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The purpose of the Mothers' Research Group is to gather together those who are interested in work for children; to instruct, encourage and enlighten parents, and to express the teachings of the Ancient Wisdom in every day life through our Organ:
MOTHERS OCCULT DIGEST

From The Director

EASTER ISSUE

Due to the fact that our Digests have been going out two and three months late ever since a year ago when we were unable to get delivery on our ordered paper supply, we have pushed this Easter number ahead of the one for January-February, in order to get this issue, at least, **OUT ON TIME!**

YOUTH ISSUE

The January-February number is a **TEEN AGE** issue - a large one - packed full of interesting items about teen-agers. Please be patient. So many hours of careful thought go into each issue of our **MOTHERS' OCCULT DIGEST** that the issues cannot be "ground out" as in a mill. Hence, our usual delays - especially, when you consider that the editor often works outside in offices, and all of us are busy housewives and mothers who **DONATE OUR SERVICES IN THIS WORK**. Why not just overlook the name of the month on the cover and consider this "Youth Issue" a special publication? Perhaps we shall prepare this for sale at Convention minus the usual Group News columns.

CIRCULAR OF INFORMATION

We enclose in this number our latest Circular of Information. We shall be glad to send more copies upon request.

PLEASE RENEW PROMPTLY!

When you notice a white slip - Renewal Notice - in your magazine, please read it carefully. We have been too busy to figure out expirations for over a year, and many people have let their subscriptions run out in 1948; We should appreciate receipt of \$2.00 instead of the usual \$1.00 in such cases, if you please. We are confronted with rising costs in paper and postage, and really need the money. Donations, too, are always welcomed, for we are considering the purchase of a new mimeograph - automatic - that is supposed to turn out such fast work that we can hardly believe it! As I write this I'm trying to beat the demonstrator ^{soon to arrive} for he is to permit me to run off this issue on it! How do you like it? Whether we, later, are able to have our magazine printed or not, makes no difference. We shall always need a fast duplicating machine in our publishing business. Now, let me introduce Mrs. Regina Ward:

VEGETARIAN COOKBOOK

"For many years there has been an urgent need for good vegetarian recipes. Many Theosophists have been somewhat careless in their diets. Few people realize that the hard working laborer as well as the most sedentary intellectual equally can benefit from a well-balanced and attractively-prepared vegetarian meal. The Mothers' Research Group is now undertaking the project of compiling data - recipes - suggested diets for the various age groups and adults - **AND CALL ON THE HEARTY COOPERATION OF EACH AND EVERY MEMBER WHO IS SERIOUSLY CONCERNED WITH HUMANITARIAN DEVELOPMENTS.** Will each reader sit down and write out her ideas for such a project? And -- rush all recipes to me: Mrs. Regina Ward, 1231 Chicago Ave., Evanston, Ill.
In Charge of Vegetarian Cookbook Project

Editorial

SPRING AILMENTS

Why is it that with the coming of Spring, also come the children's diseases and colds? As the sap begins to rise in nature, so do the poisons seem to "rise" in the body, to be thrown off in various ways.

No matter how careful mothers are, sickness seems to attack nearly every home in the springtime. Our parents gave us sulphur and molasses -- we give our children eliminative diets -- but it has occurred to me that this problem of illness goes much deeper than the physical.

A Wise One has said: "We know your physical disabilities, but such is the astral miasma, it is well-nigh impossible for you, our struggling brothers, to have good health. The astral corruption, and the foul cesspools of the lower levels of the mental plane infect all, and lucky is he who escapeth...."

How can we cope with this problem of illness? It has seemed to me that our bodies, as well as those of our children are all being cleansed preparatory to the great Easter festival. The body, as well as the Spirit, is thus being prepared for the "Crucifixion" and the "Resurrection" to follow. Is not this the real, inner purpose of Lent -- of fasting?

We are also told that disease is a condition of discord in the matter of the finer bodies -- disharmony in matter -- thus preventing the free flow of the Life (Health) Force through the parts. Although angel helpers are ever at our side eager to help, each person must open the channel himself!

Drugs and diets, magnetic healing or music therapy may be given to others, but until their own finer bodies are free of discord such healing aids can be but temporary. But what of the children, you say? When the child is small he is very close to the mother, taking on her astral and mental conditions, but as the child grows older, he builds his own character and his own aura, drawing down upon himself his own karma he has earned from past lives, and is ever making new karma for the future. However, "karma may be met, modified and even neutralized before it finds physical expression as active disease" writes Geoffrey Hodson (NEW LIGHT ON THE PROBLEM OF DISEASE), and "in the ultimate, spiritual forces and spiritual knowledge are alone capable of curing disease..." he said.

To seek CURES, quoting again Mr. Hodson, "The greatest antidote to all disease is a recognition of unity and its expression through love and service. All sufferers should therefore, be taught the fundamental law of unity and be inspired to develop and live by love...* and

"Just as there is one basic error which is the source of all adverse karmic reaction, so is there one basic disease which is

*NEW LIGHT ON THE PROBLEM OF DISEASE

the parent of all forms of disease. The common error behind all errors, is that of selfishness; selfishness, in its turn, is due to a failure to recognize unity and is thus the offspring of the sense of separateness. The basic karma behind all disease karma is, therefore produced by separateness. Separateness is at the root of all transgression, whether the karma is disease-producing or not....."

Parents should attempt to supply their children with spiritual medicine as well as the common remedies used. Children who are cross, selfish, stubborn, are surely blocking the "channel" for this downflow of healing force. We should, of course, try to find the cause of the trouble and try to effect relief. But children should be taught the truths of action and reaction (indulgence vs. illness) as well as the true cause of happiness (giving vs. "gimme". We can give them the true values: prayer or church ceremonials for the devotees, and the creative joys of music and art and handicrafts for all children as means of developing in them a happier and more harmonious life. For happiness is the key to health!

But then it is always necessary to offset those "foul cess-pools of mental and astral corruption" we are confronted with. Parents can try to move into better environments, away from cities (centers of the most contagion); they can flood their homes with the right type of thoughts and emotions -- and good music (even though the youngsters may prefer the jazz on the radio!) Be patient. In time the thriller-diller stage will pass, and you will find even the teen-agers turning from swing to find comfort in good symphonies and the pipe organ.

We need not preach Theosophy to our children. We need but live the life, stressing the underlying principles of unity and brotherhood - for as Hodson has said, "Unity is the great prophylactic; if attained by the ego, its power permeates the personal vehicles and renders them immune from chronic disease....."

Muriel Lewis

Editor-Director

A Teacher of Religion

How dare I name myself as one
Who goes the way to God?
As one who knows and walks the path
Devoted feet have trod?

I cannot name myself as one
Who never goes astray -
Who never stumbles on the road
And never leaves the way.

But, when I know that baby feet
Will follow where I've trod,
I walk with care that they may keep
The road that leads to God.

-- Unknown

Easter ~

THE SUBLIMATION OF THE SPIRIT

By Maria Salazar

So very often words alone are not enough. All creatures, including mankind, can interpret only according to the amount of experience already had, when something new comes up. Therefore, it is frequently necessary to resort to dramatization, sign language or pantomime. Even then, the results are not always successful because each of the audience tries to adapt new information to his own uses and the original idea is lost.

As the story goes, God sent his only beloved son to show mankind, not only with words, but with his own example, the Way back to the Father. There were others sent before Christ: each spread his teachings as far as he could and each saw his teachings turned to uses other than those intended. Each returned to God. Jesus, the Christ, whose Sublimation we celebrate with the Feast of Easter, had his teachings used as a foundation for a religion of the western world. The religion is very dramatic. His Truths are very simple: yet how many ponder them and use them in their lives?

Christ said, "I am the Way, the Truth and the Life". - "No man cometh to the Father but by me". He showed us the Way by treading it himself. He omitted no detail. Those of us who follow it consciously, can omit no detail. Now, as then, those who follow the Way, to the ultimate Truth and Life, are quietly day by day and step by step working out the details, loving their God with all their hearts, and loving their neighbors as themselves. All this seems very peaceful and satisfying - and it is. At the same time, however quietly the followers of the Way go about their work, their very quietness makes them noticeable and an irritant to those who are not yet interested in the things of the spirit. When Jesus took on the flesh, he found an established church with all its ramifications of power, greed and prestige. His teachings imperiled these things and those who profited by them. So he was forced to run the gauntlet of that power, greed and prestige, just as all are forced to do, even today, who upset or disturb established power, greed and prestige.

So the Way of the Light becomes the Way of the Cross. The Way can be travelled to its end: we were shown that! Its message is a personal one; to be received and used in individual lives, so that each can do what He did, and more. The Christ Spirit dwells with each of us, at the same time going on before us - the Christ Spirit, at once the Brother, Master, Servant, Son and Self. The Way of the Cross becomes a Glory leading to yet greater Glory, to final Illumination and Oneness with God!

This is the Way of the Cross and the meaning of it.

Easter Myths

By Isabel McRae

Although Christians may be disturbed to learn that Easter neither originated with them, nor has been the sole possession of their worship, they may be comforted with the knowledge that the Bible contains such an important portrayal of the ancient occult truth—Initiation. From legends and holy books of far antiquity we find interwoven among symbols and myths one common belief the world over—the similarity in the lives of its Saviors. This fact should lead one to inquiry rather than to hasty disdain. Easter seems to be a festival of universal rejoicing, when the bonds of winter are broken, and spring blossoms forth. The word, "Easter," may be derived from a number of origins: "Ostara," "Osterr," or "Eastre," meaning east, spring and morning to the old English and Germanic peoples. From the Angles and Saxons, we find April called "Easter-monath," quite similar to the same month, "Ostermonat," in German, while many think that Easter is derived from Istar, or Ishtar, the mother of Tammuz, the Babylonian Sun-God. From non-Teutonic sources reference to the Jewish Passover is found in the Semitic word for Eastertime: "Pesack," to pass over, while the Spanish "Pascua," French "Paques", Italian, "Pasqua," as well as the similar Scandinavian "Paaske," and the Dutch "Paasch," point to a common origin. In fact, we learn that the early Christians celebrated this Easter festival simultaneously with the Jewish Passover; but the Nicaean Council of A.D. 325, although bitterly opposed to the Jewish rites, changed the date, yet copied the lunar reckoning from the Jews. Thereafter Easter has always been held on the first Sunday after the fourteenth day of the full moon of the vernal equinox. Later it was declared that the equinox be arbitrarily set for March 21st, although Easter may be as early as March 22nd or as late as April 25th.

Inasmuch as Easter is but another sun myth, representing the annual journey of the sun, born at Christmas, or the winter solstice, and dying at the spring equinox, there must be some definite, underlying reason why so many pre-Christian traditions speak of crucified Saviors, who arose from the dead after three days, and who thereupon ascended to Heaven! Our Bible story of Jesus, crucified for the sins of mankind, is but one statement of this universal belief.

Krishna, like Jesus, is said to have been crucified. Wittoba, another crucified Hindu Savior, is represented on sculptures and monuments with holes pierced through his feet and outstretched hands. Glory shines upon his pointed Parthian coronet instead of the Christian's crown of thorns.

Then Bacab of Yucatan was the second person of the Trinity, being put to death, scourged and crowned with thorns. Tradition finds him placed with arms extended to a beam of wood, to which he was not nailed, but tied for three days, where he remained as if dead. On the third day he came to life, ascending into Heaven, where he remained with his Father. (Kingborough's ANTIQUITIES OF MEXICO)

Some Mexican paintings depict Quetzalcoatl, their Savior, as having been crucified on a beam of wood with arms extended, where he died for the sins of mankind. His resultant burial depicts his descent into hell from which he arose.

What of Prometheus nailed to an upright beam situated near the Caspian Straits on Mt. Caucasus? Another "beneficent demigod" crucified for his love to mortals! Or of Bacchus, the Greek God, who was put to death by the Titans? After three days' sleep in Hades, Jove re-animated his body, and his resurrection on March 25th was met with great rejoicing.

From Greece we shall flit to Scandinavia, and peep inside the ancient VOLUSPA there to read that Baldur, the Norse Sun-God, was slain by a mistletoe arrow shot by Hoeder, the blind god of darkness. He lay as dead for forty days whereupon he awakened and again reigned. This is clearly another sun myth, because at latitude 68 degrees the sun is veritably dead for forty days -- slain by darkness and winter.

Also Sanheim, or Bal-Sab, the Celtic God of ancient Ireland, died and arose in three days to immortal life, a conqueror of death. Tammuz of Babylonia was dead for two days and his resurrection was followed by much rejoicing. On March 22nd Attis, of Phrygia, triumphed over the grave, and that "Day of Blood" later was adopted by the Romans as the "Festival of Joy."

Then Osiris of Egypt was induced to lie in a coffin whose lid was slammed down and then thrown into the Nile. Osiris was found by Isis, revived, and afterwards ruled as king over death.

The life of Mithra, the Persian Savior, is often quoted because it so strangely resembles incidents in the life of Jesus. Mithra was born on December 25th and was crucified on March 21st. Over his sepulchre his disciples shed their tears. During the night the priests carried his image to a tomb expressly prepared for him; he was laid on a litter, while at the end of the funeral ceremonies, corresponding to our Easter celebration, the priest pronounced these words, "Be of good cheer, sacred band of Initiates, your God has risen from the dead. His pains and suffering shall be your salvation." (Quoted in THE GREAT LAW from Dupuis's detousles Cultes, Vol.V) Commemorating his death date and resurrection, the Persians held an elaborate festival at the vernal equinox. A gorgeous procession, including king, priesthood and laymen, slowly ascended Mount Orontes, on whose summit to hail the rising sun.

How like ancient days in Persia are the Easter Sunrise Services throughout Southern California, where nearly every community has its hilltop dotted with people out to welcome the sunrise.

Are these myths merely relics of childish people or do they symbolize something of deeper significance? In the early days initiation into the Christian Mysteries, as well as in the ancient Egyptian, Chaldean and others, was accompanied by a sacred ceremony "symbol of the development of man spiritually to the level of Adeptship." (see Rev.C.H.Vail in THE WORLDS SAVIORS) While the finer bod-

ies slipped into the higher planes for the true Initiation rites, the sleeping physical body of each candidate was carefully guarded for three days in some crypt or sanctuary. (ESOTERIC CHRISTIANITY, A. Besant) The stone towers of Ireland, as well as the pyramids of Egypt, are typical Initiation shrines of old. The candidate for Initiation was received by the Hierophant and laid with arms outstretched on a cross or bier in a vault or tomb, beneath the floor of the Hall of Initiation. He was touched with the "spear of crucifixion," or the "thyrsus," on the heart, then he passed into a deep trance. Meanwhile, his "soul" passed through many tests of the elements, descending into the lower astral regions so that every realm would be conquered. After the third day, "very early, while yet dark," the cross, bearing the body, was placed where the first rays of the rising sun would touch the face of the Neophyte, and he would awaken -- a Perfected Man.

In occultism, crucifixion is but a symbol of the Fourth, or Arhat Initiation, when the lower nature or personality is completely sacrificed to the Higher, and from its "death" is "resurrected," at the Fifth Initiation, the Divine Consciousness of the Adept, or Master.

Since the White Brotherhood has stood behind humanity from age to age, being like the sun, the very life of man, it is not at all strange that Their love has encircled the world through the media of Saviors all through history -- and before. How reasonable to presume that as the Christ spoke in parables, so did His Brothers and predecessors in other tongues, and that as They all had mounted the Ladder of Initiation ultimately reaching perfection, so did They beseech their followers to do likewise. Easter is the triumph over death as well as the symbol of Perfection. It should give us hope and determination now as never before that we may again follow the Christ, crucify our lower nature, arise to our Higher Self, and also strive to reach that Portal of Initiation.

To Ishtar

Thou art mighty, Thou hast sovereign power,
exalted is Thy name.

They have exalted Thee above all the spirits
of heaven.

At the thought of Thy name, the heavens and the
earth quake!

Bright Torch of heaven and earth, light of all
dwellings. Where Thou lookest in pity the dead man
lives again, the sick is healed.

How long shall my heart be afflicted, which is
full of sorrow and sighing.

May Thine eyes rest with favor upon me.

Forgive my transgression and accept my supplication,

--Unknown source

The Holy Easter Mysteries

A REVIEW OF "THE HOLY EASTER MYSTERIES" by Corinne Heline*

By Evelyn B. Bull

"To know the mystery of Easter is to penetrate to the very heart of the most illuminating of all spiritual revelation vouchsafed to men, the Christian Mysteries."

The effect of the Passion should be within ourselves. Each is a Christ in the making. There are three major degrees of development:

- 1) Rite of Purification. The disciple becomes a conscious Invisible Helper. There are many instances in the Book of Acts.
- 2) Rite of Illumination. Clairvoyance and Clair-audience are developed. There are instances of this in the Gospels and in the Book of Acts.
- 3) Mastership. By this, she means integration of personality and spirit.

The Season of Lent in early Christianity was a time of heart-searching and a review of the year and the essence of its experiences. The books of Job and of Jonah were especially studied as they deal with certain definite processes of development.

"Every event in the life of Christ Jesus during the Pas-siontide represents some phases of Initiation into the Christian Mysteries." Some of the aspects which Mrs. Heline covers are: The Lazarus Initiation, The Triumphal Entry, The Last Supper, Good Fri-day, The Stations of the Cross, representing the way of development, The Crucifixion, and each phase of Easter itself.

"The deeper meaning of these Stations did not originate with Christianity. They are linked to the nature of man and the pro-cesses involved in the unfoldment of his divine nature." Here is an example of her interpretation:

"Station Seven. Christ Jesus Falls the Second Time. The ascent through Station Six comes only with purification. At Station Seven further progress depends on the strength of will and purpose. -- It is the point at which the disciple emerges from a lesser to a higher order and from which he proceeds to spiritual victory and mastership. At this point the experiences of life are syn-thesized and their essences transmuted into us-able powers of the soul. From this place further progress, though difficult, is continuous and uninterrupted."

* * * * *
*THE NEW AGE PRESS, Los Angeles, 1947 - 36 pp, 50¢.

This is the closing paragraph: "The Resurrection of Christ is not primarily a historical event for mere ecclesiastical commemoration. It is a recurring cosmic festival. It is an annual spiritual as well as physical upsurge of life for man's present experience and upliftment. Only as that experience is inwardly appropriated can man enter into the realization of the transcendent significance of the Holy Easter Mysteries."

Easter Music

Submitted by Evelyn B. Bull

CAROLS:

Flower Carol of 16th century and Easter Carol, a French tune, arranged by T. Noble in A Round of Carols, Oxford, 1935:

"Cheer up, friends and neighbors, now it's Easter-tide."

"Men should rise from sadness, evil, folly, strife,
When God's mighty gladness
Brings the earth to life."

ANTHEMS:

The Palms
The Holy City
Agnus Dei (Bizet)

EARLY MUSIC:

in
Historical Anthology of Music (Davison and Apel,
Harvard, 1946)

Byzantine tune of the 13th century.
Gregorian Chant
Free Organum (early form of writing) of 11th century

ORATORIOS:

HANDEL: The Messiah. Sections II and III
Tenor: "Behold and see."
Chorus: "Lift up your heads;
*Soprano: "I know that my Redeemer liveth."
GAUL: The Holy City Eye hath not seen.
ROSSINI: Stabat Mater

MASSES:

BACH: *Crucifixus. Et Resurrexit *Agnus Dei (solo)
In Passion according to St. Matthew:
Chorus: Come, ye daughters, at beginning
Aria (alto): Grief and pain
Chorale: The sorrows thou art bearing; *O wondrous love
Aria (alto): Golgotha *Chorus: Here yet awhile
BEETHOVEN: Mass (difficult)

Motherhood ~ Woman's Path to Union

(THE WAY OF THE MOTHER)

By Marie J. Hayes

"Motherhood", said the Ancient Scribe, "is the supreme honor bestowed on a woman." Motherhood, we realize is not the Dharma for every woman. Celibacy and childless marriages are necessary for some and these women have much to contribute to the world. Many aspects of the Divine Feminine can be expressed in the lives of those not called to woman's highest goal.

Since, however, Motherhood is the highest calling for woman, our prime aim should be to make every woman who has borne a child realize that through this sublime act she has accomplished the great ideal for which she was sent. A woman's greatest work is not to be an artist, a poet, an actress, a doctor, a lawyer, a stenographer - her greatest work in the Divine Plan is to be a Mother. Therefore, Motherhood is the career and if circumstances force her to engage herself in other forms of endeavor in order to help with the family budget these other forms of work should be secondary to the great work which has been given her - the molding of characters for the Future Race.

In our present age of materialism, Motherhood has been dragged into the mire. The work of those who would help the World Mother is to clear away all the dross and find the lost gold. Time was when a new baby would be met with a glad: "Isn't it wonderful, Jane has another beautiful boy?" Now one often hears after the first or second child: "Imagine, they've just had ANOTHER one." The saddest part is that frequently the infant is not any more welcome to its mother than to her neighbors. The Ancient Wisdom teaches us that the greatest blessing that can come upon woman is for her to be the mother of many fine children.

Many a mother feels that life has done her a grave injustice for having burdened her with children. How she yearns for the material luxuries that Life offers - secretly despising her children because she feels these children are depriving her of these envied possessions. Ah! if only she knew the Truth. If only she could be made to realize the magnitude of the job that has been given her. If only we could lift from her eyes the veil of illusion - lead her to the Real - make her understand that each child given to her is another Christ! Hers is the most important work in the Divine Plan. The future of the race depends - not on the philosophers, the doctors, the teachers, the politicians - but on her and all the other mothers in the world.

As students of the Ancient Wisdom, we have an obligation to enlighten women whenever an opportunity presents itself. Through our magazine, MOTHERS' OCCULT DIGEST and through our personal contacts, we should always endeavor to elevate Motherhood to the dignity of a sacrament. At present, Motherhood is considered secondary

and the greatest emphasis is laid on the choice of a career which will furnish financial independence. Motherhood must come first and the career second. Birth is by intention, not by accident, and if we are to furnish physical bodies for the advanced egos of the New Race we must prepare ourselves by learning what true sacrifice means. It is a mistake to believe that sacrifice is a painful thing. Sacrifice is a gratuitous and joyful pouring forth of life that others may share in it. It becomes painful only when there is conflict in the nature of the one who is performing the sacrifice.

In training our daughters we should hold before them always the ideal of Motherhood, and always strive to refrain from complaining about duties of the household. Make them realize that the opportunities given women to help in the evolution of the egos whose bodies they have helped to build, far exceed the trivial complexities involved in the life of the housewife.

Modern inventions afford the housewife more comforts and free time than ever dreamed of by her grandmother. She must use that free time, not for personal and selfish gratification, but for a closer companionship with her children, as their spiritual counsellor, playmate and teacher. Leading educators realize the need for an integration in education. This integration must start on Mother's knee. The first seven years are the most formative in the child's life, and during that period Mother has the greatest influence on the character.

Mother, your child is not just a physical body to be treated with the utmost hygienic care. He is body, soul and spirit. Seeds of good and seeds of evil are planted within his consciousness from ages past, and yours is the privilege - nay the duty to nourish the good seeds and starve the evil. Motherhood is the greatest career of woman - the Yoga of Womanhood. This Union will be consciously realized when woman ceases to exert her energy in attempting to mimic man and calmly showers her blessings on the Divine Life manifesting Itself in the children she has been given.

Our Lady of Dreams

By J. B. McConkey

Are dreams actual happenings or are they a dance of the shadows of daily doings and thinkings carried over into sleep, or do they arise wholly of themselves? Sometimes they are trivial and uninteresting, and some have an impressive reality of their own. We ask was the dream actual, symbolical or meaningless? Notwithstanding doubts, we find that it is wise to give them respect and if necessary, obedience to obtain peace of mind and satisfaction. The following dream story brings these questions forcibly before us for answer.

A few people, devotees of Our Lady of Wisdom, had during a busy daily life tried to start again something of the old worship and service of the Lady of Wisdom. Some had impressions and longings from associations in past lives with the ancient worship of the Gods and particularly of the happiness and peace derived from serving the World Mother - the Lady of Wisdom. They tried to put

their ideas into effect in various ways, but without success and at last ceased as they thought the time was not suitable. They wondered whether in this life there was any means whereby they could find Her. Sleep found them drawn together again as little children wandering in a strange wild land, clinging hand to hand seeking the land of heart's desire and the Lady of Dreams.

The way was rough and uphill. Tired and weary - stumbling blindly forward - they realised that they had lost themselves and said, "We cannot now find the place of Heart's desire - we found it once before - now the way is lost and our hearts are troubled and our eyes are blind with tears - Let us sit down and rest."

An angel found the children and said, "O, Children for what are you seeking?" "We seek the land of Heart's desire where our Lady of Purity dwells and where dwells the King of Love." The angel smiled and touched their foreheads with his finger and the path they sought lay straight before them - a strange uphill rocky path with moss and wild flowers growing along the way in the nooks and crannies of the rocks and, to one side, a pool of water in the hollow of the rocks. As the children with gladness climbed the path they saw an angel standing at the brink of the pool looking down into its still depths. She turned and looked at the children and their hearts sang with joy as they beheld the beauty of the Lady of Dreams. Her sweet and gracious smile welcomed them as they rushed to Her and Her peace enfolded them. She said, "O children, let not your hearts be troubled because the work you have tried to do for me has failed. You who have worked for me shall never lose my sweetness in your lives and I will accept more work from you again."

"I looked for some who could in these later days understand and I thank you for what you have attempted. Be at peace. Your work is not lost". Then She said, "Come", and lifted Her hand of beauty. Before them She went like a shining star and the children followed. Along a steep and winding path, up some ancient stone steps and through a gap in a hedge into a glorious rose-scented garden. "This, O children is the place of Heart's desire and here dwells the King of Love." To His resting place on an ancient stone seat She led them and stood behind where He sat. The children fell at His feet as their hearts throbbed with the fulness of unspeakable joy. It seemed as if nothing more could be given or received and nothing could be said. At His feet, in the wonderful silence they felt in perfect union with Him, and it seemed that for them and with them He looked over the world and at a mighty work to be accomplished, and with the knowledge of that vision there came to them strength and peace and the will to be with Him in His fight forever.

The vision vanished as sleep passed into wakefulness. Was it real or merely of "the stuff that dreams are made of"? If unreal - why this wonderful peace? And whence the glorious scent of the roses?

Organic Gardening

THE BASIS OF RIGHT DIETETICS

By Dr. K. Nimmo, D.C., R.N.

Associate Editor of The American Vegetarian,
Head-Brother of the Theosophical Order of
Service, Animal Welfare Department, Oceano, Cal.

"A long time ago, farmers did not use artificial fertilizers, and we have it from great-grand father farmers, that in those days, there were not the plagues of insects, that are overrunning our farms today." (J. I. Rodale, Editor of Organic Gardening Magazine, Emmaus, Pennsylvania.)

If we think that we have earned the great privilege of helping to usher in the New Age of more virtuous living, we must always be alert to discover and put into practice, ancient and new principles, which are beneficial to humans and animals.

Parents, and especially Mothers, are the busiest people in the world, no doubt, and they will think that it is impossible to take on any more work or study. In a way, they are right; I surely know the all-embracing tasks of countless good mothers and fathers too, who do all they can to assist their wives. However, it is more important for parents, than for any other people, to know and practise such activities, which are beneficial to the health and well-being of their children and themselves.

We find such an important factor in ORGANIC GARDENING, which means in short: Maintaining or re-establishing soil fertility without artificial fertilizers, and poisonous sprays, but by using compost, earthworms, mulch, etc., in order to grow strong vigorous vegetables and fruit, rich in natural vitamins and minerals.

Organic Gardening regards the fertility of the soil as fundamentally essential for the well-being of the people and consequently of the animals too, not to forget the future generations. If we only think of getting quick and big crops for a certain time, not caring that the earth has already lost much of its productivity, we do not do any justice to ourselves nor to humanity in general.

We do not need artificial fertilizers and poisonous sprays. Let us see, what harm they do.

ARTIFICIAL FERTILIZERS:

They are destructive, because they harm or destroy the beneficial bacteria and earthworms, which are needed for the health and strength of the soil.

Moreover, since the fertilizers are water-soluble, the plants are compelled to absorb these chemicals, if they need them or not,

thus the so-called chemicals, produce unnatural and big vegetation with lack of nourishment and poor taste due to over-stimulation; or runty plants with plenty of insects, are the results.

POISONOUS SPRAYS:

"The state of mind of research, infatuated with 'WAR' psychology rather than with peaceful development and growth, is all out to KILL. Kill the bug. Kill the bearer of disease, instead of improving the conditions. Organic Methods are preventative Medicine. We should go out, not to kill, but to HEAL." (Dr. E. E. Pfeiffer)

"The insect is the Censor of Nature to destroy unwanted vegetation". (Sir Albert Howard)

Sprays, insecticides and fungicides are of two kinds:

- (1) Metallic, like arsenic, lead, fluorine, copper, mercury, etc. and
- (2) Those containing organic poisoning, such as rotenone, derris, nicotine, DDT, etc.

Years ago, it was not necessary to spray, but great commercial interests to produce more and more (not better) foods, started to use commercial fertilizers to stimulate the growth. Gradually the plants lost their vigor and strength and....attracted insects. Then, instead of looking for the cause in the soil, poisonous sprays and dusts were introduced to kill the insects, which made conditions worse for two reasons:

- (1) Some of the poisons leak into the soil, devitalizing it and
- (2) Some is taken up by the plants, so that no matter how much we wash, it is unavoidable to take a certain quantity of these poisons with our food.

That this is the wrong way of procedure, is indicated by the fact, that spraying is constantly on the increase; when they started the spraying system, it was done once or twice a year, now it is six, seven or eight times a year. In the VEGETARIAN NEWS DIGEST of Jan. 1949, we read, regarding sprays: "Definite limits have been set by law for arsenic, lead and fluorine. It means that your vegetables and fruit do legally contain the poisons." The Yearbook of the Department of Agriculture of 1948, says: "The accumulation of lead in the soil from sprays residues may be of sufficient magnitude in some soil to raise the lead content of food to a dangerous point. Lead is a cumulative poison."

Professor Leonard Haseman of the University of Missouri stated in the JOURNAL OF ECONOMIC ENTOMOLOGY, that insects attack sickly undernourished plants, and that they thrive in soils deficient in minerals.

Spraying is not the answer, but composting, earthworms, mulch, etc. When we garden thus, we see a magnificent improvement

in our fruits and vegetables, and flowers too, of course, and a great reduction in insect depredations.

Let us now consider the honorable means of bringing our soil back to health and vigor.

COMPOSTING:

By composting, we mean the use of a material made by the Sir Albert Howard method. It is also called the "INDORE" method, because it was first used around 1932 in Indore, India, to improve the land for cotton industry. It is a method of laying down different layers of vegetation, earth, wood-ashes, etc. In starting a compost pile, everything can be used, which is apt to decompose, as: all refuse of kitchen, household, and garden, also worn out potato bags, old rags, sea-weed, etc.

The Organic Gardening Magazine gives complete information on making compost.

EARTHWORMS:

"The Earthworm has probably done more for mankind than any other living animal." (Charles Darwin)

Since the beginning of time, the earthworm has been Nature's perpetual soil builder. Earthworms transfer humus and compost, which are their food, into rich natural fertilizers. The earthworm is Nature's own chemist, her plow, and cultivator, her fertilizer, and food distributor of the soil, he turns compost heaps and produces the best manure.

MULCH:

Mulch is all kind of vegetation from the garden, put around the plant and tree. It will protect the earthworm from heat and light, it will keep the roots of the trees moist. Finally the mulch and the compost will disappear in the soil, where they will be ground up by the earthworm and will eventually be turned in earthworm-castings or manure of the best kind. Where mulch, compost, and earthworms are used, the soil underneath is as soft as powder and allows good drainage.

ROCK or STONE MULCH:

This means the placing of large or smaller pieces of rock or stone around the trees, or between rows of vegetables. This causes higher soil temperature, due to the heat absorbed by the rocks during sunshine. The rocks also help to conserve the moisture, and they keep the weeds down. Several beneficial insects gather under these stones. Fruit trees and others surrounded with rocks or stones bear more and better fruit than you ever expected.

The Experimental Gardens of the Organic Gardening Society have proved that dry, sandy, white soil can become fertile by the use of compost, earthworms, and mulch. Such soils have produced

single gardenia bushes with as many as five hundred blooms, as well as luxurious avocado trees. If possible, visit these sixty-three acres of Experimental Gardens in Allentown, Pennsylvania. Phone: 2-4598. If in the West, go to see Jack Friedman's six and a half acres of Organic Fruit Orchard on the Halcyon Road, near Arroyo Grande, California.

Now in closing, I like to enumerate the advantages and the necessity of starting your own vegetable garden in the Organic way:

- (1) By a wholesome vegetarian diet of organically grown foods, your children will blossom out as never before. England has taken many tests, comparing the health and alertness of children on an orthodox diet with artificial gardening and other children on a vegetarian diet produced from fruits and vegetables organically grown. The difference is astonishing in favor of the latter.
- (2) Since we are getting our supply from our backyard, without transportation or storage, no vitamins or minerals are lost.
- (3) We improve our soil for ourselves and for future generations, instead of depleting it.
- (4) By maintaining our own vegetable garden, we increase the food of the world and if we have too much, we can dry some beans, celery leaves, fruit, and so on, for the winter, or to send abroad, they surely need it.
- (5) It is a marvelous help in the education of our children. They get inspired, seeing the tiny plants developing in strong, healthy vegetables. Under good guidance, they will learn to love and care for these plants with admiration for the Universe, because after all, we grow nothing, we just try to make the surroundings suitable for the development of the seeds. With patience, the children soon will be able to help, and with some watching, they do good work; expect something of them! It also will strengthen their desire to help and protect younger and weaker ones, may they be humans, animals, or plants. Eventually, they will become a great help, even at home to Mother and Dad, who started the vegetable garden with them.

Thus, I urge you all, who have any ground whatsoever, to raise some vegetables or fruit in the Organic way. Good food is a necessity of life. Just make a beginning, your interest will mount to enthusiasm for your own family's benefit, and all who see it. Read Organic Gardening Magazine and if more time, some books on the subject. Organic Gardening is exhilarating, growing one's own food. Any close contact with any aspect of Nature, be it children, animals gardens, or the great outdoors, brings us nearer to the God within all of us, and more thrilled and inspired for the wonders and the absolute justice of the Universe. It gives zeal to life, it is a part of the joy of living.

Spiritual Education in Public Schools

By Marie Forstey .

It is very important that we educate our children in spiritual values for in this way a better understanding of God's plan for humanity will result. This will bring about the true meaning of brotherhood and peace for all.

Somehow this teaching has been neglected in the public schools. Sometimes a prayer is said and a hymn sung and there it stops. It does not mean that religion is to be taught in all periods, but a specific time should be set aside for this spiritual education, bringing children in closer harmony with God. The children need this spiritual food as much as they need food for the growth of their bodies.

The Parent-Teacher Organization in the State of Louisiana * has set a fine example for other states to follow, and that is to promote a program on character and spiritual education. This was started by a group of people in the early part of 1944. They wrote to authorities on education in the United States, asking their opinion on the matter. The replies were carefully studied by school officials, who in turn took the matter up with clergymen of different denominations. Finally a committee of churchmen outlined a program of character and spiritual education that would be suitable to all faiths and not violate any state or church laws.

This program was put to test in a large high school. A committee of five teachers were appointed by the principal. Under the guidance of these teachers the students planned a fifteen minute assembly program to be held three times a week in the auditorium. Appropriate songs were sung, a prayer was said, and a discussion in a syllabus followed. A discussion on spiritual values was held in every home room, too. The project was nonsectarian and the pupils were not required to take part in it unless they so desired. The syllabus was made flexible enough so that various age groups could take part.

The five major topics for discussion were: "The general concept of God"; "Man in His Relation to God and to Animals"; "Man's Relation to His Fellowman"; "General Attitudes and Real Sins"; and "True Values."

This so-called, Children's Moral Guidance Program was adapted in almost all public, elementary schools in East Baton Rouge, Louisiana. However, the most serious concern is that this spiritual education program is not authorized in the public school curriculum. Let us hope that in the near future this type of program will be given serious consideration so that the children will learn the real meaning of God's love for his people.

We as parents should voice our opinions to the educators of our schools concerning this program of spiritual and moral development.

* See Parent-Teacher Assn. magazine, Nov. 1948

It seems that people nowadays think they can keep on breaking God's Ten Commandments or get along without God altogether and not suffer the consequences. Almost all types of books are read in the public schools leaving out one of the most important - that is, the Bible. Incidentally, the main reason why the public schools of New England were founded years ago was to teach the children how to read the Bible.

Haven't each one of you felt that under all this materialism that the search for God is on? No matter how much money a man may have, or how many friends, underneath all that surface, he is longing and looking for something, and that is the gateway that leads to God. These egos or souls are entrusted in our care, therefore, let's not fail them as parents and guardians!

The Windows of Heaven

By Carol M. Hadley

The young meadowlark came to her hand, there in the green oats that were patterned with purple vetch flowers. Not for a haven, for there was nothing to fear, but as a kitten would come, in pleasant confidence. And the young creature that had not yet learned to sing seemed somehow to bring with it an indefinable something, a glamour of barely inaudible song.

This might well be, she considered, that the song itself was a living thing within whose being the birds had their existence as men may be said to live within the boundary of a composite conception. How else should it be explained that the meadow-lark sings only his own song, and that there are no renegade birds intrigued by the songs of their neighbors?

After a little time the mother bird came also, quietly, and with curious bright eyes in the same way that the mother cat follows after her kitten.

For a moment they lay under her two hands while the sun streamed over the headed green oats all stained as they were with purple vetch flowers, and somewhere, not far, the song that might be their reason for living was almost telling her something.

Then they were gone, and she felt herself sending after them a blessing, wordless and wonderful, not ever to be spoken.

Now, she thought, touching lightly the purple vetch flowers, I know what is meant by "the windows of heaven."

Maternity Notes

By Charlotte Aiken

ON OXYGEN HUNGER

The following excerpts taken from the chapter on "Oxygen Hunger" in RIGHTS OF INFANTS, the book by Dr. Margaret Ribble, are offered in answer to inquiries as to "What is Oxygen Hunger?"

" . . . the first cry is an emergency form of breathing. . . . An actual breathing dilemma confronts the baby at birth - 'physiological insufficiency of breathing.' Despite plentiful oxygen in the air, the infant continues to be in want because of the immaturity of the breathing apparatus and . . . because his body is adjusted to breathing by way of . . . the placenta. Scientists have recently learned that the brain's internal breathing, or metabolism, is more intense during early growth . . . the grey matter requires twice as much oxygen as other tissue. Obviously there must be a high demand (for oxygen) during the first months of life.

" . . . after birth the human brain . . . upkeep and growth take a lion's share of the body's oxygen supply. Chest must develop further . . . second obstacle is persistence of prenatal physiology. After birth the muscle of the diaphragm is learning to reverse itself, to suck downward and draw in air, after months of upward suction . . . It takes time . . .

"What can be done to help him? Can mothering facilitate his breathing? . . . The baby's first response to her touch is respiratory. Her handling automatically initiates deeper inspiration and helps in its establishment. From being held, fondled, allowed to suck freely and frequently, the child receives reflex stimulation which primes his breathing mechanisms into action and which finally enables the whole respiratory process to become organized under the control of his own nervous system.

"There is an ancient belief . . . that babies who sleep with the mother are in danger of suffocation. This bit of folklore is for the most part a reversal of truth. Since the contacts and warmth afforded by another human body are a protection rather than a peril to the infant, he sleeps more safely at his mother's side. . . . In certain continental hospitals where this fact is appreciated, each maternity bed has a small basket fastened to its edge.

" . . . if his respiration fails to develop on schedule. . . . growing cells of the brain may suffer . . . developing blood vessels may not become sufficient for irrigation of nerve cells . . . brain metabolism be . . . established . . . on a poor basis. . . His subsequent ability to "take it" may hang in the balance during this early period.

"The advice 'let baby cry it out' does not apply until much later. Infants should be soothed promptly. Stroking the head, allowing him to suck on a clean pacifier, carrying him about, . . . tipping down the head . . . to bring a fresh supply of oxygenated blood to the brain. . . .
*Note at end of article.

"Babies wisely mothered . . . vocalize and smile second month. Others left too much alone . . . delay until the fifth . . . or later. These often have difficulty in speech development. . . a definite correlation between development of talking and adequacy of early care. (and from another chapter, Dr. Ribble says "Too little or inconsistent mothering . . . result, precocious sexual development.") "

CRYING

I believe we soon shall have the help of the physio-therapists, but they err on one point, believing that crying is good for the baby, and their error is in not recording the minutes of holding: the cry baby gets, - for the much extra holding a fretful baby - is probably the factor that helps his respiration (see p.18 Ribble)

Even if you do your very best with a baby, it may cry five minutes a day. If it is held a lot, the ease of breathing, when upright is 15% better, is it not? ("Bed May Be Bad for You" from LADIES' HOME JOURNAL, 1947, Feb.) But the importance of happiness, less frustration, is much more than a tremendous chest.

One thing is too bad about RIGHTS OF INFANTS, the tie-in with the 3 or 4-hour schedule, but I think Dr. Ribble felt a half loaf was better at that time than no loaf at all. I am sure she believes in self-demand nursing, but her book was first printed in 1943 and was what woke us all up.

The damage that tying-in with the schedule does is shown in the mal-adjusted children with the "dissociated" type of disorder. The baby who is picked up and loved, by the clock, cannot understand when it is left to cry. A typical case of disaster from this is the last illustration in PROBLEMS OF EARLY INFANCY by Dr. Emmy Sylvester, psychiatrist, Chicago University.

I heard of one doctor who came to the conclusion that one child's brain had been damaged about 30% by this dissociated type of crying, (that is, she will be much less bright,) and the recent Cornelian tests, bear this out. Not letting the baby cry, is the most important thing in the parents' life, isn't it?

SMOKING MOTHERS

A baby in Minneapolis, autopsy showed, died of nicotine poisoning, last June. Is not the jaundice many babies have, due to the mothers' smoking? I do not know.

FROM A CHINESE DOCTOR

At the Fifth International Pediatrics Congress (World) meeting in New York in 1947 was a lady doctor from Shanghai. She said that after all the bombings in China by the Japanese, she only knew of two or three cases of Chinese who lost their minds or even had nervous collapses. Her explanation was that the Chinese child had an "unshakable sense of security" because it is the custom for the Chinese mother always to have her child with her, even while at work. She would feed him whenever he asked for it, and often played with him.

This doctor also was reported to have said * "Since the war the Chinese girls are going to work, as career women. They want to know how American mothers get rid of the care of their children so early, and have asked me to find out.

"But since I am here two things have happened. First, I have found that we Chinese have been able to 'take it' during the war better than most and I have decided that our method of infant care is the reason why. Second, if I wanted to take back your rigid system, THE BEST PEOPLE HERE WOULD NOW SAY, DON'T DO IT. (Caps by Ed) They are coming around to the belief that far from making a child independent by leaving him and putting him on the bottle, a mother will make herself freer later on by keeping him with her at the first of life because he will develop into a self-confident, independent person. Just as we Chinese are going American," she laughed, "I get over here and find that you are going Chinese." . . .

Records kept by Dr. G. Anderson Aldrich of the Mayo Clinic, showed that over a year 95 per cent of babies under his observation, fed on demand, put themselves on a three-meal a day schedule within a year; in many cases sooner. * . . .

"Frustration experienced during the nursing period," said Dr. James Clark Moloney in THE PSYCHIATRIC QUARTERLY, "may predispose the gastro-intestinal system toward a massive organ neurosis, expressed in later life as peptic ulcer, irritable colon, diarrhea, or constipation." -- Frustrations being caused from feeding by the clock, keeping the baby awake during nursing by spanking his feet; depriving him of food when he is hungry (before the clock points to meal-time!) which puts him into a rage - and crying!

WHERE IS THIS EXPERIMENT BEING CARRIED ON IN U.S.A?
(Rooming-in - feeding baby when hungry -cuddling)

1. In Detroit under auspices of the Cornelian Corner.
2. At an industrial hospital started by Henry Kaiser on West
3. At New George Washington University Hospital in /Coast.
Washington, D.C.
4. At the Lying-in Hospital in Boston
5. At the Grace-New Haven Community Hospital,
and perhaps other places.

--From letters to M.L.L.

BE YOURSELF:

"Have an active philosophy of life," the psychology professor advised his listeners, warning that people can think themselves into indigestion and heart ailments. "If you feel like giving another person a piece of your mind, remember that you haven't any to give away," he said. (VENTURA (Cal.) STAR quoting Dr.A.L.Bietz)

* Footnote from preceding page: Dr. Margaret Ribble, now is a practicing psychiatrist, formerly pediatrician. Was two years on staff of Boston Psychopathic Hospital and three years student of child analysis in Vienna. Now a Research Fellow of National Com. of Mental Hygiene.

* Above: From WOMAN'S DAY, Nov. 1948 "Whose Baby Is It?"

City Spring

The tulips are blooming in the square,
Crimson and rose against the green;
Showers have left a growing air
And trees bestow their new leaf-screen!

Robins are piping their flutey throats;
Hyacinths vie with daffodils;
An old man whistles some rusty notes;
The wind peddles dreams from over the hills!

Now, I can see spring craftsmen at work, -
Gangs of greenmen and elves and gnomes;
They're busy in every nook, and lurk
In trees and bushes and garden loams.

I thought this year they forgot our spring,
But now, as I see them on the march,
I'll relax myself and watch them bring
The feathers to clothe that lanky larch,

And splash magnolia buds with wine,
And yank the catkins off the trees,
Tie up the tendrils on the vine
And bring bad weather to his kneew!

It's strange how seldom one ever hears
Within the city's unwholesome din,
The fleet, ethereal engineers
That make their magic, unseen, within!

-- Rose Noller

Easter Day

It is so hard to wait for Easter Day,
With all the nice things that I have in view;
A pale pink frock for Sunday School,
A mite-box full of pennies shiny new.

We always visit grandma on that day,
She lets me pop the pop-corn for them all,
Then reads to me from out a story-book,
About King Arthur and his stately hall.

But better still I like the Easter hunt,
When we hide eggs deep in the tall yard grass,
Out by the fence and in the flower beds,
We always wait to hide the gold egg last.

And then we ask the neighbor children in
To let them find the eggs we hid away,
The one who finds the gold egg gets a prize,
Oh, I can hardly wait for Easter Day!

Problem Department

From Mrs. J.S. comes the following: "In the Ladies' Home Journal for Oct. 1948, Phyllis Bottom in 'Search For A Soul' describes her own childhood saying, 'It is not sufficiently understood that a child's education should include at least a rudimentary grasp of: RELIGION - SEX - MONEY'. Certainly my experience was the same. Could we have a good article on how to present these to our children theosophically?"

We shall be glad to comply with the above request. In past issues of MOTHERS' BULLETIN have appeared articles on Religious Education of Children, and we can prepare others. Our Research Committee is now working on the problem of Sex. While we are thinking over the other problem, MONEY, here is something on TITHING that came in the Christmas mail from a dear friend of mine. Perhaps our readers have other ideas to offer on these subjects. -- Editor

TITHING

"I'm going to tell you a little experience I have had with this 'supply' business. Not in the sense of bragging, but just to show that it does work when we discover the key! I wanted so sincerely to carry my load financially - for even spiritual work can't be carried on effectively without money. So-called spiritual people have for so long been under the illusion that money is evil or something. I, too, felt that way until I seemed to stumble upon a solution. When I lost the illusion, I also lost all FEAR of not having 'sufficient unto the day'. I think this must be the 'Key' to supply. Anyway, I began to tithe a tenth for spiritual work and at the same time dedicated anew, all that I am and have - including my little greeting card business, to the Master's Work. I developed the habit of daily making that dedication and of offering thanks for every cent that came in. Almost immediately I noticed an increase in my business. Faithfully I set aside a tenth, and then much more, and now - even though I am confined to a wheel chair in the 'Poor House' I am able to give close to \$50.00 a year to spiritual work! And I still have plenty left over for food to supplement my diet here - for clothes and all the little luxuries needed to make this life here liveable.... I don't say that people with families should give to that extent, but I have proven that it is like the proverbial snowball - the more I give, the more comes back to me. I can truthfully say that there is nothing in a material way that I want or need. Of course I would like health to take my place out in the world again, but such is not my Dharma.

"I believe anyone can demonstrate this Law of Supply, and make it work if they are clear about their motives - they sincerely dedicate their source of supply and then go ahead on faith and without fear." -- Mrs. L.

(Note: This lady, an invalid confined to a wheel chair in a "Home", became injured when she fell down a mountainside in saving the lives of some children. Ed.)

From Our Readers

A COLONY?

A mother of six youngsters -(or should I say, "teen-agers"?) nearing adulthood writes:

"I'm wondering if you have thought much about presenting the idea of a Colony in the Digest? It seems to me it is the mothers of our Society, and especially the young mothers, who would be most interested. I might write up some of our ideas to be considered and they could be presented through your magazine, then others could write up their dreams, and after while we might strike upon a workable plan. I feel the need of it so much. Our own young people are hunting their mates (both consciously and unconsciously), and how I pray they will find those who can share their ideals in Theosophy!"
--Mrs. M.H.

I replied that our family had first come to the Ojai in 1932 to join a Co-operative Community that had just started here. For nearly three years we "shared and shared alike", under one roof with five and six couples, with a total of seven children under five years of age. I had planned to write a book of our experiences before my memory grows dim, but perhaps, if there is interest, some of them might be recounted in our Digest.

Among other interesting things in that old "Co-op" that happened were (1) The founding of a successful Nursery School run by Miss Margaret Masten (now Mrs. Dieges) that only broke up when all our children came down with Measles - and of course the outsiders could not send us their children!

(2) The launching of the Mothers Research Group in 1934 - just before the families decided to go their separate ways...

Now, four of the six families are actively interested in the work of our Group and magazine - so the "Co-op" is continuing under a different guise.

The idea of a "Motherhood Center" rarely leaves my mind. I dream of our workers coming together with their families...living nearby for mutual help and social intercourse. All my life I have dreamed of a School of Mothercraft, to include a Maternity Ward and Rest Home for Tired Mothers with a Day Nursery where the children could be cared for (while the mothers are having their well-earned vacation amidst beauty and inspiration.) I find other mothers with similar ideas! A doctor who runs a sanitarium wished she had begun her work with a GROUP instead of alone! Co-operation is the idea of the New Age. There are centers surrounding various occult groups, why not a MATERNITY CENTER? Perhaps if we dream (and work) long enough such things will materialize!

--Muriel L. Lewis

PHOTOGRAPH ALBUM

I should like very much to take to Convention with me in June, an album of all our workers and their families. In fact, snaps or larger photos will be welcomed from any subscriber. Then, those of us who do get to Convention can feel the others are there in photo!

From Abroad

SOME GOOD NEWS!

Twice in the history of our Group have we had subscribers coming from Japanese concentration camps. But here is a case where we have heard of the well-being of an old subscriber, whom we had not heard from since the Japanese overran Java.

Recently word came to Krotona that Mrs. S. and her two children - now grown - came through safely, but her husband died in a prison camp. All of them had suffered the horrors meted out to the Dutch who aided the guerrillas! The son, of eighteen was sent to work camps, maltreated and starved - and before liberation had been working on the construction of a railroad, nearly dead from exhaustion. The mother and her little girl of twelve put in time in five concentration camps and came out "skeletons". The father died from a chronic ailment contracted from being placed in a cave in a weakened condition and being deprived of medicine and food.....

Every night the mother, in secret, taught Theosophy to the women in the camps which also helped to give her courage to overcome her own heartbreaks....How these dear people risked their lives!

How well do I remember this little family when they visited Ojai in 1934! While the parents dined out, we took care of the children, the boy of ten and the little girl about three, who played so nicely with my little girl of two (even though they could not understand each other). The next day our two families had a lovely picnic up in the mountains behind Ojai, and Mr. S. took us all over the Valley in his large auto, and we showed them the "sights" of Ojai.

Now Mrs. S. is employed in Amsterdam, helping to send her two youngsters through school that has been delayed so many years.... The son hopes to become a Naturopath - Homeopath and Chiropractor. Both young folks hope to finish their medical training in America. The girl especially hopes to find a college where she will not be "forced to vivisect animals."

Perhaps some of the physicians on our mailing list will give us information that will help these brave young people to patch up their unfortunate lives, and will advise them as to possibilities of medical training in the U.S.A.?

--M.L.L.

LEST WE FORGET

Not long ago we solicited a relief donation from a man. He replied, "What! Are you still sending boxes to Europe?" Many people (so tied up - as we all are -- in economic problems of our own) may still feel that Europe is about on its feet. The letters still come to us, telling us of food shortages, illhealth --even in England, thought the best off of all the countries. People are collapsing from long-overdrawn malnutrition - eight years is a long time to be short foods we think vital for health. Poor health and disease are overtaking them. Such news has come to me from England from a subscriber who has NEVER GOTTEN INTO ARREARS in the twelve years the magazine has gone to that party! Most foreign readers can't pay, and we are happy to continue the Digest, but some do pay - and still do not have adequate food! SO, WE ARE STILL ASKING FOR RELIEF MONEY!