



September  
Vol.1 No.6

**Westport Trucker**  
Kosmic City, Mo.

25¢ Missouri / 35¢  
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COMING

# WHY TRIBE

BY GARY SNYDER  
GOOD NEWS

We use the term Tribe because it suggests the type of new society now emerging within the industrial nations. In America of course the word has associations with the American Indians, which we like. This new subculture is in fact more similar to that ancient and successful tribe, the European Gypsies--a group without nation or territory which maintains its own values, its language and religion, no matter what country it may be in.

The tribe proposes a totally different style: based on community houses, villages and ashrams; tribe-run schools or workshops or companies; large open families; pilgrimages and wanderings from center to center. A synthesis of Gandhian "village anarchism" and I.W.W. syndicalism. Interesting visionary pamphlets along these lines were written several years ago by Gandhians Richard Gregg and Appa Patwardhan. The Tribe proposes personal responsibilities rather than abstract centralized government, taxes and advertising-agency-plus-Mafia type international brainwashing. The Tribe has evolved gradually over the last fifty years--since the end of World War I--in response to the increasing insanity of the modern nations. As the number of alienated intellectuals, creative types and general social misfits grew, they came to recognize each other by various minute signals. Much of this energy was channeled into Communism in the thirties and early forties. All the anarchists and left-deviationists--and many Trotskyites--were tribesmen at heart. After World War II, another generation looked at Communist rhetoric with a fresh eye and saw that within the Communist governments (and states of mind) there are too many of the same things as are wrong with "capitalism"--too much anger and murder. The suspicion grew that perhaps the whole Western Tradition, of which Marxism is but a (Millennial Protestant) part, is off the track. This led many people to study other major civilizations--India and China--to see what they could learn.

It's an easy step from the dialectic of Marx and Hegel to an interest in the dialectic of early Taoism, the I Ching, and

the yin-yang theories. From Taoism it is an easy step to the philosophies and mythologies of India--vast, touching the deepest areas of the mind, and with a view of the ultimate nature of the universe which is almost identical with the most sophisticated thought in modern physics--that truth, whatever it is, which is called "The Dharma."

Next comes a concern with deepening one's understanding in an experiential way: abstract philosophical understanding is simply not enough. At this point many, myself included, found in the Buddha-Dharma a practical method for clearing one's mind of the trivia, prejudices and false values that our conditioning had laid on us--and more important, an approach to the basic problem of how to penetrate to the deepest non-self Self. Today we have many who are exploring the Ways of Zen, Vajrayana, Yoga, Shamanism, Psychedelics. The Buddha-Dharma is a long, gentle, human dialog--2,500 years of quiet conversation--on the nature of human nature and the eternal Dharma--and practical methods of realization.

In the course of these studies it became evident that the "truth" in Indian or Chinese culture; and that "India" and "China"--as societies--are as burdensome to human beings as any others; perhaps more so. It became clear that "Hinduism" and "Buddhism" as social institutions had long been accomplices of the State in burdening and binding people, rather than serving to liberate them. Just like the other Great Religions.

At this point, looking once more quite closely at history both East and West, some of us noticed the similarities in certain small but influential heretical and esoteric movements. These schools of thought and practice were usually suppressed, or diluted and made harmless, in whatever society they appeared. Peasant witchcraft in Europe, Tantrism in Bengal, Quakers in England, Tachikawa-ryū in Japan, Ch'an in China. These are all outcroppings of the Great Subculture which runs underground all through history. This is the tradition that runs without break from Paleo-Siberian Shamanism and Magdalenian cave-

painting; through megaliths and Mysteries, astronomers, ritualists,



CONTINUED ON PAGE 5

REMEMBER FOLKS!  
MR. NATURAL SAYS

# HARD DRUGS SUCK!

## VOLKER BUST

Shortly after 5 p.m., on the evening of the 24th, 18 people were picked up for liquor violations in Volker Park.

The police originally entered the park looking for a freak who they suspected of ripping-off a red/black Pontiac. When he was spotted drinking beer with a group of people, the police then busted the whole group, which was eventually packed into one paddy wagon. EIGHTEEN people in ONE paddy wagon! When 60-70 people decided to go over and see what was happening, 5 additional police cars entered the park and one more person was picked up for "mouthing off." Some grass was also found where the people were sitting but couldn't be connected with anyone.

DIG! Even though most, if not all, of these people will be getting off on illegal search and seizure, this is an election year and there could be a lot of busts and every once and a while they can make it stick which makes really appetising morning headlines.

Stay Stoned but be cool.

*eds note: the nineteen people have all been released except two who were actually seen by the police having beer cans.*

*Big bust, huh?*

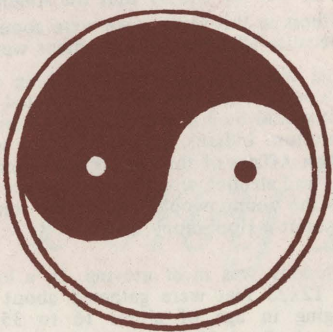


## MAD BEE CHASES HIPPIE THRU PARK

Bees "a stepped on minority" according to spokesman

A bee went wild today and chased a hippie named Chris around Volker Park. Another bee, spokesman for the group UBE - United Bees Everywhere, said the rampage was the result of a long series of abuses to the bees by people. The UBE spokesman told how people would spill soft drinks enticing the bees over, and would then become paranoid and strike out at the bees. The spokesman also said the retaliations would continue if abuses didn't stop.

D. Doyle



## CRISIS

It is increasingly important that the professional mystique surrounding medical care that we have been instilled with be broken. Not only is it a means by which the big business of health care oppresses the average person, but in times of crisis it is not always possible or politically advantageous to deal with the medical establishment. When mass actions are taking place hospitals are often inaccessible because of cordon or curfew. Even when access to medical facilities is not limited, demonstrators have found themselves arrested when they arrive at emergency rooms for treatment. Even "free" clinics are not wholly reliable sources of medical care--they can get busted or busted up, as was the Berkely Free Clinic just a few weeks ago.

The alternative is to find or develop non-establishment sources of medical care. Each collective, household or group of households should prepare itself to deal with medical emergencies. This means taking all preventative measures: making sure everyone is in good health and has recently had available immunization shots, acquiring and wearing tags describing any individual medical quirks. It means training one or more persons as medics--and teaching everyone basic first aid skills. Every house should be its own first aid center, and some houses should have stores of supplies and equipment to deal with more serious injuries. Try to find a doctor who will treat more serious injuries without turning in the patient to police. Knowing how to care for the injured is an important part of self-defense and defense of comrades.

Headings:

"Health Pac," from the Health Policy Advisory Center, 17 Murray St., New York, N. Y. 10007.

"Emergency Care of the Sick and Injured," available from the W. B. Saunders Co., in Philadelphia, Pa.

"Medical Cadre" from the International Liberation School, 1925 So. Grove, Berkely, CA. 04704. \$.25.

"Medical Problems," in Guerilla Welfare by Che Guevara.

"Collectives in Community Crisis," from the Free Church Collective Handbook, Box 9177, Berkely, CA 94709, \$1.

## HEMP PICKING

Hemp picking, which has always been a camp, and lucrative thing to do can become uncool if you don't respect the farmer's property. Farmers have long been the real freaques of the world, holding on to land and working it the way it is supposed to be done. The real ecorevolutionists of the world also have weed growing on their land. If we as weirdo's, have to go pick weed, we should at least remember that the land we go traipsying off on belongs to somebody else, and respect that land.



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## WHY TRIBE from p2

alchemists and Albigensians; gnostics and vagantes, right down to Golden Gate Park.

The Great Subculture has been attached in part to the official religions but is different in that it transmits a community style of life, with an ecstatically positive vision of spiritual and physical love; and is opposed for very fundamental reasons to the Civilization Establishment.

It has taught that man's natural being is to be trusted and followed; that we need not look to a model or rule imposed from outside in searching for the center; and that in following the grain, one is being truly "moral." It has recognized that for one to "follow the grain" it is necessary to look exhaustively into the negative and demonic potentials of the Unconscious, and by recognizing these powers--symbolically acting them out--one releases himself from these forces. By this profound exorcism and ritual drama, the Great Subculture destroys the one credible claim of Church and State to a necessary function.

All this is subversive to civilization: for civilization is built on hierarchy and specialization. A ruling class, to survive, must propose a Law: a law to work must have a hook into the social psyche--and the most effective way to achieve this is to make people doubt their natural worth and instincts, especially sexual. To make "human nature" suspect is also to make Nature--the wilderness--the adversary. Hence the ecological crisis of today.

We came, therefore, (and with many Western thinkers before us) to suspect that civilization may be overvalued. Before anyone says "This is ridiculous, we all know civili-

zation is a necessary thing," let him read some cultural anthropology. Take a look at the lives of South African Bushmen, Micronesian navigators, the Indians of California; the researches of Claude Lévi-Strauss. Everything we have thought about man's welfare needs to be rethought. The tribe, it seems, is the newest development in the Great Subculture. We have almost unintentionally linked ourselves to a transmission of gnosis, a potential social order, and techniques of enlightenment, surviving from prehistoric times.

The most advanced developments of modern science and technology have come to support some of these views. Consequently the modern Tribesman, rather than being old-fashioned in his criticism of civilization, is the most relevant type in contemporary society. Nationalism, warfare, heavy industry and consumerism, are already outdated and useless. The next great step of mankind is to step into the nature of his own mind--the real question is "just what is consciousness?"--and we must make the most intelligent and creative use of science in exploring these questions. The man of wide international experience, much learning and leisure--luxurious product of our long and sophisticated history--may with good reason wish to live simply, with few tools and minimal clothes, close to nature.

The Revolution has ceased to be an ideological concern. Instead, people are trying it out right now--communism in small communities, new family organization. A million people in America and another million in England and Europe. A vast underground in Russia, which will come out in the open four or five years hence, is now biding. How do they recognize each other? Not always by beards, long hair, bare feet or beads. The signal is a bright and tender look; calmness and gentleness, freshness and ease of manner. Men, women and children--all of whom together hope to follow the timeless path of love and wisdom, in affectionate company with the sky, winds, clouds, trees, waters, animals and grasses--this is the tribe.

"I was fortunate enough to be sitting on the floor by the table and thus could look either above or under the table. Above, I saw the sun streaming thru the begrimed windows on the incredibly old weather-beaten faces, with eyes of infinite depth and vision. These were the few men in whom the living God remained--for whom the myths were true prophecy--for whom the spirits were intimate associations, instead of abstractions! And under the table the gnarled hands and wrinkled arms, bearded and braceleted with turquoise, in poses of calm patient waiting; hands that still did the daily work and yet belonged to men firmly rooted in the spirit.

"The youngest, in the group of these elders, was about 50, and he was presenting us with a synopsis of the problems which the pure traditionalist Indians faced at every side. He was describing an automobile accident between one of the boys in the reservation and an official US Government car. It seemed as tho the marks on the road suggested that the fault lay with the government car. The State Police had found an empty liquor bottle near the scene of the accident, and the government was now trying to accuse the man of negligence due to drinking. This young-old spokesman then said, looking directly into my eyes,

"The bottle did not belong to the boy. The boy said he was not drinking. The boy speaks truth."

"There, on that dry, dusty plateau in Arizona, I heard the statement, uttered in the manner in which it was, in the presence of the living spirit, was beyond question. It was as if I was hearing from a bygone era, when a man's word was enough and his statement was truth. And it was these "savages" whom we had dispossessed and been systematically degrading. I felt a wave of nausea, and at the same moment, prayerful thanks to this man, still rooted in the Way, who spoke simply and without artifice, reminding me of how it used to be."

It's hard to realize the degree of paranoia, or distrust, or each man is an island unto himself, that we have bought into, just by the nature of being Westerners. Until you get the opportunity to live among people who still have the kind of purity that can say, "He speaks truth!" and it be beyond question.

And when in Yama it says non-lying, it's very simple. If you and I are going to find that place in ourselves where we are one, we cannot afford to do anything--create any new karma that creates subject-object relations with anything in the universe. And the minute I must tell you a limited truth--the minute I must hold back for any reason, I have created this subject-object relationship with you and that "brings me down". In fact, it brings us both down.

Now it was very scary when I understood the implications of this, when I read in the Patanjali Sutras--Patanjali, is the man that in about 500 BC and 500 AD enunciated Astanga Yoga--it's much older than that. It comes from many roots--from the Vedas and other places--it's 4,000 years old. But he enunciated it in a variety of books:

"When he is perfected in Truth, all acts and their fruits depend on him, says Patanjali. The commentator thus explains: If he who has attained should say to a man, "Become Righteous," the man becomes righteous. If he should say, "Gain Heaven," the man gains heaven. His work is not in vain."

Exactly the same doctrine was taught by the Master who said his disciples:

Receive ye the Holy Ghost. Whosoever sins you remit, they are remitted unto them, and whosoever sins ye retain, they are retained.

Now this is so far out that I doubt (a) if most of you can hear it, and if you hear it, most of you can understand it, and if you understand it, that most of you can believe it!

Getting straight in the sense of total truth is so powerful as an upaya, as a method, that it opens the door to what are called spiritual siddhis, or powers. So that, in fact, your word becomes manifest. That is, what you say, happens. And this is the vehicle to that siddhi, that power.

(Will you go over that again?--Yes, I will.)

If I have no closed doors in my head, if I can speak total truth to any human being I meet at any moment. Now this does not mean that I must, with the albatross around my neck, go and tell my story to everybody. I don't have to tell about all of my sexual escapades, and all my violence and all of my anger and all of my immorality. I don't have to lay it on everybody as if I'm driven--however, it has to all be available. I have got to be able to say to you in perfect faith, there is nothing you can ask me that I know that I cannot tell you. That is, in Herman Hesse's model of the magis theatre, there are no doors in the magic theatre that are shut. Everything's got to be available. I have got to see You as Us, and that means that anything in my head that keeps you from being us is keeping us stuck in the illusion of separateness.

Now, I'm going to come back to what the meaning of Patanjali is thru this method. By telling you a little bit about my guru.

from  Fountain of Light



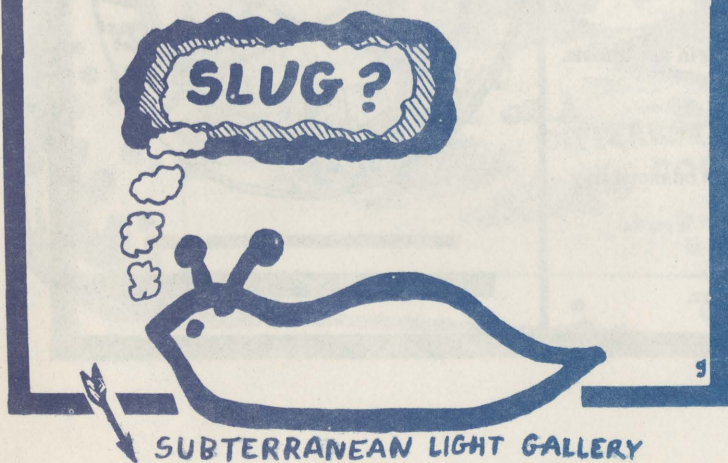
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### BRING IN YOUR USED RECORDS

TIMOTHY LEARY,  
Appellant

v.  
STATE OF CALIFORNIA,  
Appellee



DOMESTICATED BIRDS. THE CHICKENS WERE ASHAMED AND THE ANGRY TURKEYS HAVE NO SENSE OF HUMOR.

Yes, we joked at the spectacle of wild creatures pretending to be domesticated. We laughed, telling them it is the nature of the wild bird to laugh and fly free.

AND THAT WAS YOUR MISTAKE. WE WARNED YOU. EVERYONE WARNED YOU. THE DAYS OF FREE FLIGHT ARE OVER. ILLEGAL. WILD BIRDS ARE VANISHING. POULTRY. POULTRY. POULTRY. THE LARKS HAVE DISAPPEARED AND THE SWALLOWS. MILLIONS OF CHICKENS ARE INCUBATED, FATTENED, PACKAGED PALE-YELLOW IN SARAN WRAP OR CROWDED IN METAL CASES WHERE EGGS ROLL DOWN METAL RUNWAYS. DO YOU KNOW THAT THE FOURTEEN HUNDRED MEN IN YOUR PRISON DEVOUR 30,000 CHICKENS A YEAR. BIRDS ARE BUSINESS.

We are caged because we are free. We are caged because we are free. Symbols of what may vanish. Free flight high proud.

WHAT A WASTE! WITH YOUR ENERGY AND POWER YOU COULD HAVE BECOME TOP TURKEY. DONE SO MUCH FOR SOCIETY. YOU SHOULD HAVE FLOWN AWAY FROM THIS POULTRY LAND WHERE EAGLES ARE HUNTED. FLOWN TO LANDS WHERE WILD CREATURES LIVE FREE.

How could we fly away? We are American eagles. Soul spirits of this broad land. If we flew away to nest on distant peaks, Who would remind you, beloved? You would forget that this is the land of the eagle.

This is our land. The proud, free, brave, laughing land. Oh you forget.

We are caged. Rosemary, Susan, Jack, Timothy. Because we were free. Rosemary sighs waiting for flight. Susan weeps that she is surrounded by metal. Proud Jack kept repeating over and over, Why don't they just leave us alone? He was arrested fourteen times for the proud look he could not hide.

Wild creatures cannot live caged. Eagles must fly high and cry. FREEEEEEEEEEEEEEDOM! To the winds at sunrise. Be patient. Soon you will be freed. It is sad and painful to be caged. You cannot imagine the captive pain of eagle. We cannot fly now. We smash our wings against the bars. Caged, we cannot cry. FREEEEEEEEEEEEEEDOM!

for it maddens the poultry. We sit in captivity recalling the wondrous history of our species. The wild times at Stonehenge, Eleusis, along the Ganges, moving west across the prairies with the buffalo, exulting in free space and time when swan clouds darkened the blue sky and songs of wild ones filled the air. We will not forget who we are. American eagles.

We must keep in flight condition. Exercising grounded. Stretching our wings. Hearing the wild cry, mute, straining in our throats.

It is so easy to forget. Captives become domesticated. We salivate at feeding time, hearing the clank of metal spoon on metal tray. But when the cage doors open and we fly away then the clink of metal will be reflex sign of danger. No, we will not forget who we are. Our wild souls still beat

Our muscles strain in the bonds. When tides of ancient energy surge within. We tremble. We sit trembling in our cages. We sweat, trembling. It is hard for proud wild to be captive. We will not forget who we are. We pray that you, beloved, do not forget who you are.

EVEN YOUR PEACOCK FRIENDS WHO LOVE YOU SAY THAT YOU ARE FOOLISH

Oh beloved, we never told you it was easy to be a wild bird in poultry time. We warned of the dangers. Great God, look up. You don't need a government commission to tell you that it is dangerous to fly too high or too early before you have tested your wings. You know that in your bones. Everyone knows where it is at. We warned you that the heights were dizzying. We never told you it was secure and safe to be a wild one. We told you, beloved, that you could fly so far you'd lose your way back to the hen coop. That there were no warm, air-conditioned bird cotes for the wild ones. That you would have to build your own nests, high and far away. Our slim tips on the mountain side showed you how.

Didn't you see the pictures of us laughing for you in front of our tips? Eagles cannot live in captivity. Soon we will die if we are not freed. Do you want us dead? Do you not know that America cannot live without eagles? If we die, you, beloved, will waste away and die too.

Wild creatures of God cannot live in cages. Open the gates of metal. Freedom. Freedom. Freedom. Fly high. Freedom. Let us fly as is our nature. Freedom. Fly laughing in the image of God. Freedom. The time has come. We cannot wait. Freedom.

#### CONCLUSION

The issue in this brief is whether the appellant shall be admitted to bail pending appeal of his conviction. We have demonstrated that the principles of the First and Eighth Amendments and the sanctity of our tribal traditions, indeed, the spiritual survival of our people, require release of souls who are held captive because of their freedom.

Respectfully Submitted,  
Timothy Leary,  
Appellant



#### INTRODUCTION

This memorandum is submitted in support of appellant's application for bail pending appeal of his conviction for possession of marijuana in violation of Section 11530 of the Health and Safety Code of the State of California. The amount of marijuana was alleged to be two half-smoked cigarettes.

At the present time Timothy Leary is unlawfully imprisoned, detained, confined, and restrained of his freedom in the California Men's Colony - West San Luis Obispo, California. Appellant has been incarcerated since February 19, 1970.

#### I. THE UNLAWFUL IMPRISONMENT OF TIMOTHY LEARY AND HIS FAMILY PROVIDES A GRAVE DANGER TO THE SPIRITUAL AND POLITICAL WELFARE OF THE UNITED STATES OF AMERICA.

Rosemary and I are American Eagles. Totem animals of this land. Wild. Free. High. Proud. Laughing. Our children, Susan and John are eaglets. Fierce, stubborn wild birds.

We are in prison because we are American Eagles. We are not free because we have become symbols of freedom. They have gone and passed laws against eagles. They have hunted us to the ground. Rashly, wickedly, and in violation of our national law. Because we flew high above the cities and the valleys. And the mountain peaks. Because we laughed and cried. FREEEEEEEEEEEEEEDOM! Because the beat of our wings sang. FREEEEEEEEEEEEEEDOM! America cannot pass laws against eagles. Because the Eagle is America. Life, liberty, and the soaring flight of joy.

HE HAS PREACHED IT THE LENGTH AND BREADTH OF THE LAND AND I AM INCLINED TO THE VIEW THAT HE WOULD POSE A DANGER TO THE COMMUNITY IF RELEASED. YOU FORGOT, FOOLS, THAT TIMES CHANGE. THE EAGLE IS NO LONGER OUR TRIBAL SYMBOL. THE TURKEY IS THE NATIONAL BIRD. LOOK AROUND YOU, FOOLS, THERE ARE NO EAGLES LEFT IN THE SKY. THE WILD BIRDS HAVE VANISHED.

But all our friends are eagles, hawks, thrushes, larks. We know none but wild birds.

ALL THE EAGLES HAVE BEEN SLAIN, WOUNDED, CAGED, OR ARE IN HIDING. THE SONG BIRDS WISELY ARE CONCEALED. MAN, BE COOL. DON'T FLY WHERE THEY CAN SEE YOU. DON'T SCREAM FREEDOM. THEY HAVE SWORN TO FELL YOU.

Oh we cannot change. It is the nature of the eagle float high, soar serenely, swoop over the valley at sunset, living symbol of freedom. If we eagles do not fly high and be free, who will? This is the danger Oh, judges, That the wild birds will be forgotten. They will forget that the eagle is our totem. They will forget. They will forget. It has happened before.

We are caged now because we were so free. Rember, America, we were your free-est souls. Your wisest, funniest, beautiful laughing souls. We never brought you down. Have you forgotten how we flew over your green city parks and your college lawn? Celebrating love and peace and freedom? Do you remember the excitement? And how the young thronged eagerly and the curious and even the domesticated to spread wings and fly with us and rejoice in the freedom? Do you remember how you thrilled to the sound of our wings and cheered and laughed to be in the presence of high wild birds and thus regained your wings? That was before they drove us away with guns. Before the time of guns.

THAT WAS THE PROBLEM. THE YOUNG. YOU SHOULD HAVE STAYED HIDDEN ON YOUR MOUNTAIN TOPS. YOU CREATED ANARCHY IN THE HEN COOPS AND CONFUSION IN THE TURKEY RUNS. JUDGE MC MILLAN WAS RIGHT. YOU ARE IRRESPONSIBLE, PLEASURE-SEEKERS. ALL THE YOUNG BIRDS STARTED TO FLY. IT WAS DISASTER. THEY SMASHED THEIR WINGS AGAINST THE BARS. YOUNGCHICKENS BEAT THEIR WINGS FUTILELY AND WEPT. A FEW, A VERY FEW, FELL FROM ROOF TOPS. MANY FLEW SO FAR THEY NEVER RETURNED TO THE HEN COOPS. MILLIONS WERE LOST TO SOCIETY. THOUSANDS WERE BRUISED AND CONFUSED. THE ORDERLY PROCESS OF DOMESTICATION WAS DISRUPTED. THE YOUNG COULD NO LONGER BE TRAINED TO FLAP AND WADDLE ALONG THE ZOO WAYS. IT IS CRIMINAL IRRESPONSIBILITY TO TELL YOUNG BIRDS TO BECOME EAGLES. YOUR SCHOLARLY FRIENDS GRANTED THAT IT WAS ALL RIGHT FOR YOU TO BE EAGLES. BUT NOT TO FLY FREEDOM IN PUBLIC. WE ARE NOT REALLY AGAINST EAGLES. YOU ARE RARE BIRDS AND WE WISH YOU TO SURVIVE.

Oh no, beloved. We never told the young to be eagles. We said, be free. Discover your wild, deep nature and be true to it. Do your own thing.

BUT YOU MADE FUN OF



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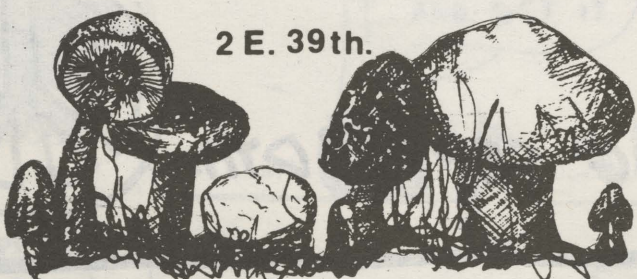
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This is supposed to be a book review about the books (Bantam paperback) by Tuesday Lobsang Rampa that I just read. They are: The Third Eye, Doctor From Lhasa, and The Rampa Story, in that order. They constitute the autobiography of a Tibetan Medical Lama, Priest-Surgeon, Recognized Incarnation.

However, these books have sparked an ongoing argument between myself and a friend of mine, a disagreement strong enough to give me second thoughts about the wisdom of the teachings of Lobsang, referred to by my friend as Ted.

By his own testimony, T. Lobsang Rampa is a very controversial figure. He mentioned in his introduction the variety of insulting mail he gets. People asking him to write their doctors' theses for them, and then not including return postage. People demanding proof of his claims, at his own expense. People asking his advice. One guy asking for him and his "chums" to gather around his bedside, astrally, and cheer him up. People worshipping him, on the other hand. Making pilgrimages to his house, sitting on his front steps, camping in his yard, etc.

My friend believes he is involved in propagandizing against the communists, trying to gain sympathy for the anti-communist movement, which is true, but then my friend is a communist.

His story is rather incredible, although I found myself believing every word of it. Here is a summary for anyone that's interested.

He was raised in Tibet as a monk, became a lama and a doctor, went to China to go to regular medical school, was captured and tortured by the Japanese, escaped when the bomb hit Hiroshima, near where he was imprisoned, came to New York, immediately got hit by a car, woke up in the hospital and then switched bodies. At the advice of some high-ranking lamas and his own conscience, he let his hopelessly wrecked body pass on, and entered the body of a willing Englishman.

This switch was necessary, since this was his last trip around on the birth-death wheel and he hadn't finished his task, which was to introduce the West to Eastern mysticism in general and a machine enabling anyone to see auras in particular. I don't know if he has succeeded in getting enough money to build the machine yet, but I'd like to find out.

I may write him a letter and ask him, so watch for it in the Trucker if you're interested too. Unless you already know, in which case do me the favor of letting me know.

Cherie Blankenship



# MUSIC

Backwood Memory

Suck Again. There I was.. Freedom Palace. I was tripping.. Pete on my mind and hassling the environment. I dig it.

Backwood Memory was the first to perform.

I sat, watched and listened to a group of individuals who were really together and playing beautiful music.

The group is different than most local groups. They play Stephen Stills and Neil Young type of music. mellow sweet soft. very pleasant change. They not only play this type of music - but

they play it well. Not many groups would have the balls to play Judy Blue Eyes - first time in front of an audience like Freedom Palace.

Unlike hard rock groups.. Backwood Memory is non-competitive. they have no super player.. super gimmick.. nor super song. They're there to play music - sweet honest music. They came across like travelling minstrels.

Backwood Memory had it together and kept it together for the entire set. Their vocal harmony showed the unity and love of the group. They are also a young group. Their young age is one of the reasons their music was so honest and clean.

I'm not by any means over-looking the brilliant performance of Mid West, nor the spiritual experience of Erik Burdon and War. and I'm not over-looking the errors Backwood Memory may have committed. But it's not my head to say which group was the 'bestest' or cut down. that's not it for music.

Yeah, Backwood Memory may have a long way to go... and a few nice words at this point may help them to get there.

The performance.. vibrations.. "vocals" of Backwood Memory left a beautiful first impression at Freedom Palace.

Where are you Pete? aid my head.

St. Mike

One Monday, a car wreck occurred on Warwick at 40th. The Trucker got this comment from an eyewitness:



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# ...HEAL THYSELF... OR WHY IS THERE FOOD?

J.M. LINDSAY



Farmers grow food so that grocers may have something to sell. Grocers sell food so that you have something to buy when you visit them. Food is a good excuse to go out to a restaurant with your chick. Food is also a good thing for adding class to the evening; for example when some cat takes a chick to the Vanguard or the Sign or the "movies". Food is a wonderful thing for in between coffee or coke or gum or any of the thousands of industrial snacks.

Many persons think food heightens and intensifies the enjoyment of soft drinks and the alcoholic beverages. Some people just like food for itself; the sheer sensory pleasure of meals means a lot to these folks.

Of course, there are drawbacks that come with these types of eating. Like doctors, genetic mutations, congenital birth defects, a possibly infinite number of symptoms - ailments - afflictions; degeneration of the organs and tissues, cancer, deterioration of the genus homo sapiens and its species, as well as all other living things above and below the surface of this "Earth" - and the whole very live system - "Galaxy" --et cetera. Medication costs the U.S.A. over 55 million dollars per year. This is a big loss, but let us not forget formal medical care. Fortunes are spent for various remedies that are consumed by the ton to relieve discomfort and pain:

- sleep inducing drugs--\$100,000,000
  - aspirin--15,000,000 lbs.
  - Further losses are estimated as follows:
  - illness absence--\$5,000,000,000
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- We all know of many more numerical nightmares, so enough with them for now.

We know of a young person living in this city, now, who has lost one leg due to cancer. We know of many more who are continually in and out of emergency or "psycho" wards for the usual reasons. Kären, my wife, suffered from severe asthma, eczema and numerous, deplorable allergies since birth.

Until last October, when we tried a macrobiotic cure, she had to take from three to six tablets of a barbiturate - adrenalin compound daily to be able to breathe. When a severe "attack" occurred she would hit up adrenalin--with little or no results towards the last--then she entered St. Luke's for emergency treatment. The doctors there didn't know exactly what to do, so they hit her up with more adrenalin (itself very harmful), put her in a bed in an air-conditioned room with a needle stuck into her arm; glucose intravenously; destrose (chemical grape sugar), vitamins and water. This was merely a poor substitute for a grape juice fast. They tested her and observed her for three and about half a day. Kären's stay there was very costly to the insurance company, but we learned a great thing--

modern medicine is a ruse, a racket, and a hoax perpetrated by, and for those who participate. We also learned of fantastic things from a paperback; You Are All Sanpaku (about macrobiotics), by Georges Ohsawa. We started changing the way that we ate, drank, slept, thought and et cetera, about two or three days after she was released from St. Luke's, with no guarantee that she wouldn't be back in two or three days, and nothing learned of her disorder from

the scientific medical exams and observation.

Yet, after only two weeks of self modification, Kären did not need to take chemicals and artificial - hormone boosters in order to breathe plus we felt two to three times more alive. Regeneration and rejuvenation equals macrobiotics; derived from the Greek--macro--graet, whole

biotic--way of life, vital beings After we got out of doing "psychedelics" and grass (according to Robbie Basho, "Acid-Karmic Cosmetics") Kären's eczema subsided, and our energy-consciousness got boosted again. I think doing Hatha Toga and increasing our reading--Ghagavad Gita, Meher Baba, Yogananda, Baba Ram Dass, Ohsawa, et cetera--really helped with that change. So what?

If you are aware of the ecological crisis, then you should also be aware of the spiritual crisis, and how they are related. If this is so, then you must become aware of the physiological-biological functions of the human body, and how the mental and spiritual evolution of the individual is EFFECTED. It should be obvious that the behavior of the eco-system is dependent upon the physiology-psychology of the organisms within it. But this is not always so. There are many individual organisms having a pathological condition, which affects the organism's faculties of self perception and rendering it more or less berserk or spastic, thereby creating a pathological condition in the biosphere. Then, of course, the eco-system cures itself one way or another.

I'm glad nature always has a cure for disease. For you, who is interested, the following review, of The Mucusless Diet Healing System, contains as much readily useful information as is practical. This system is recommended to Americans by Mr. Herman Aihara, President of the International Ohsawa Foundation.

It is for this reason that this writing was undertaken: many people have the mistaken belief that macrobiotic means eating organic rice, carrots, onions, a little chicken or fish, sesame salt and some soy sauce. It is true that most ailments and "incurable diseases" can be eliminated by this simple diet, but this macrobiotic "cure" alone will not get the practitioner back to Eden. Dr. Gordon A. Ruesink, one of the two Kansas citizens most highly experienced in the realm of health and natural living, has advised us of this since last November, and our experiences have proved to us that his advice is correct. We believe that you too will find this truth for yourself.

"Every disease, no matter what name it is known by medical science, is constipation. Any special symptom is therefore merely an extraordinary local constipation by more accumulated mucus at this particular place. Special accumulation points are the tongue, the stomach and part--

icularly the entire digestive tract. This last is the real and deeper cause of bowel constipation. The average person has as much as ten pounds of uneliminated feces in the bowels continually, poisoning the blood stream and the entire system.

Every sick person has a more or less mucus-clogged system, such mucus being derived from undigested and uneliminated, unnatural food substances, accumulated from childhood on."

"Fasting has been known for hundreds of years as a compensation against every disease, and the same applies to the mucus-less diet; as stated in Genesis (fruits and herbs, i.e., green leaves)."

"The average man hasn't the slightest idea what the necessary eliminative process is; what time it requires; how and how often his diet must be changed; what it means to cleanse the body of the terrible quantities of waste he has accumulated in his body during his life."

Disease is an effort of the body to eliminate waste, mucus and toxemias, and this system assists nature in the most natural way. Not the disease but the body must be healed; it must be cleansed, freed from waste and foreign matter, from mucus and toxemias accumulated since childhood.

In other words, whenever nature endeavors to save a human life thru her efforts to eliminate "feverishly" mucus and toxic products, it is called acute disease.

"Of two patients, one may effect a complete recovery after a fast of two or three weeks, while the other may die from the same treatment! That is why an individual diagnosis of general conditions and constitutional encumbrance is so necessary."

"The most exact, enerring diagnosis we have is a short fast. The more rapidly the patient feels "worse" thru a short fast, the greater and the more poisonous is his encumbrance. Should he become dizzy, suffer from severe headaches, etc., he is greatly clogged up with mucus and toxemias."

Any inside special "constipated" place is located by a light pain there. The experimental practitioner can ascertain better than with x-rays through nature's revelation after a short fast the true condition of the inside of the human body, and knows more correctly than doctors can ascertain with all their expensive scientific equipment and instruments."

Some Special Diagnosis A cold is a beneficial effort to eliminate waste from the cavities of the head, the throat and the bronchial tubes.

In pneumonia the cold goes deeper and will eliminate and clean the mucus from the most vital and spongy organ, the lung. A hemorrhage occurs to clean more radically. The entire system is aroused, causing higher temperature by friction of the waste in circulation.

The consumptive person eliminates his mucus continually, caused from wrongly increasing mucus-forming foods, thru the lungs instead of thru the natural ways. This organ itself decays more and more, producing germs, and then it is called tuberculosis.

The aching of a tooth is nature's warning signal, "stop eating; you need repairing; there is much waste and pus; you have eaten too much poor food and mean."

Rheumatism and gout is mucus and uric acid mostly accumulated in the joints, since here is the less dependable part of the tissues for the passage of the circulation, heavily laden with waste and uric acid in the heavy meat-eaters system.

Goiter is a sane deposit by nature of tremendous waste to keep it from entering the circulation.

A boil is in principle the same only the elimination is outside.

Sex diseases have for their origin nothing more than mucus elimination thru these organs, and are easily healed. Sex illnesses, as such, were unknown to the people of the Americas, until they were invaded by the Europeans. The same is true of the Hawaiian Islands. Venereal disease is, evidently, another by-product of "civilization".

Even short or long eye sight is congestion in the eyes, and trouble with hearing is congestion of those organs.

"I found that anyone mentally diseased has congestion, especially of the brain. I learned that if you heal by the mucus-less diet healing system all kinds of illness, most of the patients are relieved of mental problems. After a fast comes a clearer mind. Unity of ideas comes to replace differences. The mentally diseased person suffers from gas pressure on the brain."

Since man has degenerated thru "civilization," he no longer knows what to do when he becomes sick. Disease remains the mystery to modern medical science as it was to the "medical man" of thousands of years ago--the main difference being that the "germ" theory has replaced the "domon" and that mysterious outside power still remains--to harm you and destroy life.

If you want to become your own physician, you must learn the truth and know what disease is. You can not heal yourself, or other people, without a diagnosis which will give you a clear idea of true conditions. This can only be accomplished thru a test on your body --or the "magic mirror" as Professor Ehret has called it.

To learn the cause of your dis-ease, or even discover some hitherto unknown physical or mental imperfection or infirmity try this: fast one or two days, or eat fruits only (any juicy fruit in season) for two or three days, and you will notice that your tongue will become heavily coated. The tongue is the mirror not only of the stomach, but of the entire membrane system, as well. The fact that this heavy coating returns, even if removed once or twice a day, is an accurate indication of the amount of filth, mucus and other poisons accumulated in the tissues, now being eliminated on the inside surface of the stomach, intestines and every cavity of your body. Waste will show up in the urine with clouds of mucus, and mucus will be expelled thru the nose, throat and lungs, as well as in the

JML



# space astrology

Today the name Aquarius is used over and over again in conversation, song, and print. It seems that everyone is fascinated by the mere sound of the name. Or is it that everyone instinctively feels that there is Truth here--something almost sacred?

Yet from time to time in private conversation with someone, I find that they have only a vague idea of the totality of the idea of an Aquarian Age. What does Aquarian mean? It means "of or pertaining to the sign of the Zodiac 'Aquarius'".

The Zodiac, as you may know, is a name meaning "big zoo" and refers to a belt of constellations surrounding the earth roughly at the equator. There are twelve of these constellations, and the sun, moon and all the planets appear to travel around the earth thru each of these constellations in turn. They got the name "big zoo" because they are named after various living things of the earth, such as insects, fish, birds, other animals, and man.

The name of each constellation became its "sign", and this is the meaning of the biblical phrase "signs of the times," or "signs in the heavens," and so forth. Many years ago, astrologers designed a sort of international shorthand for the planets and constellations called "glyphs" in order to facilitate communication between astrologers despite the language barrier.

You might be interested in a table of the signs, their approximate dates and their glyphs:

1. March 21st. to April 20th. approx: "Aries--The Ram" (glyph).
2. April 21st. to May 20th. approx: "Taurus--The Bull"
3. May 21st. to June 20th. (approx), "Gemini--The Twins"
4. June 21st. to July 20th. (approx), "Cancer--The Crab"
5. July 21st. to Aug 20th. (approx) "Leo--The Lion"
6. Aug 21st. to Sep 20th. (approx) "Virgo--The Virgin"
7. Sep 21st. to Oct 20th. (approx) "Libra--The Scales"
8. Oct 21st. to Nov 20th. (approx) "Scorpio--The Scorpion"
9. Nov 21st. to Dec 20th. (approx) "Sagittarius--The Archer"
10. Dec 21st. to Jan 20th. (approx) "Capricorn--The Goat"
11. Jan 21st. to Feb 20th. (approx) "Aquarius--The Waterman"
12. Feb 21st. to Mar 20th. (approx) "Pisces--The Fishes"

How did these constellations get their names and what do their glyphs mean? This is indeed interesting, and I will talk about them soon, but for now, let us get back to our main topic, The Aquarian Age.

The next bit of information we need is to be found in the science of Astronomy. We all know that the earth spins on its axis once each 24 hours; that it circles the sun in roughly 365½ days; and that its tilt causes the apparent movement of the sun north and southward causing our seasons of winter, spring, summer, and fall. But not so many are acquainted with another motion of the earth called "Precession." The northern axis of the earth, or North Pole, does not point exactly at the north star, Polaris. If we extend a line from the North Pole into space to the vicinity of the star Polaris, the north star, we would find that the earth is "wobbling" on its axis like a spinning top and that this line would be describing a tight little circle around Polaris. We would also find that any given point

on this circle would take approximately 25,920 years to complete one revolution.

It is interesting to note that in space there is no "up and down" or "a horizontal plane," and that if we assume the equator of the earth to be "level" then the zodiac, or belt of constellations, is tilted, and if we assume the zodiac to be level, then our earth is tilted. In either case, this tilt determines that there are only two places wherein these two ellipses coincide exactly--at the places where they cross.

It is apparent then that if the earth is precessing--wobbling on its axis--these two points are continuously changing position. As of now, these two points are located at the extreme ends of the constellations, Pisces and Virgo. But they have moved almost thru them and are now approaching the constellations Aquarius and Leo.

At the equator, the zodiac is divided into twelve equal divisions or signs, of 30° each. It therefore takes approximately 2,160 years for these points of intersection to move thru a sign or we can say that this point moves at a rate of 1° every 72 years.

Well, what has all of this to do with the Aquarian Age? These crossing points determine the sign of the Age as to whether Piscean, Taurian, or Aquarian, or whatever, and the method of entry into it.

For example, let us go back in time some -- 8,000 years ago, and we find the Gemini Age. The sign Gemini governs trees and growing vegetation and the religion of the time lay in worship of the groves, similar to Druidism. The "Priests of the Groves," or men dedicated to taking care of these groves, are mentioned several times in the Old Testament as the old religion

of Gemini had not completely died out at that time.

Then came the Taurian Age some 6,000 years ago, and we find the people worshipping the Bull, the Sacred Cow, the Minotaur, centering mainly in the Mediterranean area. The Priests of Baal, or Moloch, were the principal enemies of the Jews in the Bible. Always the Way into the religion of the Age lay in the opposite sign of the zodiac, the other point of crossing. In the case of Taurus, the way or prerequisite for entry into the Taurian religion lay in the unbridled sex orgies of Scorpio.

The the age changed to Arian, the ram or sheep, and we find the common religious conception lying in the terms "sheep" and "shepherd" and God became the mightiest of all shepherds taking care of his flock. The way to perfection of the time lay in "obedience", for the sheep are certainly obedient. The way into the Arian religion was thru Libra, the maintaining of existing social structures, and this meant being born into the Arian religion or marrying into it. Then, about 2000 years ago, the Age changed again. Pisces was instituted as the dominating religious thought and we find the people being put into water and caught back out again like fish. Christ's chief apostles were fishermen. The secret symbol of the early Christian church was a fish. Christ's chief apostles were fishermen. The secret symbol of the early Christian church was a fish, and even a cursory examination of symbols pertaining to the Piscean religion shows many more references. The Way into this religion lay in the sign of Virgo, the Virgin, and puritanical celibacy, except as approved by the Church, became the prerequisite for joining the church.

Now the influence of the coming Aquarian Age is being felt stronger and stronger and many are reacting to this influence which will soon rule the world. Principally the young men and women born in 1938 or after. These are now being attracted into the Way for entry into the Aquarian Age thru Leo, the port of entry. The desire of the young to break away from family ties is merely the caged lion desiring to roam the jungle fastnesses. The long hair and beards of these Sons of Aquarius to be, are merely the full mane of the male lions, and their many little communes springing up over the nation are but instinctive cravings of the lion for his "pride" -- as groupings of free lions in the jungle are called.

Then will come the day when Jupiter and Mars will be in alignment, and the Children of Leo will become the first born of Aquarius, and having gained spiritual strength thru their giving up the world for solitude and meditation, will rise above the selfish freedom of thought and action, and will band together in the Aquarian cause of common brotherhood of all the creatures of the earth, and a new race of men, will arise -- the gentle people who are destined to inherit the earth.

By:

Eli.

## ON THE PLANET, EARTH, SEPTEMBER, 1969

### The unanimous Declaration of Interdependence

When in the course of evolution it becomes necessary for one species to denounce the notion of independence from all the rest, and to assume among the powers of the earth, the interdependent station to which the natural laws of the cosmos have placed them, a decent respect for the opinions of all mankind requires that they should declare the conditions which impel them to assert their interdependence.

We hold these truths to be self-evident that all species have evolved with equal and unalienable rights, that among these are Life, Liberty and the pursuit of Happiness. — That to insure these rights, nature has instituted certain principles for the sustenance of all species, deriving these principles from the capabilities of the planet's life-support system. — That whenever any behavior by members of one species becomes destructive of these principles, it is the function of other members of that species to alter or abolish such behavior and to reestablish the theme of interdependence with all life, in such a form and in accordance with those natural principles, that will effect their safety and happiness. Prudence, indeed, will dictate that cultural values long established should not be altered for light and transient causes, that mankind is more disposed to suffer from asserting a vain notion of independence than to right themselves by abolishing that culture to which they are now accustomed.

— But when along train of abuses and usurpations of these principles of interdependence, evinces a subtle design to reduce them, through absolute despoliation of the planet's fertility, to a state of ill will, bad health, and great anxiety, it is their right, it is their duty, to throw off such notions of independence from other species and from the life support system, and to provide new guards for the reestablishment of the security and maintenance of these principles. Such has been the quiet and patient sufferage of all species, and such is now the necessity which constrains the species *Homo Sapiens* to reassert the principles of interdependence.

— The history of the present notion of independence is a history of repeated injuries and usurpations all having in direct effect the establishment of an absolute tyranny over life. — To prove this let facts be submitted to a candid world. — 1. People have refused to recognize the roles of other species and the importance of natural principles for growth of the food they require. — 2. People have refused to recognize that they are interacting with other species in an evolutionary process. — 3. People have fouled the waters that all life partakes of. — 4. People have transformed the face of the earth to enhance their notion of independence from it and in so doing have interrupted many natural processes that they are dependent upon. — 5. People have contaminated the common household with substances that are foreign to the life processes which are causing many organisms great difficulties. — 6. People have massacred and extincted fellow species for their feathers and furs, for their skins and

tasks. — 7. People have persecuted most persistently those known as coyote, lion, wolf, and fox because of their dramatic role in the expression of interdependence. — 8. People are proliferating in such an irresponsible manner as to threaten the survival of all species. — 9. People have warred upon one another which has brought great sorrow to themselves and vast destruction to the homes and the food supplies of many living things. — People have denied others the right to live to completion their interdependencies to the full extent of their capabilities.

We therefore, among the mortal representatives of the eternal process of life and evolutionary principles, in mutual humbleness, explicitly stated, appealing to the ecological consciousness of the world for the rectitude of our intentions, do solemnly publish and declare that all species are interdependent; that they are all free to realize these relationships to the full extent of their capabilities; that each species is subservient to the requirements of the natural processes that sustain all life. — And for the support of this declaration with a firm reliance on all other members of our species who understand their consciousness as a capability, to assist all of us and our brothers to interact in order to realize a life process that manifests its maximum potential of diversity, vitality and planetary fertility to ensure the continuity of life on earth.

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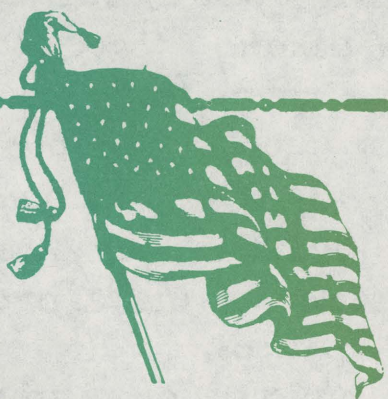
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J.M. LINDSAY



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I'm glad nature always has a cure for disease. For you, who is interested, the following review, of The Mucusless Diet Healing System, contains as much readily useful information as is practical. This system is recommended to Americans by Mr. Herman Aihara, President of the International Ohsawa Foundation.

It is for this reason that this writing was undertaken: many people have the mistaken belief that macrobiotic means eating organic rice, carrots, onions, a little chicken or fish, sesame salt and some soy sauce. It is true that most ailments and "incurable diseases" can be eliminated by this simple diet, but this macrobiotic "cure" alone will not get the practitioner back to Eden. Dr. Gordon A. Ruesink, one of the two Kansas citizens most highly experienced in the realm of health and natural living, has advised us of this since last November, and our experiences have proved to us that his advice is correct. We believe that you too will find this truth for yourself.

"Every disease, no matter what name it is known by medical science, is constipation. Any special symptom is therefore merely an extraordinary local constipation by more accumulated mucus at this particular place. Special accumulation points are the tongue, the stomach and part--

icularly the entire digestive tract. This last is the real and deeper cause of bowel constipation. The average person has as much as ten pounds of uneliminated feces in the bowels continually, poisoning the blood stream and the entire system.

Every sick person has a more or less mucus-clogged system, such mucus being derived from undigested and uneliminated, unnatural food substances, accumulated from childhood on."

"Fasting has been known for hundreds of years as a compensation against every disease, and the same applies to the mucus-less diet; as stated in Genesis (fruits and herbs, i.e., green leaves)."

"The average man hasn't the slightest idea what the necessary eliminative process is; what time it requires; how and how often his diet must be changed; what it means to cleanse the body of the terrible quantities of waste he has accumulated in his body during his life."

Disease is an effort of the body to eliminate waste, mucus and toxemias, and this system assists nature in the most natural way. Not the disease but the body must be healed; it must be cleansed, freed from waste and foreign matter, from mucus and toxemias accumulated since childhood.

In other words, whenever nature endeavors to save a human life thru her efforts to eliminate "feverishly" mucus and toxic products, it is called acute disease.

"Of two patients, one may effect a complete recovery after a fast of two or three weeks, while the other may die from the same treatment! That is why an individual diagnosis of general conditions and constitutional encumbrance is so necessary."

"The most exact, enerring diagnosis we have is a short fast. The more rapidly the patient feels "worse" thru a short fast, the greater and the more poisonous is his encumbrance. Should he become dizzy, suffer from severe headaches, etc., he is greatly clogged up with mucus and toxemias."

Any inside special "constipated" place is located by a light pain there. The experimental practitioner can ascertain better than with x-rays through nature's revelation after a short fast the true condition of the inside of the human body, and knows more correctly than doctors can ascertain with all their expensive scientific equipment and instruments."

Some Special Diagnosis A cold is a beneficial effort to eliminate waste from the cavities of the head, the throat and the bronchial tubes.

In pneumonia the cold goes deeper and will eliminate and clean the mucus from the most vital and spongy organ, the lung. A hemorrhage occurs to clean more radically. The entire system is aroused, causing higher temperature by friction of the waste in circulation.

The consumptive person eliminates his mucus continually, caused from wrongly increasing mucus-forming foods, thru the lungs instead of thru the natural ways. This organ itself decays more and more, producing germs, and then it is called tuberculosis.

The aching of a tooth is nature's warning signal, "stop eating; you need repairing; there is much waste and pus; you have eaten too much poor food and mean."

Rheumatism and gout is mucus and uric acid mostly accumulated in the joints, since here is the less dependable part of the tissues for the passage of the circulation, heavily laden with waste and uric acid in the heavy meat-eaters system.

Goiter is a sane deposit by nature of tremendous waste to keep it from entering the circulation.

A boil is in principle the same only the elimination is outside.

Sex diseases have for their origin nothing more than mucus elimination thru these organs, and are easily healed. Sex illnesses, as such, were unknown to the people of the Americas, until they were invaded by the Europeans. The same is true of the Hawaiian Islands. Venereal disease is, evidently, another by-product of "civilization".

Even short or long eye sight is congestion in the eyes, and trouble with hearing is congestion of those organs.

"I found that anyone mentally diseased has congestion, especially of the brain. I learned that if you heal by the mucus-less diet healing system all kinds of illness, most of the patients are relieved of mental problems. After a fast comes a clearer mind. Unity of ideas comes to replace differences. The mentally diseased person suffers from gas pressure on the brain."

Since man has degenerated thru "civilization," he no longer knows what to do when he becomes sick. Disease remains the mystery to modern medical science as it was to the "medical man" of thousands of years ago--the main difference being that the "germ" theory has replaced the "domon" and that mysterious outside power still remains--to harm you and destroy life.

If you want to become your own physician, you must learn the truth and know what disease is. You can not heal yourself, or other people, without a diagnosis which will give you a clear idea of true conditions. This can only be accomplished thru a test on your body --or the "magic mirror" as Professor Ehret has called it.

To learn the cause of your dis-ease, or even discover some hitherto unknown physical or mental imperfection or infirmity try this: fast one or two days, or eat fruits only (any juicy fruit in season) for two or three days, and you will notice that your tongue will become heavily coated. The tongue is the mirror not only of the stomach, but of the entire membrane system, as well. The fact that this heavy coating returns, even if removed once or twice a day, is an accurate indication of the amount of filth, mucus and other poisons accumulated in the tissues, now being eliminated on the inside surface of the stomach, intestines and every cavity of your body. Waste will show up in the urine with clouds of mucus, and mucus will be expelled thru the nose, throat and lungs, as well as in the

JML





HUAN / DISPERSION ( DISSOLUTION )

☱ above SUN THE GENTLE, WIND

☵ below K'AN THE ABYSMAL, WATER

WIND BLOWING OVER WATER DISPERSES IT, DISSOLVING IT INTO FOAM AND MIST. THIS SUGGESTS THAT WHEN A MAN'S VITAL ENERGY IS DAMMED UP WITHIN HIM ( INDICATED AS A DANGER BY THE ATTRIBUTE OF THE LOWER TRI-GRAM ), GENTLENESS SERVES TO BREAK UP AND DISSOLVE THE BLOCKAGE.

FROM I CHING or THE BOOK OF CHANGES  
WILHELM - BAYNES - JUNG

"THE JUDGEMENT  
DISPERSION. SUCCESS.  
THE KING APPROACHES HIS TEMPLE.  
IT FURTHERS ONE TO CROSS THE GREAT WATER.  
PERSEVERANCE FURTHERS.

"THE TEXT OF THIS HEXAGRAM RESEMBLES THAT OF TS'UI, GATHERING TOGETHER. IN THE LATTER, THE SUBJECT IS THE BRINGING TOGETHER OF ELEMENTS THAT HAVE BEEN SEPARATED, AS WATER COLLECTS IN LAKES UPON THE EARTH. HERE THE SUBJECT IS THE DISPERSING AND DISSOLVING OF DIVISE EGOTISM. DISPERSION SHOWS THE WAY, SO TO SPEAK, THAT LEADS TO GATHERING TOGETHER. THIS EXPLAINS THE SIMILARITY OF THE TWO TEXTS.

RELIGIOUS FORCES ARE NEEDED TO OVERCOME THE EGOTISM THAT DIVIDES MEN. THE COMMON CELEBRATION OF THE GREAT SACRIFICIAL FEASTS AND SACRED RITES, WHICH GAVE EXPRESSION SIMULTANEOUSLY TO THE INTERRELATION AND SOCIAL ARTICULATION OF FAMILY AND STATE, WAS THE MEANS EMPLOYED BY THE GREAT RULERS TO UNITE MEN. THE SACRED MUSIC AND THE SPLENDOR OF THE CEREMONIES AROUSED A STRONG TIDE OF EMOTION THAT WAS SHARED BY ALL HEARTS IN UNISON, AND THAT AWAKENED A CONSCIOUSNESS OF THE COMMON ORIGIN OF ALL CREATURES. IN THIS WAY DISUNITY WAS OVERCOME AND RIGIDITY DISSOLVED. A FURTHER MEANS TO THE SAME END IS CO-OPERATION IN GREAT GENERAL UNDERTAKINGS THAT SET A HIGH GOAL FOR THE WILL OF THE PEOPLE; IN THE COMMON CONCENTRATION ON THIS GOAL, ALL BARRIERS DISSOLVED, JUST AS, WHEN A BOAT IS CROSSING A GREAT STREAM, ALL HANDS MUST UNITE IN A JOINT TASK.

BUT ONLY A MAN WHO IS HIMSELF FREE OF ALL SELFISH ULTERIOR CONSIDERATIONS, AND WHO PERSEVERES IN JUSTICE AND STEADFASTNESS, IS CAPABLE OF SO DISSOLVING THE HARDNESS OF EGOTISM.

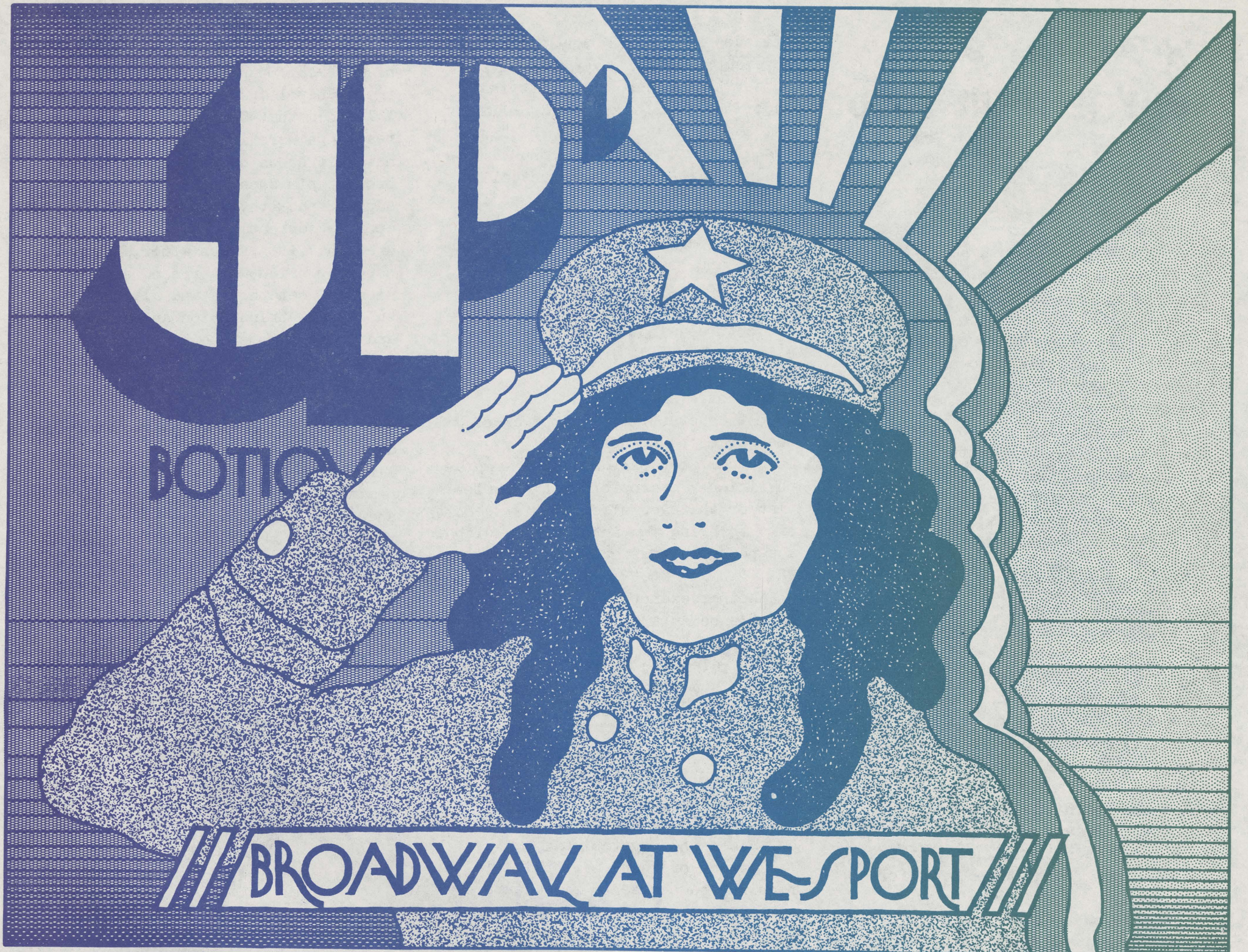
"THE IMAGE  
THE WIND DRIVES OVER THE WATER;  
THE IMAGE OF DISSPERSION.  
THUS THE KINGS OF OLD SACRIFICED TO THE LORD,  
AND BUILT TEMPLES.

IN THE AUTUMN AND WINTER, WATER BEGINS TO FREEZE INTO ICE. WHEN THE WARM BREEZES OF SPRING TIME COME, THE RIGIDITY IS DISSOLVED AND THE ELEMENTS THAT HAVE BEEN DISPERS ED IN ICE FLOES ARE REUNITED. IT IS THE SAME WITH THE MINDS OF THE PEOPLE. THROUGH HARDNESS AND SELFISHNESS THE HEART GROWS RIGID, AND THIS RIGIDITY LEADS TO SEPARATION FROM ALL OTHERS. EGOTISM AND CUPIDITY ISOLATE MEN. THEREFORE THE HEARTS OF MEN MUST BE SEISED BY A DEVOUT EMOTION. THEY MUST BE SHAKEN BY A RELIGIOUS AWE IN FACE OF ETERNITY — STIRRED WITH AN INTUITION OF THE ONE CREATOR OF ALL LIVING BEINGS, AND UNITED THROUGH THE STRONG FEELING OF FELLOWSHIP EXPERIENCED IN THE RITUAL OF DIVINE WORSHIP."

ONE WEDNESDAY AFTERNOON I DECIDED THAT I SHOULD CONSULT THE I CHING FOR TO GIVE MY HEAD AND THE BRICK WALL A REST. I VERY RARELY "ASK A SPECIFIC QUESTION"; I ALSO HAVEN'T READ THE FOREWORD AND TEXT YET, AND AS USUAL I WAS HASSLED BY NUMEROUS CRISES, SO I JUST THREW THE PENNIES FOR WHATEVER. AS USUAL THE RESULT WAS ASTONISHING, AND SO ENLIGHTENING THAT I INSTANTANEOUSLY FLASHED ON DOING THIS IN THE TRUCKER.

I HAVE A LOT OF FAITH IN THE I CHING. YOU MAY HAVE SURMISED THE VALUE OF SUCH A BOOK, ANYWAY I PREFER IT OVER A SHRINK NOT ONLY FOR PSYCHOLOGY-SPIRITUAL REASONS; YOGI BHAJAN HAS SAID THAT "IF YOU READ THE ENTIRE I CHING, THERE IS NO NEED TO READ ANY OTHER BOOK," BUT IT IS A LOT CHEAPER.

PEACE  
J.M. LINDSAY

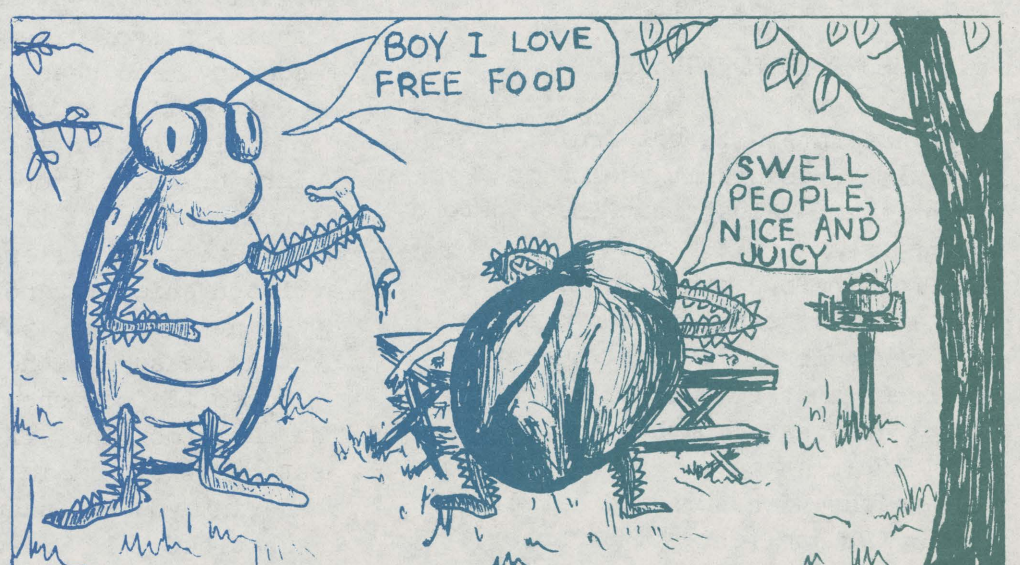
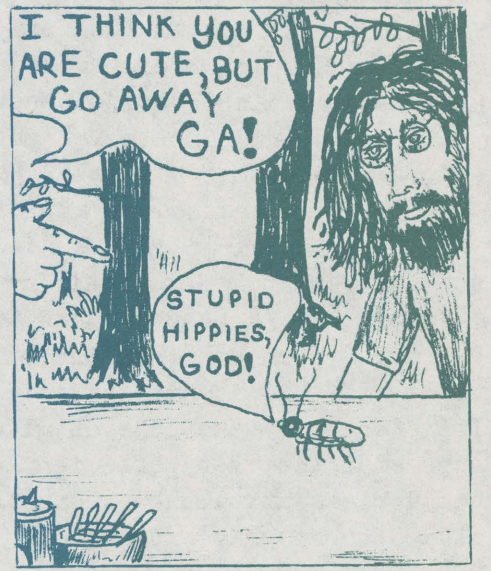


# AT THAT FREE FOOD THING

by Dave Marty



! SPAD  
GERMS  
ON  
YOU



**Mother Love** serves meals of various brownrice and vegetable combinations every Monday, Wednesday, and Saturday evening. Come and dig it, bring food to share. We usually start cooking at 5:00.



# HEAL THY SELF OR WHY IS THERE FOOD

CONT. from p 15

meals a day be eaten, even if you eat enough for three or four meals. Later when the stomach is cleaner, fresh fruit may be eaten for the breakfast. If possible lunch should be eaten around ten or eleven, and supper not sooner than five or six.

Allow about ten minutes between each course, this is for optimum digestion, but it is also nice for pleasant "family" raps.

Another important rule, for healthy eating, is simplicity. The fewer the combinations, the better. WILD animals eat one thing at a time, and it seems to me that they are healthy, and I've never seen a squirrel or a bird that had a cold, or the flu, or dead from old age.

Animals never drink during, or right before and or after, a meal, and neither should we. Water, et cetera, dilutes the gastric juices-- heap bad! For this reason, soup is really not such a good food, also most soups have too much combination, but with little water and combination could be the very best.

Eat more salads and cooked vegetables and grain if you have a very mucussed stomach, or if you begin to have great pain or weakness, otherwise more fruits; fresh, dried, raw, or cooked.

Should you feel an intense craving, for meat--a great desire returning, which you cannot resist, then eat vegetables, and no fruit, on that day. This is explained by the fact that nature is eliminating thru the circulation the waste of our usual or "favorite" foods, and it is when they are in the circulation that the craving and desire is naturally enough produced. This is why it is extremely important that every meal of a cleansing diet leaves the body as soon as possible. Being mixed with loosened and dissolved poisons they cause these "uncomfortable" conditions--a fact that has never before been fully understood or explained. If you do not experience a regular bowel movement before retiring, always help. A natural is eating a few dried prunes before the other food. If this is not sufficient, I prefer herb teas or even glycerin suppositories, very efficient and not too unpleasant, although enemas are always thoroughly effective.



## SOME HEALTHFULL HINTS

Never eat nuts with wet fruit. Eat nuts with dried fruit, helps to digest them. Always eat these before wet or fresh fruit.

Eat fruit before other food; fruit usually is digested in ten minutes. Only RAW celery, lettuce, carrots, and beets combine well with fruits. Always chew each mouthful of food THOROUGHLY.

Make salads with shredded carrots and or cabbage (intestinal broom). Drink only when thirsty.

Limeade or lemonade (any fruit or vegetal juice) will quench thirst better than water (tap, that is). Substitute honey, sorghum, mollasses or raw (whole) sugar for the "refined" kinds. Honey, sorghum, mollasses and real sugar are actually highly nutritional, as well as delicious.

Cook or toast all starchy foods, potatoes and grain foods, very well. Karen rinses the rice thrice, then sautés it with a reaspoon of oil for two or three minutes (till dry or slightly toasted) in the pot it will be cooked in.

Do not over eat.

Do not underestimate the power of the force of darkness.

Do become your own dietician - metaphysician - macrobiologist - ecologist or whatever else that is necessary to bring you into harmony with the power of the force of light.

Another exerpt from Professor Ehret's book

"In Palestine we stayed several months, studying local custome, records and history of past conditions, feces. Remember the "worse you feel during the experiment, the worse is your pollution. If pain becomes excruciating somewhere, stop the "fast"; eat few fruits, but plenty of salads and vegetables.

For the ordinary person it will require from three to five years of systematically continued "fastings" and natural, cleansing diet, before the body is mostly cleansed of "foreign matter."

"Internam impurity" is too mild an expression for chronic constipation--waste--filth--mucus--stench (offensive odor) or "invisible waste," is the true description.

"The average vegetarian diet omits meat only from the menu, and their mixture of larger quantities of fruits with grain, eggs and milk products cause over-eating--in most cases being worse than moderate meat-eating and a less-mixed diet."

"All fruits, raw or cooked; also nuts and vegetables are mucus-free.

All other foods of "civilization", without exception, are mucus-forming, and therefore they are harmful."

"My experience of over twenty years, covering for the most part the severe cases of most diseases, has proven that a carefully selected and progressively changed transition diet is the best and surest way for every patient to start a cure, especially for the average mixed-eater. Transition from disease producing foods to the disease healing food.

Quit eating or drinking anything containing either white (refined sugar) or white (super refined, enriched, embalmed) flour. Many light diseases; acne, allergies, asthma, schizophrenia, paranoia, nose bleed, and many more, are 50% to 90% healed by this measure alone.

No solid food should be eaten in the early morning, if you desire the best results. It is okay to take the drink you are accustomed to, or a substitute, if you wish.

It is best that no more than two

with the result that my conception of the real meaning of the New Testament Gospels was changed very much. I learned that Christ's life and teachings were in strict accord with now well known natural laws, which brought him superior intelligence and superior health, but that when written up from current heresay some one hundred and fifty years after, was coloured by oriental forms of expression and metaphors (and altered by subsequent translation and edition), and their incomplete knowledge of natural phenomena. What was marvelous was thought miraculous. His "forerunners", his fastings, his diet, and manner of living, and that of his associates, all reveal the natural living which brought him superior health no need of any divine assistance. He verified this by stating that future generations would do greater works than he did, as they would get a better knowledge of natural--God's--"unchangeable" laws and methods. Christ's parentage, so called miracles of healing, and apparent changes of natural law, his resurrection and ascension into Heaven, were in accord with natural law, but not then, and not now wholly understood."



I hope that through this, my first published journalism, you are strengthened, inspired, or interested enough to check this out for and on yourself. Most of the material for this review is available only at "health food stores". For those of you who "do not believe in health food stores": the following statement is reprinted, with permission, from The Book of Judgement.

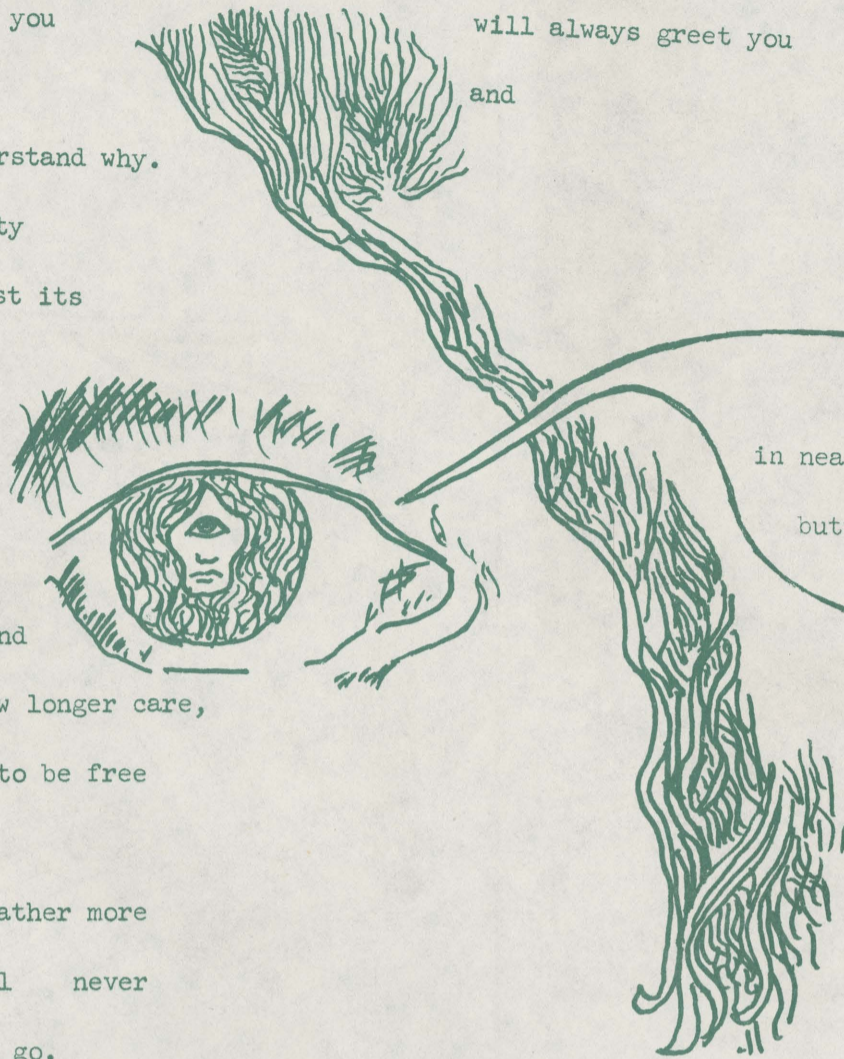
"Strangely enough, many of those who preach the power of faith and the miraculous healings of Jesus and also of the great Buddhists, swallow medicaments they buy in drugstores and go to hospitals to be cured by empiric and symptomatic medicine. Why, then, do they preach the importance and superiority of faith? All that they preach is true and exact, but they do not know what faith is. They are but phonographs. They should learn first by study and experience that faith is the perfect understanding - realization of the constitution - conception of the universe and its unique principle (in old fashioned terminology: the Kingdom of Heaven and its justice); that is internally a clairvoyance (E-S-P) which sees and comprehends everything through all time and space, and externally the universal love that embraces all the antagonisms so fully as to make them complementary, giving infinite and eternal happiness to everyone."



butterfly dying  
 lovely, smelly  
 inevitably, a separation  
 of souls.  
 alone is the  
 most known sound,  
 empty,  
 hands cold and  
 sidewalks  
 know you much too well.....  
 eyes look kindly  
 on those they  
 know.  
 always  
 sadness  
 comes too quickly.....  
 poisoned fingertips  
 you possess,  
 but you have  
 conquered too much.  
 o, and wishing

to  
 dispossess,  
 but you  
 hold  
 tightly anyway,  
 and you  
 can't  
 understand why.  
 beauty  
 has lost its  
 touch and  
 you know longer care,  
 wishing to be free  
 you  
 gather more  
 and will never  
 let go.

wishing  
 for all those things  
 passed, will  
 never help,  
 empty streets  
 will always greet you  
 and  
 beggars know who you are.....  
 empty, you remember  
 how the dawn came golden  
 and touching  
 and night followed  
 silver and lonely.....  
 did i try-whispers ilovedyou  
 ilovedyou ilovedyou



in nearby forests  
 butterflies are dying alone.....

*Rabbit*

Remember when the chief told his men that  
 someday they'd find the light, Well, we've  
 found ours

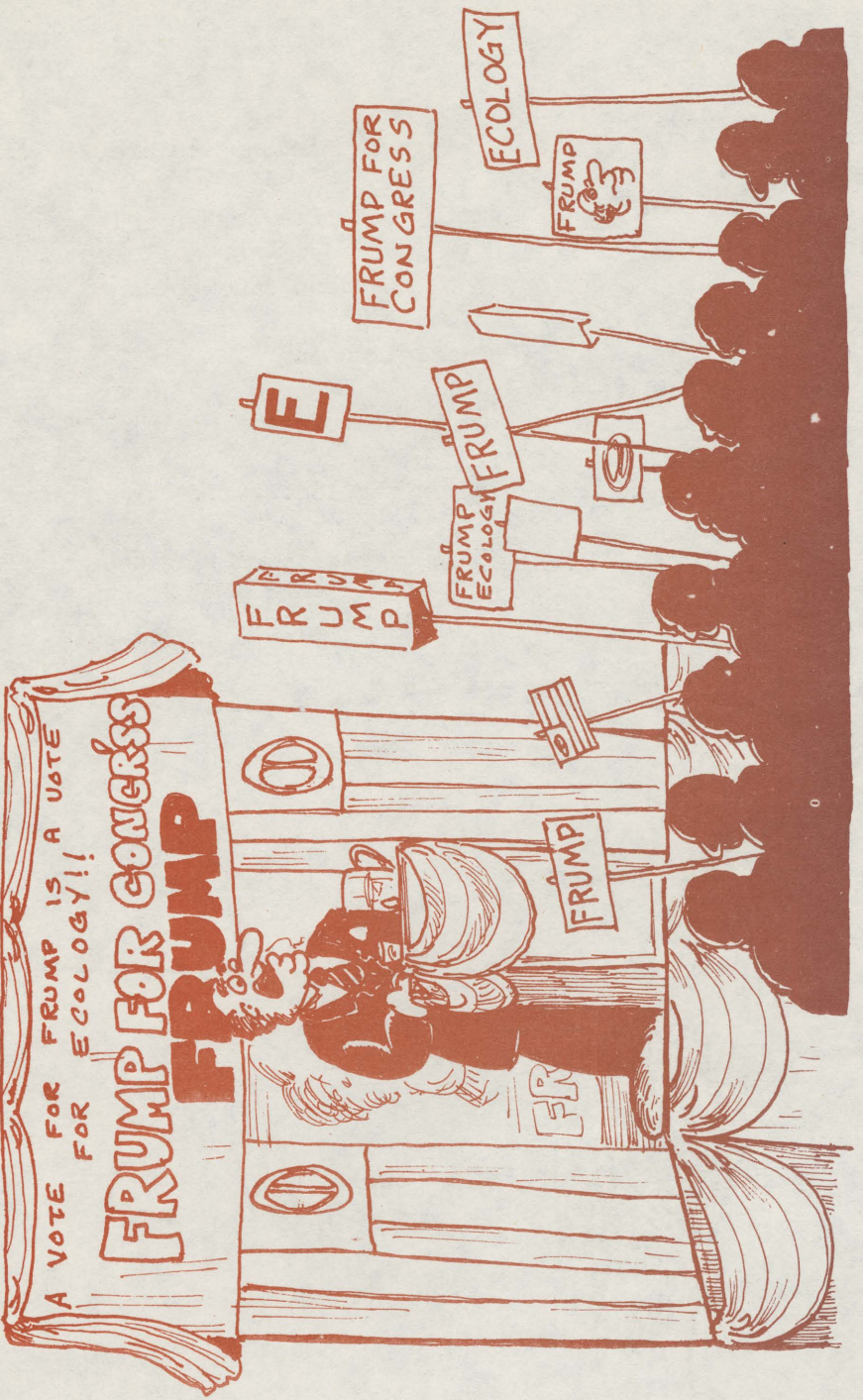
# Love Lite

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 Freedom  
 Palace

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 12:00 \*till 9:00  
 (later on concert night)



- Marfils -
- Bambus 15¢
- Pocket Size Water Pipes \$1.50 + 2.00
- Brass, Wood &
- Glass Pipes 75¢ - \$5.00
- LITES
- Love Lite \$9.95
- Celestial lite \$6.95
- Moon Lite \$17.95
- Bird Lamp \$6.95
- Candles \$6.00
- PLUS!
- Leather by Spider Man de Zeppo



There was/is/shall be the one/all consciousness ooo



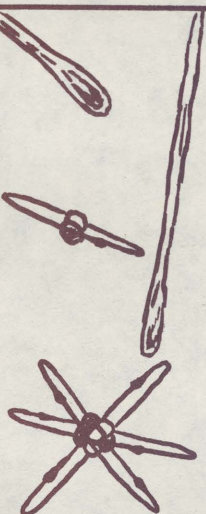
Into time and space were born a/infinite consciousness ooo



Which is basic Knowledge/existence I Am



Ever expanding thru the physical plane I am energies/atoms/molecules —



I am life the single cell



In many life forms the consciousness experiences/ knows/ becomes external relationships



And in human form receives intellect/free will to learn in many incarnations that ooo



I am person / total self-spirit / from all consciousness Know and be



God alpha and omega beginning and end



That's all folks!



Dave Doyle

# LOVE

## NEEDS CARE

V. D. is in almost epidemic proportions.

This is no shit. My old lady works for the Public Health Dept and KNOWS. Clap (ghonorrehea) is the most wide spread form of V.D. but there have been some cases of syphilis reported. She showed me some pictures of syph patients in various stages and, fuck man, it really blew my mind. It's some really TERRIBLE shit. The effects look worse than some of the pictures of leprosy I've seen. I haven't been into any strange lately but it still scared the fuck outta me.

If anyone notices sores around their genitals or mouths (or any where else) or has a burning sensation during taking a leak or a drainage (drip) they ought to go down to see the people at Public Health and have it checked out. It's free and by spending only a little time a person can save themselves a lot of misery and do a lot towards stopping a possible epidemic. All you do is go down to the Public Health building (the old Research Hosp. building across the street from General) and take a blood test. If you show up positive the people down there will ask you about your contacts. And get this: they won't snitch you out to the pigs if it so happens that you got a dose from balling some little tenny-bopper chick (jail-bait shit). When they contact her they're very discrete about it so's you don't get hung or her.

Besides, when you think about it, syphilis is caused by a little dude called a spirokeat and who in fuck wants some parasite living off their bod with a first name like "Spiro"?

JAMIE

**we do**

**Natal Horoscopes  
and  
other rituals**

Tie-Dye  
Leather

orgy butter

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If you need a ride somewhere, are selling something, have a poem you'd like read, or anything! Contact Guru Frank Martz at 4044 Broadway.



Fat Frank will rap and give many words of wisdom every week night.

"No sex makes you fat."  
Guru Frank Martz 9/26/70



The Westport Trucker is published approximately once every month by the Mother Love Tribe of Kansas City. If you have anything to contribute in the way of art, poems, articles, money, information, brown rice, etc., bring it down to Tiny Tim's Magic Circus at 4044 Broadway, [redacted]. Subscriptions are \$3.00 for 12 issues. Street dealers get 12¢ a copy.

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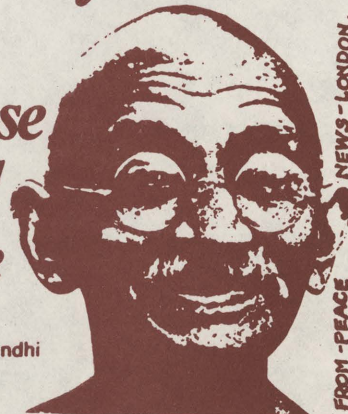
Merry Little Helpers: Spider Man de Zeppo, Richard Gordon Hotsy Totsy, Larry Alton, Peter Bunce, Pops, Guru Frank Martz, Elaine, Dan Siglar.

stay stoned



- K.C.
- Estatic Umbrella (switchboard) . 3800 McGee . . ( )
  - Legal Aids (main office) . . . . 1029 Oak . . . . "
  - Westport Labor (jobs) . . . . . 2 E. 39th. . . . "
  - Vietnam Information Center . . . 4723½ Troost . . . "
  - Westport Community Free School . 4061 McGee . . . "
  - Womans Liberation . . . . . 3800 McGee . . . "
  - V.D. Clinic . . . . . 2317 Kenwood . . . "
  - Gen. Hospital . . . . . "
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  - Welfare Rights . . . . . 1821 E. 12th. . . "
  - Sons of Malcolm . . . . . 1507 E. 18th. . . "
  - Lawrence
  - River City Food Conspiracy . . . . 1406 Tennessee ( )
  - Lawrence Switchboard . . . . . 1105 Louisiana . . "

*'I would use the most deadly weapons if I believed they would destroy the system .... I refrain only because they would perpetuate it'*



Mahatma Gandhi

FROM 'PEACE NEWS' - LONDON.

KBEY FM 104.3 Topeka-Columbia 100,000 watts Stereo  
**PROGRESSIVE RADIO IS BACK!**

Here are some suggested recipes derived from several sources, some my own. They are for the person who wishes to make a transition from costly commercial and mucus-forming food to mucus free and natural food.

Organically grown dried fruit may be obtained at health stores. Some times they have organic fresh vegetables, otherwise the city market (5th & Main) has some organically grown produce (ask farmers how they grow there stuff) usually better quality for less money. Go early for best selection or late afternoon for reduced prices.

Blenders come in very handy for grinding grain for cereals as well as to add to bread, for making sherberts, nut butters, blender drinks, chopping vegetables, and has various other uses. Cheap, NEW, blenders can be purchased at Capers Corner 4620 Mission Road.

#### TEMPURA

This is delicious, it is Japanese style deep fried vegetables, fruit or fish covered with batter.

The easiest way is to chop whatever you would like (almost anything tastes good by this method) and add to this batter:

- 1 c. whole wheat flour
- 1-1 $\frac{1}{4}$  c. cold water
- $\frac{1}{2}$  t. sea salt

Heat 2 inches of oil to about 350 degrees. Drop spoonfulls of batter (should be thin) into hot oil, turn only twice and remove when golden and drain on paper towel. Should be crisp. Serve with soy sauce. Oil may be strained and reused.

#### CABBAGE PINEAPPLE SALAD

Chop finely or shred cabbage. Add chopped fresh pineapple and raisians to your own taste. Mix well with mayonaise. It is best to let stand for an hour or two before serving.

#### BEAN SAUER KRAUT SALAD

Soak black beans overnite. (Obtainable at health store or local super market). Rinse. They need to cook on low heat nearly five hours in four times amount of water (do not salt until after cooking) These beans are very mellow and sweet. Add two parts sauer kraut (health store) to one part beans. Add chopped celery and onions. Cook green beans or chick peas or other such things may be added. Kraut juice makes a good dressing. Serve on crisp lettuce leaf.

#### SHERBERT

- 1 c. fruit (strawberries, bananas, peaches, etc.)
- 2 hp. tbs. non fat milk or soy powder (fearn makes both - health store)
- Honey to taste
- 2 ice cubes
- $\frac{1}{2}$  c. water

I made peach sherbert and omitted powder and ice. Blend ingredients and put in freezer tray. It may be removed when almost hard to be stirred and placed back to continue freezing until hard.

#### ONION GRAVY

This sauce does not take long to prepare and is excellent on rice, noodles, bread and most any cooked vegetable.

To 1 pint boiling water, add 2 T. whole or unbleached flour previously diluted in  $\frac{1}{2}$  c. water. Add 1 T. sesame butter (duluted also in small amount water) and keep stirring. Add 1 chopped onion, then salt and tamari soy sauce. Cook for 10 minutes. Add chopped parsely when finished if desired.

#### COMBINATION BREAD - UNYEASTED

- 1 c. whole wheat flour
- 1 c. corn meal
- $\frac{1}{2}$  c. soy flour
- $\frac{1}{2}$  c. whole rye flour
- $\frac{1}{2}$  c. rolled oats
- 1 t. salt
- 3 T. cold pressed oil

All ingredients available at health store (51st street) Combine ingredients except oil. If desired add small amounts of wheat germ and bran, rice polish, brewers yeast and sweenter (honey, molasses, raw brown sugar) Put some water in a cup then add oil in cup also. Add this to dry mixture, stir until mixed evenly. Add water gradually until you can pick it up and shape dough (a little on the moist side) Place in oiled AND floured bread pan. 7 by 3 $\frac{1}{2}$  by 2 is ideal size for this loave. With wet hands smooth the loave. Bake in 350 degree oven about one hour and twenty minutes. Remove from pan immediately.

This bread has a very pleasing taste with all the above ingredients added. It goes well with honey, butter, nut butters, cheese and is excellent with miso spread.

#### MISO SPREAD

This spread is an excellent protein and easily replaces cheese and butter. Miso paste may be diluted in water and added to soups and gravies for a meat like flavor.

- 1 T. miso soybean paste
- 3-4 T. sesame butter
- 1 T. or more water

Get both products by chico-san--best quality and flavor (only chico-san makes "whole" sesame butter.)

Mix ingredients until smooth.

#### STUFFED SUMMER SQUASH

- 1 summer squash
- cream cereal made from  $\frac{1}{2}$  c. whole wheat ground or flour in 2 c. water.
- 1 minced onion
- 1 t. oil
- $\frac{1}{2}$  t. sea salt
- 1 t. fresh mint (if dried just a pinch) (health store has mint tea)
- $\frac{1}{4}$ - $\frac{1}{2}$  t. dried sweet basil
- 1 t. fresh parsley

Scoop out the squash previously cut length-wise in half. Saute pieces with onion in oil. Mix well with cereal, add seasonings and refill shells. Brush shells with oil and bake in 300 degree oven for 45 minutes.

#### DATE CELERY SALAD

Chop finely celery and dates - equal parts. Chopped apple is also good in this. Serve on crisp lettuce leaf with mayonaise (good types at health store)

# EVOLUTION

CREATION IS  
THE STUFF  
OF  
TIME

CONFLICTS AND  
PROBLEMS NEED SOLUTION  
AND ENLIGHTENED SOLUTIONS  
KNOWLEDGE AND UNDER-  
STAND THE NEEDS OF  
EARTH AND MAN

KNOWLEDGE  
AND UNDERSTANDING  
IS POSSIBLE WHEN THERE  
IS A DESIRE TO  
LEARN



TIME IS  
THE STUFF  
OF THE  
**UNIVERSE**

THE PURPOSE OF  
LEARNING IS TO GET  
FROM WHERE YOU ARE  
TO WHERE YOU ARE NOT  
LEARNING TO MAINTAIN  
A ROLE IS  
ADAPTATION

UNDERSTANDING CAN  
ACCOMMODATE CHANGE  
AND WHEN PEOPLE ARE FREE  
TO CHANGE, AND THE EARTH  
IS VIEWED AS A DYNAMIC  
BUT BALANCED SYSTEM,  
THERE CAN BE PEACE