

# The Philosophical Research Society, Inc.

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## CONTRIBUTORS' BULLETIN - APRIL 1973

Dear Friends:



NUMBER of our friends have expressed an interest in my venerated grandmother and have asked for further notes concerning her. Here are a few memories out of the past which may prove intriguing. Grandmother belonged to a time when people solved their own problems and depended heavily upon traditional wisdom and common sense. It was considered proper to be resourceful and seek outside help only in moments of the greatest emergency.

### GRANDMOTHER'S HEALTH HINTS



Grandmother always enjoyed better than average health. She had excellent eyesight, perfect hearing, and died with every tooth in her head. She bore three children, was widowed in her fifties, and her later years were devoted largely to taking care of me and sharing her convictions on relevant subjects.

To Grandmother, health and beauty began with the Golden Rule. From her New England background and Old England ancestry, she was convinced that everyone must have an inner code of rules which should be obeyed. If these are compromised, health is impaired. She believed in good home cooking with plenty of nourishing food and did her own baking whenever the facilities were available. Every day she would take a long walk but, like Socrates, would never admit that it was for the sake of exercise. She always needed an objective, and for some years it was "all for me." She kept an immaculate house because "cleanliness is next to godliness." Warm clothing was appropriate in both summer and winter, for one must always be prepared for chills and drafts. One of her mottoes was, "Early to bed and early to rise," because sleep before midnight was the best. She believed in good shoes, because how can a person have a good disposition with aching feet? For a body living alone, "good books are the best friends." To reading, however, she added evenings at the piano; embroidery; lace-making, which she learned in Venice; and painting in water colors. After all, "the devil finds things for idle hands to do." Grandmother favored rocking chairs because they were relaxing and provide a slight physical activity.



Among her rules was that all worrying should be done in the morning; otherwise, it might interfere with rest. There was a neighbor who was a truly pessimistic soul, and the local gossip. She would come over with a wan smile and greet Grandmother with some such remark as, "I have just come over to cheer you up; you're looking terrible!" Grandmother nicknamed her "Auntie Doleful," and often pretended not to be at home. Apropos of this nuisance, she always told me, "Never talk about your troubles or you will have to listen to other people's."

Whenever she moved into a new locality (which was frequently), she immediately sought out a good drugstore. She preferred the type which we now call a chemist shop, with jars of colored water in the window and a glass bowl filled with leeches. She could always chat with the druggist, and he would prepare the remedies which she preferred. For fever she always recommended sweet spirits of niter; for earaches, a drop of laudanum in the ear; for bumps, aches, and sprains, horse liniment; for a sour stomach, rhubarb and soda; for a cough, the chewing of slippery elm; for the annual spring tonic, sulfur and molasses or boneset tea; for chest colds, a mustard plaster; for throat irritations, a drop of eucalyptus on a lump of sugar; and for "ailing," quinine bark with iron. For delicate children, she considered nothing better than Scott's Emulsion (a pleasant name for Cod Liver Oil). It is obvious that this collection of infallible medications had strong preventative as well as curative powers.

Grandmother liked to shop in stores that provided annual almanacs for their customers free of charge. She watched the weather forecast and carefully considered the useful information on cooking and the raising of livestock which they contained. She was never a practical farmer, but she was still interested. Grandmother was firmly convinced that God had expected all of us to take care of our own health, but if the situation got completely out of control she would call in a physician and diagnose the patient for his benefit. One doctor told me later that he found some of her remedies most impressive and tried them with good results on his own patients. She also said grace before each meal, not because she was especially devout, but it seemed to help digestion: "It put you in the right frame of mind to count your blessings and forget the rest."

OR YOU MAY BE INTERESTED IN SOME OF OUR OTHER PAGES

#### GRANDMOTHER'S BEAUTY HINTS



Grandmother lived in the pre-cosmetic age. She never darkened the doorway of a beauty parlor, living by the conviction that beauty is what beauty does. She firmly believed in looking her age: when you are young, you should look young; when you reach middle age, you should look mature; and in older years you should appear distinguished. She could not understand why some folks insisted on concealing their true age and was convinced that this only accentuated inevitable defects. She was true to her belief, and I remember that to the end she had beautiful pink and white skin and practically no wrinkles. She washed her face thoroughly every morning and every evening in hot and cold water with Ivory soap. The cold water brought a little color to her cheeks for a short time, and this was sufficient. Because she regarded herself as a remote relative to Queen Victoria, she liked to follow the fashions of Her Britannic Majesty. When Prince Albert died, the queen put on deep mourning which she wore until her death. When Grandmother's



husband died, she did likewise, and I never saw her in anything except black. She preferred taffeta but would settle for broadcloth. She wore a little bonnet about the shape and size of a flat iron, from which was draped a long black veil. The edge of the bonnet which was tied under her chin with a white bow, was decorated along the edge with a little white ruching. To Grandmother, the styles of her own day were an abomination. She had no time for bustles, streetsweeping dresses, and leg-of-mutton sleeves. She believed that no lady could look well if she insulted her own body with the clothes she wore. "Wear what becomes you," was her advice.

Grandmother was very particular about her hair. For some years she used a curling iron heated over a convenient gas jet, but this was a calculated risk if the iron was too hot. Later she compromised by combing out a small strand of hair on each side of the front part, and before retiring she tied three tight knots in each strand close to her head. In the morning she untied the knots, leaving three definite kinks which were carefully combed into place. She always wore her hair in a bun because she thought it made her look a little taller, being only four feet eleven inches (the same as Her Majesty the Queen). Grandmother dusted her face once or twice a day with Mennen's Unscented Talcom Powder, which resulted in a distinguished pallor, and her only perfume was Florida Water. She also liked to keep lavender sachet in her bureau drawers. Grandmother was conservative in jewelry, favoring a small cameo portraying one of her daughters and which she wore on the collar of her dress. She was without doubt the most ageless person I have ever met. Ten or fifteen years passed over her without making any visible change in her appearance. She was proud of this. As she approached seventy, she thought she was having a little trouble reading, so she went down to the variety store and bought a pair of glasses for one dollar. She enjoyed them for a while, but they were usually perched on the edge of her hairline so that they would not interfere when she was looking at things.

Perhaps this will convey some impression, not only of Grandmother but of a way of life that went on comparatively unchanged for over one hundred years. In view of these circumstances it is obvious that the dangers of inflation were slight, and most persons could live sedately on a very modest income.



May I thank you for sending in your back issues of our Journal. Requests have come in from persons and institutions who would like to have files of the PRS Journal for permanent use. If any of our friends have copies which they no longer need, we would be most grateful to receive them. They may be sent to us postage collect, or we will reimburse the sender.

We hope that you will continue to enjoy my recollections of Grandmother, and I am sure that if she were here she would add further words of wisdom. As it is, I would like to add a few words from her only and obedient grandson: Many, many thanks for your personal interest and support of our activities; and may you have a very pleasant spring and many years of joyful and inspiring living.

Always most sincerely,

# SPECIAL NOTICE FROM OUR BOOK DEPARTMENT

A number of important and scholarly volumes in our fields of interest are now available in attractive and accurate reprints. Most of those listed here are included in Mr. Hall's list of recommended reading and have long been rare and out of print. To these have been added selected works by outstanding modern authors. The Contributors' Bulletin will list additional works in future issues. These books may be ordered directly from The Philosophical Research Society, Inc. (address on page one). Please add 25¢ for handling on orders of less than \$5.00, and sales tax is to be included by California residents. Note: Prices are subject to change without notice.

<u>Title</u>	<u>Author</u>	<u>Price</u>
Magic and Mystery in Tibet	A. David-Neel (P)	\$ 3.00
Mahatma Letters	A.T. Barker	7.00
Man's Adaptive Dimension	M.F.A. Montague (P)	2.50
Man and Aggression	M.F.A. Montague	5.00
Man and His Symbols	Carl Jung	6.95
Man and Time (Eranos #3)	J. Campbell (Ed.)	6.00
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Man the Unknown	Alexis Carrell	5.50
Man's Place in Nature	Teilhard de Chardin	3.50
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Mudra--A Study of Symbolic Gestures in Buddhist Sculptures	E. Dale Saunders	12.00
Mysteries (Eranos #2)		5.50
Mysteries of the Egyptians, Chaldeans and Assyrians (Iamblichus)	Thomas Taylor	12.50
The Mystery Religions and Christianity	Samuel Angus	10.00
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Myths of the Greeks and Romans	M. Grant (P)	3.45

## Books by Manly P. Hall:



Four Seasons of the Spirit	\$ 1.25
Questions and Answers	5.00
Science and Immortality	.75
Search for Reality	9.00
The Text of Three Recordings	1.25
The Western Paradise of Amitabha	1.50
Words to the Wise	5.00
Zen of the Bright Virtue	4.50

