

# Eco-sustainability

Old Ways & New Ways of Living a Good Life

and Passing On Our Legacy along lines of

the Green & Golden Mean

of

Healthy Moderation

&

Peaceable Euharmony

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Many of the more wise and kindly of our elders have long talked of living a good life.

When we live a good life, we tend to be living healthily, kindly caringly and sustainably.

ECO comes from a word meaning house & home.

When we speak in terms of eco-sustainability we are using terms which show respect for the Earth and the Biosphere as Our Home... .. And we also show respect for learning to live a Good Life, in both Old Ways and New as we do.

We teachers use many different ways to remind ourselves and our students of the meanings in the important words we use day by day as we try to learn more about Life and living healthily sustainably...

And about our colourful Legacy of Green & Gold.

ECO reminds us of the Earth as our home  
with its many  
Ecosystems,  
Communities & Organisms,  
forming the  
Ecology, Cultures & Occupations  
which are part of our Legacy  
of Life & Healthy Living,  
as we learn to live a Good Life  
ECO-sustainably...

In many ways, quite similarly,  
yet in many other ways, differentiated colourfully.

In the old way, people lived closely involved with the balances of the land & waters which were an intimate part of their day to day lives, sustained from generation to generation.

Nowadays, many people who work in occupations which require a great deal of technically sophisticated knowledge, do not always seem to remember some of the essential things which figure crucially in living sustainably.

One of these essential things is that it is the ecology of the ecosystems of the Earth which continues to sustain life and health for all people of every culture and every community, including those engaged in every sophisticated occupation and organization.

Nowadays, many people seem to forget  
that it is the Green Plants of the Earth and its Biomes  
which mediate and moderate the Energetics of Life  
involving Carbon and Oxygen  
in the Great Circle of Life we now call the Biosphere.

Many of us also sometimes seem to forget  
that it is the Green Plants  
which are able to use the energy of the Sun  
in order to make all the essential nutrients  
that Humans and other animate organisms need  
in order to live, grow, move around  
and repair and heal themselves  
healthily and sustainably,  
and for us Humans to live a Good Life.

We used to hear many people of many different origins and lines of ancestry speaking of living a Good Life.

Now, it only seems to be a few.

Living a Good Life means living healthily and charitably, peaceably harmoniously, trustworthily and sustainably...

This also means learning to moderate our ways healthily and peaceably justly and charitably...

This is where learning to live according to the Green & Golden Mean of healthy moderation & peaceable euharmony comes to be an important part of learning to live eco-sustainably.

Treating one another & also one another's loved ones in a manner similar to how we ourselves would want to be treated and also would want our own loved ones treated, along lines of the **Golden Rule**, also continues to be an important part of living a Good Life.

So too, is learning to live healthily soundly & sustainably, with the Biosphere's ecosystems, communities & organisms in mind, in terms of long term eco-sustainability, for many generations to come.



Little by little, we come to sense that learning to live  
eco-sustainably  
may be a bridge between old ways & new  
of living a Good Life,  
ecologically, culturally & occupationally  
soundly & kindly caringly.

In the old days, living ecologically soundly was  
by & large a part of prospering healthily &  
harmoniously...

With gratitude & appreciation for the beauty &  
abundance of the land & waters of our Legacy  
that was passed on sustainably,  
in perpetuity, by those  
who lived with caring consideration  
and respect before us.

As people began to adopt new technology and also began to trade and sell their crafts and the products of their homelands in order to get goods and money from others who were there to trade commercially, people's ways began to change appreciably...

Sometimes for the good...

Yet, sometimes not.

So did people's impact on the ecology  
of their lands & waters gradually change quite  
remarkably,  
as did the types of disease and injury people  
came to experience  
as part of living more & more commercially  
dependently,  
relying on industrial technology  
to meet their needs.

This happened almost everywhere...

Yet, here in the Northlands, it only came about in many communities quite recently.

When I first went to some remote communities as a young man, along with the doctors and nurses of health care teams who flew in float planes where there were no roads or air strips...

People lived and ate quite differently.

Then, people still spent long hours walking as they went hunting and fishing and gathering plant foods and wood for woodworking and fuel...

The diseases they had then, were mostly infections when younger, and sometimes arthritis and infections when older.

There was not very much cancer, obesity, diabetes or heart disease.

Now, there seems to be pop, candy, chips  
and other junk food,  
cigarettes, alcohol and designer drugs  
almost everywhere...

.. Both in town and in the bush.

And we hear of diseases like cancer, diabetes  
and heart-disease more and more...

.. And of people dying far too young.

So can we help people to learn to live a  
Good Life  
by  
emphasizing healthy eco-sustainability  
educationally?

I believe we can, even if it's only  
a little bit at a time.



Compared to ten or twenty years ago, I believe that we are on the right track.

People have started to realize the effects of junk food high in refined carbohydrates, hydrogenated fat, additives and salt.

Many people are turning to the healthy foods of yester-year, made more widely available than ever before...

Such as nuts & seeds, dried fruit and all kinds of fresh fruits & vegetables.

Along with lean country foods like fish and wild game, it is easy to eat more healthily than it was even a generation ago.

This is where our Gardening Projects may come to be very important, in isolated communities as well as urban communities.

In some places corn was considered "pig feed", because it was grown to feed animals.

In some places leafy greens and nuts were considered to be "Black Man's Food" because they were grown and eaten by the descendents of black slaves.

In some places fruit & vegetables were considered "White Man's Food" because they were brought in from far away...

Even though it was the indigenous peoples of the Americas in whose gardens they were developed many generations ago, for all the world to share.

We would be wise not to let food prejudices get in the way of eating healthily or learning to plant and harvest eco-sustainably.

Because in reality,  
all these foods and many more  
are part of a healthy diet  
and an eco-sustainable approach  
to healthy living  
along euharmonically sustainable lines...

.. Helping to prevent illness & obesity,  
poverty and perhaps even war,  
little by little, more & more.