

# Preparation for Maternity



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# PREPARATION FOR MATERNITY

RESEARCH IN MATERNITY  
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The opinions expressed  
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# Emotional Security for Children

Nancy Bullock

As mothers we want to provide the best in every way for our children. We may sacrifice to give them the best in medical care, diet and all other essentials. This is all a part of the responsibility of motherhood. One of the most important, if not the most important, is the ability to give our little ones a firm ground in which their emotional life may develop and grow without any of the malnormalities with which modern society is saturated.

In considering this question, what should be our attitude? Before we can adequately put into action certain principles, we must investigate ourselves to find just how we feel about the matter. Are we jittery about every word we utter or every thought we think, or do we run for the book whenever a vexing problem arises? Do we really love our child unselfishly or is he just a projection of our self? A child, even a baby, senses uneasiness, and reacts accordingly. First of all we must realize that we were chosen to be the mother of our baby, so must have the necessary qualities that he needs for his development. This will give us confidence and a firm sense of our ability to provide his needs.

Each child is an individual; we do not know his background, nor do we know the problems he must work out while here. So any preconceived ideas of what our child will be are only wishful thinking. He must develop in his own way, and what may seem like a wrong turn to the short-sighted outlook, may in reality be just what is needed. It is emphasized in all of the modern writings on child psychology that a child develops according to his own particular pattern and does not follow a set routine except as a very general outline.

Emotionally, there is a general pattern of development, just as with the physical body. To allow for proper growth, each phase must be understood and satisfied. For instance, an infant's love object is his mother. If he does not receive a normal amount of mothering, that emotional need is not satisfied so there will be a desire for it when he is older and should have outgrown this outlet. In satisfying the needs of a child, particularly an infant, one's inner attitude is most essential. To act outwardly loving, and inwardly to feel hurried gives the child a sense of insecurity and agitation. Children can feel our attitude and they will always react in some way. Flanders Dunbar, in her book "Your Child's Mind and Body" says that we would not dream of entering a child's room with an active case of a contagious disease, and yet we do much worse when we bring hateful and morbid thoughts with us.

Our responsibility towards our children consists in letting them be themselves. From the time that they are small infants until they are grown they will tell us consciously just what is best for them. A baby fed on the "new" demand feeding, will soon put himself on a schedule of his own making, and thus will be of his own particular rhythm. Just as there are no two snowflakes alike, so each child is different, and must be understood as such without comparison. C. W. Leadbeater says that although we know not the tendencies of our child, we do know that each one of us has some good and some bad potentialities. If we accept the good ones and try to bring them out, it is possible to stifle the bad ones and so help that Ego on his road.

Through the discoveries of Psychosomatic Medicine, and also from the researches of the Medical Group of the London Theosophical Society, we are beginning to learn how the emotions and thoughts actually affect the etheric body, which in turn governs the health and vitality of the physical body. That the health of the body is in direct proportion to the action of the subtler bodies is no longer doubted, except by the most orthodox behaviorists. The Psychosomaticists are even associating certain diseases with particular emotional ailments. Needless to say, the origin of practically all of the maladjustments is traced back to childhood and particularly infancy. This is the reason for trying to eliminate any form of frustration in the first year of life. Dr. Spock, the eminent pediatrician, states that it is impossible to "spoil" a child under six months of age. The baby is thrust into the world from a warm and comfortable nest where all of his needs were adequately met. Now, to place him on a strict schedule, to let him "cry it out" and to deny him the comfort of being held and mothered, is cruel. He can make very little contact with his new world, and his only means of communication is crying. A baby does not cry just for "ornerness". He really is in need, either for food, to be made more comfortable, or just to be reassured by loving. It has been the experience of many mothers that to satisfy the infant's needs as well as possible makes for a happy, healthy and satisfied toddler. If the infant is constantly being frustrated, he will finally become on the defensive and grow into an aggressively unsatisfied individual or else retire from a world that is too exacting.

I know of one new baby who cried each evening after the dinner hour to be picked up. Because the parents were understanding, they held him or played with him almost every evening until he became sleepy, sometimes as late as ten o'clock, and then put him to bed. When this child was about ten months old, he was put to bed at seven each evening and went happily to sleep. If once in a while, he seemed restless, the parents would comfort him for a while until he was reassured. This baby is unusually happy and content because he knows he is loved and that his needs will be met.

It seems to me, that too often we treat babies like small adults instead of the infants they are. We cannot expect so much of them. Remember, they have not built up any emotional pat-

terns, nor do they have definite thought forms. This is our responsibility; to provide the field whereby healthy patterns may develop. We cannot determine their outer influences when they begin venturing out into the world, but for the first two years we are almost their whole world, and the thoughts and feelings with which we surround them will in turn be built into their own bodies.

It is very difficult not to use our children as the outlet for our own frustrations and unfulfilled desires. It is so common to see the mother who wanted to be a musician make her child practice by the hour when he is totally uninterested and in time comes to loathe it. Similarly, fathers often influence their sons in their choice of profession, not heeding the makeup of the boy who might do better and be happier in other work. We, as students of the Ancient Wisdom, may feel it our privilege, and indeed it is, to inculcate the principles of Theosophy into the lives of our children, but, unless they really accept it and understand it, we are forcing them to believe as we do, just as much as trying to force them into the career of our choice against their will. It is a great lesson for us to learn, and as parents we have the golden opportunity of learning patience and tolerance. Just because we have given them birth, it does not mean that we are capable of making all of their choices. It is best to let a child make ordinary choices as soon as he can. Starting with the simple decisions of which garment to put on, or the color of socks, he will in time be able to decide more fundamental and important choices. In this same bracket goes politeness. It is felt by many that if one is taught certain amenities for their own sake that they will not become a part of his own personality, but if he is shown by example that kindness towards others is the important thing, then politeness will naturally fall into line and be inherent in him, because he really wishes to be kind and helpful.

It is true that primitive societies have very little trouble with behavior problems of their children. The children are allowed to "grow naturally" and are not forced into a pattern set up by their elders. The children are allowed to make their own decisions when very young, and are treated with great respect and love. Our culture, being what it is, makes it practically impossible for us to use this method as a guide, although we may learn a great deal from it. According to Menninger, when we teach our children certain restrictions, the showing of parental pleasure and approval is the reward for their sacrifice. We do have to teach our children the rights of others and the care of personal safety in this mechanized world of ours. However, there are many ways of accomplishing this. We may do it with understanding or we may do it with force. To explain to a young person even though he may not appear to understand, is so much more respectful than expecting him to act in a certain manner just because you say so.

Even the best brought up children will have their share of tantrums and other bad habits. The way in which we handle



them is of the utmost importance as to their future reactions. Here is where our attitude is most important. First of all, let us examine our own reactions and see if they are some form of the temper tantrum variety. There are many parents who have never matured in this respect, so how can they expect their children to exhibit a greater degree of maturity than they see in their parents? Secondly, it is necessary to remain calm, if at all possible and to ignore to a great extent any display of temper, as it is usually done to gain attention. To acknowledge it, is to give it importance and to make it a tool for getting attention. Lastly, let us try to find the underlying causes in all honesty and so eradicate them at their source. For instance, thumb sucking is perfectly normal in the infant, but when it is carried into childhood it is the sign of some deep emotional insecurity. It shows the lack of adequate mothering in some form, and can only be helped by changing the emotional atmosphere instead of by punishment or force. Similarly, at certain ages (2-3) it is the usual practice for a child to say "no" to every situation. The only pleasant way to handle this is to avoid situations where he will be able to say the word. It takes a little foresight to form the questions differently, but it can be done. If this habit exceeds the ordinary age for this, then we look for some emotional maladjustment, usually rebellion at an overpowering parent.

It is not easy to remain calm in the face of imagined danger to one's child. Anxiety is readily transferred to our young ones and does harm to their subtler bodies. The only remedy is to have a firm philosophy, to teach them to the best of our ability, and then to surround them with our loving protection, knowing that what is theirs will come to them, no matter what our desire.

We, as mothers, have the great privilege of providing the field, physical, emotional, and mental, in which our little ones may develop. Because of our etheric link with our children, we are most important to their psychological development. It is the every day living, after all, which is building up the material of the future bodies of our children. Seen from this aspect, life becomes a great challenge, and being physically tired, and emotionally exhausted at times, is our sacrifice to the building of the new race.

## My Wee One

I dreamed of a mystic fountain;  
Silver bubbles rose and fell;  
I have watched the dew drops pearly  
The heart of a blue windbell;  
I have laughed at the sunbeam trying  
The rainbow's tints to beguile,  
Yet I have never seen the equal  
Of my wee one's eyes and smile.

-- Mary T. Colby

# BABIES NEED LOVE

Babies need love as much as they need food and sleep. Furthermore, being deprived of love often brings serious consequences. Dr. Rene A. Spitz, internationally famous child psychiatrist made a careful study of 366 babies from six months to three years of age who had lost their mothers temporarily or permanently. Dr. Spitz reported his conclusions in the french magazine, ENFRANCE. In 246 cases the children's behavior and appearance were recorded in motion pictures.

These children deprived of love all showed the same marked effects: "rigidity of facial expression, slowing down of normal development and increasing listlessness and depression.\* When one of these children was reunited with a loving mother, these symptoms were said to improve. If not, the mental damage was said to be beyond repair.

Dr. Spitz likens a baby without love to a flower deprived of rain and sunshine, and implies that a baby needs an "urge to live" — some incentive derived from happiness.

\* \* \* \* \*

Further illustrating this point is the case of a Cincinnati baby \*\* who went on a hunger strike for lack of coddling. At four months this little girl was brought to the hospital in an advanced state of malnutrition so weak she could not even cry. Her mother claimed she had given the baby sufficient attention, (even though she had an older child to care for) and that she had tried everything to make the baby eat but to no avail.

The doctor's examination disclosed no apparent reason for the baby's refusal to eat. However, the physician did notice that one very sympathetic nurse managed to get a few drops of milk into the baby's mouth. And on a hunch the infant was put on a "regime of love" and the nurse was assigned to "hold, cuddle and fondle and coo" at every opportunity. Before that time transfusions and intravenous feedings had failed, but after nine days of this love treatment, the baby was taking nourishment regularly. In a few weeks she was well enough to be taken home.

## BABIES MAY REFUSE TO NURSE FROM A MOTHER WHO SMOKES

An infant's nurse of wide experience once wrote me: "I have found that a baby does not readily take to the breast of smoking mothers. This is never told to the mother but is true nevertheless. A baby will take milk from nonsmoking mothers more often. It may be the odor of tobacco — or may be some flavor of tobacco in the milk..."

—M.L.L.

\* and \*\* From articles appearing in CHILD-FAMILY DIGEST

# Breast Feeding

Marie Jeanette Hayes

"The breast fed baby is the best fed baby."  
 — Children's Bureau  
 Washington, D.C.

Artificial feeding has become such a usual part of our culture that we are sometimes prone to forget that humans are mammals and that Nature has provided them with mammary glands for the purpose of suckling their young. Since this is a fact in Nature, no artificial formula can possibly be completely adequate to the baby's physiological and psychological nature although to all external appearances it may seem to be.

Ancient civilizations encouraged nursing by many superstitions and taboos. In some primitive cultures, if a nursing mother died, her baby was placed at her breast and both were burned together. It was believed that a baby must be nursed by his own mother or else he would be possessed by the Evil Spirit.

"Bottle Babies" were an unusual sight in our own culture forty or fifty years ago. Most of us have heard tales from our mothers telling how difficult it was for an acquaintance to "raise" her baby because her milk failed and it was almost impossible to find a formula that would agree with the infant.

Medical Science, however, has come up with a solution to that problem, just as it has solved so many other human ills. Today, mothers are provided with formulas that very closely resemble mothers' milk -- in chemical composition at least. However, many factors are present in mothers' milk which science has not been able to duplicate.

Breast milk digests very quickly. Sometimes it takes only twenty minutes to one hour through the stomach. So it is easily seen why an infant will require feedings at more frequent intervals for the first few weeks. After that time, the baby usually puts himself on a regular schedule. Because breast milk digests very quickly and easily, babies who are breast fed have fewer upsets and are rarely constipated.

It has long been known that breast milk contains a substance which immunizes the infant from many communicable diseases. However, it was recently disclosed that mothers' milk contains an anti-polio substance. Just what this anti-polio substance is, has not yet been determined, but it is found in every specimen of mother's milk up to five days after birth and in 75 per cent of mother's milk up to one year after the baby's birth. During a recent outbreak of polio among the Canadian Eskimos, none of the babies who were being nursed contracted paralytic polio, and in



some regions of the Far East, although the polio infection might be widespread, there is no paralysis. These babies are nursed until they are three or four years of age. It is thought that this anti-polio substance which medical science has just discovered, is the answer.

Many modern mothers today do not feel that breast feeding their babies is a necessary part of their maternal obligation. Some authorities believe that the pressure of the materia medica was responsible - others believe that modern woman, having become emancipated, and in her tireless efforts to imitate man and become his equal demanded that the medical profession provide her with a natural substitute in order to free her from what she considered one of the major burdens of Motherhood.

Be that fault what it may, there is no doubt about the serious damage that has been done to our culture and the crime that has been imposed upon our infants by this attitude of rejection that some women have towards their biological function. However, it is unfair to assume that all women who are unable to breast feed are unwilling. There are many other factors which make nursing difficult and impossible.

Worry and nervousness are probably the major causes for loss of milk. Our civilization is very complex and artificial. How often we forget the advice of the author of LIGHT ON THE PATH to "bloom as the flower". Instead, we are all too prone to fuss and worry over conditions and problems that are so transitory, yet present themselves as such bug-bears. Economic conditions during the past sixteen years have been so unsatisfactory. First the terrible depression, then the War and Defense program with its accompanying inflation, housing shortages and other problems. Bills must be paid, children must be housed and clothed. Mothers are confronted with these problems. Can we condemn them if the burden of the times causes them such mental strain that their milk simply disappears? Many public health visitors testify that the woman who takes things easily makes the best breast feeder, and that many women fail out of sheer anxiety to be able to nurse their babies.

The mammary glands are subject to many emotional and physical actions. During false pregnancy many women have had their breasts become engorged and some have even produced the flow of milk. Just because they thought that they were pregnant! The emotions also affect the mammary glands of a nursing mother, and she will dry up if she receives some great shock, even though before she had enough milk to feed triplets. Every gland of the body can be affected by the emotions, producing either excessive or decreased secretion, and since the breasts are glands, they, too are subjected to emotional influences.

To such women we extend our understanding and sympathy. We firmly believe that the power of their thoughts in their desire to breast feed, and in their deep love for their babies, what

they can show by every touch will more than compensate for their inability to fulfill their maternal function as "snack-bar" for baby during his first year of life.

The inability to breast feed from such causes as ignorance and mismanagement, separation of mother and child and malformation of the nipples is fast becoming eliminated through the educational services of our Public Health Groups and our new approach to Mother-Child relationships in the "Lying-in" and "Self-demand" techniques now being used in so many of our hospitals.

Breast feeding is the most pleasurable of the Motherhood experiences. It is almost like a continuation of pregnancy, and continues that strong intimate union between mother and child which was started during the period of gestation. For physical birth does not sever the tie between mother and child. There exists between them a magnetic link which binds them together for many months after birth. After his abrupt expulsion from the safety of his mother's womb, it is so important for the infant to receive the initial feeling of security at his mother's breast. So many illnesses which come into being in later life can be traced back to the period of birth. "Birth Terror" it has been rightfully called. The infant who is permitted to nurse freely and frequently immediately after birth has a better chance at overcoming this shock than the infant who is placed in a hospital nursery and not permitted to be held by his mother for twenty-four to thirty-six hours after birth. What a crime against infancy!

An infant's needs at birth are not just physical. He has psychological needs as well. The present conclusions presented by child specialists expressing the importance of breast feeding and cuddling to prevent trauma and the development of psychosomatic diseases in later life, confirm the teachings expounded by students of metaphysics and occultism. Occultists recognize the existence of the vital or etheric body and its corresponding effect on the physical body.

A short excerpt from the book: OCCULT ANATOMY by Corinne Heline will clarify the importance of breast feeding on the subtle body:

"The Thymus gland is found in the upper part of the chest. It lies between the two pleural sacs in front of and above the heart and back of the sternum. The thymus is not an enduring organ. It attains its greatest size and activity during prenatal development and begins to atrophy at about the second year after birth, disappearing completely at puberty. A substance composed largely of the mother's blood is stored in this gland during prenatal life of the child and becomes a source of nourishment to the embryo. The Vital Ethers in milk sustain this gland and when the child is weaned, the gland begins to dissolve into fatty lymphatic tissue. The mother who nurses her child has a closer tie with it, and



therefore, a greater influence over it than one who does not, because the Vital Ethers from her milk are circulated in the blood stream of her child."

When breast feeding is properly understood, it becomes a sacrament, pouring out Divine Grace to both mother and infant. In the quiet of a secluded corner Mother and Child are permitted to attain Divine Union through the nursing act. The couple should be undisturbed and soft sweet music is a very pleasant accompaniment. The mother should quiet her emotions before picking up the baby, and during the period of nursing she should meditate on the virtues and the Spiritual aspect of Motherhood. A realization of Divine Abundance will help her to establish a greater flow of milk.

Through the educational efforts of the Cornelian Corner, Yale Medical Centre, the magazine, Child-Family Digest and many other groups, there has been a definite swing back to breast feeding. There are no figures to tell us how successful these groups have been, but we do know from reports of some of their members that young mothers seem happy to be assured by the "experts" that breast feeding, lying-in, etc. promote a healthy child-parent relationship. Being told that a mother should nurse her baby whenever he is hungry, or feels the need of security, gives her much more satisfaction than the pleasures or past-times which she must of necessity forego.

Let us hope and work tirelessly to help eliminate the many problems of our day that Motherhood might be recognized by all as the "prime function of woman" and that women might pursue Motherhood in an atmosphere of harmony and peace, unharassed by the economic problems of a materialistic world.

## Pray

Bless this little soul  
 Who has come our way.  
 I know not how  
 He chose to come to stay  
 With us this earthly while;  
 To catch our hearts  
 On his sweet gule;  
 To trust us two to guide his feet  
 And watch him stretch his wings  
 To greet the radiant dawn  
 Of each new day.  
 Bless his outgoings  
 And his incomings: Pray

—Dorethy Ellen Newcomb

# The Fount of Love

I hear thy cry my little love -  
 It pierces my heart and fills my  
     breasts with warm love milk  
 Rising in pearls from their blossoms  
 Like dew upon red rose-buds.  
 Tiny friend, I come;  
 Thy voice fills me with tender yearning  
     and my breasts  
 Weep snowy tears at thy anguish, as the milk  
 Burns in them surging to their tips  
 In eagerness to bring thee comfort.  
 See, they have become like little fountains  
 Flowing with nourishment that can feed  
 Health to thy body and love to thy soul:-  
 And all this, because they heard thy cry.  
 I take thee in my arms and cushion thy cheek  
 But leave to thee the act of taking  
 For which I wait in exquisite suspense;  
 Thy face sprinkled with milk  
 And panting with thrilled excitement  
 Thou conquerest the fountain's jet  
 With that triumphant grasp for which I wait,  
 And which communicates thy joy to me.  
 I could not endure the love I bear thee but  
 For those minutes, recurring several times a day  
 When I can send it flowing to thee  
 To fulfil thy longing which is also mine  
 To build thy strength and beauty  
 And to suffuse our beings with peace.

— A Mother

\* \* \* \* \*

"When I bring to you colored toys, my child, I understand why there is such a play of colors on clouds, on water, and why flowers are painted in tints — when I give colored toys to you -- my child."

— Rabindranath Tagore  
in GITANJALI

\* \* \* \* \*

"...The tones that we use in speaking to children ought to be gentle and musical and full of drawing power."

— Angelo Patri

"Beauty is a powerful inspiration to the soul of a child."

— Angelo Patri

# DIET FOR THE YOUNG CHILD

Nancy Bullock

The best food for the infant is, of course, his own mother's milk. However, when this is impossible, \*there are excellent artificial formulae on which the baby may thrive. The doctor will recommend the one best suited for each particular infant.

As soon as possible, orange juice should be introduced. This may be in the first month. At first give 1 or 2 ounces. If the baby cannot tolerate the juice, there are Vitamin C drops that may be given in the milk. The baby must have some form of Vitamin C, since there is none in pasteurized milk. If the baby is nursed by his mother, he does receive some from her, but when the milk is heated or pasteurized, the C Vitamin is destroyed.

Since there is very little iron in milk, some form of iron should be supplied after the first month. This may be done by replacing some of the sugar in the formula with blackstrap molasses, or if this causes the stool to be too loose, it may be taken in the form of ferrous gluconate which is to be had at any drug store. Copper is necessary for the assimilation of iron and fortunately is found in many iron rich foods, such as, wheat germ, black molasses, eggs, nuts, apricots, spinach and mushrooms.

Water in which vegetables have been cooked, or the liquid from raw grated vegetables is valuable for the baby. Start with one ounce and gradually increase to four ounces.

By the time the baby is five or six months old, solid foods may be very gradually introduced. Mashed ripe banana, or any strained fruit sauce is usually the first food. Later vegetable purees are introduced, and later cereals. Cereals should be given sparingly, as an excess tends to produce unhealthy conditions. Only the whole grains should be used, of which the most beneficial is raw wheat germ.

\* Note: Mothers must learn how to diet in order to insure an adequate supply of milk. I once ran on to an excellent little pamphlet printed in Utah. I believe the title was "Foods that Alkalinize and Heal" by Mary S. Hogle. This pamphlet stressed the value of the carrot, not only in producing fine animals, but babies. One quart or one pint a day of homemade carrot juice (in an electric mixer) has done wonders in making rich mothers' milk. One lady was enabled to nurse triplets for around ten months. One of our group members read the pamphlet and found carrots gave her such an abundant flow of milk that she had to reduce her daily amount. - Editor

In my opinion a balanced day's menu for a year old baby would be:

BREAKFAST

2 - 4 T. baby cereal mixed with 1 T. wheat germ  
apricot, prune or apple sauce  
milk

MIDMORNING

6 - 8 oz. orange or grapefruit juice

LUNCH

soft boiled egg, 2 T. cottage cheese, 1 sq. Amer-  
ican cheese, or dried pea or lentil puree  
2 - 5 T. mashed or chopped green or yellow vegetable  
whole grain bread or toast with butter, or Graham  
crackers  
raw pear, banana, or scraped apple, occasionally  
custard or junket  
4 - 6 oz. milk

AFTERNOON

any fruit juice, such as grape, pineapple or prune

SUPPER

baked potato, vegetable soup, creamed vegetables  
or cheese  
fruit sauce  
raw fruit

BEFORE BED

milk or bottle

oz. = ounce  
T = tablespoon

This is only a rough sketch, as each baby will require different amounts of food. His diet should have an abundance of fruits, vegetables and milk, however, and not so much of the cereal foods. His protein requirements will be provided by milk, cheese, eggs, dried peas, lentils, and whole grains. His meals will gradually be the same as the family meals, provided they are simple and well balanced. If he misses a meal or does not seem to want all that you think he should have, let him go and do not force him to eat. In an experiment with babies from 6 to 12 months, Dr. Clara Davis found that if left to their own choice, babies tend to balance their food intake, although they may eat an abundance of one type of food for several days, balancing it with another the next day, and so on. In this experiment the child had free selection of the food he desired. This is impractical in the average home, but the principle is worthy of note.



A baby given plenty of vitamin rich fruits and vegetables, some raw, will require less other food than the orthodox fed child. His growth will be adequate, although Dr. C. V. Pink (of England) has found that children fed this way may grow more slowly the first two years and then after the third year will catch up with the other children and often exceed them in growth.

So much for the physical side of health. The child is a complex being, his physical body being only one ingredient in the whole structure. We must think of him in his entirety, and not just one particular part of him. It is good to feed a child the correct foods, but this will not give him abundant health unless we also provide sunshine or its equivalent during winter in the form of irradiated ergosterol (Vitamin D), and a good psychic atmosphere in which to develop. That the emotional and mental surroundings of a child are particularly important is being recognized by many outstanding scientists and psychologists of today. Since the baby's body is built first of etheric matter taken from the mother, it will be seen that from the very beginning the subtle atmosphere of the mother is most important.

Just as we have a basic essential diet for the child, so it is necessary to have a basic emotional atmosphere for him. To give him our true affection and a sense of security, will provide a stable background in which he may develop when adversities come, as they are sure to do. It is an established fact in occultism that the etheric body is the bridge between the physical and the emotional bodies, so that an unpleasant emotion will in time react on the body in some form. A small baby is quite susceptible to subtle influences, so that special care should be taken to keep him from undesirable influences. We should never tend him when emotionally upset, but should first get ourselves under control. It is said by the Theosophical Medical Research Group in London that a healthy etheric body insures physical health, and to accomplish this, we start "at the top", so to speak, with the mental body and thus come down to the physical with the best of influences we can produce. We thus open ourselves to be channels of prana, because it must have a free flow and not be blocked in any way to be effective to others. We are connected etherically with our children, especially babies, so what could be a better instrument for the transmission of the vital force (prana) than a mother? This is actually more important than food and drink for the ultimate welfare of our little ones.

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Professor Faith Siao-Sung Chen, of Ginling College, China, reported a custom in some parts of China, for a nursing mother to abstain from salt for the first month of lactation. Cause? Salt was supposed to have a drying up effect on the milk, - and to fatten the mother and not the baby.

- Child-Family Digest

# When Will You Have Your Baby?

Elsie L. Rutledge

Some years ago, the Metropolitan Life Insurance Company\* made a survey of the vital statistics of seven million newborn babies and concluded that children born during August and September have the best chance of surviving the first year of life. The chief factors producing this result were as follows:

1. Mothers had a better chance to be at the peak of their vitality at this time with the resultant boost to infant health which is most greatly affected during the last months of pregnancy.
  - a. They had an optimum diet of fresh fruits and vegetables.
  - b. They received the benefit of the fresh air and sunshine which is more difficult to obtain in temperate climates during the winter months.

2. The children were better able to survive the hazards of early infancy which are:

- a. Gastrointestinal diseases: Since most of the mothers nursed the babies during the first couple months, thus eliminating the danger of food contamination which might come from a lack of sanitary handling of nursing bottles, the formula, etc.
- b. Respiratory ailments: Since the cold weather when influenza, croup and pneumonia are rampant do not come until the infant is four or five months old. (Conversely, children born in the winter months exhibited the following mortality rates from respiratory diseases:

January mortality was 317 per 100,000 babies when the infants were under one month old.  
 244 out of 100,000 babies when they were one month old.  
 221 out of 100,000 babies when they were two months old.  
 181 out of 100,000 babies when they were three months old.)

Of course, with the increase of preventive medicine, etc., mortality rates from respiratory diseases have been greatly decreased. Reference is made to such media as sunray lamps, cod liver oil and vitamins, the use of penicillin, etc.

Whooping cough does not reach its peak until May when these fortunate infants are from eight to nine months old and have,

\* Statistics from PARENTS' MAGAZINE, May 1946, "What's The Best Month to Have a Baby?" by Paris R. Eastman

therefore, had an opportunity to gain a more pertinacious hold on life.

- c. Other diseases of childhood and infancy such as infantile paralysis usually reach their maximum during the hot summer months although much of it is carried over into the fall. This suggests that mothers follow a breast feeding schedule as long as possible during the first year and also refrain from taking the tiny infant into crowds where there is great danger of infection.

Scarlet fever is worst during March and measles during April when the August and September born baby is seven to nine months old.

During the first six months of life, the infant enjoys a certain degree of immunity from the anti-bodies in the mother's blood. This immunity soon disappears, however, especially when the child is not breast-fed. The civilized races, having survived many nationwide "plagues" in past centuries, have a certain "Race Immunity" which at least minimizes the virulency of certain diseases which would destroy thousands of more primitive races. Among these diseases are measles, mumps, chicken pox, scarlet fever and smallpox. Even the deadly influenza virus of 1918 has lost much of its mortality in recent years.

The first month of a baby's life is the most critical. Other things being equal, the infants who are the most difficult to raise are those born during January, February, March, June and the first half of July. Astrologically also, the signs governing those periods are Capricorn, Aquarius, Pisces, Gemini and Cancer, zodiacal signs which are not noted for robust physical stamina. How much of this is due to stellar influence and how much to the forces operating in nature, is of course, open to debate.

We come to earth to gain physical plane experiences largely, but we also learn emotional, mental, and spiritual lessons. Some students of the occult prefer to select the time for a child's birth in a sign governed by an element in harmony with their own. They are as follows: ARIES between March 21 and April 20, a fire sign and harmonious with LEO, July 24 to August 23, another fire sign, and SAGITTARIUS, the third of the fire triplicity which runs from November 23 through December 21. The fire signs are harmonious with the air signs also. They are GEMINI between May 22 and June 21; LIBRA between September 24 and October 23; and AQUARIUS between January 21 and February 19. The earth signs are TAURUS between April 21 and May 21; VIRGO between August 24 and September 23; and CAPRICORN between December 22 and January 20 which are harmonious with each other and also with the water signs which are as follows: CANCER between June 22 and July 23; SCORPIO between October 24 and November 22; and PISCES between February 20 and March 20.



To recapitulate: fire signs are harmonious with each other and with the airy signs; airy signs are harmonious with each other and with the fire signs; earth signs are harmonious with their own element and with the water signs; while water signs are harmonious with each other and with the earth signs.

It sometimes transpires, however, that parents get fooled on such calculations as for instance, when children are born from one to three months before expected, or one month later. Other possibilities can occur also to upset the usual order. For example, the writer once read a chart for a Virgo who had her sun only in an earth sign while all the other planets and her sign rising were in fire and air signs, a condition which completely modified the personality. Besides, if we attempt to be too specific about the thing, we may lose an opportunity to pay a Karmic debt to an old friend or he to us.

It would, therefore seem to be the best plan to consecrate the act before conception, to fill one's heart with love and a desire to serve, and then to permit the Lords of Karma to send us whom they will. There should be only one stipulation: Let every child come into incarnation at the call of his parents and never as a physiological accident!

## THE INFANT

"When an Ego is re-incarnating, he broods over the human mother in whom his future body is a-building, the vehicle he will one day inhabit. That body is slowly built up of the substance of the mother, and the Ego can do little as to its shaping: it is an embryo, unconscious of its future, dimly conscious only of the flow of the maternal life, impressed by maternal hopes and fears, thoughts and desires; nothing from the Ego affects it, save a feeble influence coming through the permanent physical atom, and it does not share, because it cannot answer to, the wide-reaching thoughts, the aspiring emotions of the Ego, as expressed by him in his causal body. That embryo must develop, must gradually assume a human form, must enter on an independent life, separate from that of his mother, must pass through seven years - as men count time - of such independent life, ere the Ego can fully ensoul it. But during that slow evolution, with its infantile helplessness, its childish follies, pleasures and pains, the Ego to whom it belongs is carrying on his own wider, richer, life and is gradually coming into nearer and nearer touch with this body, in which alone he can work in the physical world, his touch being manifested as the growth of the brain-consciousness."

- Annie Besant in A STUDY IN  
CONSCIOUSNESS

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"Fresh with the fragrance of heaven, they (little children) live lives of almost perfect creativeness, everything on earth unknown and wonderful, and only the occasional jars of earth to mar the radiant memories of heaven." -

- George S. Arundale



# DEATH IN INFANCY

Muriel L. Lewis

One can imagine no greater loss than the death of a child, especially when one has no satisfactory philosophy of life. Parents may frantically ask "Why?", or may rebel at the injustice of "Fate". Although the sorrow will not be lessened by even a satisfactory explanation of Death, the logical ideas of reincarnation and karma, when presented to the bereaved, should bring to them a fair measure of comfort.

Mr. C. W. Leadbeater, writing in his book *THE INNER LIFE*, mentioned various clairvoyant investigations he had made into the death of children. He said:

"It is found that a child very often returns again to the same parents,...This is a natural and probable arrangement, as we may see if we consider the reason which brings a soul into incarnation in a certain family. This is usually one of three causes;

1. That the family offers exactly such surroundings as the ego has deserved.
2. That it presents conditions affording him the opportunity to develop the qualities of which he is most in need.
3. That he has a link of love which binds him to some member of that family.

"Clearly whichever of these reasons determined the first birth would generally still be operative when the time came for the second; so that the frequent return of a child to the same family is eminently reasonable and as a matter of fact it constantly occurs."

## THE REASONS FOR DEATH IN INFANCY

Before death the ego "recapitulates" his life just ended, which makes a firm impression upon the desire body and assists greatly in his later life in "Purgatory". It is most important that the body be not disturbed for several days before burial (or cremation, which is preferable). When loved ones mourn, and disturb the dying person as in "wakes", the departed one cannot focus his attention on the necessary contemplation of his past life, so can make no indelible impression to take with him to aid in developing his future "conscience"; so he may soon return to die again in early childhood under more peaceful circumstances.

Also, those who die suddenly by accident - or who are killed in battle - have no time for this needed concentration, and to compensate may reincarnate immediately - often to the same parents, only to die in infancy. It is well known that after a war there comes a wave of new births, but of these, how many are battle victims, we do not know.

### STILL-BIRTH

"When a child is still-born, there has usually been no ego behind it, and consequently no elemental," wrote Mr. Leadbeater, "It does sometimes happen that there is not at a given time any ego able to take advantage of a particular opportunity, and in that case, the body may be formed to a certain extent by the thought of the mother, but as there is no ego to occupy it, it is never really alive."

### INFANT DEATH - THE DEBT OF SUICIDE AND ABORTION

Also, death in infancy may be a debt of suicide paid on the part of the child - and just payment for murder or abortion due the parents.

Mr. Leadbeater says, concerning the investigations made into the cases of infant deaths, that "In all of them we found this same characteristic - that the later life, which had to be attained by the sacrifice of the earlier, was in some way a superior life - one which gave greater opportunities for whatever special development was most needed by the ego. It became evident to us that, while the loss of the little child was certainly a means of working out much karma for the parents, it was always a benefit and not a disadvantage to the ego animating the infant body....."

## TWINS

Identical twins are usually egos between whom there is a strong Karmic tie. Often such individuals have vowed that they will not return without the other. Non-identical twins are usually those whose attraction is to the parent and who insist on coming to one or both parents regardless of the number and personalities of other individuals who are being born at the same time. Differences in appearance and life experiences between twins or other members of multiple births are indicated by a difference in the moment of birth which places another degree of the same sign and sometimes a different sign on the first house which governs the personality, physical appearance, etc., (astrologically speaking). The other eleven houses in their charts will vary accordingly.

-Elsie L. Rutledge