
VOI. XXVI
the spirif wedding.


Thi comments or the patile preid vere




 yn fallow men mpasad ypon thine ed








 aamed that il reaures no morat ourugsto

 ceotorf ompana,





 ho might conntret that hambibd widion


 nod da advacing a thoor imimear tonoum
 arrent tin it apylication to buman wo

















 alunate, and whog oharm
are not worthy tho notrention toachtn are not worthy tho attontlop of
any seriou and thoukhtul mind. since
 heere they bellieva the itherak taachin 5 of



 To come to the caus in hand. I do not proi
 Tillowio or whit a smopery veither will





 elianco and ar trid on examination not in my powe to doad and davo thed

 it truifitien $A$ ability to detect tio traid fonot ono word of tuath with to in atao为

 My parobana experiencoa with protendod and


 othe genernilityof reading mean por Mat wenty yaro of pretended spirit man an

 verised with by morabe thiel ppittu
 preas purpose or exposing him, not doub
ng for moment but that I could detect
the froid not withatanding 1 had been in

 and





 he allghtest degree nor am 1 mpososed upon
 Now, as to my experieneo with Dr Mransnrough him lin entildy dinterent from thos






$\qquad$

Leavenworth, J
Endormment of Mrs, Breed, the Meflin
No. 46 South Ada Streek
bY JUDOE EDMUND S. HoLbrook.





## 

Nomel
and






















 , matuatueduation ointur tus eititith owi


## 







$$
\begin{aligned}
& \text { liv } \\
& \text { den } \\
& \text { the }
\end{aligned}
$$

## 

2

|  |  |  |  |
| :---: | :---: | :---: | :---: |

[Metuchen, New Jersey.]

 Lyons, Franee, and passed, but for soment tre




 Russlan, and the others Frenenc and Ene
Ilsh, and six, that year, took thelr degree.
lis






 Tew adventurous apritis. Frau Tibertiuas
whin




















 ttan to oppose it reasonably, and too mann fluenced in the way, wane enoogt think bina Yyelcome our own bex et the beadg geo
 trabsozkl and ozmerit







## Mins Btanoes B Willatd of Ohtago; of   <br> George. Eliotalalat book, Thtophrastau   <br>    <br> 

 ton to there requiar opect so whiche, antudent
can mate ap Ior ant deficency, or pursue
an especiat line of study.
 Conn; ; A ciaho whith contained ia large num.
ber of young men and a few young women. The loanng portlon of the funeral address
of Wendell Phillipe at the grave of the wire





| $\begin{aligned} & \text { tne } \\ & \text { She } \end{aligned}$ |
| :---: |
|  |  |
|  |  |

BOOK REVIEWS.






 a true Idex of efiaracter.






 least Interesting part of the book is that
which is devoted to the temperaments
they

 other conditions.

##  <br> 

 gnei as couia bo usetal to tovery orye, rule
has
needmidrably condensed and arranged the




























 Muif of the Spheres; : Notes and Glea
Sprrtigal Lyrica; The Cure of Care.




 and. thinkers.
The Normal Teacher (J. E. Sherrill Dan.
vilie, Indi) This noumber has artrices of interest undet the following headss Leading
artcles correspondenco edorial note:
notes and notest and querries; examsnation depiart-
ment: odogege department; publishers de-
partment
 delphra, Pa, , Is at hand and contains some
valubie sugzestions. New Muste Recelved.

 $=$
E. V. WIlson Returns Thank











 and istera who know that their row wat
 hands, mintistering ungo mears, and hatel



## Lombard, III.

Asoorés Unioersal 1 ssestant and Complote difochanua, containing over one million In-
duantrial Facta, from the thousetiold to the manufactory, with five hundred engravings. For sale at this ofilice; prrice 82. so

## 



LIVER COMP LANTE
kIDNEY DISEASES, Constipation


A LIMB LOST


TIE GENEAIS AND ETHIOB CONJUGAL LOVE.'

GNDERWOOD-MARPLES
. DEBATE.
KENDALL'S SPAVIN

N win ${ }_{\text {Prow }}$ YRE
ANNOUNCEMENT.

Turkish, Electre Therinal, sulphur, vapor, and other Medicatod for the treatment of disease.
GRAND PACIFIC HOTEL,- CHIOAGO,



## NORARAY,


 the history of the conefict RELIGION and SOMENOE,


THE NEW GOSPEL, OF HEALTH: The Principles of ofital Magnetism; How to Replenlsu the Springs of Life






 MENTAL DISORDERS; Diseases of the Bralin and Nerven. Mania, Insanity and Ofime




BHAGAVAD-GÍTÁ; OR, A DISCOURSE ON DIVINE MATTERS, KRISHNA and ARJUNA.

 DO YOU WISH TO UNDERSTAND Science of Spiritualism,

PRINOIPLESP ARCANA OF SPIRITUALISM;



TRACE, A..50. POOTAOE, 10 cesty.


THE HALO:





| JOHN C. BUNDY, J. R. FRANCIS, |
| :---: |
| emm of Subscripition, Strin |
|  |
|  |



NEW SCALE OF PRIGES,
 ona popvo.an yaar,
5.2 .50
$\$ 1.28$
$\$ 1$
 ter and of the copht,
As the poptags has to be propelat by the teen centst per year extra thierfor. Here
after wo ohall mixe no charge to the sub. ecriber tor pootage.
 Order, Regastered. Letter or Dratt on New
Yort, payabioto to John C . Bundy, Chicago. Db trot thn anyt caife send checki oñ loceal banks:

Spectal Inducement.
We hardly think the friends of the Re-
 aubecriptoon price, to Incit them to dillgent
labori We, howerer, teee impresesed to make the following offer:


 DoLLur's worth.
so sent. and the names must be neert in ma

 club they send in, that we may keep the record correctly
Poat-OFYICE ADDREss.-No restriction is
made. Each subseriber in a club may have a different post-offce address. Great care muist betaken in wriling theriames and addresses correctly and plafinly; give the frat name of
each subscriber in full, when possible, also the county in which his post-office is located

Sptritaalism W/thout spirits.
Mra. E. M. F. Denton clalms to have won-
derful paychometric powers, and yet contends that in the phenomena of SpiritualHem in the existence of dece
ings ias sptrita. She says:


 are patt. In dotind pow wo gesump the con stance of nature in the tuture, which can


 When


 Proot but commanding gesent trom tht con.
 tion-allowing our ignorance of its nature,
and even that our vague conceptions of it may be inaccurate. Btill. the valldity of all the evidemone we we can phaye for for anything


 nomiena respecting what transconds phe
nomena; yet it commapds the entire assent of reason, and henos takes rank among our Scleneose tranceaidd phenomena at every
tep the

 All thene conatiderations are Igaoread by Sitlon; for she has to maintatan that the


 cinble only by the ppoctater impo has knowin
and loved him, that all this is no orvidence of the actuai rasppearancoo of that deocose ed person.
But there
But there is a cause for such a phenome-
non, and reason must obviously transcend phenomena in order to arrive at that cause.
All Mrs. Denton's dogmatism as to whether the cause may not be mundane
rather thai super-mundane, amounts to nothing. We shall not" spitt hairs in the
matter of words. What we have to do with is the simple, fact. Everything may be
mundane so far as we or any body else. can know.
But this much is clear, To account for phenomenal effects we must assume non-
phenomenal causes,-power -or powers, known only through their effects, whose of those effects, which irresistibly suggest that the power is guided by intelligence.
No intelligence whatever can be reooknte. ed if we limit ourselves to successions o phenomens, miscalled physical causes and
effects, but whlch are, in strictness, mere series of effecta.
In clalming psychometric powers, Mrs.
Denton clalms a supersensual faculty plicable by any hypothesis of a parely phys. surpasses the senses, we may rationally fer that it comes from a supersenisual ganiam, which grganism may be just as much alive and active aftor the dissolution
of the phanical body as bofore. But this
is juat what Mrs. Denton denies, notwith.
 assorts that "Sptrtualisim falls to ditoover
to us any method by which we may ldentfy the souroe of the manitfeiting power or the agenoy employed in Its exercise." And
for this assertion Mrs. Denton has the iame ground thast ahe has for asserting that under our human conititions we cannot scien-
tifeally other minds than our own in the universe; all which is a pretty exarclise for the dis.
play of akepticlam, but one having rio pracplay of akepticim,
tical result or value.
If the human spirit has, before the death
of the earth body; suoh' powers as Mrs. Decton clalms for it, as manifested in her own axperience, then it is hard to see why these proots of a supersensual organism in her case are not a corroboration of the real-
ity of the independent orgainsms that preient thiemselves, temporarily materialized, to

## of d

 have no solenticto proot of the fact is", aswe have seem, himply equivalent to saing
the that we have no solentific proof of the exIstence of other minds than our own.' Thi can be logically maintained, and in just the
way that
mre Denton fiaintains, with so palatical ingenuity, that we have no. proe entibe on this question of Spiritualism ahe simply agaumes s position which,
tronable, would ve equally fital to all scien Hifo progrees by questioning the nultimat
$\qquad$

yling; and furthermore the hyppothesis that
they are "intelligent beings existing in any thepy are "intelligent beings existing in any
other realm than our own, has, from its inception to the present hour, been 8 mis.
take, too sad in its effects apon the race to Thus it
Thus it would seem that Mrs. Denton asworld's great seers-Plato, Socrateg, Christ, St, Paul, Plutarch, Augustine, Origen, Swe know not how many more, - who have' as.
serted the immortality of the soul and the reality of a Spirit-world-a/5serted it as a
grand and inspiring truth.- According to
her views it is all a mistase, and "sad in its effects."
Until she can give us evidence very difed of her power to prove thas, wre must be content with holding that the vulgar belief
in God and immortaity is not altogether a mlatake, "sad in its effecta," but in truth tho tory and example.


We publish in another column the able
and excellent reply of Col Eaton tof Leavenworth to the criticisms of the press in regary to the Spiritual wedding, of une 2005. The writer gives reasons
the falk that is in.him, and shows that the subject is one on which he has bestowed
much study and thought. The emphatic much study and thought. The emphatic
testinuony which he offers to the Idêntification of cer
intereating
stly
Still we believe that-both Col. Eaton-para
Dr. Manisfield were decelved, and were the vicims of तoaxing spirits. That such a
class of spirits exist, and are active, the whole history of pneumatological manifes-
tations shows. Throughout the witahheraft excltement they were busy, and many of platped, only by the agenoy of these mi chievous and sometimes malevolent belngs. The Spiritualistic theory that Hfe is continworld with the tralts of chascter he
formed in this, is abundantly. formed in this, is abandantly. confirmed
by experiences like those of Cci. Eaton and Dr. Mansfield. The latter/cannot always
discriminate between actual clalrvoyant recognitions and the products of his own
fantasy or of some misleading apirlt. The ridiculous letter, purporting to come from

## Manifestations on Thelr Merita

Investigators and students of spirit phenomena, should constantiy bear in mind
that each particular manifestation of a phe nomenon must stand alone and be judged
on 1 It ${ }^{-}$owntmerits. The fact that a phenomenon occurs at ons seance, or a thousand,
under proof conditions, does not remove the necessity of sccurate obeervation at the
next. Human nature is very rifich tho same
wherever found wherever found if a medlum bears, a, good
character for truth, and has atways exhlb character for truth, and has atways exaibl-
ted perfect willingness to satisfy all reason-
able demands of inquirers, we may reasonably calculate that future manifestations
wilt probably be genulne, but we cannot aswilt probably be genuine, but we cannot as
sume that they certainly will be. The éfe
way is to be able to verify each phenomenon way is to be able to yerriy each pho in whifige upon any other, but stand an established in-
dependent fact. These remarks are for the benefit of those who desire their observa-
tions stiall be accurate and their statements tions sliall be accurate and their statements
conclusive, and of value elther as evidence to strengthen their own belief or to con-
vince the skeptic. To those who only attend publle seances to be amused or to grat-
ify their emotlonal nature, no suggestlons are necesary, the more completely they "go
it blind," the more they will probably get for their money.

The young ex-prince Imperial, whose brief Life was cut short by Zulu savages, seems
to have wainted to be a good Spirituallist like no have wanted to be a good spiritualist Louls Napoleor. In a prayer
nis father
written by the young man, and found àmong written by the young man, and found àmong
his papers after his death, occurs the for lowing noble passage: " "rant, O Ctod! that
my heart may be penetrated with the conmy heart may be penetrated with the con-
viotion that those whom I love and who are
dead can see all my actions. Help me that dead can see all my actions. Help me that
my life shall be worthy of their witness, and my Innermost thought shall neyer make them blush. This is the most obvious as and yet our enemles wdald deny to our facte the moral and religyous element! See the late remarks of the dilfance and similar de
tractors. The truth is thiat Splritualism of fera ampler grounds than any other system for an earnest, effleacious religion. We
know there are hosts of invisible witnesses Who can, if they choose, r
and thoughts of our. IVes.

## Timely Words from Dr. Splaney

The Preaident of the Michigan State As. duction in the price of the Jourral, an speake aptly and wisely as will bo seen by
the following comitaunleation: the following contrasumication:

## The Jouridi loads the - van. May. the Banner and others follow sult; <br>  <br> Detrolt, Mich.

The heathen Chinee seta the Weatern world an example in the manner the governmen buininess, which threatens the very life or been pasaed in regard to the cultivation of the poppy. The rulers are not content theis Western (brethren who ampse them-
thes by legalizing the making of alchohol and then attempt to prevent its sale. The
Chinese rulers are more logieal. They
know that if no popples are grown, there

Laborers in the Spiritualistic Vineyard, and ther Items of Interesi. Arrangements have beeĩ mide whereby Lake Waldon Grove, Mass, during July and August.
Mr. Bronson Murray, of New York, is spending some time in Illinolas looking after
his large landed in teresta. He has favored his large landed in teresta. He has favored
our city with a week'p vistt; renewing his cquaintanee with many of our prominent
citizens whom heknew when Chicago was a yillage
. Samuel Watson writes us that he has gusta, Arkansas, where they will remain until the yellow fever season is over. Bro.
Matson will let nothing Interfere, however, Whh his lecture appointmarits already anLast week we had the pleasure of grasp-
ing the hand of our old friend, John McDou gall, late of New Orleans, and nów residing In California. He is a thoroagh-going Spiritualistand s gentleman whom all dellght know; our readers on the Pacinc shore
will do well to make his noqualntance. On the flrst day of November, 1879, Rev.
J. Harter will be be 5 yeari of age; it is also the 25th anniversary of his marriage,
and he and Mrs. Harter will have a silver wedding. It is also the occasion or a two
days' meeting in Auburn. They hope to
see all their friends. Dr. Peeblea will resee all their friends. Dr. Peebles will re
tie the knot. Mr . Benjamin Coleman, a prominent
Spiritualist, who lat
仵y passed to spirit-life Spiritualist, who lately passed to spliti-life
in England, was born in Oharlestown, to "Mri. Coleman is due the merit of having beeh one of the very first, as he was cer-
tainly the most aotive in England In'advocating the claims of spirtualism to scien-
tifio investigation, and this he did with an
entire devotion and regardless of all selfosh entire devotion and regardless of all selfish Our worthy brother, H. W. Thomas, D.D, igan, hunting and fisfing. Though not a seeker after truth and is not afraid to follow Where it leasis. He is dolng a great work in
Hberalling and broadenlig hls ovangelical associates. Let us hope that in time he may completely than at present and add the im-
petua of his genlus to the grand movement. Mrs. Plorts, of Worthington, Minn., is arsedin of ine powers; our attention was
arse to her by Mr. Miller of the Advancs, when we were in that place some
weeks since. We made the lady a hasty call and were greatly pleased with her, though
for want of time we were nuable to withes the manifestation of her mefial gifts. Mr esles, thinks of ve visiting indebted Chicaro with his
wife for the purpose of turther investigal wife for the purpose of tuither Investiga
tion of the subject, which is comparatively
How. E. S. Holsrook, well and favorably
known as an able apeaker and experienced Spiritualist, has concluded to heed the so-
leltations of many friends who have urged hlm to lecture on subjects germane to Spir-
tualism. Judge Holbrook ls a gentleman of culture, a good speaker, and will do good
service. He very generously offers to attend grove and camp meetings onto deliver efventhe services. He wili, prove an acquisistion at any of the coming meetinga. Addre
It was recently sald fhat no now heathen ndia, but a Prebbyterian misalonary writes
ome that
 built in honor of those Idols, and the relig
ious bithing, places and asoembby grounds
are crowded. The Presbyterlan converts In a pzovinoe having
000 number $800 .-E x$.
What a atinging commentary is this re-
uit on the efforts put forth by the churches in the missionary cause 1 Three hundred conversiop of this three hundred i is it not ovident as the sunligatit of noon, that if the cade all theese would revert to their old be-
lef? that aprunkenneess in Norway and Sweden is cured as follows


This is the way our evangelical conter
porary repilee to our invitation that
would whileh it his given curronoy in regard to
Wm. Criookegand the lato Robert Dalo Owen
it would geafid of our direct. oharge, not by




LIST OFBOOKS RELIGIO-PHILOSOPHICAL PUBLISHING HOUSE





The Golden Melodies.

## Words and Music





PICTORIALIY ULLUSTRATED


 RANSITION




yaystizus.
 Would You Know Yourseif

operating rooms
H. If. JAGKSON M.D. MEDICLLEEECTICICN:



## Clairvoyant Healer.

The Well-Known ind Reliable Claivoronnt



Nocuhit Dr. KEAN,
 Tho "Chicano Progitentre Ljeemm"





THE VOICES


Andrew Jackson Davis.

## x=itiza

## "VIETVS

## HEAVENLY HOME,"


LETTERS PBOM THE ISTHMUS OF
Manners and Castoms of the Common
Poople.
To tho Editor of to Religio-Phllosophical Joargan: 4

 and ears.
It Is fortunate for the whites that the
oflored people are divided, so before intima-
ted, into two elasses, namely, natives and Jamatcans, between whom there prevalls a
constant
deate of feud, more or leess openly

 to prevent any unity of action In the al-
ways possible event of a public disturb-
ance. The direrance of lannuage is one
cause of this, beesides which the native
 amoued and generally oppressed. It lis easy to
frasesee the result. Engilish Sambo is dis-
fusted with the diluted extract of Africa,
represented by the dusky hidalgoes of the
retion ruling race, whom he calls "dam Panlards,"
meanng spaniards, (the letter S beforea
consonant beling too nuych for h/s excess of
labial weath), and misses no opportunity

 with wise deliberation, determine upon the
course beat adapted to afford the greatest
amount of present ease and enjoyment with amount of present ease and enjoyment with
more unerrng facility. Cappe diem is the
burden of his unconscious cerebration. Let
na by all means ensoy the present hour, In
whatever manner may seem most cosgenus by all means enjoy the present hour, in
Fanterer manner may seem most cosken.
1alito our limited and primitive ideas, let--
ting the future take care of itseif.
 mother, Nature, supplements that human.
tarian enactment by doing away in a great
degree with the neceesity. Since, therefore,
 should say, wha dancing, A mong the na-
tive common people this is generally per-
formedin the streetas in froneof their then.
das or shops, wheneverthe weather is dry,
and forms a curious, hal-savage spectacle
not easily forgotten. One such very com. not easily forgotten. One such very com-
mon tanece is called the tumbla. The dano
ers form a clicle, in the middle of which is
thie music, oonsisting of a tum-tum, or one thie music, oonsisting, of a tum-tum, or one
headed native drum, a dried calabash with
a litlice orn for a rattle, and perthaps a tri-
angle or other rude instrument. When angle or other rude instrument. When
ready, the morotony of the barbaric music
begins and each male partceppant pupplies
the girl of his choice with a half dozen candes, which the dusky maiden lights
and holds in one had above her head, and
the dancers, be they few or many, com.
mence. Koing round-and round, sometimes Har, wave-1ike, undulatory motion which
seems the intensity of pasainal express.
sion, reminding the
thectato of he descriptons given by travelers of the Ghawazees,
or dancing giris of the Nile. It may be.
called the Icentious poetry of motion. The
dance is kept up with greater or less zeal
and ung
 Bperm from the flaring candise.
Another dance is called the fandango,
and still another the gaita, but they do not
differ very much from the one described. dances is very becoming. It usually eon-
sist of the polera or loose flouniced upper
garments, made of some gauzy material
 ornaments worn are sometimes costly gold
ehains, to whilich aro attiched coins sur-
rounded with delicate native filagreework,
tortoiseshell combs with pearl tips and a tortoise ehell combs with pearl tips and a
profusion of natural or arthficial flowers. It
often ocurs that sallor from the ships in
port or other strangers intrude upon these



 her winh kreat ceremony into yne rink, and
thereupon began a serles of gymnatio per-
formanoes that would have put the Ravels
 hanced by the quilt catilenene and greatiy en grity
his partner, and was etil bravely harie.
quining for the amusement of the good-y.
tured crowd when

. Spirtialilum-How to stad it.
The more one knows the more one sees
and feets there is to know. The famillar saying of Nexton Mlustrated this. At the
height of his fame, when his knowledge of natural science was held pre-eminent, he
said, "I feel like a child picking up a few
pebbles on the shore of the ocean" Yot this feelingdid not lessen, but rather stim-
ulated his ardent thirst and enthusiasm for knowledge. The astronomer, ranging with
his telescope over spaces of millions of mil-
Hons of miles, studying the motions, watching the poise and counterpoise, the attrac-
tion and repulsionor hundreds or thousands of planets and suns, belleves that there
are myriads of stars far beyond his sight,
whose motions and influences he cannot study and this bellef is stimulated to
thei research and a warning and against dogmatic assertion of astronomical
dogmas as finalities. dogmas as innalities.
Thus it is in all bra inquiry the stimulus and tha warning, the
enthusiasm and the modesty, the assurance and enjoyment of succees and accuisition,
so far as we know, and the feeling that wider knowledge masy modify our jdeas of
natural laws and invisible forces, go tc
gether in well-balanced min gether in well-balanced minds, and consti-
tute the true sclentific spirit in the study of ligious spirit in the study of cuty and desthings.
This.
This. will be the ruling scientifio spirit ideas and methodis, take in the inner as well ive and taductive. It is not the apirit of dogmatic and induetive scientists, who as-
sume that they know all about the laws of nature and of life, and arrigantly assert
that spiritual manifestattons cannot be beThia will be the rulling rell When the sonl is obeyed. the inner volce
reverenced, the inspirations of to-day held sacred, and natural y 解on, conscience and
intuition left free, and all-these made helps io a wise and true dally conduct or infe. It
is not the spirt of the sectarian dogmatism
which passes for religion in the Which passes for seligion in the churches,
which puts futhority above truth and de-
riounces all beyond its narrow false and foollish.
All this bears wonderful yot natural facts, and the spiritoal philosophy and religious ideas to whlch they lead by quickening and enlarging
thought, and stirring to new life, the sweet. Do we know all the laws that the facts of spirit presence? 'Do we ever
know ourselves as we are Can we always tell how much part paychological/in-
fuences, paychometric powers and clairvoyance may have in alleged spirit mani-
festationst. Or how much the best medium may be influenced by spirits in the body,
by the will and wiah of those present and visible, as well as by the controlling power of invisible immortala To all these ques-
tions must be kiven a negative answer, for if we did know all th
nigh Oninngiencee!
With frm jet mat
With arm yet modest assurance the expe-
ienced and thoughtful Spiritualist can say I know that spirit presence is a reallity my soul and my esnses give testimony, in
ternal and external, to this great truth. am Immortal, and am in the eternal His us from the hiligher realms of tbis eternal death. I am on the verge of a great realm
of spitituan, diseovery and thought, and the more I learn the more the wealth and am-
plitude of that realm opens before me, filling me with joy and deaire to legrn, yet parison with what is before me. The more
I study and tinvertigate the more asaured I am of the reality of mediumahip and spir-
it manifestations, yet the more I see and
feel the wondrons spiritual powers and facultes that we have in this Mfe, and so
learn selifreverance. I woold not forget or
underrate a manapayohological faculties,
or thelr part in the plienomena I am study. ingi but whiló $I_{1}$ pee their infuence, I Bee


This was the qualnt phrase of Theodore
Parker, meant to include obedience to the laws of health, purtty and temperances--
knowledge and obedfence touching diet and other physical habits, that our Hyses on earth may be long and useful and enjoyable. It sometimes in a poor way. Whatever our
idea of the futare may be, our dally work is to live well and wisely.
"Take care of to-day and you take alare of plies, not only to the brief dsys and nights anearth, tomorrow beyond the grave. 'Most
practical of all ideas ta that of the eternal iffe, of which the to-day is and the to-mor.
row is to be This rellgion or the body is thus timely
 and yet $\mu \mathrm{ive}$ in thoughtless dafy lanorance
and unreatraines physical indulgences, with no effort toward reform in diet or habits?
Let all such join to get up a "revival," and "meet with a change," not of hearts, but of
bodies, -transtiguring the impure to the
pure, the sickly, to the healthy. "Save our bodies !" should be the imploring cry; "Make
these bodies of ours fit for clean souls to
Ive in and to use!" the earnest desire and aspiration; "Give us long and clean llfe on
earth" is a good wish, and that wish and aspiration is a triee prayer, lifting mind and
spirit into a realm of higbor activity, so that
we can help to answerit by our own efforts: and "the gods (and good spirits) always help
those who help themselves." So we come at once to a few plain and practical words: Let the key note be self-
government. the stoay of the spirit and the
intllect oner the senses, the intellect over the senses, the supremacy of tho
soul over the body. Temperance tn all good
things, total abstinence from all bad things. Intoxicating liquors, distilled or fermented, and their filthy ally tobacco must be put
aslde totally. with a "ket thee behind me, thou adversary
Hot weather is upon us. Let every farmer
have a rood vegetable garden and a good supply of summer frults, and let every cltizen
get his daily supplies of vegetables and frulfa to be had in the marrext cheap and plenty,
fortunately for him. Less meat and grease, less strong coffee and ter (especially less
coffee for the billous and less tea for the nervous or -dyspeptic) through the heated
summer is well. Many a farmer's table with yts daily supply of salt-pork and potatoes
onhy, and slack-baked white bread, opens the way for fevers and bilious troubles and msy be a little more daily trouble, but will
serve a large share of the weary nursing and watching with the gick, as well as the
doctor's pilli The Hindoo, in the troples lives on rice,
thie Esquimaux, to the Esquimaux, to ward the pnles and among
the icmbergs lives on whale-blubber. Our
summer is troploal, and we must live somewhat as the Hindoo does, whlle it lasts. We
do not bulld a fire anid shut doors and windows to atop the air in dog-days. When we eat much fat meat its carbon builds a fre in a room, and so
and like allments.
It is all folly to be fussy and notional, or
to starve on too light or too little food. Hato enough that is hearty and healthy and yet have the varied vegetables and
fruits to keep the system cool and open and are more nutritious than any meata. Study deetetic physlology ' rationally: Know as
well at least what food is good for ourselves well at least what food is good for ourselves
and our prečlouis tamilies, as for plgs and cattle
There àre no infextble rules of exset dlet,
cor different constitutions neeed aiffereni food; but there are general rulea and ideas
to be studied. Unbolted wheat, in Graham brend, gridale-cakes, cracked wheat, atc., should be used far more than it is. Indeed It is a question whether the inventor of
botting apparatus did not fignorantly curse mankind, by separating, the, coarse husk,
with its needed phosphorng, ete, from the white, kerinel or flour, tending to produce constipation,
palins and ills.
Let the diet be olgn, pure, nutritious, well-cooked, and such as to keep the system
swset and healthful. Avoid overwork, etther the sudden stratin of aome great effort in
harveat feld or shop or with the bratn, or the fearfally exhausting and disastrous straln of work too hard and continnous. soon after meals or when exhausted-dally as near as may be, and keep heart and mind
healthful and cheerful. If we behave our selves we and cheerful. If we behave our-
andee with ourselves,
and For and this and mankind. her important wofk in every home. Let
husbands and fathers, who take great care to have the beat convenienoes in their ofthalr sho
care that
swomen swomen toll


Ethea of Soliftualism.
A. E. Newton concludes a lengthy review
running through four numbers of the Banrunning through four numbers of the Ban-
ner of Light; a review ably written from an adverse side, with the following ex-
tremely complimentary pasasg: "In conclusion, It any apology is needed-
for the large attention that hase been be-
stowed on Mr. Tuttle's book; I would say that in my judgment no work more import.
ant to the future of spirtualism has yet.
appeared Its acceptance or non appeared. Its acceptance or non acceptance
by the great body of SpIrituallists Will de-
termine in a large measure the tendency of


## YAM LAME BACK. WEAK BACK. 'S CA'PCINE POROUS PLASTER.




 $\$ 6$ AGENTS READ THIS
 Havadudududuw

VIINRICHIMOM ufferers can flee to find a haven of rest and ferent looallities in Minnesota and the exty. The distance, and expense of getting to these comparatively isolated points, how.
ever, is to many an insurmountable obsta-
cle; and another drawbactor is the difficulty at those places of supervising their affairs at home. Last season the
editor of the Journal made what was to him a dellightful discovery. $A$ member of is own family, who has suffered each sea-
son for twelve years, became greatly debilessary she shoula leave the olty, being unable to get any rellef or sleep. Having heard
something of the advantages of Grand Han
ven ven, Michigan, we sent the sufferer across
Lake Michigan to that point, distant only hundred milles from Chicago. Leaving
here in the evening. in such distress as to ed at Grand Haven next inorning, ánd from
ren the hour of arrival untll October first, when
she returned home, hever had a symptoin of the disease. We shall of course seek the
same haven, and can, we think, confldently recommend the
and subscribers.
Grand Haven is especlally fortunate in od from every direction by rallroad. The best way, however, to get there from Chlea-
ko, Is to take one of the fine steamers of Goodrich's line, leaving here every evening
and arriving at its destination about seven in the morning. This gives the traveler a cool and delightful night's rest. No danger crossing the lake.
At Grand Haven,
At Grand Haven, good accommodations
at reasonable prices, can be secured. To at reasonable prices, can be secured. 'To
those who desire the comtorts and conventances of a irst class hotel, the Cutler House
offers all they can desire, and att popular The Countees of Galthness Com Lady Calthness writes us from Paris as follows: "Let me take this opportunity of saying
that I highily value pad appreclate your
JOURNAL, and am sure it so Jourk for and am sure
wor good cauie" $\qquad$
J. Madison Allen has left the Bouth, and
now in Kansas. He will make engagements for Sunday and week evening leotures, grove and camp-meetings, séances,
sag.

