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"The Society which scorns excellence in plumbing as a humble activity and tolerates shoddiness in philosophy because it is an exalted activity will have neither good plumbing nor good philosophy. Neither its pipes nor its theories will hold water."

**VOTE Nov 5!**

**THIS WEEKS GOVERNMENT MEETINGS:**
City council, Mon. Nov. 4, 8:00 PM @ City Hall.

**ROSS DAM**

Anyone interested in the Ross Dam controversy, and the flooding of Big Beaver Creek and the stand of Western red cedar there, should read *Western Red Cedar* by Prof. Grant Sharpe, Professor of Forestry at the University of Washington. The book can be borrowed from E. Gayden, NW 518.

**WHATCOM COUNTY HUMANE SOCIETY**

Monthly meetings are held the 2nd Tuesday of each month at Whatcom Co. Courthouse, 2nd floor, 7:30 PM. New members and all interested people are welcome. We need people to work on committees such as Education Committee, Civic Coordinating Committee, etc. For additional information call Tim or Suzanne Lucy, 592-2415, Pat or Kathy Ball, 734-2588, or Betsy and Chris Cook, 733-6851.

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**HELLS CANYON**

from a Sierra Club bulletin:

"The Senate has already passed a bill to establish the Hells Canyon National Recreation Area, a 700,000-acre expanse in Oregon, Idaho, and Washington, embracing the deepest river gorge on Earth and protecting the last great free-flowing stretch of the Snake River.

"House action is now needed. If the Committee on which your Congressman (sic) sits is to approve this bill, it will have to do so during the post-election "lame duck" session which begins November 12th.

"Utilities, power companies, and other dam-builders in the Northwest want to dam the Snake in Hells Canyon. They are waging a hard last-ditch fight against this bill, for it would prohibit dams in the Canyon. They are hoping to convince your Congressman (sic) to help them."

Anyone who cares to help ease the energy crisis by permitting construction of a dam in Hells Canyon, write a letter expressing opposition to this bill to your congressperson (Lloyd Meeds in the Whatcom-Skagit-Snohomish area) at the following address:

House Office Building
Washington, DC 20515
MONOXIDE HIGH

In a report made public last week the EPA has determined that the levels of carbon monoxide in the blood of city residents exceeds levels accepted as being safe for humans. The report blamed auto owners for not keeping their auto emissions control systems working correctly. No blame was placed on the fact that there are too many cars driving around America's larger cities.

A spokesman for the EPA in Seattle said that the blood levels of carbonoxyhemoglobin (a compound which replaces O₂ in the blood) was getting high enough to cause reduced mental alertness, blurred vision, etc in city dwellers. Among the cities with the highest levels of carbonoxyhemoglobin were Los Angeles, Denver, Chicago, San Francisco, and Seattle.

--Doug Adams

WILD FOODS.....Karen Weida

MOUNTAIN ASH--PYRUS

IDENTIFYING: This is a small tree with smooth bark and alternate pinnately compound leaves. Leaflets have yellow-green upper surfaces and are lance to oval in shape, with sharp serrations around edges. Flowers are white with 5 petals borne in terminal rather flat-topped clusters. This time of year (Oct.) the mtn. ash are covered with red-orange berries. The fruits form dense clusters highly visible after leaves fall. They are about ½" in diameter and are on short stems like cherries.

USE: The berries remain on the tree all winter. They should be collected only after being frost-mellowed, since before freezing they are only partially ripe and sour. The fruit can be eaten raw but is better stewed with honey or sugar. It can also be used in pies, jellies, and jams (without commercial pectin). Ash fruit also makes good wine.

--Doug Adams

VALUABLE GARBAGE

Our garbage is worth a lot, according to Richard Paret, assistant VP of the American Iron & Steel Institute. Recently Mr. Paret said that the 200 million tons of household garbage accumulated yearly around the U.S. contains approximately $1 billion in recoverable metals and another $1 billion in potential energy. He went on to say that the total energy value is equivalent to 5% of current domestic oil production and 60% of Arabian oil imported.

--Doug Adams
ON THE NIGHT BEFORE HIS QUANTITATIVE METHODS 363 MIDTERM JAY GOTTLIBE
FIGURES OUT LIFE or Mr. Natural says, "It sure beats solving pH

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I am not simply myself, a windowless monad with nothing coming in or
going out. I am a medium, a vessel, through which the elements of my
environment pass. My mind is not complete within itself and cannot live
for itself, but should control the activity of my medium. Garbage in,
garbage out. It is up to my mind to bring good in, and put forth a trans­
formed and reflected goodness.

If I try to shut the windows and take comfort in a bastion of self,
I lose the self. It decays much as my body would decay if not main­
tained with organic nourishment. You are what you eat, and how you eat;
but you don't just eat with your mouth, you also eat with your eyes, ears,
hands, feet, mind and heart. The mind controls what comes in, the heart
controls what flows out. Yet again the outflowing goes mostly through
the hands and mouth, via τρεχνη and λογος, 1

The discipline of mind is foundationless without the knowledge of
heart. How can one gather food who does not know what is nourishing and
what is toxic? The heart must be sustained, but it is sustained more in
the giving than in the receiving. The mind receives, and the heart must
work with those elements that are received. The mind is the seat of
passion, and the heart the seat of emotion. "Love comes through the
eyes;" our sight is impassioned with love. Love cannot stay within the
medium; it must be worked through the system. It must be given out
transformed to be communicated. Our hearts ache when the passage out
is blocked. Often love cannot pass out without another medium present
that can accept and transform the love again.

Our problems are based upon the difficulties of passage through the
mind, to the heart and out the mind again. If the mind and heart are not
attuned to one another, disorder occurs. Neither the proper elements
come in, but the results are foul and pollute the environment. When
one seeks to speak and machinate solely by the dictates of mind, to
short cut the trip through the heart because it is difficult, the proper
utilization of the elements of our environment is not accomplished. This
is the reason for the feelings of emptiness and alienation which so many
observers see as the distinguishing characteristics of our society.
Though finding so little satisfaction in this shortcut, people try to
push more and more things through the short route, rather than take the
longer road with leas. This is the reason for the insane levels of con­
Among other accomplishments at ages younger than most of us, Pascal built the first workable adding machine. He is also the man who most boldly and clearly stated the problem that we are dealing with, "The heart has it's reasons, that reason doesn't know; one sees it in a thousand things." Yet he threw up his hands with despair after arriving at this understanding. He became indeed a hollow, thinking reed suspended between the infinitely great and infinitely small. Not understanding that he was to fill his hollowness by mediating that which he was suspended between, he was right to wager that he had nothing to lose by shutting his self into a hair shirt and waiting to be rescued from the marsh, not by Pharoah's daughter, but by the lord himself. Yet while one waits for a "Second Coming":

Things fall apart; the center cannot hold
Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and everywhere
The ceremony of innocence is drowned.
The best lack all conviction, while the worst
Are full of passionate intensity.

Those who still have hope for preserving and improving the quality of life on this planet cannot throw up our hands in self-destroying despair, or to the alienation or concentrated distraction of, not mindless, but heartless technical expression. We must attempt the more difficult task, to bring the reasons of the heart and the mind together, thus obviating the production of those thousands of things which express their distance.

We must learn to accept ourselves as media. But in seeing ourselves as media, we must not despair as if we were mere tools. We must glory in knowing that we are more than the generations of leaves who now flourish and grow warm with life, feeding on the Sun and CO₂, giving up O₂, but then again turn brown and fall to the ground. We are men and women with hearts and minds who can make conscious beauty by accepting the diverse elements of our environment, each of us uniquely transforming these elements into a shareable whole.

This essay is an attempt to take the elements of my literary environment of the past years and make something to give to you.

Accepting ourselves as media, understanding that to truly be sustained we must open ourselves to the environment, we will begin to learn how to unite our heart and mind to take the good, and by transforming and reflecting that good, to manifest the good in structure and speech.

A modest proposal. --Jay Gottlieb
**NOTES**

Tekne (ancient Greek). Art; work done with hands, or a skill such as healing. Tekne denotes empirical skills and practice, not true knowledge (eis terrifying). This is the root of English words such as technique and technology.

Logos (ancient Greek). Definitions of logos occupy about four pages in any dictionary of ancient Greek. Examples of meanings are word, speech, reason, story, explanation, ratio. What we think and speak, our rational capabilities and their manifestations are

2Quoted from "The Second Coming" by Yeats.

Bangladesh, probably the most famine-ridden nation on earth, will suffer a two-million-ton grain shortage this year, while India will have a grain deficit of no less than six million tons because of her huge population size (approximately 550 million). In the coming five-year period India will require approximately $12 billion in foreign aid just to stay even with her present meager subsistence level (less than 2,000 kcal per person per day). The nation's people are now dangerously close to mass famine; rice procurement was well below expectations; wholesale food prices have risen by 20 percent in 1974; the spring wheat harvest is 10 million tons below target goals; and there is a very realistic threat of a 500,000-ton fertilizer shortage over the next five years. All these problems, coupled with a population increase of 13 million annually, an illiteracy rate of 70 percent, and an estimated 10 million people sleeping on city streets, makes it almost unbelievable that India has recently "exploded" her way into the nuclear power grid. She becomes the sixth "unlucky" nation to have done so; the others include the U.S., U.S.S.R., France, China, and U.K.

Ironically, former prime minister Nehru, father of Indira Gandhi, led world opposition in the fight against indiscriminate nuclear testing in the '50's and signed India to the nuclear test ban treaty of 1963. But in 1968 Mrs. Gandhi abstained from signing the nuclear non-proliferation treaty (NPT) on the grounds that it discriminated against non-nuclear powers. Thus in May of 1974, India exploded its first nuclear device.

Although Indian government officials say the Rajasthani Desert test cost only $400,000 and was a 100 percent Indian achievement, government records indicate a total of $173 million has been invested in atomic research, development, and design since 1969 (approximately $350 million is proposed for the next 5 year period), and Canada is now charging her with "acting in bad faith", since many foreign experts believe that
What this test really has shown was a gross inadequacy of our present international barriers in stopping this kind of proliferation. These two barriers are the safeguard inspection system of the International Atomic Energy Agency (IAEA), which began in the early '60's, and the No-Proliferation treaty (NPT) of 1968. Acceptance and compliance to both is purely voluntary. India is not the only nuclear power now outside these barriers; so too are France and China. This means that any of these three nuclear powers remain free to help others go nuclear. As if this wasn't bad enough, our crooked ex-president, Nixon, has helped in ramifying the situation by promising to supply both Egypt and Israel with nuclear reactors.

Even those nations who have signed the NPT (U.S., U.S.S.R., and U.K.) can continue to test their nuclear powers. In 1974 the U.S. and U.S.S.R. signed a bilateral "threshold" test ban treaty, while putting off any permanent limit on their strategic weaponry for the next ten years. This threshold treaty makes a complete sham of arms control! It stops weapons tests only above 150 kilotons, ten times the size of the Hiroshima bomb, and leaves open the right to test peaceful nuclear explosives of any yield; thus leaving open the same loophole that India used to justify her test (India claims that hers was not a weapons test).

It is these kinds of disgusting actions--not to mention Trident nuclear submarine fleets and the like--that are pushing non-nuclear countries down the path into the weapons jungle and the world closer to nuclear catastrophe. The nuclear weapons nations must stop their absurd nuclear weapons programs and begin to cooperate in establishing the proper international climate that would ban all such tests for all time. India has shown the world how far the weapons race has evolved; it is now up to us to figure out which is most urgently needed for our survival, competitive governments who care nothing about their citizenry, or cooperative governments who do!

--Dennis Smith

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I said to my soul, be still, and wait without hope
For hope would be for the wrong thing; wait without love
For love would be love for the wrong thing; there is yet faith
But the faith and the hope and the love are all in the waiting;
Wait without thought, for you are not ready for thought:
So the darkness shall be light, and the stillness the dancing.

--T.S. Eliot
I'm not saying a good Environmentalist is cheap, but in our time (Stagflation....what a word!) to spend a minimum of money is a positive value.

So:

Try the Salvation Army, Goodwill, 2nd and 3rd hand stores of all kinds. In Bellingham, walk north on High Street until you hit Holly; then west on Holly. I picked up 51 coathangers for 26¢ at the Salvation Army - and every once in a while you can find a good book or two. Also nice for cookwares (plates, silverware, and such) though finding a good fry pan takes both time and luck. There is a talent to being a junk-picker, and you'll buy a scarf guaranteed to fray two weeks later at your first try. But it gives one a strange sense of independence and adventure. I'm beginning to look down on brand-new goods as showy, clumsy, and untried. After all, it is the ultimate form of recycling.

In this Sunday's P.I. (Oct 20) there was an article in the Northwest Magazine for a 7¢ breakfast. I wish someone would try it and tell me what happens. I'm unwilling to buy the paraphenalia required. Supposedly you take a 1 qt. thermos bottle and put 2 ounces of whole wheat within. Then pour over with a pint of boiling water, lay it on it's side, and go to bed. The next morning, shazam!! Soft, fluffy, hot cereal. Top with margarine, butter, salt, such, and eat. Says it'll be about $2.00 a month. Hmmmm. If you eat such for breakfast.

Use a pressure cooker---saves energy, time, and vitamins. But remember to get steel, not aluminum, and with a guarantee. Oddly enough the Sunday Thrift Tip$ in the P.I. are pretty good. If you have the time, take a look.

Famine again in India-Bangladesh. 210 million people, approximately, involved. Estimated one million will die of starvation and disease within six weeks. (Courtesy the P.I., from A.P.I.).

Add that to the advancing Sahara. Famine 1975???

Get out and pick those big, thorny blackberries before they all rot. Free fruit! (That ought to be our next liberation slogan.)

Good luck....if you're like me, you'll need it.

J.L.
Of an Earth, under a Sky, among a Family, in a Community
I am born.
To the Spirit, to the Wind, to the All, to the One
I belong.

Can I change
From one to the other; kill one, live the other;
Forget one, remember the other; leave one, love the other?
Will I still
Be a part of either, will I be a part, will I be?

-No.

Only when
I join one and the other;
Live, remember, and love together, will

I belong
where
I am born.

--Mark Reis