

Friends of the Earth  
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Noise Abatement  
Abn. Factory Farming  
Conservation Society  
Vegetarian Society  
C.P.R.E.  
Family Planning Assoc.  
OXFAM  
Pre-retirement Assoc.  
Community Action

Nat. Cncl of Churches.  
Child Poverty Action  
Ancient Monuments Soc.  
World Community Assoc.  
B.S.S.R.S.  
World Federalists.  
Christian Aid  
C.N.D.  
World Wild Life  
Mental Health  
Nat. Fed. Self Employed.  
National Trust  
Transport 2000  
Henry Doubleday  
Alternative Society  
CoEnCo.  
National Society of  
Leisure Gardeners.  
Peace Pledge Union.  
Soc. of Herbalists.  
Schools Eco Action.  
Common Cause.

Ratepayers Assoc.  
Third World First.  
Future Studies Centre  
Canal Societies.  
Community Land Trust.  
Vegan Society.  
E.C.O.  
Planned Parenthood.  
Heathrow Anti-noise.  
Coast Anti-Pollution.  
Protection of Birds.  
New Villages Assoc.  
The Ecology Party.

Organisations with  
similar/related aims.

THE CATALYST FOR ALTERNATIVES  
AND ALL WHO SEEK TO LIVE IN  
HARMONY WITH NATURE.

DIGEST

## Meat or Veg? Industrial Life Lessons Unlearn

ARTICLES

Hope And Despair  
Need or Greed?  
Change and Sustainability

POLITICS

Is BRITAIN a DEMOCRACY?

REPORTS

Bath Arts Workshop  
Llwyngwern Quarry  
FORDHALL ORGANIC FARM

AMERICAN INDIAN WAYS OF LIFE.

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NO CHARGE to Publicise here. Details to 'Future Events' Please.

# Diary

## OCTOBER.

- 7+14 "Community Newspaper" Institute of Contemporary Arts. Nash House. The Mall. LONDON 01-839-5344.
- 17 "Scope & Limits of Economic Devolution" Regional studies Association 1 day conference Charing Cross Hotel London.
- 18 Alternative Technology Conference 2.00 p.m. Malvern Hills College, Albert Rd. Malvern.
- 18 FOOD EVENT and "Land for the People". Future Studies Centre Leeds, including Alternative technology in agriculture and Vegetarianism & Whole Foods.
- 18 "Mankind at the Turning Point". Stirling University details from Dr. C.C. Pritchard "Society, Religion and Technology" Project, Church of Scotland Home Board. 121 George St. Edinburgh.
- 18 "Self and Society: Conflict of Cooperation" 9.30 - 6.30 conference of the Teilhard Centre for the Future of Man, St. Pancras Assembly Rooms, Euston Rd. London. 01-582-9510.
- 18 Farm & Food Society Open meeting & A.G.M. 2.p.m. Friends International Centre. Torrington Place London WC1 - "Spiritual Aspects of Farming" and "Alternative Agriculture in Switzerland Lessons for Britain?".
- 21 Poverty in Brazil, Helder Camara Archbishop of Recife (poorest diocese in Brazil) Leeds Town Hall.
- 23 Live Exports lobby at House of Commons. Details from Mrs. Mary Beaumont, Little Devenden, Rolvenden, Cranbrook, KENT.
- 25 SPUR conference with World Goodwill. Radianics Ass'n. Total Man, New Worlds Movement etc. Details from Alan Mayne 63A Muswell Ave. London 01-883-7703.
- 27 Technology Assessment 4 day conference MONACO Details from Dr. Vary Coates, International Society for T.A. c/o George Washington University Washington D.C.
- 28 "A Design Workshop" I.C.A. Nash House The Mall LONDON.

## NOVEMBER.

- 1 Ecology Party Regional Conference.
- 8-9 Home based education etc.
- 15-16 "Industry, the Community & Alternative Technology" conference Bradford, Details from Future Studies Centre 15 Kelso Rd. Leeds.
- 21-24 First World Congress & World Exhibition of Survival, International Rogier Centre, Brussels. (Soft Energy, Biological Agriculture, Non Violence, Nuclear Power, Health Food, Natural Medicine

Anti vivisection etc.)  
Details from Rue Vandebussche 54 1030 Brussels.

- 29 "Turning Point" Conference 10.00a.m. - 10.00p.m. Conway Hall, Red Lion Square, London.

## DECEMBER.

- 3-5 "Towards Alternatives in Health" Lower Shaw Farm Swindon.
- 5-7 LOBBYING. A training weekend. Dartmouth House LONDON.
- 13 International Peace conference, Conway Hall Red Lion Square, LONDON.

**Hedgehog hand carding and spinning equipment**



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## IN BRIEF

**HOW SAFE ARE COSMETICS?** A government study of 36,000 persons showed that at least 589 were injured by the cosmetics they used. The highest rate of bad reactions involved deodorants and antiperspirants, followed by hair removers. Next were moisturizers and lotions, then hair sprays and lacquers. Bubble baths, mascara and eye creams, hair colours and dyes, and facial skin creams also were offenders.

**CHINA**, is becoming one of the largest oil producers in the world. Crude-oil production has more than doubled since 1971, to well over a million barrels a day at present. China's oil reserves are thought to be huge, and, since 1973, her swiftly increasing production has enabled her to become an oil exporter.

**ANCIENT LAW WORKS.** Several groups of elderly Californians have successfully launched a way to cope with today's costs. They request commercial food handlers to give them damaged and short weight foods that would normally be wasted, and ask farmers for permission to pick what remains in their fields after the harvest.

**THE BRITISH POUND** recent sharp drops in value moved Donald Coggan, the archbishop of Canterbury so much that he asked for God's intervention. He urged his flock to "pray earnestly" for the embattled currency.

**COMPUTER SHOPPING.** Kokubunji, a Tokyo suburb now has the world's first automated supermarket. Vending machines display almost 2,500 kinds of goods. The shopper pushes a button and inserts

a plastic identification card in a slot, the desired item pops out and the price is recorded by a computer. The cashier later inserts the same plastic card into a computer that instantly produces the total charges. Two cashiers have replaced the twenty required previously.

**ENOUGH NUCLEAR WEAPONS** now exist world wide to kill earth's population 27 times over, according to figures released by a U.S. congressman. Yet the world continues spending nearly £10 billion a year on military research and development - about five times what it spends on medical research. Furthermore, approximately half the world's scientists and technicians are working on improved and new weapons.

**IT HAS NOW BEEN FORECAST** by the British Director of the Stockholm International Research Institute that there will be enough plutonium leaking through the security network by 1980 to build one "wild" nuclear device a week!

**CANALS.** The formation of the National Waterway Transport Association Executive Council has been announced. Its purpose is to promote investment in the development of Britain's inland waterway system for freight movement.

**A DECISIVE STEP.** Agreement on co-operation in the peaceful uses of nuclear energy was signed recently in Bonn between Brazil and West Germany.

PLEASE send news clips which you feel could be useful or should be made more widely known. - Editor.

**SELF-SUFFICIENCY in PHOSPHATES.** Brazil should be self sufficient in phosphates by Oct. 1977, when it is expected to be producing at the rate of 1.8 million tons of concentrated phosphate per annum.

**IRAN** is buying a stake in Krupp Metalurgica Campo Limpo, a Krupp subsidiary whose plant at Campo Limpo, near Sao Paulo, is an important supplier of components for the Brazilian automobile industry.

**BRAZIL'S SOYA CROP** this year is reported to have been the largest ever, the volume available for export being estimated at more than 4 million tons of beans, about 3 million tons of meal and cake and 200,000 tons of oil.

## Actions Speak Louder

**A LOT OF TODAY'S ENVIRONMENTAL MESS** is caused by certain kinds of consumer products that we could well do without. Yet we persist in buying them in huge quantities.

Aerosol polishes, fly sprays, air fresheners, deodorants, paints, shaving creams, oven cleaners, perfumes, setting lotion, starch,

hair remover, window cleaners, de-icers... the lot!

Previously no-one considered it a hardship to put polish on with a rag, to use Airwick to de-odorise the house or to use fly-paper to trap flies. (Incidentally, much safer than having poisoned fly bodies around - remember DDT and the food chain) The latest issue in respect of aerosols is not the cost, or the enormous waste of energy and materials involved, but the effect of the gas that is used to propel the product when the button is pressed.

**THANK YOU "GOOD EARTH"** in a recent editorial they wrote: "About three years ago a new political party, known as "People" party, came into being to promote the establishment of a saner and more responsible society. Its name tended to conjure the somewhat damaging and misleading image of a South American left-wing revolutionary party, and it has now been re-named more aptly the "Ecology" Party. It seems to us that here lies the only hope of political salvation for disciples of conservation and the alternative society, and we hope to publish a fuller account of its work and its aspirations in our next issue. In our view, some sort of positive political impact is now essential."

## DILEMMA

Scientists are increasingly worried that this fluorocarbon gas, in the amounts released daily from aerosols, could interfere with the ozone layer in the atmosphere. This is the layer that protects us from too much ultra-violet radiation which can induce skin cancer.

Already thirteen states in America have banned the use of the gas in aerosols. In some cases substitutes can be found, but not, apparently, for hair sprays. A real dilemma. Ladies do you honestly need them?

## ABSORPTION.

It seems that the chemicals currently used in hair dyes may well be absorbed into the blood stream and become yet another potential for forming cancers. Although there is not much evidence for this, it does ram home the lesson - not to consume products containing chemicals - colourants, preservatives, drugs etc. - unless they are really necessary.

## BEYOND TOMORROW

"The earth has enough for every man's need but not enough for every man's greed."  
- Gandhi.

## LEGS.

Must the feminine leg be covered with a gossamer sheen at all times - even in blazing sunshine? Consider this very carefully for it is the astronomical number of tights

that ladies wear and discard that set the scene for the terrible Flixborough disaster. If we want to minimise the risk of another Flixborough, we should make an effort to reduce the number of tights used each year. And, of course, it would be another way of slowing down the depletion of our limited resources. **GET EM OFF!**

## WHAT CAN YOU DO?

Cont'd from September issue.

6. Earn only as much money as you need - learn to distinguish between needs and wants. Avoid most advertising like the plague.
7. Fast one day a week - it uplifts the heart, purges the body, is better than dieting, and saves money.
8. Avoid useless paraphernalia - electric can openers and toothbrushes aren't really necessary; consider that, for each item you buy like that, you are buying a potential lifestyle (which means more income)
9. Utilise non-fossil source energies where you can, e.g. wood and solar power, use kerosene lamps where you don't need electricity. Generate your own electricity by wind or water power.
10. Invest in life-affirming projects - give money to organisations like Community Levy for Alternative Projects, etc, who use it for peace and life.

- MORE IDEAS IN NEXT ISSUE.

## PEOPLE projects places

When is a "COUNTRY COTTAGE" a 5 bedroomed, 2 bathroomed house in an acre of ground? The difference in price between the ministry statement and the actual figure paid by Mr. Crossland for his weekend retreat would buy a couple of "homes" for anyone else.

So much for Wilson's Policy of "rough justice" a term first used by Crossland himself. The address for anyone

interested is The Old Mill, Mill lane, Adderbury, Nr. Banbury.

### ESCAPING FROM TOWN

## Tony Crossland pays £20,000 for a country Environment

ANOTHER member of the Socialist Govt of State for the Env. Crossland - has been hiding away around cottages in the country.



**£40,000 retreat angers villagers**

The Croslands - married 11 years ago - are keen to keep the address a secret, because...

### INDEPENDENT COMMITTEE FOR ENVIRONMENTAL POLLUTION

APPEAL FOR FUNDS AND INFORMATION  
Anyone with relevant information or who can assist the commission please contact Peter Bunyard Lawellan, Withiel, Bodmin, Cornwall.  
FUNDS please to Treasurer, c/o New Buildings Trinity Street, Coventry.

Millions in the third World starve while their land and labour grows feed for our animals and non-essentials for us. Britain could be self sufficient on a truly economical, humane, healthy vegan diet. Send for "First Hand: First Rate" with 6 dozen ideas and recipes plus notes on self-sufficiency gardening. 40p post free or send stamp for free leaflets. Vegan Society, Dept F47 Highlands Road, Leatherhead, Surrey.

We particularly recommend the Norwich Third World Centre as somewhere which seems to share many of our aims and ideals - details from Derek Oswald 19 Magdalen St. Norwich NR3 1LE.

ALTERNET: Northern Media Resources Group was set up in late 1973 by Lesley Johns, ex-Granada, to provide a basis for action in the use of video as a social tool, much in line with the "Challenge for Change" programme in Canada, group of people with an interest in the development of video usage who saw as a first step the assessment of the level of hardware resources in terms of its availability to people who were not the initial users or owners.

The Directory of Video Users compiled since then contains at the moment nearly a couple of hundred entries and is available from the three Arts Associations straddling the Liverpool to Hull belt.

ARNOLD RAWNSLEY, the Rochdale Workers' Cooperative, 7 Heybrook House, Rochdale. Focus this autumn on "Free Buses on the Rates" and "Youth Employment".

### NO LOSS IN NON-PROFIT

Much is heard today of the problems facing the building industry, redundancies, cuts in public expenditure and continuing inflation, etc. It is fairly obvious that, even if immediate action is taken, the whole situation must deteriorate further.

However, within this gloomy picture there is one section of the Building Industry that has held its own and flourished during the past year; this is the Voluntary Housing Movement. Although there is little to be termed "voluntary" about it these days, the Movement is made up of housing associations and societies providing

non-profit housing which, up to 1971 played a relatively minor role in the country's housing requirements. In 1971, the government brought out its White paper "Fair Deal for Housing" which proposed a radical change in housing legislation. Not only did it state that the Voluntary Housing Movement held a special place in the Government's housing policies but that, by making a positive contribution to meeting people's housing needs, it could rely on the Government's continued encouragement and support.

In April 1973 the Government offered to make substantial finance available so that the Movement could play its full part in new building and in dealing with unfit and sub-standard housing in the rented sector. The introduction of Housing Action Areas was soon followed by the Housing Act, 1974 which finally produced not only the slogan "Fair Deal for Housing" but cemented it to a "New Deal for Housing Associations". The movement will probably achieve something in the region of 50,000 new dwellings this year, a flow of approximately £600 m. into the Building Industry.

Some 3,500 housing associations are operating from lay-members committees down through their professional advisers and consultants to the building operatives.

Many of these housing associations will remain small, with their objectives limited to local community need. Others and no doubt in time the Government will restrict their numbers, will expand fairly rapidly into "area" or "national" organisations with a continuing development programme and an increasing housing management responsibility in the rented sector.

An example of one such organisation is Omnium Housing Association Ltd,

with it's main office in Deptford, London. Formed in 1962 by a committee of seven volunteers, its work now covers the whole of London and South East England, with some 2,500 properties under management and a current development programme of over 2,000 new houses, flats and maisonettes.

A new BI-MONTHLY JOURNAL entitled "PRACTICAL SELF-SUFFICIENCY" is being introduced by the Broadleys Publishing Company, Broadleys House, Widdington, Nr. Saffron Walden, Essex. from whom particulars can be obtained.

A CAUTIONARY TALE. Upton Sinclair the most prolific author in American literary history, a Socialist for thirty years, joined the Democratic party in California to campaign for the governorship on a platform of End Poverty in California. His ideas were ancient - reorganizing society in co-operative phalanstaries like Brook Farm and New Harmony, which had failed a century earlier. With the aid of a popular utopian novel that he wrote for the occasion "I, Governor of California and How I Ended Poverty", Sinclair captured the Democratic nomination for governor in 1934. Since he was a Democrat the administration had to support him, as did Father Coughlin and a number of Eastern intellectuals such as Theodore Dreiser. Roosevelt rather liked Sinclair, and regarded his proposed experiments as interesting and innocuous. Not so, however, the fat cats of California. In the first of our all-out heavily financed campaigns directed by a public relations firm of advertising men, the immense corpus of Sinclair's published literature was combed for odd or offensive statements,

and documents were forged to prove him a communist and a traitor.

The Republican candidate for governor stole some of his thunder by endorsing the New Deal and the Townsend Plan, and Sinclair was snowed under. That was the end of EPIC, but this state campaign was significant for proving the influence of the public relations profession. No major presidential campaign since 1948 has been waged without their fabulously expensive aid to one or both sides.

- "Oxford History of the American People" Samuel Eliot Morrison. p973.

## REPORTS

BATH ARTS WORKSHOP 4th to 9th Aug. There were a number of wind generators, methane gas installations and solar heaters and all the hot water for the kitchen was produced by approximately 50 sq.ft. of solar panels. A very effective Earth Oven baked good tarts and bread. Stalls, side shows and lectures completed the picture. Saturday was spoiled by pop music which must have deafened the Martians- D. Nightingale-Smith.

### VISIT TO FORDHALL ORGANIC FARM.

A party of 27 paid a memorable visit to the farm of Arthur Hollins, Fordhall Organic Farm, one of the pioneers of the organic movement. Fordhall yoghurts, butter, cream and soft cheeses need little introduction as they have a nationwide reputation. Arthur gave us an enlightening talk on his activities and plans for an ecological centre, following which we had a farm walk to see for ourselves what he had been describing. A succulent meal doubtless inspired any who had not already done so, to patronise the farm shop where a large number of wholefoods were on display. Finally, after showing us his "Coffee grinder" - a machine which takes up the top inch of soil

complete with growth, pulverises it and drops it back behind on top of the seeds it has sown - Arthur showed us the dairy and gave an interesting explanation of the activities involved. Despite the tragic death of Arthur's wife, May, in a car accident the previous Sunday, he insisted that the visit should go ahead as arranged. - R. Claiden.

### VISIT TO LLWYNGWERN QUARRY.

The National Centre for Alternative Technology is holding an Energy Alternatives exhibition at Llwyngwern Quarry on the A487 between Corris and Machynlleth in Powys until 30th. Sept., though visitors are welcome at any time there are 8 full time workers and a variable number of volunteers working there, and I was impressed by their achievements in the short time they have been there. They have deliberately tried not to disturb the ecological balance of the overgrown quarry, so the setting remains delightful and pleasant. For me the most significant part of the visit was the feeling of hope I carried with me from the quarry. - Peter Allen.

## Book Review

"THE SEVENTH ENEMY" by Ronald Higgins 15 p.p. This is the reprint of the Observer magazine article of 23rd February 1975 which had so much success and led to the Dartmouth House "Beginning Now and Turning Point" meetings. Higgins deals with six major threats to the world, population explosion, environmental depredation, misuse of nuclear capacities and uncontrolled technologies. He then goes on to examine the seventh enemy- moral blindness and political inertia. At 10p a usefull discussion group aid and list of some of the organisations books and periodicals concerned with the threats to our global future - K.M. Benfield.

### "SOME CLEAR THINKING ABOUT GASOLINE"

A hard hitting informative pamphlet written by Dr. Vladimar Haensal, Vice President - Science & Technology, Universal Oil Products Illinois Being given out by the anti - lead in petrol group, it is a useful reference to have to hand. - write F.O.E. ( Poland St. LONDON with SAE for your copy. - K.M. Benfield,

Publishers invited to submit books, booklets, e.t.c. for review and to advertise them in these columns

### "ENERGY OPTIONS IN THE UNITED KINGDOM"

A symposium edited by Simon Caradoc Evans. Published by Latimer New Dimensions Ltd., paperback price £3.

Four contributions : "Geothermal Energy" by C.H. Armstead, "Solar Energy in Britain" by B.J. Brinkworth, "Wind and Water Sources of Energy in the United Kingdom" by H. Sharman, and "High and Low Growth Scenarios" by P. Chapman, followed by questions raised at the conference. An interesting, somewhat technical book with much theoretical background presenting a realistic assessment of the value of geothermal energy, solar, wind and water power in Britain. Once the authors stray from practicalities, however, as Dr. Chapman did, the disadvantages of presenting a book on such a narrow theme as energy options become clear. The problems of energy consumption do not stand apart from those of unemployment, materials conservation, population growth and so on, a fact driven home in the Questions, which I advise readers not to omit. One quote stands out. A Questioner said to Dr. Chapman "I Feel that your scenarios (zero growth and high growth) were set in something like a political battlefield". Dr. Chapman did not agree. - PETER ALLEN.

# Which is healthier Meat or Veg

By DANIEL GROTTA-KURSKA

Although nutritionists have yet to agree on an answer, there's new evidence on the side of vegetarians.

Scientists have long classified meat as "first class" protein and vegetables as "second class" protein, thereby implying that non-animal protein is somehow inferior. Current evidence, however, points to other conclusions. For example:

- :British and American statistics show that vegetarians are healthier, weigh less and may live longer than their flesh-eating fellow citizens.
- :Meat, especially in habitually large quantities, may be harmful to the body.

Vegetable foods are incomplete proteins, in that they lack one or more of these acids.

But you can satisfy your protein needs by a proper intermixing of plant proteins. You must make sure that you use the right combinations. Wheat, for example, which has a deficiency in the amino acid lysine but an abundance of sulphur-containing amino acids, can be combined with beans, which have the opposite enrichment combination. Taken together, they complement each other to form a nearly complete protein.

Nutritionists use two basic criteria in evaluating protein sources: quality and quantity. Quality refers to the usability of protein by the body. This factor is expressed on a scale of 0 to 100. The Food and Agricultural Organization of the United Nations gives meat a protein quality rating of 67 - higher than that of most plant proteins, with the exception of whole rice (70), and below that of cheese (70), fish (80), milk (82) and eggs (95). In terms of quantity, 15 to 30 per cent of the total weight of flesh food is usable protein - lamb rates the lower figure and turkey the higher one; the rest is water, fat and trace minerals. On the other hand, soyabean flour is 40 per cent protein; parmesan cheese, 36 per cent; and peas, lentils and dried beans between 20 and 25 per cent. Grains are fairly low in quantity (8 to 15 per cent). Surprisingly, so are milk (4 per cent) and eggs (13 per cent).

All this means that, in general, one has to eat proportionately less meat than vegetable protein sources to obtain the same amount of usable protein. But non-flesh alternatives are perfectly adequate.

:Protein from non-flesh foods can be an adequate nutritional substitute for meat protein, particularly when supplemented with modest amounts of protein from milk and eggs.

Protein is essential to life. It is the substance that the body uses to build and replenish organs, skin cartilage, nails, hair, muscle, and the organic framework of bones. The proteins our bodies use are composed of 22 amino acids. The human metabolic system can produce 14 of these on its own, but the remaining 8 must be obtained from food. Hence their name - the "essential" amino acids. To be useful to a person, the totality of food proteins must be "complete" - all eight essential amino acids must be ingested more or less simultaneously, and in the right proportion. Incomplete proteins cannot be used to build muscle and tissue; they often end up as stored fat or are utilized for energy.

Meat is a complete protein because all eight essential amino acids are present in the proper proportion.

Balanced against this, however, are the disadvantages of a diet heavy in meat. For example, the primary problem most meat eaters face is not a deficiency of protein (most get all they need, and more), but an excess of calories - because the meat they eat so much of is larded with saturated fat. A number of nutritional studies have concluded that vegetarians who eat a proper diet easily meet their protein and caloric needs. Most meat eaters, however, consistently exceed their limits in calories and, as a consequence, tend to weigh more.

The fat in meat, says Dr. Frederick Stare, Chairman of the department of nutrition at the Harvard School of Public Health, is heavily - about 40% - of the saturated, cholesterol-producing variety. With the exception of eggs and dairy products, non-flesh foods have no cholesterol. A study conducted by Dr. Stare showed that vegetarians have consistently lower levels of serum cholesterol than do meat eaters.

Meat eaters may also be troubled by poor elimination. Food with a low fibre content, such as meat, moves sluggishly through the digestive tract, making stools dry and hard to pass. Vegetables, by contrast, retain moisture and bind waste bulk for easy passage.

But still the question remains: is a vegetarian healthier than a meat diet? Nutritionists have yet to agree on an answer. But evidence suggesting this conclusion is offered by anthropologists. Field investigations of certain non-meat cultures have documented the excellent health and longevity enjoyed by people such as the Hunzas of Parkistan and the Otomi Indians of Mexico. In the First World War, Denmark consumed far less meat than usual because of the British naval blockade. Nutritionists who studied the people during the war concluded that general health had improved. Similarly, Norway adopted a vegetarian diet during the Second World War, and there was a significant drop in heart disease.

Certain vegetarian diets can lead to serious nutritional problems. For example, a strict macrobiotic diet (based largely on brown rice) can induce scurvy, anaemia, hypocalcaemia, emaciation and loss of kidney function. Other equally ill advised vegetarian diets have resulted in beriberi, rickets, pellagra and severe vitamin deficiencies.

For people who are following, or wish to adopt, a vegetarian diet, here are a few basic guidelines:

- : Cut sugar, fat and oil calories by half. Replace meat with increased intake of legumes, nuts or textured vegetable protein.
- : Eat more grains and cereals, raw carrots, beetroots, dried fruits and salads
- : Include cottage cheese, low fat milk and eggs in your diet. To retain vitamins and minerals, cook vegetables for the shortest time and in as little water as possible. Eat fruit.

For pure vegetarians - who do not use dairy products or eggs - the following points are also important:

- : Increase intake of leafy green vegetables.
- : Consume a variety of plant foods - grains, fruits, vegetables, nuts - sufficient to meet caloric needs.
- : Use fortified soy-milk preparations and textured vegetable proteins. Take Vitamin B12.

The word vegetarian is derived from the Latin word vegetus, which means "whole sound, fresh, lively." "Vegetarianism is a humanitarian crusade", sums up Jay Dinshah, President of the North American Vegetarian Society. Perhaps it is. From a nutritional standpoint, it may not be a bad idea either.

ADVERTISING: For other organisations and ecologically sound products is invited. Cost 2p per word or £1 per col. inch. (min 50p)

# Is THE INDUSTRIAL WAY OF LIFE

## A FAILURE?



Has the industrial way of life failed? Ask older people who used to get drinking water from a well or spring in all kinds of weather if they prefer that, or do they prefer modern indoor plumbing.

Do you know many people who would continue to use an out-house if they had an indoor toilet available?

Would many people prefer paraffin lamps if they had electric lights? Would they want to wash cloths by beating them on rocks or by scrubbing them against a washboard if they could use a washing machine instead? Would they choose to walk miles to talk briefly to someone rather than pick up a telephone and communicate instantly?

To get hot water for a bath, many people used to haul buckets of water from outside, heat it over a wood fire and fill a tub (Many still do). In today's world few people would choose to go back to the old days in such matters. Hopes were so high that a wonderful way of life would result from the "Industrial Revolution". It was thought that the labor-saving devices, the comforts, the quicker transportation and communication would constantly improve life. Hence, technology was greeted with enthusiasm. Automobiles, aeroplanes, telephones, electric lights and radios, convinced many that a bright new era had dawned.

### Problems Grow.

Until the coming of the Industrial Revolution, farming was the usual way of life.

However, the coming of the Industrial age changed that. For machines to be produced, there had to be factories. For factories to be manned, workers had to move close to their place of work, as no means of rapid travelling to work existed then.

For instance, in Japan there were about 15 million workers in agriculture before World War 2; now that number has dropped to about 6½ million. Once about 400,000 new school graduates each year remained on the farm to carry on the family work, now only about 20,000 a year do. Yet the population of Japan has passed 100,000,000.

Another unsettling relocation took place. Before the Industrial Revolution, many craftsmen could get some satisfaction out of their work, since, to a degree it involved their own initiative and creativity. But in factories the

machines ruled and set the pace. Many workers came to view this as a kind of slavery to machines. Machines too often replaced workers whose skills were no longer needed. These dislocated workers were not able to acquire new trades. A Disasterous Turn.

While such problems grew, it was thought that science and technology would find solutions. So, around the turn of the twentieth century, mankind was still viewed as entering a "golden age". Then came a crushing blow. The very machines that were supposed to help man were turned against him during World War 1. From 1914-18. Nearly ten million men were killed. New devices such as the machine gun, the submarine, tank, airplane and others took a fearful toll.



Weapons of mass slaughter had thus become available for the first time in history- a direct result of the Industrial Revolution. In another way the industrial age also contributed to the war: one of the reasons for the conflict was that European powers were challenging each other to carve up the world for raw materials and markets for their growing industries.

In the book "Promise of Greatness, The War of 1914-18", in a chapter by British author Richard Rees, it is noted: "The 1914-18 war brought two facts to light: first that technological development had reached a point where it could continue without disaster only in a unified world and second, that the existing political and social organizations in the world made its unification impossible". This was so, for, shortly after World War 1, the industrial nations engaged in another armaments race, culminating in World War 2, from 1939-45. Even more hideous weapons of mass destruction were developed, including atomic bombs. As a result, the slaughter was far greater. An estimated 55,000,000 people were killed. And to this day, industry pours out more highly destructive weapons than ever before.

### A Vain hope.

It was hoped that with increasing industrialization, bad living conditions would be eliminated. But the hope has proved to be a vain one. Other "root evils" such as crime, pollution, congestion, drug addiction, poverty and hunger have indeed grown worse. So have sickness associated with the pressures of industrial living, such as heart disease, mental disorders and cancer. Professor Muller of Indiana cites a reason for these woes: "Why all such neglect or even contempt of elementary human values? The immediate answer seems to me as obvious: it was due to the vaunted free private enterprise that created industrialism, for the sake of private profit." He states that the "heroes" of the Industrial Revolution "distinguished themselves by exploitation, plunder, and fraud, on

a colossal scale!" As a contributing editor of "Harpers" magazine, John Fischer states: "I am persuaded that technology is a servant of only limited usefulness, and highly unreliable. When it does solve a problem, it often creates two new ones - and their side effects are usually hard to foresee..."

"Every time you look at one of the marvels of modern technology, you find a by-product- unintended, unpredictable, and often lethal..." "Moreover, technology works best on things nobody really needs, such as collecting moon rocks or building supersonic transport planes. Whenever we try to apply it to something serious it usually falls on its face."

### Drastic Change required.

What needs to be done to solve all the staggering problems that grow with every passing year? In a book "An inquiry into Human Prospect", Robert Heilbroner says: "I believe the long-term solution requires nothing less than the gradual abandonment of the lethal techniques, the uncongenial lifeways, and the dangerous mentality of industrial civilization itself." What would this entail? Heilbroner adds: "This implies a sweeping reorganisation of the mode of production in ways that cannot be foretold, but that would seem to imply the end of the giant factory, the huge office, perhaps of the urban complex." Psychoanalyst Erich Fromm declares that the current sickness of industrial society can be dealt with "only if the whole system as it has existed during the last 6000 years of history can be replaced by a fundamentally different one". So look to the early end of man's greedy industrial civilisation and its replacement by a system that will work for man's eternal happiness.

YOUR ADVERTISEMENT could appear here for as little as 50p - Tell people what you do.

# THE Ecology Party



"MANIFESTO FOR A SUSTAINABLE SOCIETY"

now available.  
SECURE YOUR COPY now - Cash with orders please (50p per copy) to:

National Secretary,  
Clive Lord,  
44 Upper Batley Low Lane,  
Batley, Yorks.

(N.B. Send large SAE or 10p stamps to cover p.&p.)

## MEMBERSHIP

of the Ecology Party is open to all who subscribe to the philosophy of "stock" rather than "flow" economics and who wish to work toward a proper understanding and stewardship of the earth's resources.

Further details from:  
Director for MEMBERSHIP & DEVELOPMENT,  
Elizabeth Davenport,  
2 The Old Vicarage,  
26 Main Road,  
Kempsey, Worcs. WR5 3NB..

## ECO-INFO CENTRE

Who's doing that? Where can I find out? Who can tell me? How many are there? What events are on? Which books should I read? Is there anything written on it?

- In reasingly we are being asked for information and help with these and a myriad of other matters. As yet we don't have all the answers but it abundantly lear that THE NEED EXISTS for a service which can come up with the goods.

WITH YOUR HELP we hope to establish this as the ECO-INFO CENTRE. Please send us all unwanted magazines, journals, news items, articles, books, booklets etc., with an ecological content marked appropriately (subject etc.). If possible. Please send details of your group/societies activities. Please send any suggestions or donations to help establish this centre. Please ask your friends and associates to do likewise. The object is to offer as near a free 'phone in service as possible.

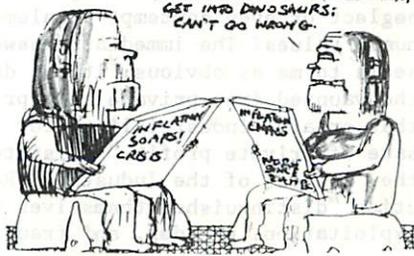
To give anyone seeking information either the data or where they can get it, to put people in touch with like minds and to generally keep everyone informed of developments on a world wide basis.  
YOUR ENQUIRIES AND YOUR HELP ARE WELCOME.  
ECO-INFO CENTRE New Buildings, Trinity St.  
Coventry. Tel: 2.048

# Lessons Unlearned

In 1770 in Bengal the rice crop failed. The government of the day tried to stem the flood of rising food prices by a series of price controls. When people must sell at a price below the cost of production, then they produce no more. The food reserves in Bengal ran out and one-third of the population died of starvation.

Nearly a century later, another famine occurred in Bengal. Politicians with long memories remembered the mistakes of the past. They reversed the original policies. They did all they could to encourage speculation. They published prices weekly, and made production and distribution simple. Respectable men in vast numbers went into food production: everyone knew where to buy it cheapest and to sell it dearest. Accordingly, food moved from areas of relatively high supply to areas of relatively low supply. Imports went up and production was forced. As a result the shortages were kept under control and the sufferings of the population were minimal. That's a lesson we never learn.

The World demand for material goods is rising at an ever accelerating pace. It is outstripping the supply of certain commodities and materials. We have been using them up at a rate which is faster than the rate at which they are replaced. Known reserves have been growing faster than annual output in the past twenty five years, but costs of procuring them have well exceeded the improvements in technology. So materials become more expensive and cause world inflation. Yet recycling programmes everywhere run into public



apathy and government inertia. We can, therefore, expect inflation to be permanent.

That's a lesson we never learn.

In the latter half of the last century, the diamond miners in South Africa received poor prices and made low profits because of a cartel formed by the middlemen buyers. A man called Cecil Rhodes gradually bought up all the mines. Having secured 80% of the then world production, he suddenly took diamonds off the market completely. The buyers were in disarray. Their cartel broke, and they offered several times the prices they previously paid. Since then the diamond market has been stabilised and the major profits are held in the hands of the producers.

Not only was the experience repeated in oil producing countries three years ago, but since then similar attempts to withdraw scarce commodities from the market have been made by the producers of sugar, rubber, copper, bauxite and even bananas. It failed with copper producers, but the consuming countries must now pay much more, and the so-called third world producers are the nouveau riche of the future. It will happen again and again until there is a world plan for sharing our limited resources.

That's a lesson we never learn. Inflation has been with us since man began to use money. From time time to time it rises suddenly. When it does, governments always react predictably. At less than seven per cent inflation, it is a technical problem perceived by economists but hardly touching the people. Governments mess around with the money supply and attempts to dampen demand. Up to 11%, governments begin to be worried about the politics of the situation they clamp down price and wage controls, They declare inflation to be illegal. When this does not,

work, and inflation roars on, they blame the avarice of the businessmen and the greed of the people. The more malevolent members of society - those who wish to see it altered - use inflation to force their arguments. And if they hold leverage upon the economy, they have no desire to stop inflation, for their plans depend upon the breakdown of the economy.

History shows that it usually takes a fair time for inflation to creep from 4% upto 12%. But history also shows that it takes no time at all for inflation at 25% to grow to inflation at 60% or more. Before that point, democracy breaks down and the widescale indexing policies which are needed to bring down inflation rates gradually can only be carried out by an authoritarian regime which cannot afford the luxury of an opposition which questions its policies.

Men's affairs move in a pendulum. One hundred years ago the workers were savagely oppressed by the management. Now one fifth of our population is organised in such a way that they can hold the remaining four-fifths to ransom. The whole country can be brought to a standstill in a matter of minutes by cutting off electricity supplies. The government is powerless to do anything about it since it is simply the political arm of the union movement. To bring back the pendulum a counter body must be set up: ultimately if this is successful, it means clashes in the streets and civil disorder. It cannot happen in Britain because our long standing tradition of moderation?. What price Northern Ireland then? It's a lesson we never learn.

**Regular Recommended Reading**

- Resurgence - 275 Kings Rd, Kingston, Surrey
- Undercurrents - 275 Finchley Rd, London NW3
- Ecologist, - Molesworth St, Wadebridge, Cornwall
- New Humanity - 51a York Mansions, Prince of Wales Drive, London.
- Good Earth - 18 Cofton Lake Rd, Birmingham.
- Peace News - 8 Elm Ave. Nottingham.
- New Internationalist - Victoria Hall, London.

## ARTICLES

### Hope & Despair - Joyce Allen.

WHEN ?

We said it yesterday.

The Danes say it today.

When will the British Government say it?

Prof. Bent Sorensen has put forward proposals for the gradual transfer of the Danish industrial economy to major dependence on renewable energy resources.

The plan, published in the U.S. journal, Science, accepts the stabilisation of energy use at today's level, it eliminates nuclear fusion and nuclear fission power from the nation's energy policy and on increasing investment in the use of solar and wind energy. The Ecology Party has been campaigning for two years for such policies to be adopted here. As Prof. Sorensen points out, though his plan is designed for Danish conditions, it can be modified to suit other countries and demonstrates that those who dismiss renewable resources of energy as uneconomic are wrong. Yet this is what the British Government are doing. They have placed their faith in nuclear power and north sea oil. In their energy saving advertisements, they say why they are not considering the use of solar and wind and wave energy. Must we wait until it is too late, must we watch the decline of industry and then our society, because we have a government too short-sighted, too dim-witted to see the way we must move forward?

The Ecology Party showed them yesterday.

The Danes are showing them today.

Will they see it in time?

### Change & Sustainability - Damon Thompson.

An argument often made by the people against the concept of a sustainable society is that "life will be routine to the point of boredom. Excitement stemming from advances in technology and its accompanying rapid social change as we experience it today, would be non-existent, and only those who have creative abilities will be able to benefit from ecological living". Such statements are never further from the truth. The whole concept of change will still exist and indeed, will be nurtured by an eco-life style. With the removal of manipulative technology, mass consumerism and the soulless work ethic there will emerge new ideas and forms of change.

Public and private learning systems will involve all members of society and are areas where desire for change can be accommodated. The systems or models will develop to form the core of sustainability. Their purpose will be to encourage interactions between peoples as part of an education process aimed at preventing growth of bureaucracy at all levels of society.

To illustrate an example in the public learning sphere, "pools" of labour will be organised around disciplines/skills; the nature of these skills revolving around what we call intermediate technology, community recycling farming practices, craft work and whatever else constitutes public learning relevant to the demands of local environment and manpower.

The management of the "pools" will be concerned with making the best use of

people, with training and re-training as a continuous process - the essence of sustainability. The life cycle of a "pool" will depend on the tasks at hand and will necessarily enter a new cycle when a given task is completed.

As for private learning this would be very much the concern of the family and individual as the power of the media would be considerably reduced. At any rate, whatever the outcome there will doubtless be plenty of spokesmen to make suggestions.

But right here and now the dynamic conservation of our society looks with disapproval or indifference at the emerging eco-life style, as it has done in the past. But this time the movement is not romantic or Utopian and it is the task of the Ecology Party and everyone concerned to stand the dynamic force of conservation on its head and turn it inside out. Only then can we use the concept of change fruitfully in the education of a sustainable society.

### Need or Greed - Ian Peasley.

This summer has been one of decline in the farming industry. The June census for England and Wales revealed a fall in virtually all livestock numbers, most notably in the dairy sector. The resulting threat to supplies has been widely published. "Little Neddy", a group set up to study resources and prospects for U.K. farming up to the 1980's, warned recently of a serious lack of confidence in the industry resulting in low levels of investment by farmer, who sees no hope of a stable market for their produce. And to add to this we have the prospect of feed shortages this winter owing to a very dry season.

This picture of gloom stands amid high government hopes for agriculture's import saving role in the future. In a white paper published in April the government argued that an expansion of 2% per year on the net product was possible and that the dairy sector (with its by-product of beef) would be likely to contribute most. These possibilities are to be seen as a frame on which to build future agricultural policies, the hope being that such expansion represents a "partial - insurance" against the dangers of large price fluctuations and food shortages in the world market.

Such measures, however, would not be sufficient to promote the long term stability that the industry needs. In a world of food shortages and unfair food distribution a "partial insurance" is not enough. A country like the U.K. (Dependent on imports for half its food) has the moral obligation and strategic need to plan for complete self sufficiency. This requires a new approach, namely that we take steps to adjust both sides of the supply/demand equation. We must have a population policy; we must eat less meat protein; we must waste less food; and we must aim at agricultural expansion based not on energy and capital intensive methods but on ecologically sound ones. By this approach we can secure our food supplies in the long term and we can contribute to the release of food for the third world.

Most urgently we must adjust our values and our life-styles. Confidence and stability in our most important industry will arise, for example, when farmers see that we really do value our pint of milk more than a postage stamp; when farming is seen to take priority for resources over the production of T.V. sets and washing machines; when our food supply is regulated by long term planning and not haphazardly by the market; and, above all when we simply stop being greedy.



EDITORIAL

It must be possible to devise a sane agricultural policy which does not depend on giving to animals food that could be used to feed hungry people. Such a policy would be closely linked to a nutrition policy, and biologists as well as economists would have to plan it. Consumer education could do much to redress the balance of advertising now strongly weighted towards the BUY MORE, EAT MORE cries of the food industries.

The Policy must look to the long-term health of Europe's soils, and must reduce wastage to a minimum. Mixed farming can do both these things, and should be encouraged. Free-range hens can find and use split grain and fertilise the soil with the manure at the same time. The collection and processing of waste food to make it safe to feed to pigs should be instigated, as should the use of human and animal manure as fertiliser, (despite the objections of fertiliser manufacturers). If manpower could be encouraged to move back to the countryside, land that tractors cannot reach could be reclaimed and tilled by hand.

Self sufficiency must not be false-relying on imported feedstuffs. On the other hand, many countries need foreign exchange earned by exporting agricultural produce, and our self-sufficiency must not be so complete as to make life even harder for them.

ALLIANCE is sent FREE to all full members of the Ecology Party. ALLIANCE is sold on subscription £3.75 p.a. for 10 issues (£3.25 to listed organisations). SUPPORT ALLIANCE NOW. ALLIANCE SUPPORTS YOU.

## Politics

David Tolley asks

### Is Britain a Democracy?

Unlike the examples of Switzerland, Scandinavia and certain American states, our claim to the title is sustained only by the minimum criteria of universal suffrage and government based upon the principle of elected majority representation.

It incorporates no safeguards against maladministration and no guarantee of social, economic or political justice; redress for such deficiencies may be obtained only by litigation - the prerogative of the affluent.

If Britain IS a democracy, can we therefore justify the claim of moral superiority over other systems, when policy is determined by vested interests, powerful organised groups or sheer political expediency? Examination of the conduct of the EEC referendum and the Crossman diaries affair should suffice to dispel any doubt about the true nature of the System under which we live.

Public life is neither more honest nor more competent than in the 30's; the subsequent development of sophisticated communications media which it dominates exclusively ensures that not only can the Establishment continue to "fool most of the people all the time" (Lincoln) but that its own actions and values may not be effectively publicly challenged. And we have no Supreme Court.

The relevance of this to the evolving eco-crisis is immediate: clearly our political institutions are NOT prepared to recognise, let alone deal with, the basic problems. How can they - since they have themselves by their past policies

underwritten them?

Moreover, they are constrained by motives of political expediency, self-interest, ideology or that particular blend of moral cowardice and incompetence that prevents them from running their own system properly.

That they continue to receive mass public support testifies only to their institutional and financial power and the extent to which the public have been indoctrinated by their monopoly of the media.

OUR failure has principally been:

- (1) Organisational fragmentation.
- (2) Lack of unified policy and concerted effort.
- (3) Lack of power base.
- (4) Exclusion from the media.

for instance, amenity societies and groups are too concerned with their own personal limited objectives; too many individuals are afraid of controversy or cannot fully accept the implications of an ecological imperative, e.g. no less than four vice Presidents of the Conservation Society have lately stated support for public policies that violate every principle of eco-conservation.

Until the Ecology Party establishes itself as an effective political force - or is replaced by some other alternative, something has to be done; support is required NOW from ALL committed individuals and bodies to form a NATIONAL RESISTANCE MOVEMENT to challenge the present System and its supporters, with the following objectives: (1) to resist all political decisions and discredit all policies and doctrines unacceptable to the principles of human ecology (2) to educate the broad mass of the public and alienate them from the present values and The System, (3) to form an effective power base for ultimate translation into political and social action.

The ecological imperative in which we profess to believe is the only possible

and acceptable long-term solution to the crisis which faces Mankind; it will not be achieved by "moderation", nor by platitudes or good intentions; it required concerted and progressively determined action.

## CLASSIFIED

Your advertisement may be inserted in this section at a cost of 18p per word for a WHOLE YEAR of 2p per word per issue. Box Numbers 50p per annum or 10p per issue. Display classified advertisements cost £1.00 per single column inch (5% discount for six consecutive insertions.)

STOP PRESS : 2 people (?good earthers? ecologists) for half Victorian house Somerset; owner mostly absent; part furnished, all cons., garden recently neglected but with great scope; greenhouse, workshed, garage, orchard, fields around £8 monthly to suitable tenants really interested in developing garden. Miss Vereker 9 Oakley St. LONDON SW5 (ol 352 3285)

Since the onset of farm mechanisation 99.9% of our farm horses have been slaughtered and their employment being considered uneconomic the slaughter still continues. THE HEAVY HORSE PRESERVATION SOCIETY begs for donations for a rescue fund to buy and care for a few of the survivors...Gifts of jewellery, old coins used stamps, clothing or anything else for sale in the Societies shop are also most welcome.

So far the Society has bought seventeen horses. This is the final hour of need for animals that have served us all so faithfully and so well. Help is now urgently needed and deeply appreciated. Send to: HHPS Treasurer. Old Rectory. Whitchurch, Salop. SY13 1LF

### AN INVITATION TO COMMUNICATE:

ALLIANCE is circulated to most environmentally orientated bodies and the interested press. If you would like news of your society/activities to be included please send details. EDITOR: K.Michael Benfield, New Buildings, Trinity St. COVENTRY 22048

DEADLINE: For news, views and articles to be included in next newsletter is Saturday 1st. November. 1975

NATIONAL MAILING: Available to all members/subscribers FREE OF CHARGE. Please send items to Editor.

PLEASE CIRCULATE TO ALL MEMBERS OF YOUR GROUP AND OTHERS INTERESTED.

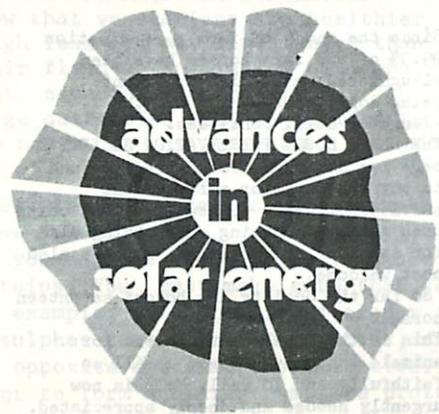
# AN ALLIANCE OF INTERESTS

Organisations/Societies are invited to send brief reports of their activities for inclusion in this section.



Recently held their national conference at the University of Kent at Canterbury. Amongst the audience of over 200 were: Representatives from D.O.E., Local Authorities, and Social Services. Their theme "The Future of the Village" covered planning villages, jobs and villages and social services and the village. Based on their recent establishment of a study group to consider this subject it attracted widespread media coverage and was generally most informative.

However, yet again the need for greater interchange and crossfertilisation between eco/environmentally orientated groups was noticeable. Contributions from Transport 2000, Con. Soc., Oxfam, Vegans, National Federation of Self Employed etc. etc. were most noticeable by their absence. C.P.R.E's study group should make sure they consult all who are likely to have a contribution to make before they issue their report.



The tremendous growth in worldwide awareness of solar energy in the past two years was reflected in the 1975 International Solar Energy Society (ISES) Congress and Exposition which took place at the University of California, Los Angeles (UCLA), from July 28 to August 1. It was the largest conference on Solar Energy ever held, with 265 technical papers presented, over 60 different commercial exhibitors showing their products and a total attendance estimated at more than 1700. A supporting programme of three related short courses was offered by the UCLA Extension Engineering and Mathematics Short Courses and Conferences Division. From July 21 - July 25 there was a course on "Solar Energy Systems Applications" while in the week commencing August 4 the courses offered were on "Modern Solar Cell

Technology" and "Solar Heating and Cooling".

ISES was founded in 1954 and is a non-profit making educational and scientific institution with an international membership from over 55 countries. ISES is a centre for information on all aspects of research and development in solar energy utilization, a U.K. national section has been formed and with a membership of over 600.

#### DATA BANK.

The United States Federal Energy Research and Development Agency (ERDA) Distributed details of the national plan for solar heating and cooling, with a description of over 2000 demonstration projects, to be built throughout the country during the next four years.

NATIONAL & REGIONAL SOLAR PROGRAMMES. This is an area where private enterprise in the U.K. will get a "first" as the Wind Energy Supply Company in Redhill should have the largest windmill rated at 175kW operational before the end of the year. Dr. Teem warned against over-optimism, particularly in the photovoltaic or central "Power tower" applications to electric power generation. "These require significant cost reductions and substantial engineering development before their ultimate benefits may be assessed."

ENERGY STORAGE & CONSERVATION. The conference also covered solar water heaters, selectric surfaces and materials, energy storage and conservation (one of the most original ideas being Zomework's bead wall - styroform beads blown between two panels of glass), solar thermal power research, concentrating collectors; and photochemical and photobiological processes.

Two interesting trends were noted among the exhibitors - one was the formation of a few small, high technology specialist groups concentrating on solar instrumentation and systems, the other was the considerable number of conservation and ecologically conscious groups who were supporting all forms of solar activity as one way of helping to provide an alternative non-nuclear future for our descendants. Also represented among the delegates were organisations such as Project Survival, a group of individuals and organisations who are co-operating to spread environmental information and to try to shift the emphasis from "more is better" to "enough is best"

## ONAWAY! (awake!)

The Onaway Trust was formed in 1974 to assist native peoples to restore and preserve their cultural heritage and to prevent their total absorption into the mainstream of the western industrial patterns.

Today, when the ethics of technology and science are being seriously questioned, even by people they are supposed to benefit, it is imperative that we do not permit the destruction of other and possibly alternative cultures, some of which, especially that of the North American Indians, have existed for untold centuries.

The North American Indian lived in complete harmony with his natural environment for thousands of years. Then came the white man with his bibles and bullets, greed and genocide, and set about a systematic process of destroying both the Indian and his culture - all in the name of God and Civilisation!

Reports from the early explorers of America described the Indians as a splendid people, dignified, courteous, handsome and highly intelligent. They were free from disease and lived to be a great age. Today, after being "civilised" for the past hundred years, the Indians suffer the highest rates of infant mortality, premature death and suicide than any other ethnic group in America! Yet, before the white man's advent they knew the secret of living in total harmony with their natural world. They practised birth control, conservation, physical and spiritual healing (including psychotherapy). Many of our modern drugs had their source in Indian medicine. Corn, squash and beans were but a few of the plants and vegetables which were unknown in England until the "new world" was discovered. And far from being "savages" they possessed so democratic a political system that the founding fathers of white America promptly adopted its main features into the American Government's constitution! The aims of the ONAWAY TRUST is to render all possible aid to the proud remnants of the Indian nations who are desperately struggling for both physical and spiritual survival in their OWN land. Details from The Secretary. The Onaway Trust, 275 Main St. Shadwell. Leeds. 19



# POPULATION COUNTDOWN

Margaret Pyke House.  
27-35 Mortimer St.  
LONDON W1A 4QW  
Tel: 01-637-9582.

**GENERAL :** 1. Awareness of the rapid population growth and its implications has become wider almost in all parts of the world.

2. During 1974 approximately 80,000,000 people were added to the world populations.

3. World population now stands at approximately 4,000 million.

4. The 1974 figures confirm the estimate that if fertility rates continue as they are the world population will double to close on 8,000 million in the early years of the next century.

5. At present rates of population increase children born this year might well find themselves competing for the world's amenities and resources with over four times as many people as there are today (16,000 million) by the time they reach 75 years of age.

## POPULATION GROWTH AND FOOD.

6. Two thirds of the world population is under nourished.

7. It is estimated by FAO that, in order to provide sufficient food for the growing population and to meet progressively the needs for protective foods for the vulnerable groups of developing countries will have to be increased by 75 per cent over the period up to 1980 and by 225 per cent over the period 1965-2000.

## POPULATION GROWTH AND EDUCATION AND LITERACY.

8. Unless a fairly rapid decline takes place the number of school-age children will exceed 1,500 million by the end of the century i.e. nearly triple the present number.

9. More than one-third of all adults in the world today are illiterate.

## POPULATION AND EMPLOYMENT.

10. The governments of developing countries still face the problem of creating job opportunities. During the past decade the world's labour force increased by approximately 23 million workers a year. During the present decade it is expected to rise by some 32 million workers a year. The International Labour Office estimated that in 1970 at least 76 million people were unemployed. In Sri Lanka, for example, one out of every seven working persons is out of work, and nine out of ten teenagers with secondary education seek work.

## THE POPULATION COUNTDOWN CAMPAIGN.

11. The Population countdown campaign is the International education and fund raising campaign sponsored by the Family Planning Association.

## THE AIMS OF POPULATION COUNTDOWN ARE:

To raise funds in the United Kingdom for the support of voluntary family planning programmes throughout the world.

To encourage the attitude that all people should have the knowledge and the means of family planning as a basic human right.

To encourage voluntary family planning programmes that seek to establish a balance between the population of the world and its natural resources.

To support projects that work towards the stabilisation of the world population by means which also promote human welfare, personal freedom and the quality of life.

PLEASE CONTACT Population Countdown for further information on :

Posters, Exhibition material. Speakers.  
Literature, Films. Donations and Deeds of Covenant.



**"THE FUTURE IN OUR HANDS".** Parrallel with the churches' campaign in Britain ("Live Simply that Others May Simply Live") Norway is running a campaign entitled "The Future in Our Hands", described as a popular movement for a new lifestyle and a just sharing of the world's resources. The popular Action's permanent information and contact centre is telling people of the need for development, through radio and T.V., press, by lectures and through the movements own magazine. Among thousands of members are Thor Heyerdahl, Georg Borgstrom and the leader, Erik Dammaan. (Christian Aid Newsletter 12.5.75)

"Cherishing the environment, calling a halt to this dangerous exploitation of resources, wastage, pollution and gadgetry presupposes that man is going to change his attitude to nature, become aware, as his ancestors instinctively were, of his close dependence on all forms of life and the earth's limited resources. This calls for a new social anthropology based on an ecological ethic: man would be restored to his place in the universe, no longer dominated by terrible forces as he was in primitive society, but no longer destroying and exploiting as he does today under the influence of nineteenth century ideologies. This implies a complete reversal of priorities and economic behaviour". (From Industry and Society, No. 6/75 11.2.75 published by the European Commission).

01-455 0634  
01-435 2596



## THE FARM AND FOOD SOCIETY

37 TANZA ROAD, LONDON, N.W.3.

Have just published a four-page illustrated pamphlet entitled "Food: A Consensus of Opinion" on the world food problem. The final paragraph reads: In a democracy any movement for change must come from the people. The Government is unlikely to take any constructive lead regarding the world food problem except under pressure.

Politicians are convinced that abundant food means votes, and that consumers are more interested in acquiring, for instance, a plentiful supply of sugar (not only a non-food but dangerous to health) than in making any contribution to the world food emergency. They have to be convinced to the contrary.....

.....The Farm and Food Society appeals to religious groups, women's organisations, home economists, instructors, teachers, clergymen, trade associations, journalists and others to bring forward the facts here presented, so that the public may be informed of the true situation.

Without a massive voluntary movement among consumers to restrict consumption, especially of animal protein, the future looks bleak indeed for millions, and - if we take a purely selfish view - ultimately also ourselves.

A free copy of this pamphlet is available to anyone who sends a foolscap stamped addressed envelope.



1. Copies of Durham F.O.E. group's report on heat insulation are available from David Green c/o Folkus. Adlington House, 4 North Bailey, Durham DH1 3ET (0385 62641) for 16p plus 8p postage.

2. A report on the Nuclear Energy conference held in Liverpool on September 27th can be obtained from FOE Merseyside, 5 Percy St. Liverpool L87LT (051-708-0385/ 727 2157) for details.

3. 100% recycled A4 and A5 coloured paper now available from Birmingham FOE. Contact Lynne Roberts, 6 Passey Rd, Hall Green, Birmingham for details.

## Friends of the Earth



**NEW VILLAGES ASSOCIATION** 3 Salubrious, Broadway Wor 's.

1. Calculations on the possibility of feeding ourselves from the average land available per head during the remainder of the century (on both a national and global basis) are progressing steadily under a N.V.A. working party.

2. A series of articles is being prepared, based on the proposed development of a disused airfield in Scotland to induce Government planners to take into account in their calculation such factors as nature, resources and people.

**N.V.A.**

NOTES FROM NATIONAL EXECUTIVE COMMITTEE.

MANIFESTO for a SUSTAINABLE SOCIETY now available. Send 50p + 10p P & P to: Secretary for your copy.

Officers:

Secretary : Clive R. Lord 44 Upper Batley Low Lane. Batley Yorks Tel:Bat. 472767.

Treasurer : Peter Murray, 6 South Way Liverpool Tel : 051-722-4328.

Membership: Elizabeth Davenport, 2 The Old Vicarage 26 Main Rd. Kempsey Worcs. Tel : Norton 820489.

Participation : Eric Jones. 18 Buttemere Close, Anston, Sheffield.

Policy : Peter Allen, 16 West Park Rd. Leeds. 8 Tel: Leeds 664669.

Communications : K.Michael Benfield New Buildings Trinity St. COVENTRY Tel : Cov. 22048.

Campaign : Vacancy exists Offers/nominations please to secretary.

Bankers : Barclays High St. Wavertree Liverpool. 16.

NEW MANIFESTO : now available 50p & p.&p. from Treasurer.

ABRIDGED MANIFESTO : in course of preparation.

MEMBERSHIP/ PROMOTION LEAFLET : now in print Requests for supplies please to secretary price 10 @ 15p. 25 @ 30p 50 @ 55p 100 @ £1.

MEMBERSHIP CARDS : with printers.

TRAVEL FUND : now established, donations or requests for assistance with attending meetings please to Treasurer.

REGIONAL CONFERENCE : due to heavy prior commitments Damon Thompson is unable to organise this in Edinburgh for November (but possibly January/February). New venue for November meeting to be Sheffield Main topic under consideration "Unemployment Policy and Campaign" and "Open Forum "

FUND RAISING : The treasurer has in hand a personal appeal to raise £10 from every member. Further details soon.

PLEASE NOTE : Your help is urgently required to raise the £10,000 necessary for the current years programme. This aims to increase membership, establish 20 more branches, publish a series of discussion papers, establish and maintain communications with other parties/groups within Britain and the EEC and provide several open conferences amongst other things. If you really believe in what the Ecology Party stands for and truly desire its success, then please give your support.

Offers of help, ideas, donations please to Treasurer.

BRANCH CALENDAR : Area Organisers and others are requested to forward their ideas/suggestions for their local programmes over

the next 12 months to the Director for participation. If possible specific dates and arrangements should be given. Your requests for help in establishing a programme are welcome.

PUBLICATIONS ON POLICY : Your suggestions for policy discussion documents papers outlining policy, requests for publications, offers of help etc should be sent to the Director for Policy as soon as possible.

NON VIOLENT RESISTANCE : Occasionally the only ways to oppose the oppressive mindless march of beurocracy is to physically get in its way. Examples of such non violent resistance have been seen in recent years in Japan, Alsace, Normany amongst other places.

Whilst such movements must be essentially local, it may well be that the locals could do with some outside help in terms of publicity, organisation, paperwork etc.

If you know of an area or a group who are at present being or are soon likely to be subjected to such pressures please advise the Director for Communications.

Possible targets may be undesirable industrial development, Nukes', toxic dumping or plants, oil terminals, or even just the old faithful, a motorway or other road.

CORRESPONDENCE received from :

National Pure Water Association.

Council of Europe.

Institute of Works Managers.

Farm and Food Society.

Turning Point.

Alternative Society.

Dr. S.L. Marshall.

Regional Studies Association.

Future Studies Centre.

Transport 2000

Dartmouth House.

PLAID CYMRU : Agreed to seek discussions with this party re devolution policies. Offer of help to Director for Communications.

CLARIFICATION : of 1974/5 N.E.C. decisions reaffirmed (see Sept. issue):-

7. Whilst it will never be appropriate to decide in advance not to fight elections, each one must be considered on its merit.
9. The Ecology Party must be more than just a political forum, it must actively campaign, fight elections and oppose growthist policies in every practical manner possible.
11. Any party member can make personal statements on behalf of the party providing that they are consistent with party policy and providing that they make it clear that they do so believing such to be the case.
12. Whilst party policies clearly favour self employment, they only do so providing such pursuits are not contrary to our ecological policies.

NEXT MEETING : Sunday 2nd. November 10.30 a.m. @ Eric Jones.

Ecology Party Regional meeting Room 3107 Sheffield Polytechnic, November 1st 1975. (12 min. walk railway and bus station) to discuss features of a no-growth society with special reference to unemployment.

PARTICIPATION

Eric Jones needs a lot of help from Organisation

- to get publicity
- to attend conferences/meetings
- to keep branches functioning via regular meetings, organising conferences, meetings, communications between branches, submitting regular reports on your activities.
- to let him have a note of your branch activity programme.

# Letters to the Editor

Dear Sir, **Backwards or Forwards?**

Carrying the thinking of Dennis Nightingale-Smith's article a stage further. Why eat animal products at all - and condemn men to live and animals to die in the violence of the slaughter house?

The only reason is habit and convention. If veganism does nothing but emphasise the need to break from these and to go forward to a newly aware and sensitive form of living, it is of great value.

The ecology movement talks too much of going back. We have to use the lessons of the technological age to evolve a new pattern of living. This necessitates development on the non-intellectual level.

Too many involved in the ecology movement are dominated by ideas motivated by fear. Only when our intellect becomes the tool of our compassion can we meet the challenge that confronts us. Too many intellectuals are frightened of admitting to compassion.

Kathleen Jannaway - The Vegan Society.

Dear Sir, **Manifesto Study**

A word of appreciation concerning "Alliance". I was most impressed by the content and also the lay-out of the most recent issue and I congratulate you on your effort and achievement. I know from experience how much time and energy goes into producing even the most modest publication and I trust the recent criticism of previous issues will now cease. "Alliance" is a sound and thoroughly business-like approach to what the Ecology Party really needs: an effective mouthpiece for its policies

I note "Alliance" that the full version of the new manifesto will soon be available; I will be reading it with great interest. I must admit that I lost track of some of the items that were decided at the conference, particularly since there were so

looking at the educational section with particular interest as I am concerned about a number of items and wish to give them careful thought before saying much more.

- Tony Squires. - Leicester.

Dear Sir,

**AGRICULTURE AT GUN POINT.**

How many readers will agree with Val Stevens in the September issue?

She thinks the expression in the eyes of the urban young today is dull and vacant, and despair of them. But people in the mass always do tend to look hopeless. Even conferences of learned men considering ecological problems appear pretty discouraging when you look at them as a crowd.

Among the chip eating football watchers she describes there must be a great number who would be competent agriculturists if the economic structure and the educational system had steered them into agriculture instead of into factories. But this direction must not be at gunpoint but through structural changes in society.

She describes chips, cheesecloth shirts and football matches as "tawdy goodies". Ecologically speaking, I think they are pretty basic. You cannot eat much less than potato and a little fat or wear much less than cheap cotton. Sporting contests go back to the dawn of the Iliad - they are part of human nature, and will continue so long as men continue to survive.

Margaret Laws-Smith. White Oak Green  
Hailey Witney. OXON.

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