

# Mother Earth

Next to walking, bicycles are the most efficient use of energy for transportation. Get some exercise while traveling, breath clean air, and feel good knowing that you aren't polluting.

Our quality of life has been degraded by automobile commuting. If your form of employment allows it, try using a modem and telecommunications to eliminate unnecessary commuting.

Enrich yourself by learning music, art, dance, theater, writing, and, of course, Bliss Paint.

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There are many simple efforts you can make in your life to benefit the Earth and humanity. Buy food with the least amount of packaging, such as fresh vegetables and fruits. Use and reuse plastic bags, and get canvas handbags to carry groceries home. Every bit of packaging that you eliminate from your shopping is that much less garbage, and that much less which had to be taken out of the Earth. I think that the best change we can make in our habits is to avoid products with excess packaging. I am still using a nylon backpack that I got in college in 1979, and have mended holes in it several times to extend its life. It's a great way to carry groceries, books, mail, PowerBooks, etc.

Mother Earth is crying from neglect.

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Of 9,600 known bird species, 70 percent are in decline, and 1,000 species are threatened with extinction in the near future, according to BirdLife International in Cambridge, England.

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Millions and millions of yogurt containers lying on the earth. Are we having fun yet? Learn how to make yogurt. Here's how:

Bring a quantity of whole milk just barely to a boil in a stainless steel pot. You have to watch it carefully so that it does not boil over; boiling milk foams really fast. Once the milk has boiled for a few seconds, take it off the burner to cool gradually until it is lukewarm to the finger. It takes about a half an hour or so for a half gallon of milk to cool. Now mix in a tablespoon or two of plain, unsweetened yogurt as a starter. It may help if the plain yogurt is at room temperature. Cover the pot of milk and put it in an oven at about 100 degrees Fahrenheit for about eight hours. There are several factors which affect the way the yogurt comes out: the starter yogurt, the temperature of the milk and yogurt when they are mixed, and the incubating temperature.