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Written for The Watchman.
CONTRASTS OF LIFE.
BY WATCHMAN, SPIRIT EDITOR.
A MEMBER OF THE
AMERICAN AND EASTERN CONGRESS
IN SPIRIT LIFE.

H. A. Cate, Amanuensis.
Mankind the Apex of Organic Species.

(Continued from November Number.)
Having treated of the general laws attending the various species of organic life, we will now proceed to the *Human Being* as a specialty.

Physically, the *Human being* is the highest of all organic species; containing within itself all the attributes and possibilities of Nature; while subject to the same laws that govern the minor organic species; yet capacitated to unfold and become a part of the refined *ultra* or final scintillative existence, recognized, at the present epoch of man's intellectual unfoldment as spiritual or ethereal beings, who change not in the general contour of the *human* form, but are, thro' growth, perfected to that symmetric unfoldment which the mentality of life adds to the organic beings.

Mentally, the *Human being* is a fluctuating motor *centispiece*, who is capable of receiving, and, to a powerful extent, retaining the combined motor force of all expressive beings; likewise do we find such beings as are perfectly organized to receive and make demonstrable, the views and conceptions of an hundred-fold.

In such, the motor organs (the brain) exceed those of a lesser capacity and inferior organic growth; yet, thro' and by motor culture, the brain and general organization of the inferior species may attain that perfective growth that characterizes the finished or *ultrum* of all life.

This is, then, the subjective and progressive work of spirit upon matter; consuming the inferior and lesser combinations of matter, to support and utilize the next advance, and accordingly perfective, growths. This is the great CHEMICAL and Ethereal law of existence.

The *Human being* is organized by CHEMICAL affiliating laws; receiving sustenance from the same law of being.

The *Human body* is the Apex of all organic beings. It matures and becomes, in statue and culture, the representative

of the laws governing its individual organization, which is determined by the different sectional divisions of the earth planet whereon they may live; and is thus composed of differently affiliated CHEMICALS which determine for the organic beings residing in each section or country, a difference and distinction in race, color, contour of brain and features, and dialect of tongue.

This can be the more readily recognized in such growths and races of beings as are termed "Aborigines" and "Island Natives," who are but the representatives of primal organic *Human* life; existing as they do from generation to generation without the intermingling of beings from other sections of the planet: they progress but little in the perfecting of their motor or mental forces, therefore retain their distinction of race or species. Because, living upon one given section of land, they have not that CHEMICAL interchange and exchange that gives the *ultra* or perfective growth to organic life.

Therefore when different tribes or Islanders interblend and procreate their kind, from year to year, in course of generative diction, there is organized a more perfect; more symmetrical; more integral race of beings. And according to the physical perfectability: so will be the brain formation; which, in turn, generates thought or motor power, thro' which the faculties of the individual being will spontaneously act all in harmony with the general make-up of the organism; and with whatsoever may excite the different faculties of the organism, as sound, sight, smell, touch, and, in reality, any CHEMICAL reaction of forces that may play upon the nerve centers of the being's organism, and produce such effects from objective surroundings as to determine the subjective faculties.

In the first stages of all organic life the sustaining faculties are made manifest thro' the absorbent and suctionary forces, which is the first law of organic supply, as is demonstrated by the newly born young of any species; wherein they first absorb the atmospheric forces, then seek to sustain that by the suckling act of absorbing the more congealed particles of matter that are adapted to its wants. And so on to the meridian, and fulfillment of the individual's organic existence, wherein race upon race and species after species of *Human beings* live and procreate so long as around them doth exist the

necessary CHEMICALS and affiliating forces to sustain them; otherwise *inertia* of motor force takes place, and the species or race becomes extinct.

In this wise *Mankind* has grown or evolved from species to species, and from stage to stage of existence, until, by continued CHEMICAL action of affiliation and dissolution, there is, and has been for long periods of time, various races of beings, all bearing, in form and general contour, the resemblance to the *Human beings* of the present Epoch of time.

Right here the question may arise in the minds of our readers, as to whether the spirits or minds of these different beings were also rendered extinct, or if they are now in spirit existence.

To such questions as these, we must remind our readers that all motor force is co-existing; that it acts thro' all organic beings; and that it is not destroyed when the organism or body is dead or has passed thro' the stage of dissolution: but that the motor force which animated one race of beings, arises to its integral or proper range and is again taken up and is demonstrated by the next grade of perfective organization.

Therefore when one Nation becomes extinct, the motor force or minds of those who had once dwelled in the body and comprised that Nation, will again take upon themselves new forms of matter and will again manifest life in the rudimentary scale. Thus scores of Ages and unlimited lengths of time are filled out in unison, and in adjunctive relation to eternity.

Right here we will digress from our subject and ask our readers to carefully read and consider these points of Natural Philosophy and Genealogy of *Mankind*.

We have just stated that one Nation or race of people take up the line of life where the last or preceding ones left it. This is even so, as truly as generation follows generation.

In remote prehistoric time, the races of beings were not of the same type as are now to be found upon the earth. Many were of illy-proportioned cast; while in some sections were to be found types of mortal beings who bore a near resemblance to what is now termed the Caucasian race. Ages have rolled since the time to which we now refer; and all the proofs that mortal man of today has that what we say is true, is, that fossil remains are occasionally being brought to light from where they have lain Ages and Ages.

Also what spirit intelligences may be enabled to reveal to mortal man. Nevertheless more and more light will be cast upon the subject of man's earlier existence.

Already is the light of revelation too strong for some minds to understand it. Yet many there are who will clearly scan the facts as shown to them in our CONTRASTS OF LIFE.

In our tracing of *Mankind* from the earliest stages of primal life as made demonstrable in the imperfect species, we find that each species possesses a marked, yet limited, degree of mental faculty, as does all animal, and, in fact, all organic life. In the *Human*, there exists the united and multiplied faculties which are but separately and indefinitely traced in the lower order of beings; while each and all species possess the full requirements of its stage of action and growth.

Thus the first law of organic life is to avail itself of such substances as are needed to sustain and keep it intact. This is followed out by care of self in securing food, shelter, and in any other way that will add to the demands of the senses by which the organism is kept in equipoise, and each division and faculty of life is sustained.

This is the all pervading instinctive impetus of life—all creatures possess it to a greater or less degree.

The brain and facial formation of man determines for him the degree of motor culture to which he is individually capacitated, but it does not, in all cases, determine to what extent objective motor forces may be enabled to animate that same organism and, thro' individual subjective faculties, cause startling and marvelous demonstrations of will-power.

These facts are, at the present Epoch of man's existence, being demonstrated thro' and by what is termed Spiritualism, which is but the action of mind to mind, which, by the sublimation of CHEMICALS, generates a vibrative force which, coming in contact with the vital centers of the body, gives expression to the mind or motor faculty—it matters not whether the individual expressing the thoughts has become disengaged from the original body or not.

It is an erroneous supposition that the mind cannot demonstrate itself to those at a distance unless the body be laid away in death.

Further on we will treat of the higher unfoldment of man's inner or psychic faculties; laying forward the proofs of *Re-incarnation* of mind in matter.

(Continued in our Next.)

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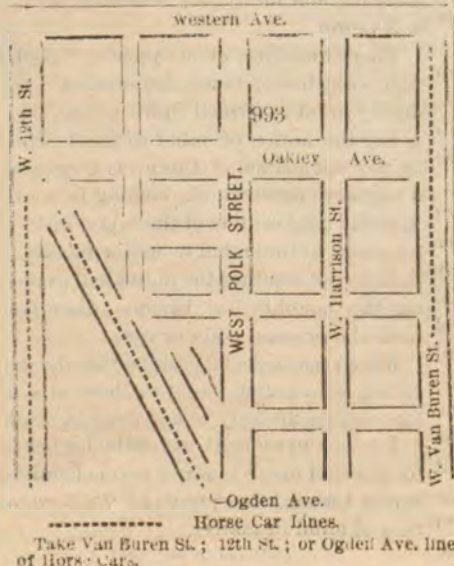
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EDITORIAL.

FRENOCIA, THE EDITRESS,
AT HOME
ON
CHRISTMAS DAY.

At home on Christmas day, memory travels to the years that have passed and gone; to scenes and experiences with many who from earth-form have gone; to scenes of childhood, where joys and pleasures interblend with merry wishes of merry friends. The monstrous machinery of the mechanics' power divides us now, many miles from those with whom we spent, one year ago, this hour; thus the physical senses would declare—not so the Soul, for distance hath no power to encompass the Soul; for, with kindred Soul, from hour to hour, it roams at will, and, leading o'er you distant height meets the kindred of itself.

Within the last few days, we have received from loved and distant ones, renewed assurance that "Love never dies."

Thus while at home this Christmas day, as we look from place to place; from symbol-card to symbol-card, then to the bright illumined face on the wall, of her who seeks, uppermost, peace to make and truth to tell (the face of WHITE FEATHER, PEACE BIRD). Again from symbol-card to symbol-card with verse and line repeating the written thoughts and sentiments of the Soul and heart, still beating in accents sincerely true, with a Christmas greeting most cheerly. At home on Christmas day we see the forms and faces of our earthly friends who say and wish for us, the Christmas graces. Thro'out our home is blended the welcome, warmest cheer, of our loved and cherished friends of the spirit Sphere. In groups they gather around us, with flowers of fairest hue; with sentiments so sacred, so rare and ever new; such as the maiden from the well-spring of her Soul, can give unto another with lover-like control. Thus around our bountifully spread table they gather one and all, until the room is filled with forms both great and small. The first to speak to us, is our Greek Philosopher, known to our readers as the WATCHMAN, he says:—

"By re-incarnation with one in humble station of life, at the year of your birth, an important fulfillment was brought to earth; after a few years, this same personage, passed from its earthly body; and in spirit we now work in unison with many others, for the good that can be done to humanity."

Bright faces look in upon us numbering many more than the room would hold in the physical form; each one forming a powerful battery of mental life; each face suggestive of its individual growth, capacity and inclination; clearly depict upon each is seen the hope of the Soul, which speaks to me in Psycho language, these words:—

"In accordance with the customs and the times in which you now live; in accordance with the sentiments of joy to one and all in setting apart a day, and trying thus to gladden the hearts of all, we gather around to pay our tribute to those within the home; and disseminate from the home, the sentiments, the magnetism, the power, and the Psycho-force to those with whom you have met and cherished; and also to the poor and needy. Know ye this," our guide still says, "That ye eat the viands from your table, and we convey the strength from your own body, by Psychic-force, to some poor mortal lacking the supply of physical life—supplying them not by the physical component parts

of food, but by a baptism of magnetic currents." He also says:—"The feeling of exhaustion that you have endured some hours past was due to the very work just mentioned. Materialists will say, "How ridiculous!" yet the Materialist has to learn that there are two sides to every thing—a physical and a spiritual life notwithstanding."

As we look around the room, we see the noble form and features of our many intimate Indian guides.

One very prominent feature represented, is the representation in spirit life, of the "River of Life": Many vessels and boats of diverse size and fashion float hither and thither upon its bosom; prominent among them is an Indian canoe, a novice in itself, in shape and figure that of a large fish, with seating capacity isside, which, of course, removes the upper portion of the figure; and, by an ingenious contrivance, water-paddles, representing the fins of the fish, which are handled from the inside by crank movement, serve to propel the canoe along. Our spirit guide, BENJAMIN FRANKLIN, now says, "This spirit invention will yet be wrought out upon the earth; and electricity will help to run it too."

To return again to the group of Indians; and the "River of Life"; and the novel canoe, which is large enough to hold many forms. It is a symbol representing the extent of power and magnanimous force of their healing art, which is as natural to the Indian, as the fish is to the water. We are made glad in realizing that these noble spirit workers are a part of the band of spirits surrounding ourself as a medium. Not they alone, for spirits of a harmonial and refined growth, with those of the grave, earnest ancient spirits meeting us here today, tell us that we are a child of their family; and that many who have received, their Astral-characteristic name, thro' our mediumistic powers, are related, thro' the power of re-incarnation, to some member of this family or CONGRESS of spirits. There are many more, whom, they tell us, we are to become acquainted with, who are of this same CONGRESS. Our guide here says, "You are not to suppose that this CONGRESS of spirits work indiscriminately—because there is great discrimination necessary in all Progressive work—yet this same discrimination holds a limit only so far as organization and qualification is concerned. On the same principle as the House of Representatives of any government chooses its representatives according to ability; so, in spirit life, a CONGRESS of Progressive minds must necessarily develop its earthly representatives up to a progressive standard—no selfish, narrow, conceited beings can do the work of the more advanced principles. Therefore the need to impress and develop the mind from its physical, imperfect tendencies unto that of the higher or more balanced unfoldment."

Thus our Christmas at home was spent: in contemplating gifts from mortals; receiving instruction from spirits immortal; and in listening to the singing and joyous greeting of the joyous spirit throng who crowded our earthly home—PEACE BIRD'S NEST.

OUR FLORAL TRIBUTE FROM
SPIRIT LIFE.

Oh! that you could see the flowers
 On my table lain;
 Some of gorgeous colors,
 Others neat and plain.
 The shining, twining *Smilax*,
 The *Lily* white and pure;
 The brilliant, changeable *Phlox*,
 And the *Bluebell* of the moor;
 The golden *Coreopsis*
 And wild *Rose* there entwine;

The *Thorn-apple* and the *Cactus*,
 And the fragrant *Sweet-pea* vine.
 A bunch of the *Lily of the Valley*,
 And the delicate *Violets* blue,
 That in early Spring-time rally
 To say, "I am faithful to you."
 The glorious *Morning-glory*
 And the *Sun-dial* of the East,
 That travels to the golden Sunset,
 Nor 'til Sundown will it cease:
 A luscious bunch of *Ranunculus*,
 A flower unknown to me—
 But the spirit says, "The *Ranunculus*,
 By mortals scarce are seen.
 The *Oaken leaf* is presented,
 With *Forget-me-nots* by its side;
 While the delicate *Ferns* of the Forest,
 Some others almost hide.
 There are *Tulips* white and yellow,
 Purple and red I see;
 And now spirit *OSSIPEE*,
 Holds one up to me;
 He pinches the petals together
 And laughingly doth say,
 "I'll send my *symbol Tulips* (two lips)
 With a message on its way."
 There are *Roses* without number,
 There are *Pinks* with fragrance rare;
 And now, dear little fingers
 Have placed two in my hair.
 There's a dish filled with water,
 And *Pond-lilies* cover its brim;
 And *MEANSONTHOO* says his daughter *
 Was as pure as the *Lily* to him.
 And the *Lily* is given as a symbol
 Between *WHITE FEATHER* and me;
 Because (she says) I have ever tried
 As pure as the *Lily* to be.
 There is *Moss* and fragrant *Jessamine*,
 And the golden *Snap-cap* flower,
 Which to me was never presented
 Until this present hour:
 It is beautiful in its texture—
 'Tis not of the Northern clime,
 But is found in distant wanderings,
 And more abundant in an ancient time.
 The *Honeysuckle* is presented,
 And held in *PEACE BIRD*'s hand,
 With a *Honey-drop of Nectar*
 From the border Spirit land.
 Many others I see before me,
 White, delicate, and fine;
 Some that grew in bunches,
 Others on the trailing vine.
 To those who are sitting near me,
 Within my home today;
 A blessing and a flower is presented,
 That with them will ever stay.
 To the many who are distant,
 Yet in spirit ever near;
 I send a gift of flowers,
 As a budding, opening NEW YEAR.

* WHITE FEATHER, PEACE BIRD.

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Written for THE WATCHMAN.

PEACE BIRD'S GREETING TO THE CHILDREN AT CHRISTMAS.

THRO' HER MEDIUM, FRENOCIA.

Beautiful, crusted, crystal snow
Meets my eye wherever I go
In this bleak December time ;
In the valley—on the hill-top were I to climb.
Beautiful, crystal, feathery mass
Gladdens my eye as on I pass ;
Covering the darkened spots of earth
With a raiment, white as spirits' birth.
Beautiful, beautiful, crystal snow,
Transformed from rain-drops on the earth below ;
By the electric action in the air—
Transforming pearls * into feathers § so fair.
Beautiful snow so white and clean,
The delight of the child where'er it is seen ;
With delight and laughter their voices ring,
While toward one another the snow-balls they fling,
As home from the school in Winter they go
Pelting each other with the crystal snow.
Dear little children, PEACE BIRD loves you all,
And a CHRISTMAS GREETING to you now I call.
I call you each one to try and be
As obedient, generous, and free
From the selfish motives of the physical heart—
And to one another your goodies impart.
And if you chance on your way, to meet
"OLD NICK", himself, so grumpy and sweet,
With his stick and pack filled with toys
For all the good little girls and boys ;
Be sure to tell him that you are good,
And if you are a girl, why, you want a new hood ;
But if you are a boy—Oh, let me see,
Boys want so much, what shall it be !
If you want skates, a spring-top, and a drum ;
"OLD NICK", he'll laugh and fit his nose to his thumb ;
And if he is wise, he surely will say,
"I'll present you to-night with the deeds of the day."
And perhaps take a slate and on it will trace
The smiles and the frowns of each little face :
And if you've been good, full reward you'll receive ;
But if you've been naughty and sought to deceive,
"OLD NICK" sure will know it and pass you by—
Will not stop and heed, tho' bitterly you cry.
Then, dear little children, be as good as you can,
And "OLD NICK" will visit you with his "Rein-deer van."
* Drops of water. § Snow-flakes.

MESSAGES.

We invite all who receive spirit messages, and are desirous of publishing the same, to forward them to this Office, and they will receive due attention. We require that the name of the medium, thro' whom the communication is given, be published therewith.

We also invite all who recognize any of the messages published herein, to forward statements of verification also to be published, to establish the truth of the messages and vindicate Spiritualism.

H. A. CATE, Medium.

Invocation.

By SPIRIT PEACE BIRD.

Oh, living Soul of Life ; Infinite are Thy days, and Infinite are Thy ways ! Infinite days, because each day is good and glorious ; and the Infinite Souls recognize Infinitude of all Nature ; aspiring to the limit and extreme Light, called God.

Oh mortal, daily, momentarily govern thy ways befitting the higher life ! Not necessarily higher in planetary scope and measurement, but in the motive of the act. Act well thy part—lend not a moment to thoughts so dark that necessarily in anguish you must tell, and implore some listening ear. Act well thy part ; and as the day is passed on, kindred Souls will stop and harken to the outpouring of the Soul ; and bear easily, bear patiently your weary earth-form in the loving embrace, with each kindred spirit one.

Alonzo Worthington.

It will be a great relief to me, to assure my dear wife, Sarah, that I am not dead. I lived in the vicinity of Girard College, in Philadelphia, Penn. I have watched with eagerness for an opportunity to assure her of my presence. Tell Sarah not to relinquish her right to my claim in the business that I followed. A sorrowful day when I left the earth body ; and I would be back again now, if I could. I am as happy as it

is possible for me to be under the circumstances. I was not prepared to leave the earth. I left two sons, Harry and William. Oh, that I might make them understand me when I come near them ! If William only would believe me, I think that I could talk to him. Tell my wife I am often by her side—my beloved wife, Sarah B. Worthington ; tell her not to grieve for me as she does. I am very grateful for the favored opportunity ; and shall avail myself of the next and nearer chance. I passed away with Pneumonia, which struck to the heart. My name is Alonzo Worthington.

Emanuel Sweeny.

Emanuel Sweeny wants to send on to Pittsburg, Penn., he has got some people there. He says, If you can find Josephus Sweeny send this message to him. Josephus is my son. This is mighty strange to me, for Emanuel Sweeny is not dead, but returns to say that his memory is good. My life was well spent and I have but few regrets to make. I do regret that I did not know before concerning the life that was to meet me here. With all love to my children. I will get you to post my letter. It is a new way to post letters—to get some one else to post them for you. I passed my seventy-second year on earth. Altho' I hold you stranger by the hand, still I see you are a friend. Be sure my letter gets the mark all right. I am much obliged to you for assisting me in my return, and in sending my letter to my son.

Fitzgerald Wallock.

Fitzgerald Wallock says, I lived in Burlington, N. H., and was fifty-two years old. I wish to tell my brother, Ezra, to rejoice in the "Dawning Light" of spirit-return. Ezra has received some convictions of Spiritualism, and will receive still more ere he joins his friends who have gone to spirit before him. My wife, Hannah Belle, is with me, also my son, Ezra : and we send, to brother, Ezra, and his family, and all our friends, our unchangeable affection. I will do all I can to communicate still further at another time. Tell Ezra to give me the opportunity. Mary Belle, Ezra's child, will escape her present darkened conditions of sickness and trouble. I thank God for the privilege of talking to my loved ones on earth.

Clara Follensworth.

Clara Follensworth says, I passed away from Fairhaven, Conn. I remember my school life and happy days there. I was not quite seventeen years old. I passed away in a decline. My life is happy, yet the effect of the shock that my dear parents felt at my death, has affected my spirit. I so much desire to have my dear parents more reconciled, then I will be more happy. My father's name is H. W. Follensworth ; and he has a hardware business at Fairhaven, Conn. Dear parents, do not grieve, for I am not dead.

Cleopatra and Josephine.

Guide Pearlle says, Cleopatra and Josephine are here, and are bowed down with heavy care. They say that the errors of the past generations falling upon them making them the burden-bearers of the consequences thereof. Cleopatra overshadowed Josephine while she was in the body ; and since she has gone from the body there has been a mutual working for the relief of darkened minds. Together they go seeking enlightenment ; and trying to give to others what good they can.

Mary Waterhouse.

Mary Waterhouse says, I had a cancer in my stomach. I have got some folks in Maine. I was an old lady. I am relieved from the pain and suffering now. It was a great change to me ; and I thank the Lord that I got thro' with suffering. I found loving friends that met me. Tell my nephew, John Waterhouse, that I have seen him on the earth since I have been out of the body ; and that I will come again to him.

Foye Mansfield.

Foye Mansfield says, They called me "Frolic", because I was so full of fun. I went to a big school where they had lots and lots of little children, called the Mission School. I have seen my mother in her spirit home. I belong to a bright band of spirits. I was not quite six years old ; and lived in Morrisville, Ky.

QUESTIONS AND ANSWERS.

All Questions of a general character, forwarded to this Office, whether of a Social, Political, or Religious nature, will be submitted to the Band of Spirit guides ; and the interpretation thereof will be published in THE WATCHMAN.

ANSWERS BY WATCHMAN, SPIRIT EDITOR, A Member of, and Spokesman for the AMERICAN AND EASTERN CONGRESS IN SPIRIT LIFE. H. A. CATE, Amanuensis.

QUES. By E. S. W.—Is there an open Sea at the North Pole ?

Ans. Further on than man has yet discovered, there is a narrow, winding passage, like a strait, forming a winding connection with an open Sea at the North Pole ; and forming a passage from Ocean to Ocean. It will yet be understood and discovered.

QUES. By F. F. V.—What was the cause of the darkness that obscured the Sun and Moon on Friday, May 19, 1780 ?

Ans. The polarities of extreme Meteoric force coming in conjunction produce the similar effect as of dense vapor or condensed air—always denoting a startling revelation to the Mundane Sphere.

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THE MEDIUMS' FRIEND is published in the interests of all mediums thro'out the world who are honest and conscientious. Many of our mediums that have been exposed (?) are good and true mediums, and those who are now slandering them will, by becoming acquainted with the laws governing the phenomena of Spiritualism, regret with bitterness their hasty, and, in some instances, wholesale condemnation of mediums.

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FOR THE WATCHMAN.
TIMES AND IDEAS.

By MRS. MARY A. SAHLIN.

(Continued from October Number.)

By some path, in some direction we all seek or wait for happiness: varying in our estimate of, in what happiness consists, according to our organism. The sensualist finding his in the predominant exercise of the faculties that are in the lower portion of the brain, the use of which is legitimate, and brings happiness when confined to their proper limits and used harmoniously in the circle of experiences that form the perfect whole.

When the intellect leads, it finds its gratification chiefly in the associations that best agree with that development. The same rule applying to the predominance of constructive, imaginative, moral, or spiritual conditions.

That man was created in the likeness of God, being proved by the Science of Phrenology: we find that in his animal or creative and sustaining powers, his constructive, reasoning, imaginative, moral, and spiritual forces, there is a proper and an improper action to all the faculties.

If deficient or excessive, causing inharmonious; the proper constituting right or harmony; the improper, wrong or inharmonious. The more harmoniously all are developed in individuals, the nearer certainly they must be to the likeness of God.

Every faculty is capable of growth, and when persons in their lives give evidence of power that would seem to warrant greater size than the measurement of the faculty from which it proceeds, shows that the organ is growing, and that it does not enlarge as much as its activity is increased—the growth or size showing itself slowly—which explains the incorrect or incomplete reading of character that may sometimes be given by Phrenologists.

Those who understand Phrenology know the importance of taking the temperaments into consideration, and quality of temperament, as well as size of faculties, in forming correct estimates.

Here comes in the exercise of Psychometry, which is recognized by Phrenology, while Phrenology is illuminated by Psychometry: just as Spiritual laws are not antagonistic to, but embrace Natural laws. It is a rounding out or further knowledge of what is. It is by the regulation of all the faculties, in their proper relation to each other, that happiness is secured.

When faculties have attained an excessive development, and after individuals have shown in their lives, the extremes in which all such excessive developments manifest themselves, there comes a condition of rest or comparative inactivity—the same being true in the various departments of Nature.

The decline of the excessive action of the largely developed faculties, with the growing of the smaller ones, brings about a peculiar condition, which is an intricate point to decide upon Phrenologically—needing a clear knowledge of, and insight into the points stated, to give correct readings of character, in the changing or developing condition. Psychometrists can tell you this in their way, while some Phrenologists, without being Psychometrists, can tell that the smaller organs are growing, by the ridging of the head.

The study of Phrenology is very instructive and beneficial, taking hold, as it does, in its connections, with everything—man being the center of his surroundings.

To the philosophical mind it is very attractive; and the religious student will

find in it a grand exposition of man in his likeness to God.

Here a consideration presents itself—

Does Natural Religion as explained by Phrenology, and the revealed Word harmonize? They do; but many feel, and with reason, a want in Natural Religion: they feel that if the exposition is correct, that the faculties—therefore the person—can be perfected thro' growth alone—it renders the requisition of the revealed Word, unnecessary.

But there is a wonderful harmony in it all, which, when clearly seen, causes us to say "Bless the Lord, Oh my Soul, and forget not all His benefits!"

The Science of Phrenology is correct. The Philosophy of Phrenology must take its proper place in connection with the revealed Word, being its proper and powerful ally.

All truths must harmonize; and when facts, which, in their distinctive departments, we know are true, seem to clash when brought together, it is simply for want, on our part, of the connecting link, or that larger knowledge, that harmonizes.

The study of Phrenology and revealed Religion together gives us a wonderful view of the power, wisdom, and goodness of God.

We, in the experiences and discipline to which we are subjected, wonder why so much suffering is necessary; thinking if God is All-powerful, why does He allow it—especially when His goodness is thought of?

Many, in holding to the thought that God can do all things, seem to be without knowledge of the fact that God is governed by, or expresses His own organism in all that He does; time being an element of His organism, or eternity as applied to Him, time as applied to us, cannot do otherwise for the time, with certain conditions, than He does.

The religious person is apt to shrink from the statement, that "God cannot do everything," they meaning without qualification, feeling that it is a detracting from the power of God—therefore from His glory—and is irreverent. Not so. It is simply an expression of that understanding which, in the Word of God, we are enjoined to seek. And while it gives us a more correct view of God, it also assists us to bear the suffering that comes to us, which if we believed God could remove sooner than He does, and does not do so, places Him as a cruel Ruler, instead of a wise and loving Power, doing all for the best; alleviating and removing our troubles as soon as possible. It is in shortening our suffering; and in making all these experiences redound to the glory of God; and our final happiness, that the power, wisdom, and love of God is shown in the plan of redemption.

Man, having learned his weakness and dependence thro' his knowledge of good and evil, is relieved of the results in part, temporarily, and finally, altogether, by the direct interposition of God, in sending His Son into the world as an atonement and an example; thus giving to man the clear light of perfection and truth for his guide.

In endeavoring to attain to the standard that is thus held up to us, the quickest way out of the sorrow and trouble of earth that God could have devised, is thus given to us.

Between God and man, some suitable communication, or expression of offering, contrition, and worship from man to God was necessary to impress upon man his relative position to God. Therefore, sacrifice of animals or shedding of blood was instituted as part means of so impressing man; and so Christ, fulfilling the law,

was the end of the law, sacrificially, "The Lamb of God Who taketh away the sin of the world." Also the end of the perfecting law, by following the example of His life: neither part can be ignored—each has its respective place and importance.

Any one studying the progress of the world, particularly the amelioration and end of suffering, is burdened by what has been, and by what is; and while we admire any form of philosophy that helps us in any way, we find, in many cases, that much that is very beautiful in theory, often fails, at least in a measure of the results supposed, when practically applied.

For instance:—The Phrenologist, as such, revels in the thought of the Eden this world would be, if the lower faculties were subordinated to the higher, and all used harmoniously. True, that will yet be; but it will not be brought about from the stand-point of Phrenology alone; but thro' obeying the requisitions of the revealed Word, the highest development is attained, without any knowledge, it may be, on the part of those so obeying, of the Science of Phrenology; while to those who understand Phrenology, it is a gratification to trace the harmony of the development of man as proved by Phrenology, with the requisitions of the revealed Word.

(To be Continued.)

Be willing to do good in your own way. We need none of us be disturbed if we cannot wield another's weapons; but our own must not rust.—E.E.

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Written for The Watchman.

ANGEL MINISTRY.

By Leona.

Softly now, the twilight gathers
Over hill and mountain crest;
Silently, doth Mother Nature
Seek her perfect rest.

Softest tints of golden hue,
Deepening as the shadows fall;
Lingers long upon the threshold,
Ere the night encloses all.

Surely at this quiet moment,
Comes the whisper soft and low;
From the loved with whom we parted,
In that sad, sad, long ago.

Precious, every word that cometh
From the loved tho' absent one;
"Crumbs of comfort" by the wayside
Feed us as we journey on.

How they fill the heart with courage,
Helping us to watch and wait;
For a brighter, happier morrow,
Tho' it seemeth ever late.

Late? Yes; but the Autumn bringeth
Golden fruit from the Summer skies;
And beneath the frosts of Winter,
Sweetest flowers of Spring arise.

Thus a message from the angels,
Comes to every toiling one;
Look not downward—upward ever,
'Neath the cloud still shines the Sun.

Bright the chain that (severed never)
Links us to our spirit home;
Where with loved ones we shall gather,
When our work on earth is done.

Written for THE WATCHMAN.

GIFTS OF FRIENDSHIP.

By SPIRIT PEACE BIRD.

If I give to you a jewel
From the casket of the Soul;
Think you'll keep its precious symbol—
Treasure it as the gold?

If I give to you a fragment
From the Ocean range of thought;
Think you'd keep it ever useful—
Think 't would e'er to you be naught?

If I give the clasp of fingers
That is honest, steadfast, true;
Think, that in the coming years,
It would guidance be to you?

If I throw around your Soul,
Halos bright and clear and strong?
Think you, it would aid you onward—
Help you e'en to walk along?

If you wish, you shall have them,
Ask, and you shall receive;
Giving thus the links of friendship,
Such as ne'er will break nor deceive.

Written for THE WATCHMAN.

FRIENDSHIP'S GOAL.

By FRENOCIA.

Sweetly let our voices sing,
One and all the echoes ring;
Thrilling each and every heart,
With a joy that ne'er departs.

Praise the Giver of all good,
For our daily, yearly food;
Praise the Giver for the boon,
Angels bring us in our homes.

Yes, we'll praise and sweetly sing,
While the echoes gladly ring;
Floating on from Soul to Soul,
Forming thus our friendship's goal.

FOR THE WATCHMAN.

COMPARISON.

By MRS. MINERVA MERRICK.

INSANITY—OBSESSION.

Who knows what *Insanity* is; or the real cause; or its cure!

The man who met Jesus by the Lake, the record states, was possessed of a legion of devils (devil is evil, disease is evil).

Spirits are compared to drops of water that flow from the clouds, uniting they produce a power that can remove mountains, and flood the valleys with destruction.

Evil influences may flow over the brain, and, as thoughts are whirling in circles, bring a confusion of evils that would produce *insanity*.

Individual spirits, when united, might find space in a human organism to accommodate a million or so, the same as the drops of water contained in the atmosphere of a room, which, when condensed and gathered into a glass vessel and frozen, causes the destruction of the vessel.

After investigating the Philosophy of Life or spirit, and allowing the truth to be revealed to us, we may overcome the evils that cause so much pain and suffering.

When Jesus met the man, He commanded the spirits to leave their victim, and suddenly the man came to himself, and took possession of his house (his body) which he had been deprived of for so long a time.

Possibly nearly all *insane* persons are in a similar condition.

Is there not a power given or inherent in men and women to remove the disease or influence, and restore, to the rightful owner, the possession of his house?

I am impressed to say, when the time arrives and we have learned the Science of Life, the basis of *insanity* will be discovered; and Hospitals and Asylums will be conducted on entirely different principles.

Jesus taught, by His works, the power mankind possesses, when fully developed, to overcome moral, mental, physical, and spiritual disease.

What is disease—who knows? When the knowing ones disagree who shall decide what is hereditary, spirit or matter?

THE OLD AND THE NEW.

What is sound hearing or seeing?

With our physical eyes closed or in a dungeon, we can see, thro' the eyes we have looked into and seen, ourselves mirrored far away, and hear a voice that sounds musical to our physical ears, tho' on the other side of the planet.

"We are fearfully and wonderfully made" and need often to enquire of the messengers that are sent to enlighten us, how to build that beautiful Temple of Solomon's that was to be a model for a true character.

Commentators and Prelates have misrepresented the teachings of the Bible, and have not paid attention to the spiritual knowledge it contains.

The inspirations of the Old and New Testaments are in harmony with the developments of humanity.

The Ten Commandments, if complied with, would raise man to a much higher level than he has today, or ever has had. The great reformer fulfilled those laws in letter and in spirit. His life from His birth to His ascension is a lesson of love and equality—a model for the elevation of man to the highest pinnacle of perfection.

An Artist or Sculptor must first have a model, before he can cut the marble and produce a thing of beauty and perfection. And mortals need the same to build a character that will grace the halls of youth and beauty in the Summer-land.

In the tenth chapter of Luke one may read an account where Jesus sent out seventy others as "Lambs among wolves", and gave them instructions how to conduct themselves; and what would happen to those who would not receive them. When the seventy returned, they said, "Lord, even the devils are subject unto us." And Jesus said, "I beheld Satan as lightning fall from heaven." Satan is evil, and it passed out of men's minds or out of the heaven that is inherent in all souls. He also said, "I thank Thee, O Father, that Thou hast hid these things from the wise and prudent, and hast revealed them unto babes."

Those who have been thro' College and studied Theology; or have exalted themselves above the lower members of the great body of humanity: those who have worshipped idols; or lived an artificial life and learned an artificial education, and have become bigoted in their ideas of self-importance; such cannot have truth revealed to them, because they are not willing to receive it.

The mighty phenomena that is astonishing millions of people all over the earth will surely flood the world with a new light that will illuminate the inner temple of the Soul—that gem, that living coal from the altar of eternal fire.

What have been called "miracles", are, today, demonstrated facts, produced by natural laws. And the prophecies of Joel are being fulfilled; and millions are rejoicing in the "Morning light" of a new dispensation.

The words and works of Jesus of Nazareth are being appreciated, understood, and practiced: a new record is being written of the truths He taught: and those who are born under the same cloud that the Children of Israel were, fail to perceive the silver lining.

AYER, MASS., Nov. 24, 1882.

Dear Editor of THE WATCHMAN, invisible, hence, I must address H. A. CATE, Amanuensis.

Having your paper addressed to my name, come to me last week or ten days ago, I was interested in the bold and noble course taken, to promulgate truth. Its divine illuminations show the dreadful condition of Humanity, its needs to unveil its vast iniquities; crimes crimson; also of all shades.

"The killing of unborn babes, is indeed horrible." But the public conscience and reason are dreaming over the yawning vortex; dead and entombed in licentious, lecherous passions!

May these hear the voice of Him Who brought life and immortality to light; and come forth, and cast off the shrouds that trammel to earth and material things; and have part in the first resurrection with Christ, who is the Resurrection, and catch the inspiration and live.

May your little paper go forth, and open the eyes of the blind, and unstop the ears of the deaf; so that the angels of Love and Mercy may have the doors of the hearts open for their mission. I bid you Godspeed, angel-speed, and the persistency and courage of Martyrs. Your enterprise is momentous, and will accomplish much good.

I join heart, hand, and Soul with the idea on Capital Punishment. It is barbarous, unchristian. So opposite to infinite love and mercy! How unlike the

teachings of the Savior! I rejoice at every utterance against it. How expensive and cruel! Cry aloud, and spare not. Strike with iron force.

If you will send me a few extra copies, I will send them on a mission of love and mercy, hoping that they may pick up a subscriber.

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Written for THE WATCHMAN.
OUR TEMPLE.

By MARY B. F. HUNT.

**ITS SPIRITUAL GARDEN
OF EDEN.**

We speak of the "Garden of Eden" wherein Man and Woman were placed equally under the Law of God.

Where is that Garden?

Man, we are told, was cast out with the woman for disobedience—I will not say.

But will write a few ideas in regard to our spiritual Garden within which we must attend or it will grow rank with noxious weeds such as *lust, hate, malice*, and *all uncharity*; still, by cultivation, will bring forth flowers of *hope, joy, peace*, and *love*, which belong to God, Who, as of old, often looks around in this Garden to see if all is well—remembering that He has placed a great temptation in our spiritual Garden; and that a *hideous snake* lurks among low growing herbage.

Oh, the earnest labor to be done to keep every thing in order, so when our God calls us we will not seek to hide for shame! Oh, the purity required—the love and trust in so great an Intelligence Who gave us this work to do—to tend so beautiful a Garden!

But are we satisfied? Oh, No! we must taste *all* the fruit altho' one is forbidden, by which cometh death as a penalty. And so man was cursed for disobedience. Is it any different today?

If we partook only of lawful fruit, there would be no sin against the Holy Spirit—which is unpardonable—our lives would be pure, with no weeds in the Garden; and Fatherhood and Motherhood would be a blessing and not a curse: and when God calls we would be able to say "*All is well.*"

Let us hope that each one of us begin in good earnest to cultivate our inner spiritual Garden so that all good fruits may grow: and as our bodies are the soil, see that no impure seed be sown, and no impurity allowed to enter therein. With the spirits' aid we may accomplish this.

ITS USE AND ABUSE.

In order to educate *Woman* aright, *Man* must be educated at the same time.

It would be well if there were a more public way of educating the many. For there are so few who will read an article in a paper, or a book that would teach them the *why* and the *how*, because it unveils to them their errors, or, rather, the evils as they exist in this generation.

Many have written about our *delicate women*. I ask, Is there *one* who has attributed her weakness to the *right cause*: Surely the animals themselves would be delicate if treated as wives are.

There is no temperance in anything. The people eat, drink, and sleep wrong. Instead of filling the stomach with all kinds of food at one time, they should select food that will assimilate and feed *nerve* and *brain* as well as *flesh*, so that there may be a *perfect body*; but of what avail? If indulging too frequently in sexual intercourse, the *brain* and *nerve* systems are drained repeatedly—there must be temperance in *all* things—and it is only *too evident* that our *women* are suffering from *over use and abuse*.

"This is a private matter," some say, and as a much abused woman told me, "Between myself and my God." Yes, true, but is there not *one God* Who is

Master of *all* created things; and Who also demands holiness, not of the individual alone, but of *all the people of earth*; a great Spirit Law-giver Who not only calls us to account for our *own* misdeeds, but of seeds sown thoughtlessly or knowingly in the earth?

Jesus was an example of a chaste and pure life; and it would be well if there were *more* followers of Jesus, and *less* of Solomon, who, tho' very wise (probably in his own conceit), indulged in an excess.

God of Spirit Purity, and Truth, grant unto us that knowledge that shall make us pure, and fitted for eternity! Give us of the light of everlasting day!

PURITY OF LIFE.

Science, Philosophy, Astrology, Geology, or Religion, by whatever name, cannot cavil with this grand truth, because it is founded on fact—its laws being like the law of Gravitation; of attraction and repulsion—a law unto itself, fixed as the Power Who made and gave it—even God Who changes not.

There is *Purity* in *all* things, whether they be of things on the earth, or in the heavens above, or in the waters under the earth. The abiding law of Life and Happiness is *Purity*.

The one great proof that man has of the purity of man, is of the man Jesus, Whose purity of life and purpose none can doubt, for even the devils believed and trembled.

The comfort derived by man, in all Ages, from the knowledge of this great truth, has made men cling with great tenacity to the Word of Life—the teachings of the Bible.

Jesus said, "Search the Scriptures, for in them ye think ye have eternal life." And, "They are they which testify of Me."

This book would never have survived the Dark Ages if it had not contained something that bade man hope; something that pointed heavenward.

We have always had the Pharisees and Sadducees; the one believing in Spirit; the other Materialists—believing only what they see, feel, and, with their natural senses, understand. Both are right as far as they go. But none have all the truth unless founded on this law of Truth, *Bodily and Spiritual Purity*—the one insures the other—the rule will work either way; for, if one is spiritually pure, he or she will keep the body in subjection—thus fulfilling the Law of God.

Interesting Facts Concerning our own Country.

California furnishes the most gold. Nevada the most silver. Georgia the most cotton. Cincinnati the most pork. Pennsylvania the most coal. Virginia the largest number of Presidents. Texas the most cattle. We might continue thus and enumerate every State and Territory, giving to each a distinctive prominence, but the brevity of space prevents it. We will therefore only add that Dr. Swayne furnishes more Pills for Biliousness, Headache, Constipation, Loss of Appetite and other similar ills than any other physician in the world.

"Teach your boys by your own example that smoking in moderation, tho' the least of vices to which men are heirs, is disgusting to others and hurtful to themselves."

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