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The purpose of the MOTHERS RESEARCH GROUP is to gather together those who are interested in work for children - especially mothers - for mutual study in mothercraft - particularly from the viewpoint of the Ancient Wisdom.

* * * *

The opinions expressed herein do not necessarily reflect the policies of The Theosophical Society.

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Group membership is free.
Anyone interested may join.

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Bi-Monthly Organ of the
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of the
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S T A F F

Managing Editor-Director Muriel Lauder Lewis
Route 2, Box 586, Ojai, California
(To whom money and contributions should be sent.)
Assistant Editor. Della D. Arroyo
457 Rodena Avenue, Los Angeles 22, Calif.
Assistant Director. Marie J. Hayes
R.D. 4, Nelson Run Road, Millvale 9, Penna.
(To whom correspondence concerning committees should be sent)
Office Secretary and Circulation Opal Owens
c/o Muriel L. Lewis, Ojai, Calif.
Publicity and Foreign Contacts. Marie Dempsey
1028 Washington St., Apt. C, Seattle 4, Wn.
Research and Branch Groups. Marie Forstey
717 Norfolk Avenue, Buffalo 15, New York
Children's Work: Revision of LESSONS IN THEOSOPHY FOR CHILDREN
Martha Pellan, Chicago, Illinois
Typist (Address Labels especially) --Lois Burns, Covington, La.

EUROPEAN RELIEF

Chairman: Elise Staggs, Ojai, Calif. Secretary Opal Owens, Ojai, Calif.
Other Relief Workers:
Ojai: Goldie Kabots, Sarah Jordan, Elizabeth Illig, Helen Stevenson
Los Angeles: Elsie C. Bansen

(This Committee also assembles and helps to mail out Digests.)

NOTE FROM THE EDITOR

Regarding our work for the coming year, its general outline will not change, but we hope to finish some projects and to develop others. Since I was delayed in sending out my plan of proposed work to the committees, replies are late in being received. In our next issue I hope to be able to print a final report of all Group workers.

Regular secretaries not listed under "Staff" are: Geneva S. Johnson of Chicago, Annabel McCracken of Elgin, Illinois, Jayne Haring of Los Angeles, California.

Contributors to our magazine are: Dr. Alice Chase of Nanuet, N. Y.; Maria Salazar of Cerrillos, New Mexico, Evelyn B. Bull of Pasadena, California, Della D. Arroyo of Los Angeles, Jane Swarthout of Tulsa, Oklahoma, Elsie Rutledge of Ojai, California and Thea Hehr of Santa Monica, California, and others.

Mrs. Rona Workman, who has acted as Editor for the past few years, has resigned from that post to carry on other theosophical work, but we hope she will still contribute articles now and then.

Other workers, overseas, who deserve special mention are:

Mrs. Ellie Pullin of Victoria, Australia, who is active in spreading our work by lecture and articles among lodges and Young Theosophist groups of Australia.

Mrs. Doris Sones of Melbourne, Australia, active in a Mothers Thought Guild in her church. She has procured articles for publication in our magazine and has ordered Gateway of Birth pamphlets from us to distribute widely to expectant mothers.

Mrs. Emma King of Victoria, Australia, has been an attentive correspondent, and has circulated our bulletins widely among youth.

Mrs. Aloo R. Sethna of Bombay, India, is interesting Parsi women in our Group.

Dr. Shri Ram of Delhi, India (not Shrimati Rukmini Devi's brother, Mr. Sri Ram, as several subscribers think) has been interested in our Group for several years and has ordered everything we could send him. His special interest was the women's work in Kashmir. However, at the time of the partition of India, he had to flee from Lahore to Delhi where he has resumed activities by re-ordering everything that we can send him in the way of literature and bulletins.

Grateful thanks also go to Miss Irene Hemus of headquarters in Epsom, Auckland, New Zealand. She has sent us 3000 pamphlets - the unused stock of literature that belonged to the Mothers Thought Guild that no longer exists in New Zealand. These pamphlets are now in the hands of Mrs. Marie Dempsey. We shall be glad to send them free to anyone, upon receipt of a few stamps to cover postage. Requests may be sent either to the Director or to Mrs. Dempsey. These pamphlets are listed as follows:

THE POWER OF THOUGHT
IDEALS: A Word to Mothers (Sex)
TO THE YOUNG MOTHER
EDUCATION DURING EARLY CHILDHOOD

THE CHILD'S BIRTHRIGHT
Part I: Truth
Part II: Freedom
MOTHERHOOD

Now, with all of these fine helpers doing the Group work for me, I have gone out and procured another position! This time I'll not be helping to make bean planters (last year I was secretary in a small manufacturing plant), but in a few days will find myself secretary to the Assistant Superintendent (a charming woman) of the Ventura State School for Girls (Reform School) and will be learning about Juvenile Delinquents! So, let us all work together co-operatively as in the past. Don't expect too many letters from me personally and don't mind if I send them via the mimeograph. Of necessity I have been turning more and more work onto my secretaries, and am finding them more and more capable. My heartfelt thanks for all your help in the past and during the coming year.

Muriel Lewis
Director- Editor

October 21, 1948

Editorial Page

Brotherhood is the First Object of the Theosophical Society. What better way can we teach this truth to our children than to bring to their parents a knowledge of the great races of mankind - of God's Plan of evolution through lower to higher forms? All great religions teach of the Fatherhood of God and of the Brotherhood of Man, but race prejudices persist throughout the world, regardless of the Christian's doctrine of Love.

Most religions, too, recognize the Feminine side of the Deity, but in Christian countries, Our Lady is only adored by Roman Catholics, yet many are the visions recorded of Her ministrations to the humble and lowly, regardless of faith.

Not so well known is the Manu, the Great Progenitor of our race, although Christians believe in Moses, who for forty years led and taught the wandering tribes of "chosen people out of Israel".

In this issue we shall attempt to explain the theosophical teachings regarding the evolution of the races, especially the development of the New Race in America; but at the same time we wish to give homage to the dying race of the Red Indians - the first inhabitants of America. Side by side in America, too, are many members of the "yellow" race on the Pacific coast, and the "black" men in the South. All these colors have been brought here for a purpose to further God's Plan of evolution. Therefore, who are we to judge racial supremacy?

From a little study about Those Great Ones who aid in the Divine Government of the World -- the Christ, Our Lady the World Mother, the Manus and the Brotherhood of Masters, our eyes are so widely opened that we have no thought of narrow racial bickerings as we stand in awe at the splendid vision of the little we can see of the Plan.

To see this Plan, we must stand on the summit, as Evelyn Bull has pointed out:

LIFE LIVED AT THE SUMMIT

"You need never know the words for your summit, words that you can use for another in an attempt to tell him what cannot be expressed. You may remain inarticulate. But that which you have experienced remains within you, a living dynamic force which may, if you so will, rejuvenate and reform your entire nature. You may literally be transformed and as your thoughts and feelings, so may your actions speak of this renewed life. You will be a changed person and in time know the old no more.

"To each comes his summit, whether it be in joy or sorrow, in time of great perplexity or momentous decisions, or by the still waters of deep peace. To those who live greatly in terms of service, who live selflessly, the pure flowing stream of the Spirit flows so swiftly, that the experience of the summit is renewed within them, again and again. Even so may we in miniature experience this miracle. We may live our summit so truly day after day that there will

be with us a great force of dedication released, His power within us, transforming our lives, radiating to others as Love, and all-holy Compassion, and an all-pervading Tenderness. So may it be."

Then in my scrap book is another fragment of never-ending inspiration that I should like to share with our readers entitled:

Notes from a talk given by one of the Masters
to certain chelas of the Master K. H.:

"I do not ask any of you to live on the summits: that were, as yet, to ask too much. But I do ask you all to live on the summits of your own attainment. This each one can do.

"Be unfaltering in your remembrance of the privilege of service. Nothing is so great. It is the highest boon that the most spiritual beings ask, the hall-mark of discipleship, the crowning glory of adeptship. You, disciples, who strive forward to the hour of Initiation, who have learnt by much sacrifice and tasted in many communions somewhat of the meaning of that event, realize that for you there can be no fatigue, no possibility of discouragement, no sense of being overburdened, no fear of responsibility. These so-called burdens are essential attributes of service, and each one must be welcomed with reverent gratitude and joy. Only under the pressure of incessant service can the disciple grow. Does fatigue follow? Look deep within yourselves for needed adjustments here. At the service last night I noticed indications of strain. These mean but one thing: weak points. What has a disciple to do with weak points? Consider this. Discover the disharmony in your natures. Purify. Discipline. Re-adjust. Each such spot is a centre of contagion for the whole group.

"The world behind you is praying for helpers none the less fervently because its prayers are dumb. Labour unremittingly, therefore, that you may attain the power to aid them: lifting them, - and so carrying part of that common weight of care and responsibility which your Master serenely bears, and which it is your privilege to share."

(From FRAGMENTS, Vol. II by Cave)

* * * *

Muriel Lewis, Editor

"In all the world there are only two kinds of people - those who know, and those who do not know; and this knowledge is the thing which matters. What religion a man holds, to what race he belongs -- these things are not important; the really important thing is this knowledge -- the knowledge of God's plan for men. For God has a plan and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful. So, because he knows, he is on God's side, standing for good and resisting evil, working for evolution and not for selfishness.

"If he is on God's side he is one of us, and it does not matter in the least whether he calls himself a Hindu, or a Buddhist, a Christian or a Muhammadan, whether he is an Indian or an Englishman, a Chinaman or a Russian....."

--J. Krishnamurti in AT THE FEET OF THE MASTER

The World Mother's Work

By C. W. Leadbeater

"In Her capacity as guardian of womankind She (The World Mother) naturally works in especially close collaboration with the agents of the Lipika, the Lords of Karma, whose business it is to find suitable births for the vast host of souls waiting to come into incarnation. This is often a matter of considerable difficulty, requiring the most delicate adjustment in reconciling conflicting claims, for of course the karma operates in both directions. If it be the karma of the incoming ego (soul) to have such-and-such parents, who will give him (or withhold from him) the opportunities which he has earned, so is it also the karma of those parents to have such and such a child, who may obviously affect their lives very seriously, and bring to them much joy or much sorrow.

"At this particular point of history the Manu of our Fifth Root-Race is working towards the development of a new sub-race, the sixth, which is to possess a number of new characteristics....

"...We have within us the possibility of unfolding all the characteristics which are needed for this new sub-race...They (our children) have within them the necessary capacity, but they do need development, and the development must be gradual, if you are to preserve the unity and the sanity of the living being. And so the method of the Manu and of His lieutenants (for there are thousands upon thousands of Devas and men working under Him) is that of gradual development.....

"So it comes that Our Lady, the World-Mother, is just now much pre-occupied with this matter of providing suitable incarnations for well-developed egos, and it is by no means an easy task....."

(From THE WORLD-MOTHER AS SYMBOL AND FACT)

QUESTIONS AND ANSWERS on "THE PERSON AND WORK OF OUR LADY

Questions answered by Bishop Leadbeater

Question: Would you tell us about Our Lady, about Her work as a Representative of the Divine Love?

Bishop Leadbeater: I do not know that I can tell you much. Half the human race is under her special management because She looks after the women.

Question: Is She concerned with physical evolution?

Answer: She would be concerned with practically every detail. Of course, it is an enormous, a vast department that of the Universal Motherhood. It is a great section of which remarkably little has been said. We have been preoccupied

rather with the masculine side of things. But Our Lady has the worship of thousands of women and she draws the worship and affection of thousands upon thousands of men as well. She is a very wonderful person indeed.

Question: Did she go into the Deva line immediately after that incarnation in Judaea?

Answer: There was the Assumption; I suppose She may have chosen the line then, but it took some time to effect the transfer.

Question: What I want to know is about Her work now.

Answer: It is not easy to put the thing into words because it deals with planes and dimensions so very different from anything that we know. Well! taking to begin with an example from the other side, you know the mystical meaning of the perpetual Crucifixion of the Christ. Of course, for one thing, that is His descent into matter -- the Lamb slain before the foundation of the world -- but also He is present in every sorrow and suffering of men in quite another mystical sense. Whatever humanity feels the Christ of humanity also feels within Himself.... I know this is all mystical in essence and not easy to put into words, but it is very true that THOSE Who hold that office share the suffering of the world and certainly thereby lighten it for us. They save us from further and far greater misery and sorrow as it is put in THE VOICE OF THE SILENCE. And so the Christ in each man is part of the greater Christ and in that way there is this uttermost sympathy, and in that way the man who knows does certainly minimise his own suffering, because he knows it is shared with him in that way....

Now, our Lady does the same for the other half of Humanity. Our Lady bears our burdens; Our Lady is in some way which I cannot define for you because I do not know it myself, I just sense the great fact, especially interested in every mother, is with her during the pangs of motherhood, especially takes part in some strange way in all the maternity of the world, and thereby lightens the suffering of it all. There is a vast field of work there of which few know anything at all, and the few who do know do not fully understand. He who enters the Great Brotherhood learns to bear his share of the burden which the Christ is always bearing, and so those who rise to any corresponding level on the feminine side would share the work of Our Lady. It is not symbolical only, but a very real sharing. The sorrows of the world are great because of the blindness and stupidity of men. On the physical plane it cannot be seen, but in the inner world that is a mighty fact, and all of that is carried, that is to say, part of it is carried by the Great Ones Who know and see, but everyone who comes into that great Brotherhood joyously gives of himself in that way to help on evolution, to help his fellow men. I once read a book in which the author put forward that idea, but only in symbol, not, I fancy, knowing the real thing. But he

described a king who took half of the sorrow of everyone of his subjects and thereby gave them the impetus to keep evolution going. That is what is done by the Great Brotherhood and its special leaders and representatives.

Occultism regards the position and work of woman in the world a little differently from the modern point of view. From the occult point of view the greatest glory of woman is not to take a degree and to live in a flat, but to provide vehicles for the egos that are to come into incarnation. And that is regarded not as something to be half ashamed of, something to hide and to put aside, but as the great glory of the feminine incarnation, the great possibility which they have and we have not. We have others, but not that particular really wonderful privilege.....

Question: Is the Healing Ray altogether different from our seven Rays?

Answer: It is a department of the Seventh Ray, but it is not confined to that. Our Lady and Her Orders contribute to it. I cannot tell how they divide the work among them. It sometimes looks as though they did not, as though they all took a hand whenever they chose. But you might say Our Lady is in charge of anything in the Healing Ray which had to do with the birth of children, that would come much more under Her than under the Angel Raphael. There are cross divisions which do not operate down here in the planes that we know... She plays a vast part in human life and those who devote themselves to Her thereby make certain sections or parts or facets of life more living, more easily to be developed and followed. But, for the purposes of an article, we should have to refer to Her as the World Mother, the Head of a very mighty spiritual organization, far more entirely spiritual than physical, and yet the influence reaches curiously down into daily life quite often.....

Question: Is it the Mother love which is in some way a reflection lower down of the Christ love?

Answer: No, I hardly think that the Mother love can be lower than the highest that we know or can imagine. That mother love is one of the most beautiful manifestations which humanity can show.

Question: And that would be under Our Lady?

Answer: Yes, that is under Our Lady just as it is true that Christ loves through His devotee, so does Our Lady love through the mother. All mothers are somehow reflections of Her,

in as far as they are true mothers. Motherhood is always a wonderful thing, because, even among quite undeveloped people, that has a transforming effect even though perhaps temporarily....

The Spirit of the Manu

By Dr. George S. Arundale

The link between The Theosophical Society and its real Founders is likely ever to be maintained.... They are not prone to guide. But now and then there are great things to be done. We are entering upon such a period today. It has been intimated to some of us that during the coming year, throughout the world and especially in India, there must be the infiltration again of the spirit of the Lord Vaivasvata Manu.

We all know from our literature that He is the great Head of the Aryan Race. It is for us individually who so desire, who feel so moved, to try to adjust ourselves to His eternal Reality....

This is the occasion when the world, the Aryan world at least, must hear the voice of the Father. It is a distracted world. It is a world in need. It is a world in confusion. And no voice can be more potent to dissipate the distraction, to satisfy the need, to remove the confusion, than the voice of Him who is the very heart of our race. While we cannot speak as He alone can speak, at least we can echo Him within a small compass.....

I feel tremendously joyous about this opportunity because I know it is an opportunity for us all, in our respective departments, according to our respective temperaments.... We can all interpret with what accuracy we have at our disposal the will of the Manu for the place in which we live... Not necessarily by going hither and thither in traveling, nor by lecturing, writing, etc., but always by willing, by aspiring at least, so that we link our will in some measure to His, our aspiration in some measure to His Great Plan, and see that, so far as may be, His power flows through the channel we make with our will and that His plan shines forth through our aspiration...

Let us be up and doing. Let us take advantage of the forces that are at our disposal. Let us not think of trouble and difficulty. Let us think only of the work to be done, of the light to be brought. Let us think of the way in which we can expand ourselves and transcend our limitations, whatever these limitations may be, at least to a certain extent. Let us make no excuses.....

Supposing some of you are physically decrepit. Give something independent of the physical body. Suppose the mind is not scintillating. Give a tremendous surge of aspiration; this is as splendid as any wonderful structure built by the mind. Let us give our efficiency; there is nothing more wonderful than efficiency. We can at least do our work well. If one happens to be a housewife, one says,

"I will keep my house beautifully." There can be no finer offering...

Let us live greatly during the coming year, using all these channels through which we can become more and more alive.

(From THEOSOPHICAL NEWS AND NOTES and reprinted in AMERICAN THEOSOPHIST, Feb. 1944)

Intuition ~ Developing in the American Race

(Quotations taken from her "Sermon on The New Sub-Race" at St. Alban's Pro-Cathedral, Hollywood, by Dr. Annie Besant. I heard this sermon and was happy to find it reprinted in the June, 1927 issue of THE LIBERAL CATHOLIC. Dr. Besant introduced scientific evidence of the occult views on the new race -- publisher's circular of a book being printed by Dr. Ales Hrdlicka called "The American Race", but I have never been able to trace this information down. She quoted Dr. Hrdlicka and other evidence to show that especially in California the newer children are showing out a new faculty -- Intuition. M.L.L.)

Continuing her explanation of Intuition, commonly called by us "the hunch", Dr. Besant continued: "I would put it to you as a religious duty, that if any of you should have the great privilege of having born in your family a child who differs from the others, very, very quick to appreciate a truth, rather impatient of explanation or argument, but with a clearly defined idea of what he or she ought to do, or ought to permit to be done to him or her, that you should recognise the presence of a faculty which will develop more and more, enabling the human being who possesses it to appreciate the deeper truths..of the spiritual life...."

Now this faculty of intuition may be developed in adult human beings by certain definite practices of meditation on the higher truths of religion, or by a deep and unselfish devotion to the object of human worship, or by a reverence for all that is great, noble and elevating. Thus people, like the older people of our own race...may develop the higher quality of spiritual intuition; the progress upward of humanity has now brought into our world the possibility of children being born amongst us who have this faculty in-born in them; not gained as you or I gain it by practice of meditation by purity of life, by aspiration after all that is noblest and best in human nature, but children who are born with that faculty; so that even in their extreme youth they are able to distinguish the right from the wrong, are able to guide themselves in a way which at first may be somewhat disconcerting to their elders, to parents, or teachers.

The number of these children has now reached a point among those in the public schools that renders desirable a separation be-

tween children who have this faculty and children who have not; so that they are now being divided into different classes, receiving a different method of teaching, called, I believe, in the school language, the "swift" and the "slow." Now we must remember if we use terms of that kind, that the word "slow" includes all that humanity has hitherto recognised as the natural means for the discovery of truth -- the power of analysis and reasoning, of classifying things and drawing out what is similar in them, the process of synthesis. Thus may be reached great intellectual concepts; this is the power that produced philosophy, that produced metaphysics, not as the scientific mind does, by examination of a large number of similar things, but finding out by a process of reasoning, the inductive process, the great laws of nature. Not the whole of these, nor all of them together, but a new spiritual intuitional faculty is born in the child, that makes it assert, as it were, its own vision of what is right against the slower processes of reasoning which adults may follow.

Now my reason for speaking to you about this to-night is that it throws upon all of you who are parents a very great and heavy responsibility. Naturally, if you find the soul whose body is very young asserting himself as the best judge of what his line of conduct should be, you may feel, arguing from the past, that you as parent are a better judge than this soul that has just come back into the world and is clothed in a very young body. We have to remember always that the soul, where he is able to make himself heard and understood, has that great faculty coming direct from the Spirit, of recognising the truth at sight, not only with regard to external nature, but also with regard to the internal direction, the voice of the soul speaking in the human being, however young the body in which that soul is dwelling may be.

If you recognise this now as a scientific fact, that this new type of humanity is showing itself amongst you, then your wisdom is, as far as is possible, not to try in any way to coerce or compel a child who has this faculty, but rather to observe, to watch, to guard such a child from all that may harm it, to use your experience in such guardianship, but to realise that a new type is appearing amongst you, given to you in trust who have a larger experience of the world than the young child can have; but also realising that the time has come in the divine guidance of humanity wherein children are being born in whom the soul is more a factor, if I may use such a phrase, than he was in us when we were young; that the Inner Ruler Immortal, the Spirit...is beginning...to come to His own, to assert Himself, the Self-realisation which is sometimes called the realisation of the Divine in oneself, that we elders are slowly gaining by the long process of effort in which we have answered to the voice of the soul within us; but in this new stage on which humanity is entering, this Inner Ruler Immortal is able to make His Voice more definitely heard, through the soul - under conditions not yet thoroughly well understood, but conditions which show themselves in this part of your great Republic - is already definitely showing Himself among you.

From all of us who are elders, the tenderest care, the very gentlest kindness and goodwill in everything are needed, so as to

clear the way which the young feet are to tread rather than to ask them to tread our well-trodden paths, followed by the sub-race...to which you may belong, so helping that evolution of mankind which will be more rapid as the years go on, and as the elders learn the wisdom of helping along that new development, rather than being troubled or distressed by its earlier manifestations...

Another thing, comparing this new faculty to the instinct of the animal, throws, I think, a great light on the upward-climbing of humanity to God. Accumulated experience is there; it asserts itself imperatively in the child who is born into this higher stage with probably some special mechanism in the nervous system, giving that power of discrimination to an extent which we have had to earn by long effort and toil; and as your own country is the scene for this new step forward in humanity, as according to the scientific men, it is in this State of California that the larger number of this new type of child is to be found, there are occasions enough to be willing, reverently and gladly, to learn how this new forward step of humanity is taking place, if in any family in which you may be parents, one of these children appears with this quality within himself; for it is really through that recognition of the Divine nature in man that we see such perfection in the manifestation of the Christ.....

It seems to me that it is for your State - it ought to be at least a great privilege - to realise that for some reason - as yet unknown to us, you are taking the lead in producing those who have entered upon this later stage of human evolution; yours the privilege of bringing into the world this great new type coming to you full of the life of the Spirit...and if you can realise that, then yours will be the power and the privilege of quickening that manifested growth, that great opportunity set before you, who as husbands and wives are the parents of the coming generation, many of whom will be of this higher more spiritual type; so that as it develops, as it increases in numbers, as it begins to lead the evolution of mankind, you may realise how great a privilege is yours, how great the blessing that has come upon your land that it is to lead the future progress of the world.

My Gift

What shall I give to Him when I shall see
Those tender eyes of Maitreya look at me?
A golden lily in a vase of jade?
A mighty symphony by masters played?
Temples of alabaster with great jewels overlaid?
Nay, these are things of sense, useless as clod
To One who long the Master's way has trod.
But in those mighty hands outstretched to bless
I'll place the sum of my soul's holiness:
Love for the Christ Light, which in all I see;
Labor to lift and help life climb to Thee.

-- Elsie L. Rutledge

The Races and Sub-Races

(Condensed from the Book THE SOLAR SYSTEM
By A. E. Powell)

For the purposes of the general scheme of evolution, the human kingdom is divided into seven great races, usually called Root-Races, in each globe-period. But it would perhaps be more accurate to say that in each globe-period there are seven stages of growth of the human kingdom, these stages not always being so clearly marked or differentiated from one another as in the case at present, with our clearly-distinguishable races.

Each of these Root-Races, or stages of development, is divided into seven sub-races, or seven sub-stages; and again each sub-race is further divided into seven smaller units, variously known as branch-races, or nations.

In our present globe-period the seven Root-Races are as follows:

FIRST ROOT-RACE -- This is called the Etheric Race, because it possessed no bodies denser than the etheric. No definite sub-races can be spoken of, though there are seven stages of growth or evolutionary changes. This race has long disappeared from the Earth.

SECOND ROOT-RACE -- This is the Hyperborean Race; it had physical bodies, and occupied a continent, called Plaksha, in the north of the globe. It also has now disappeared from the earth.

THIRD ROOT-RACE -- This, the Lemurian Race, occupied the continent of Lemuria, or Shalmali, as it is called in ancient story. Roughly speaking, this was a large Pacific continent in the South Sea. The race is the Negroid, and some of its descendants still exist, though by this time much mixed with offshoots of later races.

FOURTH ROOT-RACE -- This, the Atlantean Race, inhabited the continent of Atlantis, or Kusha, most of which has now disappeared beneath the Atlantic Ocean. Most of the present inhabitants of the Earth to-day belong to this race.

FIFTH ROOT-RACE -- This is the Aryan Race, and includes at present the most advanced members of the Earth's inhabitants. Krauncha is the name given to the present land surface of Europe, Asia, Africa, America and Australia.

SIXTH ROOT-RACE -- This Race has not yet come into being, though it will shortly appear. It is destined to occupy a new continent, which has already begun to rise, fragment by fragment, in the Pacific.

SEVENTH ROOT-RACE -- This Race will follow the sixth, and will be the last to appear on the earth in this cycle or round. Nothing is as yet known of the continent it will inhabit, though the name Pushkara is sometimes given to it.

The seven sub-races of the Fourth Root Race are: Rmoahal, Tlavatli, Toltec, Turanian, Semitic, Akkadian and Mongolian. The five sub-races of the Fifth Root Race are: Hindu, Aryo-Semitic, Iranian, Keltic and Teutonic; the 6th is beginning; 7th has not yet appeared.

The Old Americans

A FAMOUS ANTHROPOLOGIST OFFERS EVIDENCE OF A NEW RACE

Comments by Muriel L. Lewis on the book
by Dr. Ales Hrdlicka THE OLD AMERICANS

After having gained through the study of Theosophy some knowledge of evolution, of the rising and sinking of continents, some inkling of humanity's stages of growth through the great races and their offshoots -- one can read history with more intelligence. The discovery of America, the coming of the Pilgrims and later shiploads of colonists to the New World, as well as the later Western movement to California due to the "Gold Rush" and the influx of war workers during World War II -- then all take on newer meaning. One can see the Divine Hand of the Manu, directing and shaping this latest race in the newest countries of the world: New Zealand, Australia and in America. But in this article, we shall deal only with our own country, taking a scientific expedition with Dr. Hrdlicka, through masses of evidence -- measurements and statistics -- a survey covering fourteen years.

From clairvoyant observations made by the great Seer, Mr. C.W. Leadbeater, we have been told that an advanced civilization is to develop in what is now Lower California. That it will eventually inhabit a new continent, now rising slowly, fragment after fragment, in the Pacific many thousands of years hence. North America will be shattered into pieces, the waters of the Hudson Bay and the Gulf of Mexico will meet, leaving the vast expanse of plains beyond the Rockies a great body of water. Even now one can see the influx from the Middle West of the farmer class - all bringing their various skills and finding they grow in California everything grown "back home." From the Northernmost tip of California to the Colorado Desert on the South there is a wide range of climate and soils. Practically anything that is grown in the four corners of the United States can be grown in California - the apples of the Northwest, the cotton of the South, the corn and maize of the plains, and dates, flax and rice all compete with the famous citrus industry. No, this is not an advance notice of the Chamber of Commerce, but a thought that perhaps the West Coast may be a sort of Arc for the "flood" of the not too distant future! All the earthquakes surrounding the Pacific area-- Japan as well as California -- all point to subterranean disturbances and the cataclysms may be as early as seven hundred years hence, when the little Colony which will be the germ of the New Race, will be founded in Lower California.

We have already read (see A.E. Powell in THE SOLAR SYSTEM) that "In accordance with the general plan, the Sixth Root Race will be created from the Sixth Sub-Race of the Fifth Root Race," and that as said above it will spread over that new Pacific continent to come up alongside of the two Californias "Alta and Baja" as the Mexicans call them, protected from the sea by the Rocky Mountains on the East, and "the Western strip on which the Sixth Root Race will be founded, is then becoming an easternmost strip of the new continent." Meanwhile, "the Fifth Root-Race" will be at its zenith and all the pomp and glory of the world will be concentrated therein..."

Although Americans, having migrated mainly from Europe, are predominantly Teutonic in origin, there is even now developing in America an offshoot (beginnings of the Sixth Sub-Race) verified by scientific evidence as set forth in this book by Dr. Hrdlicka, THE OLD AMERICANS.

Since the seventeenth century the temperate zone of North America has been receiving migrations from Europe. Although they have come mainly from the British Isles, many have been the immigrants from Spain, France, Holland and the Norse countries. Towards the end of the eighteenth century Germans also began coming.

All these newcomers were from the North of Europe, and above the average in energy -- most of them pioneers. Their appearance ranged from blondes with oblong heads to the round headed, brown Alpines and Gauls, and the olive skinned whites of the Mediterranean.

According to Dr. Hrdlika these immigrants made rapid adjustments. The great expanses of our country gave them more freedom of movement than did their homelands. The larger farms and good soil provided them with a greater abundance of food than they could have had in "the old country." Also young America gave these sons of old Europe a fresh new outlook on life -- racial, religious and political freedom -- without the persecutions and fears of the old world.

Their children -- even the first generation -- were really Americans, DIFFERENT FROM THEIR RELATIVES IN EUROPE. Now, in America the inter-mixture has made a separate sub-type of white * people, according to Dr. Hrdlika.

Scientific studies have been made ** in which it was discovered that the bodily form of immigrants' descendants changed "with remarkable rapidity, and with a tendency towards more intermediate forms." (Dr.H.). Four groups of people were investigated under the direction of Dr. Franz Boas: the South Italians, the Central European type, the Northwest European type and an extended series of East European Hewbrews. The traits examined were head measurements, stature, weight and hair colour. Under the American environment, Boas pointed out in his Report, bodily changes are intimately locked into psychical, emotional and mental changes and "From these facts we must conclude that the fundamental traits of the mind which are closely related with the physical condition of the body and whose development continues over many years after physical growth has ceased, are the more subject to far-reaching changes." Dr. Hrdlika, commenting on this said: "Were this true, the formation of a new more homogeneous American type ought to be a question of but a few generations, and well advanced toward maturity among the descendants of the oldest American families."

* Let us not misunderstand the color question. The black and red races have about fulfilled their destiny, while the yellow and white races are at present predominant in the world, the white to give way to perhaps another "color"!

** Report of the U.S. Immigration Commission, headed by Dr. Franz Boas, celebrated anthropologist of Columbia University. Report is Document #208 of the second session of the 61st Congress, dated 1911.

The coloring of people in the Sixth Race Colony of the future was seen (clairvoyantly by C. W. Leadbeater) as "white", though some were seen to have darker hair and eyes and the olive complexion of the Latins. The present inhabitants of Lower California are Mexicans, but the border town of Mexicali, is becoming a "melting pot"--those who are trying desperately to gain entrance into the United States. When I visited the beautiful high school in Mexicali in 1917 --the only mark of beauty amidst a cluster of shacks in the desert --I was surprised to find so many blonde children in the various rooms I visited. At that time the "ruling family" in "Baja California" had intermarried strongly with the influx of Germans, and perhaps, and perhaps this Teuton blood was then mixing with the Indian, or ^{else} pure Spanish blood in Mexico. At that time I was treated with utmost courtesy by officials and teachers, although "Gringos" were always eyed suspiciously at that time, and that very night the border was "closed", where I believe it has remained ever since, except for the usual red tape. A friend of mine had, years before, traveled hundreds of miles into the interior of Lower California on mule back with her husband, a mining engineer. She is a Theosophist and laughingly remarked that the country would have to change a lot before an "ideal Colony" could thrive there! But in a few years Mexicali has blossomed into a beautiful city if my eyes believe the pictures of its broad boulevards and tree-lined parkways!

As far as New Race color is concerned, Easterners coming West soon take on the native Californian's tan, and those who go in for sun bathing have all the varying shades of olive coloring. Then, too, Mr. Leadbeater said the people of the future are very tall, no men shorter than six feet, and many women nearly that tall. Again, we see about us American youth already portraying in color and stature the characteristics of their New Race descendants to come.

Turning back to Dr. Hrdlika's book, what is meant by "Old Americans"? He made exhaustive studies from 1910-1924 of a group of families whose ancestors were numbered among the first settlers in America. His findings disclosed that "Old Americans" might be termed those whites whose ancestors on each side were born in the United States for at least two generations (as of 1925) going back from eighty to one hundred and fifty years at least. Most of the individuals examined had American heredity going back three generations on one side and some as far as four, six or eight generations on the other side; some claimed four generations of American ancestry on one side and even five, six and a few had seven generations on both sides. Over nine hundred subjects were examined, and one thousand extra for purposes of pigmentation. No servants were included, nor members of the laboring class, but mainly business and professional men and women. Descendants of those whites who came to the United States before 1812, then, may be considered "Old American" stock, according to Dr. Hrdlika.

In 1790, 89% of the American population came from Wales, England and Scotland, In 1804 there were many French intermixed with some Spanish and much Indian blood as in the Mississippi Valley. The stock did not change much up to 1820, but after this time immigrations caused the national character of our people to change.

HERE IS THE AMERICAN RACE

(Condensed from THE OLD AMERICANS by Dr. Ales Hrdlika.)

There are three classes of "Old Americans": (1) the inbred population of the small New England towns, (2) the farmers of the Middle States and (3) the Western pioneers.

The various white types peopling America all based on earlier races are the:

- ENGLISH TYPE: (a) Neolithic - broad headed of Bronze period
(b) Mediterranean strain brought in with Roman invasion
(c) Germanic tribes of what is now Western Germany and
(d) Normans, French etc. /Holland
- GERMAN TYPE: Peoples of Northwest Europe, Slavs, Alpines
- FRENCH TYPE: Alpines, peoples of the Mediterranean, those of Southwest Germany and the Normans
- SLAVS: Old Europeans modified as to locality by Finno-Uyrians, Scandinavians, Germans, Alpines, Italians or Turks.
- SPANISH TYPE: Iberians, Kelts, Vandals, Suabians, Phoenicians and Moors.
- DUTCH TYPE: Two native strains besides the Spanish and German
- JEWS: They carry the blood of every people with whom they have lived.

Most, if not all of the above have traces of yellow, brown or black races. The Scandinavians are mixed with the Mongolian Lapps and even have German and English blood. The Semites have traces of African blood that later came to Spain and France. The English are mixed with Welsh, Scotch and Irish. The three MAIN sub-types are those individuals representing the Nordic, Alpine or Mediterranean types but all based on earlier races.

It will be interesting to note that whereas America consists of all the fore-going types, Australia, (another country where the New Race is also said to be developing) is made up of 90% British stock!

COLORING

Whereas Europe produces peoples of rather marked physical characteristics such as blondes in the North and the olive-skinned Latins of the Mediterranean, statistics show that the "Old American" stock has less real blondes and less brunettes and red heads than are to be found in Europe. Here in America there seem to be more blends and intermediates with fewer extremes. Grayness manifests early among the Old Americans. There are more light than dark-eyed Americans, too.

As to skin coloring - two-thirds of the old stock males and three-fourths of the females were found to have medium skin coloring, while more of them have straight hair than curly. (Our flourishing "Permanent Wave" business should prove this point regardless of statistics!)

STATURE

Observation as well as statistics prove that young Americans are of tall stature, those of "Old American" stock being the tallest among the American people, according to Dr. Hrdlika's findings. This tendency to tallness, he says, dates from a period before the Civil War -- that is, measurements of Civil War soldiers first brought to light this fact -- and this tallness increases with time, regardless of the influx of short and stocky Europeans. This tendency to tallness is not inherited, but is something with which most young Americans are endowed due to birth on American soil. Looking all about us we can see children towering over their parents. All this increase in stature Dr. Hrdlika believes is due to "a favorable change in environment" coupled with the American's love for sports and outdoor life.

Summing up his observations, Dr. Hrdlika said "This Neo-American type will in all probability be, in the average, tall, more sanguine, and perhaps less spare than the old. It will remain an intermediary white type in pigmentation, head form and other respects. And it may well be expected to be a wholesome and effective type....

"The future of the Old American stock, therefore, need cause no concern. All available anthropological evidence points to the fact that just as the older population so the later comers to this country have been undergoing a gradual physical improvement, leading in stature and other respects in the direction of the type of the Old Americans....

"Just what the new Americans will be in world affairs will depend in the main upon the soundness of their organization and training and upon circumstances. So far as physique is concerned, the indications seem decidedly hopeful."

* * * * *

EVIDENCE OF A NEW RACE?

The following excerpt was taken from the April 2, 1927 number of the Journal of the American Medical Association:

"To the Editor: - For more than thirty-eight years we have been manufacturing children's garments, from first long clothes to dresses for girls of twelve years.

During the past year, for the first time in our experience, we received complaints that the neck measurements of our dresses for babies one, two and three years of age were not large enough. So persistent have these complaints become that we recently adopted patterns whereby the necks will be made one inch larger on these sizes than heretofore.

We thought the matter interesting enough to bring to your notice. Can it be possible that still another effect of prohibition has been unearthed? And, by the way, an interesting phenomenon is the very large number of complaints from California. Another manifestation of the glorious climate? -- NATHAN KRAUSKOPF COMPANY

By Mark Silverberg, New York."

Beauty as it is Lived by The American Indian

By Beatrice Wood

The first time I came in contact with the Indians was in New Mexico, two thousand miles away from New York, my home, for neither in the larger cities nor smaller New England towns of the United States, does one see Indians. They live mostly in that glorious, desolate part of our country called the desert. I was therefore, extremely interested as they came up to my train window. They were not at all as I had imagined Indians; their clothes were dull and uninteresting, and they were selling bad pottery and cheap beads, the kind of "art" the tourist encourages.

I mentioned my disappointment to a man who had lived all his life in the vast spaces of the West, and he told me that all Indians who contacted the white man's civilization were spoilt, and therefore, if I were interested to meet the few fine ones that remained, I should have to leave the railroad and go inland. It was our education, with its whisky and newspaper learning that was gradually killing them, as it was bringing them but dissipation and disease, for instead of becoming cultured beings, like ourselves, they were just turning into strange nondescripts, who possessed the simplicity of primitive men with the disadvantages of our vices.

He continued with a sigh, "It will not be long before the Indians are only history. I wish you could see some of the old types, but they rarely leave their "pueblos." They are scattered here and there through the great desert."

But, even these poor beggars at the train carried themselves with so much unconscious pride that my attention was arrested, and remembering my childhood fascinations for their legends, I decided that I must see more of them. I learnt afterwards their straight carriage was partly due to the fact that as babies they are lashed to a straight board, and that later they are in the habit of carrying water and wood on their heads.

I had the good fortune to be present a few days later at an Indian Ceremonial, a festival which lasted for four days. The Indians from the various tribes came pouring into a small town from all parts of the reservations, which extended for many scores of miles. It was a beautiful sight to watch them appear on their ponies over the red and golden rocks with the azure sky as a background. They were dressed in velvet and calico of many barbaric, but never inharmonious colour, and were adorned with turquoises, their sacred stone, silver beads and bracelets. Many had gaily coloured blankets, used as saddles, all of which made a symphony that thrilled me like music by its purity and radiant joy of life. The brilliant colours danced in the warm sunlight.

The Indians, of course, are famous for their blankets. These are usually made by the women, though the custom varies somewhat with the different tribes. There are over two hundred tribes in the United States, and some of these are as different in feature and custom as any of the European nations. Each tribe speaks a different dialect,

yet they understand each other by an intricate system of signs. Often the chiefs of the various tribes get together, and for hours remain in conference without a single word being exchanged, and yet they have understood each other.

The soul of the Navajo woman is expressed in the design of her blanket. Before they begin, and at their work, they sing songs of blessing, praying that the blankets may be beautiful. The Indians have a deep mystic nature, and we see this reverent approach to every deed of their lives. Living in unrestrained touch with Nature, they are naturally keen observers of her forms. It is as they watch the leaping animals, the flying birds, and the growing plants, that they conceive the origin of their art motifs..

The story of the blanket is a study in itself. Each colour and design is a symbol having a meaning of its own. To the older Navajo Indians, not sophisticated by the white man's civilization, colour was sacred, and was never chosen by accident. Sunshine, being the radiant, happy colour in which they lived, was red. The East was symbolized by white, the colour of the dawn; the South sky was blue; the West, where the sun set, was yellow and gold, while the North, dark and ominous, was black....As the South, with its warm breezes was gentle as a woman, the colour blue, belonged to the female, while black was the colour of the male, who like the North, was rugged, violent and cold.

The dye of the blankets was made in various ways. The leaves of the peach, lemon-colored moss, wild sunflowers and corn flowers, produced yellow. A lovely red was made from roots and berries. East of the Rocky Mountains was found a chocolate-coloured stone, which, when burnt, powdered into dust, and put into a vessel to simmer with the bark of the hazel-nut tree, made a shiny black. This result was obtained by drying the contents of the bowl on a board after many hours over a fire, and rubbing it with bear-oil. Wild grapes, gooseberries and currants were used. Unfortunately, many of the old methods of dyeing have been lost.

A few Indians came to this Festival in automobiles, but there are not many who have wealth, as the majority of them are so poor that they are forced to earn a pitiable living working in ditches, and farming a waste and rocky land that has no irrigation.

The government bureau in charge of Indian affairs has but scanty appreciation of their religion and art. It takes very little trouble to protect their property, as their poverty attests. It is a common American habit to think of the Indian as merely a savage or a dying race not worth bothering about.

The first time that I heard their singing, a fire leaped into my soul, and I was overcome by a strange, poignant emotion as if all the kingdoms of nature had united and spoken to me. Their voices were the wailing of the wind in the leaves, the awakening to life of the rocks, the cries of happiness of the stream as it sparkled on its crystal path.

I was at breakfast. the busy waitress shrugged her shoulders and said: "There go those Indians, they make me sick, always out of tune." I could not help thinking that that was the way the govern-

ment thought too. She was surprised that I left my breakfast to rush out into the open where some fourteen of them were grouped in the plaza. They sang as if impelled by a desire to be one with nature, to mingle their voices with the cry of the coyotes, the roar of the mountain lions, and of the singing of the birds. In their song they burst from the shackles of civilization and found spontaneous expression for the joys and sorrows of their race. It was like witnessing a phenomenon of the desert manifesting itself in tender and thrilling sound.

The composition of their songs was as unrestrained as their emotions, and it seemed to have neither rule nor scale. Often it was without words, the tone being carried on by syllables, proving very strongly that they are the pure vocal utterances of emotion that lie outside the realm of words, and can only be expressed through music.

As the day progressed, there was dancing and singing in plenty. Propaganda of political nature and the "ever well-meaning missionary" have spread the rumor that some of the dances are immoral, but archaeologists, artists, and serious students can testify to the contrary. The dances are sacred; some are prayers for the harvest and for rain. The crude figures worshipped are merely symbols to invoke the elements they represent. We Christian people should remember that we too venerate a cross, because it is a symbol.

The religious character of the Indians is of a very high moral order. They have an intuitive belief in the existence of the soul after death, which they believe has to pass through great difficulties for many months, going by a river where some even meet disaster, and reaching its final destination only after many scores of years.

As children, they are taught honor. They are corrected by prayers or tears, never by menaces. Once your friend, always your friend, for they have great loyalty. Naturally they are suspicious of the white man because they have cause to be, and show no hesitancy in returning deception where it has been given.

The Zuni tribe takes great pains to teach its children to concentrate and to meditate, also to play "guessing games", so that with their eyes closed they can often tell the color or the form of an object another child is holding. They know that sounds have colour, and that colour originates from solar vibrations.

They are an independent but poor people, knowing nothing of commerce, and being totally ignorant of the value of money. They practice honesty according to their own methods. "We are Sun Worshipers not Gold Worshipers," they say.

While walking through the pueblo of Zuni, I noticed that each face bore a smiling expression, and I remarked about it to a friend who said, "They are always gentle, for they believe that there are invisible spirits about, and they do not wish to offend them, nor to trouble their peace." In fact, they are taught for that reason, never to hold an evil or jealous thought; to try rather to avoid an enemy than to revenge themselves -- a beautiful philosophy.

The Sacred Brotherhood of this people has a sign language known only to the initiated. It is made difficult to enter any of the occult classes as they realize the danger of an average mind misapplying the teachings. The worshippers of the Brotherhood devote their life to mental development and to the achievement of psychic powers, by which too, they heal sickness. Their desire is to "Live in peace with all the world, and for its brotherhood, and the good will of men."

The law has forced a mission on every "Pueblo." These they nominally support, but they in no way affect their loyalty to their own religion. These missions are plain, bleak houses, unusually ugly in architecture, quite out of character with the golden rocks and grandeur of the surrounding open country. It is this aloofness of the mission from the sympathy and softness of the desert that causes their promoters to stifle so much that is genuine in the Indians. The power to discern beauty is a spiritual one, and Beauty is a necessity, not a luxury.

Therefore, the Indians are right to reject our cold, unimaginative school rooms, and to open their hearts to the message of the gentle hills, the rugged rocks, the swaying trees, and other manifestations of nature, for only by responding to the beautiful do they develop the faculties of their souls, and it is from this inner vision that emotion flames to the highest planes of religious ecstasy.

An Unusual Art Exhibit

A TRIBUTE TO OUTSTANDING AMERICAN NEGROES

By Duffy Lewis

We had the pleasure this summer of twice viewing an art exhibition of unusual interest. Once at Asilomar, Pacific Grove, California, and again recently at the Santa Barbara Museum.

The exhibition is a group of some thirty odd portraits of outstanding Americans of Negro origin.

First, one is greatly impressed with the technical skill and artistic achievement in these life-sized portraits. One moves from one portrait to another with artistic satisfaction, such as only accomplished craftsmanship and conception of subject can produce.

The works are done by Mrs. Betsy Graves Reyneau and Mrs. Laura Wheeler Warring. The majority of the pictures are painted by Mrs. Reyneau, who studied under the late Frank Duveneck and in Europe. The remainder of the pictures are painted by Mrs. Warring who studied at the Pennsylvania Academy of Fine Arts and in Paris at the Grand Chaumiere.

One's second reaction after making the circuit of pictures, is one of social implication. Here indeed is a group of pictures that "are a reminder of the services rendered to American civilization by Negroes in the fields of science, medicine, law, literature, sociology and education."

The list of subjects is an impressive one; ranging from the old scientist, Dr. George Washington Carver to the boy, Edward Lee. These two subjects are perhaps the two outstanding pictures in the group.

The portrait of the great old scientist is obviously done with much affection. It depicts Dr. Carver examining a flower. There is an attitude of hallowed reverence as the great scientist examines the handiwork of God.

The portrait of Edward Lee is the picture of a boy deep in thought. Dr. Carver said of this picture "he has the history of the race in his face."

Traveling with the exhibition is Mrs. Bella Taylor McKnight, Field Representative for the Harmon Foundation, Inc., 140 Nassau Street, New York 7, New York, under whose sponsorship the exhibit is being shown throughout the United States.

Mrs. McKnight, a lady of Negro blood, is a gifted speaker with rare personal charm. She brings dynamically to her listeners the challenging story of how the exhibit came to be. She tells how Mrs. Reyneau returned to this country in 1939 from Europe and went into the South just as America entered the second world war. She was appalled by the discrimination and treatment of the Negroes. Feeling deeply that racial bigotry is intolerable, she created this exhibit to combat racism, and to call attention to the achievements and contributions to all mankind by Americans of Negro origin.

Black and white reproductions at a nominal fee may be had by writing to the Harmon Foundation.

The students of the Ancient Wisdom who labor in behalf of universal brotherhood will see in this exhibit a contribution to intercultural understanding, and an exhibition of fine art.

Friendship

They that love beyond the world cannot be separated by it.
Death cannot kill that which never dies.
Nor can spirits ever be divided that love and live in the
same divine principle,
The root and record of their friendship.

If absence be not death, neither is theirs.
Death is but crossing the worlds as friends do the seas;
They live on in another still.

For they must needs be present that love and live in that which
is omnipresent,
In this divine glass they see face to face, and their con-
verse is free as well as pure.
This is the comfort of friends, that though they may be said
to die
Yet their friendship and society are in the best sense ever
present because immortal.

-- William Penn

Who is Your Child's Invisible Playmate?

By Elsie L. Rutledge

If you hear a grown-up person talking to himself, you wonder if he is mentally unbalanced, but when you hear a child doing so, you smile and say, "Childish imagination."

Now it may be the imagination of the lonely child who seeks companionship through the imagination, or it may be entities.

If adults in the household have not been tampering with the spirits of the "dead" or "unseen masters", we can assume that the consciousness contacting the child is harmless since the little one comes from the Heaven world with a purified aura to which evil forces can attach no wicked vibration.

If, however, the elders of the family have been dabbling in "spooks", disincarnate beings may attack the child causing serious injury. As an illustration; a man and his wife went in for Spiritualism, taking their young son with them when he was very small. Vicious entities proceeded to obsess the child for seven years in spite of the blessings of churches and the ministrations of the best spiritual healers.

Some persons traffic in disincarnate entities for an occasional thrill. If you do this, perhaps you can take care of yourself, but how about negative adults or little children in your family?

In another case, a mother who had just started to study occult philosophy strained to contact her "Master." She contacted a master, all right, but unfortunately, it happened to be a Dark Brother whom her child called, "The Dirty Man." This being obsessed both mother and child, driving the mother insane and afflicting the child with strong, precocious, sex impulses.

Truly the sin of vanity has been much underrated. To make matters worse; its workings on the Astral Plane are much more serious than on the physical plane.

Now, granting a normal home environment for your child, who is his invisible companion?

One child who lived on Carroll Canal, Venice*, would frequently regale her mother with descriptions of the antics of a "tiny baby man" who came out of the water and did tricks to amuse her. Evidently it was a good show because the child would shout with laughter. This water-sprite continued to entertain the child as long as they lived by the canal, although he never approached her within touching distance.

A certain child would laugh and talk loudly in glee as she played with her toys. At last, her mother asked her who she was playing with. "Why, Lorley," replied the child. "Isn't she a cute little girl?"

Later, two little girls came to have lunch with this child. All the little spoons were working vigorously, when suddenly, every little head spun around. "Oh, look at the dear little kitty!" "The pretty little white kitty!" "But it ran so fast!" The three little pairs of eyes had darted through the dining room to the kitchen on a level with the table. Evidently, the kitty scorned to run on the floor.

This particular mother had owned two dearly beloved white cats over a period of years. The question arose in her mind as to whether it was a shell or the astral form of one of these defunct pets. They had been so intelligent. Maybe they really were ready for individualization.

A moment later, all three little girls started to laugh uproarously. "Oh, look at Lorley! Isn't she funny?" And the two visiting children agreed. Following their eyes and listening to the exclamations, it appeared that Lorley was turning somersaults, bouncing from floor to ceiling, grimacing, and clowning at a great rate.

For three or four months, Lorley played with her playmate in incarnation and frequently did tricks which sent the child into gales of laughter.

Finally, the little girl played quietly, listlessly. There was a sadness about her. At last, the mother inquired, "What has happened to Lorley? Doesn't she come to play with you any more?" "No," sighed the little one. "She had to go to a mamma." All of which illustrates a teaching of the Ancient Wisdom.

We are told that when man lays aside the physical form in so-called death, the finer vehicles ascend to the Astral or Lower Heaven. This heaven is divided into seven sub-planes. The first sub-plane is an earthy, unhappy place; the second, a negative one; the third, the Summerland of the Spiritualists, while the fourth contains among other things, the beautiful Garden of Children.

Here, in this unutterably lovely realm filled with grass, trees, flowers, fountains, music, and singing birds, come weak, unevolved souls, tortured souls, who are unable to maintain control over their set of vehicles in a new incarnation, but who must be taught and helped so that when they are again clad in "coats of skin", they will have the strength and understanding to fit in with the environment into which they shall be born and be able to survive.

Here, devoted maternal souls tutor these frail ones in an atmosphere of floating bliss and unutterable love. These loving and sacrificial souls work over humanity's weak or evil dregs, many times giving up their well-earned sojourn in higher, happier heavens, in order that they may assist the Master of Love to uplift laggards and speed the evolution of the planet.

It sometimes happens that the heaven world training is incomplete in some respect and that the only way in which a particular soul may gain a necessary experience is by contact with a suitable child on the physical plane.

So this entity becomes an "invisible playmate" to a certain child. In this way, our little one may be working with and for the Masters.

If this occurs in our homes, it is obvious that we, too, have a contribution to make to aid the great beneficent scheme of things:

First, we must not talk the child out of believing in his intangible friend.

Secondly, we must fill his environment with the highest and best conditions possible.

Thirdly, we should consciously treat and concentrate in a ministry of love and healing to the struggling entity which has been drawn to our strong little "teachers".

Healing Department

MUSIC FOR MENTAL PATIENTS

"The Present Status of Music Therapy" was the theme for the Panel Discussion at the 38th annual convention of The Music Teachers' Association of California held in San Diego in July. Moderator of this discussion was our associate, Mrs. Evelyn Benham Bull, Director of Music Therapy at Los Angeles City College.

Among the three hundred delegates present, those who contributed to the discussion were Dr. William Ulrich, formerly director of the Glendale Symphony Orchestra who spoke on "The Effect of Music on the Mind", indicating that various different forms of music can be used successfully in the treatment of many kinds of mental diseases.

The benefits of music on the 4,066 patients at the Patton (Calif.) State Hospital were brought out by Dr. Otto L. Gericke, Superintendent and Medical Director, and Mrs. Fairo Davis, music therapist at that institution.

Mrs. Dora Shaw Heffner, Director of California Department of Mental Hygiene spoke of the pressing need for funds to secure more musical therapists in treating the insane.

Summing up the discussion, Mrs. Marguerite O'Leary, president of the association, said that the State Legislature provides funds for but two music therapists in two state hospitals; and that the Music Association intends to ask for funds to provide many additional therapists for all ten institutions in order to care for the 35,000 persons admitted yearly.

(Condensed by M.L.L. from two column writeup in the Sacramento Bee, July 9, 1948)

OTHER MUSICAL SELECTIONS FOR USE IN HEALING

(See last issue of Digest)

MUSIC THAT DIRECTLY AFFECTS THE SUBTLER ETHERIC BODIES:

No. 18 of Mendelssohn's "Songs Without Words"
Holy Grail Motif in Parsifal
Hymn, "Nearer My God, to Thee"
Home Sweet Home

MUSIC FOR ACCELERATING ACTION OF HEART AND LUNGS: Mendelssohn's "Wedding March"

MUSIC TO SOOTHE EXCITED BRAINS AND INDUCE PEACE AND SLEEP

Staenhausen's "Pastorales" and Chopin's "Nocturne in E Flat"

MUSIC TO DISSIPATE NERVOUS WEARINESS: Godard's "En Courant"

NOTE: A dull, sluggish nature, should be gradually roused by
POWERFUL AND IMPRESSIVE Music.
Those of a nervous disposition by SWEET AND TENDER melodies.
A gloomy temperament might improve under LIGHT, SHORT and
GAY MUSIC.

--From PRINCIPLES OF OCCULT HEALING Ed. by
Mary Weeks Burnett

Please Do!

I must go down to the pasture gate
And bring up a little lamb that strayed;
His mother died this afternoon,
And he is lost and afraid,
I'd love to have you go down too.
Please do!

We'll go through the lane where the wild pinks grow,
And honeysuckle, and seeds with wings;
And maybe we'll see a meadow lark,
Where he hides in the grass and sings.
Now wouldn't you love to go down there too?
Please do!

The lamb is hungry, I hear him bleat,
He needs a feeding of nice, warm milk;
I'll let you pet him and lead him home;
His wool is soft as silk.
I'd love to have you go down too;
Please do!

--Tess McLean

Sample Vegetarian Meals

Suggested by Dr. Alice Chase

(Directing Physician, The Health Rest
Nanuet, New York)

Breakfasts

1. Baked or stewed apples and raisins; milk
2. Stewed prunes; oranges; buttermilk
3. Mixed dried fruits: 2 dates, 2 figs, a spoonful raisins; pint or more of diluted milk (half and half) an orange or an apple
4. Cashew nuts, sliced oranges and pineapple, lemonade, honey
5. Pecan nuts; citrus fruit; lemonade; honey
6. Shredded wheat, toasted, buttered. Chew well, follow with any fresh raw fruit, or simple beverage such as Postum, Minute Brew, cream, honey.
7. Whole wheat well cooked or oatmeal or brown rice, season with cream. No sweetening. Chew well, follow with raw fruit. (Never mix cooked fruit with starch at same meal)

Luncheons

1. Pie and Milk; raw fruit
2. Pint of milk; raw fruit
3. Pint of buttermilk; ice cream; berries
4. Any kind of cheese; fresh fruit.
5. Vegetable salad; bread and butter or baked potato; raw fruit
6. Vegetable stew, raw fruit
7. Any kind of soup, bread and butter; raw salad; raw fruit

Dinners

1. Protose roast Stringbeans; beets; Salad: lettuce, pineapple, celery
2. Vegetable plate: cauliflower, carrots, peas, spinach; Any salad; cookies; beverage.
3. Baked vegetable dish with eggs; raw salad; fruit cup
4. Raw salad with nuts or any kind of cheese; beets; spinach; peas lightly steamed; fresh raw fruit
5. Soup; nutmeat; mixed vegetable stew; raw salad; fresh fruit or berries
6. Baked macaroni with onions, celery and mushrooms; carrots, spinach, lettuce, celery, olives, sweet raw apple
7. Baked potatoes, spinach, parsnips, cole slaw of cabbage, carrots, spinach, onion, cucumber. Seasoning for salad: lemon juice, oil, vegetable salt.

Answers to Mrs. E.W.

AN EX-KINDERGARTEN TEACHER AND MOTHER OF FIVE
OFFERS SUGGESTIONS TO HELP SOLVE
THE PRE-SCHOOL PROBLEMS PUT FORTH
BY MRS. E.W. IN OUR LAST ISSUE.

For our new members who did not receive the May-June number of MOTHERS OCCULT DIGEST, we printed a letter from "Mrs. E.W." requesting advice in the disciplining of her two boys of two and four. Her problems: (1) She lives in an upstairs apartment and her "noisy" children keep the downstairs' tenant from necessary day-time sleep; (2) She is overworked and nervous and not a "natural mother or housewife"; (3) She longs for occult study but has no time; and (4) feels remorse from using corporal punishment in trying to cope with her little ones.--M.L.L.

Dear Mrs. E.W.:

My Children's Advice

The night after the Mothers Occult Digest arrived I read your letter to our children and as I surmised, obtained frank, practical advice from authoritative sources. To your plea, eleven-year-old sister replied, "Take them to the park every day if they haven't any yard." Said superior male thirteen, "Walk them to a playground (school) or hire someone to do it" (ha, ha). From sister, age nine, "Take a trip to the zoo or get a pet." (via stroller, harness, or street car?) Her favorite summer diversion has always been a visit to a nature museum where animals are loose, so we wonder if you are near enough to the Children's Zoo in Bronx Park, N.Y. to spend the day (like the patients of Bellevue Hospital do once a year?)

All this time ages four and seven (males) continued their chatter, so your last query drew a responsive chuckle from the three oldest. Their answers, you see, showed sympathy with the children rather than harassed mother! We've passed thru this "I won't" stage with a sigh of relief. However, our children know that babies, at the two to four level especially, need the freedom to explore and develop their large muscles by climbing and running in an uncluttered space that is not usually found in apartments. Just forbear a little longer until two is four and four is six when they will play comfortably together without much supervision.

Suggestions.

I, too, have a list of sterling suggestions to offer, of course, but before "sticking my neck out" I'll say, "I know it's easy to generalize and quote book lists, giving you a paper meal instead of whole grain wheat, but we have five (the last born when I was 37,) and I have had to readjust continually the ideal to the actuality (my wild emotional body which is the chief obstacle.)

You have made the first step toward a solution of your problem: i.e. asking for help (there are helpers on the Astral Plane for you) and defining your difficulties and blessings. Since we believe that "thoughts are things" many good wishes have already gone out to you. Experienced mothers and educators in the Theosophical Society insist

that a mother cannot get thru a day of baby care without a high degree of concentration, one-pointedness and patience. Is not this devotion and service a kind of yong or spiritual development?

Stop Resisting

So, first in importance is to resolve conflicts about the benefits of housework; to stop resisting the demands of the children -- other organizations, activities, etc. can wait (recreation as a family, though, is necessary). Ill health often results when we try to escape duties and substitute excuses.

A Father's Advice

My husband says to me "Play when you play, rest when you rest, hold fast to the thought 'this too will pass'. Forget what other people say (unless of helpful nature) and enjoy the children, for they feel your emotional rebellion and act likewise!" (He sets an excellent example.)

In regard to the father's attitude toward child training. It must be coordinated with the mother's. But don't fear what will happen if you don't exactly follow the books. Love and family unity are the rosy atmosphere for children, of course; not criticism, arguing and constant demand for perfection before they are physically ready. (Have you read Benjamin Spock's COMMON SENSE BOOK OF BABY AND CHILD CARE?) A most valuable book on the subject of standards is FATHER OF THE MAN by Davis & Havinhurst. Progress from dependence and childishness is slow and gradual and depends on how soon parents allow children to learn to do for themselves (See clippings) Many experiences of sharing small plentiful things (like passing cookies, dividing blocks, etc.) help to overcome selfishness.

Check Your Health

No one means to put all the responsibility for family well being on mother alone, but nothing goes well if she has the droops, so I'd say check your fuel, iron and vitamin content, as well as mental outlook. (I just did and found low iron, B1 and some thyroid unbalance to blame for nerves). Also be sure the children have enough natural foods (raw things can be given shortly after two (apples, bananas before), no meats (too stimulating to anger) no ice cream or candy (which lower resistance to disease) while so young.

Re-arrange The House

As for the housing aspect of your problem - it is a poser, but not entirely the cause of all your trouble, it seems to me. To save space and your patience I'll list the following points to check:

A. Rearrange furnishings to provide play corner or room that is not over the downstairs bedroom (We hope you get a house and yard to yourselves, of course). Ask the owner to supply, or get your neighbors with children, to get together on a safe play area outdoors where the children can have large blocks or boxes, sand, cars, boards to walk and balance on (one kind of thing at a time).

B. Give the children a weekly trip somewhere away from home (on leash?). Exchange hours with other mothers for store shopping. Children suffer boredom too. They even come back to their own house with new experiences to mull over.

C. Plan moveable indoor cupboards and shelves for each child's toys and those shared. Provide "lead on" materials - clay blocks, housekeeping toys, easel paints later. (See day nursery) Let them have water play to teach pouring. Put them in play pens and give the two-year old the run of the house, says cartoon.

D. Simplify household and clothes cleaning. Take out dust catchers, breakables. Use training pants type outer garment for the two-year old and front zipper "Kwikis" for the four-year-old. Let the children take time to dress and undress themselves as they can't be hurried. (A clothes tree with animal or girl or boy head helps.)

Nursery School Techniques

E. Use nursery school techniques to avoid negative responses:

(1) Start in plenty of time to go anywhere, or to change activity, and give warning with bell or some musical tone, to come to supper, put away toys (once a day is often enough for this)

(2) Change or stop motion by offering suggestions before the fighting starts. Rhythmic activities such as running on ~~tip-tee~~ and piling blocks to 2" x 4" x 1", march music -- lessen fatigue. Also massage of back or singing and humming directions. Printed signs for four-year old help: "PLEASE" and "THANK YOU" on cardboard can easily be learned.

(3) Use key phrases such as:
"After so and so we'll do this."; "Let's do this" (not "do what I want you to". Give only one direction at a time. Speak directly to the child before he goes away from you to start activity, and then say as clearly as possible and in as few words what you wish of him. Take time to listen to children's talk, they will be more willing to obey yours. This means, then:

(4) Have one or two rules for safety.
Separate children most of the day until they are older.
Feed age two while age four bathes, etc.
Read to age four while age two naps.

(5) Reward desirable conduct and ignore faulty, such as wet pants, thumb sucking, crying, if left alone until you find the cause. The symptoms gradually disappear from lack of attention (which you can often switch to some other object). (See July PARENTS MAGAZINE for ideas on Fear).

Don't have too rigid and high standards, but be consistent in performance of a few skills or habits:-

Work on one new one for a week (or while interest holds) then drop it if there is resistance.

Ignore training lapses even till the child is five if cause is unusual stress somewhere.

At the table keep conversation off of likes and dislikes if this is only an attention getting device. Make the meal time happy and tell where we get our foods. At times children slow up on eating one food, later they renew interest depending on internal growth demands.

Daily Plan vs. Spanking

A mother who has figured out a daily plan or schedule of interesting things to do based on the growth needs and interests of her children will not have to use threats and spanking as a last resort. Does the child do any better afterward? No, and it shocks the sensibilities because it is always accompanied by anger. (An admission of guilt on mother's part for not thinking through the situation.) Better let the issue pass until inner quiet is restored.

If you use the four S's: Substitution, Sublimation, Satisfaction, Suggestion, you'll not need switching. (Even tho it seems most satisfying to the switcher!) I hope this review of a few principles will help you work out your individual details - which only someone on the spot can know. Let us hear how your situation works out and your neighbors' handling of similar headaches.

--Mrs. M.D., Ojai, Calif.

OTHER MOTHERS OFFER SUGGESTIONS

"I can feel for Mrs. E.W. of New Jersey with her problem. We all go through that and I have two boys at the same age. I think if she remembers that we all have to forego a lot of study for practical living for a while, that time for study will come later. Eventually those children reach school age, and then there is more study time. Living through problems is as important as the studying. There are always odd moments in the day for brief meditation (and it really does have to be brief and at 'odd' moments). Most important if she could relax physically. She could see her problem more objectively. As for 'enjoying' her children, I think that is mostly done in memories when we aren't so tired. Just keep on living with them, and trying I would advise her. Spanking frustrates a mother more than a child, I believe. However, there are moments when it is effective, and not at all damaging; but better when the mother is relaxed and in control. Then the children will step in line, and usually a quiet sit in a chair (not in a corner) but just a sitting period without being allowed to join in the play will subdue the aggressor. When my two get unruly, into their high chairs they go where they can't reach each other, and a short sit does wonders. It also gives them a chance to relax and quiet down so they don't become tense and nervous. I don't make it a punishment, but merely a restraining measure. I usually give them a cracker to chew on or a glass of milk to drink while they sit. They play quite well until the next time. The same treatment works well on my ten-year-old girl. Only she has her own chair to sit in, and is usually given a household task to accompany her sitting (peeling potatoes or some such job)."

--Mrs. D.A., Los Angeles

Dear Mrs Mrs. E. W.:

I know just how you feel being in similar circumstances myself- six children (16, 11, 6, twins 3, 1½) all cramped in a small house and complaining neighbors who in my instances are our landlords.

It is a pity these people have too long forgotten their own childhood, nor do they remind themselves: "Lest ye become as little children ye cannot enter the kingdom of heaven." or they would realise that they are but sowing the seeds of future wars in their denial and inhibiting the desires of those souls who have incarnated to become "future citizens of the world."

Parents the world over are accepting it as a challenge and are making the desperate struggle to provide housing and suitable environment for children and they remain undaunted as indicated by the increasing birth rate.

Sharing seems to be the most vital virtue to be expressed in action these days far and near.

Perhaps you could make an appeal to Jules' Higher Self in meditation and carry it thru by tactfully guiding him to share his toys with Edward.

Children never seem to want a toy till the other has it. "Sissie will let you see it in a minute," are magical words to the Twins, of 3; for no sooner do I say that than one of the other says, "Here, Sissie," and hands over the disputed object.

You can readily realise that with four under six years one cannot have four of everything in a small house, so we are learning to share of dire necessity, and I never let them feel that they are missing direct ownership (each his own) of these possessions.

I have found the best time for me to study and relax is while the children are taking their afternoon nap.

Please feel free to correspond with me personally any time. I should be delighted to make further acquaintance.

--From Mrs. A.M., Illinois

The Salutation of the Dawn

Listen to the Salutation of the Dawn!

Look to this Day!

For it is Life, the very Life of Life.

In its brief course lie all the

Varieties and Realities of your existence;

The Bliss of Growth,

The Glory of Action,

The Splendor of Beauty.

For yesterday is but a Dream

And tomorrow only a Vision,

But Today well-lived, makes

Every yesterday a dream of Happiness

And every tomorrow a Vision of Hope.

Look well therefore to this Day!

Such is the Salutation of the Dawn.

--From the Sanskrit

From the Director

C O N V E N T I O N

Several sketchy letters have been sent me from those group members who could attend the Annual Convention of the Theosophical Society last July-August in Chicago, and the Sessions at our Headquarters at Olcott. Unfortunately it was not possible for me to attend, but I have learned that Geneva Johnson of Chicago, Marie Forstey of Buffalo and Elise Staggs of Ojai all helped to distribute our Group's literature from our Booth and disseminated information to inquiring mothers. My grateful thanks are extended to all those who may have assisted in our work there.

FROM BETSAN COATS.

"I think that the mothers' work has gone off well. I made the necessary announcements and explained to them about all your hard work, and I think it has all been very much appreciated and people are grateful to you.

"I felt very sorry not to have kept my promise of writing an article and so I tried to make up for it by giving a talk one evening in the Library, upon the ideas which I would have put on paper. (Note: We have not yet received the transcript of this talk by Mrs. Coats, but hope to be able to print it in our next issue. M.L.L.)

REPORT OF GENEVA S. JOHNSON

"When I arrived at Olcott the Mothers' Booth was beautifully completed, I presume arranged by Mrs. John Coats. Our Mother's picture was placed at the top with a vase of flowers beneath, and She was surrounded by our fine publications, and samples of the colored literature were posted about.

"I placed on the table a half-gallon jar with a slit in the lid and a label inviting inquiries and contributions. The jar was nearly filled at times. Elise Staggs emptied it periodically, and there seemed to be around five to ten dollars in these donations.

"Mrs. Forstey proved an outstanding worker, very enthusiastic and loving.

"Mrs. John Coats gave an informal address, enlarging upon her booklet 'The Natural Childbirth Method' which I recorded verbatim."

FROM ELISE STAGGS.

"Mrs. Forstey is at work on our Booth. All of Betsan's booklets are gone. Mrs. Forstey will take orders for them. I helped her organize the work and she is bubbling over with enthusiasm....

"We had a Youth Forum yesterday and Caroline Tess* and I stressed our Mothers' work hard...."

*Miss Tess is President of the League for American Womanhood and leader of the Young Theosophists. Also, she teaches a Theosophical Sunday School Class for children at Olcott.--M.L.L.

FROM A LETTER FROM MARIE FORSTEY.

"Quite a few people came to our table and I talked to so many and enjoyed every minute of it. I did not accomplish too much financially for our work, but spiritually I feel we did a great deal. I have so much to write you, but just had to drop you a few lines before I leave for home.

"Everyone seemed so happy to meet me and gave me a word of encouragement. They all spoke of you and the great work you are doing for mothers and children. So many women have mentioned you I feel that all of you must be very close with one another.

"Everyone seemed so pleased with the pamphlets you mimeographed, many taking them home to give to their friends...

"I met two fine Chicago women who have just started a children's class in order to share Theosophy with children. They are Mrs. Frank Takahashi, who is of German descent and married to a Japanese doctor, and Mrs. Joseph D'Amico. (Note: These ladies are new members of our Group. M.L.L.)

"I told these women that maybe they could get the Chicago mothers interested in meeting and holding child study groups similar to the work I am doing in Buffalo. They seemed interested.

"There was an open discussion on how Theosophy should be taught to youngsters. Some thought we should not force Theosophy on children. Each voiced his own opinion and it was interesting to listen to different points of view.

"Caroline Tess also talked about the MOTHERS OCCULT DIGEST and the work we are doing. Mr. Perkins mentioned us too. I think the Mothers' Group was well advertised. Quite a few people stopped at our table and took the pamphlets. The Betsan Coats' booklets went like hot cakes.....

"Before leaving Olcott, we went back into the meditation room and just sat there thanking the Great Ones for giving us this great privilege of being here....."

P R O B L E M D E P A R T M E N T

One of our subscribers thinks we should have an "Occult Personal Problems Department" in our magazine. We have in the past discussed "A Teen Age Problem" and are now finding much interest aroused in Mrs. E.W.'s "Pre-School Age Problems". Here is a quotation from a subscriber's letter that might be placed in such a PROBLEM DEPARTMENT:

"I began an experiment in January that I would be interested in hearing your reaction to, I guess from a purely selfish reason. I was beginning to find the children's need of me was growing less and less, and being home all day with my husband nearly always coming home late and always tired, I was growing a bit self-pitying. Fearing what such a mental attitude could lead to, I returned to the business world as secretary in a manufacturing concern. There are

times when I feel I am running away from something and then again I feel I dealt with something that existed, in a very intelligent manner. In many ways it is working to advantage, for the children are learning the necessity of sharing and cooperation to a degree they could never have realized had I continued on at home. The two boys are members of the Theosophical Society and have taken minor orders in the L.C.C. It is possible to reason with them as to their responsibilities to themselves as well as to the home, but being as imperfect as most of us are, and as individualistic as each of them are, life grows quite hectic around here some times, trying to achieve an ideal, each in his own way." -- Mrs. M.B., (Texas)

May we hear opinions on the subject of "Working Mothers"?

Muriel L. Lewis, Director

From Our Readers

CONCERNING OUR MAGAZINE

"I think the mothers who are the readers of the Occult Digest are the best source of material. The 'article' idea probably scares them silly, but if we could encourage them just to write casual letters to the Editor telling of their triumphs, problems and methods, you could cull from these a mine of original material.

"Personally I don't have much time for formal articles, but I can always find a minute for scrawled letters and opinions. The more each mother contributes they have an opportunity to share and grow. I think they need more encouragement to make it an intensely personal shared experience.

"I think stories, yes, but the bulk of mothercraft, with only a part of that technical and professional, and the rest of the mothercraft the practical everyday techniques of the busy mothers.

"And I think there should be helpful articles for the teenagers so they can be preparing for the mothercraft ahead of them. After all it is just before them and they can lay such wonderful foundations, beginning the science of it then. Just think! They can learn before they get involved, while some of us have to learn as we gallop through situations! Sometimes -- learning too little and that too late." -- Mrs. D.A. (California)

* * * * *

"You have used the symbol of the chalice and M.S. says it is already built in finer matter (according to clairvoyant investigations of the "form" built by our Group, Ed.), so could it be used on the cover of the Digest? With bubbles around the edge with the words: INFANT, TODDLER, PRE-SCHOOL etc. printed in the circles, and in the center one HEALING, since that seems to be the largest and most influential, bursting open like a fountain, showering its influence upon all the rest. Sort of linking your idea of the chalice with the forming of groups and linking together of mothers of children in the various age groups by correspondence as you mentioned..." A.M. (Ill.)

GROUP ACTIVITIES

"I have five children, the youngest fourteen...I am a nursery nurse. An average of over five hundred new born babies go through my hands in a year. I also help with the mothers in the labor room..... Occasionally I hand out a piece of literature in the hospital. I have worked with children from a child myself.

"I can distribute or mail as many of the "Gateway of Birth" leaflets as you care to send me...."--A.J. (Texas)

* * * * *

"I think your idea of 'Circles' a good one - sharing of similar problems and ideas, etc. Those of us in Southern California are particularly fortunate in that we may even be able to meet personally. However, as members of the T.S. we often do meet and hear from our wonderful workers, and that always is inspiring, and joins us even more together, though we are all brothers.

"I'm writing particularly now to inquire more into the group meditation work. Would appreciate being sent your letter on Group Meditation or a copy of Mr. Leadbeater's Prayer.....

"The Mothers Occult Digest surely performs a much needed work, and I only wish I had become acquainted sooner..." E.H.W.(Calif.)

* * * * *

"For mothers who feel that they don't have time for the group, perhaps my method would help them. My children retire by nine o'clock. The young ones earlier. I study Theosophy for half an hour and then devote about an hour and a half to the group or similar activity. In that way my work does not interfere with their needs, and they do not disturb my quiet...."--M.H. (Penna.)

* * * * *

"My profession is strictly drugless and vegetarian, although I do not force my patients to a vegetarian diet, I tell them about the benefits for themselves as well as for the poor victims. I believe in diet, hydrotherapy, manipulation, good posture, right attitude of mind, improvement of surroundings, if possible, etc. For all those emotionally mal-adjusted, psychiatry fills a large place.....

"We are supposed to believe in the ONENESS of life, but if it could be explained to the people that all the torturing inflicted on poor helpless animals, comes directly back to the torturers, it may sink in deeper....for instance, if people knew, that most tanners get tuberculosis in three years, this too, would be on the decrease..

"The education of children should start with the parents before the children are born, therefore, we should have pre-parents' classes or information. We should not limit ourselves with mothers alone, but definitely include fathers; as they are equally important in the rearing of children."

"Organic gardening is the basis of dietetics. Some knowledge of husbandry would soon make people with the slightest feeling of love to all that lives, vegetarians....Natural confinements should then be easy..." -- Dr.K.N. (Calif.)

* * * * *

"I am looking forward to reading the literature you mentioned sending...I'm looking forward to assuming additional duties and responsibilities with the advent of my baby. I have been fortunate enough to secure a good quantity of raspberry tea leaves, as well as slippery elm. Have you ever heard of the latter as an aid to child birth?" -- Mrs. H.E. (New Jersey)

Children's Department

CHICAGO CHILDREN'S CLASS IN THEOSOPHY

"The response from the Mothers' Research Group has been quick and complete. The mothers are thrilled (with the bulletins and literature we sent, M.L.L.) They just got their T.S. membership cards and intend that the children shall share in the Society's advantages. We already have about thirty books in our library, many for children, some for parents.....

"We have about a dozen children in the group (the children or grandchildren of T.S. members). There is one child of 1½ years who naps during the hour, and one 2 year-old.

"Our little group meets Saturdays in the home of one of the mothers. Since they are most resourceful, the children are making stuffed animals and scrapbooks to be sent abroad to the children who have no playthings. I remember hearing that such packages were being sent to Austria...We have been stuffing bunnies, fish, etc. made by hand out of leatherette and sort of oilcloth in colors. Punched holes in the sides are sewed up with colored yarn by the 4½ to 8 year-old youngsters. Mrs. D'Amico (one of the leaders) plans to have some scrapbooks, too.

"For the ceremonial (Goldⁿ Chain) part of the meeting we open with a march around the little altar, then have the candle lighting, then we sing a song. Then one mother reads a story suitable for 4½ to 6 year-olds. The older ones like it too. Then a few minutes' singing and rhythm practice, then to the handwork -- usually nearly an hour. Then we put out the candles and have our little closing "verse".

(-From a letter by
Martha Pellan (Chicago))

MRS. D'AMICO'S REPORT

Mrs. Mary D'Amico, one of the leaders of the Chicago Children's Class in Theosophy, has sent in an interesting report and book list of their library (which is printed on next page).

For those wishing information on how to carry on similar projects, they might write to Mrs. D'Amico, 714 Oakdale Avenue, Chicago, Ill.

The names of the mothers and their children's ages are listed below: Mrs. Joseph (Mary) D'Amico - children of 2 and 4½ years
 Mrs. James (Lucile) Moore - children of 4½ and 9 years
 Mrs. John (Esther) Boris - children of 4, 6, and 9 years
 Mrs. Eva Burk - children of 11 and 13 years
 Mrs. Frank (Anita) Takahashi - children of 4 and 8 years
 Mrs. H.F. (Irma) Starrett and Miss Victoria Adams assist.

THE CHILDREN'S BRANCH LIBRARY
 July 1, 1948
 714 Oakdale Avenue
 Chicago, Illinois

Please use this list of available books and make the fullest possible use of the books, both for your own reading and for the children. (Note: I have not had time to trace down the names of authors. We have an excellent juvenile book list of occult works sent us by Mr. Ralph Presnall that we shall duplicate for our readers later, to supplement the list suggested by Mrs. D'Amico, Ed.)

<u>Books</u>	<u>Age Group</u>	<u>For Parents</u>
All Dogs Go to Heaven	9	(Studies in character building thru art, drama etc.)
Art and the Emotions		
"Because" for Children Who Ask "Why?":*		
Chats with Colorkin	5 to 10	
Child, The (Montessori)		World's best authority
Child-Training in the Light of Theosophy.		A collection of essays important for those responsible for children.
Christ and Buddha		Stories told to a child.
Education for a New World (Montessori)		For children under 4
Education of Children in light of Theosophy.		Out of print
Educating the Human Potential (Montessori)		To follow one above, over 4
Fairies at Work and at Play		May be read and told to child
Flowers and Gardens		A dream structure that evokes realities
Gay Neck	Age 9	
Happy Flute, The	8 to 12	Especially good
Introducing the Child (Montessori)		Pamphlet - for parents
Kingdom of Fairie, The		May be read and told
Legends and Tales	10 to 15	
Life Spark Stories	5 to 12	
Little Lamb	4 to 8	
Mary Ellen Thru the Ages	7 to 10	(Note: written by Rona Workman, a Group member.)
Miracle of Birth		Explains pre-natal relation between parent and incoming ego
Offering (Story of Divine Child who teaches the world new ways of		Realization.)
Paddy's Christmas	4 to 6	
Pixie's Adventures in Humanland	9 to 12	
Through Rose Colored Glasses	7 to 10	(Written by Ruby L. Radford under auspices of our Group)

Theosophy for Little Children	4 to 40	Can be read or told
Theosophy Simplified	10 and up	Read to make Theosophy articulate
This is the World (Pease)	5 to 10	
Velveteen Rabbit (Nicholson)	6 to 10	

(The following books suggested by Miss Tess)

Book of Real Fairies (Alma Gulick)	8 to 12	50¢
Least One, The (Ruth Sawyer)	8 to 12	
Little Boy Lost		\$3.00
Nothing at All (Gog)	4 to 10	
River Boy of Kashmir		2.00
Snail Who Ran, The	5 to 10	1.00
Sons of the Volsungs		2.00
Trumpeter of Krakow, The		2.50
Young Fu		2.00

(Editor's Note: As I am cutting this stencil the thought comes to me: "How nice it would be if we could have a loaning library for parents from this Chicago nucleus?" We might donate books to help build up this Library and mothers in outlying districts might borrow them if they can't procure them in their lodges, ML)

The Whenever Land

By Evelyn Benham Bull

Second Adventure -- Topsy comes and shows them the Way.

Of course you remember Topsy, the little gray fluffy kitten with such large, serious eyes. And then - something happened, and she went away. And then Annamarabella found her again and she led her and also Winty to - but that is telling.

It happened this way. It had been a cold, damp, rainy afternoon. Like this: first cold, then damp, then rainy, so that for hours you could not plan things and it made you a little cross and irritable. And Mother, who was usually very wise, seemed to think it was a good time for Annamarabella to tidy up her room, especially her desk.

She tried, she really did, but finally in an off moment, when everyone was busy and even the house didn't seem to notice them, she and Winty crept up the attic stairs and sat down on the top step, their favorite place for talking things over. And Tiki came too. There was just room for three, if Tiki didn't wiggle too much.

"I miss Topsy," sighed Annamarabella. "So do I," sighed Winty, who always sighed when Sister did. Tiki barked his Topsy-bark.

"There," said Annamarabella, "he's missing her too - or is he seeing her?" Tiki barked again.

"I wish I knew where I put Topsy's red ribbon. Where did I put it? Do you remember, Winty?"

"Yes, it's over there on the windowsill," said Winty. "See it?"

"Then I will put it under my pillow tonight. Maybe it will work like the rose-petals, and make me dream a dream."

So that is what she did, and she dreamed a dream that very night, and in her dream was Topsy - and of course Winty, too.

Yes, there was Topsy, marching very straight, lifting her feet so daintily, and with her tail pointing proudly as if to say:

"Try at least to be quiet as I am - although, being human folk of course you can't!"

Curiously, the two children followed her. Soon they came to some clumps of ferns, very still and green, with violets near by, and the sound of a little rippling brook not far away. Topsy, standing still, said, "Here we are."

"What do you mean by HERE WE ARE?" said Winty, who was a very exact little boy - Annamarabella was down on her knees picking violets.

"Don't you see?" said Topsy patiently. "These are my friends, and I take care of them." And then, by some fairy-magic, they were looking with Topsy's eyes, seeing cats and kittens everywhere.

Some were big, and some were little, and some were in-between, and some were really tiny. Some were big old grandfathers. And kittens! - they were on the ground, and under the ferns, and on the low-lying branches of the trees. And the youngest were in little baskets, with a mothering cat to tend them.

Each one had its own saucer and plate, and as Topsy went to each she lifted her paw, and behold! milk and food appeared at once for every cat and kitten. And then she came to the youngest and the littlest, she licked each one once.

"Don't you want some help?" gasped Annamarabella.

"Yes, indeed," said Topsy. "With the war making so many of us homeless, and sending so many of us here to live, there is oh, so much to be done."

"I'll come and help you," said Annamarabella eagerly. "I'll come!"

Air Mail

Oh! Oh!
Look up in the sky!
There goes the Air Mail
Sailing high!
Just like an eagle,
Watch it fly!
Wish you were in it?
So do I!

Sky Sheep

The clouds, in little bunches,
Look like fleecy sheep.
If it were only night-time
Instead of sunny-bright-time
I'd count the cloudlets slowly
And soon fall fast asleep.

--Tess McLean

From Abroad

In addition to the regular friendly letters that come from our correspondents in India, Australia, New Zealand, Paris and Italy, Germany and Algeria, there have come several letters of commendation over our work from Mr. and Mrs. Sidney A. Cook who now reside at Adyar. Mr. Cook, of course, was formerly President of the Theosophical Society in America, and Mrs. Cook, National Secretary.

Then we have recently received a request for literature, and a subscription from a gentleman in the Kenya Protectorate in British East Africa. An order for the pamphlet on Natural Childbirth by Bet-san Coats has come from Finland, and a splendid suggested occult book list for children and young people from Ralph Presnall of Hawaii. We wish to thank Mr. Presnall for including our magazine and "Lessons" in his book list which he is widely circulating among Buddhists, especially, since he is associated with Buddhist children's work in the Islands.

EUROPEAN RELIEF

Our work for European Relief steadily continues, and in addition to boxes being sent to the Graz T.S. Lodge in Austria, boxes have gone to the four orphans' homes run by Theosophists in France. Also, we have sent off about four boxes of clothing and some food to a German family with four young children whose mother is particularly interested in our Group work.

We shall quote from this German lady's letters:

"As I am rather interested in the matter of occult education of children, I am very happy, you have sent me your circular of information and I would enjoy very much to get your pamphlets in the future.

"Concerning other groups over here working in the same line, I am sorry I must tell you I do not know any. You must not forget, that every work along the lines of theosophy and occultism had been abolished during the time of the nazis and that everything is still in the state of the very beginning, for the circumstances of life are so hard, that everybody is occupied the whole day long by the strife for food, clothing and fuel. It is not easy to awaken interest in spiritual things at the moment.

"The more we theosophists are glad about every word of brotherly thought of help that comes to us from friends - as we know quite well, that thoughts are things...." -- Frau M.B. (Stade/Elbe, Germany)

Note: The secretary of our Relief Committee wrote to Frau B. asking if there was anything we could do to help her and in reply learned that this family has four children: girls of 11, 10, boy of 9 and girl of $4\frac{1}{2}$ (as of 6 months ago); that they are badly in need of clothing, especially shoes for the boy and requested Cod Liver Oil for the youngest, who is infected with tuberculosis from malnutrition. We have tried to fill their needs.

We have learned from other sources that this family was very active in the T.S. before the war and have resumed such activities. We shall be glad to send particulars if anyone wishes to send food or clothing to this family. M.L.L.