

tea, coffee and flesh are usually detrimental, but some good mediums use them. The grosser kinds of flesh, such as fat, gravy, pork, etc., should be dispensed with, the body kept clean by constant ablutions, and the spirit of love control the actions. Abstain from controversy and excitement; all around should be congenial: these conditions, though *favorable*, are not invariably requisite. Music of an elevating character, such as may be found in the Spirit Minstrel, is useful in refining the organism, so as to render it open to higher influences and to counteract discordant ones. Association with mediums further developed, and with other congenial persons, is also efficacious. Contact with uncongenial persons should be avoided. While sitting for communications there should be no loud tones or disputes among persons present; solitude is better, and a few better than many; quiet and harmony are the elements in which the higher spirits live. Where several mediums are together, the influence, other things being equal, is more powerful; thence one good result, among others, from spiritualist communities. Developed mediums can usually ascertain, by asking the spirits, who is a medium, and of what kind.

BY ALFRED CRIDGE.

Tipping mediums, the most common kind, can be readily developed by sitting with a tipping medium already developed, at a small stand; with two tipping mediums would be better; by *gradually* substituting, on the stand or table, the hand of the *neophyte* for that of the more developed mediums, the former would soon be developed.

REV. W. WISHART ON SOCIAL REFORM.

As long as the mass of believers (in spirit intercourse) live in the old selfish way, progress will be comparatively slow; they must give practical evidence of the superiority of their faith to that of others; this can only be done to a limited extent in society as now constituted. It may not be desirable that *all* should leave their present position, but *many* should, to form *nuclei* for large communities. The guerilla warfare is well in its place, but a regular army is needed to give complete efficiency. It is almost time to stop putting new cloth on old garments; there will be enough half-breds left behind to keep the old social organization in a constant ferment, and enough members of spiritualist communities detached from time to time to carry on offensive operations; but every thorough spiritualist should have a home among his kindred. Individual sovereignty is well; unity is better; purity