

What Has Dr. Shook Been Reading?

The Organic Suburbanite, An Environmentally Friendly Way to Live The American Dream.

By Warren Schultz

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This is no tree hugger hippie guide to living with the earth. Nope, all of the convenience and well groomed conformity that is the trademark of a suburban lifestyle are incorporated into this light hearted introduction to living a less toxic, earth friendlier lifestyle. It's an attractive book, sprinkled with lovely photographs of the perfect suburban life circa the 1960's. It's simple, it's cute and it's not terribly extreme.

Starting in the kitchen and bath, author Warren Schultz introduces the reader to concepts such as energy efficient appliances, pesticide free yard work, water conservation and chlorine free cleanliness. Readers are encouraged to analyze their appliance efficiency and also, when needed, replace appliances with new high efficiency models. Soap flakes, washing soda, vinegar, baking soda and oxygen bleach are recommended to replace cleaners containing chlorine. In fact chlorine is a reoccurring villain, turning up next in the pool area, where Shultz offers several strategies for maintaining an almost chlorine free pool.

Moving outside, it is suggested that the commuters maintain their vehicles with a minimum of at least a 20 miles per gallon gasoline consumption. Additional advice includes always keeping tires inflated, spark plugs tuned and air conditioners in prime condition, thus further maximizes mileage while minimizing toxic emissions.

The organic suburban gardener would incorporate native flowers, bushes and trees into their drip-irrigated landscape. They would mulch, compost and be supportive of the bugs that eat the bugs that eat their tomatoes. The organic suburbanite understands that Roundup (a broad spectrum, non-selective herbicide made with glyphosate) disrupts the microbial balance in the soil AND that Swedish researches have linked glyphosate to non-Hodgkins lymphoma.

This book is fun, it's refreshing and it has given me a bit of research to site when defending my resistance to using Roundup in my own yard. *The Organic Suburbanite* is by no means a comprehensive guide to living an earth friendly life but it is a dandy introduction. Fortunately, towards the end, the reader will find an interesting selection of recommended reading and a resource guide.

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