

THE HERALD OF PROGRESS.

DEVOTED TO THE DISCOVERY AND APPLICATION OF TRUTH.

VOL. 2, No 2.]

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[WHOLE No. 54.]

TO WRITERS AND READERS.

A letter X on the margin opposite this notice is made to indicate to the subscriber that his subscription will expire with the next number. We trust that the interest of no person will expire with his subscription.

The Editor will be accessible to his friends and the public only on each Wednesday, at the publication office, a few doors east of Broadway.

A portion of our Editorial Staff will occasionally use the Phonographic characters for signatures, in order to interest our readers in the brevity, utility, and economy of the system.

Let no contributor conclude, because we postpone or respectfully decline the publication of an article, that we are, therefore, prejudiced against the writer of it; nor that we necessarily entertain sentiments hostile to his. We shall make every reasonable effort to satisfy both reader and correspondent.

Non-official letters and unbusiness correspondence (which the writers design for only the editor's perusal) should be superscribed "private" or "confidential."

The real name of each contributor must be imparted to the Editor; though, of course, it will be withheld from the public, if desired.

We are earnestly laboring to pulverize all sectarian creeds and to fraternize the spiritual affections of mankind. Will you work with us?

Whisperings to Correspondents.

"TO ALL WHOM IT MAY CONCERN."

MARY P. T., PARKMAN, O.—The reception of your paper on "Natural Progress" is hereby acknowledged.

SIMPLEX, MASS.—Our space will probably soon admit the article on "The True Grounds of Shakerism." We mail copies of the HERALD OF PROGRESS to the Shaker Society at New Lebanon.

J. K. B., SUTTON, N. H.—We think that the communication which you forwarded to us for publication, would accomplish more good if mailed privately to Mrs. J. B., North Elba, N. Y.

C. R. A., TAUNTON.—There's something in the aural emanations of your fraternal note which reminds us of Peter's angel when at the prison gates—a power of deliverance just at hand, full of human love and of strength toward you, yet not quite seen nor experienced.

JOSEPHINE E., LEHANN, G.—The dream was a beautiful one. I have been one who, living in the Summer Land, where all things are beautiful to the pure in heart, sees a storm cloud in your nearing future. You have only to stand fearlessly and hopefully as it approaches, and you will receive no injury.

"IS H. MELVILLE FAY A MEDIUM?" ANSWER: We do not know, but we have recently heard that Wm. H. Fay is a genuine medium, and that H. M. P. is not. As this position has been strongly taken and urged by a correspondent, we consider the subject an open question, and await further evidence.

SOL M., NOBLEVILLE, IND.—The hieroglyphic letter, written by a medium "with closed eyes," contains only two sentences intelligible: 1st, "Do not bar up the hospitable door." 2d, "Lazarus is wandering over the prairie." What these sentences apply to is not clear to us. Do you know?

J. A. HEINSHOH AND DR. G. LANGSDORFF.—We shall watch with lively interest the progress of your deliberative investigations. That Spiritualism and Science are not contradictory, is daily becoming more apparent to the American mind. The same discovery will be made ere long in France, England, and Germany.

JAMES N. S., ST. LOUIS.—On reflection we have concluded to decline your defense of the "Harmony Springs" theoretic leaders. We can see no good to come of further explanations. It should be remembered that our journal went forth with lengthy statements favorable to the parties, and explanatory of their internal habits and economies, long prior to the publication of any unfriendly criticisms.

"MRS. E. E. B., B. B." BROAD CREEK.—Let your approaches to the presence of the Spirit World be always at stated times of the day or evening. Never protract the interview beyond an hour. Be completely and symmetrically harmonious and honorable in your dealings with your celestial visitors. Any other course will ultimate in confusion and disappointment.

HENRY S., OF BEAVER CREEK, IND., writes a friendly word, as follows:
"BROTHER DAVIS: I see some of your correspondents complain of your paper not dealing in the marvelous sufficiently. My experience is the reverse. I surely have failed to get several subscribers for you on account of the superabundant marvelousness. But to the minds of your subscribers and readers, within my knowledge, your paper is just the thing."

"SPIRITOSCOPES."—Many communications have reached us in regard to the mechanical construction of the "Spiritoscopes" used by our friend Dr. A. Harlow, of Chagrin Falls, O. We have not given much attention to the form and utility of this instrument, and would therefore suggest the propriety of addressing the Doctor himself on the subject. He will unquestionably treat his correspondents to prompt and truthful responses.

J. W. M., LA FAYETTE, IND.—We'll whisper not of thy disadvantages; not of thy destiny. We iterate the words of an angel whispered to one like unto thee: "All a Delly bath crowned thee with, restore to him. Of his love thou hast partaken. Of his joy thou hast shared. Restore to him, with tenfold usury, each talent he has given. Oh, bring not to his sacred altar an empty life. Train high each faculty he has endowed thee with; culture it to the highest point of thy capacity!"

S. W. L., KY.—Let not the tricks and frauds of priests and politicians unsettle your faith in mankind. Self-conquest would, of necessity, increase your faith in others. The walls of Freedom's temple must be erected without the sound of the hammer, and you can prepare material for the edifice by every well-directed "Address" to the people about you. Therefore, Brother,—
— "Do thy work; it shall succeed
— In thine or in another's day;
— And, if denied the victor's meed,
— Thou shalt not lack the toiler's pay."

A. B. F., CLYDE, O.—You are not in our debt. We acknowledge thy spontaneous service. The spiritual might of true friends, like the flow of everlasting truth, turns the wheels of Progress! May you and your collaborer wield the sickle of Reason in the ripened fields of universal truth. Gather sheaves of wheat wherever you go, thresh and grind their berries in the mill of honest Reflection; then freely give the elements of "the bread of life" to the dwellers of every theological Kansas through which you pass. As it is more blessed "to give than to receive," so you may expect that the benighted and fed will reward you with abundant gratitude, emphasized by only a little gold.

CONNECTICUT.—We have read your words of "Self." You are one of the fortunate. Many have "committed the crime" of permitting a husband to go to California. Poor, whispering tremblers! are they who inhabit the bleak and bare creeds of Old Theology. Lift up thy voice in the wilderness of Ignorance; for the evil days, long foretold, have come upon the people; and it is high time for the strong to help the weak, and for the inspired builders of the NEW to teach those who dwell in the dark, sad homes of error and misdirection. Sister! lift up thy voice, and let its accents be melodious with the springtime of spiritual truth.

A SUBSCRIBER, residing in Michigan, writing to renew subscription for another year, says:—"We are rather of the Abolition persuasion, and like the firm stand taken by the HERALD OF PROGRESS on the Slavery question—only not quite enough of the light principle."

ANSWER: The world is too prone to worship the Age of Moses. We feel more happy and at home in the Age of Love, whose eternal guardian angel is Wisdom. In order to "fight the good fight," we must employ the best of weapons with all our heart, and mind, and strength. We floundered to the inspired through the conditions.

W. T. K., ("INQUIRE,") DAVENPORT.—"MR. EDITOR: In No 22 of your paper is an engraving of a dial or suspension plate, for the purpose of obtaining communications. A handle is placed at the top. QUERY: Of what use is this handle?"

ANSWER: The handle at the top of the engraving was a mistake of the artist. The original diagram sent us by the Lancaster Circle had a slight flourish of the pen, which misled the engraver. The suspension dial is fastened at the top simply by a string. Mediums best adapted to this kind of communication are classed as "Automatic," "Motive," "Tipping," &c. Some cases of the "Impressional" type are also gifted at the dial.

SIMON T., OF GREENSBURG, IND., writes in connection with that corner of the vineyard. From his private letter we take the liberty to extract a few words: "I have lived to be called 'an old man,' but find that I am only a child. Hereditary darkness has been driven from my path. And a channel to the fountain of Light and Love, and to those thoughts forever lost, has been opened to me. Among the loved departed are two beautiful children, who bring me sweet tidings from their heavenly home! Besides all this, our neighbors are fast opening their eyes to the light. They begin to move with us in the search for Truth. Our Spiritual meetings are better attended this winter than ever before. Our last public meeting (Jan. 13) was crowded to overflowing. Two discourses were delivered through the trance-mediumship of Mrs. Howard, of Indianapolis. Subject of morning discourse: 'Does man live after death?' evening: 'Nature.' Both subjects were sublimely treated, and gave us a foretaste of the good time coming."

MY MOTHER.

BY WATSON.

While Hope's bright flickering star before
Points onward to the heavenly shore,
And with its witching ray inspires
A faith in all that love desires,
Doubt takes a cautious look behind,
As if some passed by joy to find,
Across the years there shines a star,
That sheds a purer light by far;
At dawning life it hovered near,
And kept my infant heart from fear;
Its purest beams of love were shed
Around my little cradle bed,
And as my mind began to form,
It sheltered me from every storm;
Through all life's doubtful, devious way,
Has been my guide and constant stay,
And in maturer years, more bright
It sheds its golden rays of light.
Oh, mother! canst thou ever know
The love thy son would fain bestow?
Can I thy priceless love repay,
Thy toll through many a weary day,
Or can I shed a ray of light
Upon the gathering clouds of night?
Let me but wipe the falling tear,
And soothe thine every care and fear,
And guide thee with a gentle hand,
Up to the happy spirit land.
Nay, listen to the words of cheer—
Thy angel friends are waiting near,
To lead thee to that home above,
Where all is peace, and joy, and love;
Nor wilt thou then forsake us here,
But often, often linger near,
And guide us as in days of old,
Up to our Heavenly Father's fold.

The Physician.

"The whole need not a physician, but they that are sick."

Spring Time Diseases.

WHAT TO EAT AND DRINK.

BY A. J. D.

We are about to emerge from the Winter months into the terrestrial thawings and atmospheric changefulness of the coming Spring. The eccentric action of this peculiar season upon the fluids and solids of the body, is irregular and disease-generating. Dense fluids descend from the brain and lungs, and disperse through the lower viscera—laying the foundation for various stomach, membranous, and liver disorders, resulting in obstructions, diarrhoea, congestions, and inflammations. Meanwhile the lighter and rarer fluids ascend from the bowels and liver, and diffuse themselves through the solids and nerves of the throat, face, and brain. These current and vital changes occur in every human body, just as surely as the upward flow of sap in trees, at the very beginning of the Spring months. In the perilous passage between Winter and Spring more children get sick, and more adult invalids depart for the next Sphere before they should, than during any other season of the year.

PREVENTIONS AND REMEDIES: May holy angels throw their strong, white arms around the multitudinous little ones of earth; and may the understandings of all parents be opened to the true ways of life and health. Especially do we pray for the protection and conservation of the diseased, the suffering, the famishing, and the unhappy. Let them organize themselves into systematic, thorough-going, wide-awake defenses against the approaches and invasions of the ruffian Gen. De Bility. Each human being is provided by the Father and Mother with ample constitutional means of resistance. Whole troops of Vital Forces are sent in every visceral organ of the body; indeed, it is literally true to say that every organ—from the top of the head to the depth of the abdomen—is naturally an impregnable fortification.

Incredible as it may seem, it is nevertheless true, that man's body is a strong tower of defense, a fort of marvellous construction, which no atmospheric changes can affect or touch, if the proprietor but understood the shielding power and vast sweep of the Invisible Will. Faith, knowledge, imagination, affection, intuition, and fidelity, enter as ingredients into the composition of WILL. It is not what phrenologists term Firmness, it is not a sort of jockassical principle of stubbornness in the mental constitution—not a "will" and a "won't" propensity—quite otherwise; by Will we mean the concentrated whole-heartedness of the brain and soul-life flowing like sunlight within the blood to any desired part of the physical economy, distributing the fertilizations of sublime health and strength through every crevice and tissue and nerve of the dependent frame.

We admonish each of all our readers to put forth this regenerating, this anti-suicidal, this immortal energy of the internal Spring. The Spring is about to burst upon you with all its varied terrestrial and atmospheric characteristics; with its fickleness of sunlight, hesitancy of temperatures, and with its changefulness of electrical and magnetic currents. Go forth, then—armed with well-balanced manhood! Like a strong, well-formed, beautiful woman go forth lovingly to greet and cheer on the Spring; do not remain in the house all day, whether sick or well, but walk forth panoplied with the WILL power, and thank the universal God of Nature that in him you "live, and move, and have a being." Be always very thankful; let your face shine with gladness; your cheeks blush with youthful vigor (although the record may be that you are more than sixty years old); and the host of overseeing intelligences will drop a "new lease upon life" in your heart, which will then steadily beat against your bosom as the nearest friend you have. Do not get a "bad cold;" do not permit yourself to cough; do not get the habit of taking on rheumatic pains. All these ailments may be prevented. Bathe your feet in cold water before walking; keep them protected against the dampness of the ground; breathe deeply while walking, allowing the breath to escape only through your nostrils; swing your arms, firmly shutting and opening your hands occasionally; be strong and energetic, not flexible as India rubber, in putting forth muscular effort; earn honestly warm and generally fatigued—earn and deserve your weariness—then, on returning to thy habitation, go into thy chamber, lock the door against every external intruder, and resign thyself to the nourishment of slumber. Nature will faithfully awaken you at the right

moment: then, whether sleepy and rested or not, arise and resume the business of the hour.

During Spring months it is better to eat almost no meat. Whether sick or well, this counsel is applicable to you. Eat various kinds of simple puddings for dinner; only one compound, with bread and butter, at any meal. Farmers and merchants, mothers and children—each and all, better keep "Lent"—and grow healthy by fasting in the early Spring months. The following is a good dinner for two days of each week: "Take half a pound of bread crumbs, half a pound of potatoes, boiled, quarter pound of fat, chopped fine, two eggs, well beaten. Mix with milk, and boil three hours." A large family of course, would require a larger pudding than these proportions indicate.

Abolish the demon, "coffee." Don't spend another copper to obtain this copper-colored enemy of lung, liver, stomach, bowels, throat, brain, and reproduction. Nature will allow you to use black tea not too strong; never oftener than twice a day, seldom at night. Let all families manufacture a beverage for Spring drinking; to be used at any time, even at meals, instead of warm drinks, ale or porter; for it will give a healthy fluidity to the blood before warm weather, open the bowels moderately, and assist the feeblest digestion.

A SPRING BEVERAGE.—Six ounces of sassa-parilla, four ounces of liquorice, two ounces of wild cherry bark, and one table-spoonful of each cinnamon and red pepper. Boil in two gallons of rain water until the quantity is about half reduced. Let children and adults drink a wine-glass of this whenever thirsty. Do not sweeten it much; nor allow yourself or little ones to indulge in sweets.

Better eat an orange before breakfast than at any other time during the day. Give your children oranges without the pulp or seeds. They cannot easily eat too many oranges in the Spring. They contain very rare properties of strength to the sick and debilitated. Dyspeptics would do well to walk before breakfast, and eat a couple of oranges breathing as above directed in the meantime. Consumptive and bilious persons may obtain much relief from the free use of oranges anywhere between early rising and the second meal. Let every reader of the HERALD OF PROGRESS give evidence of the glorious faith that is within him.

Exhausted Primates.

FEEDING MAN WITH MINERALS.

Our esteemed Philadelphia correspondent sends us the following curious diagnosis, which he received from a medical practitioner, who resides not far from the "hub of the universe." The correspondent, writing for information on some obscure point of the diagnosis, says:

"Some six weeks ago a person, in Boston, had a flaming advertisement representing himself as being able to cure very difficult cases of disease pertaining to males and females. I wrote to him and stated my case in full. I will give you some extracts from his letter, viz: 'Cold water never alone could cure you, for you, as well as all other human beings, are compounded of some seventy-five primates, one or more of which has become exhausted, and therefore must be restored before you can regain perfect health. In your case the absent primates appear to be 1st, Lime; 2d, Manganese; 3d, Phosphorus; 4th, Iron; restore these to the system (after treating the chronic inflammation of the parts involved,) and you must get well at once.' He then describes the treatment which is necessary, and adds, 'this will cure you perfectly, just as surely as that one and one makes two.' I did not try this treatment, as his charge for furnishing the medicines was fifty dollars."

Our correspondent wants us to answer many questions concerning this doctrine of the "primates"—whether they consist of metals, salts, &c.—and wants to know whether man must take "cordials," etc., in order to keep his "primates" in sufficient quantity and equilibrium.

OUR ANSWER.

The learned words at the head of this article contain considerable intelligence when applied to soils or plants; but they mean absolutely nothing, when applied to the constituents of the constitution of man. The diagnosis above given is without foundation in Nature. It is simply unsound and ridiculous in the eyes of Science; but the theory is dangerous to the public, who know little of the chemistry of human existence.

All substances in the world are composed of sixty-four (not seventy-five) simples, called "primaries," because we first find them in rocks. These rocks, by means of pulverization during the labor and lapse of ages, result in soils. From these soils vegetables are unfolded, which lift up and still more perfect and refine the "primaries," until they be-

come sufficiently attenuated and potentialized to unfold and sustain the organization of animals. Man's constitution is a reservoir for all the ultimates of rocks, soils, vegetables, and animals. He does not exist nor subsist on the primaries. The basic elements are first taken up by the lower orders of plants; they progress through all the ascending grades of vegetable bodies, till they form part of the air, and water, and food of animals; and, still passing gradually upward, they (the primaries) ultimate in the human organism. Man, therefore, is composed of ultimates; not of crude "primates."

In view of this truth how shallow, not to say mischievous, is the above diagnosis! The patient must take medicine compounded of gross and indigestible primaries! Rocks, metals, earthy matters, must be dissolved or mixed with liquor and syrup, and then spooned out to the unfortunate victim! Chemistry of itself will expose the fallacy. The higher orders of plants will not appropriate the crude properties of the sixty-four simples. It is necessary to feed plants with manures of other plants, or with fertilizers that have been refined by passing hundreds and hundreds of times through the life-processes of lower orders of animals. For this reason our intelligent farmers and horticulturists find valuable manures in fish, in pulverized bones of animals, and in lime composed of the infusorial remains of departed ages.

The truth, then, is precisely and unmistakably this: Man's body is compounded of ultimates (which were once contained in the primaries), and it is therefore impossible to strengthen him, or to cure his maladies, by dosing him with crudities and mineral masses; for these all are foreign, incompatible, and consequently disadvantageous, if not poisonous, to his physical and spiritual constitution. If our correspondent will from this hour obey the simple laws of life and health—as to diet, sleeping, drinking, exercise, breathing, willing, and magnetism—he will find all deficiencies of his body, even the evils of transgressed laws, gradually supplied and transformed to good. "Throw physic to the dogs," scorn the chicanery of advertising pretenders, and at once set up for yourself. This prescription will cure you as certainly as that "two and two make four," and our fee is not fifty dollars!

An Assault on Medication.

Whenever in the human organism the currents of vital electricity are stopped, or this electricity is thrown out of equilibrium, by any cause whatever, there is pain, discord, disease. Restore this equilibrium, cause the vital currents to flow anew, and the disease is cured.

Human electricity, or vitality, or the nervous fluid, (no matter what name you give to that something) is a product peculiar to the human organism. I hold that every living body develops electrical emanations peculiar to itself; the higher its station on the scale of development, the more refined these exhalations. The human body is the most developed, most refined organism, on our earth, and so its vital electricity must be the most refined fluid developed by earthly bodies. Suppose in some part of such an organism the two electricities, positive and negative, are thrown out of equilibrium, or the currents refuse to flow aright, will something grosser, inferior, be able to restore harmony? I cannot believe in this. Not one kind of medicine is up to the standard of the human organism, so I doubt the healing powers of them all.

There is a patient sick with chlorosis. The chemist and physiologist tell us his blood contains not enough iron. What's to be done? Of course feed him on Peruvian syrup, or any other preparation containing a large amount of iron. 'Tis clear as daylight, this will remedy the deficiency. Or there is a consumptive patient. Physiologists, if I don't mistake, have found his organism to be lacking in phosphorus matter. There is phosphorus enough in the world—give him hypophosphates. But stop a little! On what did those patients live? I imagine on pretty nearly the same aliments that kept other persons in good health. It seems, then, these latter found iron and phosphorus enough in the same nutriment that did not provide the former with those elements. Where then is the deficiency, in the patient or in the food? Those patients had not the power to assimilate the iron and phosphorus offered to them in their food. Reinvigorate this appropriating power and the patient is cured; without this, all the phosphorus and iron in the world are of no use to him, and to feed him on it would be much like pasturing a muzzled ox in a luxuriant meadow. The very same process of reasoning applies to all so-called nutritive medicines.

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