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Written for THE WATCHMAN. Commenced in No. 25.

## CONTRASTS OF LIFE.

BY WATCHMAN, SPIRIT EDITOR,  
A MEMBER OF THE  
AMERICAN AND EASTERN CONGRESS  
IN SPIRIT LIFE.

H. A. Cate, Amanuensis.

### Man's Spiritual Existence.

(Continued from March Number.)

In continuing the subject of the possibilities of the Soul thro' the spiritual and physical faculties of being, we trust that our readers will carefully read, and patiently study the facts which are presented to them.

We are well aware that there are many illustrations presented thro'out our present article—CONTRASTS OF LIFE—that will not be comprehended by the average reader: especially, wherein we affirm that when the earthly forces of Nature have become sufficiently rarefied, thro' successive years of evolution and CHEMICAL affiliation, that then the Soul of man, thro' the spiritual attributes of life, will be enabled to change its physical form, at Will; will be enabled to dematerialize it at one place, and travel with its spirit form, thro' space, to some desired place, and again resume or re-materialize its physical body: while others will not dematerialize, but will float thro' the air; for the time is coming when the human body will be adapted to aerial movement.

The first proofs of this power of life are now being demonstrated to mortals, by those of spirit who have passed from their physical bodies thro' what is known as disease or death, who again return and, by their own Will and assistance from others, utilize the physical aura emanating from mortals and clothe upon themselves sufficient force to make known their presence.

To those who have not had proven to them, this proof of spirit power; of spirit mastery over physical laws, it seems unreasonable, and an impossibility: while to those who have received this ocular proof and demonstration, there is a flood of revelation visited upon them that lights their pathway along the progressive strands of life.

By such the possibilities of the Soul are received with thoughtful comparisons; and they are then prepared to learn, that

if the Soul of mankind can return to earth after death, and again take on flesh and form: so also may the Soul disengage itself from the physical body, and appear to desired ones in a new or temporary body, while the accustomed body is lying, to all appearances, dead.

This is now a contested subject with very many who are well aware of the ability of those who have passed thro' death; but are not convinced of the power of the Soul while allied to the physical body.

This power, however, is that which we are to prepare the brains of our readers to comprehend. Because it is time that the physical brain of mankind be impressed with the possibilities of its Soul-self.

It is time, we say, yes, because the rarefied atmosphere of the earth planet is creating the demand upon the beings of earth and spirit existence. That is why those in spirit are seeking to awaken the thinking faculties of mortals by every way possible—thus accounts for an overflow of literature; of mental supply thro' objective sources.

Each ray of thought given expression to, finds lodgment and reciprocal attraction in one or more brains, thus uniting the writer, both of spirit and of earth existence, with the reader; consequently the forces of the Universe are more and more blended, thereby bringing about that state of existence wherein the Soul of mankind becomes free to control all subordinate substance.

This power to control by Will is not with every one, because they have not grown to it; have not yet mastered or learned self, therefore cannot master those laws which surround self.

It is only to such as have repeatedly re-incarnated themselves thro' physical life; those who have become aware of the spirit existence independent of the physical, and have control thro' that existence, that have this power to dematerialize in one place, and again resume their body in another place.

Why present this before our readers?

Because there are many, very many Souls who have reached that approximate growth of unfoldment, that very soon they will startle the world's people with this power of Transmigration by Will. And unless the way is prepared, thro' and by agitation of thought upon this subject, there will be terrible suffering and opposition to the sensitive and innocent ones, by those in bigoted and selfish ignorance.

Because these are the first to be observed, in order that the proofs of immor-

talities may be presented to the physical senses. All things must work in keeping with the laws governing that especial unfoldment of life. And therefore when the spiritual and ethereal beings are desired, they must be permitted to bring with them their aura by which they are sustained. But if they come to those who are not sufficiently harmonious or refined in person or in thought, they (the spirits) are unable to remain, because the aura, by which they are sustained, is rendered unfit for them by the amalgamation with that of the unrefined and uncongenial ones to whom they come; consequently, they are compelled, by force of their being, to draw away from that which is destructible to them. This will explain why many delicate and finely natured mortals sicken and die (physically) when compelled to live with those of contaminating influences.

Some ministering to earth, and thro' earthly bodies direct; while others are teachers and leaders to those in ethereal or spiritual existence, who, not having a knowledge of the laws of ethereal life, must needs be taught and assisted to control and live in harmony with existing conditions around them.

Great is the astonishment of many, on entering into ethereal or spirit life, to learn that they are not dead, but have to continue on learning and progressing from one degree to another; that they may return to those of earth, and attend to things of earthly interest. Great, indeed, is their astonishment when they learn that disease and death are but the result of unbalanced forces of physical life; that it does not destroy the Soul; but that, as in earth-life, they prepared to clothe their bodies with a new garment or covering, when the old one was worn and unfit for use; so when conditions are adequate the Soul will clothe itself anew and resume the march of life. Beautiful thought! Beautiful existence!

Readers, our object in treating upon this subject as we have, is to lead you to look upon physical death, not with lamentations and dread, but that you may learn to regard the demise of the physical body as the consequent action of unbalanced forces.

Learn to recognize this truth, that the Soul of your loved one is not dead, but is confined to the ethereal realms and will be with you, if the power of Will on the part of either or both of you doth so desire. Then, after accepting this comforting truth, seek to surround yourself as becoming the wishes of your departed one, the same as if you were expecting some friend from a Foreign country, home again where all love and preparation awaiteth them.

Thus if mortals would recognize the use and advantage of holding their surroundings in readiness for the spirit visitant, they would be blessed with the proofs of their presence. This is one of the first laws of spirit-life, to prepare conditions and live in harmony with each other.

These are the injunctions given at every opportunity, to those of the earth who are seeking the truth of eternal life, and why?

Because these are the first to be observed, in order that the proofs of immor-

talities may be presented to the physical senses. All things must work in keeping with the laws governing that especial unfoldment of life. And therefore when the spiritual and ethereal beings are desired, they must be permitted to bring with them their aura by which they are sustained. But if they come to those who are not sufficiently harmonious or refined in person or in thought, they (the spirits) are unable to remain, because the aura, by which they are sustained, is rendered unfit for them by the amalgamation with that of the unrefined and uncongenial ones to whom they come; consequently, they are compelled, by force of their being, to draw away from that which is destructible to them. This will explain why many delicate and finely natured mortals sicken and die (physically) when compelled to live with those of contaminating influences.

All these truths must be learned by mortals, and not only learned but practically lived before the spirit and ethereal beings will be enabled to achieve much in the way of independent manifestations of life as unconfined to the physical body.

The physical body, as we have previously stated, is composed of compensative CHEMICALS which unite and sustain formations and groups of formative organs which are quickened and kept in motion or life, by the spirit aura which is also composed of CHEMICALS, and is formed by the sublimation of mixed CHEMICALS. Now, as every animated being is generating this sublimation of CHEMICALS, in proportion to their own constituent natures; so in proportion do they throw off that which is termed aura: the same goes to support the atmospheric or ethereal life around them. This it is that permeates every thing that a mortal may use or come in contact with. This is composed of CHEMICAL magnets which hold together by their polarization. Thus we use the terms positive and negative—magnetic attraction and repulsion—this is the law of the Universe—uniting and again disseminating. This is the law by which the Soul of a being holds existence, and is communicative to other Souls, whether clothed upon by ethereal substance, or physical matter.

This also is the law by which a sensitive may trace and receive vibratory response, thro' the nerve system, of the habits and acts and every particular connected with any thing or person. This is truly termed Psychometry: for it is the Soul of a being meeting and measuring, thro' nerve vibration, that which has been and is to be.

(We shall continue on this clause in our next.)



# THE WATCHMAN.

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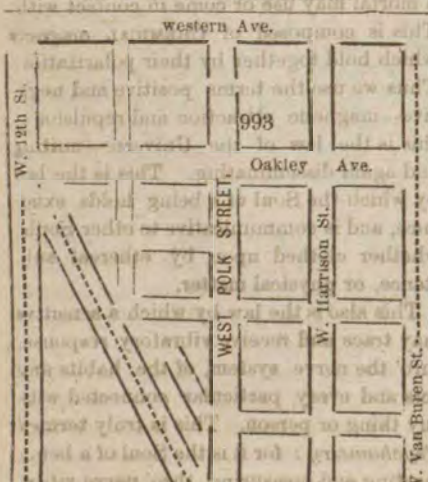
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We give space in our columns to the following, taken from *The Church Advocate*, of Harrisburg, Pa., because we feel that Liberalists and Free-thinkers everywhere, should be aroused to the full realization of the exact state of affairs in which this land of America is fast becoming immersed.

We agree with the author, Charles M. Brown, in what he has here stated: and would call the Liberalists and Reformers to awaken to their duty and responsibilities in the matter.

As our forefathers fought for liberty and release from tyrannical usury and power: so will we be called upon to "down" the invaders of individual liberty of Religion and moral dignity.

AROUSE! Ye slumbering Americans of a free (?) Republic! —Ed.

### ROMISH POWER.

Allow me to trespass on your valuable time and space with what I consider a very vital point now at issue in this our glorious republic. I wish to set before the many readers of *The Advocate* the fact that this point at issue concerns themselves greatly; more perhaps than they are aware of.

In these United States we are now beginning to feel the power of Rome in an alarming degree. Reader, pause and think, whether I am not right. Is not Rome gaining a strong foothold in America? I am no alarmist. I do not propose to frighten anybody; but truth and facts are stranger than fiction. When I see the great inroads that they are making upon our free institutions I tremble. We have a "holy beast" to fight, which requires our united efforts. This "beast" is subtle and secret as the grave. It works as it were in the night, with all its senses on the alert for fresh victims for its meshes. It is unrelenting, and when it strikes, its blow is as venomous as a rattlesnake's.

Understand me, that I am not speaking of persons, but principles and systems. These are what we have to battle. And let me say right here, that infidels and Christians one day will stand shoulder to shoulder and fight this common foe.

The one great object of popery in this country, as it has been in all countries, is to make her religion a State religion. When that object is attained what will be the result? Like a peal of thunder will roll thro' our now free and glorious republic the bloodthirsty cry of "Down with the heretics." How was it back in our world's history when this "holy beast" was rampant; when it had the sway in England and other countries? Is there any need for me to reiterate what you perhaps are already cognizant of? Perhaps not; but for the benefit of those who have not taken this subject into consideration I will state how Rome ruled; and I defy any of her adherents to truthfully state to the contrary. She ruled with a rod of iron besmeared, and fearfully so, with the blood of men, women and innocent babes.

Emanuel M. Jones, of Philadelphia, that illustrious defender of freedom and stern enemy of popery, makes use of the following appropriate language: "The defenders of the Romish Church may say that the Protestants, too, have been guilty of many cruelties. Admitted; but it was only when they could no longer submit to the hellish tortures of popery; when they found the only true way to command respect and quiet was to resist force by force; when they found that the 'cowardly villains' were afraid of enduring the tortures inflicted on their helpless victims. Then, and then only, did the

papists loosen their hold and cease their ungodly persecutions. There is a wide difference between the two religions. The popish creed inculcates 'persecution and utter extermination' of all who do not believe in its doctrines, while the other does not; in other words, the popish church curses all who differ from her, while the Protestant blesses and prays for all, tho' they may be in error."

The Roman Catholic religion has been sustained by a deluge of human blood in days past; and in these United States it will be sustained if that self-same source has to be resorted to. Mark the great flow of immigration into this country; and mark the religious faiths of the immigrants. Nine-tenths of them are of the Romish religion.

Another point take notice of, and one that I have spoken of quite often, and that is the large families the Roman Catholics all raise. Hardly ever that you see a mother of this faith destroy her infant's life before it sees the light of day, which many of the Protestants do. Does it not look as tho' they were instructed by the priests in this matter? Most certainly it does. Who doubts it? In what was termed the Dark Ages blood flowed like rain. If a man or a woman dared to say their souls were their own and not the pope's, the result was death; and such a terrible death! The rack, the fiery furnace, hot irons, boiling water, the stake and all manner of fiendish torture ended the heretic's days. When the heretics grew strong enough they turned upon their murderous oppressors and fought their way to freedom. But their course was marked with a trail of blood; and it had to be, or where would Protestantism have been to-day? I tell you, friends, this "holy monster" needs to be watched vigilantly. Her plots are deep and well laid, or I fail to perceive the signs of the times. Note the posts of honor in New York city held by Roman Catholics. Note it elsewhere; and also note how fast they are working into office. They are trying to undermine the great political institutions of our country; and unless the people awake to "the great danger" they will certainly accomplish their ends.

Reader, do you want to see this "monster" whose fetid breath has contaminated the whole world, rule in the United States? Of course you do not, for rule means ruin. Then if you do not, arise in your manhood and womanhood and give battle to this "monster" with voice and pen, and you will help the generations to come to attain that perfection of freedom which we are now striving for.

CHAS. M. BROWN.

Glenburn, Me.

### CORRESPONDENCE.

Mrs. Cate, Dear Friend and Editress.

Enclosed you will find my subscription. I think your paper has greatly improved. I hope the day is not far distant when its teachings will be inculcated in our mortal lives, and its demonstrations of facts so thoroly imbued that we may help the spirit-world in its earnest endeavor to free humanity from the false teachings of the past. May the angels of wisdom inspire your utterances therein recorded.

As far as my experience goes, it has done me no harm to embrace the teachings of Spiritualism, and renounce Orthodoxy, for the two, to my mind, can never be carried together—for I find, now, no terrors awaiting my final exit from this Sphere, but I suppose my Church experience was all right, to make the contrast greater.

In the name of Progression, with the

aid of WHITE FEATHER and your noble band, and our best wishes, shall I say "Arise, and walk"? No, no, but, as heretofore, by thought and pen, emancipate poor humanity from the erroneous teachings of the priestcraft.

FREDERIC D'ATH.

Brooklyn, N. Y.

My Dear Sister in the Human Family.

I received THE WATCHMAN, and like the spirit. Am ever glad to know that a woman dares to take her place in the efforts of life.

She owns by Divine inheritance equal rights with man, and he only insults her and degrades himself when he assumes to dictate her course to her.

Whatever your brains or your body render you capable of doing, you have just as good a right to do, as man, and I hold that woman, by nature, is capable of doing all that man can do. Therefore, I bid you "Godspeed" in your work, hoping that you may succeed according to your highest ambition, and may the influence of your WATCHMAN be of that exalted nature that shall emanate to every one who reads its pages, a more elevating idea of manhood and womanhood.

Gladly would I send you, now and then, a thought for your columns, had I time or opportunity to write—however, if I do find time occasionally I may send a few words. I now send a poem on "Slander" which I presume you will recognize as a parody on old Dr. Watts' hymn. You can publish it, if you choose.

With best wishes I remain yours &c.

Humanity's Friend.

M. S. TOWNSEND WOOD.

West Newton, Mass.

SOLOMON W. JEWETT, Magnetic Healer, (formerly of Shepherd's Home, Rutland, Vt.), is now located at Oakland, California, where he is meeting with great success in relieving suffering humanity.

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Written for THE WATCHMAN.

AN  
INSPIRATIONAL  
AND  
DEDICATORY  
POEM

To Spirit "White Feather,"  
"Peace Bird," "Queen."

By Leona.

Dear little Feather!  
So pure and so white  
Floating so gracefully  
Downy and light.  
What is your mission?  
The air as you pass  
Seems balmy and light.  
Why fly you so fast?

This little White Feather  
Was heard to exclaim,  
"My story is brief—  
But I cannot remain;  
Time is too precious—  
My work is not done,  
Yet I'll tarry a moment,  
To tell you, of one  
Who long Ages ago  
Came to mortals, a babe  
As pure as the snow,  
Which is freshly laid  
On the bosom of earth;  
For naught purer can be  
Than this mantle of snow  
Which covers each tree.  
She came to a people  
Uncultured and wild  
True children of Nature  
The tribe of this child.  
Scarce grown to a maiden  
With heart so serene  
They named her 'White Feather'!

"Peace Bird!" "Queen!"  
For wherever she went,  
Sweet Peace and Love  
Entered each Wigwam  
With this pure Dove.  
This dear little creature  
Was loaned for a while,  
To gladden sad hearts  
In that forest wild;  
But ere she'd completed,  
Her mission of love  
Was transplanted to bloom  
In the garden above.  
This mute little Feather  
That floats thro' the air  
Is her symbol of Peace  
Her presence is there.  
In its little white form  
Is embodied her power  
Bringing to mortals  
A strength each hour."

Yes, and in whisperings soft  
It steals over us—  
We scarce can tell why,  
Yet we feel we must  
Check the deep sigh,  
Speak the kind word,  
For Peace Bird has enter'd  
Unseen and unheard!  
Bright little Feather!  
With soft downy cheek  
Wafts thro' the air  
A silence that speaks,  
And better expresses  
The language of Soul—  
By symbol, not sound,  
Is the heart controlled.

Then, go forth little Feather!  
Work with your might  
Comfort the troubled  
Sweet "Angel of Light."

Easter Greeting 1883.

Brooklyn, N. Y.

For THE WATCHMAN.

SLANDER.

By M. S. TOWNSEND WOOD.

"My thoughts on awful subjects roll ;"  
The slanderer, gossip fed,  
Who deals damnation to the Soul  
Of the living, and the dead.

Lingering about, with listening ears,  
They bear no truth away ;  
But cause a flood of bitter tears  
To fall from day to day.

The awful wicked lies they tell  
To every breeze are tost,  
Crowding their victims into hell,  
Nor, do they count the cost.

An endless crowd of sinners they,  
And darkness makes their chains ;  
still, for more victims will they cry,  
Nor think of all their pains.

But their own anguish, and their blood  
Will for their guilt atone,  
For the sure justice of a God  
Will turn their slanders home.

Amazing law, that reaches death,  
And carries justice thro',  
And purifies the slanderer's breath  
At last, with its cold dew.

West Newton, Mass., April 1883.

SUNDOWN.

The Summer Sun is sinking low,  
Only the treetops redden and glow ;  
Only the weathercock on the spire  
Of the neighboring church is a flame of fire ;  
All is in shadow below.

O beautiful, awful Summer day,  
What hast thou given, what taken away ?  
Life and death, and love and hate,  
Homes made happy or desolate,  
Hearts made sad or gay.

On the road of life one mile-stone more !  
In the book of life one leaf turned o'er !  
Like a red seal in the setting Sun  
On the good and evil men have done—  
Naught can to-day restore !

—Longfellow.

QUESTIONS.

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 F. S. V.—Is it possible that the system of a medium can contract local diseases from being subject to the control, or personation of different spirits who died of different diseases ?

Ans. Yes, it is. But if mediums be allowed to act as they are guided and feel that they must, they will be relieved from all unfavorable symptoms resulting from the symptoms of spirit personation, and contact with sickly patients.

But unfortunate for those who are dictated to by those who do not understand the needs and laws governing mediumship. Therefore, when mediums become as saviors and doctors to the many suffering ones of spirit-life and of earthly life, they (the mediums) can no longer be held subject to the dictation of the selfish and tyrannical and even ignorant opinions and wishes of the one, or of a few. For, if they be, they are soon rendered unfit to assist themselves, much less any one else.

In treating this subject, perhaps it would be well to first understand what disease really is.

Properly speaking, disease is the effete or waste matter of the system, which is produced by a variety of causes. Therefore, any thing that will destroy the vital germs of the blood, will cause the viscous germs to become inert or dead, this same dead or effete matter is carried thro' the system by the force of the minerals and Chemicals in the blood ; and if it is met by such Chemicals as will neutralize it, the inert germs become vitalized, and a healthy condition ensues. But, if, to the contrary, the blood contains not the sufficient neutralizing Chemicals, then an increase of effete matter or disease is the result, whereby, one germ after another is destroyed in rapid succession, until the amount is more than the capillary vessels can hold, then it is deposited into one or more cavities of the system, or else thrown out on to the surface of the skin, which is the best and safest place to have it. The pores of the skin being designed by Nature for that very purpose.

When attacking different capillary vessels, or the internal and vital organs, or chambers of the system, it is, by students of medicine, termed a disease of such and such a nature, and serves as a distinction in medical art.

All disease is but the result of unbalanced forces of the system, and may be caused by a great variety of ways and means ; as, for instance, if the mind of an individual be depressed for any length of time, the brain will become inflamed, and, later on, diseased. Also will the disease of the brain affect such other organs of the entire system as are weak and unable to perform their natural and functional duty.

Likewise, if the flesh, say, on the breast, arm, or any part where abundant flesh and capillary arteries are centered, be heavily pressed, and bruised sufficiently to cause inflammation ; that same inflammation will create more or less inert matter, hence, disease is generated.

Also in eating and drinking such things as poison the system and arrest the digestive powers, causes, thereby, a non-supply of vital fluid which gives to a small amount of effete matter, sufficient properties to feed and increase the disease of the system.

There are many other ways of inoculating the blood with disease : some by magnetic poisoning ; others by atmospheric inhalation.

Now, in answering the question direct, we must first show that one who is susceptible to spirit influence, must, necessarily, be of a susceptible and negative mentality, and, as such, are liable to be affected by any and all things surrounding them, favorably or otherwise, and will be liable to many afflictions ; while one of a positive and unsympathetic nature would not be affected by the same. Further must we show that those who are of this negative, susceptible, and mediumistic nature, are the refinement of Society, and are as the saviors of life. They are born thus, and only need to be surrounded by compensative conditions to enable them to be of great service to the world without enduring great suffering themselves.

Therefore, be it remembered, that while a medium is susceptible to the diseases of spirits controlling him or her, there is a liability that the system of the medium will retain unfavorable results from the frequency of so great a variety of changes in the circulation of the blood, which must follow the cessation of will-power on the part of the medium ; and then, again to be active-

ly increased by the will of another spirit, and, perhaps, many, during the space of one hour or more—each one changing the action of the circulation as they take control, each in accordance to their nature, and the diseases thro' which they had passed during their last struggles on earth over which, in their mentality, as spirits, they have not got control.

In order that it may be more clear to our readers, we will give the *modus* of control ; thus, a spirit, who, passing from the earthly body, suffered greatly with consumption, and finding the chance to control a medium, stands behind or on either side of the medium, and, by its will or desire, throws upon the brain of the medium, the nature of itself (the spirit), and whatever thoughts or feelings, or remembrances are the strongest with the spirit, will, accordingly, be thrown upon the medium ; therefore, in the case of dying, with great suffering, of consumption, (or any other complaint), the first thought of the spirit is directed thereto, and, instantly, the medium is affected with a heavy cough, and, literally, suffers bodily, what the other body had suffered in death. All, thro' the action of the will of the one (the spirit) upon and thro' the organic structure of the medium, is, this done. And thus, the vital organs of the medium are temporarily diseased, thro' the act, and, unless there is brought to bear, a counteraction, by the will of, and a supply of vitality from other spirits who act as guides to the medium, the medium will suffer inflammation of the lungs, and, as we have stated, all inflammation produces more or less dead matter or disease.

Thus the reader will clearly see what good a band of spirit-guides may do to the medium. In fact, if it were not for these attending guides, mediums could not endure the strain upon their physical bodies that mediumship entails.

And here let it be well remembered, that everyone who is born with the susceptibility to mediumship, is attended by one or more spirit-guides, whether the mortal be aware of it or not.

Many there are who know nothing of spirit power, who are suffering from their undevelopment, by being, by nature, susceptible to this spirit influence, yet know it not, and are all the time doing, and being caused to do that which tends to prolong the suffering, rather than to remove it.

The question, here, might be asked, how to remove these conditions ; and in answering, we must refer you to the study of mediumship and spirit control ; consult those who are spirit philosophers ; such as, competent Psychometrists or Soul Seers, Clairvoyants, and Magnetic Physicians, all of whom, if developed to that conscientious unfoldment of honor, and a desire to help the afflicted, will be, by divine law, endowed with the power to correctly see just what is needed, and best for those who come under their care and observation. This is the law of spirit ; and spirits of power and honor are ever in attendance upon such media as work for the Soul of Truth—thus the ability is ten-fold.

These are Nature's Physicians, and are enabled to make effective use of every medicinal curative that Nature possesses, causing little or no suffering to the patient. This the medical student has yet to learn, and also give way to.

Very much more could be said upon this subject had we now time ; but we, in spirit, are revealing to mediums the laws by which they can do to others the most good, and, at the same time, preserve their own health.

Any further questions on this subject, will be cheerfully answered at another time.



Written for THE WATCHMAN.

## WOMAN'S SPHERE.

By Leona.

Woman's Sphere! What is it?

Varied and often ridiculous are the ideas advanced today as to what it is *not*, while we catch only the faintest whisper of the solid truth concerning what it *really is*.

That Woman is endowed by Nature with noble attributes entitling her to a position "*second to none*" is indisputable to the *generous* observer. Proportionate to the unfoldment and development of these natural gifts, will her life shine, and her usefulness be advanced.

Ages ago this idea prevailed; viz:—That Woman was created as an "help-mate" for man; and for this express purpose was she given.

An idea that has the "ring of the true metal" in it, and, accepted literally, covers the whole ground; for Woman could not be called to a nobler work in the field. It is her grandest work in the new Spiritual Era (which is essentially Woman's) now upon us.

Man *helper*! Man's *reformer*! when viewed in this new and spiritual light: a light, whose dazzling brightness is in striking contrast with that fearful blackness which overshadowed the "Dark Ages," when Woman was viewed and treated as man's slave.

This interpretation of "helpmate," men adopted by "common consent," and had no reference whatever to the mental or moral, much less the spiritual improvement of man, but was entirely confined and limited to the requirements of his physical nature. Why?

Man then stood aghast at the idea, that Woman could have any rights. Limited to this cramped position; deprived of her liberty; allowed only to move as he dictated, she was a slave to his will and pleasure.

What a libel on the honored name of Woman, and more sacred name of mother!! Happily for us *all*, dear Sisters!! that we have outgrown that Age of tyranny and injustice.

The dawning light of this new Era shows to Woman her Sphere: and she is preparing to *work as never before*.

The idea is advanced by some, that she will be promoted and shine as a "fireside ornament," which is only another name for household drudge.

But, in this capacity, where are her chances for mental, and, consequently, spiritual improvement? for one is the outcome of the other.

Should it be the highest ambition of Woman to cook, and thus pleasing the palate of her adorable "lord and master", and catering to his material wants, thereby making him selfish and exacting? Would she not, to all intents and purposes, become his servant? And when called to the higher life, instead of coming from her earthly experiences, the full, rich bouquet of perfect flowers, the barren waste of her mentality would yield but blighted buds. A spiritual garden overgrown with weeds.

No! No!! Woman's Sphere is eminently one of activity and usefulness, subject to no limitations and restrictions. Her innate purity; her higher and better instincts will never lead her from the true path. The inordinate love of approbation; the feverish desire for ostentatious display belong not to the *true* and *noble* Woman; nor the unworthy aim to outstrip the man in the "march of life", but rather to *keep step* to the end of the journey, mutually

sustaining and helping each other.

The subject of Woman's *Rights* has often been discussed—Woman's *Wrongs* seldom. Let us hear more of *Equal Rights* for Man and Woman, which will be more to the purpose, and approved by all *advanced thinkers*: for the members of the human family are so linked and interlinked, that flaws in the chain of a common interest weaken the bond.

Woman's Sphere! Where is it?

It is the whole world; and none too wide is the range. It is her field where she must work diligently, sowing the seeds of *love* and *gentleness*; the sweet flowers whose perfumes lift and cheer us on thro' the dark places; and also must she sow the solid and substantial grain of truth, to develop the mental and moral nature.

Woman, in order to be a successful worker in life's field, must first build up, and make healthy her *own* physical organization. "A sound mind in a sound body." Now here is just the secret upon which hinges Woman's *helplessness*. As the weakest plants require the most care: so Woman, in her physical weakness, often leans upon man, when she should be more self-reliant, and standing upon her *own feet*, grow firm and strong. We (Women) do not study ourselves, and therefore do not know ourselves.

Health is the mainspring of happiness and usefulness. We place too low an estimate upon its value; and these frail bodies, so delicately constructed, occupy too little of our attention and care. After the physical comes the mental and moral, which regulates the spiritual condition.

Women of delicate physique, have sometimes accomplished great results thro' flashes of intellect, &c.; but we know not how much grander might have been their achievements, had the physical paralleled the mental. Such, too, are apt to be warped and narrowed. The physical, mental, and spiritual should harmonize and balance, else there will be a dwarfing or developing of the one at the expense of the other.

The study, then, of the physiology of her own body is Woman's *first* lesson in the school of self-development; for the body is the spirit's house, and, if unhealthy, the spirit cannot expand and grow as it should.

Woman in the Sphere of Wifehood.

Home is a sacred place: the blossoming out of the wife and mother is perfected there. Its sacredness never should be violated, or its interests neglected. Beware, Oh! Husband!! Beware, Oh! Wife!! of bringing within its sacred precincts, the antagonistic elements, that render the atmosphere discordant. "A house divided against itself cannot stand." A perfectly harmonious union of the sexes produces physical strength and growth; but where we see one of this type, we find, in the aggregate, sadly opposite conditions.

Woman's physical, mental, and spiritual strength and growth come thro' her affections, thro' her love.

Man, as a rule, does not understand Woman: he has not the slightest conception of the *depth* of her nature, or its requirements. He considers decent clothing, shelter, a comfortable table, the ultimatum of her needs; and, upon supplying these, flatters himself that his duty, as a husband, is successfully accomplished. Not discerning that upon these, the mind, the heart, yes, the Soul would starve.

I do not advocate indulgence in morbid sentimentality; the gratification of every frivolous whim; or that married life

should consist in one round of petting, for these but flatter the vanity; and many a Woman has been robbed of her individuality, and had her usefulness impaired by such a course.

But I do *crave* for Woman a *true* appreciation of her worth: and a noble desire, on the part of man, to improve and develop her natural gifts. Even let him bestow as much care upon her, as upon the choice specimens of fruit-trees he has in his garden, wherein is produced such exquisite fruit, when conditions favorable to their growth are given them. *They* (the trees) are not crowded into a corner and then the perfect fruit demanded. As, so often he (man) denies her (Woman) the opportunity for mental improvement, on the plea that Woman's place is by the fireside: and within the narrow circle of her home is she to find all she need to know.

The wife, with her sweet, magnetic love, throws, about the home, a halo of light, that illumines the darkness, and gives a genial glow to the cold and frosty air of selfishness.

Husband and Wife are so like a pair of scissors, when the rivet of love is wanting, the bond is broken, and thus separated are "useless each without the other", for, placed in *any* condition, the lost rivet of love is essential to the usefulness of the pair: perfected and in order, they cut evenly, fashioning the clothing of the inner life—the robe of the Soul's immortality.

There are few men but what are susceptible to the influence of Woman, especially in this closest of all relationships—the marriage bond; and she has learned a most important lesson, when she knows how to utilize that influence for his growth and advancement.

Many a man must be restored and saved thro' Woman's instrumentality. And in this very Sphere of Wifehood should she work actively and patiently. Has he destructive habits? In nine cases out of ten, she can open his eyes to the truth, causing him to see his error and correct it.

If Woman succeeds in breaking the chain of one bad habit, she has accomplished a work that will ensure his gratitude *thro'out* eternity.

Take, for instance, the use of tobacco, which is repulsive to all Women of delicacy and refinement. She cannot strike the death-blow at his pet sin *suddenly*. We all know that the skillful surgeon does not probe the very center of the wound at first, but cutting carefully about the edges, giving the sufferer as little pain as possible, he reaches the center, by this circuitous route, and, almost *unknown* to the patient, the work is done, and the reaction of health established. A *positiveness* is sure to assert itself when we are *directly* attacked; and the pendulum will swing too far the other way; but there is a subtle power in Woman's gentleness, and men are easily psychologized by it when we know how to use it. Oh! if we could only make them realize that the activity of the spirit is *powerfully* increased upon leaving the physical body; and the dreadful habits that have enchained them are *intensified*—for they are all stamped upon the spirit.

The hell of the Opium and Tobacco drunkard is depicted as terrible in the extreme. They are the "spirits in prison". If we could only make them (men) realize this, it seems to me, they would lose no time in seeking to liberate themselves, and overcome this pernicious habit, while here in the body, which is the easiest place to do the work.

They are poisoning the atmosphere of their homes with the vile odor of tobacco;

and the emanations from the body, while in the negative condition of sleep, are absorbed by the susceptible wife, and her life shortened and usefulness weakened.

Oh, Woman! as you respect yourself, *oblige* him to respect your rights and privileges: but if he *must* indulge the habit in spite of your entreaties, make yourself so positive to its influence that it *CANNOT* rob you of your vitality.

Woman, in the Sphere of Wifehood, has an extensive work to do. She has been especially gifted by her Creator, with a superabundance of spirituality, that she might bestow upon man, and thus equalize the spiritual forces. But from the present outlook, it seems as tho' Woman is and *ever* will be in the ascendancy. Why is this?

Mainly because of slavish habits which blunt the finer sensibilities of man, and will not let him see and accept the beauties of the spiritual and *REAL* existence. The wily serpent, with its deadly fascination, lulls them into fancied security, as to the realities of the higher life, with the expectation that, when he leaves the body, by some mysterious operation of the Divine Spirit, he will *IMMEDIATELY* become pure and spotless. Oh, dangerous error! Why, some men, by such a process, would lose their *ENTIRE* identity and *never* could be recognized.

Many a Woman has awakened to the agonizing reality that she has lost all love, all respect even for her husband. She is like the prisoners of war, dragging a ball and chain wherever she goes. How is she to fulfill the obligations of her position? By beating against the prison bars? No. By fleeing from him? No! "Retreat means defeat". Right where you are is your field of labor; and instead of chasing up some romantic notion of *true affinity*, &c., which will only make you more miserable, "put your shoulder to the wheel" and *work* while you have the opportunity.

Create your own world *INTERIORLY*. The Kingdom of Heaven is *WITHIN*. Sing in your own spirit; and the sweet notes of your song may touch some silent chord in his nature, making it vibrate with a newly awakened melody, now or when we know not. Develop your own spirit, and you must develop us. *Live the Christ-principle—Love to God; Love to Man.* It will be your salvation, and *MAY* be his; and the proud consciousness that you have not buried your talents, but *USED* them to the best of your ability, will be a source of joy immeasurable. J. C.

We need a broad kindly charity for the weak, erring, and depraved, and should each one of us do a little and lift them up and lead them into the better way.

There is no more effective teacher than a good newspaper; it enters the home circle, is read, talked over, and re-read till its utterances are household words, and are impressed on each heart. Let us then, my friends, support these missionaries for improvement, by extending, in all directions, their circulation and influence, and whenever we can, send on a few dimes to help along the great work and purchase extra copies for friends afar off.

"Let love prevail in every breast,  
And charity abound;  
May all our kind be truly blest—  
Humanity be crown'd."

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Emotions are stars that guide only when the heavens are clear; but Reason is the magnetic needle that directs when stars are hidden and shine no more.—Richter.

There is no death! what seems so is transition:  
This life of mortal breath  
Is but the suburb of the life *Elysian*,  
Whose portals we call death.

—Henry W. Longfellow.







## PAREPA ROSA.

A Tender Reminiscence of One of the Queens of Song.

Mary L. Wright narrates the following incident in the life of the famous singer: The season of music was closing. Satiated with praise, Parepa Rosa drew her fur wrap around her shoulders, and stepping from the private entrance of the Grand, was about to enter her carriage, when "please, mi ladi," in low, pleading accents, arrested her attention. It was only the shrunken, misshapen form of little Elfin, the Italian street singer, with his old violin under his arm; but the face upturned in the gaslight, tho' pale and pinched, was as delicately cut as a cameo, while the eager, wistful light in the great, brilliant eyes, the quiver of entreaty in the soft Italian voice held her for a moment against her escorts' endeavor to save the annoyance of hearing a beggar's plea.

"Well," said the great singer, half-impatiently, yet full of pity.

"Would mi ladi please?" in sweet broken English, and the slender brown hands of the dwarf held up a fragrant white lily, with a crystal drop in its golden heart.

"Do you mean this lovely flower for me?" A passionate gesture was his answer. Taking the flower Parepa Rosa bent her stately head. "You heard me sing?"

"Mi ladi, I hid under the stair. 'Twas yesterday I heard the voice. Oh, mi ladi, mi ladi, I could die." The words came brokenly from quivering lips, passionately in earnest. The loud voice of the world she had just left had never shown Parepa Rosa the power of her grand voice as she saw it now in those soft, dark eyes aflame, and in the sobbing, broken words, "Mi ladi, Oh! mi ladi—I could die!"

"Child," and her voice trembled, "meet me here to-morrow at 5," and holding the lily caressingly to her cheek, she stepped into her carriage and was driven away.

It was Parepa Rosa's last night. In a box near the stage sat little Elfin like one entranced. Gradually the clear voice swelled its triumphant chords and rang amid the arches with unearthly power and sweetness. The slight frame of the boy swayed and shook, and a look so rapt, so intense, came on his face, you knew his very heart was stifled. Then the wondrous voice thrilled softly, like the faint sound of bugles in the early morn; again its sweetness stole over you like the distant chimes of vesper bells. Encore after encore followed. The curtain rolled up for the last time, and as simply as possible the manager told the audience of last night's incident, and announced that Parepa Rosa's farewell to them would be the simple ballad warbled many a bitter day thro' the city streets by little Elfin, the Italian musician.

Long and prolonged was the applause, and at the first pause, sweeping in with royal grace, came our queen of song. At her breast was the fragrant lily. Queen, too, by right of her beautiful, unstained womanhood, as well as by the power of her sublime voice, she stood a moment, then sang clearly and softly the ballad with its refrain of "Farewell, Sweet Land." Accompanying her came the low, sweet wail of little Elfin's violin. There was silence in that great house at the close, then a shout went up that shook the mighty pillars.

A whisper being heard that Parepa Rosa meant to educate the boy musically, the generous hearts of a few opened the gates of fortune for little Elfin. To-day he

is great and famous, "the boy violinist," and they call him to play before princes.

Parepa Rosa! God called thee in thy perfect womanhood, but thy voice lives in our hearts, and at the last great day it shall be written in shining letters on thy name: "Inasmuch as ye did it unto me,"

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A mother killed her child in a peculiar manner in the Western part of the city. While she was attending a revival in an African church, and doing motherly duty, a needle in her dress pierced her child, which began to cry. She pressed it to her more firmly in her efforts to quiet it, and the needle penetrated to the child's heart, killing it.—*St. Louis Chronicle.*

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