



My Source of Life

# NATURE

*If you want to be happy,  
listen to your nature.*



Issue 1

## The Last Child in Nature

*THERE was a child went forth every day,  
And the first object he look'd upon, that object  
he became,  
And that object became part of him for the day  
or a certain part of the day,  
Or for many years or stretching cycles of  
years.  
The early lilacs became part of this child,  
And grass and white and red morning-glories,  
and white and red clover, and the song of the  
phoebe-bird,  
And the Third-month lambs and the sow's  
pink-faint litter, and the mare's foal and the  
cow's calf,*

*Walt Whitman*

I realize, regretfully, that it is not possible to delay this writing even for a day. I am sad, really sad for children. Their childhood never looks like ours; it seems to be a very tasteless, childhood like, period of life. Probably, they won't have an interesting, lovely story to tell about their childhood when they grow up, too. They being watched by at least one adult continuously everywhere. Their ears are full of words which direct and control them: "Don't run, you can fall", "Don't slide, don't rise up", "Don't touch, it is dirty", "Don't go through the grass, insects bite you"; in brief, the only thing they hear from us "Don't do, don't touch, don't smell, don't be curious, don't discover; we have only one message for them: if it is possible DON'T LIVE.

Human beings recognize the world by using their senses and they constantly move in their environment. This is how a healthy human nature acts.



## Animal Neurosis

Prof. Dr. Ziya Selçuk  
Radikal, 30/05/2011

*Here our extensive, wild, groaning mother Nature spreads everywhere like a leopard with all its beauty and clemency to its children. However, we are untimely weaned and we fell in that culture which the society establish only human to human relations.*

Henry David Thoreau

The neurosis which is characterized as a disease of our modern times, generally appears with depression and physical complaining and it is determined as psychological basis nervous derangement where the person gives unreasonable and heavy reactions. The source of most known neurotic behaviours is accepted as anxiety. While famous psychiatrist M. Erikson is talking about the similar problems that can also take place in animals, he uses this expression: "Neurosis isn't observed in animals, unless it doesn't come across with humans." Domestic animals move away from their nature, because of the limited movement possibilities in limited areas. As a result, they can show amazing behaviours like tics, irritations or weird groans. While neurosis can be observed on animals that are limited only in movement, it is frightening to think what we do to our children! *They are limited in every minor detail of their lives.* Neurotic defectiveness is gradually increasing on the children who are far away from nature, pressed to the apartments and forced to do the things, which they never want.



At the time of a nature tour, I understood that the situation was very serious, because a major number of five aged children didn't sit on earth and refused to play among the trees aggressively. I think it is a very helpless effort to accept human beings as different than animals. Whether you accept or not, humans, as all other animals, need the things which the other living creatures basically need. Therefore, the need of being together with nature, being in touch with nature is a very vital need, which we don't understand yet. We accept that being in front of computer or television screens is a way of living. This way of perceiving life will indisputably cause severe unhappiness and serious mental problems.

I will continue to write about these problems and solutions. But, you can see this call as an opportunity for your self and your child to experience the beauty of summer. Take my advice seriously, listen to your nature.

Arzu Aydođan