the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts roamed the earth, people thought that they would encounter ghosts if they left their homes. To avoid being recognized people would wear masks when they went outside after dark so that the ghosts would mistake them for fellow spirits and leave them be. To keep ghosts away from their houses, people would place bowls of food outside their doors to appease the ghosts and prevent them from attempting to enter.

The jack-o’-lantern custom probably comes from Irish folklore. According to legend, a man named Jack, who was notorious as a drunkard and trickster, somehow managed to trick Satan into climbing a tree. Jack then carved an image of a cross in the tree’s trunk, trapping the devil. Jack made a deal with the devil that, if he would never tempt him again, Jack would promise to let him down the tree.

According to the folk tale, after Jack died, he was denied entrance to Heaven because of his evil ways, but he was also denied access to Hell because he had tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness. The ember was placed inside a hollowed-out turnip to keep it glowing longer.

The Irish used turnips as their Jack’s lanterns originally. But when immigrants came to America, they found that pumpkins were far more plentiful than turnips. So the jack-o’-lantern in America was a hollowed-out pumpkin, lit with an ember.

Halloween is a constantly evolving holiday, one with roots that spread across countries and cultures. Today, the holiday is second only to Christmas in spending and is a popular one for children and adults alike.

So today, on this Halloween, do not think only of the candy and the costume, but of what they mean. See past the traditional images to discover the legends and the history, the true meaning of Halloween.

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