

9/67 M.D. Naidoo

LETTER IN LIEU OF AUGUST VISIT.

Red  
20/9.

15.9.68.



My dear Brenda,

Phyllis informs me that you have not been well recently. You have many friends and they are naturally upset by the suddenness of your illness. Being confined to bed must be very irksome to a person as active as I have always known you to be. This enforced inactivity will, I feel sure, be very trying to a spirit such as yours <sup>which</sup> recognises that there are so many things that require to be done, that are in fact not being done and at least some of which are pressing and urgent. For the present, however, you need to rest, to relax, to conserve all your strengths and accept what is temporarily inevitable in order to restore your health, vigour and vitality.

I recall only too well your advice to me. I religiously practised yogic asanas every day (what a herculean effort of resolution!). The results proved, as you forecast, to be mentally, emotionally and physically beneficial. There are these times in the lives of all of us when we have to focus our run-down powers on attaining the personal discipline and self-mastery essential to prevent adverse circumstances from damaging our personalities and potentialities. Thus the spirit is recharged with the freshness, vision and energy of youth.

Although your own problems were many, you always managed to find time to attend to the problems of others. Many others each with many problems. How selflessly you carried out your self-imposed Monday duty to Phyllis. Your care and concern for Sahdhan, Sharadh and Sukkithi cannot be forgotten. The list is long. You are, and have been for many years, to very many, a true friend indeed - something most of us aspire to be but, except for a few, succeed in only indifferently. Your warm friendliness rests on two bases - humanity and passion; the vital Christian concept of "Love thy neighbour." I really began to understand you after I met Bill whose quiet, unassuming and unpretentious exterior reveals a very warm, honest, sincere and friendly human being. The happiness of your shared values gladdens your friends. These must be trying days for Bill too. But he, too, has courage and strength and the will to will you better - and soon. My spirit, too, is with you as it is with Bill. I am confident that you will be up and about - perhaps by the time this letter reaches you, if not before. With fond regards to both you and Bill, from  
M.D.