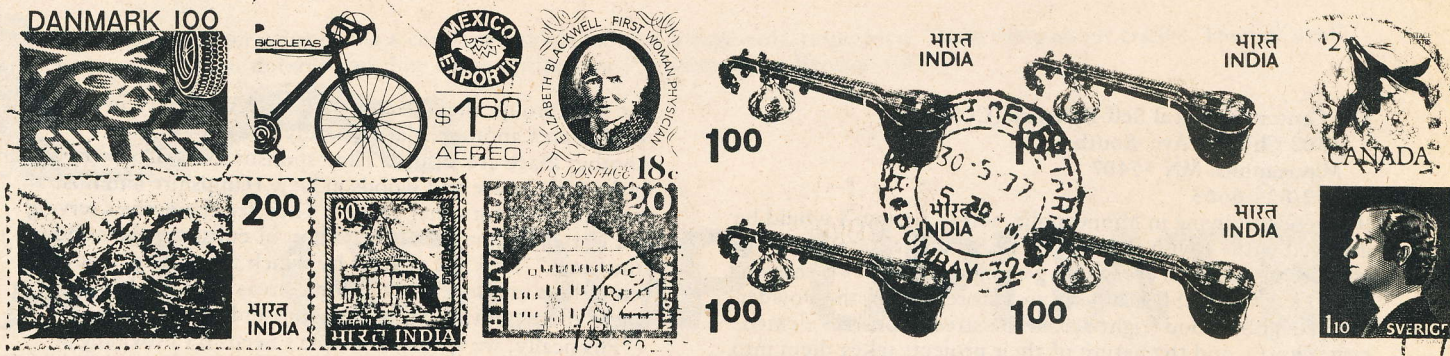
Love to all of you,  
 Bill and Susan Yanda

The latest publication Bill refers to is his *Solar Sustenance Report, Phase II, Final Report*, which covers all the things learned in doing their solar greenhouse workshops and in monitoring cost/benefit of various operational dwelling-attached bio-solaria. It's available for \$2 from:

New Mexico Solar Energy Assn.  
 P.O. Box 2004  
 Santa Fe, NM 87501

If you're into solar greenhouses, add another 50¢ and a self-addressed, stamped envelope for a copy of the July '77 NMSEA greenhouse issue. You'll find them both extremely useful.

—LJ



**FIRCHING**

The RAINs continue to be top notch. I found great enjoyment in Lee's May article on firch. It brought back many memories of our Philadelphia junk collecting adventures of the last few years. One of the dearest was from about a year and a half ago when it was a great status symbol among the fellowship of scavengers to find a *working TV set*. Ah, it was many nights that we looked. Then—about 9 p.m. up in the Olney section I spotted it: a 21" Silvertone sitting between some 30-gallon Glad bags. I whipped it into the car and we raced home. Pauline said—Ah, come on, it won't work—but I never lost my faith. We lurched it up three flights, plugged it in. There was a glow in the back, then a white dot, then—yes—sound and finally a beautiful, fuzzy, marvelous picture. Someday I'll tell you what happened to the set. We don't junk collect much anymore because we now live in a somewhat fancy neighborhood and the junk is so good that the scavenging done is very well established, efficient and well organized. Old men in pickups (mostly) have their own turfs, their own specialties. It's a nice feeling to know that the stuff out on the street that has any conceivable use will get picked up and used.

It will be good to meet Lee on his upcoming pilgrimage to Cherry Hill and other parts East. Best to Lane, Emelyn, Marcia, Anne, Steve and Bill.

Your-friend-who's-not-from-Bend  
 Dave Deppen  
 Box 183  
 Cherry Hill, NJ 08002

**SOLAR STORE**

I recently read your article on "Solar Stores" and wanted to call it to your attention that Sunspot Solar Products, Inc. is, I believe, the only retail store in North Carolina selling energy conservation products. We sell solar equipment to do-it-yourselfers as well

as providing installation services. We also sell water heater timers, Ashley and Jøtul wood heaters and stove tool accessories, and of course, energy conservation publications which include *RAIN Magazine*.

We have installed six solar water heaters, one swimming pool system, and are working on our third space heating installation. We realize that you got your information from *Not Man Apart*, and we have notified them recently of our store.

John Meeker  
 Sunspot Solar Products  
 146 E. Main St.  
 Carrboro, NC 27510

**BEYOND PIES**

I am mailing you a copy of *The Limits of Satisfaction* by William Leiss. It's a scholarly essay on what makes people want things. For instance that "those who live in the [high intensity market] setting learn to search for the satisfaction of needs in the purchase of commodities." And he discusses how the emphasis on consumerism to satisfy needs inherently leads to a decrease in the sense of well-being.

I kept expecting more of the book than it delivered, but it has its good sections that are strikingly clear. And surely the questions he addresses are worth going on with.

How about doing that as your project to follow the *Rainbook*? Start with *Sharing Smaller Pies* and develop it into a full book.

The reason I suggest SSP is that it, almost alone in the current conservation/ecology literature, presents a (believable) positive view of the conservator society. President Carter has done good things in pushing conservation, but it's really unfortunate that he has phrased it in terms of "you're going to be deprived of things but it's for your own good and you'll be glad later that you weren't even more deprived." Such a negative tone!

People think of water rationing as a somewhat threatening situation and fail to notice how much pleasure they get from the camaraderie effect (we're all rising to the occasion together and it's fun to have common interests with *everyone* I meet) and the capability effect (by golly, when I set my mind to it, could I think of ways to save I never even dreamed of a few seasons ago) and the in-touch-with-nature effect (everyone in the drought areas is *very* aware of the weather and the seasons and the vegetation).

And there could be a whole *Satisfactions Book* painting a positive and realistic sense of the changeover. Not Pollyanna. Not romantic fantasy. Maybe basically a few essays followed by many chapters on how real, ordinary people have already in the real world come to appreciate doing things simply and personally.

For instance, a personal recollection on the pleasure of learning to bake bread. On learning to put gas in the car oneself. On learning to change the oil. On learning family history and the whole range of extended family one came in touch with in the searching. On the pleasures (and nuisances) of car-pools. On finding a central produce market with its incredible range of colors and fruits and vegetables. On the pleasures of learning to raise flowers and vegetables. On rediscovering reading. On getting to know the neighbors. On attending a public hearing or a trial. On making up one's own words to tunes one likes. On establishing a correspondence with a favorite author or legislator, or with one's long-lost roommates and classmates and relatives. On learning to sew. . . .

There's so much that can be interpreted both ways: as a deprivation which one sullenly and reluctantly tolerates, or as a marvelous (or at least



satisfying if a little frightening) chance to get in touch with some really deep satisfactions.

And methinks we have need of some satisfactions even independently of the ecological and ethical issues. Lately I was on a vacation and drove around a lot to visit bookstores, health food stores and such, basically to check out what was available to be consumed. And some days I stayed home and did repairs, mending and such. And one day I just happened to compare the two kinds of days from my immediate experience and discovered how much more satisfied I'd been doing than consuming. While I believed that intellectually before, I never felt it so deeply.

So I'd just like to see the ideas in *Sharing Smaller Pies*, about the fun and the satisfactions of the conserver life, reach all the people who are afraid and threatened by the changes that are working their way to coming up fast and furiously. Average Americans are real live people, too, who can get as big a kick out of singing words they wrote themselves as simple-lifestylers do out of working in a community garden. What's important is re-discovering the simple pleasures in doing things in a personal way. Knitters know it. Do-it-yourself carpenters know it. And if somehow everyone had a taste of it, it would make our culture's transition so much easier.

Yours,  
Sue Tideman  
816-1/2 S. New Hampshire Ave.  
Los Angeles, CA 90005

### B.C. RESOURCES

I must say it did my heart (and probably that of municipal dump salvagers all over the country) good to hear such a tasty term as "firching" attached to an activity which has sometimes had to shield itself from the epithet "bloody scroungers" with the equally weighty

title "garbalogical research." Redistributing (locally known as potlatching) the overflow of rampant consumerism is, at first, like most novel preoccupations, one you can't get enough of. But as the actual tons of odd-voltage standby batteries (from pub. util. emerg. transformers), actual miles of slightly deteriorated fish net (the first mile is handy for keeping the birds out of your strawberries), 16' sections of crumpled stainless steel pipe (explosion at the saw mill) etc., etc., etc. pile up, you begin to realize that the province of B.C. throws away a town the size of Youbou complete with population about every six months, so you're not going to be able to use it all and you become more relaxed and selective about the whole thing; even miss a few days at the dump after all, the original plan was not to become a skillful parasite on a degenerate society; that would mean you couldn't pick up and leave. I expect the disappearance of class B salmon licenses will produce whole boats in the dump this time next year if they're not burnt or sunk; wouldn't ten or twelve 30-plus foot long gillnetters piled in the backyard give you a kind of uneasy feeling when the wind commenced to rise?

#### Pertinent Documents Dept.:

*Oyster Farming in B.C.*—Title explains all; well enough done to sell out in weeks at \$2 per. Compendium of several Marine Resources Branch Reports on oyster fishing (title is approximate) should be available through: Min. of Rec. & Con., Info. & Educ. Branch (whose publication list of free & etc. I sent, I think, along with that Consumer Ed Task Force Book), 512 Fort Street, Victoria B.C. or as same source for Fisheries Management Report No. 5, "Manual for Assessment of Oyster Growing Areas" which was free and covered same ground from perspective of aquaculturally positive environment and included highly useful Foreshore Lease Application Forms which no "How to Feed 'Em & Talk to 'Em book does, 512 Fort St., Victoria.

*Alternate Methods for Treatment and Disposal of Community Waste Water*—probably contains the odd technical error in the area of assumptions, but the language and the illustrations are totally accessible to the novice who may be confronting a rural building inspector with his Clivus or Hargraves Digest-o-matic or purely conventional drain field or wish to get the local taxpayers interested in provincial funding and cost curves for secondary treatment plants, settling lagoons or yearly community cost of septic tank pumping as opposed to just running the shit into the nearest oyster bed or spawning stream. Describes various bodies of water and their inhabitants who have been viewed as targets for human sewage and outlines ecoharmonious adjustments which are technically feasible now.

*Health Aspects of Sewage Effluent Irrigation*—separate report expanding a single paragraph from above book describes agricultural potential for by-products of conventional sewage, secondary treatment plant product, old silage, papermill waste, etc., indicates hazards and additional treatment required to eliminate toxins and parasites, gives many examples for utilization, current examples of: in order to relieve the minds suspicious and convention addled water and sanitary engineers one might encounter on the way to Ecotopia. These two reports are available in limited number free from: The Public Information Office, Pollution Control Branch, B.C. Water Resources Service, Victoria, B.C.

T. Bender's little koan/essay twanged a powerfully familiar note. After eight years in the bush, sleeping in lands and fields under the stars without number, I must admit to feeling the same giddy apprehensions about such places as he does about the solar suburb; good job we live for years and years or our doubts and cautions would never let us settle down.

Keep in touch,  
J.R. De Weese

# Raindrops

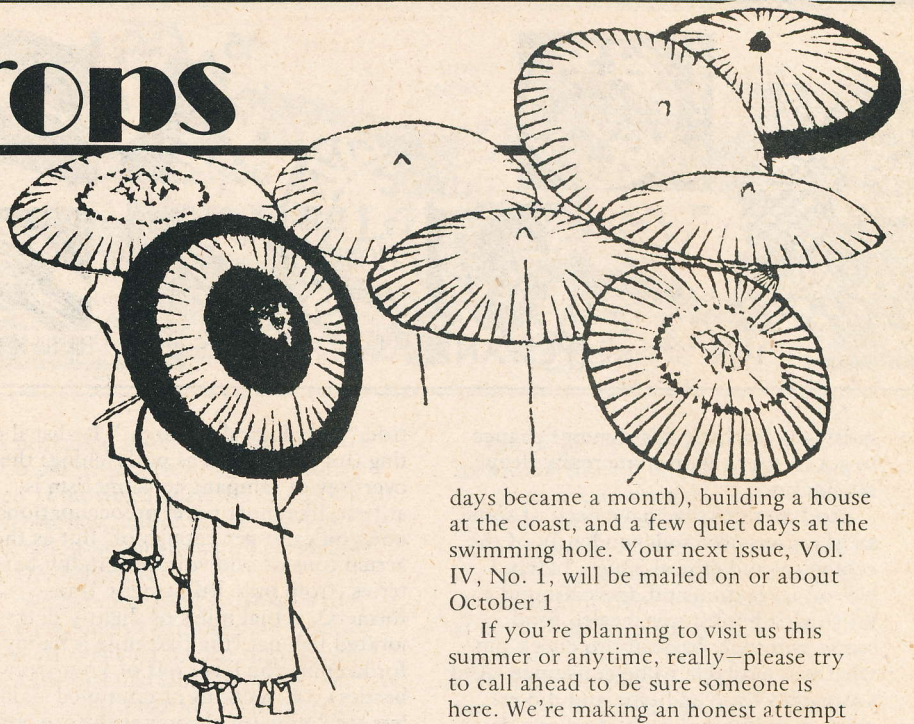
We're looking for several good people to join the RAIN staff—for editorial-writing work, magazine layout and office operation. We all are interested in spending less time directly on the magazine so we can get some new RAIN projects going, and we want to turn more of the magazine over to new people. We are interested in people with any combination of the above skills.

The editorial work requires someone whose judgment and experience can be trusted either in areas already covered regularly or some new areas that we rarely touch upon. The main requirement is good energy and a sense of where things are headed. We presently pay ourselves the magnificent sum of \$100 a week. There is the possibility of moving the office to the Oregon coast or living in the present Rainhouse in Portland. Much depends on new people and developments over the next few months. Call or write immediately (include a resume with a good interest/intent statement, examples of previous work and references) if you think you might be interested or if you know of someone we should get in touch with. Coming to meet with us at some point will be crucial.

Yet another deMoll has come to RAIN. I came from back east to help Lane and Tom build their house on the coast. But this land being unfamiliar territory for me, when the magazine calls them back to town, I come along for the ride though there's not much for me to do besides lolling on the couch with whatever reading material is handy, or observing the inner works.

When you first walk into this big old house—a rusty green amidst a block of big old houses—and you look around at the corners softened by loose stacks of magazines or cork-boards littered with friendly notes and pictures, it's difficult to imagine that any real activity goes on here. Sure, there's an uncommon preponderance of tables, telephones and filing boxes. But camouflaged by plants, hanging chairs and kicked-off sandals, the atmosphere is too comfortable, too informal to convince me that these folks are really the editors of *Rainbow* and publish a 24-page (without advertisements) magazine "about" 10 times a year.

Turning the page of my book, I'll look up to see one of them with legs high in a hanging chair, another sprawled



in a bean bag on the floor. They might be skimming a paper or lost in a book of their own, in the late afternoon more probably just staring vacantly. When three or four happen to be in the same room at the same time, the conversation runs from epic jokes on Lee's new \$6.50 tennis shoes to Cathy's bee sting, Marcia's banana bread and the bands at the bars around town. Someone is always chatting on one of the phones, and the door constantly opens to the author of this or that book, the director of this or that organization, an interested friend or just someone wanting a ripe plum from the front yard tree. It seems like nothing is getting done.

But suddenly I'll climb out of my reading to hear the silence, the busy whirr of energies pattering away on the piles of mail that get delivered, sorted and re-sorted, filed, indexed and answered in the run of each day. Or chewing on blades of grass under the back-steps sunlight, the lazy talk turns on windmills, grows into the germ of an article, and soon they're discussing the feasibility of making it into a workshop. With the mere prodding of "Okay, let's do it!" the Chinese lunch and beers are shoved aside, the sleeves rolled up, and no sooner are the words sketched, the ideas articulated, than the latest issue is printed and delivered to your door.

—Kip deMoll

You may or may not have noticed, depending on the vagaries of the U.S. Mail and your own summer schedule, but this issue is a few weeks late, and it's called August-September. Yes, we're spreading them out this summer so we can squeeze in trips back east (Lee's 10

days became a month), building a house at the coast, and a few quiet days at the swimming hole. Your next issue, Vol. IV, No. 1, will be mailed on or about October 1

If you're planning to visit us this summer or anytime, really—please try to call ahead to be sure someone is here. We're making an honest attempt to have the place covered during reasonable office hours, but sometimes our wires get crossed and the cement truck hasn't come, Lee's VW breaks down, or it's a day when everyone has to be out somewhere. We generally enjoy visitors, though—you're often our best sources of information. —LdeM



The fun of taking care of subscriptions by hand is in getting to know you. Juggling addresses, zipping codes and alphabetizing names to make sure your RAIN arrives without mishap may not sound glamorous or even mildly interesting, but the small parts of your lives you share with us make the normally mundane job worthwhile and enjoyable. However, a large and growing number of our subscriptions are being processed through middleperson subscription services and dealing with them affords no such pleasure. Their orders are often vague, always impersonal, and the amounts of money they send indiscriminate. Although we feel the schools and libraries that subscribe through them are important outlets for RAIN and in no way want to discourage their subscriptions, the extra headaches subscription services cost us and the extra money they cost libraries isn't worth our doing business through such organizations. Faced with the repeated problems caused by such agencies, we have decided not to accept new or renewal orders from them. We don't like wasting our time or your money. Besides, why not deal direct? Ordering doesn't take much time, and you're assured of more personal attention because we're closer together. Hope to hear from you soon. —CM

# RAIN PUBLICATIONS

- RAINBOOK: Resources for Appropriate Technology**, 256 pp., April 1977, \$7.95. Resources for changing our dreams and communities. Compilation of the best of RAIN through Spring 1977, with much new material on economics, communications, health, energy, community building and other areas. Fully indexed. **Note: RAINBOOK incorporates A.T. Sourcelists, Coming Around, and most back issues listed below.**
- Ecotopia Poster**, by Diane Schatz, 2'x3', \$3. A reprint of the "Visions of Ecotopia" line drawing that appeared in the April '76 poster issue. Great for coloring.
- A.T. Sourcelists, August 1976, 50¢ each, any 6 for \$2.** Two to five pages each, prepared by RAIN for the California Office of Appropriate Technology:
  - Direct Solar Heating/Cooling*
  - Energy Conserving Landscaping*
  - Wind Energy*
  - Solid Waste Utilization*
  - Drying Up the Toilets*
  - Diseconomies of Scale*
  - Bioconversion: Methane Production*
  - Weatherizing: Home Insulation*
  - Costs of Urban Growth*
  - Natural Pest Control*
  - Appropriate Technology*
  - Low-Cost Construction*
- Employment Impact Statement**, October 1976, 2 pp., 50¢. A simple, step-by-step way to figure the employment impacts of a new industry and consider the benefits of different options.
- Woodstoves**, Rainpaper No. 1, November 1976, \$1. Compiled reprints from articles by Bill Day on selection, maintenance and repair of woodstoves of all kinds. Bill is a third-generation repairer of woodstoves in Portland, Oregon.
- Sharing Smaller Pies**, by Tom Bender, January 1975, 38 pp., \$2. Discussion of the need for institutional change tied in with energy and economic realities. Begins to lay out new operating principles, including some criteria for appropriate technology.
- Environmental Design Primer**, by Tom Bender, 206 pp., 1973, \$5.95. Meditations on an ecological consciousness. Essays about moving our heads and spaces into the right places.
- Living Lightly: Energy Conservation in Housing**, by Tom Bender, 38 pp., 1973, \$2. Early ideas on the need for change in building and lifestyle; compost privies, Ouroboros Project (self-sufficient experimental house in Minnesota) and the "problem of bricks in your toilet."
- Coming Around: An Introductory Sourcelist on Appropriate Technology**, prepared by Lane deMoll, 12 pp., revised edition, September 1976, \$1. A general listing including general theory, economics and energetics, community, manufacturing, tools and hardware, financial institutions, agriculture, health care, shelter, transportation, self-reliance and energy. Does not include how-to publications but directs you to them.

**Back Issues Available, \$1 each.** Circle those desired:  
 Vol. I, Nos. 7, 8, 9; Vol. II, Nos. 1, 2, 3, 4, 5, 6, 7/8, 9, 10;  
 Vol. III, Nos. 1, 2, 3, 4, 5, 6. (Vol. II, No. 6 was a poster issue; Vol. II, No. 9 was a special issue on Northwest Habitat.)

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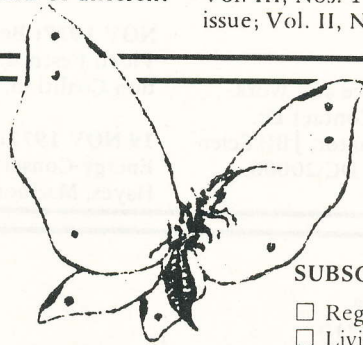
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**8-9 SEP 1977:** Hartford, CT. Wood heating seminar. Contact Andrew Shapiro, Wood Energy Institute, Box 1 Fiddlers Green, Waitsfield, VT 05673, 802/496-2508.

**8-12 SEP 1977:** Hartford, CT. New England Solar Energy Association Conference and Exhibition. Contact Elizabeth Shaw, New England Solar Energy Association, Box 541, Brattleboro, VT 05301, 802/254-2386.

**18-23 SEP 1977:** Houston, TX. Energy Technology Conference and Exhibition. Contact ASME, P.O. Box 5673, Dallas, TX.

**19-20 SEP 1977:** University of Maryland, College Park, MD. Second ERDA-sponsored Solar Industrial Process Heat Workshop. Contact Department of Mechanical Engineering, University of Maryland, College Park, MD 20742, 301/454-4994 or 454-3638.

**19-21 SEP 1977:** Washington, DC. Conference and Workshop on Wind Energy Conversion Systems. Contact Dr. Theodore R. Kornreich, Conference Coordinator, JBF Scientific Corp., 1701 K Street, NW, Washington, DC 20006, 202/659-5181.

**23-25 SEP 1977:** Litchfield, ME. Common Ground Country Fair—A Celebration of Rural Living. Contact: Maine Organic Farmers & Gardeners Assoc. (MOFGA), Bump Hill, RFD 2, Union, ME 04862.

**26-28 SEP 1977:** Atlanta, GA. ERDA Concentrating Collector Conference. Contact: Dr. J. Richard Williams, Associate Dean of Engineering, Georgia Institute of Technology, Atlanta, GA 30332.

**30 SEP - 2 OCT 1977:** Colebrook, CT. Energy Conservation Conference. Contact: The Next Step, Sierra Club, 3 Joy St., Boston, MA 02108.

**12-13 OCT 1977:** Winnipeg, Manitoba. Woodfuel, Compaction & Gasification of Field & Forest Residues. Biomass Energy Inst., Box 129, Postal Station "C," Winnipeg, Manitoba R3M 3S7 Canada, 204/284-0472.

**NOV 1977:** Berkeley, CA. 1st Annual West Coast Women's Video Festival. Contact: Robin Citrin, Women's Communication Coalition, 169 Purdue Ave., Berkeley, CA 94708.

**19 NOV 1977:** Marlboro, VT. Conference on Low-Tech, Energy-Conserving, Solar Heated Greenhouses. Contact: John Hayes, Marlboro College, Marlboro, VT 05344.



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