





FACTS AND REMARKS.

erly estimates of night light on sleep volume and quality. The authors conclude that the amount of light that enters the bedroom at night would be the most useful factor in determining the effect of light on sleep. The authors also note that the use of light meters in the bedroom may be useful in the future. The authors also note that the use of light meters in the bedroom may be useful in the future. The authors also note that the use of light meters in the bedroom may be useful in the future.

LEWIS CORRESPONDENCE.  
 (Continued from p. 10)

RIEND BRITTAN:

Dr. Ashburner has given me an English edition of Adin  
Allou's work on "Modern Spirit Manifestations," recently  
published, to which the anonymous editor has written a very

the Introduction. I shall take another opportunity to give the substance of that introduction, which is quite lengthy, and contain some valuable facts as well as many sound arguments in

the present time, is to furnish a suitable introduction to some

Let the reader bear in mind that the editor has a word who is a medium, and another with whom he is in con-

The first extract is from notes of a séance under date 4th June, 1850 and was presented with others to his correspondents in answer to inquiries.

Whether there is any thing in the future life of a *personal* character, or *apophysis*, consequent upon our conduct in the present life? I do not

every act bearing with its own consequences of pain or pleasure, but nothing over and above that for the general tenor of the life and conduct.

4. The answer is, that every one commences the future life at the same stage of development in which he leaves this, with simply increased vigor, which is more perfect knowledge of what is good and evil.

consequence of which it is impossible but that a desire for improvement should be generated; and there is an other punishment than what lies in the mind from our sin, which is only severe in those who have

lly, and with their eyes open, sinned; the vast majority who do  
from partiality of vision, and not from evil intention, see with regret  
their former errors; but there is no such thing as eternal, objectless,

positive punishment; and even those who suffer most are looked upon as with a compassion compared with which the highest that is raised by the noblest natures here is as nothing; and all are attracted

ward with inexpressible love. There is an infinite series of circles of being, one or other of which you enter in correspondence with the state which you leave this life, and the most effectual and perfect means

...Your vision is so enlarged, that you can not help wishing to be as perfect, and immediately the wish arises the improvement begins; instances of those examples of assimilation with your state, and of in-

and there is no limit to your progress. Those who have struggled hard for self-improvement here, start their lives from a higher eminence,

ed, without undue strain, they have the reward of the Father's approval, "Well done," etc. They enter upon their glorious upward race with redoubled ardor and infinite joy. The circles or societies are

tely varied. Each is characterized by the predominance of some particular attribute, in respect to which all the individuals concur, although they may differ in every other respect, and be suited for other

E—answered several questions that I had previously put without  
ing at the time got distinct replies to them. None of these inquiries,

ugh in abeyance, were forgot. They were registered, by the simple  
of my desire upon her nature, and though even I forgot them,  
would nevertheless come up and be answered at the proper time.

of these questions was, Whether, in the future life, they were able to detach or renounce, in their progress in knowledge and goodness? The answer is, 'Yes. They vary in their states as to efficiency and

...they have slight influence upon us; are incapable of inspiring with earnest power; and thus we are left more open to despondency.

"The principle is, in fact, the same there as here," said I. "This is in the school of Providence, as that: and it seems nothing more

change of circumstances and conditions; the soul is the same in all cases, and subject to the same law!"

Another referred to their progress from circle to circle: By what means did they pass from the one to the other? They first feel their need in a special relation; this feeling begets the desire for informa-

Another, related to the first question, was, "Whether, since they are ignorant of the mind's capacity of supplying by what life."

• The answer is (so far as it and such as he are concerned at least),  
if when the answer is within the range of their knowledge, they do

err, nor communicate error. When they are uncertain, they say but if the person in communion be too eager, this may not be good, and a partial truth may be *unduly* extended, or an error may

is the trial of the consciousness. For instance, he acknowledged as to what was not sure. To-night, he having inquired in the what was upon the

is with me. I am a little uncertain. I tell you so, and you wait my further experience, or natural development. Truth in full proportion is only got by growth, without forcing. When persons in my position of affairs fall in dissent to the *Journal*, I have no objection to their doing so. But

creations derived from their memories, from their own thought, and from any other being with whom they may be in communion. Hence

[illegible]

K; but that he proclaims truth fully and unceasingly, etc we can obtain to decide. Hence Mr. Fickelbach

Justice to Mr. D. also would require that equivalent

[illegible]

