

We need unlimited energy, only to produce more waste (underestimated at 50 %), destroy more people, earth, air and water; attempt to repair the destruction, repress the exploited, at home and abroad, and grant more favors to monopoly-which favors should all end, thus ending monopoly. We could have been developing solar, wind and geothermal power, and power from garbage and other waste, since 1937, instead of the infinite and perpetual dangers of nuclear energy. Alcohol alone, or with gasoline, is an efficient and available source of engine fuel, whose use is opposed by the oil industry. We need demonopolized agriculture and organic farming, with cooperatives growing and retailing much of our food, in proximity, with little or no need for preservatives or additives. Cattle are given defective, fattening foods and antibiotics. Steers are only one-third protein, instead of the two-thirds in normal cattle. Livestock, on the average, yield one-seventh of the nutrition they consume, enhancing world hunger and starvation. "Rubber chicken" jokes refer to confined, exhausted laying hens, on an unnatural diet; or to fryers, frantic, from their immobility, and likewise poisoned. Hogs and calves endure confinement, deficient diets, and stress in rearing and slaughtering. Milk is watered and pasteurized, losing nutrients, and deteriorated with additives.

MOST DISEASES ARE DISEASES OF MALNUTRITION. The Danish death rate fell 34 %, and disease incidence dropped markedly, during World War I, when milling of grain-eliminating nutrients-was prohibited. England benefited similarly, when milling was reduced. Nursing mothers here could not have been shipped interstate, as milk containers, recently, their milk having too much DDT. Other dangerous chemicals now contaminate much mothers' milk. These hazards must be weighed against the advantages of nursing, and against deficient formulas. 100 lb. of humus will absorb 195 lb. of water, while denatured soil absorbs only a fraction of that amount, causing runoff and flooding. Forest destruction, channelizing of rivers, dams and strip mining contribute to floods. Building on wetlands and farming on grazing land result from speculative pricing and the hoarding of better land. This would end if we assessed the full ground rent, a value created by nature and the community, forcing all land into its best use, to pay the assessment. Sites would be available at their true rental, and, most important, equalization of site costs would assure surplus jobs at all times, the choice enabling everyone, without distinction, employee or self employed, to obtain a wage the equivalent of his production.

Only truck usage stopped brutality toward work horses. The cruel treatment of livestock, and the endlessly repeated and prolonged, often frivolous or exotic-even fiendish-and largely unnecessary experiments on millions of animals won't end until we stop eating meat, and stop subsidizing unchecked experimentation. We can't end the deterioration and poisoning of foods until we refuse to buy them. We can't stop polluting or dangerous work until we have surplus jobs, enabling one to leave, for other work. Prison and asylum fiendishness won't end until we replace hellhole penology with monetary restitution; verdicts being reached by representative mediation, as is being done, to some extent, in Europe and Asia, considering all the circumstances. Penalties should be limited to the damage done, not exceeding reasonable ability to pay, in a society with surplus jobs; with detention only for the emotionally dangerous and the helpless, who will be able to live and work as normally as possible, under independent, cross-checking supervision. Truth tests must be accepted as evidence of innocence, or abuse, requiring government restitution (leaving individual guilt to be otherwise decided). This would end police brutality, inflicted on 25 % of all pick-ups, including many kidnappings (no reasonable presumption of guilt), and a considerable number of murders of helpless people. Recent Chicago cases involve the shooting dead of an innocent boy, and the savage pistol whipping, damaging an eye and knocking out many teeth of a Black who simply made an inquiry about a friend; in Georgia, a vicious clubbing, and smashing of a door with a Black man's head.

Surplus jobs and a good diet would nearly empty our hospitals of their 50 % psychiatric cases, and eliminate the majority of other doctor, dentist and hospital bills. Tranquilizers, sleeping powders and laxatives could largely be forgotten. Public organizations should cooperate, with publicity, political and economic boycotts, to force more direct control, through grass roots ombudsmen, of all aspects of government. Our REPUBLIC, of delegated power, monopoly controlled, must be converted to a DEMOCRACY of popular control. We criminally create our chief and original criminals when we create monopoly.

Recommended Daily Allowance RDA	Vit. A 5000 I. U.	Calcium 1000 Mg.	Magnesium 400 Mg.	Iron 18 Mg.	Protein 70 Mg.-Men	Calories Enough For Nutrition	Cost
	(Varies with individuals, size, mental and physical condition, stresses, antibiotics, alcohol, caffeine, drug and barbiturate intake.)						
"KAL" Brewer's Yeast (tasty) 1 t		6			5	27	.10
	(Also some B vitamins and trace minerals. Richest in vit. H. A complete protein, with 8 essential, 11 other amino acids.)						
Black Strap Molasses 1 T		259		9.6	1	52	.10
Pumpkin Seeds 1/4 C	20	8	299		8	135	.20
	(Best source of magnesium-for strong bones and teeth, healthy nerves and blood vessels. Almost no prostate troubles where widely used. Rich in zinc, also important to entire reproductive system.)						
Sunflower Seeds 50 g.			15		10		.12
	(Vitamins, minerals, fats, fiber and calories. Protein comparable to that of meat. Eaten in Europe since Columbus introduced them, because of extensive use by Indians. Iron ration of Czar's troops.)						
Sesame Seeds 25 g.		280			5	150	.12
	(Only good source of vit. T-beneficial to spleen. Rich in inositol, choline-handles cholesterol-and methionine. Alkaline-all forms easily digested. Iron ration of Greek and Turkish troops. All seeds are rich in vit. F-essential fatty acids.)						
Peanuts, Raw, With Skins 50 g.		35	100	1.0	13	282	.10
	(Also vit. B5, B6 and H. All nuts are 50 % oil.)						
Soy Beans- Roasted 1/4 C	69	120		4.2	18	135	.10
	(Also vit. K. Intestinal bacteria usually provide enough. Yogurt helps.)						
Cabbage-Green- Raw 1 C	160	429		2.8	2	28	.04
	(Also vit. C 50 Mg.-RDA 60 Mg.)						
Yam 100 g. 1	5000	44	(Vit. C 6 Mg.)	1.1	2	150	.15
Orange-Juice 1	460	90	(Vit. C 120)	0.9	1	110	.20
Brown Rice- Cooked 3/4 C	20	22		1.6	4	117	.06
Butter-Real 2 T	675					231	.14
	6404	1293	414	21.2	69	1417	
Bone meal-Powdered 1 t in fruit juice	(To maintain bone strength, prevent and heal fractures, prevent most dental caries, and jaw bone shrinkage.)						.05
Apricot Seeds 10 a day	(All primitives with negligible malignancies and degenerative diseases have diets high in natriosides (vit. B 17), found in most fruits-apricot kernels 2 %, basis of Laetrile-and in over 1000 other plants. (NUTS AND SEEDS-Rodale Press, Inc.)						.20
Vit. B Complex-"PLUS" Formula	49A, of Adelle Davis. 2 tablets each meal.....(6)						.20
	(B vitamins and certain other vitamins and minerals have a synergistic effect, and should be taken in the right proportions, at the same time. Probable food intake inadequate.)						
Vit. D 1	400 I. U. tablet a day.	(Probable sunlight and food intake inadequate.)					.03
Vit. E 1	100 I. U. tablet a day.	(Probable food intake inadequate.)					.03
							1.94 +

Seeds and legumes complement each other, in their proportions of essential amino acids, combining to form complete proteins, voiding the need for meat and dairy products. Additional food as required, organically grown, tree or vine ripened, to gain nutrients and flavor. Chemically balanced and stronger plants, and use of various other means of control make pesticides unnecessary. Pests develop immunity. No meat from "food machines," closely confined, on unbalanced, poisoned diets. No seafoods from poisoned inland or coastal waters. No denatured, poisoned commercial dairy products.

(CONSUMER BEWARE! ORDEAL OF THE ANIMALS SAY NO! INJUSTICE FOR ALL)