How to save the world

Contributed by Jan Lundberg 18 June 2005

Here are 21 things you can do to upstage and replace the global pollution economy - and save money, improve your health and have fun.

- Buy a used car instead of a new one - Trade clothes and other goods instead of buying - Go to thrift stores, flea markets and lawn sales to buy anything - Grow as much of your own food as possible. At least save compost material for gardeners - Buy only local food, unpackaged (of all materials plastic is the worst) - Eat food raw and make sprouts to minimize cooking, learn how to live without a refrigerator - Use a clothes line to dry clothes, towels and sheets - Plant trees and shrubs, preferably food-producing, especially in soil liberated via de-paving - Share everything, especially energy-consuming appliances - Change your job, if you commute (unless if by bike), to a closer job, or move closer to a job - Get a bicycle, and hook up a trailer or cart when needed - Don't borrow money from an insitution (e.g., mortgage); pay rent. Never charge or pay interest

- Have only one child, or none, but do adopt

cars

- Forsake jet travel, for it tears up the atmosphere and uses more fuel per capita than any other form of transportation except single-person

And if you have time:
- Oppose any new development of land that adds to energy consumption or subtracts from arable land
- Have your city council or county supervisors adopt measures to keep money within the community instead of enriching distant corporations
- Don't pay for services you don't use or approve of, even if others pay automatically
- Perform civil disobedience and noncooperation to change policies and protest wrongdoing by government, corporate and schools
- Slow down your pace, if you are trying to do a lot and seem too busy, and take the opportunity to spend time with family and friends
- Write letters to the editor about doing the above and about issues that make clear the need to support the ecosystem and fellow humans of the community
- Follow your dreams, put more love in your life, love yourself by taking care of your health instead of sacrificing it for society's aims. Have fun, obey little, resist much
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Jan Lundberg gives talks and multimedia presentations. To arrange an appearance, please email him at jan @ culturechange.org (close up spaces) or phone 1-215-243-3144.

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