

# Flesh and Spirit

by [Walt Garlington](#) (April 2024)



Onward Christian Soldiers –Frank Owen Salisbury, 1911

**How many years** have been devoured  
By Time's voracious hunger  
Since a king carrying the Cross  
Together with his scepter  
Ruled a people unafraid of battle  
For the faith and their fathers' land,  
Knowing there are things worse  
Than death of the body?  
In the modern age  
When men elect rulers  
To govern the self-governing,

All noble passions have been stifled  
By the allure of material comfort,  
Anything that might hasten death  
Is scrupulously avoided  
To prolong earthly pleasure.  
The fulness of their lives is forfeit;  
Their spiritual ascent is sacrificed.  
Yet how they love to prate  
About the greatness of their ways!  
But a confrontation comes  
That will show decisively to all  
The powers of the spirit  
O'er the flesh of man alone.

## [Table of Contents](#)

**Walt Garlington** was born and raised in that part of Dixieland called Louisiana. A chemical engineer by training, he has spent the last several years writing full-time. He has written essays and poems for *The Hayride*, *New English Review*, *The Tenth Amendment Center*, *The Abbeville Institute*, *Reckonin'*, *Katehon*, *Geopolitica*, and *USA Really*. He writes regularly at his own web site, [Confiteri: A Southern Perspective](#).

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