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Publishers of  
ONE-SENTENCE ECONOMICS  
AND WORLD LEPROSY  
- Howard W. L'Hommedieu

An end to monopoly — in government, banking, land, patents, mergers, trade unions, medicine.

Rational, humane laws. Prisons abolished; replaced by fines, with psychiatric treatment if necessary.

Assess full ground rent, without exception, for ethical revenue source, low improvement taxes, an end to speculation. Choice of sites at true rental value will ensure a surplus of safe employment, at wages equal to one's production.

Peace, Civil Rights, Ecology or Economics—  
We have one problem: AN END TO MONOPOLY

ON BOARD THE GOOD SHIP EARTH  
-Herbert Quick-1913

"...the good ship EARTH is like a captainless vessel, the occupants of which are ready to fly at one another's throats. ...The wastage of soil in our (U.S.) streams is 610,000,000 cubic yards a year." A land use law in every country should prescribe proper usage. All minerals and nutrients must be recycled, to maintain life. Runoffs might be channeled onto less fertile areas. "Why not manage the earth as a unit?" No more exclusiveness in travel or trade. (There were no famines in France after internal tariffs in grain were abolished. There would be no famines in the world if private monopolies did not control governments. We need world federation, to allocate the earth's resources, reduce pollution, ensure healthful diets, thus helping to prevent most diseases; and distribute populations to areas best suited to support them—including land in their own countries, held idle by monopolists; land which could be used for growing food. To the extent possible, rails and buses should replace cars; rails replace trucks and buses; electric lines replace Diesels; and canal traffic replace rails. These and airlines should be government operated and coordinated, to save resources.

"Society splits into two antagonistic wings—one composed of rich and powerful degenerates, the other of poor and destitute degenerates." A great federating tendency, seeking industrial democracy, is Henry George's assertion, that the earth itself should, in justice, be common property. (The full assessment of ground rent—a value created by nature and community development, and estimated, in the U. S., at \$ 150 billion a year—used for public services, would return to the community what it created—in effect making ground rent common property—and permitting corresponding reductions in taxes on labor. Even more important, by absorbing the "unearned increment" of ground rent, the sale price of land—the capitalization of the now unassessed portion of the rental—would be reduced to a nominal figure, so ending the basis for hoarding and speculative pricing. All sites would be available at their true rental value—their actual superiority over marginal land. This equalization of costs—assessments paid by landholders corresponding to rents paid by lessees—would open up surplus work opportunities, permanently, and in the only way possible, enabling everyone to obtain his economic wage—the equivalent of his production. Street crime, dissipation, sickness, repression, charity, and, most important, white collar crime would be at a minimum. Causes would be largely removed.)

As, furthermore, any general increase in production, or savings from other reforms enhances ground rent, the full assessment of this rental is the only means by which the community, rather than individual landholders, can benefit from them. (Surplus opportunities, also, are necessary to assure free speech on vital issues; to enable us to walk away from dangerous, polluting or unethical work; or from a slum, a polluted or corrupt community, to another site not held for a speculative rise. Every monopoly overcharges, and is intrinsically a robber. The absurdity of exclusive private property in land has been noted by many; this from Thomas Spence: "Were all the landlords to be of one mind and determined to take their properties into their own hands, all the rest of mankind might go to heaven if they would, for there would be no place found for them here." Full assessment would force land into its best use, to pay the assessment, or cause its release for the use of others. Minimizing foreign exploitation, monopoly and waste, we should need, like western Europe, less than half our present per capita consumption of power. As Henry George said, almost 100 years ago, we could live well on two or three hours work a day. How much more easily today. We have the technique, but not the honesty, nor control of the government, schools or media. We must end subsidies, mergers, collusion, tax loopholes, tariffs, quotas, "anything goes" contracts, outright gifts, exclusive franchises, "regulated" by those being regulated—and so end monopolies; with the savings, as stated, redounding to the community, and not to landholders.)

Government restitution for official or private injuries. Polygraph tests to be accepted as evidence.

WHAT WE EAT TODAY  
The Food Manipulators vs. The People  
-Michael and Sheilagh Crawford

"There is virtually no item of food that has not been manipulated by human design." Land is deprived of nutrients and, along with growing food, poisoned with pesticides, which also destroy nutrients. Plants on organic soil largely resist pests, while harmless controls are available. Processing destroys nutrients, while the less stable are discarded, so that food can keep longer. Most "fortified" foods restore only a fraction of destroyed nutrients; none of some nutrients. "Instant" foods are further lacking in nutrients. Most additives are harmful. Elapsed time between harvesting, processing and marketing must be reduced, to enable certain foods to ripen and develop their nutrients; to permit a minimum of processing, retaining all valuable elements; and avoid the need for preservatives. Monopolies must go.

Intensively reared livestock produce three times as much adipose fat as protein-permeating the "lean" meat-and lack structural fats and other nutrients natural to them. With cancer producing fattening agents and antibiotics, which also destroy nutrients, this greatly lessens the value of red meats. Chicken and turkeys, when raised naturally, and sea foods are more reliable sources of long-chain polyunsaturates, required for building cell structures. Cow's milk has only a trace of long-chain fats, and has nutrients destroyed by pasteurization. The smaller globules of homogenized milk can pass into the blood stream, with an enzyme attacking chemicals thought necessary for healthy heart and arterial tissues. This causes a cholesterol buildup, to repair damage to the heart and arteries. With the chemical additives and watering down, any but certified milk is often dangerous, especially to babies, who should be nursed, if possible, for the long-chain structural fats, and avoidance of cholesterol, other fats.

All nutrients should be present in the body, in the right proportion. Many work only in combination, some even destructive in the absence of others. About 40 % of our foods should be protein, and 30 % each carbohydrates and balanced fats, with 60 % of the total raw fruits and vegetables. Our chronic diseases are specific to technically advanced societies. Diet deficiencies and pollution are the principal causes, and their correction is often the best or only cure. Many isolated peoples, on wholesome diets, with good water, live to be 100, or well over. 52 % of us die of heart attacks; 25 % of cancer, believed 85 % caused by pollution of our food, air and water; while 20 million Americans have some degree of arthritis. Concentration of inorganic minerals in our treated and well waters, settling in the bones and flesh, is responsible for much of this. One may drink 450 glasses of solids in a lifetime. Distilled water alone is free of both germs and minerals, and should be used for drinking and cooking. It will both prevent and clear up numerous disabilities. Chlorine kills germs, but forms harmful combinations with minerals in our horribly polluted waters, as do fluorides, to cause many illnesses. The water supplies of half our cities failed to meet federal standards in 1962, and are much worse today. All harmful discharges onto land, or directly into water should be banned. We could install effective carbon filters into existing water treatment plants, while France has found ozone treatment feasible. 25 years and \$ 70 billion will only dent world pollution.

All marketed foods should be certified as to their exact nutrient content at the time of sale, and possible dangers from any pesticides or additives used. Institutional meals and school lunches should be scientifically prescribed. Ecology and diet should be major subjects in all medical and other schools. The price of health from different sources should be compared, rather than the prices of whatever is commonly called "food." Producers' statements of daily requirements of nutrients are likely to be whatever they choose to put into their packages. The food industry is highly monopolized, and tied into industrial monopolies. We shall probably have to end all monopoly before we can enjoy food as we should, stay in good health, and avoid unduly premature death. Adding nuclear radiation to our ever worsening diet, our constitutions are likely to degenerate faster than that of Roman patricians, with their use of lead cooking utensils. We need much more than palliatives. We need what is RIGHT.