Contents

Foreword to the First Edition  by Albert Bates ........................................... ix
Foreword to the Second Edition  by Bill Steen ............................................. xi
Acknowledgments ................................................................. xiii
Introduction: An Open Door  by Michael G. Smith ..................................... 1

Part One: The Context for Natural Building

1. The Case for Natural Building  by Michael G. Smith ................................. 11
2. Natural Building: A Global Tradition  by Catherine Wanek ..................... 17
3. The Importance of Housing Ourselves  by Ianto Evans .......................... 23
4. Natural Building and Social Justice  by Rob Bolman ............................... 27
5. Sustainability and Building Codes  by David Eisenberg ......................... 31
7. Life-Cycle Cost and Value of Four Houses  by David A. Bainbridge .......... 43
8. In Defense of Craft  by Patrick Webb ................................................... 49

Part Two: Design and Planning

9. Designing for Vitality  by Carol Venolia ............................................... 55
10. The Healthy House  by Paula Baker-Laporte ......................................... 61
11. Eighteen Design Principles to Make Square Feet Work Harder  by Robert Gay ......................................................... 65

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Part Three: Natural Building Materials and Techniques

22. Foundations for Natural Buildings  by Michael G. Smith ................................................................. 155
23. Stone Masonry  by Michael G. Smith ................................................................. 163
25. A Brief History of Cob Building  by Michael G. Smith ................................................................. 181
26. Rammed Earth: From Pisé to PISE  by Scott Grometer ................................................................. 189
27. Compressed Earth Blocks  by Hubert Guillaud ................................................................. 195
29. Digging in for Comfort  by Kelly Hart ................................................................. 211
30. Cordwood Masonry: An Overview  by Rob Roy ................................................................. 215
31. Straw Bale Building: Lessons Learned  by Catherine Wanek ................................................................. 221
32. Building with Hemp  by Tom Woolley ................................................................. 233
33. Light-Clay: An Introduction to German Clay Building Techniques  by Frank Andresen ................................................................. 245
34. Wattle and Daub  by Joseph F. Kennedy ................................................................. 253
35. The Evolution of Timber Framing  by Steve Chappell ........................................... 257
36. The Art of Timber Framing  by Devin Smith ........................................................ 263
37. Small-Diameter Roundwood: An Underused Building Material  by Owen Geiger  ........ 271
38. Bamboo Construction  by Darrel DeBoer ............................................................... 273
40. Earthships: An Ecocentric Model  by Jack Ehrhardt ................................................. 289
41. Papercrete: Homes from Waste Paper  by Barry Fuller .............................................. 293
42. Roofs for Natural Building  by Joseph F. Kennedy ................................................... 301
43. Green Roofs with Sod, Turf or Straw  by Paul Lacinski, Michel Bergeron and John Swearingen 309
44. Thatching Comes to America  by Deanne Bednar ..................................................... 313
45. Natural Insulation  by Joseph F. Kennedy and Michael G. Smith ............................... 321
46. Rice Hulls for Insulation  by Catherine Wanek and Paul Olivier ............................... 327
47. Earthen Floors  by Sukita Reay Crimmel and James Thomson ...................................... 331
48. Earth Plasters and Alis  by Carole Crews ................................................................. 339
49. Working with Lime  by Barbara Jones ........................................................................ 347
50. Natural Paints and Finishes  by Janine Björnson ......................................................... 357

**Part Four: Building the Global Village**

51. Shelter and Sustainable Development  by Susan Klinker ......................................... 367
52. Sustainable Building as Appropriate Technology  by David A. Bainbridge ................. 375
53. Woodless Construction in the Sahel  by John Norton .................................................. 383
54. Straw Bales in China: Housing for the People  by Catherine Wanek and Kelly Lerner ... 391
55. Improving Vernacular Housing in Western China
   by Liu Yang, Jiaping Liu and David A. Bainbridge ....................................................... 397
56. PAKSBAB: Seismically Safe Straw Bale Homes in Pakistan  by Catherine Wanek ......... 403
57. Earthen Building Comes to Thailand  by Janell Kapoor ............................................... 407
The information in this book is based on the experience and opinions of the individual authors and has not been independently verified by the editors. Some of the techniques described herein are quite new and still under development; others are ancient, but may lack extensive scientific and technical study. The resurgence of natural building is still in an experimental stage. Claims as to the insulation value, structural strength, fire safety, health benefits, environmental benefits and so on of the various materials and techniques should be considered preliminary. Always do your own research and testing and/or consult a qualified professional before embarking on a building project.