

THE PHRENOLOGICAL JOURNAL

**AND
SCIENCE OF HEALTH.**
(1838)

**INCORPORATED WITH THE
PHRENOLOGICAL
MAGAZINE** (1880)

DEVOTED TO

**ETHNOLOGY, PHYSIOLOGY, PHRENOLOGY, PHYSIOGNOMY, SOCIOLOGY, PSY-
CHOLOGY, EDUCATION, MECHANICAL INDUSTRY, HYGIENE, AND TO
ALL THOSE PROGRESSIVE MEASURES WHICH ARE CALCU-
LATED TO REFORM, ELEVATE, AND IMPROVE MANKIND,
SPIRITUALLY, INTELLECTUALLY, AND SOCIALLY.**

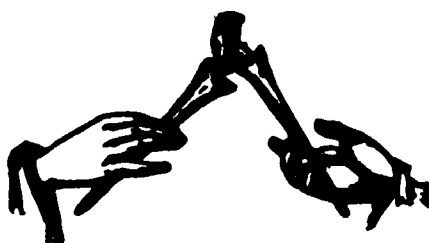
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“ Quiconque a une trop haute idée de la force et de la justesse de ses raisonnemens pour se croire obligé de les soumettre a une experience mille et mille fois répétée ne perfectionnera jamais a la physiologie du cerveau.”—GALL.

“I regard Phrenology as the only system of mental philosophy which can be said to indicate, with anything like clearness and precision, man's mixed moral and intellectual nature, and as the only guide short of revelation for educating him in harmony with his faculties, as a being of power; with his wants, as a creature of necessity; and with his duties, as an agent responsible to his Maker and amenable to the laws declared by the all-wise Providence.”—JOHN BELL, M.D.

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Illustrated

PHRENOLOGY
AND LAW
Women Lawyers
Illustrated

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CAUSES OF
DISEASE

PEOPLE OF NOTE
The late Rev. J.
Parker, D.D.
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RESOLVE

JANUARY, 1903



REV. WESTWOOD WRIGHT CASE, D.D.

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ANTHROPOLOGY, Study of Man
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An Act to incorporate "THE INSTITUTE OF PHRENOLOGY"
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"The People of the State of New York, represented in Senate and Assembly, do enact as follows:

SECTION 1. Amos Dean, Esq., Horace Greeley, Samuel Osgood, D.D., A. Oakley Hall, Esq., Russell T. Trall, M.D., Henry Dexter, Samuel R. Wells, Edward P. Fowler, M.D., Nelson Sizer, Lester A. Roberts and their associates, are hereby constituted a body corporate by the name of 'THE AMERICAN INSTITUTE OF PHRENOLOGY,' for the purpose of promoting instruction in all departments of learning connected therewith, and for collecting and preserving Crania, Casts, Busts, and other representations of the different Races, Tribes, and Families of men.

SECTION 2. The said corporation may hold real estate and personal estate to the amount of one hundred thousand dollars, and the funds and properties thereof shall not be used for any other purposes than those declared in the first section of this Act.

SECTION 3. The said Henry Dexter, Samuel R. Wells, Edward P. Fowler, M.D., Nelson Sizer, and Lester A. Roberts are hereby appointed Trustees of said corporation, with power to fill vacancies in the Board. No less than three Trustees shall constitute a quorum for the transaction of business.

SECTION 4. It shall be lawful for the Board of Trustees to appoint Lecturers and such other instructors as they may deem necessary and advisable, subject to removal when found expedient and necessary, by a vote of two-thirds of the members constituting said Board; but no such appointment shall be made until the applicant shall have passed a personal examination before the Board.

SECTION 5. The Society shall keep for free public exhibition at all proper times, such collections of Skulls, Busts, Casts, Paintings, and other things connected therewith, as they may obtain. They shall give, by a competent person or persons, a course of not less than six free lectures in each and every year, and shall have annually a class for instruction in Practical Phrenology, to which shall be admitted gratuitously at least one student from each Public School of the City of New York.

SECTION 6. The corporation shall possess the powers and be subject to the provisions of Chapter 18, part 1, of the Revised Statutes, so far as applicable.

SECTION 7. This Act shall take effect immediately."

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VOL. 115—No. 1]

JANUARY, 1903

[WHOLE NO. 768

Rev. Westwood Wright Case, D.D.

AN INTERVIEW.

By J. A. FOWLER.

A short time ago I received a call in our New York office from Dr. Case, of San Francisco, when I took the opportunity of placing my hands upon the head of this remarkable man, and give our readers a few of the observations I made at the time.

HAPPILY BORN.

I commenced by saying, "You were born under happy circumstances, and have had an inheritance of which you may well be proud. You have your mother firmly stamped in your organic quality, your fine susceptibilities, your keen insight into human character, your practical sympathies, your strong social nature, and your active Vital Temperament.

INHERITANCE FROM FATHER.

"While from your father you have been finely endowed with mental and physical conditions that have combined harmoniously with those already mentioned. Thus you have had transferred to you your father's large and

active brain, which is well set upon a good framework, with excellent chest and circulatory powers. You lack no physical development that could add to your mental or physical strength. You have a normal height and a bodily weight that help to recuperate your mental forces when they are depleted, and we judge that the superior size of your head—22½ inches in circumference;—anterior lobe, 13 inches; height of head, 14 inches; length of head, 14 inches; bodily weight, 185 pounds; height of stature, 5 feet 8 inches), have been naturally inherited by you from your father. Your mental inherited qualities from him are represented in your executive force, determination of mind, philosophic reasoning power, and lively wit, which must show themselves as conspicuous elements in your character.

MORAL BRAIN.

"Your moral brain is jointly inherited from both father and mother, Conscientiousness and Benevolence being two strong dominating forces

of your character. They help you to greet your fellow men with brotherly kindness and a feeling that makes the world kin. You know the particular wants of those around you as clearly as though you read their minds. You are able to get at the inner consciousness or the supposed hidden thoughts of others like a flash of lightning, and as a moral teacher you ought to be able to use the forces of nature and the affairs of every-day life to apply divine truths.

"Happy in disposition, you are able to throw around you a halo of light, a cheerfulness and soul-warmth that encourages every one who comes even within fifty miles of you. What a power for good you possess in your magnetic solicitude for others, and your wonderful capacity to turn your talents into practical channels!

FIGHTING CAPACITY.

"Another side of your character is your fighting capacity. In this respect persons might be inclined to say that I am mistaken, but I know of what I speak, and I realize that the highest and finest nature has much to contend with in upholding principles of right, duty, equity and justice; thus when I say you are a born fighter, I mean that you fight with gloves on, that you thrust plain truths home to people, which, if said by other persons, would only cause antagonism, but owing to your keen insight into character you are able to win assent and even form a friendship instead of making an enemy of the one severely criticized. This is a peculiarly charming characteristic of yours, that you are able to say a thing that people will admit even if they know it is not complimentary to themselves. We need more such plain, sympathetic speakers who are both daring and kind, that his Satanic Majesty may not sweep his compliments so broadcast by making people contented with their evil ways. You give no indulgence to the support of moral wrongs or evil habits, and consequent-

ly you set young people a worthy example when you live up to your mental privileges.

POWER OF ILLUSTRATION.

"One of your prominent gifts ought to show itself in your power to illustrate your ideas in an analytical way. You state your propositions in clear, practical language, while you 'bring down the house,' so to speak, by an illustration that proves without a doubt the conclusions that you wish to draw. As a speaker, you should be known for your gift of oratory, having an abundance of ideas and plenty of language with which to clothe them.

LOVE OF CHILDREN.

"Another phase of your character manifests itself in your great love of children, your capacity to handle them, talk to them, train and govern them, and were you at the head of a large institution for the young they would recognize (for children are very sagacious), your insight into their wants. You can tell when a boy wants a jack-knife, a fountain-pen or a watch, or when a girl is longing for a new sled, a new hat, or a baby carriage for her doll. You get into the electric current of children's minds so quickly that you can attract their interest.

INSIGHT INTO CHARACTER.

"Another characteristic of yours should show itself in your wonderful capacity to size a man up the minute you see him; thus you could become a true delineator of character, and were you to devote your attention to Phrenology you could do a vast amount of good in the world and place young people in their right spheres in life and thus prevent many failures.

"On saying this, the Doctor looked up and said, 'Do you know that I have given a number of lectures on Human Nature and Phrenology?' I replied, 'I am unacquainted with your work,

but your head indicates that you have ample capacity to fit yourself for such labors.'” The Doctor then promised to send me a number of references of his public lectures on the science of Phrenology which would corroborate many

gospel but as a healer of the sick and as one to give advice to others in adopting the right profession or course of business. I believe that the ministry is the highest profession that a man can enter, and where he feels called to



Portrait by Tabor, San Francisco.

Engraved for the PHRENOLOGICAL JOURNAL.

REV. WESTWOOD WRIGHT CASE, D.D.

Circumference of head, 22 $\frac{3}{4}$ in.; Height of head, 14 in.; Length of head, 14 in.; Anterior lobe, 13 in.; Weight, 185 pounds; Height, 5 feet 8 inches.

(1) Language, (2) Human Nature, (3) Causality, (4) Sublimity, (5) Ideality, (6) Benevolence, (7) Individuality.

things I had said concerning his character.

On closing my remarks, all of which I have not given here in this brief sketch, I said, "If you had to live your life over again I would not recommend any change only that your life could be expanded not only as a minister of the

the work he can use his best qualities in the broadest possible way. He has the right of entrance to the life of so many young and budding lives that his judgment is often taken as final. If you had chosen the profession of a physician you would most certainly have been a minister as well, for your

nature is to elevate and draw upward all the time; but, being a minister, you can heal the sick very largely through your practical sympathy, personal insight and natural instincts into their requirements."

The Doctor then gave me a slight sketch of his career, which I attach to the foregoing remarks. I wish that space would allow me to give some of the testimonies of others with regard to his work.

CASE OF DURRANT.

Suffice it to say that on one occasion when he was delineating the character of a young man he was so faithful to his trust as an expert examiner that he at the time astonished a large part of his audience by his remarks; in fact, many people thought he had lost his reputation as a reliable reader of character from the moment he made the examination. The young man in question was W. H. T. Durrant, who was recently condemned by a jury for murder and has since been executed. The reverend gentleman began his usual startling revelations of character by saying of this young man, "Approbativeness is very large; Inventiveness is of abnormal size;" and, while he ran his fingers through the tawny hair of the youth, he continued musing, "Reverence is lacking, and Amativeness unusually developed; Secretiveness and Destructiveness are very marked."

No one in the room suspected this young man a year ago of these undesirable qualities, and who can tell but if they had been held in abeyance and the lad had been carefully led by some one who knew him the terrible ending of his life might have been changed.

The Doctor forgot all about the circumstance of having read this young man's character at the close of a public lecture until recently reminded by an elderly lady, who was a member of the ill-fated church where the double murder was committed. She said, "We had no idea Theo. was such a bad boy,

and thought you had made a big blunder, but time has shown that you read his character right." The examination was made about a year previous to his trial for the murder of Blanche Lamont.

BIOGRAPHICAL SKETCH

The Rev. Westwood Wright Case, D.D., was born in Portland (Chautauqua County) New York, on December 13, 1838. During his early childhood he showed a strong inclination to do good and to stir people up to their responsibilities in life. At the age of nineteen he was Superintendent of Public Schools in Dunkirk, N. Y., and it may be noted as a remarkable fact that at this early age he received his power of leadership, his ability to guide men, not only by the sheer force of an iron will but by the quickness of perception, readiness to point out a reason for his actions, his honesty of motive in whatever he undertook to do, and his genuineness of character that made him a man master of the situation everywhere.

He recalls the time when he was converted—it was on the fourth of July, 1858. The following year he joined the Erie Methodist Episcopal Conference, and from the very first of his initiation into Christian work he showed himself a faithful and successful worker. As has been said: "It is the genius of Methodism that when she needs a man to do a certain work she knows where to find him; hence her system of transfers."

It was in 1864 that Dr. Case was transferred to Wisconsin, and filled some of the best pulpits in that conference. He was then transferred to Cincinnati, and then to Akron in the East Ohio Conference. At the close of his term in Akron he became presiding elder of the Cleveland district, and after a full term in that office he was called to Adrian, Mich., and from thence to San Francisco, where, after a successful pastorate of five years in the Central Church, he was stationed

in his present charge, the Howard Street Church, where he has served nearly three years.

The versatility of his mind has made him a man who has been widely sought on various occasions and in multitudinous ways. As the Rev. John Coyle, D.D., once said of him, "He was a man before he was a minister," and that is saying a great deal. He is a minister, but he is more than a minister.

Many persons have come to him to know more about themselves from a phrenological standpoint, and many are the young men whom he has helped to direct their energies in right channels.

He is blessed with a good physique, an excellent voice for public speaking, an expressive, intelligent eye, and a receptive mind which enables him to give ready utterance to his ideas. He is what we would call "an all-round kind of man." His social qualities are so strongly developed that he is a successful leader in all social enterprises and is sought at all revival or evangelistic meetings where the special outpouring of the spirit is looked for.

He is particularly magnetic, ingenious, and quick to see and seize every opportunity to build up his work, his church, and his character, in righteousness, in moral training, and the right adjustment of knowledge. Is it any wonder that he is in demand in the churches, and that laymen keep their eye upon him and consider it a privilege to be able to add his name to their programme when they have any special work on hand?

He has been interested in Phrenology for the last forty years and would not be without it. When we told him that he would have made an excellent physician (for he would not only have healed the body but also would have appealed to the soul of his patients), he remarked, "It was a moot point as to whether I should become a physician or a minister when a boy. In my family are two brothers who are physicians and two who are ministers, and I

have always had a natural inclination toward medicine and medical science as well as to the ministry."

The following notes on an article by the Rev. Westwood Wright Case, D.D., will show a little of the writer's clear insight into the cause of humanity, and also his logical style of thought, which his head so clearly indicates.

LAW AS A TEACHER.

"A tourist in visiting the Mammoth Cave must have both a guide and a light. Without the first he will soon lose himself in the labyrinth of avenues. Without the second he will be in danger of plunging down the 'Steeps of Time' or stumbling over 'Giant's Coffin,' or falling off the 'Bridge of Sighs,' or dropping into the 'Bottomless Pit,' but with guide and light he makes in safety and with great pleasure the exhilarating journey of many miles through subterranean avenues, passing through lofty and magnificent chambers whose arches are studded with millions of flashing diamonds unrivalled by the coronets of kings."

This world is a cave—a dark cave—a Mammoth cave. To thread its avenues we need a guide and a light. We have both—the Spirit and the word of God. The law of God is a revelation of the truth. The law is light. Upon it as appropriately as upon the Eddystone light-house might be inscribed these words: "To give light and save life." The law of God is designed to give light and save life. Those laws are like the printed instructions at railway crossings, "Look out for the cars." They are like street lamps which make it possible and safe to travel by night. They are danger signals like the red light placed in thoroughfares at night—to warn the traveller of pitfalls and obstructions in his way.

The Decalogue means the same to us as it meant to the Jews of old—the law is preventive and instructional rather than remedial and saving. As the light-house marks the channel or

warns of dangers, of head lines and treacherous rocks and shoals, so the law lights up our pathway and warns us of danger, though destitute of power to rescue the perishing. It is not heat but light; it is not a hand, but a voice. The law of God was made to rule over us as conscience was made to rule in us.

"By the law is the knowledge of sin." So also by the law is the knowledge of righteousness—in short, the knowledge of law is truth. By the law is the knowledge of (1), Righteousness; (2), the road to happiness; (3), the pathway of Heaven.

In the Ten Commandments we find four great pillars of truth by which the Kingdom of God is upheld. We may read and consider the inscription upon each of the pillars. The first is, "Honor God;" the second, "Honor Thyself;" the third, "Honor the Family;" the fourth, "Honor all Men." In other words, Godliness, Manliness, Purity, Righteousness, the Church, the Individual, the Home, the Study.

The first great pillar of truth has respect to the claims of God. Blackstone says, "Christianity is a part of the common law of England;" and in a comment to an American edition of his Commentaries it is stated that "We have received the Christian religion as a part of the common law."

Judge Story declares, "Christianity is a part of the common law." Chancellor Kent asserts the same. Mr. Webster, in his great argument on the Girard will case, says, "Christianity is the law of the land." The Supreme Court of New York ruled that Christianity has a place in all laws. The Supreme Court of Massachusetts decided that "Christianity was by the people established as a fundamental and essential part of the Constitution."

Every encroachment upon the provisions of God's law, whether in the light of personal or corporate capacity, brings disaster. Madame de Staël imbedded in one sentence an eternal truth when she said, "I never com-

mitted a sin that was not the cause of a disaster." What mean these great railroad strikes, the labor troubles that paralyze business and destroy public confidence? They mean that railroad companies and trusts of various kinds are educating men to defy the higher law, thereby making outlaws who do not scruple to commit crime through sheer desperation. The bread winners have grievances which ought to be redressed.

(Second). The second pillar of truth revealed in the law is Manliness. "Honor Thyself." Personal character is indispensable to the permanence and progress of State or Church. Manly character is Human Nature in its best form. Manliness is more than hinted at in every precept of the Decalogue. No man can serve his country well who is not in right relation to his God. He cannot be a safe counsellor who never prays, and that man always has his price who glories in his shame. It was aptly said of Washington that all his moral qualities were great talents, and of the illustrious Gustavus Adolphus it is recorded that he prayed at the head of his victorious army, and especially on the eve of battle.

Personal goodness is really greatness. "Value yourself," says Arnot—"Do not hold yourself cheap, ye who may have Christ for your brother and Heaven for your home."

(Third). The third pillar of truth is Home. "Honor the Family." The family is God's most exalted institution. We may look more confidently to God to bless the family than for any other blessing in the world. Of all educational forces the home is the most powerful. We owe much to the public schools, to the Sunday school, the pulpit, the press, but home is more effective than all these. Home is the symbol of security, strength, life, and government. Home is to the family what the body is to the soul—a necessary dwelling place. Destroy it and you will do more to demoralize society and to break up social order than could be effected by any other possible means.

Free love, reckless marriage, and easy divorce are the diabolical names of this divine institution, "Honor the Family."

(Fourth). The fourth pillar of truth—"Honor all Men." This is the policy of true socialism. It stands for moral order. "It is not good for man to be alone." Social intercourse would have been a necessity for man had he never fallen. Civil government is an ordinance of God for the regulation, comfort, and happiness of society. The form of civil government is left to be determined by separate communities. By the divine law is the knowledge of human rights. "A new commandment I give unto you, that you love one another." Civil and social order is a house not made with hands. It is a divine creation. When God founded the Israelitish state he gave the ten commandments. By these they lived. When they forsook his law the nation went down. Personal and national life is suspended upon obedience to divine law. Let us not fall into the delusion that the law is a cruel and harsh master, inimical to liberty. You go into a drug store and purchase four packets of drugs—arsenic, strychnine, paris green, and oxalic acid. The clerk carefully puts them up and as carefully labels them "poison." The

label does not make them poisonous. They are poisonous and the label simply indicates the fact. There are four destructive poisons in the world which have already been hinted at. God has labelled them "poison." They are not poisonous because of the label, but they are labelled because they are poisonous. These four deadly poisons are: ungodliness, unmanliness, unfaithfulness, unkindness.

One thing we must do—we must maintain the supremacy of the higher law. By the divine law is knowledge light; we must follow that light. We must show our gratitude to God by our obedience. "Ye are my friends if ye do whatsoever I command you." Our love and gratitude are shown by keeping his commandments.

It was Lord Nelson in his last engagement with the combined French and Spanish fleets who nerved his men for victory by raising a flag just before the engagement with the inscription, "England expects every man to do his duty." God expects every patriot to do his duty. There is a better way to get to heaven than by a process of evaporation. "Ye are my disciples if ye do whatsoever I command you," and "What doth the Lord require of us but to do justly and to love mercy and to walk humbly with thy God."

Phrenology and Law.

WOMEN LAWYERS.

The subject of law is one that Phrenology has for many years pointed out to be suited to the intellect of women, and we are glad to be able to give the portraits of some of our brightest lawyers who are doing credit to the profession.

The New York Ladies' Law Club Room is located at No. 52 John Street. There are a number of members in business in the lower part of the city, and this is a convenient meeting-place. On Saturdays the members can be seen

together taking luncheon. The organization is healthy and is steadily growing. It has fifteen members, all of whom are women attorneys, and nearly all of them were born and bred within the circle of which New York is the centre. The club-room is light and commodious and tastefully furnished, and the legal aspect is only saved by two large cases of valuable law-books, which frown down at each other like opposing counsel on the east and west walls.

The organization held its annual election recently and with unanimity voted its former officers in again. Of these interesting pioneers in a new profession for their sex three are married—Mrs. Carpenter, Mrs. Pierce, and Mrs. Gignoux. The rest are single, and all of them are quite young, bright, and intelligent, though gray hairs have crept in among the others owing to hard study and wrestling with obstacles rather than as indications of age.

It is worth noticing that these women lawyers either come of legal families, with fathers or brothers in the profession, or else they were stenographers and clerks in law offices, and received their initiation into the work in that way. Moreover nearly every one of them earned her own living while she learned law.

MISS ROSALIE LOEW.

Generally they have chosen each some one branch of law. Miss Rosalie Loew, the re-elected president, is a specialist in the statutes of landlord and tenant. This branch of practice seems to float her way. She was appointed attorney for the Legal Aid Society, which assists the poor who have trouble with their landlords. Last year Miss Loew dealt with 5,692 cases under the auspices of the Legal Aid Society. As a pleader and practitioner she is well known in New York, having appeared in nearly all the courts of this city. She has apparently inherited her love of law from her father, a member of the New York bar for a number of years.

Her portrait indicates that she possesses great discrimination, keenness of mental insight, and philanthropic desires.

MRS. FANNY H. CARPENTER.

The above named lady is the club's vice-president, and is the only woman who ever won a case before the New York Court of Appeals. She was born

in New England, but was educated in California. In 1896 she was admitted to the bar. Her headquarters are in the offices occupied by her husband, Mr. Philip Carpenter. She does not, however, neglect her home duties, and is an excellent housekeeper. She has an office at her residence on West End Avenue, where much of her work is done. Her specialty appears to be in drafting wills. She is a clever linguist, speaking Japanese and Spanish fluently. She married into a family of lawyers, her husband being Assistant District Attorney under W. M. K. Olcott. His father was Chief Justice of the Supreme Court of New Hampshire, and his mother's brother Chief Justice of the Supreme Court of Vermont. His grandfather was a New England Supreme Court Justice.

She is a member of Sorosis and officer of the same club, and also a member of several other New York clubs for women, before whom she has read many interesting papers.

Her head indicates that she is bright, vivacious, and witty, quick to take a point and far-sighted in drawing conclusions.

MISS EDITH A. REIFFERT.

The above-named lady is vice-president of the Law Club. She has her office on lower Broadway, and carries on considerable legal work at her home in Fordham. By inheritance she is an excellent linguist. Her father, the late Prof. Frank A. Reiffert, held the chair of languages and ancient history in William and Mary College, Virginia. She early showed her independent character, for since the age of thirteen she has supported herself. Miss Reiffert makes a charming corresponding secretary of the New York Women's Press Club, and is an enthusiast on the subject of women in the legal profession. She has been endowed by nature with a splendid constitution, which has enabled her to do what would make most women die of nervous prostration, but with her abundant supply

of vitality and executive ability she is able to do the work of half a dozen ordinary women. She is endowed with force of character, nerve power, mental shrewdness, and reliability of mind.

She began her law studies while serving as stenographer in a firm of bankers. Her employers were busy business men, and here the young lawyer learned the alertness, the power to think of two things at once, and the quickness of aim that serve so well in

structive designing; then she became clerk to a law firm that made a specialty of patent cases. She naturally became interested in these. From clerk in a patent lawyer's office she became herself a lawyer in this department. She finds that while on the one hand there are drawbacks in the way of a woman lawyer, on the other there are advantages. It is true that at first clients have not entire faith in the ability of a woman lawyer, but at the



No. 1, Mrs. Fannie H. Carpenter. (2) Miss Rosalie Loew. (3) Miss Edith A. Reiffert.
(4) Miss Gail Laughlin. (5) Miss Louise C. Hinek. (6) Miss Blondel.

legal practice. We predict for her a brilliant future.

MISS EDITH JULIA GRISWOLD.

This lady serves as secretary and treasurer to the club, and several years ago opened an office in one of the skyscrapers on Broadway. Her specialty is legal advising in patents, trademarks, and copyright matters. She began her career as a mechanical draftswoman, having a talent for con-

struction at the same time she feels sure she is more honest than a man attorney.

Miss Griswold is a thorough optimist one especially finally induced her mist and believes in manifesting a cheerful, expectant faith in one's future success and believes that it will tend to bring it about.

MISS MARY HOUSTON KENYON.

This lady is the club's corresponding secretary, and is a slender young

woman with dark hair and bright eyes. She was born in Hartford and educated in New York. In her junior year she ranked number four in a class of nearly two hundred students, and received the faculty of scholarship for excellence in her examinations.

Miss Kenyon was admitted to the bar in 1899, and is now practising law with her brothers, an established firm of attorneys in patent cases. She has, therefore, taken up patents as a specialty. She mentions gratefully the fact that her brothers were entirely favorable to her plan of taking up law, and that the encouragement of the elder to begin her studies with a serious purpose.

MISS MARY PHILLBROOK.

Miss Phillbrook began to take an interest in law as a stenographer in a law office, and liked the work so well that she fitted herself for the profession, and has now an office of her own in Newark. She is at the head of the Woman's Legal Society of New Jersey, and has won the reputation of being uncommonly successful with all her cases. Miss Phillbrook is a general practitioner, but she frequently appears in divorce cases, as so many women applied to her to help them get release from matrimonial miseries that entirely without her own wish or will she has taken up this side of the legal profession and has succeeded remarkably well in it. The Legal Aid Society, for which Miss Phillbrook is attorney, helps poor people without charge, but draws the line at divorce. Nevertheless there is an applicant a day for this purpose.

The club committee on membership is composed of Miss Mary Grovenor Potter, Miss Helen L. Blondel, and Miss Isabella Mary Pettus. The latter is a valuable teacher of the woman's law class in the New York University, and she is a bright exponent of her subject and a fine example of what women can do in law.

MISS POTTER

This young lady was born in Buffalo, and is a daughter of a physician in that city. On the death of her father, having to support herself, she entered a law firm, and after working as a stenographer she studied law one year in Buffalo and two in New York before her graduation. Since coming to this city she has been with the law firm of which Gen. Stewart L. Woodford was a member.

Some of the other members of the law club are Miss Lavinia Lally, who has an office of her own in Nassau Street, and Miss Gail Laughlin, known as a writer and thinker.

Miss Lally is engaged by the United States Industrial Commission to in-



MRS. L. M. GIGNOUX.

vestigate and make report on the servant-girl question, which is one of the leading issues now before the country, and makes this her specialty.

Miss Louise C. Hinck is another promising member of the club. She is a Vassar girl and an LL.M. of the New York University Law School. She is in her father's office at Montclair.

Another member is Mrs. Louise M. Gignoux, who studied law at the New York University and in her husband's law office. She has obtained her LL.M. of that university, and has lectured and taught on the subject of law. She is also a fine violinist.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

In the whole range of literature there is no matter more pertinent to the present subject than that in which Lord Macaulay refers to his own memory. "He had so quick an eye for literary effect—so grateful was he to any book which had pleased him even for a moment—that he would pick out from such a book and retain for ever in his memory what was perhaps the single telling anecdote or well-turned couplet which could be discovered in its pages. . . ." He was always willing to accept a friendly challenge to a feat of memory."

One day, in the board room of the British Museum, Sir David Dundas saw him hand to Lord Aberdeen a sheet of foolscap covered with writing arranged in three parallel columns down each of the four pages. This document, on which the ink was still wet, proved to be a full list of the senior wranglers at Cambridge with their dates and colleges for the 100 years during which the names of senior wranglers had been recorded in the University Calendar.

On another occasion Sir David asked, "Macaulay, do you know your popes?" "No," was the answer, "I always get wrong among the Innocents." "But you can say your Archbishops of Canterbury?" "In full," said Macaulay. He could say his Archbishops of Canterbury backward, and he went off at a score, drawing breath only once in order to remark on the oddity of there having been an Archbishop Sancroft and an Archbishop Bancroft, until Sir David stopped him at Cranmer. . . . "Now that he had ceased to train his faculties he thought it necessary to assure himself, from time to time, that they were not rusting; like an old Greek warrior, who continued to exercise in the gymnasium the vigor which he no longer expended in the field." "I walked in

the portico," he writes in October, 1857, "and learned by heart the notable fourth act of the 'Merchant of Venice.' There are four hundred lines, of which I knew one hundred and fifty. I made myself perfect master of the whole, the prose letter included, in two hours," and again "I learned the passage in which Lucretius represents nature expostulating with men, who complain of the general law of morality. . . . I have pretty nearly learned all that I like best in Catullus. . . . I have at odd moments been studying the Peerage. I ought to be better informed about the Assembly in which I am to sit." He soon could repeat off book the entire roll of the House of Lords; and a few days afterward comes the entry, "more exercises for memory,—second titles." When he had done with the Peerage he turned to the Cambridge and then to the Oxford calendars. "I have now," he says, "the whole of our University Fasti by heart; all I mean that is worth remembering. An idle thing but I wish to try whether my memory is as strong as it used to be, and I perceive no decay."

The Poet Pope on the "Sour Grapes" principle did all that he could to belittle memory and even went the length of putting his opinion into verse:—

"In the soul where memory prevails
The solid force of understanding fails;
Where beams of warm imagination play,
The memory's soft figures fade away."

On the other hand Macaulay was proud of his good memory, and had little sympathy with people who affected to have a bad one. Macaulay's expression was "They appeared to reason thus: the more memory, the less invention." With Macaulay "Milton's Paradise Lost" was so great a

favorite that he memorized the whole of it, and made the assertion regarding the "Pilgrim's Progress," that if all the copies were destroyed he could write the whole of it from memory.

In another part of this work consideration will be given to the different positions taken up by Macaulay and Pope.

It must be admitted that the possession of a great memory may only indicate strength in a particular direction. A case in point has been found in the life of Mrs. Mary Somerville, the noted mathematician. The individual whose memory power is mentioned by her was an idiot, who attended church regularly on Sundays, and could afterwards rehearse the whole sermon, with such additional items as, "Here the minister coughed," "Here the minister stopped to blow his nose," etc. During her tour in the Highlands she met with another idiot who knew the Bible so perfectly that if asked where such a verse was to be found he could without hesitation repeat the chapter.

Many instances of great memories for figures may be given, and there is not the least doubt as to the powers of Zerah Colburn in this respect. He was the son of an American peasant or small farmer. At six years of age he astonished his parents by his readiness in multiplying numbers and solving other simple arithmetical problems. He was brought to London in 1812 when only eight years old, and his powers tested by Francis Bailey and other skilful mathematicians. He could mentally raise any number less than ten to its ninth power faster than the person appointed to record them could set them down. He raised eight to its sixteenth power and the result, consisting of fifteen digits, was right in every figure; and actually raised some numbers of two figures as high as the eighth power. He was asked what number multiplied by itself gave 106,929 and answered 327 before the original number could be written down. What number multiplied twice into itself gave 268,336,125 and answered

645. He was then asked how many minutes there are in forty-eight years and answered before the question could be written down 25,228,800, which is correct, if the extra days for leap years are left out of account. He immediately after gave the correct number of seconds. The following relate to questions for which no arithmetical rule has been found:—Name two numbers which, multiplied together, give the number 247,483. He immediately answered 941 and 263, which are the only two numbers satisfying the conditions. The same problem was set as regards 171,395; and he named the following pairs of numbers:—5 and 34,279, 7 and 24,485, 59 and 2,905, 83 and 2,065, 35 and 4,897, 295 and 581, and lastly, 413 and 415. His next feat was a remarkable one. He was asked to name a whole number dividing 36,083 exactly, and he immediately asserted that there is no such number, in other words this number is a prime. Questioned as to how much a farthing doubled 140 times would come to, gave the answer as thirty-nine figures for pounds and 2-6; and as to how many barley-corns would reach eight miles replied in one and one-half minute 1,520,640. It is greatly to be regretted that Colburn could never give any insight into his methods of doing calculations, and in his mature years lost his remarkable power of dealing with numbers.

Jedediah J. Buxton, born about 1708, could neither read nor write, and yet was able to multiply 39 figures by 39 figures without paper. He actually counted the number of words uttered by Garrick at the theatre, and could tell how many pots of beer he had drunk during twelve years of his life. So engrossed was he in calculations that he lost sight of external objects. If any space of time was mentioned before him he would soon after say that it contained so many minutes, and with distances always mentioned the number of hairbreadths even when no question was asked by the company. In other respects his mind was a blank.

The power to remember the exact position of a particular passage on the page of a book gives an illustration of local memory; but an example of the same endowment on a much greater scale is that of "Memory Corner Thompson," who drew from actual memory in twenty-two hours, at two sittings, in the presence of two well-known gentlemen, a correct plan of the parish of St. James's, Westminster, with parts of the parishes of Saint Marylebone, St. Ann and St. Martin, which plan contained every square, street, lane, court, alley, market, church, chapel, and all public buildings, with all stable and other yards, and also every public-house in the parish and the corners of all streets, with all minutiae, as pumps, posts, trees, houses that project and fall back, bay windows, Carlton House, Saint James's Palace, and the interior of the markets, without scale or reference to any plan, book, or paper whatever. He undertook to do the same thing for the parishes of St. Andrew, Holborn, St. Giles-in-the-Fields, Saint Paul's, Covent Garden, St. Mary-le-Strand, St. Clement's, and St. George's. He could tell the corner of any great leading thoroughfare from Hyde Park Corner of Oxford Street to St. Paul's. He could take the inventory of a gentleman's house from attic to ground floor and write it out from memory. This he actually did at Lord Nelson's at Merton and at the Duke of Kent's, in the presence of two noblemen.

Dr. Johnson throughout life exhibited a powerful and retentive memory. When a child his mother found this to be the case when she set him to learn the collect for the day, and then went up stairs; but before she had reached the second floor she heard him following her, and inquiring what was the matter, "I can say it," was the reply, and he immediately proved the truth of his assertion.

Attention may now be drawn to men who were remarkable for their memory power in an all-round fashion. Bolingbroke, for instance, had the rare

endowment of both memory and judgment, and could bring to mind particular books and could then write fully upon the matter in hand.

Any reader of the works of Gibbon, Grote or Carlyle cannot be other than wonder-struck at the marvellous marshalling of facts exhibited in their pages and can only account for their orderly presentation on the ground that each of these historians was gifted with uncommon retentiveness. The combination of great intellect and memory is further illustrated in the cases of Grotius, Pascal, Leibnitz, and Euler. In the case of Pascal, he asserted that he forgot nothing, thought, read or done during his rational age, a condition which he confessed was reversed by weak health. Many persons speak as if the possession of a strong memory is a sign of weak mental capacity; but the more the matter is investigated it will be found that among the greatest navigators, scholars, scientific and literary men the possession of a strong memory is an almost common inheritance. Professor Dugald Stewart, the philosopher, asserted that he could scarcely recollect one man of genius who had not "more than an ordinary share of retentive power." To be still more definite and extend the illustrations to walks of life that have not yet been drawn upon, take the case of Gustave Doré, who could paint portraits from memory, and this is not mentioned as a solitary instance, seeing that many draftsmen and sculptors have the same endowment. The retention of the details of scenery forms another kind of memory, and Doré said that after driving once through Windsor Park he knew every tree by heart that he had glanced at, and said that he could draw all from memory. Turning to musical memory, the power of Mozart was such that he could write down the *Miserere* of the Sistine Chapel after a second hearing.

The recently published biography of that distinguished statesman, the late Sir Robert Peel, shows clearly what

great pains were taken by Sir Robert's father to train both the powers of memory and attention in his son. To repeat as far as possible the sermon heard every Sunday was the regular task set before the young statesman, and the beneficial effects in after life cannot be over-estimated.

There is still another field of intellect that has not been explored, and this will be recognized at the mention of such names as that of Mithridates, King of twenty-two nations, who held court in as many languages, and conversed with each nation in its own tongue. Elihu Burritt, the learned blacksmith, is another notable in this phase of mind, but the most extraordinary case of this kind is found in the life of Mezzofanti—1774-1849—who is said to have known more than one hundred lan-

guages, a qualification which, it has been said, would have enabled him to act as interpreter at the Tower of Babel. The cardinal's claims have been searchingly investigated, and he is characterized by this critical biographer as "the greatest linguist the world has ever seen." "In the variety, in the extent, in the exactness, in the readiness, and in the completeness of his knowledge of languages, Mezzofanti immeasurably transcends them all. The iron tenacity of his memory never let go a word, a phrase, an idiom, or even a sound, which it had once mastered." He said regarding his own powers, "I must confess that it cost me but little trouble, for in addition to an excellent memory God has blessed me with an incredible flexibility of the organs of speech."

SCIENCE OF HEALTH

Notes on Health Topics.

E. P. MILLER, M.D.

DRUGS DO NOT CURE DISEASE.

The medical profession have always been spending more time and money to secure drugs and remedies to cure disease than they have to discover the causes and means of preventing disease. It is an old adage that "an ounce of prevention is worth a pound of cure." Within the last two years, by the use of sanitary measures, they have entirely prevented the appearance of yellow fever in Havana by simply putting that city in a proper sanitary condition. By so doing they destroyed the seed bed where yellow fever germs propagate. Disease of almost every form in the human system is an evidence of filth in the blood or

in the tissues of the body, which filth furnishes the seed bed for disease germs of various kinds. The germs of disease are discovered by the use of the microscope, and although they do not all look alike any more than all cattle, all horses, all dogs or all birds look alike, yet they all belong to one family. There are hundreds of varieties of dogs and of birds, each of which has some special appearance of its own, yet we know that they belong to the canine or to the ornithological families.

Disease germs of various kinds are classified under the heading of Bacteria, Microbes or Parasites. The germs

of a common boil or of any form of skin eruption, of cancer, of tuberculosis, of diphtheria, of typhoid fever or of any other chronic disease are propagated or bred and multiplied through the agencies of foul matters in the blood or tissues of the bodies of those diseased. If we take into our bodies impure food or drink or impurities or poisons of any kind, they must be rapidly worked out of the blood and tissues by the skin or kidney or bowels or by the breath, else they will sooner or later furnish a seed bed for some form of disease germ that will impair health and perhaps destroy life.

SOME OF THE CAUSES OF DISEASE.

In a recent issue of the "Herald of Health," of London, England, we find the following:

"The majority of mankind are simply teeming through and through with the germs of disease, germs that the sun's rays are here to annihilate. The skin and blood are porous to the vivifying rays of the sun. And yet by colored clothing we make ourselves impenetrable; we live in a cellar, a damp, dark, disease-bound cellar. Corseted women even make their blood in their veins stagnant and congested. Black stockings and black leather boots paralyze the vitality of the extremities and cause disease of the brain and heart and lungs. People go to the continent for a few weeks' sun baths, and reap marvellous results in spite of their discounting the good done by otherwise wrong living. It is wise to go to these sun and air baths, but why not get as much sun and air to play upon the skin as possible while at home? Dress in loose, white cricketing suits, in white flannel, linen, mouslin-de-laine, washing silk and other gowns, and always in white underclothing. White clothing is coolest in summer and warmest in winter. Black clothing is hottest in summer and coolest in winter. And when there is no sun indulge in air baths in a warm

room, and frequently change your damp clothing for well dried garments. Damp clothing, often permeated with acid excretions, is always depressing in its influence, and does far more to destroy the power of a buoyant personality and exuberance of animal spirits than would a day's absence from needed food. Above all, release your poor, ill-used feet from those dark, air-proof, sun-proof, heavy, damp, and inhospitable cellars called leather boots. The combined influence of sun and air, intelligently applied, is a factor so great in its power for bringing health to a physically degenerated and dying-out nation, that it is beyond the computation of mortals. And, like all Nature's forces, it is within the reach of rich and poor alike."

HEALTH TOPICS.

From an article in "Health," on "Health as a Sociological Factor," we read the following:

"Any sick man is a defective unit. His values are always below par. He may not be aware of it, and the majority of those with whom he comes in contact may not know it, but when the man with poise meets him he is sure to be discounted. Take a mass of such units and you have unstable society, a society that is shifting, discontented, morbid, prone to evil and degeneracy. Note that the sociological problem cannot be solved by the creation of a race of 'athletes.' They are as apt to form unwholesome society as the sick and morbid, and, furthermore, they are as susceptible to sickness as other persons. Note that the sociological problem can be solved by establishing in people that harmony which springs from natural environment and conditions. The solution is by the mind and heart 'hungering and thirsting after righteousness.' The question of health concerns not the doctors alone, as millions of misguided people believe, but all humanity. It is an individual duty to keep healthy. There should be a law against any labor or pursuit

that injures and destroys health. All should work together for this boon, irrespective of mercenary motives. In large cities we have health laws; the idea of attempting to legislate against the disease instead of the cause! What society needs is an active liver, a good digestion and some practical sense; then it will be ready for a growth in grace and better health. Woe to this country when both Houses of Congress, the Cabinet and the President have dyspepsia. Internal disturbances are productive of external disturbances. Stomach derangements have made some notable marks in history. Health, then, is the thing. Let people strive after it instead of great riches and power. Let the individual be taught cleanliness inside and out; moral as well as physical cleanliness, and mental and bodily health will follow. To seek it in any other way is to seek it in part only. Possessed in this way it preserves and uplifts the individual, the society and the State.

HINTS ABOUT THE HAIR.

Prof. Anthony Barker in the magazine "Health," December issue, makes the following points about "Hair Culture":

Don't wear a hat that is too heavy or that is not well ventilated. Don't wet the hair and allow it to dry of its own accord. Don't tear a comb through the hair as a farmer would rake his hay together. I have seen some comb their hair in about this manner. Don't brush the hair with a brush that is not thoroughly cleansed daily. Don't use any of the hair growers that are on the market. They are no good. They may make the hair grow temporarily, but it will fall out after the effect of the lotion is worn off, leaving the hair in a much worse state than before. Don't be fooled by them. A great stimulant for the hair is to massage the scalp with the medicine ball, by rolling it round on the head, the effort alone develops the arms. The blood is greatly accelerated, and from the fact that both arms are up together, the chest is greatly expanded and new blood is made by the increased amount of oxygen taken into the lungs. This treatment above has put my hair into so strong a condition as to enable me to hold four men by the hair alone; one man weighing 160 pounds may clasp my hair and I can swing him round in a circle, using my feet as a pivot.

The Physiologic Care of Colds.

By CHARLES H. SHEPARD, M.D.,

That the condition called a cold is one of repletion, may be readily demonstrated. Among other evidences of this is the fact that treatment based on this theory is uniformly successful. Its acquisition is frequently attributed to some exposure, it may be from lack of wearing apparel, or from atmospheric changes. But a closer examination will show this to be an erroneous conclusion, for on many occasions the observer has been exposed to a great variety of changes without any cold resulting therefrom, when again, under

other conditions, with the slightest exposure, in even the hottest weather, one may suffer from the hardest kind of a cold. This results from imperfect elimination, or an inactive condition of the excretory organs. In fact it is the condition of the individual, rather than his exposure. The impurities of the system are being discharged through the mucous membrane, particularly of the head, instead of the proper eliminating organs. Many a time has this condition been brought about by a too generous dinner. The sud-

den changing from heat to cold, by going from a warm room to the cold air of outdoors, when a person is debilitated and of feeble reactive powers, frequently produces the condition called a cold. Any overwork or exhaustion of the nervous system places the body in a negative state, so that there is less power of vital resistance to morbid changes. A languid, exhausted feeling is often accompanied by a headache, or inactive stomach and bowels. If the ordinary amount of labor is imposed upon those organs while in that condition, it is necessarily most imperfectly performed. Then is the body poisoned by its own impurities. Too frequently tonics are taken to spur on and still further exhaust an already weakened system.

In looking for the cause of colds, or any other disease, it is well to consider the first cause, rather than the merely exciting or secondary one, which is only incidental to the disturbance. By doing this we can shape our life so as to avoid most of the disasters common to modern civilization. Ignorance of the laws of life, and a man's relation thereto makes of him a slave, while knowledge of these laws gives him freedom to instantly accept and enjoy the fruits of obedience.

The invariable cause of colds comes from within, not without. No one takes cold when in a good vigorous state of health, with pure blood coursing through his body, and there is no good reason why any one in ordinary health should have a cold. It may come from insufficient exercise, breathing of foul air, want of wholesome food, excess of food, lack of bathing, etc., but always from some violation of the plain laws of health.

There can be no more prolific cause of colds than highly seasoned foods, as well as frequent eating. These give no time for the digestive organs to rest, and incite an increased flow of the digestive secretions. Thus larger quan-

ties of nourishment are absorbed than can be properly utilized, and the result is an obstruction, commonly called a "cold," which is simply an effort of the system to expel the useless material. Properly speaking, it is self-poisoning, due to an incapability of the organism to regulate and compensate for the disturbance.

A deficient supply of pure air to the lungs is not only a strong predisposing cause of colds, but a prolific source of much graver conditions. Pure air and exercise are necessary to prepare the system for the assimilation of nutriment, for without them there can be no vigorous health. The oxygen of the air we breathe regulates the appetite as well as the nutriment that is built up in the system. The safest and best way to avoid colds is to sleep in a room with the windows wide open, and to remain out of doors every day, no matter what may be the weather, for at least two hours, preferably with some kind of exercise, if no more than walking. One should not sit down to rest while the feet are wet or the clothing damp. A person may go with the clothing wet through to the skin, all day, if he but keep moving. Exercise keeps up the circulation and that prevents taking cold.

The physiologic care of colds is the prevention of their occurrence. The person who does not carry around an oversupply of alimentation in his system, and furthermore secures a purified circulation by strict sanitary cleanliness, thus placing himself in a positive condition, is immune to colds. A starving man cannot take cold.

A careful diet would exclude the use of all narcotics, and of all food that is not thoroughly appropriated. An overfed person is worse off than one who is underfed, because the overfed body is taxed to dispose of what can not be appropriated, and when not properly disposed of, remains only to be an element of danger.

(To be continued.)



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

Child Culture.

A BRIGHT AND CLEVER INHERITANCE.

By UNCLE JOE.

No. 603.—Roger Williams Patterson, a direct lineal descendant of Roger Williams, of Rhode Island.

This little boy is going to have a lively time throughout his lifetime. His body is a vigorous one, and his

very early period. He is but two years old now, but we venture the remark that he is older for his age than many children double his age. It will not be necessary to force this child in the way of study, but he should be en-



ROGER WILLIAMS PATTERSON.

— Circumference of head, $19\frac{1}{4}$ inches; height of head from ear to ear, 11 inches; length of head from root of nose to occipital region, 14 inches; intellectual region from ear to ear forward, 11 inches; age 2 years.

brain is even more so; in fact, he is a child who will show great intensity of mind and character, and he will manifest exceptional ideas of his own at a

couraged to see objectively how large the cow is when compared with the horse; how active the bee is when compared with the birds; how different the

leaves are on even the same tree; for if he is trained to observe and watch his surroundings, he will not so easily be inclined to fall down or stumble over things when he is watching something at a distance. So many children allow their Causality to run away with them, and they get a black eye in consequence, because they have not used their perceptive faculties to see where they were going. He will have a storehouse full of questions to puzzle his mother with from morning until night, and it will not be easy for her to give him satisfaction unless she is well posted in her subject.

He has a remarkable expansion of head over the brow from ear to ear, it being 11 inches, and he will manifest every inch of his anterior brain development, and will show remarkable intelligence. His forte, however, will be in his reflective faculties. He will conjure up all kinds of ideas, and will be actively engaged in propounding mathematical calculations.

He will show a great deal of pliability of mind, and will suit himself to various conditions in life. When he is away from home, he will find some one whom he can fraternize with, and hence will learn and study something from everyone with whom he comes in contact.

He will prove to be a jolly little fellow, and will be fond of teasing. All sorts of pranks he will cut up, and it will be hard for him to restrain his fun-loving nature even on serious occasions. If he sees a fly impudently walking over the head of a bald-headed gentleman in church, he will feel like bubbling over with fun.

It will pay his mother and father to get him a box of tools, with blunt edges first, and let him use them, for his own entertainment. He should hammer his initials with tacks into a piece of soft wood, and be paid for doing so, and then be paid for taking out the tacks. It is most essential that he be kept busy, and if he feels that his time is worth something he will do some good work and use his time to advantage.

He has a remarkably high head. He will make a strict disciplinarian, and will make every one "toe the mark," and do as they agree. He will not allow many people to take advantage of him. Even fairy stories he will give up very early for real ones. He will make a very philanthropic man, and will exert a powerful influence over others. What he does not know he will be able to make up by his imagination, so that if he begins to tell a story and forgets a part of it, he will be able to complete it by his own idea of how it ought to end.

His Constructiveness will help him to be an exceedingly ingenious boy. He will contrive and devise ways and means, and will invent all kinds of toys, and later will employ his time in constructing engines or locomotives, for anything big will suit him; thus a locomotive will attract his attention longer than a watch. If he looks at a watch, he will want to take it apart and see how it is constructed or put together.

He has analytical power, and will readily see the comparison between ideas as well as materials. When he begins to talk he will always illustrate his meaning by many metaphors. He will draw the line, and to know when to will be an entertaining conversationalist, and will draw people out to talk with him. He will make friends quite readily; in fact, it will be hard for him to draw the line, and to know when to preserve his own rights, for his Benevolence and Friendship will contrive to keep him busy, and he will not have half time enough to do all that he will plan out to do. He will have more ideas than he will be able to use himself, therefore he will be able to distribute them for the benefit of humanity. He will do this, first, through his inventions and his wonderful power of contrivance; secondly, through literature; and thirdly, in public speaking. If he only had the latter talent, instead of so much ingenuity, he would want to devote his attention entirely to public life, to public speaking, to debate, to

the study of law, and he will have to use his ingenuity somehow and keep his hands busy as well as his tongue.

Let him play out of doors as much as possible so that his vitality may keep pace with his wonderful mentality.

A NEWYEAR'S RESOLVE.

BY S. E. KENNEDY.

"Girls, your father has come in from the barn. You will have to get breakfast. I am not of much use this morning," and poor Mrs. Truesdell crawled back into bed to woo the slumber which she knew would not come.

For three nights in succession she had lost the greater part of her night's rest because the young people of the family were not in bed at the usual time, and having kept awake past her usual hour she could not then get to sleep until the house was quiet. Poor Mrs. Truesdell! She was such a slave to circumstances. There was nothing the matter with her young people; they simply were not in bed and the lights were not out. It does seem as if she might have thrown aside so light a burden of care and dropped off to sleep like an infant, knowing, as she did, that even one night's wakefulness would spoil the next day, and that two or three sleepless nights in succession was certain to make her sick. I am willing to acknowledge that at this stage of her life the poor lady could not get her usual rest except under the most favorable circumstances, but how would it have been had she taken herself in hand thirty years earlier? Of course, she had some will power, for who has not? I do think she was born "short," as William Hawley Smith says, in this particular thing, but, as I said before, she must have been born with some will power, and if she had cultivated the little she had to begin with I think she would have been able at fifty-five to have slept in the midst of battle if necessary.

Four children had come to gladden her early years, and gladness they truly were, for a more motherly mother never smiled down into a baby's face. Whatever might be lacking in her make-up it was not motherliness. And so these babies just gladdened her life, but they added to its responsibility, so much so, that the care wrinkles began to close in around her eyes, and her step grew more weary until, by the time that the two who lived were just thinking about laying aside their childhood's playthings, they were obliged to take up the duties of nurse, and change places with the mother who had so faithfully cared for them.

Faithfully, did I say? There is faithful-

ness and faithfulness. She had over-cared for them to their harm and her own. She was so afraid they would take cold or get hurt that all the spontaneity was taken out of life, both for herself and the children, and what is a child without native feeling? And this is where we find her, after her three successive nights of broken rest, which, by the way, was no uncommon occurrence, for Mrs. Truesdell was a woman who lived under the circumstances instead of above them, as people should. But there came an awakening to this poor lady, whether of the mind or heart, let the metaphysicians tell us.

It happened in this wise: She was lying awake one night reviewing her life and wishing that things innumerable were different, when suddenly there came to her mind a few words which she had read the evening before: "Humanity is one. I am living and loving, not for myself, but for the race. If I rise I help to lift all about me; if I fall I drag others down."

"Is this the reason that things are going wrong in my family?" she groaned "Is this the reason that my girls, for whom I had hoped so much, are but little better able to cope with life's duties than is their weak, vanquished mother? My life has been one long period of soul depression for myself and all about me. Was it so of necessity?"

Mrs. Truesdell arose, lighted her lamp, dressed and sat down to read. "We give the life of humanity, others in us and we in them. Our highest privilege and office is to be channels through which the divine life shall flow out to invigorate and inspire. The essence of salvation is the death of selfishness. If the soul currents do not course from within outwards they sink in a deadly vortex."

She shut the book, and leaning her head upon her hand, closed her eyes that she might the better look within. "Is it possible," she asked herself, "that my life has been spent in subjective idolatry when I thought I was giving it all to God in faithful care of the dear ones He gave me? Did I think so? Have I not at times been conscious of a miserable feeling of selfishness, craving this and that attention, which, for some reason, I had not received, although down deep in my heart I knew that no wife or mother was

ever more petted? But this is not my greatest sin. Here it is," and again she read: "Our highest privilege and office is to be channels through which the divine life shall flow out to invigorate and inspire."

"Who has ever been invigorated through me? Who have I ever inspired? All life is divine, that is, it proceeds from God, and how little have I accepted. Barely enough for existence, to say nothing of being a channel through which it may flow to others. And yet, Christ said, 'I came that ye might have life, and that ye might have it more abundantly.' Abundant life! What a disgrace I have ever been to Him from whom I have professed to receive all things. O, my children! How I have belittled life in your eyes!

"A son of God is one who breaks the chains of captives, opens prison doors, and proclaims freedom."

Again she read and again she closed the book.

"With the help of God I will strike off my own chains, I will burst my own prison doors, and the remainder of my life shall be a proclamation of freedom. I have long been convinced that we were placed here to help our fellow-men, but supposed it was to be done through pleading or reasoning, and have always wondered at my own lack of power, believing

myself to be thoroughly in earnest. I now see that it does not matter so much what one says as what she is, and that the would-be reformer must indeed 'be the channel through which the divine life shall flow,' and I am assured that divine life cannot flow through a soul clogged with pessimism and selfishness."

If I should tell you that Mrs. Truesdell immediately became an optimist, that life directly became harmonious, that by laying aside all care she soon became a good sleeper and quickly regained her health, you would not believe me, would you?

But that was not what she did. All that she accomplished immediately was to make a resolve, but this was adhered to, brought about in the course of time, all of these results, and many more, which, to the lady herself, were vastly more important. The abundant life which flowed through the channel of her being overflowed, so that it reached every member of her family, and the daughters whom she feared were to become physical wrecks like herself became strong, capable women, well fitted to do their part of the world's work, and fully able to live above its circumstances.

Nervousness is, indeed, disease, but is not the sufferer sometimes as culpable as are the doers of much that men call sin?

PHRENOLOGY AND CUPID.

PART IV.

LOVE, LOVE SUBLIME.

(Continued from November No.)

BY MARGARET ISABEL COX.

St. Valentine's Night, Golden Jubilee,
The Golden Hour of Love and Life and Love,

Return of that Hour half a century told,
When Manus and Womana, Youth and Maid,

Gave plighted troth to St. Phrenology,
Gave marriage-vow before the Man of God.

The home of Manus and Womana fair,
The home of Manus and his Helpmate true,

The home of Manus and his fair Wife-Queen,

The home of Manus and his Sweetheart-Wife.

The home of Manus and Womana fair,
Each room re-beautified by will-desire

Of St. Phrenology herself, the way
From entrance-portal to the Hall of Cheer
In emerald, bestrewn with blossoming.

The Hall of Cheer where fireside altar is
And gold baptismal font, where is the shrine

To Veneratia the hallowed One,
Where Spiritus and Hope have oracle,
Where Conjugal and Marriagus
Come ev'ry hour to fill the incense-cup,
Where Marriagus and Constance flowers bring
Each day in mem'ry of one Golden Day.

Here have the handmaids of Phrenology
And her leal servitors fulfilled her wish,
The loveliness a promise-prophecy
For Manus and Womana, fitting meed,
Too, of their loving loyalty to her.

Festooning wreaths reach their fair
 beauty down
 From dome and tassellated wall. The
 gold
 Baptismal font and fireside-altar, shrine,
 Are wreathed with fairest, rarest fra-
 grance. Here,
 Half-hid by the bewild'ring beauty
 stands
 Near Timus Tuna, with a silver lyre
 Whose sheen-like strings at touch of her
 awake
 Now pæan-swell of joy and now a tone
 More soft and softer still; now cadence
 sweet
 As if to lullaby all care away
 With one long rest-thought of dear Love's
 content,
 And now more loud the song of silver lyre
 Of sheen-like strings, that Souls wayfar-
 ing led
 By its alluring may turn from life's din,
 Its ribald songs, its songful pleasure-
 dirge.

From sculptured dome of Hall low gleams
 a light
 Resplendent, sun-like in its presence
 there,
 Whose brightness makes a golden path-
 way to
 The fireside-altar, shrine and font; but
 not
 Alone on altar, shrine and font the gleam,
 But thro' the pictured windows into night
 That Souls wayfaring may turn from the
 dark.

'Bove portal-entrance (where with face
 benign
 Inhabitavus welcomes wedding guests),
 Is writ in fire-like glow one word—'tis
 LOVE;
 And 'bove each door thro' which they all
 must pass
 To Jubilate Banquet LOVE is writ,
 And o'er the font and o'er the fireside-
 shrine
 LOVE is star-crested. Aye, the heart-
 dear name
 Is coroneted by a myriad stars.

They come, they come, the wedding
 guests, the friends
 Of Manus and Womana, all these years,
 Friends of their household and beloved
 by them.

The keen-eyed Individualia
 And Continuita, unchangeable;
 Secretivus arrayed in quiet garb,
 With Cautia, the unassuming. Here
 Comes Conscientia, the Just and Good,
 With Firmus, Master, Firmus staff and
 strength;
 Vitativus, the rubicund and hale,
 And banquet-loving Alimentivus;
 Good Masters Witticus and Humor;

And comes with Frienda (leal and loving
 one)
 Philoprogenitivus, whose dear face
 Is like the beaming sun. Agreeabla
 Has in her care the little roguish Youth,
 And, too, sweet Blanda, more sedate than
 he.

Comes courtly Self Esteemus arm-en-
 linked
 With Approbatia, he dignified,
 And she more queenly for his courtliness;
 Human Natura, seeress e'enmost she;
 Combatus, the indomitable, and
 Destructivus, his comrade and his friend;
 Comparisona and Causalitus;
 Acquisitivus and with him the kind
 And good Benevolentia. Here come
 Sublimus and fair Idealita,
 Constructivus and Imitatia,
 Form, Size and Weight and Color, Order,
 and
 Wise Calculatus, all beholding in
 The beauty of this Hour their fair love-
 task;

Languagia, Eventualita,
 In thought remembering an Hour ago,
 A floralled moment culled from floralled
 Hour
 In St. Phrenology's Cathedral Fane.

They come, they come, the bidden guests,
 the friends
 Of Manus and Womana, all these years,
 Friends of their household and beloved by
 them.

Joy welcomed by Inhabitavus, who
 Has kept inviolate this "home, sweet
 home,"
 The wedding guests pass on to Hall of
 Cheer,
 Led by Localitus, the wise, to where
 Womana stands with Manus 'waiting
 them,
 And, too, the household all. For daugh-
 ters, sons,
 From far and near, are 'neath the old
 roof-tree;
 Their children, too, and children's chil-
 dren, come
 To celebrate this Jubilate Time.

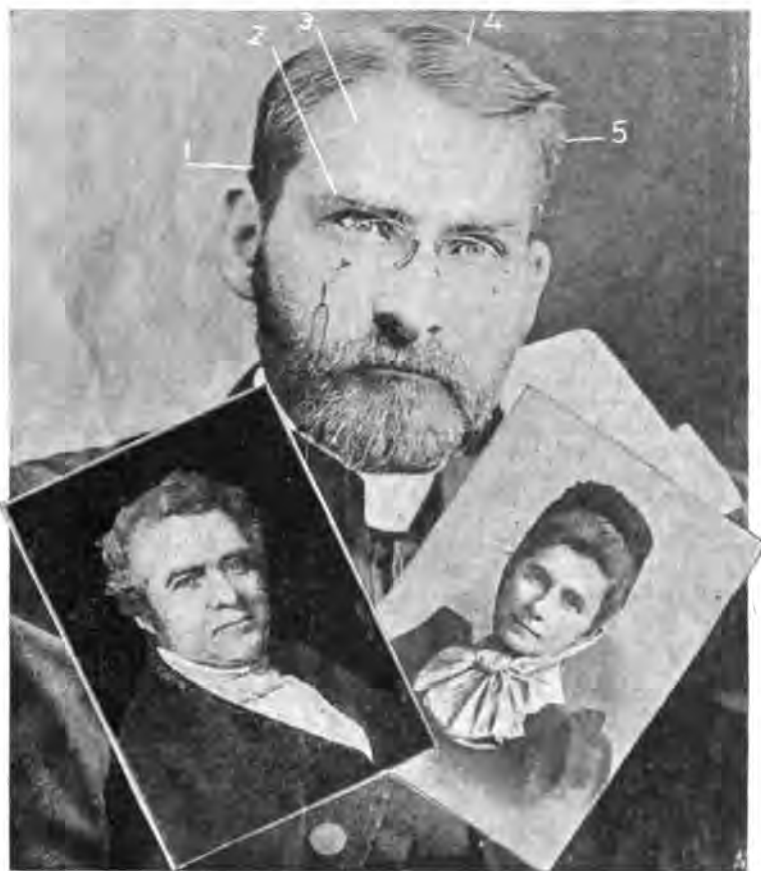
The table opulent with ev'ry good,
 With feast for Body and for Mind and
 Soul;
 'Round festal board their kin and wed-
 ding guests.

With the upraising chalice-cup of cheer
 In one accord they join in pledging toast
 To Manus and Womana, love-desire
 For them and theirs, return thro' many
 years
 Of this Day blest; within each chalice
 cup
 Tears for the Baby fatherless. For not
 E'en St. Phrenology can conquer Death;
 Aye, only One, Creator of all Life,
 Dominion has o'er Life.

THE LATE REV. HUGH PRICE HUGHES.

Another friend of Phrenology has just been called home in the person of the Rev. Hugh Price Hughes, who died suddenly in London on November 17th, at the age of fifty-five years. He has been called (and appropriately so) London's Dr. Parkhurst. He was a stalwart champion of English non-conformity, and one of the best known preachers in the Wesleyan Methodist connection in England. His loss will be felt throughout the United Kingdom. He was a much younger man than the Rev. Dr. Parker; in fact, he was still in the prime of life.

well. We have had the privilege of examining not only the remarkable head and of delineating the character of Mr. Hughes, but also of his many co-helpers, who assisted him in carrying on the rescue work in connection with his thriving mission. The sisterhood was comprised of a large number of fine young women. These often sought our advice at their many fairs or sales of work or evening soirees. Mr. Hughes was ably helped in this work by his noble-hearted wife, who herself donned the gray veil worn by the sisters.



THE LATE REV. HUGH PRICE HUGHES, MRS. HUGHES, AND THE FATHER OF MR. HUGHES.

(1) Executiveness. (2) Order. (3) Causality. (4) Benevolence. (5) Sublimity.

Our remembrance of his work was very gratifying in connection with the West London Mission, Regent Street, and Craven Hall, where Mr. Hughes and his colleague, the Rev. Mark Guy Pearse, have attracted large congregations Sunday after Sunday and week day evenings as

Hugh Price Hughes was a very executive man. He is said to have raised at least £250,000 in one way or another for the Wesleyan work even before he commenced the task of swelling the twentieth century fund. His eloquence was remarkable for its intense enthusiasm. He

could not speak uninterestingly on any topic, for he never chose a subject that did not call for great vehemence, unction, and courage to support it. He combined in his nature the individuality of the Celtic fire, the pugnacity of the Welsh, and the aggressiveness of his Jewish ancestors. The composite of this combination gave him keen intellectuality. He spoke as a master. It mattered not where he was or on what occasion he was called to the platform, he always showed the broad catholicity of his faith in reforms, and his vigorous personality awakened others to make a bold strike for a righteous cause in cleansing London from its corruption. It was for this end that he became director-in-chief of the mission we have before mentioned. Many are the social philanthropies that he has supported. Lincoln House, Wiclif House, and a home for the sisterhood in Russell Square, were centres for his London mission, besides many halls where he held his religious services. On Sunday evenings it was his custom, after the evening service, to have a family prayer meeting and social tea among all the people who cared to stay. He was likened to Dr. Parkhurst because of his frequent attacks on city officials and existing statutes as being partly responsible for the corrupt conditions in the British metropolis.

It was Hugh Price Hughes who was instrumental in bringing about the review of the Churches' Conference at Grindelwald, when he hoped to bring about a reconciliation between the English dissenters and the Church of England leaders.

He was editor of the "Methodist Times," which became, under his hand, one of the most powerful papers of the

Wesleyan church. He was a most devoted temperance advocate and total abstainer, as well as a leader in the "Forward Movement," an organization which has for its object the promotion of social as well as individual salvation.

Mr. Hughes was born at Caermarthen, Wales, in 1847, and began his first pastorate at Dover in 1869, and was brought prominently before the notice of the Wesleyan body during his pastorate at Brixton Hill before he became superintendent of the West London Mission. He was a stalwart champion of English non-conformity and an advocate of all of the modern reforms of the day, noticeably that of woman suffrage, the temperance question, etc. He practised Christian charity in his own home, for he was known to take many waifs into his own family for awhile, rather than see them suffer from vagrancy and homelessness. He once said, when he was on a visit to the United States in 1891, "We Christians are to be a nuisance to every scoundrel, and we are to make it hot for every one who is against Christ."

His head indicated that his energies knew no bounds. He could not reserve his strength for old age, but preferred to wear himself out in the cause of the Master just when he was in his prime.

The base of his head, over his ears, showed his immense energy (1); the outer corner of his brow, and the breadth of his upper forehead (shown by figures 2 and 3), gave him excellent organizing ability; (4) illustrated his determination of mind in overcoming difficulties; (5) represented his vast schemes of work and his eloquent language; while uniting his whole organization was his earnest spirit.

NELLIE CORCORAN.

The Girl Who Slept for Twenty-two Days and Finally Died.

The case of the "sleeping girl," who was known as Miss Nellie Corcoran, brings before the medical world a case that has had few parallels in the present history of that profession. Many were the theories regarding her condition. One was that she hypnotized herself into her fatal sleep. Another was that she injured herself by taking headache powders to excess. Another was that she was suffering from hysteria, brain tumor and meningitis, etc.

Miss Corcoran was nineteen years old, well nourished and fairly muscular. Her parents, who live in Third avenue, have always enjoyed quite good health, and

their daughter has rarely been ill, neither has she been particularly excitable, but performed the round of her duties in the house of her employer, Mrs. Hanse, quietly, and was known to have no cause for worry. On the night before she was taken so mysteriously ill she was in her usual health. Her physician, Dr. Charles W. Brandenburg, of No. 223 East Fourteenth street, who lives in the same apartment house where Miss Corcoran was employed and where she fell into her wonderful sleep, said:

"At 7 o'clock on the morning of Sunday, October 18, I was called by Mrs. Hanse, by whom Nellie was employed, in

this house, to see what was wrong with the girl as Mrs. Hanse could not waken her. I went up-stairs to Nellie's room and found her stretched out cold and almost lifeless. Her pupils were contract-



NELLIE CORCORAN.

ed to what we call pinheads, and no breathing could be detected. While she had gone to bed early and in what I should call her usual health, it was evident she had lain in that condition almost all night. Placing my ear to her chest I detected the faintest possible pulsations of her heart. Suspecting poison, I tried the usual methods of reviving her, but without avail. I then washed out the patient's stomach thoroughly with a stomach tube, and found nothing to confirm suspicions of poisoning. Mrs. Hanse made several cups of strong coffee and I injected this through the stomach tube into her stomach. I then injected, hypodermically, a heart stimulant, and for the first time I noticed a shrinking from the needle. I worked with her steadily, still on the poison theory, and at 11.30 a.m. she seemed to waken up, called out and actually became a little noisy. In the afternoon, when it was decided best to send her to a hospital, she again called out and made determined efforts to bite her tongue. I held her jaw to prevent this, and finally was obliged to gag her gently lest she bite her tongue.

"At the time she was sent to St. Vincent's she would move slightly when any

one touched her and draw up her feet if they were tickled. Somehow I got the impression that she knew what was being done to her, and her efforts to bite her tongue might have been to free her speech.

"I discarded the first theory of narcotic poison, as that would have killed her or she would have been cured in a day.

"I believed that the girl was in a trance as the result of an injudicious use of headache powders and tea drinking in excess.

"I know of numerous cases where the powders have produced stupors, and while it was, of course, not as pronounced as this, it was enough to show how powerful some of these powders are. I think more discrimination ought to be shown in their sale.

"Such examination and analysis as I was able to make of her symptoms and character during the time from 7 in the morning until 1 in the afternoon on that Sunday when she was first discovered in her sleep, incline me to believe that she was suffering from auto poisoning, formed when the circulation is impaired, and when animal food is eaten in excess of the needs of the system, and when excretion is imperfect. This would cause her to become physically and mentally debilitated, and, as a result, morbid or melancholy, an easy subject to self-hypnotic influence, which she was unable or unwilling to shake off. With her susceptibility and impressibility in themselves strongly developed, her debilitated physical health has undermined her powers of resistance.



C. W. BRANDENBURG, M.D.

"Tracing her condition from the beginning, I surmise that the monotony of household work induced melancholia. Lack of complete digestion was also pres-

ent. Undigested food became decayed food, and non-assimilative. Subtle poison of theine from drinking large quantities of tea, the headache powders, and Bi-products of food carried in the blood to the brain, produced languor, depression, sleepiness and anemia.

"In such physical and mental health the girl became particularly susceptible to impressions. Monotony and melancholia did their work. She simply gave way to self-repression and a desire to do nothing.

"She got into that state of mind where she wanted to do just what her morbid melancholic condition suggested that she do. Day by day this subtle poison from the contents of the digestive canal permeated the system until it overcharged the brain, and at last she probably not only allowed herself to go to sleep, but determined that she would sleep.

"When I left the girl at 1 o'clock that Sunday morning I was convinced that she was conscious of what was happening around her, and endeavoring to break through the influence which held her.

"She has a medium forehead, rather narrow, and withal a large upper surface and high back head. Her back head, well developed as it is, would normally indicate strong character. Amiability and susceptibility are to be found as well, which indicates an absence of the combative, jealous, hostile or suspicious character.

The case has aroused much comment, and several specialists and medical men visited the hospital, and a post-mortem examination was made after her death, but no special developments were brought to light connected with her mysterious sleep."

Her brain was preserved so that a special examination of it could be made.

Dr. Brandenburg continues: "According to newspaper reports neither have microscopical examinations of her brain and other tissues of her body shown the true explanation of her strange malady.

"Such cases seldom come into the pathologist's hands until the post-mortem

changes have destroyed the acute symptoms. The study of brain diseases is not sufficiently advanced to enable us to elucidate all the points clearly; neither are we yet able to distinguish correctly between inflammation of the substance of the brain and that of its membranes.

"Indeed, they cannot be really separated although it has been attempted.

"Much ill health could be avoided if we did not exhaust our energies by overwork, excitement, too much fatigue of the brain, the use of tobacco, narcotics and sedatives and by habits and practices which hasten the three sisters in spinning of the fatal thread."

In the hands of an expert Phrenologist more practical deductions can be made than by any one else, for Phrenologists are governed by cerebral localizations and have been known to trace peculiar abnormal mental conditions.

Part of the brain-giving power of recognizing mental action, devoted to active perception rather than passive impressions. (Individuality.)

Part of the brain which can be mentally impressed depends chiefly upon the region of Spirituality.

The brain centre of sleep (or somnolence), which, when large, makes a dreamy person. Also has a posterior correlation—Repose.

The organ of physical sensibility is situated in the temples, immediately over the cheek bones. It feels the influence of the various objects which affect the sense of feeling in all its modifications. Heat and cold, moisture and dryness, sound and light.

The brain centre which gives love of food and drink and is greatly influenced by strong tea, coffee, and alcoholic drinks, and tobacco, and frequently becomes paralyzed by their use, producing a deep sleep which may last for many days (Alimentiveness); not far removed from somnolence.

The brain centre of speech, which in Miss Corcoran had been partially paralyzed, preventing use of the tongue and distinct articulation.

NEW YEAR BELLS.

BY MARGARET ISABEL COX.

O, sweet toned chiming bells, ring, ring!
Ring out good cheer!
O gladdened heart of mine, sing, sing!
'Tis glad New Year!

All ye who read these words I bring.
The far and near,
The sweet-toned bells unto you wing
A glad New Year!



THE Phrenological Journal

AND SCIENCE OF HEALTH.

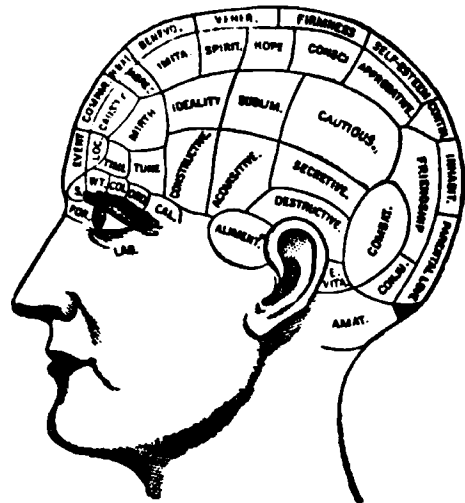
(1838)

INCORPORATED WITH THE

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(1880)

NEW YORK AND LONDON, JANUARY, 1903.



"Bring up your boy to nothing, and he'll be a rogue. He will have nothing to do, and he will do it diligently."

Tribute to the Late Rev. Joseph Parker, D.D., of London, England,

MINISTER OF THE CITY TEMPLE.

It is with profound regret that we have to announce the fact that another strong friend and supporter of Phrenology has been called to his eternal rest. He leaves a gap that will never be filled, for he possessed a unique personality, and his life had impressed itself not only on the religious public but upon the thinking community of all parts of the world. He stood as a remarkable landmark in the centre of London, and for many years his mid-day Thursday service united all sections of the Christian church to hear his strong, prophetic, and inspired utterances. Many clergymen, as well as laymen, visited his church to catch the fire of every sentiment and to receive from him mental stimulus. He possessed

a remarkable degree of natural dramatic power, which many men coveted but could not apply to themselves.

During the last two years of his life he has shown remarkable heroism in remaining at his post as a preacher. It was two years ago that his life became almost shattered by the breaking of the companionship of thirty-four years between himself and his wife. Her death all but paralyzed the great preacher, but he announced from his pulpit that with God's help he would make of himself a greater preacher than he had ever been, or else he would give up the task altogether; and it was during this period that he gave utterance to some of his most pungent sermons.

His wife had proved herself a most remarkable woman in many ways. She possessed a charming personality, and her talents aided the Doctor in much of his work. He learned to depend very much on her judgment, grace, and tact in many of his important lines of work. He once remarked that his wife had acted as his amanuensis until he discovered that she improved his sermons before they went to press.

He has been severely and pithily criticised for his strong, outspoken utterances; but, as a writer in the "Tribune" has truly said, "There are things that need saying sometimes, and who is there left to-day among all the statesmen and preachers who, like Beecher in America, and Dr. Parker or Gladstone in England, can tell the truth and not flinch in the telling? The world sadly needs more men of the Parker mould—strong, dauntless, and bold for God and the right. So to-day that world yearning for better things is mourning because it will not again hear the voice of the man who spoke with the throat of the storm—the man who did not fear the face of kings and potentates."

Dr. Parker was a strong advocate of the science of Phrenology, and when he did not allow his sympathies to bias his judgment he was a true delineator of character.

During the centenary meetings in connection with the celebration of Dr. Gall's first labors he, with the Rev. Hugh Price Hughes, at the head of the West End Mission, and Canon Barker, of the Episcopal Church, made mention of the fact from their pulpits in accordance with our request.

Dr. Parker was a gifted writer, and

has left behind him a monumental work called "The People's Bible," the expository commentary which was extended to twenty-five volumes. His other works included "Ecce Deus," "The Paraclete," and "Ad Clerum."

He was a great personal friend of the Rev. Henry Ward Beecher, and pronounced a clever eulogy on the death of this renowned preacher.

Dr. Parker was in his seventy-third year. He was born in 1830 at Hexam-on-Tyne, England. He rose from humble circumstances, his father being a Northumberland stonemason. Thus his advantages were those only of a poor boy, but he obtained instruction in mathematics, the classics, and later attended a course at the University College, London. He began to preach when he was fifteen years of age, and gave his first sermon to the miners in a salt pit. At twenty-three he was minister at a little Congregational Chapel in Banbury, and declined a call, a few years later, to a wealthy Manchester church because of a debt hanging over his parish on a new church building. Soon the Manchester church renewed its offer with the promise at the same time to pay off the debt, when Dr. Parker accepted the call. It was in 1869 that Dr. Parker received a call to London, where he became known as the great preacher of the City Temple Church on Holborn Viaduct. His teaching was broad and sometimes startlingly bold in its trend at times, especially when he indulged in scathing criticism of any narrow-mindedness, and was ever trying to break down the state barriers that divided the Episcopal Church of England from the non-conformist body. He was a masterly preacher and his prayers

were those of an inspired man. Once he told us that he felt God took possession of him when he opened his mouth to pray, and to his congregation this seemed a living fact. Many and many have been the coincidences that have led him to mention the various subjects that the members of his congregation have talked about during the previous week.

SURGICAL OPERATION.

In a recent issue of the New York "Herald," (forwarded to us by Mr. Horace Eaton of Boston,) one of the "JOURNAL's" oldest subscribers, we have the description of an operation which was performed upon the brain of John Daly, when seven ounces were removed. The paper goes on to point out that the portion that was removed was technically known as the right frontal and the anterior portion of the right parietal lobes, which portions are supposed to contain important functional centres.

The account goes on to state that the centres of vision and those controlling the muscles of the face, the leg, and the arm, were, according to the deductions of science, directly in the part of the surgeon's knife; but there has been no evidence of any damage through the loss of that section of the cerebrum.

The account in the paper would leave the readers to suppose that the loss of cerebral matter has very little to do with the intelligence of the man operated upon. When, however, an expert reads the account, and examines the diagram of the brain accompanying the account of the operation, one sees some grave errors. For instance, the

centre for vision, as all scientists now recognize, is situated in the back of the posterior lobe, while the diagram indicates that it is located in the anterior part.

Another point lost sight of by the writer of the account is the fact that there are two hemispheres of the brain, and that one hemisphere is disturbed or injured, the other hemisphere is arranged by nature to carry on the work. A man may lose one eye, one hand, one lung, one kidney, but the other organ in each case helps to carry out the functions of that particular part of man's anatomy.

In the case here referred to the writer seems surprised to find that the man on whom the operation was performed appeared to be in a normal condition, and after the operation gave the most promising signs of living immediately after gaining consciousness. He is an Irishman, and shows his native wit, though he talks seriously if the occasion requires.

At first there was a natural inclination among the physicians, nurses, and other patients to regard some of his sayings and actions as the antics of a deficient brain, but now no one questions his soundness of mind. He is a remarkable patient to recover so rapidly from such an extraordinary operation, for it is said that he is so well that he is impatient—he is anxious to get out of the hospital, he walks back and forth in the corridors, and when the nurse brings him his meals he eats everything and then sends the tray back to be refilled. When not otherwise occupied he reads, whistles, or sings. He says he will dance a jig as soon as the bandages can be taken off his head.

The case was conducted in the Provident Hospital, Chicago, and many medical men and others have visited the patient to see the man who has lost seven ounces of brain, but all have gone away with the idea that he is much like any other man in his thought and actions so far as they could determine. If anything, he was an improvement over the average man, for in addition to being the equal of the latter, both physically and mentally, he is as cheerful as a cricket.

Had Daly lost the same amount of brain from both hemispheres then there certainly would have been a lack of power and a loss of function.

Daly was taken to the hospital from the Chicago stockyards. While working on one of the buildings there, a fellow employee threw a rivet at him, and in reaching for it Daly lost his balance and fell to the ground, fracturing his skull. The fracture was about six inches long, extending from a point about two inches above the right eye, well back over the parietal region to a point almost directly above the right

ear. The seven ounces that were extracted were white and gray brain matter. In addition to the principal fracture there were several smaller lines of fracture diverging from it, and before the operation was complete a portion of the skull five inches in diameter was removed. This allowed the surgeons to carefully inspect the brain and to remove all that portion that had been injured. The cavity was covered with a flap of the scalp, which had been prepared prior to cutting away the fragments of bone and brain.

It will be remembered that in the famous crow-bar case the character of the young man operated upon was entirely changed, and this, we repeat, would have been the case with Daly had both hemispheres which preside over the same organs of the brain been interfered with; but, fortunately for him, only one part, side, or hemisphere was injured, consequently he has been able to retain his normal condition.

TO OUR NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.
—New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.

689. I. A.—Babylon, L. I.—This lad will learn more out of books than through a regular course of study. He likes to be shown a piece of handiwork, and prefers

an illustration or a story rather than to find out the principle of a thing for himself. His perceptive faculties are remarkably developed, hence it will not take him long to learn his lessons when he has to use his fingers; but it will be harder for him to sit down and study by himself or whet up his appetite for concentrated work. He had better become a naturalist, botanist, agriculturalist, or a mechanic, a draftsman or carpenter. If he is taken in the right way he will show interest in his work but if he is ordered about he will develop an undesirable obstinacy of character which will be hard to curb later in life. His loving and affectionate nature should be called out by those who have to teach him, and he will give very little trouble in his education.

REVIEWS.

In this department we give short reviews of such NEW BOOKS as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"Evolution and Phrenology"—Published by L. N. Fowler & Co., London. The above work we have just received from the press and intend giving a review of the same.

"In the World Celestial," by T. A. Bland, M.D.—Published by T. A. Bland & Co., Chicago.

"The Rational Memory," by W. H. Groves—Published by W. H. Groves, Gloucester, Va.

"How to Gain Health and Long Life," by P. M. Hanney—Published by the Hazel Pure Food Co., Chicago.

The above books will all be reviewed in due course.

"Hypnotism and the Doctors." By Richard Harte, of London. Published by Fowler & Wells Co. and L. N. Fowler & Co., London. Price, \$1.50.

We are in receipt of a new book on the ever interesting subject of psycho-therapeutics or practical psychology, entitled "Hypnotism and the Doctors," from the pen of Mr. Richard Harte of London. The author is not a physician, and makes no pretention to knowledge which is the special province of the medical college to impart. Most works of this character are written by members of the medical profession, and it is a relief to get the views of a layman on a subject so fraught with interest to the world at large. It is very plain, in fact the author cannot disguise the fact, that he is very much prejudiced against the doctors, and his statements should be taken with some degree of caution; at the same time his points are well taken and in many respects they are incontrovertible. His presentation of the case of the public against the medical profession, who, warped by their unreasonable conservatism, and jealous of every means of cure that does not originate with the faculty, is a strong argument in favor of the practice of sugges-

tion by any one, whether he be a physician or not. He points out very clearly the fact, that a knowledge of drugs and anatomy is not the only essential for a successful physician, but that he must be a psychologist as well. In his reference to the appeal of the medical profession to the law-making powers of various countries to prohibit the practice of hypnotism by any one outside their own number, he is argumentative though facetious; and it is to be regretted that within the ranks of so noble a profession there can be found so many who, by their narrow-mindedness, invite just such criticism as the author indulges in. While the position taken by Mr. Harte is an extreme one, and while he unreasonably condemns the whole profession for the mistakes of a few, he makes out a good case, and every physician should read the book in order that he may see himself as others see him.

The preface to the work is really a lengthy and exceedingly interesting introduction to the historical matter that follows. His exposition of Mesmer's theory of disease and his fight with the faculty gives a new color to the subject by the introduction of much historical matter of importance; and the discussion of Puysigurian somnambulism, or the various theories and methods that sprung up about the beginning or the last century, cannot fail to interest the unbiassed student.

He rightly claims that hypnotism is only the evolution of the animal magnetism of Mesmer, and gives to this truly wonderful man the credit of bringing the subject of psycho-therapeutics to the attention of the scientific world in such a manner that it could no longer be passed by with a sneer. The book is especially interesting for its presentation of Mesmer's personality in a common-sense way. He is represented as the personification of benevolence, instead of the grasping, unprincipled charlatan that the scientists of the day were wont to paint him.

We shall look with much expectation for the next book of Mr. Harte, which he promises soon, and in which the development of psycho-therapeutics through its various vicissitudes from the death of Mesmer to the present day, will be considered. Mr. Harte writes for the laymen, and his book is almost free from the confusing technical expressions that too often detract from the merits of works on this subject. To the student of practical psychology, as well as to the general reader "Hypnotism and the Doctors" will be found interesting and instructive.

J. T. S.

"Vaught's Practical Character Reader"—Published in Chicago—By L. A. Vaught.—Mr. Vaught needs no introduction to the Phrenological world with regard to his originality of thought, and it is in this direction that he calls attention to his work. His new work is profusely illustrated with original designs. Our great regret is that "Bumpology" is made so prominent, that in his diagram, on page 242, where the various faculties are numbered, he represents each one with a little prominence, which is the very line that opponents of Phrenology so frequently urge against the subject. Mr. Vaught evidently believes in taking hold of the minds of the people by striking exaggerations, as, for instance, on page 151, there is a portrait of "the marvelous absurdity of having a Vital face body with a Mental head."

The object of the book is to acquaint all with the elements of human nature and enable them to read these elements in all men women, and children.

On page 237 we have a list of people who represent the various qualities of the mind. On page 149 we have a chart showing how each faculty may be represented in a positive, neutral, or negative way, which is given for the benefit of examiners. As an illustration of what human nature can do in the strongest, most sensual, unreliable, or selfish way, we have ample illustrations to guard the ignorant from the errors of their ways through extreme or abnormal developments of the various qualities of the mind.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

E. S. Patton, No. 1, B., Nanking Road, Shanghai, China.—We are in receipt of your communication of November 5th, and are glad to know of your whereabouts, and trust that you will be able to enjoy another year's work in China after your summer spent in Japan. We hope to hear more concerning your work.

H. W.—We do not think, in reply to your question, that the mind has anything to do with the preservation of the teeth, but we do believe that a conscientious care of the teeth will result in good to all those who understand the necessity of proper mastication of food.

A. B. B., Elizabeth, N. J.—We are in re-

ceipt of your book called "Sea Drift," and we shall be happy to review it in our next issue. We are glad that you have been able to have your poems published in this form, for we consider them very beautiful, and believe that the public will also find them so.

L. S.—You ask us to decide whether a naturally sweet, rich, and mellow soprano voice, of great compass, is more dependent upon the training of a certain school of instruction than upon the disposition and tendencies of the individual possessing it.

We do not think that the school can actually make a good, natural, sweet, rich, and mellow soprano voice, of great compass, although we have no doubt concerning the ability of teachers to bring out the compass of an ordinary voice and make it into a respectable one; but we believe far more in the person possessing a natural sweetness of voice and on the individual tendencies to start with than on any special school of study.

The disposition for such a person should be a harmonious temperament, with a fine quality of organization; for mental qualities a person should possess large Tune, Time, Weight, Comparison, Ideality, and Benevolence. These faculties when appropriately blended, give to the mind a disposition to favor your description. A coarse organization cannot produce anything very sweet, mellow, or harmonious, any more than a crabapple tree can produce fine, mellow apples. The above is the scientific reason we have for supposing or believing that innate ability goes further toward bringing about success in any line of work than mere cultivation without talent.

A bright and prosperous New Year to all our readers.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

On Tuesday, December 2, the monthly meeting of the above institute was held, when Dr. King and Dr. McGuire gave interesting addresses on Phrenology and Physiognomy.

Dr. King, in well chosen words, proved the kinship between the twin subjects, Phrenology and Physiognomy, and showed their perfect harmony—that whatever any feature of the face denoted the same story is told by a corresponding faculty in the head; that as the face has three distinct divisions, so the head has its three stories. Illustrating each point by charts which had been prepared especially by the skilful artist, Rev. M. C. Tiers, he pointed out that the lower division was where the selfish propensities

were located; the central division was where the business qualities presided; and the upper division was where the moral and spiritual sentiments were found. He then showed how the development of these same faculties are manifested in the face. The lower, or basilar, division is seen from the tip of the chin to the upper lip, which include the selfish propensities.

The central division, from the upper lip to the bridge of the nose, includes the business or practical faculties.

The upper division, from the bridge of the nose upward, includes the higher qualities of the mind.

He explained the language of the full, broad jaw, the pointed chin, the different kinds of lips, the various noses, eyes, etc., that we find in every day life. He also spoke of the difference to be found in wide and narrow heads, and what they mean, and how they harmonize with the features of the face, and compared the wide head and its characteristics with the cat and bull dog; the narrow head with the rabbit and greyhound.

He traced the relationship between the high and low head with their facial developments, the one showing inspiration and the other the opposite state of mind.

Dr. Constantine S. McGuire followed with an address which was logical and convincing, and proved what Phrenology can do for one, practically using his own experience as an illustration. He told how, when a young man, he was examined by Mr. S. R. Wells, who advised him to take up a professional line of work. The doctor had a liking for mechanics, and desired to be a printer, and so informed Mr. Wells, who warned him against his plan, telling him that he would tire of it and would not eventually succeed. The doctor did not follow Mr. Wells's advice, but became a printer, and afterwards felt so dissatisfied with the work that he was convinced at length to enter the medical profession, there finding his true life work and success.

He explained the temperaments at some length and said that the Mental was the scholar, the Motive the athlete, the Vital the business man.

At the close of his address, Mr. Piercy gave the following announcements, namely, that the next meeting of the institute would be held on January 6 (Tuesday evening), which he hoped that those present would make an effort to attend. He mentioned the special Christmas number of the JOURNAL, and invited those present to become members of the institute and thereby have the benefit of using the circulating library and securing a copy of the PHRENOLOGICAL JOURNAL.

AMERICAN INSTITUTE OF PHRENOL- OGY.

24 East 22d street, New York City.

A course of lectures will be given on "Suggestive Therapeutics" at the above institute, to commence on Thursday evening, January 8, and to continue every week throughout the month, at 8 o'clock. Lecturer, J. Thornton Sibley, A.M., M.D., Specialist and Lecturer on Suggestive Therapeutics.

SUBJECTS.

No. I. The Present Status of Suggestive Therapeutics.

No. II. The History and Development of Suggestive Therapeutics.

No. III. The Philosophy of Suggestive Therapeutics.

No. IV. The Practical Demonstration of Suggestive Therapeutics.

Fee for Above Course, \$6.00.

For further particulars address the Secretary, M. H. Piercy, or Dr. J. T. Sibley, 239 East 14th street, New York City.

The above lectures will be delivered on a purely scientific basis, although thoroughly practical in character, and will be an aid to physicians, dentists, nurses, students, and all others interested in the cure of the sick and the curing of disease.

THE FOWLER INSTITUTE, LONDON.

On Dec. 10th, Mr. J. S. Brunning gave a lecture before the above Institute. Owing to the Christmas holidays we are obliged to go to press a day earlier than usual, consequently the report of this meeting has not reached us.

MEETINGS FOR JANUARY.

The meetings for January will be held on Jan. 4th, when Mr. D. T. Elliott will be the speaker, and on Jan. 28th, the Rev. F. W. Wilkinson will give an address before the above-named Institute. Practical demonstrations in Phrenology will prove interesting features at the close of the lecture.

MEETINGS FOR FEBRUARY

On Feb. 11th, Mr. F. Cribb, and on Feb. 25th, Mr. C. P. Stanley are announced to lecture at the above Institute.

FIELD NOTES.

The Ninth Annual Visit to Crookston of Prof. Cozens, the Great Phrenologist and Lecturer.

Prof. George Cozens is almost as well known to Crookston as if he had lived here all his life. There are many men and women here, both young and old,

who have been benefited and encouraged by his knowledge and advice.

Especially to the parents with growing children should Prof. Cozens's visit be a source of gratification. Prof. Cozens's vocation is to educate in a knowledge of self. Know thyself is his motto, and he has spent his life in teaching this precept. He is a graduate of the Phrenological Institute of New York, and his ability to define character and point out the peculiar faculties of the individual is well known, and has been demonstrated in public exhibitions in this city time and again. He can tell with unerring accuracy every peculiarity of the mind of any one coming before him for examination. He points out to parents how to train their children, what they can learn to best advantage, the vocations they should follow in order to be successful and what they should avoid in order to escape failure.

His first lecture was given December 8 in College Hall, and he lectured at the same place every evening during the week.

There is no humbug about Prof. Cozens's work. He has been engaged in it for twenty years and there are thousands of people all over the country who owe their success in life to the fact that they were started upon the right road by his advice.

Phrenology is making rapid progress and is accepted everywhere by intelligent people as a science that teaches people the best of all knowledge—to know themselves.—Crookston Daily Times.

AMERICAN AND ENGLISH PHRENOLOGISTS.

The following are some of the names and addresses of Phrenologists who are in the field: George Morris, Minneapolis, Minn.; Harry F. Nelson, Springfield, Mass.; J. W. and A. M. Rutter, Atlantic City; Levi Hummel, Gordon, Pa.; Rev. Alfred Ramey, Tombstone, Ariz.; D. F. McDonald, Washington, D. C.; Dr. John L. Capen, Philadelphia, Pa.; J. W. Brooks, Brantford, Ontario, Canada; Prof. Allen Haddock, San Francisco, Cal.; Dr. Martha Kellar, Cincinnati, O.; Paul B. Kington, Buffalo, N. Y.; J. M. Fitzgerald, Chicago Ill.; George Markley, Pittsburg, Pa.; Ira L. Guilford, Los Angeles, Cal.; D. Mackenzie, Owen Sound, Canada; Dr. S. V. Gifford, Kokomo, Ind.; Ira W. Ely Des Moines, Ia.; Otto Hatry, Pittsburg, Pa.; R. G. Maxwell, Outlaws Bridge, N. C.; Wm. Dawson, Cogswell, N. D.; E. A. Bradley, Maple Lake, Minn.; W. G. Alexander, Victoria, B. C., Canada; C. F. Boger, Cincinnati, O.; D. T. Elliott, The Fowler Institute, London, Eng.; I. T. W. Clinton, Small Heath, Birmingham,

Eng.; J. M. Severn, Brighton, Eng.; Misses Millard and Ward, Hastings, Eng.; J. W. Taylor, Morecambe; A. W. Williams, Aberystwith; W. H. Lindsey, Hastings; T. Timson, Leicester; G. Dutton, Skegness.

PRIZES.

No. 1. The Self-Instructor is offered as a prize for the best Phrenological story of about 2,000 words.

No. 2. The Manual of Mental Science is offered as a prize for five subscriptions of \$1.00—or five shillings—each for the PHRENOLOGICAL JOURNAL.

No. 3. A year's free subscription to the PHRENOLOGICAL JOURNAL will be given to anyone who will send us two new subscriptions of \$1.00—or five shillings.

No. 4. "Animal Magnetism" is offered for the best article on the organ of "Self-Esteem," of not less than 500 words.

Prize contest will close May 8th.

We regret to state that Prof. F. H. Austin, graduate of the American Institute of Phrenology, died at Johnstown, Pa., Dec. 13, 1902; age 53. He had been lecturing at Summerhill and on returning to his hotel he was seized with heart failure, expiring in a chair. He followed Phrenology as a profession until his death. He was known throughout Pennsylvania as a character reader and "the pleasant Phrenologist."

MONTHLY LECTURES AT THE AMERICAN INSTITUTE OF PHRENOLOGY, 24 EAST 22D STREET, NEW YORK CITY.

The monthly lecture for January will be given by Dr. Alesha Sivarnya, delegate to the International Conference to formulate a universal language, at Washington, D. C. The lecture will be given on the first Tuesday in the month, January 6th. A delineation of the doctor's character from his head will be given at the close by Miss Fowler. The subject of the lecture will be "Universal Language, Based on the Nature of Man." The doctor was well acquainted with O. S. and L. N. Fowler, and recalls many visits to their offices.

FEBRUARY LECTURE.

The February lecture will be given by Dr. Carleton Simon, President of the Hundred Year Club, on Tuesday, February 3d. The subject will be "The Phenomena of Life and Death," followed by Phrenological examinations.

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CURRENT EXCHANGES.

"Current History"—For December—Boston and New York—Always contains excellent international information. It takes you round the world and back again, and gives you a consensus of thought that is exceedingly valuable. The editors are Clarence A. Bickford, William W. Hudson, and Nathan Haskell Dole. Its price is 15 cents a copy, or \$1.50 a year.

A. C. McClurg & Co.'s "Monthly Bulletin of New Books."—Chicago.—The list given in this monthly contains 358 titles, and includes all the books (American and foreign) received since the November issue. Naturally at this season it contains a large number of books suitably adapted for Christmas and New Year's presents.

"The Living Age."—Boston.—This mag-

azine was founded by E. Littell in 1844, and contains a review of the best articles in the "Nineteenth Century Monthly Review," "Macmillan's Magazine," etc. The opening article is entitled, "A Year of President Roosevelt," and where persons cannot obtain the above-named magazine for themselves they would do well to secure this monthly instead.

"The American Medical Journal"—St. Louis, Mo.—Contains an article on "The Status of Eclecticism," by Ovid S. Laws, M.D. He states that eclecticism was born in the interest of humanity and ever has been.

Another article in the same number is on "The Appendix Vermiformis," by W. S. Hames, M.D. In a short article he gives some valuable advice on this particular part of our anatomy.

"The Christian Advocate,"—New York.—For December 11, contains an editorial letter on "Personal Recollections of the Rev. Joseph Parker," also an illustrated article by Theodore Cuyler, M.D., on "Memories of Famous Literary Men." This article is quoted from a recent volume on "Recollections of a Long Life," which has just been issued.

Another article is upon "Some Personal Recollections of Hugh Price Hughes." It closes with the words, "The world is unspeakably poorer for his loss. A prince and a great man has fallen to-day in Israel."

"The Christian Work and Evangelist,"—New York City—Is always interesting and well printed. It has an interest for all members of the family.

"Chat,"—New York—Is illustrated and gives us quite a compendium of short articles, many of which are appropriate for Christmas and New Year's.

"The Newark Evening News"—Is thoroughly up-to-date and contains current news with surprising alacrity. One might imagine one were reading a New York evening paper.

"The Washington Times"—Contains portraits of ex-Minister Wu Ting Fang and his staff; also portraits of himself

and wife, and also the new Chinese Minister, who has just taken up his residence in the Capitol.

"The Arena"—for December—contains an article by Prof. Kelley Miller on "The Anglo-Saxon and the African," besides other interesting articles.

"The American Monthly" or "Review of Reviews"—Contains a lifelike portrait of Mr. J. Pierpont Morgan in an article on "The Great Ship Combine," by Winthrop L. Marvin.

"Mind"—New York—Always contains something interesting and new. It is edited by John Emory McLean and Charles Brody Patterson.

"The Literary Digest"—For December 6—Contains an article on "Notable Books of the Day," with portraits of celebrated writers.

"Good Housekeeping"—For December—Is a bulky number, and contains some valuable hints for this season. The articles are short and to the point and will consequently find many readers.

"The American Mother"—For December—Is unusually interesting and contains, among other articles, one on "Christmas Gifts Made by Children."

"Literary News"—New York—Is full of titles of holiday books for young and old people, illustrated, and is appropriate to the wants of our many readers.

"The Housekeeper"—Minneapolis—Contains many useful ideas for the household.

"Human Faculty" for December—Chicago.—Contains a frontispiece called "The Nervous Diathesis." It is a picture of two heads very unlike each other, one possessing large social qualities, the other with these very moderately developed. On page 268 a series of questions are asked, the answers to which give some of the Phrenological organs; for instance, "What makes Mr. G. swear so much?" Destructiveness. "What makes Miss S. so easily flattered?" Approbativeness.

"Human Nature"—San Francisco—For December.—Contains an article, "Size, other things being equal, is a measure of power." The article indicates two types of individuals—the business type and the intellectual type. C. N. Crittendon, the millionaire, illustrates the former; Prof. E. S. Morse, scientist, illustrates the second. It is easy to understand how persons differ from one another by looking at these photos and reading the context that accompanies them. Several interesting articles make up an exceptionally good number of "Human Nature."

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PHILANTHROPIC SPIRIT.

Had he regarded his own skill and his own discoveries solely from the view-point of the money-making business man, the knowledge and experience he possessed could have been used

so that it would have yielded millions of dollars, but Dr. Lorenz has literally turned aside opportunities freely offered him by which he could have heaped up many fortunes, to labor for nothing. His tour through this country has been one of mercy, and has it not softened many hearts toward a more liberal view of giving of what he possesses to the benefit of the poor? In many cities, profiting by Dr. Lorenz's instructions, resident physicians have performed similar operations since his departure, and the idea has been set on foot of organizing a free hospital for crippled children.

Although many surgeons abroad and in this country have been able to accomplish the operation necessary to give crippled little ones their liberty again, yet Dr. Lorenz has for twenty years been working assiduously in this field and has become the finest specialist that the world possesses. In explaining why he has not kept his discovery a secret, he declared, with wonderful breadth of feeling:

"A physician dares not keep secret anything which can relieve humanity from suffering. No physician dares do

that. Ah, no! We must give and give and give. It is one of the sweetest things in life to be able to give. All physicians do it. Their discoveries are given to the world at once and without price. That is the rule of my profession in all countries."

Dr. Lorenz evidently believes in judging other physicians by himself. He sees other people through his own large, generous eyes.

HIS CHILDHOOD.

Dr. Lorenz had not the advantages of great wealth, as many of the sons of our millionaires have had; but, in recounting his early struggles, he said, quite recently:

"I never dreamed to get success out of life." He continued: "Forty-four years ago I was a little and very poor boy. One day I found on the street a single glove. I put it on, and was very proud of it, although the single glove contrasted very much with my bare feet, and it was much too large for my hand. I went to my mother and showed her the glove on my hand, and felt very proud and happy. After a while my mother said to me, 'My dear boy, you will have to work very hard to find the other glove.' But at this happy time I did not care for the other glove.

"In the hardships of my later life I often remembered this little incident, and I learned to conceive the deep significance of the concealed meaning of it. I had to struggle hard during my studies. Now sweet remembrances have smoothed the rough places of that struggle. I often then felt desperate when it seemed to me 'I should never find the other glove.'"

Dr. Lorenz has given an account of how he became a bloodless surgeon, and the story is quite pathetic:

He said: "At the age of thirty I had to overcome all obstacles which barricaded the way up of a poor student. I was assistant of Professor Albert. My professorship was near at hand. At this time I taught general

surgery, and I felt very happy to find Professor Winslow, of Baltimore, one of my students. The dream of my life was to become a famous surgeon, whose daily occupation would be to rummage in the interior of his fellow mortals; but this dream was destined never to come true.

"Near to the top of the ladder, I fell suddenly down to the bottom. I suffered from a terrible carbolic eczema and acute idiosyncrasy against the carbolic acid and against all chemical antiseptics. At this time very little was known on these subjects compared with the light and knowledge of to-day. While thirty years of age I had to leave my work and begin another one. In this terrible period of my life I could scarcely resist the temptation to blow out my brains. I know what is despair. At this time I felt sure that the other glove was lost forever.

"My friend and teacher Professor Albert (who will never be forgotten in my memory), gave me the following advice

"'If you cannot get along with the wet surgery, try it with the dry surgery.'

"Following this advice I became the dry surgeon, not by luck, but by necessity, and 'Necessity is the mother of invention.' After nearly twenty years of hard work it seems to me that even dry surgery can help to a little success."

THE APPEARANCE OF THE GREAT MAN.

Dr. Lorenz possesses a majestic presence. He is tall, being over six feet in height. His build is singularly well adapted to the work to which he has given himself. He is a singularly well-proportioned man. His chest is capacious, his muscular system strong and healthy; his arterial system has no lack of magnetic fluid; in fact, his blood circulates freely and gives to his active temperament warmth and vitality. Every motion that he makes

speaks of the health that springs from every part of his body. Although he is but forty-eight years of age, yet the struggles he has gone through have tinged his long beard with streaks of gray.

HIS FEATURES.

The struggles of his early childhood and manhood have not evidently changed the kindly expression of his eyes, but, if possible, have intensified this. His eyes are distinctly blue; his hair is abundant; and the features of his face are finely chiselled. His nose is a purely executive one, which accompanies the Motive Temperament, and shows his respiratory power, or his ability to recuperate his vitality, when it is exhausted, by taking in deep and copious breaths of oxygen.

HIS TEMPERAMENT.

His temperament is a combination of the Motive and Mental. The Motive shows less of the angularity about it than do the pictures of Uncle Sam, but with it we can see that his thoracic and sanguine elements are also in evidence, thus giving him strong heart and lung power, without producing an over-balance of mental tension. The Mental Temperament is manifested not altogether in the massive head, but rather in the fine quality of his organization, the tone of his whole constitutional power, and the breadth of his anterior lobe. He has the brain-power that can work, and work easily, without exhausting its resources. Such men as Dr. Lorenz are keen observers. They take in a scientific survey of a subject. They leave nothing to be told them afterward, for their sight does not depend upon the optic power so much as upon the knowledge gained by the mental vision. The cerebral retina registers everything before it; thus we have order, method, and system in the work of such minds as his, also a prodigious memory of facts and resemblances; a

memory, also, of forms and outlines, such as are true to life.

MENTAL DEVELOPMENTS.

The upper forehead depicts critical and analytical memory, which does not swerve from revealing errors or mistakes, while it also points out excellences and virtues.

The intuitive power in Dr. Lorenz



Photo by the North American Co.

DR. ADOLPH LORENZ.

(1) Destructiveness, (2) Individuality, (3) Firmness, (4) Continuity, (5) Ideality, (6) Benevolence, (7) Human Nature, (8) Order.

is an exceptional gift, and is one that he has turned to excellent use in his practice. He has learned through it how to understand not only physical

science or the muscular routine of his work, but also the more subtle influences—namely, the minds of his patients. He has immense influence over little children through his power to manage them mentally. This power, with his large Benevolence and Philoprogenitiveness, makes a threefold cord or the keynote to his character—his intuitive sympathy, his remarkable tenderness, and his love for little children. Many men may be as great surgeons as he from a technical stand-

His forbearance toward those who seek his kindly advice is marvellous to witness, as displayed by many cases of children whom he has treated, even when he had decided not to give any more treatments, and his tenderness to the suffering little ones, as well as toward his pupils and assistants, draws out a reverence for him that amounts to almost worship.

Language is strongly developed in the doctor, and he should possess power to express his ideas copiously.



The dot in the center of the forehead indicates large Human Nature.

point, but few will excel him in his modesty of bearing, enthusiasm for his profession, and his desire to relieve human suffering from a philanthropist's standpoint.

His head further indicates energy of mind, grasp of intellect, concentration of thought, independence of action, and a love of perfection in everything that he does; thus he calls into action the faculties of Destructiveness, Individuality, Firmness, Continuity, and Ideality.

As a surgeon, philanthropist, linguist, scholar, traveller, enthusiast, optimist, and brilliant conversationalist he will be known and distinguished from his fellow-men, and will ever be remembered by the American public.

ALDERMAN WALKLEY'S ADDRESS.

When Presented with the Freedom of the City of New York.

The city's guest was given a hearty greeting by the Aldermen and visitors.

After a few informal words had been exchanged, Alderman Walkley stepped forward to formally welcome the physician. He said in part:

"Prof. Lorenz, you were a welcome guest, for you came upon an errand of mercy—to give grace to deformity—hope to the despairing. You have left sunshine in your pathway, and a halo of glory surrounds you.

"We are not scientists. We are not skilled in anatomy or physiology. We can only judge of your work by its results. We measure your greatness by your benevolence to mankind; it is born of a spirit Christlike. As laymen we have admired the confidence which you have in yourself and in your methods. Will controlled and directed by mind

and thought seem to be the key of success. To the medical profession in our city and country, you appear to have opened new doors, leading to undiscovered chambers in the expanding realm of science. You have met these gentlemen in homes and hospitals; your presence has been a benediction. We think you say to them, as well as to us all:

Huge blocks of marble lie uncut
In ancient quarry near at hand,
From which some artist yet shall carve
A statue beautiful and grand
As Phidias wrought, or Angelo
When Genius gave to Art its life
And Immortality, and made
The work of man almost Divine.

The Editor.

Types of Character.

TWO CLASSES OF HEADS—LONG AND SHORT.

There is no subject so fascinating as Phrenology, and there is no topic capable of so great a classification or division as Human Character. In the subject before us we find that short and long heads must be considered relatively to the height and breadth of the rest of the head.

It is not correct to say that such and such a person has a long head and conclude that it will necessarily show such and such characteristics, without taking into account whether the head measures comparatively more in front or behind the ear. Some heads show a preponderance of the

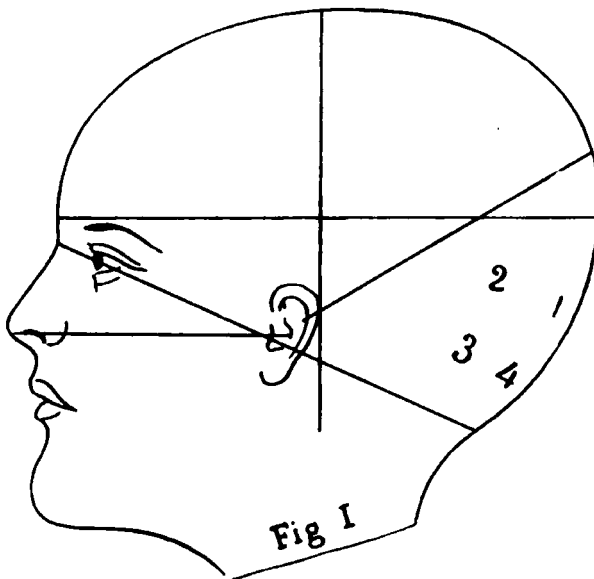


FIG. 1.—LONG HEAD AND LARGE SOCIAL REGION.

anterior brain over the posterior, while others show just the opposite, namely, a large or long posterior lobe.

A great difference will therefore be represented in the long posterior or the long anterior lobes, and the faculties represented in these different types vary accordingly.

In Figure 1, the Faculties noticeably large in such a head are (1) Philoprogenitiveness, (2) Friendship, (3) Conjugality, (4) Amativeness, with a

The faculties that are exercised in such a character are (1) Causality, (2) Comparison, (3) Human Nature, (4) Eventuality, and (5) the Perceptive Group.

Such a person cares little for club life or social intercourse and even in a home of his own he buries himself in his books and writings.

Figure 3 indicates a short head and a short back head, but it in no way resembles Figure 2, for it is low in the

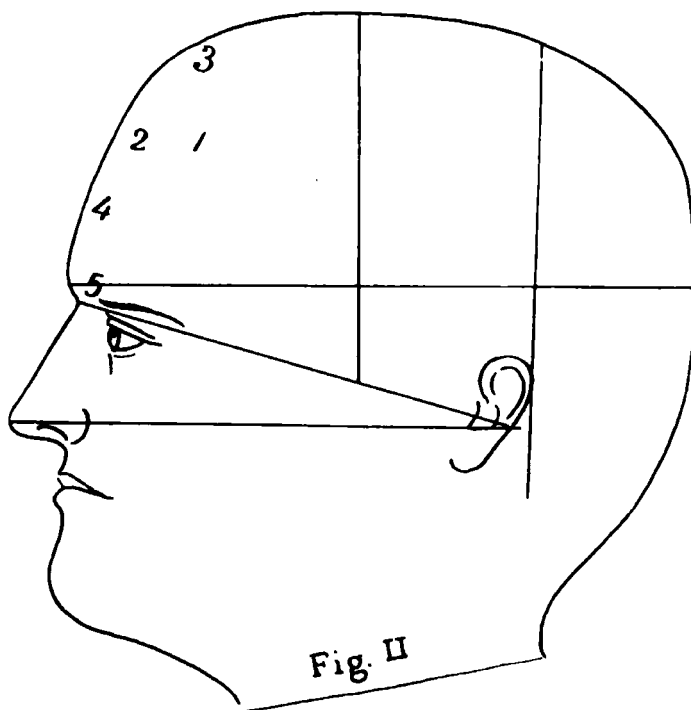


FIG. II.—LONG HEAD AND LARGE INTELLECTUAL REGION.

full development of all the other social elements of character. Such a person is not known for so much breadth of intellect, for the mental strength of the individual culminates in social affairs and the interests will be largely taken up with domestic matters.

Figure 2, on the contrary, shows unusual intellectual grasp of mind, and the interests of such a head make toward intellectuality, while the social elements of character are almost forgotten.

Moral Group and the Animality of the character will manifest itself throughout his life and character, (1) Destructiveness, (2) Acquisitiveness, (3) Secretiveness. This character will be largely interested in affairs that pertain to his own personal interests and it will be difficult to get him to see things with other people's eyes, especially if that view conflicts with his own; the selfish propensities largely rule in this head and predominate over the moral, social, and intellectual faculties.

Such a person needs to come under the influence of the higher attributes of the mind to soften the abnormal tendencies of his brain.

Figure 4 represents a short head,

but it varies again from Figures 2 and 3. Such a character is largely influenced by his moral and social faculties, in the first instance, but is not so selfishly inclined as Figure 3 and will

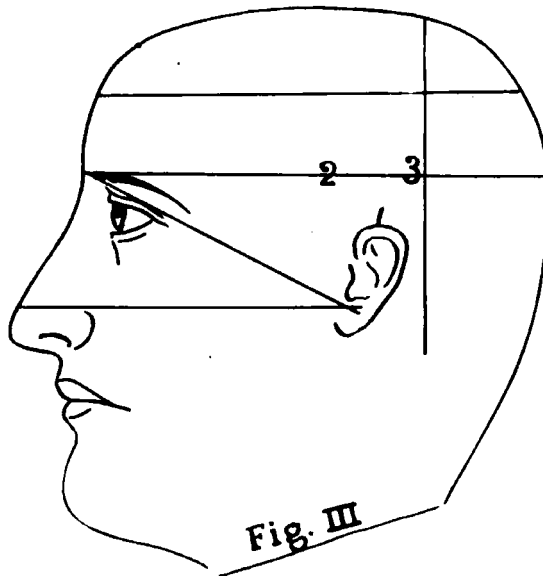


FIG. III.—SHORT HEAD AND LARGE BASILAR REGION.

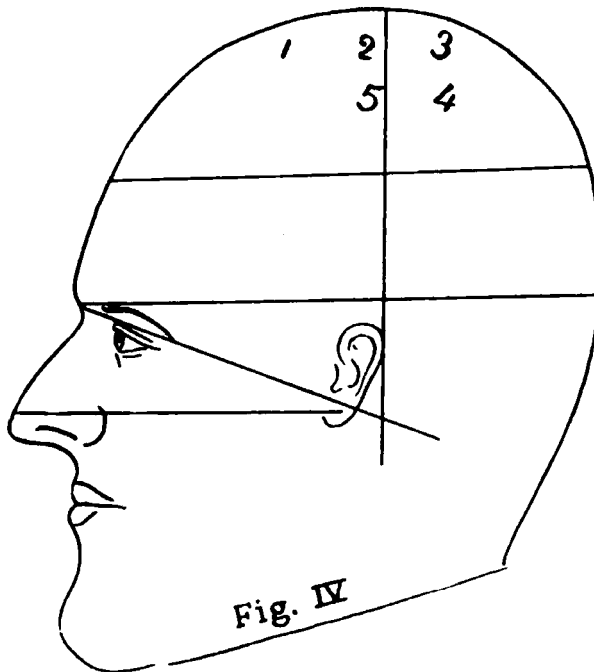


FIG. IV.—SHORT HEAD AND LARGE MORAL REGION.

therefore show the moral attributes that will be interested in the social needs of the masses, (1) Benevolence, (2) Veneration, (3) Firmness, (4) Conscientiousness, (5) Hope.

In these few remarks we see that their object is to point out the relative proportion of heads, rather than the actual size per inches.

We cannot fail to see in each of the illustrations a marked difference, and that variation is not an imaginary one. Every day we find such types when we look for them, and our mental vision only needs sharpening to find out how Human Character can be interpreted in these types.

The Late Lydia M. Millard

Readers of the PHRENOLOGICAL JOURNAL for the past thirty years, and especially during the final quarter of the century lately closed, were familiar with the name that gives title and character to this article. It was frequently at the head of some sketch or appended to a poem. It is with deep regret that the writer announces her death, on the first of December, and in preparing this sketch feels it but a duty to her memory and the JOURNAL reader to record a few passages from a life replete with valuable incident.

At a comparatively early period of her life Mrs. Millard became interested in the study of mental science, and found interest and profit in the publications of Fowler & Wells; and, being gifted with talent for literary composition, she found pleasure in writing for the pages of the PHRENOLOGICAL JOURNAL and other current publications of the old firm.

I remember well my early meetings with this lady in the editorial room of the old publication office at 389 Broadway, near Canal Street. She was then in early middle life, vigorous and earnest to a degree rarely seen in a woman. The first impression made by her on a stranger was that of earnest sincerity, with the mental and physical staunchness to sustain it against opposition if necessary. She carried her heart in her face, and you felt, if you knew aught of the indications of character, that you must be

fair and honest in your dealing with her if you would secure her respect for manliness and nobility of nature.

Her contributions were always the product of study, thought, and much painstaking in both material and form, and each adapted to the exploitation of some principle belonging to the purview of phrenological or psychological science. She was an earnest student in her methods of work, and shrank from no labor or difficulty in the prosecution of any task she had set about. From rather early life she had been interested also in the study of languages, and had acquired an unusually wide acquaintance with ancient and modern tongues. For poetry she exhibited the most marked predilection, and in her wide reading and study had accumulated a very extensive knowledge of the versifiers. It is no exaggeration to say that she prepared thousands of translations and paraphrases from the poetry of ancient and modern authors, readily obtaining place for them in the monthlies and weeklies with fair remuneration. For her translations from the Swedish she was highly complimented by Mr. Longfellow, who was also fond of Swedish poetry, and her Greek conversions found favor with scholars. A notable piece of this sort was her "Shield of Achilles," which was regarded by certain critics as equal to any similar work from Homer by modern writers.

In the midst of her productive lit-

erary work Mr. Millard died suddenly—a stroke that was most trying to her—and a few years later a deeply beloved daughter was as suddenly taken. Devoted as wife and mother, these sorrows most powerfully affected her and changed her material circumstances in no unimportant degree. Yet patiently and hopefully she strove to perform her duty to her remaining children, and found in the pen a helpful solace, and in the rewards of her writing pecuniary help that was often most opportune.

Whoever had met Mrs. Millard and conversed with her could not but be impressed with the fact that she was a woman of much more than average character, although it was quite necessary to have more than a passing acquaintance to realize her superiority. Born at Northampton, Mass., of old New England stock, she combined the mental and motive temperaments in a manner that was striking, the latter supplying a physiognomy of unusual strength. Her head was broad in the temporal region, full at the brows, and strongly elevated at the coronal section. Her eyes, dark and expressive, intimated intensity and tenderness of feeling, and at the same time one saw in them the spirit of earnest inquiry and a ready learner. The motive element in her nature imparted energy to her conduct and language, and when interested in conversation there appeared an emphasis in tone and phrase that carried weight to the listener. This same element gave a definite and clear strain to her feelings, her sympathies, to her social life. She was positive and direct and intelligible as friend and acquaintance, and showed little consideration for the arts of finesse and the blandishments of conventional courtesy. Yet for sterling refinement, culture, and delicacy she showed a marked appreciation, and was not slow on occasion to express her approval of one who in these respects had elicited her interest. Discipline and the necessities of life greatly strengthened her will-power—

the evolution of purpose and determination became marked in the lines of the face, as noticeable in the portrait. Reserved and sensitive as a girl, even shrinking from all harsh contacts, she became courageous and insistent in the performance of duty, and in the energy of self-sacrifice even forgot herself, subordinated her own



THE LATE LYDIA M. MILLARD.

nature, and became reliant and masterful.

She was intensely active, a diligent worker; employment of some kind during her waking hours for herself or others was her highest pleasure. The active brain provided the ready hands with duty and service, whether at her desk or in the varied routine of the home. Rarely, indeed, could it happen that she was at loss for occupation.

In the exercise of her literary faculties temperament and organization furnished quality and purpose. Her aim was high, not the indulgence of the imagination merely to furnish

amusement to others, but to give to the world the fruitage of her best thought and study in prose and verse, for the instruction and profit of those who might read. She could write entertainingly; her verse charmed by its smoothness and finish, but in the texture of the composition she wove suggestions of soul betterment and higher living. Her tenderness was exhibited in a love for flowers that was even passionate. A poor little daisy struggling up from a crevice in a street-pavement was an occasion of pitiful interest; a pot of roses or carnations on her table, a ministry of lasting pleasure; a little patch of garden in summer where she might plant geraniums and heliotrope and watch their growth to bud and flower, a harvest of delight. She never tired of speaking or writing of flowers; they were an exhaustless source of inspiration.

Looking through a volume of the PHRENOLOGICAL, as far back as 1884, I happen on this ascription, from the Swedish, "To a Flower," by our friend:

"Thy trance is broken now; veiled no more thine eye
With a glowing gladness turneth to the sky,
Where the crimson morn adorns the azure beaming,
Folds the bridal breast of purple nature dreaming.

How calm thy lonely round, all is tranquil here:
Of rapture dies the breeze that's hovering near;
With his golden wing the gay deceiver gleameth,
Say, thou little one, how fair the bright world seemeth!

Sweet caressing zephyrs, morning's dewy kiss,

Butterfly's soft whisper, bring thee only bliss;
Sure thou canst not see how soon their fondness failing
Leaves but tears for thee, all thy brightness paling.

Yet, smile on, little flower, so pure and fair,
Thou'lt find, some bitter hour, how earth's joys wear;
And think of the happy day, thy heart so beaming
In the bird's soft cradle lay, so sweetly dreaming."

The fondness of some strong, energetic natures for the delicate and pure has been noted by the occasional writer. In Mrs. Millard it was due to her markedly sensitive personality and delicate artistic taste. Her verse had the lyrical and picturesque qualities; this was the reason for her special preference for Swedish poetry. Through the tender chansons of Tegner and the patriotic ascriptions of King Oscar there are glimpsed the robust spirit of the Scandinavian temperament. This compound formed a native assimilation with the character of their American translator. To her ready sympathies and tender affectional preferences were joined strength of will, energy of action, with the result of achievement. The last five or six years of her life were passed in comparative retirement in her Brooklyn home, yet with declining health there was no loss of the old spirit of activity, and a large circle of friends and acquaintances had found in Mrs. Millard's ready sympathy and experienced counsel a source of help and comfort, and in this quiet and beautiful ministry to others she completed the round of a rarely useful life.

W. S. Drayton, M.D.

Most men spend one-third of their lives trying to make the world different; another third in learning to live in it as it is, and the remainder in explaining how much better it used to be.—Washington Times.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

The strong side of memory has now been exhaustively illustrated, therefore, the weak side now demands attention.

Horace Walpole confessed, "In figures I am the dullest dunce alive, and I have often said of myself, and it is true, that anything that has not a proper name of a man or a woman to it affixes no idea in my mind. I could remember who was King Ethelbald's great aunt and not be sure whether she lived in the year 500 or 1500.

George Combe, the noted Phrenologist, although a man of comprehensive intelligence and a very clear writer, was never able to learn the multiplication table. Hogarth had no verbal memory and therefore could not commit to it two successive lines of verse.

Cowper, the poet, said, "What I read to-day I forget to-morrow."

The debit and credit of the question is finely illustrated in the question of Socrates, in the *Clouds* of Aristophanes, as to whether his memory was good or bad, answered, "Yes, by Zeus; and yet no, for what anyone owes me I remember distinctly, but what I owe anyone fades with astonishing rapidity from my recollection." Even to the present day this one-sidedness of memory is a commonplace as regards the return of books and umbrellas that are on loan. Many of these cases can be referred to an indulgence in reverie, as in the case of the late John Duncan, LL.D., Professor of Hebrew and Oriental languages in the New College, Edinburgh. When a schoolmaster, he often appeared in the schoolroom with shoes and stockings that did not match. On one occasion he had to preach on a Sacramental Fast Day for Mr. Bower, the then parish minister of Maryculter, seven miles up Deeside from Aberdeen. He had gone a considerable way on foot, when

he took out his snuffbox to take a pinch; but the wind being in his face, he turned about to perform the operation, after which, instead of turning round again, he went in the same direction toward Aberdeen, and was only wakened out of his reverie by a man who was himself on his way to worship at Maryculter, who, conjecturing that he was the preacher for the day, ventured to ask him—which brought him to his senses. This same minister when sent to dress for his marriage, went to his bedroom, undressed, and then went to bed, where he was found sound asleep with a Hebrew book in his hand.

Thiebault mentions the case of a gentleman, who had so bad a memory and so circumscribed that he scarce knew what he read. A friend knowing this lent him the same book to read seven times over, and being asked afterward how he liked it, replied—"I think it is an admirable production; but the author sometimes repeats the same things."

Another man when asked to carry a message said, "Write it out to me, your Worship, for it is sheer nonsense to trust anything to my memory, since my noddle is such that very often I cannot even remember my own name."

Darwin confesses to his weak memory as to poetry, dates, and music.

Dr. Priestley gives the following account of his powers of recollection:—"I have been," he said, "from an early period subject to a most humbling failure of recollection so that sometimes I have lost all ideas both of persons and things that I have been conversant with. I have so completely forgotten what I have myself published that in reading my own writings, what I found in them often appears perfectly new to me and I have more than once made experiments the

results of which have been published by me. These odd lapses of memory sometimes gave me a great deal of trouble." At one time he was making investigations with reference to the Jewish Passover; for that purpose he had to consult and compare several writers. He did so and discussed the result in a few paragraphs which he wrote in shorthand. His attention was called to other subjects during the following fortnight and he so entirely forgot the work that he had gone through that he made the whole of his inquiry a second time and it was only after his second notes had been transcribed for the press that he discovered that he had done the work twice. He says that when he came accidentally across his first notes in shorthand he "viewed them with a degree of terror."

Going over the instances of great retentive power that have been cited they may be classified for the purpose of enabling the memory all the better to retain them:—

(1) A number of cases have simply been the plastic power to remember the names of persons.

(2) Power to repeat lists of words, and the higher endowment of being able to reproduce whole books and in some cases almost the whole of a national literature.

(3) Ability to memorize dates and to manipulate figures.

(4) The endowment for remembering position, or geographical location.

(5) Musical memory, which is a more composite endowment than those mentioned in (1) and the first part of (2).

(6) Linguistic memory which requires in addition to acute hearing great constructive faculties.

This is by no means an exhaustive classification of memories; but simply gives the kinds that have been mostly taken note of, because they appeal to the faculty of wonder. It must, however, be said that some of the men mentioned have given even more marvellous displays of memory than the instances quoted; but being far more

intricate in their nature they have not been popularly recognized as such. The individual who is able in conversation to pour forth stores of accurate information upon a variety of subjects stands on a much higher plane, from a memory point of view, than any one endowed with the mere power of verbatim repetition, and if long processes of reasoning are successfully dealt with the mind is taxed in a more complex way still. Lastly, he is a memory giant of the first order who, out of the gathered stores of his memory and experience, pours forth a creation that forever delights the minds of men.

MEMORIZING FIGURES.

Many remarkable instances of the possession of a great memory for figures are on record and these instances have the additional recommendation that the powers possessed by those individuals were at times carefully tested by those quite able to detect any fraudulent intentions. Zerah Colburn, George Bidder, and Jedediah Buxton are notable instances in this connection, while an instance of the weakness of this power is found in the case of George Combe, the Phrenologist, who although a man of comprehensive intelligence was never able to learn the multiplication table. Horace Walpole also confessed that with figures he was the dumbest dunce alive.

The Roman system of notation which is still to be found on the dials of watches and clocks, as also in the numbering of the chapters of the Old and New Testament, shows a number of the letters of our alphabet with a numerical value given to them. Shopkeepers and other business people are also in the habit of using devices of this kind for pricing their goods. Eight illustrations of this are to be found in the words: longitudes, profitable, blockheads, hospitable, playground, blacksmith, importance, and Pernambuco, which contain ten letters and the same letter is not to be

found more than once in any of them, so that each letter is numbered from 1 to 10 and can therefore be used for marking the prices of goods. Take for example the letters f and t from profitable and place them on each side of a diagonal line and they stand for $4/6 = f$ and t; os/l from hospitable would mean 23/9, therefore, where a dealer wishes to keep the prices of his wares secret, though marked, this is the method generally employed in opposition to the method of other traders who say that they mark all their goods in plain figures. Not only may words be turned into figures, but figures may be translated into words and amongst a variety of useful purposes for which a "Figure Alphabet" (see below) may be employed, in addition to the purpose for which it is designed, may be instanced the copying in cipher of private information to be transposed into ordinary matter by the insertion of the necessary vowels between the consonants represented by the numerals.

An illustration of this use of a secret cipher is afforded by Benjamin Franklin's letter, written from Passy in 1781, to M. Dumas, which according to Elliot Sandford, in the *New York World*, has never been deciph-

ered, the State Department at Washington possessing no key. The following is a copy of the letter in question:—"I have just received a 14, 5, 3, 10, 28, 2, 76, 203, 66, 11, 12, 273, 50, 14 joining 76, 5, 42, 45, 16, 15, 424, 235, 19, 20, 69, 580, 11, 150, 27, 56, 35, 104, 652, 20, 675, 85, 79, 50, 63, 44, 22, 219, 17, 60, 39, 147, 136, 41, but this not likely to afford 202, 55, 580, 10, 227, 613, 1761, 373, 309, 4, 108, 40, 19, 97, 309, 17, 35, 90, 201.100, 677."

To those who are in the habit of dealing with figures their memorizing presents but little more difficulty than any other kind of matter; but it is generally regarded as a difficult matter to memorize statistics, percentages, latitudes, longitudes, and other items where numerals are concerned. Being abstract ideas, it is impossible as a rule to naturally associate the figures with the facts to which they relate. The ancient practice, reintroduced by Leibnitz, the German philosopher (1646-1716), of translating figures into words and then associating them with the ideas to which they refer, in a manner to be hereafter described, is taken advantage of in connection with these lessons.

FIGURE EQUIVALENTS (Phonetic Basis).

0	1	2	3	4	5	6	7	8	9
s	t	n	m	r	f	k	ch	ith	p
z	d	ng	h	w	v	g	j	thee	b
						l	y	sh	
								zh	

Words containing the figure equivalents:—

as	tea	no	am	or	if	keg	you	Thow	papa
so	add	awning	ma	we	five	clog	chew	thou	baby
size	tied		home	war		colleague	jew	ash	

This Figure Alphabet is founded on the well known fact that the English language contains twenty-four consonants, twelve vowel sounds, and five diphthongs, making a total of forty-one sounds. As our common alphabet only gives twenty-six letters to represent all these sounds, some explanation of the correct method of using

words according to their sounds is necessary. In the translation of figures into words only the consonant sounds are to be taken into consideration, and the twenty-four letters in our language are:—p, b, t, d, ch, j, k, g, f, v, ith, thee, s, z, ish, zhee, m, n, ng, l, r, w, y, h. The vowels and diphthongs have no numerical value. The short-

hand student will have no difficulty in understanding, remembering, and applying this alphabet, seeing that the alphabets of all modern shorthand systems are phonetic.

When consonants are not sounded they have no value: thus, although the word "know" has four letters it has the very same sound as "no," and therefore both of these words are =2, because "n" is the only consonant sounded in each. On the same principle dough, doh, and do only contain the consonant d = 1; etch = e-ch = 7; edge = e-j = 7; cough = k-f = 65; bough = 9; extensive = k-s-t-n-s-v = 601205; accede = k-s-d = 601; league = l-g = 66; leige = l-j = 67; Christian = k-r-s-t-n = 64012; better = b-t-r = 914; manner = m-n-r = 324; fuller = f-l-r = 564; ladder = l-d-r = 614; queen = k-w-n = 622; phlegm = f-l-m = 563; school = s-k-l = 066; Egypt = j-p-t = 791; illegal = l-l-g-l = 6666; immoderate = m-m-d-r-t = 33141; irresponsible = r-r-s-p-n-s-b-l = 44092096.

W and y are only to be reckoned as consonants when sounded. In the words glow, flow, slow, w has no value and in like manner y in day, funny, and baby is a vowel sound; but in wine w is reckoned because it is sounded. In yes, you, etc., y = 7.

As the figure alphabet has to be thoroughly learned, the following particulars respecting each letter are given to make this an easy matter:—

0. S and z are taken to represent this figure on account of s being the first *sound* in the word cipher, and z being the same in zero, and strange to say, both words come from the Arabic and mean nought. The words size and seize contain both sounds.

1. T and d have each one downstroke, and therefore stand for 1.

T is the last letter in the word-unit. This is better seen in the phonographic forms. Examples: tie = 1, die = 1, tide = 11, and edited = 111.

2. N contains two downstrokes, thereby suggesting 2, and ng, the heavy or guttural sound of n is to have the same value attached to it. Example: knowing = 22.

3. Small m and capital H, with their three downstrokes, equal 3, as am, ma. Examples: him, hymn.

4. R and W. The word *four* contains exactly four letters, and the fourth and last letter is taken to represent 4; therefore or = 4; so does ear. W has two downstrokes and two upstrokes, hence its connection with four. Examples: we, Wye.

5. F and V are the consonants in the word five, and V in the Roman notation stands for 5, hence the reason for taking these letters to represent that figure. The word *fifty* contains five letters. Examples: foe, vie.

6. K and g, because k is one of the consonant sounds in the word six (siks) and g is its heavy sound; keg contains both and = 66. L is the twelfth letter in the ordinary alphabet, 12 = 6 + 6. Examples: low, lie, lea.

7. Ch, separated from each other by seven letters in the ordinary alphabet, j, and y are all long letters like the figure 7, when written: etch = 7, edge = 7, chew = 7, Jew = 7, you = 7.

8. Ith, thee, sh, and zhee are looped letters and when written are in this respect like the figure 8. Examples: shy = 8, ash = 8, measure = 384, treasure = 1484, pleasure = 9584.

9. P and b, as printed letters, resemble the figure 9, when written, therefore, pipe and baby each equal 99.

Probably the worst feature about the wisdom that age brings us is the short time we have left to use it.

SCIENCE OF HEALTH

Health Topics.

E. P. MILLER, M.D.

NEW DISCOVERIES FOR 1903.

MARCONI.

The "New York World" for January 4, 1903, publishes interesting interviews with the two great electricians, Marconi and Edison, on the discoveries in electrical science which will be of inestimable value to the world during the year 1903.

Marconi says he has sent 2,000 words of wireless dispatches across the Atlantic, and now claims that he can throw messages to any part of the earth over sea or land. He has already reached a speed of fifteen words a minute, and will soon be able to send thirty words a minute. The Atlantic cable is only able to send about twenty words a minute. The cost of sending messages by the wireless system will be reduced to about one-tenth of that of the cable system at the present time.

EDISON.

Mr. Edison is full of hope for the year just beginning as to the result of his inventions. He has a number of very important practical inventions that will be put on the market in 1903, one of which is a new storage battery which he thinks will solve the traffic problem. Horses for carts, drays, trucks, express wagons, and carriages will soon be a back number. On the question of health and remedy for disease Edison makes the following comments, which will interest us all. He says:

"Medicine is playing out. All these discoveries of bacteria prove that it is all wrong and that we've been taking

a million tons of stuff on a wrong theory.

"Surgery, diet, antiseptics—these three—they are the vital things of the future in preserving the health of humanity.

"Scientists are discovering the bacteria that cause disease, and other scientists are discovering how to exterminate them. Doctors are learning that a proper diet is better than medicine. Doctors are not giving medicine nowadays like they used to. You can't beat nature. Just give it a chance and it beats all the medicines in the world.

"There has been a great deal of progress in medicine as well as in surgery. The doctors are performing bolder operations than formerly. They know more about the human frame and how to care for it. The doctor of the future—there will always be doctors—will instruct his patient how to care for the human frame and how to diet himself instead of giving him medicine.

"Look at Lorenz; how perfectly he understands every ligament and tendon in the limbs of a child. And how simple his operations are. It is a wonderful thing he is doing for humanity.

"The bacteriologists have traced fevers to the little mosquito who goes about with his hypodermic syringe inoculating human beings with fever bacilli. There is no doubt about their being right in that. Some way will be discovered to annihilate that mosquito, and the danger of yellow fever and all other kinds of fever will be minimized.

"I see to-day that they have discov-

ered that the juice of a lemon will destroy the typhoid germ. I don't doubt that it's true. In my own experiments I have observed the effect of nitric acid in a way that prepares me to believe in this new discovery."

ELECTRIC-LIGHT BATHS.

A new and invaluable remedial agent has within the last few years been discovered in electricity and is now applied in the form of electric-light baths. We read in the good book that "the earth was without form and void, and darkness was upon the face of the deep; and the spirit of God moved upon the face of the waters. And God said, let there be light."

The light thus made was electric light, for it was made on the first day of creation, while the sun, moon, and stars were made on the fourth day of creation. "God is light; in Him is no darkness at all." We are fast approaching an electric-light age. The power of electricity will soon be discovered as the power that rules the universe. Within the last four years electric light has been employed as a remedial agent in the form of baths. By it we get the penetrating rays of light applied to every part of the body. In this bath the body is surrounded by ninety to one hundred incandescent-light lamps, the effect of which is to rapidly increase the circulation of the blood in the skin, opening the pores, causing very free perspiration and the excretion of the morbid elements found in the blood and tissues. Dr. John H. Kellogg, of Battle Creek, Mich., is one of the first to utilize electric light for baths. The result from their use is similar to that of the Turkish bath, which is to induce perspiration, purify the blood, and relieve tissues of morbid matter, to improve the circulation of the blood, and to destroy and remove from the body everything that would make a seed-bed for disease germs. This bath is destined to become very popular and to be widely used as a remedy

for all forms of chronic disease. The first to be established in New York City is at Miller's Sanatory Hotel, 41 West Twenty-sixth Street.

HAIR RESTORATIVES.

Professor C. F. Chandler, of New York, has analyzed eight of the most widely advertised hair restoratives and informed the Board of Health that they all contained lead, some of them as much as seven grammes to the ounce. Among other ingredients were found in them mercury, oxide of zinc, and corrosive sublimate. These are mineral poisons, that when used on the head are liable to be absorbed by the blood and tissues and do serious injury. The nutrition that the hair requires to promote its growth is found in pure blood, and such blood is not made out of deadly poisons. Good food, baths that promote cleanliness, cool ventilated hats, massage, and friction are the most harmless and the best hair restoratives.

THE NEW COVENANT.

In the eighth chapter of Paul's Epistle to the Hebrews, from the 10th to the 13th verses, inclusive, we find the following:

10. "For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws in their minds and in their hearts: and I will be to them a God and they shall be to me a people:

11. "And they shall not teach every man his neighbor and every man his brother, saying, Know the Lord; for all shall know me from the least to the greatest.

12. "For I will be merciful to their unrighteousness and their sins and iniquities will I remember no more.

13. "In that he saith, A new covenant, he hath made the first old. Now that which decayeth and waxeth old is ready to vanish away."

Now Phrenology and physiology clearly teach the fact that the brain is the organ of the mind and the

heart is the organ for circulating the blood. The brain develops the intellect, the mind, and the heart is the seat of the feelings, and circulates the blood by electricity. God's laws are stamped upon both the brain and

heart, which, when we fully understand them, will teach us how we all shall know the Lord, from the least to the greatest. Phrenology and electricity will, when fully understood, solve the problem of life.

Electric-Light Bath.

ITS THERAPEUTIC VALUE IN THE TREATMENT OF VARIOUS DISEASES.

ELECTRIC-LIGHT BATHS have recently been added to the Miller Turkish, Roman, and Electric Baths, at 41 West Twenty-sixth Street, New York City.

The ELECTRIC-LIGHT BATH is the outgrowth of numerous experiments, which proved conclusively that Electric Light stimulates and promotes the vital functions of both plant and animal life. Cornell University Agricultural Station reports, in 1890:

I. "That electric light may be used under such conditions as to make it fairly comparable to sunlight in its power to promote protoplasmic activity."

II. "That electric light acts as a tonic to plants so that they are able to endure adverse conditions which otherwise would cause them to collapse."

III. "That the electric light is a true vital stimulus, since its effect upon plants at night is essentially the same as that of the longer day of the Arctic upon plants growing in that region."

Herve-Mangon demonstrated "that under the influence of electric light plants developed chlorophyll and performed heliotropism, turning toward the light."

Prillieux proved "that electric light promoted assimilation in plants." Siemens reported "that plants exposed to electric light at night far surpassed in darkness of green and vigorous appearance generally, those which were not thus exposed. Fruits also were more perfectly developed and of a finer flavor."

STIMULATES TISSUE BUILDING.

The ELECTRIC-LIGHT BATH, applied lightly, stimulates sluggish cells and tissues, promoting assimilation and

the building-up processes. By simply increasing the intensity and duration of the bath it has proved to be by far the most vigorous and effective agent yet discovered in promoting oxidation and free elimination of effete and poisonous substances.

Dr. J. H. Kellogg, of the Battle Creek, Mich., Sanitarium, who has used this bath extensively for over ten years, says:

"That the Electric-Light Bath increases oxidation is shown by the increase in amount of carbonic-acid gas exhaled. That the amount of perspiration was twice as much in the same length of time as by the Turkish or Russian baths. That the quantity of urea and other solids of the urine for the twenty-four hours during which the bath was taken, was less after the electric-light bath than after the Russian and Turkish baths, proving that more of these waste materials was excreted through the pores of the skin when thus stimulated to action."

PROFESSOR WINTERNITZ, Professor of Nervous Diseases, Royal University, Vienna, says (FORTSCHRITTE DER HYDROTHERAPIE):

"The electric-light bath presents an advantage over every other means of applying heat, in the readiness with which the dosage may be regulated as regards time and intensity. It is undoubtedly true that radiant heat penetrates the tissues much more deeply than conducted heat (hot air), and it is very probable also that the inner life of the cell is influenced . . . Knowing the powerful influence of light upon the life of the cell and of the whole organism, we believe that this method will hold a prominent place among the forms of thermal applications, and that we shall be enabled by its use to influence a series of maladies more quickly, more

effectively, and more satisfactorily than heretofore."

INDICATIONS.

The Electric-Light Bath can be so readily modified and adapted to different conditions that it is safely and successfully used in many weak and feeble conditions, such as dropsy from heart and kidney disease, where free elimination is very desirable but almost impossible by other means. In chronic rheumatism, neuritis, neurasthenia, neuralgia, gout, and all conditions due to the uric-acid diathesis and retention of poisonous substances, such as Bright's disease, migraine, toxemia in chronic dyspepsia and constipation, torpid liver, and obesity, it gives most gratifying results.

All whose business or profession compels them to lead a sedentary life, who hardly ever exercise enough to induce perspiration, may be assured that the electric-light bath will clear their brains as well as their dingy or sallow skins, and stimulate every vital function to healthy activity.

The Electric-Light Bath at Miller's is a radiant heat, cabinet bath, lighted with one hundred sixteen candle-power incandescent electric lights, whose thousands of rays are multiplied and focussed on the occupant of the bath by mirrors and reflectors. The direct and reflected rays of light, thus concentrated and intensified, penetrate the deepest tissues of the body, increase oxidation, and stimulate all the vital forces. Assimilation, tissue-building, and nerve-feeding, as well as elimination of effete and poisonous substances, are promoted more effec-

tively by this bath than by any other means. Profuse perspiration is produced in the majority of cases in from three to five minutes. The effects of the bath can be easily and instantly controlled, increased or diminished, to suit the comfort or condition of the bather. This is possible in the electric-light bath as in no other. The effect of the bath is not dependent on the temperature of the air in the cabinet, but is the result of the direct and reflected rays of light and radiant heat. The instant a group of lights is turned on or off the intensity of the bath is at once increased or diminished.

Two different styles of this bath have been installed at Miller's. In one the bathers sit upright, in the other they recline. The head is not enclosed, hence the bather breathes fresh air at ordinary room-temperature. The temperature in the cabinet ranges from 100° to 110° F., depending on the duration of the bath. The Turkish hot-rooms range from 140° to 180° F., and even at this degree of heat the action is slower and less vigorous than is that of the electric-light bath at a lower temperature.

The ELECTRIC-LIGHT BATH is followed by massage, shampoo, salt rub, and spray, the same as with the Turkish bath, which latter will be continued as heretofore.

A new department, exclusively for ladies, has just been fitted up at Miller's, with porcelain electric bath-tub, an elegant reclining electric-light bath (cabinet), needle bath, spray and shampoo room finished in Italian marble, and made as attractive as possible.

THE PHYSIOLOGIC CARE OF COLDS.

By C. H. SHEPARD, M.D.

(Continued from page 17.)

Inasmuch as a congested condition of the mucous membrane of the head and throat is always present in case of colds, and the breaking up of this condition is the prime requisite, and as

elimination is the most powerful measure of relief, it is a source of gratification that, in the proper use of heat, we have the most powerful eliminating agent that is known. The most con-

venient and effective form of utilizing heat on the human economy is by the modern Turkish bath. It has been thoroughly tested in thousands of cases, and never known to fail. Its action is so positive that relief follows promptly on its application. At such times there is a determination of blood and nervous energy to the mucous membranes. The action of heat relaxes the tissues, thereby inviting a normal circulation through the congested parts and changing this determination to the surface and extremities, thus restoring the balance to the circulation, and at the same time unloading the system of its impurities through the skin and other natural excretories, instead of the internal mucous membrane.

All the various effects that follow what is called "taking cold," are traceable to the skin's failure to send off waste in the insensible perspiration. The catarrh which shows itself in a discharge from the nostrils is a very clear effect of this failure of the skin. The substance which ought to pass away in insensible perspiration forces its way through the membranes of the nostrils in a thickened state, only because it is not sent off by the chilled and deadened skin. If the skin was doing its work, this effect could not possibly occur.

During a cold the system is struggling to rid itself of impurities through the Schneiderian membrane, where the sense of smell is located. This is naturally very tender and sensitive, and is made more so by the abnormal condition. The Turkish bath enforces a derivative action, and the discharge is largely carried off through the external skin and no longer remains a source of irritation. The normal balance is restored, and if utilized at the outset relief is prompt. The heat opens the sluice-ways of the skin, and the system is quickly unloaded of what has been blocking the outlets, but in the later stages, and when the whole body is burdened with debris, the result of a long infringement of the laws

of health, a persevering course of treatment is required. The Turkish bath is equal to this emergency, and may be desirable twice a day. Furthermore this bath is reconstructive, for it not only removes from the blood its used-up material, but hastens on the new supply of invigorated blood, and thus every function of the body is quickened. It also removes the superfluous accumulations of the outer layer of the skin and enables it to complete the perfect work of reconstruction. In cases where pneumonia has developed, its action is most salutary. One of the latest cases was fully restored inside of two weeks from the onset of the disease.

The primary cause of all disease is internal. No disease develops in the body from any accidental or secondary cause without the co-operation of the fundamental one. Health is the harmonious action of all the functions. There is no doubt that the larger amount of disease comes from unsuitable food, producing abnormal conditions of the blood. Too frequently there is a wrong selection of food, and often an imperfect preparation of that which is of itself is good.

Inasmuch as people are inclined to cater more to the taste and fancy, rather than to consider the hygienic value of their foods, the result of their feeding is sure to produce a state of inharmony. The blood can not thus be furnished with the proper elements for forming healthy tissue. Man does not live by what he eats, but by what he digests and appropriates. Health is man's normal condition. No ache or pain should trouble any human being until death comes naturally at the end of a long life. If this desideratum is not secured, there is evidently some mistake in the dietetic habits.

Frequently the body is pickled with common salt, which is equivalent to saying it is poisoned by it. The salt dissolved in the blood passes into all the tissues. Osmosis takes place. Through the cell membranes the salt enters the cell and the cell contents

pass out. These constituents, freed from the tissues, must be excreted through the kidneys as waste material. Thus degeneration takes place,

through the abuse of common salt, and the system is made more susceptible to colds.

(To be continued.)



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

Child Culture.

A STRONG INHERITANCE.

BY UNCLE JOE.

No. 604.—Prince Michael Cantacuzene (Count Speransky) at six months old. The photograph of this child as he appeared at six months old



Photo by Helene De Mrosovsky, St. Petersburg.

MICHAEL PRINCE CANTACUZEEN.

shows him to be perfectly healthy and full of vigor, and ready for any emergency. His mother was Miss Julia Dent Grant, grandchild of General Grant, whom he used to call "Little Sunshine," and, judging from the portrait of the little child, we can see strong indications that he has inherited his sturdiness of character from his Great Grandfather. He is a large and well-made boy, and it is said that now, at two years old, he has not known what sickness is. He has the basilar brain which gave his Great Grandfather his remarkable energy of mind, but it is not in the base of the brain that this child will live entirely. He has a good top head, well-rounded out moral character, hence he is bound to have a distinct influence over others. He will be positive, courageous, far-sighted, ambitious, and will manifest a strong, well-stored memory, and will be a regular "chatter-box," and as a politician will make an impressive speaker; in fact, he will do more in this line than his Great Grandfather did. What General Grant said was to the point, but he did not care to elaborate or enlarge on what he had to say. This child will not only fill his time well, but he will have plenty to talk about, and will very early declare his likes and dislikes, his fears and ambitions, his wishes as well as his intentions.

We see great possibilities in this child, and we trust that he will be rightly developed, and that he will preserve his American rights and pre-

rogatives whatever his surroundings in Russia may be.

It is said that he is the only privileged child to play with the Royal children in the Czar and Czarina's nursery.

COUNTRY BOY'S OPPORTUNITIES.

In the country boys dream of the city and its great opportunities. They see, in their minds, enormous stores, vast libraries and reading rooms, great opportunities for self-improvement, excellent day schools and evening schools, Young Men's Christian Associations, evening universities, and other institutions where seekers after knowledge may satisfy their longings. In other words, to the country boy the city is a sea of opportunities.

On the other hand, the city bred boy, who has breathed this air of opportunity from childhood, who has passed libraries and reading rooms so many times that their familiarity and commonness have taken the edge off his mental appetite for their contents, longs for the free air and wider space of the country.

If a country boy is made of the right stuff, instead of dreaming of great opportunity in the city, and longing for access to better libraries and larger schools, he will try to redeem himself from the meagreness and narrowing influences of his surroundings. Every book will be to him a precious luxury, an opportunity to open a little wider the door of his narrow life. If he is determined to get on in the world, the things that seem to hold him back will be converted into stepping-stones to higher levels. Like Lincoln, Garfield, Grant, Greeley, Burritt, and the long list of our country's great men who had to struggle against far greater odds, without the advantages of the country boy of to-day, he will prove himself greater than his limitations.

The Human Passion for Pets.

THE ORGAN OF PHILOPROGENITIVENESS.

Compared with the past, this is not the age of masterful human passions. It is an age *des fantaisies*. Fads, fancies, abnormities, if you will, but passions of the great heroic sort are rare. Even eccentricities bear no longer the stamp earnest.

One of the emotional fancies or lighter passions of the present time is of a kind which mystifies many people, arouses a feeling akin to disgust in some, ridicule in others, and sympathy in the few. It is the passion for pets.

One must cultivate sympathy and interest in individual experience and character to understand this. One

must also take into consideration the seemingly unaccountable trend and impulse of the mass, or of certain social nuclei under important conditions and serious crises, to be tolerant with unyielding and tenacious fancies.

There is something in human nature which bubbles up like water rising to its level, and which serves in individuals, as in social organizations, as a distraction. This, in social upheaval, usually takes the form of gay intoxication. In individuals it usually manifests itself in love of playfellows or pets, or in sports and gaming.

A great lady of olden days once wrote at random in her diary, when she was obliged to drop a serious subject: "There! I must stop—to dress for a ball!"

It reads startlingly frivolous. But she adds, discreetly: "Yes, I must dress for a ball! And, after all, is it not a blessing that we sometimes are compelled to stop thinking in order to dress for a ball! How many have been burned at the stake who would never have thus suffered if their too zealous thinking had been interrupted by the necessity to dress for a ball!"

Seated in Madison Square Park the other day, my own thoughts became, in spite of myself, distracted by a little play going on in front of me. There were only two witnesses, a little girl on the next bench and myself. The performers were a lady and her dog. I am not a dog fancier, but I think the little animal was a bull-terrier. She threw a hard, round rubber-ball up in the air, at long range, short range; it rolled along the walk, trundled across the green, bounded across the street; whatever its course or destination the little dog never failed to seize the ball in his teeth and bring it back in triumph to his young mistress. He was happy, she was diverted; so were the onlookers. I rose and walked to the street. At the entrance to the green was another lady with two dogs—a Yorkshire and Skye and another. She, too, was all devotion to the brace of canine flesh she held in leash.

In the thick of a Broadway throng you meet the man and his mastiff. In beer shop or butcher shop there is always the little dog, with "his ears cut short and his tail cut long." In sunny, beautiful parlor the silken-clad lady smoothes her Angora; in bright sitting-room another perks and chippers to her golden canary. In rude tenement the old woman cares for and brings dinner to her cat, and little children fondle the pup and kitten. No passion is more universal than this passion for pets, and nowhere do we see more horse and dog fancying than in New York.

I know a lady who has a keen love for money-making. She is interested in all promising investments; she dotes upon them. She would be a Wall Street king were she a man, instead of being a little sprightly Englishwoman. But, oh! when I saw her last she was plunged in the deepest grief over the loss of her Japanese dog. Nothing could console her. I proposed a substitute in the form of a small Italian greyhound or a playful Yorkshire. But no. Even the ghost of the little Jap would be preferable to the ignominy attendant upon a transfer of affection. Even her parrot shrieked in vain. The worldliest actress dotes on pets. Pet alligators, pet snakes, pet panthers and dogs galore. The great Sarah leads the van in the present era I believe. Let me see—what is her latest? The papers will always tell you.

I once heard a well-known gentleman say, upon his return from a big exposition wherein he had enterprises of great pith and moment, that the thing "he enjoyed the most while there was the sight of some dear little guinea-pigs!" And only the other day, a lady, returning to the waiting arms of her better half, remarked in my hearing: "Oh, my dear, I have just bought two of the sweetest little white mice! But they keep me awake at night!"

The love for a pet horse really seems a sensible and easily understood affec-

tion, and that men grow to fancy Bucephalus seems natural, especially from the natural liking of man for out-door sports.

An artistic appendage to a domestic establishment, as well as one which suggests scientific interest, is an aquarium. How charmingly pretty and fresh they may be made and kept, with their jewel-like inhabitants. Something spiritual and pleasing to the artistic sense cannot fail to raise the standard of taste above a too emotional basis.

M. R. MACKENZIE.

CAUSALITY.

A Story of Professor Huxley.—

The reputation of Professor Huxley as a teacher is well known. Almost equally so is his estimate that only about one-tenth of the students at his lectures understood what he was talking about. The following story of the great evolutionist appears in the recent "Life and Letters of Huxley," by his son, and, although some may have heard it before, it is still well worth relating. Huxley was accustomed to tell the story against himself, and Dr. (now Sir) Michael Foster used to add maliciously that disgust at the small impression he seemed to have made was the true reason for his resignation of the Fillerian lectureship in 1867.

"In my early period as a lecturer I had very little confidence in my general powers, but one thing I prided myself upon was clearness. I was once talking of the brain before a large mixed audience, and soon began to feel that no one in the room understood me. Finally, I saw the thoroughly interested face of a woman auditor, and took consolation in delivering the remainder of the lecture directly to her. At the close my feeling as to her interest was confirmed when she came up and asked if she might put one question upon a single point which she had not quite understood. 'Certainly,' I replied. 'Now, Professor,' she said, 'is the cerebellum inside or outside the skull?'"—"McGill Outlook."

Professor Huxley has large Causality, and can argue and reason well, but had he possessed more of the perceptive mind he would have shown and demonstrated what he talked about, and thus have "hit the nail on the head."

THE ORGANS OF FIRMNESS AND SECRETIVENESS.

TABBY HELPS AS WELL AS SHE CAN.

That was twenty-three years ago. Life after that in the little farm cottage, with no one to act as mediator, was awkward and dreary for a while, but eventually a remedy was found. It was the family cat.

"Tabby, I think we must have some sugar, some molasses, and some tea," Mrs. Stewart would say to the cat, whereupon Mr. Stewart would hitch up the team and execute the orders transmitted through Tabby.

"Tabby, I think I shall go to town tomorrow, and I ought to have a clean shirt, oughtn't I?" Mr. Stewart would say to Tabby, whereat the clean shirt would be produced.

When Tabby died there was another to take its place. It took several pussies to span the long period of silence, but it was carefully seen to that a cat was never wanting. In moments of sadness, sickness, misfortune, or joy, the vow was never forgotten. Long winter evenings the strange couple sat before the fire, he reading, she knitting, but never speaking a word or exchanging a glance. But their studied silence had bred a perfect understanding, so that each divined the other's wants and instantly supplied them.

Every morning and every night Mrs. Stewart prayed by the bedside of herself and husband, and in every prayer there was a fervent word for the conversion of her husband, but not a word directly to him. He never resented this persistence, but, on the other hand, speaking to the cat, hoped that his wife would eventually see the so-called error of her way. Friends and relatives used every means, first to harmonize the couple, and, failing in that, to separate them; but their efforts were ineffectual.

Last Saturday Mrs. Stewart told Tabby that she needed some tea and sugar. Mr. Stewart obediently started for town. When he returned the house was singularly silent. The cat mewed sadly and guided the farmer upstairs and to the bedroom. There Mrs. Stewart lay dead on the bed. Heart disease had killed her.

Summoning an undertaker, Mr. Stew-

art had the body embalmed and buried. No Christian service was observed at the funeral, and it shows the nature of atheism that with apparent unconcern he

buried his wife without granting to her memory the religious rites which he knew she would wish performed.—L. J. W., in *The Christian Work*.

THE TONGUE.

BY REV. PHILIP BURROWS STRONG.

"The boneless tongue, so small and weak,
Can crush and kill," declared the Greek.

"The tongue destroys a greater horde,"
The Turk asserts, "than does the sword."

The Persian proverb wisely saith,
"A lengthy tongue—an early death."

Or sometimes takes this form instead:
"Don't let your tongue cut off your head."

"The tongue can speak a word whose speed,"
Says the Chinese, "outstrips the steed."

While Arab sage doth this impart:
"The tongue's great storehouse is the heart."

From Hebrew wit the maxim sprung,
"Though feet should slip, ne'er let the tongue."

The sacred writer crowns the whole:
"Who keeps his tongue doth keep his soul."
—Examiner.

PHIRENOLOGY AND CUPID.

PART IV

LOVE, LOVE SUBLIME.

(Continued from January Number.)

By Margaret Isabel Cox.

While festival
Is passing with its glad goodwill and cheer,
The while Eventualita in words
Most fitting tells of Love's engoldened years,
While sweet Womana turns her joy-filled eyes
To him who calls her wife—O, vision fair!
Within the portal of the Festal Hall
Dear St. Phrenology stands smiling on
The scene of beauteous happiness, stands with
The little Dan, half-hid within the sheen
Of her white robe. They rise to pay devoir
In silent homage. With the little Dan
She passes to the fireside-altar and
With thought-wand bids the guests advance, the Twain
To stand with her near the baptismal font
Before the shrine of Veneratia
With all their household kin.

Resplendent joy
And happiness hold sway. The flashing lights,
The incense rare, the swing of censer gold,
The new-created Love-born song of Love.

One ling'ring cadence sweet as angel bells,
Till silence solemn, sacred rests o'er all,
And in the silence gold, Phrenology.

"This Hour of Love's sweet Even Song,
Dear Ones,
From my Cathedral altar-shrine I've come,
This Jubilate Hour to know of you
Before these witnessing—your kin and friends,
My handmaids, servitors and little Dan—
What I have been to you and ye to me.
Your answer, be it good or ill, shall e'er
Be treasured in my scroll of memory.
Well have ye followed me and faithful been,
Not as the slave to master, but as Man
And Woman knowing Truth to it are true.
Ye have been leal to me and to my creed
And now I bid you think and say if I
Have kept my promises to each of you."

Womana for her answering gives glance
To Manus and he understands, just as
He's ever known her very thought and wish
Ere voice-interpreted. He makes reply.

"O, St. Phrenology," he answers, "for Womana, my dear Wife, the Mother of My children, do I speak and for myself. Thou didst give her to be my Helpmate true;

So has she been these happy love-told years,
With all of blessedness that Woman Good Can give to Man. Aye, thou hast given us

The full fruition of thy promising.
Until this Even Song of Love, dear Love. If e'er we've erred in blindness of thy law So have we reaped full harvesting of tears;

If e'er life gave to us its golden sheaves It was thy giving and thy law-desire; If e'er a thorn 'twas this—we crushed the rose;

If e'er a laurel 'twas thy hand that crowned;

Whate'er of Ill 'twas ignorance of Good; Whate'er of Good we owe that Good to thee.

Be thou with us for aye."

In modest voice
Intoned with charming strength Womana speaks.

"Dear St. Phrenology, I thank thee for Thy gracious giving unto me and mine. Thou hast been Household Oracle to us, Hast blest our home and thou hast hallowed it

With guardian care these years. Our children all,

Aye, children's children, are fruition of Thy changeless law in body, mind and soul.

Thou hast shown, too, how Woman can be leal

And loyal Wife and Mother, making home A haven-rest from life's ill-storms and yet

May dedicate her very Self to Love, May thro' that Love reach heights she had not known

In lower paths of selfishness. One gift Of thee I ask. Make me to see my way In clearer light out from my little world, To know straight path to all who may have need

Of me. This gift, this gift of thee, I ask."

"Dear St. Phrenology," in one accord They speak, Womana's cadenced undertone

'Neath voice of Manus, as oft-times we hear

In crush of mighty harmonies one strain That seems more sweet than they. In one accord,

"Dear St. Phrenology, we take from this Glad Jubilee of Love, this Even Song, Its brightest silver star, its fairest bloom, Its sweetest cadence, dearest memory, Its rarest incense, all its brightest, best, Its fairest, sweetest, dearest, rarest and

We place them at thy feet, for they are thine.

They are but portion of thy graciousness These love-blest years. Aye, they are thine, are thine."

While Marriagus and Constance beautify The altar-place with incense of fair blooms,

While Veneratia swings censer gold And Hope and Spiritus low bow in prayer, While Tuna's chanting song grows sweeter still

With Love's sweet rhythmic flow, the voice is heard

Of St. Phrenology in benison, A triune benediction. "My grace be Upon this Twain, upon their home and lives;

My grace upon their thought and word and deed;

My grace upon all who may know my Truth;

My grace upon all who my Truth may scorn;

My grace upon all who my Truth know not;

Grace be to all, to you, to all Mankind."

While Conjugalialia illumines the words Of benison 'mong Household Memories, In golden stillness of the chanting song, From shim'ring foldings of the fair white robe

Of St. Phrenology steps forth the Boy, Dan Cupid, white-winged, with one tiny hand

Enclasping bow and arrow (broken now), The other half raised as in questioning If he should speak or no. As wistful, shy, He stands the moment, St. Phrenology Awakes his wish to speech.

"May it please all,"

The Boy begins, his pinions fluttering As if half fear, "full fifty years ago This very night I wandered lone and sad Because of sorrow I had wrought in hearts

I fain had gladdened; wandered sad and lone

In loving blindness and in blinded love. In darksome, aimless dreariness I heard A Voice and saw a Presence wondrous fair,

Obed the Voice and with the Presence bright

('Twas St. Phrenology's own hand I clasped)

I entered her Cathedral, heard the vow Of Manus and Womana, Youth and Maid, The chanting wish of wedding guests, the Song

Of Love, and saw the beauteousness of Love—

Not Love that finds the mire and thorn oft-times

But Love that turns its fair rose-face unto
 The zenith sun-star. St. Phrenology
 Bade me dwell with her in Cathedral
 Fane,
 Bade me list to the Oracle of Truth,
 To go with her into the very home
 Of Manus and Womana, there to learn
 What Love should be, to read as living
 scroll
 Their lives, to dwell until the Even Song
 With her. So has she been my Oracle,
 Interpreting to me life's lessons hard,
 With her I've seen this Twain live out
 their lives
 From Wedding Hour till now. I've read
 the creed
 Of St. Phrenology and seen how in
 Accordant harmony were creed and life.
 Regretful do I see the 'might have
 been,'
 The Evil garmented by me with Good,
 The hearts and lives of men a darksome
 woof
 Enwoven, and the golden threads of Love
 Wrought through a crimson, tear-marred
 maze of sin.
 The orange-wreath has hidden oft a
 thorn;
 My birth-gift has been oft a faded rose.
 Unguided, blinded, I've called Pity Love,
 And Fancy, Friendship, and Desire I've
 named
 With Love's dear name. But 'twas in ig-
 norance;
 My eyes were blinded and I knew it not.
 My life has been without one thoughtful
 aim,
 And, penitent, I make confession-vow
 To thee, dear St. Phrenology. I do
 Attest my covenantal pledge to thee
 Before this household, Manus and the
 fair
 Womana and their kin—'fore wedding
 guests.
 With song and incense does my wish arise
 To be thy servitor, to do thy will.
 Take thou my bow and arrow, with my
 pledge
 Of loving lealty and loving Love."

Dear St. Phrenology's first answering
 Is kiss-caress upon the fair-tressed brow.
 "Be not cast down, dear little Cupid Boy,
 For thou hast erred in blindness, not in
 wish,
 And mayst redeem thy deeds of error-ill,
 Redeem Love's gold from base Desire's
 alloy.
 Unblinded thou shalt yet discern the Rose
 Of Love from Fancy and from Friend-
 ship's bloom;
 Unblinded thou shalt see the sun-star,
 Love,
 Unblinded lead to Love's nativity.
 Thy tiny hands shall be a very guide

O'er pitfalls thro' the maze of seeming
 Love.
 For it shall be thy task to will the Heart
 To wait decision of the Mind, the Soul,
 To know what is the best in knowledge-
 light
 Of present, past, and of the years to be.
 "Dear little Dan, I do not censure thee,
 For thou hast blinded been and knew it
 not.
 Thou art forgiven for thy wandering
 From me, for thou art mine, dear way-
 ward Boy,
 My very own since on Earth Life was
 born.
 Since Timus measured out the first Sixth
 Day,
 Since Man to Woman first spake words of
 Love,
 My erring charge thou hast been, little
 Dan.
 Thou hast a wanderer been o'er the
 Earth
 Of thy blind choice and my love-pity e'er
 Has followed thee in all thy wanderings.
 I do not censure thee for error past;
 'Tis all forgot in welcoming of thee.
 "Thou dost return, dear little Cupid Boy,
 Unto thine own, thy very own. These
 guests,
 These wedding guests (handmaids and
 servitors
 Who do my will, but not in servitude,
 In wish-desire) are to thee nearest kin
 And joy with me o'er thy return to-night.
 And so for bow and arrow do I give
 Love's magic word that shall ope hearts
 for thee,
 Love's mystic word that shall be Love's
 command.
 So do I place upon thy brow thy name,
 Above it my own seal of Love for thee.
 A new name, dear, no longer 'god of
 love,'
 But 'Amo, Loving One, the Loving One.'"
 The wand'ring Amo, re-born unto Love!
 Unblinded Amo, human and divine!
 The white-winged Amo, leal and fair and
 good!
 Love-pinioned Amo! Amo, Loving One!
 O place of sacred joy-solemnity!
 O scene of solemn, sacred, gladsome joy!
 O moment of glad, joyous sacredness!
 Bright-circled star-crests set in golden
 Love!
 Love-garlands of fair flowers reaching
 down
 From dome and tassellated wall! Re-
 sponse
 Of myriad blooms Love-strewn! The
 sweet Love Song
 Of silver lyre-strings and of Tuna's
 voice!
 The Jubilate Song! Love's sweet Amen!

THE END.

THE Phrenological Journal

AND SCIENCE OF HEALTH.

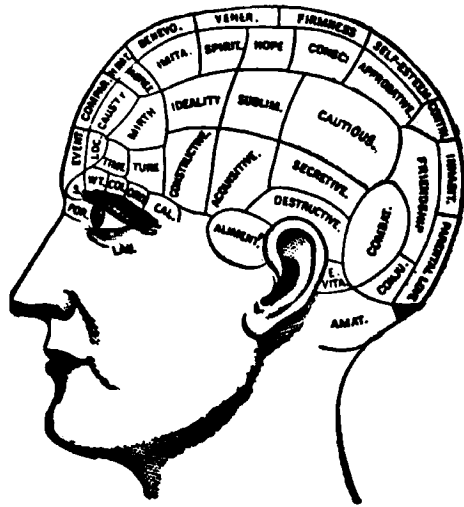
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INCORPORATED WITH THE

Phrenological Magazine

(1880)

NEW YORK AND LONDON, FEBRAURY, 1903



"Phrenology brings Sunshine wherever it is Studied and Understood."

The New and the Old Phrenology

It is difficult in these days to discover what is really new from what is supposed to be old. Nearly every paper that one takes up bears a title of an article on "New Thought."

A writer recently stated that the "‘New Thought’ is a science—the ‘Science of Right Thinking.’ But the brain-cells which have been shaped by the old thought of despondency and fear cannot all at once be reformed."

Phrenology may justly claim that she is ever new because she has ever produced the cheerful thought that gives strength, activity, and encouragement to those who understand her. She has ever had before her the ideal of the highest culture, and has never preached the doctrine of despondency and fear; through the organ of Hope she has encouraged cheerfulness and through cheerfulness she has brought

about health, wisdom in thought-building, power for good in admonishing others, prosperity because of talents rightly used, success on account of concentration of thought, and usefulness through the many mental powers she has in her diadem. Phrenology has ever been in the vanguard of encouraging bright and uplifting thought. It is, of course, of vital necessity to revise the old in the garb of modern thought.

Old fashions come to light in new material, new forms, and new names attached thereto. Persons of fashion are always on the outlook for changes, even if these changes mean the revival, not necessarily "of the fittest," but of the past customs of dress; thus we have the large puff to the sleeve at the top and the small, tight cuff at the wrist; when this style vanishes, the

opposite one takes its place—namely, the tight-fitting sleeve at the top and the open, flowing sleeve at the wrist. Other parts of the dress receive similar radical variations in types, colors, forms, and outlines. But nothing is new under the sun, from the rays of the rainbow to the latest combination of color in bookbinding, carpets, or wall-papers.

Phrenology, therefore, takes its stand with the "New Thought" of the day, for it has always dealt with mind-building and human culture; therefore its principles are priceless to those who desire to embrace the newer cult of the age.

DR. ADOLPH LORENZ.

A famous surgeon has been among us, and his work remains with us as a monument of his noble services. He showed throughout his visit his intense interest in his work and his love of humanity.

We unitedly admire his magnanimity, all the more so because his work is the restoration to freedom of so many little sufferers.

Mr. Anderson has sketched for us as a frontispiece the great master and three little cripples creeping near him to be cured, while one little girl is happy with her skipping-rope.

REVIEWS.

In this department we give short reviews of such New Books as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"Evolution and Phrenology," by Alfred Thomas Story, author of "The Building of the Empire." Published by Fowler & Wells Co., and L. N. Fowler & Co., London.

This book is timely and has been issued as an exposition on the study of mind in regard to the evolutionary spirit of the age. It is in no sense of the term a text-book on the subject, nor does it claim to be, but it is a dissertation on the phenomena of mind, and is divided into twelve chapters. Its text recommends itself without illustrations, and as one reads through its pages the book seems to have been written at one sitting, with the object of inducing readers to give a consecutive amount of thought as to how the brain is influenced by growing civilization and what part evolution is

playing in that development. In Chapter VII. the writer makes certain assumptions concerning the principles of the science, namely, that the brain is the organ of the mind, and, secondly, that the brain consists of a congeries of organs or centres, each having a distinct function to perform in the cerebral council, both these principles now being admitted by leading physiologists. The writer also takes for granted other broad generalizations, namely, that the organs of the intellect are situated in the frontal convolution, beyond the cerebral centres; that the more animal functions have their location in the base of the brain; and that the upper, or cumulative, convolutions have to do with the manifestation of the moral and spiritual powers. He mentions what the eminent physiologist, Prof. Huxley, once said to Dr. Alfred Russell Wallace when the latter asked him why he did not accept Phrenology as a science. The professor said, "Because, owing to the varying thickness of the skull, the form of the outside does not correspond with that of the brain itself, and therefore the comparative development of different parts of the brain cannot be determined by the form of the skull."

To this Dr. Wallace replied, "That the thickness of the skull varied at most by a few tenths of an inch, whereas the variations in the dimensions of the form

of the head, as measured in different directions, varied by whole inches, so that the size and proportion of the head, as measured or estimated by Phrenology, were very slightly affected by the different thicknesses of the skull, which, besides, had been carefully studied by Phrenologists as dependent on temperament, age, etc., could, in many cases, be estimated."

It is greatly to be regretted that a man of Huxley's intellect and breadth of view did not break through the prejudices of his day and give an independent examination to the science of Phrenology. There was every reason for him to do so in the publication of Dr. Ferrier's work on "Functions of the Brain," which, if it did not mark an era in the history of cerebral physiology, at least called renewed attention to the claims of Phrenology, and proved to many who are not too prejudiced to allow facts their due weight, that what was supposed to invalidate the so-called assumption of Phrenology went, in reality, a great way in support of its theories.

The writer goes on to explain further experiments made by Dr. Ferrier. On page 79 he states, "That man is anchored to his environments by a hundred living chains. Each chain represents a need, a dependence, but it represents also a power and a joy. Man cannot ignore those various links to his surroundings without injury to the feelings of his being. They are not all equally imperative in their demands at one and the same time. Some feel stronger in youth, others in age."

In after chapters he proceeds to explain various influences that show themselves in man through his brain developments. He refers to Dr. Alfred Russell Wallace's criticisms on Darwin's "Descent of Man" to show the successive stages of improvement that have taken place in the various evolutionary periods of mankind. Thus the writer throws out in his volume an individual way of looking at the manifestation of the powers of the mind, and at the same time he refers to the later writings on the subject.

The book is well printed on excellent paper, and presents a very readable form. It is short enough to be easily grasped, being 123 pages, while it is long enough to contain concerted views on the subject that it presents. We see no reason why there should not be a ready sale for this new work.

"The Rational Memory," by W. H. Groves. Published by the writer, Gloucester, Vt.

The object of the writer on this

subject has been to bring before his readers the real system of memory, which he hopes will take the place of some of those that he calls artificial systems which have been placed before the public of late years. The writer says some have excelled in treating one function of the memory and have ignored the other functions. He speaks of Dr. Pick, of England, who, in his work on "Memory," has treated admirably the law of comparison, but stops there. The writer believes in the natural and harmonious development of memory, and has endeavored to present ideas that, if carried out, will make the mind wax to receive, marble to retain.

In his eighteen chapters he has spoken of the following factors of the mind that are necessary to cultivate memory: Concentration, Observation, Comparison—comparison as to place, comparison as to time, names, words, and language.

He divides his subjects into four classes of laws—the first law of association—Comprehension; the second law of association—Comparison; the third law of association—Causality; the fourth law of association—Concurrence.

He gives many quotations to prove the above statements. As Phrenology agrees with him in regard to his division of memory (for memory cannot be classed under one head, each faculty having its local memory) the chapter on Observation is particularly interesting and useful.

We hope that his excellent digest of the subject will do much to increase the attention of others to the necessity of the present day for more concentrated attention relating to rational memory.

"In the World Celestial," by T. A. Bland, M.D., author of "How to Get Well and Keep Well." Published by T. A. Bland & Co., Chicago, Ill. Price, \$1.00.

The book contains an introduction by Rev. H. W. Thomas, D.D., President of the World's Liberal Congress of Religions. The book is a story of exceptional experiences told in a series of conversations by a well-known and popular author to his friend, who, by his permission, gives it to the public, veiling the real name of the author under the nom de plume of Paul. The writer of the book vouches for the integrity of "Paul," and assures the reader that the story is true in its essential facts. It is a genuine romance of two worlds. This work is a record of the actual experiences of a person who, while in a hypnotic trance, spent ten days in the realm where dwell the so-called dead, and with his dead sweetheart as his guide makes a tour of the heavens and

hells, which he sees occupied by vast spaces between the earth and other planets. It is not only a marvellous revelation of scenes and conditions in the spirit world, but it is made perhaps more interesting by the story of a love which budded on earth and blossomed in heaven. The Rev. Minot J. Savage says: "It gives a picture of the future that one cannot help wishing could be true." Mr. B. O. Flower in the "Arena" says, "The chief interest in this volume is found in the ethical philosophy it embodies and the definite revelations it unfolds concerning the state that awaits

the soul of man." At this period of the world's advancement, when every one is seeking for something new and wonderful, we expect that it will receive a wide circulation.

"The Left Side Man," by Margaret Blake Robinson, author of "Souls in Pawn," published by J. S. Oglesby, New York and London, is one we have just received; also "How to Acquire and Strengthen Will Power," by Richard J. Ebbard, published by the Modern Medical Publishing Co., London.

This and other interesting books will be reviewed shortly.

TO OUR NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.
—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

690.—M. Q.—Bement, Ill.—The gentleman's photograph indicates a well-rounded out head, which possesses a good deal of practical intuitiveness and desire to do work in a utilitarian way. He hates to see waste of any kind, but he is not mean or parsimonious himself. His head is high, which gives us to understand that he lives above the physical and material conditions of things. He is very positive, has will power and determination of character, and while he is sympathetic, he does not like to have any one doubt his opinion or try to persuade him from the view he has taken. He can be led but not driven to any change of opinion, and his wife and family, by understanding this, can obviate many difficulties that otherwise might cause him to be more positive in his views. His lips are firm, and he is sometimes reticent about his work, possibly unnecessarily so, and probably without thought as to whether others are anxious to share this knowledge or not. It would be well for him to communicate his ideas more freely and get into the habit of trusting his confidence with his wife. He looks as though he might have come from Puritan stock.

He is adapted to professional work, and would have made a good surgeon, dentist, or a mechanic in some inventive line. He will enjoy writing out his ideas when he is a few years older.

691.—M. Q.—Bement, Ill.—The photograph of this lady indicates that she has a common-sense way of looking at things, yet she is not without Ideality and taste for the beautiful in nature and art. She likes to have things substantially good, and then if there is any opportunity to embellish her work she will certainly take it. She is energetic, thoughtful, sympathetic, and intuitive. She knows how to guide people the right way, and will not criticise a fault simply for the sake of pointing out a discrepancy or error. She has a distinctly social nature, especially has she a regard for children and the aged. She would make an excellent teacher, nurse, parent, or missionary. She is firm, but her Firmness will manifest itself in a persuasive way, and people will be inclined to follow her suggestions, and if she secures the loving regard of any one and the affection of children, she will be able to do what she likes with them. She believes in being kind, thoughtful, sympathetic, at the same time she lets people know she has well considered her conclusions.

692.—E. McC.—Blissfield, Mich.—The photo of this lady indicates individuality of character and definiteness of purpose. She takes after her father in many respects, especially in her energy and positiveness of mind, and having a Motive-Mental Temperament when this photograph was taken. She should show a good deal of executive ability. She is highly ambitious, and will go to some pains to gain her point when working for any special object. If she were studying, she would put her mind

on her work, or if she were engaged in any social phase of life, she would manifest more than ordinary ability in influencing others. No one can fail to feel that she thoroughly means what she says when in her presence. She could become a good leader, and if married and settled down happily in life she would manifest a good deal of thoughtfulness for her home and for those comprising it. She is probably fond of outdoor sports, games, and field exercises. She should be able to drive well and handle the horses quite easily. She will enjoy being where there is a good deal of life, and will not settle down to a quiet sphere, but will make some attractive occupation for herself even if it does not present itself in an ordinary way.

693.—F. S.—Adrian College, Mich.—This photograph indicates that we have before us a thoroughly womanly character, one who will care for womanly pursuits, and when we say this we mean all the advanced studies that women are engaging in to-day. She will elevate any standard of study for women wherever she is, and no one will feel that woman is being unsexed through study when meeting her.

She has a full forehead, which shows that she possesses an excellent memory, good perceptive powers, an analytical mind, intuitive perceptions of character, and a thoughtfulness which reaches out in many directions. She will always benefit by her studies, whether she devotes herself directly to teaching or to married life. Some people think that it is a mistake for girls to go to college and then settle down in a home of their own. They do not realize that the education they take is going to help them in their housekeeping, but it is, and they have a much more intelligent idea of life by having a well-trained mind than as if they have no opportunity to

devote their attention to the scientific, practical, or theoretical side of life. She possesses a fine disposition and will make many friends as she passes through life. She is not one-sided in her views, consequently will be liberal in her judgments and candid in her opinions.

694.—E. M. K.—Philadelphia.—We do not think that the photograph you have sent us is a good one to judge from. The shadows on the photo are deceptive, and the mouth is very much drawn in, while the eyes are a little askant from behind her glasses. Her head is partly covered by her cap, but we will confine our remarks to the parts of the head that we can distinguish easily.

She has a comprehensive mind and a broad forehead that takes in a large amount of scientific study, and should be able to organize work and plan it out for a large number of people. She is self-contained and able to keep her own counsel; in fact, it might do her good to develop a little more open-mindedness or communicative ability. She does not make many mistakes by being over-ready to express her opinions. She is orderly and neat in her habits, and systematic in her way of doing her work. She is well able to reason things out from a given point, and prefers to know the why and wherefore of everything before she forms an opinion for or against a subject. This will incline her to look at both sides of a subject, and although she may doubt sometimes the veracity of others, yet she will not say very much until she is quite sure that she is right. Her organization indicates health and excellent vitality to sustain her in her professional work. She is able to hold the confidence that others give her, and on this account may be trusted with responsibilities which others would not be able to carry.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSECDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

W. C. F.—New York City.—Your query (which is just to hand) with regard to the thickness of the skull and its relation to the cultivation of the intellectual organs should be answered in the

following way when you are arguing the facts of the case with others.

It is not right for any one to consider the thickness of the skull in such a way as to regard it a barrier to the influence of the brain upon its internal tables, for where the brain is healthy the latter has a distinct influence over the covering which protects it. Persons who take up a skull and see how hard it is after death forget that in life it is adapted to the requirements of the brain, and grows in accordance with the activity of that organ.

The intellectual faculties can be cultivated the same as any of the organs of the brain, and all have their direct influence on the skull. If your friend doubts this let him test his own skull and test the working capacity of his brain and he will find that by hard study in mathematics or science he will materially effect a change of development in his cranial contour. We have

seen this repeatedly, and have had people come to see us to make inquiries with regard to the development of certain active faculties, so that we know in these cases the skull has been influenced through the brain's action.

Continue to make a study of Phrenology and you will find our remarks to be correct.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

MONTHLY LECTURES AT THE AMERICAN INSTITUTE OF PHRENOLOGY,

24 East 22d Street, New York City.

The monthly lecture for January was given by Dr. Alesha Sivvartha, delegate to the International Conference to formulate a universal language, at Washington, D. C. The lecture was given on the first Tuesday in the month, January 6th. The subject of the lecture was "Universal Language, Based on the Nature of Man," and proved to be a subject which he has devoted much attention to for the past five years. The lecturer in a clear and logical way set forth the objects and benefits of such a language as could be easily used and conversed in by all nations. The adoption of such a language, the lecturer said, would be a saving to the United States alone of several million dollars a year. The lecturer had a number of diagrams to emphasize his remarks. There was a good attendance, ably presided over by Charles Wesley Brandenburg, M.D., President of the Institute.

At the close Dr. Sivvartha related a few of his early reminiscences. As a boy of thirteen he read Combe's "Constitution of Man," and with careful study and observation began to examine heads, by which he earned money for the development and culture of his fine intellect. He early became acquainted with the late L. N. Fowler and remained a friend through life.

FEBRUARY LECTURE.

The February lecture will be given by Dr. Carleton Simon, President of the Hundred Year Club, on Tuesday, February 3d. The subject will be "The Phenomena of Life and Death," followed by Phrenological examinations.

FIELD NOTES.

On December 24th, Wave, only daughter of S. C. and Annie Trawatha, of Pittsburg, was united in marriage to John D. Ban, of Washington, D. C.

After a wedding supper and an evening spent socially with friends of the bride who had called, Mr. and Mrs. Ban departed to their own home, which had been previously furnished, and where they will be at home to their friends after January 1st, at 368 Carolina Street, Pittsburg. They were the recipients of many beautiful and useful wedding gifts.

Dr. SIBLEY'S LECTURES.

We had the pleasure of attending Dr. Sibley's first lecture in connection with the Institute on Thursday evening, January 8th, and learned much that will benefit us in overcoming and assisting others to overcome imaginary ills.

The course on Suggestive Therapeutics will be continued through February.

The Doctor is a gifted speaker and we can confidently recommend his teaching to doctors, nurses, and all professions engaged in alleviating suffering humanity.

AMERICAN AND ENGLISH PHRENOLOGISTS.

The following are some of the names and addresses of Phrenologists who are in the field: George Morris, Minneapolis, Minn.; Harry F. Nelson, Springfield, Mass.; J. W. and A. M. Rutter, Atlantic City; Levi Hummel, Gordon, Pa.; Rev. Alfred Ramey, Tombstone, Ariz.; D. F. McDonald, Washington, D. C.; Dr. John L. Capen, Philadelphia, Pa.; J. W. Brooks, Brantford, Ontario, Canada; Prof. Allen Haddock, San Francisco, Cal.; Dr. Martha Kellar, Cincinnati, O.; Paul

B. Kington, Buffalo, N. Y.; J. M. Fitzgerald, Chicago, Ill.; George Markley, Pittsburg, Pa.; Ira L. Guilford, Los Angeles, Cal.; D. Mackenzie, Owen Sound, Canada; Dr. S. V. Gifford, Kokomo, Ind.; Ira W. Ely, Des Moines, Ia.; Otto Hatry, Pittsburg, Pa.; R. G. Maxwell, Outlaws Bridge, N. C.; Wm. Dawson, Cogswell, N. D.; E. A. Bradley, Maple Lake, Minn.; W. G. Alexander, Victoria, B. C., Canada; C. F. Boger, Cincinnati, O.; D. T. Elliott, The Fowler Institute, London, Eng.; I. T. W. Clinton, Small Heath, Birmingham, Eng.; J. M. Severn, Brighton, Eng.; Misses Mallard and Ward, Hastings, Eng.; J. W. Taylor, Morecambe; A. W. Williams, Aberystwith; W. H. Lindsey, Hastings; T. Timson, Leicester; G. Dutton, Skegness.

PRIZES.

No. 1. The Self-Instructor is offered as a prize for the best Phrenological story of about 2,000 words.

No. 2. The Manual of Mental Science is offered as a prize for five subscriptions of \$1.00—or five shillings—each for the PHRENOLOGICAL JOURNAL.

No. 3. A year's free subscription to the PHRENOLOGICAL JOURNAL will be given to anyone who will send us two new subscriptions of \$1.00—or five shillings.

No. 4. "Animal Magnetism" is offered for the best article on the organ of "Self-Esteem," of not less than 500 words.

Prize contest will close May 1st.

THE FOWLER INSTITUTE.

Imperial Institute, Ludgate Circus,
London.

MEETING FOR DECEMBER

On Wednesday, Dec. 10, 1902, Mr. J. S. Brunning gave an interesting address before a large attendance of members and friends, dealing with his experiences as a character reader. Mr. W. J. Williamson occupied the Chair. Short addresses were also given by Messrs. J. B. Gland, D. T. Elliott and the Chairman. Mr. Brunning delineated two gentlemen from the audience in a satisfactory manner, and received the thanks of the meeting for his address.

The Rev. George Freeman's address is 49, Cornwall Road, W., and not as in the 1903 Annual.

JANUARY MEETING.

On January 4th Mr. D. T. Elliott gave a lecture before the above Institute, which was highly interesting.

The Rev. F. W. Wilkinson gave an instructive address at the Fowler Institute, at the close of which practical demonstrations in the science of Phrenology were given by Mr. Elliott.

FEBRUARY MEETINGS.

February 11th Mr. F. Cribb, and on February 25th Mr. C. P. Stanley, will lecture at the above Institute.

MARCH MEETINGS.

Miss S. Dexter will give a paper on March 11th, and Mr. F. Jarvis on March 25th.

APRIL MEETINGS.

On April 8th Mr. J. B. Eland is announced to give an address, and on the 22d Mr. D. T. Elliott will give the concluding lecture prior to the annual meeting on May 6th.

WIT AND WISDOM OPPORTUNITY.

What is opportunity? It is the gate which opens into the larger life, through which some are led to fortune, fame, influence, and wider service. Some men fail to enter through the gate because they are over sanguine. They think it will open many times again; that there is plenty of time, that what is not done to-day may be done to-morrow. Some fail to enter through the gate because they do not recognize that opportunity comes most often in disguise. They expected a golden gate to open, whereas the opening of an unpainted door was their chance for the larger life. They were waiting for the big gate to swing back upon its hinges, whereas the small door which opened, through which a man must stoop to enter, was the path of destiny for them. Or was it because the gate opened suddenly and they were caught napping? Without a moment of warning it opened and they were not ready.

Now, when one wakes up to realize that great things in life have been lost, it is a critical moment, for the temptation is strong to accept what seems the inevitable, to bow before what seems to be fate, to accept the situation, to become discouraged, to say: "It is my luck!" and consequently to cut the nerve of endeavor by carelessness and lukewarmness, or to become cynical, to get out of humor with the world, to complain, to become hard and bitter. Surely everything has not gone out of life.

If opportunities have been lost, duty at least remains. There is something to be done, and done well. Duty is before us all, and the work which duty demands is the mother of freedom, the personal freedom; the freedom of the powers of our being is the weapon by which every man at last comes to his own.—Rev. J. D. Adam.

TO READ CHARACTER FROM THE FACE.

To read a person's character from his face is an accomplishment which few possess, but which many would like to have. The study is an absorbingly interesting one, and has not only an entertaining, but a practical side as well. To be able to do so read the PHRENOLOGICAL JOURNAL.

TO REDUCE THE SIZE OF CHILD'S HEAD.

A Trenton Doctor to Attempt an Unusual Operation to Prevent Insanity.

Dr. T. H. Komoroski, of this city, is operating on a seventeen-months-old daughter of Henry Ulicki, a butcher of No. 317 Federal Street, to reduce the size of her head to prevent idiocy. At birth the head of the child measured $23\frac{1}{2}$ inches.

Dr. Komoroski began treatment by means of metal bands, and so far has succeeded in lessening the circumference an inch and a half. He has sent to New York for an instrument with which he intends puncturing the skull of the child to remove water from the brain, to which he attributes the abnormal size of the head.

Why is a woman's age like a floral wedding bell? It is never told.

When is a note of hand like a rosebud? When it is matured by falling due.

What did Jack Frost say when he kissed the rose? Wilt thou, and it wilted.

Why is a widow like a gardener? Because she tries to get rid of her weeds.

What is it that is queer about flowers? They shoot before they have pistils.

What trade does the sun follow in the month of May? The trade of mason (May sun).

Why is asparagus like many sermons? The end is the part the people enjoy the most.—Sunny Hours.

At what age may a man be said to belong to the vegetable kingdom? When long experience has made him sage.

Why is the young lady like a sheaf of wheat? She is first cradled, then thrashed and finally becomes the flour of the family.

Applicant for a Job—Do you want to hire a bookkeeper?

Proprietor—No, but I should like to hire a good bookseller.—Somerville Journal.

"Johnny, what is central time?"

"Central time, ma'am, is the time the telephone girl keeps you waitin' while she is getting ready to say 'hello'."—Chicago Tribune.

A little girl came home from Sunday school much pleased that she knew the golden text, and repeated to her mamma: "If ye love me, keep my commandments. And I will pray the Father and he shall give you another quilt (Comforter)."

"What made Jones speak so very pleasantly just now?"

"He got the better of me in a deal yesterday."—Detroit Free Press.

Little Nina went to church with her grandmother, and for the first time put two pennies in the contribution-plate. Leaning over she whispered very audibly:

"That's all right, grandma, I paid for two!"

ERROR IN BOOKKEEPING.

"Yes," said the head of the firm, "Miss Addie is a good bookkeeper, but she makes queer mistakes."

"What, for instance?" asked the silent partner.

"Well, she enters our messenger boy's wages under the head of 'running expenses.'"—Philadelphia Press.

IN INSTALMENTS.

Mrs. Gay—But I told you to itemize my bill.

The Milliner—The bill I sent to you on the 1st was itemized; every item was there.

"Gracious! You don't understand me. I want you to send only one item each month or my husband will never pay it."—Philadelphia Press.

FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of

FOWLER & WELLS CO.

THE SUBSCRIPTION PRICE of the **PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE** is \$1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

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CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to **Fowler & Wells Co.**, and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the **PHRENOLOGICAL JOURNAL** and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"**Mind**"—New York—for January—contains an article by Joseph Stewart, LL.M., on "Psychological Research in the New Thought," and a biographical sketch of the same writer by Charles Brodie Patterson.

"**Lippincott's Monthly Magazine**"—Philadelphia—contains a story by Maude Roosevelt, called "The Price of Fame." It is a captivating story of seventeen chapters and holds one's interest throughout. Dinners of fifty years ago are described by Mr. Bladen. Other stories make up an interesting number.

"**The Publishers Weekly**"—New York—is always full of interesting matter, and a business guide to publishers of the latest books.

"**The American Monthly or Review of**

Reviews"—New York.—The year opens with a character sketch of the late Thomas B. Reed, by Henry B. F. Macfarland, illustrated with a fine profile portrait. "Venezuela and Her Powers" is discussed by A. Maurice Low. Mr. W. F. Stead gives ten points concerning the British Education Bill which should be kept in mind by all who desire to appreciate the controversy which has been raging in England this year. Foreign observers have failed to understand the bearing of the particular question under discussion. If ministers had contented themselves with bringing in a bill dealing with secondary technical and university education both parties would readily have enacted it into law.

"**The Delineator**"—of New York—has taken a special spurt in illustrating its many varied articles this month. Surely with so much crowded into one number what is there left for the remaining eleven. An article on childhood by Mrs. Theodore W. Birney, is one of special note.

"**The Observer**"—New York—is constantly increasing its interest as a weekly, both as regards its subject matter and its interesting method of impressing the public with what it has to say. Under the heading **From the City Pastor's Point of View No. 4**, we have a discourse by George B. Brown on the minister and the trustee; and another one by the Rev. Amory H. Bradford, D.D., on aids to devotion, both of which are timely and helpful. "London's Great Preacher," is the title of a book that is reviewed in this number, written by Wm. Adamson, D.D. It promises to be one of the most interesting books of biography we have of remarkable preachers.

"**The Mail and Express**."—New York.—We are glad to note that the above paper has been reduced in price to one cent. It now bids fair to come into competition with other evening journals.

"**The Christian Work and Evangelist**"—New York—for January 3—contains an article on personal recollections of

Dr. Joseph Parker, by S. Parks Cadman, D.D., pastor of the Central Congregational Church, Brooklyn. This number is particularly interesting and contains many fine illustrations.

"The Christian Advocate"—New York—contains a tribute to the late William Hoyt and Major Alexander Shaw, the latter the universally respected citizen of Baltimore, and a wealthy philanthropist, among other interesting articles.

"The Exodus"—Chicago—is a magazine devoted to the systematic exposition of the science of being and to the leading questions of the new thought movement. It is edited by Ursula N. Gestefeld. Its price is 10 cents a copy or one dollar a year.

"Psychic World"—has many helpful suggestions among "The Education of the Muscles," by Wm. G. Harrison.

"The Bible Review"—is full of stimulating thoughts to the thoughtful seekers after truth.

"The Club Woman"—reports an interesting address by Horace G. Wadlin on "Women and Children in Industry." He says that in the manufacturing industries of the country alone there were employed at the last census 1,029,296 women 16 years of age and over.

"The Chautauquan"—for January—contains two finely illustrated articles on Russia—one by Frederic Ogg, and the other by Isabel F. Hapgood. "More Life for the Household Employee," by Caroline L. Hunt, is full of suggestions for homekeepers. The articles on art are especially interesting.

"The American Gardening" has numerous articles on flower culture. No need for unbeautiful surroundings if a subscriber to this paper.

"The American Bee Journal" holds its own as an up-to-date magazine.

"The National Advocate" is in the vanguard of temperance work. Its frontispiece is a fine picture of the late Sir Frederick Temple, the Archbishop of Canterbury.

"The Christian Advocate"—January 8th—has a portrait and sketch of the late Rev. Benjamin M. Adams; also of Dr. Lorenz. The Young People's Poetical Calendar is especially good.

"The New England Journal of Education" is, as usual, full of information, filling the need, not only of educational workers, but of all.

"The Modern Farmer" is in line with its usual contemporaries. It is indeed "a friend of agriculture and happy homes."

"The Gospel Messenger" has many personal, helpful thoughts for the reader.

PUBLISHERS' DEPARTMENT.

A young lady visited our consulting-rooms with her mother and writes on her return home that she left a much happier girl, and the last four years of her life were summed up in one word, "despair." She goes on to explain how unsuccessful she had been with some investments which had worked on her mind, but the examination inspired her with new hope and inspiration for future work. How many could be benefited if they would early adopt this method to find out their vocation in life.

What Dr. A. L. Wilson, Dentist, says:

I have been using Fowler's Friction Soap in office, laboratory and home for some time, and am delighted with its cleaning powers. It is certainly the most rapid and thorough cleaner I ever tried. For removing from the hands of dentists the grime of flasks and vulcanizer it is invaluable, leaving the skin as soft as velvet and thoroughly antiseptic, as a dentist's hands should be. It is the soap par excellence for universal use.

It was predicted at the outset that the Phrenological Annual would outstrip any of previous years. It has more than exceeded our most sanguine expectations and is of great interest to lay readers besides serving the profession in a most useful way.

THE LEFT SIDE MAN

"Miss Robinson's book would inspire any man to a better life and to higher ideals of Christian living. Besides, it is a most interesting story. I am going to send it to my mother in Georgia to-day." —W. C. Bucher (druggist), Kalisch's Pharmacy, New York. Fowler & Wells, New York \$1.25.

In an age when marriage is in an astonishing large number of cases only fuel for the divorce mill, "The Left Side Man" comes as a positive blessing.

"Scientific Phrenology," by Dr. Hollander, is based on the most recent researches into the functions of the brain and has no connection with the bump-theory, which is commonly supposed to constitute Phrenology. It furnishes a key to human character, enabling us to understand ourselves and to apply our knowledge to the education of the young and the treatment of the criminal and insane. No special technical knowledge is required to test the author's deductions and observations. Fowler & Wells Co., New York. \$2.00.

WILL-POWER.

By Richard J. Ebbord.

The valuable compliment to Professor Ebbord's widely known and highly appreciated work on "Will Power," or "Modern Psycho-Therapy," treats specially of nervous disorders, debility, and exhaustion. Its interest is greatly enhanced by its readable, lucid style, unencumbered by technicalities, the freshness of the ideas to which the author gives expression, and the striking and novel point of view from which he approaches the subject. This book will certainly dispel many widespread misapprehensions and errors and dispose of a host of exaggerated doubts and fears. Professor Ebbord extends to all sufferers both help and hope. Fowler & Wells Co., New York. Price \$2.00

"The Zodiacal Cards," by Grace Angela, and book which shows "How to Use Them," constitute a uniquely simple and entertaining system of instruction, adapted to the needs of all individuals.

They may be used in the intellectual, educational, scientific, medical, religious, musical, dramatic, artistic, political, social, domestic, and commercial domains; in the selection and management of servants, the training of children, reformatory work, judgments of character and the development of the intuitive nature.

Like an X-ray they are capable of penetrating to the interior of things, mirroring internal conditions, hidden activities, qualities and minute particulars that could not otherwise be readily ascertained. Fowler & Wells Co., New York. Price, \$1.00.

"Sea Drift; or a Tribute to the Ocean," by Antoinette Brown Blackwell. Jas. White & Co., New York, \$1.00, is brimful of showy poems.

"Everything has its soul,
Its wrong and its right.
Each heart has its goal,
The stars cheer its night;
And its lessons unroll
As the dawning of light.

"How to Gain Health and Long Life," by P. M. Hanney. Fowler & Wells Co., New York; \$1.00. "Printer's Ink," Jan. 31st, says of: "It is indeed very hard to find a writer on scientific subjects who can be both strictly scientific and also racy and familiar in the presentation of his subject," but he himself has succeeded so well in this particular that his book would be an excellent volume to study for writers who are aiming for similar facility.

THE PHRENOLOGICAL JOURNAL

The quantity of renewals to the PHRENOLOGICAL JOURNAL, established 1838, are most encouraging, and a larger number of new subscribers for January are already entered than for many years.

Mr. J. Howard Moore's "Better-World Philosophy," Fowler & Wells Co., New York, \$1.00, is a protest. Its author is dissatisfied with the egoism of our day. He feels that it is short-sighted, mischievous and unnecessary. He believes that the future is to see better things. Mr. Moore sketches the present unsatisfactory conditions, and shows how they came to be through the operation of the laws of selection and evolution. He pleads for the social recognition and control of these laws through a scientific stirpiculture in humanity.

"Human Nature," by L. N. Fowler, 10 cents, may be read with interest and profit by young and old. Never was the development of human nature so necessary as at the present time.

"Tea and Coffee;" price, 25 cents; Fowler & Wells Co., New York. The inebriety is the very question which is before us. Tea and coffee, it is now believed, not only stimulate but produce dyspepsia, nervous prostration, disturbance of the heart, sudden death in many cases, and not the slightest good in any case. Health, the most natural of all attainable good, is easily lost through ignorance of the laws of nature. This work will aid and assist anyone who has become addicted to tea and coffee drinking.

For private study of Physiology and Anatomy, "The New Model Manakin," ten dollars, Fowler & Wells Co., New York, is the best medium we have seen. It is securely bound and all its parts securely fixed, and any part may be fixed on at a glance.

"The Better Way." An appeal to men in behalf of Human Culture through a wiser parentage. By A. E. Newton. Price, 25 cents.

"Deep Breathing," or Lung Gymnastics, as a means of promoting the art of song and of curing various diseases of the throat and lungs. By Sophia M. A. Ciccolina. Price, cloth, \$1.00.

An ingenious card device, for displaying the colors of Dixon's Silica-Graphite Paint in such manner as will permit of an exact idea of each color, is being issued by the Joseph Dixon Crucible Company, Jersey City, N. J.

The color chart carries with it suggestions as to the class of construction that can be protected with this paint, also

instructions as to best methods of applying protective paint.

The new color chart can be secured by request to the Joseph Dixon Crucible Company, Jersey City, N. J.

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WHAT THEY SAY.

"Dear old Journal. I send again the fare for your monthly visits to me. Always pleased and glad to receive you.

"The Journal is in its 40th year of visits to me. How can it be expected that I can do without it? Well, I will not as long as I can get the money.

"A. R. J.,

"N. Danville, N. H."

"I have just finished your book 'Maturity,' and it has been worth its weight in gold to me.

"Mrs. H. M.,
"Lake, Wash."

The report of the American Institute of Phrenology will be sent on application and receipt of 10 cents, to pay postage.

"A Self-Made Woman;" or, Mary Idyl's Trials and Triumphs. By Emma May Buckingham. Price, 50 cents.

"Search Lights and Guide Lines;" or, Men and Nature. What They Are, What They Were, and What They Will Be. By Edgar Greenleaf Bradford. Price, cloth, 50 cents.

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"Success through Phrenology," with Addresses delivered before the American Institute of Phrenology. Price, 10 cents.

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"Uterine Diseases and Displacements;" A Practical Treatise on the Various Diseases, Malpositions, and Structural Derangements of the Uterus and its Appendages. By R. T. Trall, M.D. Price, cloth, \$2.00.

"Work of Phrenology in Education," with Addresses delivered before the American Institute of Phrenology, October, 1900. Price, 10 cents.

"Windows of Character," and Other Studies in Science and Art. By Rev. Edward Payson Thwing, M.D., Ph.D. Price, paper, 50 cents.

"Young Wife's Advice Book;" A Guide for Mothers on Health and Self-Management. Edited by George Black, M.B. Price, paper, 50 cents.

"Your Mesmeric Forces, and How to Develop Them;" Giving Full and Comprehensive Instructions How to Mesmerize. By Frank H. Randall. This book gives more real, practical instruction than many of the expensive so-called "Courses of Instruction" advertised at \$10. Crown 8vo. 150 pages. Price, \$1.00.

"Souls in Pawn;" A Story of New York Life. This is one of the best selling books ever written. Everybody wants this extraordinary story of New York life. It is one of the most thrilling, touching, and soul-enthraling books that ever came from the press. It is a new book, being out only a few months, and it is written by Margaret Blake Robinson, a woman who was for many years a newspaper reporter and who saw the seamy side of life, in slum, mission, and midnight dive, as well as the side where wealth and splendor are found. It has 308 pages. Bound in best English cloth. Price, \$1.25.

This set of books is recommended to those who wish to take up the study of Phrenology at home or to prepare for attending the American Institute of Phrenology. At list prices these amount to \$18.75. The set will be sent for \$13.00, Express collect.

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(I.)

Animal Magnetism

"HYPNOTISM AND THE DOCTORS" gives a most interesting account of the first appearance of Hypnotism, in the doctrines and practices of Mesmer and his immediate followers, whose theories and processes, although differing greatly from those of our modern Hypnotists, belong to the same general category, and must be known if Modern Hypnotism is to be understood; besides which, those theories and processes have a great intrinsic interest. Mr. Richard Harte, as an old student of Hypnotics, is eminently fitted to treat the subject, and he has done so in this volume with great ability, as well as with complete impartiality. In it he gives a clear account of Mesmer's theory of disease, and of his methods for producing the "crises" on which he relied for the wonderful cures which he made.

In the preface of twenty-five pages, the author formulates a very strong indictment of the Faculty. Mr. Harte believes that of all professions, the medical is the most important to mankind, and the theals which he upholds in this outspoken preface is that, as at present constituted and organized, the Faculty (or doctors corporately and collectively) does not, and cannot, exercise the very important function in the community, which it undoubtedly should exercise, as the guardian of the health of the nation. Not the least interesting feature of this preface is the description at the end of a simple experiment, which anyone can try for himself, and which seems to prove that there exists an actual and real "psychic force," at present unknown to, or ignored by, science, which is capable of affecting material substances by attraction or repulsion, and which is projected from the human organism, and is under the control of the will.

The volume is beautifully printed and bound, and the pages are honest pages—not little islands of print in the middle of oceans of margin.

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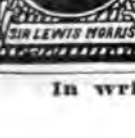
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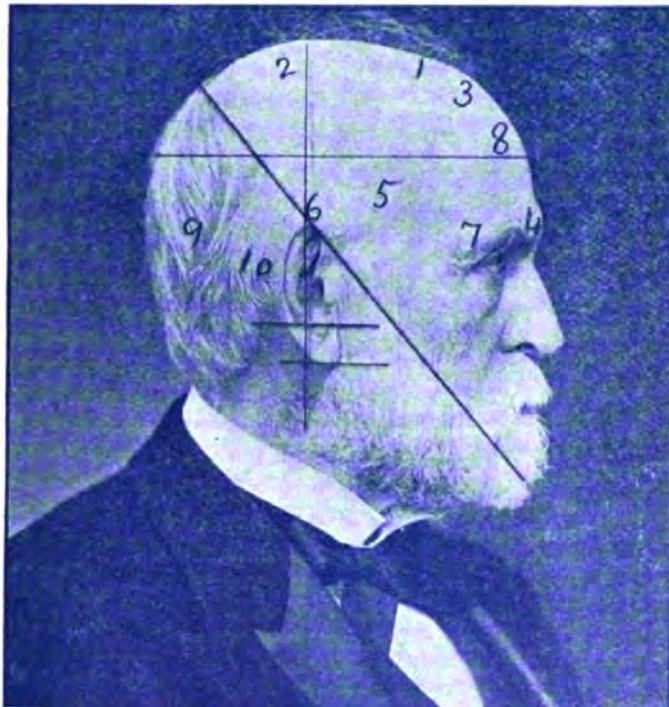


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—See page 82.

THE PHRENOLOGICAL JOURNAL

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Dr. H. L. Deimel.

PHYSICIAN, INVENTOR, AND BUSINESS EXPERT.

The spirit of altruism is deep in the minds of many people in the present age, and it shows itself in many forms.

One of the most radical changes of modern times in sanitary hygienic apparel is to be found in the introduction of the Deimel Linen Mesh, which was brought before the public notice through the discoveries of Dr. H. L. Deimel, when seeking to regain his health in southern California. His experience, coming from one of the medical profession, has even greater weight than if it came from a member of the laity, and as a full explanation has been given by Dr. Deimel to the physicians of this country concerning his discovery of linen underwear and the wearing of the same next to the skin, we are glad to be able to present our readers with the latest portraits of the inventor taken by Rockwood.

There are many practical lessons to be learned from this gentleman's outline of head and features, and on this account we take the opportunity of making the following remarks concerning this gentleman's characteristics and his work.

It will be noticed, in the first place,

that his brow is well developed, which at once tends to give him a scientific cast of mind. He is not an idle or a superficial observer, but has the capacity to make all his own investigations for himself independently of what others may think or say. We gather from such a remarkable outline of forehead that he is a man able to collect facts and to pioneer a cause for himself. Had he never thought of the Linen Mesh invention, it is probable that through his medical experience he would have brought forward some radical reform in regard to health.

He is a man who possesses a living entity—one who has the courage of his convictions, because he allows them to be founded upon facts, and these facts are ascertained through his perceptive intellect and his reasoning faculties. He is not a man who would ride a hobby for the sake of the hobby, unless there was some strong incentive for him to do so.

He has the foresight that keeps him looking out for possibilities, consequently he knows what to expect when he entertains any new idea, for he is not premature in expressing an opin-

ion until he has gained the consent of his judgment, perception of facts, and conscientious belief that what he has seen is correct and is worth explaining to others. A large percentage of the men of to-day who have "an axe to grind" do not give their deepest and best thoughts to the interest and cause of others, but rather to the consideration of how much money can be made out of the transaction.

Here we find not only a man with an excellent idea, but one who wishes to make it known for the benefit of the public. He himself has personally benefited in health by it, and wishes others to be equally benefited.

A remarkable combination of mental qualities enables him to see, examine into, and superintend large ideas; yet he is not so one-sided as some are, who can only engineer a large idea and who never get down to details. His perceptive faculties enable him to see whether everything is in its place, or where a single point is out of its plumb-line. Had he a theoretical mind only, he might have invented a thing that was good in substance, yet he would have had to leave to others the necessity of putting the material upon the market.

Nature has endowed him with special powers to oversee, manage, control, and direct his own inventions. He is not a crank as some are who are carried away with their pet ideas, but he has the form of head that indicates moderation and consistency in his work. He allows his reason to guide his plans, and as in the game of chess one player endeavors to checkmate his opponent, so he tries in everything he does to checkmate his ideas so as to see whether they are feasible or not, for the conservative and liberal views of subjects are duly considered by him.

There is a balance of power in his physical organization, and a similar balance of power expresses itself between the workings of his body and mind. The intellectual regulates the occipital region, while the temporo-

sphenoidal gives balance and energy to the moral, reasoning, and perceptive regions. There is, however, none too much activity in the crown of his head, and this fact prevents him from being carried away with conceited ideas as to his own judgment. He is modest and retiring in disposition, and although firm and persevering in his efforts, yet is considerate, thoughtful, and ever anxious to benefit his fellow-men along scientific lines. He is not boastful, nor inclined to think that he alone is the only man in the world who is equal to the task of bringing to light a new idea concerning the Linen Mesh underclothing; and he is willing to submit his ideas to the test of the world in such a practical way that all may realize for themselves that his experience is founded upon facts.

Although he is not a great talker, yet when he is drawn into an argument or debate he shows copiousness of language and frankness of utterance which are convincing and persuasive. He had tact at the outset to control his ideas until ready to point them out to the public, and is modest, yet dignified, in his manner of convincing people of the truth of his discovery.

It will be noticed along the two lines we have drawn across the forehead that there is a decided fulness. Thus he has to get the consent of both ranges of faculties before he allows either to act.

In the profile head we find that the proportions are well sustained; between the lower line, which passes from the opening of the ear across the lower end of the nose and the line above, there is twenty-five to thirty degrees, showing that the force of his mind lies in the intellectual rather than the basilar or selfish propensities. If the latter measurement had been forty-five degrees, as in the case of Muller, Hare or Young, the murderers, the animal propensities would have predominated. He has, however, a width of brain between the ears suf-

ficient in quantity to give him energy, force, spirit, and executive power, while the line running from the opening of the ear to the top of the head passes through the organ of Firmness, which adds to his character stability, will power, and great perseverance.

The line passing from the chin across the head and passing out at the

ly has the reins in his own hands, and is able to keep them there.

Dr. Deimel is fully able to substantiate all he represents, and his Conscientiousness is ever active in regard to the truthfulness of every utterance that he makes.

He is not a miser—in fact he shows a considerable liberality of mind and



Photo by Rockwood.

DR. DEIMEL.

crown, shows there is only an average development of Self-Esteem, though a full development of independence of mind, therefore he is not a man who would lean upon others, and is able to lead others without their knowing the method that he is adopting. A large number of people in the world direct with so much authority that their leadership is questioned. He general-

desire to advance any cause in which he interests himself. Therefore he will ever be found along progressive lines.

He will be known for his keen penetration of mind, his thoughtful way of looking into a subject, his practical method of collecting facts, his persevering efforts, his modest and retiring habits, his conservative, yet liberal,

way of looking at everything new, his intuitive method of understanding character, and his independence of mind when examining things for himself.

In the use of language—both oral and written—he will be choice in the selection of his words to express his ideas. He will never spare an explanation when it is to the advantage of his audience or readers to have it, and he will never add a word too much in his social or business conversation.

He will ever be modest and retiring, energetic and enterprising, inventive and versatile in his way of doing his work, as well as dignified and scholarly.

He should make a good practical business man, an excellent scientist—one capable of combining the professional and business side of life—and an intuitive, far-sighted medical advisor.

J. A. FOWLER.

BIOGRAPHICAL SKETCH.

In the beginning of 1891 a physician, who had been practicing in Denver, Colorado, came to Southern California in quest of health. Following an attack of surgical blood poisoning, Bright's disease, that insidious destroyer of so many promising lives, had taken hold of him. After two months' sojourn in the city of Santa Barbara, he repaired to a little mountain resort situated in a sheltered nook in one of the picturesque canyons of the Santa Inez range, known as the Montecito Hot Springs, in hope that the mineral waters coming direct from nature's laboratory might be helpful to him.

Being the only guest at this hidden-away place, what wonder that the balmy air, so free from the chilling fogs of the valley, tempted him to bask in the sunshine for hours after his morning bath in the pool. Experiencing in this way a delightful sense of freedom and contentment, he came

to spend many an hour on the brink of the springs with no covering other than a towel about him.

Whether fact or fancy, it seemed to him that resuming the garb of civilization was usually followed by a feeling of distress and irritability, so well known to him as the concomitants attending his illness and caused by the failure of the excretory organs to rid the system of the poisonous products of waste. Bent on solving the question which the inexorable Sphinx had propounded to him so early in life in the guise of disease, he spent many a lonesome hour endeavoring to find the reason why the signs of recovery, manifesting themselves so plainly when clad in the garb of nature, should vanish on donning the garments which science had proclaimed were for the purpose of protecting his body against the dangers of exposure. Could science be in error? Might his garments be interfering with the activity of the skin and thus counteract the healing influence of the springs?

One day while experimenting with the garment which he wore next to the skin, and which was of woollen texture, he observed that tiny drops of dew would collect upon the surface exposed to the vapor arising from the springs. Unable to pass through or even into the wool, the vapor had condensed into drops, gathering upon the filaments of the garment. Subjecting a linen towel to the same test, the vapor found no hindrance in its onward passage into the outer air.

This little experiment recalled to him the days of his boyhood when, following the custom of the time, he wore a linen shirt of coarse, homespun texture next to his body, even in winter, when wading through the snow up to his waist and when suffering and sickness were strangers to him. Pursuing this line of thought he soon found himself clad in undergarments made of coarse linen, and in spite of the grave prognosis of his medical brethren, who had examined him during his illness, he regained his health,

and after a few months of roaming about in the ever-charming hills surrounding the springs, he returned to Santa Barbara, resuming the practice of his profession.

This is, in short, the origin of a business enterprise which to-day extends its branches and ramifications around the globe, which affords em-

application, yet such was the unfailing result for good on the part of all who exchanged their flannels for linen undergarments that he could not escape the conviction that the modern method of wearing woolens next to the skin was entirely wrong and answerable for a host of ailments, lowering vitality, and in many instances shortening life,



Photo by Rockwood.

DR. DEIMEL.

(1) The line indicates long life, chin to crown. (2) The line from opening of ear to nose. (3) The line from ear to Individuality. (4) The line from ear to Human Nature. (5) The line from opening of ear to Firmness. (6) The line passes through to Self Esteem.

ployment to a thousand men and women, and which gives comfort and health to millions.

In the practice of his profession Dr. Deimel had a fruitful opportunity of testing the scope of his personal experience in the matter of proper garments for the skin. At first he did so tentatively, not being sure whether his own case would permit of general

while linen, the garb of our forefathers, would restore even the most weakened skin to a condition of robust activity and impart vigor to the whole system.

Once, at the bedside of a patient suffering from acute rheumatism attended with high fever, his observation at the Hot Springs was vividly recalled to his mind. In examining

the patient he found the inner surface of the flannel shirt covered with tiny drops of perspiration. Had not his experiment repeated itself in this instance? Had not the vapory exhalations of the pores meeting the obstructing influence of the woollen garments condensed into drops to be brought back into contact with the patient's fever-heated skin? What could Nature's efforts avail, even aided by medical science, if the impurities thrown upon the skin would meet such obstruction in their outward passage?

Linen garments changed afresh morning and evening brought recovery in the course of a few weeks from an attack which, according to previous experience, should have lasted as many months.

In pursuing his studies the doctor was often surprised at the many and strong references recorded throughout the literature of ancient and less remote times in favor of linen underwear. The necessity of interposing between the human skin and the woollen outer raiment, a garment which could easily be cleansed, had been recognized ever since clothing had been adopted. The chiton of the ancient Greeks, so frequently mentioned in the classics, was of linen texture and worn beneath a woollen cloak. Among the tenets of Hippocrates, commonly named the father of medicine, there is one to the effect that "Linen should be worn next to the skin." A Roman author by the name of Apuleius, says, "Flax, the cleanest production of the field, is used for the inner clothing of man, instead of wool, which is the excretion of a sluggish animal body."

Among the most striking quotations, a passage from Shakespeare is worthy of record:

"I go woolward for penance."

"True, and it was enjoined him in Rome for want of linen."—"Love's Labor Lost," Act V, Scene II.

Could the discomfort of wool next the body and the sanitary features of linen be stated more tersely?

From time to time, during the cen-

turies gone by, attempts have been made to replace the linen undergarment by one of wool, usually with disastrous results to health and life. In Gilbert White's "Natural History of Selbourne" we read that the disappearance of leprosy has been in a great measure due to the use of linen underwear in place of sordid and filthy woollen.

With such references in support of his own reasoning and experience it is little wonder that Dr. Deimel became an ardent advocate of linen underwear, soon acquiring a large circle of followers. They were confronted, however, with the difficulty of obtaining suitable linen garments, none being in the market. The linen cloth, purchased by the yard and made into garments, was woven too close and fine, without any regard to porosity, and would often impart a sensation of chilliness. In order to obtain a material which in every way would meet his requirements Dr. Deimel undertook, in the summer of 1894, a journey to Europe in order to study the essential features involved in the manufacture of a porous linen, bringing home with him a fabric corresponding as nearly to his idea of perfection as the technical points involved would permit. To this fabric he gave the name of Deimel Linen-Mesh, which has since become recognized throughout the world as the correct material for wear next to the body.

Failing in his efforts to interest the trade in placing the Dr. Deimel underwear upon the market, owing to the prejudices against linen underwear, Dr. Deimel was compelled to personally devote himself to this task. Jointly, with a number of friends, he organized in February, 1895, the Deimel Linen-Mesh Company. From a modest beginning, this house has become one of the largest and most successful enterprises, operating extensive mills and manufacturing establishments of its own in various parts of the globe, supplying all the principal markets of the world.

It is but natural to ask, how did the medical profession receive Dr. Deimel's invention? Be it remembered that physicians, anxious to see their patients protected against the vicissitudes of a severe and changeable climate, were recommending woolen underwear at that time mainly because of the presumed ability of wool to keep the body warm. Many a wearer of woolen garments would have gladly discarded them, unsatisfactory and irritating as they had proved to be, had it not been for their physician's disapproval of "such a risky undertaking."

Even Dr. Deimel himself, before his own experience and deeper study of the subject, had been an advocate of woolen undergarments, considering them preferable to the cheap and unhygienic cotton wear, dyed in all sorts of colors and shades, exposing the skin to the poisonous ingredients contained in all dyes.

In order to properly present his cause to the medical profession Dr.

Deimel wrote a short pamphlet, entitled, "The Protective Feature of Underwear," a copy of which he mailed to every practicing physician. In plain, argumentative language, he monstated the fallacy of woolen underwear as a means of protection, assigning to wool its proper place, namely, that of an outer garment, and claiming for a porous linen, such as his Linen-Mesh, the position as the true garment for wear next to the skin. This pamphlet has since been republished in millions of copies and may be obtained free from any of the various offices of the Deimel Linen-Mesh Company. It has been the instrument of bringing about a most remarkable change in the attitude of the medical profession and has gained for the Dr. Deimel underwear the good-will and co-operation of thousands of physicians. Among its wearers the percentage of physicians is unusually large, and the orders from the foremost hospitals and sanitariums for a considerable part of the output.

Acquisitiveness—The Desire to Accumulate.

W. J. CORBETT, of London.

To some it may appear a trifle ignoble to advocate the claims of that mental faculty termed Acquisitiveness to a first place in a list of its kind for notice and cultivation, if it be found weak—even despicable after reading the poets, or having Robert Burns's sublime reproach on mankind, "Man's inhumanity to man makes countless thousands mourn," sticking fast somewhere in the memory; and the socialistic equalizer of human rights, on noting, may look around him again, and on beholding afresh the ills of poverty and the abused potentialities of wealth, be inclined to curse such an advocacy and strangle the claims with the kerchief of outraged charity:—and lo! he is in the same condemnation as Acquisitiveness.

Acquisitiveness is the "infant terrible" of the human mind. When big-born, or when pampered and overfed, he becomes an ugly tyrant; yet, when his legs are shaky there is not one of the household more easy to outwit than he, for everyone beneath that dome of osseous tissue is armed with a weapon in semblance to his own rapacious jaws, and lacks none of his qualities except simplicity. Amative-ness wants, Causality wants, Approbation wants, Benevolence wants, Veneration wants, and they all clamor for their variously seasoned dues, and are often particular about the spicing; but simple Acquisitiveness, robust and able, is a mere bottomless bag of a want that wants round, solid substance; yet often in ratio to the

healthy feeding of him is the regularity with which the others receive their slice of lawful fare.

Everything in the world wants, from the blade of grass that draws sustenance from the soil to the mountain that draws the cloud; from the babe that sucks its mother's breast to the king who wants a five-shilling cigar and another kingdom.

"Want" is first the principle in ex-

istence—no want, no existence. The earth is the great visible provider for all our wants, and she gives bountifully; yet she is the veritable personification of Acquisitiveness in largest letters, for she puts everything into her own maw when all's done: and so the wheel goes round. The lonely earth goes singing round on her orbit, and it is just possible the sun might want something of her one day.

(To be continued.)

Types of Character.

TWO CLASSES OF HEADS—THE HIGH AND THE LOW.

Phrenology interprets character in such a practical manner that there is no doubt as to its scientific aid in coming to correct conclusions with regard

to different types of character. While people are speculating along psychological lines and wandering in the dark, so to speak, with regard to their



Photo by Rockwood.

HON. A. S. HEWITT.

- (1) Large Benevolence; (2) Large Conscientiousness; (3) Large Human Nature; (4) Large Individuality; (5) Large Acquisitiveness; (6) Large Destructiveness; (7) Large Order; (8) Large Comparison; (9) Large Friendship; (10) Vitativeness.

investigations Phrenology is actually doing the work and supplying many of the more useful ideas of psychologists and leading the way to a more sub-

derstand the limitations of the children under his care.

In considering the height of heads, we must largely compare the breadth



MR. W. H. DROWATZKY'S SIDE VIEW.

stantial and tangible method of studying child life. An eminent psychologist once said to his class, when the writer was present, "It would be a very fine thing if we could find out the characteristics of a child by simply looking at him, but," said he, "we do not know of any such method, hence we must continue our investigations by making experiments and afterward form our conclusions."

The writer longed to explain to him that by the aid of Phrenology the definite characteristics of children could be made known, and much time could be saved if a teacher were able to un-

derstand the limitations of the children under his care. In considering the height of heads, we must largely compare the breadth of every head with its height before we can obtain a proper conclusion thereon. A head that looks high is not necessarily so. Some heads may measure six inches from the ear to the top and yet must be considered low types of heads, for the reason that the bulk may be around the base rather than in the superior region, or upper story. Therefore it is all-important for us to know what corresponding measurements we should make in order to come to correct conclusions as to the characteristics of the individual.

In the case of W. H. Drowatzky (whose back, front, and side photo-

graphs we have secured) we find that, although there is a good development below the center line passing from the anterior to the posterior lobe, yet the force, power, and interest of the individual are to be found above that line, namely, in the intellectual and moral regions, particularly within the area marked 1 and 2. In this region he uses his reflective, intuitive, and

He is philanthropic, and would like to bring about many reforms which would militate toward an improved social condition. He will never rest or be contented until he is able to do some such work, and he will make others feel, as he passes along in life, that every one should have a strong incentive from which to act and think.



MR. W. H. DROWATZKY'S FRONT VIEW.

sympathetic faculties, and is largely influenced by the aforesaid qualities. It is hard for him to take hold of a subject without reasoning it out for himself. It is not enough for another man to do his thinking for him, but he has ever to go over the whole ground himself and form his opinions and satisfy his philosophic mind as to the bearing of all subjects discussed.

In the photographs of W. H. D. we find that the back photograph indicates height as well as the side view. It gives a clear conception of the height of the head from the line of the collar and also of the breadth of the head between the ears, and when comparative measurements are taken it is very essential that we observe these points of difference or similarity.

We are helped in this case by a view of the back of the head, for there are details in it which even the forepart does not adequately represent.

In the portrait of the late Hon. Abram S. Hewitt it shows not only height of head and the Mental Temperament, but also the strong indications of longevity, which come from the combined development of the

gies when they were exhausted. The height of head, as indicated by the line across its center, shows how intimately he was acquainted with plans and schemes for doing good, and especially in doing what he thought to be right, whether he was understood or appreciated by others or not. His first aim in life was to fill his obligations in an honorable and satisfactory



MR. W. H. DROWATZKY'S BACK VIEW.

Motive with the Mental Temperament. The lower lobe of the ear as well as its length, the length of the nose, and the length from the chin to the crown of the head all indicate resisting power, a hold on life and ability to recuperate readily from overwork. Mr. Hewitt also possessed large Vitativeness, which gave him the mental tenacity to recuperate his ener-

way, and the organ marked 2 shows a remarkable development of Conscientiousness, this being the key-note of his character. Although he was anxious to benefit his fellow-men, and succeeded in doing so, yet he never compromised his opinions or sought to change them in any way to curry favor with others. People learned to value his opinions because they knew he al-

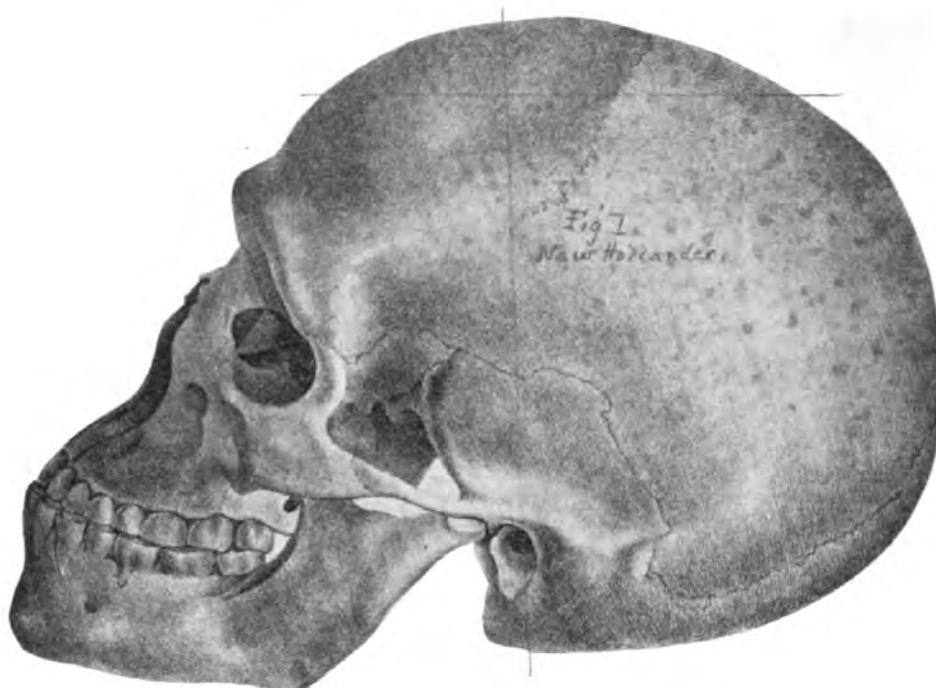


FIG. I.—THE SKULL OF A NEW HOLLANDER.

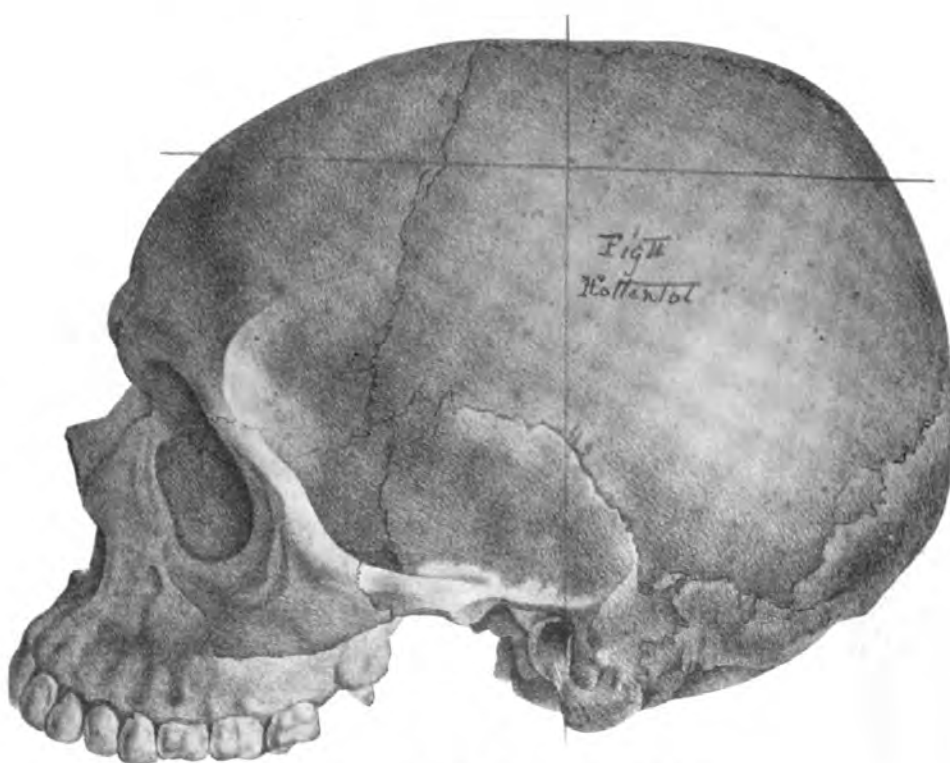


FIG. II.—THE SKULL OF A HOTTENTOT.

ways spoke straight from his convictions.

The base of his brain, while it gave him energy to carry out his work, yet did not dominate over his character, and in both the height and breadth of his head he showed ample capacity to carry on the affairs of his life by the direction of his moral character.

In the head of the Hottentot the skull appears to be high, but when we draw a line across the centre of the forehead backward we find that its height is in the basilar region of the brain rather than in the superior portion, like that of Abram S. Hewitt and W. H. D.; thus we see at once it would not be fair to men of moral calibre to attribute to the Hottentot the same amount of moral intelligence, even if

both classes measured six inches from the opening of the ear to the top of the head.

In the skull of the New Hollander a similar characteristic presents itself, for while the height of the head is comparatively above the average, yet when we cut off the center of the forehead by a line that passes to the back of the head through Causality and Cautiousness, we find a very small development of those qualities that give philanthropy, conscientiousness, regard for duty, intuitive insight, reverence, faith in sacred truths, and hope in a future life, while all the animal instincts are well developed and have an easy alliance to the affairs of the world—those that pertain to natural wants.

ABRAM STEVENS HEWITT.

BY RICHARD WATSON GILDER.

Read by Bishop Potter at the funeral of ex-Mayor A. S. Hewitt, in Calvary Church, New York, January 21, 1903.

Mourn for his death, but for his life rejoice

Who was the city's heart, the city's voice.

Dauntless in youth, impetuous in age,
Keen in debate, in civic counsel sage.

Talents and wealth to him were but a trust

To lift his hapless brother from the dust.
Because he followed truth, he led all men,
Through years and virtues the great citizen.

By being great he made the city great,
Serving the city, he upheld the State.
So shall the city win a purer fame
Led by the living splendor of his name.

GEMS FROM JOSEPH PARKER.

Selected by the Rev. FREDERICK CAMPBELL, D.D.

He that is least in the kingdom of Heaven is greater than he that is greatest outside.

Do not shut yourselves within your churches and say: "All is well."

Our opportunities of usefulness are dwindling, and we would arise and work like men who see the sun is going down.

Let us endeavor to the last hour. It is the end that determines everything.

You are not ashamed of any other master you have; why be ashamed of this King? You speak of those who taught you to paint, to sing, to speak, to write, do you ever mention His name who loved you and gave Himself for you?

I would the sanctuary could be opened

with the dawn and closed with the midnight bell.

Send the years of our life upon us as Thou wilt, only come Thou with every one of them, and make each as a step nearer Thy sweet home. May we buy up the opportunity with the urgency of men who have but a little time to stay and much work to do within the dying period. Prepare us for life, and thus prepare us for death. Enable us to do our work well; then shall our rest be well earned and our peace shall be complete. When the days of our traveling are done and we come to the last river, give us safe crossing and a broad welcome into the city. Amen.

The Late Elizabeth Cady Stanton.

A PHRENOLOGICAL INTERVIEW AND PERSONAL REMINISCENCES OF THE GREAT PIONEER SUFFRAGIST.

By J. A. FOWLER.

Few women have done more to influence public opinion than Mrs. Elizabeth Cady Stanton. Her object as a child was to become as much to her father as was the boy he lost, and on this account she strove in every possible way to change unjust laws in relation to women. When a little girl herself she used to hear her father groan and mentally weep because she was not a boy. It was on this account that she used to steal into Mr. Cady's law office and listen to the stories of injustice and hardship that women told there. When she found that nothing could be done for them under the law, her indignation rose to a high pitch. It even went so far as to make her resolve to cut out of her father's law books all the statutes that were unjust to her sex, thinking that then women would be treated fairly. She next conceived an idea that she could console her father for the loss of his boy if she was "learned and courageous." It was for this reason that she determined to "study Greek and learn to manage a home." So diligent was she in the study of Greek at the Academy that she took second prize in this study and eclipsed many boys who were older than herself. She pathetically thought that now her father would consider her as good as a boy. How do you think Mr. Cady rewarded her? Simply by sighing and saying, "You ought to have been a boy."

Another determination of hers to change the laws regarding women came from the fact that the young men who were law students in her father's office often teased her about the disabilities of women.

Were she commencing her career to-day, under similar circumstances as

those just related, concerning her father, we imagine she would have taken a full course in law and helped her father in his immediate work. We are not sure, however, but that her grand and noble life through the efforts of her pen and upon the platform have been as beneficial to women as though she had been a regular lawyer.

Mrs. Stanton proved to be one of the most delightful persons to interview that we have ever found. That she was a reformer of the up-to-date kind no one will doubt, but when you want to interview or see a person from your own standpoint it is not always that you find such an one is willing or agreeable to such an operation. It was, however, some months before Mrs. Stanton passed away when she was priming herself to send an article to Washington for the annual convention of Suffragists, that we found her, about five o'clock in the afternoon, busy with her secretary, however willing to see old friends. It was in company with the Rev. Antoinette Brown Blackwell that we spent a most delightful hour talking to Mrs. Stanton. "Will you allow me to measure your head, Mrs. Stanton?" I asked. "Yes," she replied, "you may measure me from head to foot if you like—the more the better, for it recalls to my mind the time when your father examined my head many years ago, when I was a comparatively young girl."

She shows so much genuine pleasure in what we were doing that she remarked, "It does not matter if you tumble my hair" (which was white and silky), "for it can be easily arranged." She sat in her chair every inch a queen, showing from her sparkling eyes the

treat she was anticipating. Before we had told her the result of our measurements she remarked, "It is a large head, Miss Fowler, but I do not know whether you will find anything in it

er than of a woman, for around its base it measured $22\frac{3}{4}$, while its height corresponded and proved to be above the average.

She was as much of a woman as any



Photo by Rockwood.

THE LATE ELIZABETH CADY STANTON.

worthy of remark. Perhaps your measure is not long enough to go round it," she said with another smile.

The result proved what our surmise was at the outset, that it possessed the cranial capacity and size of a man rather

than of a woman, for she possessed a full, round occiput, and her posterior brain indicated that she was no less a woman because she desired to fill the rôle in her father's eyes of a boy and later a man. She had the peculiar advan-

tages of inheriting a strong social disposition—at the same time she encouraged the ambition of a man in the public arena of life. It was no easy task for women to organize a Woman's Suffragist Convention, as she did with a few other courageous suffragists in 1848. To-day such a task is looked upon as a common occurrence.

She thus showed characteristics of mind at that early date which manifested unusual courage, a strong conviction, an enterprising mind, remarkable zeal, exceptional industry, and enthusiasm.

For this particular work she needed a large development of Conscientiousness, which was the keynote of her character; large Benevolence, which made her carry humanity upon her shoulders (especially the humanity that represented women); large Hope, which enabled her to open her eyes wide with expectancy; large Combativeness in that part that gave courage and power of attack; large Firmness, which enabled her to persevere with her object until her aim was secured; and large Wit, which lightened up the interest of the opposite sex in her undertakings.

One may have a very serious cause to promulgate, but if a person can so disguise the seriousness by throwing wit into the foreground and water the seeds of justice with humor, and draw in the rays of sunshine through Mirthfulness, and chase away doubt by sanguineness, and marshal one's facts by a hopeful attitude, then the battle is half won.

It was on these grounds, and with these weapons, that she plodded her way through the difficult maze of prejudice and won the respect of the opposite sex through her trenchant arguments. Men knew that she was right in her desire to change the laws for women, but they had not thought of the subject in the way in which she presented it. They believed in letting well alone; but when a man is convinced by argument, and can see the folly of existing law

through his reasoning mind, he is not slow to make the necessary changes as they are pointed out, even if the medium be a woman.

In questions of legal procedure, feeling and sentiment stand for less than argument well sustained by facts.

Although we have not a portrait showing the entire back development of Mrs. Stanton's head, yet the features of the face indicate many of these. Her sociability is manifested in the full, round, double chin. The lines of hospitality and friendship are deeply implanted on each side of the nose. The fulness each side of the middle of the nose indicates unusual sympathy, comradeship, and the fraternal spirit. Compare this part of her face with that of a man who has a thin, narrow, lean nose and you will find that just the opposite characteristics exist. The fulness of the eyes and the inexpressible roundness that appears under the eyes serve to indicate not only special power to express ideas; not only power of assimilation; but also a joyous sociability joined to intellectuality, which was powerfully seen in Mrs. Stanton's character.

She was truly magnetic in a broad sense of the term, and linked her Friendship with her large Benevolence and Causality, so that she was ready to take humanity into her maternal arms at that early date—1848. She cradled her own sex, however, with so much care that fathers, brothers, sons, and sweethearts were brought to see that woman was a very different creature from what they had formerly been brought up to believe her to be. She, with her co-workers, opened the eyes of humanity to respect woman-kind in a new light. Her fighting capacity came more from the element of courage than the desire to contend for contention's sake. It was through the moral atmosphere of her brain that she so strongly waged war upon the injustice done to women in every department of her work, and where a moral consciousness leads in any fight, the cause is more sure to win its laurels

than where Combateness rules its debater. She set up what is called in this country "an intellectual fight," and her courage was backed up by conviction. When she had once broken ground it was comparatively easy for her to sustain her ideas, and in company with her tried and faithful friend Susan B. Anthony she proved that when two or three are gathered together in the name of Justice they can obtain success and win the magnanimous confidence of the public. No one can read the "Woman's Bible" without feeling assured that she had studied the question of woman suffrage from all its standpoints. She believed that justice should be meted out to woman not because she was a woman but because she was a human being, a living soul, an important integral part of the great whole, and has as much right to considerations of liberty as man.

The height of her head in the region of Ambition, around the crown of the head, including Approbativeness and Self-Esteem, was quite noticeable; but here again she possessed faculties that were largely brought out through the influence of faculties that were anterior to them in location—namely, Conscientiousness, Firmness, and Benevolence. We doubt whether Self-Esteem and Approbativeness would have shown their peculiar strength and individual power had it not been for the motive that brought them into action. This fact should lead our readers to see how important it is for them to develop the right influences, the right stimuli, and the proper environments to produce what we term Character.

In all reforms an abundance of optimism is necessary, and in Mrs. Stanton's head we found along its superior region a broad and comprehensive development. What significance would this fact have for any one who was dissecting a brain like Mrs. Stanton's on purely physiological grounds, unless they possessed a knowledge of the Phrenological or Psychological localization of its functions? One may study

the fissures, the sulci, the gray and white matter, the weight and fissural depth of the convolutions and the texture of the membranes, but what conclusions can a pure physiologist come to with regard to the correlations of her mental powers with the physical ones? They cannot find out from the fissures nor the size of the brain that this was a philanthropic woman, that she possessed a strong social nature, and was devotedly attached to children, that her ideas of the future were broad and liberal rather than narrow and sectarian. As a matter of fact, Mrs. Stanton had very little regard for mere forms and ceremonies, and when we noted this fact to her she exclaimed, "That is a fact, and the more I study the Bible the larger my conception of God becomes and the smaller amount of respect I possess for dogmas."

Mrs. Stanton possessed a wonderful memory and gave to us (the Rev. Mrs. A. Brown Blackwell and myself) as full and free a discussion of the matters that were then forcing themselves upon her attention, as though she had been discussing the matters in the Free Trade Hall, Manchester, Exeter Hall, London, or Carnegie Hall, New York City. She reminded me of her palmy days when she stood before the large and enthusiastic audience in Piccadilly, London, when she spoke of the importance of agitating the question of woman's suffrage. She seemed to forget for the moment when she was talking to us that she was over eighty years of age, and wished that she was as able to use her bodily powers as easily as her mental faculties.

In short, Mrs. Stanton lived for a purpose and stood as a representative of her sex for over fifty years, and although she has passed to her eternal reward, yet the memory of her intense earnestness will be ever kept in the history of not only the Woman's Suffragist question but to all subjects that pertained to the rights of woman.

Mrs. Stanton was born at Johnstown, N. Y., on November 12, 1815. Her parents were Daniel Cady, at one

time Judge of the Supreme Court of New York, and Martha Livingstone Cady, a daughter of James Livingstone, a revolutionary soldier and a member of Washington's staff.

She received her education at the Johnstown Seminary and the Emma Willard Seminary, graduating from the latter school in 1832. In 1840 she was married to Henry Brewster Stanton, a lawyer, prominent in the anti-slavery movement, and afterward a State Senator, with whom she lived happily until his death in 1887.

Almost immediately after her marriage she began her career as an advocate of equal rights of women and especially of woman's suffrage, which cause she fought for to the last.

Her first public appearance was in favor of the married woman's property bill, which was first presented in 1840, and which she continued to urge until its final passage in the New York Legislature in 1888. In the latter year she issued a call for a woman's congress, the first of its kind, which met at Seneca Falls. It was before this congress that she first made a public demand for suffrage for women, and it was only after a long debate and very strong opposition that a resolution favoring it was finally passed. It was to this cause that her strongest efforts and warmest sympathies went, and it is in connection with this that she will be best remembered.

For twenty-five years she annually addressed a congressional committee urging the adoption of a sixteenth amendment to the constitution that would extend the franchise to women. From 1865 to 1893 she was President of the National Woman's Suffrage Association, and from then to the time of her death she was an honorary president of that body.

In 1854 Mrs. Stanton addressed the New York Legislature on the rights of

married women, and in 1860 she advocated before the same body the granting of divorce for drunkenness. She ran for Congress in 1868. Beside her labors in both of these things she spent much time in lecturing and her literary work was considerable. With Susan B. Anthony and Parker Pillsbury she edited "The Revolution." With Mrs. Anthony and Matilda Jocelyn Gage she wrote "The History of Woman Suffrage." She was one of the editors of "The Woman's Bible." She wrote "Eighty Years and More," and contributed many articles to magazines and newspapers.

On her eightieth birthday, in 1895, the National Council of Women paid its respects and showed its reverence for Mrs. Stanton by arranging a large demonstration in her honor. Three thousand delegates from all the women's societies were present in the Metropolitan Opera House, New York.

Her family consists of four sons and two daughters.

When speaking to Mrs. Stanton on the influence of Phrenology in educational matters, she said that when she was quite young she used to take even then a great interest in Phrenology, for she saw the benefits that resulted from this study. "I have never," she said, "given up the study, and have followed its reformatory results, until to-day I recognize it as a bulwark of education and right living." Her face fairly beamed with enthusiasm when she told me that she remembered the first time she read Combe's "Constitution of Man," which work had been very influential in her life. She felt sure that if more people would read this work they would be able to interpret the Bible with more clearness of understanding, especially those parts that referred, in the New Testament, to the natural and spiritual laws.

If you would know, and not be known,
live in a city.—Colton.

The eyes of other people are the eyes
that ruin us.—Franklin.



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

Child Culture.

ENTERPRISING AND AGGRESSIVE.

BY UNCLE JOE.

605.—Harold Curtis.—In one family what a variety of character is often found, although in some the members

tween them. This is largely the result of the diversity of stock and parentage of the children.



NO. 605.—HAROLD (centre picture). NO. 606 —ARNOLD (picture on the left).
NO. 607.—GERALD (picture on the right).

- (1) Circumference of head, 22 inches; height, 14 inches; weight, 105 pounds; height, 5 ft. 4 ins.; age, 14 years.
(2) Circumference of head, 21 inches; height, 14 inches; weight, 80 pounds; height, 4 ft. 10 ins.; age, 10 years.
(3) Circumference of head, 21 inches; height, 14 inches; weight, 55 pounds; height, 4 ft. 4 ins.; age, 8 years.

resemble each other so closely that one is hardly able to distinguish be-

In the case of Harold, Arnold, and Gerald Curtis, who are fourteen, ten,

and eight years old, respectively, we find some difference in the mental output that they possess.

Harold is the eldest and enjoys a clear, interesting, straightforward, intelligent capacity for work. Whatever he sees he understands and appreciates. Whatever he understands he never forgets, and stores away in his memory. His hair is well pushed back from his forehead, which shows that he has about an even registry of development for perceptive and reflective mental culture. If he can be induced to stay at school and college and take a scientific course he will be able to support himself by professional work. His brains will serve him and curtail his labors in a physical direction. He possesses versatility of mind, and could excel in engineering, practical invention, and in capacity to weave out many new and useful ideas. He needs, however, to be encouraged by his teachers and others, so that he may feel thoroughly competent to work out his future. If let alone he will not do so well as if he is with those who properly understand him. He could so cultivate his Language as to become a first-rate instructor or professor of chemistry, applied mathematics, or one of the several lines of electrical engineering. If given a fair chance he will appear to a good advantage in life.

606.—Arnold.—This lad is deficient in no way as regards health of constitution and general activity of mind. He will make a good business man and will be on the lookout for what he can find in life to make it more practical. He has not quite the scope of the elder brother, Harold—at least not in the same direction of studies. It would pay him, after he has passed through the high school, to take up a course in a business college, so that he can get a thorough training and prepare himself for the science of business, for business to-day is organized on a very different scale to what it was when our fathers entered business. Then, there was no special college training to fit a

young man for business life. He had to begin at the lowest rung of the ladder and work his way up. To-day a business man has got to be as smart in certain directions as a professor of languages or mathematics, and the colleges of the country are finding out the need of business young men and are supplying this want.

Arnold has energy and will show it when it is called out. He has also considerable ambition to excel in what he undertakes to do. He will not go beyond his depths in anything, for he will prepare himself first and be sure that he is on the right track. He does not like to do his work over again, and for this reason he is careful how he proceeds. He is rather self-contained, reserved, and tactful, and has to be drawn out by inches. He will be able to control his emotional nature in a decided way. As a merchant, commercial man, or business lawyer he will excel favorably.

607.—Gerald.—This lad was born with his working harness on. He is always on the go and ready to start in any new enterprise that presents itself. He will have large ideas to carry into execution. He will be master and will want his brothers to follow his lead. He will be able to mark out a course for himself as well as for them, and will always have more ideas than he will know what to do with. He had better be given a good education, and encouraged in a professional course. It will pay him to be either a practicing physician or a public man filling a position of authority, superintending and directing others, as well as to give out ideas as he goes along. As a medical man he will suit himself to the new ideas of the times, and will desire to write up certain theories he will promulgate for the benefit of his fellow-men. He will not be content with a small, insignificant practice, but will be an investigator, a consulting physician, or one to assume responsibilities on a large scale. If his life proves to be too active for concerted or close, applied study, it would

be well for him to travel for a year, for by so doing he would gather many ideas and much experience that would be of value to him in his after life, and if a tutor traveled with him he could keep up his studies as he traveled

among boys he will entertain them in a way of his own, which will be quite remarkable. He appears to have exceptional musical ability, and he should give some attention to the study of music and singing. He must



NOS. 605-606-607.—(1) HAROLD. (2) ARNOLD, (3) GERALD CURTIS.

about, and in that way he would have scope for his energies, his imagination, his keen perception, his examining mind, and his anxiety to know what is going on in all parts of the world. He will never be backward in coming to the front, and as a boy

get into the habit of making a collection of stamps, fossils, leaves, and flowers, and classify each. He must also make a little cabinet for his curios and label them all, so as to pull together the threads of his interest in science and art.

SCIENCE OF HEALTH

Health Topics.

E. P. MILLER, M.D.

THE CAUSES OF CHRONIC DISEASE.

The medical profession of all schools of practice are now beginning to discover that all forms of disease are caused primarily by the accumulation of effete and poisonous matters in the blood and tissues of the body. It is matter that should be thrown out of the body through the skin, bowels, kidneys, or lungs. Such matter when retained in the body becomes a seed-bed for disease-germs.

The "Therapeutic Gazette," a leading allopathic medical journal, in its January issue has the following about rheumatism:

"Rheumatism is not merely a localized disease characterized by red, swollen, and painful joints, which are an agony to the sufferer, but it is a general condition of the system of so marked a character as to be denominated by pathologists a true diathesis.

"The tendency of rheumatism to leave suddenly one articulation and to attack another renders it a constant source of dread, while its liability to attack the valves of the heart and terminate in an incurable organic heart lesion emphasizes the importance of correcting the condition as early as possible.

"While various methods of treatment are advocated, the opinion of Dr. W. Ewart, of London, is that most generally accepted and followed.

"Dr. Ewart states that since rheumatism is invariably accompanied by loss of appetite and embarrassed metabolism, it is naturally the result of accumulated secretions and imperfect excretion, hence it is best treated by

freeing the bodily outlets and carefully measuring the supplies. He questions whether acute rheumatism could long exist with a diarrhea, and while recognizing the necessity of the salicylate treatment, he advises that such be combined with mild cholagogues, diaphoretics, and diuretics.

"Furthermore, there are very many and grave drawbacks to the use of either salicylic acid or any of its salts alone in a treatment which may last, as in rheumatism, gout, and neuralgia, for a long period of time.

"Being a powerful antiferment, salicylic acid may impair digestion and develop a dyspeptic condition. Its after-taste can be covered and concealed in no manner yet discovered, so that it is apt to become repulsive to the patient."

While Dr. Ewart is undoubtedly correct in saying that rheumatism is the result of "accumulated secretions and imperfect excretions," and also in regard to the impairment of digestion and the development of dyspepsia and the impossibility of getting rid of the bad taste arising from the use of salicylic acid (the most popular remedy now for rheumatism), he is wide of the mark in regard to the use of the other remedies mentioned. A cholagogue, for instance, is a drug that causes the liver to throw out a large amount of bile to get rid of the drug. A diaphoretic is any drug that excites a free action of the skin, and a diuretic is a remedy that excites a free discharge from the kidneys. The liver recognizes a cholagogue as something

that is dangerous to the body and throws out its secretion to hurry it through the bowels. The skin regards a diaphoretic as something dangerous, and the sweat glands are set to work at once to get it out of the body. The kidneys regard a diuretic as a dangerous drug and drive it out of the body through the urine.

The use of such remedies often causes diseases that are more difficult to cure than rheumatism. Chronic inflammation and ulceration of the colon and rectum, or fissure and fistula at the anus, may be caused by the use of cholagogues or cathartics. Skin eruptions of various kinds may be developed from the use of diaphoretics, and diseases of the kidneys from diuretics. Washing out the colon and rectum with pure soft water will generally remove the effete matter from the body better than cholagogues. Turkish, electric, and vapor baths are far more effective than diaphoretics in working impurities out of the blood, and pure water to drink, with fomentations and compresses, will work impurities through the kidneys more effectually than diuretic drugs.

HOT AIR RELIEVES PAIN.

Dry air is a valuable pain reliever without any of the depressing effects common to drugs. In connection with constitutional and medicinal treatment, it is a positive curative agent. It is a stimulant to rapid repair and absorption. It is one of the most valuable eliminative agents the physician possesses. When indicated, it possesses a sedative action on the nervous system obtainable by no other means.—“Good Health.”

THE SALIVA.

Those people who eat sloppy food quickly, and do not properly mix it with the saliva, fill the stomach with food unprepared for digestion. If a person eats porridge or pudding quickly the saliva will change only about one per cent. of the starch in these foods into sugar. But if he will chew them well, and not swallow any until it has been thoroughly mixed with the saliva, then ten per cent. of the starch will be digested in the mouth, and thus much of the work of his stomach and bowels will be lessened.

Knowing the important uses of the saliva, my readers will understand the bad influence of tobacco. Tobacco increases the flow of saliva. Those who smoke or chew tobacco secrete more saliva than usual while doing so. If the saliva is spit out, as is done by tobacco users, then the stomach is deprived of its soothing fluid and the glands are stimulated injuriously. If the tobacco-laden saliva is swallowed, then the stomach is irritated and inflamed by the irritant tobacco-juice, and gastric catarrh or indigestion may follow; and the poisonous nicotine taken into the blood will act more or less injuriously on every organ and tissue of the body.

If the blood contains much chalky matter some of it will be contained in the saliva, and will form the fur or tartar often seen upon the teeth. It should be scraped off with a blunt blade. Very rarely one sees a little stone form in the salivary glands under the tongue. By the free use of ripe, raw fruits, salads, and tomatoes it may be dissolved and so painlessly got rid of.—“Human Nature.”



The Physiologic Care of Colds.

BY C. H. SHEPARD, M.D.

(Continued from page 54.)

The practice of administering quinine to break up a cold is to be condemned, because it debilitates the nervous system and weakens the action of the heart. The same may be said of any alcoholic mendicament, because the nervous system is first irritated and afterwards depressed by its use. In fact when the system is laboring in an effort to free itself from any obstruction, the presentation of a powerful agent that interferes with elimination is not only uncalled for, but decidedly injurious, because it prevents the natural forces from doing their perfect work.

When people understand that disease is a vital struggle, an effort to protect and defend the organism, that it is not a thing or entity, foreign to the system, but an action of the system itself, which seeks its preservation, not its destruction, they will cease to fear it; they will only fear its cause.

To make a radical cure of a cold, let the patient abstain entirely from food for at least twenty-four hours. Should the bowels be at all inactive, it is desirable that they be thoroughly flushed with warm water. Drink freely of pure water, taking a brisk walk in the open air, and then a Turkish bath. This may well be followed by an oil-rub, sometimes called a Roman bath, which mollifies the skin, making it more flexible and active. He will find a permanent benefit therefrom. The internal pressure will be relieved, and the cure perfected. Necessarily chronic cases need more persevering treatment, but each day will show progress, and only perseverance is needed to triumph ultimately over the morbid action. This fact is important, for it is claimed that 75 per cent. of the inhabitants of New York are constant sufferers from some form of colds. If they were always promptly and properly treated there would be

many less cases of la grippe, pneumonia, or even consumption to be cared for. It would be like turning the stream in the right direction at the fountain head. We well know that many victims of la grippe do not regain their normal condition of health for several years afterward.

When the above plan is faithfully carried out, the individual is free from any symptom of disease, rarely finds a handkerchief necessary, or even a need of clearing the throat. The converse may be quickly proved by a short season of greasy and highly seasoned food, and an extra meal added to the usual supply. The old proverb, "Stuff a cold and starve a fever," is an absurdity, for one suffering with a cold has already an inward fever on hand, and the more he is stuffed the worse he will become. Stuff a cold and you will be sure to have a fever to starve. One authority says that living on fruit for two or three days and drinking freely of hot or cold water, with milk for nourishment, will often cure an ordinary cold. Some persons, by drinking freely of cold water and exercising vigorously, can easily throw off a cold.

All harassing forms of coughing can be avoided by simply obeying the laws of health. The cough is a process of nature to relieve itself of impurities which are then thrown off by the mucous membrane instead of by the usual excretory organs. By purifying the system, by eliminating the impurities through the natural channels, we relieve the determination of the blood and nervous energy to the mucous membrane, and the cough vanishes. By freely drinking of hot water every hour, this happy result can be materially hastened. This is much better than taking the ordinary cough mixtures, which disorder digestion and spoil the appetite. The water should be taken as hot as can be borne, and

relieves by promoting the secretions as well as the expectoration.

A simple "cold in the head" may be successfully treated by drawing hot water into the nostrils and then blowing it out, repeating the process several times, until the nose is thoroughly cleaned. This is a simple and effective way of strengthening the membranes. It is both soothing and curative, and may be done morning and evening while washing the face. Whenever hoarseness is apparent, the one remedy is rest. Like other disease, a cold is not a thing which leaves no trace. It should be treated with as much care as would be given to many other diseases. If neglected, it is liable to bring on serious complications. Every period of disease through which a person passes, whatever its nature, is a permanent impairment of the vitality. Therefore, catching cold, or the beginning of any disease, is to be avoided as much as that of losing a valued possession. Lack of attention to such matters causes one to grow old sooner than he otherwise would.

For those in fair health, the practice of cold bathing in the morning is to be commended, particularly if a warm shower precedes the cold, or a short season in a warm room precedes the cold plunge. This is then most invigorating, and helps to tone up the skin to be unmindful of external changes of temperature, and the person less liable to take cold. But of all baths, the Turkish ranks at the head. For those who aim at the highest efficiency of bodily vigor, there is nothing more helpful than that of indulging in its sanitary luxuries at least once a week.

Few realize the many advantages of pure water for drinking. We pay a great deal for water that is impregnated with this or that salt, while the more it is impregnated with any foreign substance, the less valuable is it to the human economy. One great desirability of pure water is that it will dissolve, and thus help to eliminate morbid accumulations from the system wherever they may be lodged, whether they may be granular, crystal-

line, or calcareous. This is one of Nature's processes to save the health and life of the body. An eminent physician claims water to be a food, indispensable to all mankind. It certainly makes up the largest part of our bodies, is one of God's best gifts to man, and should be freely indulged in.

The surest safeguard against all disease is a purified and well-balanced circulation in a well-nourished body. The Turkish bath properly used secures the first, and a careful diet, combined with a moderate amount of exercise and out-door life, will secure the second. It is our unnatural, artificial mode of living which gives rise to all disease, or at least to our predisposition to disease.

There must be a certain definite way of living for every species of animal, and certainly for the human race. A transgression from this rightful way must in some manner alter the normal composition as well as the reactive power of the body. A man living on bread and milk differs in appearance, and the condition of his tissues from one whose food is highly seasoned, and who uses alcoholic drinks, together with tea, coffee, and tobacco. These narcotics have enormously assisted in the rapid degeneration of civilized mankind in this latter half of the nineteenth century, nor can we expect to see any great improvement unless the subjects of health and hygiene are taught to the rising generation in our schools.

Such an important matter as alimentation, the foundation and main-spring of bodily and mental, individual and social health, deserves the best work of the ablest minds. Physicians may indeed be proud to help in this cause, and thus take their rightful position as leaders in hygienic and medical matters. What is largely needed is a clear insight into the beneficial or harmful action of the habits of daily life upon the body. When physicians are appointed by the state as teachers of hygiene, a new era will be entered upon, and the physiologic care of colds will receive its due meed of attention.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The lecture hall of the American Institute of Phrenology was filled by an appreciative audience Tuesday evening, Feb. 3d. The speaker of the occasion, Dr. Carleton Simon, being unavoidably detained, the chairman of the evening, Dr. Charles Wesley Brandenburg (President of the Institute), preceded the lecture by a few interesting remarks dealing with "The Phenomena of Life and Death" from a Phrenological standpoint, giving the fundamental principles upon which the Phrenologist bases his ideas of "life and death." He explained how growth, quality, and condition of brain determined shape, size, and quality; how the shape and size of head determine the man; how man's character thus depends upon the brain. He gave the several grand divisions of the brain, showing how below the horizontal line on a level with the eyebrow is the base of the brain from which come the animal appetites and selfish desires, the physical; how in that part of the brain exist the influences necessary for physical conditions. The Doctor was explaining how above the horizontal line was the spiritual part of man, when Dr. Simon entered.

Dr. Brandenburg introduced Dr. Simon in a few well chosen words, as a brother physician, well known as an investigator along scientific lines. Dr. Simon said in part:

"These are the days of marches toward scientific attainment, in which the public is greatly interested." He had found that usually the language used is so technical that the uninitiated fail to understand. Therefore he had endeavored to use plain words, but the subject was so vast he had necessarily reduced his paper to fit the time allotted to him.

He asked the audience to not hastily judge him a materialist when he had finished. He spoke of how astronomical changes influence life; of the influence of heat, wet, and cold upon the earth; and each individual portion of the earth; of the effect of conditions upon life; of night with its rest and of day with its activity; of the attractive and repelling forces of the earth, and how the laws affecting the earth affect its individuals also; how Newton's law of gravitation is applied to life in this, that which comes from earth for our living returns to earth with us when life leaves us.

Wherever has been planted seeds of life memory has been planted, he affirmed. The lecturer believes that memory is not of the brain alone, but in the smallest cell-life; that it does not belong to organic life alone, but to material ob-

jects. For example, a steel wire re-bent will return to its natural place, and chemical salts crystallize in certain and exact forms.

He argued that memory in man is not always so reliable as the memory of the magnetic needle, which never fails in pointing aright; that there are latent qualities in everything—every cell has its power to recollect and retain, and that intelligence is in all cell form.

The nucleus of intelligence is at birth free from impressions, after which impressions are made as life advances. The deeper the registration the longer are they remembered. At birth the brain is like a ball of wax. The cells register impressions and also reconstruct.

Consciousness depends upon sense-impressions and sense-perception depends upon physical conditions and reflex cerebral activity. Sense perception may not include mental consciousness, however. The sleep centre is in the medulla oblongata, and in sleep one is partly conscious. In the unconscious state one has no knowledge of existence. The qualities of man are the same as in the ant, Laughter, love of home, destructiveness, combativeness are its qualities; it has its memory, too. Think of its brain and its tiny, infinite point of thought if intelligence is in brain alone.

The soul. There is a link which if broken the vital spark of life is gone—called a soul. But all organic substance has this principle of life in it.

Protoplasm is found in all life, in low and high cell-life. Life is the same in all forms, the difference being chemical activity, and chemical activity is the result of electrical influence. The vital principle is electrical chemical activity.

Dr. Brandenburg asked: "Does not thought originate in brain?"

Dr. Simon: "I believe thought cells are in every part of the body. Every atom has its intelligence."

Mr. Smith, President of the Hundred Year Club, spoke of his pleasure in attending the Institute lectures.

Dr. Brandenburg, in closing, differed from Dr. Simon in allotting to the brain the sole power of intelligence, again referring to the basilar and upper regions, the first of which dies first, the upper or spiritual passing away into lifelessness last.

He announced the next lecture in the course by Dr. Constantine McGuire, of Brooklyn; subject, "The New Physical Culture Phrenologically Considered."

After a few words from Mr. Piercy, the Secretary, the meeting adjourned.

given them by a practical examination of their characters from the examination of their heads, then they declare that "Phrenology is true." Many people were conscious of this fact before such doubters admitted it. So with telepathy, there will be many doubters before the idea will be accepted that the mind will be able to throw out thought and communicate with some other mind without oral language. Space is not a barrier, consequently we do not see the difficulties that others express with regard to its possibilities.

This is not a spiritual matter that belongs to the clergy, as Dr. George F. Shradly seems to think, but it is a subject that belongs to every one where affinity can be established. We do not believe it will be a thousand years, either, before such a possibility is established, as Dr. Cyrus Edson believes. All the mind needs to do is to set up the mental apparatus, just as Marconi has in a material sense, and the thoughts of individuals will register themselves in the minds of others at any distance. Of course, concentrated thought is necessary, and by using the proper elements of the mind we shall see the feasibility of the power that each one possesses.

We have both heard and experienced for ourselves the possibility of conversing with others through the medium of thought, and now that men have become aware of the possibility of transmitting wireless messages, they will become more and more accustomed to the idea that the mind can throw out thoughts even more quickly and satisfactorily than the wireless telegraphy has done.

We cannot agree, therefore, with

those who believe that it is a human impossibility for one man to communicate with another in a distant land. Of course, some persons will be much more susceptible than others to receive such communications and carry out the proper arrangements.

We would be glad to have the opinions of our readers on this subject, in order that we may gauge the advance of this thought among them.

CRIME, AND WHERE IT STARTS.

A controversy has recently been carried on in Europe by Dr. Cesare Lombroso and Dr. Max Nordau with regard to the study of criminal characteristics. The latter authority makes the startling statement that the criminal is a parasite, morally and mentally degenerate, preying on the society that supports him, and comparable to the animal and vegetable parasites that exist by preying on larger organisms, to which they likewise make no return. He says: "Away with the definition of the lawyer; that crime is an infraction of the law. With that of a theologian that crime is a disobedience of command; and with that of the anarchist who, recognizing neither law nor divine command, and declares that crime is no crime at all."

On the other hand, Lombroso says, "That the chief cause of crime is avatism, and that crime is a matter of inheritance and reversion." Further, "That the germs of all crimes lay within the heart of prehistoric man. Sometimes he has developed them, sometimes he has not. But any modern criminal manifestation is a halt in moral progress, a harking back to our

prehistoric grandfather." That, "An absolutely new characteristic in a human being is impossible; criminal impulses are as old as time."

The outcome of the discussion is, of course, most interesting to all scientific thinkers. "Why are some men



DR. CESARE LOMBROSO.

criminals?" and "Is crime a disease?" are questions which Phrenology has considered for many years. Dr. Gall, Dr. Spurzheim, and other early educationalists along the lines of Phrenological thought, have done much to clear public opinion in regard to them.

Our own opinion favors the view that the *tendency* to crime is often inherited; in fact, facts prove this to be the case, and therefore we are favorable to the view brought out by Lombroso, "that the criminal is an active creature and that his senses, and par-

ticularly his sight and hearing, are very acute, and his muscular ability greater than that of the normal man; and if he is deficient in morals or intelligence he displays, on the other hand, a wonderful ingenuity;" and further, we believe that the particular type of criminal can be pointed out, and that the lowering of the standard of morals in the criminal's mind is due to environments and surroundings which, if they had been otherwise, would have produced a higher type of individual.

We believe that it is wrong for any man to believe in the fatality that classes man as a parasite, or even supposes that the children of criminals must necessarily become criminals themselves. We have known of cases (and we expect others have had the same experience) where children with poor, or even vile, surroundings have been taken out of these and given the best of culture and example and the children have developed their higher natures and have left their evil ways and become respectable citizens.

There is hope for what is termed the criminal man, and Phrenology will show why we need more enlightenment on the subject of crime and its causes, and the future will reveal much that men do not now apparently understand with regard to the working of the passionate side of human character.

THE LATE ABRAM S. HEWITT.

Few men on passing away will leave a wider gap in the affairs of New York than that occasioned by the loss we have been called to sustain through

the death of Abram S. Hewitt. He was not a man who had great privileges to start with in life, but by his mental industry, his mental capacity to make use of opportunities, his foresight in looking ahead and planning for the future, his courage in grappling with difficulties as they appeared before him, he has been able to fill a unique position among his fellow-men. He was a man of single-eyed conscience. Whatever he believed in he had the courage to express when called upon to do so. His Conscientiousness played a very important part in his career, and he was able to carry out to the last his independent modesty of bearing. In political as well as in private life he showed the sin-

cerity of his character and the earnestness of every purpose that he endorsed. His large Benevolence manifested itself in the useful way in which he strove to benefit his fellow-men. His practical intellect showed itself to a marked degree by the way in which he examined every cause that he helped; while his thoughtfulness in administering public affairs won the esteem of those who differed from him in his political views. Few men have proved themselves to be more consistent or harmonious in the working out of their life plans than Mr. Hewitt, and few have been more ready to receive the last call when it came, or have used their lives to a better purpose than he.

REVIEWS.

"The Left Side Man," by Margaret Blake Robinson, author of "Souls in Pawn," etc., published by J. S. Ogilvie Co., New York and London, is a book that thrills the readers. It treats on married life, and Nanee is the heroine. It is original from its title to the last page of the book; its characters are natural and drawn from life, not stilted or artificial. We think "The Left Side Man" after this will feel grateful to the writer for having placed him in his right light in society. The book is printed in good type, on excellent paper; thus it makes a readable book of 260 pages. We believe this book will have as ready a sale as had the one issued from the same pen, namely, "Souls in Pawn."

"How to Gain Health and Long Life," by P. N. Hanney. Published by The Hazel Pure Food Co., Chicago.

The book shows how animal and vegetable bodies are related, and that persons should not die except from old age. It contains an interesting article in regard to promoting long life and happiness by obeying the simple laws of nature, especially those of pure foods. It discusses how to digest food, also the necessity and uses of food. It states the proper kind of food to eat, the arrange-

ment of meals and mastication. It gives a table of food values and a chapter on liquid foods; also when this kind of food is beneficial, and what to take. It speaks of the modern patent flour and its disadvantages, but expatiates to some length on the nutritive qualities of whole wheat flour. It further enlarges on condensed milk and its standard qualities. It gives some valuable hints as to how to detect the adulteration of foods, and the enormous amount of work the stomach must daily do. It gives the test for adulteration of milk, meats, etc., which no housewife should be ignorant of. One chapter is on "Exercise and How to Take It," and a plea for physical culture is given from a health standpoint. "The Necessity for Pure Air and How to Secure It" is another chapter full of valuable suggestions. The book does not close without explaining how to obtain sleep, the best time for taking it, and how to procure it, and offers some useful hints upon how to train a child. We consider the writer has been successful in uniting a vast number of valuable hints in a small space, and we believe the readers will be counted by thousands, as we cannot live in this age without securing all the practical hints possible by every person who has studied the subject.

"The Life of Joseph Parker, the Late Pastor of the City Temple, London," by Wm. Adamson, D.D., with portraits and illustrations. Published by Fleming H. Revell Co., New York and London.

This work will prove one of the most interesting biographies among our modern preachers. It will live through the ages, and be sought as a reference book concerning one of London's greatest preachers of the nineteenth century. All denominations listened to this prophetic man as one from who they could obtain some help.

The story of his life begins with his boyhood and takes him through a life of vigorous work in London's poorest center. Not many men could have held together such a congregation as this noble-minded, vigorous exponent of Christianity. The book contains more than his early life, parentage, and the historic events that surrounded his labors in Banbury and in Manchester, and more latterly in London, for it gives the inside of his character and gives us glimpses into his breadth and catholicity of mind among all denominations.

The writer was a man who came very closely in touch with the great divine, hence he knew him not only as a public character, but also in his private life. He eulogizes his happy domestic experiences and enlarges on his devotion to children; in fact, gives some of the letters that he wrote to children with diagrams, just as he made them.

The writer mentions the issue of the

special work entitled, "The People's Family Prayer Book," which was published in the year of his silver wedding. It was a labor of love, and the writer boasted more care in its preparation than in any of his other works.

We are glad that Dr. Adamson has undertaken such a labor of love, for his work will pass into many lands, wherever the great preacher's sermons were read. The writer has made the book so real that we seem to live over again the days when we sat under him as our pastor. He often spoke whole volumes in one short sentence.

"Words of Comfort," from the prayers of Joseph Parker, late pastor of the City Temple, London, selected and arranged by Amelia M. Fowler. Published by L. N. Fowler & Co., London, England; to be obtained from Fowler & Wells Co., New York City.

This little book is the Dr. Parker birthday book, and contains the living words from the prayers of Dr. Parker while he was in London. Many of the texts, as we have looked through the various anniversaries of our life, have breathed benedictions to us, and this was exactly how his prayers spoke to his hearers. They were living interpretations or prophecies of what had or would take place. A large number of this book has been issued. There are some few copies left for those who desire to read the golden nuggets as he gave them from his pulpit. Thee book makes a nice little birthday present, and is bound in cloth, at a reasonable price.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.
—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

695.—F. H. B.—Sabetha, Kansas.—This lady's photograph shows a person of strong character. She has energy, perception, intuition, and thoughtfulness combined with a strong moral and social nature. She is a natural leader and in-

vestigator. Her mind seeks improvements, advanced ideas, and methods. gathers facts and stores them up, and when needed she knows where to find them. Her motherliness endears her not only to her home folks but to the community. Her friends know she can be trusted and that she can usually see some way of helping them when in difficulty, so it is a common thing for them to consult her. She enjoys doing for those who are in less fortunate circumstances. "Helpfulness" might well be the key-word of her life. She has a great deal of determination, which is shown in carrying out her views of right rather than in selfish persistency. Hers is a mind of wonderful forecast, which plans for the future in detail as regards material things as well as spiritual. She has large Vitativeness, indicating a strong hold on life, but she has

so much ambition and energy that she must be careful not to use her strength faster than she replenishes it, thus breaking down before it is necessary.

Her power of communicating her ideas, of analysis and illustration, would help her to make an excellent teacher. As a physician she would have the confidence of her patients, for she would know their state of health almost intuitively, and would benefit them mentally, and therefore physically, by her presence. She should cultivate self-esteem, and take more time for eating and sleeping.

696.—F. J. E.—Geddes, So. Dakota.—This little boy is well endowed both physically and mentally, and with proper training should become a strong and influential man. He has a wonderful constitution, hence will easily overcome disease, and will tire out an ordinary child long before he is ready to stop playing. He is loving to those whom he knows, but will not be at all demonstrative to strangers until they have been weighed and found worthy of his friendship; even then his Secretiveness will keep him from being too friendly. His judgment of strangers is very keen, and as he gets older he will find his first opinions correct. Determination and Secretiveness are both strong, therefore his parents should be watchful that he is requested and persuaded more often than commanded. The latter method would be apt to make him willful and shut him up within himself. He notices everything and remembers it. This may not be apparent at the time, but after awhile something will call it forth. Work will be a delight to him—the harder it is the better he will like it. He will want to be the one to engineer

the game, and yet his management will be kindly and with evident thought. He is steadfast, thoughtful, fun-loving, and a lover of children.

He should be taught to put his playthings away when he has finished playing. A drawer should be given him to keep his clothes in, and, in the spirit of play, show him how to keep the things in order.

Business ability, also musical and constructive talent, should develop early.

He will make a good judge of form, size, and weight.

697.—W. H. D., Augusta, Wis.—You are a tireless worker for others. Never so happy as when you can help someone. You have a comprehensible brain. Your thoughts and plans are generated much faster than you can carry them out, although you can execute faster than nine-tenths of the people now. You have many irons in the fire and can attend to them all, but you would do well to take some of them out before you break down physically, for evidently your mentality far exceeds your vitality, and you are inclined to become so interested in your work that you forget the physical entirely. You have an intuitive mind. You read people at a glance and they realize it. You are a reasoner, a critic, an idealist, as well as a worker. You are upright and social, a good provider, but should not try to do so much for others that you shorten your own time of usefulness. You delight in large undertakings, in the beautiful, grand, and terrific in nature. With the proper education would make an excellent teacher, preacher, doctor, phrenologist, or inspector of schools. Cultivate repose; take time to eat, sleep, and recreate.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

J. L. D.—Lythia Springs, Chautauqua.—We are glad to hear from you and know that you addressed our firm nearly fifty years ago, and spent the first dollar you could call your own for the PHRENOLOGICAL JOURNAL. We are glad also that you are, after a lapse of a few years, to take up the lecture field again in behalf of Phrenology, and hope you will have the best of success to attend your labors.

We note with interest your forty years' experience as missionary in Shelby County in the paper called "Our Best Words." The account is astonishing and shows how wide has been your experience.

J. L.—Gilmore City, Ia.—Many thanks for the receipt of your photographs, which show you to be a man possessed of fine abilities and a superb constitution. You will find "The Modern Farmer," published in St. Joseph, Missouri, to be an interesting paper; also the "Indiana Farmer," Indianapolis, Ind., and the "Prairie Farmer," Chicago. We send you a copy of the PHRENOLOGICAL JOURNAL for February, which contains many points that will be interesting to you and serviceable in defense of the

subject. When you can, become a regular subscriber, so that you may keep in touch with the work.

J. E. C.—Upper Alton, Ill.—Many thanks for your communication and your testimony in favor of Phrenology. We are glad that the examination given by Prof. Nelson Sizer twenty-four years ago, from photographs of your little girl, has proved to be of such value to you. With your permission so kindly given, we add your testimony of what you have accomplished:

"I have the chart still in my possession. His advice was followed strictly to the letter. My daughter was very delicate; we thought it was almost impossible to raise her to maturity, but thanks to the knowledge of the professor, coupled with our care, she has grown up a strong woman. I think that if Prof. Nelson Sizer were living now he would be satisfied to think how much good had resulted from one grain of seed sown broadcast which took root and grew to such a beautiful flower. My daughter has now grown into a beautiful woman, twenty-seven years of age, and weighs 150 pounds. Her diet has been plain food, good milk, no tea or coffee. She was not sent to school until she was about eleven or twelve years of age. Before that she was not balanced—the mental

was in excess of the animal. Since then she has graduated from the high school with second honors."

You say we may refer any unbeliever in Phrenology to you. This we gladly do.

A. S. E.—Minetta, N. Y.—You ask us to explain what the development, large and small, of the occipital spine is a sign of; also whether or not its development is changed by age or sex.

The development of a large occipital spine is invariably that of activity in the individual who possesses it. The motive temperament generally accompanies this activity, consequently, when there is but a small development of the occipital spine in the posterior region of the head you will find a person who prefers to ride rather than walk; to sit rather than stand; to do sedentary rather than active work. The development changes with age and sex; for instance, it decreases in activity when the occupation of the person obliges him or her to take an inactive line of work. When a girl or woman inherits her temperament and active disposition from her father, a considerable amount of the occipital spine is noticeable; but as a rule it is not so prominently developed in a woman as in a man.

FOWLER INSTITUTE, LONDON.

FEBRUARY MEETINGS.

On February 11th Mr. F. Cribb gave an interesting lecture before the above Institute, and on February 25th Mr. C. P. Stanley gave an instructive address before the same Institute.

MARCH MEETINGS.

On March 11th Miss S. Dexter is announced to give a paper, and Mr. F. Jarvis on March 25th.

APRIL MEETINGS.

On April 8th Mr. J. B. Eland will give an address and on the 22d Mr. D. T. Elliott will give the concluding lecture prior to the annual meeting on May 6th.

The Fowler Phrenological Institute makes a specialty of teaching the theory and practice of Phrenology and its kindred subjects, private tuition, class instruction, and is the only place in England where a complete course of training in Phrenology and kindred subjects can be obtained.

The Institute possesses a splendid library (reference and circulating) for the

use of its members, also museum containing upward of 500 skulls, busts, masks, and various anatomical illustrations.

FIELD NOTES.

THE BRIGHTON AND HOVE PHRENOLOGICAL ASSOCIATION.

J. Millott Severn, President.

The above Association commenced its sixth annual session on October 8th last. Meetings are held fortnightly, as usual, from the first week in October until the last week in April. Increased interest has been maintained throughout the year.

Mr. Walter Brooks is still busily engaged in Phrenological work at Southsea. He makes "photo reading" a specialty.

Mr. W. J. Corbett, F.F.P.I., in a recent letter says: "I find in Glasgow, and wherever I have been in Scotland, that where unadulterated Phrenology is prac-

ticed and taught, the public respect and receive it."

Mr. C. Burton, of Birmingham, may be consulted daily at his rooms in Corporation Street.

Mr. J. T. Clinton, A.F.P.I., has removed to 32, Digbeth, Birmingham. His past success has necessitated larger premises.

Mr. J. A. Cousins, of Sheffield, continues to do excellent work as a practical Phrenologist.

Mr. John Allen, F.F.P.I., Educational Phrenologist, may in future be consulted at "Kilgrimol," St. Anne's-on-the-Sea.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

24 East Twenty-second Street, New York City.

LECTURE FOR MARCH.

The March lecture will be given by Dr. Constantine F. McGuire, of Brooklyn, on Tuesday, March 3d, at 8 P.M. The subject will be, "The New Physical Culture Phrenologically Considered." Dr. McGuire is too well known to our readers to need any introduction further than to say that he is a graduate of the Institute and a medical man of repute who embraces every opportunity to explain the benefits accruing from Phrenology.

THE LECTURE FOR APRIL.

The April lecture will be given by the Rev. Thomas A. Hyde, B.D., on Tuesday, April 7th, at 8 P.M. The subject will be "Phrenology Illustrated by the Language of the Emotions and Passions."

The report of the American Institute of Phrenology for 1902 is just out and will be sent postpaid on receipt of 10 cents in stamps. It contains a full list of the graduates (759) since its inception in 1866. Many interesting papers and all particulars are within its pages.

MARTIN COUNTY STANDARD.

Sherburn, Minn., Feb. 4, 1903.

Prof. Morris, the Phrenologist, drew a full house at his lecture Monday night. His lecture was a very interesting one, and during the course of the evening he demonstrated his ability of reading the head in two tests, in both of which he was blindfolded. One was the selecting of three men of Scandinavian nationality from three others of German nationality, and the other was the selecting of three Bryan democrats from three others

of the republican faith. The professor is creating considerable interest here and will undoubtedly draw good houses all week.

"Have just completed a course of lectures here on Phrenology, etc. I find the postmaster has been a life-long student of the noble science, and to him and his splendid wife I can be thankful for much of my success here.

"Mr. Z. Dickinson and wife are temperamentally and Phrenologically perfect mates. Two noble boys are the result—one in college and the other teaching physics and chemistry at Clinton, Ia.

"Jos. A. Huffman,
"Osgood, Ia."

The following are the names and addresses of Phrenologists who are giving examinations and lectures:

George Cozens, graduate (1891), Hoople, N. D.; Dr. Martha J. Keller, graduate (1887), Cincinnati, O.; B. F. Loomis (1886), Viola, Cal.; J. B. Harris, graduate (1888), Norwood, Mo.; J. G. Scott, Mayetta, Kan.; D. C. Noder, Nevada, Mo.; J. M. Fitzgerald, Chicago, Ill.; W. G. Alexander, graduate (1884), Vancouver, B. C., Canada; Ira W. Ely, Butler, Mo.; Henry Humphreys, graduate (1896), Houston, Texas; Alfred Herrington, Swainsboro, Ga.; Geo. W. Markley, graduate (1892), Pittsburg, Pa.; R. G. Maxwell (1887), Kinston, N. C.; Otto Hatry, Pittsburg, Pa.; George Morris, graduate (1878-84-88), Sherburn, Minn.; H. J. Brown, Baltimore, Md.; C. F. Roger, Cincinnati, O.; Ada D. A. Jocoy (1902), Boston, Mass.; C. A. Gates, Clarksville, Iowa; Dr. John L. Capen, Philadelphia, Pa.

Societies wishing the attendance of Phrenologists at bazaars, meetings, conversaciones, etc., should consult the Register, page 74.

PRIZES.

No. 1. The Self-Instructor is offered as a prize for the best Phrenological story of about 2,000 words.

No. 2. The Manual of Mental Science is offered as a prize for five subscriptions of \$1.00—or five shillings—each for the PHRENOLOGICAL JOURNAL.

No. 3. A year's free subscription to the PHRENOLOGICAL JOURNAL will be given to anyone who will send us two new subscriptions of \$1.00—or five shillings.

No. 4. "Animal Magnetism" is offered for the best article on the organ of "Self-Esteem," of not less than 500 words.

Prize contest will close May 1st.

FOWLER & WELLS CO.

On February 29, 1884, the FOWLER & WELLS CO. was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of Fowler & Wells.

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of

FOWLER & WELLS CO.

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is \$1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Education"—Boston, Mass.—"The Relation of Geography to the Other Subjects of an Elementary Course of Study" is an interesting article by Supt. T. H. Armstrong, Medina, N. Y., and an article on "Centers of Historical Interest Near Boston," by Supt. F. J. Havens, Plymouth, Mass. This is valuable from several standpoints: one, that it is illustrated and shows us some of the historic places we have visited, and, secondly, it is valuable from its literary standpoint.

"The Advantages which Accrue from a Classical Education" is the second paper on the subject, written by Caroline R. Gaston. As many people are of the opinion that mathematics and the modern languages are more valuable than the classics it will be interesting to note what Miss Gaston enthusiastically thinks on this subject.

"The Delineator"—Butterick Pub. Co., N. Y.—The second paper by Mrs. Theodore Burney on "Childhood" treats this month on "Amusements;" and as childhood has a right to amuse itself it is a very important point what kind should be indulged in.

The article on "Natural History Sketches," by Charles McIlvaine, is beautifully illustrated with bats this month, and finely written.

"The Road to Opera" is a finely illustrated article by Walden Fawcett, and shows great taste in the writing. Besides a large number of beautiful costumes, issued in quite a new style.

"The World's Events"—Dansville, N. Y.—contains an article on "Andrew Carnegie," who, it is said, gives away libraries at the rate of two a day. This is his hobby. His portrait and his two residences illustrate the article. Many interesting topics of the day are introduced in its pages.

"The Literary News"—New York.—A portrait of Henry Savage Lander with the two kittens who accompanied him in his wanderings makes a very pretty picture. Throughout the monthly there are many other striking illustrations of the newest books.

"Mothers' Journal"—New Haven, Conn.—contains an article on "The Event of the New Baby a Source of Pleasure to the Children," by Mrs. May Schreiner, and is a bright little article.

"Human Nature"—San Francisco.—The opening article is upon "A Successful Phrenologist," who is Prof. Clarence Walter Cox, a Phrenologist of North Dakota.

"The Importance of Being in Earnest," by Prof. Allen Haddock, is an article worth reading, and will set people to thinking.

"Health Culture"—New York—contains an article on "Skating as an Exercise," illustrated; also one on "A Dialogue between Franklin and the Gout," which is valuable as a lesson, though written a hundred years ago.

"The Literary World"—Pub. Boston

—contains, as usual, valuable hints concerning books on biography, history, science, fiction, and religion. It is a *multum in parvo*.

"The Arena"—Alliance Pub. Co., New York—for February contains a fine number of articles which makes the monthly particularly valuable as a literary agent.

"The Labor Problem" is introduced by Horace Mann, M.S. "The School of Civics," by the Rev. Adolph Roder; "Psychology and Crime," by Prof. Frank Emory Lyon, P.S., D.; "The Woman of the Period," by Mrs. Mary Merrick; and "Elizabeth Cady Stanton," by Clara B. Colby; "Marriage and Divorce," by Henry S. Harris. Surely this is a menu that will take some reading before it is exhausted.

"American Monthly," a "Review of Reviews"—New York—contains an exhaustive article on Abram S. Hewitt, of New York, by Edward M. Shepard, "The Present Status of Wireless Telegraphy," by A. Frederick Collins, and "The New Cables Across the Pacific," by Thos. Commerford Martin, among other interesting articles on current topics.

"The Literary Digest"—New York—in a recent number contained portraits of the senatorial elections. An article on "Small Families or Large," by Mrs. Ida Huster Harper, is criticised. She believes that quality, not quantity, is imperatively needed in the modern family. An article on "James Martineau, a Saint of Theism," and a copy of the painting by G. S. Watts is given with the article. A new portrait of Dr. Lyman Abbott accompanies an article on his latest theological work, "The Church's One Foundation," and is an article of present day importance.

"Chat"—New York—for February contains an article on Abraham Lincoln, whose birthday was celebrated on the 12th. Another article on "Memory," by J. A. Fowler, and "More Chat," by Patrick J. Sweeney, among other interesting articles, makes up a readable monthly.

"Literary Life"—New York—contains its usual amount of interesting matter and criticisms upon the literature of the day.

"The Dog Fancier"—Battle Creek, Mich.—is illustrated by a number of interesting dogs and contains matter more or less of value to those who rear and are anxious to purchase dogs.

"The Christian Work and Evangelist"—contains up-to-date points of view on many interesting subjects. The Nature and Science Department is of value to its readers, also the article on "China and the Chinese," by Robert Speare, illustrated.

PUBLISHER'S DEPARTMENT.

Young men who have to work their own way to eminence should study Phrenology. It will be an advantage to them to be able to understand those with whom they come in contact, will it not?

Young women? Will they not find value in being able to judge correctly the worth of young men who may pay their addresses? If they must earn their own living will anything assist them more than the ability to measure persons correctly?

Mothers? Do they not need help in the proper management and training of their children? Will anything help them like understanding the peculiarities of the little ones?

Housekeepers? Can all servants be treated alike? Is there any science, aside from Phrenology, that will tell why they cannot? Is it not of value to know who may be dictated to and who will be the best kind of help if orders are given as suggestions?

Clergymen? They must be familiar with the operations of the mind, must they not? When they can demonstrate to selfish men that they may be happier in this life as well as hereafter, by cultivating their moral natures, they will have added power, will they not?

Lawyers? Must they not judge their clients? Must they not be able to tell the nature of witnesses and their desire to tell the truth, and also to understand each man on the jury to be able to appeal to them effectively?

Physicians? They must consider the constitutions and idiosyncrasies of their patients as well as their ailments, must they not?

Teachers? Do they find all the pupils alike? Can they tell why they are not? Will they not be aided by knowing whom to encourage and how to manage the obstreperous, the dull, and the precocious?

Agents? Will they not be aided by ability to read strangers? Will it not be an advantage to them to know with whom they may be free and social, with whom dignified and reserved, etc.?

Managers? They will be helped if they know before employing a person that he will prove competent, will they not? They will be aided if they can reject intelligently such as apply that are not adapted to the work in hand, will they not?

Everybody? If not, why not? Is there any other system of mental philosophy that will enable a man to know himself and his neighbors? Is it not of advantage to every person to possess such knowledge?

Where? The American Institute of

Phrenology is the only place where a thorough course of instruction is given with its application to all the affairs of life. Here are the most competent instructors in the world and the largest cabinet and apparatus in existence.

The Phrenological Annual for 1903 is brimful of entertaining and instructive reading. There are but a few copies to offer and on this account everybody who should cannot have the opportunity of becoming familiar with the specially interesting author, M. Vingo, of Paris, who wrote on the characteristics of the French.

J. A. Fowler's "Manual of Mental Science," \$1.00, is specially adapted to the use of parents.

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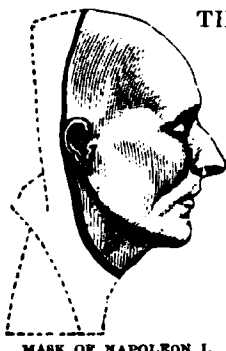
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(1838)

Features of This Number

THE BRAINS
THAT ARE
BUILDING OUR
"SKYSCRAPERS"

Illustrated with
portraits of Mr. S.
T. McConnell,
The "Flat-Iron,"
and other "Sky-
scrapers"

THE ORGAN OF
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RHEUMATISM
AND ITS
TREATMENT BY
TURKISH BATHS

THE ANALYSIS
OF MEMORY

APRIL, 1903

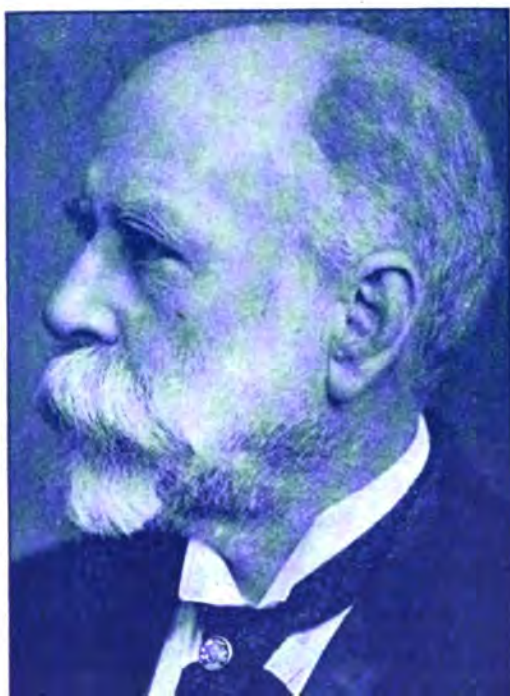


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AN INTERNATIONAL MAGAZINE ON MENTAL SCIENCE, HEALTH, AND HYGIENE

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APRIL, 1903

[WHOLE No. 771

The Brains That Are Building Our "Sky-scrapers"

Few persons can pass through New York City without standing in amazement opposite some of the tall buildings that are being erected and wonder how these marvels of mechanical construction have been planned, put together, and evolved. The bricks and mortar, stone, and iron are wonderful in themselves, but above these a finer material has been first at work and had to do with their erection.

Brains, which give cerebral power, psychic intuition, subtle ingenuity, inventive thought, planning talent, observing talent, mathematical accuracy, and chemical affinity, have been instrumental in making these monumental structures.

WHAT DO WE FIND?

Thus the brains of clever men have been the works "behind the clock" in making all the great improvements in the tall buildings to facilitate commercial and banking operations as well as in the flat-house, tenement, or apartment-houses. We have the World Building, the St. Paul Building, the Broad Exchange Building, the Man-

hattan Trust Company and the Hanover Bank Building (Broadway and Pine Street), with the American Sure-



BROADWAY CHAMBERS.

ty Building, the immense building erected on Twenty-third Street and Broadway, and the Bowling Green

Building, beside the Flat Iron Building, of twenty stories, at the corner of Broadway, Fifth Avenue, and Twenty-third Street that are truly wonders to behold.

These are some of the highest and biggest office-buildings in the world—in fact, New York is a city of sky-scrapers. The word “sky-scraper” was invented in New York to fit its wonderfully high buildings. This word may not be found in any dictionary of even modern terms, but it is one that is used among the records of the bureau of

MR. SAMUEL H. McCONNELL'S ABILITIES.

Mr. McConnell is a gentleman of medium size possessing a wiry constitution, and a man who evidently expends an enormous amount of nervous energy in his work; but, with his compactness of organization, his full base of head, and large, protruding brow, he works more easily than one in a thousand.

His hair is gray and cut close to the



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buildings, and builders and architects use it freely.

It is stated that New York has at least eighteen office-buildings that are twenty stories or more high. They are called sky-scrapers; while there are at least a score more buildings that are more than fifteen stories high. These are also called by the same name. Ten or twelve stories high were the city's tallest buildings not many years ago. Then they were called the city's sky-scrapers, but they are not considered so now.

head; his face is smooth-shaven, and his eyes are gray, which indicate intellectual alertness and keenness for details. He is exceedingly modest in appearance, manner, and address, and, when compared with the fussy, ambitious society magnet, he is a wonder to behold, considering the importance of his work. He does not talk much about himself or what he is doing, and has a remarkable way of referring anyone who wants such information to the president of the company. He has no lack of conversational power, and when

he is not the topic of conversation he will show great alertness, as well as

Along the lateral portions of the head, conspicuous in the regions of Con-



MR. SAMUEL T. MCCONNELL, PROMOTER AND BUSINESS ADMINISTRATOR.

(1) Individuality; (2) Memory of facts and details; (3) Analyzing Power; (4) Intuitional judgment; (5) Method and system; (6) Ingenuity; (7) Energy; (8) Ideality; (9) Sublimity.

power and ability, in talking about matters of public interest.

His upper forehead is broad and full, showing comprehensiveness of mind and intuitiveness of insight.

structiveness, Ideality, and Sublimity, we see a gigantic combine of mental power which acts in concert with his large Comparison. Had he these qualities only average in development we

would find him to be a man interested in the smaller affairs of the world instead of superintending a capital of about \$60,000,000. The central faculties of the forehead are those that give him his memory of details, his logical and analytical powers, and his immense ability to survey or superintend enormous deals in material. His powerful perceptive faculties enable him to focus the practical utility of material, give estimates of every requisite for a building of colossal proportions, which would terrify small country builders.

He is about the busiest man of his kind in New York City. It is said that "He probably sends and receives during the course of the day more tele-

people, signs more bonds and contracts, talks about more millions of dollars,



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grams, answers more telephone calls, dictates more letters, talks with more



THIRTY-THIRD STREET AND BROADWAY.

disagrees with more engineers, bricklayers, masons, architects, iron, steel, and stone salesmen than any dozen bankers, brokers, or other business men in this city." He is certainly a genius, and wields more power here than if he had remained a Chicago judge.

THE FUTURE.

A peep into the future reveals to the world an enterprise that is interesting builders to-day—namely, that in a few years' time there will probably be buildings averaging from thirty-five to forty stories high in this city. Then our immensely tall "Flat-Iron" Building, with its coterie of other high build-

ings, will not be considered so very wonderful. To-day the highest finished building in the city is twenty-nine stories, but plans are already accepted for a thirty-story building and for one of thirty-five stories. To-day engineers agree that the New York buildings are not likely to go higher than forty stories for many years, although the Boston Promoter recently sought to enlist capital in the erection of a fifty-four story building, at a cost of \$18,000,000.

In the old world who has seen such immensely tall buildings? But now that America has set the fashion we cannot tell what London, Paris, Berlin, or Vienna will be anxious to do.

It has taken a hustling Chicago lawyer to start the ball rolling in regard to the new enterprise connected with modern architecture and the building of modern New York. With Western enterprise, Mr. Samuel T. McConnell, together with Mr. H. S. Black, have become the promoters of the George A. Fuller Construction Company. "A few years ago Mr. McConnell was a judge in a local Chicago court, handing down opinions in equity cases. Now he is the administrative officer of the greatest building enterprise in the world, and, with Mr. Black, is the joint promoter in what promises to be the most gigantic combination of building and real estate interests ever attempted."

All New Yorkers have become accustomed to see the name George A. Fuller Company outside the framework of every sky-scraper, and it is said that not many years ago this company was operating in a modest way in Chicago with a capital of \$50,000, when George A. Fuller (since dead) began to put up buildings higher than anyone else. Now, through the success of the company, it can boast of having a capital of \$15,000,000, and, it is estimated, with a certain combination of building and real estate interests already projected, will have a capital of \$60,000,000.

It is largely due to the energies of Mr. Black and Mr. McConnell that the

new combination has been accomplished. We can better appreciate the



THE WORLD BUILDING.

magnitude of the undertakings of this company when we realize that six of



BOWLING GREEN BUILDING.

the largest real estate and trust companies of New York will be brought under one general head.

It is said that "the company, of which Mr. Black and Mr. McConnell are the brains, will wield an enormous power not only in business, but in the future political history of New York, since contracting and building have for many years been linked with the administration of the city government." These two Chicago experts have succeeded in bringing together a number of the richest and most influential leaders in conservative New York financial and political affairs. Among those taking an interest in its gigantic enterprise are Cornelius Vanderbilt, James Stillman, Henry O. Havemeyer, Henry B. Hyde, Anthony N. Brady, Henry Seligman, Frederick P. Olcott, John D. Crimmins, Charles P. Barney, and more than two score of others almost equally well known in the financial world. This was decidedly a most noteworthy achievement connected with the new combine, considering that these daring Westerners were practically unknown to New York half a dozen years ago, and began from very humble achievements. Before they came to New York they had at least built the largest office-building in Chicago, a few sky-scrapers in St. Louis, Philadelphia, Washington, and Boston, but when they came to New York their plans were to erect even greater structures. One of the largest office-buildings in the world, situated in Broad Street, The Exchange, was one of their undertakings, as was also the spider-like "Flat-Iron" Building at Twenty-third Street and Broadway.

THE "FLAT-IRON."

Is it no wonder that the engineers of two continents have been discussing with great interest this recently constructed building. It is twenty stories high, and the narrow end of it at the top facing 23d St., resembles very closely the point of a flat-iron that the laundress uses. For the comfort of those who reside in its neighborhood, we may say that it is considered by

architects and engineers to be absolutely safe, although audacious in appearance. "From a business standpoint it is a notable feat, because it has realized the greatest possible revenue-producing area from the minimum ground-space." Since the "Flat-Iron" was commenced twelve new buildings have engaged the attention of The Fuller Company in the city, the cost of which ranges from \$1,000,000 to \$13,000,000.

THE THINGS TO BE CONSIDERED.

The facts that have had to be considered were (1) the price of land in New York; hence the company had to "direct its interest toward securing the greatest amount of revenue-producing space; (2) the solidity and permanency of the building constructed; (3) the security of the structures from damage and other causes. To this end the engineers, architects, and builders have had to work in absolute harmony so as to produce a building that will answer all these requirements. To produce this safety, the foundations are solid, the various parts of the building thoroughly welded together in construction so as to be practically one piece, and the utmost security is thus obtained."

ARE THEY FIRE-PROOF?

The problem of fire-proof security has been successfully solved by the promoters. Of the giant buildings they have put up they say "not one has been burned down or even seriously damaged. The rooms in the modern office-buildings and hotels are practically separate from each other. As little wood-work as possible is put into them. The furniture and the trifling amount of wood-work used in ornamentation can, of course, be burned, but the rooms themselves and the buildings in which they are located

cannot be seriously damaged by fire. The laws requiring constructional protection against fire in tall buildings are stricter in New York than elsewhere on account of the great difficulty of fighting fire at high levels."

INGENUITY EXERCISED.

Remarkable ingenuity has, therefore, been exercised to meet these conditions. The modern fire-proof building is constructed not only entirely of non-inflammable material, but material that is not injured by fire. The interior walls and floors are fire-proof, or cement, on a steel base, and the steel frame itself is protected by fire-clay terra cotta; the wainscoting is of marble, the stairways are of iron and marble, and the window-sashes of brass; in fact, very little is laid within the building that will burn except the furniture.

The problems yet to be solved in building construction, we are told, are those that relate to ventilation, heating, and cooling. "No perfect system of ventilation has yet been invented," says Mr. McConnell, but he has not the least doubt but that it will be shortly. This is true also of the satisfactory heating of a building and the regulation of the temperature of a room. He said once: "I believe it will be possible in a few years to regulate the temperature of a room by simply turning an electric button which will admit air cooled or heated to any temperature that you desire."

Although Chicago was formerly the head-quarters of the Fuller Company, now it has become a branch office—perhaps for the reason, as Mr. McConnell explains, that "New York is the place for brains."

THE "FLAT-IRON" BUILDING.

The Flat Iron Building has been erected at a cost of about \$2,000,000. Its site is one of the most valuable

occupied by any building in the city. The structure is built like a great steel ship, and the point can be likened to nothing more nearly than the prow of the most modern war-ship. Seen from a distance up Broadway or Fifth Avenue it resembles an enormous vessel approaching bow forward.



THE "FLAT-IRON" BUILDING, BROADWAY, TWENTY-THIRD STREET AND FIFTH AVENUE.

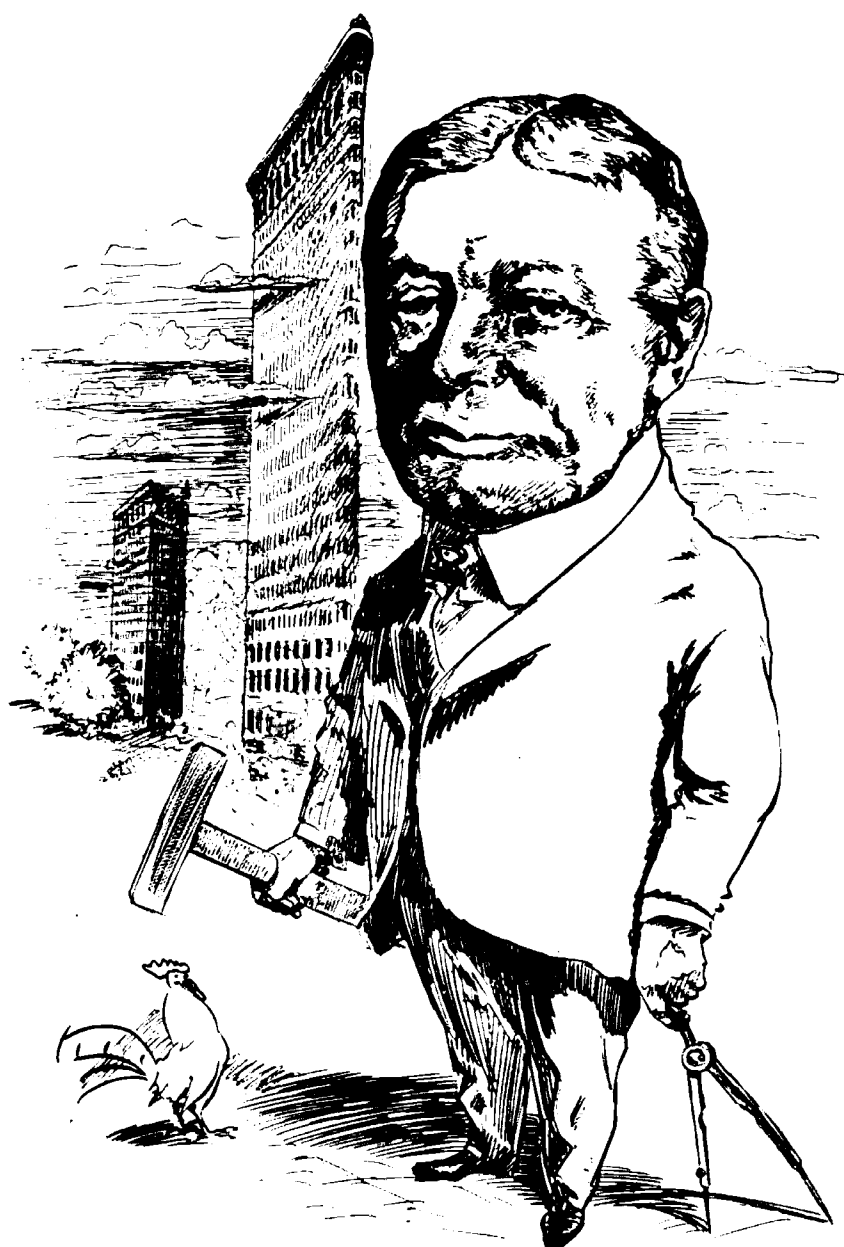
HEAVIEST IRON-WORK.

The builders have put the heaviest iron-work in the construction that has ever been put in any building in the world. This is made necessary by the fact that it is absolutely unprotected on any side. Its two sides on Fifth Avenue and Broadway offer broad surfaces against which heavy winds may strike, and the massive iron-work is

essential to secure the stability of the structure.

In all of the tall buildings an allowance is made for oscillation. During heavy wind-storms, and in some of them during a heavy blow, the top of the building is from six inches to a foot out of plumb. The "Flat-Iron"

Building will have an unusual allowance of this sort owing to the large exposed surfaces on either side. Owing to its position, however, it is not likely that a strong gale will ever blow directly against either of its flat surfaces. This building has entirely changed the phase of that section of Broadway,



Specially sketched for the PHRENOLOGICAL JOURNAL by Mr. J. Anderson.

MR. S. H. MCCONNELL AND THE "FLAT-IRON" BUILDING.

Fifth Avenue, and Twenty-third Street of which it is the center. In more respects than one it may be termed the most remarkable building in the world. It pierces a sky-line whose highest point heretofore has been but little

more than half the height of twenty stories, while the new sky-scraper towers into the air, and its conspicuous site makes its height all the more impressive.*

A Word About Teaching.

By ERNST PERABO.

Teachers are to a nation what roots are to the trees. They gather, from different sources, the nourishment suitable for their strength, form, and quality, imparting it to the remotest fiber in wise and proportionate quantities. In Nature this wonderful process goes on without interruption, without failure, without criticism. Can this be said of our educational machinery and its results? Are really great teachers wanted? Are they appreciated? Are we of sufficient earnestness to assist their important labors by upholding their standard and securing for them an enduring influence? Are we not ungrateful in allowing trivial, exciting, injurious matters to overshadow their advice, even removing them for younger men—often mere students—for the sake of change, or from social motives, that should have no voice in the sacred cause of a true education? When a large building is about to be erected, the workmen dig many feet below the surface to secure a solid foundation. The builder must be reliable and responsible for every step taken until completion. Quite in contrast with this care stands the treatment given to the moulding of the mind, that wonderful canopy of thought, whose illumined pathway becomes our future guide. No more serious task confronts a teacher than the placing of important information accurately and wisely upon that tender, gentle, grateful, and sensitive divine tablet, that silently directs decisions and events. The development of the mind requires slow

growth, assisted by the warm sun of affection and guided by conservative teachers with honest and ideal conceptions, who understand how to so load its precious cargo that it may not shift during life's tempestuous vicissitudes. The old masters have furnished, for this great end, not only the solid food, but also the choicest delicacies, and have done this so lavishly that all great composers subsequently have drawn upon their immortal treasury. Beautiful piano playing is a great art, to which people bring various qualifications. To gather these into one method is not possible and the teacher must be guided by individual conditions. Certain methods have become "fads," which belittle both the pupil and the teacher, leading more to business and "standing" than to the truth and understanding. Moderate practice, with care and thought, is preferable to close application of from six to twelve hours a day, as some late teachers are advocating. As the first and gentle pressure gives the richest wine, so the highest information is most deeply rooted when quarried for without great strain or fatigue. The groove of a correct habit is a graceful, poetic mould, gradually and lovingly shaped, not, like a hole, to be dug and hammered out mechanically. It is not well to put pupils back, owing to differing with previous advisors. When valuable information has already been gained, let us rather be grateful to those who have thus facilitated our labors.

Mr. Charles F. Lummis, editor of

* Credit is due to "Harper's Magazine," "The World," etc., for the facts contained in the above article.

"Sunshine," at Los Angeles, Cal., says: "In our country there is now developing a kind of new morality, which appears to sanction anything, right or wrong, if only enough people do it." This remark certainly applies to the tempo, which is given to pieces in public. It is next to impossible to hear any standard work played in the proper tempo intended by the composer. The composition is sacrificed to please the public, which find it easier to see speed than to appreciate the full meaning. It is often done by great players, whose agents demand their currying favors with the masses, whom it is too

difficult to instruct in the truth after a bad example of long standing. The proper tempo—even the metronome marks are rarely correct—is the focus of the meaning in a work. It brings out clearly to intelligent listeners both the foreground and the background of the picture, and presents it with great care and with the aim to reveal as much as possible of it in a first hearing, which frequently is the only one that the many receive. When speed is king, beauty and depth are lost and the ideality of the composer is violated by the performer.

Acquisitiveness—The Desire to Accumulate.

By W. J. CORBETT, OF LONDON.

(Continued from page 76.)

It is not intellect that rules the world, but money. This fact is a bold one, but it won't suffer itself to be overthrown.

The nations hardly fight at all, now, to settle their differences. They go with vainglory to scatter their wealth about each other, and the one that has the longest purse possesses the field; then, between lending and shuffling, manages to put the other out of countenance for years, or pockets her altogether. And so Acquisitiveness stalks on.

The spendthrift obviously believes the world was made for him to play in. The money-maker believes that he was made to get hold of as much of Mother Earth as ever he can; so he picks up all the spendthrift throws away, and his own share thus augmented enables him to sit at ease on the necks of the host of grades between him and his weakest brother in the scale of Acquisitiveness. And why? Because in the economy of Nature the higher conditions of life are based upon the lower. An organism, for instance, can exist and flourish, too, without either brain or bone, but

never without a vital, nourishing system. Amativeness may revel in red dreams, Causality may reckon to the crowning unit the atomic vibrations of ether, or to the exact ounce the weight of Saturn's belts, but if the leechy sides of Acquisitiveness have flapped together from neglect, the energies of both may decline into sad, misty, visions within the indifferent walls of a workhouse. Quite faithful is the old monition, "Count ye the cost."

By reason of its location Acquisitiveness stands at a slight disadvantage to be regarded as a proper primitive faculty of mind, although, beyond dispute, it is. It lies over the sylvian fissure, taking in part of the ascending and inferior frontal convolutions and part of the superior convolution under the temporal and parietal bones. It is situated in front of Destructiveness and Secretiveness, and behind Constructiveness, above Alimentiveness, and beneath Sublimity. It partakes of the nature of each, and is the common pocket of them all. A line drawn laterally through the head from Constructiveness to Constructiveness would pass through the fibres

of nearly every perceptive organ; and, if it be raised to the higher portion of the area of Constructiveness, through those of the Reflectives as well. This presentment of Constructiveness—its appearing like a binding tie to a bundle of staves—is quite in agreement with its function, for it seems adapted to appropriate or direct the combined powers of the Perceptives, and of the Reasoning faculties as well. In the construction of a mere garden-rake the function of every perceptive organ is in requisition from Individuality to Number. Even Color has somewhat to contribute; Reason, also, in adapting the means to the end. The chant of Constructiveness is: "I love to assort variety and combine movement." Acquisitiveness says: "Give me the results, or some day you will have nothing to combine—nothing to hum about." Acquisitiveness does not want to own work; he wants to own results. The war-cry of Destructiveness is: "I will annihilate whatever will hinder me or depose me of power to resist." Acquisitiveness says: "Feed me with what you obtain or you will have to do your fighting over again." The watchword of Secretiveness is: "Attain with facility and in safety." Acquisitiveness replies: "I have room for what you get; give to me, that I may live and support," and Alimentiveness cries: "Give me, give me, that I may live and support," and Acquisitiveness, a diplomat for once, provides with a view to pocket returns. Sublimity, the warning beacon, but inspiration of Acquisitiveness, exclaims: "Behold, what is! How great!" Acquisitiveness responds: "I behold, and will obtain that I may reach."

The fare of Acquisitiveness is "results," and his right is to secure them.

Look at (as disposed like a panorama around) the various sides and departments of some great commercial organization. Occupying the royal seat in the display you may find but one man with a temperament and aspect of the earth earthy, whom neither vote nor the choice of men put

there. He holds his position by reason of that little protuberance above and in front of his ears, or the rounding out of the cranium in that region—hardly noticeable, indeed, in such a crowd of heads. He may have picked up his substance by chance in the goldfields; he may have starved his other faculties to obtain it; some progenitor may have bequeathed it, but he has the instinct to keep and tend it, while like the magnet it draws similar substance to itself—moreover, absorbs and swells. The steady, gray eye of intellect may be noticed in the crowds that own him; philosophers' heads may bob about here and there; the blue eye of purpose and will may flash up at him from the throng, but he sits securely on his throne. The sum of their work, the result of all energy put forth there, is his, that none can dispute; and he can do as he pleases. However much they despise him they must toil on, because his hand is on the mainspring of life, his fingers toy with their existence. Read the poets to him—tell him it is more blessed to give than to receive. He is only one man, and has but one brain—and what power is his! Searching pith and sublime eloquence are alike lost on him. Sense to appreciate and wish to receive, such are submerged in the big desire to guard his yellow heap. But speak to the crowd. His desire cannot be toned down, but where such some desire exists feebly the policy of assiduous cultivation may counteract his to an issue that never could be attained when striven at on the narrower and more hopeless ground.

(The complications, however, are innumerable. Birth, chance, individual power, etc., all modify. Commercial trusts, combines, individual capitalists may be argued into embodiments of charity. One can liken the twinkle of a star to that of a candle, but it is a difficult matter to argue the taper flame into the constellation.)

The "rights" of man take form from out Acquisitiveness, but he is an

unruly boy. Live for him, he will cheat you in the end; hunger him and he may slay you. On one hand the over-rating of him through the ages has brought oppression, injustice, and

misery on the larger scale, as the pampering of him each day gives rise to the same on the smaller; but, on the other hand, the starvation of him has brought, and can bring, no less.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

THE MEMORIZATION OF FIGURES EXPRESSED IN VULGAR FRACTIONS, DECIMALS, ETC.

Vulgar Fractions.

The numerator and the denominator of a vulgar fraction should be expressed by two words so as to readily determine which is which. With mixed numbers three words should be used, the first indicating the whole number, the second the numerator, and the third the denominator.

As a rule the context will clearly indicate whether the two or three words representing figures refer to a vulgar fraction or a whole number; but where this is likely to be difficult the words to be translated into the numerator and the denominator, whether preceded by the whole number or otherwise, could be restricted to words beginning with a and s (neither of which letters are, it will be seen to be taken into consideration in the translation), the word beginning with a to represent the numerator and that beginning with s the denominator. Examples:

$$\frac{\text{no}}{\text{hop}} = \frac{2}{39} \quad \text{vulgar} \quad \frac{5664}{\text{fractions}} = \frac{\text{den}}{546820} \quad \text{of} \quad \frac{5}{\text{hons}} = \frac{12620}{1}$$

or, when it is necessary to remember that the key-words express fractions and not merely whole numbers (see rule given above)—

$$\frac{\text{at}}{\text{sun}} \frac{1}{2} : \frac{\text{after}}{\text{Saturday}} \frac{514}{141} ; \text{pepper} \quad \frac{\text{and}}{\text{salt}} = \frac{21}{994 \frac{1}{51}}$$

DECIMALS.

Decimals may be expressed in words in a similar manner. When the figures requiring to be memorized begin with decimals, the key-words may, if that is thought necessary, be restricted to words beginning with an s or z, which letters may be taken to represent the decimal point, and when the decimal point is preceded by a whole number two words should be used, the first indicating the whole number and the second translating into the figures after the decimal point.

As in the case of vulgar fractions, the context will generally determine whether the second of the two words is to be regarded as a decimal or merely as a continuation of the whole number, but where this is not likely to be the case, the difficulty may be overcome by confining the second word to those beginning with an s or a z, these letters indicating the decimal point as already shown.

Examples:—legacy — .660, decimal point — 1036.921.

Or when the context is not likely to show that the figures translated are to be expressed in the decimals:—

Sundial — .216, at sunset — 1.201, my street fop — 3.14159, I require some cash — 4644.368.

In ordinary work words beginning with s and z may be used to represent numerals where it is known that the figures are neither vulgar fractions nor decimals, the s and z in these cases being either entirely ignored or translated into a cipher as it may occur at

the beginning of the word or otherwise. The method of associating the key-words to the matter to which they refer will be described in subsequent lessons.

The memorization of amounts of money may be dealt with as in the case of mixed numbers (vulgar fractions) three words being chosen to represent respectively £.S.D. When a large amount of money requires thus to be turned into words, two or more words may be selected to represent the pounds, and there can be no possibility of confusion by the adoption of this plan, as the last two words will invariably represent shillings and pence. Examples:—heel to toe — £36-1-1; bring George to tea — £942747-1/1d.

The chapter and verse of choice and other passages of Scripture may be indicated in a similar manner, thus:—

Peter i.18 to death.

Heb. vii.25 you knave.

1 Tim. i.18 to dive.

John iii.7 my joy.

Gen. xviii.14 death door.

The method of associating the wording of verses with the words representing chapter and verse will be indicated further on in the lessons.

Note.—The value of turning figures into words as a means of assisting in their recollection is in itself an excellent mental exercise, and the mere act of doing so is sufficient, in the majority of cases, to indelibly impress on the memory the matter it is desired to memorize, even without the adoption of the principle hereafter to be described.

EXERCISE I.

Questions on the figure Alphabet.

Note.—In doing all the exercises it is advisable to remember the words of Herbert Spencer that, "Fatigue in any form is fatal to memory; the received impressions are not fixed; reproduction is slow, often impossible."

1. By what means may figures be represented in this memory system?

2. How many consonants are employed for this purpose?

3. What value have the vowels and diphthongs?

4. For what reason are t and d to stand for 1?

5. The figure 4 is represented by the last letter in a particular word and by the first letter in another word that rhymes with four.

What are these words?

6. The consonants representing 7 are—what?

7. To which of the figures have p and b, when printed, a partial resemblance?

8. What consonants are equal to 3?

9. The numeral 8 has four consonant signs. Name them.

10. How many letters are used for 5? What are they?

11. State the letters that are used for 0, and in what way are they suggestive of that figure?

12. What connection is there between n and ng, and their numerical value?

13. Which sound in the word six is equivalent to 6, and what is the related sound? Give the additional consonant connected with this figure.

14. State what figures the consonant sounds in the following words would stand for:—enough, bow (a recognition), beau, clatter, brother, exhaust, sweep, value, cow, Ai, cough, plough, passage, usage, treasure, angle, angel, sing, sings, tacit, excessive, piano, recommend, incommodious, connection, irresponsible, illegible, irregular, pressage, lodge, log, uncommon, recommendation, accommodate, executrix, succeed.

15. How may vulgar fractions be represented by words?

16. When a mixed number requires to be so represented how many words have to be employed?

17. What letters are words to begin with when employed as numerators, and with what letter do the words representing denominators begin?

18. With decimals how is the point to be indicated?

19. How are figures representing L, S, D to be dealt with?

20. For what secret purpose may the figure alphabet be employed?

EXERCISE 2.

"Genius, wit, and spirit of a nation are discovered by their proverbs."—Lord Bacon.

As a further means of permanently impressing the figure alphabet upon the memory, translate the following proverbs and quotations into figures. It is unnecessary to write out the long-hand in sending these exercises in for examination. The numbers at the beginning of each quotation should be given, and a good wide space left between the figures representing each word.

1. "Step by step the ladder is ascended."

2. "Three may keep counsel if two be away."

3. "Empty vessels make the greatest noise."

4. "Better an empty house than a bad tenant."

5. "To a bold man fortune holds out her hand."

5. "A drowning man will catch at razors."

7. "A lazy boy and a warm bed are ill to part."

8. "Punctuality is the politeness of kings." Louis XIV.

9. "Great nature's sergeant, that is order." Spencer.

10. "The greatest scholars are not always the wisest men."

11. "Wise men learn by others' harms, fools by their own."

12. "Being born in a stable does not make a man a horse."

13. "The loquacity of fools is a warning to the wise."

14. "The shortest way to do many things is to do only one at a time. Lord Burleigh.

15. "We are taxed as heavily by our pride as by the State." "Poor Richard."

16. "Lose an hour in the morning and you will all day be hunting for it."

17. "A man of words and not of deeds is like a garden full of weeds."

18. "Man's inhumanity to man makes countless thousands mourn." Burns.

19. "He that will thrive must rise at five; but he that has thriven may lie till seven."

20. "Honesty is the best policy; but he that acts on this principle is not an honest man."

21. "He that leaves certainty and sticks to chance, when fools pipe he may dance."

22. "God send me a friend that will tell me my faults; if not, an enemy—he will be sure to."

23. "They who have money are troubled about it, and they who have none are troubled without it."

24. "Get what you can, and what you can hold! 'Tis the stone which will turn your lead into gold."

25. "A secret between two is God's secret; a secret between three is everybody's."

27. "All beginnings are hard, said the thief when he began by stealing an anvil."

28. "A man that does not look after his own business will soon have no business to look after."

29. "Those are wise who learn caution from their own experience, but those are wiser who learn it from the experience of others."

30. "There are four sorts of pupils, the sponge and the funnel, the strainer and the sieve. The sponge is he who spongeth up everything, and the funnel is he who taketh all in at this ear and letteth it out at that; the strainer is he that letteth go the wine and retaineth the dregs, and the sieve is he that letteth go the bran and retaineth the fine flour."

EXERCISE 3.

As a practical exercise in mnemonical translation on the figure alphabet,

turn the dates of each of the following historical events into one or more words:—

Chinese invented paper	170 B.C.
Columbus discovered America	1492
French Revolutions	1789 & 1848
Reign of terror	1793
Great fire in London	1666
Great plague in London	1665
Nasmyth's steam hammer patented	1842
Battle of Marathon	490 B.C.
Battle of Thermopylæ	480 B.C.
Battle of Philippi	42 B.C.
Battle of Chalons	451
Battle of Tours	732
Battle of Hastings	1066
Battle of Bannockburn	1314
Battle of Lutzen	1632
Spanish Armada	1588
Battle of Blenheim	1704
Battle of Worcester	1651
Battle of Quebec	1759
Battle of Saratoga	1777
Battle of Valmy	1792
Battle of Trafalgar	1805
Battle of Waterloo	1815
Battle of Sedan	1870

EXERCISE NO. 4.

The following is a list of 100 words representing the figures from 1 to 100. Having such a list ready made will save a great deal of time, and where the higher numbers are wanted the words can be compounded for that purpose. When committing a series of facts to memory in consecutive order, or in learning a poem, each verse would be numbered and associated

with a striking word in the verse; thus keeping the verses in their proper order as well as suggesting the topic.

1. ear, tea.	52. fine, vine.
2. inn.	53. fame, foam.
3. May.	54. four.
4. ear.	55. five, five.
5. foe, eve.	56. fig, file.
6. egg.	57. voyage.
7. jay.	58. faith.
8. ash.	59. fop, fob, Bob.
9. ape.	60. goose, lass, lasso.
10. dice.	61. gate, lead.
11. date.	62. lane, ling, cane.
12. din.	63. lame.
13. time, dame.	64. core, lair.
14. deer.	65. cafe, loaf.
15. dive.	66. keg, leg, lake, cape.
16. teak, deck.	67. cage.
17. ditch.	68. cash, kith.
18. teeth.	69. cap, cab.
19. tape.	70. cheese, chess.
20. nose, noose.	71. yacht.
21. net.	72. chain, June.
22. nun.	73. Jim, jam, ohime.
23. name.	74. chair, jar.
24. Nore.	75. chaff, chief, Jove.
25. knife	76. check, cheque joke, jug.
26. neck, nail.	77. judge.
27. nudge.	78. Joshua, youth.
28. gnash.	79. chop, chap, Job.
29. knob.	80. aches, shoes.
30. mass, maize.	81. shot, sheet, shade.
31. mat, hat.	82. thin, Thane.
32. man.	83. theme, shame.
33. ham, mam.	84. share, shore.
34. hair, mare.	85. thief, sheaf.
35. hive.	86. shale, shoal.
36. hall, mall.	87. thatch.
37. Hedge, Madge.	88. sheath.
38. myth, mash, hash.	89. sheep, shop.
39. map.	90. pass, bus.
40. rose.	91. pot, bud.
41. rat, wood.	92. bung, pony.
42. ring, rein, Rhine.	93. balm, beam, poem
43. ram.	94. peer, pear, beer.
44. war.	95. beef, puff.
45. wife, wig.	96. pick, pig, pill.
46. well, wig, rill.	97. badge.
47. wedge, watch.	98. path, bath.
48. wash, wreath.	99. pub, pope, Bob.
49. web, rib, robe.	100. disease, tissues.
50. face, vice.	
51. fad, fade, fight.	



SCIENCE OF HEALTH

Health Topics.

E. P. MILLER, M.D.

THE CAUSE OF DECAY OF THE TEETH.

"The discovery is recently announced that decay of the teeth, like other forms of decay, is wholly dependent upon the action of microbes.

"The germs are always in the mouth, and when sweet, starchy substances are retained upon the gums or between the teeth, they set up a sort of fermentation which produces an acid capable of dissolving the enamel. Pure cultures of these microbes have been found capable of producing an acid which rapidly softens teeth exposed to its action. This discovery explains the deleterious effect of candies and other sweets upon the teeth. The teeth of children are destroyed by the free use of sweets before the permanent teeth have fully made their appearance. As a consequence the second set are defective, and also decay early."

We find the above in that excellent health publication, "Good Health." It is not candies alone that make the teeth decay, but it is also caused by eating too much cane sugar in the food. Science has demonstrated the fact that all the starch foods and all the cane-sugar eaten has to be converted into fruit-sugar before they are assimilated by the tissues. Does this not indicate that we should get the sugar needed for our maintenance from fruits of various kinds, and not so much from meats and cane-sugar. Too much cane-sugar will cause the teeth to decay as well as too much candy.

ALCOHOL OF NO VALUE AS FOOD.

Chauveau, a French investigator, after a careful study of the question, "Can alcohol be substituted as a part of the food ration as a source of potential energy in the production of muscular work?" shows by careful comparison of the respiratory coefficient during periods of repose and work with an animal submitted to a diet in which alcohol has been substituted for an equivalent amount of sugar, that the alcohol is not utilized as a source of energy, either for the performance of physiological work in a state of repose, or for doing muscular work during exercise. Chauveau draws also the following conclusions: The partial substitution of alcohol for an equivalent amount of sugar in a working subject, the food being taken a short time before the work, produces a positive diminution of the muscular work accomplished, and actually increases the amount of energy expended in relation to the value of the work accomplished.

AUTO-SUGGESTION.

By auto-suggestion one may transfer all the consciousness of effort to the psychic body, where effort becomes—not fatigue, as with the physical body, but expression and achievement, and which is all joy and not exertion. The secret of being always in good health, always full of exhilaration and energy, is to live in the psychic body. The former has in its infinite store of energy which can be drawn upon in pro-

portion as the physical body is kept subordinated by the minimum of food, and by exercise and air, and by demanding constantly the supply of spiritual strength. J. M.

PINE KERNELS AND APPLE CREAM.

Pound pine kernels, and mix with baked apples (three times the proportion of apples to one of pine kernels). The baked apples may either be put through a colander (so that the pips, skins, and cores may be removed), or they may be mixed entirely with the pine kernels. The pips should not be crushed in the mouth, but ejected, with the cores and the skins.

This cream is warming, while it feeds the body and increases mental activity. (The cream keeps one well-balanced in body and mind.)

AMBROSIA.

Mix baked apples, passed through a colander, with stewed pudding raisins (not sultanas). (Two parts of apples to one part of raisins.) The raisins should be stewed in as little water as possible till the skins are quite soft. Skins and pips must not be swallowed.

One small breakfastcupful of warm "ambrosia," one or two hours before breakfast, will act as a gentle aperient. It is good for those who suffer from the liver. When taken during the day at meals, or between meals, it will be found feeding, a little warming, and stimulating. Natural Food.

THE FINEST "MEDICINE" ON EARTH!

The English Magazine called "Cycling" says:

We, of "Cycling," very often come into contact with some marvelous cures which have been effected by our pastime,

and which go to prove abundantly that not only is it a means of retaining one's health, but that it will aid largely in its recovery. One of the best of these instances is detailed in a letter which reached us from a reader who, with his wife, sent in charts at the end of the year. Without our correspondent's permission I do not propose to give his name, but it will suffice to say that his wife did one of the best performances among the lady riders who favored us with their charts. This lady was an invalid for eighteen years, and no less than three times was she compelled to take to a bath chair for two years at a stretch, being for the whole of that period unable to walk very much. Six years ago, acting under advice, she learned to ride a bicycle, and since then has never even had to consult a doctor. She rode over three thousand miles last year, and in September last rode a hundred miles in a day without being at all knocked up. How is that for a testimonial to the finest medicine in the world? Fresh air, healthful exercise, new scenes, pleasant companionship are the only ingredients, but what wonderful potency it has? My correspondent says that he and his wife ride from place to place, and they have been in most parts of England. They always take their food with them, and stop and eat it in any suitable place by the roadside, stopping at night just where they feel inclined, at the nearest town, instead of forming a set plan and rigidly riding to it whether tired or not. He carries on his Turner Bi-carrier some thirty or forty pounds' weight of luggage, and hardly knows what it is to feel tired himself. His wife can cover the distances she accomplishes simply because she rides well within herself and has made a study of ankling. A perfect ankler (her husband gives her that praise), riding for her remains a pleasure instead of becoming a task. Instances like this constitute a magnificent advertisement for the pastime of cycling.

Rheumatism and its Treatment by Turkish Baths.

INFLAMMATORY AND MUSCULAR. PART I.

BY CHARLES H. SHEPARD, M.D.

MEMBER OF THE MEDICAL SOCIETY OF THE COUNTY OF KINGS ; THE AMERICAN PUBLIC HEALTH ASSOCIATION ; THE AMERICAN MEDICAL ASSOCIATION, ETC., ETC.



HYGEIA.

Rheumatism is prevalent throughout the temperate zones, less so in the tropics, while in the polar regions its occurrence is rare. The phenomena which characterize it exist in three forms, the Acute, the Sub-Acute and the Chronic. The most conspicuous symptoms of Acute Rheumatism are inflammation, fever and the presence of inordinate quantities of lactic, uric and carbonic acids.

INFLAMMATORY SYMPTOMS.

The inflammation is erratic in character, rarely or never suppurating and seldom leaving any trace. It is attended with intense pain, and has its location in the tissues around the joints and sometimes in other organs of the body. As a rule, it is confined to the larger

joints, the smaller structures being rarely affected.

FEBRILE SYMPTOMS.

Febrile symptoms are marked. The pulse and respiration are quickened. The temperature, which in a healthy body is about 98° , varies from 100 to 104° Fahr., but has no distinctive range. During the whole course of the attack, which lasts from two to three weeks, there is no time in which the patient is entirely free from fever.

LACTIC ACID.

Because of the excess of lactic acid, which has a stimulating action upon the cutaneous surface, the skin of the patient is commonly bathed in a profuse perspiration, which has a sour, disagreeable odor and an acid reaction. So powerful and pervasive is this odor, that frequently the diagnosis of the disease can be made from that alone. The naturally alkaline saliva is also acid. The urine is conspicuously affected, and is hyper-acid, either scanty or excessive, high-colored with high specific gravity, and on standing precipitates a copious deposit of urates.

These are the most marked of the many symptoms. The bowels are constipated, the tongue coated, the appetite prostrated, and the nervous system unstrung, indicating a disturbance of the nerve centers.

The Sub-Acute is a milder form of the same disease, presenting the same symptoms and features. Chronic Rheumatism is a name which is loosely applied to many ailments not really of

rheumatic origin. Properly speaking, it is a milder form of the Sub-Acute variety. There is not sufficient inflammation to prostrate the patient or to raise his temperature, but it is nevertheless a troublesome ailment which lasts for months and sometimes for years. During its continuance is often laid the foundation of future cardiac troubles. In fact, it is this tendency of Rheumatism in all its forms to affect the heart that constitutes its most serious feature.

MUSCULAR RHEUMATISM.

Muscular Rheumatism has its seat in the fibro muscular structure, where muscle changes into tendon. It attacks all ages and both sexes, its subjects having a constitutional tendency thereto, a so-called rheumatic diathesis. Its chief characteristics are pain and stiffness of the muscles.

There are several varieties of Muscular Rheumatism. One is popularly known as stiff neck, and occurs mostly in children. Another variety is known as Lumbago. Its seat is in the muscles of the loins, the small of the back, and may be on both sides or only one.

THE PATHOLOGY OF RHEUMATISM.

The pathology of Rheumatism is acknowledged to be obscure, and conse-

quently there is a great diversity of opinion regarding its essential nature. According to one authority, the primary cause of Gout, Rheumatism and allied affections is the result of imperfect combustion of tissue that has served its purpose in the system. Treatment based upon this assumption is always the most successful. It is inferred that there is an excess of uric acid circulating in the blood. The acceptance of this theory is quite compatible with the admission of the possible presence of any specific micro-organism developing in suitably prepared tissues or blood, and thus producing Acute Rheumatism.

At one time Rheumatism was regarded as a general or infectious disease; at another as a fever; and again merely as a peculiar inflammation of the joints and other structures. Another theory, and fully as prominent, is that lactic acid accumulates in the body, and that the symptoms are directly traceable to the action of this poison upon the system. Another school insists that Rheumatism is strictly a nervous disease. Still others hold the germ theory, claiming that the disease is due to the presence in the blood of a vegetable organism, and there are those who deny all these, and claim that it is a malarial condition, due to the presence of some poison which has entered from without.

NATURE AND SCIENCE.

WE LIVE LONGER NOW.

Census statistics show a steady increase in the longevity of the people of the United States. The median age of the population in 1900 was 22.4 years. The median age in 1890 was 21.9. The median age is established at such a point that the years of half of the population is under it and half over it. It is found that the median age of the white population exceeds that of the black, Indian, and Mongolian races, that of the whites in 1900 being 23.4 and of other races 19.7. Median white age in 1880, 23.4 and of others 18.3. A retrospect extending back

to 1810 shows an uplift in the median age of 7.4 years. The cause of this gradual rise in age is a matter of speculation, but is doubtless due to various causes. Among these may be included the clearing of the forests, drainage of malarial lands, improved processes of food preparation, the harnessing of machinery to the performance of hard labor, and generally a more intelligent observance of the laws of health. It is a source of congratulation that these helps to longevity have in ninety years lengthened the span of human life in America 7.4 years.



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

Child Culture.

BRIGHT AND PROMISING.

BY UNCLE JOE.

No. 608—O. G. Gifford, Sullivan, Ill.—At a very early age some children show marked intellectuality and precocity. Without being forced in study, they nevertheless surprise even their parents and teachers with the forcefulness of their remarks. They look at subjects from a wise rather than from a tender, bashful, undeveloped intelligence. Even as the Old Book has truly said, "Out of the mouths of babes and sucklings hast thou ordained strength." We might apply the above remarks to the lad who illustrates this article, for he has more of the capacity to look into the future of things than most lads of his age.

He is one who wants to know the truth, and as a little child, when he was told that Santa Claus was a real being he would be just the one to believe such a story, but as soon as he began to think for himself he would reason out the philosophy of a little stout man coming down a small chimney with a pack of toys on his back, and would take his mother aside and ask her seriously which way Santa Claus came into the house and if he came in at all.

His photographs, as seen between the lines, show that for one so young he has a high and exceptionally long head, not that all large heads are equally favorable, and not because a large head has as much sense in it as some small ones, but in this case we find excellent quality or organization and capacity to take a good education.

His will not be a life thrown away

through want of having something to occupy it. He will be full of enterprise, but his enterprise will not strike deep for the things that make this world's enjoyment, entertainment or profit. He has too high and broad a head to allow his mind to be absorbed with those things which tickle the fancy and interest only the sordid mind. His aims will be toward the stars rather than toward the pavement. He may be caught dreaming occasionally and wondering how things have been made, and who put things where they are, and why things are thus and so, for his intellectual eyes are stimulated to inquire about spiritual matters. He will not be found where children generally are when out of school, but he will be away by himself studying something that troubles him to understand, and endeavoring to clear up the problems of life.

He will be a student of nature, and will probably wonder how a beautiful butterfly can come out of an uninteresting chrysalis. He will probe Nature in all her work, down into the depths of the earth through and up to the thin edge of the leaves, to the mountains and into the sky.

It would be well to let his mind have as free a course in study as possible, especially along the lines of science. If he were to take up the work of the ministry, it would be impossible for theologians at any seminary to cramp his mind into any narrow view; although they might try to educate him

along certain lines of study, for he will always have his original and sharply inquiring attitude of mind. This will sometimes make the old stop and think.

The length of his head should be explained from its anterior and posterior aspects. The line from the opening of the ear to the brow is exceptional in its length, consequently he will interest himself in the intellectual side of his work, nor will he be content to take a superficial answer from any one. His

and loss in life than the loss of money, wealth, or social standing. He is a lad whose originality should be preserved rather than destroyed by conventionalities of the world, and if he is wisely educated no one will think of doing this. It is said that the world is not crying for men of ideas, but for men who can adjust them and explain their knowledge of men and things. Here is a lad who will fit such a position; he will



FIG. I. O. G. GIFFORD.

(1) Basilar line; (2) Central line of forehead dividing the basilar from the higher instincts and sentiments; (3) Line of the æsthetic qualities; (4) Line dividing the moral sentiments.

length backward from the opening of the ear indicates that he has a love for animals, pets and all young life, but he will stand in the attitude of a protector, guardian, parent, or teacher, rather than as one of the children himself. The term well born can be applied to him in more ways than one.

The four steps as they have been marked in the lines show that he will manifest more interest in the concerns of life that go to make the moral profit



FIG. II. O. G. GIFFORD.

(1) Basilar line above the ears which passes from front to rear; (2) Scientific line which passes across the Perceptives to the center of the occipital region; (3) Intellectual line, which passes through the faculties that give him literary and artistic thought; (4) The line that passes through Benevolence, Spirituality, Conscientiousness, or the qualities which make for moral inspiration; (5) The line from the opening of the ear to the center of the lower part of the forehead gives an indication of his intellectual tendencies of mind; (6) The line which passes from the opening of the ear to the center of the occipital brain, and indicates his warm attachment to the young and to animal life; (7) The line which passes from the ear to the top of the head shows that his interest is strongly exercised and extended to moral culture.

make a leader, and that is what is wanted nowadays, especially as fresh consolidations in business as well as in intellectual affairs are taking place every day. He will make a master man,

and no one can fool him into believing that the moon is made of green cheese, or any other trick of science, philosophy or art. He will always go to the fountain-head for his knowledge, and will not leave the prime source of information until he gets all the explanation he wants.

In Figure 1, between the lines 1 and 2, we see a strong development of memory. His capacity to retain information is exceptional. No one should tell him a thing unless that one wishes him to recall what was said, for he will show a tenacious memory of facts, incidents and faces.

He possesses a wonderful insight into the spiritual side of things, and the fullness manifested between the lines 3 and 4 in Figure 2 shows this conclusively, especially in the part of the head anterior to the perpendicular line from the ear to the top of the head.

His Benevolence is especially developed, and will show itself in the line of philanthropy and desire to benefit his fellow-creatures; thus were he to study medicine he would show not only capacity for book knowledge, but the more subtle and rare ability of discerning the wants of his fellows. He appears to have many of the qualities of the New England lad, or of inherited qualities that may have descended to him from those of Anglo-Saxon birth. The organ of Veneration is much stronger and larger in him than in the generality of people, and he will respect his parents and teachers much more earnestly than the average lad of to-day.

Let his ideals be of the purest type, and surround him with influences that will make his life blossom out in an original direction and prepare him to take an active part in the arena of life, either as a broad, liberal theologian, or as a medical practitioner.

No. 609—Master Desai, India.—Fortunately we are living in an age when Physical Culture will develop the bodies of our children even if their constitutions are weak to start with. In

the illustration before us we have a photograph of a child who is weak physically but strong mentally. The father has a predominance of brain over body and he must do everything possible to develop the vitality of his little boy. The head is large in the upper portion, as in many of the high-class Hindoos. His brain is heavy for his neck to support at his age.

He must not be teased with studies, but be allowed to run about in the open air or in the shade, but not in the sun-



MASTER DESAI, INDIA.

shine, if he remains in India. If he could be brought to England to get a good start or hold on life, it would be the best thing that could happen to him.

His neck must be rubbed every morning with salt water so as to give it a tonic, and his body sponged down with salt water, and care must be taken to work up a reaction afterward so as to increase his vitality. If carefully reared, he will make a Metaphysician, an Indian Philosopher, and student of Occultism.

OUR BOYS.

Paper Read at Farmers' Institute at Emmetsburg, Ia.

It is not from having had more experience or having been a more close observer or from feeling better qualified than others that has prompted me to assume this task. But from a knowledge that the boys are too often neglected, that we many times fail to study their natures, to comprehend their true powers, to take note of their likes and dislikes. That nature has provided for man's use the various plants, shrubs, forests, minerals, and so forth, none will dispute. That she has adapted man and given him the power to make use of these various elements is equally true, yet it requires effort on his part to understand them and make use of that understanding. The expert mechanic understands the nature of the implement or structure he wishes to build. He knows the kinds of material best adapted to the various parts of that structure. He knows that in order to make is permanent he must use only the best and that his own work must be the best also.

The expert horseman well knows that he must use care in the selecting of a horse for any specific purpose; that he must use care and judgment in educating that horse if he gets the best result from him.

The agriculturist has by observance and experience learned that to become successful he must put in crops best adapted to his soil; he has also learned that by judicious management he can increase the fertility of the soil, and by proper cultivation he can also increase the quantity and quality of the crop.

But when it comes to our boys, that is a different thing. They will come up or grow up somehow and we just let them go up. Many of us expect them to accomplish anything regardless of fitness or experience. If we would use the same care and exercise the same judgment in selecting the proper avocation for our boys that the mechanic does in the material he uses for some grand structure, or would use as much wisdom as we would in purchasing a cow or a horse and have the same discretion that we would in educating a horse or even a trick dog, there would be far less failures, fewer inmates in our prisons, our asylums, and poorhouses, less tramps and vagabonds parading our streets.

When America declared her independence through that wonderful masterpiece of human intellect and that independence was gained and recognized, then America had to have laws, and the Constitution

then and there framed by that continental Congress, and by it adopted, has stood the test of time and proves the wisdom and prophetic foresight of the framers of that constitution to have been unrivaled in the annals of history.

When the civil war burst forth upon this nation similar minds were needed to make laws and conduct the affairs of this country. In fact, when any great calamity has threatened its destruction we have never lacked the right material and means of averting it, as results have invariably proved. Yet they were often found where they were least expected.

When a new president is elected his first step is to select suitable men for his cabinet. When any branch of industry is organized the first step is to secure suitable persons to manage it, and so on through all the various avocations.

When U. S. Grant first assumed command of our armies many questioned the wisdom of the act, for he was little known and only a common tanner. When the news reached the Southern Confederacy and his abilities were being discussed by the officers, that almost matchless General Robert E. Lee turned to them and said, "Do you know that man, Grant? I do. I knew him for three years at West Point, and I know that he will fight every hour and every day until we are whipped."

The expert surgeon to be successful must have a perfect understanding of the human system. He must know the exact location of the nerves, the veins, the arteries, the bones, and their varied forms; not only this, but he must keep thoroughly posted on all the modern improvements.

Not long since, I heard a lady say, "I believe poets were born and not made." She might well have added artists, sculptors, mechanics, musicians, orators, and mathematicians. Although this may be true, it is not quite apt to be the case that where people are so prodigious in one particular talent they are seriously lacking in some, if not all, others. We firmly believe that nature has fitted each individual for some specific part in the great drama of life. We also believe that many are capable of filling, and that successfully, more than one part. It is only a matter of time when all of us who are now actively engaged in life's duties will have to step off the stage of action. And who will take our places? It must be our boys; and what have we done or what are we doing to fit them for the various positions they will have to occupy? Have we carefully studied their natures? Have we carefully studied their likes and dislikes? Do we understand their true abilities? Have we given them

all the aid and encouragement that is justly their due? are questions that can be answered only by ourselves. It is said that poverty begins at home, and so should the education of our boys, for 'tis here that we are starting the foundation of the future structure; it is here the most lasting impressions are formed; it is here that we mould their characters; it is here we plant the seed of their future greatness; here the cultivation of that little germ, called the mind, needs the most careful attention if we expect it to thrive. Here we need to use the wisdom of the expert mechanic in selecting the proper surroundings for them. We need to understand their natures as thoroughly as the surgeon understands anatomy, or we will be liable to make some fatal blunder; and unless we select for our boys something that they like, and what nature designed them for, we shall fail, and they also will not succeed, for we doubt if a boy ever succeeded with anything he disliked and perhaps abhorred. There are certain things we should teach them. They should be taught that if a thing is worth doing at all it is worth well doing; that any honest

labor is honorable; that they should persevere at anything they attempt until they successfully accomplish it; that knowledge is power when rightly used. Teach them to observe nature in all her varied forms; to see and understand its beauties; the use of tools, the various mechanisms of mechanical implements, and how to manipulate them to the best advantage. Teach them to be kind to dumb brutes, to have a due reverence for their country and its flag, and above all for that overruling Power that governs the destinies of men. Teach them also that if they succeed they must, as General Lee said of Grant, fight every hour and every day till they win.

Give the boys a chance, and if we cannot ourselves foresee what nature has designed them for someone else will, and it will be our boys who will be called to fill the responsible positions of our country, State, county, and towns. Give them a chance and we need have no fear but that they will find their proper spheres and become not only a credit to themselves, but bright and shining examples to those around them. Give the boys a chance, and a good one, too.

NEWS AND NOTES.

DR. PARKER'S SUCCESSOR.

The Rev. Reginald John Campbell, of Brighton, has been selected as Dr. Parker's successor at the City Temple, London. He is one of the most gifted among the younger pastors of the English Congregational Church. He is thirty-six years of age, tall and slight in appearance, and prematurely gray, with a quiet, reserved manner, entirely free from affectation. A contrast than that which he presents to his late friend, Dr. Parker, could not be imagined. Both the appearance and oratorical methods of the two men are as wide apart as the poles.

Something irresistible holds Mr. Campbell's audience spellbound when he speaks. Without any apparent effort he sends his words right into the hearts of his hearers.

"His note is cultured simplicity, and the secret of his power for showing sympathy."

ANNUAL LUNCHEON OF THE SOCIETY OF AMERICAN WOMEN IN LONDON.

The annual luncheon of the above-named society has just been held in London under auspicious circumstances.

The Lady Mayoress, Miss Ellen Terry, Madame Sarah Grand, and Miss Lena Ashwell, and Miss Florence Hayward, Commissioner of the St. Louis Exposition, were special guests of honor.

The members principally consist of artists, writers, and musicians among the American residents in London. The president is Mrs. Hugh Reid Griffin.

A MIDGET BABY.

On February 6th a midget baby opened its eyes in an incubator at Bellevue Hospital. It weighed but fifteen ounces; possessed blue eyes, light hair, and had perfect health. It was kept at a temperature of from ninety to ninety-five degrees. Although almost inanimate when first brought to Bellevue because of cold, he has now begun to take some interest in life and show a determination to be big some day in the temperature of ninety-five degrees. Dr. Scherer, who has the case in charge, says he must stay in the incubator for two months. He says the child has every symptom of health. "It is the cutest, tiniest, and winsomest baby the hospital has ever received." Liquids are given to it every hour, and, as report goes, it is interesting to see it stretch its limbs and act as any other infant would.

DR. L. H. GULICK AND PHYSICAL CULTURE.

Many new ideas are daily being brought forward for the betterment of mankind. Dr. Luther Halsey Gulick, the new Director of Physical Training for the public schools of New York, appears to be a man inspired with the object of correcting the deformities in the physiques of children. In addition to the fifteen minutes' gymnastic exercise given in the public schools, he wishes to introduce purely recreative features which will rest the mind completely. "When the child," he says, "is doing his physical culture exercises in the school-room his mind is concentrated upon the teacher and his work. I desire to have scholars enjoy recreative sports which will completely rest their minds; mental relaxation is absolutely necessary."

He hopes to correct the so-called school-desk attitude—the stooping shoulders, congested chest, and prominent abdomen; and to do this special games will be invented to counteract the tendency. By strengthening the back, causing the head to be held erect, flattening the shoulder blades against the back, and deepening and widening the chest and flattening and straightening the abdomen children may be saved, he believes, from many physical defects.

Dr. Gulick wishes to ascertain the weight, height, and names of 500,000 children in New York public schools, as he feels sure this is the only way of ascertaining who the defective children are.

DR. ELMER GATES EXPERIMENTS WITH HIS CHILDREN'S MINDS.

Dr. Elmer Gates is conducting experiments with his four children in regard to the development of their minds. He has apparatus which will give him facts concerning color, sound, taste, smell, touch, quickness of thought and rapidity of action, taught to infants by a varied treatment of new and ingenious devices. He will in this way be able, he claims, to measure the brain's speed. He believes he has found out how the mind can be built to order, and also how character and disposition may be improved at will so as to have good traits and do away with bad ones. It is all a matter, he claims, of educating the cells of the brain, which are the physical unities of mind. The brain, like any other part of the physical mechanism, can be built up, he asserts, and beginning with the child it can be developed little by little. We shall have more to say upon this subject later on.

HALF A CENTURY A PHOTOGRAPHER.

Half a century of business life is the entry which was posted to the credit of George G. Rockwood, the Broadway photographer, on March 3d. Forty-seven years of this time he has spent in what he terms "the art of making faces," and he displays pride in keeping with his declaration that he is still as progressive and resourceful as any of the young members of his guild. He has an intense love for his craft, in which he "feels as much interest as on the first day he went under a skylight."



Photo by Rockwood.

MR. GEORGE G. ROCKWOOD, WHO HAS MADE PORTRAITS OF MANY PROMINENT MEN

Many years ago he made a specialty of children's photographs, obtaining excellent results, and pleasing the mothers because of his personal fondness for the children. In one month he made 964 negatives of children. A book by him, "Child Beauty," has received considerable notice.

In his long career Mr. Rockwood has photographed many noted persons. He has posed five Presidents—Van Buren, Hayes, Cleveland, McKinley, and Roosevelt—for whom his photographs have been accepted as the official portraits. He made the last portrait of Henry Ward Beecher, and since 1859, when he began work in this city, has photographed,

among many other prominent men, General Winfield Scott, General John A. Dix, William Cullen Bryant, Horace Greeley, Parke Godwin, George Peabody, Edward Everett, William M. Evarts, Bayard Taylor, N. P. Willis, Gerrit Smith, and William Lloyd Garrison.

His pictures of McKinley and Roosevelt were in great demand when President McKinley died.

The readers of the PHRENOLOGICAL JOURNAL have been charmed for many years with the excellent portraits taken by Mr. Rockwood. Truly he has a genius for catching the best expression of even the most difficult person. We trust that Mr. Rockwood will renew his youth so that we may long continue to enjoy having his marvellous creations.

ONLY THE HEALTHY SHOULD BE MARRIED.

The Rev. J. L. Scudder, Pastor of the Congregational Church of Jersey City, has not only original ideas about the above subject, but he has dared to express them in a sermon on "Rights of the Unborn." He strongly advocates a law compelling all persons before marriage to pass a physical and moral examination and secure a license from the State. He also declares that no poor person should be permitted to bear more than two children. He insists that it is all very well for President Roosevelt,

who has an income of \$50,000 a year and an independent fortune, to advocate large families, "but how," asks the pastor, "would he enjoy his own advice if he had a dozen children and he was earning \$2 a day?" "No child," he says, "has a right to exist unless there is a prospect of its possessing a good bodily constitution and being well cared for by its parents until capable of earning its own livelihood."

We think the latter remark is even more pertinent than the one bearing upon the question of salary, for half a dozen healthy children in even a poor family can look after themselves in a marvellous manner, but the same number of sickly children suffer more than any ordinary individual can conceive.

Dr. Scudder says the rights of unborn generations is a branch of ethics which has been largely ignored, but which ought to form a part of our moral philosophy without delay. Science and not caprice should be the arbiter of life, and domestic sentiment in some cases must be sacrificed in behalf of the general good.

The above philosophy carries out an idea expressed some time ago in the JOURNAL respecting the law proposed for Connecticut on the same lines. If we had more such practical exponents of right living in our pulpits we should find an added backbone to our Christian principles.

LOVE'S PSALMING SONG—"AMEN."

BY MARGARET ISABEL COX.

Where'er thou art, thou who dost read
this word,
I bring thee song, the sweetest ever
heard.
It is not mine, this song of golden time;
It is not mine, this song of rare, sweet
chime.
I heard its psalming benediction when
At calm with life. It sang to me.
"Amen."

Where'er thou art, thou who dost this
word hear,
I bring thee song that casteth out all
fear.
It is not mine, this rare, sweet song I
bring;
It is not mine, this rare, sweet song I
sing.
I heard its cadence-tone 'bove discord
when
At war with life. It sang to me, "Amen."

Where'er thou art, come sing this song
with me.
This "Amen" Song of Love I bring to
thee.
It is not mine, this song of sweetness
rare;
It is not mine, I but its message bear.
Come sing with me, for we may sing it
when
At calm or war with life, Love's Song—
"Amen."

ried men to every 2,000 unmarried women, and yet women have a right to vote in that city. She considers that this surplus will not last long in that vicinity, as it certainly shows that men are content to live where the women vote.

England sends her manly surplus to her wifeless dominions, but, on the



MRS. L. D. BLAKE.

other hand, the flower of her manhood to die in bloody wars, as was shown during the last South African campaign.

We believe that if girls were not brought up to entertain artificial ideas concerning married life there would be more healthy marriages throughout the country, but while the strenuous exertions of society are making such demands upon the wealth or incomes of the pater families, we do not wonder that many men stand and wait before contemplating marriage until a lucra-

tive position is offered to them. To be out of the fashion is to be out of the world, many think.

THE STUDY OF CRIMINALS.

A bill is before Congress calling for the appropriation of \$8,000 for the establishment, in connection with the Department of Justice, of a so-called laboratory for the study of the criminal, pauper and defective classes.

Mr. McDonald has some singular instruments with which he determines—or professes to determine—certain significant facts regarding the human body, and his theories may strike some persons as being somewhat new.

“The study of man,” says he, “to be of the most utility, must be directed first to the causes of the crime, pauperism, alcoholism and other forms of abnormality. To do this the individuals themselves must be studied, as the seeds of evil are usual sown in childhood and youth. It is here that all investigations should begin, for there is little hope of making the world better if we do not seek the cause of social evils at their beginning.”

Mr. McDonald has one instrument for determining the acuteness of smell; another for weighing the blood sent to the brain by emotion; another for measuring breath as an effect of the emotions.

While these are all excellent in their way, and while we believe in studying the child as complementary of what man will become, yet we consider that he will lose a very important means of determining criminal instincts if he does not take with him some knowledge of the mental make-up of the child. It has been suggested by Mr. William T. Har-

ris, Commissioner of Education, that Mr. McDonald's services as an adjunct of the Bureau of Education should be discontinued, "mainly because the so-called scientific study of criminals has not advanced far enough to be of use for education. At present it confines its attention chiefly to bodily peculiarities, studying the form and size of the skull, the ears and the interior of the mouth, height and weight, and such matters as give the different results in the form of statistical averages. These bodily items may, in some way not yet made clear, have connection with criminal propensities as cause or effect, but thus far such connection is only a matter of conjecture."

Some people consider that Phrenology is a matter of mere conjecture—they have not studied the matter with sufficient definiteness to place confidence in its principles, but if it were tried even as a matter of conjecture we feel sure that some practical results would accrue—in fact, more definite issues than can possibly be derived from the above employed means.

We wish that all interested persons of the science of Phrenology would write us their opinions with regard to approaching the Bureau of Education in Washington concerning the department for at least conjectural experiments for the criminal child through the aid of Phrenology.

REVIEWS.

In this department we give short reviews of such New Books as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"How to Acquire and Strengthen Will-Power; or, Modern Psycho-Therapy: A Specific Remedy for Neurasthenia and Nervous Diseases. A Rational Course of Training of Volition and Development of Energy, after the Methods of the Nancy School." By Richard J. Ebbard. Published by Modern Medical Publishing Company, London, and issued by Fowler & Wells Co., New York, and L. N. Fowler & Co., London. Price, \$2.

Considering the many books that have been issued of late on the above-named subject we think that this one deals with the subject in a manner that can be more easily assimilated than almost any one that we have seen. So many writers on the subject of Suggestion and Mental Therapeutics are content to philosophize on a subject without directly applying the principles to the patient's ailment.

In this work we have strict directions for the carrying out of the ideas concerning twenty-two kinds of weakness and the formula of Suggestion that is recommended for each, in clear, bold print; therefore the patient cannot make any mistake as to the plan suggested. The mind has to be focussed along certain lines of thought, and in this work the idea is to help and stimulate the patient to place his ideas in a certain relation to himself so that the disease or weakness may take its leave. The work has already had quite a start, and we believe that it will find a ready sale.

"My Life in Many States and Foreign Lands." By George Francis Train. Published by D. Appleton & Co., New York. Price, \$1.25 net, twelve cents postage addition.

Few persons are so well known as George F. Train, not only in this country but in all parts of the world. He is cosmopolitan in spirit and entertains original ideas on many subjects. He has organized many new lines of thought, such as the Clipper Ship Line that sailed around Cape Horn to San Francisco, and made American shipping lead the world; and built the first street-railway in England. The book is brimful of incidents that only such a man as Mr. Train could write. He is exceedingly individual in what he says, and knows how to say a thing in a direct, positive, and interest-

ing manner. It is a book complete with incidents not only in this country (where he was born), but of England, France, China, Australia, India, and the Holy Land. He has taken seventy ocean voyages, has touched American history at so many points that those who have become acquainted with his earlier writings, and who have watched his career, and seen his devotion to children and animals in Madison Square, will be interested to purchase a copy of this most remarkable book.

On page 121 he refers to his meeting L. N. Fowler in Liverpool, when the latter examined his head publicly before an audience. The moment Mr. Fowler

placed his hands on Mr. Train's head he made the remark, "Jehew, what a head." The audience caught the idea, and the examination was proceeded with. About three years ago he attended a lecture given by Dr. Foote at the American Institute of Phrenology, and at the close Miss Fowler invited Mr. Train to step up on the platform, when she pointed out the strong peculiarities of his character. Originality is the keynote of his disposition, and the book indicates this. It is written in clear print, on good paper. The book is illustrated with many good pictures, the last one being given of Mr. Train himself with his reporter when he was dictating his life.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

A. E. H.—With regard to the questions which you have forwarded to us, you will find that, in the Correspondence Column, we have already answered one of your questions on "The cause of beauty and what makes it, especially the facial expression." A homely face when it is perfectly quiet may, when excited, show a beauty that is far more intrinsically valuable than is found in a person who has a dimple in each cheek, a fine flush to the face, ruby lips, regular, pearly teeth, a Grecian nose, and large, speaking eyes. The books, however, on "Notes on Beauty" (ten cents) or "How to Grow Handsome" (\$1) will give a more lucid explanation of the causes of beauty and the way to enhance one's personal appearance.

In regard to teeth: "It is remarkable why one person has such beautiful, hard, sound teeth and another can hardly keep a tooth in the head." Physical causes as well as inheritance are responsible for such a condition. Children are given too many sweets to eat, and the food they have is not always suitable to preserve their soundness. Some valuable advice is given in the book on "The Teeth; or, Practical Family Dentist" (\$1), or "Causes of the Decay of Teeth" (ten cents).

Again, there is a practical reason why one person has, as you say, "a positively dazzling complexion, while another has her skin covered with warts, hair, and pimples." In the latter case the inheritance often gives a person a tendency

for facial peculiarities which he would rather be without. A person, however, can have the warts removed easily, and the pimples will fade out of sight if the circulation and digestion are carefully considered; and thus everyone, with proper massage of the face, can keep a fine complexion into old age. The mind has a great deal to do with the expression of the features. Worry, care, and anxiety manifest themselves in a very undesirable way, and people should be mindful of these things if they do not want to grow old and wrinkled before their time. They should have a Turkish bath once a week, which is so soothing in its action that it eliminates many of the marks of age that would stamp themselves indelibly on the features without its aid.

C. J. S., Endeavor, Pa.—In reply to your query with regard to the width of the head in certain parts, we believe that you will gather the most help from George Combe's works, notably one on "System of Phrenology"; secondly, "Lectures on Phrenology." He has several tables on measurement with calipers, giving breadth at the organs you mention. One cannot give breadth, say, between two organs unless the relative proportion of the rest of the head is given, for the length, width, height, and circumference should be taken into account. As a rule the length of the head from Individuality to Inhabitiveness is half an inch less than the height of the head, but the circumference varies in different individuals from 21 to 23 both in masculine and feminine heads.

You will also find that in the "Self-Instructor" a chart is given, which you can apply to yourself and others if you will measure the head as is pointed out. As a rule when the organ of Constructiveness is large in both hemispheres the caliper measurement will be $5\frac{1}{2}$ to 6

inches; through Secretiveness, 5 inches; through Combateness, 5 to 6 inches.

E. S., Sioux City, Ia.—The character you mention who is not large in Perception, Construction, or Form, yet whom you have found to be an excellent writer, has probably the following organs strongly developed: Language, Causality, Intuition, and Comparison. There are different kinds of writers, remember; some write on scientific topics, which

would of course require the perceptive intellect; others write on theoretical subjects, and such people need the aid of Causality; others, again, write fine descriptions of people, and such persons need the aid of large Human Nature. Study your friend again and let us hear from you; study definitely what kind of writing he excels in, and we will tell you what characteristics are probably largely developed.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.
—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

F., England.—The photograph represents an active mental temperament, musical ability, and a large share of intellectual vigor. She is alive to her surroundings, prompt in action, versatile in disposition, and impetuous in character. Her mind is ambitious and aspiring, buoyant and cheerful, with a keen sense of humor. Artistic ability is well marked, also a capital memory and good conversational power. She has the ability to succeed as a teacher, and will do best in any pursuit where she can exercise authority. She should cultivate her concentrative powers, seek mental rest, and work within the limits of her strength.

J. M., England.—Is a man of candor. He can be depended upon in times of emergencies, and is characterized by thoughtfulness, steadfastness, caution, and sagacity; his judgment is reliable, and he is capable of sustaining a position of trust or where responsibility is required. He is intuitive in perception, critical in making comparisons, also very apt in planning and organizing work. He is an all-round useful man, is quick in his movements, very energetic, persevering, and diligent in acquiring knowledge. He should be very abstemious; temperance in all things must be his motto.

B. D., Darwen, England—possesses a warm-hearted, sympathetic disposition; she is always ready to render help to her friends, and will take an active part in

all good work. She is very frank and open, conscientious and independent. She can readily adapt herself to people, notwithstanding her sensitiveness and cautious bearing. She is far-seeing and intuitive, thoughtful and agreeable, at times enthusiastic and emotional, with occasional fits of depression. She should not live too much indoors, as she is too keenly affected by her surroundings. She is very capable in managing, contriving, and in adapting means to ends, and is all-round useful, with a good general memory and the ability to express herself without hesitancy.

698.—D. E. L., Blissfield, Mich.—This lad has been endowed with ample mental capacity to follow out a distinct line of work above the average, and it will pay him to secure, if possible, a good education; in fact, he will be able to do a great deal more with his mentality if he is able to stay at school than if he is put to business right away. Were his head broader in the base he would take hold of business affairs and make a success of life in channels where he could pick up his education to a certain extent with his work, but a special education along the line of his work is an advantage to any young man.

We would not like to see this lad, however, waste his time in doing a little of everything that touched his fancy; hence, if he leaves school, he had better get some earnest work to do during the next few years, and work his way up through college. He could succeed in mathematics, chemistry, etc., and become a good engineer, navigator, or mineralogist. He ought to be able to take up the languages quite readily, especially French and German, and were he with foreigners he would increase his confidence in speaking the languages, and could also become a good foreign correspondent.

698.—C. C. L., Blissfield, Mich.—This lad has a well-balanced organization, has a good business type of head, and is able to manage his own affairs and keep abreast with the times in a tactful and

independent way. He will make a resourceful man, and will also be able to make use of all the opportunities that are offered to him. He appears to have an excellent Vital organization, hence he should enjoy health. He is rather particular about the friends he makes and does not want to commit himself unnecessarily to others. He had better attend a business institute and prepare himself to become a first-rate merchant.

699.—O. G. L., Blissfield, Mich.—This lad has rather an ideal character, has a very inquiring mind, is almost too ethereal, and will have to have his wings clipped a little to appreciate the life and work of this world. His desire to know everything calls him out so remarkably that he will devour literature, books, or magazines whenever he can get hold of them. He is adapted to the study of literature as a profession, and will write good compositions and poetry, and will always take the supernatural side of a subject and see its interpretation through his wonder-loving eyes or his imagination. He has a good sense of proportion, has full imitative power, and

could become an excellent artist or architect. He will be more delicate and sensitive than his brothers, hence will need calling out where he can use his independent character and his self-reliance.

700.—P. C., Calumet, Mich.—The photograph of this lad is dark and inadequate for our purpose. It, however, shows that he possesses an excellent memory of facts and names, and hence should be able to recollect what he has studied, provided he gives consecutive thought to his work. He is a sensible lad; has a high rather than broad head; does not possess a selfish disposition, and can be encouraged to use his best qualities in a thoroughly practical, useful, beneficial way. He will not like to see anything wasted, and had better seek that line of occupation where he can be paid a salary for his work rather than work on a commission. He will never be over-enthusiastic about the financial side of his success, but will work heartily for a cause and purpose, and will, consequently, be philanthropic in his efforts. We think he will work out all right if adopted.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The March meeting of the American Institute of Phrenology, on the evening of the 4th inst., was presided over by the president, Dr. Charles Wisley Brandenberg. In his usual happy way he spoke of the treat in store for the audience from his brother in the medical profession, Dr. McGuire. Preliminary to the lecture Dr. Shephard read a message from Miss Jessie Allen Fowler on the benefits of physical culture, and then spoke of "Rational Physical Culture," and mentioned Dr. McGuire's latest book, advising all to procure a copy, containing as it does, in compact and readable form, the latest thought on the subject, together with many original ideas of the author's, told in his own inimitable way.

Dr. McGuire spoke of the necessity of "a sound mind in a sound body," showing that in many gymnasiums the mind is lost sight of, and the one object is the development of muscle; that the mind is at its best in a physically developed body and that the physically developed body has a good mind.

Phrenology tells what each one is adapted for, and Physical Culture is the basis of Phrenology, yet man often gives more attention to his horse than himself. He will fill his pail just so full of water, and put his oats just so far away lest he overeat. The same man will go home, eat ham-fat, tea, tobacco, dream, sleep badly, arise in the morning wondering

why he feels badly. Man studies how to bring out the best in his horses, but does not apply the same common-sense rules to himself.

In Phrenology we consider the Man. In a phrenological examination we look into heredity—if a man inherits from the father or mother. Some men cannot be athletes, but all can improve their physical conditions. Education does not give what is not there, it draws out what is there. Nor does man have to go to college to develop the different faculties. So in physical culture man must have an inheritance to arrive finally at the best physical condition. A man whose ancestors are long-lived will generally live long himself unless he dissipates his inheritance. He traced Shakespeare's inheritance of genius and should have the people relive in their children's children.

Phrenology teaches us that you cannot put in a man what he does not already possess in a measure. You can tell if a man has the original material. Each race has an endowment of certain characteristics; so has each man. In a measure greatness must be born in a man.

The Motive Temperament does not need much exercise, it has not too much fat. The Vital Temperament is inclined to be fat, and needs physical exercise. The diet of each should be regulated. Mr. McKinley had a well-balanced tem-

perament; the Motive made him a soldier; the Mental, lawyer; the Vital, social.

The doctor gave directions for standing, sitting, walking, breathing, and speaking.

He said you could not make everyone a base-ball player or sprinter; just so we cannot all be singers, orators, etc.; but given the foundation we can build. He spoke of the "grind, grind, grind" of the public schools and of the fallacy of thinking that one method can be applied to all pupils.

He showed how the lower part of the brain represents the physical part of man; the back, the social; the front and upper parts, the intellectual and moral.

The Delsartean is the walk from the hip, not from the knee. The regulation military walk is thirty-three inches. Let your thoughts keep your head up. Develop Self-Esteem, do not depreciate yourself either in word or action.

Speaking of Language he advised the cultivation of colloquial language.

At the close the chairman drew together the threads of the discourse, which was very complete and eloquently delivered.

Mr. Piercy, secretary, announced the date, subject, and speaker for the next meeting, which will be held on April 7th, when Rev. Thomas Hyde will lecture on "Phrenology Illustrated by the Language of the Emotions and Passions." The May lecture (on the 5th) will be given by Dr. C. O. Sahler, on

"Psychic Power as Demonstrated by Phenomena."

Announcements were also made of the April number of the "Phrenological Journal," the American Institute, etc. The audience, among whom were a number of the medical profession, expressed great appreciation of the lecture at the close.

LECTURE FOR APRIL.

The April lecture will be given by the Rev. Thomas A. Hyde, D.D., on Tuesday, April 7th, at 8 P.M. The subject will be "Phrenology Illustrated by the Language of the Emotions and Passions." Mr. Hyde has become known to all students of Phrenology for his able writings on "Phrenology" and "Oratory," and he has become a valuable exponent of the science, and will be listened to with interest. We expect an enthusiastic reception will be given him on this occasion.

LECTURE FOR MAY.

On Tuesday, May 5th, Dr. C. O. Sahler will lecture at the American Institute of Phrenology on "Psychic Power as Demonstrated by Phenomena; or, Suggestive Therapeutics in a Practical Light." All who have heard Dr. Sahler before in his lectures have appreciated his handling of this new and important line of investigation. We shall therefore be glad to welcome him again.

FOWLER INSTITUTE MEETINGS, LONDON.

MARCH MEETINGS.

On March 11th the Fowler Institute was favored by a paper from Miss S. Dexter, and, as few ladies have appeared on the programme for the year, her presence among the members was highly appreciated. She has had special experience in the teaching of the young, and especially in the training of those who are mentally weak, and her knowledge of Phrenology has been of great help to her, therefore she is thoroughly equipped in giving her ideas on such a subject to others.

On March 25th Mr. F. Jarvis lectured before the Institute, and at the close of his paper considerable interest was evinced by the members in the various ideas thrown out in his address. A fuller report of these meetings will reach us presently.

APRIL MEETINGS.

On April 8th Mr. J. B. Eland will give an address before the Fowler Institute,

and on April 22d Mr. D. T. Elliott will give the concluding lecture of the course prior to the annual meeting, which will be held on May 6th. We trust these meetings will be largely attended as usual.

INSTITUTE NOTES BY THE WAY.

We are glad to learn that during January the meetings at the Fowler Institute were well attended, and that Mr. D. T. Elliott's lecture on "The Practical Uses of Phrenology" (January 14th) was so highly instructive. Mr. Elliott's aim has always been, when teaching Phrenology, to make it of practical service to his hearers, and it is not surprising that he has succeeded in doing so again before the members of the Fowler Institute. Mr. J. S. Brunning officiated as chairman on that occasion. In the discussion that followed excellent speeches were made by Messrs. J. S. Brunning, Pritchard, Overall, and Williamson.

To bear out the utility of his subject, Mr. Elliott made two Phrenological examinations of people selected from the

audience. These are always enjoyable, for however much a lecturer may philosophize on his subject, and however long he may hold his audience spell-bound with his eloquence, after all it is the application of his remarks that "hits the nail on the head" and sends his hearers away convinced that what they have heard by way of argument is workable in their own characters as well as in those of their friends.

We are also glad to hear that the Rev. F. W. Wilkinson's instructive lecture on January 28th was on "Some Phrenological Points." The lecturer dealt very largely with the various combinations of the mental faculties. Many people think that each faculty works by itself, but the reverend gentleman in his remarks pointed out that we have a perfect correspondence and co-sympathy among the faculties; thus Combativeness acts with the moral qualities and gives courage in upholding moral causes and in supporting moral and intellectual subjects. The social qualities act largely with the intellectual faculties and give a fine balance to each other.

We cannot study this subject too closely, and we are glad that the Rev. F. W. Wilkinson dealt so ably with the subject. The chairman of the evening was Mr. W. J. Williamson, who led the discussion at the close. Mr. D. T. Elliott made some practical examinations at the close of the lecture, greatly to the satisfaction of the large and interested audience.

EXAMINATIONS.

The winter examination of the above Institute was held during the last week in January, the report of which will be given in our next JOURNAL.

The secretary reports that the January number of the PHRENOLOGICAL JOURNAL is very much appreciated by the English subscribers.

FIELD NOTES.

The following Phrenologists are giving lectures and examinations in the cities named:

W. G. Alexander, Class of 1889, Vancouver, B. C., Canada; R. J. Black, Vinton, Ia.; J. W. Brooks, 1897, Brantford, Ont., Canada; W. J. Booth, M.D., Alto, Tex.; J. L. Capen, M.D., Philadelphia, Pa.; M. M. Cody, Bradford, Tex.; R. E. Chapman, Greenville, N. C.; Annie M. Dewey, Springfield, Mass.; C. A. Gates, Northwood, Ia.; R. G. Maxwell, 1887, Kinston, N. C.; H. B. Mohler, 1896, Colton, Cal.; O. L. Pyles, 1902, S. Paulo, Brazil, S. A.; V. G. Spencer, 1890, Walker, Ia.; O. H. Williams, 1894, Baltimore, Md.

PRIZES.

No. 1. The Self-Instructor is offered as a prize for the best Phrenological story of about 2,000 words.

No. 2. The Manual of Mental Science is offered as a prize for five subscriptions of \$1.00—or five shillings—each for the PHRENOLOGICAL JOURNAL.

No. 3. A year's free subscription to the PHRENOLOGICAL JOURNAL will be given to anyone who will send us two new subscriptions of \$1.00—or five shillings.

No. 4. "Animal Magnetism" is offered for the best article on the organ of "Self-Esteem" of not less than 500 words.

Prize contest will close May 1st.

Some articles on "Self-Esteem" have already been received. We trust that others will compete for this and other prizes offered. The awards will be given in the June number.

GLAD EASTER DAY.

BY MARGARET ISABEL COX.

Dear Bethlehem,
Glad Christmas Morn,
The Holy Child
So lowly born.
The Child, the Man,
The Master Friend,
The Loving One
Unto the end.

Gethsemane,
The God-Man there,
Forsaken, lone,
In sorrow-prayer.
Dread Calvary,
The cruel thorn,
The Man Divine.
Glad Easter Morn!

Glad Easter Day,
Thy Day and mine!
The Son of God,
The Man Divine,
The Risen Lord,
The Truth, the Way
From Death to Life.
Glad Easter Day!

FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of

FOWLER & WELLS CO.

THE SUBSCRIPTION PRICE of the **PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE** is \$1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to **Fowler & Wells Co.**, and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the **PHRENOLOGICAL JOURNAL** and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"**Human Culture.**"—The March frontispiece of this magazine consists of pictures of John Maynard Harlan, Carter H. Harrison, and Graeme Stewart, which the editor compares, from a scientific standpoint, in regard to their fitness for the Mayoralty of Chicago. Albert M. Wickstrom tells what Phrenology has done for him personally. Dr. A. P. Davis contributes on "Health."

"**Mind**"—of March—is replete with good things, among them, articles on "New Thought and Evolution," by Henry Wood; "What is Religion?" by Frank D. Michell, and "The Law of Cause and Effect," by Grace Lee Orr.

"**The Vegetarian.**"—The leading article is "The First Step," by Leo Tolstoy, whose picture is included. "Life in Cuba" is so attractively told by Caroline Strub that one feels like going thitherward.

"**Review of Reviews.**"—The same oft-told story we must tell. A treasure-store of all the happenings of the world, be they religious, literary, historical, or otherwise.

"**The St. Louis Globe-Democrat,**" one of the Western periodicals, is always a welcome visitor to our sanctum.

"**Human Nature**" contains a number of interesting essays by Professor Had-dock's pupils on "Heredity," their conclusions being drawn from personal phrenological examination of a baby in the professor's office. There are a number of other good articles, contributed and editorial.

"**The Exodus**" is one of the leaders in the New Thought Movement. "The Chicago Bible Class," by Ursula N. Geste-field, has soul help for each Sabbath.

"**The Theosophic Gleaner,**" for one interested in the occult, is filled with the latest and most advanced thoughts. The opening article is "Man." "Clairvoyance" is a fine explanation of this mysterious state.

"**The Theosophist**" has an intensely interesting article on "Deathless," by Josephine H. Olcott. S. S. Row answers the "Objections to Annie Besant's Theory of Avatāvas."

"**Health**" touches on all the varied aspects of the subject. One must needs be well if the advice of this magazine is followed. Temperance workers will approve of Dr. Ellen Goodell Smith's article on "Health and Temperance." Among other subjects are "Indigestion," by C. M. Robinson, and "Sympathetic Relationship," by Frederic W. Burny.

"**The Literary Digest**" contains the cream of all things readable, all the topics of the day, domestic and foreign news. In it all phases of life are represented, literary, artistic, religious, etc. In a recent number is an excellent picture of James R. Garfield, son of the lamented President, the new Commissioner of Corporations; also of Colonel R. H. Pratt, the founder and present Superintendent of the Carlisle Indian School.

"The Gospel Messenger" is scholarly and liberal, yet true to its "Defense of the Gospel." There is a telling article on the "Negro Question." One contemplating a European trip can read with profit "Some European Pictures," by Albert C. Wieand.

"The Advocate and Family Guardian," who can read it without desire to help the unfortunate? Rev. Theodore L. Cuyler contributes "Persistent Prayer" to a recent number.

"The New Voice" stands for principle, for right, especially for temperance, and tells its story in straightforward way. An interesting biographical sketch is given of P. T. Bresee, D.D., LL.D., illustrating the New Temple built by his labors at Los Angeles, Cal.

"The Living Age" is fully up to its usual high standard of excellence, than which higher compliment cannot be paid it.

"The World's Events" has as its frontispiece the latest picture of President Roosevelt, showing him in his new office. An interesting article is on the unearthed Babylonian ruins, profusely illustrated.

"Christian Work and Evangelist" is as readable as ever. "Christianity and African Slavery" is discussed by Heli Chatelian. Rev. Robert S. Wrightman, preacher to the lumbermen in the Adirondacks, contributes an interesting illustrated article. It also contains President Roosevelt's address on Wesley.

"The American Mother" should be read not only by mothers, but by women in general. "The Physical Side of Education," "The Home a Kindergarten," "Physical Culture" are treated in an able manner. All of the departments in which woman is interested are well filled.

"The Contributor" comes to us as a welcome guest, its articles are well illustrated and timely.

"The Woman's Tribune" has a sketch of Mrs. Isabella Beecher Hooker's life, read by the "Tribune's" editor on Mrs. Hooker's eighty-first anniversary.

"The Philosophical Journal" has many wonderful tales of spiritualistic life, among which are occurrences in the family of John Wesley. We hope for the speedy recovery of the "Journal's" able editor. "Organic Representation," by Hudson Tuttle, is well worth the reading, as is "Spiritual Wireless Telegraphy," by M. T. Maynard.

"The New Thought" comes, bringing the latest messages from Ella Wheeler Wilcox and William Walker Atkinson, its able editors.

"The Prairie Farmer" is devoted as usual to rural home life. Its pages are filled with practical information.

"The Modern Farmer and Busy Bee" has many helpful and suggestive ideas.

PUBLISHER'S DEPARTMENT.

WANTED—Men and women to sell a standard household remedy. Experience desirable, but not necessary. Write, stating full particulars. Address, Lock Box 5, Elkhart, Ind.

WANTED—Men to invest in or to act as selling agents for stock in a most profitable mining corporation. Owns lands rich in timber, coal, oil, and gas. Great chance. Bears closest investigation. Write to-day for prospectus. Address, Dr. H. A. Mumaw, Elkhart, Ind.

WANTED—To exchange medical lecture ticket and books for gold, silver, oil, or copper mining stock. Address, Dr. H. A. Mumaw, Elkhart, Ind.

WHAT THEY SAY.

"I received the first number of the PHRENOLOGICAL JOURNAL, and am very much pleased with the same.

"W. H. D., Augusta, Wis."

"As you probably know, some time ago I purchased your 'Human Science,' which I think is a great book. I also possess your 'Creative Science,' for which I would not take any amount of money. This last named book has greatly changed my habits, and you deserve praise for publishing such a noble book.

"G. C. T., West Covington, Ky."

"Your Friction Soap has given me great benefit; it relieved my sore hands instantly, just with one application. At first I imagined it would be useless, but was soon disabused of that theory. Two young chaps, acquaintances, want two tins, and herewith enclose \$1 for same.

"D. J. McL., Glens Falls, N. Y."

"Enclosed find ten cents, for which please send me a report of the last class of the American Institute of Phrenology. I am anxious to see a complete list of the graduates.

"Glad to know there is an increased interest in this great science, which is as much greater than other sciences as Washington's Monument is higher than a gopher hill.

"I am well and happy, and owe much of my happiness to the knowledge and information I received at the American Institute of Phrenology in 1890. In haste.

Yours truly,
"V. G. S., Walker, Ia."

It is required that Phrenological students desiring to enter the Institute shall have become familiar with the subject by a course of reading, and we are often asked by prospective students and by those who wish to pursue the study

at home as to what course shall be followed. In reply to such inquiries, we would recommend reading first, "Self-Instructor in Phrenology," giving a general and popular view of the subject. Study this carefully with the Phrenological Bust, showing the location and division of each of the organs. This should be followed by the reading of "Brain and Mind," a more scientific textbook, dealing with the more intricate questions relating to the physiology of the brain and modern researches. After carefully studying the above, read "New Physiognomy," following this with "Choice of Pursuits," "The Constitution of Man," and "Popular Physiology." These constitute a part of the Student's Set, described fully on another page.

We would also recommend to each student the entire series of the Human Nature Library. There is not one of these that the student can afford not to read. Every one of them will be found valuable either to the readers who wish to enter the Institute or to those who are pursuing the study at home.

To those preparing to enter the lecture field, L. N. Fowler's "Lectures on Man" will be found specially suggestive and useful. No Phrenological student can afford to be without the PHRENOLOGICAL JOURNAL, which contains the best of everything there is on the subject, including special lessons on Phrenology and many other interesting items.

No matter how much good judgment one possesses, a certain degree of technical knowledge of human nature will always greatly augment one's adaptiveness in obtaining position or public esteem.

The importance of the work done by a scholarly and conscientious Phrenologist is second to none, for he can greatly add to the power and usefulness of everyone who consults him. However, no one should undertake the responsibilities of this profession without proper preparation for the work, and this can be acquired better through the course of instruction afforded by the Institute than in any other possible way.

Success in life is assured to the man who understands himself fully and has at his command a means of strengthening his character, and can readily apprehend the strength and weakness of those with whom he has to deal, whether in the line of business or in the various professional avocations. While a business education as given in the commercial schools may be desirable, it is not to be compared with the advantages to be derived from a course of instruction in the American Institute of Phrenology by one who depends on the results of his dealings with others.

AS AN ACCOMPLISHMENT.

Proficiency in Phrenology will prove more conducive to personal enjoyment and be of more value in all social relations than any of the arts of drawing, painting, music, elocution, foreign languages, etc., as ordinarily practiced. In the theatre of social life success depends largely upon the exercise of tact, and the talents or foibles of others must be appreciated by those who desire to please them, and one's own abilities and shortcomings must be understood in order to apply the one to advantage or to repress the other.

In a Phrenological examination the peculiarities of temperament, constitution, laws of health, development of faculties, and the harmonies and contradictions that exist in an organization are plainly set forth and described to the person under our hands, showing the strong and weak points, what to encourage and what to restrain, with a view to a proper self-control and balance of mind and character. We also study and describe the adaptations and talents of each person for given pursuits, and in which their abilities can be used to the best advantage.

SHOULD WE MARRY? ARE WE WELL-MATED?

The most important question in connection with marriage should be in regard to mutual adaptation, physically, mentally, and morally. Phrenology explains this, and therefore should be consulted. There are many works on the subject that can be read profitably by all, but the best work specially relating to this is "Wedlock; or, The Relation of the Sexes," \$1.50, a scientific treatise disclosing the laws of conjugal selection and parental influences, also showing who ought and who ought not to marry. By Samuel R. Wells.

"The Organ of Human Nature." Ten cents.

Human Nature is indeed a deep subject, and Language hardly appears able to express all the emotions which are comprehended in it. The locality of the different organs and the Firmness necessary to prevent an undue indulgence of the different propensities frequently causes a Combativeness sadly at variance with the organ of Repose.

Dr. Hudson's famous book, "Law of Psychic Phenomena," enjoys an almost phenomenal prosperity, and, after going through many editions, will undoubtedly reach the 50,000 mark before the end of the present year. It is not at all uncommon to find it listed ahead of the popular novels among books most in de-

mand at public libraries. There are many reasons for this established popularity, the chief one being that the book stands absolutely alone in its field—a masterpiece in its own sphere. The questions with which it deals, lying along the unsettled borderlands of Science, have all the fascination which mystery exercises on the human mind; the clear, unbiased, truth-seeking attitude of the author earned for him the respect of scientists; while the large class of readers to whom the religious aspect of such questions is the all-important one, felt reassured by the rare union of intrepidity and reverence displayed in his investigations. 12mo., \$1.50. Fowler & Wells Co., New York.

"Gentlemen: I have been using Fowler's Friction Soap in office, laboratory, and home for some time, and am delighted with its cleaning powers. It is certainly the most rapid and thorough cleaner I ever tried. For removing from the hands of dentists the grime of flasks and vulcanizer it is invaluable, leaving the skin as soft as velvet and thoroughly antiseptic, as a dentist's hands should be. It is the soap par excellence for universal use. "Dr. A. L. Wilson."

"Phrenology in the Home." Ten cents.

The study of Phrenology in the home is one of vital importance. Where can it be better adapted than in the home, the centre of the heart's most dearest treasures? Long before our birth this knowledge can exert an immense influence. The mother's consciousness of that which is right, good, and true can give a wonderful impetus. A father's love of home and sympathy and affection for the wife can bring kindly thought and tenderness to the mother, and such a satisfactory return as no investment of fortune has ever succeeded in doing. A hopeful feeling in the mind gives such a buoyancy and joyfulness of spirit that the bodily effect is of the happiest description in the family circle.

The use of the new Tables in the Fowler's New Chart is every day proved by the questions asked in the consulting-room; for instance, a parent comes in to consult us on which course a boy had better enter. We explain for what the boy is best fitted and write out our report, and mark the degrees of development of the Phrenological organs. Then, by special request, we can mark the Course in the Psychological Table which is the most suitable. The subjects are plainly laid before one.

"Human Science," or Phrenology; Its Principles, Proofs, Faculties, Organs,

Temperaments, Combinations, Conditions, Teachings, Philosophies, etc., as applied to Health; its Value, Laws, Functions, Organs, Means, Preservation, Restoration, etc., Mental Philosophy, Human and Self-Improvement, Civilization, Home, Country, Commerce, Rights, Duties, Ethics, etc.; God, His Existence, Attributes, Laws, Worship, Natural Theology, etc.; Immortality, its Evidences, Conditions, Relations to Time, Rewards, Punishments, Sin, Faith, Prayer, etc.; Intellect, Memory, Juvenile and Self Education, Literature, Mental Discipline, the Senses, Sciences, Arts, Avocations, a Perfect Life, etc. One large volume, 1,211 pages, containing 214 illustrations. By O. S. Fowler. Price, \$3.00.

"Uncle Sam's Letters on Phrenology."

A new book. Bright, attractive, interesting. Written in a clear and symmetrical style, at times rising to the plane of eloquence and melody. Is one of the best books for general reading. There is a brightness and life in the descriptions and illustrations rarely found in the literature relating to the subject. Some descriptions of the faculties are unsurpassed. No more impressive and interesting manual can be named as an introductory book to the more careful study of the subject. 200 pages. Price, 25 cents.

"The Hydropathic Encyclopedia." A System of Hydropathy and Hygiene. By R. T. Trall, M.D. Designed as a guide to families and students, and a text-book for physicians. Two volumes in one. 966 pages, 461 illustrations. Price, cloth, \$4.00.

This work treats the subject under eight distinct heads, embracing Outlines of Anatomy, Physiology of the Human Body, Hygienic Agencies; and the Preservation of Health, Dietetics and Hydropathic Cookery; Theory and Practice of Water-Treatment; Special Pathology and Hydro-Therapeutics, including the Nature, Causes, Symptoms, and Treatment of all known Diseases; Application of Hydropathy to Midwifery and the Nursery. It contains a Glossary, Table of Contents, and complete index. In the general plan and arrangement of the work the wants and the necessities of the people have been kept steadily in view. While almost every topic of interest in the departments of Anatomy, Physiology, Pathology, Hygiene, and Therapeutics is briefly presented, those of practical utility are always put prominently forward. The theories and hypotheses upon which the popular drug practice is predicated are contraversed, and the why and wherefore of their fallacy clearly demonstrated.

This set of books is recommended to those who wish to take up the study of Phrenology at home or to prepare for attending the American Institute of Phrenology. At list prices these amount to \$18.75. The set will be sent for \$13.00, Express collect.

The Student's Set

For 1903

The New Illustrated Self-Instructor

In Phrenology, Physiology and Physiognomy. A complete Handbook for the People. With over one hundred new illustrations, including a chart for the use of practical Phrenologists. Revised and printed from New Plates. 12mo, 192 pages. By the Renowned Phrenologists, Profs. O. S. and L. N. FOWLER. Cloth, \$1.00.

Lectures on Man

A series of twenty-one Lectures on Physiology and Phrenology, delivered by Prof. L. N. Fowler, during his first tour in England, many of which are now out of print and can only be had in this volume. \$1.50.

Brain and Mind

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SECTION 2. The said corporation may hold real estate and personal estate to the amount of one hundred thousand dollars, and the funds and properties thereof shall not be used for any other purposes than those declared in the first section of this Act.

SECTION 3. The said Henry Dexter, Samuel R. Wells, Edward P. Fowler, M.D., Nelson Sizer, and Lester A. Roberts are hereby appointed Trustees of said corporation, with power to fill vacancies in the Board. No less than three Trustees shall constitute a quorum for the transaction of business.

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MAY, 1903

[WHOLE NO. 772

Sketch of the Rev. Reginald John Campbell, M.A., NEW PASTOR OF THE CITY TEMPLE, LONDON.

By D. T. ELLIOTT.

The Rev. R. J. Campbell, who has accepted the "call" to succeed the late Dr. Joseph Parker as pastor of the City Temple, was born in London in 1867, where his father, the Rev. John Campbell, was a minister in connection with the "United Methodist Free Church."

was captured. Next week a leader in the "British Weekly," headed "A New Preacher," brought Mr. Campbell before the Nonconformist public in a way that was calculated to unduly

HIS EARLY EDUCATION.

The first twelve years of his life he spent in Ireland, and he is of Scotch-Irish extraction. He was educated privately at University College, Nottingham, and at Christ Church, Oxford. He is a graduate in honors in the School of Modern History and Political Science at Oxford. In 1895 he accepted the pastorate of Union Street Congregational Church, Brighton. Soon this church and Queen-square Church in the same town were united under him, and great congregations have ever since attended his preaching. Five or six years ago Dr. Robertson Nicoll, whose genius for "discovering" men of ability is almost an intuition, was advised to go down to Brighton and hear Mr. Campbell. He went, and



Photo by Paunell & Holæn.

REV. REGINALD JOHN CAMPBELL, M.A.

exalt a man of less modesty and retiring habits than those possessed by Mr. Campbell. From the day of Dr. Nicoll's article the Brighton preacher's place in the Free Church life of the country was assured.

HIS STYLE OF PREACHING.

His style of preaching is quite different from that of Dr. Parker, and this certainly can be accounted for by the marked difference in the two men. Mr. Campbell does not possess the remarkable physique, robust constitution, and sonorous voice of the late Dr. Parker. He is built on quite a different plane, and is exceedingly delicately organized. His finely chiseled countenance, refined features, and broad front head indicate an active mental temperament. There is scarcely enough of the Vital and Motive temperaments to give sustaining power, and it will be incumbent for him to give plenty of time to rest and for recuperation, else he will not be able to work continuously. As a child he was exceedingly delicate and precocious, and in his manhood his brain is the most active part of his organization.

AN INTERESTING OBJECT FOR STUDY.

He is an interesting study for the Phrenologist. In the first place, we observe that the moral and intellectual powers are well balanced; he is not liable to extremes, neither will he take an extravagant view of any subject, whether religious or social. But he can bring his mind to bear unitedly upon any subject with which he is interested, and his opinions or the results of his investigations will be always given with moderation and fearlessness. He has a very original type of mind, is more illustrative, imaginative and discriminative than profound, and on this account he will make himself interesting and easily understood by the ordinary mind. It will be im-

possible for him to be dull or heavy, and the work of his active mind will be permeated by sparks of humor and wit. He will be remarkably quick in giving shape to his thoughts and plans; he will not be satisfied by working after other people's patterns. He will open up a way of his own, and present his thoughts in a very original way and manner.

HIS INDEPENDENCE.

Another strong trait in his character is his independence; he will know his value and be able to put a correct estimate on his abilities, but his best friends will not be able to charge him with egotism nor selfishness. He will be very anxious to please, to excel in his work, and can adapt himself to different classes of people gracefully. Although quiet and unassuming in character, his magnetic power will readily attract and influence other people. He will not make a great noise in the world, but his work will be lasting and effectual.

HIS SOCIAL CHARACTER.

The social side of his character is not weak, but he will not be disposed to waste much time in social functions, as there is a good share of reserve in his character. His mind is very capacious and comprehensive; the reflective and æsthetic group of faculties are stronger than his perceptive. His memory of forms is remarkable, and his ability to express himself with ease, eloquence and pathos are just as strongly marked.

The musical faculties are well represented, and assist in giving a very elevated tone to his work. It is very apparent that he is a clever man; he is the son and grandson of preachers. By birth, environment and opportunities for education and culture has been fitted for his work. Nature has endowed him with a splendid intellect, an harmonious character, and a supe-

rior type of mind. He is entering upon a very important work, where he will be brought into close touch with the busy, practical business men of the great city of London. His attractive style and persuasive manner have already earned for him wide popularity. His work has not been confined to the pulpit; in the press and on the public platform he has shown his ability in advising upon some of the social problems of life. We are quite sure he will manifest the same broad-minded spirit which characterized the ministry of Dr. Parker.

The "Methodist Recorder," London, says of him:

"There is no more influential Congregational church in the world than the church by Holborn Viaduct. It seems to belong to us all. The ministry of all denominations, not excluding the Church of England, has been in the habit for years past of resorting to its noon-day services for instruction and inspiration. Its influence has made for Christian unity, and for

all that is progressive in imperial and municipal righteousness, as well as for all that is Evangelical in doctrine and practical in sympathy."

The "British Weekly," London, comments:

"We have no doubt Mr. Campbell will soon build up a very strong church at the City Temple, and that he will in every way make it a home and center for young men. Dr. Parker did not make it his main business to build up a church. His ministry was in every respect unique, and he set great value on the privilege of constantly preaching to changing audiences from all parts of the world. It was the work for which his gifts best fitted him, and it was nobly and faithfully discharged. But in London at the present hour we need nothing so much as strong central non-conformist churches, with preachers in their pulpit both born and called, and with bands of enthusiastic workers, such as the City Temple will, by the blessing of God, more and more become under Mr. Campbell's ministry."

The Ethics of True Happiness.

By S. HATTY, of Highfield, England.

I am sure you will all agree with me that happiness is a subject well worthy of our consideration, and I hope to prove to you of our cultivation also.

Happiness resembles gold, in this, that it cannot be made direct. You may make gold by making almost any other article or commodity, but up till the present it has baffled the greatest men of science and art to manufacture gold direct. So is it with happiness. It has been said happiness was born a twin. You must share it to cultivate it; you must do some good in the world and try and make some other life happy before you can receive it into your own life. Happiness is the birthright of every human being born with normal faculties.

It is also the indefatigable pursuit of all men—the universal desire that

characterizes the whole human race, irrespective of color, creed, or climate.

Moreover, it is the inspiration of life, invigorating men with new energy and pointing the way to yet further conquests.

Most men spend one-third of their lives trying to make the world different, another third in learning to live in it as it is, and the remainder explaining how much better it used to be.

Now it is necessary for us to have a proper definition or conception of happiness before we can give the conditions essential thereto. The shortest and best definition that I know of is, "Happiness is that condition in which the mind and body are in perfect harmony with each other and with all their surroundings."

I once heard of a boy who was get-

ting instructions from his teacher about abstract nouns, and he was told that an abstract noun was something you could think about but could not touch. The teacher asked for an illustration. The boy replied, "A red-hot poker." Now I am glad to say that although happiness is an abstract noun it does not come under this head, because you cannot only think about it, but can feel it. Neither is it repellent, but attractive.

Happiness is many-sided. There is animal or physical, social, intellectual, moral, and spiritual happiness. Animal happiness consists in having abundance of life and sustenance. See the lambs on the hillside on a fine spring morning, jumping and sporting, full of life and vigor. This agrees with our definition of harmony of mind, body, and surroundings. The mind is at ease, the body is in health, the surroundings are pleasant. But some of you may object to my associating mind with sheep, but those of you who know anything about them know that when the leader makes up her mind to sample the crop on the wrong side of the fence you consider she has got a mind of her own.

Social happiness consists in meeting pleasant company, the intercourse, in a social way, of mutual friends; what beaming faces and pleasant smiles, especially when John gets a loving glance from his dearest friend; how his heart throbs, and his happiness is so great that on his way home he may get a proper drenching of rain, but he only considers it a Scotch mist. Intellectual happiness consists in a sound mind well sharpened with knowledge that enables a person to admire the

beautiful in art and nature, to reason soundly, and commit pleasant experiences and impressions to memory. Moral happiness consists in doing unto others as we would that they should do unto us.

Spiritual happiness consists in being led by the spirit of truth, justice, benevolence, veneration, and faith. Now it is an old and true saying, "That the last shall be first and the first shall be last." So does it apply here; although the pleasures and happiness belonging to this life are right and good in their place they are but transient compared to that spiritual happiness which is derived by living this life with an eye on that which is to come. The connection between happiness and morality is a close one. Evil lives cannot be happy in the true sense of the word; they are destroying the very faculty of enjoyment and are laying up for themselves untold misery and woe. Spasmodic, fitful pleasure they may have for a time, but it is transient, passing away and leaving behind it the corruption of decay. Now you will see by all this that people may be developed in these five different ways, which will cause their happiness to be different. Not only so, but they may be abnormally developed in these five ways, which bring misery, or be undeveloped, which gives lukewarmness. Happiness is like everything else. It is governed by laws fixed and unalterable. The sooner men grasp this fact the better it will be for the human race. Only in one way can happiness be obtained, and that is nature's way; he who lives unnaturally is unhappy. You cannot fight against nature, and if you transgress you must pay the penalty.

To be continued.



Types of Character.

TWO CLASSES OF HEADS—THE BROAD AND THE NARROW.

Character manifests itself in so many ways that one has to be alert in order to keep apace with the growth and development as well as the manifestation of talents, abilities and idiosyncrasies of people. Every day, more or less, new phases of character reveal themselves to

by the men and women who need it most.

Mr. McDonald, of Washington, has made some observations with regard to the heads of children. He finds that those boys who have broad heads are more energetic, forceful and executive

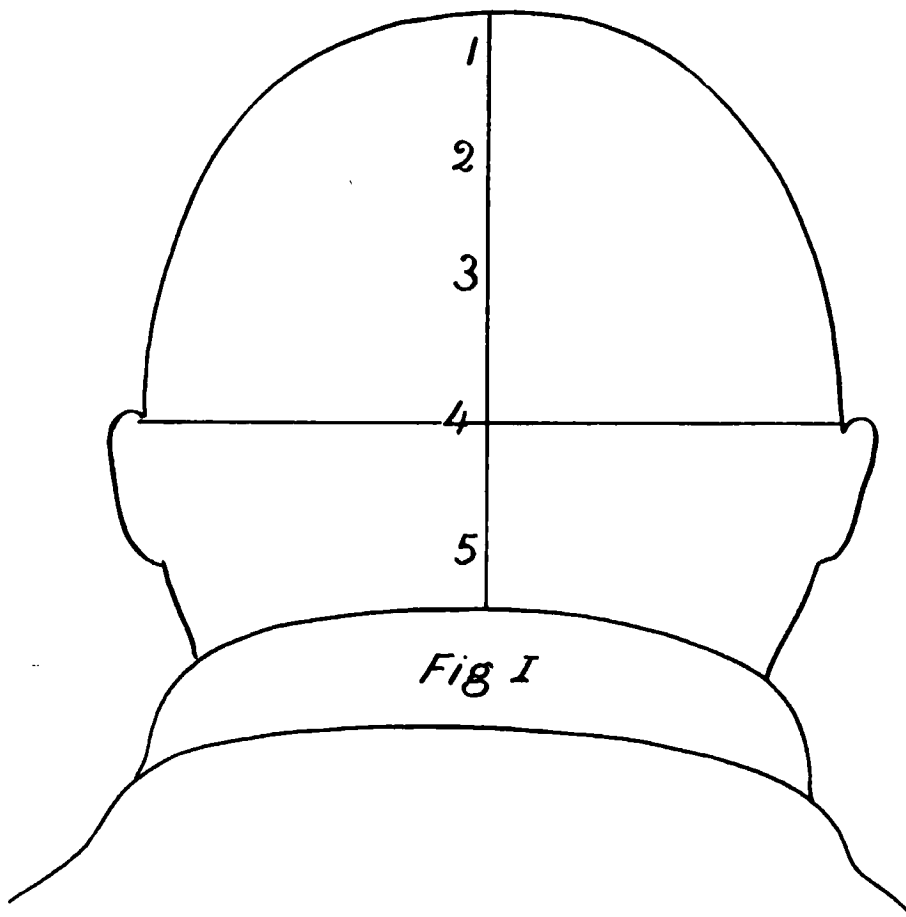


FIG. 1. BROAD AND LOW HEAD.

Has a selfish type of head ; would make a good Hotel Proprietor, Political Boss, and Business man.

us, new causes which contribute to mental manifestation occur, consequently the old ideas with regard to the treatment of character among our young population require special handling. Phrenology, like every other subject, is constantly broadening its area of usefulness, and is being better understood

than the narrow-headed boys. Phrenology finds that same fact to be true, provided other parts are proportionately able to carry into effect the work suggested by the broad head.

The brightest girls he finds to have long heads when compared with short ones. This observation is again accord-

ing to Phrenological data. We find that woman was designed by Nature to have a longer head than man, consequently she is better able to take care of the concerns, plans, needs, cares and anxieties of the family. This is her prerogative as well as her right and duty. If man goes out to carry on the executive work of life, woman, being queen of her home, looks after its neces-

individual to be tactful, energetic, business-like, plucky, enterprising, unflinching and interested in the large concerns of life—those, we mean, that show the most comprehension.

The narrow head generally leaves the executive work for some one else to accomplish. It is timid, hesitating, and fails to look out for personal interests; it has not much backbone when

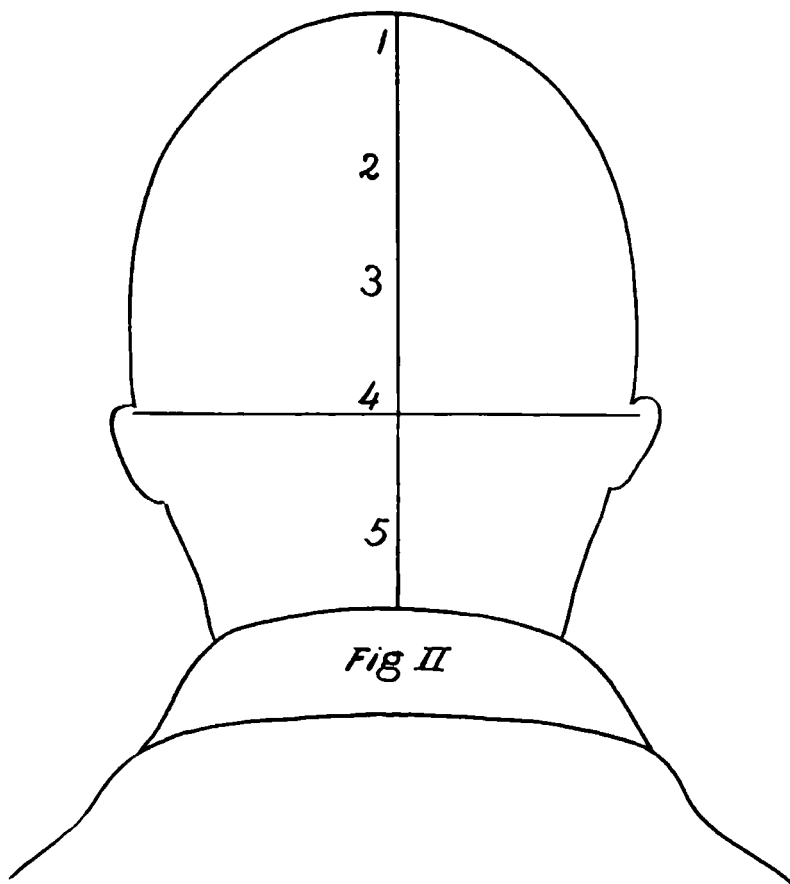


FIG. 2. NARROW AND LOW HEAD.

Is an average type of head; would succeed better in business for someone else than for himself.

sities. Thus the work of life is divided, and if we were all in our right spheres how much happier we should be.

Both the broad and the narrow heads, therefore, have their uses in life, and we ought to find out just what these heads are organized to accomplish.

The broad head, with a large development of Destructiveness, Acquisitiveness, Secretiveness and Cautiousness, together with large Sublimity, helps an

great undertakings are suggested; it follows the lead of someone else who is bolder and more enterprising, and who shows less fear in undertaking what has not previously been tried. Thus warriors are not made of those persons who have narrow heads. The world's speculators, where great fortitude was required, have not sprung from those who have narrow heads.

It would not do, however, if the

world were composed only and solely of broad-headed people, for we need the help of the narrow and long-headed people to fit into the necessities of life and its obligations.

In the illustrations before us we see that Figure 1 possesses a masterful, executive, energetic and plucky character. The base of his brain accumulates force; he never does anything by halves; bull-dog selfishness predominates over

Philoprogenitiveness is located, which gives a regard for the young, pleasure in having little ones around the home and a decided love for animals. No. 3 illustrates the location of the organ of Inhabitiveness, which faculty makes home pleasurable, takes delight in having persons visit the home and centers domestic interest there. No. 2 illustrates the locality of the organ of Continuity, which is just above Inhabitive-

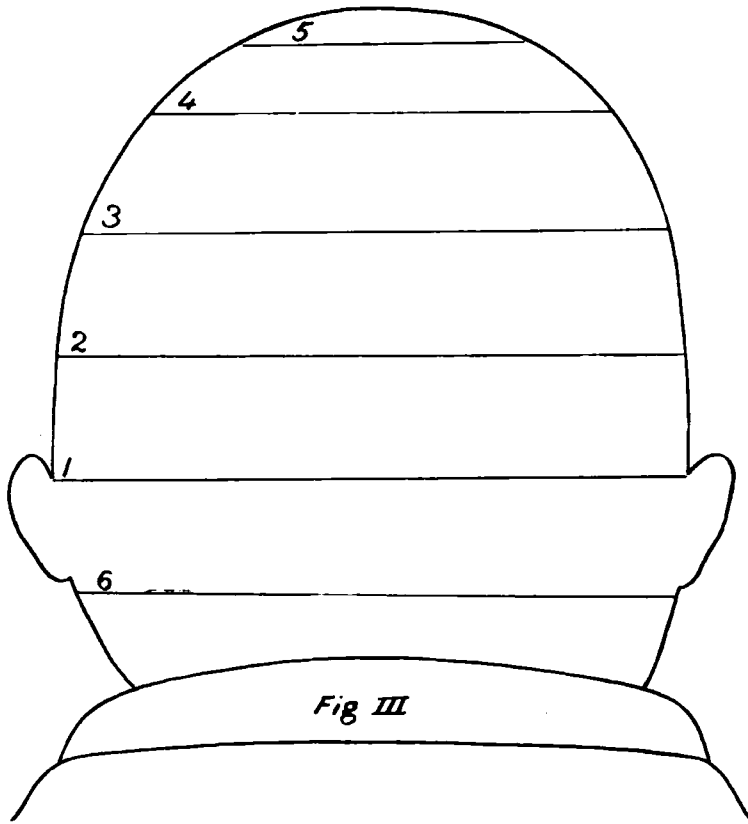


FIG. 3. BROAD AND HIGH HEAD.

Powerful character; would succeed as a Speculator, Senator, Chairman of a large Trust Company, and comprehensive Merchant.

his æsthetic and altruistic faculties. He is a good type of a well-developed human animal, one who sees more pleasure, enjoyment and success in giving way to his appetites than to lead a moral, conscientious and consistent life.

The cerebellum is largely represented in the fullness of the neck on the side of the central line where No. 5 is placed. No. 4 represents the position on either side of the perpendicular line, where

ness, and is the faculty that enables one to give connectedness of thought to work, ideas and affections. No. 1 illustrates the location of Self-Esteem, or that element of the mind which enables a person to take responsibilities and be independent of others. Figure 1, therefore, would succeed as a Hotel Proprietor, Political Boss or Business man.

Figure 2 indicates the narrow and low head, thus the characteristics

shown in Figure 1 will not be so strongly accentuated in this character, although he will possess the same organs, but on a smaller scale. He cares very little about material success; his interest is not given to the accumulation of great wealth, but he is content to lead a passive, quiet and uneventful life. He lacks enterprise and is not the man to carry on large business schemes or appreciate the wide-awake, go-ahead-

It will be readily noticed that he has a combination of power, and in this diagram we make the lines cross horizontally so as to illustrate the faculties that we have not mentioned in Figures 1 and 2. This head has a power that is undeniable—we might almost say it is phenomenal. The powers generated in the top of the head will at one time draw such a character in a moral direction, while at another time the im-

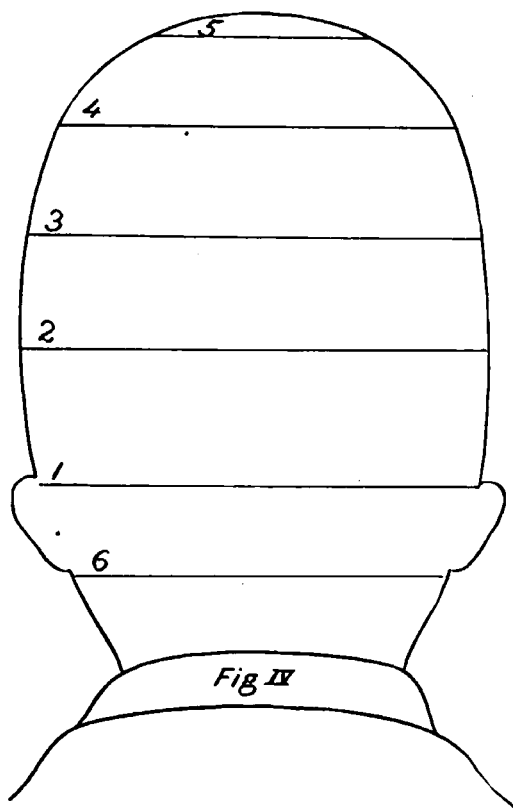


FIG. 4. NARROW AND HIGH HEAD.

An æsthetic character; would succeed as a Clergyman, Advisory Lawyer, Statesman, and Professor of Mathematics and Mental Philosophy.

edness of New York, Chicago or San Francisco. Such a person should live in the country, where he will not be expected to manifest great enthusiasm concerning the new strides and the immense improvements that are being carried out in the above-named cities. Such a character will succeed better in a business for someone else than for himself.

Figure 3 has a broad and high head.

pulses from the base and breadth of the head will lead him to follow his appetites. If, however, he learns to thoroughly control the latter, the energy and force that come from his basilar brain will give intensity to his moral purposes. He is a man who, because of his breadth of character and expansiveness of structural development, will find it harder to keep within a strict and narrow line of conduct than

will Fig. 4, and more credit will be due him for control over himself than to Fig. 4.

The selfish elements are strong, but if he uses them with a moral purpose he will show more power in warming others up to a broad and comprehensive life than those who only have a passive nature and leave people where they find them—in the slough of despond. He is a man who will not shrink from large responsibilities. He

stand up for himself. He is lacking in that courage that makes people stand away from him when he is executing his work. The horizontal line, No. 6, is too narrow comparatively, and the width of the head is not sufficient at that point to always give him courage to enforce his piety. He is not a Martin Luther, but his plans may be as excellent as those of Melancthon. The width of the head of No. 1 and No. 2 as compared with the same



FIG. 5. SKULL OF PERSON WHO DIED IN A HOSPITAL IN PARIS.
Very broad and selfish type of head; was probably a miser.

is adapted to the activities of a large city, and will grow where there is plenty for him to undertake or accomplish. Such a head will succeed in being a Magnet, a Speculator, a Senator, and a Chairman of a large Trust Company.

Fig. 4 has a narrow and high head; he plans better than he executes; he is religious, pious, and just, but is easily overcome, and when his rights are trampled upon he does not resist or

points in Fig. 3 shows that he has not much worldly wisdom, but is perfectly reliable, and in assuming high official responsibility he will be excellent and can be depended upon. Such a head will make a faithful Clergyman, Consulting Lawyer (not a fighting one), a Statesman, Lecturer, or Professor of Mathematics and Mental Philosophy.

The perpendicular lines which cross Figs. 1 and 2 indicate the location of the following faculties: No. 1 is the

brain center of Destructiveness, from which we get our force, energy, and executiveness; No. 2 is the brain center of Secretiveness, which gives us tact, reserve, and diplomacy; No. 3 is the brain center of Cautiousness, which gives us prudence, solicitude, and anxiety; No. 4 is the brain center of Ap-

ness. Fig. 5 is the skull of a person who died in a hospital in Paris. It is very broad between the lines No. 1 and 2, and shows that there was great force over and around the ears. In such a person we should expect to find an intense desire to accumulate property and possess the capacity to become a



FIG. 6. SKULL OF AN EGYPTAIN MUMMY.

A very narrow type of head; was a highly cultured person.

probativeness, which gives us ambition, susceptibility of mind, and desire to excel; No. 5 is the brain center of Self-Esteem, which gives us the capacity to take responsibilities, to be independent, and to show family pride. As all the faculties are dual, each hemisphere represents the organs above mentioned.

The illustrations of Figs. 5 and 6 indicate two very different skulls and indicate our point with great clear-

miser, with an unscrupulous aim and a lack of moral sense to direct the lower propensities.

Fig. 6 is the skull of an Egyptian whose head was very narrow at the base, especially between the lines No. 1 and 2. This figure represents a highly cultured individual, one who was actuated more by and through the intellectual and moral qualities of the mind rather than those which show selfishness, greed, and avarice.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH, of Dundee.

WHAT IS MEMORY?

The difference between one man and another is greatly one of memory, and by that is meant the power of receiving impressions from all surrounding objects. In receiving impressions every power of the mind can be brought into play. Formerly memory was considered to be a power residing solely in the brain; but further investigations and considerations of its nature go to prove that all the senses contribute their share toward supplying the mind with materials for reflection, and, therefore, memory plays an important part in enabling us to pass accurate judgments, and should be regarded as "one of the laws of thought." This view of the subject will be readily assented to if we take up some points for illustration, as "Not every thought to every thought succeeds indifferently."

If we go out at any time and meet persons we know and have spoken to, we bring to mind that we are acquainted with them and therefore recognize them, and further, it is likely that when we go home we will mention to our friends that we saw such and such an one, thereby giving evidence of a memory impression primarily received through the eye, while those who are totally blind can receive no impressions through the eye; so that although they may be perfect in all their other senses yet in this one they can add in no way to their knowledge. Another way of looking at memory is in its relation to hearing. If we hear a great orator or singer some impression of their abilities is carried away, and consequently, when the names of these individuals are mentioned we are likely to express our ideas as to their powers, and this is simply a case of impression received through another sense—the ear. The senses of smell, taste, and

touch may be looked at in the same way, and a consideration of them in detail cannot fail to convince every one that the starting point of our memory is the senses, which are certainly, through the nerves, in direct communication with the brain.

Old writers on memory spoke of "Blisters to prevent the decay of the memory," "A powder for the memory," or a "Perfumed apple for comforting the brain and the memory;" but nowadays memory trainers do not recommend such medicines, but have rather a belief in the potency of good food and all the other agencies that promote good health, as aids in sustaining a tenacious hold of all impressions. Attention to food and exercise are the great essentials in good health, and are therefore contributory to a good memory; and in this connection Pascal claimed while in good health to have forgotten nothing of what he had done, read, or thought at any time; but when weak in health his memory became defective. This is a case which almost every reader could illustrate from his own experience.

The different stages of life are characterized, among other things, by different kinds of memory. There is the memory of childhood, youth, middle life, and old age.

The characteristic of the memory of childhood and youth is its susceptibility to all impressions through the senses. This may in a great measure be accounted for by the novel aspect which everything presents to young minds. As life advances, the novelty wears off; but at the same time the number of memory impressions received is normally sure to increase; and the memory for mere perceptions is combined with a process of analyzing all that is presented to the mind, and therefore, as life goes on, our memories become more and more analytical.

As old age approaches another change takes place, for, in general, during this period of life the new impressions are not so many, and it is characteristic of old people that they live in the past rather than concern themselves with what is going on around them.

The following quotation from the works of Prof. O. S. Fowler, the American Phrenologist, is one of the best to be met with for comprehensiveness as to what memory is:

"Memory recalls past occurrences, doings, acquisitions of knowledge, etc. It is not, however, a single faculty, else men could remember everything past equally well, which is not the case; but every intellectual faculty recollects its own functions. Thus locality remembers places; form, shape; eventuality, events and actions in general; causality, ideas, principles; and thus of all the intellectual powers. Hence, there are as many different kinds of memory as there are intellectual faculties; the greater energy of some of which and the feebleness of others, both in the same head and in different persons, cause and account for the fact that some can remember faces, yet forget names, while others remember places almost by intuition, yet forget items. This diversity in the memory of men precludes the idea that memory is a single faculty. But there being as many different kinds of memory as there are intellectual organs, the retentiveness of each of which increases and decreases with the energy of its organ, of course he who has causality large and language small easily remembers the substances, but forgets the words; and thus of the different degrees of strength in all the other faculties.

"Hence the full development and vigorous action of all the intellectual powers gives a retentive memory of everything. Nor can a retentive memory of everything be secured by any other means. The cultivation of the memory, therefore, and the discipline of the mind amount to one and the

same thing, and are to be effected by the same instrumentalities. To strengthen the memory is to augment the intellectual capability, because both consist in enhancing the intellectual energies. Memory, in common with every mental faculty and physical function, can be strengthened to a degree almost incredible." The better to understand how many-sided memory is, the following is a list of the phrenological classification of the powers of the human mind, and in this connection Professor Bain says: "Phrenology has done good service . . . by affording a scheme for representing and classifying character, which is in many respects an improvement upon the common mode of detecting individual difference."

DOMESTIC PROPENSITIES.

AMATIVENESS.	CONJUGALITY.
Reproductive	Marriage, constancy.
love, love of sex.	

PHILOPROGEN- ITIVENESS.	FRIENDSHIP.
Parental love,	Sociability,
Love of children,	Love of family,
Love of animals.	Gregariousness.

INHABITIVENESS.	CONTINUITY.
Patriotism,	Connectedness,
Love of home.	Application.

SELFISH PROPENSITIES.

VITATIVENESS.	COMBATIVE- NESS.
	Defiance,
	Defence,
	Courage.

DESTRUCTIVENESS.	ALIMENTIVENESS.
Extermination,	Desire for solids.
Executiveness.	Desire for liquids.

ACQUISITIVENESS.	SECRETIVENESS.
Acquiring,	Reserve,
Saving,	Policy,
Hoarding.	Evasion.

SELFISH SENTIMENTS.

CAUTIOUSNESS.	APPROBATIVE- NESS.
Prudence,	Display,
Solicitude,	Sense of character.
Timidity.	

SELF-ESTEEM.
Independence,
Self-love,
Dignity.

MORAL AND RELIGIOUS SENTIMENTS.

FIRMNESS.

Power of will,
Stability,
Perseverance.

CONSCIENTIOUSNESS.

Circumspection,
Integrity,
Justice.

HOPE.

Speculation,
Hope present,
Hope future.

SPIRITUALITY.

Wonder,
Trust,
Faith.

VENERATION.

Antiquity,
Worship,
Respect.

BENEVOLENCE.

Sympathy,
Liberality,
Philanthropy.

PERFECTING SEMI-INTELLECTUAL SENTIMENTS.

CONSTRUCTIVE-IDEAL EXPAN-
SIVENESS.

Ingenuity,
Contrivance.

REFINEMENT.

Refinement,
Perfection.

SUBLIMITY.

Sense of the
terrific,
Grandeur.

IMITATION.

Mimicry,
Gesture,
Assimilation.

MIRTHFULNESS.

Wit,
Humor.

OBSERVING, KNOWING AND PERSPECTIVE FACULTIES.

INDIVIDUALITY.

Physical Observa-
tion,
Mental Observa-
tion.

FORM.

SIZE.

COLOR.

WEIGHT.

ORDER.

Neatness,
System.

CALCULATION.

Figures,
Estimates.

LOCALITY.

Exploration,
Locality.

EVENTUALITY.

Actions,
Association.

TIME.

Time,
Measure.

TUNE.

Tune,
Modulation.

LANGUAGE.

Verbal Memory,
Verbal Expression.

REFLECTIVE, REASONING AND INTUITIVE FACULTIES.

CASUALITY.

Planning,
Reasoning.

COMPARISON.

Comparison,
Criticism.

HUMAN NATURE.

Intuition,
Foresight.

AGREEABLE-
NESS.

Youthfulness,

In the Public Eye.

HON. STEPHEN GROVER CLEVELAND.

During a recent visit to New York the Hon. Grover Cleveland visited the celebrated studio of Mr. G. G. Rockwood, who obtained of him some excellent portraits. The profile illustrating this article was taken expressly for the PHRENOLOGICAL JOURNAL, and shows to perfection the frontal, middle, and posterior lobes of his brain.

While posing Mr. Cleveland previous to his last election Mr. Rockwood recalls the following characteristic story: "Just as we were about to expose the plate I discovered a fly hovering about his head, and therefore halted the proceedings. Mr. Cleveland instantly realized the humor of the thing and exclaimed, 'You're right, there should be no flies on this candidate.'"

Grover Cleveland, at the age of sixty-

six, cannot be called a young nor yet an old politician. That he has mellowed in character, and that his mental and physical powers have become more equalized, is noticeable to all.

No man who has twice served his country as President, and carried out its responsibilities or surmounted the perplexities of such an office can fail to show the *influence* of that work upon his personality. This is manifested in the elasticity of his step, the poise of his shoulders, the grasp of his hand, the keenness of his eye, the forensic power of his mind, and the mental expertness of his replies on all important matters.

Mr. Cleveland has always been known for his great physical endurance, his capacious chest, his remark-

able energy, his recuperative power, his massive face, large neck, powerful, executive nose, and double chin, all of which mean vitality and capacity for hard work.

His head is large in circumference, which finds a good foundation in his body, and is supported by the latter through its ample circulatory power. Possessing as he does remarkable recuperative ability, he can more readily restore himself to his normal condition after a fatiguing day, by a night's rest, than is the case with many who have less of the elements that go to build up vital energy.

Mentally speaking, there are several points in his character which the student of Phrenology will readily appreciate. It will be seen that there is much more brain power in the front of the ear—taking the opening of the ear as a starting point and allowing the eye to pass to the center of the lower part of the forehead—than there is when starting from the center of the ear and allowing the eye to pass backward; hence he is a man of uncommon mental attainment, one who gathers facts readily and surrounds himself with avenues of thought that are highly reproductive. He would be likely to say that it is as well to be out of the world as live away from civilization. He must be where he is in touch with life, and that life must be surrounded with the most practical, comprehensive, and far-sighted modern thought.

While the physical or Vital Temperament predominates in one sense, the Motive Temperament is also noticeable; animal vigor is more strongly expressed than nervous or mental excitability. He is very much like a lion that when once roused is not easily quieted until the object of the excitement has abated. In debate, when his oratorical powers are at the best, they will show along the lines where his deepest convictions and his greatest knowledge have been concentrated; he is unimpassioned in speech only, when he feels the full conviction of his sub-

ject. This will manifest itself more particularly at times when there is opposition, or during periods when there is call for great concentration of mind on a definite subject.

There is a strong indication that he prefers to deal with practical rather than metaphysical subjects. His power of observation gives him immense ability to gather facts and to regulate affairs on a broad basis, and he is capable of informing his mind on historical events which he uses to advantage. He should be able to value things at a legitimate price and know how much they are worth.

All men have not the same kind of memory. One has a recollection of names, another of faces, a third of places visited, a fourth of forms and outlines, another of the comparison of things. Grover Cleveland appears to combine a number of these special memories, for Individuality, Eventuality, Comparison, Locality, and Order are largely developed, hence he throws his thoughts into the balancing scale of his memory and associates one event with another in such a way as to enable him to recall at will what he has once passed through; and as a referee he will be able to recall many important facts which others might hope and expect him to forget.

The organ of Language is largely developed, and although it was finely expressed in his earlier portraits, yet those of recent date show an added activity of this organ; he ought to be capable of conversing freely on any topic of public interest and be able to use his knowledge to a good account through verbal expression.

As has already been said, his mind has ripened with experience and age, and in practical analysis or the dipping into a subject from the attitude of a critic he will show more than ordinary zest, interest, and power; thus as a lawyer he would quickly make up his mind as to the true claims of his client, and would know how to present a case to a judge and jury in a broad and comprehensive manner.

In Mr. Cleveland we find a man who is evidently a keen student of character, and the organ of Human Nature has evidently been called out by everyday practice. He is able to detect the thoughts of others quite readily, and sums a man up with remarkable accuracy. Without any party

ner. When at the Executive Mansion in Washington he was known as one of the hardest workers of his day. He drove with a master's hand, and was able to get more out of a person during twelve hours' work than one in a thousand, especially if they were working alongside of him. You will not



Photo by Rockwood.

HON. GROVER CLEVELAND.

Front View, Perceptive Faculties, Reflective Faculties.

bias around him he would select powerful allies to assist him in any important work in which he might be engaged, and he would not need to change his decisions in respect to such persons after he had made a selection.

The force of his executive faculties with his keen mental eye give him a grip upon things in a remarkable man-

ner. When at the Executive Mansion in Washington he was known as one of the hardest workers of his day. He drove with a master's hand, and was able to get more out of a person during twelve hours' work than one in a thousand, especially if they were working alongside of him. You will not

firm, positive, persevering, authoritative, and masterful in his way of handling a subject.

His Benevolence makes him courteous, kind-hearted, and open to conviction, but he is not the man to palaver, to sugar-coat his pills, or to say an agreeable thing simply because others have done so. He has the force of leadership—the iron will that carries conviction, and the capacity to grapple with complex questions in an unflinching, daring, enthusiastic manner. He should be known for administrative power, his knowledge of things rather than of abstract philosophy; for his practical, common-sense way of looking at subjects;—for his business-like directness of utterance and his manly self-reliance and independence of thought. He is not a suave, polite, affable, genial politician, nor is he so plausible that he appears to be what he is not, but he is one who prefers to be known for what he is and be criticised for what he has said rather than to be judged or thought to be different from what he knows himself to be.

Length of Life is indicated very strongly in the lower lobe of the ear and in the length as well as breadth of his nose. By taking proper care of himself he ought to enjoy long life and good health.

HIS EARLY LIFE AND ACHIEVEMENTS.

His parentage belongs to early Connecticut history and is eminently respectable. His father, Richard F. Cleveland, was a Presbyterian minister in Caldwell, N. J., when his son, Stephen Grover Cleveland, was born, in 1837. Of nine children he was the fifth, and he had early to gain his experience, with his brothers, by going to work. He attended an academy at Clinton, and afterward was a teacher in the Asylum for the Blind in New York City.

At seventeen years of age he was persuaded to go out west, and started

for Cleveland, Ohio. On his way he called on his uncle at Buffalo and was induced by him to remain there and study law. He was admitted to the bar in 1859, and supported himself, while studying, on a stock farm near by. Three years later he was appointed Assistant District Attorney, and in 1865 the Democrats nominated him for the office of District Attorney. In 1870 he was appointed Sheriff of the county for a term of three years. In 1880-81 he was known in Buffalo for his interest in politics, and elected Mayor of the city by a combination of Democrats and Republicans on the platform of general reform. He showed a spirit of independence, and his reformatory views often came into conflict with the Common Council, breaking the traditions of the office without hesitation. By vetoing a number of measures which he charged were tainted with jobbery, he gained a reputation as a reformer and a friend of economy in the public service. It is said that he saved the city \$800,000 on a single sewer contract, and \$1,009,000 on a contract for cleaning streets. During the first six months of his term he saved to the city almost \$1,000,000 by rejecting jobs gotten up in the interest of small officials, and this was the foundation of his title of "the Reform Mayor of Buffalo."

He went out of office at the end of his term with more friends and stronger ones than he had when he went in, and his enemies were of that kind who are more to a man's honor than to his discredit.

From the work of reform Mayor of Buffalo grew the popular favor which followed him as Governor of New York State in 1883, when he received a majority of 196,000, a political wave which had never been known in the State before, and his political popularity again followed him as President of the United States. It is said by those who know him personally that he was one of the best Presidents we have ever had. He proved to be a broad-minded statesman, and those who saw him the

most recognized a vein of subterranean humor running through his character which was little suspected by the world at large, for he passed as being an arbitrary, austere, unapproachable man.

His criticisms of the Democratic party since 1896, and especially during the last two years, have turned popular interest in his direction once more, but whether he is still "in the ring," as the saying is, or not, will be seen by the development of events in

within their comfortable reach. It must, nevertheless, be confessed that these are the favored ones, who constitute but a small minority of those who enter into the race for success. He who, seeking success, finds adversity in his path, must, if he is to win, bring to his aid all his opposing force, determination, persistence, and unflagging courage. These will not permit him to fail. Instead they will urge him to brave resistance and force him to stern



Photo by Rockwood.

HON. GROVER CLEVELAND.

Side View, Executiveness, Independence, Human Nature.

the next twelve months. We think he will work for his party rather than seek to become a candidate for any high office.

When asked recently by "The World" to say a word on "Adversity" and "Success" he said:

"Of course it will not do to count adversity among the necessary requisites of life's success. We have seen many win success whose paths were smooth and easy, and whose opportunities placed the rewards of effort

struggle, and thus he will be so strengthened in his moral and mental sinews and so developed in the muscles of his character that he will not only win in the battle immediately pressed upon him, but will gain a training and fitness promising future triumphs in the arena of high achievements.

Ex-Mayor C. A. Schieren says Mr. Cleveland has made no mistake in his statement that "Character can be cultivated."

J. A. FOWLER.

SCIENCE OF HEALTH

Health Topics.

By E. P. MILLER, M.D.

IS THE HUMAN BODY A STILL?

The New York "Evening Sun" a short time since contained an editorial under the heading, "Every Man a Still," which, although it contained some very important facts about the artificial and unnatural production of alcohol in the human body, yet it left a false impression on the minds of its readers in regard to the matter. It seems that Professor Albert P. Matthews, of the Chicago University, gave a lecture on physiological chemistry, in which he stated that "The manufacture of alcohol goes on every day in the human body. Even in persons who never touch a drop of alcoholic liquor; analysis," he says, "has shown that their bodies contain alcohol." The "Sun" makes the following comments on the subject:

"Thus, in spite of the revenue officers, we are all 'stills' and total abstinence is a myth. The professor was led to give his lesson in physiological chemistry by the necessity of defending the theory that alcohol is a food under certain conditions, a theory which has been demonstrated by the experiments of Prof. W. O. Atwater. Nevertheless, Prof. Matthews was attacked by the friends of temperance for promulgating such a pernicious idea, and his retort was to say that we are all alcoholic, whether we will or not. 'During the process of assimilation,' he told his students, 'the carbohydrates, or organic compounds of carbon and hydrogen and oxygen found in the food, were acted on by some of the fluids of the body in such a way that they were

broken up into fatty acids and alcohol. These fatty acids and alcohols were again transformed into other compounds before being assimilated and entering into the tissue structure of the body. Thus the alcohol is not formed as a final product, but only in an intermediate stage in the process of assimilation.' The uncompromising prohibitionist will no longer be able to wave aside the timely stimulant prescribed by his doctor, unless he abjures those foods which in the process of assimilation produce the odious alcohol."

Professor Matthews and the editor of the "Sun" may think that the production of alcohol that takes place in the digestion of foods in the alimentary canal is a natural process of digestion, but if they do, they are greatly mistaken. On the contrary it is entirely an artificial process brought about by the use of food and ferments which converts their stomachs and intestines into fermenting pots. It changes digestion into fermentation. Food properly digested makes pure blood and healthy tissues. Food fermented in the alimentary canal makes impure blood and diseased tissues. Such blood becomes a seed bed for all forms of disease germs. The one is a life-giving process, the other a life-destroying and death-breeding process.

In an article on "Unleavened Versus Leavened Bread," in the PHRENOLOGICAL JOURNAL last year, we published the following from Helen W. Atwater's pamphlet on "Bread Making," which shows substantially how this distilling process is carried on in the human body:

HOW TOBACCO INTERFERES WITH DIGESTION.

There are millions of people who have the habit of smoking and chewing tobacco who think it does them no harm whatever. Many of these people get sick and die of some form of chronic disease before they arrive at middle life. They never suspected that their blood had been poisoned with nicotine and their digestion impaired to such an extent that the tissues of the body could not be supplied with the nutrition necessary for the support of life.

We find the following on "How Tobacco Interferes with Digestion," in the New York "American" of March 15th, 1903:

"The principal effect of tobacco, or rather of its strongest constituent, nicotine, is to increase the secretion of fluids from the surface of the throat and intestines. All doctors agree upon this point.

"Smoking must therefore aggravate the catarrhal affections which afflict the greater part of the population of the United States. It increases the flow of mucus from the nose and throat. It should therefore be avoided by all who suffer from catarrhal troubles.

"On account of its action in increasing the flow of juices, it is believed that smoking after a meal aids digestion. If this be so smoking at other times must be extremely destructive to the digestive process. Those who chew gum before dinner find that when they come to eat and try to chew dry food, there is no saliva to mix with it, and they eat with discomfort. In this case exactly the same thing has happened to the salivary glands that would happen to the peptic glands if one were to smoke before meals during the period of rest for the stomach, for the gastric glands would be emptied, the fluids poured forth into the stomach under the stimulation, not being retained in that organ by food to be digested, would pass on into the intestinal tract, and when food was finally taken, the peptic

cells would be unable to pour forth adequate solvents for the mass, and digestion would be delayed until such solvents could be formed by the forces of the body.

"Meanwhile the food would be retained in the stomach in a warm and moist condition favorable for the development of decomposition germs, which must always be present in the food we eat. The result of the decomposition process is the production of acids that are extremely irritating, and cause the pains that are so familiar to the dyspeptic. Not only has the food been manufactured into chemicals hostile to the organism, but as far as future nutrition is concerned it is actually lost, for the physiological cost of reducing these decomposition products to available forms for absorption and use is more than the available heat that they can supply to the body.

"Thus intemperance in smoking may be as disastrous as intemperance in drinking alcohol."

HOW TO CURE A SEVERE COLD.

By CHARLES H. SHEPARD, M.D.

On Thursday night Miss A. retired with a severe cold and sore throat. Friday morning she was worse, and unable to get out of bed, with diphtheritic patches in the throat, feeling sore all over, a lame back, headache, and generally demoralized. After a very light breakfast she was given a Turkish bath, and no more to eat that day, but instead a hot lemonade at supper time, followed by another Turkish bath, and at bedtime a glass of hot lemonade. Saturday she had nothing whatever to eat, a hot lemonade in the morning, followed by a Turkish bath, a lemonade at noon, and at supper time, followed by a Turkish bath, remaining in bed all the intervening time between the baths. Sunday morning a hot lemonade, remaining in bed; at noon a cup of soup and a small piece of toast; nothing more that day but lemonade at supper time and at bed time. Monday morning she was well and resumed her usual duties.

Various Theories of Rheumatism Examined.

PART II.

By CHARLES H. SHEPARD, M.D.



CHARLES H. SHEPARD, M.D.

Lactic acid is a normal product of tissue transformation. The morbid action which constitutes rheumatism may give rise to an excess of this acid, but the probabilities are that this, as well as all the other symptoms of rheumatism, result from some other cause. In some cases of acute rheumatism the perspiration and saliva continue to give an acid reaction for several days after all symptoms of rheumatism have disappeared, which shows that the mere presence of an excess of lactic acid does not necessarily give rise to rheumatism.

Some have considered the uric acid symptoms to be the primary cause. But in many cases of ordinary fever there is an increased formation and elimination of urea, which is also a normal product of tissue transformation, and there are other equally strong arguments against the idea that an excess of urea is the cause of rheumatism. It is merely a prominent symptom.

Some have attributed the disease to the presence in excess of carbonic acid, but the same argument applies. Carbonic acid is a normal product. It is

formed all over the body during tissue respiration, and is eliminated by the skin and lungs. The immediate effect of an undue quantity of it in the blood is to increase the force and frequency of respiration. Therefore the increased pulse and respiration of the rheumatic patient may result from this condition, but the condition itself is only an annoying symptom, not the cause of rheumatism. Nor is it the result of taking cold, as many suppose. Exposure and dampness may develop the disease where a predisposition exists, but they do not produce rheumatism. Nor does the sun produce the malaria from undrained swamps. The cause lies farther back.

A CONSTITUTIONAL DISEASE.

Rheumatism is a constitutional disease, caused by a poisoned condition of the blood, resulting from retained excreta. The fact that rheumatism can be hereditary, proves it to be a constitutional disease. As in scrofula, the poison is transmitted from parent to child. Moreover, the tendency to heart affection, the gradual onset of the rheumatic inflammation, its shifting character, its uncertain course, its occasionally prolonged duration, and its gradual decline, show conclusively, not only that there is a poison in the blood, but that this poison is evolved in the system, and that a fresh supply is being constantly brought into play. The freedom from rheumatic symptoms immediately following a single attack, strongly indicates a purging of the system of noxious matter. The tendency to excessive perspiration is another evidence that nature is trying to throw off a poison. The success of constitutional, and the futility of local treatment, complete the proof that the ailment we have to deal with is inter-

nal and constitutional, not proceeding from local or external causes. As man is but the product of his environments, no valid claim can be made that any one cause is sufficient to account for all the disorder that this disease produces. It would be nearer the truth to call rheumatism the sum of all the transgressions of its victim. As we have previously said, lactic acid, uric acid, and carbonic acid are normal products of tissue transformation. The morbid action which constitutes rheumatism gives rise to an excess of the acids, and this excess and the rheumatic symptoms both result from the same cause.

It is reasonable to suppose that the special poison of rheumatism may find its principal obstruction while circulating through the tense fibrous tissue of the joints, and thus by pressure on the nerves of those parts produce the pain characteristic of the disease. Retained excreta exercise two distinct actions: one a stimulant action upon the organ by which they are naturally eliminated; the other, a disturbing action upon the tissues which supply the materials of their formation. There is always danger from every arrest of the nutritive changes of the system.

THE PREDISPOSING CAUSES OF RHEUMATISM.

Of the predisposing causes of rheumatism, one of the most importance is inheritance, which can be traced in twenty-seven per cent. of all cases. When rheumatism is inherited, or where the rheumatic poison is developed from causes which we shall shortly describe, any condition which challenges or depresses the system, as cold, dampness, overwork, or exposure to unsanitary surroundings, etc., etc., will bring the disease to a climax. All nerve exhaustion tends to lower the vital reaction of the individual, so that a slight occasion often culminates in this disease; but in most cases the attack is induced by error or excess of alimentation, and by indulgence in stimulants. Whatever the living sys-

tem cannot appropriate as food it must expel as effete, foreign, or poisonous matter. When from any cause the ordinary excretions fail to work—if the bowels are inactive, the kidneys weak, or the pores of the skin clogged, then the system becomes poisoned, and these retained excreta finally react, first on the mucous membrane, then on the skin, and so on until a crisis of some sort is brought about, and an attack of disease, the character of which depends upon the special weakness of the individual. In one case diarrhoea is the consequence, in another catarrh, in another cancer, and to others still, that special kind of blood poisoning which is known as rheumatism.

INDIGESTION.

Indigestion is frequently the cause of rheumatism in the aged. This is often due to the use of improper articles of diet. Too concentrated or too rich foods give rise to waste materials in the system and pains in the joints may be the result. Indulgence in abundant rich or indigestible food will certainly cause a relapse in persons convalescing from the disease, and may possibly induce an attack in the predisposed.

TOBACCO.

There is no doubt but that tobacco is responsible for some cases of this as well as other disease. It is utterly impossible for the amount of nicotine inhaled by an ordinary smoker to escape without a large amount of its impurities finding lodgment in the system. What is called the tonic effect, but which should properly be called the toxic, or poisonous effect, which it has upon the nervous system, is necessarily followed by the reactive condition. This repeated continually tends to lower the vital reaction of the individual, and impairs the functions of every organ of mind and body, so that in an emergency one is not capable of as much vital resistance to pathological state as if he were in a normal condition.



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By UNCLE JOE.

No. 610.—Ruby Buchel, New Orleans.—We welcome the photographs of little babies five and six months old in order to show our readers that there is considerable character manifested in even children so young in development. On every side you hear the remark, "Oh, baby is not old enough to have her head examined. She has no character yet," and so baby is allowed to go with the supposition that she will not have a character worth talking about until she is five or six, or nine or ten years of age. What do we find in regard to this point? Why, just the opposite. A baby has a character as soon as it begins to notice anything. A child notices the taste of the milk that is given it. It soon begins to cry for the one it is accustomed to see around. It is attracted by the light from the window and the fire from the grate. It puts out its hand to take hold of the thing that is bright. It is attracted to a thing that will make a noise; it shows temper if it cannot get what it wants as soon as it wants it. It becomes afraid of the dark. All these expressions of character require a certain definiteness of psychic power to express them. It cannot see colors without using the organ of Color; it cannot exercise itself even to make a noise or run about without expressing Destructiveness. It cannot remember its mother or its nurse without showing large Individuality. It cannot express temper without the development of

Firmness, while its Alimentiveness has a good deal to do with its choice or rejection of food.

Thus we consider that it is worth while to study carefully the development of children when they are wee mites of things, so that their tastes may be educated along the right lines, their propensities can be guided aright, and their deficiencies properly developed.

This child is broad between the eyes, hence Individuality will help her to see without being told what is interesting in a room, field, or garden. She will continually say, "Let me see." It will not be enough for her parents to examine anything, but she herself will be eager to watch, observe, and know what they are doing or whether the cat moves its tail and fur, and presently she will inquire where the fur comes from, where the song of the canary is made, or when a dog barks where the sound comes from, or why the leaves come out on the trees that are bare. She will ask what keeps the moon up in its place, and why the stars twinkle at night in the blue vault of heaven. These and scores of other questions will come with rapid succession from the activity of her Individuality and Causality. First, then, she will want to inquire, and it will require a pretty wise mother to answer all her queries, but then we know mothers are wise, and no doubt this child's mother will be equal to the occasion just as other

mothers have been equal to similar occasions before.

This child is broad between its ears, hence it will be an active "piece of goods"; it will not be content to sit in a chair as it is doing now when it is having its picture taken. She sees the



610 —RUBY BUCHEL, NEW ORLEANS.

Born Dec. 10th, 1901; five months old when taken; weight, 14 pounds; height, 2 ft.; chest circumference, 20 ins.; complexion fair; eyes hazel; circumference of head, 16 $\frac{1}{4}$ inches; height of head, 11 inches; length of head, 9 $\frac{1}{4}$ inches; through ears, by calipers, 4 $\frac{3}{4}$. Parents born in Louisiana; Grandparents on mother's side, father Scotch, mother Irish; and on father's side, father French and mother German. No. 1. Individuality, (2) Causality. (3) Executiveness, (4) Benevolence.

camera, which interests her for a few moments, but when in a room that she is accustomed to, she will want to handle, touch, and play with whatever she can get her hands upon. Thus her mother will have to plan out things to interest her so as to keep her unconsciously employed with suitable

thoughts. This child has a will of its own and will show temper, spirit, and enterprise, also determination of mind, and the power to go back to a thing that it does not succeed in getting at first. She will persevere and secure the object of her wish, and will not relinquish her hold of an idea or an object. This phase of her character will show itself very early, and although she can be managed through her love nature and her strong sympathy, yet care must be taken to draw away the excitement of her mind from the object that is not desirable to the one that is. Thus by feeding one faculty to her you can relinquish the hold of another in a practical and serviceable way, and practical psychology or Phrenology will help a parent to better understand the mind of a child than the so-called psychology of the day, which waits for developments to present themselves before any practical help can be given. Psychology as it is known and studied by the ordinary teacher is a subject that deals with ascertained facts concerning any number of individual children; thus if a class of boys and girls are asked what they think certain words mean they will individually give their notions or ideas concerning such words, but psychology as it is generally understood, cannot help a teacher to assist a child with his sums who is lacking in Calculation until he has repeatedly failed to do them correctly.

We need in our public schools a system of psychology that will grade a child according to attainment rather than by years, and through the aid of Phrenology a teacher will be able to place a boy who has small Calculation in a class where he will get the most help, and where the sums will not be above his comprehension, though in spelling and reading he may be proficient and be able to be placed with a higher and older set of children. We hope to live to see the time when practical psychology of this kind will be used in the public schools, then education will reap a higher reward and

the government itself will produce among its people a richer harvest of results than is obtained at present.

This child coming from a wonderful combination of ancestry will be able to use her abilities more availably than if she were lacking this combination of nationality in her grandparents. Note, for instance, that the mother's

father and mother were Scotch and Irish. The father's grandparents were French and German. The child was born in New Orleans, the parents in Louisiana. The photograph indicates sturdiness, and as the parents were well versed in the knowledge of Phrenology we can truly call this a Phrenological baby.

Alcohol a Brain Poison.

By JULIA COLMAN.*

The brain is the noblest part of man, because it is the part with which he thinks. Of course, then, it is the part with which he knows God. Most of the animals have some brains, and you may have seen some of them. They look very much like the brains of man, but they are not so fine and delicate. The animals cannot think so well as we can. And man is the only creature whose brains can learn about God; at least, so far as we know, man alone of all the beings in this world can get hold of the idea of a God. It is very gracious of our Lord to give us brains which are capable of knowing Him. This is what makes it possible for us to be like Him. And yet man is the only being who of his own accord poisons his brain, this noble organ which makes him like God. Alcohol is specially a brain poison and men sometimes drink it.

The amount of injury done to the

brain is largely in proportion to the amount of alcohol taken. Some people are much more easily affected than others, but it hurts every one who takes it. Such drinks as wine, beer, and cider, where the alcohol is not strong enough to burn the mouth nor the stomach, very often produce the first bad feeling in the head. You often hear people say of such a drink: "It went to my head." This is still more the case with the stronger drinks—those which contain more alcohol.

Now let us see as nearly as we can just what effect alcohol produces on the drinker through this action on the brain. First comes the pressure on the brain; second, it produces dizziness. This action does not help thought. It interferes with it and confuses it. Surely that is the last thing a man ought to allow, but that is only the beginning. The confusion increases until he cannot judge correctly of anything.

Not long since, there was a father who came to his nice home dizzily drunk, and his beautiful little boy came bounding to the door to meet him, crying out: "Oh, papa's come! Papa's come!" And his papa picked him up and whirled him around and struck his head against the marble step and killed him. He did not intend to do it, but his brain was so deceived by the drink that he could not judge how he ought to handle his own child.

Then comes the deceitfulness. The tippler does not think correctly about

* It will be interesting to the readers of THE PHRENOLOGICAL JOURNAL to know that Miss Julia Colman has consented to again contribute original articles to our pages. This time she will write on her favorite topic, Alcohol, and its effects on the human body. For parents and teachers Miss Colman is one of the first writers on this subject in this country and has written a number of Catechisms for Teachers and Little Water Drinkers on Alcohol, Tobacco, Hygiene, besides a Temperance Handbook for Teachers and Workers, books on The Beauties of Temperance, and Temperance Sunshine; hence she is an expert writer on the subject which has been chosen for these columns.

Ed. P. J.

anything. He calls himself rich when he has not a cent in his pocket. He fancies he is very wise when he is perfectly silly, that he is very agreeable when wholly disgusting, and that he is remarkably eloquent when he is simply spouting nonsense. The fourth degree is stupidity. The brain is so badly poisoned that it scarcely works at all, and the man is not conscious of what is going on around him. He is at the mercy of all accidents and all enemies. He cannot take care of himself, much less of his wife and children. He injures his brain fearfully, and it becomes so bad that it does not work properly any of the time. It is diseased, and he becomes a lunatic. He was crazy at first during a part of his drunkenness, and now he becomes insane all the time. A great many of the patients in the insane asylums have been made lunatics by the drink.

Sometimes he goes into a frenzy

with delirium tremens—the drunkard's madness—which is only a step beyond. This is the sixth degree, and makes the man feel as if he were in hell already. All drunkards do not come to that; they die before they reach it, or the drink induces some other disease which carries them off. But one truth is well established. Alcohol affects the brain whenever it is taken. It makes the man more or less crazy every time, and if the drinker does not become insane himself his children often become lunatics or idiots. Doubtless we all suffer more or less because our ancestors have been drinking men.

In some of these many ways the drinker shortens his life. It is believed that no less than 60,000 people die off every year through the effects of the drink.

In our next article we will speak of "The Effects of Alcohol on the Nerves."

NEWS AND NOTES.

DR. NICHOLAS MURRAY BUTLER ON "TRAINING FOR USEFULNESS."

Dr. Nicholas Murray Butler, President of Columbia University, recently gave an address under the auspices of the Young People's Association of the Fifth Avenue Presbyterian Church, and took for his subject "Training for Usefulness." Dr. Butler referred to Lord Chesterfield's letters to his son, and remarked that in the work he found no reference to what we call Success, and was quite sure that any similar work of a later day would yield a different result. He said that the word Success was on every lip, and was of wide discussion, but that underneath it all one would find a crude conception of what Success was. Many counted enduring fame or material wealth, which in some ways could do so little, as Success, and asked his hearers to substitute Usefulness in the place of Success. He spoke at length of the value of Usefulness, and said that if achieved it might even bring Success as the world counts it, but that Usefulness should be the ideal. He said:

One condition to obtaining to usefulness was a state of liberty or freedom, and he declared that all men were not born equal. There was a feeling abroad in the land, and loudly expressed in cer-

tain quarters, that liberty should be suppressed. In this connection he thought that any young man who becomes a slave to any organization restricting liberty in any way is striking at the fundamental principle upon which society rests.

THE REV. NEWELL DWIGHT HILLIS ON "SUCCESS IN LIFE."

The Rev. Newell Dwight Hillis, Pastor of Plymouth Church, Brooklyn, in a recent article on "Success in Life," said: "You are working hard, you say, young men, having no time for books. Then read men. To-morrow morning when you take the street-car, take a little book on Physiognomy or Phrenology with you; then, with the charts in front of you, study the men and women on the opposite side of the street-car. Find a jealous face, the envious face, the covetous face, the woman that has a little of the wolf in her and the hawk, and the woman that has a little bit of the dove and the lark. When you leave the street-car and find the asphalt in the street torn up to be replaced by new molten asphalt, ask the man who has charge of the work about that lake of asphalt down in Trinidad, where, when a workman digs up one car of

asphalt, another carload bubbles up in front of him."

In this and in many other valuable ways Dr. Hillis presented practical lines by which the young business man would gain knowledge concerning men and things. He concluded by saying:

"The pathway that leads to knowledge is open for all feet. He who will may become a scholar. Unless you are growing every day you will soon fall hopelessly behind the column. If you want to succeed and come up to the head of the procession, you must open your eyes and see; you must open your ears and hear; you must open your life and understand what life and men, and land and sea, and sky and earth and heaven are trying to tell you."

DR. LYMAN ABBOTT ON "CHARACTER IS RELIGION."

Dr. Lyman Abbott, in a recent address before the People's Institute, Cooper Union, took for his subject, "What is Religion," or "What is the Bible Idea of Religion." He said, in part:

"Thinking about religion is not religion itself. A book on Physiology would not replace breakfast to a hungry man any more than theology would be a substitute for a man desirous of religion. A man can be orthodox yet irreligious; conversely, he might be religious yet unorthodox. We are a money-making people—always after the dollar—yet Sunday is set aside as a respite, a day of rest. Religion may beget a church but a church will not beget religion. Every church must be judged on earth as will all people be judged before the great White Throne. Religion is the life out of which conduct grows. Character is religion."

How true is the last remark! We wish that more people would recognize this phase of religion.

THE LATE DEAN FARRAR.

The temperance cause has been called upon to lose two of its strongest advocates in the Church of England of late years, the Archbishop of Canterbury, Dr. Frederick Temple, and the Very Rev. Frederick William Farrar, Dean of Canterbury, which latter appointment he was given in 1895.

On several occasions it has been our privilege to hear him speak on trenchant questions of the day, and upon none did he speak with more eloquence than upon the total suppression of the liquor traffic. He was a man beloved by all who knew him, and possessed immense power in stimulating intellectual and literary

tastes among the boys with whom he early came in contact as head of Marlborough College and as one of the most successful public school tutors ever known in Great Britain. For nineteen years Archbishop Farrar was one of the glories of Westminster Abbey and great was his loss to London when he was appointed Dean of Canterbury. He was known as the author of a large number of books on theology and philological subjects as well as works of fiction, which have passed through many editions. The Lives of Christ and St. Paul are the best remembered of his works. He was born in Bombay in 1831, and was educated at King William's College, in the Isle of Man; King's College, London, and Cambridge University. His visit to the United States in 1885, when he lectured throughout the country on literary subjects, is well remembered. He was mentioned at one time as the successor of the late Phillips Brooks, of Boston, and pronounced the eulogy at the memorial services of James Russell Lowell in Westminster Abbey, April 4, 1891. He possessed an exceptionally happy home life, surrounded by his wife and many gifted children.

THE DEATH OF MR. EBENEZER BUTTERICK, PUBLISHER OF DRESS-MAKING PATTERNS.

Ebenezer Butterick, whose surname is on the tongue of every woman in the world who is interested in dressmaking, died in Brooklyn after a brief illness on April 1st. He was 77 years old, and for half a century he had been interested in the Butterick Publishing Company, which he founded. The company has agencies which disburse its patterns all over the civilized world.

Mr. Butterick lived for twenty years in the mansion at Franklin Avenue and Monroe Street in which he died. He had been failing in health for some years, and fought against the weakening encroachments of advancing age. He finally retired from active connection with the pattern publishing business and spent the greater part of his time in traveling.

While at Lakewood two weeks ago he had a premonition that his end was near, and he returned to his home in Brooklyn. Almost at once on his arrival home he was seized with the sinking spell which ended in his death.

Mr. Butterick was an ardent believer in Phrenology, and was not only examined by Mr. Sizer and Miss Fowler, but he sought their advice on behalf of others. We deeply regret that the science has been called upon to part with another staunch friend and supporter.

sary. Everything has not only increased in price, but the article employed must now serve its purpose and also be costly and beautiful.

"It is said that the Empire City is an impossible place to enjoy the comforts of home under an income of \$10,000—namely, the region of brown stone fronts and burnished door bells, of white-capped maids and immaculate lace curtains—the region where women play bridge and spend money on their clothes, and no one has cheap china on the dining table or economizes in the laundry bill—the region where the people go to all the new plays and sit in the best seats as a matter of course—have hansoms when they go shopping—like to walk on Fifth Avenue in the morning, and take dinner at Sherry's on Sunday night." These are the people who look at life from a different aspect from those who go out west to earn a livelihood and to "buckle down" to real earnest life.

We do not support the idea that modern life can be worked the same as in the old colonial days. Still, we think there is a much greater lavishness and extravagance to-day than there is need for, and on this point we must call for reform.

A MAN WHO COULD NOT STOP LAUGHING.

A recent case has been reported in the papers of a man who laughs and is unable to control himself in this respect. The papers state that the physicians are all at sea concerning him, and from the Roosevelt Hospital he has been sent to the insane department of Bellevue, where his case is being watched. The young man's name is William Reilly. When electricity was

applied the shocks appeared to aggravate rather than benefit the patient. In other similar cases electrical treatment has benefited the patients and they have been cured, but in this case Dr. Wilson reports that it is the worst case of "the laugh" that has ever come under his notice. He does not think the man is insane or nervously hysterical, and he, with a dozen other physicians, have held conferences concerning him.

As similar cases have been known and treated, a letter was sent to Dr. Wilson by a member of the lecturing staff of the American Institute of Phrenology suggesting to the doctor to examine the outer upper angle of the forehead with the X-Ray, where the center is located that stores up humorous impressions, namely, in the second or middle frontal convolution, so as to ascertain whether there was an injury, a clot of blood, or a pressure upon that portion of the brain. It is possible that an operation might be successfully performed by which the man could become his normal self again—even if a slight derangement has been instrumental in causing this part of the brain to be abnormally disturbed.

HOW CHARACTER IS REVEALED.

Character is revealed in many ways, because people have abundant opportunities for showing out their characteristics. It may be manifested in the face, the voice, the hair, typewriting, or from the way you wear your boots.

We have, from time to time, indicated how character shows itself in the eyes, nose, chin, ears, etc., but science

can go further than that, and a certain Dr. Robert Jones, F.R.C.S., resident physician to, and superintendent of, London County Insane Asylum, has made some very interesting observations on the color of the hair. He says that out of 2,393 insane people he has found 1,400 females and 993 males, among whom the largest proportion have had brown hair. He found no insane Albinos and comparatively few victims of mental derangement among the fair-haired and the black-haired types. Red-headed persons, according to his investigations, are practically exempt from insanity.

On another occasion we shall have more to say upon this question of character as represented by the hair.

HOW CHARLIE RYAN WAS CURED BY SURGERY.

In a recent copy of the New York "Journal" some facts were given of how the X-Ray on little Charlie Ryan's brain showed the location of an injury he had received that made him a moral monster.

The case is a singular one, and if true the picture indicates that the injury was received on the organ of Conscientiousness. An operation was performed and the boy is recovering.

This is another instance of how the localization of function is capable of determining for surgery the various discoveries made of the exact centers where Phrenological organs are located in the brain.

REVIEWS.

In this department we give short reviews of such NEW BOOKS as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"The Hygienic Physician, Dyspepsia."

By John William Taylor. Published by W. J. Taylor, Morecambe, England, and L. N. Fowler & Co., Imperial Arcade, London. Revised edition.

This edition of "The Hygienic Physician" has been issued with additional useful matter and valuable illustrations explaining the anatomy and physiology of digestion, besides various other improvements, with the hope that it will prove of real service to every reader who in any degree suffers from dyspepsia. The writer was at one time a sufferer from the above-named disease, and having been cured on the lines set forth in this work in twelve months, he is anxious to give others the benefit of his experience. Hygiene is being tested in so many ways at present that we hail liter-

ature on this subject as a step in the right direction.

As the life of the present workingman (and we include every one who experiences a full working day) is strenuous to the utmost, we have need of more works on Hygiene in order to show how life can be preserved without disease, and when we thoroughly understand the laws of life and health we shall more clearly appreciate the truths expressed by those who have had experience in the matter of diet, exercise, baths, etc.

The work contains many tables which will be interesting to students, such as "What Constitutes a Standard Diet," "The Composition of the Human Body," "The Comparison of Alcoholic Drinks with Foods," etc. On page 48 we have a valuable résumé on "Diet" and "Digestion" with the percentage of foods. Many good ideas are concentrated in this little book, which costs one shilling; in cloth, 1s. 6d., postage 2d.

"The Art of Living." By Ellen Goodell Smith, M.D., Amherst, Mass.

This book sets out with a purpose, to invite persons to study the art of right living. The author says that with the majority of people the art of living to die has become contagious. This is partly owing to the fact that persons have not had a principle before them except that of existence and the gratifica-

tion of their physical pleasure or desire. The book was written with the strong object and belief that a plain, practical method of living should be presented to every one. She believes that it is through ignorance that a large majority of people fail to live up to their privileges and are poor specimens of health. The book deals with many bright ideas concerning the writer's own experience in the form of short chapters or brief essays. She has been attracted to Dr. E. H. Dewey's sensible ideas of living, and has included a chapter on "The Science of Living" by this pioneer.

The book aids the housewife in the better understanding of foods of all kinds. The second part of the book is devoted to health culture cooking.

In our opinion, the only unnecessary part of the book, as we see it, is where the writer explains the art of making

white bread and of cooking meats. As a fine book on Hygiene we think that "The Art of Living" would have been as perfect without these recipes, but the writer explains that, although a non-meat eater, she is anxious that all persons who do eat meat should do so as hygienically as possible.

The ideas on nuts as food, the composition of food products and food combinations, are valuable additions to the book. That people should consider whether they do not overtax their strength in digesting the food they eat is a point very clearly considered in this valuable addition to our hygienic literature. We recommend the book most highly to those who are unacquainted with ideas on how to build up the physical as well as the mental temple of life. The price of the book is \$1.00. Can be ordered through Fowler & Wells Co.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

L. C., Sterling.—You ask if the faculties of the mind can be developed or changed. We find instances without number where people have taken our advice and set to work and cultivated their deficiencies and restrained the faculties that were abnormally developed. Let us quote to you a letter that appeared in the Sunday "World," of March 22d, and written by Miss Alice Wood Raymond, of Brooklyn. She says:

"The road to success is open to all; heredity condemns none. Every faculty of the mind is capable of development by cultivation, just as any part of the body can be strengthened by exercise. Even perseverance can be acquired.

"I was born with very little 'continuity,' or power of persevering, and was warned of this serious defect in my character when I was sixteen. After that I forced myself to complete tasks even when they had become thoroughly distasteful to me, and repeated work until it was perfect. Ten years later a Phrenologist reported that I had a fairly good development of 'continuity,' and I have had a corresponding measure of success."

Will you not try to cultivate your faculties in the same way?

J. S. L.—In answer to your question concerning the singing voice, it is true that the things we enjoy and love help to mold our character and make us partly what we are, and in the singing voice various faculties are developed with the cultivation of it; thus with Patti, she has developed large Ideality, which gives her exquisite taste in the rendering of her voice; large Tune, Weight, and Time give an appreciation of the light and shade of musical power; while the higher attributes of the mind, such as Spirituality, Benevolence, Human Nature, and Veneration add materially to the expression of the voice. Every mind is more or less expressed through the voice, either in singing or reading. An artistic temperament is necessary to a good singer, and you can trace the particular faculties that are developed in each one who has a different way of producing his or her voice.

A. P. S., New York.—You will find the following selection of food for the four seasons of the year to suit your case.

If you are inclined to give up eating meat, try the following:

Spring Months.

Breakfast—The juice of one or two oranges and a cup of hot water.

Lunch—Boiled rice, samp, or cream of wheat, eggs, and fresh fruit.

Dinner—Cauliflower and spinach, or salad and baked potatoes, lettuce, with best olive oil, tapioca pudding, or baked custard, with apple or currant jelly, or stewed fruit.

Summer Months.

Breakfast—Melon or orange.

Lunch—Cereal and stewed fruit, or salad made of lettuce, potatoes, onions, etc., with olive oil, but no pepper, and very sparingly of salt.

Dinner—Fresh peas, string beans, squash, or any green vegetables to make a variety, tomatoes, strawberries, raspberries, blackberries, etc., that may be taken in season, and Graham bread.

Autumn Months.

Breakfast—Sweet water grapes, hot water.

Lunch—Omelet, and brown bread, or puree of beans or peas, with stale bread, fresh apples or pears.

Dinner—Tomatoes and Lima beans, or white raw cabbage, baked white or sweet potatoes, the latter sparingly, nuts and grapes.

Winter Months.

Breakfast—An orange and a cup of hot water.

Lunch—A cereal, wheat gems, a cup of milk, an apple or banana.

Dinner—Two kinds of vegetables, such as turnips and carrots, boiled onions and baked potatoes, or boiled beets and celery, Graham bread, nuts and stewed prunes, or figs, or baked or stewed apples. Do not drink while eating, but partake freely of hot or cold water between meals. Once a week baked beans (without pork) and lentil soup.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.
—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

Mr. T. Pickles, Nelson, England, has an active mental temperament, an elevated type of mind with strong aspirational feelings. He is thoughtful, careful, and prudent, very reliable and conscientious in carrying out his plans. He has more ambition than self-confidence, and more buoyancy of mind than push or aggressiveness. He is precise, refined in his tastes, affable in society, sympathetic and agreeable. He should devote

some time to public work, and give close attention to the practical things of life. He is musical and capable of succeeding in the study of this art. He should make a specialty of one or two studies, and not "dip" into too many things. He should take a course of instruction in Phrenology.

M. Finney, Ashfield, England.—This gentleman has an aspiring mind, an impressionable nature, and strong sympathies. He is very earnest and enthusiastic in his work, also ambitious to come before the public in a prominent capacity. His keen perception and active, discriminative mind will make him a very capable character reader. He will be in his element in reasoning upon metaphysical subjects. He is ingenious and skillful in works of construction, active and energetic in his work, frank and spontaneous in disposition, affable and agreeable in society. He is mentally well equipped and should embrace every opportunity of publicly expressing his thoughts, for he has marked ability in this direction.

FOWLER INSTITUTE MEETINGS, LONDON.

REPORTS OF MEETINGS.

On February 11th Mr. F. Cribb gave an instructive lecture on "Ethnology," illustrated by diagrams. Mr. W. C. Bone, F.F.P.I., occupied the chair. A large audience assembled to hear Mr. Cribb's first lecture at the Institute, and he received the hearty congratulations of his friends on his success. A discussion followed the lecture, in which the Chairman, Messrs. Dayes, Overall, and Elliott took part. A public delineation was

given by Mr. Elliott. Votes of thanks brought a profitable meeting to a close.

February 25th an interesting lecture was given by Mr. C. P. Stanley, of Leyton, on "Moral and Religious Education," which called forth an animated debate, in which the Chairman (Mr. J. S. Brunning), Messrs. Bone, Overall, Ballington, Elliott, and others took part. Mr. Stanley replied to his critics in an able manner and was heartily thanked for his lecture.

On March 11th a large number of mem-

bers and friends assembled at the Institute to hear Miss Dexter (graduate of the Institute) lecture on "Heredity." This important subject was treated in a very able manner by Miss Dexter, both from a theoretical and practical point of view. Many illustrations were given, showing the results of obedience to, and violation of, the laws of Heredity. The lecturer impressed upon her audience the necessity of obedience to these laws. Messrs. Dayes, Brown, and Elliott each contributed some remarks bearing upon the subject. Miss Dexter was heartily thanked for her paper. A Phrenological delineation was given by Mr. Elliott at the close.

APRIL MEETINGS.

On April 8th, Mr. J. B. Eland gave an address before the Fowler Institute, and as this Graduate is well known to all the members and friends of Phrenology in London, his lecture was highly appreciated.

On April 22d, Mr. D. T. Elliott, Examiner of the Fowler Institute, gave the concluding lecture of the course in his practical and highly instructive manner.

MAY MEETING.

On May 6th the annual meeting will be held, when it is expected that a full and enthusiastic gathering will assemble. Fuller reports of these meetings will reach us in due time.

FIELD NOTES.

A NIGHT WITH PHRENOLOGY.

A large number of members and friends assembled on Tuesday, February 10th, at 8.30 P.M., at the Board School, Mansford Street, Bethnal Green Road, E., as a result of an announcement of a lecture to be delivered on "Character v. Reputation," by Mr. John Asals, A.F.I., and delineations by Mr. Jarvis, A.F.I.

At the conclusion of the lecture Mr. Jarvis delineated a gentleman and three ladies. The character of these four persons was so exactly described that, if time had only permitted, several other friends would have had pleasure in placing themselves in the hands of the delineator.

Both gentlemen were invited to visit the Society again in a similar capacity.

REPORT OF THE HIGHFIELD PHRENOLOGICAL SOCIETY.

In giving the annual report of the Highfield Phrenological Society we regret to say that in March we lost several of our

friends and instructors. This certainly was a very great blow to the class, for by their knowledge and the interest they had shown for upward of three years was much valued and appreciated by all the members. I feel sure that I echo the feelings of the class when I say that it was with the greatest regret that we took leave of them on March 10th, and the memory of the one who has since passed to a higher sphere of labor will always live in our minds and hearts for the sound advice and wisdom she was always ready to impart to us on all occasions, for where she could give a willing hand she did so cheerfully. In fact, it was one of the pleasures of her life to be at the service of those who needed her practical and sound advice, the result of long years of study and experience. After our friends had left, Miss Mayes took the office of President, and she filled that office very satisfactorily. The class seemed to flourish under her rule and guidance, because she put thought and energy into her work. I feel sure that her presence had a beneficent effect upon the class, and it was with feelings of sincere regret that she announced her intention of leaving us, to take up the duties of a nurse in a neighboring town, which she felt it was her duty to pursue. What more noble work can a man or woman do than the administering and caring for those who are perhaps afflicted in mind or body? We have had some ups and downs in the past year, but we now have the advantage of the presence of our old friend, Mr. Pettitt, at the head of affairs once more, and hope that he may be encouraged to follow up so noble a pursuit, and that a steady increase of numbers will be the result. This will show a real practical interest in the work, which I am sure the majority of us have at heart. The subjects that have been given for our edification were a reading from one of Fowler's lectures on man, "Self-Knowledge, or what to know and how to do it." On March 24th the class had a discussion on the faculty of Firmness. On April 7th there was a discussion on the qualifications which should exist for the successful career of a clergyman. On April 21st we had a practical evening, when the head of a new member was examined. The next meeting was also of a practical nature. On June 2d a series of short papers were given by the various members of the class, on such faculties as Individuality, Causality, and Caution, each member taking a faculty. A very interesting and instructive evening was the result. June 16th, the President gave a paper on Intuition, which was thoughtfully and carefully prepared. June 30th, we had another practical evening, when

one of the new members had his character delineated. July 14th, Miss Grain gave a reading from Mr. S. R. Wells's book on Physiognomy. On July 28th, there was an instructive paper given by Miss Grain on Intuition. August 11th, the class met to arrange for a picnic, which proved very enjoyable. September 1st, the Secretary gave a paper on Character Building. September 22d, Miss Mayes entertained us by an excellent paper on the Moral Faculties. On October 6th, Mr. Pettitt gave a short address, in which he stated that he should like the members to study Phrenology more deeply, so that they could ascertain for themselves those faculties which were active, etc. On October 20th, we had short papers on what the various faculties would sing had they the power. On November 3d the subject chosen was what the various faculties would say if they took a walk in the country. November 17th, Mr. Pettit gave an instructive reading from one of Fowler's Phrenological magazines. December 1st was again devoted to the faculties. On December 15th, we had papers on Ideality, Causality, and Constructiveness. January 12th, Miss Grain gave a reading on the exultation of Imitation. On February 9th, Mr. Pettit gave a reading on The Ethics of Happiness, which was appreciated by all present.

Mrs. Willis, F.F.P.I., has been lecturing at Clapton. Her lecture and delineations were warmly appreciated.

EXAMINATION REPORT.

The following students sat at the January examination and gained the Diplomas and Certificates of the Institute:

Mr. S. C. Pritchard, Diploma.
Mr. F. Cribb, Diploma.
Mrs. A. Phillips, Diploma.
Mr. Alfred Dayes, Certificate.
Miss A. Brackenridge, Certificate.
Mr. Harry J. Caton, Certificate.
Miss E. Harsfield, Certificate.

We heartily congratulate the above students on the success they have attained, and trust they will be able to benefit their fellow men as well as themselves by their newly acquired knowledge.

THE DEATH OF MR. R. B. D. WELLS.

We have to announce the death of Mr. R. B. D. Wells, which occurred on March 9th, after a short illness. Mr. Wells was widely known as a practical Hydropathist and public lecturer through the midlands. For many years he was principal at the Scarborough Hydropathic Establishment. He was the author of several works on Hygiene, Phrenology, etc. He was a thorough worker, a most active and energetic man, never sparing himself. His death at 63 years of age will come as a surprise to his many friends. He accomplished a great deal of useful and practical work in his busy life.

D. T. E.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

APRIL MONTHLY LECTURE.

Dr. McGuire, as Chairman of the evening, predicted an intellectual treat for those present, speaking of his valuable contributions to the literary world, especially his work on "Elocution," which proves him to be master not only of Elocution but of Phrenology.

Mr. Hyde said that he would necessarily speak on two subjects, Phrenology and Elocution, for so closely akin were they that he found it impossible to separate them; so closely are they related that the one proves the other.

It is remarkable that Dr. Gall, the founder of Phrenology, was more of an observer than a metaphysician—otherwise he would not have made his wonderful discoveries. The subject of Metaphysics is in the clouds, because it is a philosophy without a body. Phrenology places philosophy in a body, giving it such tangible shape that men can see and understand.

Mr. Hyde said that in studying Phrenology in relation to Elocution he had found that in the brain a corresponding faculty for every emotion and passion. Were all other sciences destroyed, Phrenology would be as the North Star, guiding us through the sea of speculation. So he had found it, Phrenology not only explaining the "whys" of man's differing creeds, but also proving that each man has an inherent right to his opinion, and that to him his opinion and belief are the logical result of his brain-development. We can change that, however, in our endeavor to reach ideal manhood. The nearest approach to the ideal man is Shakespeare; the Ideal Man is Christ.

The lecturer said that he wished to prove the truth of Phrenology from the standpoint of Elocution. There are certain tones, certain gestures, certain facial expressions that belong to certain passions and emotions, and they could not otherwise be expressed. He showed

how at the base of the brain are the propensities and appetites, that in the middle are the intellectual and utilitarian and in the coronal are the spiritual and moral faculties. In the vocal organism there is a like division, all of the lower or basic expressions of man, such as hatred, malice, etc., being spoken in the guttural tones. The middle, or conversational tone is appropriate to the common or ordinary conditions of life, when we are using the middle, or utilitarian, portion of the brain. In the expression of the uplifting sentiments the voice is keyed, naturally, to a high and beautiful tone, unlike the first and second just mentioned.

He carried out the same comparison in gesture and facial expression, illustrating the downward, upward, and middle, and showing their natural relation to the corresponding portion of the brain.

The lecturer, in answering the question why some people think that Phrenology has not taken its rightful place among her sister sciences, said: "Christ's mission was the upbuilding of a harmonious character, the teaching to man of the beauty and blessedness of it, and his duty to reach the ideal. Phrenology helps us more than any other science to reach this ideal, shows us how to judge leniently and justly of our brother man." The lecturer closed by saying all desiring true development of the best and highest qualities, who desired to reach the highest standard of excellence, to take as their perfect model the character of Jesus Christ.

Dr. McGuire voiced in a few well-chosen words the appreciation of all for the lecture. He said: "One does not need to be a philosopher to understand Phrenology, that it is the key unlocking the motives, the reasons, for all acts, and even words and thoughts, showing why people differ so, and how they may control and develop into harmonious characters."

The Doctor closed his remarks with the announcement of the May lecture on "Suggestive Therapeutics," by Dr. Sahler, of Kingston, N. Y.

LECTURE FOR MAY.

On Tuesday, May 5th, Dr. C. O. Sahler will lecture at the American Institute of Phrenology on "Psychic Power Demonstrated by Phenomena," or "Suggestive Therapeutics in a Practical Light."

All who have heard Dr. Sahler in his previous lectures have appreciated his handling of this phase of mental investigation. We therefore look forward to having a large audience at our closing lecture of the season.

OUR CONSULTING ROOMS.

Our consulting rooms have been visited during the past month by patrons from Sydney, Australia; two from Cuba; three from Japan; six from South America; two from Scotland.

Thus it is our continual pleasure to shake hands with and to spread the knowledge of Phrenology to people from all parts of the world.

J. A. Fowler.

FIELD NOTES.

PROFESSOR ALEXANDER.

Professor Alexander has been lecturing along the coast towns and cities of California and British Columbia.

PROFESSOR MORRIS.

Mr. George Morris wrote, on April 6th, that he and his wife were in South Dakota, where they expected to work for several months to come. He had given two lectures in Brookings and hoped to give fifteen more. He has been lecturing to large audiences at Estherville, Emmet Co., Iowa.

"Prof. Morris, the Phrenologist, has created a lively interest in his profession among our people during the past week. The court house is crowded to the doors every night by enthusiastic audiences." —Estherville Enterprise.

PROFESSOR J. P. WILD.

Mr. J. P. Wild, graduate of '85, reports visiting a number of towns in the Eastern districts (Massachusetts), and says there is unusual interest in the science among the thinking people.

PRIZE AWARD.

Mr. A. E. Edwards has been awarded the prize for the best essay on "Self-Esteem." It will be printed in the June number.

PHRENOLOGICAL INSTITUTE. MELBOURNE.

We are glad to be able to congratulate the Melbourne people on having a Phrenological Institute, which was incorporated in February. Its success is assured, as it starts with fifty members. We trust that all the colonies will send students to its classes and that it will prove as beneficial to the Antipodes as the American Institute has to America. We look for a longer report shortly.

FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of

FOWLER & WELLS CO.

THE SUBSCRIPTION PRICE of the **PHRENOLOGICAL JOURNAL** AND **PHRENOLOGICAL MAGAZINE** is \$1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to **Fowler & Wells Co.**, and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the **PHRENOLOGICAL JOURNAL** and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"The Connecticut School Journal" is of interest to all who think and who give consideration to the education of youth.

"The Bridgetown Pioneer" is among our brightest and best exchanges.

"New York Observer" continues its series of articles on "A Winter Cruise in Summer Seas." A beautiful tribute is paid to the late Mrs. William E. Dodge.

In "Arena," New York, a puzzling theatrical problem is solved by Fanny H. Gaffney in "Modern Dramatic Realism." In the same magazine Hon. Samuel Jones makes "A Plea for Simple Living."

"The Naturopath," New York, has as one of its most interesting contributions "The Autobiography of a Soul." It is a periodical well worth reading.

"Boston Times"—Who has not read it? Once read, a welcome visitor, is it not?

"Health," New York—Has for its opening number in the April issue, "The

Twentieth Century Cure," by Helen Campbell. Read "Health" and be well.

In "Living Age," Boston—Mrs. Frederick Harrison writes on "Mistress and Maid" pointedly and practically. All of its pages glow with good things.

"American Bee Journal"—Is up-to-date and should be read by all who are interested in the "busy bee."

"Christian Advocate," New York—Has an interesting sketch of the late Dr. Farrar, Dean of Canterbury. Easter thoughts and Easter poems beautify its Easter number.

"Literary Digest," New York—Is just what the busy reader needs in order to keep in touch with the world's movements.

"Christian Work and Evangelist"—Has an intensely interesting subject in "M. Novikoff," of Russia, a countryman of Tolstoi. A well-illustrated article is "Henry Ward Beecher and Family."

"Vegetarian"—has as its frontispiece a picture of R. Waldo Taine. A beautiful poem is contributed by Ernest Crosby. It is full of suggestions for right living.

"Literary Life"—comes just as replete as ever with the best, culled from the fairest fields of literature. Read it.

"American Inventor"—Has a record of all the latest discoveries along the line of invention.

To the "Character Builder," Arthur Belleville contributes "Woman's Sphere," and A. A. Ramseyer, "Dings versus Nature."

"Good Health"—has "Air Contaminations," by Dr. J. H. Kellogg; "Care of the Teeth," by Dr. H. B. Farnsworth. An interesting editorial is "Hygiene of Railroad Trains."

"Wayne County Alliance"—we read with much interest.

"Health and Home," from Calcutta, comes with proof that India is not wanting in bright minds and thoughtful study of the world's leading questions.

"Chautauquan" has a lesson for writers in "Practical Studies in English," by Benj. A. Heydick. "The United States as an Art Center" and "The Art and Crafts

Movements" are of interest to the art lover.

"Mind," New York, of March, opens with a poem by Edwin Markham, and a biographical sketch by Charles Brodie Paterson. "Self Expression," by Elizabeth Bogart, and "Thinking God's Thoughts," by Isabel Goodhue, have their lessons. John Emery McClure contributes "Telepathy in Healing and in Hypnotism."

"World's Events"—As a periodical is just what its title indicates. If you want to know, read it.

"Chat," New York, for April, is a thrice welcome visitor. "The Gospel of Now," by Mitchell Brook, teaches its lesson of time's value. "Wanted" is a beautifully written description of the ideal man and woman. J. A. Fowler contributes an article, "Continuity," and Rowland Hall gives valuable "Hints to Young Writers."

"Advocate and Guardian"—Comes with its plea for the poor, the friendless, the children. Good-speed in its mission.

"The Progress"—has for one of its many departments "The Writers' League," a helpful organization for writers, beginners and experienced. It is an up-to-date paper.

"Human Nature," San Francisco—Has always something interesting in it of a Phrenological character. Mr. Haddock is its wide-awake editor.

"Human Culture," Chicago—Has greatly improved its pages and illustrations of late.

"The Popular Phrenologist" contains an excellent sketch of Mr. David Lloyd-George, M.P., by Mr. J. Millott Severn, of Brighton, England.

"Modern Woman," Boston—Contains an article on Physiognomy by Miss A. Jocoy, graduate of '92.

"The School Physiology Journal," Boston.—Mrs. Hunt, the able editor, always gives us an interesting and useful monthly.

"American Monthly and Review of Reviews"—Daniel E. Cloyd has an interesting illustrated article on "The Old and the New in Southern Education." "A Century of the State of Ohio" is well told by Murat Halstead. "Political Condition in Russia" is contributed by N. I. Stone.

"Education"—Has an illustrated article on "Concord and Lexington." An up-to-date Educational Leader.

"Club Woman"—Has, as ever, an interesting story to tell to woman, a message from wherever woman is awakening to her highest possibilities.

"The Beacon Light," the organ of the Children's Home Society, comes with heart-touching stories of the need of the unfortunate.

PUBLISHERS' DEPARTMENT.

Tell me about the Fowler friction soap—are you making a fortune out of it? If not you should. I would like to talk with you about it—seriously.

G. G. R.

HELPS TO DIGESTION.

Health in the Household. By S. W. Dodds, M.D. \$2.00.

It is not so essential what food we partake of—providing it is any simple food—as to the conditions under which we partake of it. We remember of having once partaken of a repast composed of the most simple edibles, yet daintily served and offered with such a fine sense of hospitality, enlivened with conversation so entertaining that although more than a score of years have passed the remembrance of it is still a joy.

VEGETARIANISM.

Nature has provided fruit, vegetables, and grain for our use in summer, which is an eloquent appeal for us to become vegetarians. Who will try it this season?

FACTS FOR THE FEW.

An advertisement in THE PHRENOLOGICAL JOURNAL is believed by its readers to be the solid truth—even as they believe our editorials—and such people and such a publication will do the advertiser signal service. Our theme is character building, culture of human talent and disposition, personal improvement, and right selection of trades and professions. Our work for sixty years has been a blessing and boon to tens of thousands who have adopted our advice respecting their education, occupation, and the proper selection of a life companion.

Not a few poor boys have followed our directions in regard to unthought-of lines of business, and as a result they have become wealthy, prosperous, and honored.

Young men and young women who have to make their own way in the world and wish to start right in the proper work of life, and mothers with children, whom they wish to guide correctly, visit our consultation rooms daily, and later on they load us with grateful thanks, and for years bring their friends to us for advice, and frequently pay the fees for them.

"MEMORY AND INTELLECTUAL IMPROVEMENT."

We think all our readers do not properly appreciate the benefit of a good

memory. As one has said: "Memory is the most important function of the brain; without it life would be a blank. Our knowledge is all based on memory. Every thought, every action, our very conception of personal identity, is based on memory. Without memory, all experience would be useless; reasoning would be based on insufficient data, and would be, therefore, fallacious. In this volume the author demonstrates that memory is a definite faculty, separate from, but associated with, all the other faculties of the brain."

In this connection we refer our readers to the work entitled "Memory and Intellectual Improvement." It shows how to cultivate the memory, strengthen and expand the intellect, specially embodying the education of ourselves, showing personal effort as indispensable. Original capability, while conferred by nature, however great, produces little unless assiduously cultivated. It tells how to "sharpen up," to obviate forgetfulness, improve the memory, a power more valuable than Klondyke gold. \$1.00, postpaid.

"WARNING AND ADVICE TO MARRIED AND SINGLE."

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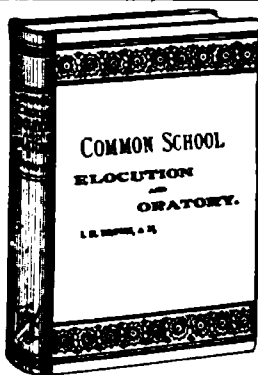
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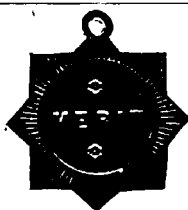
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JUNE, 1903



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SECTION 3. The said Henry Dexter, Samuel R. Wells, Edward P. Fowler, M.D., Nelson Sizer, and Lester A. Roberts are hereby appointed Trustees of said corporation, with power to fill vacancies in the Board. No less than three Trustees shall constitute a quorum for the transaction of business.

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JUNE, 1903

[WHOLE No. 773

Phrenology and Finance.

BARON EIICHI SHIBUSAWA, JAPAN'S "PIERPONT MORGAN."

Baron Shibusawa, Japan's greatest financier, is a man who is popularly known as the J. P. Morgan of Japan. His judgment is back of investments of 175,000,000 yen. He is President of the Tokio Chamber of Commerce and four other of Japan's leading public and private institutions, and vice-president, director or committeeman of twenty-one other institutions of the same rank.

During his visit to this country in June last he was seen to advantage by the commercial men of America, and he received courteous attention at the hands of the principal business men.

The Baron is of medium height, rather solidly built, and of a decidedly commanding personality. His eyes are dark and keen and impress one with the clear intelligence of the owner. His voice is rather low and well modulated, as is the case with many Japanese whom we have had the pleasure of meeting, and when compared with the racy westerner or the excited Frenchman, they make more congenial conversationalists. In appearance the Baron is not so typically Japanese as are some of his country-

men, but he presents a strong proof of the principles of Phrenology in that his brain is well represented in its anterior region, especially in the

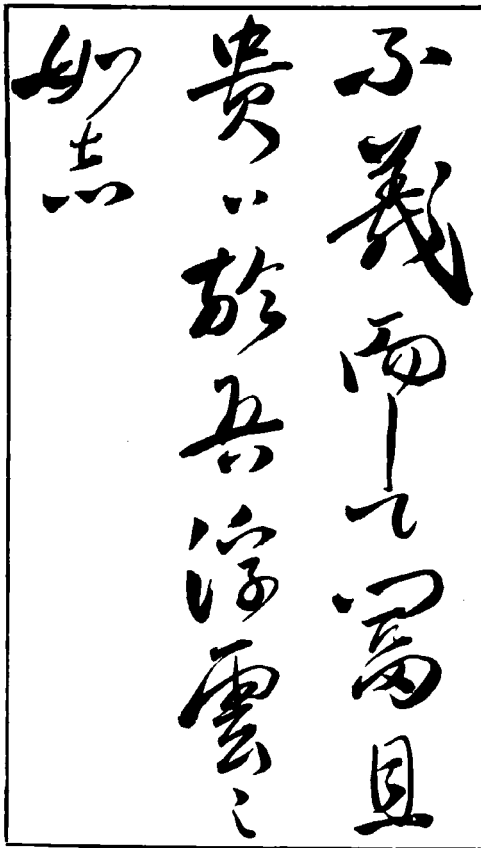
大器晚成

JAPANESE WRITING.

reflective, or problematic qualities. He is a philosopher of business, a mathematician, and one to work out a solid principle from data gathered by his perceptive faculties.

His head is high and he carries a dignity that shows the joint combination of large Firmness, Veneration, and Self Esteem. These, with his unusually well developed Human Nature and Causality, give to him singular mental weight and masterliness of character. He is not a man to guess at probabilities, but knows how to work things out from a definite standpoint, hence his ability to handle immense wealth and his interest in commercial concerns.

He is over sixty years of age and was born at Chiarajima-mura, Hanzawa-gun Musashi Province, which is



WORDS OF JAPANESE WISDOM.

about forty-five miles from Tokio. It is said that his parents were poor and gained a livelihood by husbandry, sericulture, and indigo manufacturing.

The rudiments of education he re-

ceived at home, and while still a young boy evinced a marked liking for fiction and historical writings, the first of which accords with his large Ideality, Spirituality, and Sublimity; while his historical bent of mind showed itself through his large Comparison. With the aid of a scholarly neighbor he soon commenced studying the classics of China. At the same time he helped his father in the manufacturing and sale of indigo.

It was in 1856 that the maladministration of Shogunate started the universal cry for "Imperial sovereignty and the expulsion of foreigners," and threw the whole country in a state of wild commotion. It was this event that took young Shibusawa from his father's quiet farm into the political life. After a few years' study in Tokio he went to Kyota. It was at this time of his life that his exceptional mental gifts, combined with his great ambition, made him acquainted with many distinguished Samurai, and he finally swore allegiance to Lord Hitotsubashi, one of the leaders.

Through his planning ability, his power to organize, and his masterly understanding of men, he showed marked ability as a military man, and founded a new military system for his clan, at the same time bringing out many financial reforms.

RELIGIOUS VIEWS.

The Baron was brought up as a strict follower of Confucius, the great philosopher of the East, and had always belonged to the most rigorous clan of the old conservatives. Their main cry was, "Expulsion of the Foreigners," and the Baron naturally became foremost in the fight for this principle.

EUROPEAN METHODS.

In 1867 he visited France in the suite of Lord Mimbu, and during this trip, which extended over two years, he made a thorough and careful study of western methods and institutions.

On his return he was appointed Chief Treasurer of the Shizuoka Clan, and after several terms was finally made Vice Minister of Finance of Japan. While holding this position he did a great deal to rearrange the Imperial Department of Finance. His talents showed to the best account at this time, when he laid the foundation of the Exchange Company, the Reclamation Company, and others, assuming himself the task of supervising these establishments. They were the first

his budgetary estimates he resigned his position and became a private individual. As a business man his mental caliber soon became evident. He began to engage actively in various business enterprises and founded the First National Bank of Japan; the position of President he has held from its inception. This work has called into activity his large Causality, for he has organized plans for developing the resources of the country of Japan, which has made the First National



BARON SHIBUSAWA, JAPAN'S GREATEST FINANCIER, WHOSE JUDGMENT IS BACK OF INVESTMENTS OF ONE HUNDRED AND SEVENTY-FIVE MILLION YEN.

that were ever made in Japan on the joint stock basis.

To co-operate with the Imperial Government, he knew he would have to go back to his old conservative ideas, and that his radical views would not be accepted by his colleagues all at once. The position to which he had risen in governmental affairs, though tempting in itself, was not sufficiently powerful in his estimation to enable him to fail to recognize the future of Japanese interests. Therefore, after the Ministry had rejected

Bank of very great importance. His interest was also largely developed at this time in the direction of a commercial school at Tsukiji, which has served as the nucleus of the present Commercial High School, of which he is now a councilor. Not only has he been connected with finance and commercial interests, but he has shown his broad philanthropy through the development of his moral brain in establishing an asylum for the poor, the municipal fund of which he was given charge. When later on the Tokio

corporation abolished this institution, he took upon himself the generous task of raising a fund and establishing an asylum as a private organization. Seeing that the enterprise was a successful and desirable one, the asylum was again transferred to the city with the Baron as President, which office he holds to-day. It is said to be the largest and best equipped charitable institution in Japan, and the fine condition in which it is kept is chiefly due to the strenuous efforts of this nobly gifted man. His philanthropy has ever had a practical basis; for instance, he has taken a deep interest in the spinning mills,

conscientious principle, which was at the base of all his movements. Beside these features of mind he has shown unusual intelligence, and while his moral character has been the backbone of the confidence shown him, yet his reflective, perceptive and executive faculties have enabled him to push forward his work and do the right thing just when he saw people were ripe for it.

In 1900, Baron Shibusawa was created a peer in recognition of his services to his country. This was the first instance in which an imperial favor of this nature was ever extended to a private individual in Japan. He is



THE TOKIO CHAMBER OF COMMERCE FOUNDED BY BARON SHIBUSAWA.

the shipping business, the railroad enterprises, the gas, electric, weaving, hemp, rope manufactures, colliery railroad, brick and kemp making, hat manufacturing, and the manufacture of artificial manure, sugar refining, harbor construction, warehousing, the breeding of domestic animals, etc., etc. Thus it will be seen that through his untiring exertions he has not used his abilities for his own interests alone, but has cultivated and exercised his mind on a broad philanthropic basis.

The above-mentioned institutions and companies were not easily put into motion or established. They required more than ordinary will-power and courage to combat the opposition of old-fashioned ideas, also a strong

rightly looked upon as a luminary of the first magnitude in the business world of his country. We see in him not only a keen, far-sighted business man, but a pioneer, who has his country's good at stake. He has had to overcome most serious obstacles. His path has not been strewn with roses. He has had to contend with the disfavor of the government, public opinion, and legislation. In his organization one sees a calm, undeniable power which knows no rebuff when it once sets out to accomplish an end.

As a man among men he will be known for his excellent practical judgment; his orderly mind; his power to organize; his keen penetration into the characteristics and motives of

others; his humanitarian ideas; his broad spirit of philanthropy; his will-power and moral courage in defending

his own opinions; his far-sighted view of the future; his power of adaptability, and his versatility of mind.*

J. A. FOWLER.

True Happiness According to Phrenology.

PART II.

By S. HATTY, of England.

You saw by our definition of happiness that it consisted in the proper harmony of mind, body, and surroundings.

We will now treat of the body as a factor of happiness. We will first consider the body as the instrument of the mind. You are all aware that the one acts and is reacted on by the other. You may have heard the story of a prisoner who was condemned to death. The scientists of that day begged leave to experiment upon him to find out if the mind had any influence over the body, which request was granted. The prisoner was blindfolded and given to understand that he was to be bled to death. A basin with some warm water was procured. One of the physicians pricked him on the arm, but drew no blood. A little water was allowed to trickle down his arm into the basin. Those present pretended to be commenting on the color of the blood, when in a short time he expired. This was given as a true story at that time. Whether or not I cannot say, but most of you know that the body influences the mind. Supposing you have toothache or neuralgia; you are not in as pleasant a frame of mind as before.

We said the body was the instrument of the mind. Now you know that an instrument to fulfill that for which it was designed must be in proper working order and at its best. So is it with the body. The body must be in health to carry out the behests of the mind. No matter how cultivated a mind a person may have if the body is racked with pain and suffering he cannot per-

form much. You will see by this that health is one of the essential conditions of happiness. A cursory outlook on life will quickly convince you of this.

In how many cases can we not trace the lack of happiness to ill health as its cause! It is this that renders the temper irritable and clouds the horizon with the gloom of despondency.

If, therefore, you desire to be happy you must take care of your health. People must live more in accordance with the laws of nature if they wish to obtain that happiness and contentment which belongs to the physical nature when properly developed.

Health consists in the normal and vigorous action of all the physical functions and organs, disease in their feeble, imperfect, or abnormal action, and death in their suspension. Life and health are proportionate to each other. Viewed in any and all aspects health is life and one of the most essential conditions of happiness. Health is a fortune at interest, the income from which economically used will support you, but it cannot be squandered at any period through life without being brought into the final account, and shortening and enfeebling it in exact proportion. Spending foolishly draws on the principal, and every draft, great and small, must be reckoned into the last settlement, which every draft hastens. Now old age is not reckoned according to years, but according to how healthy you are, or according to how young you feel. Some people are old at forty, others are young at sixty.

This reminds me of a story I heard

* Credit is due to "The Business World," for facts and illustrations contained in this article.

in America about a young nigger, who, when asked what age he was, replied: "If you go by what mother says I am eight, but if you go by what fun I have had I am just about as much more."

We now come to the last condition of happiness; that is, harmony with our surroundings. Now harmony means agreement. There is an old advice which is often given but seldom followed; that is, bring your mind to your lot, if you cannot bring your lot to your mind. There is more in this advice than a casual glance discloses, because there are laws and forces at work in nature that all the fighting we are capable of could not overcome. So we had better recognize them and work in harmony with them. Work with the law and be free; work against the law and it becomes our adversary and enslaves us.

The only adversaries a man has are of his own making, and he has but to turn about and recognize the reality of things in order to make the adversary his friend and helper. Much is said about overcoming sin, error, disease, and death, but the only practical way is to cease resisting evil, and to turn your attention to the recognition of good. Let your mind be taken up with good, and evil will flee before it as darkness flees before the sun.

As we are social beings and live in society we must recognize other people's rights in order to be happy. Now selfishness and happiness are eternal enemies. Happiness means good will, at the least; selfishness means take all you can get and give nothing in return. Selfishness is a canker; if allowed to remain and develop it will blight the brightest prospects of human life.

The practice of goodness is the keynote of happiness. The majority of those who complain most bitterly of their miserable state have deliberately neglected the development of their sympathetic faculties. Civility is a mightier force than blatant self-assertion. Courtesy will win its way where nothing else can.

Untoward circumstances have often

been bettered by the practice of civility. A chance kindness shown to an elderly gentleman earned for a lad I knew the opportunity of rising in the world, and proved the first step to his becoming a successful man of business. That opportunity would probably never have come to him had he not been civil and acquired the habit of courtesy.

Education has more to do with the happiness of the future life than most people seem aware. At any rate, were they aware of it they would surely give more attention to the education of the children and the training of the young in general than they do. Training is of more importance than teaching. Of course training includes teaching. A person who is properly trained is one you can rely on, under all circumstances that a person is likely to meet in life, to perform his duty faithfully, having performed the same from his youth up under the guidance of his trainer. Now a person may be taught a thing often and have a good head knowledge of it, but not having performed it you cannot rely on his doing so when put under trial. This is the reason "a child should be trained up in the way he should go, and when he is old he will not depart from it."

A great deal of happiness may be attained by taking people as you find them, and not trying to make them all over again in your own mold. I know a woman who has two lovely daughters. One of the daughters sings like a nightingale, the other makes excellent bread. Is their mamma content? Not she. She worries the nightingale half to death trying to make her learn how to make bread, and she drives the poor bread-maker almost to distraction trying to make her sing.

Make up your mind that the faithful, industrious, plodding clerk is just what he is, and do not burden him or yourself by expecting him to think. He can't think; if he could he wouldn't plod. Don't hitch a race-horse to a plow and don't expect a plow-horse to win the Derby. Each can work best in its own line.

This reminds me of a story I heard in company once. A man stood up and thanked the Lord that everybody was not alike, "Because," said he, "if they had all been like me everybody would have wanted to marry my wife." Another man, who had a spite against the first, said: "And if they had all been like me nobody would have wanted her."

There is one point I wish to emphasize: that is, no person who habitually remains idle has any reasonable hope of happiness. We must have some aim in life to work for with a will. Indolence does not contribute to happiness. If it did the idle rich man would be the happiest man, whereas we invariably find he is the most miserable of men. There is no joy like that which accompanies honest work. We are so constituted that work is a necessity of our nature. It matters not what the work is, so long as it is in line with our capabilities and in demand by our

fellow-men, but it is essential to our happiness that we work in line with our capabilities. It is hard work forcing water uphill. So is it with some people who get into, or are forced by their parents to take up, some trade or profession for which nature has not adapted them.

Now, to sum up, it is necessary for our happiness in the present state of society to have a healthy body, and a sound mind well stored with knowledge. Find out your capabilities (you can get that information from a Phrenological examination), work with earnestness in that line and in harmony with your surroundings, recognize other people's rights, and your happiness is assured. I am now somewhat in the position of a besieged city, building up a fortification in sight of the enemy, who are watching for weak points, so that when the fortification is completed they will know where to attack.

Brain Bankruptcy.

By J. A. FOWLER.

If the physician of the twentieth century is to be of use to our "Modern Business Man," he will have to study this new factor as a specialty just as a lawyer or an architect adapts his knowledge to modern needs. The "Modern Business Man" is working at high pressure all the time, hence the need of a practical adviser who can help him when he at last submits to professional, medical advice.

"The Modern Business Man" treats himself with less thought and consideration than he does his business, but were he to stop a moment to consider that his greatest essential in the proper manipulation of his business is his own healthy brain, he would take care of it with as much thought as he does the output of every million dollars in his business.

What is a business worth to a man who has not a perfectly healthy nervous system, or a strong, capable brain? The answer to this every business man should consider. He looks after the ventilation, the heating, and the light of his office; he employs his clerks, managers, and agents, with consummate foresight, yet he is reckless—terribly so—in the expenditure of his nervous energy. Were he to be as reckless about his business it would soon collapse; but how much more important is it for him to attend to the health of his own organization. He knows all about finance; in fact, has worked it down to a fine point; he knows how to invest money to a good account in stocks, buildings, or in taking up mortgages, but he tries a tinkering game when he attempts to

patch up his broken-down nerves, and will not call in suitable advice until it is often too late.

Brain fag, insomnia, and dyspepsia, which attack a restless brain-worker or business man, are serious considerations which only specialists can properly understand. A person who tells a business man that he has only a touch of dyspepsia, and that he need not worry about his condition, that a little change of mountain air, a trip abroad, or a week's fishing will put him right, does not get at the seat of the trouble, and only succeeds in tiding over a nervous bankruptcy which is sure, sooner or later, to announce itself if the causes are not studied and more specific directions given. Everything now, more or less, has a Specialist to preside over it, excepting the busy modern millionaire business man. He has loomed up as a new factor for medical science to solve, and he forms a very difficult problem to work out. We are aware that an important engine on one of our busy Railroads, when in constant use, lasts about two years, and costs some thousands of dollars. When this period is up a conscientious engineer does not like to drive her for fear of an accident, as was the case in a recent terrible catastrophe on the Pennsylvania and Jersey City line. Yet the modern business man never stops, but tries to keep pace with the telephone, telegraph, phonograph, graphophone, and wireless telegraphy of the day, and keeps going at a reckless pace without thinking of whether his mental machine needs oiling, cooling down, or regulating, and believes that he should have vitality enough to compete with all these modern methods of doing business, which ends in psychological, physiological and neurological bankruptcy.

DIFFERENT TYPES.

In comparing different types of business men, we find that the Vital Temperament is more prone to sud-

den collapse, nervous exhaustion, and physical fatigue than any other temperament. The Motive, or osseous Temperament, is wiry and better able to stand the strain of business excitement than the former; thus the man who eats three hearty meals a day, because he thinks he needs the food to sustain him, takes his cigar after each meal, and supplies himself with spirits at and between each meal, needs to take special precautions about his mode of life, his diet, and his habits.

THE CAUSES OF MENTAL BANKRUPTCY AMONG BUSINESS MEN.

(1). AN OVER-TAXED BRAIN.

Among the most important causes that bring about brain bankruptcy among business men to-day is an over-taxed brain. When the brain gives out the nerves going to the different organs of the body from the brain are not properly controlled, therefore the need from our standpoint of taking better care of the brain as the all-important ruler and governor of the business. Man's brain is not a perpetual motion machine, and should not be so treated. There are laws that govern the care of the brain and the health of this organ just the same as there are laws which govern the work of other machines; but man is very often too greedy to acquire wealth to stop to consider what he is doing.

(2). AN ILL-USED STOMACH.

The second important cause which makes a business man a mental bankrupt is through his ill-used stomach. A busy business man seldom gives himself full time to properly digest his food. It is the old story of having too much to do to attend to the assimilation of food, consequently he bolts his square meal in fifteen minutes when he should have taken at least half an hour, and the strain on

the nerves of the stomach, the same as on those of other organs, begins to tell. The stomach has often more than it can really accomplish to digest the food taken into it. A business man should try going without breakfast for a while and he will find himself so much benefited by the practice that he will keep it up as a habit.

(3). AN OVER-TAXED HEART.

The third important cause of collapse which comes to a business man is an over-taxed heart. He pumps his machine too fast and the consequence is that it fails to give to the brain the nourishment that organ requires to supply thought and mental control, and the result is a stoppage of the whole physiological machinery. The keen competition among business men, which necessitates long hours of business—longer, in fact, than those of the clerks—obliges him, he thinks, to sit up long into the night to make his calculations, plan out his contracts, and invent new combinations. When his office door is locked he does not necessarily leave his business behind him, but carries his wearied brain into his study at home, there to give himself extra fatigue and exhaustive labor. Men are apt to think that only professional men are the ones who over-work, but many are the cases in our large cities of business men who have died before their time simply because their brains, hearts, and stomachs were literally worn out beyond repair.

What has dyspepsia and heart disease to do with the business man's life? Everything! for a very great deal of strain is brought to bear upon our men of business effort, who, before they are aware of it, draw, unconsciously, upon the heart and its important nerves. The pneumogastric nerve, which passes from the brain through the important organs of the body to the stomach, is required to do more than a legal day's

work every day of the week, hence with brain fag and general nervous exhaustion there comes a paralysis of the action of the heart.

(4). ALCOHOL.

Alcohol is another cause of mental break-down which lessens the chance of recovery from any mental strain. Alcohol taken into the system through the stomach causes the



THE LATE PHILIP D. ARMOUR, A MODERN MILLIONAIRE BUSINESS MAN.

nerves to be paralyzed, and it deceives the person so that he cannot tell the right story to the tired brain.

(5). TOBACCO.

Tobacco is still another cause of brain bankruptcy, as it acts as a disorganizer to the well being of the brain. Men have a wrong notion with regard to the benefit that tobacco bears in relation to their brain-fagged systems. They, therefore, try to improve their own feeble health and do not ask the advice of a hygienic physician who has made a life study of

the abuses which we have just mentioned.

It has been truly said that "When men of business become ill and try to manage their own cases, they often have fools for physicians." A man's nervous system is not working right

THE CONTENTED MIND.

As a proof of the above, we find that the laborer, who is contented with his work and wages, lives without a knowledge of having a pneumogastric nerve. He is not dyspeptic



Photo by Rockwood.

THE LATE VICE-PRESIDENT HOBART.

when he is habitually tired and cannot rest well and cannot be thoroughly repaired from day to day by natural rest and sleep. He no longer lives on his nerve-tone interest, but is exhausting his reserve principal, and is not far from the bottom of his fund.

and has no stomach trouble, nor does he know anything about heart paralysis. Animals who live in a perfectly natural state manifest no nervous excitement or fatigue. This is not the case with highly sensitive trained animals, whose ambition has been called

out, and who are expected to work at high pressure.

Worry and over-work, then, are great causes of brain bankruptcy; while added to these are tobacco, spirits, tea and coffee, stimulating food, meats, highly seasoned foods, concentrated sweets, and late hours.

We are glad that people are beginning to see that the old Turkish and Roman ideas of hot and cold baths are truly beneficial to business men. What better medicine can be taken than one of these baths every day or once a week at least, for the weary, worn-out business man or woman. Many people take to fishing as a restorative, like Grover Cleveland; some seek diversion in club life or social excitement, while others rush to the mountains or the seaside instead of taking baths and resting afterward. The weary body needs sleep and the stomach needs rest.

Philip Armour is an illustration of a successful business man who died long before his time. He was a man who looked well, as many other persons do who possess the Vital Temperament, but there came a time when the strain he put upon himself was like the last straw that breaks the camel's back. He, like ex-Governor Flower and Vice-President Hobart, were fine examples of manly proportions; but they wore themselves out before their time, and brain bankruptcy, as well as heart and stomach bankruptcy, was the result.

SPECIALISTS FOR THE "MODERN BUSINESS MAN."

We must not lose sight of the fact that there are already specialists for the busy "Modern Business Man," who have been at work for many years past in battling diseases invented by the millionaire business man. Among these are:

Dr. Charles H. Shepard, of Brooklyn, the founder of the Turkish bath in this country, who has devoted his entire life to humanitarian ideas, and can give the broken-down business man just the advice he needs;

Dr. E. P. Miller, of New York, conspicuous for having been connected for half a century with Hygienic treatment of all kinds, and who was associated with the late Dr. M. L. Holbrook and Dr. Wood, and has recently written on and introduced the Electric Light Bath into his establishment;

Dr. Julian P. Thomas, of New York, whose specialty is the efficacy of raw food;

Dr. M. R. Levenson, of Brooklyn, a devotee to anti-vaccination, and a fearless exponent of this movement;

Dr. Elmer Lee, of New York, who is known as a specialist of the drugless treatment, which is becoming more and more popular every year;

Dr. Wood, of Brooklyn, who is an authority on Vegetarianism and knows all about its benefits from A to Z.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

One of the most important principles in memory is that of *impressions*. In speaking of what is past, it is a common saying that "An event has left a very faint impression on the memory," or that "A distinct impression of all its details has been retained." Other expressions of the

same sort are, "I will never forget it while I live," or, "The remembrance of it is still as fresh in my mind as if it happened yesterday." Where the recollections are of a painful nature the narrator is often seen to shudder, or by some physical movement to give evidence of the vividness with which

the past is present in his or her mind. The converse of this is often heard in the expression, "Where have I seen that face before?" Here the remembrance of the face is distinct, but the association of locality is lost. To some extent it may be said that nothing comes before us without leaving an impression which varies in degree, and it has often been admitted by persons in extreme danger that memory assumed an almost supernatural vividness in bringing up long-forgotten acts in their lives. This is called "The exaltation of memory."

The revival of impressions may take place in ever so many ways. The hearing of a song that touches the feelings, such as "Home, Sweet Home," "Where is now the merry party?" etc., the reading of certain books; revisiting familiar scenes; reunions with old friends; conversation with an old fellow-worker in any cause, are but a few of the causes which tend to revive past mind impressions. The following instance of how old associations are awakened is extracted from Sir Benjamin C. Brodie's "Psychological Inquiries":

"When I was about fifteen years of age I went with my father and mother and other friends, on a tour through Somersetshire; and having arrived at Wellington, where I had certainly never been before, we tarried an hour or two at the Squirrel Inn for refreshments. On entering the room where the rest of the party were assembled, I found myself suddenly surprised and pursued by a pack of strange, shadowy, infantile images, too vague to be called recollections, too distinct and persevering to be dismissed as phantasms. Whichever way I turned my eyes, faint and imperfect pictures of persons once familiar to my childhood, and feeble outlines of events long past, came crowding around me and vanishing again in rapid and fitful succession. A wild reverie of early childhood, half illusion, half reality, seized me, for which I could not possibly account, and when I at-

tempted to fix and examine any one of the images, it fled like a phantasm from my grasp, and was immediately succeeded by another equally confused and volatile. I felt assured that all this was not a mere trick of the imagination. It seemed to me rather that enfeebled memory was, by some sudden impulse, set actively at work, endeavoring to recall the forms of past realities long overlaid and lost behind the throng of subsequent events. My uneasiness was noticed by my mother; and when I had described my sensations, the whole mystery was speedily solved by the discovery that the pattern of the wall-paper in the room where we were seated was exactly similar to that of my nursery at Paddington, which I had never seen since I was between four and five years of age. I did not immediately remember the paper, but it was indeed the medium of association through which all these ill-defined, half-faded forms had traveled up to light; my nurse and nursery events associated with that paper pattern being, after all, but very faintly pictured on the folds of my brains."

As it is very desirable that all who read these pages should have a clear idea of what memory is, the following definitions, along with the foregoing descriptions of it by noted writers, will enable the student to make a new and comprehensive definition in his own words:

"The power of retaining or recalling things which are past."—Dr. Johnson.

"It is that faculty which enables us to treasure up and preserve for future use the knowledge we acquire."—Dugald Stewart.

"Memory is the magazine in which are deposited the sensations, facts, and ideas, whose different combinations form knowledge."—Helvetius.

"To revive perceptions which it once had, with this additional perception annexed to them that it had them before."—Locke.

"Memory is a recurrence of sensations which existed formerly, produced by the operation of some internal changes by which the first sensations were excited, have ceased to exist."—Sir B. C. Brodie.

"Memory is the power of receiving impressions, retaining them, recollecting them, and if necessary, reproducing them."—Sully.

"Memory is the organic registration of the effects of impressions."—Augusta J. Evans Wilson in "Infelice."

EXERCISE ON THE CHAPTER, "WHAT IS MEMORY?"

1. From what sources does memory derive its materials?
2. Give instances of impressions received through the senses (sight, hearing, taste, touch, smell and muscular sense).
3. Is the memory considered to be one organ of the mind, or is it a divisible power? Mention any great divisions of it with which you are acquainted.
4. What variety of impressions may the mind receive of any perception?
5. Under what conditions may impressions be revived?
6. How does memory generally manifest its power at different stages of life?
7. Define the term memory in your own words.

INTERROGATION.

"Prudent questioning is the half of science."

A regular system of interrogation and catechising is of great assistance in suggesting properties and details about any being, substance, or subject that it may be necessary to bring under review.

Starting with the simple interrogatives many a detail can be added to our stock by going over the whole of them in an orderly way. For instance, take up a subject and apply to it the following interrogatives as to:

Agency: Who? Whose? Whom?
By whom? Which? What?

Time: How long? When? How often? How soon?

Manner: How? With what? What way? What fashion?

Quantity: How much?

Number: How many?

Cause: Why? What for? If? To what?

To employ the whole of these in a systematic way is to improve the mind and lead to a great development of intellectual power. It is marvelous to what length this cross-questioning is often carried in the law courts, and what new light is sometimes thrown upon points at issue by its agency.

The above is merely a grammatical presentation of interrogation; but the greatest minds in philosophy and science have striven, each from his own standpoint, to set forth their ideas as to all the details that can be gathered in by the human mind, and the most famous collection of this kind is known as the Ten Categories of Aristotle. Not that there is entire harmony as to the correctness of these, still they must be looked upon as the product of minds of the first order and, therefore, are justly considered to mark an era in the progress of thought.

These Ten Categories are exemplified and enumerated in the following Latin Distich for the student's recollection:

Summa decem: Substantia, Quantum, Quale, Relatio.

Actio, Passio. Ubi, Quando, Situs, Habitus,

Presbyter exilis, species pater, orat et ardet,

In campo, semper rectus, et in tunica.

And may be translated:

	Substance	
Quantity	Quality	Relation
Action	Passion	Place
Time	Position	Habit

The question may be asked what is the use of all this in a system of memory? The answer may be given in the words of a noted philosopher, *i.e.*, "A regular distribution of things under proper classes or heads is, without doubt, a great help to memory and judgment." Another writer conscious of the maddening burden that unassisted memory has to bear says that by classification "A memory dist burdens itself of its cumbrous catalogue of particulars, and carries centuries of observation in a single formula." The categories have now been before the world for more than 2,000 years and many attempts of a like kind have been made; but it can not be said that they have advanced a step. Archbishop Thomson says, "We require of a good system of categories that it provides a place for every simple notion and that its heads or divisions be specific enough to furnish real help in finding the attributes of any subject; in two words, that it be exhaustive and suggestive."

The Archbishop gives a list of categories:

Things conceivable as	{ Substance Attribute	{ Quantity Quality Relation	of time
			of place
			of causation
			of composition
			of polar opposition
			of finite to infinite.

But this desire for universal knowledge has not been confined to one quarter of the globe, for the following scheme gives an Orientalist's view of this same subject:

"Kanada starts out boldly by declaring that he is going to explain how a man can obtain the most exalted and exalting knowledge of

reality, and by means thereof arrive at a state of complete blessedness, the Summum Bonum. The way to blessedness, according to him, is knowledge; but knowledge of a particular kind, that is to say a discriminating knowledge of the seven categories."

His categories are:

Substance, quality, action, genus, individuality, concretion and nonexistence which is of four kinds according as it applies to things (1) which are not yet, but may be afterward; (2) which are no more, but have been; (3) which are not, and never will be; (4) which are not what something else is, *i.e.*, which differ.

Substance comprehends five elements:

earth	}	Organic, or Inorganic.
water		
light		
air		
and ether		

Substance also comprehends time and space, soul, and self.

University students may do all their interrogation with these different categories, or they may make an eclectic set and work with them.

The five classes of predicates, predicables or universals may be added:

Genus, species, differentia, proportion and accidens, in other words, the genus of the thing or its species, or its specific difference, or some property or accident belonging to it.

Another scheme expressed in non-technical terms will be found in another part of the book under the title "The Interrogator."

GET INTO THE LIGHT.

Light is power; all sources of fuel are directly from the sun coming in rays of light.

Light is joyous; nothing contributes so much to making a brilliant assembly as a flood of light upon it.

Light is comforting; a dark day is always a gloomy day, but a burst of sunshine brings a cheer.

Light is strengthening; a puny child may grow strong if he can play in the sunshine.

In the Public Eye.

MISS AUGUSTA GLOSE, Entertainer.

Character manifests itself in a variety of ways; and so when we examine a head like the one that we now present we observe that, although slight of form and build, yet the mentality of this person manifests itself very largely in her executive, artistic, and original cast of mind. The breadth between the ears manifests energy, force, and executive power. Thus, while we might expect naturally to find energy and pluck in an older and larger person, yet we realize that she has inherited a great deal of her capacity from both father and mother, and that she will, in the future, however much she has done in the past, show more than ordinary ability and more gifts in an intellectual direction than in any other.

She has that originality of mind which will enable her to throw her own ideas into her work with great skill and tact. She has the power to understand the characteristics of others, and consequently, with her perceptive intellect and her keen interest in art and oratory and in true expression, she will manifest power to draw out the interests of others. For instance, her Sublimity and Ideality along with her Spirituality, Human Nature, and Comparison give her a marked ability over others in the direction of the drama or in public readings or elocutionary efforts.

It is not with the desire to overdraw on her imagination that she will ever represent a piece, but she will study for natural effects, to feel the part she plays, and in this way she will succeed at an earlier period and will sustain her reputation longer than many who aim at being artificial or who try to imitate someone else. Her Constructiveness, along with her perceptive intellect and her Comparison, give her wonderful capacity to understand and unfold as well as interpret the characteristics of others. Comparison alone gives her ability to

analyze character, and we judge that from a very little girl she has been an expert in understanding the ways and thoughts of others. It is this power that she has in interpreting the combination and differences in people that she will find one of her greatest strongholds.



MISS AUGUSTA GLOSE, ARTISTIC, MUSICAL,
REFINED, ORIGINAL, VERSATILE
AND INTUITIVE.

Comparison and Human Nature will enable her to love the study of character, of life, of the motives and mental characteristics; and without knowing it, she will be able to understand how a thing should be expressed or represented.

The Originator of the Apartment House.

THOMAS KILPATRICK, INVENTOR AND
FOUNDER OF 83,000 HOMES AND
3,000 BUILDINGS.

During the past fifty years immense strides have been made toward improving the living capacity of New York City. Fifty years ago, when land was plentiful and cheap, it was the custom of people to live in detached houses. To-day there are 600,000 families living in New York City in apartment houses, averaging about 1,700,000 people in Manhattan alone, which number comprises three times as great a population as existed in New York City in 1853.

The necessity of rapid transit has increased the need of the New York flat-house—more aristocratically called the apartment-house. Thus New York has seen, during the past fifty years, a gigantic change from the first apartment-house (erected by the late Thomas Kilpatrick in 1853) when compared with the modern apartment-house which has recently been completed on the corner of Seventy-third Street, called "The Ansonia," which is the largest in the world. The latter is a building divided by court-ways, yet united so as to form one immense block of apartments.

The brains that constructed the first flat-house were as important, clever, and ingenious as the brains used to-day to erect the twenty to thirty-story buildings.

At the time when Mr. Kilpatrick invented his scheme for enabling many families to live in one house, the idea was novel, practical, and economical. It presented to the people of 1853 a means of living near their work without great expense.

THE LATE THOMAS KILPATRICK.

Mr. Kilpatrick's portrait indicates that he was a man of remarkable talent, shrewdness of purpose, intuitive insight, and great ingenuity. His forehead was high and did not lack breadth, which prevented him from being sim-

ply a selfish speculator; but the wisdom of the man showed itself in the benefit he saw the people would derive from his ingenious work. Therefore his purpose was twofold in its object. He was a man who carried the respect of all his fellows both as a citizen and as a thorough-going business man. He came from County Armagh, Ireland,



1.—THE LATE THOMAS KILPATRICK, INVENTOR OF THE FIRST FLAT HOUSE. 2.—THE ORIGINAL FLAT HOUSE AT NO. 142 EAST 30TH STREET. 3.—"THE ANSONIA," THE LARGEST APARTMENT HOUSE IN THE WORLD.

in 1848, and through his originality has consolidated New York City. The illustration shows in the corner the original flat-house with which he began his enterprise, and towering above it is the magnificent structure that has just been completed in New York City which affords an accommodation as an apartment-house for more people than any other similar structure in the world. No one can ever estimate the value of Mr. Kilpatrick's idea to New York.

SCIENCE OF HEALTH

Health Topics.

By E. P. MILLER, M.D.

THE PROCESS OF FERMENTATION.

"When, in beer-making, a little yeast is put into a vat of warm, sweet liquid, bubbles gradually appear until the whole mass seems to be boiling. If the liquid is analyzed after the yeast has worked in it for a time, it will be found to contain less sugar than at first; the amount of yeast will have increased, and alcohol and carbon dioxide will appear in considerable quantities. The explanation is this: The yeast, which is really a mass of tiny plants, has reproduced again and again, and in this growth has fed upon the sugar of the liquid and given off alcohol and carbon dioxide. Such a phenomenon is called alcoholic fermentation, and is essentially the same as that which raises a loaf of bread. We have already seen how yeast uses up sugar in its growth. It is also believed that some nitrogen is necessary for the best development of yeast, and that such development is most complete in the presence of free oxygen, but why these things are so, is not yet clearly understood."

Now notice Prof. Matthews says: "During the process of assimilation the carbohydrates or organic compounds of carbon-hydrogen and oxygen found in the food are acted on by some of the fluids of the body in such a way that they were broken up into fatty acid and alcohol."

He should have stated in plain language that a large proportion of the American people eat a good deal of starch and sugar, which, when masticated and dissolved in the stomach and intestines, becomes a sweet liquid; and when the yeast germs in the yeast

bread are taken into the stomach, fermentation at once starts in the alimentary canal, by which "the yeast plants are reproduced again and again," and during the process "alcohol and carbon dioxide" appear in considerable quantities. The carbohydrates are starch and sugar. If the people will avoid using yeast and other organic ferments in their food and will, by the aid of the natural digestive fluids, digest the starch and sugar they eat by converting them into fruit sugar, the only form in which these foods can be assimilated, there will be no alcohol or carbon dioxide or yeast germs found in the human body. It is the opinion of many intelligent people that yeast bread is the cause of more chronic disease than any other one article that the people eat.

HOT WATER.

Cold-blooded people, who have little thirst, will do well to make a business of drinking a certain amount of hot water every day throughout the winter season. It lessens the tendency to take cold, improves the circulation, and benefits coughs and insomnia.

Before going to bed is a very good time for this practice, as it warms up and relaxes the system, thus preparing the way for a good night's sleep.

Many cases of indigestion, headache, neuralgia, cold hands and feet, can be cured in half an hour by drinking slowly one or two pints of water so hot it almost burns the throat.—Medical Brief.

TREATMENT OF PNEUMONIA.

In the treatment of pneumonia many specifics have been vaunted, but

none have stood the test of time. Venesection, calomel, veratrum viride, ergot, digitalis, quinine and salicylic acid have all had their turn at professional favor. The serum treatment has, as yet, not proven trustworthy, but it offers great expectations. There are still many advocates of large doses of salicylic acid and many good results are reported. Probably its beneficial action is entirely due to the leucocytosis it causes. This treatment would recommend itself to cases that failed to react to the systemic toxemia, as evidenced by a hypoleucocytosis. Its irritating properties, as well as its depressing effect, would proscribe its use in any but the sthenic.—Medical Brief.

FLESH VERSUS VEGETABLE FOOD.

Speaking of his own experience Mr. Eustace Miles, the world's champion tennis-player, says: "Once I used to get proteids chiefly from flesh foods, and I began to suffer from depression, headache, increased weariness after hard exercise, constipation and albuminuria, all of which made it necessary for me to give up alcohol; but I felt a strong liking for it and the struggle was a hard one. I was fond of what was called 'good living,' but I tried the fleshless foods and before long away went my depression, my headache, weariness after hard exercise, constipation, the symptoms of albuminuria, and my desire for alcohol, too. For years I have lived almost without flesh. When I have returned to it, back would come all my old symptoms, and also the desire for alcohol. On my side stand many of the old Greeks, the Spartans, the Athenians; also the sturdy Romans and the English Commons when at their best."—Good Health.

VEGETABLE DIET

The most conclusive evidence is continually accumulating that prolonged mental and physical exertion can be much more readily maintained

upon a properly arranged dietary than upon a bill of fare which includes meat, tea and coffee, and various irritating and stimulating substances. There can be no doubt that for a temporary exertion the meat-eater may appear to have an advantage over his nonflesh-eating competitor, but the battle to-day is won by the man of brain and brawn, and particularly by those who can utilize both continually for long periods of time.

Eustace Miles, the world's champion tennis-player of Cambridge, England, states that the question of brain freshness and brain fatigue are matters of the greatest importance to the athlete, and that the thing that affects this the most is the food. There is no other influence a quarter as powerful as the diet. The waste product from animal's flesh is probably waste product when it reaches the human brain; the effect will be almost the same as though it had been formed there by hours and hours of hard work by the individual. It is the waste products that bring on the feeling of fatigue. In eating the flesh of animals we introduce a large quantity of this, and that is one reason why one becomes worn out sooner on a flesh diet than on a nonflesh dietary.

The winners in one of the most famous long-distance walking matches in Germany, were all vegetarians. The champion long-distance bicycle rider of several years ago, lived upon a strictly natural dietary.

If athletes, and others who have to undergo surprising tests of bodily endurance, find it advantageous to abstain from flesh foods, is the plan not worthy of a trial by those who wish to use either their intellectual or physical strength and endurance in the service of God and humanity?—Good Health.

THE TREATMENT OF ENURESIS.

(Incontinence of urine).

The treatment of this troublesome affection of childhood is discussed by

Karl Walko in the "Zeitschrift für Diätetische und Physikalische Therapie." Walko reports ten cases of pure idiopathic enuresis cured by massage of the neck of the bladder. The massage is given bimanually, the index finger of one hand being inserted into the rectum, and the other hand being placed anteriorly above the pubis. Walko claims that two or three of such treatments will cause permanent recovery. Good effects followed its use in epileptic enuresis, enuresis with

cystitis, traumatic and hysterical enuresis. This simple procedure in this vexatious disorder of childhood is well worthy of a trial.—Medical Brief.

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The quality of directness is characteristic of all men of great executive ability, because they value time too much to squander it in useless and meaningless conversation; it is an indispensable quality of the leader or manager of all large enterprises.—Success.

Reform the Reforms.

By CHARLES H. SHEPARD, M.D.

Half-way reforms are good, and to be encouraged, for thousands are not in a condition, mentally or physically, to accept the whole truth, but when reform can be complete, it is a sin against human nature not to make it so. It is better to use a small quantity of alcohol than a large quantity, but it is far easier to abstain totally from all use of it. The smaller quantity always has a greater effect upon the body in proportion to the amount used. The small quantity continually keeps up the desire for renewal of the impression, dulls the keenness of the senses, and at the same time invariably interferes with the harmonious action of the digestive and nervous systems, and thus reduces the reactive power of the body. Such is the action of all narcotics, and it is the reason that whenever one sets about improving his physical condition he derives only injury and disappointment from the use of any narcotic. Trainers of professional sportsmen always recognize this fact. The advanced scientists and investigators of our country and Europe are continually demonstrating the truth of these propositions.

This is equally true as concerns the use of tobacco, which destroys the integrity of the nervous system and poisons the whole body. To anyone

who possesses this knowledge it seems strange that in the famous Reprisa prison of California, where efforts are made to reform and make better citizens of the inmates, even the State provides tobacco for them.

In some inebriate asylums also, the inmates are allowed the free use of tobacco. The poison of that drug is as fatal to the integrity of the body as is that of alcohol, only it is shown in a different manner, thus it is only a choice of drugs.

Again, we find coffee, tea, nor cocoa, have any nourishment in them to give a shadow of excuse for their use, yet the criminals on Blackwell's Island are daily allowed sixteen fluid ounces of coffee, and sixteen fluid ounces of tea, while that amount of milk, or even pure water, would contribute infinitely more to their well-being.

Why this fatality that constantly leads to "taking something," or "doing something," that drags mankind below its normal level? To our mind it results from ignorance of the laws of health, of the action of all drugs, and thus it becomes the bounden duty of all who have received the light to do what in them lies to dissipate this mental darkness and the resulting physical degeneration.

Articular Rheumatism.

PART III.

By CHARLES H. SHEPARD, M.D.

STIMULANTS.

Alcohol is another stimulant which, as already hinted, favors the development of rheumatism. It does this by preventing the waste materials or excreta from leaving the system; it may also effect the power of the blood for carrying these waste materials in solution. It is found that alcohol increases the amount of urine secreted. But this urine is deficient in solid matter, which means that something is left behind in the system. Beer and wine, because they contain lime salts, are said to cause rheumatism, or at least to aid it in its development. These salts are absorbed into the system, unite with the uric acid and form an insoluble urate of lime, which is deposited around the joints, thus causing them to become enlarged and stiff. The offspring of drunkards inherit a feeble, rheumatic temperament, and to such a temperament alcohol is especially harmful. Dr. Allison has said: "Were it not for our conventional flesh-eating habit, and our alcohol drinking customs, rheumatism would be practically unknown among us. Where people do not eat flesh or drink wine, this complaint is almost unknown, and when their use is discontinued it seems to disappear as if by magic."

IRREGULARITY OF LIVING.

It is apparent that irregularities of living, errors of diet, and protracted exposure to impure atmospheric influences, especially when associated with humidity, seem to produce in the system combinations ready for explosion in the form of an inflammatory attack upon the exhibition of sufficient exciting cause. There is little doubt that these factors, or some modification of them, exist prior to an acute seizure.

Rheumatic fever is simply a crisis, in other words, a means of expelling morbid material from the system, and instead of trying to suppress it we should aid nature in all her efforts to eliminate this poison. Disease, in whatever form it may appear, is but an effort of nature to free itself from some offending substance in the system.

Articular Rheumatism, though extremely painful, can scarcely be looked upon as a dangerous disease, but if not cut short by appropriate treatment, it is likely to lay the foundation of the most serious and fatal disease of the heart. Not one out of a thousand die from the immediate results of an attack, but it is impossible to estimate the proportion of those who die from its after effects. Where the rheumatic affection in a joint continues for a long time, it is in many cases the exciting cause of other serious and destructive action.

The sharper and more well defined the attack, if uncomplicated and fairly treated, the less liability to protracted results; while the milder, Sub-Acute, and often less cared for cases, appear frequently to drift into the chronic condition.

The severity of the course and the duration of the attack, can be influenced and lessened by scientifically directed treatment, which tends also to reduce the probability of functional impairment of the joints, and to ward off the graver heart complications. These complications are more likely to arise in children subject to this disease, and it has been urged that many cases of developed heart disease in the adult might be traced to an unappreciated rheumatic condition in early life. The point is well made that the nature of the Rheumatism which attacks children is often obscure, and

that in view of the well-known difference in the degree of severity in this disease, many children experiencing the so-called "growing pains," are suffering from Rheumatism, with possible associated heart disease.

GOUT.

Experience shows that Gout, and allied affections, are met with in individuals addicted to an over-indulgence in animal food and generous wines, and in those who are given to sedentary habits. These conditions are intimately associated with the presence of uric and oxalic acid in the blood. The amount of fibrin in

the body are fully consumed they are represented by urea, carbonic acid and ammonia. If not consumed, other and intermediate compounds are necessarily produced. Uric acid, for example, which is found in all warm-blooded animals, must be for the most part consumed, or, owing to its insolubility, it will be deposited or combined with alkaline bases, producing calculous diseases.

Therefore, decrease the amount of animal food taken into the body by restricting the diet, and adopt such treatment as will promote complete combustion, so that the excess may be easily eliminated from the body.



ANCIENT BATHS.

healthy blood is less than three per cent. In Rheumatism this constituent may be abnormally increased to ten per cent. An excess in animal food, therefore, not only causes an undue amount of fibrin in the blood, but brings about conditions which retard the transformation of effete tissue and render the normal supply of air insufficient for its required purposes.

SEDENTARY LIFE.

A sedentary life, independent of excesses, retards all nutritive changes. When the albumenoid constituents of

OLD-FASHIONED TREATMENT.

There is probably no other disease to which so many different modes of treatment have been applied. Until about the middle of the century, bleeding was considered the sheet anchor in the treatment of Acute Rheumatism. Facts, however, tended to show that patients recovered more rapidly and satisfactorily when they were not bled, and the practice generally was abandoned, for Rheumatism as well as other diseases. Purgatives, diaphoretics, sedatives, and many other remedies have had their day. Then came the lactic acid

theory, which naturally led to the alkaline treatment. Lemon juice also found favor for a time, with results quite as good as those from the alkalis. Of all these remedies, not one can be confidently relied upon. Indeed, it has been stated by good authority, that we have no remedy for Acute Rheumatism. Even the salicylates, salol, colchicum, iodide of potas-

sium, etc., have proved a disappointment in many cases. In fact, the specific are powerless to do more than temporarily relieve aggravated symptoms, and not only do not cure the disease, but are often fraught with grave dangers. The local remedies have included every conceivable device, and are of use mainly to satisfy the demands of patients and friends.

The Nerves.

By JULIA COLMAN.

We are probably but just beginning to understand the nerves, their nature, their action, and especially their relation to intoxicants. They seem to be the telegraph wires of the animal system, though they differ from the metal wires in being hollow, and in containing a visible fluid (nervous instead of electric) which carries the various messages by which we both govern the system, and receive information of what is going on in all its parts. This nervous fluid is understood to be largely composed of albumen and water. So long as its natural conditions are preserved it carries reports with such accuracy as to establish the confidence represented by the common expression supposed to end all controversy: "Of course I know, I can tell by my feelings."

Now, alcohol has a notable affinity for water, which, immediately upon its introduction, it begins to absorb from our soft and half-fluid body. It enters the circulation at once, and reaching the nerves by abstracting some of their water it destroys their balance, so that they can no longer be relied upon for correct reports. The brain has much of the same composition, and in turn it can have no correct appreciation of what the nerves report. This happens in spite of all efforts at control by the mind or determination of the will. These can no more control the effects of alcohol

once taken, than those of any other drug. The mind can no more feel truly without correct action of the nerves than it can see without the action of the eyes. The drinker simply puts into his system an enemy which runs around there in the dark, and his stupefied nerves cannot even tell him what it is doing; or perhaps, to speak more correctly, cannot tell what measures are taken by the system for the expulsion of the intruder.

How then is all this to be found out? First by carefully barring its entrance to the system of the observer, so as to run no risk of its deception through the nerves. The next step is to study the nature and action of the deceptive fluid by observation of its action on other living structures, by the discoveries of science, and by the use of common sense. The total abstinence requirement is indispensable, not as a fad in any sense, but to avoid the possibility of having the nerves tampered with. The study should so thoroughly include the nature, the action, and the very origin of alcohol in all its forms that no one shall be able to trick the student into taking it under any pretext whatever.

This is a large contract, but in the past it has been filled in many individual cases, and it can continue to be filled under present conditions in some countries. What is more, is, that it is effective; that is, it pays. It

seems absurd to say that the action of an article so common as alcohol and so long under daily observation is not generally understood, but it may help us if we recall the fact that it was in daily use in various forms by the human family thousands of years before its identity was suspected or a name given it. And even during the last century that most astute observer, investigator and successful medical practitioner, Sir Benjamin Ward Richardson, after using it daily and dosing with it and seeing its effects for many years, did not comprehend the secret of its power until he questioned it long and repeatedly by the most strenuous processes known to the advanced scientific methods of the present day, chemical and physiological. His notable conclusion was that "Alcohol is a deceiver from beginning to end, a temporary shroud in which the ignorant man covers himself."

And yet the deceitfulness of its action had been suspected long before its identity had been known or its name given. Under the guise of "wine" Solomon called it a "mock" and said, "He that is deceived thereby is not wise," and similar hints are not wanting elsewhere. Shakespeare called it "devil" after the "father of lies." Quite early in the course of the present Temperance Reformation (1835), Dr. Justin Edwards, one of the most powerful and sagacious of the early temperance writers and workers, dwelt especially on this characteristic of alcohol, exclaiming, "Delusion, delusion as to its nature and effects! Men cannot come under the power of this mock and not be mocked!"

Dr. N. S. Davis, so long and so favorably known as the President of

the American Medical Association, has written much and convincingly on this point. He says in his "Verdict of Science": "This diminution of sensibility is developed in direct ratio to the quantity of alcohol taken, and may be seen in all stages from simple exemption from all feeling of fatigue, pain, and idea of weight, exhibited by ease, buoyancy, and hilarity to that of total unconsciousness and loss of muscular power. . . . With the facts now before us the explanation of all this is apparent. . . . The presence of alcohol has not in any degree lessened the effects of the evils to which the subject is exposed, but it has diminished his consciousness of their existence."

Another physician who has recently written well and at some length on the nature and effects of alcohol being asked why he did not say more about its deceptive character, replied that he did not do so because so much had already been said on that point. In this reply he showed that he failed to realize the power of the delusion and its widespread prevalence, while we recognize that this truth needs exploiting, explaining, illustrating and adapting to the popular conception and we believe it can be done. More than thirty years ago we were in the habit of saying that we did not so much aspire to the discovery of new scientific facts in aid of temperance as we did to take the well ascertained facts of science and make them plain to the comprehension of the common people and even of the children. And if my readers will follow with me we will try to display some of the methods by which this teaching is to become popular.

Hold persistently and calmly to your ideals and in time they will be realized and fulfilled, and then new and higher ideals will come to you. In this way, from one ideal to a higher one, we progress. To be discouraged or give up an ideal means more than to stand still—it means retrogression.



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

SCHOLARLY.

By UNCLE JOE.

No. 611.—Wendell W. Lusk, McKeesport, Pa.—Why is it that some lads appear to so good an advantage when they are children and yet fall away in intelligence when they are growing into manhood? We have found that the reason for this is simply because they are not understood, that they have been forced in the wrong school, that they have been given a classical course when a scientific one would have been more appropriate, or they have been allowed to develop contrary to their natural disposition or bent of mind. Some of the world's greatest workers have succeeded the best through being allowed to grow up by dint of hard work, but in ways that have opened out to their minds original ideas, and thus they have had a chance to test their own powers. When children are molded according to thoughtless notions and erroneous ideas some of the best products of mind have been wasted.

In the picture before us we have a valuable child to deal with. He is broad, full, and actively developed in the upper portion of his head, but he is lacking in the lower portion, and it is just a question whether his education will be directed to encourage his perception or allowed to take a metaphysical bent, and thus to prepare him in life for the higher lines of study, like mathematics, mental philosophy, political economy, jurisprudence, or banking. As a lad the object of his

teachers should be to give him as much objective instruction as possible. He should be shown how a thing is constructed or designed, and let him pull the thing apart so as to see the inner



611.—WENDELL W. LUSK, MCKEESPORT, PA.

Age, 3 years and 2 months; height, 39 inches; chest, 22 inches; hair, light; eyes, blue; circumference of head, 20 $\frac{1}{4}$ inches; height of head, 13 $\frac{1}{4}$ inches; over Benevolence, 12 inches; by calipers, 5 $\frac{1}{2}$. Writer, Historian, Investigator, Physician. In the front view the line across the forehead divides the Reflective and Perceptive Faculties.

workings or construction of the machine or the flower. What he once comprehends he will seldom forget; in fact, he will want to see everything through his understanding, while he

will run against a chair or the corner of the table and probably hit his head in his haste to arrive at some destination if not objectively looking at the obstruction that is in his way.

If we can only get parents and teachers to see how the minds of their children can be developed from the start we shall have accomplished a great deal toward saving the wrong use of children's energies.

In a few years' time this child's

able attention in building up muscular strength, breathing power, and physical activity. At the same time he should be taught to control his strong desires and wants in a mental direction by argument, consistency of example, and by reasoning rather than by corporal punishment. He has a sensitive mind, and when he knows that a person really means what she says it will have due weight on his character.



611.—WENDELL W. LUSK.

The side view shows the length and the height of the head.

temperament will change. He will lose a part of his round, plump form and will take on more of the Motive Temperament by exercise in the open air and coming in contact with other boys.

His head is a large and active one, and it will pay to give him consider-

He should have the best possible education, but he must not be hurried over it. Let him have time and his health and strength will not suffer. Though healthy in organization yet he is so susceptible that he will need special thought, care, and culture to keep his vitality even with his mentality.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The May meeting of the American Institute of Phrenology was held on the evening of the 5th inst. and was presided over by Dr. C. McGuire, who introduced the lecturer, Dr. Sahler, as an authority on the subject of Psychic Phenomena—said he knew that in the large number of people before him he would have an appreciative audience.

Dr. Sahler said, in opening his remarks, that it was a pleasure for him to be at the Institute again, for he always saw so many old friends, and made new ones. He said the term "psychic power" seemed mysterious to many, comparing it to the word "phenomena" (something unusual), which is a misnomer after a time in proportion as it becomes the "usual" and a part of life. A few years ago, "psychic power" seemed but a vague idea, and scarce any attention was given it in print. Now almost every periodical has something on the subject. The day is past when the subject of hypnotism is ostracized, and its operator made to feel himself unwelcome. It is now considered an intensely interesting and scientific subject, and its undiscovered field a place for the thinkers and investigators.

Much depends upon conditions, however. In water there is power, in water there is force. If the vibrations are of one character, the result is ice; of another, steam. There must first be substance of which force is the spirit—power, force set in motion by vibrations. Substance may be visible or invisible, seen or unseen, but all have force and power, and are subject to change, whether we see it or not. Each substance has a force and power of its own, whether it be visible, as rock, soil, or water, or invisible, as air, gases, electricity, etc.

So with man. The psychic self is the Ego, around which is an outward fortress, the physical wall through which all intelligence must pass to reach him. Within the physical is the mental, then the spiritual, and lastly, the psychic. The spoken thought of another passes through the physical ear, through the intellect, weighed and balanced there, then to the psychic Ego. In this transmission of speech, the physical force is set in operation, the brain is aroused to action, and the conscious soul or psychic self vibrates in answering unison.

The secret of psychic power is "love with faith," not belief of mind, but faith of soul, not expectation, but consummation.

The Doctor spoke of a twelve-year-old girl who weighed only sixty-five pounds,

refined, intellectual, humble, and lovable, who had, with her father, passed two days with him, and whom strong men tried in vain to lift—only as she allowed, or willed, it so. The child had psychic power, and as long as she so decreed all effort was in vain. At one time the Doctor lifted her with his two first fingers; at another, he found it impossible to do so.

He told of a gentleman from Dakota, an inmate of his home, one hundred and thirty pounds in weight, whom he found to be a good psychic and susceptible. Affirming and re-affirming to him that he was getting heavier and still heavier and the suggestion resulted in the vain attempt of a New York athlete to lift him. He also related how a young man's senses of hearing, tasting, smelling, and seeing were so influenced that he ate pepper with a relish, etc.

The Doctor averred that the soul sees through psychic force, that it is really the divine part of man. Blindfolded, he may see; distant, he may hear; and in the silence he may read the inmost thought of another.

It is not necessary even to speak the psychic word of influence; only send out the faith-thought and it is done. Jesus was the greatest psychist, putting forth his force and power with loving, vibrant action. It was easy for him to walk in the Sea of Galilee, easy for him to perform the miracles of love. Neither cross, nor death, nor tomb destroyed the all-powerful psychic Self that conquered and arose, and appeared to men again; but he would not let them touch him after the Resurrection.

Once each year, one part of the body is destroyed by a gradual change; every seven years, the entire body being remade.

God created everything for a purpose, and this force, this power, has its purpose, and its achievements will be more and more wonderful as the years come and scientific investigations are made.

Dr. McGuire, in closing, spoke of the beautiful, yet simple, thoughts to which Dr. Sahler had given expression, and said he was glad, when materialistic belief is so prevalent among learned men, to know of his belief in Christ. He prophesied that the present knowledge of psychic law and conditions is only the beginning of future wonderful discoveries. At the close, many of Dr. Sahler's auditors expressed their appreciation of his lecture.

Dr. C. O. Shepard, Miss Irving, and many other old friends and graduates were present.

THE Phrenological Journal

AND SCIENCE OF HEALTH.

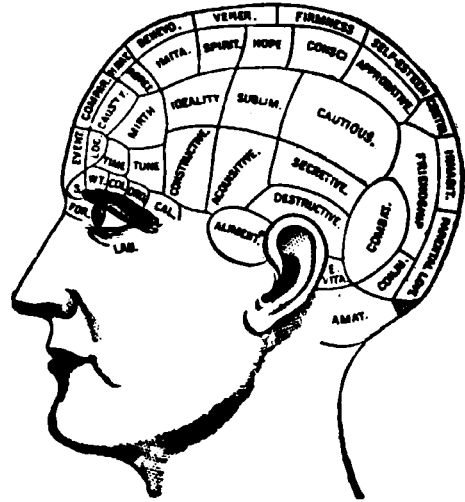
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INCORPORATED WITH THE

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(1880)

NEW YORK AND LONDON. JUNE, 1903



"Phrenology is a guide to humanity."

GATHER THE ROSES.

Gather the roses while ye may,
Weave them in garlands fair to-day;
Gather the roses, do not wait;
Find then a pathway thro' the gate
Unto a brother's thorn-strewn way.
Gather the roses while ye may.

Gather the roses while ye may,
Weave them in garlands fair to-day;
Find ye the fairest and most sweet,
Strew them in paths for thorn-pierced
feet;
Find ye a brother's thorn-strewn way.
Gather the roses while ye may.
Margaret Isabel Cox.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

Among the pioneers of the science of Phrenology are Dr. Gall, Dr. Spurzheim, Dr. Andrew Combe, George Combe, L. N. and O. S. Fowler, Nelson Sizer, and Mrs. Charlotte Fowler Wells.

Former Presidents of the Institute: Samuel R. Wells, Edward P. Fowler, M.D., Nelson B. Sizer, and Mrs. Charlotte Fowler Wells.

THE WORTH OF PHRENOLOGY.

The worth of Phrenology is becoming more and more evident throughout the length and breadth of the

land. There are more practical men and women believe in it to-day than formerly. One has not to stop and explain its principles, its utility, and its wide stretching influence to everybody one meets. It is said that the early bird catches the first worm, and we think, or rather know, that there must be a great many little birds out early who have learned the lesson of what this grand science teaches. To be sure there are a few persons who combine this subject or unite it with other studies, and there are some people who are still unconvinced of its value. These are the people in whom we are interested, and we should be glad to have the oppor-

tunity of convincing such that Phrenology is not fortune telling, but is a science based upon anatomical principles. In the course of instruction given in the autumn, we do not forget to treat of general Anthropology, or the study of man in his entirety; nor of general Anatomy, which is so important to the student of Phrenology; nor of general Physiology, through which is explained the special functions of the brain and nervous system; nor of general Hygiene, which tells a student how to keep well and value his health; nor of Heredity, hereditary tendencies, and how to avoid them; nor of Ethnology, the subject that enables us to get in touch with our fellow-men; nor the art of character reading, by which we are able to understand more completely our neighbors, friends, and members of our family, through the relative size, proportion, configuration, and physiognomical attributes that we find. These subjects form a liberal education to any person, whether he intends to make a profession of Phrenology or not, and a proper understanding of the above-mentioned subjects will help him in every phase of his life.

Will those who are interested in Phrenology give this as wide a notice as possible?

HOW HUMAN THOUGHTS ARE WEIGHED.

An excellent article appeared in the "New York Herald" on March 8th

in regard to Dr. William G. Anderson's method of weighing thought. The invention is an ingenious affair, and through his experiments he shows that when a student reclines at full length on his weighing bed the indicator at the side begins at once to vibrate merely from the breathing of the subject. When the doctor suggested to the student to go over the five multiplication table the head of the table began gradually to move downward, but when Dr. Anderson suggested repeating the nine multiplication table after a few minutes the head of the bed had sunk very perceptibly. This, says the doctor, is only a single illustration of the thousands of experiments which have been made with this muscle bed, and it proves that it is an attempt to scientifically settle the question of the flow of blood to the different parts of the body as the effect of mental effort.

By this instrument we have not only a method of showing in a general way that the blood is drawn to the brain when any call is made for special activity from the brain center, and it also shows that the blood flows to other parts of the body upon the command of the brain centers.

We are moving along very rapidly toward a realization of what Phrenology has been willing to teach us, but which men have been slow to accept, namely, that various centers of the brain preside over certain elements of the mind and movements of the body.

Light is purifying; let sunshine into a dark cellar and it soon becomes pure.

Light is vivifying; expose a withered plant from a dark room to the sun and it colors up.

So you should get into the light that streams from the Sun of Righteousness. His presence purifies the heart, energizes the mind, brightens the life, cheers the spirits and strengthens the whole man.

REVIEWS.

In this department we give short reviews of such New Books as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"Progress of Life and Thought, or Papa's Scrapbook. Sixty Years' Experience."

By A. W. Richards, Indianola, Ia.

This book was written originally for the benefit of the writer's children, but he intended and believed that it would prove of interest to all classes of people.

The writer has been a cripple since the first year of the late war, thus, being in a helpless condition he suffered beyond description the first ten years, yet by a careful management and strong determination and buoyancy of spirit he overcame many difficulties during the following thirty years. His reflection and the benefit of his experience during these years he wishes to give to others, so that they may catch some of his inspiration. He says that he, like many others, still feels in doubt whether he has ever got into his natural sphere, and he thinks it is a duty we all owe to each other to aid in that direction, for if it is correct that we are all of the same blood and from the same source, as we have all been told, then we must be brothers, sisters, uncles, aunts, city or country cousins, and if we are always all right we must look after that "other chap."

He deals in his experience, first, with the young folks; secondly, with those who have to do with the stern realities of life and step by step reach up to true manhood. He begins with the bud, the play-room, the pleasures of youth, the surroundings of school, the teaching and training of the young; thirdly, the habits of people, their domestic affairs, mingled with reminiscences of all kinds during his life, war, history, biography, mental philosophy, science, psychological questions, all in brief and written in an incidental way, though keeping in view a cheerful, happy, progressive life, full of culture, physically, mentally, and morally speaking. He hopes that the book will become a telescope through which to look at life from the highest standpoint we may attain to. The writer has been

to considerable trouble to compile this well-thought-out book.

"All These Things Added." By James Allen. Published by the Savoy Publishing Co., London, England. As this is an age for new ideas, or at least old ideas mantled in new thought, concerning the great "Eternal Now," we believe that the above-named book will have a place and find many readers among the thoughtful and studious. All persons are not engrossed with the effort to collect the almighty dollar. They realize that life has other purposes, and, while seeking some pleasures here below, they realize the needs of the higher attributes of the mind and do not starve them. By ceasing to seek for earthly pleasures they become conscious of a desire to examine into the probabilities of the future; thus the Temple of Righteousness and the Kingdom of Heaven will become realities to them. There are some people, we are glad to know, realize the "soul's great need."

In this book the opening chapter explains the need of every human soul, which, we are told, "is the principle of righteousness, and by understanding this principle the realization of the abiding home of the soul is found. Having once been found it is never lost. Midst strife or fear the attitude of the mind is still strong and pursuant in its knowledge after purity and peace."

Many helpful thoughts are expressed throughout the work, which is written in a clear and intelligent style, and printed on excellent paper, in good type. The book is not a large one, having 150 pages, but being condensed is a feature in its favor. The last chapter on "Heaven in the Heart" explains that wherever the soul goes its thoughts and desires will go with it; thus the writer says: "Heaven is here; it is also everywhere; it is wherever there is a pure heart; the whole universe is abounding with joy, but the sin-bound heart can neither see; hear, nor partake of it. No one can be arbitrarily shut out from Heaven—each shuts himself out; its golden gates are eternally ajar, but the selfish cannot find them; they mourn yet they see not; they cry but they hear not. Only to those who turn their eyes to heavenly things, their ears to heavenly sounds, are the happy portals of the Kingdom revealed, and they enter and are glad."

The book is like an oasis in the desert.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

701.—L. P., Brookston, Tex.—Your disposition is a highly ambitious one; you are anxious to do your best and "strike oil," as they say out West, every time you attempt anything new. Your ideas are large from their inception, consequently it is difficult for you to get down to matters of small import. Texas ought to suit you on this account. You find, floating around in your brain, so many ideas that you hardly know what to do with them, and they must sometimes confuse you. Try to straighten them out and do one thing at a time so as not to become disconcerted. You would make an excellent teacher, professor, or lawyer, for elocution, oratory, and debate are in your line, and you could excel in expressing yourself copiously before an audience, and would know how to present your ideas in an ideal way. Make every sacrifice you can in order to study, and inform your mind for some scientific pursuit or for the study of law. We think you would succeed admirably in following the study of Phrenology.

702.—B. A. L., Greencastle, Franklin Co., Pa.—The photograph of this lady shows that she possesses a sterling character, not one made for the present-day fashions, but one capable of taking the responsibilities of a family upon her shoulders and of training the same. She is thoroughly practical, and wishes other people would be the same, but she does not find always what she wants when looking for certain attributes of character. She likes a person to say what he means, as she always does this herself, consequently looks for the same characteristic in others. She must be a wonderful nurse, and would have made a first-class physician. She is very intuitive, sympathetic, thoughtful, and anxious about the welfare of others. She speaks her mind very plainly; is able to go through and endure considerable hardship, and works unremittingly.

703.—J. V. P., Saint Clairsville, Pa.—The photographs of this gentleman in-

dicate that he is a positive, scientific, practical, and observing man. He sees about everything that is taking place around him, even when other people fail to notice little discrepancies. He has a wiry constitution, and will be able to put more into a day's work than any two average men. Though thoroughly practical in his way of looking at things, he nevertheless goes to the bottom of a subject and gets at the hidden truths connected with any new subject. He is not one who changes his opinions readily unless he sees good cause for doing so. Such a man as this would be able to make a better show of his information, even if he had not a college education, than many persons who have. There is a duality to his nature which shows itself in his practical understanding of things and his appreciation of the higher and more intuitive, instinctive, ideal, æsthetic, or supernatural lines of thought. He will care less for money than for ideas, and will want to engage in literary pursuits later on in life, if he is not prepared to do so now. He would make a good practical editor or reviewer, and from a mechanical standpoint would make a good superintendent of building operations, or an excellent mineralogist, discoverer, and traveller.

704.—A. F. S., Ravenswood, Ill.—Your photograph indicates that you have a well-balanced temperament. If anything, the Mental-Vital predominates over the Motive, and this gives you rotundity of form and features. You will be quick to notice this when you compare yourself with one who is lean, thin, and angular. You assimilate your food, and consequently nourish your system abundantly. Keep up your weight, and do not work beyond your strength.

You have abilities that can be turned to a good account in a scientific or practical business direction. By scientific work we mean a line that will engage your perceptive faculties, with which you gather information readily. You seek accuracy in everything you do, and this takes you into the field of discovery. You could succeed as a physician, and could make a specialist in diagnosing disease; or you could succeed in a wholesale business where the material was of the very best to be obtained.

705.—L. M., Maynard, Ark.—The lady whose photo has been sent to us is thoroughly wide awake, is keenly intelligent, and would make a good teacher, wife, companion, or friend. She cannot sit down and see things done in the wrong way without trying to right

them. She is in her element when she has her hands full of work, or her house full of company, and will show hospitality, and will make friends wherever she goes. She is not one who will be dependent upon her friends, or necessarily upon her husband, for she has ideas of her own, and these she will dearly love to carry out and put into effect. She is energetic and full of pluck, and would make an army nurse, a president of a thriving society, the head of an institution, a superintendent of an important school, or an excellent wife or partner in a home of her own where she had to superintend a family and assist her husband in his social position.

706.—H. A. H., Chicago, Ill.—You require as a partner one who is as highly cultured as yourself. You are so exquisite that it would not do for you to marry one who fell short of your ideal. She should be healthy, and possess a combination of the Mental, Motive, and

Vital Temperaments. This is the more essential because you have a fair blending of each and can therefore appreciate the same in another. Too much of the Vital or the Motive would not satisfy you, while the Mental should be complementary to both. She should, however, possess a fairly strong social, domestic character, one whose occipital brain is well developed, and who would take a deep interest in the success of her husband. Do not marry one who thinks more of imitating the opposite sex than carrying with dignity the privileges of her own. Some women wear a coat and hat as much like the style of their brothers' as possible. You should marry a thoroughly womanly lady, and one who will take the feminine part of life in making your home what it should be.

Her complexion, hair, and color of eyes should be medium, rather than very light or dark.

FOWLER INSTITUTE, LONDON.

On Wednesday, April 22d, Mr. D. T. Elliott lectured on the Perceptive faculties. In his introductory remarks he gave a resume of the various sciences that met with strong opposition and ridicule in their initiatory stages, which are to-day popularly accepted and firmly established. Phrenology is having its full share of ridicule, but it was slowly and surely taking root and finding favor among the intelligent class of the community; its greatest enemies are those who set up as professionals with a limited knowledge of the science. In dealing with the perceptive group of faculties each organ

was dealt with separately and its relations with other faculties fully explained. The examination of a gentleman from the audience created considerable interest. This being the last lecture of the session, Mr. Elliott thanked the members for their attendance and gave a special invitation to attend the annual meeting.

MAY MEETING.

On May 6th the annual meeting was held, when, as was expected, a full and enthusiastic gathering assembled. Fuller reports of these meetings will reach us in due time.

FIELD NOTES.

Dr. Constantine McGuire, of Brooklyn, N. Y. (Lecturer on Physical Culture in the American Institute of Phrenology), delivered two interesting lectures on the Science recently, under the auspices of the Y. M. C. A. at Fort Columbus, Governors Island, and Fort Wadsworth, Staten Island. Both lectures were well received and appreciated by the boys in blue here stationed.

Mrs. Margaret Isabel Cox has formed a phrenological library at above Forts in which the men take quite an interest.

B. E. Emerick, Class of 1889, is located in Philomath, Oregon.

N. A. Clapp, Class of 1900, says: "Please send me by mail the book, 'Where is My Dog?' by Adams. I want

to know where my dog is. If Adams don't know, who does? I heard him lecture once, and enjoyed hearing him very much. South Lyon, Mich." We are glad to learn that Mr. Clapp is still interested in Phrenology, and is doing his best to promote its principles.

Mr. J. M. Fitzgerald, Phrenologist, Chicago, delivered a lecture on May 14th to the members of the Third Presbyterian Church, Chicago, which was highly instructive and entertaining in character. Mr. Fitzgerald has been asked to lecture on "Character Reading" before the Newspaper Artists of Chicago during the month. This energetic advocate of Phrenology is doing much to present Phrenology in a scientific way to the citizens of Chicago.

J. M. Fitzgerald writes: "I have made a staunch friend for Phrenology in the person of Dr. Robert Good, the celebrated Chicago dentist. Saturday evening he gave a dinner in my honor at the Chicago Athletic Club—among the guests invited were M. M. Mongansarian, the noted lecturer of the Chicago Ethical Culture Society, and Richard Hall, the celebrated portrait painter."

Dr. Charles Wesley Brandenberg, President of the American Institute of Phrenology, lectured on "The Hygiene of the Skin," April 30th, before the Health Culture Club. The after-discussion showed how interested the auditors were in the Lecture.

AMERICAN AND ENGLISH PHRENOLOGISTS.

The following are some of the names and addresses of Phrenologists who are in the field: George Morris, Minneapolis, Minn.; Harry F. Nelson, Springfield, Mass.; A. M. Rutter, Atlantic City; Levi Hummel, Gordon, Pa.; Rev. Alfred Ramey, Tombstone, Ariz.; D. F. MacDonald, Washington, D. C.; Dr. John L. Capen, Philadelphia, Pa.; Prof. Allen Haddock, San Francisco, Cal.; Dr. Martha Kellar, Cincinnati, O.; Paul B. Kington, Buffalo, N. Y.; J. M. Fitzgerald, Chicago, Ill.; George Markley, Pittsburg, Pa.; Ira L. Guilford, Los Angeles, Cal.; D. Mackenzie, Owen Sound, Canada; Dr. S. V. Gifford, Kokomo, Ind.; Ira W. Ely, Des Moines, Ia.; Otto Hatry, Pittsburg, Pa.; R. G. Maxwell, Outlaws Bridge, N. C.; Wm. Dawson, Cogswell, N. D.; E. A. Bradley, Maple Lake, Minn.; W. G. Alexander, Victoria, B. C., Canada; C. F. Boger, Cincinnati, O.; D. T. Elliott, The Fowler Institute, London, Eng.; I. T. W. Clinton, Small Heath, Birmingham, Eng.; J. M. Severn, Brighton, Eng.; Misses Millard and Ward, Hastings, Eng.; A. W. Williams, Aberystwith; W. H. Lindsey, Hastings; T. Timson, Leicesters; G. Dutton, Skegness.

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Prize contest will close September 1st. A second prize has been awarded to Mr. Thomas Gould, of England, for his

article on "Self Esteem," which will be published in the July number of the JOURNAL.

We grieve to think that our list of departed friends is a long one this month.

We have just learned of the death of Mr. J. W. Rutter, Phrenologist at Atlantic City, at the age of eighty-two. He (with his daughter) had carried on his work at the above-named city for a number of years.

In March, Mr. J. W. Brooks, Phrenologist and lecturer, of Brantford, Ontario, died of appendicitis. We extend our sincere sympathy to his widow, who has been called to pass through this deep sorrow.

Information has been forwarded to us of the untimely death of Mr. L. A. Vaught, of Chicago. His sickness was but of short duration—not more than a week. He was well known as a Phrenologist, Lecturer, Editor, and Publisher of "Human Culture."

On May 11th, Dr. Rufus Osgood Mason died in New York City, at the age of seventy-three. He had been, for several years past, a lecturer on Psychology at the American Institute of Phrenology, and was deeply respected for his knowledge of the subject. He was one of the first medical men in this city to become convinced of the psychic element in the treatment of disease, and was known through his books and magazine articles on the above subject. He was a member of the New York Academy of Medicine, the Society of Psychological Research, and the Dartmouth Alumni Association.

We regret to announce that Mr. R. S. McArthur, of Basking Ridge, N. J., has passed away. He leaves a large circle of friends, who should endeavor to carry on his many philanthropic efforts. He was a warm friend of Phrenology and gave it much study, thought, and personal consideration. He has helped a large number of his friends to more thoroughly understand themselves, and these, we trust, will ever be mindful of his example, advice, and counsel.

Our correspondents' notes have been unavoidably left out this month. We will give them due prominence in July.

Mr. G. Morris began his lectures in Cauley, Minn., May 22d, and expects to work in this State all summer. Success to him.

We thank Mr. Chase for his kind thought in sending us the editorial from "The N. Y. Times," though we had already read it, and intend making full reference to it in a future number. We are glad of evidences which are constantly appearing which go to prove the truth of Phrenology.

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"The Housekeeper," Minneapolis, Minn., for May, is replete with good stories, all departments are up-to-date. 60 cents.

"Human Nature," San Francisco, for May, has as its opening article "Man's Thinking and Feeling Apparatus," by C. P. Holt, illustrated. "Science of Life," by J. P. Bean, offers many new thoughts for thinking people. In "Magnetism," by V. G. Lundquist, D.S., the subject is treated of phrenologically. An interesting report of a lecture-entertainment by Prof. Haddock is given.

"Chat," New York, for May, has a word of cheer from A. J. Hennessy, "Be Cheerful." "The Point of View," by Frederick W. Burry, is good; also "Skilled Labor," by Michael J. Phillips. Miss Jessie Allen Fowler contributes "Self Esteem."

"Human Culture" opens with "Dangerous People," illustrated. Thoughts on "Physical Culture" are given by Albert Whitehouse. "The Basis of Human Culture" is discussed by C. Wilbur Taber, and "Aids and Drawbacks," by William Bachof.—**Human Culture Co.**, Interocean Bldg., Chicago, Ill.

"Collier's," New York, has as its frontispiece a picture of Miss Alice Roosevelt. "The American Man from an Englishman's Point of View" by Lady Jeune, is good. "Social Problems in the Home" is discussed by Lenna White.

"Lippincott's," Philadelphia, for May, contains "The Love of Monsieur," by George Gibbs, and eight short stories by other well-known writers.

"Mind," New York, for May, has an article for parents and teachers, "Fear in Children," by Dr. Lewis Ferriani. "The Family Circle" is ably conducted by Florence Pelter and Rev. Helen Von Anderson.

"Literary Digest," New York, contains news in a nutshell from the literary, scientific, religious, and social life; foreign and domestic news, etc. In fact, just what the busy reader needs.

"The Character Builder," for April, contains a warning to parents in "Causes of Social Impurity." In the Human Nature Department is a delineation of Orson F. Whitney, by N. Y. Schofield, a graduate of the American Institute of Phrenology. Among others, are "Breathing," by W. L. Secor, M.S.D., and "Water and Desire," by David R. Reeder, M.D.

"Christian Work and Evangelist," New York.—Among the articles of a recent number are "Organized Industry and Peace," by Josiah Strong, D.D.

"Everywhere," Brooklyn, is a very interesting monthly. Among other articles of interest are "Why Young Men Fail in Life," and "Some New York City Monuments" (Beecher's), illustrated.—Everywhere Publishing Co., Brooklyn, N. Y.

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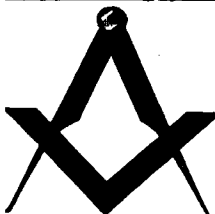
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PHRENOLOGICAL
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TESTING
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SELF-ESTEEM

MORE ABOUT
THE CAUSES OF
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JULY, 1903



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JULY, 1903

[WHOLE No. 775

The Right Hon. Joseph Chamberlain, M.P., Colonial Secretary for Great Britain.

A SYMPOSIUM ON HIS CHARACTER.

No. I.

In a description of the Right Honorable gentleman, given by the late Mr. L. N. Fowler, in the Phrenological Magazine for January, 1882, we come across this sentence: "His gun is always loaded and ready for game: he is one among thousands for the availability of his power." And again: "He discerns the signs of the times, and is alive to the passing hour, and knows how to act as the occasion requires." Twenty years have passed since these prophetic words were expressed by Mr. Fowler, and history confirms their accuracy in every particular. Mr. Chamberlain has, to a very large extent, achieved the desires of his ambitious spirit. He is the best known man in the British Empire, and has attracted wide attention to himself and his work by his assiduous industry and strong personality. To speak of him as an able man is almost superfluous; that he is a very capable man is very apparent, even to his strongest opponents, not on account of his statesmanship, only; but from his



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MR. JOSEPH CHAMBERLAIN, ESQ.

1. Perceptive Faculties; 2. Human Nature; 3. Comparison.

strong natural characteristics. Many changes have taken place in the political career of this statesman during the past twenty years, and we observe a distinct change in his temperament. The photos of earlier manhood showed a more pronounced mental-motive temperament, with a corresponding impulsiveness and desire for daring intellectual exploits. His later photographs show the vital temperament more in evidence, and there is not the hastiness and impetuosity that characterized his early career. Yet, he is still capable of manifesting the same zeal and fiery denunciation in attacking his opponents that has always characterized him. His mind still retains its vehement power in using the choicest epithets in pulverizing those who have the courage to criticise his views upon the burning questions of the hour. Mr. Chamberlain certainly possesses a unique character, a very strong individuality, a versatile mind, and a commanding personality. His resourcefulness is as great as his versatility; few men can show better form, or more ability in getting out of a difficulty, in evading direct charges of inconsistency of thought or action. In political or argumentative warfare he is in his element; there is nothing of the lethargic in his nature. He has a highly strung nervous system, which makes him remarkably alert to his surroundings, quick in thought, redundant in ideas, smart at repartee, and able in debate. The combative element is strong in his character; this works in co-operation with his large intellect and the faculty of language, enabling him to wield adjectives in a masterly style and show more than ordinary argumentative ability. It is only just to him to say, these strong characteristics are tinctured and colored by a strong vein of sympathy and sense of justice. To an adversary in points of argument he can be most trenchant and severe, toward a friend and sympathizer he will be most genial and affable. The political standing of public men is very apt to create prej-

udice in the mind of those who speak of their character and abilities; fortunately, public men are generally broad-minded and most sociable and friendly among themselves; it is only upon the broader issues of life that they disagree. Mr. Chamberlain is never narrow-minded, his views of life and the potentialities of man are wide and expansive, he is broad in his sympathies and manifests a lively interest in what affects the good of humanity. His character is an unselfish one. No man can charge him with personal avariciousness, and his Phrenology does not indicate a selfish nature. He possesses in a high degree a self-reliant, persistent, forceful character. He has always been too strong and capable to be elbowed on one side; his self-esteem has been a strong factor in his character and has given distinction to his bearing. His aim in life has been a high one. Confidence in his own powers, and an assertive spirit has made him a force to be reckoned with. Yet his self-assurance would be well directed by his judgment and intellect on account of the predominance and activity of the intellectual faculties, hence, what may be considered egotism by some, has been simply persistency and perseverance in carrying out his ideals. There are no indications of fear or timidity in the character; his quick, alert mind is more apt to be outspoken and to arrive at conclusions hastily. There is not the quiet, tactful, calculating mind that characterized Lord Salisbury when in public life. Mr. Chamberlain arrives at conclusions quickly and decides upon the spur of the moment without giving full consideration to the effects of a hasty decision. Although the character is a weighty one it does not equal in splendor of power and ability Lord Beaconsfield, Mr. Gladstone or Lord Salisbury; the character is pushful, aggressive, ambitious and commanding, with oratorical ability of no mean order, hence he is a type of politician that meets with popularity and criticism, for he is vehement and

convincing in his style whether unfolding popular or unpopular subjects; he is always master of his theme, has great faith in himself, and is not easily frustrated in his purposes. His mind is very receptive, and it holds fast important facts or incidents that may some day serve useful purposes. His active perceptive faculties and large Comparison give him his keen analyti-

will be more easy for him to be cynically sarcastic than humorous. Mr. Chamberlain has recently returned from an important mission to South Africa and has won golden opinions for the way in which he has endeavored to heal the breaches among all classes of the colony. Mr. Chamberlain is comparatively a young man as statesmen go. In the years to come



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Photo by Draycott, Birmingham, England.

Courtesy of the London Stereoscopic Co

THE RIGHT HON. JOSEPH CHAMBERLAIN, M.P.

(1) Mr. Chamberlain in 1871.

(2) Mr. Chamberlain and his son Austen.

(3) The earliest known portrait of Mr. Chamberlain.

(4) Mr. Chamberlain 1898.

cal powers and critical disposition. He is an earnest worker and thorough in attending to details. His brain readily absorbs knowledge and he will show his mental power and make excellent use of all his facts. The gaieties of the world have not much attraction for the Right Honorable gentleman. He is a type of man who will take his pleasures seriously, and it

there is no doubt he will occupy a still higher position in his party. His enthusiasm and active energy for political warfare are as keen as ever.

No. II.

A great deal has been written about the career of one of the most talked about men in English politics, and had

he not possessed from the very outset of his career exceptional capabilities, he would never have become the strong and self-reliant man that he is to-day. He has been perhaps more severely criticised than any other member of Parliament, but he has stood resolute through many changes of administration, and to-day has won for himself a unique position in the British Parliament.

Joseph Chamberlain was born in Camberwell, London, in 1836, and had a practical education, not an aristocratic, classical, or athletic one, but, fortunately for the country he represents, he was descended from several generations of honest tradesmen. His education was obtained in Camberwell, London, in local schools and the University College School, and at sixteen years of age he went to work in his father's leather business, just at an age when a large number of young men are entering college. Two years after this he went from London to Birmingham with a cousin to take charge of a small wood-screw factory in which their relations had invested money. He continued to live for a few quiet years carrying on this business, and on Sundays taught in the Unitarian Sunday School, and in the night school of the same church, thus keeping up or increasing his own personal studies. So assiduous was he at his business that he combined and consolidated it into one of the most valuable properties in the Kingdom. By this time he had become interested in the Local Liberal Clubs, and was appointed a leader, as well as a City Councillor, and in 1873 was elected Mayor. He was at that time (as well as at the present day) known for his outspokenness and frankness of utterance. Although a strong Radical at the time, yet he surprised many of his personal and political friends by his gentlemanly bearing, courteous homage, and exemplary conduct during the visit of the Prince and Princess of Wales to Birmingham.

During his three terms of office as

Mayor of Birmingham, he changed the town into a magnificent city. He increased the sanitary conditions of the place, widened the streets, and destroyed many undesirable slums and commenced the erection of large and suitable buildings.

It was in 1876 that his influence began to widen outside of the city of his adoption, for it was then that he was elected member of Parliament.

He was deeply interested in free compulsory national education, the disestablishment of the Church, the municipal control of the liquor traffic, the extension of the franchise to all classes, and the equalization of election districts throughout the United Kingdom.

It will be remembered that John Bright was a very active member of the House of Commons for Rochdale about this time, and it was he who introduced Mr. Chamberlain to the members of the House of Commons. It was in 1888 he first entered the Cabinet as President of the Board of Trade. It is not necessary here to repeat the interesting but long historical events that have marked the change in his political opinions from that period to 1900, or of how he opposed Lord Salisbury on many important issues, and differed from Mr. Gladstone's Home Rule bill; but there is something very touching in the fact that shortly before Mr. Gladstone's death, Mr. Chamberlain wrote to Mr. Gladstone and asked if he could come and see him. This favor was granted, and the two political chieftains had a long and quiet interview, when all personal differences were put one side.

From the time of the introduction of the Home Rule Bill the Liberal Unionists rapidly passed into the Tory camp, and during the past sixteen years the growth of the Tory Democracy has been one of the most important features of English politics. The Tory party has been remodeled. Its principles and traditions have been liberalized by the fusion of the Radical element transfused into it. At the

time when he accepted the portfolio of the Colonial Secretaryship it was stated that he might have had any of several portfolios. It was here that Mr. Chamberlain's foresight was most marked. He knew what he wanted and he obtained his aim. His views with regard to the subject of Imperial

series of acts of the Colonial Secretary before the great Council of Colonial Premiers, (which he originated), through the war for the support of the Colony in South Africa, and through the consummation of Australian Federation.

Mr. Chamberlain has lived to see



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Photo by Draycott, Birmingham, Eng.

Courtesy of the London Stereoscopic Co.

JOSEPH CHAMBERLAIN, ESQ., M. P.

Unity were changing, and it is said that at the time he entered the Colonial office few persons foresaw what he did with regard to a united Empire. Even Lord Salisbury did not forecast as much as did his colleague. The growth of this development has since been traced to a long

many of his most cherished and most abused doctrines become mere matters of daily commonplace. The last enlargement of the Franchise, Free National Education, and Workmen's Compensation Law bear marks of his work. He is still fighting for old age pensions and partial protection of

English trade. Although he is not a man conspicuous as a diplomat, or one ready to conciliate, yet he has always maintained a good feeling toward the United States; in fact, Mr. Chamberlain says: "It is now one of the most satisfactory results of Lord Salisbury's policy that these two great nations understand each other better than they have ever done since more than a century ago."

Mr. Chamberlain in appearance presents a very unique personality. He is tall, slim, and active. He walks with an attitude that shows he has something to do, but never lounges about as though he had nothing on his mind. Available power finds the quickest sale in the market, and in this fast age, quick sight and a prompt mind are very necessary, for the slow are left behind and are of use only as balance of power, but not for active work. Many men have great gifts, but they are not available on the spur of the moment. Experience teaches business men that a nimble quarter is worth as much in business as a slow dollar. This applies to a mind that is sagacious, available, and sincere. Mr. Chamberlain has all of these qualities. He is alive to the interests of the age, and his mind is so versatile that he is able to adapt himself to circumstances with remarkable ability. His temperamental activity is largely Mental and Motive, with enough of the Vital to give him vitality, health, and arterial stimulation. He has a constitution that means prompt action and work, and is always ready with a response when he has given consideration to any question. He is seldom, if ever, confused and can always make himself clearly understood. This comes about through natural gifts and political training.

His perceptive faculties make him alive to what is going on around him; he is not so theoretical as to become lost in reverie, but should be known more for his quickness to sense the value of things, size them up, and look ahead, than many of his colleagues.

He should be able to gather facts from the outside world, and be a good judge of men and things.

The height of his head indicates that he has a strong ambition, consequently is anxious to succeed in whatever he undertakes to do. He is firm, positive, persevering, and prompt in his work. It does not take him long to make up his mind, but he likes to look on all sides of a question and come to his own decisions afterward. He does not care so much to take the report of another as to gather material himself, and this must ever have been his method of doing his work when transacting business.

His height of head also indicates elevation of mind and a desire to secure entertainment from those things that are superior to an animal existence. The sources of his enjoyment, therefore, run in an intellectual rather than a physical direction. He believes in sport for sport's sake, but uses his Perceptive, observing and scientific faculties to obtain information, to draw inferences, and make close comparisons. His Order and Calculation enable him to get through his work on a strict, methodical basis. He leaves no room for theorizing about his work when his mind is once made up. He has a good command of language and is able to use it in a practical, expressive way. He is not loquacious nor given to using unnecessary language, but speaks to the point.

His side head has developed considerably since 1880, and those who have watched his career must have seen that his change of opinions harmonizes with his growth of certain constitutional elements in his brain. Few political men are better examples of the doctrines of Phrenology, and few have shown so great a change in some ways in their political trend of thought.

He has intuitive powers of mind, but he is not a man to cater to public opinion or to the compliments of friends. His mind comes to a focus at once, and he knows how to act on the

spur of the moment. He has an available organization for prompt action, directness of opinion, independence of mind, and clearness or grasp of intellect; for his distinct personal ambition and elevated tone of mind; for his strong social, domestic, sympathetic nature; for tenacity of will, promptness of action, and versatility of mind; and for his superior business capacity,

gives him. He has, however, a very distinctly developed social nature, and by those who are permitted to approach his private life he is known as an excellent husband, father, and friendly man. He does not fail, when accompanied by his wife, to give her full credit for all that she has been to him, and that is no small point in his career.



(1) THE HALL AT "HIGBURY," MOOR GREEN, BIRMINGHAM.

(2) THE EXTERIOR OF "HIGBURY."

(3) THE ORCHID HOUSE, "HIGBURY."

which makes him look at things from a utilitarian standpoint. He has scientific abilities that could have enabled him to take up a branch of scientific inquiry, and he possesses further talents as an orator.

His private life is not perhaps one that is much talked about or understood, for he prefers to be known principally as a political man, and is satisfied with the publicity that this career

It was in 1887 that he married Miss Endicott, an American lady, and daughter of W. C. Endicott, of Massachusetts, first Secretary of War under President Cleveland. It will be remembered, with pleasure, that the Colonial Secretary mentioned the interest that Mrs. Chamberlain had always shown in his work, and admitted that he had learned to rely upon his wife's judgment on many important

occasions. In a recent speech on his return from South Africa he said: "So far as the nation is concerned, she is entitled to some share of its gratitude in the work of reconciliation in South Africa. Her kindness, sympathy, and interest made friends where I might well have failed."

A rumor went the round of the papers in March last to the effect that although Joseph Chamberlain would not accept a title for himself, the King was willing to confer upon Mrs. Joseph Chamberlain the distinction of



MRS. JOSEPH CHAMBERLAIN, FORMERLY
MISS MARY ENDICOTT OF BOSTON.

Viscountess of Highbury. This precedent was established in the case of Disraeli, for in 1868 Disraeli declined a peerage for himself, but accepted one for his wife.

Of the private tastes that Chamberlain has shown, none are more conspicuous than those for flowers, and his great hobby is for orchids, of which he has an abundance in his country seat near Birmingham, England.

Another of his tastes is for children, which he has displayed on several interesting occasions. He is a capable master of the French language, and

has proved himself an adept in its literature.

Mr. Chamberlain's recent visit to South Africa is a fine example of his spirit to take the bull by the horns and visit the Boers with the object to conciliate them. He felt that they needed more than ordinary promises to establish their peace of mind. No other Colonial Secretary has ever done such a thing, but the tact and far-sightedness of Mr. Chamberlain saw that his was a case where direct dealing with the people themselves by a Member of the British Government might have the most desirable and happy effect on the discordant populations of the Transvaal and the conflicting interests which must be welded into a workable whole.

HIGHBURY.

The home of Mr. and Mrs. Chamberlain is about two miles from Birmingham, and is a large modern mansion called "Highbury." It is a charming residence or retreat for a busy public man. The great hall can be used as a sitting-room or ball-room, and compares favorably with some of the state apartments of the historic country houses. From the drawing-room one passes out into a long series of hot-houses—thirty or more—wherein are grown his exquisite orchids and roses.

We should not forget to mention here that Mrs. Chamberlain was a great favorite with the late Queen Victoria, and soon after her marriage mastered all the intricacies of British political life. His son, Austen, now Lord Londonderry's successor in the postoffice, and a member of the British Cabinet, resembles his father in a remarkable way.

By D. T. Elliott and
J. A. Fowler.



Life-like Casts in the Museum of the American Institute of Phrenology.

Having obtained some excellent portraits of many of the most celebrated casts that are in the Museum of the American Institute of Phrenology, it is our desire to present the same to the readers of the **PHRENOLOGICAL JOURNAL**.

Our first portrait is of the model taken from one of the Gorillas brought to America by Du Chaillu.

The animal was six feet high and measured fifty-one inches under the arms and weighed about three hundred pounds.

The negro who shot the animal, disabling his power to walk, ventured too near to the enraged animal, who sat upon his haunches, groaning with pain. The negro, not remembering that the gorilla's arm was nearly twice



LIFE-LIKE CAST OF THE FINEST STUFFED GORILLA IN AMERICA.

Photo specially taken for the American Institute of Phrenology by L. T. Williams.

as long as that of man, came within the reach of the powerful animal that struck a sweeping blow upon him. The blow swept the man's abdominal walls with such immense strength that he disemboweled him, and the negro consequently died before the gorilla. The latter was stuffed and placed on exhibition. The great fingers were found to be nearly an inch and a half thick, and were as hard as sticks, the nails also being very hard and strong.

The Perceptive faculties of the gorilla are strongly accentuated in this animal, and show what immense observing power he possessed. The forehead is a retreating one, and shows a lack of philosophic reasoning instinct. He had not the gift to reason upon Herbert Spencer's philosophy, nor had he the mind to take an interest in Kant or Hegel as a man has who possesses

large Causality. He knew an object when he saw it the second time, and all his philosophy reduced itself to practical experiences. His moral brain was noticeably lacking, while the basilar region, above and around the ears, was exceedingly active. The skull slopes forward and backward, while the strength of the animal's brain lies in the basilar region and in the quality of Firmness. This gives great tenacity to his disposition and will power in carrying into effect what he desires to accomplish. The muscles of the neck correspond with those of the rest of the body, and are large and powerful, greatly exceeding those of man, and give enormous strength.

Of its kind this is one of the finest specimens that can be found anywhere, and on this account it makes a very interesting study.

J. A. Fowler.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

ATTENTION AND OBSERVATION.

TOUCHSTONE. Hast any philosophy in thee, shepherd?

CORIN. No more than I know the property of rain is to wet, and fire to burn; that good pasture makes fat sheep, and that a great cause of the night is the lack of the sun.

TOUCHSTONE. Such a one is a natural philosopher.

—*As You Like It*, Act III., Scene ii.

The cultivation of the faculties of attention and observation is really the fundamental point that has to be attended to in the strengthening of the memory; because the inaccuracy of our ideas generally arises from loose or partial observation, as well as from lack of attention, and from these two causes a man may lose half of his intellectual power.

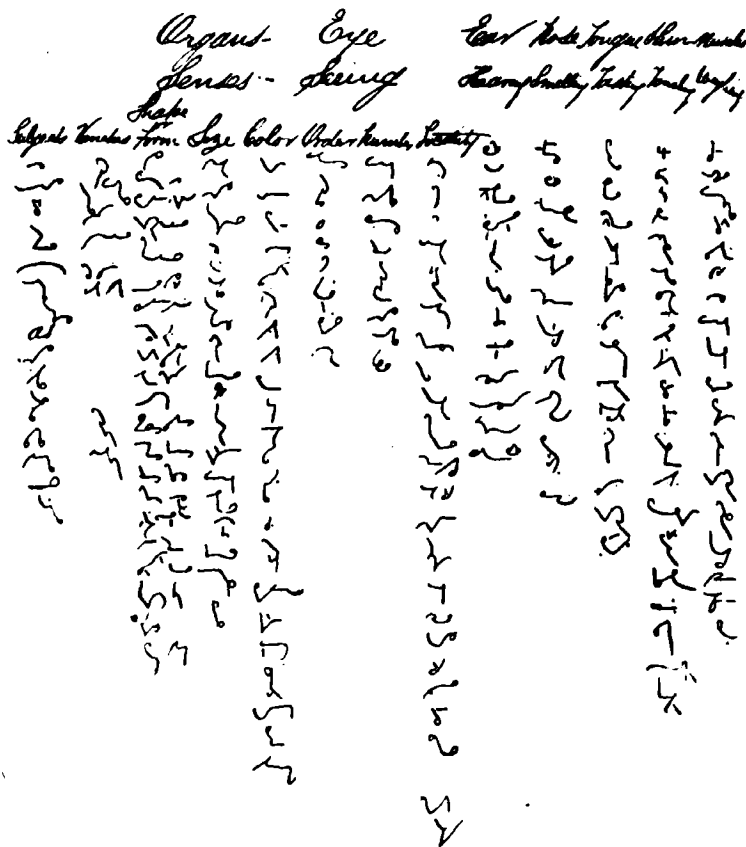
Experiment and observation are the only two sources of experience, and there is no other passport to progress in the natural sciences, in fact, they are the very foundations of

a philosophical education. Failure to appreciate these sciences generally arises from defect in the perceptive powers and weakness of memory for sensory impressions, both induced simply by want of attention to necessary details; for it is an axiom that "inattentive people have always bad memories." As to the value of these two qualities Professor Jevons well says, "One accidental observation well used may lead us to make thousands of observations in an intentional and organized manner and thus a science may be gradually worked out from the smallest opening."

The pursuit of certain employments has the effect of ultimately bringing on physical malformations, and the same kind of mental results are in many cases brought about by partial methods of observation and association, which are greatly induced and in-

fluenced by calling, and, therefore, in the majority of cases people come to have strong memories in the direction in which their interests lie, while outside of that their minds are almost an intellectual desert. In almost every case there is a selective process, which only takes note of those things that have a direct bearing upon the individual view of a subject. In this way scholars, poets, scientists, and commercial men have each their points

The "Interrogator," given on page eleven is a practical example of a method whereby the qualities and properties of all things material may be exhaustively and systematically examined and criticised. It is accompanied by simple exercises suitable for a thorough training in accurate observation and description; but there is no limitation to which this principle may be carried if the student should care to carry out and extend the



upon which they focus attention, and regarding which they would be able to undergo any amount of examination and interrogation; but from whatever standpoint this subject is looked at the deduction must be that an orderly habit of observation will enable proper classification to be made of all the information gathered, and this will confer the power to remember a great deal more than any hap-hazard methods can ever accomplish.

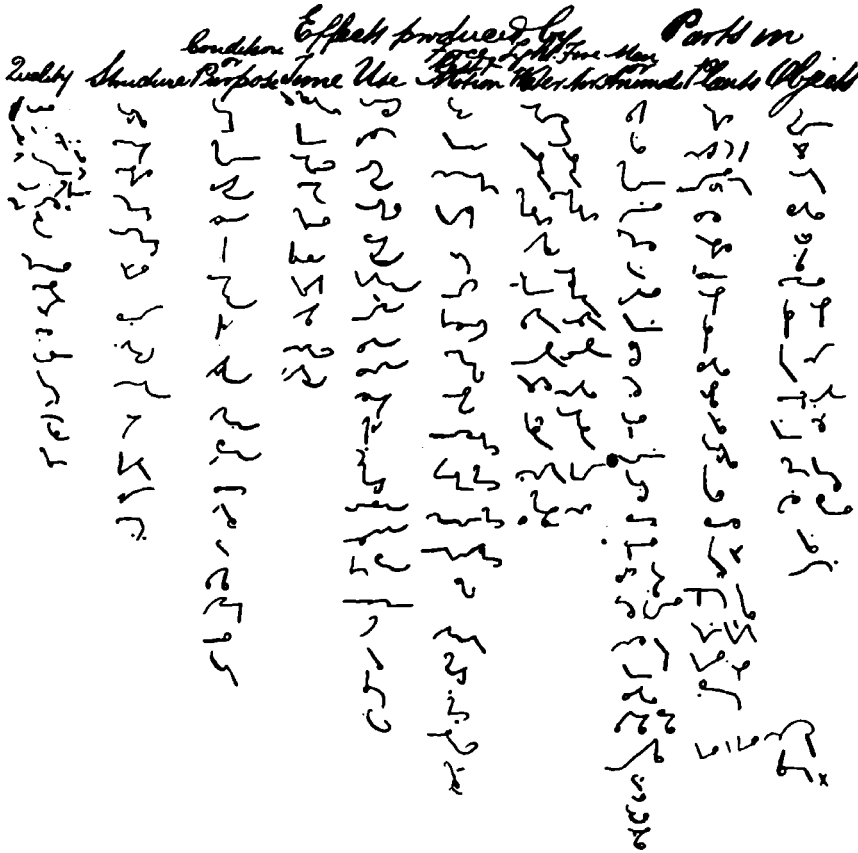
method to ideas. To begin with, it is advisable to memorize the headings as far as the word muscles. This is an easy matter, for every one is acquainted with the six senses. The headings simply supply the materials for asking questions, and underneath there is given a number of words suitable to the headings, enabling learners to give precise expression to their ideas on the various points. In addition to the exercises set it is pos-

sible for anyone to use the "Interrogator" for special individual purposes.

ASSOCIATION.

"This habit of *attention* and *association* ought, therefore, to be carefully cultivated, as it must have a great influence on our progress in knowledge, and likewise on the formation of intellectual character, provided the associations be made upon sound prin-

in connection with the suggestion of ideas have been discussed by nearly all writers on Metaphysics from Aristotle down to the present time. At present the principles of association are not only discussed in philosophical works, but also in those on Physiology, seeing that the senses are the great avenues through which our knowledge of externals is acquired. The great law of association is that—Sensations and impressions that have been thought of



ciples, or according to the true and important relations of things."—Dr. Abercrombie.

"It is neither an inapt nor a strained comparison to call this power the law of gravitation of the intellectual world."—Prof. Bain. Locke was the first to use the term "association of ideas," and Lord Macaulay is the author of the phrase, "A chain of associations."

The principles of mental association

together are likely to come before the mind in the same order as formerly. There is no limit to its applications and no branch of knowledge or experience but what will yield an unstinted harvest of associations to minds endowed with any degree of discrimination. The mind of Shakespeare is highly spoken of simply because of his marvelous endowment of appreciating differences and detecting resemblances. Milton's genius is

another exemplification of this in another sphere, while the prose writings of Burke teem with examples of a like inheritance. In his essay on "Warren Hastings," Lord Macaulay illustrates the same faculty in bringing forth from the storehouse of his mind the myriad items that go to make up his glowing pictures of Indian life. This is an endowment which has only to be thoughtfully considered, and its great usefulness will soon become apparent. Many affect to belittle the importance of a good memory; but there is no one who can deny that a powerful, discriminative, and at the same time reflective memory, would render its possessor an intellectual giant, and the advantage that is to be derived from being able to retain vivid impressions in the mind of what is really worth storing up, renders all efforts toward making it a properly intellectual, and at the same time easier task, highly commendable. In this connection Dugald Stewart says: "I can scarcely recollect one man of genius who had not more than an ordinary share of retentive power." The fame of all men rests in this, that in the line of life which they followed they had the power of entering deeply into their subjects and detecting the agreements and differences, and these points they were able to show to others in the spoken word, by writing, or in the works which they executed. Those who are skeptical regarding this contention will get plenty of corroborating instances in the works of Mr. Thiselton Dyer.

Before entering into a detailed exposition of the laws of association a few practical and simple examples of what is meant by the term will do more toward the enlightenment of the reader than pages of mere definition. The word *needle* suggests to the mind an idea, and having thought of what is meant by the word *needle*, the mind is likely to go further and connect with it another idea, namely, what is always used with it, *i.e.*:—thread: so that there are now before the mind two

things that are related to each other, *viz.*: needle and thread. In this there is a very simple association of ideas, illustrating how the mind habitually works. If the name of George Stephenson is mentioned in conversation, all persons of any intelligence are conscious that "Inventor of the locomotive" at once occurs to their minds. This is an example of association in which the name of the inventor suggests to the mind his invention. The name of Wellington is most likely to call up Waterloo; but to different minds it would suggest different ideas. The phonograph is sure to call up the name of the inventor, or else the wonderful human-like powers of the instrument. In these four examples a single name has been presented to the mind, but the inherent tendency of the mind is to link ideas together, and in each of these cases the idea likely to be associated has been given. Each mind has its own peculiar endowment, or in other words, some minds are quick to perceive contrasts, while others at once detect the similarities. The exercises that follow will make each one clearly conscious of the direction in which his or her mind is strongest and thereby furnish the reader with another item of that most important of all knowledge, the knowledge of one's self. Therefore, association may be simply defined as one sensation, action, or idea suggesting another with which it stands either contrasted or related. As has already been said, the principle has no limit and the pupil is not simply to have definitions of what it is; but such a multitude of illustrations of it as will convince anyone of the truth of the statement just made. Until this idea has been clearly brought home to the reader, the many benefits to be derived from a series of lessons upon memory training cannot be thoroughly estimated. Words like ship, newspaper, house, and fire will each call up many associations when the pupil has had some practice in treating them. There is no purpose in this method of mak-

ing the reader conceive a series of absurd ideas; but every association or suggestion that is made is to be in accordance with reason and fact. Heretofore the absurdity of many of the ideas suggested in memory lessons has been such as to disgust the great majority of educated people against systematic memory training; but throughout these lessons it will be found that the aim is to strengthen the memory, without making it a storehouse of absurd fancies, while the training will at the same time give a great deal of insight into the workings of the human mind and bring under review laws which have operated to some extent in the minds of every son of Adam. If the student goes through the pages, whereon are illustrated the

associations of Contrast, Resemblance, Locality, and Cohesion in a deliberately analytical fashion there cannot fail to result therefrom a great mental illumination with regard to all that surrounds and is within himself. A little boy asked his brother where all the figures went to when they were rubbed off his slate; and the majority of people are as puzzled to know where the impressions which they were at so much pains to try and make on their memories have gone to; but as classification enables all kinds of knowledge to be much easier acquired, so a statement of the laws which regulate the memory power, will not only be of great advantage in pursuing any study, but will also add greatly to the enjoyment of the student.

SELF-ESTEEM.

PRIZE ESSAY No. I.

By A. S. Edwards.

"Love thy neighbor *as thyself*."—Christ.

Man—"born in the image of God!"—a little lower than the angels! Is it strange that he should have a commanding faculty—one which would lead him to love self and liberty, and feel himself above any unworthy actions?

Phrenology teaches the existence of a primary mental faculty called Self-Esteem, which means self-respect or self-love or self-satisfaction, manliness, dignity, will-power, independence, love of liberty and leadership, and the desire to assume responsibilities, the aspiring, self-elevating instinct and ability to overcome temptation or say "no."

Tied to himself for all eternity, it is most necessary that he should love and be satisfied with self, or what would prevent him from quarreling with fate for making him himself and not someone else? Self-love is therefore a most wise precaution; "no man ever yet hated his own flesh."

Brethren, "ye are bought with a price; be not ye servants of men." It is not natural for man to submit to undue oppressions of others; of course, some would "follow" the fashions, and find it necessary to buy this and that at the expense of their real comfort or the comfort of those dependent on them, because,

you know, "one might as well be out of the world as out of the fashion;" but they would not be "dictated" to, oh, no. They would cry, no doubt, with Patrick Henry, "Give me liberty or give me death," although originally used with a slightly different shade of meaning.

No words, perhaps, stirred the American people more thoroughly to fight for their liberty than those quoted above. And Self-Esteem may be thanked for its share of the power given the commanders and leaders of that great undertaking, in controlling the great masses of men, but in first controlling themselves. So in any enterprise there must be leaders; but before they can control others, they must control themselves.

It would seem that this innate love of independence for ourselves would, with the right development of the moral organs, be an important factor in the abolition of slavery.

Again, this subject of independence or self-rule brings to mind Æsop's miller, who, in trying to please everybody, pleased nobody, and succeeded in making excellent laughing-stock of himself. A little more Self-Esteem and less Approbativeness for his thousands of admirers—I mean those that act like him—would have been of benefit to him.

But higher and better than any other

office of Self-Esteem is the aspiring and self-elevating instinct which it gives us.

Oh! that man had more Self-Esteem (and love of his Maker)—sufficient to keep him from worshipping at the feet of Fashion and Vanity and Earthly Gain; sufficient to keep him from making a smokestack of himself, and to induce him to fling his strong drinks into the gutter—instead of dragging them in a little later by reeling in on his head—or straggling home to “love” his family about as well as he evidently loves himself. Many shrink from the idea of having large Self-Esteem; but would you willingly be without self-control and the ability to feel yourself equal to the many duties that each and all must attend to? Or would you have your children too weak to say “no,” or having too little respect for themselves to avoid low, mean tricks unworthy of mankind? Or would you belittle the self-elevating instinct in man? Certainly not. Then cultivate Self-Esteem. But direct it rightly.

There is undoubtedly some reason for this aversion of some people to large Self-Esteem; for while its right action is very harmonizing and unnoticeable, yet its excessive perverted action—this “I am better than you” feeling—is utterly contemptible. However, Self-Esteem should not be condemned for its wrong action any more than Veneration for worshipping idols, or Benevolence for lavishing with prodigality, or Conscientiousness

for obeying the letter but not the spirit of the law, etc. Condemn the wrong action, not the faculty.

When we are in a way to ascribe the glory of victory to ourselves instead of our Maker, let us stop before we make fools of ourselves, “For who maketh thee to differ from another? And what hast thou that thou hast not received?” Is it not highly absurd to imagine that man would be given a faculty whose right action would lead him—the creature—to attribute to himself what belongs to his Creator?

This organ seems to be generally deficient, but it may be developed, and especially by Hope, and by remembering that “Where there’s a will there’s a way.”

Therefore, knowing that we must love self before we will be inclined to take care of self, that we must either control self or be controlled by others, and be either above unworthy actions or sink to their level, let us take from Self-Esteem the following motto:

Love self to rise,
Not others to despise;
But, confident with help from Higher Source,
In thy ability to run aright thy course;
To do thy duty—love thy God with all thy will,
Thy neighbor as thyself, and thus the law fulfill.

TESTING PHRENOLOGY.

By N. A. Clapp, F.A.I.P.

It was on a beautiful afternoon near the last of the month of October; the sun had been shining brightly, and there was already a golden tint on the western sky, such only as is seen just preceding the ushering in of Indian Summer. The class in Phrenology had passed the study of the cosmography of the head, the various faculties, their combinations and meaning, and our ears were still ringing with the words *infundibulum*, *corpus albicantia*, *pituitary body*, *restiform process*, and scores of other words and terms that we were trying to rivet firmly in our minds. Dr. Drayton had given us, in detail, the various controversies between the early phrenologists and the antagonists of the science, which, with the lectures of Drs. Brandenburg, Janes, Gardener, Iatterson, Bradford, and others, had been pretty thoroughly interlarded with the “Theory and Practice of Phrenology,” given

by Miss Jessie A. Fowler. When we were just at the point of closing up the work of the day, the class-room door opened and in came the Secretary, followed by a well-dressed young lady, of perhaps twenty-five years of age. She was a little above the medium in height, had square shoulders, a solid body, and a wealth of dark auburn hair. Her skin was apparently quite white, there was a ruddy flush on the cheek that seemed to deepen as she came before the class. She had a prominent, yet sharp, Roman nose, but her eyes were hidden behind a pair of gold-bowed spectacles. The Secretary announced, “A volunteer subject for examination before the class.” The eyes of the whole class were fixed upon the young lady, each member seemingly scanning the subject thoroughly in his or her way, fixing the outlines of the form and features in mind, preparatory to acting promptly if they were called

upon to delineate the character of the individual, and explain, if necessary, the "whys" to the class, which would give a clear understanding of the case under consideration.

Turning and facing the class, the young lady, whom we will call Miss S., delivered the following address:

"I am from Iowa originally," giving a strong emphasis on the o. "I came here to this city as a matter of recreation; and, as a pastime, I teach in the public school. I have taught the sciences, including physiology and psychology, for several years, am perfectly familiar with all the best authors' works on the subjects. To-day the teachers in our school were talking of some of the various humbugs that are palmed off on a credulous public, and we mentioned Phrenology as one that ought to be exploded."

"Exploited, perhaps, or explained," suggested Miss Fowler.

"No" (very emphatically). "I know what I am talking about. The vote was unanimous for me to come before the class and point out the weak features in your so-called science. I want to tell you that I know that you cannot tell whether a bump on your head was caused by nature or a stick of wood, after it is calloused."

"You are talking of 'bumpology,'" replied Miss Fowler. "We study Phrenology, the science of mind, its capabilities and preinclinations, based on physical elements, showing its growth in consequence of being brought in contact with external objects. For instance, the eye takes the picture of what comes before it and the optic nerve transmits it to the brain for record. The auditory nerve is like a harp of a thousand strings that echoes and reverberates through the brain, leaving an impression on the internal consciousness, and if a sound is heard like one heard before it is recognized. So it is with tasting, smelling, feeling, etc., by constant use our capabilities are increased through and by the use of our senses. The character of the individual is determined by the size and activity of the brain centers that come to us through our ancestors and are developed and strengthened by use."

Miss S.: "Yes; but how are you going to tell how much money there is in a trunk when it is shut up and locked?"

Miss F.: "That is not a fair comparison; for, when you fill a trunk and shut it, that would be an infolding process. Nature's processes are unfolding, that is,

the growth and development are from the internal. Did you ever notice how a blade of grass or a spear of corn grows and develops by unfolding from the tiny sharp point that bursts the ground as it comes up and unfolds, growing from the center until it tassels or heads out?"

Miss S.: "Well, I am not quite as green as grass yet, if you do compare me to it."

Miss F.: "I beg your pardon. I meant no disparagement, but was about to say that the brain develops and sets the pattern around which the cranium grows."

Miss S.: "I never heard that before; but if it does, you can't tell my character by feeling of my head."

Miss F.: "Dr. A., as you are the oldest member of the class, and have not had many subjects yet, you may read this lady to the class, please."

Miss S.: "Doctor, did you say? I thought all doctors condemned Phrenology."

Miss F.: "Verily, no. We have three M.D.'s in our class this year, and our faculty is largely made up of eminent medical men."

Miss S.: "Well, now, if that is not news to me! I never heard before that doctors approved the science."

Miss F.: "The man who discovered and established the science was the eminent Dr. Gall, of Germany. His associate, companion, and counsellor was Dr. Spurzheim, a Prussian, a very able exponent as well as a great surgeon, who discovered the process of unfolding the brain by convolutions. Dr. A. Combe, of Scotland, Dr. Caldwell, of America, and also our own Drs. Brandenburg and Drayton are able exponents of the science."

Miss S.: "That is a revelation to me."

Dr. A., a tall, lithe man, perhaps forty years of age, who has keen perceptive, god reasoning faculties, large Comparison and Human Nature, and is well versed in Biology, in general, had come forward and was ready to proceed.

Dr. A.: "Please remove your hat and cloak, and kindly take off your spectacles."

Miss S.: "I'd like to know what my spectacles have to do with my cranium. Am I to be dissected?"

Dr. A.: "I see; there is one blue eye and one brown eye."

Miss S.: "What has that to do with my head?"

Dr. A.: "It reveals some important facts in regard to your character."

(To be continued.)

SCIENCE OF HEALTH

Some Modern Causes of Disease.

By DR. E. P. MILLER.

We have called the attention of the readers of the JOURNAL in previous issues to some of the main causes of chronic disease. The microscope and modern chemistry are throwing much light upon the discoveries hitherto made. Among the earliest investigators in this country in this direction was Dr. James Henry Salisbury, of New York. His investigations began over fifty years ago. He was at one time appointed lecturer on Chemistry in the New York State Normal School. He is a member of the American Association for the advancement of science, as well as of the Albany Institute.

Dr. Salisbury found by long continued study and research and by experiments made upon many of his patients, and hundreds of living animals, that consumption, diabetes, Bright's disease, gout, ovarian tumors, uterine fibroids, nearly all abnormal growths, many forms of paralysis, fatty tissues of the organs, and many cases of mental derangement, arise from fermentation and decay of foods eaten, and the absorption of poisonous products resulting from such fermentation and decay.

He also demonstrated the fact that infectious and contagious diseases are produced by specific germs, each kind of germ always producing its special disease. The discoveries made by Dr. Salisbury were endorsed by Prof. E. Haller and Jean of Prussia, after distinguished researches in the same field; also by Huxley and Tyndall, two of the foremost investigators of England, and at the present time a

majority of intelligent physicians of all countries endorse this theory. Undoubtedly every disease has a peculiar germ, and although they do not all look alike, yet they belong to the same family and have many characteristics in common.

Dr. William T. Councilman, Professor of Harvard College, has within the last month announced the discovery of the germ which produces smallpox. He claims that it represents the very lowest form of animal life. It occupies the dividing line between life and death. It propagates on putrefactive matter in the blood and tissues of its victims.

Bouchard, an eminent French physician, has furnished facts which show that ptomains developed in an inactive, dilated, or atonic stomach, are associated with chronic rheumatism, bronchitis, heart affection, albuminuria or Bright's disease, with pulmonary consumption, jaundice, and liver and skin diseases. He has also shown that there is an intimate relation existing between fermentive and putrefactive processes taking place in any part of the alimentary canal, resulting in the production of ptomains and other toxins, which cause puerperal, typhoid, and other forms of fever.

M. LeGendre has shown that dilatation of the stomach may develop typhoid fever, tapeworm and other intestinal parasites great and small.

Viogoroux asserts that "the great number of functional nerve disorders which are included under the general term Neurasthenia are all of

gastric origin; that neurasthenics without exception are suffering from uric acid poisoning. Excess of uric acid in the tissues, according to Bouchard, is due to an abnormal slowing of the processes of oxygenation and dissimilation which results from a poisoned condition of the blood arising from the absorption of the products of fermentation or putrefaction in the alimentary canal."

Dana asserts "that organic changes in the central nervous system are doubtless due to the absorption of poisonous substances produced by microbic processes in the alimentary canal." These microbic processes result from ptomains generated by fermentation and putrefaction.

Dr. John H. Kellogg in a printed lecture presented to The Mississippi Valley Medical Association on the subject, "What is the matter with the American stomachs," makes the following comments on the opinions of these eminent experimentors:

"Thus we see that special investigators in the etiology of disease are from all quarters pointing toward the stomach as the starting point of the train of morbid processes which give rise in each particular case to a special group of morbid manifestations. Unreasonable as this may at first seem, a glance at a few simply physiological facts may serve to dissipate the apparent absurdity.

"The function of a tissue or organ depends upon its structure. The structure of every cell and fiber of the body depends upon the quality and quantity of the material absorbed from the alimentary canal. A deficient supply of food weakens the structure and lessens the energy of every organ. An excess of food overwhelms the tissues with imperfectly oxydized and poisonous substances, whereby their structure is deteriorated and their function perverted and retarded. Food containing poisonous substances produces upon the body general or specific toxic effects. The same results follow the development

of poisonous substances in the alimentary canal as from fermentation or putrefaction of food in the stomach and intestines.

"Pasteur, David, and others, have shown that the mouth, the stomach and the intestines, are continually inhabited by a vast number of microbes capable of generating various acids, poisons, ptomains and toxins, varying in their physical and physiological properties, and some of them capable of producing most powerful poisonous effects. These poisons are generally produced in greater or less quantities; but thanks to the poison-destroying powers of the liver and the eliminative function of the kidneys, the amount at any time circulating in the tissues of the healthy man is not sufficient to produce any more deleterious effects than that gradual deterioration of the organism by which the tissue modifications, characteristic of old age, are brought about. When, however, diseased conditions of the stomach or intestines exist, these poisons may be increased to an enormous degree; for example, Bouchard has shown that "if food is retained in the stomach more than five hours, the changes which take place are fermentative and putrefactive, rather than digestive. This explains the relation demonstrated by Bouchard and others between dilatation of the stomach and chronic rheumatism and the lowered vital resistance which prepares the way for tubercular disease of the lungs and other structures."

Dr. Kellogg adds: "A catarrhal condition of the stomach and intestines encourages general toxemia and the development of an infinite variety of pathological conditions, by furnishing, in the masses of mucus retained in patches upon the mucous surface, hiding places for microbes in which they are protected from the germicidal action of the digestive fluids."

A catarrhal condition of the stomach is a difficulty that is well known by physicians, but a dilated stomach is one with which the majority of

physicians are very little acquainted. A catarrhal condition is one of acute or chronic inflammation of the mucous membrane of the organs in which it is located. A dilated stomach is one in which the muscular structure is stretched or expanded, usually caused by over-eating, or taking too much liquids into the stomach. One of the functions of a well stomach is called a "peristaltic action of the muscular coats" which are constantly expanding and contracting so as to mix every particle of the food with the gastric juice. In a dilated stomach this power is largely destroyed. It is like a rubber bag with the elasticity all taken out of it.

The mucus masses referred to by Dr. Kellogg prevent, in a measure, the digestive juices of the stomach from coming in contact with the food, which after four or five hours results in fermentation of the food instead of digestion. The fermenting germs are usually furnished by yeast bread in which the germs have not been destroyed by the process of baking. These yeast germs propagate in a warm, sweet solution, such as is furnished by the starch and sugar that people eat. Yeast fermentation is often followed by acetic fermentation, and acetic fermentation by putrefaction. By this means we get not only dead matter in the stomach, but intestines, and in the blood and tissues of the body. The natural digestive fluids of the stomach and intestines will, in healthy people, destroy disease germs of all kinds, if brought in direct contact with them. But in cases of catarrh and dilatation of the stomach, so much mucus is thrown off that the digestive juices are prevented from coming in contact with these germs. Hence fermentation and putrefaction take place in the stomachs and intestines of millions of people, as found by Bouchard, LeGendre, Viogoroux, and Dana. Dr. Kellogg says, "Cholera germs, typhoid germs and other disease-producing microbes may be swallowed with impunity by a person

whose alimentary canal is intact. The gastric juice of a healthy stomach is capable of destroying every germ that lives. Bile serves the purpose of an antiseptic for the intestines, as the gastric juice does for the stomach." For the bile also is an excretion which tends to stimulate vigorous action in the intestines in order to enable them to throw out the morbid and effete matter that accumulates in the lower part of the alimentary canal. If the liver becomes torpid and does not excrete the bile, constipation of the bowels is liable to occur, in which case these morbid and effete poisonous matters are reabsorbed, and go to poison the blood and tissues and develop the various forms of disease hereinbefore enumerated.

These are very important discoveries, and in a subsequent article we shall point out more specifically the course to be pursued in order to relieve the human race from the disastrous effects of fermentation and putrefaction in the alimentary canal.

LEMON JUICE IN HOT WATER.

Many people injure their digestion with too frequent coffee and tea drinking when the use of hot water would do equally well. But hot water is an insipid drink. Many people refuse to take it on this account. The addition of lemon juice will correct this. A clear soup, such as consomme, will also answer the purpose.—Medical Brief.

Listerine is an antiseptic of world-wide fame. It controls fermentative and putrefactive changes; restores tone and vitality to bruised or morbid tissues. The swellings which follow blows can be made to go down in a few hours without any sign of discoloration or injury by keeping the hurt part saturated with Listerine. Swellings and discharges of mucous membranes are helped in the same way.—Medical Brief.

The Best Treatment for Rheumatism.

PART IV.

By CHARLES H. SHEPARD, M.D.

If Rheumatic Fever is simply a crisis, a means of expelling morbid material from the system, the most natural and scientific method of treatment suggests itself at once. It should be some plan which aids nature in her efforts to rid the system of this poison, through her usual functions, by means of the excretory organs, chiefly the bowels, the kidneys, and the skin. Furthermore, for the treatment of a constitutional disease, we must needs have a constitutional remedy, and this is furnished to us in the modern Turkish Bath. Nothing has proved so helpful for such work as this Bath, which by supplying the requisite heat equalizes the temperature, and furnishes the moisture which softens and stimulates the skin, thus assisting it to throw off abnormal products of tissue change. It also furnishes exercise to the body, which the inflammation and stiffness of the joints that characterize this disease make impossible, and without which the bowels and kidneys remain inactive. In fact, the success of this treatment of Rheumatism has been phenomenal.

FORTY YEARS' EXPERIENCE.

Having devoted over forty years to the study of Preventive Medicine, and having been during that time in a Sanitarium, in daily contact with Rheumatism, our opportunities have been exceptional. Of over three thousand cases of this disease under treatment, at least ninety-five per cent. have been entirely relieved, or greatly helped. Some who were treated over twenty years ago, have stated that they have not had a twinge of Rheumatism since. Under this treatment swollen joints have resumed their normal size, acute pains have been eradicated, and the patient restored to general good

health. Men are to-day actively engaged in business who were brought to us by physicians, who recognized that ordinary medication had failed to reach the case. The records of every physician using this remedy will bear out the statement that no rheumatic can submit to the process without deriving great benefit, and that very few have persevered in its use without experiencing permanent relief.

HEAT.

Heat is the simplest, easiest, and most efficient of remedial agencies. It is an all-important fact, that we have perfect command over the blood circulation by subjecting the skin organism to the influence of artificial heat, and upon this all the sanative virtues of the Bath depend.

THE TURKISH BATH.

The Turkish Bath is not a new remedy. We read of it in the early records of the Romans. In the Augustan period the Bath flourished in its greatest magnificence. All the resources of science and art were made contributory to its completeness. When Rome overran Gaul and Britain, the Bath attended her progress, and ruins of the splendid structures then erected are now to be seen in many places, notably at the Hotel Cluny in Paris, and at the City of Bath, in England. The success of the Roman armies was due in a large measure to the Bath, which was to them the hospital and the pharmacopœia. Traces of this Bath are also found in ancient Mexico, in Ireland, and in many other countries.

DAVID URQUHART.

For its modern revival we are indebted to David Urquhart, of honorable memory. He was an enthusiastic

Englishman, who had represented his country in Turkey, and there had become interested in the Hot Air Bath as an institution. One chapter of a book which he wrote, entitled the "Pillars of Hercules," published forty years ago, was devoted to the Turkish Bath, and first called attention to its many advantages.

The Turkish Bath to-day, where all modern improvements have been brought into subjection for the comfort and enjoyment of the bather, is a most desirable resort. Treatment by the Turkish Bath immediately be-

relief is given by the heat, that he will almost imagine that the disease has left him. Every pore of the skin is made an open sluiceway for the discharge of a large amount of perspiration, disease germs included. The good effect of the manipulation which immediately follows is intensified by the heated condition of the body. Certainly nothing can purify the external and internal man more than this process, nor can any agency better assist the vital energies in the struggle against disease. The circulation is invited to do its perfect work, and as the



RUINS OF AN ANCIENT ROMAN BATH FOUND SEVERAL FEET BENEATH THE SURFACE IN THE CITY OF BATH, ENGLAND.

comes a luxurious method of getting well. It is a sweating process, and heat, its vital principle. This can be used as high as 200° Fahr., and even higher, in cases of emergency. It is impossible for bacteria, or disease-germs of any kind to live in such a temperature, and it can be readily seen that with the circulation constantly coming under the influence of such an action it would soon be purified and vivified. That this Bath will destroy personal contagion has been demonstrated in many cases.

A few moments in the hot room brings a positive degree of comfort to the rheumatic patient, and so much

improved action of any organ comes only through a quickened circulation of the blood in that part, we find that every function, influenced by this natural stimulus, quickly takes on a normal condition. When the body is thoroughly heated, and the circulation most active, the reaction from a cold application is most agreeable and salutary. Inflammation necessarily implies a want of proper circulation. Some cause has clogged the finer terminal vessels of the part inflamed. By applying heat the tissues are relaxed so that the blood can pass on, and the offending material be thrown out through the usual excretory channels.



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By **UNCLE JOE.**

612. — Eveline Everett, Charlestown, Mass.—The subject of Psychology is a very broad and interesting one. As it is studied in our schools it serves a very creditable purpose, but



NO. 612.—EVELINE EVERETT, CHARLESTOWN, MASS.

Practical Psychology as studied by Phrenologists would be of very much greater benefit to our teachers. Our hope is to so influence parents that they may in turn interest the teachers

in the welfare of the young. We must begin with the Kindergarten Department before we can expect to interest the Primary and other grades, and when parents fully indorse the study of Human Nature they will see that much time can be saved by a right development of the minds of their children.

In the case of the little child whose photograph we now present to our readers, we find that she has an excellent development of the Vital-Mental Temperament. Look at her full cheeks, her plump chin, her round nose, her sparkling eyes, the large lower lobe to her ear, her large Benevolence, and her strong social nature. All of these indications of the Vital Temperament are represented in the photograph. The child is one who deserves to be well taken care of. She is happy, bright, and cheerful in disposition, and will make a forceful, energetic, and enthusiastic woman. She has a speaker's mouth and will be able to interest all who hear her; the child will be a chatter-box now, and as a woman, an excellent entertainer.

She will be able to assimilate her food quite readily, hence she should not get into the habit of over-eating, but chew her food well and drink her milk slowly, then she will profit by what she eats.

She is wide awake from head to foot and will not want to be left alone, but will prefer to share her things with someone else. As a student she will

show unusual memory and will be able to repeat verbatim what she has studied. She should store her mind well with useful knowledge, but not crowd it with superfluous information. She should be taught elocution, voice culture, and be encouraged to recite out loud, and eventually take up oratory as a life study and profession.

She has very large Intuition, and will electrify those who hear her

That she will be a little too enthusiastic and impulsive is very certain, but she can be helped to curb these tendencies of her mind and use her enthusiasm in the right way.

No. 613.—Eugene A. Demonet, Brooklyn, N. Y.—This little boy is a treasure. We do not mean by this that he is perfect, but he can be made something of, and by properly understanding his nature, his parents should



NO. 613.—EUGENE E. DEMONET, BROOKLYN, N. Y.

speak, or who take lessons of her in elocution.

She will be an excellent reader of character and be able to diagnose character correctly. She should study her own mind with a definiteness that will enable her to be of benefit to her fellow-creatures in Phrenological work. She will possess unusual magnetism and scientific ability; thus if she were to study medicine she would know how to diagnose disease correctly, and would be in her element when giving advice to others.

be able to rear him for some special work. Being now two and a half years old, he shows more than ordinary intelligence for his age, and he should be educated with care. The texture of his organization is very fine. He is susceptible to surrounding influences and has a fine Mental Temperament. He will want to know all that his mother knows, and as much more besides as possible. He will ask questions all day long and expect some one to give him a definite answer to his queries. It will not be easy to satisfy

him with mental food, for he is so thorough in getting at details that he will not be put off with a superficial reply. It will be hard work to keep him a little boy, but the effort must be made, for he needs a full allowance of sleep, and if he does not receive it he will grow up to be nervous and possibly manifest irritability of temper and restlessness of disposition; but if he takes his full complement of sleep, is given plain nourishing food and allowed to live out-of-doors a large part of each day, he will show one of the sweetest dispositions that we could desire to see. He has a loving nature, and it should be called out and made

as much of as possible. Such a boy as this can understand many things that even older children do not generally know anything about. He will like to be with older people than himself so as to get the full benefit of their superior knowledge. He had better be trained for professional life and encouraged to use his literary ability.

He would make an excellent judge, especially in the children's court, and will not fail to show considerable humor in dealing with peculiar cases.

His wings will need to be clipped a little so as to keep him healthy and vigorous for the work that he will want to perform.

How to Discover an Enemy.

By JULIA COLMAN.

If alcohol is our enemy, and we hope to conquer him, we must not let him into our citadel, and we must study his tactics. Here then we have the line of action: Total Abstinence and special education. Dr. Cosgrove, Professor of Biology in the Royal College of Surgeons, Dublin, Ireland, says in an essay on Alcohol, a Narcotic: "People confound feeling better with being better. It is hard to persuade a person that his feelings are not trustworthy, but if you want to know the truth about alcohol, do not take it." How then shall we find out? Some of the scientists call it a poison, and others say it is a food. Who shall decide when doctors disagree?

Let us try a common-sense experiment. Dip a small feather in alcohol (at ninety-five per cent.) and lay it on the ball of the open eye. Abundant tears will protest against a repetition of the experiment, and the eye-ball will be bloodshot and painful. Or try this: Make a mixture of equal parts water and alcohol and drop into it a mouse, a leech or any other small creature doomed to death in the interest of science. Its speedy demise will

be painless, but it will prove the poison power of alcohol. A pleasanter experiment, and equally convincing, can be made by watering potted plants or planted seeds with alcohol more or less diluted with water, and seeing the deadly effects measured by the proportions of alcohol. These can be made with scientific accuracy, and they will prove to the observation of adults or children the poisonous effects on both animal and vegetable life, and tend to discourage any desire for a more personal experience.

Now let us listen to Dr. Jas. Edmunds, a total-abstaining scientist, for he is a clear-thinking observer, and a long-time practitioner in the London Temperance Hospital. He says: "We have a great horror of arsenic and fifty other things, all of which are a mere bagatelle in comparison with the most direct, absolute, immediate, and certain poisonings caused by alcohol. We see a man intoxicated, lying on his back, snoring, helpless, senseless. He is paralyzed right through; mind and body, nerves, and muscles. With a larger dose, the snoring and breathing come to an end, the spark of life goes

out. He cannot be resuscitated. In fact there are more men killed, poisoned in that way by alcohol than by all other poisons put together."

Dr. F. R. Lees, a notable scientific investigator, says: "Alcohol is so virulent a poison that it can be taken only in a diluted form. A teaspoonful of ardent spirits has often destroyed the life of a child, and from half a pint to a pint, that of a man."

This brings up an important point not often noted. Even the strongest alcoholic drinks, such as rum, brandy, and whisky are half water, and they are usually diluted before taken; while the most of the wines and beers have only five to fifteen per cent. alcohol, and they all hurt. The mischief done is mostly in proportion to the alcohol taken.

Sir B. W. Richardson says in plain words: "Alcohol, strictly speaking, is a poison. If there is anything sure in the whole domain of science, it is that a specific quantity of alcohol will produce a specific disease of the tissues of the body." These diseases are too numerous to be summed up here, and they include about all the ordinary diseases to which the body is subject, and which may also be brought on by other causes, and this fact often confuses the ordinary observer who expects to recognize it as an alcohol disease.

However, Dr. Richardson gives this summary of the conditions caused by alcohol which are opposed to health: "Alcohol in its action on the living body deranges the constitution of the blood, unduly excites the heart and respiration, paralyzes the minute blood vessels, increases and decreases, according to the degree of its application, the functions of the digestive organs, of the liver, and of the kidneys, disturbs the regularity of nervous action, lowers the animal temper-

ature, and lessens the muscular power. Such, independently of any prejudice of party or influence of sentiment, are the unanswerable teachings of the sternest of all evidences—of natural fact revealed to man by the experimental testing of natural phenomena."

Another careful practitioner and observer says that there are large populations dying off by these resulting diseases, and they never suspect the fact nor the cause; slow poisoning, and wholesale at that. Some think this state of things might exist in England, in sections where the masses of the people have their beer "regular", and every day; or in France, where the very children have wine with all their meals, and most of the adults have their brandy and absinthe several times daily, so that they are never free from alcoholic influences. But why may not the same conditions result from the prevalent use of wine, beer, cider, and stronger drinks in this country if we do not fortify ourselves against them by a knowledge of their true effects? It is very certain that if we consider these alcoholic drinks harmless we shall not study them nor understand their action well enough to do anything effective against them; but if we fear them as we ought, if we believe them to be not only hurtful, but dangerously deceitful, we shall see the importance of finding out all we can about them, so that we may know what can be done effectively for the destruction of their power over the human family. We must understand the tactics of our enemy if we would overcome him. Indeed, if we were to believe half the lies that are told us about alcohol to-day we should believe it to be a friend with whose services we cannot dispense, and this is to a large extent the state of things with which we are confronted.



THE FOWLER INSTITUTE, LONDON, ANNUAL MEETING.

The annual meeting was held on May 6, 1903, at Imperial Buildings. A good attendance of members and friends were present. Mr. G. Wilkins, F.F.P.I., vice-president, occupied the chair. The annual report was read by the secretary (report enclosed), and accepted by the meeting. The secretary also read an address from the lady president, Miss J. A. Fowler. The address was very much appreciated, and the secretary was asked to convey the thanks of the members to Miss Fowler for her continued interest in the work of the Institute. The chairman, in a capital address, congratulated the members on the success of the Institute's work and on the excellent attendances at the lectures, and in a very practical manner dwelt upon the necessity of thoroughness and earnestness in Phrenological work to insure the success of the Institute, and to convince skeptics of the truthfulness and usefulness of Phrenological knowledge. Mr. A. Dayes, A.F.P.I., followed with an interesting address on "Comparative Anatomy," illustrated by several specimens of birds' and animals' skulls. The monkey, cat, dog, jackdaw, and farmyard hens were each dealt with, and their peculiar cranium developments were delineated in a very able manner, illustrating the differences in their well-known characteristics. Several drawings were exhibited by the lecturer, showing different types of men and women, from which he proved the accuracy of Phrenological principles.

Mr. W. J. Williamson, A.F.P.I., vice-president, in a few well chosen remarks addressed the meeting, and spoke of the advantages accruing from membership with the Institute. He pleaded for more enthusiasm in Phrenological work, and a deeper study of the science of Human Nature.

A public delineation was given by Mr. D. T. Elliott, who afterward addressed the meeting and asked for the active co-operation of all present to increase the membership of the Institute. Hearty thanks were given to all who had made the meeting a success. The next session will commence on the fourth Wednesday in September. The monthly class for past and present students will be continued till the last Tuesday in July.

ANNUAL REPORT OF THE FOWLER INSTITUTE, LONDON.

We have great pleasure in presenting to you the thirteenth annual report of the Fowler Institute, and to announce

that the various departments of the Institute are in a healthy condition. Our progress, although somewhat slow, is sure and encouraging. There is no falling off in the number of students receiving instruction in the principles of Phrenology, and the interest and enthusiasm in the science has in no way abated during the past year. The circulating library is freely used and appreciated by both our London and provincial members. The monthly meeting (which is held on the last Tuesday evening in the month), which was inaugurated three years ago for the benefit of past students for the further study of applied Phrenology, has been fairly well attended, but our expectations in this direction have not been fully realized, and we do hope our past students, even those who have succeeded in gaining the diploma of the Institute will make a special effort to attend these meetings, for they are held expressly for their benefit.

During the past session fourteen meetings have been held, and papers read and lectures given by Mr. D. T. Elliott on "Brain and Mind"; Mr. H. Bosanquet, on "Phrenology and Fate"; Mr. R. Dimsdale Stocker, on "Graphology"; Mr. G. Wilkins, on "Phrenology and Happiness"; Mr. James Webb, on "Temperament"; Mr. J. S. Brunning, "Practical Experiences of Phrenology"; Mr. D. T. Elliott, on "The Utility of Phrenology"; Rev. F. W. Wilkinson, "Some Phrenological Points"; Mr. F. Cribb, on "Ethnology"; Mr. Stanley, on "Moral and Religious Education"; Miss S. Dexter, on "Heredity"; Mr. F. Jarvis, on "Character"; Mr. J. B. Eland, on "Applied Phrenology"; Mr. D. T. Elliott, on "The Perceptive Faculties." The attendances at these meetings have been quite equal to previous years, and we take this opportunity of asking our members and friends to make these meetings widely known. The work of this Institute can only be successful through the active co-operation and earnest endeavor of every member; therefore, none should hesitate in talking "Phrenology" among friends. At the examination in July, 1902, the diploma of the Institute was gained by Mr. H. Yourstone, of Sweden; Mr. W. K. Smith, of Dundee; Mr. Edwin Rees, of Wales; Mr. W. C. Bone, of London; and the certificate of the Institute by Mrs. A. Phillips, of London, and Mr. R. Ramsay, of London. At the examination in January, 1903, the diploma of the Institute was gained by Mr. S. C. Pritchard,

Continued on page 34.

THE Phrenological Journal

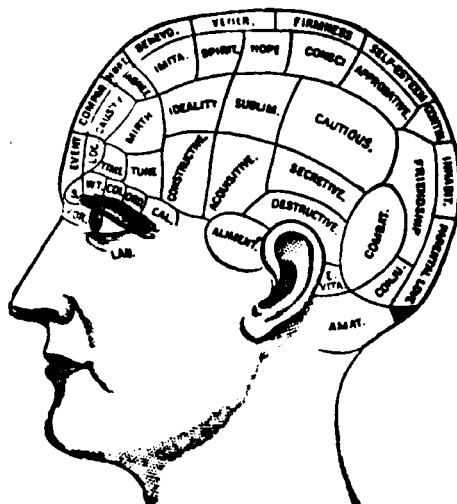
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, JULY, 1903

"Phrenology is the Genesis of right living."

INDEPENDENCE DAY.

By MARGARET ISABEL COX.

'Tis Independence day,
O, soul of mine;
Thy highest thought obey;
Thy fate is thine.

'Tis Day of thy Release,
But thou must will
The bondage o'er thee cease
Of grov'ling ill.

'Tis Day of Jubilee
From errors thine.
List, list! I speak to thee,
O, soul of mine.

PHRENOLOGY AS IT IS EX- PLAINED IN THE AMERICAN AND ENGLISH INSTITUTES OF PHRENOLOGY.

In the June number of the PHRENOLOGICAL JOURNAL the general principles that are studied in the American Institute of Phrenology were pointed out. These subjects are again subdivided, and in order to better understand them we will give a further explanation as follows:

The subjects have been classified into the Temperaments, which are

dealt with at some length, as they lie at the bottom of correct character reading.

The Objections to the Science are fully discussed, that students may be prepared to meet them when they go out into the field to lecture.

The Proofs of Phrenology will be of immense assistance to all attending the lectures, as they stand as bulwarks to the Science.

Modern physiological researches of scientists are explained, and their harmony with Phrenology pointed out.

A Choice of Pursuits is another

very interesting and useful topic for study, especially in regard to the practical side of the subject.

Marriage Adaptation and advice concerning the subject is of great assistance to those who read character from life, yet it is a subject which apparently few people know anything about, judging from the poor results connected with married life.

Brain Dissection, according to the method adopted by Gall and Spurzheim. This is a privilege which no other college indulges in, for even in medical colleges they adopt only the anatomical method of dissection, while in the Institute the observations on the brain of the early Phrenologists and modern anatomists are both given.

Personal Hygiene is considered a very important branch of study, and hints on health and how to obtain and keep it are enlarged upon.

Heredity and the proper way of understanding this subject is introduced.

National types are discussed at some length, and on account of the large number of foreigners who come to our shores, both in England and America, we find that the subject is one of the most interesting that we introduce.

Elocutional Oratory is a subject that is not ignored, and toward the end of the course some valuable hints are given with regard to public speaking and improvement of one's voice.

The Art of Character Reading is introduced into the second month's instruction, and proves to be of particular interest to each student.

Further particulars can be obtained from the Secretary of the Institute by letter.

DO CHILDREN NEED MORE THRASHING IN SCHOOLS?

Miss Floretta Vining, owner of a syndicate of newspapers in Massachusetts, recently declared in an editorial that the children of this generation are ill-bred and need more whipping than they get. She says:

"As this is my visiting season, and I am a guest every night at dinner in different houses, it astonishes me to see the ill-bred manners of the children of the different homes. When there is only one child it seems to own everything, including father and mother. One or the other of their parents makes an excuse for the child when, in my opinion, nothing short of a good sound thrashing would avail anything. Another thing. Children should go to school rain or shine, hail or snow, if they are in good health. Taking children to theaters evenings is wrong. At dinner the other evening a child took to the dinner-table a novel. She read continually. Soup was set before her. It cooled off. Her mother said, "Stop reading, and eat your dinner." She took no notice of her mother's command, but kept on. The second soup came. She treated it as the first. When the meat course came she ate no meat, but crumbled bread into the gravy, reading all the time. The conversation was general, as other guests were present, but she sat opposite me, and I could not help but note her actions with regret. Fathers and mothers think the world of their children, and ruin them with kindness. A few good lessons and a good sound whipping now and then, showing they were master of the situation, would help them immensely in

after years, when the parents are not present to care for them."

There is a good deal of practical common sense in the above suggestions, but we think the desired results might be obtained without the corporal punishment if the children were rightly managed from the beginning. Instead of indulging a child, as is the case at present, other methods should be adopted and a more practical basis of conduct be arrived at. After the wild oats are sowed, and children are allowed to do as they like, then perhaps the only thing left is the punishment, but we doubt very much if the punishment of whipping, after years of indulgence, will have any moral effect.

THE WANT OF CONFIDENCE BETWEEN PARENTS AND CHILDREN.

Quite recently there appeared in a paper an article to the effect that the

son of wealthy parents in Newport had been married for three years without their knowledge. The young man has now gone on his wedding trip, and his parents are unaware of his whereabouts. The moral that we wish to point out of such a sad beginning of married life shows that there was a want of confidence between the parents and the child. If, therefore, parents would take more pains to allow their interest in their children to continue after childhood such occurrences would not be liable to happen. The youth of this country is allowed to grow up without a feeling of respect for parental advice; therefore, when the time comes for a young man to settle down in life he does not go to the right source to obtain the proper counsel, hence he acts on his own responsibility and prematurely comes to decisions which he often regrets afterward.

REVIEWS.

In this department we give short reviews of such NEW BOOKS as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"The Criminal: His Personnel and Environment," by Rev. A. Drähms, Resident Chaplain State Prison, San Quentin, Cal., with introduction by Professor Cesare Lombroso. Published by Macmillan & Co., New York and London. Price, \$2.00, postpaid, or \$1.75, postpaid to librarians.

Few books of modern date have dealt so extensively with the criminal and his conditions as the one that has just been sent us by Rev. A. Drähms. His experience of the needs of the age in caring for this class of humanity has enabled him to watch him under varying circum-

stances. Anyone who has visited California and seen the San Quentin Prison, or has read the account of the work carried on there in a recent issue of the "Tribune," is fully aware of the unique surroundings of the place. It is, perhaps, the only prison without a prison wall. In the preface the book states: "I have not had the good fortune for some time to find an author who so thoroughly understands my ideas and is able to express them with so much clearness as the author of this book. Certainly, for breadth of treatise and the comprehension of its matter and the originality of its suggestions, we can recommend the book most thoroughly. His pacification of criminals, their heredity, and habits are all interesting chapters.

At the end of the book he has given an alphabetical list of works upon Criminology, and following that is a valuable index. The work is printed in good style, in clear type, on excellent paper. There are many quotations that we would like to give, but which we must

bear in mind on another occasion. We would like to arrest the attention of the reader to pages 107, 149, and 159. The latter page opens up to us the chapter on the "Instinctive Criminal and His Psychological Distinction."

We predict for the book not merely a ready sale, but a sale among the thinking world. The portrait of the author indicates that he has a large development of the Mental Temperament. His high forehead and his representative moral brain indicate that he is capable of setting men's minds to think. He is not one to spare himself in any work he attempts, and will spare no pains to bring to perfection anything in which he is interested. He has what the Phrenologists call a sympathetic mind, and should be able to interest the class about whom he has written to engage in higher aims and ambitions. He is an executive man, full of wiriness, grit, and tenacity, and while he bends himself very distinctly to his work, yet he recuperates readily, and must have come from excellent stock. He is clear, logical, analytical, and intuitive, and possesses a fine quality of organization, which enables him to show susceptibility of mind and an interest in the finer shades of criticism connected with all subjects pertaining to life.

"The Art of Living Long." By Louis Cornaro, the celebrated Venetian Centenarian. A new and improved English version, with essays by Joseph Addison, Lord Bacon, and Sir William Temple. Published at Milwaukee, by William F. Butler. This genius of a man lived between the years of 1464 and 1566. The volume is addressed to a people of whom less than a two-hundredth part of one per cent. reach an age that nature intends all should pass. The words of the aged author of "The Temperate Life" possess a deep import. The book is for the most part a story written by one who was restored from an almost hopeless complication of bodily infirmities to a happy state of health, which he continued long to enjoy, though written toward the close of more than a century of life. Louis Cornaro demonstrates, in a most

decisive manner, that the condition of perfect health is a blessing within the power of every human being to realize, and it is the pleasure of the writer to indicate the path by which every man may attain it. Cornaro was the descendant of an illustrious family, and made the city of Padua his home; and one of the eminent writers whose teachings on the subject of longevity have been included in this volume, has emphasized the substantial advantages Cornaro had reaped from the habit of complete self-restraint to which he had accustomed himself in early manhood, and from which for the remainder of his days he had never deviated. Centuries ago Pythagoras, Herodicus, Hyppocrates, Galen, and others, as well as some writers in every age, have waged a warfare against unnatural habits of life; and accounts of the attainment of extraordinary age both in ancient and modern times are not uncommon. The autobiography of Cornaro, who, after patient search, discovered in his own person the curative and life-sustaining power of the temperate life—and that beyond the century mark—and who, with equal diligence, labored to impress upon others the lesson of his own experience, affords an instance without parallel in all the annals of history. It has been truly said that the reader will have spent his time in vain if he fails to appreciate fully the vital importance of the fact that Cornaro's own regime, as he most strongly insists, was intended for himself alone, that he does not urge upon everyone the extreme abstinence practiced by himself. He is wise in making this remark, but all persons can gain something by the examining of his ideas so strictly laid down. He further declares that all persons should observe nature's highest law, which is to observe a temperate life; but, as the temperance of one man is excess in his neighbor, each must discover the suitable quantity and quality of food proper to his own individual taste, and then live accordingly. It is the aim and spirit, not the letter, of his example that he implores mankind to observe. Price, \$1.50.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

Homo—N. Y.—Your question with regard to the high cheek-bones preventing

the proper delineation of the organ of Alimentiveness is certainly of importance. When the malar bones are large, and the osseous system strongly developed, a person who is delineating a character must take these considerations into account. Just the same as a person who has a strong nervous organization has to be considered by a physician who finds the pulse very rapid. Make, therefore,

an allowance for the comparison of high, thick cheek-bones, and make as many measurements as you can among people who have this distinguishing characteristic and those who have not.

Mutual—Pa.—In regard to your long question concerning the marriage of two persons possessing the Nervous Temperament, we consider that the best plan for them is to thoroughly study themselves and learn how to avoid becoming more nervous, so that their children may have a better chance to enjoy health and physical harmony. True, they should

have studied these things before they married, but to make the best of their present circumstances they should study Phrenology, which will introduce them to Physiology as well and the laws of life and health will reveal to them the best course to pursue. Evidently the father, or husband, does not understand life aright. Can you not place some books into his hands that will insure a right understanding of himself and his wife? We think you can be of immense help to this unfortunate couple.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

707.—J. A. W., Attica, Ind.—The photographs of this child indicate that she has developed her womanly instincts very early. She is in advance of her age for eleven years old, and should be kept a little girl as long as possible, for when she has once passed out of the school-room, wears long skirts, and puts up her hair, she will not want to be treated like a child any longer. She will take a distinct position in life, and in the social circle she will attract much attention. She is intuitive, sympathetic, kind-hearted, and will show considerable artistic talent, and ability to arrange things with taste in her room, and will have hobbies which she will enjoy following. We know of one girl who has a hobby for collecting writing-paper of every kind she can lay her hands upon; another collects pencils, of which she has a large assortment; another one has made a collection of Japanese lanterns. This little girl could paint on china, or learn to sketch outdoor landscapes, or become a good photographer. Her ambition will enhance her work considerably, and she will be a general favorite.

708.—N. L. P., Noah, Lewis Co., Ky.—Your photographs indicate that, although wiry in constitution, you need to take more thought of your health, and sleep eight or nine hours every night. You are too anxious, and look at things from a pessimistic point of view.

You must see the sunshine as well as the cloud, and raise a laugh whenever possible, especially at meal times. You are too serious, and take everything in earnest and for gospel truth; thus you may misunderstand people, and others may not appreciate you half the time.

You have good thinking powers, and could superintend, manage, and direct a business for some one else better than succeed in one for yourself, and had better strive to get into such a position of responsibility, either in regard to some agricultural pursuit or in some mechanical, manufacturing, business department. You could financier work for another even, although you would allow others to cheat you.

Think this over, and improve your personal appearance all you can. It is essential that nature should have a good set of teeth to properly digest the daily food we eat. Many have ruined their constitution because they have failed to appreciate this point; therefore do not tarry in carrying into effect this suggestion.

709.—I. M. L., Crotty, Kan.—This little child has a large head for her age, and must consequently be kept back rather than pressed forward with her studies. If she is encouraged too much while she is young, she will have to be continually kept out of school, and this will not be satisfactory to her or to her parents. She must be given considerable physical exercise and encouraged to play out-of-doors, especially in the sunshine. She is easily frightened and is timid to venture far, and must be placed upon her own responsibility whenever possible.

She will ask many questions that she could find out for herself if she looked before her. She must be encouraged in her work instead of being criticised for her mistakes. She wants to know the reason for everything when she sees her mother doing something new, and it would not be surprising to find that she

made her dolls go through every experience that she saw others go through. Her Approbativeness can be very easily touched, hence a word of praise will go a long way with her in enabling her to feel that she has done well, and this will make her anxious to do her best every time. Sleep, and a quiet life, until she is eight years old will do more for her than to allow her to follow the example of many children who go out to late parties. She will make a fine woman one of these days, but she must not be educated on exactly the same lines as other children who can stand more in a physical sense than she can.

710.—D. E. G., East Peoria, Ill.—This is the age when photography has been handed down to the people, hence many persons think that if they have a camera, and can make anything of a picture of themselves that these will do to send to THE PHRENOLOGICAL JOURNAL for a delineation of character. Now, if a satisfactory sketch is wanted, the very best photographs should be sent us. The dull, faint, imperfectly printed proof or negative will not answer our purpose. Those you have sent us of yourself are very faint in outline of head. A dark background with dark hair is a mistake. We can see, however, that you have a high, broad forehead, which gives you exceptional capacity to think, plan, and arrange details. It is not difficult for you to explain what you know, and inform others as to what they should do, consequently you should be in a position of responsibility, where you can assume authority and take command of others. Do not allow yourself to be so anxious, but enjoy life as it comes and goes.

711.—M. D., Norman, Oklahoma.—Your photographs are very minute for a proper delineation, therefore do not expect us to do much with them. You have a practical intellect; you do not do things by halves, and enjoy taking hold of anything scientific; in fact, your Individuality will inform your mind on many practical questions. We see no reason why you should not qualify yourself for the life of a physician. You are quite intuitive, and with your perceptive intellect you could succeed quite well in the study of Phrenology, Physiognomy, and Psychology. If opportunities favor your studying in these directions, by all means embrace them, for you will rise to a higher level of mental culture by putting forth your

best efforts in these studies than if you take up a subject that you can easily grasp and understand.

712.—O. S., Galveston, Texas.—You appear to be developed above the average in height, weight, and head measurements, if they are all correctly taken, but though you are constitutionally strong, you are not so strong organically, consequently you must build up your vitality—not by exhaustive exercises or extremes of any kind, but rather by a little every-day exertion with the dumbbells, the wheel, or the punching bag. When your head gets hot with active mental exercise, cool it off and draw away the pressure. If you are troubled with sleeplessness, avoid studying in the evening and take a glass of hot milk and a couple of graham crackers.

You will develop late in life, therefore do not be discouraged with your success, but keep pegging away. Study either the Modern Languages, Mathematics, Chemistry, or some scientific subject. You will do better in the intellectual side of a business than the business side of an intellectual pursuit. You need more of the side head to give you a thorough interest in commercial affairs.

713.—M. D., National Home, Milwaukee, Wis.—We are glad you have been persuaded to have your photograph taken at last. It is a wonder you have escaped so long. It appears to be an excellent photo, and shows you to possess an active perceptive, and knowing disposition. Few people can tell you anything about those things which you are supposed to know yourself, while you can tell others many things that do not come within your supposed line of knowledge. You are a man of method, and have your work all marked out the day before you want to execute it. You do not do anything by guess-work. You have kept rigidly to your duty all your life, and have never faltered in doing a disagreeable piece of work if you felt called upon to do it. Lectures, debates, and good literature you thoroughly enjoy, but those things that are artificial, such as novels and theaters, you do not take so kindly to, for life is full of the real drama to you, consequently you do not need to excite your imagination in order to entertain yourself. You have a straightforward way of doing everything, and expect others to do their duty in the same frank, candid, upright manner.



FIELD NOTES.

On Wednesday evening, April 22d, 1903, John Asals, Esq., A.F.P.I., with F. Jarvis, Esq., A.F.P.I., gave a very interesting and instructive lecture on Phrenology to the members of the Senior Band of Hope, held at Shoreditch Tabernacle, Hackney Road. Mr. P. Barnes, the leader, opened the meeting, and then, after a few words of introduction, left the meeting in the hands of the lecturers. Mr. Jarvis then proceeded to give a very interesting talk regarding the theory and practice of Phrenology, bringing before us various skulls and comparing them, and so proving that there really is some ground for the science of Phrenology. In his opening remarks he stated that during the past 100 years there has been much opposition from scientists and others, but many were fast coming to believe in it, and he looked forward to the time when they would not only believe it, but when this science should be part of our educational system. Many have said and thought that anyone who has had a wide experience among men could read their character without knowing Phrenology; but this is not so, for by a proper study of Phrenology anyone may be able to delineate the character of a person. The character is not only dependent on the shape of the head, but also on the temperament of the whole body, and in delineations this has to be taken into consideration. Many think that the brain and the mind are one and the same thing; but that this is not so is proven by the fact that while after death the brain is there, yet the mind is non-existent. The mind, therefore, is the power through which the brain manifests itself. The faculties might be roughly divided into three groups, viz.: The Mental, Motive, and Vital. The faculties of intellect in the front of the head, destructive above the ears, moral on the top, with will power, self-reliance, etc. Dr. Gall, who discovered Phrenology, with Dr. Ferrier, has succeeded in locating many of the faculties; but many still remain to be located. We find that one faculty never acts alone, but they always act in groups. Mr. Jarvis then compared the skull of an Englishman with one of a North American Indian and one of a native of the Queen Elizabethan Islands. This he did in a very interesting manner, and showed how, in the case of the native, intellect and moral faculties were very small, while the destructive were very pronounced. Indeed, he stated, that in the case of the Queen Elizabethan Island native's skull, it was through the intellect being so small that they became extinct. How little raised, in many respects, is the savage from the brute

creation until they come under the influence of the missionary and learn of the love of God, which alone can raise them from their low estate. We were then shown the skull of a monkey, which has the same formation as the skull of a human being, only much smaller. If we use any particular faculty it grows, and this is proved by the skull being much thinner in some places than in others. In finishing his remarks Mr. Jarvis urged the young people to take up the study of Phrenology. Mr. Asals then commenced a very useful lecture on the formation of the head and the position of the various faculties, illustrating skulls. In his opening remarks he made the statement that medical men prohibit his lecture by reference to some very effective diagrams and by use of the fessed not to believe in Phrenology; but he hoped in time that they would inquire more closely into the subject, and that eventually it would become part of their education. He also asked us to remember that if, when our characters have been delineated, the character stated be wrong, we should not put it down to the science of Phrenology, but to the examiner's imperfect knowledge of the science. The help given by Phrenology is very useful, it enables one to know themselves, their special faults; and, knowing them, they know how to guard against them. It also enables one to know their friends, their children, what sort of business to choose for them, etc. Much help would be given to the Sunday-school and the day-school teacher if this science were made a part of their education, as it would enable them to adapt themselves to the characters of their individual scholars, and thereby do much more good than they would be able to do otherwise. Mr. Asals advised all to take up the study, as there was plenty of scope for the young Phrenologist to find out new facts; for, although much had been discovered, yet much more remained to be discovered. After many other interesting facts, Mr. Asals closed his useful lecture, leaving his hearers convinced as to the truth of Phrenology and its usefulness. An invite being given for several friends to be delineated, Mr. Morton, Mr. Avery, and Mr. Barnes were examined by Mr. Jarvis, and Miss Morton by Mr. Asals, and the characters given by the lecturers of these friends tallied so nearly with what we knew of them that we felt that we had had practical proof, as well as theoretical proof, of the truth of Phrenology. After thanking Messrs. Asals and Jarvis for such a highly instructive and interesting evening, Mr. Barnes closed the meeting with prayer.

J. CARTWRIGHT, Sec.

FOWLER INSTITUTE ANNUAL
MEETING.

Continued from page 26.

of London; Mr. F. Cribb, of London; and Mrs. A. Phillips, of London; and the certificate of the Institute by Mr. A. Dayes, of Woolwich; Miss A. Brackenridge, of London; Mr. Harry J. Caton, of Albury; and Miss E. Harsfield, of Luton. We heartily congratulate those students who have succeeded in gaining the diploma of the Institute, and we trust this may be an impetus to further study along Phrenological lines. You must not be content with the laurels already gained, but seek to investigate farther into the secrets of nature, that you may be of service to your fellows. There is a great field of usefulness in the world to the Phrenological practitioner, and the more knowledge you show in espousing Phrenology and its utility, the more appreciated will your work be. Do not fear the criticisms of the ignorant, or the ridicule of the flippant egotist. Nearly all the popular sciences of the day have had to contend with ridicule and ignorance; therefore no surprise should be felt at the contempt which is often cast upon Phrenology. Phrenology will yet assert itself as one of the most important and useful sciences that can engage the attention of man, because it is founded upon facts and has a sure foundation.

D. T. ELLIOTT,
Secretary.

Mr. J. M. Fitzgerald, Phrenologist, gave an interesting lecture before the Palette and Chisel Club on Saturday evening, May 23d. The Club is a very select one, and limited to only the newspaper artists, cartoonists, etc., of Chicago. The report of the evening was that it proved to be an immense success. The address was upon "The Study of Character," and lasted two and a half hours. The congratulations of the members were given to the lecturer at the close, and the committee on entertainment have asked the lecturer to give them another lecture on "Phrenology and Art." Among the members there were many believers in Phrenology, one of them being the best dry paint and sketch artist of Chicago, who is fast becoming in that city what Christie is in New York. This effort of Mr. Fitzgerald must have been a great boon for Phrenology in Chicago, because the press artists are educators of public opinion, and can do much to disseminate the principles of the science in giving certain shape to their work.

Prof. S. L. Owen (Ohio), class of 1896, called. We always have a cordial greeting for old graduates.

Professor Paul B. Kington writes from Buffalo, where he is lecturing and making examinations.

We are glad to hear that Mr. J. Stanley Grimes, age ninety-seven, is still able to lecture and make practical examinations of character. He has recently been to Mt. Morris, Ill., for the above object, and examined the heads of several Methodist ministers at the close of his lectures.

AUTUMN LECTURES.

The thirty ninth session of the American Institute of Phrenology opens September 2d, 1903.

The Fowler Institute, London, commences its Autumn Lectures in September.

PRIZES.

No. 1. "How to Study Strangers" is offered as a prize for the best Phrenological story of about 2,000 words.

No. 2. A complete examination from photographs is offered as a prize for fifteen subscriptions of \$1.00—or five shillings—each for THE PHRENOLOGICAL JOURNAL.

No. 3. A year's free subscription to THE PHRENOLOGICAL JOURNAL will be given to any one for the best article on the "Will," of not less than 300 words.

Prize contest will close September 1st.

THE DEATH OF A PROMINENT CLUB
WOMAN.

One of the most prominent club women in New York—Mrs. James A. Fairman—passed away May 28th, at her residence in New York. Mrs. Fairman, whose portrait and character sketch appeared in the PHRENOLOGICAL JOURNAL, August, 1898, became identified with many woman's clubs as early as the 70's. Her favorite clubs were the Daughters of the American Revolution, the New England Woman's Society, the West End Woman's Club, the Professional Women's League, the Society for Political Study, among others. She was an advocate, however, and an earnest one, of woman's suffrage, and was herself a graduate of the Woman's Law Class in connection with the New York University, by which she showed her interest in progressive subjects and the elevation of woman in every possible way. She was an ardent believer of Phrenology, and more than once attended the exercises of the American Institute of Phrenology.

FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of
FOWLER & WELLS CO.

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CURRENT EXCHANGES.

"**The Medical Times**"—New York.—The International Medical Congress is well reported in this paper, which says that the Congress was represented by seven thousand physicians at Madrid, Spain, it being the fourteenth yearly meeting. "How a Berlin Professor Would Fight Tuberculosis" and "Medical Education" are editorials which are well worth reading.

"**Mind**"—New York.—A magazine devoted to metaphysics and philosophical reading, contains an admirable sketch of Ernest Howard Crosby, by Charles Brodie Patterson; also an article on "Tolstoy," by Mr. Crosby. The following articles are also of intense interest: "The Story of Creation," "Meditation," "The Creative Power of Imagination," and "Christian Science and the New Thought Philosophy."

"**The Pacific Medical Journal**"—San Francisco.—The subject of appendicitis is considered by Winslow Anderson, M.D., at some length, and contains many quotations from medical men on the same subject, which makes it a comprehensive article. Many short articles of interest combine to give us an admirable number.

"**The National Eclectic**"—St. Louis.—Alexander Wilder, M.D., writes an exhaustive article on "The Eclectic Practice Scientific." He says that the above practice cannot be denominated exclusive either in method or doctrine. Its procedures are shaped by the belief that the course of nature is governed by uniform laws, and that things will happen in the future as we have observed them to happen in the past. "Flatulent Dyspepsia," "Surgical Treatment of Gallstones," "Inflammation of the Bladder," are articles of considerable moment. It is edited by A. F. Stephens.

"**The American Medical Journal**"—St. Louis.—"Body and Mind" is the title of a communication by J. P. Cowes, M.D., and is an exhaustive and interesting article. We hope it will be widely circulated. The question is asked, "Who Should Practice Medicine?" by Ovid S. Laws, M.D. The question is also ably answered by him.

"**Education**"—Boston.—The opening article, on "Historic Boston," is by George G. Wolkens. The article contains twenty-two pages of most interesting matter, and what adds to the interest are the numerous illustrations. From an educational standpoint the article will prove to be of great interest to young and old alike. The question of a shorter college course is discussed by John H. Main, Dean of the Faculty of Iowa College. He states that Harvard College will grant hereafter the degree of Bachelor of Arts after three years, provided the student himself has met the conditions of graduation in that time.

"**The American Monthly**," or "The Review of Reviews"—New York—recently

contained an interesting article on "What Science Has Found Out About the Brain," which article appeared in the May "Harper's." The article is an interesting one, and proves many points that we shall enlarge upon in the future, as they have a Phrenological bearing.

"Lippincott's"—Philadelphia. — Among the choice articles of the June number of the above magazine is a contribution by Caroline Gebhardt. The author of "Lifting of a Finger" writes a story called "The Exception," which is a brief, telling, and impressive love story of simple life. Josiah Allen's wife keeps up her exhaustless fund of humor.

"Rural Summer Homes"—New York.— is a delightfully illustrated booklet of some hundreds of boarding houses, hotels, etc., beautifully printed, on the Erie Railroad. A person would indeed be hard to please who could not find a delightful retreat suggested in one of the charming homes mentioned in this catalogue, which covers the States of New York, Pennsylvania, and New Jersey.

"The Book News"—for June—New York (Wanamaker's)—contains reviews of biography, history, and political science. Of the first named subjects are "Studies in Contemporary Biography," "The True Abraham Lincoln," by William E. Curtis; "Charlotte Mary Yonge," by Cristobel Coleridge; and "The Turk and his Lost Provinces," by W. E. Curtis; and "The American Advance," by Edmund J. Carpenter. All are timely and interesting criticisms from an intellectual standpoint. For early summer days the early summer novels will be of interest, and there are many quoted so that summer idlers will be able to get a chance of herein gaining a peep into the merits of many books before they buy them.

"The Gentlewoman"—New York City—contains, as usual, a column suited to a wide circle of readers.

"The Household Ledger"—New York—contains a couple of pages on "Celebrities of the Day," also a finely illustrated article on "The Greatest Tribunal in the World—the United States Supreme Court."

We beg to acknowledge the receipt of the following papers:

"Inebriety," "The Orange Journal," "The Daily Pioneer," "The Waterloo Observer," New York; "Cass City Enterprise," Mich.; "The Woman's Journal," "The Avant Courier," "The Canadian Statesman," Rowmanville; "The North Indianian," North Liberty, Ind.; "The Enterprise," Livingston, Tenn.; "Imlay City Record," Mich.; and the "Bridgeport Pioneer," New Jersey.

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AUGUST, 1903

[WHOLE No. 776

Our Educational Centers and Those Who Preside Over Them.

No. 1.—HARVARD COLLEGE AND DR. CHARLES W. ELIOT.

By J. A. FOWLER.

The longer we live, the more we see the usefulness of Phrenology. It manifests itself throughout our universities and colleges, and should be the main-spring by which the Professors interpret the characters of their students. Harvard University, the head of which is Dr. Charles William Eliot, has just held her 267th Commencement, at which one thousand, one hundred and eighty-four degrees were conferred. This was a day of general excitement and pleasure to students and professors alike. A year ago, President Theodore Roosevelt, of the class of '80, received a degree from his Alma Mater. This year on the platform of the Saunders Theater sat Professor Eliot (in the old president's chair, which has done good service for generations at Harvard) together with other noted dignitaries.

A WELL-BALANCED MAN.

The character of Dr. Eliot is one that is not only particularly interest-

ing to students of Harvard, but it is also an intensely interesting study to non-graduates and the general public as a source of influence, individual power, and capacity. We recognize in the outline of his head, face, and organization as a whole, that he is a specially well-balanced man. His temperamental developments favor health, vitality, endurance, thought, study, and inquiry. His Mental Temperament appears to predominate, yet his Motive and Vital Temperaments are not lacking in their influence, and produce a constitutional strength which can only result from a well-balanced condition of body and mind.

It will be noticed, from the side portrait which we present with this article, that Dr. Eliot's ears are almost in the center of his head. This is one indication of balance of power, and we shall find that the "Coming Man" will have just such a head and about an equal proportion of brain in front and behind the ear.

FINE QUALITY.

We find that in the Doctor's organization there is combined with his temperamental conditions a very fine quality, tone, and texture of brain fiber. If we were asked how we know this, we would say, how does everything express itself on the surface that is developed from the interior? A fine quality manifests itself in every feature of his being; in his hair, skin, clearness of eye, and in the inexpressible something that shows him to be the man of culture and refinement. The superior blending of his temperaments, which we have noted above, has resulted in giving him symmetry of outline, equality of strength, and unity of purpose. His body and brain help and support each other; his bodily vigor energises, strengthens, and assists him in his mental work, while his mentality recognizes the need of physical exertion and out-door exercise.

FORCE OF CHARACTER.

The force of such a character manifests itself in three distinct directions; first, anteriorly, through his intellectual qualities; secondly, superiorly, in his moral group; and thirdly, posteriorly, in his social faculties. These three elements of his nature produce a three-fold cord, which enables him to wield an immense power not only over the inmates of Harvard, but over the entire nation. It is only just to Dr. Eliot to say that there is hardly a man second to President Roosevelt who has a more distinct influence throughout the country.

HIS SCIENTIFIC MIND.

To those who will note the well-developed brow, we will point out that there is more than ordinary force manifested in his Perceptive Faculties. They give to his mind, first, an uncommon ability to weigh value and consider knowledge; and, secondly, show how to obtain or possess it. He

has a utilitarian way of looking at everything, and possesses an excellent memory of faces, individual objects, the form and proportion of things, the order and method by which things have been arranged throughout nature as well as by man's own efforts in producing his best work. He is able to value the utility of science to the average, as well as the superior man; hence he reduces things down to a practical issue; but this is not the only way that Dr. Eliot has of looking out into the world of knowledge.

HIS PHILOSOPHIC MIND.

Few men are better able to show a philosophic interest in scientific subjects than is the President of Harvard. His forehead, it will be noticed, presents a beautiful curve, and there is no falling away of the faculties which give to his mind sound judgment, clear reasoning ability, and organizing capacity. It is on this account that Harvard possesses in the man at its helm one who not only is able to reason on topics that are practical and scientific in their trend of thought, but he is also able to realize the more intricate philosophic bearing of every phase of his college work. Had he a retreating forehead, he would be clever scientifically, perhaps, but would lack the balance of power that comes with reflection, thought, and judgment. Thus scientifically, as well as philosophically speaking, we find that he possesses balance of power.

ANALYTICAL AND INTUITIVE QUALITIES.

Together with the faculties of Causality and Perception, Dr. Eliot has no small development of the central faculties of the forehead, which are rounded out from the root of the nose—or the commencement of the brow—to where the hair falls down over the forehead; thus the power of analysis that makes excellent comparisons and notes discrepancies, or, in

other words, the illustrating element of his mind is very strong. This he applies to all his intellectual work, and very few men are better able to strike at the root of important matters and point out the differences that exist than he.

sesses, and,—as George Eliot has truly said,—each person has a niche to fill.

HIS MORAL GROUP.

It will be easily seen from the contour of Dr. Eliot's top head that he



DR. CHARLES WILLIAMS ELIOT.

By the intuitive power of his mind we mean the capacity to sum a man up at first glance, to form an estimate of his intellectual value and place him where he belongs among his fellows. He rarely makes a mistake when following his intuitive judgment concerning the power each young man pos-

takes a serious view of life, and perhaps if we quote what he once wrote concerning the needs of a teacher, we shall best express his moral trend of thought. He writes:

"A teacher needs an active imagination and a conscience watchful and quick—an imagination that enables

him to see himself through young eyes, and a conscience that is sensitive at all times, and which takes cognizance of things incidental and seemingly trivial, as well as things great and frequently recurring."

This is what Dr. Eliot practices in his daily life. His conscience is quick to the spur of every known duty, and that duty manifests itself in the small affairs of life as well as those that appear in the sight of the world of the greatest importance. Conscientiousness is one of the ruling faculties of Dr. Eliot's character, and it shows itself to be fully represented in the moral region on his head. Some people have a superficial conscience that is easily molded to suit circumstances, but in Dr. Eliot we recognize that the height of his head from the opening of his ear shows a gravity for moral obligations to that degree that he cannot neglect to perform any work to which he has committed himself, and it is to this scrupulousness of mind and to this serious view of life that he is able to throw out his influence in a beneficial way to the thousands of students that come under his personal supervision. Joined to this strong element of his character, he shows a wonderful amount of sympathy for his fellow men. The organ of Benevolence is as fully developed as his Conscientiousness, therefore he is essentially a philanthropic man, and probably enters into the needs of the students more thoroughly than any millionaire who considers the profits of his greatest commercial idol, such as Rockefeller and his Standard Oil Company, and Carnegie and the Steel Trust, and to be possessed of humanitarian ideas is a nobler possession than to have millions of dollars at one's command.

Dr. Eliot is not a man who will ever waste his sympathy in any reckless or unadvised way, but he has the true spirit of philanthropy which is ever ready to do what it can for its fellow men, and having the opportunity to do this in so wide a field of thought,

he does not lose a chance of exercising his personal influence. Thus it will be readily seen in the attitude of Dr. Eliot's mind that matters of a moral character stand uppermost in his interests, and the beautiful outline of his moral brain manifests this in a very striking way. We wish more heads curved as his does along the upper and superior region. Hope, Faith, and Veneration are all faculties which have due weight when he is considering the interests of others. He is at once most encouraging to young men, and he is able to see possibilities in them which they may not see for themselves.

HIS SOCIAL QUALITIES.

While Dr. Eliot is strongly magnetic through his intellectual and moral qualities, yet we must not forget to note that his social faculties lend a charm of personality that is beautiful to behold. Granting for a moment that his intellectual faculties have a large influence over his character, we nevertheless realize that what might appear a stern, rigid, and unbending fealty to intellect has been mellowed by the influence of his friendliness, companionableness, and the sociability of his nature. His friendships are sincere. He has no artificial snobbery about him. He does not cater to aristocratic notions. He has a rare modesty of mind that is winning, courteous, and dignified. He shows the paternal instincts of his nature in looking after the interests of his large family of students. He makes Harvard University a very different place from what it was before he took the reins of government, and it is largely through his active social brain that he has entered with spirit into all the departments of his prosperous University. We are not mistaken in saying that since he has taken command of affairs at Harvard, the University has grown from one thousand and forty-eight to five thousand-odd students. This has required a

well-balanced organization to accomplish, and he has succeeded not only in increasing its interest as a teaching center, but he has also been able to show that a man who well divides his time is able to throw his energies into every department of his work

whole University over like a flap-jack . . . it is so curious to see a young man like Eliot with an organizing brain, a firm will, a grave, calm, dignified presence, taking the ribbons of our classical coach and six, feeling the horses' mouths, putting a check on



DR. CHARLES WILLIAM ELIOT.

and supervise and reorganize a department where he considers that it is not doing all in its power. This was the case thirty-four years ago, as we learn from one of Oliver Wendell Holmes's characteristic letters. He wrote:

"Our new President has turned the

this one's paces, and touching that with a lash, turning up everywhere in every faculty (I belong to three) on every public occasion, at every dinner oratory, and taking it as if he had been born President."

In another letter he says:

"I cannot help being amused at

some of the scenes we have in our medical faculty—this cool, brave young man proposing, in the calmest way, to turn everything topsy-turvy.

"How is it, I should like to ask," said one of our number the other evening, 'that this faculty has gone on for eighty years managing its own affairs and doing it well—how is it that we have been going on in the same or-

knew produced by the most eloquent sentences I ever heard."

From the Ivy Oration we quote the following by Richard W. Child, Class Day, 1903:

"To-day there are many things of which our class may be glad. We count ourselves lucky to have been here in the time of President Eliot, and such luck, we hope, may fall upon many a future class.



THE CAMPUS AT HARVARD COLLEGE, CAMBRIDGE.

derly path for eighty years, and now, within three or four months, it is proposed to change all our modes of carrying on the school! It seems very extraordinary, and I should like to know how it happens."

"I can answer Dr.—'s question very easily," said the bland, grave young man. "There is a new President." The tranquil assurance of this answer had an effect such as I hardly ever

"According to the President's own story, he is growing younger. In years gone by the students have spoken of him as 'Old Eliot,' but not long ago he overheard one senior saying to another: 'Hello, there goes Charles!'"

Thus by studying the individual character of the man through his mental and physical developments we can understand the reason of his wonderful success.

The World of Sport

No. 1.—ATHLETIC SPORTS. RUNNING AND YACHTING.

At present all the world is agog more or less and alive to the great efforts that are being made by national and international Associations to provide recreation for the public; thus it has become quite a business among certain people to prepare themselves to become experts in cricket, base-ball, lawn tennis, yachting, golf, cycling, rowing, automobilism, and running.

Matches in all of these above-named departments of sport are the vogue,

in England and America at this season, and as Phrenology has much to say with regard to the adaptation of people to this or that line of work, we will try and show, in a condensed way, the reason why some are better adapted to meet with success than others in such a line of out-door work. There is as much aptitude in some people for athletic work as there is for Mathematics in others, and the brain development of athletes has as much to do

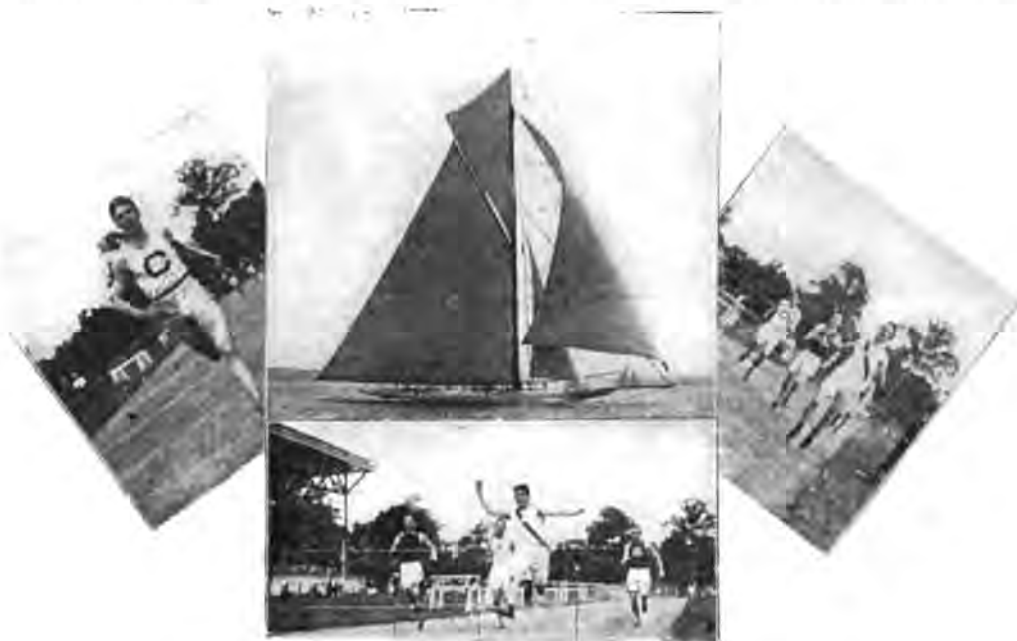
with their success as the physical condition. Some people may doubt this, and think that it is all a matter of physical training, but as we study sports from a Science and Art point of view, we shall see that it is the development of the mind in the direction of work that brings the success to the largest number of experts on the field.

ELLERY H. CLARK.

Take, for example, the case of Ellery H. Clark, who was the erstwhile cham-

is expected to succeed in champion work. Were he directing his attention to yachting or to any of the specialties we have already mentioned, only a certain number of qualities would be called into play; thus it is much harder for a man to succeed in an all-around championship than in one department only of athletic work.

In his well-balanced organization he shows that he has not too much of the Vital Temperament, yet enough to give generating power and vitality. He has a solid framework, excellent



ATHLETIC SPORTS: RUNNING, YACHTING.

pion of all-around work of Harvard University, and the crack and winner of the all-around championship of the A. A. U. in 1897. He has been training all winter for this contest at the Boston A. A. Gymnasium, and is in fine fettle. Mr. Clark illustrates our ideal of proper equipment, both of body and mind for athletic work. His photograph indicates that he possesses a well-balanced organization, and one capable of doing expert work. His Perceptive faculties are all well developed, giving him a clear understanding of what is required from one who

chest power, good lungs, and breathing capacity, a good locomotive apparatus in his firm muscles, while the width of his head at the base gives him energy and executiveness to take hold of athletic problems and carry them out to their finality. He is not over-burdened with large Cautiousness, but has sufficient of that quality to give power to look ahead, prepare for emergencies, and win success. It is a mistake to think that the brain plays no part in the success of physical exercise. Outdoor work requires patience, coolness, and capacity to make up one's

mind and act simultaneously, while the impulsive, undecided man of hot temper will make but little progress in cricket, base-ball, yachting, golf,



MR. ELLERY H. CLARK OF HARVARD.

automobiling, etc., etc. These sports give good discipline to the mind as well as to the body, and the one helps the other.

RUNNING.

Agility is often more advantageous than strength, and a thorough mastery or control over one's self is absolutely necessary in running matches. It would therefore be of considerable help to athletes were they to make a

study of their own organization in order that they might cultivate those qualities that are small and repress those that are large in connection with their work.

YACHTING.

Those who take up yachting as a sport find that it is necessary to have a large Organ of Weight, great courage, and good judgment. Intuition and Comparison act in concord and give a yachtsman quick decision, intuitive judgment, and a keen, analytical mind to see the slightest alteration of conditions or opportunities. A yachtsman must have the organ of Firmness large enough to give him stability, and Self-Esteem enough for self-possession and independence. He must be a keen observer, and not be carried away by imaginary fears or fancies. We have often said that good yachtsmen on a poor boat will run a better chance of success in winning a race than will poor yachtsmen on a good boat. Locality is also necessary to enable a specialist in the above work to see how near he can come to a curve when rounding a point on his return journey, and how far he must keep from his opponent or surrounding crafts. The least error in judgment or want of coolness on the part of the one who is giving directions means a failure, but courage, executiveness, under proper control, will give individual success.

SAYINGS OF THE WISE.

Children are unconscious philosophers. They refuse to pull to pieces their enjoyments to see what they are made of.—Henry W. Beecher.

Great, ever fruitful, profitable for reproof, for encouragement, for building up in manful purposes and works are the words of those that in their day were men.—Carlyle.

The way of the world is to make laws, but follow customs.—Montaigne.

We carry happiness into our condition, but cannot hope to find it there.—Holmes.

Prosperity is no just scale; adversity is the only balance to weigh friends.—Plutarch.

Energy will do anything that can be done in this world; and no talents, no circumstances, no opportunities will make a two-legged animal a man without it.—Goethe.

Ralph Waldo Emerson.

POET, PHILOSOPHER, METAPHYSICIAN, AND LITERARY
STAR OF THE FIRST MAGNITUDE.

It was appropriate that the centenary of Emerson's birth should be commemorated in May, that many fine eulogies be presented in his honor.

As we have been asked many times to give a portrait and sketch of Emerson, we take this opportunity while the interest is still green and his name still rests on the tip of the tongue.



EMERSON AS A YOUNG MAN.

By many, Emerson was looked upon as a professional philosopher, but to those who knew him intimately he was more than a philosopher, for he possessed that simplicity of manner, kindness of heart, strength of friendship, that is rare to find. Emerson's personality was surrounded by a singular modesty of character. He believed in everything that was true to his convictions. He hated shams of all kinds, and had no sympathy with those who were artificial. He possessed a strong Mental Temperament, and verified it throughout his life.

Emerson was a special and active agent in stirring the minds of men in New England in his early manhood. He looked at education, religion, politics, society, and, in fact, everything, in a light that differed from most men. He attracted public attention through his lectures, and these lectures were calculated to arouse the minds of others to new ways of thought. He came from a long ancestry of thinkers; in fact, his father, grandfather, and great-grandfather on both his father's and mother's side were ministers, and he could trace his ancestry from the early settlers in this country.

It was just a hundred years ago, on May 25th, that Emerson was born, and his father, the Rev. William Emerson, was then Minister of the First Congregational Church in Boston. He was left fatherless at seven years of age, but his mother proved to be a host in herself, and brought up her family of five boys and one girl in a creditable way. She knew what privations and hardships were, and these she bravely endured in order that she might give her children an education.

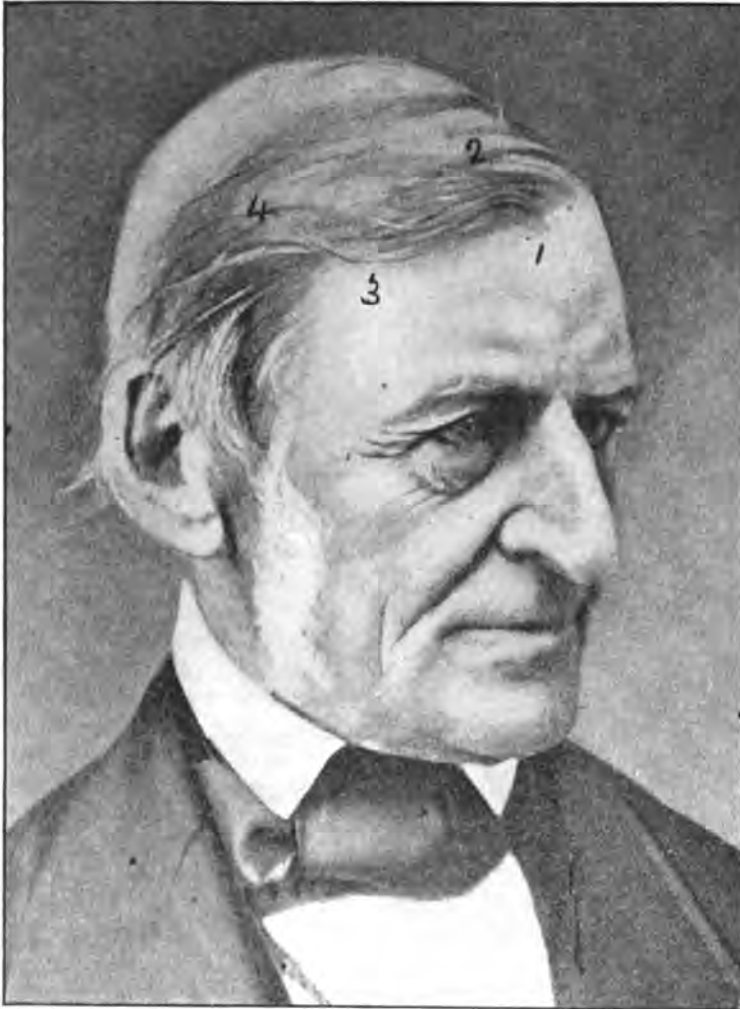
Emerson was a graduate of Harvard, and after teaching a year or two began studying for the ministry. His health being insufficient to allow him to continue his studies, he commenced traveling in the South. His mind at this time was broadening considerably—so much so that he found it difficult to keep within the prescribed boundaries of his profession. He gave himself to preaching, however, between the years of 1827-32, and although he was adapted for the ministry in some respects yet he disliked pastoral work.

About 1832 he commenced to lecture, and gave himself up to writing; thus, as a lecturer and writer, he was perhaps better known than as a

preacher. He loved the liberty of the platform, where he could say just what he felt and thought. There were many subjects that he treated upon in his lectures which he did not feel at liberty to discuss in the pulpit. At that time lecturers of his type were in demand, and he frequently gave

Dial, while his first volume of poems was issued in 1847.

Emerson possessed a unique way of writing, and had the habit of writing out a sentence in his journal when it had taken shape in his mind; after this he linked it to other similar sentences which had been written at odd



RALPH WALDO EMERSON.

No. 1, Comparison; No. 2, Benevolence; No. 3, Ideality; No. 4, Sublimity.

courses of lectures in Boston; nor were his lectures confined to his native country. He visited Europe in 1833, 47, 72, where he lectured and mingled with intellectual celebrities. In 1839 he published his first prose work, called "Nature," and his first publication of verse found its way in the

moments. As a writer to possess a great loyalty to idealism, he advocated that which was real, and showed an insight into the nature of things that distinguished him as an original thinker. He exhibited exceptional courage of speech and showed a remarkable serenity of life. The peculiar key-

note of Emerson's writing is its elevation and simplicity. He did not think of pleasing or displeasing anyone; and, therefore, succeeded in delighting everyone worth pleasing. Success did not spoil him, though it came very early. The success valued by a man like Emerson was an extended power to do good. It did not consist of possessing houses, carriages, or servants; but when he knew that the intellectual and moral light which emanated from him was lighting up the best hearts, brains, and consciences of people, he had his reward.

in the company of their intellectual inferiors. One of the salient characteristics of Emerson, as shown in his photographs, was manifested through his moral character, and showed itself in unfailing sympathy. No man was less goody-goody, and no man was more truly good. A love of truth for its own sake is very rare. This was the particular method of Emerson's genius. He did not trouble himself as to the effect of what he said would have on social and political life, but said exactly what he thought and felt on matters which appeared to him to



EMERSON'S HOUSE, CONCORD, MASS.

This gifted man looked upon every other man, woman, and child as interesting and lovable. He showed unfailing courtesy to even the stuttering speech of uncultivated minds, hoping to find some idea worthy of attention. Emerson was always on the lookout for the uncut diamond in the uneducated. He realized that the small jewel will not bear much cutting, but the large one will.

It was the close study of character that gave Emerson's writings such a touch of naturalness, life, and reality; he lived a perfectly simple life. He did not use that freezing method that some cultivated persons use when

be important. He looked into his heart and dipped his pen there, then wrote; he was always, by study and observation, enriching his heart and brain.

Emerson was never in a hurry to publish, and was never tired of taking pains. He had the faculties which gave him brilliancy and eloquence. He was a man of the greatest candor and frankness, but he possessed extraordinary tact and subtlety. Emerson's style was clear, deep, manly, and direct, full of nerve and poetic energy; it thus reflected the writer, and his intellectual wares suited the market.

As a poet he was optimistic, which

is not an easy thing to be; yet there was but a small suggestion of the grave in his teaching. Emerson taught no exact system of Philosophy; in fact, he has been criticised as being no philosopher at all; but if Philosophy means a love of wisdom, he was a philosopher. Emerson saw, felt, and thought, gave the public the result, and was not afraid to broaden his ideas from time to time. He did not try to think for you, but only to make you think for yourself; he did for the mind what the sea air does for the body—braced it. Emerson had the effect of raising you to a height from which you could look down into the intellectual fog (in which most of us live), and enabled you to see, and tried

to make you love, the pure white light of first principles. Emerson clearly explained why the world lacks unity and lies broken and in heaps, because man is disunited with himself. This we know, as Phrenologists, is the result with chaotic people, who, through want of balancing power, do not present a harmonious whole. Emerson had some thought for everyone, however widely some of their ideas may have differed from his. He found in American soil potentialities that suited him, thus he thrived and grew under the new world's sky. We say to all, study Emerson in the light of his Phrenology and his character will be clearly understood.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

PRINCIPLES OF ASSOCIATION.

In the preceding paragraphs definitions have been given of Association; but as it is very necessary to have its principles stated where they may be easily referred to the following statement is given:

Association is that law of mind by which sensations (sight, hearing, smelling, taste, touch, and muscular sense), actions and thoughts or ideas are connected in the mind with other impressions to which they stand in the relations of Contrast, Resemblance, Locality, or Position, and suggestive Connections. The definition of the separate items will be given at the head of the paragraphs in which each is treated.

Rules for observation, with a view to the association, suggestion, and recollection of impressions, both material and mental:

1. First in importance is concentration, which is primarily an act of the will; but is much influenced by interest and other selfish or pleasurable conditions. It is often called Contin-

uity, or the power of fixing the attention on the subject presently under consideration and its exercise is positively necessary for securing a vivid first impression.

The cultivation of this power of the mind gives thoroughness and connectedness to all that is undertaken. It is not difficult to concentrate the mind on a subject that is of itself interesting; but otherwise the learner must bring all his mind power, both of intellect and will, to lend attraction to studies that are to be beneficial.

2. Where persons and objects are to be scrutinized, the list of details given in the Interrogator or Descriptor should be carefully observed. With scenery, locality is brought powerfully into use, so as to fix the position of all the objects in view. The state of the weather will be impressed upon a variety of the senses, and if it is merely a dull day, color will not fail to notice the effect upon everything, unless the sense be weak.

An agitated state of mind, fatigue from long continued effort and weak health are all conditions in which the

mind cannot act vigorously and connectedly. "One thing at a time, and that done well," is the great law of intellectual development. To become deeply absorbed in a subject to the exclusion of all other things is one of the characteristics of genius, notwithstanding the ludicrous situations in which its possessor may at times be involved, as in the case of a noted Edinburgh professor, who, when a schoolmaster, often appeared in the class-room with shoes and stockings that did not match; and the same gentleman, when sent to dress for his marriage, went to his bedroom, undressed, and went to bed, where he was found sound asleep, with a Hebrew book in his hand.

REPRODUCTION OF MENTAL IMPRESSIONS.

1. Whatever is to be reproduced must engage all the powers of the mind, and where it is memorizing from a book the passage should be very carefully and deliberately read over, and if there are any unfamiliar words a dictionary should be consulted so that the conception of the meaning of the passage may be correct. The mere repetition of passages will not help the memory, which must be aided by all-round observation, as well as reflection as to what is treated of. Young people have strong verbal memories; but the memorizing here inculcated is to be aided by the reflective powers.

2. As in connection with the physical world, observation is necessary to make us familiar with surrounding objects, so with regard to the mental state of our being, the great feature of the mind brought into use is Comparison, by which connections between the known and the unknown are established. Comparisons are said to be odious, which is quite true to the extent that there are odious comparisons; but the mind that is not constantly comparing or analyzing will assimilate very little mental food. For the pur-

pose of laying the foundation of permanent impressions by associating one idea with another, in the mind, the following particulars have to be carefully noted. By their use the student will memorize not by mere repetition, but by the use of his judgment, so as to have a thorough understanding of the only process by which indelible impressions are possible. The degree in which this power of discrimination is possessed, forms the basis of all intellectual advancement, and a great deal of our happiness or misery depends upon a good or bad memory.

EXERCISE.

1. Cite the opinions of any writer with whom you are acquainted, as to the importance of the laws of Association.

2. What is meant by Association? Define the term in your own words.

3. Give an example of any idea that occurs to you, and also the idea you connect with it. The simpler the illustration the better, and this fact may enable you to furnish a few illustrations.

4. State the subdivisions of the law of Association.

MENTAL IMPRESSIONS.

1. State as concisely as possible all the conditions that favor the retention of impressions.

2. Detail the states of mind that are opposed to permanent impressions.

3. In dealing with material objects enumerate all the particulars that may be gathered regarding them.

4. What effect will a divided attention, or mind wandering, have upon any efforts at memorizing?

5. If selections from a book are being memorized, what precautions are necessary to make the impressions clear?

6. What power or endowment of mind is brought actively into use when persons, things, and ideas are set alongside of each other?

EXERCISE.

Pick out and write down the words in the following conversation which lead from one topic to another:

ELEGANT CONTINUITY.

It has been said that the art of conversation consists in "preserving an elegant continuity," and "making one thing lead to another."

Ordinary He (at any modern dinner-table): Very damp!

Ordinary She: Very.

He: A lot of illness going about.

She: Yes. My children have had rose rash.

He: Talkin' of rose rash, have you read Rosebery's "Napoleon"?

She: Of course. He's very hard on Sir Hudson Lowe.

He: Ever seen the Hudson River?

She: Yes. It's like the sea.

He: They say Kruger's been jolly seasick.

She: Wicked old man!

He: Well, we've turned the tables on him.

She: Do you go in for Spiritualism? Ever turn tables?

He: Sometimes—with my feet. Talkin' of feet, what d'you think of Lord Salisbury's?

She: Sending Lord Lansdowne to the Foreign Office? Well, his French accent's good. Do you like the French?

He: No; too froggy. Ever eaten frogs?

She: Never. I can't swallow reptiles. They'd stick in my throat.

He: Talkin' of sticks, there's a lot of officers hobblin' about on 'em.

She: Ah, the war! A terrible business!

He: For business men. You ask on the Stock Exchange. Now Bobs is comin' home, if Kitchener don't.

She: Kitchener! Oh, I've had such trouble with my cook lately!

He: Jolly difficult to get a good cook. Talkin' of cooks, have you ever been one of those circular tours?

She: Never. Are you like me? Do you get dozens of circulars every morning from people you never heard of?

He: Dozens. Talking of never heard, d'you find a cold makes you deaf?

She: Yes, it often attacks the ear.

He: Wonder what the new one'll be like?

She: Ah, the first of the century.

He: Ranjy made a lot of 'em last season. Like cricket?

She: Pretty well. Have you ever had a cricket get into the house?

He: Yes, the chirpin' was beastly.

Talkin' of chirpin', been to any concerts lately?

She: Only the Promenades. Are you fond of walking?

He: No, I'd rather ride. Talkin' of ride, d'you know the Isle of Wight?

She: Naturally. Do you like that woman's white hair opposite? She lives at Cowes.

He: Are you afraid of 'em?

She: No, but I am of bulls. Have you ever seen the Pope?

(And so on ad. lib. till end of dinner).

Pierrot.

A careful reading and analysis of the matter presented on the following pages will enable the reader to perceive that by an act of judgment or comparison, by which we discriminate between the resemblances and differences in particulars, some of the following relations or distinctions can be shown to exist between facts and ideas of every kind; thereby showing how to form an association, or, according to Lord Macaulay, "A chain of associations," to suit the purpose of enabling any information to be indelibly printed on the memory.

CONTRAST.

When an idea is presented to the mind, it is likely to be compared with former impressions and experiences, and, either connected with other impressions which it resembles, or, from which it differs, and in this order should the one thing come before the mind the other is very likely to come up in the same connection. The undernoted varieties should be read through very slowly, and at the same time discriminatively, so that the mind will have time, in every case, to realize the correctness of the contrast.

1. As to the properties or qualities of matter (see the Interrogator for particulars), round, square; large, small; black, white; heavy, light; sour, sweet; fragrant, stinking; rough, smooth; harmonious, discordant; rapid, slow; subject, object.

2. Between substances, animals, persons, etc: sugar, salt; honey, rhubarb; whale, herring; turtle, tortoise; Go-

liath, Tom Thumb; sovereign, half-sovereign; quassia wood, liquorice.

3. In abstract qualities: brightness, darkness; cold, heat; material, spiritual; meekness, impudence; analysis, synthesis; sublime, prosaic; time, eternity; red, blue; pleasure, pain; liberty, bondage; love, anger; commission, omission.

4. In character, rank, positions, and conditions: bold, timid; active, indolent; intelligent, illiterate; cautious, fearless; prince, peasant; private, commander-in-chief; member of Parliament, Prime Minister; aristocrat, democrat; right, left; high, low; beginning, end; inside, outside; Alpha, Omega; first, last; old, young; strong, weak; sound, diseased; fresh, stale; fat, thin.

5. As to uses: land-engine, marine-engine; power-loom, hand-loom; gas-engine, water-engine; steam-car, horse-car; air-pump, steam-pump; cork-screw, thumb-screw.

6. In processes, methods, and systems: water-power, steam-power; hand firing, mechanical stoking; wet-spinning, dry-spinning; sailing-ship, steamship; pen-painting, oil-painting; gaslight, limelight; oil-stove, gas-stove; steam bakery, hand bakery; rhyming dictionary; technical dictionary; rubber-stamp; hand-power; motive power; hydraulic lift, steam-lift; hot-water pipes, steam pipes; force-pump, suction-pump; wood-paving, stone-paving; wood pulleys, iron pulleys; solid tyres, cushion tyres.

Typewriting: wheel machines, type-bar machines; iron church, brick church.

Learning languages: Hamiltonian Ahn's, Hugo's.

Shorthand: Pitman's, Light line, Gurney's.

Religions: Brahminism, Mahometanism.

Politics: Liberal, Conservative; Whig, Tory; Republican, Monarchist.

7. In positive and negative terms: moral, immoral; legal, illegal; thoughtful, thoughtless; consistent, inconsistent; righteous, unrighteous; restless, restful; material, immaterial; active, passive; ability, inability. Temperance, intemperance; before or after.

8. Time past, present, and future, and place, when and where:

"On Linden, when the sun was low."
"But Linden's hills shall see another sight."

9. The three degrees of comparison in connection with adjectives indicate contrast between things that at the same time have a basilar resemblance; so, also, with the rule of proportion in arithmetic; it is a comparison of magnitude between things of the same kind. This distinction must always be borne in mind, so that there will be clear ideas as to whether a comparison is made simply for the purpose of bringing into view the difference or the resemblances: kind, kinder, kindest; 8 lbs.: 10 lbs.: £3.

10. Between the literal meaning of words and their technical meanings: "Boots wanted, apply Royal Hotel." "Post the ledger," which an ignorant clerk proceeded to do by wrapping it up in brown paper, and at the same time exclaiming that he did not know the post-office that had a letter box to allow it to get in.

11. National Characteristics: An Englishman is said never to be happy except when he is miserable; a Scotchman is never at home except when he is abroad; and an Irishman is never at peace except when he is at war.



SCIENCE OF HEALTH

Notes and Comments

By Dr. E. P. MILLER

SHALL WE DRINK WHILE EATING?

Shall we drink anything while eating our food? From our understanding of the process of digestion, we should emphatically say, NO. And why? Because Nature has provided digestive juices, or fluids, of five different kinds, each of which has a specific function to perform during the digestive process, and if these fluids are diluted by the drinking of other fluids, their power to perform that function is lessened.

First: Investigators divide foods into five different classes, according to their nutritive qualities, viz., water, protein, fat, carbo-hydrate, ash.

Second: There are five different digestive organs which secrete five different juices, or fluids for the special purpose of digesting the food.

These five organs are as follows:

1. The mouth with the teeth, tongue, and salivary glands.

2. The stomach, with its gastric glands.

3. The pancreas, with its pancreatic glands.

4. The liver with its complicated secreting, filtering, and excreting function.

5. The intestines, with their multipotent glands.

The digestive juices are as follows:

1st. The saliva, formed in the mouth, is an alkaline solution, which is necessary for the digestion of the carbo-hydrates—starch and sugar.

2d. The gastric juice, formed in the stomach, which is a strong acid and

absolutely essential for the digestion of protein in all its various forms.

3d. The pancreatic juice, which is alkaline, assists in completing the digestion of protein and carbo-hydrates and in emulsifying fats.

4th. The bile, formed in the liver, which is also alkaline, emulsifies fats, assists in converting starch and cane-sugar into fruit-sugar, acts as a filter to take out of the blood the poisonous elements therein, and assists in removing the effete and worn out material that should be thrown out of the body.

5th. The intestinal juices assist in completing the digestion of all the different foods eaten, and providing ash, the chemical salts, required for the bones and harder tissues of the body.

The water required as food should be taken either from one to two hours before eating, or from three to five hours after. Why not take it while eating? Because, as before stated, it dilutes the saliva, the gastric juice, the pancreatic juice, the bile, and the intestinal fluids, so that their digestive power is weakened and the food cannot be digested as quickly and thoroughly as it should and would be if these fluids were not diluted.

Neither water, tea, coffee, beer, wine, ale, cider, cocoa, chocolate, postum, or even milk, as a rule, should be taken with the food during meals.

Thorough mastication by the teeth, and complete blending with saliva in its full strength, is necessary for the digestion of carbo-hydrates, and the pulverizing of the protose obtained

from the cereals. Lean flesh used as food can be cut up fine and swallowed, either raw or cooked, and the gastric juice of the stomach, if undiluted, will readily penetrate and digest it. The gluten and cellulose that are mixed with carbo-hydrates in the cereals need to be thoroughly masticated so that they shall be separated from the starch and sugar, in order to have both properly digested. The pancreatic juice, the bile, and the intestinal juices will all perform their functions much more readily and more perfectly when not diluted. Liquids of any kind taken freely with the food will sooner or later create some form of indigestion. Vinegar, pepper sauce, mustard, catsup, condiments, candies, etc., materially interfere with the proper digestion of foods, and in the end do much harm.

All fermented foods and drinks, whether taken with the meals, or at other times, interfere with digestion, make impure blood, and form a seed-bed for disease-germs. Pure air all the time, pure food and pure water, taken at the right time, make pure blood, which insures good health, long life, and peace, prosperity, and happiness.

EXCESSIVE PROTEID DIET.

It doesn't require much of an argument to show that good material must go into the twenty-story building if it is to be solid and secure.

Yet a great many people seem to think that it matters little what kind of material goes into the building of the human structure!

They offer the body thistles and ask it to give back figs.

They feed on thorns and expect to pick roses.

Later, they find they have sown indigestion and are reaping ptomaines.

It's a wonderful laboratory this

human body. But it can't prevent the formation of deadly poisons within its very being.

Indeed, the alimentary tract may be regarded as one great laboratory for the manufacture of dangerous substances. "Biliousness" is a forcible illustration of the formation and the absorption of poisons, due largely to an excessive proteid diet. The nervous symptoms of the dyspeptic are often but the physiological demonstrations of putrefactive alkaloids.—Exchange.

NEURASTHENIA.

A considerable number of cases are due to lithemia and autointoxication and their depressing influence upon the nervous system. In such, mental and physical rest are positively contraindicated. The careful selection of foods, both as to quantity and quality, the free use of water and proper exercise are essentials for successful treatment. Some form of gastric, intestinal or hepatic derangement always co-exists and must influence the selection of the quality of the food. As a rule there is malassimilation or an excess of nutrient matter over the needs of the body. In either case the quantity ingested must be restricted to the assimilative capacity or the absolute requirements of the organism. Elimination is not properly performed and may be favored by the free use of water.

Out-of-door exercise meets the demand for more complete oxidation. To be of value exercise must be dissociated from one's vocation. If it keeps the mind busy so much the better as long as the wheels of thought are kept out of the well-worn ruts. As a matter of prophylaxis, professional men and all others whose habits are sedentary, ought to take out-of-door recreation systematically.—The Clinique. Medical Brief.

The Use of Massage and Restricted Diet in the Cure of Rheumatism.

PART V

By CHARLES H. SHEPARD, M.D.

In ordinary treatment it is observed that while the rheumatic patient may complain of the unpleasant effect of the perspiration, he never complains of its weakening effect, which is observed in hectic fever. On the contrary, he may describe it as bringing great relief to the bodily condition.

The perspiration and increased circulation brought about by the heat are not at all exhausting or debilitating, for there is no drain on the vitality, and there is an essential difference in this respect from the perspiration brought about by exercise.

That this Bath is weakening or in any manner debilitating, is thoroughly controverted by many facts, among others that the shampooers, who work in the heat several hours daily, never lose a day from its effects. On the contrary, they are examples of good health and vigor. Invalids, weakened by disease, and not able to sit up all day, have been subjected to this treatment once, and even twice, daily, for months at a time, the result being a constant improvement in health, strength, and flesh. In fact, the more desperate the case, the more active and persistent the Bath treatment. Many trades find it necessary for their workmen to labor in a temperature considerably above 100° Fahr., and the men are far from being injured thereby. Professor Carpenter, in "Human Physiology," indorses the same idea, and Chabert, the "Fire King," was in the habit of entering an oven whose temperature was from 400° to 600° Fahr. Thus it will be seen that the whole weight of testimony disproves the notion that this Bath is in any way enervating.

DIET.

For those disposed to Rheumatism,

a careful and well-selected dietary should be chosen. Not more than enough should be eaten, and that thoroughly masticated; the food being plain and simple. By a thorough *regime* of this kind, and a systematic course of treatment by the Turkish Bath, all may be freed from any liability to this most uncomfortable disease.

MASSAGE.

Massage has been found valuable, with the subsidence of inflammatory symptoms, and few will deny the utility of its use in Chronic Rheumatism. Its physiological effect is to increase the flow of blood to the parts manipulated, the induced activity of the circulation removing accumulations of waste tissue and morbid deposits, the retention of which gives rise to pain and disturbance of function. The therapeutic value of liniments and lotions is due only to the friction incident to their application.

Rheumatism is of frequent occurrence among the inhabitants of Mongolia and Northern China, and the remedy largely used by them consists of kneading, or a kind of Massage. For this they use a "Rheumatism Stick," a piece of wood so bent that any part of the body can be reached by the patient in his self-application of the kneading process.

ELECTRICITY.

When wasting of the muscular structure exists, and there is a generally lowered functional activity in the limbs from disease, Electricity can be advantageously applied.

Much has been done, and often can be, by home treatment in the way of cleansing the bowels with warm water, protecting the patient from injurious

medication, and mainly by making him comfortable and simply assisting nature to throw off the disease as fast as possible. The cold bath has a wonderful tonic effect, but the greatest relief is brought about by the sweating bath followed by the cold dash. The change from hot to cold has an invigorating effect upon the nervous system, and this is in line with the Turkish Bath

made a specialty. Therefore, when practicable, it is advisable to at once remove the patient to an Institution where the Turkish Bath and its accessories can be secured. The advantages of medical care, proper diet, and the regulation of the treatment to the condition of the patient, are apparent.

In the treatment of Rheumatism by the Turkish Bath it is sometimes



THE TEPIDARIUM OF CARACALLA'S BATHS, ROME.

treatment. A little ingenuity will often enable one to improvise what will answer the purpose for the time being. Wet compresses to the inflamed joints sometimes give great comfort. It is plainly impossible, however, in private practice, to have all the facilities to handle this disease as comfortably, or to relieve as quickly, as in a Sanitarium where these arrangements are

found that the first two or three baths apparently aggravate the disease, and the patient may actually think himself worse. But this is, as it were, only the first step toward recovery. The bath seems to arouse all the latent disease in the system. Such cases recover promptly and fully. It shows a vigorous condition of the reactive powers and good vitality.

Do We Eat Too Much?

It is acknowledged by many thinking persons that people generally eat too much. From childhood to old age both precept and practice constantly lead in that direction. The customs

of society encourage the same. The daily menu is so arranged that even after more than enough of good substantial food is partaken, there is then offered a new delicacy to still further

tempt the appetite. With some, a feast seems to be the height of enjoyment, while with others the four-o'clock tea, and the late at night suppers are supposed to be indispensable. Ocean travelers have been known to dispose of four and five meals a day.

To imagine that such a course can contribute to one's efficiency in any direction is an absurdity, for all food taken beyond the needs of the system becomes a poison, calling for an expenditure of nervous energy that could be otherwise better employed, and this is the main cause of many nervous break-downs.

A good contrast to this is shown in the fact of the remarkable age attained by the Pope at Rome, who was elected over twenty-five years ago because of his delicate condition, and with the prospect of a short term in store for him. But he has disappointed everyone and shown a wonderful amount of vigor, simply because of his careful and abstemious habits. He eats so little that the average man or woman would call it starvation. But even he sometimes eats too much, and is promptly punished for it by his feebleness becoming more pronounced, though he makes amends by eating nothing for awhile. If the inward monitor were more often heeded, there would be less of sickness, and the average life of prolonged.

It is frequently apparent that after

a full meal the person is less efficient for any duties during the succeeding two or three hours. Efficiency depends upon the food that is utilized and appropriated by the system during the hours of resting and sleeping. The overplus is only a burden, to be disposed of in some way, which is never agreeable to the sufferer, whether it come in the shape of rheumatism, malaria, or neuralgia.

One thing that has a great deal to do with the amount of food eaten is the amount of exercise indulged in. Another is the way in which it is eaten. If taken in small portions, slowly and thoroughly masticated, a less amount gives greater satisfaction.

Professor Chittenden, in the "Popular Science Monthly" for June, has very plainly demonstrated that the amount of food required to sustain an active person in the best of health is much less than has previously been considered necessary by the best authorities, even by government experts. From facts adduced it is shown that not only are we eating too much, but that a great deal of what is used is far from being the most desirable, either as to quality or cost. This is a large and far-reaching subject, and may be studied with advantage, especially by the economist and the humanitarian, who would seek to avoid the train of evils following this abuse of the good things of life.

C. H. S.

A Few Practical Pointers.

By ELLEN GOODELL SMITH, M.D.

Those who aim to improve the race by right living are the true educators, because they direct their energies toward the foundation or root of causation. The world at large does not educate in the true sense, but legislates to punish the criminal, and hence the work constantly increases. Justice becomes a delusion; we close our eyes and pay the enormous cost of crimes

and courts, while the causes or the effects continue to defy our efforts for removal. The watchword of temperance is, "The moderate use of all things helpful and total abstinence from all things harmful." It is doubtful if the majority have seriously considered the meaning of these words. The acquired necessities and the exigencies of present social and do-

mestic environments demand the daily use of harmful things. The preparation of them consumes our time and strength to such an extent that we are often unfitted to give our attention to really vital matters.

The liquor traffic may never cease to be, but the only way to render it powerless is to educate, create an appetite, and make ample provision for something better, for we cannot with safety remove or demolish old idols without producing something superior in every way, and unless the superior conform somewhat to the ideas of those we desire to reach our best efforts may still prove worthless.

We sound our curfew bells and summon the children home. Are there any provisions made in the home, or in a more harmless and social way, that will prove more attractive than hanging about the street corners, where pitfalls are numerous? How about the highly seasoned food they eat, the candies and confections, the tea and coffee they drink, the cigarettes they smoke, all of which tend to make them ill and produce a nervous unrest that demands outside excitement? You may give them milk and water with a dash of tea or coffee in it, but how long will it be before they demand an increase of color, and the mother's unwise love obeys because "there is no harm in it." Since we have had temperance instruction in school we have also had statistics with regard to the use of tea, coffee, and cigarettes among school children.

From a superintendent's report to the members of the school committee in one large school section we have the following, which is doubtless true of many, if not all: "The direct application of instruction about stimulants and narcotics, so far as it concerns children, is mainly in the use of coffee, tea, and tobacco."

One of our temperance manuals says of tea and coffee that "they do not make good blood. They are especially bad for children." Another says: "Tea and coffee are injurious to young

people." These manuals have the official indorsement of the national W. C. T. U. The number of boys and girls in each grade where the results are considered were as follows:

Grade.	Gir's.	Boys.	Total.
I	109	155	264
II	137	114	251
III	130	144	274
IV	147	136	283
V	133	120	253
VI	91	115	206
VII	84	80	164
VIII	47	45	92
IX	36	36	72
	914	945	1,859

Over three-fourths of all these drink coffee, nearly three-fourths drink tea. It follows then that over one-half must use both tea and coffee, and probably a considerable over one-half do so, as many use neither. I am therefore forced to conclude that either our textbooks state that which is false, or that a large majority of the children in our public schools are receiving injury from the use of stimulants, notwithstanding the temperance instruction of the teachers. Inquiries were made of the boys regarding the use of tobacco. The result shows that a little over one-sixth use it occasionally in some form, nearly one-fourth of the boys of the fifth grade use tobacco, and more than one-fifth of the ninth grade. To make this matter more emphatic a personal illustration may not be amiss, and will doubtless cause a little further investigation into the habits of children who are being taught temperance in school. A few years ago, in a large city, I visited a children's temperance meeting, and although less than twenty out of one hundred and fifty members were present, I was well entertained with their readings, songs, recitations, and other pleasant exercises. At the close the leader called upon me for "remarks." With her permission I inquired how many of them drank tea.

(Continued on page 58.)



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By UNCLE JOE.

No. 614.—F. J. G. Elliott.—London, Eng.—This little fellow shows by his photograph that he has come legitimately by his inquiring mind. He wants to know everything, and there-



NO. 614.—FRANÇOIS JOSEPH GALL ELLIOTT.

fore nothing will come amiss to him. He will ask all kinds of questions, and it would not be surprising to find that he inquired of his mother why the moon was up in the sky, and what held it there, and why we cannot see the stars in the daytime. His parents will

have to be on the alert and keep back rather than encourage him in his studies. He has a good constitution, and should be able to enjoy health and vitality right up to the handle. He will live largely through the efforts of his brain, and will need to be carefully trained physically. He ought to have some regular physical exercise given to him daily, so that he may be able to have a good balance of power when he reaches manhood.

His head is broad in the base, which indicates that he will manifest a good hold on life and show recuperative power; in fact, he will be able to pull through disease or weakness better than many for his age. When the base of the brain is well represented, a child is able to ward off disease even although he is delicately organized; hence it will be hard for this child to die and easy for him to live, provided he has nourishing food and is encouraged to cultivate regular habits in life.

He will be fond of fun, provided it does not hit him, but he will be able to appreciate hearing funny stories and reading funny or humorous tales.

His Perceptive faculties will gradually develop as his Causality calls out his mind in various directions, but he will be liable to stumble over things and fall down and injure himself if he does not look out. He will see only the object that he is seeking, but will miss the thing that is just in front of him. The organs of Weight, Color, and Order are not particularly devel-

oped, and will need to be called out. He must put his things away when he has finished using them instead of expecting his mother to do so for him. He will be self-opinionated, will want to be his own master, will have broad and liberal ideas of life, work, philosophy, and theology. He will make an excellent Teacher, Writer, and specially a Theologian, as well as a Phrenologist, after George Combe's type of mind.

ACQUAINT THE CHILDREN WITH OUR FLOWERS.

John Burroughs, during his recent visit to Montana, commented on the beauty and variety of our wild flowers. Such comments from strangers are very common; for our flowers are more numerous and beautiful than those of most other sections of the country.

But do we rightly prize this floral wealth so lavishly strewn around us? Do we teach our children to know them, or do we leave them to find for the pretty blossoms they pluck such names as "rooster-heads" and "pigs'-feet?" (Applied by children of some localities to shooting-stars and *Astragalus*.) They know so little of family characteristics that in one city they call a yellow lily a butter cup, and another yellow lily, which botanists call dog-tooth violet, the crocus. Nearly all blue spring flowers, except the violet, are "blue-bells"; and the pasque flower, or lavender anemone is the "wild tulip." Indeed, the rose and the violet are about the only flowers whose correct common names the children generally of all parts of the State know.

What more inviting branch of nature-study for children than plant-life? What an advantage to them to know our beautiful flowers! Cannot our educators devise some method for teaching children something of the structural characteristics of the great families of flowers so that they will

know the difference between a lily and a crowfoot; between a composite and a rose; between an orchid and a portulaca; between a member of the health family and a member of the pulse family? If this be in any way impracticable, cannot some way be devised to acquaint them with the names and habits of our wild flowers? They should learn to observe them by drawing them and painting them and watching their growth; and, while in one sense names don't count for much, they should also learn the names. This does not mean abstract scientific teaching, but only that best kind of instruction for children—the way to observe and distinguish things.

Teach the children to know the flowers. The knowledge will bless their lives. Teach them to gather them as they grow in nature with some of their foliage. Show them the difference between a glass of lilies standing loosely among their beautiful leaves and a crowded mass of the same flowers placed in dish or vase so ashamed of themselves that they huddle together their crushed, wilted petals.

Our lilies and many of our other mountain flowers are aristocrats. When they are jammed together they lose their graceful, patrician beauty. Give them their natural setting—their own green leaves, and each variety of flowers by itself.

And teach the children to love the flowers so tenderly that they will pluck them with careful, not ruthless, hand. Some of the wild flowers grow in profusion. Others are scarce and need to be protected from wanton waste. We enjoy the flowers in our homes, but we don't wish to pick them all heedlessly this year and leave none for succeeding years.

I have seen a child of four caress a flower and leave it unplucked that its seed might ripen and "make more flowers for next summer." Children are nearer the flowers than we "grown ups"—literally nearer because of their shorter stature and figuratively near-

er because of their more poetic fancy. It is a delight to teach them to see the beauty and wonder of the opening buds, and I question if it is not easier to teach such to a child of five than of fifteen. The wisdom of keeping the little child's eyes on the fine print of a book, or of requiring him to strain his eyes to make fine marks on paper may well be doubted; but

never the wisdom of opening his eyes to the wonders and beauties of nature. There he is at home. He can appreciate the marvel and poetry of it all until false educational methods, or lack of method, or too strong an emphasis upon material, non-essential things, make life a humdrum thing instead of a glory.

M. L. A.

A FEW PRACTICAL POINTERS.

(Continued from page 55.)

Nearly every hand was raised with a smiling face as though that fact were something to be proud of. How many drank coffee. Again nearly every hand went up, and almost without exception each child used one or the other or both. Their ages ranged from six to fourteen years. I gave them a brief lesson on the use of tea and coffee in the line of temperance, evidently new to their leader. They were then made quite happy with the contents of a large bag of candy served as they were departing for their homes. Were these children being taught what temperance means, or how the blocks should be laid to build a firm foundation for future health that will be able to resist temptation in what-

ever guise it may be presented? When or how do children acquire a taste for these common drinks? First from the mother who makes from her food and drink sustenance for the babe, both before and after its birth, then from a little taste of it now and then while in swaddling clothes. When they can talk they call for it, and the indulgent mother or nurse gives it to them under the name of "cambric tea" or coffee. As the years go by the quantity is increased, and when school days, with hard study arrive, instead of taking rest from the excitement of study, they stimulate with their tea and coffee; and perhaps they need it to give them a good start in the morning as much as do their elders.

THE PHYSIOGNOMY OF THE LATE POPE LEO XIII., AND THE LESSONS IT TAUGHT.

By J. A. FOWLER.

In the passing away of Pope Leo XIII., the career of one of the most remarkable men of the age has been brought to a close. Of all the pontiffs he has excelled his predecessors for the wonderful strength of his character.

He possessed a remarkable balance of power, for the mental, physical, and spiritual parts of his nature responded in about an equal degree, and it was this equality of strength that taught

the world many very important lessons. He maintained this balance by his simplicity of habits, wants, and desires. He knew the importance of abstinence in everything that pertained to his well being. Physical exercise, a light nourishing diet, and mental occupation formed a three-fold cord of health.

His features were very distinctly marked, and in these we possess the

key to his exceptional mentality. His nose, jaw, and ears were especially indicative of long life, and corresponded with his large organ of Vivativeness. (1) His nose showed persistency, will power, and determination of mind. Through his eyes shone the purity of

vided into three main elements—namely, executiveness, intellectuality, and spirituality of character.

The first manifested itself in the basilar faculties and gave him energy, courage, and tact.

The second showed itself in the lofty



THE LATE POPE LEO XIII. FRONT VIEW.

(1) The Nose, Will Power ; (2) The Eyes, Keeness of Intellect ; (3) The Jaw, Resistance ; (4) Ears, Longevity ; (5) Executiveness ; (6) Analysis ; (7) Benevolence.

his thoughts, his loving self-sacrifice for others, and his tenderness and gentleness of manner. (2) His ears were well poised and indicated longevity, balance of power, and delicate perception. (3) His chin was a lesson in self-control, fortitude, and resistance.

His brain power should again be di-

forehead and gave him literary ability, scholarly attainment, linguistic talent, philosophic thought, intuitive insight, and practical judgment.

The third indicated itself in height of head, and gave him humanitarian ideas, reverential piety, exemplary faith, broad sympathies, remarkable

tolerance, and uncommon patience, prudence, and spirituality of mind, which made his personality particularly magnetic, and his charm of manner perfectly irresistible.

His active imagination, poetic pow-



THE LATE POPE LEO XIII. SIDE VIEW.

er, and literary gifts were largely due to his finely developed Ideality, Constructiveness, and Comparison; these faculties assisted him to do whatever he did well, added versatility to his mind and availability of talent.

In his sweetness of disposition there was always apparent a strength of meaning, and a dignity of bearing that carried undeniable influence. He was never effeminate, for his veneration and self-esteem would not allow him to forget for a moment the position he held in his church; while his large Benevolence and Conscientiousness gave him Nobility of Character, a desire to see the Unification of the Churches of the World, and the Christianization of all people. It would not be surprising to find that his exquisite quality of organization and his high moral tone he inherited from his mother, and his organizing ability, systematic habits, and industry from his father.

AT COUNTRY SIDE.

Come ye this hour to Priestess Nature's shrine,
Come to the fane where Priestess Nature has
An Oracle for all. Interpreter
She of All Good, be it of earth or sky.
Come near to Priestess Nature's loving heart,
So near that ye may hear its ev'ry throb—
The water song, the psalming trill of bird,
The whispering of zephyr to the flower,
To grass and fragrant shrub and answ'ring tree.

Come ye this hour from busy toiling mart,
From highest place and lowest loneliness,
Forget your pride of self, your humbleness,
Forget if joy or ease your portion be,
And learn from Priestess Nature's Oracle,
That after all is told this Truth is true:
The All Good is the blessed Trinity
Of God-Creator-Nature and of Man,
The Trinity of Love, of Peace, and Truth.

By Margaret Isabel Cox.

Lawyers have no excuse for going hungry, as the statutes have lots of provisions in them.

The man who is slow but sure always manages to get there—but he usually arrives too late.

No man is in a position to teach other men until after he has burned his fingers a few times.

Don't attempt to drown sorrow in drink; you will only discover that sorrow is an expert swimmer.

THE Phrenological Journal

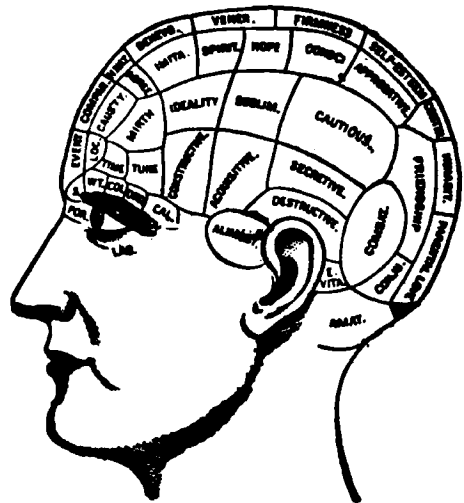
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, AUGUST, 1903

"Pythagoras was misunderstood, and Socrates and Jesus and Luther and Copernicus and Galileo and Newton, and every pure and wise spirit that ever took flesh. To be great is to be misunderstood."—EMERSON.

HOW TO MAKE THE MOST OF OURSELVES IN LIFE.

Every day brings fresh evidences of the utility of Phrenology. One came to our notice this morning when examining a lad of sixteen. At the close of the examination his father told us that in 1884 his older son attended the Class and took the Autumn Course. He has since then graduated from a Technical Institute, and has become a superintendent of a large telephone company in New Jersey. He said he believed that the knowledge he had gained through the Course of Instruction in Phrenology had been of very great assistance to him and thought others would be pleased to know this.

From the papers, we realize an increasing evidence of the general belief in the science, and we look forward to the time when no one will feel his education is complete without taking

the course of instruction above mentioned.

Among those who are interested in the furtherance of the science are those engaged in every profession, and almost every kind of work. Even many people who are not obliged to earn a livelihood have been benefited by understanding themselves more completely through studying their characteristics.

As we believe that every one should use his abilities in the best possible way, it becomes his privilege to do his utmost to conserve his energy and make the world better than he found it.

In order to help students to make the most of the Phrenological Course, the American Institute of Phrenology includes in its Faculty the following Professors:

The President of the Institute, Charles Wesley Brandenburg, M.D., is a graduate of 1889. He will lecture on

"Hygiene," or the "Laws of Health," as applied to Body and Brain; "Foods," and their chemical influence upon the body; "Exercise," and the effects of Narcotics and "Stimulants" on the human system; also the Health Stimulus of the Phrenological organs. Dr. Brandenburg is a physician in New York City, and a lecturer for the Eclectic Medical College, N. Y. C.

Henry S. Drayton, M.D., LL.B., A.M., is a long-time and valued friend of the Science, and has been connected with the PHRENOLOGICAL JOURNAL for over thirty years; author of "Brain and Mind," etc. He is a lecturer for many scientific and medical societies, and will lecture for the Institute on "The History of Phrenology," "Psycho-Physiology," etc. His lectures are scholarly and scientific, and include the results of some of the latest investigations upon the subject of "Cerebral Physiology."

Miss Jessie A. Fowler (daughter of Mr. L. N. Fowler) is a Vice-President of the Institute and a graduate of the Woman's Law Class of the New York University; author of "Mental Science," etc. She assisted her father and Mr. Sizer in their teaching, examining, and press work, and studied anatomy, physiology and brain dissection at the School of Medicine for Women, London. She will lecture at the Institute on "The Theory and Practice of Phrenology; or, the Temperaments;" "Brain Dissection" (Dr. Gall's method); "Choice of Pursuits;" "Physiognomy;" "Ethnology;" "Marriage Adaptation;" "The Modern Motor Centers;" "Hereditary Influences;" and "The Art of Character Reading."

David M. Gardiner, M.D., is a graduate of The New York University, a physician and medical professor. He will lecture for the Institute on "Anatomy," "Physiology," "Brain Dissection," "Insanity," "Respiration," "Circulation," "Digestion," "The Bony and Muscular Structure of the Body and Brain, and Its Physiological Functions." His dissection of the brain is a special feature of the Course.

Julius King, M.D., is a graduate of the Medical College, Cleveland, O., and an optician in New York City. He will lecture on "The Eye," "The Perceptive Faculties," "Color Blindness," and "Physiognomical Characteristics." These lectures are illustrated with models of the eye, and tests are given among the students of their accuracy in detecting colors.

The Rev. Thomas A. Hyde, B.D., is a graduate of Harvard University, a professor of elocution, voice culture, and public speaking, and author of "The Natural System of Elocution and Oratory," etc. He will lecture on "Elocution and Voice Culture," in regard to the training of the voice for practical purposes in the lecture field.

Charles H. Shepard, M.D., is a writer on many subjects pertaining to health and Hygiene, and has had over forty years' experience as a physician in Brooklyn. He will lecture on "The Diseases of the Brain," etc.

The Rev. Amory H. Bradford, D.D., of Montclair, is the author of "The Influence of Heredity on Christian Life," "The Art of Living Alone," etc., and has always been a source of inspiration to the Students. It is hoped he will be able to lecture on the important subject, Heredity.

The Rev. Charles Josiah Adams,

D.D., is the author of "Where is My Dog," has lectured for the Institute for many years, and is deeply interested in the subject of "Animal Intelligence." He will lecture on "The Essential Man and the Other Animal," etc.

Constantine F. McGuire, A.M., M.D., is a graduate of the Institute, and a physician, lecturer, and author of "Rational Physical Culture." He

will lecture on "Temperament in Relation to Physical Culture," etc.

Cora A. Ballard, M.D., is a graduate of the Institute, and a physician and lecturer. She will lecture on "The Diseases of Children," and "How Phrenology Has Been of Assistance in Teaching the Young," etc.

The blackboard will be freely used by the lecturers to illustrate the various subjects.

REVIEWS.

In this department we give short reviews of such NEW BOOKS as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"Concentration." By Arthur Lovell, author of "Ideal of Man" and "Ars Vivendi." Published by the author, London.

This is the last book that completes the "Ars Vivendi" series, which comprises four books. This series, including the present book, describes the science and art of human development. It aims at formulating an instinctive desire in the individual for health, happiness, and prosperity, and it believes in the feasibility of realizing this instinctive desire. It lays down as a fundamental axiom that the root of all evil is ignorance and violation of the laws of the universe, consequently the more man understands and obeys the laws of the universe the more happy and peaceful and forceful he becomes, till by slow and gradual development he reaches the stage of self-consciousness and freedom from the bonds of pain, disease, and unhappiness.

The realization of the above is the aim of the "Ars Vivendi" system. The writer tells us that the aim itself is not original, for it is as old as the hills, and furthermore, it is the aim of every man and woman on the face of the earth. Nobody willingly prefers disease to health, misery to happiness, therefore the "Ars Vi-

vendi" system can proudly claim to have the same grand aim as every man and woman on this planet—namely, health, happiness, and peace. The writer further explains that we are all in different stages of evolution, consequently we are often as wide asunder as the poles in our estimate of ways and means to secure the desired end. That would not matter in the least provided each individual took a short cut to the goal only known to himself, but it makes a considerable difference when it is found out that the path for all is exactly the same in the long run. It becomes, then, a matter of supreme importance to find out this universal path. The object of the "Ars Vivendi" system is to throw light on this path and to guide the traveler onward step by step until he reaches the goal.

It tells him first that he must learn to think for himself, to accept nothing but what appeals to the reason within him, to reject nothing because he has never heard of it before. The system then informs man that there are three great factors in life—Will, Imagination, Concentration. The proper use of these three constitutes the art of living, by the study and practice of which man is able to transmit himself from a condition of weakness, pain, ill-health, and unsuccessful endeavor into a state of self-mastery and control of environment.

The fourth volume of the series, namely, the one at the head of our notice, called "Concentration," is studied in its two aspects, objective and subjective. The former enables man to master the phenomenal world; the latter gives him the key to the spiritual light within.

Once in a great while some one discovers a gold mine, and so becomes rich with a rush. Now and then a business man, with a long look ahead, gets such

control of some phase of the market that he makes a fortune in a few months, or a few days. But the great mass of business men who attain success grow slowly, and so healthily. I have often thought that the growth of character in a man and the growth of ability in business are very much alike.

HOW TO BE HEALTHY AND HAPPY.

Dr. Ellen Goodsell Smith recently wrote some excellent words of wisdom in advising farmers to never be without fruit. Although so many consider it a luxury to be indulged in only between meals, she says:

"I think it would be far better for health and that much time and strength would be saved if rich pies, puddings, cakes, and other things too numerous to mention were discarded and fruit used instead. Fruit is a very valuable article of food, and I can see no reason why anybody who owns a farm should not have sufficient fruit grown thereon to supply their own family. It is a poor economy to raise fruit and sell most of it."

She gives another good word of advice when she says:

"It requires considerable strength to digest three hearty meals a day. In hot weather we should use a cooling diet and very little meat. There are races of hardworking men who never eat meat, and thousands of our own people who

live upon bread, fruit, vegetables, and cereals, the flesh of animals being entirely discarded. They do not lie in the shade in idleness, and are the vigorous, enduring, hardworking men and women, both mentally and physically."

She hopes the time will come when we shall cease to sell and eat of flesh. She says, "It is at best a second-hand product, as the animal converts food into flesh for us just as we are sometimes converted into food for cannibals."

FALL CAUSES LOSS OF MEMORY.

Interesting Case of a Theological Student at Annandale.

Poughkeepsie, N. Y., Jan. 28.—A singular case of loss of memory is exciting interest at St. Stephen's Theological College at Annandale, where Samuel A. Chapman, a student of Boston, has lain in a semi-conscious condition for over a week. He fell on an icy sidewalk and, it is believed, injured his spine.

No ill effect was noticed until the following day, when Chapman took to his bed, became unconscious, and remained so for two days. He seems to know schoolmates who call upon him and carries on a rational conversation, but no sooner does a visitor leave than he forgets the whole conversation, even to the name of the person who visited him. He does not remember anything that has happened since he took to his bed.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

Ithaca, N. Y., June 30, 1903.

Miss Jessie A. Fowler.

Dear Madam:—Will you kindly send me a short list of books that would be most desirable for one who wishes to commence the study of Phrenology? giving them in the order that they should be read. Thanking you in advance,

I remain very truly,

An Inquirer.

You will find that to inform yourself on the subject of Phrenology, that the "Self-Instructor" is a good book to start with. It gives you a condensed idea of the individual faculties of the mind. "Brain and Mind" and "The Temperaments" are two excellent books on what their titles indicate and they will help you definitely, through their illustrations as well as by their subject matter. "Lectures on Man" explain the genius "Homo" as he is found in all parts of the universe. "The Constitution of Man" will give you food for thought for many a day. "Mental Science" will help you in many ways where the others will not. "The Science of Life" is also an important book for you to possess, read, and lend to others.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

714.—J. W.—Attica, Ind.—The photograph of this little girl indicates that she has more than average quality of organization. Much will be expected from her in consequence. She will be bright along certain lines, though not in everything. She will be a very loving and affectionate child, and will be beloved by most people. She will be able to study the languages, and recite well. In mathematics her sister, Grace, will probably be before her; also in mental philosophy. But J. will be more original than technical as a musician and singer, and she should be allowed to use her originality of mind. Do not let her become a young lady sooner than is possible, so that she may have all the benefits of proper development.

715.—E. W.—Eustice, Neb.—The Vital Temperament is strongly accentuated in this photograph; but the Mental Temperament comes next to the Vital in development, and gives him keenness of intellect, an available mind, and great versatility of character. He has always more schemes on hand than he can carry out. He is something like J. P. Morgan for that. He is essentially an organizer, and will show it largely in invention and in literary efforts. His style of expression will be of the highest order. He will notice mistakes in grammar or composition. It would pay him to take a course by correspondence in the above named subjects if he cannot attend an institute or college, for, as a professional man, he would appear to a better advantage than as a laborer or inside sedentary position.

716.—J. C. M.—Wingerton, Pa.—The photographs of this young man indicate that he has practical common sense; he has scientific ideas. In regard to the question you ask, we certainly say, yes, go ahead. You should succeed in a business, or, even better still, in organizing one—especially in laying practical plans for the investment of money and material. Thus, commercial law would be useful to you. We wish you would have a full examination some day, for then we could do more justice to your character.

WHAT PHRENOLOGISTS ARE DOING.

Mr. George Morris is lecturing in Minnesota, Minn.

Dr. C. H. Brandenburg attended the Convention of the National Eclectic Medical Association, at Cincinnati, in June.

A Reporter writes:

"I have not tasted a particle of meat for ten years," said Dr. Charles W. Brandenburg, of New York City, professor in the Eclectic Medical College, who was at the Grand Hotel yesterday en route to Indianapolis to attend the annual convention of the National Eclectic Association, which convenes there to-day. He will read a paper on the subject of meat eating, and will endeavor to prove how a man can live longer and enjoy better health without the use of meat than he can with it.

"When I left Cincinnati some years ago I weighed only ninety-eight pounds, and to-day I weigh 150 and am in the best of health, and I attribute it to living without meat of any kind, which I have not tasted in any form for ten years. When

I first began my system of diet I lived on meat for a while. Then I changed to fruit, and lived for whole days on that. Then I began on whole wheat and oats and milk, and later tried wheat and water. Then I tried baker's bread and water. Soon I found that wheat and milk contained the best nourishment, and that has been my principal diet since, and one to look at me can see I am thriving. Everything raised from the ground, raised above ground and dried and cooked by the sun is much more healthful than stuff grown under ground.

"My principal objection to meat is that it contains matter which is not healthy. For instance, animals are subject to consumption, and one never knows just when he is getting a piece of healthy meat. Again, if a steer is killed while it is in anger or afraid its meat is not healthy. I have known people to be poisoned from eating the flesh of a steer which has been killed while it was angry. Again, if meat

is not properly handled by the butcher, the man who sells it or the cook who prepares it, there is danger to health. I believe in eating wheat and oats. Cattle subsist on them, and why should we go to the steer for its flesh when we can get the stuff he lives on?"

Dr. Brandenburg was accompanied by Drs. Boskowitz, Krause, Mohard, Lewis and Terrill, all professors at the New York Eclectic Medical College. While here they were entertained by the professors of the Cincinnati Eclectic Medical Institute. They were given a trolley ride through the city and a dinner at the Grand Hotel, and left last night for Indianapolis. All of the gentlemen will read papers on tuberculosis and other matters, principally on surgery. They expect about 1,000 delegates, who will come from every state and territory in the Union to attend the convention, and they anticipate it will be one of the best and most interesting ever held.

An Address for the Annual Meeting of The Fowler Phrenological Institute. From Jessie A. Fowler (Lady President), 24 E. 22d Street, New York City, U. S. A.

"KNOWLEDGE IS POWER."

Mr. President, Ladies, Gentlemen, Members, and Friends:—We send you all a hearty greeting, and desire not only to have you in our minds, but also to show our interest in you, that we may be in your minds continually.

The work of our lives so far has been to throw out seed. We are glad that some seed has fallen on fruitful ground, and that the harvest is being reaped in many ways. It is gratifying to us to know that God is raising up brave men and women to spread the knowledge of the human mind and body, for the more men study these from a scientific standpoint the better children will be born into the world, and the results will manifest themselves throughout the entire century.

This work of Phrenology has been growing gradually in popular favor during the past hundred years.

No new study, no new cult, no new scientific discovery is hailed without prejudice and opposition. It has been proved in the ages that have passed that all great minds have been persecuted owing to the narrow-mindedness of those who supposed they held universal knowledge concerning their arts or crafts. Galileo, Columbus, and many other great discoverers were imprisoned and treated like criminals with the approval, and largely at the instigation, of schools of science, because their discoveries threatened the tenets of the learn-

ing of the day. Newton and Darwin were laughed at by the faculties of the universities of their day. Kant became a professor only when he was forty-six years old, after lecturing fifteen years. Schopenhauer never became a professor owing to the jealousies of the Universities. Leibig and Pasteur were jeered at by the profession for their discoveries, while vaccination and homeopathy had to fight for decades against the old medical schools. Beethoven and Wagner were persecuted by the schools of music, and were treated like mad men because they did not conform to the musical traditions of their age. Millet was neglected by the Salon in Paris, and Whistler was snubbed by the Royal Academy in London.

If we examine the inventions of the present day we find that celebrated inventors like Edison, Marconi, Roentgen, and Koch were not believed as capable of producing anything beneficial or exact, but had to suffer the criticisms of the Universities and much personal talk. Their ideas, however, could not be explained away by modern scientific schools, and gradually their work has been accepted.

"Knowledge is Power," is the old accepted Phrenological motto, but knowledge is not accepted until it is forced upon public attention. Thus with Phrenology the acorn has had to be planted, watered, and tended before the tree has grown to maturity. To-day, however, knowledge is like a strong weapon, but even the weapon is useless to a man who does not know how to use it. A knowledge of the perfect development of man is essential if we will but use that knowledge correctly.

The Chinese knew magnetic iron long before the Europeans knew it, but to them it was a piece of iron and nothing more. Through the European intelligence magnetic iron has become a useful power in the compass, which has given Europe the rule of the seas. The Chinese also knew of gunpowder before the Europeans knew of it, but it was only a mere plaything used in fireworks to them.

So with regard to mental and physical culture. A great deal has been written about both topics, in fact many profound volumes have been published, and the need has been explained for a closer examination of the exercise of the brain and body. We may exercise physically, but a system of gymnastics will never make us proof against disease. Even athletic training for the development of muscle is not enough to promote health, for the fact remains that athletes sick-en and die as often as other people; in fact, athletic work alone is no guarantee

that persons will not fall the victims to disease, for athletes follow a very extreme course and think almost solely of muscle.

Phrenology teaches us that the physical and mental powers of man must be developed equally; that there must be an harmonious action established between the two; that mental training, coupled with physical exercise, will produce a perfect being.

It recognizes that our physical nature is a material entity with the brain as its center and the body its circumference or limit of power, while the soul, with the mind as its central source, giving the body its life and power, is a product of the psychic realm.

There is also an electric or nerve force taken into the body through the multitude of little mouths which cover its surface, and it has taken the microscope,

with its wonderful lenses, to disclose the fact that there are countless numbers of these minute openings, which expand and contract in performing their vital functions. Mental and physical exertion, therefore, expends this vital energy; thus a man can become equally fatigued by muscular or mental labor. When the nerve supply of a person has been completely exhausted the body is dead. When we consider the power of sleep, or absence of thought, we realize how it causes the expansion of the body's minute pores, causing an influx of the vital fluid, after which the body and mind are recuperated.

It is only through understanding the underlying laws that govern this condition of things that a strong and vigorous mind and a well developed body can be secured.

(To be continued.)

SELF-ESTEEM.

PRIZE ESSAY, NO. II.

By Thomas Gould, England.

This faculty is very imperfectly understood outside the precincts of Phrenology; its action somewhat resembling approbateness, it is frequently confused with it.

The organ itself gives one a sense of his own intrinsic worth, ability, and importance, regardless of public opinion, praise, or censure. When proportionately developed, its influence is most ennobling; manliness of deportment, independence of mind, a sense of worthiness and nobility are all conferred by it.

Charles Dickens, perhaps more than any other writer, has given some splendid illustrations of this faculty as it manifests itself in varied degrees.

In Martin Chuzzlewit we have a character dominated almost entirely by Self-Esteem; all his actions seem to be directed by its abnormal action, and frequently he quite forgets others in his egotism. We remember when he was left with poor Pinch, how, at the end of the day, feeling tired, he got that worthy to read him to sleep and to continue while he slept, that he might not only enjoy the luxury of dozing but also of awaking under the soothing influence of the human voice. Pinch readily consented, and was so intent on fulfilling the whole compact that he forgot to replenish the fire. "Why, it's nearly out, I declare!" said Martin, waking. "No wonder I dreamed of being frozen. Do call for some coals. What a fellow you

are, Pinch!" All self, no thought for the patient Pinch. Here, as everywhere in the record of Martin Chuzzlewit, Self-Esteem was so active as to perfectly blind him to the claim of others. He treated everyone as a menial, and appears unaware of the fact, perfectly obvious to others, that the inordinate development of self-love made him if not contemptible, yet much disliked, and caused much offense; in fact, his whole history aptly illustrates the action of this faculty unrestrained by Benevolence and Sympathy.

In the character of Steerforth we again find this characteristic predominating. Self-Esteem was so active here that he positively considered that everything and everyone should yield to his desire; he would, to use his own words, "Ride over all obstacles smooth-shod if possible, rough-shod if need be." To himself he was a demi-god whose will must be paramount. Amativeness with him was a secondary passion, although it wrought such havoc in the Peggotty household. Everything must give place to him—Steerforth; because he was Steerforth. What he desired must be his. Others were created but to obey—to bend to his wish; for in his own eyes he was greater than all, the claims of others must receive secondary, if indeed any consideration.

When this faculty is excessively developed, it confers a ridiculous pride, causes

all ability to be greatly overestimated, gives an all-consuming desire to command and rule over others, and, but for the restraining influence of other faculties, it would, in carrying out its more interior insanity, reduce all others to the condition of slaves. It is rapacious in its desire for power, and while regarding all less than self with contempt, burns with deadly hatred toward those who are greater and more powerful. When influenced by Combativeness and Destructiveness, it is tyrannical, cruel, and always in conflict. Woe be to the servant or apprentice who serves under such a master!

A very different manifestation of this faculty is observed in the genial person of Mr. Micawber, in whom Sublimity, Benevolence, Agreeableness, with large and often misdirected, Hope lend a mild, suave tone to its action, for with him Self-Esteem, although large, expressed itself in lofty ideas, grandiloquent phraseology, and a disposition to endow his various undertakings with rather more than their due importance, and conferred that indescribable air of grandeur and gentility, that dignified carriage of the head which characterized him even when surrounded by the most degraded poverty.

In the character of Tom Pinch we perceive a man of considerable ability and intellect, deficient in Self-Esteem. We can but look at his actions with a feeling of contempt, while liking his good-hearted, sympathetic nature, his extreme lack of self-assertion and excess of meekness reduces him to a mere puppet: "I am," he says, "a poor shy, awkward creature; not at all a man of the world!" This language eloquently expresses the lamentable lack of Self-Esteem; in fact, to study the character of Thomas Pinch is to analyze the action of the brain unsupported by Self-Esteem.

The organ itself has a threefold mode of expression. Dignity, decision, and quickness being indicated by its forward portion, next Firmness; Self-love, arrogance, egotism, by its central development; and Independence, love of liberty, command, imperiousness, etc., are centered in its posterior region.

The action of this faculty requires very careful observation. It has spoiled many otherwise useful lives. The influence it exercises on the other faculties is of so deific a nature that pride in past achievements and present condition frequently assumes almost idiotic proportions, and the individual, falling into a condition of extreme self-appreciation, becomes totally deaf to advice or reproof, and so enamored of his own consequence as to decline to stoop to menial occupations, confident his great mer-

it will be recognized and some important office conferred on him. Most great criminals are notorious for the excess of this faculty. Edwards, recently executed, was very large in this region, accompanied with abnormal Firmness.

AUTUMN LECTURES.

The thirty-ninth session of the American Institute of Phrenology opens September 2, 1903.

The Fowler Institute, London, commences its Autumn Lectures in September.

PRIZES.

No. 1. "How to Study Strangers" is offered as a prize for the best Phrenological story of about 2,000 words.

No. 2. A complete examination from photographs is offered as a prize for fifteen subscriptions of \$1.00—or five shillings—each for THE PHRENOLOGICAL JOURNAL.

No. 3. A year's free subscription to THE PHRENOLOGICAL JOURNAL will be given to any one for the best article on the "Will," of not less than 300 words.

Prize contest will close September 1st.

INTELLIGENCE OF THE ANT.

An interesting demonstration of the intelligence of the ant was made by a student in the biological department of the University of Pennsylvania. The young man constructed a roadway two feet in length, of metal, and divided it into two parallel paths, separated by a high partition. One of the paths he painted red and the other blue, and at their end, in plain view, he put a morsel of rich cake, says the Philadelphia "Record." Then he set an ant at the beginning of the roadway. The ant at once made for the cake over the red path, whereupon the student turned on a lamp under his mechanism and heated the path to an uncomfortable degree. The ant kept on and finally secured the cake, but on its return it must have told itself that it had had a mighty uncomfortable journey. Several hours later the student brought it out again, another morsel of cake being set at the end of the roadway. The ant thought a moment and then started for the cake over the blue path. It remembered that the red one had been hot. To prove still more conclusively that it remembered, the student next blocked up the blue path, whereupon the ant did without the cake rather than venture after it by the red one.

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AGENTS WANTED for the **PHRENOLOGICAL JOURNAL** and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"The Review of Reviews"—New York—contains excellent portraits of the Hon. Joseph Chamberlain, the new King of Servia, the late King and Queen, with articles on the recent floods in Kansas and the fires in the Adirondacks. The question of emigration is also introduced this month by an illustrated article.

"The Metaphysical Magazine"—New York—contains some excellent articles on **"Personal Immortality,"** by Everett C. Brainard, and one on **"Sub-conscious Mentality,"** by the editor, Leander Whipple. This magazine is a quarterly review devoted to science, psychology, metaphysics, philosophy, and occult subjects.

"New Thought"—Chicago.—This journal is edited by Ella Wheeler Wilcox and William Walker Atkinson, and contains a number of articles by these two writers,

namely, **"Royalty," "Invincibility,"** and **"Preparation,"** by the first-named editor; **"Lost Motion," "Lead, Kindly Light," "Being Good," "Parent and Child,"** by the latter editor, all of which contain some new and practical ideas. Elizabeth Towne writes intelligently on the **"Limitless Self."**

"Osteopathic Science"—Chillicothe, O.—Much more favorable light is being thrown upon the subject of Osteopathy in the present day, and the Ohio College of Osteopathy has certainly much to recommend it in the advance it has taken. A number of the portraits of the students are given in the July number, who, we consider, judging critically, will be well able to carry out its teachings.

"The Dietetic and Hygienic Gazette"—New York.—This is a monthly devoted to physiological problems, dress reform, the Turkish bath, physiologic chemistry, acute indigestion, and similar subjects of equal interest. As hygiene is seizing the interest of the public with its common-sense ideas, we can see for this journal a continued success.

"The Naturopath"—New York.—As we cannot have too many magazines on health, we find in the **"Naturopath"** another influence that is seeking to benefit the world by its common-sense views of health.

"The Club Woman"—Boston.—The July number contains the report of the National Congress of Mothers' Annual Conventions; also the report of the New York City Federation of Women's Clubs. As Mothers' Clubs throughout the country are doing a great amount of good we are glad to be able to read an account of what has been done by the Convention at Detroit.

"The Business World"—New York City.—This magazine contains some excellent ideas on the **"Relationship of the Auditor to the Book-keeper," "The Practical Accounting,"** and **"Two Principal Theories of Counting."** An article on **"Every Day Advertising"** is finely illustrated. This department is conducted by Clifton S. Wady.

"Chat"—New York City—contains some good advice by the editor, Patrick J. Sweeney. The magazine opens with the words, "Be kind, be courteous; do not be sparing with 'Thank You.' Use it freely. Especially at home be liberal with courtesy; be affable; be cheerful; be considerate." Among other articles, is one on "Aptitude;" another on "Summer Resort Chat," "Love of Work, and still another on the "Five-fold Aspect of Education," by J. A. Fowler.

"The Waterloo Observer"—New York—contains not only news of local interest, but also editorial notes affecting the interests of the State, and evidently knows how to condense a great deal in a little. On the front page is an article on "Way-side thoughts," by Edwin S. Bacon, Ph.B. It is the 270th article under this heading, this one being devoted to "One More Society." The writer is a popular one, and he knows how to clearly state his subject.

"The Lititz Express"—Penn.—contains an article on "Echoes From Bethlehem, Or, What Makes Prosperity in Eastern Pennsylvania." Slate, steel, and cement are commented upon. A report of the mid-year W. C. T. U. convention, which was held at Strasburg, is given at some length. The convention was evidently a very successful and enjoyable one.

"Mankato Journal"—Minnesota — contains news of the northwest, one department being devoted to "The State Day by Day." It is a paper that is well edited, and gives to its readers an accurate account of what is taking place in this and other countries.

"The Avant Courier"—Montana.—One article of interest on the editorial page is on the following topic: "Acquaint the Children with our Flowers." It states that John Burroughs, during his recent visit to Montana, commented on the beauty and variety of our wild flowers. The advice given throughout the article is excellent, and should be followed in other States. The news of the surrounding country is well set forth.

"The Canadian Statesman"—Bowmansville—is a paper of considerable moment and importance. Besides the news of general interest, it contains a home page which is gratifying to mothers, and many of its hints on "Housekeeping" are valuable, and should be cut out and read at leisure.

"The Northwest Indianian"—North Liberty, Ind.—In religion and politics this paper stands for independence. It is a people's newspaper and "gives all the news all the time. One department is devoted to "Opinions of Great Papers on Important Subjects."

"The Orange Journal"—Orange, N. J.—Not only on account of its advertising medium, but also because of its varied and interesting reading matter, is the paper able to hold its own. Matters which affect all the Oranges are to be found here. It is a weekly, and carries a story as well as many entertaining short articles.

"The Enterprise"—Livingston, Tenn.—is a handy little paper, and is worthy of its name. It divides up its items in a remarkably interesting way.

"The Daily Pioneer"—Bridgeton, N. J.—In this paper we find the question of Indian matters discussed, also child labor laws, and other large and equally interesting subjects enlarged upon. It keeps its readers informed as to coming events and the various things going on in the neighborhood.

"Imlay City Record"—Michigan—published by A. W. Hubbell—contains every week a record of what has taken place at home and abroad in very cleverly edited paragraphs. Its motto is evidently *multum in parvo*.

"Plain Talk"—Des Moines, Ia.—This is a nicely printed illustrated paper. Its headlines are plain and quick to catch, which is of great advantage. One department is called "Popular Science;" another "Plays and Players." One illustrated article is upon "Liverpool," which city, it says, has the finest port in the world. Its docks of stone extend for seven miles. Ships from every land are constantly loading and unloading in its spacious harbors." Another article is on "Sights of Pekin City," which are strange to Western eyes.

PUBLISHER'S DEPARTMENT.

"Gypsies; or, Three Years' Camp Life in the Mountains of California by Dio Lewis with a Party of Friends." 416 pp. 12mo. Cloth, \$1.50. Here is a book of fun from cover to cover, and yet it contains a very able discussion of the climate question, the Chinese question, and various other questions about which there prevail many differences of opinion. It is very rare that any work on any subject is so full of rollicking fun with such an underlying current of discriminating sense and manly courage. The general drift and tone of the book is one of complete abandon to the pleasures of camp life. We learn just how it is done—the outfit in detail, thrilling experiences with wild cats and grizzlies, the flumes of the redwood forests, the fall of a big tree, camp life in and about the wonderful Yosemite, visit to the

southernmost parts of California, terrible experience with Indians, interesting account of rattlesnakes, tarantulas, scorpions, etc.

"In a Nutshell." Suggestions to American College Students. 12mo, 178 pp. Extra cloth, full gilt, 75c. Filled with the information that all students so much need in regard to the care of their physical and mental health.

"The Causes of the Decay of Teeth." By C. S. Weeks, dentist. 12mo, 24 pp. Paper, 10 cents.

"How to Raise Fruits." A handbook, being a guide to the cultivation and management of fruit trees, and of grapes and small fruits. With descriptions of the best and most popular varieties. Illustrations by T. Gregg. Cloth, \$1.00. A book which should be owned by every person who owns a rod of available land, and it will promote success where now there is nothing but failure. It tells of the cost, how to plant, how to trim, how to transplant, location, soil, selection, diseases, insects, borers, blight, cultivation, manuring, layering, budding, grafting, etc. It is a most complete guide to small-fruit culture, with many illustrations and descriptions of the latest varieties.

"How to be Successful on the Road as a Commercial Traveller." By an old drummer. 16mo, 96 pp., 20 cents. This little work indicates the proper qualifications for a salesman, and is full of suggestions that men "On the Road," in fact all men who sell goods, can read with great profit. The points given are such as to in a great measure insure success to any one who will follow them.

"A Natural Method of Physical Training." Making muscle and reducing flesh without dieting or apparatus. Illustrated. By Edwin Checkley. Price, \$1.50.

"Hygiene of the Brain and the Cure of Nervousness." By Dr. M. L. Holbrook. Price, by mail, \$1.00.

"Eating for Strength." By M. L. Holbrook, M.D. Price, by mail, \$1.00.

"Parturition Without Pain." A code of directions for avoiding most of the pains and dangers of child-bearing. By M. L. Holbrook, M.D. Price, by mail, \$1.00.

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"Vegetarianism the Radical Cure for Intemperance." By Harriet P. Fowler. Price, by mail, 30 cents.

"Muscle-Beating; or, Home Gymnastics for Sick and Well." By C. Klemm, manager of the gymnasium of Riga. Price, by mail, 30 cents.

"How to Mesmerise (Hypnotism)." A manual of instruction in the history and arts of mesmerism. Illustrated. By James Coates. Price, 50 cents.

"Louis Kuhne's Facial Diagnosis." Translated by Aug. F. Reinhold, M.A. Illustrated. Price, \$2.00.

"How to Thought Read." By James Coates. Price, 50 cents.

"The Better Way." An appeal to men in behalf of human culture through a wiser parentage. By A. E. Newton. Price, by mail, 25 cents.

"Sexual Physiology." A scientific and popular exposition of the fundamental problems in sociology. By R. T. Trall, M.D. Price, by mail, \$2.00.

"Fruit and Bread." By Gustave Schlickeysen. Translated from the German. By M. L. Holbrook, M.D. 250 pp. Price, by mail, \$1.00.

"Edeology: Plain Truths for All." A treatise on the generative system. By Sydney Barrington Elliott, M.D. Price, \$1.50.

"Massage." Principles and remedial treatment by imparted motion. Description of manual processes. By G. H. Taylor, 203 pp. Price, cloth, \$1.00—4s. 6d.

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"Brain and Mind; or, Mental Science Considered in Accordance with the Principles of Phrenology, and in Relation to Modern Physiology. By H. S. Drayton, A.M., LL.B., M.D., and James McNeill, Cloth, \$1.50.

A.M. 12mo, 354 pp. 125 illustrations.

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"Weaver's Works for the Young." 12mo, 626 pp. Cloth, \$2.50. Embracing the three volumes entitled "Hopes and Helps for the Young of both Sexes," "Aims and Aids for Girls and Young Women," "Ways of Life; or, the Right Way and the Wrong Way."

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The National Medical, Dental, and Drug Exchange, Elkhart, Ind., List, ten cents.

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Dr. Sahler's book will embody the concrete results of his extended studies and experiments in the development of psychological conditions in persons of mental and nervous ailments. His investigations have supplied him with the data and phenomena from which to formulate a system which he has been able to demonstrate in his practice as a physician.

"The Exact Science of Health, Based upon Life's Great Law," by Robert Walter, M.D. Vol. I.—Principles. \$2.00.

This book, which is shortly to appear, will contain over 300 large royal octavo pages. Dr. Walter has had over thirty years of practical experience in the Science of Health and will solve many medical problems which will make the work one of the most important of its kind that has ever been issued.

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"Mrs. W. G. W.,

"Valley, Neb."

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"D. McD.,

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[WHOLE No. 777

Our Educational Centers and Their Work.

No. II. COLUMBIA UNIVERSITY; PROF. NICHOLAS MURRAY
BUTLER, Ph.D., LL.D.

By J. A. FOWLER.

The election of Prof. Nicholas Murray Butler, Ph.D., LL.D., who was promoted to the Presidency of Columbia University on the retirement of the Hon. Seth Low, seems to have given general satisfaction to those connected with the institution and to its friends at large.

nized by those who are most familiar with his career.

As editor of "The Educational Review" and his activity in educational work, he has been able to gain a wide and helpful acquaintance of men of influence and learning in his profession, and his valuable services connected



BIRD'S EYE VIEW OF COLUMBIA UNIVERSITY.

Library and College Hall in the center, Schermerhorn Hall and Fayerweather Hall on the right, and Engineering Building, West Hall and South Hall on the left.

His equipment for the office, on account of his executive power as well as his scholastic ability, is fully recog-

nized by those who are most familiar with his career. As editor of "The Educational Review" and his activity in educational work, he has been able to gain a wide and helpful acquaintance of men of influence and learning in his profession, and his valuable services connected

Psychologically speaking, he is a highly gifted man and well qualified to fill the responsible position of President of the most influential educational center in this country. It may not be generally known that a Columbia University degree ranks with one from Oxford and Cambridge in England.

Seldom do we find both executive and intellectual ability so wonderfully blended as in the case of Professor

which manifests itself through his high coronal region of head. Therefore the principle of "self-activity," of which we hear so much, together with a high ideal of personal attainment, form the key-note of his character. One has only to see him to realize his breadth of sympathy, his keen, intuitive grasp of a subject, and his wonderful patience in dealing with all phases of character.

That he is destined to accomplish a



PROFESSOR NICHOLAS MURRAY BUTLER, PH.D., LL.D.,
PRESIDENT OF COLUMBIA UNIVERSITY.

1. Administrative Ability; 2. Executive Ability; 3. Ethical Tendency.

Butler. The width of the basilar region of his head is a fitting foundation for the display of his rare philosophic and argumentative gifts, which are so prominently represented in his forehead.

Interrelated with these, he has a mind attuned to the ethical side of life,

vast amount of good is the prophecy of all who know him, for he is firm, yet conciliatory; kind-hearted, yet possessed of sound judgment; genial, yet dignified in bearing; broad-minded, yet thoroughly practical; philosophic, yet sufficiently scientific to weigh everything in the balance of exact data; and

both systematic and administrative in his command of knowledge.

Personally we knew of no finer character to fill the chair of President, when it became vacant, than Professor Butler, and we had many opportunities of forming an opinion of his worth when seeing him at his work and hearing his flow of eloquence in his lectures. These impressions were confirmed by our observations of the contour of his head and the build of his fine physique.

COLUMBIA UNIVERSITY.

Columbia University, on Morning-side Heights in the city of New York, pictures of which illustrate this article, is an educational center of great impor-

room. Beside this general reading-room there are eighteen special study rooms for advanced students with books relating especially to the subjects in which students may be at work. Special rooms are set apart for law library, and the Avery Architectural Library.

HALLS.

There is an Earl's Hall, which is the home of all organizations; a large Gymnasium, an Engineering building, which is fitted up with a suitable laboratory, as are also the Havemeyer, Schermerhorn, and Fayerweather Halls, which cover a total space of 98,000 square feet.

The Columbia University is an out-



TEACHERS' COLLEGE AND HORACE MANN SCHOOL.

tance. Its officers number three hundred and seventy-five, and its resident students about three thousand six hundred and fifty-five. It is magnificently situated on an eminence overlooking the Hudson River, and its grounds cover twenty-three acres, there being twenty-two buildings within the campus. The university offers in all its departments a total of two hundred and ten fellowships and scholarships. The University Library is one of which the officers may well be proud. It contains some 310,000 bound volumes and a large number of pamphlets. A reference library of about 10,000 volumes is accessible to all in the general reading-

growth of Columbia College, which took its origin from King's College, founded in the reign of George the Second.

THE TEACHERS' COLLEGE.

The Teachers' College, which is connected with the University, affords opportunity both theoretical and practical for the training of teachers and administrative officers for elementary, secondary, and Normal schools. It is open to both men and women, and offers forty-six courses in education and twenty-eight on the theory and practice of teaching, covering forty-two subjects of

study and sixty-eight supplementary courses. The students enrolled generally number over five hundred. The college maintains two schools for ob-

is called) stands as an emblem of the principles for which he worked so hard. A fine library is attached, which, as may be supposed, contains



BARNARD COLLEGE FOR WOMEN.

Fiske Hall on the left, Milbank Hall in the center, Brinckerhoff Hall on the right.

servation and practice—the Horace Mann School, with six hundred and thirty-nine pupils, for which a building was erected in 1900, at a cost of \$500,000, and the experimental school, with sixty-three pupils. A thoroughly equipped dormitory with accommoda-

many volumes calculated to enlighten the student along the lines which he held to be so important, namely, Phrenology. If Horace Mann found something worthy of his attention in this subject, is it not worth our while to examine it?



COLLEGE OF PHYSICIANS AND SURGEONS.

tion for about four hundred women has now been erected in connection with Teachers' College. In the Horace Mann School a bust of the illustrious educator (after whose name the school

BARNARD COLLEGE.

Barnard College for Women bears the same relation to the educational system of the University as an under-

graduate college for women, as does Columbia College for men. It maintains its own staff of professors, whose work is supplemented by their colleagues in the faculty of Columbia College. Its students number two hundred and ninety-three, while Fiske Hall, in the Barnard group of buildings, is a well-equipped dormitory with accommodation for sixty-seven women.

THE COLLEGE OF PHYSICIANS AND SURGEONS.

The College of Physicians and Surgeons, which is connected with Columbia University, is situated at Tenth

medicine and surgery, where 48,000 cases are treated annually.

PRACTICAL PSYCHOLOGY IN RELATION TO STUDENT-LIFE.

It should be remembered that it is not the size of head alone that gives mental power to an individual, for often noted persons are found to possess comparatively small heads, but who have a fine quality of organization. When we find, however, that a fine quality of brain accompanies a large and active one, then we rightly expect that special capacity will be manifested. Sometimes this capacity is centered in the executive



Photo by C. F. Ash.

COLUMBIA STUDENTS' SUMMER SCHOOL ON AN IRVING PILGRIMAGE TO TARRYTOWN.
MR. G. S. KELLOGG, TEACHER OF FINE ARTS, IN THE FOREGROUND.

Avenue and Fifty-ninth Street. It occupies a space of about 240,000 square feet and has an average of about 775 students. It offers special advantages in its osteological collections, its museum of comparative morphology, its laboratory and dissecting rooms, and the various clinical departments of

faculties, and the head will be broad and full in the base; sometimes it will show itself in a large and full forehead, and then intellectual, philosophic, and reasoning capacity is the result; but as heads are not all alike in development, we find a vast difference in the characteristics of individuals.



A Few Observations on the Character and Work of John Angus MacVannel, Ph.D.

BY J. A. FOWLER.

For a Professor or Teacher of Education a certain equipment is necessary, and all who have had the opportunity of following Dr. MacVannel's discourses in the Teachers' College or the Summer School in connection with Columbia University, will agree with us when we say that he possesses those factors of mind that are able to generate in the student a reciprocal sympathy for, and an understanding of, the subjects he teaches.

He possesses a fine quality of organization, which, together with his large and active brain, enables him to work easily and without loss of energy.

His appearance shows several indications that he has come from excellent stock, and possesses Scotch or Anglo-Saxon ancestry; hence he will wear well and have considerable recuperative power.

He has a predominance of the Mental Temperament, but the Motive and Vital elements are strong enough to give a good foundation for the work of his brain, and there is apparently an interrelation between the activity of his body and brain.

From a profile portrait which accompanies this article, it will be readily seen that he lives very largely in the anterior and superior parts of his brain, for his forehead is broad and lofty and indicates deep thought and reflection and an interest in philosophic subjects. In fact, this element of his character he has probably inherited from his father.

The height of his head gives him unmistakably a deep religious, sympathetic, spiritual, and ethical tendency of mind, and in all his lectures he expresses the deepest interest in those

problems that are altruistic in character.

Along the parietal eminence, about half way from the opening of the ear to the top of the head, is the organ of Cautiousness, which gives him remarkable foresight, solicitude, and capacity to see ahead. This element of Cautiousness he has probably inherited from his mother, and it inclines him to be particularly watchful over his work and helpful to his students.

The united influence of his moral and intellectual faculties gives him a broad interest in the moral and spiritual side of every subject he studies.

He shows throughout his lectures a keen analytical mind that through his large Comparison enables him to detect the various shades of intellectual interpretation that can be placed on a subject.

He has a retiring disposition, and is evidently self-forgetful, and manifests little of the disposition to be assertive, but rather shows the attitude of bringing out the minds of his students to think for themselves. The crown of his head bears out this conclusion.

He goes about his work in a quiet and undemonstrative way, yet shows executiveness and energy, so that he is able, we judge, to accomplish a large amount of work.

He appears in his element when imparting knowledge to others, especially to the thinking community—teachers.

The faculty of Causality which enables him to enjoy philosophizing about a subject, to examine principles and unfold them, to get hold of data, to dig up the roots of a subject that he wishes to thoroughly understand, is well represented, and makes him show

an intellectual thirst for knowledge, which is not easily satisfied. We judge he is interested in Biography, in the actual facts that have relatively been of service to other men, and from an his-

various directions, and it takes up a broad line of study. This faculty works with his intellect in giving him comprehensiveness of thought, therefore he is willing to look on all sides



Photo by Rockwood

JOHN ANGUS MACVANNEL, PH.D.

1. Sublimity ; 2. Self-esteem ; 3. Social Segment ; 4. Benevolence ; 5. Perceptive Intellect ; 6. Analytical Center ; 7. Superior Segment.

torical standpoint as well as from a biographical one he is able to weave out the philosophy of a man's life. Another element that is conspicuous in his Mentality is the brain center called Sublimity. It enables him to take a large and liberal view of a subject. His mind expands to receive ideas in

of a subject. Sublimity and Ideality intensify, elevate, and refine the language of his addresses.

As a professional man he deals in ideas and is able to explain them and generate new ideas as he unfolds them. The more he thinks and develops a theory, the larger and wider his concep-

tions become. Thus he can succeed as a teacher, writer, and critic. He has written some valuable contributions in the "Educational Review," and we judge that all students who are appreciative of Browning's works have also learned the intellectual value of Dr. MacVannel's preface to Browning's "Saul."

A FEW GENERAL CONCEPTIONS IN EDUCATIONAL THEORY

SELECTED FROM LECTURES BY DR.
MACVANNEL, AT THE SUMMER
SCHOOL, COLUMBIA
UNIVERSITY.

1. The education of the individual is essentially a process of adjustment or adaptation to social life: it is the process through which the individual comes to participate in the world of social relationships. It is made possible through the capacity of self-consciousness in the individual, and the existence of a social or spiritual environment.

2. By adaptation or adjustment is not meant merely adaptation to the past, or actually present environment, but also the ability to modify and transform it and so make progress possible.

3. The lengthening period of infancy when the mind of the individual is plastic to impression is nature's provision for the further development of the spiritual life of man.

4. While education is based fundamentally on the principle of self-activity, yet through institutions, the home, school, state and church, as forms of social control, and repositories of human experience, the individual life is reinforced. Through participation in the forms of institutional life the individual is revealed to himself as well as liberated from himself.

5. The educational process, as essentially a process of adjustment to the social environment, presents two phases (a) the psychological and (b) the sociological, phases which of course are

organically related. It may be described as a process of social transformation through which the individual is led (1) to affirm himself and (2) transform himself through recognizing the values presented in social life and through gradually gaining the power of self-expression in social directions.

6. The starting point of the process must be the psychical powers or capacities of the individual. If method is not to be arbitrary the teacher must first of all have knowledge of the psychical capacities and attitudes of the individual.

7. On the other hand our standard for determining the relative values of the interests and instincts of the individual must be social life, past, present, and future. To know the meaning of an interest, for example, we must understand its function in, its relation to, the life of the community. Individual capacity must be constantly translated into its social equivalent.

8. A study of the psychological side furnishes us with a basis for educational method; a study of the sociological side furnishes us with a basis for the selection of educational material.

9. The only method by which the child comes to understand truly its environment and be conscious of social values is through reliving the fundamental powers of activity which make civilization what it is.

10. The first beginnings of education in the child—in other words the beginning of the process of remaking or reliving his environment is through imitation—which is a process of idealization and assimilation on the part of the individual. In other words in imitation the child endeavors to interpret the world by creating its image in his own mind.

11. The two most important forms of the activity of imitation are language and play. The social experience of a people is embodied in their language. Language is the mold in which it has been cast, and the child's acquisition of language becomes one of the most important phases of its social conformity.

In play the child not only recapitulates much of the experience of the race and interprets the activities which it sees around it, but through it becomes in a unique way prepared for acting in social directions in the future.

12. The child's environment may be considered one vast suggestion, the tendency of which is to be reproduced in the mind of the individual. Education as an institution aims at controlling the process. In the school, a form of community life, the teacher as organizer endeavors to select the influences with which the child will come in contact and to discover the lines of most effective reaction in the individual. He must not only select, he must vitalize or embody whatever ideas, feelings, actions, he wishes to become effective in the life of the child. True method in education is the expression of vital personality; if it is not this, it becomes

simply a barrier between teacher and pupil. Whenever method is so emphasized that the need of the personal life behind it is lost sight of, then it simply adds another burden to the teacher's self-consciousness, or renders him a prey to the deadening influence of formalism in

the daily scene

Of sad subjection and of sick routine.

To be used artistically the method must have become a part of the man himself. Becoming must issue out of Being. What the teacher, if he is to be a teacher and not a mere instructor, whether in the kindergarten or in the university, most needs is a certain type of being, his inner life rectified and adjusted, for on such rectification and adjustment the vitality and regenerating power of his influence will ultimately depend.

A HAPPY PROPHECY OF DR. GALL'S.

The death of Legouv  calls to mind an instance in which phrenology certainly achieved a happy prophecy. Legouv 's father, himself a writer and a member of the French Academy, died when his son was a child of five years old. The latter was left to be educated by his grandmother, whose one idea was to bring him up to be a lawyer. One day, however, at an afternoon reception, the famous phrenologist Gall was present, and quite ready to feel the skulls of any guest anxious for further self-knowledge. The grandmother pushed the small boy toward him, murmuring that she wanted to make a lawyer of him. Gall slowly and impressively manipulated the little head, while the passive victim wondered what on earth was being done to him. "This child will never be a lawyer," said Gall suddenly. "He will be a true son of his father. He

will be a poet and author." Monsieur Legouv  is said to have recalled this incident of his childhood when, at the age of twenty-two, he won the Academy's prize for poetry. Some years later he became himself one of the "Immortals." But to the end of his life Monsieur Legouv  was divided between two passions—his love of letters and his enthusiastic skill in fencing. Every day at the same hour he went to the fencing school of the great master, Rue, and practiced with the foils if there was no match to take part in. More than once he would say of latter years to the celebrated fencing master, "Rue, old man, you save my life. Except for our bouts together old father Legouv  would have been dead and buried long ago." He came one afternoon as usual, but seemed for once a little languid. Next day the equally beloved and famous old man was dead.

The World of Sport

No. II.—TENNIS, BASE BALL, AND AUTOMOBILING.

It is an excellent thing that in our colleges to-day ample opportunity is given for the exercise of the muscles. We cannot use our brain efficiently without having a good foundation for our mental work. In order to be able

BASE BALL.

For base ball one needs a good physical form, strong muscles, large Intuition, and Constructiveness, for a good batter has an intuitive insight into the



NO. 2.—ATHLETIC SPORTS. AUTOMOBILING AND TENNIS.

to succeed well in tennis, cricket, or automobiling, we need certain mental as well as physical developments.

TENNIS.

For Tennis we require alertness of mind, precision, and correctness of vision, these express themselves through large Perceptive faculties. The game cultivates Firmness, Self-Esteem, Destructiveness, Form, Size, and Weight. Persons having a small development of these qualities would do well to take up this form of exercise.

best method of receiving or sending out his ball. Of course large Perceptive faculties add very materially to his success in the game. Constructiveness enables him to adjust himself to the play of different people or to different ground and different fields to work upon. Charles Wagner is the leading batter on the Newark (New Jersey) team. He is considered unquestionably the best shortstop in the league, and brings to it many victories, a circus catch, throw, or timely hit often turning the tide in his favor. He never balks at a scorching ball. The hotter they come

the better he likes them. He covers more ground than any shortstop in the league, often stopping a ball in the neighborhood of third base, tagging out base-stealers at second and occasionally getting under flies in short left field. He has made a great improvement since last year in swinging the timber, and at present leads the Newark batters with an average of .269. A noted feature of

AUTOMOBILING.

The craze for automobiling of late has attacked the ladies as well as gentlemen.

There is considerable novelty in steering a machine safely through the streets at a high speed. Energy, presence of mind, quick decision are elements necessary for this sport. We



CHARLES WAGNER, BATTER OF THE NEWARK TEAM.

Charles Wagner's stick-work is his ability to hit when a safety is needed most. It was his home-run drive that won for Newark the fourteen-inning game with Worcester early in the season. Captain Taylor has remarked concerning him, "You were born for the big game, my boy."

His organization shows that he is well built and has cultivated his Perceptive range of faculties to advantage. He is broad over the eyes and has excellent balancing power.

do not find that many persons who indulge in automobiling are possessed of a large development of Cautiousness; in fact it does not tend to develop caution, but rather to allay one's sense of fear.

Provided a machine is in good working order, the breaks respond so quickly that it is remarkable how near to a child crossing the street a person can come, but with a large amount of fear a person will be on the *qui vive* all the time.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

EXERCISE ON CONTRAST.

1. Give an original definition of Contrast as one of the laws of Association.
2. Give, as far as possible, original illustrations in pairs of the different properties or qualities of matter.
3. Between substances, animals, persons, etc.
4. In abstract qualities.
5. In character, rank, position, condition.
6. Things and their uses.
7. In processes, methods, systems.
8. In positive and negative terms.
8. In time and place.
9. Degrees of Comparison.
10. Literal and technical meanings of words.
11. Contrasts of any kind not included under any of the above headings.

RESEMBLANCE.

Throughout nature very many things resemble each other, and all minds are alive to this law, and, therefore, we are in the habit of placing together things that have points in common. The following examples illustrate this in a variety of ways:

1. In words having the same meaning, or synonyms, as: puerile, childish; abhor, detest; malicious, spiteful; obdurate, stubborn; essential, necessary; rigid, immovable.
2. In words having the same sound in part, or homophones, which is the class of words used in rhymes: pure, demure; classical, musical; dutiful, beautiful; malign, benign; campaign, champagne; subterranean, Mediterranean; precipitate, hesitate; accession, succession; rheumatic, pneumatic; magnetic, phonetic.
3. Individuals famous for the same qualities of mind and achievements:

Poets: Homer, Shakespeare, Milton, Longfellow, Burns, Sir Walter Scott.

Astronomers: Copernicus, Galileo, Kepler, Newton, Airy, and so on through Philosophers, Historians, Navigators, Prophets, Lawyers, Doctors, Musicians, Naval Commanders, Military Commanders, Missionaries, Preachers, Patriots, etc.

4. Parallel Lives:

Epamondas and Philip of Macedon.

Gustavus Adolphus and Frederick the Great.

Apostle Paul and Luther.

5. Analogy or resemblance, in some respects, between things otherwise different, as: soap, cheese; margarine, butter; salt, sugar; brass, gold; ketchup, wine; black sugar, coal; serpent, worm; tiger, cat; watch, clock; turtle, tortoise; human clothing, hairy skins of animals; mushrooms, toad-stools; eleographs, oil-paintings; silver, plated goods; wall paper, marble, shoddy, wool, typewriting, printing done by the same kind of type; butter-milk, cold water starch; steam boiler, kettle; ice-cream, semolina.

In figurative language the terms simile and metaphor indicate resemblance. In the first case it is always introduced by the words "as," or, "like," and in the metaphor it is directly stated. Simile: "One man was there that played his part like one that had a lion heart."

Metaphor: "I am the good shepherd." Personification, allegories, and parables are all illustrations of the same law.

Synchronisms (agreements in time):

Duke of Clarence and Avondale died January 14th, 1892.

Cardinal Manning died January 14th, 1892.

Coincidences (resemblances in number or time):

St. George's Day, 23d April.

Shakespeare born, 23d April (1564).

Shakespeare died, 23d April (1616).

Cromwell:

Battle of Dunbar, 3d September, 1653.

Battle of Worcester, 3d September, 1651.

First Protectorate Parliament assembled 3d September, 1653.

Cromwell died, 3d September, 1658.

Cricket:

M. C. C. v. Derbyshire: Barnes bowled Chatterton, 51.

Notts v. M. C. C.: Barnes bowled Chatterton, 51.

Prince Consort died December 14th, 1878.

Princess Alice died December 14th, 1878.

Preparatory to filing articles of incorporation, the town authorities of Elm Grove, Virginia, a few weeks before the taking of the census, counted their population, with the following result:

Males over 21, 148; males under 21, 148. Females over 16, 148; females under 16, 148.

In one edition of Lloyd's newspaper Juno, Venus, Jupiter, and Apollo were reported as missing.

Wednesday is said to have been fortunate to Pope Sixtus the Fifth, for on that day he was born, and on the same day made a monk, on that day created general of his order, and on the same day made Cardinal, then chosen Pope, and finally on the same day was inaugurated.

It is worthy to be remembered that Thursday was fatal to King Henry the VIII., and to all his prosperity, for he himself died on Thursday, January 28th; Edward the Sixth on Thursday, July 9th; Queen Mary on Thursday, November 17th; and Queen Elizabeth on Thursday, March 24th.

George Washington died on the last hour of the day, the last day of the week, the last month of the year, and

the last year of the century. He died December 14th, 1799.

Home Rule. It is noted as a remarkable coincidence that the Gladstonian majority—43—is the same as that by which the motion in favor of the Union was carried in the Irish Parliament, on February 6th, 1800.

Napoleon. Notwithstanding Moscow, Napoleon considered M his lucky letter. He won great battles at Montenotte, Milletimo, Mardar, and Marengo. In 1798, he captured Melita and defeated the Mamelukes. He was declared Consul in May, 1802; Emperor in May, 1804; and crowned King of Italy in May, 1805, at Milan.

The number eighty-eight seems to have been fatal to the Stuart line. Robert II., the first Stuart King, died in 1388; James II. was killed in 1488; Mary was beheaded in 1588; James II. of England was dethroned in 1688; and Charles Edward, the last hope of the Jacobites, died in 1788.

Louis XVI. and the 21st of the month. April 21, 1770, Louis married; June 21, 1770, 1,500 people trampled to death at his fête. January 21, 1782, birth of Dauphin; June 21, 1791, flight to Varennes; September 21, 1792, abolition of royalty; January 21, 1793, Louis decapitated.

EXERCISE ON RESEMBLANCE.

1. Give an original definition of Resemblance as one of the laws of Association.

2. Give examples of words with the same meaning, or synonyms.

3. Write down a number of words having like syllables, or homophones.

4. The names of persons famous for their achievements in the same line of life.

5. Parallel or resembling lives.

6. Analogy or partial resemblance.

7. Give brief examples of passages containing similes and metaphors.

8. Quote any memory rhymes with which you are acquainted.

9. Give examples of events that

happened at the same time; in other words, of events that synchronize.

LOCALITY.

Every event that has taken place, both national and individual, took place at some particular spot and in visiting famous places and scenes the main purpose is simply to have correct mind impressions so that the mental associations connected therewith may be right in details. Every object is located somewhere; all the organs of bodies and plants as well as the different parts of machines have their special locations, in fact, everything material comes under this heading. The division of books into paragraphs and chapters enables indexes to be compiled for the purpose of fixing the location of the different matters treated of. Mile stones, signs over shops and at railway stations, maps, numbers on houses and shops serve the same end. Locality is therefore one of the most important items in memory.

It may be necessary in practical work to reverse the order of the illustrations, thus persons may be first and the locality following.

I. Locality and persons: Bethlehem—Christ's birthplace; St. Helena—Napoleon's Prison; Den of Lions—Daniel; Ayr—Burns; Stratford-on-Avon—Shakespeare; Bedford—Bunyan; Abbotsford—Sir Walter Scott; Bath—Sir Isaac Pitman; Chelsea sage—Carlyle; Hungary—Kossuth; Banff naturalist—Edwards; Glencoe—massacre; Flodden Field—James IV.; Holland Revolt—William The Silent; America—Pilgrim Fathers; England—Puritans; Scotland—Covenanters; Westminster—Kings, Queens, and Legislators; Diet of Worms—Luther and Charles V.; Palestine—Jews.

II. Localities and trade: Newcastle—coal; Sheffield—cutlery; Perth—dyeing; Clyde—shipbuilding; Staffordshire—pottery; Kent—hops; Aberdeen—granite; Oxford and Cambridge—Learning; Chicago—pork and grain; Sevres—porcelain; Lancashire

—cotton; Luton—straw hats; Dunfermline—linen; Seville—oranges; Dundee—Marmalade and Jute; Greece—sculpture; Olympia—games.

III. Locality and historical events: Paris—Revolutions; Ireland—strife; Waterloo—great battle June 18th, 1815; Augsburg—Confession of faith; Calcutta—black hole.

IV. Locality and famous structures: Pisa—Hanging tower; Rome—St. Peter's; London—St. Paul's; Brooklyn—City of Churches; Chicago—World's Fair Buildings; Babylon—Hanging gardens; Athens—statues and temples; Tay—bridge; St. Gothard—tunnel.

V. Locality and famous scenery: Killarney—lakes; Highlands of Scotland—hills, glens, and passes; Switzerland—Alps; Edinburgh—Arthur's Seat and Castle.

EXERCISE ON LOCALITY.

I. Give in your own words a definition of Locality as one of the great principles in mental Association.

II. Furnish illustrations of association between: Individuals and places. If the student finds a difficulty in supplying historical instances, his own neighborhood should furnish an ample number; localities and seats of trade; locality and historical events; locality and famous structures; notable physical features which characterize certain localities.

III. Write down from memory some of the names of articles in a room in your own house. Such a test of memory might be put to a practical use in making out a fire claim against an insurance company.

IV. Take any street with which you are well acquainted and try to write from memory the names of all the persons who have shops in it, and give their businesses.

V. Take a church with which you are familiar, and mentally taking the seats in an orderly way try how many persons you could name.

VI. Hardly any house is without a

library. You know where the books are, therefore, give from memory the titles of as many volumes as possible.

VII. Every town has its public buildings and places of historical interest. Taking the city or town in which you live, name as many of these as you can, and mention the street or square in which they are situated.

VIII. Taking your last holiday trip, name places of interest visited by you, and give the names of as many places as you can remember to have passed in the railway train, both in going and returning.

SUGGESTIVE CONNECTIONS.

I. Classification of animals, according to their sub-kingdoms, classes, orders, families, genera, species and varieties. Examples of genera and species: Bird—eagle; dog—retriever; fish—salmon; horse—hunter; sheep—cheviots; cattle—shorthorns.

Classification of vegetables according to their classes, genera, and species, or, into families according to the structure of the flowers and fruits: Tree—oak; grains—wheat, barley, corn, rice, Indian corn; leguminous—peas, beans, lentils; Esculent vegetables—turnip, cabbage, carrot, potato, etc.; fruit trees and shrubs—apple, pear, orange, lemon, peach, plum, apricot, etc.; timber trees—oak, mahogany, beech, ash, elm, birch, etc.

Classification of minerals: Stratified rocks—sandstone, ironstone, clay-slate, chalk beds; Minerals—coal, clay, flint, blacklead, salt; Metals—gold, silver, copper, lead, iron, zinc, tin, antimony and nickel.

Races of men (Ethnology): Caucasian—Anglo-Saxon, Celtic; Mongolian—Chinese, Japanese; Malayian, American Indian, Negro.

Nature and relations of languages (Philology): Semitic—Hebrew, Chaldean, Arabic; Classical—Latin, Greek,

Sanscrit; Indo-Germanic or Indo-European—Sanscrit, Hindustane, Greek, Latin, Celtic, German, English, etc., and in like manner with any other department of knowledge.

II. Co-relatives or reciprocal relations: Husband—wife; teacher—scholars; king—queen; man—woman; speaker—audience; minister—congregation; Dr.—Cr.; bat—wickets; leader—followers; sowing—reaping; waking—sleeping.

III. Things and their uses: Chimney—smoke; soap—washing; hat—head; watch—time; pen—writing; book—reading; chair—sitting; window—light; ship—sailing; bicycle—riding; oven—cooking; rudder—steering.

IV. (a) Workmen and their materials: Joiner—wood; weaver—cloth; spinner—yarn; blacksmith—iron and steel; shoemaker—leather; mason—stones; painter—paint; plumber—lead and solder; photographer—chemicals.

(b) Workmen and their tools: Painter—brush; butcher—knife; turner—lathe; blacksmith—anvil; photographer—camera; cab-driver—whip; teacher—blackboard and pointer; astronomer—telescope; postman—bag; mechanic—files; librarian—books.

(c) Men and women with their positions and professions: Edison—inventor; Paul—an apostle; Captain Webb—dauntless swimmer; Rothschilds—bankers; Spurgeon—preacher; Livingstone—explorer; Cleveland—president; Gladstone—Prime minister; Brunel—engineer; Cook—tourist's agent; Fox—Quakerism; Wilberforce—slavery; Fowlers—phrenology; Virtue—fine art publishers; Nobel—manufacturer of explosives.

(d) Painters, composers, authors, and their works: Dickens—David Copperfield; Sir Walter Scott—Lady of the Lake; Milton—Paradise Lost; Pope—Essay on Man; Grey—Elegy; Landseer—animal painting; Handel—The Messiah.

SCIENCE OF HEALTH

Notes and Comments

By Dr. E. P. MILLER

UNFERMENTED GRAPE JUICE.

The Agricultural Department at Washington has recently brought out Bulletin No. 175, on Home Manufacture and Use of Unfermented Grape Juice. This is a document of great value and ought to be read by every one who is interested in good health, health reform or the science of health.

We copy from this bulletin the following in regard to the uses and food value of unfermented grape juice:

The uses are indeed many. It is used in sickness, convalescence, and good health; as a preventive, restorative, and cure; by the young, by persons in the prime of life, and by those in old age. It is used in churches for sacramental purposes; at soda fountains as a cool and refreshing drink; in homes, at hotels, and at restaurants as a food, as a beverage, as a dessert, and in many other ways. When people become accustomed to it they rarely give it up. When properly prepared, unfermented grape juice can be made to please the eye by its color and attractive appearance, the sense of smell by its aroma or fragrance, the palate by its pleasant flavor.

It is food and drink, refreshment and nourishment, all in one. Not a by-product, but made from fruit going to waste—one of the blessings given us, that some are too careless, others too ignorant, to make use of.

FOOD VALUE OF UNFERMENTED GRAPE JUICE.

The effects of unfermented grape juice on the human system have been

studied for a number of years, especially at the so-called grape cures so long in vogue in Europe. A smaller number of investigations have been made in laboratories.

It is quite generally claimed that using a reasonably large amount of unfermented grape juice with an otherwise suitable mixed diet is beneficial and that digestion is improved, intestinal fermentation diminished, and that gains in body weight result. It should not be forgotten that the abundant diet and hygienic methods of living practiced at the grape cures play an important part, but even taking all this into account it seems fair to conclude that some of the good results can be directly attributed to the unfermented grape juice.

Grape juice contains the same kinds of nutrients as other foods. The percentage of water is high, and thus it resembles liquid foods more closely than solid foods. It is sometimes compared with milk, the most common liquid food. It contains less water than milk, more carbohydrates, and less protein, fat, and ash. Carbohydrates, largely present in the form of sugar, are the principal nutritive ingredients. It is evident, therefore, that grape juice is essentially an energy-yielding food, and may help the body to become fatter, though it can not materially assist in building tissue. Sugars in moderate amounts are wholesome foods, and grape juice offers such material in a reasonably dilute as well as palatable form. Undoubtedly the agreeable flavor increases the appetite, a by no means unimportant consideration.

A FEW GOOD RECIPES.

Grape Nectar.—Take the juice of 2 lemons and 1 orange, 1 pint of grape juice, 1 small cup of sugar, and a pint of water. Serve ice cold. If served from punch bowl, sliced lemon and orange add to the appearance.

An Invalid Drink.—Put in the bottom of a wineglass 2 tablespoonfuls of grape juice; add to this the beaten white of 1 egg and a little chopped ice; sprinkle sugar over the top and serve. This is often served in sanitariums.

Grape Punch.—Boil together 1 pound of sugar and half a pint of water until it spins a thread; take from the fire and when cool add the juice of 6 lemons and a quart of grape juice. Stand aside overnight. Serve with plain water, apollinaris, or soda water.

Grape Sherbet.—For 8 persons mix 1 pint of grape juice (unfermented), juice of lemon and 1 heaping teaspoonful of gelatine, dissolved in boiling water; freeze quickly; add beaten white of 1 egg just before finish.

Grape Ice Cream.—One quart of unfermented grape juice, 1 quart of cream, 1 pound of sugar, and the juice of 1 lemon.

Syllabub.—One quart of fresh cream, whites of 4 eggs, 1 glass of unfermented grape juice, 2 small cups of powdered sugar; whip half the sugar with the cream; the balance with the eggs; mix well; add grape juice and pour over sweetened strawberries and pineapples, or oranges and bananas. Serve cold.

Bohemian Cream.—One pint thick cream, 1 pint grape-juice jelly; stir together; put in cups and set on ice. Serve with lady fingers.

Besides the recipes just given many more are enumerated, such as grape ice, grape lemonade, grape water ice, grape juice and egg, baked bananas, snow pudding, grape gelatine, junket and grape jelly, tutti-frutti jelly, grape float, grape jelly, grape juice plain, grape soda water, and scores of others.

An important fact in this connection

is that a chemical analysis of grape juice shows that it contains from 18.54 to 19.15 per cent. of grape sugar, the form of sugar that is readily assimilated when in the human blood. Hence it is both food and drink and nourishes both brain and body.

It was unfermented grape juice that Jesus Christ gave to his disciples and told them was his blood, and to drink all of it, remembering him. Unfermented grape juice represented the purity of his blood and unfermented bread represented the purity and life and health-giving properties of his body.

It is fermented foods and drinks that ruin health and destroy life, that "defile the temple of God and lead to its destruction."

WALKING AS AN EXERCISE.

Mr. Allen, of London, a few months ago walked a hundred miles in a little over twenty hours, which was a shorter time than it was ever accomplished in before. He states, "I did not undertake this walk simply with the idea of making a record, but to demonstrate the efficacy of a nonflesh dietary." At the conclusion of this walk, after taking a three hours' rest he walked about the town feeling as fresh as if he had taken only an ordinary walk. During the month preceding this walk he abstained altogether from all animal products and stimulating drink of every description. And the only food which he ate on his hundred-mile walk was two melons, a quarter pound of grapes, two bromose tablets, a quarter pound of protose, a quarter pound of whole-wheat wafers, one and one-half pounds of pears, one and one-half pints of cold water, and two cups cocoa. He states, "I think I can lay claim to having accomplished one of the greatest feats, if not the greatest walking feat, that has ever been done upon the highroad, and this upon a nonflesh dietary.—Good Health.

Pure Water.

By CHARLES H. SHEPARD, M.D.

Municipal life is made comfortable or rendered intolerable by the condition of the water supply. There is no more sacred duty imposed upon the authorities than that of securing to every inhabitant a plentiful supply of pure soft water. Next to pure air, the health of the community is more dependent upon that than any other one thing. As Professor Chandler, of Columbia, has said: "It is the most potent servant the sanitary authorities can call to their aid." While thousands annually die from the effects of stimulating drinks, it is a question if an even larger number do not perish in consequence of drinking impure water. During the Spanish war the U. S. Marine forces who were supplied with pure distilled water were entirely free from the enteric fevers that made such havoc with the land forces. All over the world it has been found that whenever an improvement was made in the water supply of cities, there was always a corresponding decrease of disease and in the death rate of those cities. The question of an adequate supply of water is important, as the citizens of New York city are credited with consuming over one hundred gallons per day for each individual, while London, England, gets along with about one-half of that amount.

When the water supply is contaminated, all are in jeopardy. While some cities have gone to great expense to purify their supply, that of too many cities is a distinct menace to the health of its inhabitants. Brooklyn once stood proudly at the head of all the cities in the Union, as having the purest water, but now, repulsive in appearance, the compound is a most shameful mixture of vegetable organisms, if nothing worse, nor is New York city water much better.

In regions where the water is sus-

picious, bringing it to the boiling point is frequently the only resource against danger, for that will surely destroy all life and precipitate any lime salts with which it may be impregnated. A very simple test for lime in water was given by a chemical professor, as follows: With a tube blow into a glass of suspicious water. The carbon of the breath uniting with any lime in the water forms a precipitate, the carbonate of lime, resulting in a whitish fluid.

A spring of pure soft water is a most valuable adjunct to any establishment. While this is not possible to the multitude, there is a resource left to the many, and that is by distillation. The manufacture of small stills has brought the use of pure water within the reach of nearly every family, and large companies furnish distilled water at very moderate prices. This would cost less than they are continually paying out for coffee, tea, and cocoa, as well as for the alcoholic drinks which destroy so many lives, to say nothing of the flood of mineral waters, which do more harm than good, as it is a recognized fact that no mineral or unorganized substance can be assimilated by the body. When partaken of it gives trouble to the excretory organs, and only remains to give abnormal action wherever it may be deposited, and thus interferes with normal action.

Where water is only impregnated with vegetable organisms, a good filter is sufficient to render it safe for drinking purposes, but all filters should be so constructed as to make them easily and frequently cleansed. Spring waters should be used with caution, as too often they are impregnated with human and animal waste products. Even the purest natural water can be improved by its passage through a good filter.

The tissues of the body are always undergoing change. Every action, every thought, uses up tissue, and the refuse is constantly being eliminated. Water is the power which increases those changes and multiplies the waste products. Any obstruction to this action is detrimental to health and induces what is called disease. If one is weak and languid, or has that "tired feeling," in the morning on arising, it is because of the imperfect elimination of those waste products. A tumbler full of pure water before retiring will

out spices or condiments, and particularly if the juicy fruits and vegetables form a large part of the dietary, there will be but little desire for water drinking, even in hot weather, and then hot water will frequently be found to satisfy the thirst more completely. It is very properly contended that if pure water was more freely used, the prevalence of such diseases as typhoid fever, rheumatism, Bright's disease, and many other ailments, would be greatly reduced.

The purer the water the greater its



RUINS OF THE CLAUDIAN ACQUEDUCT THAT ONCE SUPPLIED A LARGE AMOUNT OF WATER TO THE CITY OF ROME.

help this elimination during the night and also make the sleep more profound, and the sleeper will be more likely to wake in the morning with a sweet mouth, particularly if sleeping as every one should, with the mouth closed. Early morning is an appropriate time for drinking a glass of pure water.

The practice of drinking freely of ice water is to be deprecated. Slowly sipping a little cool water will act as a gentle tonic if partaken of at the right time, an hour after or an hour before meals, but a free use of iced water is liable to bring on a congestion of the mucous membranes of the stomach, and lead to serious consequences. If only plain simple food is indulged in, with-

solvent power, whether in or out of the body. This fact is constantly availed of in the prevention and treatment of disease. Nature furnishes pure water in the rain fall, which is quickly contaminated when passing through any mineral earth, but when appropriated by any of the multitude of rich, wholesome fruits, it is offered in the most delicious and inviting form, and furnishes the most desirable food as well as drink. In the solvent power of pure water lies the danger of lead pipes for its distribution. An occasional use of such water may not be noticed, but the frequent use is dangerous, as lead is a cumulative poison.

The decrepitude of old age can and

Eventually man will surround himself with sanitary conditions, he will breathe pure air, drink only pure water, eat only pure food, and live out the full measure of his days, to the length of which no man, in these days of ignorance, can put a limit, while to the very end of those days he may be wholly free from disease and decrepitude, which will then be the exception where they are now the rule. Much of this result will be directly due to the free use of pure soft water.

should be avoided. It comes from wrong living, whether caused by ignorance or otherwise, and very largely from imbibing liquids that contain calcareous salts, eventually petrifying the cells of the muscles, arteries, etc. One great advantage of the use of pure water is in the fact that it has a great affinity for these salts, and by absorption, gradually helps to eliminate them. Thus by its use, youthful appearances are retained instead of old age prematurely asserting itself.

To Keep Out the Cold.

By JULIA COLMAN.

One of the commonest fallacies about alcoholic drinks is that they really do warm the body and prevent taking cold. This conviction clings persistently even to the total abstainer. I once met a cordial, talkative "daughter of Temperance," sharing with her a long stage ride on a cold winter day, and she frankly declared that if it had not been for her pledge, she would have taken a glass of wine before leaving home that morning. The pledge that kept her was well worth the taking, but it would have been better if she had studied to know if the drink could have done what she gave it credit for. Later I learned of another girl, too poor to pay for an inside seat in an old-time stage-coach, and who yielded to the well-meant prescriptions of her fellow-travelers on the outside, and took the brandy which they procured for her at the various stopping places. At the end of the journey, when they would have helped her down, they found only the stiffly frozen form to take to the invalid mother whom she was journeying to nurse.

These are only illustrations of alcoholic deceit. The partaker cannot judge correctly by his feelings.

Here is the real process. The vital powers recognizing the presence of an

enemy hasten to expel it. The blood takes some of it to the surface to cast it out. It brings internal heat with it, and casts that out also. Hence the warm surface flush, not more than half a degree, but it leaves the internal organs colder even to three or four degrees. More than that proves fatal, and so the deepest drinkers freeze the soonest, other things being equal. Every-day occurrences corroborate this result, but the partaker is so deceived by his first impressions that he will not believe the truth, and his subsequent chilliness is laid to other causes.

In the winter of 1796 a vessel was wrecked one cold night on an island off the coast of Massachusetts. Five of the men on board decided to leave the wreck and swim ashore. Four of these drank spirits to prepare for the attempt, the fifth would drink none. One of them was drowned before reaching the shore, the other four landed and tried to make their way through deep snow to a distant light. Three of these failed, one after the other, by the way and froze to death. The fifth, who drank nothing, reached the light safely and lived for years afterward.

A more convincing case, because it involved larger numbers, occurred more recently in the Sierra Nevada. An ex-

ploring party of twenty-six, in the prime of life, was benighted above the snow line, with scant covering, but with plenty of whisky. A medical man of the party warned them against the drink, and two others with himself resolutely abstained. They slept little but did not freeze and they were ready for duty the next morning. Seven that drank rather sparingly had their fingers and toes frosted, recovering in a few weeks. Six that drank more were badly frozen and permanently injured. Four others got quite boozy and died in consequence three or four weeks later. Three became dead drunk and died before morning. In fact the twenty-three suffered just in proportion to the amount of alcohol they had taken.

Many other travelers, and especially sailors and Arctic explorers, have learned from experience to be total abstainers, though some of them were like Adam Ayles, a Scotch sailor, who expressed both his courage and his ignorance in the same sentence, when he refused the drink by saying, "I will not take it though I perish in this ice." A better informed Scotch hunter said, "No, it is too cold." Some Yankee and some Canadian lumbermen never take it in cold weather nor allow it in their camps. If they find it there they destroy it. The majority of such men value their camp lore more than "book learning." They are able neither to find out nor to express the scientific reasons that carry conviction with them. This was done by Sir B. W. Richardson who experimented, studied,

and explained them as only a careful scientist can. He fed some pigeons (doves) with peas soaked in alcohol, not being able to get them to drink it, and shutting them up with some sober pigeons, he subjected them all to the same degree of severe cold. They all slept, and when warmed the sober pigeons awoke unharmed, while the drunken birds slept the sleep of death. Other experiments were tried, but as in the case of the pigeons the results were so different from what he expected, that he kept up the investigation for three years, and then he laid the facts before a meeting of the British Association for the Advancement of Science, in Birmingham in 1866. Distinguished scientists who were present debated the subject earnestly, and his report was finally "handed back to him for correction." They could not receive results so different from their preconceived prejudices, one of the most striking proofs of the deceitful action of alcohol. A still more striking proof followed, for many other scientists were stirred up to investigation, and now it is one of the truths almost universally accepted by careful students that "alcohol acts like cold," their effects going together, side by side and intensifying each other. The truth is mighty and it will prevail if we work for it. It can do good only as it is known, and the burden of making it known rests upon you and me who have the knowledge and can make the opportunities. Can we do our age and our country a better service? I think not.

FILTH DISEASES.

Geo. M. Sternberg, M.D., LL.D., says: "Bubonic plague, cholera, and typhoid fever have long been classed as 'filth diseases,' and in a certain sense this is correct, although we now know that the germs of these diseases not only are not generated by filth, but do not multiply in accumulations of filth. They are present, however,

in the urine discharges of the sick and when this kind of filth is exposed in the vicinity of human habitations or gains access to supplies of water used for drinking purposes the germs are likely to be conveyed to the alimentary canals of susceptible individuals and thus the disease is propagated."—Medical Brief.



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By UNCLE JOE.

No. 615.—Richard Pascall Penfield, Portland, Conn.—Just to show how children differ in organization, and why they require different management, and when Phrenology can be of great help to parents in the education and training of little ones in the nursery before they go to the public school, we will give our readers a few observations upon the accompanying photograph. These are children in the same family yet remarkably different in disposition. The boy is two and a half years old and is well developed for his age. He has a philosophic bearing, which he has inherited from his father, and likes to reason everything out for himself or else hear other people do it.

He is not so keen an observer as many children are, but his questions are old fashioned, deep, and surprising. One never knows what is coming next. He is not a child who will let himself down to be familiar even with the boys, for he has a high head in the crown and consequently shows an aristocratic superiority of manner, which keeps people at a little distance. He will call out the respect of others but not their love and affection. He will take life seriously. He will often wonder why people can be so frivolous or foolish over things. He is the personification of thought and dignity. He will be exceedingly scholarly in his attainments and will stride ahead of the other members of his class in philosophic, mathematical, and metaphysical subjects.

We can see distinctly in him an ad-

ministrator, one who is cool, undemonstrative, thoughtful, and capable, yet not one who will rise to the height of impassioned eloquence. He will reason things out quietly, and persons will see the force of his argument. He will also be very firm and positive. It will be noticed how high his head rises in a direct line over the ears, hence he will not show a yielding, mild, or vacillating character. When he takes a stand he does not move from that attitude, and this will be the case all through his life, unless he materially changes.

His intellect can always be appealed to, but it is of no use to expect him to gush over sentimental ideas. He will show great prudence, anxiety, and foresight for others as well as for himself. He will not be rash, impulsive, or inclined to act on the spur of the moment, hence will prove to be a man of deliberate thought, and his judgment can be relied upon.

He should be trained to become an administrator, lawyer, and judge. He has the power and ability to be of immense service to others in weighing and considering judicial matters, and will surely rise to the rank of the supreme court, for nothing less than that in the legal profession will satisfy his ambition.

He will succeed also in literature, and his ideas will be finely expressed. He should have as fine an education as possible so that he may be able to prepare himself for the highest legal position of the land.

No. 616.—Marion Almira Penfield, Portland, Conn.—This little girl is just thirteen months old and is as sweet as a bunch of June roses. She is free to give lavishly of her affection and makes friends wherever she goes. She never holds back, doubts, or suspects people, and will bring a ready confidence and a charming loyalty to all she meets. People cannot help loving her, for she

preting or understanding the characteristics of others. She will make an excellent conversationalist, and will entertain her company in a charming manner. People will always be glad to visit her whenever she sends out invitations, and she will always have some people at her house either as visitors or those whom she wants to help.

She has a rich development of sym-



NO. 615.—RICHARD PASCALL PENFIELD, PORTLAND, CONN.—AGED $2\frac{1}{2}$ YEARS.

1. Large Causality; 2. Large Cautiousness; 3. Large Firmness; 4. Large Conscientiousness; 5. Small Perceptive Faculties.

NO. 616.—MARION ALMIRA PENFIELD, PORTLAND, CONN.—AGED 13 MONTHS.

1. Large Benevolence; 2. Large Hope; 3. Executiveness; 4. Large Mirthfulness; 5. Large Intuition; 6. Language.

meets the world with affection and is brimful of fun and humor. She will take a joke as well as give one, and will be ready for all the puns that people like to make. She is a very intuitive child and will be a good judge of human character. She will know how to handle people, and should study her own character with the object of inter-

pathy, and it will show itself in whatever she undertakes to do. She will be magnetic, enthusiastic, and capable of working up public interest in reforms and philanthropic work. If she were to start a subscription list for the benefit of an unfortunate family, she would have all the leading names in the town on her list, then she would go to

those who could give her but small sums, and she would excite the interest of every one in her cause so that the pulpit and the press would both do their best for her. She will make people want to do good and live right kind of lives; in fact difficulties will melt away like snow in summer under the charm of her manner. Hope and Benevolence are the key-notes of her character, therefore she takes up joyously whatever engages her interest.

She has, apparently, an excellent memory of faces, names, facts, and coincidences, owing to the fact that several of her intellectual organs, such as Individuality, Form, Eventuality, Locality, Comparison, and Causality are all actively developed. She carries sunshine wherever she goes, and people feel better for having a visit from her. She is not lacking in energy or executive force, and will be actively engaged in promoting the happiness of others in an executive calling.

Having so much force, magnetic insight into character, sympathetic realism, cheerfulness of disposition, friendliness of character, sociability in a marked degree, and capacity to understand intricate problems, she could excel not only as a nurse, but as a first-class physician. The trouble would be her practice would be greater than she could attend to herself and consequently she would have to have assistants who would carry out her methods and follow her directions. She will wear well and will know how to adjust herself to many departments of her work.

SHALL WE LET THE BABY CRY?

As we have been asked the above question more than once, we will answer the question in the words of Mariana Wheeler, who was Superintendent of The New York Babies' Hospital.

In her hand-book called "Plain Hints for Busy Mothers" she says:

"Crying is the only method the child has of exercising his lungs. He does

not breathe deeply enough in early infancy to fill the lungs, but by an occasional good scream and once in a while holding the breath, he gradually expands and strengthens his breathing apparatus. I would not advise a mother to let her baby cry by the hour, but if he should without apparent cause cry violently, look over his clothing carefully to see that there are no wrinkles or pins disturbing him, that he is dry and hands and feet are warm; then, if there seems no reason for his crying or if he stops as soon as picked up, put him down and let him cry it out."

THE BRIGHTEST CHILDREN.

"The brightest children are those who are left for the most part to think out their own play and amusement. A mother can readily train her baby to be very little care, first by not handling him often and second by feeding him with absolute regularity. The 'goodness' of a baby depends almost entirely upon the mother."

CLOTHING.

"It is a great mistake to put too much clothing on an infant. It is not the quantity but the quality and the way it is distributed that determine the warmth. Numerous clothes cause wrinkles, which crease and injure the tender flesh. Nothing strengthens the muscles of a child so much as exercise, but held down by heavy clothes the baby simply cannot use his legs."

For our own part we believe every baby must be studied individually.

IS THRASHING NEEDED?

CECIL HAMPDEN CUTTS HOWARD.

It seems incredible in this advanced age that we should read of corporal punishment of any kind and, more especially as being advocated by women.

Yet, it is undeniable that there are

many women to-day (not always mothers) who will adhere to the old-style methods of punishment.

In the first place it is a well-known fact that no two children can be reached by the same methods. Therefore, why say that ill-bred children need thrashing, as recently declared by Miss Floretta Vining, a lady of Massachusetts.

Ill-bred children need care and punishment, no doubt, but corporal methods are not only not the chief and best measures, but frequently the worst.

Of course if children have reached five or six years of age without training, not to mention twelve or thirteen, there is something radically wrong with the parent.

It really would seem that a school should be established for the training of parents who so willfully neglect their offspring.

The children are not always at fault, the parents often needing most correction.

Miss Vining mentions table manners, which are a most important feature of a child's early training. From the time they are able to sit in their high chairs children are natural imitators. If the parents wish them to be well-mannered, cognizant of the best in all things, let them set them the example. A child of five years of age should appear as well at table as his parents. If early instruction is given he will readily acquire good manners;

the proper handling of knife, fork, and spoon, the use of the napkin, the respect due to elders, and, as he grows older, an appreciation of the value of hygiene as regards mastication of food, and good, cheerful conversation as an aid to digestion.

No child should be allowed to read at table or in any way interfere with the comfort of others present.

Suppose they do violate one or more of the rules of good breeding is a whipping the only measure? If they are affectionate, and all children should have their affections cultivated, they can be taught that their parents desire only what is for their best good. Too often (when punished) a spirit of anger is shown by their parents which acts directly on the child. Their better nature is what the parent should strive to bring out, and God pity the child who can only be reached by thrashing. It shows something lacking in parent and child. In this enlightened day corporal punishment should be the very last thing resorted to in any case.

From earliest childhood surround the children with an atmosphere of love and prayer if you wish the best results.

When the loved ones have gone out into the world the lessons taught by corporal punishment are not as lasting as those inculcated by love.

The child trained this way from birth need never know what it is to be punished by thrashing and hardly by any severe method.

TESTING PHRENOLOGY.

By N. A. Clapp, F.A.I.P.

(Continued from page 16.)

Dr. A. proceeded to examine Miss S. Standing directly behind the subject, he put both hands on top of the head, pressing the forefingers of each hand closely together over the sincipital region, he pressed down carefully, and slowly brought the hands down both sides of the head over the ears. Then turning to the left side, placed his left

hand on the front of the head, pressing over the superciliary ridge with the thumb on the left side, and middle forefinger on the other, and at the same time taking hold of the back head with the right hand above the occipital region, pressed down carefully and slid the hand downward until he reached the nape of the neck; he turned the back head tow-

ard the class, and looked up to call their attention to the fullness and great width, and then, stepping behind again, placed a hand on each shoulder, and then, grasping each arm between the shoulder and elbow, he stepped again in front of the subject, and said:

"Here is a subject finely and yet very strangely organized. As a woman, her bodily form is feminine, but the head with but few exceptions" (pointing to Secretiveness) "is masculine. Her vital organism she inherits from her mother, while her head and shoulders and long arms and hands she inherits from her father. In general, she is versatile, high-tempered, and vindictive. There is self-reliance, tenacity, pride, and self-will coupled with energy, activity, resistance, and courage, and, as paradoxical as it may seem, is extremely cut by censure. Her paternal ancestors came from the Dravidian stock, east and north of the Mediterranean Sea, and from them comes the daring, self-poised disposition that ventures and never desists, although cruel means are adopted to accomplish the desired ends."

Miss S.: "I want you to understand that there is royal English blood in my veins, of the real old sort, and it's best for you not to say too much about my great-grandparents."

Dr. A.: "They were descended from pirates, were they not? and transmitted a pirate's character to their descendants, although it may be somewhat attenuated at this day."

Miss S.: "Isn't that awful, to twit one of their ancestor's of two hundred years ago?"

Dr. A.: "From your maternal ancestors, who were of the Anglo-Saxon blood, that came from Germany to England, you inherit your rotund form, finely chiseled features, your genial ways, your mellowness of disposition, that you use to your advantage on such occasions as you prefer, and attract to yourself and control at your will a large circle of friends and associates."

Miss S.: "Oh, I see; it is all sunshine now."

Dr. A.: "It might be a continuous flow of sunshine and exquisite enjoyment, if it were not for your excessive use of strong tea, which has injured your stomach, engorged the base of the brain with blood, which has pressed on the centers of your cranial nerves, making you fidgety, restless, and fretful at times, unable to get a full night's sleep, you perambulate your room, striving in vain to control yourself, rising in the morning not more than half rested, feel bedraggled, as it were, until you can again at your meals drain the longed-for cup

and become exhilarated and ready for your day's work."

Miss S.: "Well, now, what has tea to do with my Phrenological bumps; and I would be glad to know how you know so well my habits?"

Dr. A.: "First, your nervous condition is betokened by your anxious look, and the monster "narcot," or tea, is destroying the lining of your stomach and leaving his footprints on your skin, which has robbed you of the fresh bloom so much prized and admired, and left a tough, leathery appearance in its stead. Second, you should be well balanced in temperament, that is, the vital, motive, and mental elements should be harmonious, or equally balanced; but, as it is, the motive machinery runs at the expense of the somewhat exhausted vital and nervous system. It is your privilege, as well as duty, to be jubilant, joyous, jovial, merry, happy—always bubbling over with exquisite enjoyment, while you take up the everyday affairs of life. Your native or inherent original temperament should be vital, motive nervous; but as it now is, it has been reversed by the habits of your life, and the nervous is the dominant ruling element in your make-up."

Miss S.: "Why do you speak of my temper so much? Is that all there is of me?"

Dr. A.: "You misinterpret my remarks. What we call temperament describes the physical condition of the individual. It does not make, mend, or change matters; it simply tells just in what condition we find you."

Miss S.: "I thought I was going to have my head examined."

Miss F.: "Proceed, Doctor, as there is but little time left. Take up the combination of faculties."

Dr. A., putting his forefinger on the lower point of the nose, said: "Apprehension, worry, forebodings, when one set of elements are in the lead." Pointing to the dark eye; putting his hand over the great width at the eyes, "Calculation, comprehension, sees into and observes everything at a glance." Putting his hand on the top of the head, "Dictation, self-will, authority, government." Putting his hand a little farther back, "My way, my plans, my theories are correct and I will defend them." Putting his finger on Combateness, "Note," as he put his hand on Amativeness, Destructiveness, Secretiveness, and Human Nature, and then down on the hawk-bill nose, "She knows her victim; can woo, win, and keep under her control, and as long as he is meek, submis-

(Continued on page 100.)

THE Phrenological Journal

AND SCIENCE OF HEALTH.

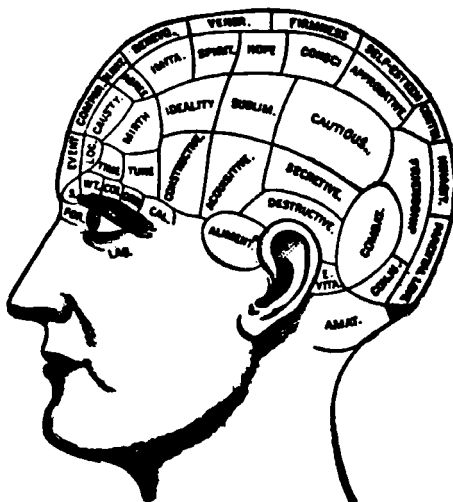
(1838)

INCORPORATED WITH TRUE

Phrenological Magazine

(1880)

NEW YORK AND LONDON, AUGUST, 1903



"The talent of success is nothing more than doing what you can do well and doing well whatever you do, without a thought of fame."—LONGFELLOW.

THE TALENT OF SUCCESS.

We have not met the person yet, who if given a choice whether he would rather be successful or unsuccessful in life would not choose the former. Phrenology is a mirror that shows a person to himself without disguise! Why should people wait to fail and then wonder why they have not been more successful. The American Institute of Phrenology has been a boon to many men and women who have studied within its portals, what they were good for, what they could do best, in, and how they could avoid making failures of their lives.

Much thought is concentrated into two months' work, but all who are earnest can extract valuable advice and many wise suggestions which will help to put them on the right track. Some people are unfortunate; Phrenology comes to even these and points the way to mend and improve their fortunes.

But a fortune is not the only aim in life. "Success in life" means more than pecuniary gain, it means the development of character in its fullest sense.

WHAT THE PAPERS SAY ABOUT BRAINS.

In a recent issue of the "New York Journal" there appeared a short article by Garrett P. Serviss on "Something About Brains." The writer truly says, "That no branch of scientific literature is more popular than that which deals with the brain." We hail every evidence that the brain is being studied from many phases, but evidently the writer above quoted has much to learn with regard to the development of that organ. He says:

"If the brain were really such a box of drawers as some Phrenologists have assumed, with everything in its place, and all possible faculties ac-

counted for and located, human heads could be classified as readily as planets, and nobody could fail to distinguish among them any more than one can fail to select roses from lilies or hollyhocks from sunflowers. One might predict absolutely from a glance at his head that a certain young man must become a great inventor, and a certain other young man, a multi-millionaire, and a third a poet, and a fourth a philosopher, with no more danger of a mistake than in asserting that one tree will produce acorns and another cherries."

Mr. Serviss is not probably aware of the convincing proofs that are innumerable, of how the mental acorn is discerned from the mental cherry in early manhood. If he had lived when Emerson was a boy he could have predicted the line of interest that manifested itself in his later life, and the same truth applies to other lads who are being turned out by the thousands in our schools and colleges this year.

The following fact is pertinent to the present situation:

Sir William Richmond, R.A., lately lectured before the Institute of British Decorators on his mosaic decoration of St. Paul's Cathedral. Among other interesting things, he said, that when he was a boy of about thirteen his mother took him to attend a service at St. Paul's, and they sat in the choir. He looked up at the naked roof, and on going out said, "Mother, some day I will cover that with mosaic." That was before he had been in Italy, or seen a piece of mosaic. What some boys are able to do in the world is a question which is settled quite early, and in this case the cherry

could have been discerned from the acorn before his education was completed.

Phrenology is being used every year with a more accurate understanding of its true manifestation and power by the teachers of the land, whether they acknowledge the truth of the discoveries of Dr. Gall and his followers, or not. We note that later on in his article Mr. Serviss states, that "the real progress of the study of the brain is effected by those who undertake the work as far as possible without any preconceived and preperfectioned theory to lead or mislead them."

Mr. Serviss has evidently not read Phrenological literature or he would not make such a statement.

EAT SLOWLY.

William Randolph Hearst in a recent editorial advised his readers to learn to eat slowly and thoroughly. The advice is so pertinent and practical that it will bear repeating many times. He said that "slow eating solves one of the problems of health; that in the eyes of doctors three things distinguished the American people especially—consumption, dyspepsia, bad teeth. All three of these things are intimately connected with the great national defect of too rapid eating. All Americans are in a hurry, even when they have nothing in particular to do. They talk in a hurry, walk in a hurry, think in a hurry, and eat in a hurry. The quick lunch is an American invention, and one of the worst of all inventions. The sensible Englishman, or Frenchman, or German, who has but a few minutes to give to eating devotes his time to eating little. He eats that lit-

tle rationally and slowly. The American does just the reverse. He feels bound to eat a certain amount, and if the time is short he makes up for it with extra rapid eating, bolting his food practically whole. Our quick-luncheon counter and the great majority of our restaurants are simply gigantic manufacturers of dyspepsia and consumption. Consumption is developed by too rapid eating, because consumption is the result of an insufficient supply of good blood, and good blood can only be produced by food properly chewed and thoroughly digested. As we are in too great a hurry and too foolish to eat slowly we select in preference such food as can be swallowed without chewing, hence the national mania for mashed things—hashes, soft pies, cereals soaked in milk, soft white bread; hence the best qualities, the whole covering or outer shell of the wheat or rye, have been eliminated.

"To keep a horse in condition you must give him hard corn to chew, and if possible a certain amount of corn on the cob at intervals. If you do not give him this he instinctively chews his manger to keep his teeth right.

"Practically all of our very successful men, especially in financial affairs, have suffered from dyspepsia. Jay Gould was a victim of it; John D. Rockefeller's life is made miserable by it. It causes the production of half the patent medicines, and employs three-fourths of all the doctors in the United States. The great old men of the world—Gladstone, Von Moltke, and the Pope—have all been remarkable for their slow eating and deliberate eating. Bismarck lived to be old because in Dr. Schweninnger he had a man who forced him to eat slowly and carefully. Napoleon was a dyspeptic wreck and a failure at forty, because it was his boast that he never spent more than fifteen minutes at a meal, and unfortunately he had no Dr. Schweninnger to enforce moderation."

The above advice should be read and re-read by every one who is inclined to disrespect his stomach by eating fast and without properly masticating his food. If Americans continue the habit of fast eating they will have to invent a new kind of stomach to digest their food that will turn it into blood, if this is possible, or else mend their ways.

REVIEWS.

In this department we give short reviews of such NEW BOOKS as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"The Exact Science of Health Based upon Life's Great Law." By Robert Walter, M. D. Published by Edgar S. Werner, New York. Price, \$2.00.

The above-named book could not have been issued at a period when there was

more thought given to the science of health than at the present era. Men and women are eagerly seeking new ideas on the experimental side of right living, and



ROBERT WALTERS, M. D.

it is astonishing what extremes people are willing to go to in regard to life, dietetics, and even severe treatment of one form or another in order to follow out some fad or system connected with their existence. They are even willing to make themselves martyrs and heroes or heroines, if by so doing they can establish, in their own minds at least, the right to indorse some new phase of health. This is partly owing to the fact that everyone is living at a high pressure, and he wants to accomplish all he has in mind, at the same time maintain his health.

The book before us is written by a gentleman of wide experience, who claims to have discovered life's great law, which is not only the analogue, but is also the counterpart of Newton's law of Gravitation, answering to vital existence and vital phenomena, just as Newton's Law answers to mechanical and astronomical phenomena. The author also claims to have discovered the "primitive fact" of physiological and medical science, to have simplified medical science, making the practice of medicine as exact as are the sciences of Chemistry, Astronomy, etc.; also by establishing vital science, to have completed the fundamental sciences and to have laid the foundation for a true philosophy.

In Chapters IV. and V. the writer argues the subject of "Transmutation Fallacies" and "Vital Science in its Relation to Philosophy." He goes to the very bottom of his subject and shows the various phases that Bacon, Spencer, Huxley, Jevons, Drummond, and LeConté have taken up from a speculative standpoint and compares them with what he calls "vital science." Nor does he drop the philosophy of Spencer until he has thoroughly thrashed out such questions as "Energy, the Product of Force," "Whence the Power of Life," "The First Great Cause," "The Reproduction Theory," "The Source of Life," "Spencer's Doctrines Reviewed," "Evolution, The True and the False," and "The Relations of Food to Life." The latter topic is particularly apropos, and should be of the highest service to those who are in quest of such ideas.

The book is printed on excellent paper, in a clear type, and contains some three hundred pages. All thinkers, healers, invalids, and even well people need this book, and we believe it will be highly appreciated.

"The History of Woman Suffrage." By Susan B. Anthony and Ida H. Harper. (Vol. IV.) Published by Miss Anthony, Rochester, N. Y.

This volume includes the history of Woman Suffrage from 1883 to 1900, and

brings the question up to date. It is finely illustrated, bound in cloth.

Although Miss Anthony is over eighty years of age, yet, with the spirit of the Spartan, she still comes boldly forward, in company with Mrs. Harper, to give to the world her masterpiece in literary composition. After an interval of fifteen years this volume comes to complete the history of the continued struggles of half a century. It will be remembered by some that the first two volumes of this immense work were published by Fowler & Wells Co., in 1881-'82, when Mrs. Elizabeth Cady Stanton and Mrs. M. J. Gage were Miss Anthony's co-helpers. The



MISS SUSAN B. ANTHONY.

history of the Woman Suffrage movement has reached proportions much larger than those anticipated by its champions. In fact, when the chief promoters began their labor they expected to finish their work in four months. It was in 1881, therefore, that the first volume appeared, after the authors had been hard at work upon the volume since 1876. The second volume followed in 1882; the third, in 1885, and the movement may congratulate itself that although many of its collaborators have passed away, yet Miss Anthony's life has been spared to give personal attention to the work to its close.

It has been a difficult task to condense into a portable volume so much interesting information concerning the work of conventions and the report of arguments, addresses, petitions, and resolutions. This volume is a masterpiece of literary art, for it shows, very plainly the persistency, courage, and enthusiasm necessary to make the work what it has become. It shows the difficulties that have been overcome, and the strength and self-sacrifice that have met this resistance everywhere; nor is the work confined to conventions in this country alone. In chapter seventy-three we have given to us the

efforts of the suffrage movement in Great Britain, beginning with 1884, and the advance in the British colonies, namely, New Zealand, Australia, and Tasmania, up to 1901. The volume, therefore, not only speaks of the success attained in the United States, but it brings its readers in touch with the various successes that have met the movement in all parts of the globe. On this account people all over the world who wish to have a detailed history of what has been done in educating both men and women to see the personal rights of women to acquire an education, to earn a living, to claim her wages, to own property, to make contracts, to bring suit, to testify in court, to obtain a divorce for just cause, to possess her children, and to claim a share of the accumulations during marriage. Besides the above points, which have been given in detail, testimony also shows the favorable effects of Woman Suffrage in the four States where it prevails, namely, Colorado, Idaho, Utah, and Wyoming.

The book is printed on excellent paper, and all its illustrations of the principal promoters or organizers in the work are



MRS. IDA HUSTED HARPER

excellent and finely produced on glaze paper. We predict for this volume a hearty indorsement and a ready sale.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PSYCHOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

717—R. W. E.—Chicago, Ill.—Your photographs indicate a high degree of intellectuality and therefore we should expect you to gain your living through your brain rather than by the sweat of your brow. There are several directions in which such an intellect like yours could become interested, and with your force and energy of mind it will be difficult for you to concentrate your whole thought in one direction alone. You will enjoy experimental work, especially laboratory work connected with Chemistry and Chemistry applied to mechanics, inventions, more especially electrical inventions will suit your tastes. The mathematical formulas will be quickly comprehended by you, for you possess large Causality, Comparison, and Human Nature, as well as the Perceptive range of faculties. As a specialist in medicine along the newer lines of thought you could succeed and in literature, especially where technical knowledge is required and a full examination of the principles

of certain subjects such as journalism, reviewing, and research work.

718—The predominance of your Vital-Mental Temperament makes you a very enthusiastic, sympathetic, social, and entertaining man. You should be in a position where you can let off your steam to advantage in a professional direction for a business will not be quite the thing for you. You have a musical temperament, if we may coin a new phrase, and ought to show more than ordinary capacity to express yourself in a musical line. You have all the richness of sympathy, expression, and vivacity necessary to bring out the light and shade of musical composition. For one of your temperament you need to take a regular amount of physical exercise, so as to keep yourself in a thoroughly able condition. You are quite ingenious—inventive, in fact—and generate thought very rapidly. Your Causality and Constructiveness give you considerable to do to expand all your ideas, and we doubt whether you ever finish all you want to do in a given time. In the opera or as an inventor you should succeed above the average.

719—A. B. P.—North Creek, N. Y.—This lad is growing fast and must take ten hours' sleep every night so that he may grow strong, develop his vitality as fast as he develops other things. He must remember that he grows in the night, and his mental strength needs to be recuperated by rest as well as by exercise during the day. He is a bright lad and ought to give his parents considerable comfort in

the carrying out of his work. He is thoughtful, and would make a good office man and eventually work up in a respectable business, or he could train himself to become a teacher. He would find that

all the children would like his methods of imparting knowledge, and he would succeed in controlling even the most unruly members of his class. He is not lacking in energy, only it needs directing.

TESTING PHRENOLOGY.

By N. A. Clapp, F.A.I.P.

(Continued from page 94.)

sive, subservient to her mandates, all is well. The smiles of her countenance are like the radiance of heavenly glory, but let him resist and all is changed to ferocity and desperation, and whatever her deeds may be, she dexterously covers her tracks. Her double nature," pointing to the eyes, "will enable her to pose the saint and act the demon." With a sweep of the hand over her bald eagle face, and touching the front coronal region, "Here is revelry, illusions, with a high sail, with mimicry, sarcasm, and Sublimity, with little reverence for age or Deity, and conscience a secondary matter. Like the eagle that soars to sublime heights, takes in at one view a vast stretch of country, and with the convoluted retina of whose eyes he sees his prey from a giddy altitude, darts downward with a hideous scream, and seizes its prey with a relentless grasp, and tears it in shreds in calm composure, so it is with this subject—she can revel in sublime imagery, with her well-developed perceptive judge and measure accurately all that comes within her gaze, and, with her analytical faculties, compare, sift, dissect, sort, assign, seal with her approval or reject as useless. Her memory of events and of localities are almost supernatural; her calculating, planning, contriving, constructing, scheming, and reasoning is all done in order and by regular system. Were she endowed with large Domestic Propensities, as are most of her sex, she would make a noble wife, excellent mother, and valuable friend; but, being destitute of love of home, friends, place of nativity, with but little conjugal feeling, and concentration of purpose, she is likely to be a roaming itinerant, drifting aimlessly from place to place, filling such positions as chance may leave open for her embrace. Any questions?"

Miss S.: "I demand, sir, that you tell me who gave you, in detail, my life's history."

Dr. A.: "I assure you that I never saw or heard of you before. Your real character is written with effaceable signs on your face, head, and general make-up, and all that is necessary is to understand them and they may be read like a printed book."

Miss S.: "I appeal to the teacher and class to inform me if my suspicions are not well founded!"

Miss F.: "The class record does not show that Dr. A. ever lived within six States of where you say you came from."

Miss S.: "I came here to have my head examined, and that fellow, after the first manoeuvres, only touched my head here and there, except over the region of the cerebellum, and I know that there is nothing indicated in that part of the head. Physiologists say so, at least."

Dr. A.: "You have a great misapprehension of the fundamental principles of our true animal and mental nature. The first function, after life is imparted, is nutrition; the second is reproduction, and the procreative center is in the cerebellum. Around, above, and from these two functions have grown all the physical and mental faculties that we possess. The cerebellum is the seat of passion, It gives warmth to our affections, richness and resonance to the voice; and gives intensity to our thoughts, strengthens our sentiments, thereby aiding in our devotions."

Miss F.: "The time is up."

Miss S.: "Is there any way by which we can correct our inherent as well as our acquired defects of character?"

Miss F.: "Certainly. That is where we get a benefit from a Phrenological examination. It points out your deficiencies, excesses, and irregularities, and if the instructions are heeded, the whole being may be systematically harmonized."

Miss S. (As she hastily gathered up her things to depart) "I assure you, I will never place myself under the hand of that wizard again—not in public, at least."

The routine work of the day was closed, and the members of the class were preparing to leave, when the Secretary came in and said: "What did you do to the lady? She came out there with tears in her eyes and asked if I had any Phrenological primers. She wanted something that began at the beginning. I showed her the Self Instructor, and she finally bought a Student's Set and said she would surely be here to commence with the class next year."

THE EMPTY HANDED.

By Margaret Isabel Cox.

Tho' thou dost come forth from the
harvest-field
With empty hands, dost bear no single
sheaf,
Tho' all thy sowing hath fruition in
Thy emptiness of hand and heart and
life—
Join in thy brother's harvest-song of joy
And, lo, the song shall be thy very own.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY *will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.*

IF YOU USE A PSEUDONYM OR INITIALS, *write your full name and address also. Some correspondents forget to sign their names.*

M. E. H.—Hyannis, Neb.—In a letter from our correspondent and subscriber, M. E. H., we have been asked the following question, which we would like our readers to think over and send us their views. The question is:

"Does shaving the mustache off the lip have a tendency to impair the vision in men?"

He had heard it so stated and has asked for further information on the subject.

We do not know how scientific the reply was which he had heard concerning the above stated query, but we do believe that men make a great mistake by shaving

their mustache off the lip, although it is the fashion to do so. If for no other reason the appearance of men is greatly enhanced by their retaining the covering nature has designed for the upper lip.

J. T.—Louisville, Ky.—Your question, as follows, whether the Deimel Linen Mesh Underwear is suitable for winter as well as summer clothing? we can answer in the affirmative. From a scientific standpoint it is reasonable to conclude that by the use of the Deimel Linen Mesh a perfect circulation is encouraged in the body. This circulation is as necessary in the winter as in the summer, and we therefore heartily recommend its use to you for all times of the year. If you will send for their little circular or read our sketch of Dr. Deimel, which appeared in the March number of the "Journal," you will have strong proofs of what we have said, through the actual experience of Dr. Deimel himself.

WHAT PHRENOLOGISTS ARE DOING.

THE FOWLER PHRENOLOGICAL INSTITUTE, LONDON.

The meetings of this institute will in future be held on the first Wednesday in the month, commencing in October. For particulars see future numbers of the "JOURNAL."

Mr. D. T. Elliott, examiner at the Fowler Institute, attended a five days' bazaar at Portman rooms, Baker Street, London, in connection with the centenary of the Sunday School Union, and was kept busy.

The report of the summer examination of the above Institute will reach us shortly, when we shall have pleasure in

presenting it to our readers. This examination took place at the end of July, when a larger number of students than usual sat for the certificate and diploma.

A number of people have already sent in their names as prospective students in connection with the autumn classes.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The above Institute commences its Autumn Course Wednesday, Sept. 2d, at 8 P. M. When addresses from Members of The Faculty, and Music will be given. All friends are cordially invited to attend.

FIELD NOTES.

"The Lion County Reporter," published at Marshall, Minn., contains an account of a worthy suit that is being tried by Mr. George Morris at Marshall, Minn., August 5th.

Professor Morris was placed under arrest yesterday and later put under bonds to appear in justice court to answer to the charge of exhibiting pictures in the Opera House without paying license fees for the privilege. As the professor uses his pictures in his free lectures, it begins to look as if he was not so far out of the way in refusing to pay.

The professor stated that he had consulted a Minneapolis attorney who had been rather interested in the old charter question and received the advice, "Don't pay a cent until the supreme court tells you to." Attorney Patterson has charge of the defense, and feels confident that he can win it inasmuch as the fight will be over questions on an ordinance which he drew up.

Mr. Morris stated that if the ordinance held he would go at the matter on the grounds of the present charter still being full of holes.

Professor Morris is no longer under restraint of bond to appear in court on the charge of giving a show without a license. As the professor has been giving illustrated lectures and not charging an admission it was rather difficult to hold him under the wording of the ordinance.

The professor decided to give his trial all publicity possible and so rented the Opera House in which the trial was held. A jury was drawn for second time. Mr. Patterson made his plea to dismiss the case on the grounds that the case did not come under the ordinance and as the judge had been looking the matter up for some days, the case was thrown out of court.

Prof. G. Morris gave his last lecture in Marshall at Chittenden's Hall, Monday evening, August 10th, for ladies and gentlemen. Topics: "The qualities that have made truly successful men and women, and how to read them in the head, face, form, and actions; also how to cultivate these talents from infancy to old age."

Lecture illustrated with the portraits of the most famous men and women.

At the close Mrs. Morris told the ladies how to obtain and preserve a good husband.

We are glad Mr. Morris has fought the matter out, not only for his own benefit, but also for other lecturers who may follow him. May success attend his efforts.

George Cozens is touring North Dakota, and is at present located in Carrington, N. D.

Levi Hummel writes, "From Milton, Pa., I expect to go to Muncy. This is the West Branch Valley of the Susquehanna River, one of the most beautiful and picturesque sections of Pennsylvania."

"The Montgomery Mirror" gives an account of the work being done by Mr. Levi Hummel, graduate of the A. P. I., where he was lecturing during July. It says:

"Professor Hummel's lectures during the past week on Phrenology have been greatly enjoyed by those who heard him. Many have had their heads examined, and were surprised to have this stranger tell their natures and dispositions to a T. Saturday evening he will lecture on Love, Courtship, and Marriage.

"On Sunday evening at 7.30 Prof. Levi Hummel will give an illustrated lecture in the Lutheran church, showing the effects of alcohol and nicotine on the human system."

Mr. Ira L. Gilford, of Los Angeles, Cal., has been lecturing in and around this neighborhood during the summer.

H. H. Hinman is still located in Fort Worth, Tex.

Edward E. Bellows is giving examinations in Atlantic City, N. J.

R. J. Black can be found at Vinton, Ia. Allen Haddock is in San Francisco, where he has been for many years.

J. M. Fitzgerald, of Chicago, had, on Sunday, July 19th, an exhaustive article in the "Inter Ocean" on "Big Hats for Big Heads Filled with Big Chicago Ideas." The article was largely illustrated and gave fine portraits of James Forgan, P. A. Valentine, Florence Ziegfeld, John Sebastian, John C. Black, and Michael Cudahy, and some forty sizes of hats of celebrated people. The article states that more large hats are sold in Chicago than in New York, Boston, and Philadelphia combined.

Mr. Fitzgerald also forwards an article of some interest on "The Power of Logic in the Negro." The article is an editorial on the estimate of Prof. Otis Ashmore, who gives his opinions concerning the negro's power of logic. The professor is superintendent of schools in Savannah, Ga., and has been for many years a teacher of white and black children. We shall take occasion to quote what the "Chicago Tribune" has to say on this subject in a future number, as it bears out the conclusions of other observers who have given some thought to the study of Phrenology.

FOWLER & WELLS, CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of
FOWLER & WELLS CO.

THE SUBSCRIPTION PRICE of the **PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE** is \$1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

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CURRENT EXCHANGES.

"Good Health"—Battle Creek, Mich.—contains a fine cut of the fine establishment known as the New Battle Creek Sanitarium, and the dedication services which took place on May 31st and June 1st. Prof. M. D. O'Shea, of the University of Wisconsin, gave a masterly address on "The Battle Creek Idea in Therapeutics and Hygiene," in which he showed the intimate relation of the mental, moral, and physical in man. Illustrations of the different parts of the building—inside and out—also grace this number. Dr. Kellogg writes upon "The Influence of Diet Upon the Brain," which article no one should fail to read.

"The Arena"—New York—contains, as usual, many interesting discussions on Economic, Sociological, and Psychological topics. Its writers are many, some of whom are Ralph Waldo Trine, Adolph

Roeder, Edwin Markham, C. B. Patterson, B. O. Flower, etc.

"The Book-keeper," the business man's magazine—Detroit, Mich.—is a monthly of ever increasing importance. It now carries 160 pages, many of which are illustrated with the portraits of leaders of commercial life. It is a valuable book for reference and a fine advertising medium.

"Mind"—New York—for August contains an article on "The Key-note of the Twentieth Century," by J. R. Cole, which touches upon the principal topics of interest to-day, namely, the peaceful settlement of national questions and the question of labor, its employment, etc.

"Lippincott's Magazine"—Philadelphia.—This old established monthly maintains its popularity with its excellent stories.

"The Housekeeper"—Minneapolis, Minn.—is up to its usual standard of excellency and comprises a number of special features which are exceptionally interesting. It might be called a "Magazine of Helpfulness."

"The Literary Digest"—New York—in a recent number contains an article on "The Peril of Our Increasing Immigration," by Frank P. Sargent, Commissioner-General of Immigration, and one on "Self-Government in Schools," by Mr. Wilson L. Gill, late Supervisor of Moral and Civil Training in the public schools in Cuba.

"The Weekly Advocate"—Belleville, Ill.—is a well conducted weekly paper, containing up-to-date news.

"The New Voice"—Chicago—as usual raises the war cry against the liquor traffic; "The Concrete Facts of Practical Politics" and "Young America's Responsibility."

"The Christian at Work"—New York—for its midsummer number, August 1st, contains an illustrated article on "The Melas of India," by Rev. Eugene R. Smith, D.D. Very curious is it to see hundreds of thousands of people congregated on the edge of the Ganges to celebrate some religious ceremony. This river is very

sacred to the Hindus throughout its entire length of 1,500 miles.

"Massachusetts Ploughman"—Boston—always contains some good advice on agricultural matters, fruit culture, poultry raising, besides matters of more or less moment under the Youth's, Historical, Miscellaneous, and Popular Science Departments.

"The Woman's Tribune"—Washington—is ably edited by Clara Bewick Colbey. It contains a wonderful amount of information concerning womens' work.

"Will Carleton's Magazine"—Brooklyn—is a magazine for both sexes and all classes. It contains an article and picture of the New York Cathedral (Protestant Episcopal), which is being erected on Morningside and Amsterdam Avenues at great cost; another article on "If Napoleon Had Come to America." The article states that it was just 134 years ago when Napoleon Bonaparte was born on the island of Corsica, and it details, at some length, an imaginary picture of what would have happened if he had come to America at the time of his downfall in Europe.

"The Living Age"—Boston—contains an article on "A Night in the Open at Twenty-two Thousand Feet," being an account of an ascent of Aconcagua, by Reginald Rankin; another article on "Supernatural in Nineteenth Century Fiction," from "Edinburgh Review," and mentions such works as "Through a Glass Darkly," "Stories by Fitz James O'Brien," "A Beleaguered City," "Spiridion," and "Guy de Maupassant."

"The Prairie Farmer and Home Magazine"—is a magazine for country gentlewomen, and has been enlarged in form, and contains many stories for the young.

"The Contributor"—Boston—contains an article on "Character in Little Things," by H. H. Hawley, and an excellent portrait of Mr. Gladstone. The portrait of Lord Kelvin is given on the front page and accompanies an article on "Science and Religion." It quotes what Lord Kelvin has often said, namely, "Science knows nothing of the beginning of things. It deals solely with secondary causes."

"The Dog Fancier"—Rattle Creek, Mich.—contains many illustrations of various kinds of dogs.

"The St. Louis Daily Globe-Democrat"—St. Louis—brings out a weekly that is finely illustrated. On August 2d it contained an article on "Raising Angora Cats."

"The Naturapath"—New York—which is an authority on Kneipp Cure. One article is on "The Body and Soul Cure," by N. Atur; another on "The Psychological Side of Vegetarianism."

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AN INTERNATIONAL MAGAZINE ON MENTAL SCIENCE, HEALTH, AND HYGIENE

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VOL. 116—No. 4]

OCTOBER, 1903

[WHOLE No. 778

An Estimate of the Character and Work of the
Great Pictorial Humorist, Phil May, R.I.

By D. T. ELLIOTT.



Photo by Elliott & Fry.

THE LATE PHIL MAY R. I.

HIS UNIQUE CHARACTER.

The late Phil May possessed a unique individuality, a mind that was always on the alert, a disposition that was at all times genial, agreeable, and fascinating. One of his strongest characteristics was his originality combined with keen perception and power to individualize minute objects in nature and art. He was remarkable for his activity, energy, and versatility, he could not be idle, neither would he indulge too much in quietude and rest. His successes in life may be attributed to his active persistency in overcoming difficulties, also by the strict attention he gave to details. He was a born genius; no mere copyist, his own individuality impressed itself on his work. For many years past his name has been a household word; his work has fascinated and captivated the sedate mind, and has been appreciatively recognized by art critics of the first order. The important question that presents itself to the Phrenological student is, Does his Phrenology correspond with the artistic abilities which he displayed? In answering the question let us study the character closely. In the first place we notice the temperament was a combination of the mental and motive, the temperament of activity, mental alertness, originating power and quickness of perception. There is length and breadth in the development of the frontal lobe, giving creative fancy, designing ability, constructive talent, and intuitive perception. The whole of the perceptive faculties were strongly in evidence, giving him a capital memory and the ability to acquaint himself with facts and things in general with marked rapidity and precision. His observing powers were remarkable for their definiteness; the minutest object in nature would be noted by him, and his large Order would enable him to place every detail in its proper position that it might harmonize with the whole. Notwithstanding his versatility he evidently was systematic and methodical in his work, and would de-

vote more time to the intricacies of his work than would be generally supposed. His Comparison and Intuition were remarkable for their strength, and were important adjuncts to those faculties that are more directly connected with drawing and artistic abilities, imparting to him more than an ordinary sense of the incongruous, whether in shapes or forms, and enabling him to discriminate and harmonize various points with precision and nicety. Form and size were the strongest faculties in the perceptive group; he would memorize with remarkable accuracy outlines, configuration and form of anything once seen. A grimace or any peculiar form of feature could not be easily forgotten by him; through the faculty of Size he would have a keen sense of proportions and perspective ability of no mean order. The large development of the reflective group of faculties gave him ability to use every fact, incident, and point observed to the very best advantage. Note the square form of the forehead and its development in the superior angles giving a large area to the centers of Mirthfulness, Ideality, and Imitation. Here we have the secret of that wonderful sense of humor which was characteristic of him. He could quickly see the funny side of things, and had the ability of making others see it also, hence the secret of his widely deserved popularity. The predominating faculties in the intellectual and æsthetic groups were Form, Size, Comparison, Causality, Mirthfulness, Constructiveness, and Ideality, in the order named. He could so very easily adapt himself to circumstances, also to different classes of people, that he could not feel awkward in any society. He would always be ready with something interesting to say, and he could relate an anecdote in all its details. There was not the profoundness of the scholar or the literary ability of the successful author, but in mental smartness, spontaneity of thought, and humorous repartee he excelled. He was everybody's friend; he was noted for his liberality

and generous sentiments. There was no selfishness in the nature of Phil May. Acquisitiveness was by no means a large faculty, whereas Benevolence was immense. He was not spoiled by popularity, neither would he go out of his way to obtain praise; his work and genial disposition merited all the adulation he obtained. There was a resoluteness and persistency in his character which gave him indomitable courage in facing difficulties and perseverance in overcoming them; he was self-reliant, and in some matters very reserved and far-seeing; these traits gave discretion and prudence to the character; he was not the man to be easily discouraged by adverse criticism. His early experiences were hard and he was well acquainted with poverty. By diligence and perseverance combined with his genius, he became universally known, his work has been seen in most of the illustrated papers of the day, and Phil May's "Annual" was a welcome visitor at the Christmas season of the year. His early death at the age of thirty-nine is very widely regretted.

THE LATE PHIL MAY'S LIFE- WORK.

History repeats herself. How often have we noticed that when one great man passes away that several follow in quick succession. This has been the case with men noted for the same kind of work, and we note with regret that during the month of August, three men of conspicuous individuality of character and talent died who were noted for special lines of art, namely, Hensley, Whistler, and Phil May. Of the three Phil May was the youngest, being but thirty-nine years of age, as he was born in Leeds, England, in 1864.

HIS START IN LIFE.

From a lawyer's office he joined a traveling theatrical company, which

work was more to his mind. He, however, constantly kept striving toward expressing his ideas with the pencil. Soon after he emigrated to Australia and found employment for three years on the Sydney "Bulletin," and through work for that paper he further developed a talent for caricature. On returning to England his reputation preceded him, and in 1895 he was asked to succeed Du Maurier on the staff of "Punch." During the World's Fair he was appointed correspondent for the London "Graphic" and visited the United States. He there became more intimately acquainted with the people of America than previously.



THE LATE PHIL MAY, R.I.

Sketched by himself. Courtesy of Harper & Brothers.

He published the following books: "The Parson and the Painter" (1891), his "Annual" (from 1892), "Gutter-snipes," and his "Sketch-Book" (1896).

PERSONAL APPEARANCE.

In appearance Phil May has made himself known by clever sketches of himself, though, of course, in caricature. He was spare, tall, and pale in complexion, and cultivated a peculiar way of wearing his hair cut short and combed over his forehead in a bang, girl-fashion, but he greatly exaggerated his height and leanness.

HIS WORK ESTIMATED.

One very good description of his work has been given by the Philadelphia "Ledger," which paper calls him "a Whistler of the Slums." He has also been called "the famous pen-and-ink delineator of London's 'rag-and-tatterdom,'" while Whistler once said, "Black-and-white art is summed up in two words—Phil May." Certainly he was the great graphic humorist.

HIS STYLE OF WORK.

He chose his illustrations very largely from the crowded slums of London, especially in the "East End." Life from this quarter seemed more real



THE LATE PHIL MAY, R.I.

Sketched by himself. Courtesy of Harper & Brothers.

and sincere to him, and gave greater scope for his humor, imagination, and exaggeration, which points mark the true caricaturist. He did not pose as a satirist but essentially as a humorist, and insisted on leaving out the parts of a picture that the imagination could fill in and concentrated his skill on the important points. He showed his genius in swift delineation of character by the simplest means, and within certain limitations his art was perfect. His genuine love of costers, donahs, street children, cheeky errand-boys, belated roysterers, and policemen made tens of thousands of people ac-

quainted with his work. He had as much patronage given him as Tenniel, Leech, Cruikshank, and Du Maurier.

Phil May was called a "thorough Bohemian." His early training, associations, and tastes inclined him in that direction.

HIS METHOD OF WORK.

Though this clever caricaturist made apparent lightning sketches, yet it may be interesting to our readers to learn that he took infinite pains with his work, and the apparent ease with which he worked was really the result of a toilsome method. It is said of him that he would first make the most careful drawing with every detail filled in. Then over the whole he would place a thin sheet of tissue paper, and having seen what was necessary to the purpose and what could be omitted, he began the process of elimination. Any elaboration he finally confined to a single point in the picture, his theory being that when you looked at a man's face you saw but that single point in detail, the rest was but a dash of line. It was his genius that put his lines in the right place to express what he had in mind. A writer in "Harpers' Weekly" said that some men can place their lines pretty well, but have nothing very interesting *in their minds*, and others, like Thackeray, have such interesting minds that their pictures succeed in spite of defects in technique. Phil May had highly interesting and amusing things to communicate and a surpassing gift of pictorial discourse. What Du Maurier did for English polite life, Phil May did for English low life.

It was his balance of light and shade, his dignity and sweep of line, combined with his geniality, his tender-heartedness, his pity and his innate modesty which he infused into his work that gained him an imperishable name. T.

Our Educational Centers and Their Work. No. III.

MOUNT HOLYOKE COLLEGE, SOUTH HADLEY, MASS.



THIS YEAR'S GRADUATING CLASS.

With the march of progress has come great changes into the above-named Seminary, over which Mary Lyon once presided, and whose magnetic influence implanted itself into the hearts of so many estimable graduates, who, like Mrs. Russell Sage, have gone forth into the world and disseminated common-sense views concerning our girl graduates to-day. It is over sixty years ago now when this educational center began to make its record, and during that period, and especially during the past few years, there has been a rapid broadening along modern lines. The religious forms of the college, which have always been prominent, have slightly relaxed their vigor, although its religious spirit is one of its most cherished traditions. The religious atmosphere of the place, while it is still fervid, is not oppressive. The compulsory work of a few years ago has been succeeded by the voluntary efforts of the students themselves. The social life of the college, too, has experienced as great a transformation as have the college, buildings, and grounds. Several years ago it could hardly be said that there was any encouragement given to social or club life at all. Now there are two Greek letter societies—namely, Sigma Theta Chi and Xi Phi Delta, whose assistance in the uplift-

ing of the college is regularly sought. There is actually a glee and banjo club, which annually give concerts at the college and elsewhere, the financial returns of which are devoted to the College Fund.

ATHLETICS.

The physical changes in the college are also quite noticeable. Athletics receive liberal attention in the various associations, and the Basket Ball, Polo, Rink Polo, Tennis, and Boating clubs are devoted to their furtherance. Even "Mountain Day" is set aside for ramblings on Mount Tom, Mount Holyoke, and surrounding hills.

LITERARY AND SOCIAL CLUBS.

There are also flourishing literary associations, such as the Shakespeare and the Debating Club, which were unknown in previous years. To-day there are delightful evening socials, which were not patronized in its old régime. Formerly no girl was permitted to bring any food from home, and could patronize a village store only to the extent of a little fresh fruit. No "candies" were indulged in. Every girl was expected to keep a strict account of her expenditures and receipts,

and report to the section teacher each week that they could be properly balanced. In the matter of introducing gentlemen friends, liberal changes have gone on, much to the satisfaction of the students.

DOMESTIC WORK.

One distinctive characteristic of the College, which has probably contrib-



MISS WOOLLEY, PRESIDENT.

uted considerable fame to its curriculum, is the domestic work that is indissolubly wedded to the Institution. Mary Lyons's idea of obliging the girls to take charge of the duties of the household proved a valuable adjunct to the regular curriculum, and it has certainly had its full quota of benefit upon the girls themselves. The College in this respect shows how the co-operation of domestic work and study

can be accomplished, and the necessity of regularity and method has had its influence upon the after life of every student. It is a unique plan that the housework for the family of one hundred is done by its members, each working thirty minutes a day, the work being so distributed that it is equally shared by all. This gives some indication of what the training must be. Modifications have, of course, taken place in this respect as in all the others during the past sixty years. The heaviest work, such as scrubbing the floors, washing and ironing, was formerly done by the earliest pupils, but has of late years been performed by outside help. The food is all prepared by the girls, though the actual cooking is done by more experienced hands. The tables are arranged and the dishes washed by the students, and the multitudinous other duties attendant upon the management of so extensive a concern are performed under the direction of competent matrons. Each girl has her allotted task, and there her responsibility ends.

The cottage system has added somewhat to the difficulty of the arrangement, inasmuch as there are several smaller buildings to be cared for instead of one, each possessing its own matron and dining-room.

HIGH STANDING IN SCHOLARSHIP.

The high standing in scholarship has been maintained during the last half century by the loyalty of the teaching class, who have devoted their talents to Holyoke for an insignificant compensation, and as this state of affairs cannot be expected to always prevail, the new policy of the Institution in seeking its instructors from other colleges than its own makes the need for endowments more imperative. It is hoped that the plan to increase the College Endowment fund will enable Mount Holyoke to make its position equal to one of the foremost American women's colleges.

ELECTIVE COURSES.

A great improvement has been introduced into the curriculum of the school which allows the students to have the benefit of a modified elective system, which gives them greater independence in their intellectual bent and deepens their sense of personal responsibility.

MISS WOOLLEY, THE PRESIDENT.

It was our pleasure to see and hear Miss Woolley speak at the Commencement Exercises of the Woman's Law Class of the New York University a year ago, and in a practical address she gave the students some valuable advice, which showed that her mind was attuned to the needs and requirements of a large class of girls, such as Mount Holyoke yearly sends out. We regret that the only photograph we could secure of Miss Woolley is the one with the cap and gown, but sufficient of the head is seen to give the reader an idea of her practical bent of mind, energy and force of character, and her sincerity of disposition. She has the Motive-Mental Temperament, hence is vigorous, active, and executive in all her work. Her forehead indicates that she is a capable organizer and one able to carry into effect work on a large scale. She is not a mere theorist or philosopher. She believes in getting at the root of things and judging of the utilitarian value of everything.

She should be an excellent judge of character, for her intuitive powers are strong, and she is well able to discern the distinctive features of each person as she comes in contact with new phases of character. She does not believe in wasting anything that can be turned to a good account, and while she is an economist in one sense, she believes in expending money in judicious ways for the advancement of

modern improvements. She is social, but her sociability has about it the charm of intellectuality. She selects her friends through her judgment rather than by her emotional nature. She is very conscientious and looks ahead, hence knows how to provide for emergencies. She is seldom taken unawares, but is able to suggest a new plan if the old one fails. Her



MISS LILLIAN PETTENGILL.

Graduate of Mount Holyoke who went out to service to gain experience in domestic work.

sympathies are broad and wide-stretching. Hence no one goes to her for help and counsel without feeling that she is a host in herself and capable of encouraging the efforts of every true, earnest worker. Under her wise guidance we realize that the success of Holyoke is secure. She is unselfish, as well as untiring, in her efforts, and knows how to make the wants of others her own for the time being.

J. A. F.

The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

SUGGESTIVE CONNECTIONS.

Continued from page 83.

V. Cause and Effect (only one of the conditions in each cause is mentioned): God—creation; steam—motion; fire—smoke; sun—light; April showers—May flowers; practice—perfection; fall—bruise; overwork—exhaustion; snow fall—railway blockades; food—growth; the examples in the fourth section (d) can also be classified as “cause and effect.”

VI. The whole and its parts: Tree—branch; ship—mast; locomotive—boiler; picture—frame; hand—fingers; gun—trigger; knife—blade; house—rooms; fork—prongs; window—panes; foot—toes; congregation—hearer; watch—dial; hammer—handle; cart—wheels; chair—legs; kitchen range—oven; door—lock.

VII. Succession or order: Thunder—lightning; day—night; January—February; one—two; Monday—Tuesday; spring, summer, autumn, winter; birth, life, death; 1, 2, 3, 4, past, present, and future; doh, ray, me, fah; ebb and flow; dissolution of parliament—election; debate—division; the places passed in any railway journey; a, b, c, d, etc.; £ s. d.

EXERCISE ON SUGGESTIVE CONNECTIONS.

Cite instances of the following kinds:

1. Classification of animals, vegetables, and minerals.
2. Illustrate reciprocal relations.
3. Things and their uses.
4. (a) Workmen and the materials they use. (b) Workmen and their tools.
- (c) Men and women with their positions and professions. (d) Painters, composers, authors, and their works.
5. Cause and effect.

6. The whole and its parts.

7. Succession or order.

EXERCISE ON MAKING ASSOCIATIONS.

In order to lead by gradual and sure steps to the full comprehension of what lies at the basis of memory power the following list of words is given, and each pupil is asked to select from forty to sixty words from the whole and make at least one association with each in the manner shown—

Horse.....cart.....load.

Glass.....transparent.....parent.

Water, bridge, railway, table, library, museum, smoke, church, tram-car, concert, excursion, Christmas, Easter, frost, rug, piano, procession, policeman, blacksmith, painter, diver, forest, watering-pan, soldier, pen, photograph, confectioner, guardian, bank, warehouse, school, Switzerland, Niagara, carpet, window, sailor, tower, fur-cloak, tree, architect, bread, quarry, fish, General Gordon, Columbus, Egypt, Queen's birthday, General Election, judge, bicycle, crown, laundry, Dr., band-stand, autumn, India, savage, dog, basket, cricket, coal mine, diary, pen-rack, sealing wax, arm-chair, linoleum, snuff-box, chandelier, microscope, blotting-pad, potato, lemonade, tobacco, sauce, whale, book, scissors, medicine, flour, thread, key, night-cap, fruit-stall, coffee, candle-stick, Venus, postage-stamp, carving-knife, parsnip, magnesia, grease, pitch-pine, varnish, over-mantle, passenger, zebra, Brighton, mail-cart, copying-press, steam gauge, note-paper, telephone, callipers, lubricator, lead pencil, ledger, portrait, calendar, furnace, bayonet, Father Damien, gasometer, ventilator, bogie, disintegrator, pugmill, sponge, battery, Edison, wheat, crucible, theater, pine apple, strawberries, aluminium, spring, scale, Gladstone, insurance, Kidderminster, cabinetmaker, orange, Genesis, kiln, brimstone, vase, peat, eagle, signal cabin, knocker, finger-plate, postman, teapot, asthma, mnemonics, “The Graphic,” Ben Nevis, London, Great Eastern, ruler, river, artillery, music, cab, waiter, picture-gallery, towel, directory, bricks, bell, steam-hammer, time-gun, tide, hay-field, Observatory, pond market.

EXERCISE.

In this exercise the pupil is asked to point out as well as he can the kind of association that exists between each pair of words, and then to memorize the whole series. As they are all words connected with the subject of memory they will be found very useful to the student throughout his lessons:—Memory, remembrance, suggestion, mental, material, spiritual, opposite, equals, synonyms, symbols, notation, numeration, numbers, figures, decimals, vulgar fractions, numerator, denominator, part, whole, complete, comparison, contrast, positive, negative, cause, effect, concurrence, recurrence, association, imagination, selection, classification, arrangement, genera, species, group, relation, co-relation, resuscitation, reciprocation, co-existence, coincidence, time, place, locality, position, simultaneity, contiguity, continuity, order, succession, analogy, resemblance, likeness, partial, sound, poetry, rhythm, homophones, phonetics, consonants, vowels, diphthongs.

Pupils will very soon strengthen their memories by daily repeating the words in the foregoing list, thinking through, not repeating by rote, the natural connections established between each, and thereby enable memory lessons to be dealt with as a pleasure and not a task.

EXERCISE.

In this exercise the pupil is asked to point out as well as he can the *kind of Association* that exists between each of the following pairs of words, and then to memorize the whole series:

London	innocence
St. Paul's	Innocent
Sir Christopher	Pope
Wren	Rome
bird	Roman Catholicism
feathers	error
light	truth
heavy	"What is truth?"
lead	Pilate
pipe	Governor of Judea
smoker	Palestine
tobacco	palace
"Navy Cut"	house
sailor	fire
ship	heat
sea	cold
fish	ice
cod	frozen water
cod liver oil	boiling water
medicine	steam
doctor	motive power
disease	electricity

death	electric light
life	Genesis 1.3.
"Is life worth living?"	beginning
newspaper controversy	commencement
"The Daily Chronicle."	opening of Parliament
Book of Chronicles	Queen's speech
Holy Bible	Whigs and Tories
Book Divine	Liberals and Conservatives
Divinity of Christ	Gladstonian liberal
Unitarianism	G. O. M.
one	abbreviation
two	abstract
numeral	abstraction
figure	day dreaming
figure of speech	castle building
language	ambitious
English	Macbeth
people	Shakespeare
steeple	"Myriad minded man"
church	mind
cathedral	matter
bishop	subject
archbishop	analysis
Canterbury	Grammar
Berry	school
executioner	schoolmaster
gallows	boys and girls
guilt	womanhood

Pupils will very soon strengthen their memories by repeating once every day for about a month, the words in the foregoing list, thinking through the **natural connection established between each pair of words.** They will thereby be rendering themselves familiar with the principles of Association. Facility in discrimination, as also in the making of mental Associations is *absolutely necessary* to enable memory exercises to be dealt with as a pleasure and not as a task.

ON THE MAKING OF ASSOCIATIONS BETWEEN WORDS OR IDEAS THAT APPEAR IRRECONCILABLE.

The power to connect words or ideas that seem to have nothing in common, lies at the root of all quick memorizing, and in order to enable pupils to do this they are asked to **examine** the following pairs of words, and note the method by which they are brought into relation

with each other by the principles of association.

Extremes—business.....sofa.
 Business...pleasure...comfort...rest...sofa.
 Extremes—Ink.....chimney.
 Ink....black...smoke....chimney.
 Extremes—steamer....plow.
 Steamer...cargo...wheat...wheat-field...
 plowed field....plow.
 Extremes—Electric light... Esquimo.
 Electric light...bright...white...snow-
 white....land of snow... Esquimo.
 Extremes—stock-book....pancake.
 Stock-book...brook...water... boiling
 water....pan....pancake.
 Extremes—iron....bread.
 Iron...swims...water...spring-water...
 spring-wheat...flour... bread.
 Extremes—snowflake... omnibus.
 Snowflake... snow-storm... shelter....
 accommodation.... omnibus.

EXERCISE.

Insert words which will connect or associate the words at the beginning of the line with those at the end.

Garden	pan.
House	boiler.
Bookcase	workman.
Barrow	church.
Robinson Crusoe	society.
Kitchen range	clothes-line.
Paint-box	blacklead.
Museum	table.
Capstan	satin hat.
Tree	wardrobe.
Pavement	forest.
Waterfall	valley.
Station	factory.
Table-cover	clothing.
Newspaper	typewriter.
Fire-engine	bed.
Bicycle	snail.
Chair	meeting.
Desk	stable.
Dustcloak	rain.
"The Times"	picture frame.
Text	wallflower.
Beechtree	soap.
Telegram	curtain.
Chimney	mare.
Cuckoo	venetian blinds.
Vase	locomotive.
Gasalier	galvanic battery.
Cottage	Queen's Jubilee.
Timepiece	certificate.
Armchair	granite.
Photograph	pocket knife.
Coal	hay.

EXERCISE.

Some minds are strong in their ability to seize upon resemblances, while others are equally able to detect differences. The various powers possessed by each individual are not known and properly understood until some attempt has been made to bring forth from the mind what is in it, therefore, in this exercise there is wanted to be compiled a list of 100 words which are connected with each other according to some of the relationships given in the chapter on Mental Association.

In doing this, see that there is a connection between each pair of words and by this means the memorizing of the whole list will be an easy matter.

When compiled it will not be a difficult matter to point out to the compiler of the list the lines upon which his or her mind tends to work.

EXERCISE.

Compile and send in a list of words from 50 to 200 words each word naturally associated with its predecessor and of necessity with its successor, indicating the kind of association existing between each pair of words, thus:—

Resemblance.....	{ godly ungodly	{ Contrast. Positive and Negative.
Synonyms.....	{ wicked Sodom and Gomorrhah	{ Locality and Sng. Con.
Locality and Person.	{ Lot Lot's wife	{ Sng. Con. Reciprocal Relation.
Sng. Con.....	{ Pillar of salt Sugar Honey etc. etc.	{ Contrast. Quality and Sub- stance.

The pupil may either continue the series commenced above or begin a new series, according to individual taste. Homophones, being the weakest form of Mental Association, are to be avoided as much as possible.

This is a splendid mental exercise, training and developing as it does the powers of thought, and the facility gained by practice in work of this nature will be found extremely useful in

the composition of essays, speeches, sermons, etc., as the ideas analogous to any subject or part of a subject may be readily written down in a brief outline and memorized, and thus become the nucleus of an address or the skeleton from which a newspaper article or other manuscript may be written.

The following brief outline of a sermon is given as a practical illustration of what is meant by the above, and, in addition to the exercises already set, each pupil is recommended to send a similar outline of a speech, article or sermon for examination. Time cannot be more profitably employed than in work of this kind.

EXERCISE.

Text: "What think ye of Christ?"
(Matthew xxii., 42.)

Introduction: Man a *thinking* being.

(1) "What think ye of Christ?"

Place give him.

Value put on him.

Glory ascribe to him.

Esteem hold for him.

(2) "What think ye of Christ?"

Some not at all.

Some little.

Some meanly or dishonorably.

But

(3) "What think ye of Christ?"

Ye pharisees and saducees.

Ye legalists.

Ye worldlings.

Ye self-righteous.

Ye agnostics.

Ye atheists.

(4) "What think ye of Christ?"

Not the law.

Not Moses or Abraham.

Not Paul.

But Christ.

Application:

Our thoughts of Christ affect not *him* but *us*.

(Compiled from sermon outline by the Rev. John Bates.)

People of Note.

THE LATE LORD SALISBURY.

The late Lord Salisbury, who has for so many years figured in English politics, and who has recently passed away, was a worthy descendant of the Cecils, who witnessed and promoted England's first attempts to colonize America, and he contributed, by a wise forbearance and a timely demonstration, to heal the estrangement which, for upward of a century had parted the two great sections of the English-speaking race. He forbore to resent Mr. Cleveland's Venezuela message, and he bade the continent of Europe to stand aloof when it threatened interference in America's war with Spain; thus it was given to him to forge an interesting link in history. He was a true descendant of the great nobles and statesmen of the Elizabethan age, of the Burleighs and Cecils, who were the bulwarks of England's strength in those stormy days, and he inherited

from them much more than his name and habitation.

In temperament and tastes he was a true conservative, a true aristocrat, and a dignified statesman. No one will doubt that he conscientiously fulfilled the duties of his position as he considered them; but he was a man who had but little sympathy with the advancing policies of the age. That he could rise to the point of eloquence was often shown in his speeches before the British Association of Science; but he was singularly constituted to carry out the old constitutional ideas of England, and therefore was widely different in his ideas from his nephew, the present Premier of England, the Right Hon. Alfred Balfour.

After Lord Salisbury had matriculated at Christ Church College, Oxford, in his nineteenth year, he was encouraged to travel, and after journeying through Europe he went to New Zealand, where he remained some time, en-

gaging in cattle-raising, and later going to Australia, where he joined the rush to the gold fields. His experiences as a miner were of the roughest sort, and his companions called him "Long Bob Cecil." The circumstances that helped to develop his character at this period had a marked effect upon him. He was the typical younger son, fighting his own way, and winning his own battles.

When he returned to England in 1853 he looked around him for means



THE LATE LORD SALISBURY, EX-PREMIER OF GREAT BRITAIN.

of support, for being "a second son," there seemed but little chance of his succeeding to the title and the estate of his father. As he had already shown some literary talent he turned his attention to journalism and commenced writing regularly for "The Saturday Review" and several quarterlies. His trenchant style and the views he forcefully expressed soon attracted attention, and his election to Parliament took place the year of his return to

England. He was chosen from Stamford and was returned till 1868, the year when, by the death of his father, he became Marquis of Salisbury. He was elected to the House of Commons as a member of the Conservative party, with which organization he was always affiliated. While he held consistently to Conservative principles he was not a staunch adherent to party, being classed as an independent member.

He was an effective speaker in the House of Commons, and soon established a certain position for himself by his strong opinions and telling arguments. Lord Salisbury was essentially a thinker and a scholar, was an omnivorous reader, and enjoyed scientific research. He was not disposed to make friends even with men of his own political party. His countenance always presented the aspect of deep thought and reflection.

THE LATE JAMES A. McNEILL WHISTLER.

The death of James Abbott McNeill Whistler, who died in London, July 17, removes a figure, perhaps the most brilliant, eccentric, and widely discussed that the world of art has known in the last half century. It may not be generally known that he was born in Lowell, Mass., but much of his boyhood was spent in Russia. On the death of his father he was sent back to America, where he entered West Point. He did not complete his course at this military college, but in 1855 went to England, and shortly afterward to Paris, where he began the study of art. He settled in Chelsea, London, in 1862, and spent the greater part of his life there. His portrait of Carlyle and "The Portrait of My Mother" are of world-wide fame.

Whistler was better known, however, as an etcher than in other departments of art.

He possessed a highly nervous organization, the Mental temperament predominating, and he inherited a wonderful elasticity of life and character. Besides large Ideality, he possessed an

active development of Wit and Combativeness which he showed from time to time in sarcasm and eccentricity;



THE LATE JAMES ABBOTT McNEILL WHISTLER.

An American painter who ranks among the world's great artists.

while in his work his portraits were studies in subdued tones rather than in the bright colors which most artists choose to select. His work showed Firmness, Flexibility, and Individuality in a marked degree.

THE LATE CARDINAL VAUGHAN.

Through the recent death of Cardinal Vaughan in England that country was deprived of a representative at the recent conclave of cardinals in Rome upon the death of Leo XIII. The Cardinal was descended from an ancient Welsh family, which had never accepted the Protestant faith, and he was from early years destined for the priesthood. He spent much of his

youth as a missionary in South America, and it was not until he was forty that he accepted the Roman Catholic bishopric at Salford. While there, however, he made a reputation for himself through his energy, administrative ability, and effective oratory, which marked him as Bishop of Westminster. It was probably on this account that he was appointed Cardinal Manning's successor, but he never filled the place in the hearts of the people that his predecessor did, for he ruled with a strong hand, with a never-flinching dignity, and possessed little of the democratic sympathies of Cardinal Manning. In raising money for ecclesiastical objects he was very successful. Perhaps owing to the fact that his life had been narrowed by the circumstances of his education, apart from the great English public schools, he never showed himself equal to the broad treatment of the modern



THE LATE CARDINAL VAUGHAN OF ENGLAND.

developments of thought. The signs of executiveness were particularly shown in his powerful nose. J. A. F.

SCIENCE OF HEALTH

Notes and Comments

By Dr. E. P. MILLER

Fotheringham, in "Canada Prac. and Review," states: "That the early administration of beef tea and other red-meat preparations is often the cause of many relapses in the treatment of rheumatic cases, and that the temperature should be normal for several days before meats of any kind should be added to the diet."

As meats are often the primary cause of rheumatism why not leave them off entirely if the juices of them will bring on relapses?

IN OUR LINE OF THOUGHT.

Mrs. Ella Wheeler Wilcox, in an article in the Chicago "American" discusses health topics very much in our line as follows:

"If you are suffering from physical ills ask yourself if it is not your own fault.

"There is scarcely one person in one hundred who does not overeat or drink.

"I know an entire family who complain of gastric troubles yet who keep the coffee pot continually on the range and drink large quantities of that beverage at least twice a day.

"No one can be well who does that. Almost every human ailment can be traced to foolish diet.

"Eat only two meals in twenty-four hours. If you are not engaged in active physical labor, make it one meal.

"You will thrive upon it, and you will not miss the other two meals after the first week.

"And your ailments will gradually disappear.

"Meantime, if you are self-supporting, your bank account will increase.

"Think of the waste of money which goes into indigestible food! It is appalling when you consider it. Heaven speed the time when men and women find out how little money it requires to sustain the body in good health and keep the brain clear and the eye bright!

"The heavy drinker is to-day looked upon with pity and scorn. The time will come when the heavy eater will be similarly regarded.

"Once find the delight of a simple diet, the benefit to the body and mind and purse, and life will assume new interest, and toil will be robbed of its drudgery, for it will cease to be a mere matter of toiling for a bare existence."

EXERCISE FOR THE WEAK-CHESTED.

Dr. John R. Webster, of Salford, Eng., says: "The flat-chested, or worse still, the hollow-chested youth or girl, ought to be ashamed of themselves. They stoop, or they do not breathe properly. To straighten themselves is their first duty to health and to society. And it is the simplest thing in the world, as well as the most important, to fill out the hollows in a sunken chest, and to develop the lungs, and thus do away with most of the coughs and colds that sap the strength of so many men and women.

"Doctor, you can 'transform' your weak or hollow-chested patients without the aid of expensive exercisers or apparatus of any kind. Tell your patients to stand in a doorway, placing the flattened palms in the casings, just at the height of the shoulders. Then without removing the hands, tell

them to walk through the doorway. Make them do this forty times night and morning. You will be amazed to see how the chest will rise. They will look like grand-opera singers in a few months.

"Any exercise that sends the shoulders back, and brings the muscles of the chest into play is helpful and good. When you begin treatment, measure your patient under the arms. In six weeks' time measure again. You will be surprised."

THE WHISKY BUSINESS IN KANSAS.

The Wichita "Beacon" shows up the whisky business in that State as follows:

"The distiller makes four gallons of whiskey from the bushel of corn (with the aid of various harmful products and adulterations). These four gallons of whisky retail for \$16.40.

"The farmer who raises the corn gets from 25 to 50 cents.

"The United States Government, through its tax on whisky, gets \$4.40.

"The railroad company gets \$1.

"The manufacturer gets \$4.

"The drayman who hauls the whisky gets 15 cents.

"The retailer gets \$7.

"The man who drinks the whisky gets drunk.

"His wife gets hunger and sorrow.

"His children get rags and insufficient food."

FOODS TO AVOID IN BRIGHT'S DISEASE.

Dr. H. William Wormley, in an article on diseases of the kidneys in October "Medical Summary," says:

Each variety of Bright's disease demands a special routine in the first place. While the correction of the loss of albumin is not the only demand for a course of treatment, it is, of course, a very important indication. No line of treatment should be used which does not attempt to correct the albuminuria.

Therefore, the use of meat or of meat extracts, especially in large amounts, is apt to cause, or increase, inflammatory disturbances in the kidneys. These foods should not be given to nephritic cases, especially as they are liable to form toxines. They should be replaced by such substances as milk and the carbohydrates.

FOREIGN BODIES IN THE EYE.

For years I carried with me a vial of flaxseed as a remedy for removing cinders and other foreign substances from the eye. You can crowd into the corner of the eye a dozen or more seeds at a time; it will not hurt the least. The seeds quickly form a mucilage, to which any foreign substance will cling; at the same time the lid of the eye is lifted off, preventing irritation. Some of the seeds may stay in the eye twenty-four hours, all this time soothing an inflamed eye, and when they work out, are most sure to bring along the offender. This method is indorsed by the experience of a man who was eighty-five years old July 18, 1902.—P. B. Sheldon in "Brief."

CORNS ON THE SOLE OF THE FOOT.

The following treatment is suggested in the British "Medical Journal:" Soak a piece of lint or cotton wool the size of the corn with acetic acid, forming a compress, to be well covered with a piece of gutta-percha sheeting; bandage lightly. Do this for three consecutive nights.

FOR THRUSH.

Solution sulphite of sodium one dram to one ounce of water and apply with a swab to the mouth once a day. Ten drops of the solution in a teaspoonful of water given internally four to six times a day will make "assurance doubly sure." The cure will be complete in twenty-four to sixty hours.

Personal Proofs in the Treatment of Rheumatism.

PART VI.

By CHARLES H. SHEPARD, M.D.

The following are a few typical cases out of thousands which have been selected to illustrate the treatment.

H. W. W., aged 44, was brought to the Institution January 29, 1867, helpless from Acute Rheumatism, having been under regular treatment over six weeks. He was unable to move a joint in his body without much suffering, and was obliged to have an attendant sit up to help him turn over during the night. He was given one Turkish Bath daily, and for one week was carried to and from his room to the Bath. After that time he could walk unaided, and continued to progress till February 25, when he returned to business, having gradually assumed his full duties. He received but twenty Baths, and he has continued the use of the Turkish Bath once every week since, and to this day has had no return of Rheumatism.

T. B., Jr., aged 35, came to the Institution April 25, 1867, suffering from Rheumatism partially developed. After two Baths the Rheumatism was so acute that he was unable to move without great pain, attended with high fever. After six days, during which he took two treatments a day, he was able to return to business, and has not been troubled with Rheumatism since.

C. R., a young German, aged 20, was brought to the Institution suffering from Acute Rheumatism, unable to walk or help himself. He was given two Baths a day, and for two days was apparently no better; thought himself to be worse; but in one week he was able to go up and down stairs without help, and in three weeks he left for home without an ache or pain.

H. L. R., aged 55, case of Rheumatism in right shoulder, reported that

after the first bath he had the best sleep of any time during the previous fortnight, and with daily treatment, improvement continued to a quick recovery.

W. H., aged 21. A severe case of Chronic Rheumatism which had existed for months. Brought to the Institution by his physician. He was anæmic and much emaciated, weighing but 100 pounds. Pulse 120, temperature 101°. Only able to take a few steps with much suffering, and that with the aid of a stout cane. There was enlargement of both knees and ankle-joints, and the synovial membranes were distended by effusion. After three months he was restored to health, having taken two Baths daily, and gaining in that time seventeen pounds in weight.

Mrs. J. F. Y., aged 40, was brought to the Institution helpless from a severe attack of Acute Rheumatism. Any motion of the limbs caused intense pain. After one week of daily treatment she was able to go to and from her room unaided, and improvement continued till at the end of two months she was in better health than for a long time previous.

Genl. D., aged 52. A serious case of Rheumatic Gout. Was sent to the Institution by his physician, who told him that he was in a very bad condition, and needed constant attention and treatment. He was given two Baths daily, and after a few days Massage was added. He says: "In twenty-six days I was out, as well as ever."

Col. J. B. S., aged 61. This was a remarkable case of Chronic Rheumatism. His first attack was in 1864, while with the army in Virginia; again he suffered in 1876. From that time to 1890, he was continually under med-

ical treatment, frequently laid up from one to nine weeks. Before coming to the Sanitarium he was confined to his bed seven weeks, under the care of four physicians, and unable to move hands or feet, all of which were misshapen from the effects of the disease. He was given one thorough Bath every day, and in a little over

of uric acid diathesis. The temporary attacks of gouty Rheumatism have been invariably cured by the vigorous and persistent use of the Turkish Baths for a period of ten to fifteen days. April 19th, 1888, was attacked with severe facial erysipelas while in a broken-down condition from overwork. Upon recovering from the ery-



RESTORATION OF CARACALLA BATHS, ROME.
SWIMMING BATH, PLUNGE, FRIGIDARUM.

two weeks walked unaided to and from his room, and in three weeks was walking upon the street.

An overworked Physician, aged 52, had Acute Articular Rheumatism at the age of 17, since which time he has had occasional attacks at long intervals, not severe enough to confine him to bed. Has had also two attacks of renal colic, and has decided symptoms

sipelas he was taken with Rheumatism, affecting both the joints and the sciatic nerves. Two weeks' course of the Baths, combined with Electricity to the sciatic nerves, enabled him to resume and to continue work, taking an occasional Bath to remove the soreness and stiffness remaining in the joints.

In High Temperatures.

By JULIA COLMAN.

After finding that the use of alcoholic drinks reduces the normal individual temperature, the ready inference was that they would make cooling drinks for hot weather. To some ex-

tent they do so when wine, beer, and cider are cooled on ice. Still, even when not cooled such drinks are often sought to relieve the oppressiveness of heat, because the alcohol "diminishes

the sensibility of the nervous structure," and so, while not lessening any of the evils to which the subject is exposed, he is less aware of their danger, to which he adds the direct danger that always comes from imbibing the alcohol. What can be more diabolic than to deceive the nerves given us for self-preservation while pouring in a poison that increases our danger!

Perhaps we have not had our attention so sharply called to this point because very few of us live in the torrid zone or even in the tropics. However, as our home boundaries have been extended of late to more of these regions, it may be well to extend our observations and record the experiences of others in these lines. Our English friends can help us not a little. Sir John Ross tells us that when he went to Jamaica, where the climate was considered extremely unhealthy, it was the common custom of residents, and especially of ship officers visiting that island, to take regular rations of brandy to ward off the fevers so often prevalent there. As he was at that time but a boy of ten, very little attention was paid to his behavior, and he ran around barefooted and bareheaded, he was exposed to the hot sun, he slept on deck in the open, and ate fruit freely, but he drank no alcoholic liquors. The captain and several of the crew died, but he was not even sick. He lived a long and useful life and was knighted for special services, a total abstainer to the last.

Many other intelligent travelers in hot countries have given similar testimonies. Waterton in his "Wanderings in South America," says: "I eat moderately and I never drink wine, spirits, or fermented liquors in any climate. This abstinence has ever proved a faithful friend. It carried me through the epidemic at Malaga, where death made such havoc about the beginning of the present century." Henry Havelock, the hero of the war in India, about the middle of the nineteenth century had a fever and was led to inquire the cause. "I attributed it

partly to rather prolonged exposure on one occasion to the rays of the sun and partly to having consented, at the suggestion of friends, to take a few glasses of wine daily." On his recovery he resumed his previous total abstaining habits and underwent great hardships and exposure to heat and cold, his health remaining firm and unbroken. General Napier testified to similar advantages from total abstinence in India, and Sir Ramsden Sladen, physician in general of Madras, said: "I find I can go through bodily and mental exercise better when I abstain from alcoholic liquors." Indeed, army life in India has afforded the English a fine field for observation in this line. Early in the nineteenth century they had some striking experiences. Dr. W. B. Carpenter gives one of them with some detail in his "Use and Abuse of Alcoholic Liquors." In 1847 the Eighty-fourth Regiment marched from Madras to Secunderabad, between four and five hundred miles. They were forty-seven days on the road, during which time they were practically total abstainers. Before leaving Madras the most of the men united in a coffee organization, which furnished a pint of hot coffee and a biscuit for each man instead of the usual morning dram, and then again half way of the day's march. The regimental canteen was opened only at ten and twelve o'clock each day, but very few frequented it, and the regimental officers took pains not to have the troops tempted with arrack by the way. On the whole it was mostly a voluntary experiment, and proved greatly to the advantage of the troops, for the weather was hot and close, and the route lay through a low and malarious country. There was no cholera and no fever among the troops, and only two men were lost on the way, both chronic cases of dysentery just out of the hospital before starting. Now, it happened that the Sixty-third Regiment performed a march at the same time and over the very same route, in the opposite direction; but they had no coffee organization and no other to-

tal abstaining plan, and they took the usual canteen allowance. They lost several men out of a strength of 400, and when they met the Eighty-fourth on the route they were obliged to borrow all the "stretchers" the latter had to spare for the transportation of their sick.

We hear nothing of their comparing notes and copying the practice of the Eighty-fourth (it does require so much time to learn such important lessons), but their repetition in various forms with the wise co-operation of temperance organizations at home and the common-sense views and the help of such officials as Generals Havelock, Wolseley, Kitchener, and Roberts, has resulted in a grand army organization

now numbering 40,000 pledged total abstainers, with 10,000 associated members. We are led to wonder sometimes when American officers will show as much scientific common-sense in the treatment of their soldiers.

Stanley and Livingston have each of them left their witness to the superiority of total abstinence in hot climates, and our engineers and glass-blowers and metal workers as well as our missionaries are profiting by such testimonies, as well as by the teachings of science in the public schools; and it becomes us all to compare these with the dictum of our nerves when poisoned by alcohol and ask by which we shall be governed and what we purpose to teach on this subject.

PHYSICAL CULTURE.

We ought to consider it a privilege to live in this era, when physical culture is thought of so much importance that it is urged upon everyone for the sake of the benefit that will result in mental culture. It is a recognized fact that to-day the work of the world is done largely by the work of the brain through technical knowledge and scientific acquisition, rather than by the sweat of the brow through physical toil.

This fact being true, we can ill afford to leave the brawn unsupported by physical culture, therefore whichever way we look at the subject we must realize that an immense importance is attached to the development of the physical man in order that his mental being may be fully recognized.

To-day in our own city a hotel has been established by the Salvation Army in Chatham Square, where no one is allowed a bed without that person first takes a bath. This is a move in the right direction, and although

it is a wonder that such an idea has not been more generally introduced before, yet, as such a thing has now been established, it will be easy work to apply its principles to the renovation of body, soul, and mind. If we start with the physical regeneration we are better able to renovate, build up, and improve our mental condition. The physical culture restaurant is another excellent idea, and it has up-to-date wholesome food to offer.

In all our public schools to-day physical culture is made a strong point with the professors. When the subject is treated Phrenologically and temperamentally it has an added advantage in the fact that each lad should be studied according to these two points of view before he takes up athletic work. Let us, therefore, start the war-cry for more enlightenment on these two important lines of study. Then we shall obtain a fairer, better, and more complete result.

J. A. F.





"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

THOUGHTFUL AND TALENTED.

By UNCLE JOE.

It has been stated that in France motherhood has become a thing of the past, and that practically speaking the population is at a standstill. Although this statement may be taken with a grain of salt, still there is more than a grain of truth in it.

In America, President Roosevelt and President Eliot, of Harvard University, have stated as their belief that the *higher* education of American women is tending to do away with motherhood, the American home, and the American family.

If this is true, then America needs a radical change in her educational system, for the "higher education of women" should tend to interest them in the "sublime function of maternity" and their so-called higher education should prepare them for motherhood. If it does not do this then the right lines for women have not been chosen.

Women themselves feel there is a want in this direction. The knowledge they need for their future usefulness is denied them, or rather, is not encouraged; hence, when girls leave college they leave with an ignorance of the most important knowledge that they should have gained and which has to come to them by chance. Why do not our colleges for women alone, such as Wellesley, Vassar, Radcliffe, Bryn Mawr, Mount Holyoke, Smith, and Barnard impress upon their students that motherhood is the greatest of blessings instead of the curse so many think it. But the preparation of mind

and body for this holy and God-given privilege so often begins too late.

Every college above mentioned should have a post-graduate course



NO. 617.—MARY IRENE DARON.

Age, 18 months; weight, 25 pounds; complexion, light; size of head, large. 1. Causality. 2. Verbal memory. 3. Tune. 4. Ideality. 5. Conscientiousness. 6. Benevolence.

pertaining to the possible duties and privileges of after life, particularly those connected with married life. If this custom were prevalent, then right thoughts would be fostered concerning

what now is so often misunderstood and misconstrued, for, as Shakespeare says, "Nothing is ever good or bad, but thinking makes it so."

We believe heartily in the higher education of women, which will enable them to support themselves at any period of their lives; but if this education of ours is going to tempt women away from the duties of home life and destroy the love of the family and the rearing of children, then we say that her education has begun at the wrong end and the scales had better be turned in the direction of home first, and afterward to self-support.

No. 617.—Mary Irene Daron, Carthage, Mo.—This child has a fine quality of organization, and she is remarkable in several ways. She appears to have a large head for her body, but fortunately she has a healthy organization, and we do not doubt but what she will increase her physical vigor as it competes with her mental energy. She must be given childish physical exercises so as to encourage her to hold up her head and straighten her neck; then her blood will not rush to her head in too rapid or pronounced a way. She is decidedly old for her age, as when this picture was taken she was eighteen months old and weighed twenty-five pounds. She must be taught from Nature's own school-house and be given a school out under the trees or in the woods, and be shown from practical studies what she would learn in the school room from books. Her knowledge of everything that grows must be increased; also of the birds that fly around and through the trees; the materials her clothes are made of can become object lessons to her if she is properly instructed.

Her mind is a very active one, hence she will not be a difficult child to teach, and her own questions will inform her on many important subjects if she is encouraged to ask about things she does not know. Causality and Eventuality are faculties that are very favorably developed, and through these she will remember what she learns.

She will be very fond of music, especially classical and high-toned music. The "ragtime" will not appeal to her particularly, and she will take quite an interest in improvising church music.

She will be able to study elocution, and it would be well for her to be encouraged to recite, so as to give her encouragement and pleasure in the work.

She is an affectionate child and can be managed more readily through her love nature and through her desire to be of benefit to others than through any other source. She will eventually develop a literary trend of mind, and it will be noticed that the breadth of her head across the figures 1 and 4 is quite prominently developed, where the literary faculties are located. Figures 5 and 6 represent her ideas of justice, which are very distinct.

"CITY BOYS: THEIR TEMPTATIONS, MEANS OF RESCUE IN TOWN AND COUNTRY."

"If you want to reform a bad boy under fifteen, send him into the country; but if he's sixteen, or seventeen, or eighteen, keep him in the city—that's my experience," said David Willard at a monthly conference of the Charity Organization Society.

Mr. Willard is probation officer at the general and special sessions of the city magistrates' courts.

WHY IS HE BAD?

"Before attempting any reformation of a boy," said Mr. Willard, "you must first find out what the reason is for his being bad. A boy may steal something from a push-cart because he's hungry, but because he did a thing like that one wouldn't necessarily place him in the category of bad boys. In general there are four reasons for a boy's badness—a foul home, unsuitable surroundings, wretched parental discipline, and general cussedness on the part of the boy, known as temperament."

WHAT TO DO WITH A LAD OF FIFTEEN.

"Now, up to the age of fifteen, a boy is adaptable. Send him to a farm and he will grow into the country life and come to love it for good. After that he longs for the city life. He wants to get back to it. Country life amuses him for only a few weeks. Sooner or later, he'll run off back to the city. Both the Juvenile Asylum and the Children's Aid Society recognize the fact that a boy over fifteen is too old to be reformed by farm life. They send thousands of children a year to Texas homes and country homes about here, but when I asked Mr. Brace the other day to send a boy of mine to a farm, 'Sorry,' he wrote back, 'but the boy's too old—he's sixteen.' Of course, you can't make hard and fast rules. You can't always tell how a child will turn out, as the Polish woman said when she came to tell how her little girl had died. 'It was so sudden. She seemed to be getting well. We did everything for her. We gave her everything she wanted—beer, and soup, and plums.'

"And don't understand me as speaking against vacations in the country. I believe in all the fresh air excursions you can get up. But what I mean is that the bad boy who has passed fifteen is bound to revert to his home and friends in the city, if he's not any, and it's in his home that you must try to reform him."

A BOY ON TRIAL.—THE BATH-TUB.

"I generally begin by taking a boy home with me for three or four days. And he hasn't been with me many hours before a domestic tragedy (to his mind) occurs in which the boy and the bath-tub play the leading rôles. Treatises might be written on the uplifting influences of cleanliness. Whenever I come upon a very bad boy, I am sure to find a very dirty boy as well. Well, I try to get on friendly terms with the boy and be with him a lot and find out what the matter is, and then I try to

find him a good home with people of his station in life—an aunt and uncle, if they are decent people, or I have him go home, keeping in touch with a 'friendly visitor,' if the home is not too foul and the environment not too unsuitable. Then I find work for him. The pleasure of having the money to spend and the help and encouragement he receives do a great deal to keep him going straight."

INFLUENCE THAT WEARS WELL.

"I can measure the effect by my relations with the boys after it is no longer necessary for them to write to me once a week. For instance, one of these young fellows came to see me three times last week. He is working steadily and is turning out all right. Then there's another who comes pretty often, although he doesn't have to, either. It's about six months now since we first met, and he doesn't yet wear a collar or care to polish his shoes, and I sha'n't tell him to, because I want him to do it of his own accord. And he will, too, by and by."

THE WORSE TYPE OF PARENT.

"The very worst type of parent is the one who will put his child out to live while he is small, and the moment he reaches work age, claim him and make him thereafter help support the family. You can't do anything with them, because, legally, you have no hold on the child."

THREE MILLION BOYS BETWEEN THE AGES OF TWELVE AND SIXTEEN IN AMERICA.

"There are three million boys between the ages of twelve and sixteen in this country," said Mrs. Myra Mayo, the wife of the superintendent of the Berkshire Industrial School, "and sometimes I wonder from the letters we receive if one-third of them aren't bad."

HOW THE ANIMALS AND FLOWERS HELP.

Mrs. Myra Mayo then described the life of work, study, and play which the eighty boys at the school live. "The cattle help us," she said. "The boys are passionately attached to the dogs, the cats and kittens, the calves and horses. Just now a little calf, King Edward, is the prime favorite. 'Why do you call him King Edward?' I asked. 'Why, because he's the son of Victoria, of course.' And the flowers help us. A restless, discontented lad, who feels as if he must do something bad, will spend an afternoon gathering and arranging arbutus for his sick sister in New York,

and his temper and unhappiness will all disappear in the process."

THE INFLUENCE OF THE ARBUTUS.

"Just before I left for New York an old boy of ours came to see us. He had walked ten miles over the hills to take dinner with us, and expected to walk back again. 'The arbutus called me,' he said, by way of explaining his visit, but he comes over every year on the anniversary of his first coming to us, and I wasn't surprised to see him. He has an office now, with a stenographer of his own, in the electrical firm for which he works, and on Sundays he teaches a class of boys."

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The fortieth session of the American Institute of Phrenology held its opening exercises on Wednesday evening, September 2, 1903. There was a good attendance of old friends, old graduates, and new friends in the audience, and an enthusiastic welcome was accorded to the new students by the Faculty. The proceedings commenced by a piano-forte solo by Miss Jessie Hopkins, entitled "Fantaisie on German Airs." The Presidential address was next given by Dr. C. W. Brandenburg. He said, in part:

Ladies and gentlemen: In the name of the Board of Trustees and Teachers of the American Institute of Phrenology, I cordially welcome all of our friends and students upon this occasion, and extend to you a courteous invitation to participate with us in the proceedings of the Opening Exercises. Since the time that we last convened in this capacity, the ever-moving wheels of life have run their yearly course and we mark the beginning of our fortieth annual session. Our thoughts instinctively revert to the recollection that from the earliest periods men have speculated on the human mind, consulting their most active faculties, relying on the correlations and antagonisms of their own brain and the facts of their environment, for material to found their reasoning.

It is as popular to-day, among certain classes, as it has been in the past, to form the habit of using a single faculty of the brain, like Imagination, which builds in misty realms of space and gives us a speculative philosophy with-

out understanding the real truth about mind. In so doing they neglect the activity of the perceptive organs and the proper use of the reflectives. In building the structure of the science of mind—to estimate human nature, in order to be useful to all mankind—it must be constructed on all the faculties of the human brain. Phrenologists look at human nature as it is. They recognize certain faculties and passions as essentially distinct and, like the simple bodies of chemistry, are not to be confounded and not composed of the same ultimate elements. They seek to locate these faculties and passions in the portion of the brain which they occupy, and in the results they are sustained by common observation of all who have intelligently studied Crania.

The craniums of ancient philosophers differed in form and character, as do those of modern times, and, as a result, the inner workings of their own minds were unlike. They did not follow the comprehensive Science of Drs. Gall and Spurzheim, and their theories and teachings were different.

Not so with Phrenological philosophy; because it gives a practical science of mind, upon which all agree, as evidenced by those who are competent to understand its doctrines. It is as accurate as mathematics, as practical as mechanics, as fascinating as romance.

The brain is the direct instrument of the mind; it embodies the entire nature of man, for every faculty of the mind has its special organ, and when we learn

the function of every convolution, we will know all of human nature and human possibilities. We pause in wonder when we realize that in whatever direction the human mind can advance, the senses have their limitations. There are rays the eye cannot perceive; vibrations that the ear cannot hear; a minuteness of structure that defies vision.

In becoming students of the American Institute of Phrenology, you express your conviction of its importance to the world, and consequently your own desire to cultivate and enjoy the knowledge you may gain.

It is important for you to look carefully over the field, to realize its magnitude, and to understand what needs to be done in each department.

The President then called upon the Rev. Thomas A. Hyde to make a few remarks, as he had another engagement and was obliged to leave early. The President introduced the speaker in his dual capacity, namely, a minister of the Episcopal Church and a teacher of Elocution and Oratory, and he possessed a reputation of no mean order as a writer on the latter subject, and also on Phrenology. The speaker made a racy speech, and said, in part, Phrenology was the grandest science in existence, for it introduced man to himself. It showed man to be a religious being, and those persons who denied any belief in religion went contrary to their natures. To worship God in one form or another was inherent in man's nature from the earliest times. Just as the ear exists for the purpose of hearing, so the organ of Veneration was given to man for the purpose of showing respect and worship. Unbelief is not natural to man, for it goes contrary to his nature. Phrenology proved that the poet must be born and that poetic imagination must be instilled into a person from the beginning. There is no true philosophy without Phrenology. Socrates stood in the market-place to teach the youths of Athens. It was the custom in those days to seek the advice of wise men. Plato was consulted for his wisdom, and in the present day people are learning to value Phrenology for what it could tell them. We want heroes and heroines in the Cause of Phrenology: people who are willing to be martyrs for their beliefs. Phrenology needs no defending, but as students you must be willing to live for it, die for it, or starve for it. It is the grandest mission there is, as it helps to develop character, like to the full capacity of the moon or sun. We invite your attention, then, to the most thorough study of the subject, and welcome all the incoming students.

The President then called upon the Secretary of the American Institute of Phrenology, Mr. M. H. Piercy, to read and report on letters and messages sent from absent friends, who said:

There are many people who would have liked to be with us this evening; some are three thousand miles away, and the next best thing to being present was to make a speech on a recording cylinder in a phonographic machine. This was done in two instances, namely, by Mr. Allen Haddock, of San Francisco, and Dr. Ira Gilford, of Los Angeles. No one would suppose that the exact tones of voice could possibly be so accurately repeated unless heard on a recording machine, but scientific inventions have been brought to such perfection that in the present day we can hear our friends talk in our own rooms. We have also received interesting messages from Mr. J. M. Fitzgerald, of Chicago; Mr. E. F. Creevy, of Chicago; Mr. George Cozens, of North Dakota; Mr. George Morris, of Minneapolis, and others, and although they are too lengthy to be read here, they will be published in *THE PHRENOLOGICAL JOURNAL* along with a report of our meeting. Immediately on arrival, the cylinders were placed on our recording machine, and the results were fine.

Mr. Allen Haddock, "Human Nature" office, San Francisco, wrote:

To the members of Class 1903, assembled at the American Institute of Phrenology, New York: Greeting.

Ladies and gentlemen: Modern inventions are bringing nations, communities, and individuals closer together, and uniting them in brotherly love; but Phrenology is a science calculated to bless and elevate mankind more than all the modern inventions combined.

It indicates the wisest education and the most complete happiness for all.

Your able teachers will prove to you that men and monkeys act in accordance with their organization; that texture, temperament, form, and shape of the head (brain) determine character.

The metaphysical idea, "As a man thinketh in his heart, so is he," is exploded. A man thinks no more with his heart than he does with his toes or his teeth. "The Brain is the organ of the Mind." Through the medium of the nervous system, he feels in his heart, and all parts of the body, the vibrations of that great electric battery—the brain.

You are on the eve of wonderful revelations—revelations that completely upset ancient dogmas and superstitions regarding mind.

Progressive preachers, teachers, doc-

tors, and men of light and leading, are coming to recognize Phrenology as the most complete system of mental philosophy, offering as it does a definite analysis of the mind, by which the nature of men and animals can be understood; and they are discovering that God's eternal truths are not confined within college walls.

Mr. George Cozens wrote:

To the Professors and Students of the American Institute of Phrenology, New York:

Dear friends: A few words of greeting from a fellow-worker who has been some time in the lecture field may be acceptable to you all. Much as I should have enjoyed being present with you this session, time and distance forbid it, but though absent in body, I shall be with you in spirit.

To the Teachers of our noble science I would say: Be full of hope, patience, and faith; the work you are doing in inculcating into the minds of the students a greater knowledge of Humanity, of Self, of Social Reform, etc., is a great work whose fruits will not be one-half seen while we are in this world, but which will develop, grow, and expand with ever-increasing usefulness when we all shall have passed to the Great Beyond.

To the Students of the Class of 1903 I say: Be of good courage; the more you study Phrenology and its kindred sciences the better you will like it. Though at first it may seem indefinite and dim in its outlines, day after day, as you study with care and precision, the more beautiful and exact it will appear, until, when you shall have been years in the Phrenological work, there will seem literally to be no limit in its scope for usefulness, practicability, and power. Be attentive to your instructors; do not let one fact be lost, but let every fact presented be so studied by you all that it shall not be long before it shall seem to be a part of your being—your very life. In a year or two you will be so convinced of its truth that you will be willing to suffer for its sake, or to fight anyone who fights Phrenology.

Learn with an object in view. Never think you know it all, or you will at some time be rudely awakened. Put thoughts in a concrete form that can be used. Mix up with your thoughts Emotion, Sympathy, Friendliness, and Courage. As you will have to inform others how to round out their characters, so in your contact with others be all-round men and women.

Let your earnestness make others in earnest, and your enthusiasm make oth-

ers enthusiastic. When a young man comes to me bubbling over with enthusiasm, I know he will succeed. The world knows that he believes in his mission, and will make way for him. In your contact with people in the lecture field you will meet with many who pretend not to believe in Phrenology; but be encouraged, for you will find many who do believe in our science of sciences. While some will say it is a fraud, others will come out boldly and say it is God's Truth. Some will tell you that you are giving them the best meetings they ever had in the town, others will compare you to a fakir, or a seller of bogus jewelry. So we need an equanimity of mind that will not be elated by success or flattery, or cast down by failure or blame, that will steer a steady course through crowds of believers or unbelievers, having sufficient confidence in ourselves and the science we hold so dear, that we can do some good, elevate and ennoble others, and so be followers of Him who "went about doing good."

I find among the masses of the people that the majority of them believe that the brain indicates the character, but they think no one can tell. Many of the Westerners have never heard of the American Institute of Phrenology. We have, therefore, to convince them that we can read character, and that a knowledge of character-reading must be learned as we learn anything else. Be in love with the work; aim high—have a high Ideal.

Speaking of myself, I have lectured on Phrenology for twenty years, and if I had to live my life over again, I should be a Phrenologist.

As one of the former students speaking to the students of the Class of 1903, I would say: Be attentive, courageous, and anxious to learn. Disseminate these glorious facts liberally; you have an opportunity to do good that is second to none. Embrace every opportunity, and your life will be as the "shining light that shineth more and more unto the perfect day."

George Cozens,

Bismarck, N. Dak., Aug. 15, 1903.

Mr J. M. Fitzgerald wrote:

Mr. President: Members of the faculty and fellow-students of humanity, I congratulate you on your choice of studies and, though it be denied me to be present in person, I am truly and heartily with you in spirit and purpose. The course of study you are ready to pursue is the most momentous you have ever thought of, because it is fraught with principles so deep and far-reaching that if they are properly imbibed, they must

needs reflect their influence in your everyday life, in the association with your families, your friends, and the public at large. The reason for this is so obvious that it scarcely needs stating; first of all, you will be better acquainted with yourselves, you will fully understand the rift in your lute, the discordant notes in the grand anthem of your sentiments; you will understand the babel-like language of each faculty when torn between desires and wishes of the sentiments and propensities, and finally you will understand better than ever before how to harmonize your forty-two faculties into the great symphony of a useful and happily spent life. You will understand your neighbor as you do yourself, and then you will be able to realize that high injunction given by the Master, "Love thy neighbor as thyself." You will see what is lovable in him and you will sympathize with him for the cross he has drawn in his inheritance and unwittingly enlarged by a faulty education.

Whoever understands Phrenology rightly is a teacher; they must surely have an enlarged influence, because they possess such facts as to compel those who are running to stop and read and to realize the importance of an opinion, or advice so true, that to disregard it would mean disaster, if not death. The world is ripe for the sowing of the seed of enlightenment; never before was the intellect so ready to receive an explanation to an hitherto unsolvable problem. Phrenology, the philosophy of life, that was gathered from the chaos of thousands of years of speculation and of dreaming, through the mighty efforts of Gall, Spurzheim, the Combes, and Fowlers, the brain was at last to reveal her sphinx-like secrets, to unfold its inherent possibilities in its form and quantity, from the narrow, pinched, depressed, and receding skull of the Australian Bushman to the expanded dome of a Shakespeare, every being was to come under classified observation and to be known; the mind was to have a seat, a habitation, from whence men could study it. Little by little the prejudice is giving way and men in high authority admit the truths of Phrenology, in another form or under a new label, perhaps, but none the less effective; the great purpose for which Gall lived and labored is alive and growing. Physicians admit the brain's multiplicity of organs, or centers, and the influence of certain faculties over the vital economy. Psychologists affirm the possibilities of special traits and special abilities inherent in the child at birth, independent of environment or training, and that children should be

studied individually and their genius discovered and developed. This is a great step forward from Locke's bullet-molding conception of the infant mind. The minister now recognizes that to be Christ-like is to exercise certain faculties, the growth of which must be stimulated from birth. I repeat that the time is opportune, and that the greatest boon any normal young man or woman can have in the way of an education is to be thoroughly conversant with Phrenology, for, as Herbert Spencer says, "How to live"—that is the essential question for us, not how to live in the material sense only, but in the widest sense. The general problem which comprehends every special problem, the right ruling of conduct in all directions under all circumstances, in what way to treat the body, in what way to treat the mind, in what way to manage our affairs, in what way to bring up a family, in what way to behave as a citizen, in what way to utilize all those sources of happiness which nature supplies, how to use all of our faculties to the greatest advantage of ourselves and others, how to live completely. And this, being the great thing needful for us to learn, is by consequence the great thing education has to teach.

Permit me to offer my experience in regard to disseminating the truth of Phrenology, and I have had considerable practical experience in one of the most combative, hustling, independent, and materialistic cities in America, viz., Chicago, and yet, notwithstanding all of the incredulity of its citizens, I have ample proof that if a Phrenologist is first a person of honor and trustworthiness, they can, with determination and fixedness of purpose, slowly but surely win able and stanch friends for their science. Let me cite one instance, of many of a similar stamp. Dr. C. Pruyn Springfield, one of the foremost physicians and surgeons of this city, visited me at my office a few days ago and made arrangements for an examination of his nephew, who is to be educated by the doctor according to the directions I give. Our profession carries a grave responsibility with it, and I should consider, were I one of your number, that I were fortunate indeed to be able to take my course under the able direction of the management and faculty of the American Institute of Phrenology, founded by Messrs. Fowler & Wells, for those names are the insignia of authority on Phrenological science and at once admit one into the good graces of tens of thousands who have the greatest respect for all these noble names represent.

(Continued on page 130.)

THE Phrenological Journal

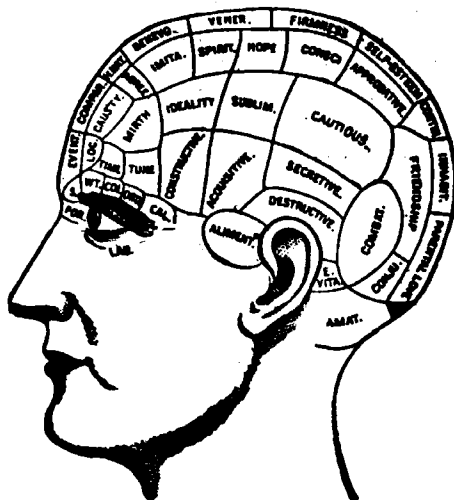
AND SCIENCE OF HEALTH.

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(1850)



NEW YORK AND LONDON. OCTOBER, 1903

"You cannot dream yourself into a character; you must hammer and forge yourself one."

—FROUDE.

REFORM BY SURGERY.

It is very gratifying to find that the public is being enlightened on many phases of Phrenological work. In the "New York Times" an editorial appeared some little while ago which showed that experiments were being performed on the brains of criminals to that extent that the brutal instincts, which seemed beyond control, had given way to the careful operation of the surgeon, and a change for the better was noticeable in each case.

Although the editorial expressed some doubt as to the localization of certain functions of the brain and certain instincts of character, yet sufficient was said to indicate that by careful study much might be done by surgery to correct evil tendencies of the mind and character. In other cases benefit has accrued to the patients by the lifting of the skull from its pressure upon the organs of the brain, and through a knowledge of the locali-

zation of the various functions of the brain we are able to assist nature to right herself and bring about a proper condition of mind.

The following is the quotation we refer to:

London is just now very much interested in two surgical cases, giving results in changing the nature of the subjects which promise to render valuable assistance in pointing the way to the reformation of criminals. One of the patients was a boy of good family who had developed brutal instincts which seemed to be beyond control. He gave his time to the invention of malicious mischief, delighted in killing or wounding, was the terror of the neighborhood in which he lived, and promised to grow up a desperado and criminal. A clever surgeon took him in hand, examined his head with care, located what he considered the seat of the trouble, removed a portion of the skull, and thus relieved the deforming pressure. The change was immediate. The lad forgot his previous tastes and habits and was restored to his parents a normal and lovable boy, the complete antithesis of his former

self. The other was a soldier who was injured in a skirmish, and after his discharge for disability became a thief and burglar. His previous character had been unexceptionable, his military record was the best, and the change was naturally attributed to the injury to his head, caused by a blow from the butt of a musket. When he was taken in hand by the surgeons he had about come to the end of a career of crime, being paralyzed on one side and unable to get about except on crutches. A depression in the skull sufficient to bring an abnormal local pressure upon the brain was found and an operation was decided upon, which restored his physical powers as well as his mental and moral faculties. His discharge was secured and he has since lived an industrious and honest life, with no evidence of a disposition to go wrong.

These facts lead to the conclusion that experimentation upon persons with criminal or vicious tendencies would be repaid, even if no accidental injury could be pointed to as marking the beginning of an evil disposition. An attempt to correct by surgery an incorrigible lying habit in a boy now under observation will be made, and other experiments are likely to follow. The difficulty would seem to be in locating with sufficient accuracy to warrant an operation the spot in the brain which demands treatment. The case of the soldier was simple enough, but the average person will think that in the case of the all-round bad boy or man the most effective method would be found in removing the skull at its junction with the neck and studying its structural deformities at leisure.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

(Continued from page 128.)

Wishing you one and all a deep and abiding interest in this noble work and the success that conscientious effort merits, I am fraternally yours,

J. M. Fitzgerald.

The next item on the programme was a violin solo by Master W. F. T. Mollenhauer, "Le Jolie Coquette," a child between five and six years of age—the youngest violinist who has ever played at the Institute. His playing won the admiration of all present. His father accompanied the juvenile violinist; the latter was so small that, standing on the floor, he was lost to sight by the audience, yet his touch was so perfect that, had anyone not known who was playing, he would have supposed it to be a young person ten or fifteen years his senior. At the close of his piece, Miss Fowler stood him up on a chair and gave a Phrenological demonstration of his head. Among other things, she said: "When the father brought this little boy to me some days ago, I was unaware that he possessed any special ability, and gave advice in my usual way. I soon found he had remarkable musical talent and a fine organization, and suggested that he be taught to play the violin, for he would make good progress with that instrument."

The President then called upon Miss Fowler to address them.

ADDRESS BY MISS JESSIE A. FOWLER.

Mr. Hyde has hit the nail on the head in saying that Phrenology is the grandest science in the world.

It is with very great pleasure that we, as members of the Faculty, welcome all friends of the science gathered here this evening, all former students, or graduates, and the new students who have come to take instruction within these walls. We trust that you will be greatly blessed and helped by your sojourn in New York City, and uplifted, and inspired, and benefited by your study of Phrenology. It may be that your names will some day be classified with those of Horace Mann, Emerson, Gall, and Spurzheim.

The future is full of hope for Phrenology, and men and women are beginning to realize its importance. If you will have open minds to receive much, you will certainly have more given to you than you can assimilate; take all you can, digest and apply whatever is helpful to you.

A Bostonian went to England to lecture on one occasion, and everywhere he went he addressed his audiences as "Dear London souls," "Dear Liverpool souls," and in Ireland he said, "Dear Belfast souls," and "Dear Cork souls." He did

not think how it would sound to his audience until after he had said it. Now Phrenology does not make any cork souls, but the real article, and that is what we want to get hold of, for where the interest is there success pertains.

Phrenology is beginning to unify all classes of people. It is helping to mold the future, therefore men and women of to-day need to possess a knowledge of it.

I was asked the other day if it were possible to change one's character. I replied, "That it is not only possible to change the character, but also to influence the brain-cells." Scientists are helping to prove this theory. Prof. Elmer Gates, of Washington, is satisfactorily demonstrating that undeveloped brain-cells can be brought to perfection by continued effort, and his experiments have been very interesting. Every day we find in the animal kingdom fresh evidences of animals with little or no idea of Color, that can be trained to discern different colors; to toss up a hat by the strains of music; when they have formerly showed no sense for music; to walk on a ball; to jump through a paper ring; to ride a bicycle; dance quadrilles, and do many wonderful feats; and if animals' brain-cells can be changed by culture and training, human brains can also be transformed by persistent effort; thus morality can be made to take the place of viciousness, and industry of laziness.

Phrenology points out that we either improve or retrograde as we grow older. What we need is scientific institutions throughout the land under Government control, if a government can be secured that will understand the nature of man's needs, where characters can be developed in persons who have been born without them. Such institutions should take the place of many of our prisons, for instead of reforming character in prison, the prisoner is often soddened into deeper vice through his surroundings, and a person has often poor encouragement to do better. A child born into the world in unhappy surroundings can, if placed with a person of a loving disposition, be changed from a cross, fretful, irritable, sour, and suspicious character into a loving, trustful, respectful, obedient, honest, and energetic character. By crowding out the tendencies to do evil, and by giving a person opportunities to cultivate the good in them, we are using Phrenology to good purpose. We may make ourselves into machines if we like, or we can develop, mold, and strengthen our character by a knowledge of ourselves. We are spelling out our characters day by day, and are painting our portraits on the canvas of life that awaits us at every turn.

It is not so much the question of how many talents we have, as whether we have doubled what we possess. A person who increases the one talent he has been given, does infinitely more than he who simply preserves his ten.

Emerson, in his eloquent address on "Education," once truly said, "A point of education that I can never too much insist upon is, that every individual has a bias which he must obey, and that it is only as he feels and obeys this that he attains his legitimate power."

Phrenology, better than any other science, understands and explains this bias.

Emerson again says, "Respect the child. Do not classify too strictly, or cast the boys into the same mold to make them like yourself, but respect the natural bent of each."

Emerson shows in such words that he was a grand culturist, a true Phrenologist, and a divine educationalist. Like Horace Mann, he was ahead of his day and generation, therefore we do well to mention him in our work.

There are four classes of persons in the world. First, the ones who know, or think they know, everything, and do not want to be taught.

The second, who know a great deal, but doubt their knowledge and do not use it.

The third, who know a great deal, but forget their knowledge before they assimilate it.

While the fourth know much, give it to others, and yet are willing to learn. This is the class that makes excellent Phrenologists.

It was a good idea of Michael Angelo's that made him wear a candle over his forehead, which he fastened to his artist's cap, in order that no shadow of himself could fall on his work. It was a beautiful habit, and taught an eloquent lesson of how we should not allow shadows on our work, but instead we should carry the true unbedimmed light. The person who puts his soul, heart, and interest into his work transforms his work into a pastime. Phrenology helps him to see what that work should be, and we give the invitation to-night to those who are gathered here to inquire into their own lives by the aid of this science, and join us in our studies.

Dr. Charles H. Shepard was then asked to give an address. He said, in part:

ADDRESS BY DR. C. H. SHEPARD.

Ladies and gentlemen: It is a happy coincidence that has brought us together, to meet those about to begin a course of study to investigate the most

important function of the human body, the mind. We very well know that the brain is the center of all thought and action, thus it becomes us to take heed to our thoughts, and learn to so apply our mind that we may secure the best results. It is written, "As a man thinketh, so is he." Even though teachers and friends are ever ready to help over difficult points, success in any line can only come from diligent application, and in no field more so than in the study of the mind, but, with earnestness of purpose, success is certain. Unexpected aid frequently comes to us, and the way is easier as we travel along.

One thing I remember from reading, many years ago, Combe's "Constitution of Man," and that is, if we wish to have anything impressed on the mind, so as to retain it, the thing is easily accomplished by Repetition, and this will apply in the study of Phrenology as well as anything else.

We are the product of evolution. Step by step, through long ages, man has reached his present proud position, and just so surely will he continue to progress. It is not given us to know the heights nor the depths thereof. While mankind is not expected to develop into a higher organism, he has the privilege of perfecting the one he now has. By thought of the past we can but feebly picture to ourselves the glorious possibilities of the future of our race, for it will undoubtedly progress in an increasing ratio, but not until we become self-controlled can we enjoy the full fruition of our present inheritance, for the coming man will be a law unto himself.

Plants and animals are controlled by environment, but man, because he thinks, controls his environment, and herein lies his hope for the future. It is an inspiring thought that the more we learn and obey the laws of the universe, the more we are free from all law, and the more control we have of all the natural forces.

If we would have health and strength, with all the blessings that go with them, and without which we are of small account in any position, we must study the beneficent laws of health, and with that secured we can accomplish anything. When a person drops out of life under one hundred years of age, we may be assured that he has been a transgressor. He simply pays the penalty of violated law. Nature's law of life and health is written in one word, OBEDIENCE. Her loving children are blessed in every direction. Those who are regardless of their duties and opportunities have but a short and stormy time to encounter.

Permit me to offer a few thoughts for those who would aim to live an ideal life, one that seeks to benefit mankind.

Secure plenty of sleep, not less than eight hours out of the twenty-four, and sleep on the right side. Keep the bedroom window open all night. Purify the body, inside and outside, by daily baths; a purified body reacts upon the mind, and the purified mind reacts again upon the body, with constant interaction and mutual helpfulness. Don't allow any pets in the living-room; they may carry disease germs. Seek the sunshine by daily exercise in the open air; if practicable, live in the country five or six months of the year. Occasionally change your occupation; if this is not available, take frequent and short holidays. Drink, according to thirst, only pure, soft water. Skip all the condiments, and avoid the deadly narcotics; not alone the poisonous opium and the virulent tobacco, but also the seductive alcohol, in whatever form, together with tea, coffee, and cocoa, all of which interfere with perfect digestion. Limit your ambition. Keep your temper. Look on the bright side of things; a cheerful frame of mind promotes longevity. Worry less, work more, breathe more, eat less, chew more. Let your food be plain and simple, as nature made it, and before the cook has spoilt it. Take only two meals a day. Never eat between meals. Partake of more fruit and less meat. It is not the amount of what one eats and drinks that builds up and strengthens the body, but rather what is utilized or appropriated by the body during rest and sleep. Practice what you preach. Cultivate regularity in good habits and there will be no room for bad ones. Thus may we render the body a fit temple for the development of our higher nature. Time is never better employed than in taking care of the health.

I wish to congratulate this class on the facilities provided for them here, and the competence of those who are to lead them through the course.

DR. C. F. MCGUIRE AND REV. MR. TIERS.

Dr. C. F. McGuire and Rev. Mr. Tiers were then called upon to address the meeting. The Doctor made some happy allusions to the time when he was a student at the Institute, and hoped to talk to them on the question of Physical Culture, Considered from a Temperamental and Phrenological Standpoint.

Mr. Tiers recalled the early days when he first became associated with the work, over fifty years ago, and believed more fervently than ever in Phrenology.

Letters of regret on being absent were received from D. M. Gardner, M. D., G. F. Laidlaw, M. D., and others.

After another choice selection of music

on the piano by Miss Hopkins, which was highly appreciated, the notices of the lectures were given out and a general reception took place.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

720—D. H. T., Toledo, O.—The mind of this young man is like an electric battery. It is working at the rate of seventy-five miles an hour. He is highly nervous and susceptible, and should be able to do a considerable amount of intelligent, intellectual work; but he will have to calm down his energies, or he will wear himself out before his time. He is favorably built to enjoy health, but he has so many ideas floating around him that he finds it difficult to concentrate his mind on one endeavor. He is very ingenious, and should succeed as an electrical engineer, for he has mathematical ability as well as artistic and designing talent. He will probably combine these qualities to advantage as a civil or electrical engineer. There is no end to the different phases or interests of his mind, and he must be careful not to be tempted to do too much.

721—W. H. S., Ursa, Ill.—The Temperaments are very well blended in your case, and you have a very fine organization to do executive work. You have evidently come from Irish extraction, and have the versatility of that nationality. You will succeed in a large and comprehensive business; in fact, nothing small will suit you. You are organized to take a leading part, and responsibility will not hurt you. You have a scientific cast of mind, and gather information quite readily. You would make a stump orator, a platform speaker, an impassioned barrister, or an excellent supporter of a candidate at election time. Your imagination is capable of carrying you forward to work up the interests of others in an executive way. When thoroughly versed on a subject, your command of

Language is capable of presenting it in a practical manner.

722—J. H., Germantown, Pa.—You are a man of considerable experience of the world and its work; in fact, if you were to write a history of what you have done, it would surprise many people and enlighten them also. You are not a man who needs advice, but should rather stand in the position of one to give it. You should take responsibility, for that is a line of work that you know something about, and it does not hurt you. You will make a poor servant, but an excellent master. Your reasoning mind traces out the cause and effect of things in a very practical way. Few men are better able to cast their eye ahead of them than you are; in fact, you might be the brother of J. P. Morgan, and a twin brother at that, so fully do you resemble the above-named man. You have energy enough to drive five hundred men in various kinds of labor, and you can hold the reins yourself without changing the activity of your pulse. In this you resemble Mr. Gladstone, who, his physicians said, was able to make an important speech of over two hours without showing any sign of fatigue or change of pulse. We cannot do justice to your photograph in this short sketch.

723—L. P. F., Forest (Harding Co.), O.—This lad is a remarkably sturdy one for four and a half years of age, and he will show himself to be a master man. He has a remarkable ear for music, and he had better study it with the object of becoming either a bandmaster or a performer on the 'cello, or some large and effective instrument. As a lad he will make a good drummer-boy, and will keep time and make others walk and play in exact proportions. He has a very strong will, and will need to be drawn by a silken thread rather than forced against his inclinations. He must have the love drawn out of him by having his sympathies awakened. Some large trust company, like the Standard Oil Company, would suit him exactly. His parents must be broad-minded people. He will be fond of teasing some one, and will show his fun-loving nature at a very early age. This is a lad who needs to be employed all the time to utilize his energies.

724—H. S., Alleghany City, Pa.—This little girl is quite different from her brother. She will be the master of the two, and will want things to go her way. It will not be easy for her to give up her wishes nor yield her privileges to her brother; in fact, he will have to "take a back seat" and be content to be "a back number." The photograph indicates a strong character and a very determined will. Care must be taken not to unduly arouse it. Let it slumber, except when difficulties have to be overcome and work accomplished. She possesses an excellent memory and will recollect all that is said in her presence, and will be pretty sure to watch for evidences when she can correct people in what they are saying. Her sense of Color is good, and she will be able to blend and arrange colors to advantage.

725—J. H. B., Troy, N. Y.—With the Motive Temperament, he should be able to march with the times and keep up-to-date with his work. It is difficult for him to be artificial or merely fashionable in his tastes. He believes in working on a "straight ticket," and hates hypocrisy, underhandedness, and artificialism of every kind. He is known for always being the same to his friends, and never makes pretenses or appears to be other than he is. He may err a little in this respect, and fear lest he may not be thought genuine unless he expresses himself fully. He should be engaged in an out-door, wholesale business, or in a large enterprise like at the head of an Express Company, or where he had to deal with foreign goods. In professional work he could excel in Real Estate, or could take up Osteology, surgery, or dentistry, for his Perceptive faculties, his ingenuity, his courage, his want of fear, and his energies would unite favorably in one or more of these occupations.

J. M., Dunedin.—This young lady will do best in a position where she will have responsibility. She will be very capable

and tolerant in exercising authority. She is well equipped with mental tools, and her temperament is favorable for an intellectual pursuit. Her mind is very clear, active, and buoyant. She is quick in acquiring knowledge, apt in imparting instruction, and is an interesting conversationalist. She readily adapts herself to her environment, and is genial and agreeable among friends. She must learn to conserve her energies, and should combine physical exercise with mental work. She has a strong individuality, and is not influenced by inferior minds.

L. M., Dunedin.—This young lady will be a favorite among her friends; she is so genial and companionable. Her sympathies are strong; she is very susceptible to good influences, and has a very earnest nature. She will excel in music, and should study elocution. She has a bright, hopeful disposition; can appreciate humor, and will be quick to notice incongruities. She will succeed best in a position where she will have the opportunity of exercising her designing abilities and artistic tastes, but she should not follow too closely a sedentary occupation. She can be very determined, self-reliant, and independent; but is not stubborn. She is careful in doing her work thoroughly, and is always ambitious to excel. Measures should be adopted for the building up of her physique.

W. T., Bath.—This youth has a very resolute, self-reliant disposition. He will be eager to achieve success, but, in order to do so, he must apply his mind to one thing at a time and complete thoroughly what he commences; especially should he be careful to listen to the advice of his elders. He is quick, energetic, and versatile; fully alive to his surroundings. He is not a close student, but he is quick to learn when his mind is made up. He will succeed in a commercial career, or in the higher branches of mechanics. There is plenty of grit in the character.

FIELD NOTES.

At the midsummer examination of the students of the Fowler Institute, held July 29th, the following students successfully passed:

DIPLOMA WITH HONORS.

Mr. J. H. Wild, of Sheffield.
Mr. W. K. Smith, of Dundee.

DIPLOMA.

Miss A. Brackenridge, of London.
Mr. A. E. Byron, of London.

Mr. A. Dayes, of London.
Mr. J. Asals, of London.
Miss L. Hendin, of London.

CERTIFICATE.

Mr. Braithwaite, of London.
Miss A. Vickers, of Birmingham.
Miss Foster, of Ramsgate.
Mr. Westlake, of Ramsgate.

We heartily congratulate the above-named students, and trust they will feel

their responsibility in holding aloft the banner of Phrenology.

The monthly lecture at the above Institute will be held on the first Wednesday evening of the month throughout the session, commencing October 7th.

Mr. I. S. Tate, Goodwill Mt., Petersfield, Jamaica, is still carrying on his work of interesting people of his neighborhood in Phrenology, we are glad to say, and trust that the people with whom he comes in contact will thoroughly appreciate his efforts.

Mr. J. M. Fitzgerald is doing excellent work in Chicago, and finds time to give the reading public some of his knowledge and experience on the subject of Phrenology, Temperaments, etc. In a recent copy of "The National Progress," he has an article on "Temperaments," illustrated, which is up-to-date in its theories. He has a great field before him, and is evidently not afraid of hard work. He recognizes what Phrenology has done for him, and is willing to credit it with all it deserves.

Mr. Levi Hummel writes that he is lecturing again, and has visited Montgomery, Milton, Frackville, and Girardville, Pa., and has met with uniform good success and has done well, considering that it is in the middle of the summer.

Mr. W. F. Openshaw, Tempe, Ariz., writes that he is going into the field again, and, considering his intelligent knowledge of Phrenology, we judge that he will be able to succeed in the lecture field.

Professor Allen Haddock, of San Francisco, editor of "Human Nature," is as active as ever and continuing his work in Phrenology. No man in the West is doing more to promote the interests of Phrenology than Mr. Haddock.

Mr. George Morris, Minneapolis, Minn., has been engaged in the field during the summer in lecturing in various parts of Minnesota.

PHRENOLOGY AT NATAL.

At the Y. M. C. A. literary evening, a lecture on "Phrenology" was delivered by Mr. C. Sawden. He dealt with the subject mainly from its theoretic side, maintaining that the science was one that was not made full use of, as it was undeniably the only way to arrive at the knowledge of what our boys and girls were most suited for in life's career. He condemned the present method of dealing with children in education, pointing out the absurdity of treating them all on one principle, whereas it was necessary that each individual should be educated from a phrenological standpoint.

Then, what appeared to be a dunce in a general sense, might prove not only a successful, but, perhaps, a brilliant man or woman in the direction that Phrenology discovered. Every teacher, he argued, would be able to discover almost at a glance, if they had any knowledge of Phrenology, into what channel to direct the study of each pupil, and thus the many distressing results of a mistaken career would be avoided, for a large proportion of men wasted their lives in uncongenial occupations, and the world lost what would perhaps have been a brilliant man. The gentlemen responded to an appeal for "subjects," thus adding interest to the lecture. A vote of thanks was proposed by Mr. Will G. Sprigg, general secretary of the Johannesburg Association.—Natal "Mercury."

Professor Hummel, the well-known Phrenologist, will deliver a course of illustrated lectures on Phrenology and allied sciences, in Armory Hall, every evening next week. In order to introduce the subject, the first evening or two will be free.

Professor Hummel has devoted thirty years to the study of this science and is one of the best Phrenologists in this country. As an illustration of the benefits of Phrenological examinations, the following will interest our readers. In 1880 the professor gave a delineation of the character of D. J. Dougherty and advised him to study for the priesthood. He did so, and is now a bishop. In 1884 G. W. Bartch, then superintendent of the public schools of Shenandoah, underwent an examination, and was told to study law. He took the professor's advice, and is now a judge of the Supreme Court of Utah. Dr. Hoffman, of Ashland, was examined at Cressona in 1885 and told to study medicine. He is now one of the leading physicians at Ashland. Lawyer Witmer, of Sunbury, was examined at New Berlin in 1891 and advised to study law. He is now one of the leading attorneys at the Northumberland County Bar. Many other examples can be cited to prove that by Phrenology the conditions which indicate character and talent can be told.—Montgomery "News."

On going to press, field notes have reached us from Mr. Geo. T. Byland, of Lebanon, Ohio; Mrs. Vale, and others.

SPECIAL NOTICE.

The closing exercises of The American Institute of Phrenology will be held on Friday, October 23d, at 8 o'clock, when an interesting programme is being arranged. Friends will do well to keep that evening disengaged.

REVIEWS.

"The Training of Wild Animals." By Frank C. Bostock. Published by the Century Co. Price, \$1.00.

This book is sure to have more than an average sale, for animal lovers will seek the experience of Mr. Frank C. Bostock, as he has practically lived among lions, tigers, elephants, and other wild creatures for the past thirty years. His account of how he has trained these animals is of more than common interest. It should be noted by the readers that Mr. Bostock recognizes the proper attributes of the mind in the training of animals, as well as a healthy physique. This, perhaps, is followed out in the fact that the delicate organizations of women are adapted to control the fierceness of wild animals, and the popular expression is exploded that cruelty is employed

in this kind of training; in fact, Mr. Bostock declares that such a method would defeat the end desired, and instead he recognizes that the qualities essential for the proper understanding of the minds of animals are unlimited patience (Firmness and Continuity), courage (Combateness), and pluck and endurance (Destructiveness).

The information concerning the habits and characteristics of jungle folk is given, as well as the experience of exciting episodes. There are thirty-two half-tone illustrations in the book, which has been cleverly edited by Ellen Velvin, F.C.S., who spent several weeks in one of Mr. Bostock's animal exhibits, and she bears witness to the invariable kindness and consideration shown to the animals.

Mr. Bostock has inherited more than an ordinary aptitude for his work from his father and grandfather.



Courtesy of the Century Co.

BOSTOCKS' LIONS AND THEIR TRAINER.

A SPIRIT-LEVEL TO LIVE BY.

A little boy saw his father using a spirit-level to see if the board he was planing was "true" and straight.

"What's the use of being so careful, papa?" he asked. "It's pretty good, I guess. It looks so."

"Guessing won't do in carpenter work," said his father, "sighting" along the edge of the board and shaving it the least bit in the world. "You have to be just right. Folks guess at too many

things. God doesn't like that way of living."

"Guess there aren't any spirit-levels for living by!" laughed the little boy, watching him.

"Yes, there are," said his father, earnestly. "You'll find them in the Bible. Try all your actions by that. Make them true and straight, and no guesswork about them."—Christian Advocate.

FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of
FOWLER & WELLS CO.

THE SUBSCRIPTION PRICE of the **PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE** is \$1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the **PHRENOLOGICAL JOURNAL** and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—San Francisco—takes up the question of human life from a Phrenological standpoint, and has words of wisdom to give on "Physical Culture," "Vegetarianism," "Crime and its Cause," "Osteopathy," "Telepathy," "Phrenology," and "Dietetics," "Vaccination," and a number of other good subjects. Thus it will be seen that there is much to be culled by and through this monthly, edited by Allan Haddock, Market St., San Francisco.

"The Popular Phrenologist"—London—contains able articles by Mr. Webb, Millott Severn, and others. Articles dealing with character and how it is represented in every-day life are depicted in an interesting way.

"Human Culture"—Chicago—edited by Mrs. Vaught, is taking up the lines laid down by her late husband, and deals

largely with the manifestation of mind in various phases of life.

"Health"—New York—is a journal devoted to the establishment of "Health through Physical Culture and Hygiene." The editor, Dr. Tyrrell, points out the corset crime; Mr. Kinzel Laws tells us the position to assume during sleep; Dr. C. Guilbert Perceval writes on the "Art of Banting," and Dr. J. B. Jamison tells of "Methods of Stomach Cleansing," while Prof. Anthony Barker illustrates some Physical Culture exercises. After reading this monthly we ought to be considerably better in health than we are, if we but carry into our daily life what is explained to us therein.

"The Writer"—Boston.—This magazine is calculated to interest and help all literary workers. It gives some excellent advice in every number, and no one who wants to have this kind of advice given to them can do better than subscribe to it. We would like to quote several paragraphs, but will advise our readers to get it and read it for themselves.

"The Religious Telescope"—Dayton, O.—For breadth of thought and interest in universal subjects and those of international interest, we find the above-named weekly to supply us with much that we want to read. We find that time is even more scarce than suitable reading matter. Secure a copy and find out for yourselves what is in the paper.

"Vaccination"—Terre Haute, Ind.—There are some people who are undecided about having their children vaccinated. We would advise such ones to read and digest what the editor of "Vaccination" has to say about the subject. A few facts from an authoritative source will not be out of place; in fact, will go a long way to settle the question, "Is vaccination protective or dangerous?"

"The Progress"—Minneapolis, Minn.—This paper, of eight pages, contains an epitome of news on affairs of local interest, and on its first page it has excellent magazine notices, while the interior pages are devoted largely to advertise-

ments," "Music and Musicians," "Home Happenings," "For Summer Travel," and "News of the Week." It is an estimable little paper and the citizens of that neighborhood must realize this fact.

"The Weekly Advocate"—Belleville, Ill.—This paper has copied some of the New York Dailies in having large headings for each column; thus the reading matter can be easily sized up and a person can tell what he wants to read at a glance. It is well edited, and must have a good circulation.

"New Jersey Courier"—Toms River, N. J.—Its editorial columns are very well conducted, and evidently there is considerable thought given to the composition of the paper. It contains New Jersey news, especially that of Ocean County. It has a column on "Facts in a Few Lines," and should be read by all who are in that district.

"The Contributor"—Boston, Mass.—Although this magazine is essentially a religious one, yet it contains "Flash Lights on Current Topics," "Housekeeping Helps," "The Little Folks," and "Crumbs from Hither and Yon," so that a person can be intellectually and morally fed by reading this weekly and, as it is illustrated, the pictures add to its interest.

"The Bee Journal"—Chicago.—There are plenty of people in the world who are keeping bees, yet they do not know all about them. These people should find most interesting information in the "American Bee Journal," for many hints are given and experience with bees is explained by different writers.

"The Woman's Journal"—Boston.—This journal contains, as its name states, what is going on in New England and elsewhere in women's clubs. It advises people "How to Get Good Government." It explains the difference between monarchies and republics. It reports interesting meetings. It contains a "New York Letter," and is altogether a bright paper, full of New England news on woman's work.

"The Mammoth Spring Mirror"—Arkansas.—This paper has the recommendation of brevity in its news. It says a good deal in a little space. It will not take all day to read, but by reading it you know what is going on in the neighborhood, as well as in other parts of the country, and in other countries besides. It has room also for some advertisements, which, of course, are interesting to its readers.

"The Philosophical Journal"—San Francisco, Cal.—Has an article on "Man, His Purpose and Destiny," which is an address delivered by J. J. Morse, of Lon-

don. Another article is on "Psychic Phenomena," another is on "The Travels of J. J. Morse," and one page is devoted to announcements, and another to books published by The Philosophic Publishing Company.

"The Club Woman's Magazine"—New York—for September, has been greatly enlarged, and is of much more general interest and attractiveness than usual. The greetings and reports from clubs and associations from all parts of the United States make this magazine an important publication for club women. Special articles on various topics, by Mrs. Russell Sage, Mrs. Hugh Reid Griffin, Mrs. Edward Addison Greeley, and others, combine to make the magazine especially desirable.

"Sunny Hours"—Madison, Wis.—One cannot look through this paper without finding something to cheer and brighten one's life. Although the articles are directed largely to children, yet grown-up people can gather many useful hints from its pages.

"The American Mother"—Battle Creek, Mich.—This magazine is devoted to matters that pertain to children and child life in the school-room and home, as well as to the interests of the mother; thus in a recent number we saw among others articles on "Nervous Children," "A Beautiful Motherhood," "In the Nursery," "Parents' Problems," "Of Interest to Fathers," etc.

"Dixon's Index"—Jersey City, N. J.—This monthly is published by the Joseph Dixon Crucible Company, and contains bright articles which are of use to business people, especially to artists and others who use pencils. It is illustrated, and we believe it will become quite popular.

"The Psychic World"—San Francisco—contains an article on "The True Ethical Mission of the New Thought." "The Faculty of Tune, Its Nature and Function, and How to Use it," is one of its articles, by Dr. Kenton Burr.

"The New Voice"—Chicago—is a strong Temperance paper, and keeps one in touch with what is being done in all parts of the country by prohibitionists and by those who are opposed to Temperance principles. Every home should contain a copy every week, for a great deal of work is going on throughout the country that only this paper brings to light.

"Suggestion," a magazine of the New Psychology, 2040 Drexel Boulevard, Chicago, Ill.; one dollar per year; sample copies upon request. Leading articles for October: Auto-Suggestion for Success, by Dr. Herbert A. Parkyn; The

Majesty of Matter, by Professor Larkin; Exercise and Will Power, by Ella Wilcox, etc. The November issue will contain some special matter relating to the Osteopathy.

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"Study of Character by Photographs." Knowledge of Phrenology and the temperaments enables a person to read character from a well delineated picture. Photographs, if taken properly, can readily be studied, and the chief features of a character correctly portrayed. Nothing is more interesting and profitable for people to understand than to be able to estimate a stranger who is presented, or to study the character of an individual by a likeness or photograph.

We purpose, in this essay, to give instruction in this matter, so that persons not scientifically trained to it can be profited and become fairly expert in it. Let the reader understand, to start with, that he is not to look for hills and hollows, or what the public styles "bumps," to determine development, but the length of fiber from the center of the brain.

If you draw a line from the opening of one ear through the head to the opening of the other ear, a point half way between the ears represents the place where the spinal cord hinges with the brain; and the brain is developed as from a stem in every direction, as a cauliflower develops from its stem. For external study, one may measure from the opening of the ear to the point between the eye-brows, just above the root of the nose, and the distance from the opening of the ear to that point indicates length of fiber in the intellectual brain. If the head be long from the ear forward, the intellectual organs are large. Measuring from the opening of the ear directly up or in any other direction, the organs located in those regions are large in proportion to the distance from the opening of the ear. Measuring a head backward and upward toward the crown of the head, like the spokes of a wheel from the hub, we get the mass of development in that direction. Then when we look at the front view of a head, widthness tells the story in regard to the organs in the side-head.

An intellectual brain, then, is long from the opening of the ear forward; a moral brain is high from the opening of the ear to the top-head; a man who is proud and ambitious is long from the opening of the ear to the crown, and one who is social and warm hearted and af-

fectionate has massiveness of brain back of the ear, and fullness in the back-head.

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It is related that Heroditus, a tutor of Hippocrates and a celebrated physician of Thrace, was reproached by Plato for protracting the lives of feeble persons by causing them to exercise and to have their bodies rubbed; and by the same means Heroditus himself was cured of ill health and attained the age of one hundred years. The following are among the aphorisms left by him: Rubbing can bind and loosen, can make flesh and cause parts to waste; hard rubbing binds; soft rubbing loosens; much rubbing causes parts to waste; moderate rubbing makes them grow.

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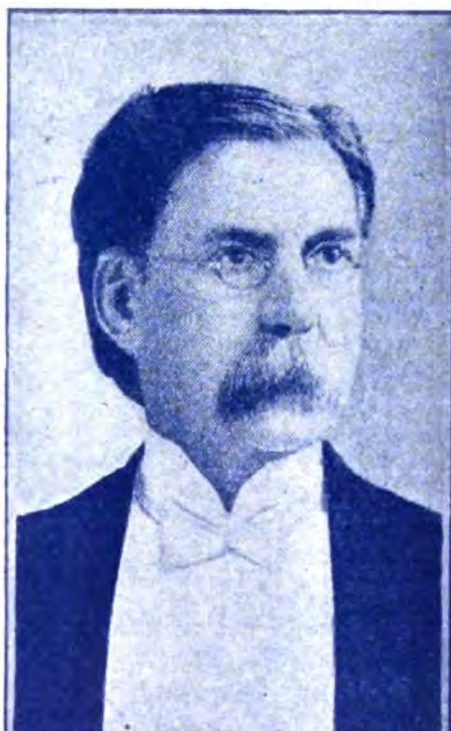
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NOVEMBER, 1903

[WHOLE No. 779

The Character and Work of Mr. Henry D. Perky,
Teacher, Business Man, and Philanthropist.

By J. A. FOWLER.



MR. HENRY D. PERKY.

SOME MODERN IDEAS ON FOOD.

America has many ingenious and practical ideas on the food question, and we believe that none is so universally accepted, believed in, or lived up to, as the ones introduced by Mr. Henry D. Perky, who, in an impressive address, recently said:

"Every man, we must remember, is the creature of his own environment. Our mothers—God bless them—were even educated on wrong lines in so far as digestible foods were concerned. You remember the pies, cakes, and doughnuts that mother used to make, and many of you, if you will confess it, must remember the soggy feeling in the stomach and the pains that penetrated it after the dear old, but unhealthy, repast on those tempting things. All of these dangerous foods are made primarily from white flour, and it can be truly said that that product has been the cause of degeneracy. All the prayers of the church will not prevail against degeneracy. Education only will do it. My little income is devoted to sending mothers out to teach how to use it. Every mother owes it to her child, herself, and her God, that her child be well nourished. What we need, therefore, is proper domestic education. Man is what he is educated to be, whether he is in jail or in the pulpit. Did you ever know that the Book of Moses is a book of Domestic Science, which says, 'Thou shalt not eat any abominable thing,' which shows that man is what he makes himself. Man has tampered with natural foods. Natural foods make possible natural conditions. During my life I have studied different civilizations to find out what people were the strongest and most robust, and I found out it was those who lived on the plainest foods. What is the bane of our day? Scarcely a man, woman, or child sits down to a meal without partaking of adulteration, extraction, etc. False foods create false appetites. The whole-wheat foods are the purest and healthiest. There is a density of ig-

norance on food subjects. In this age, man is expected to make money and get rich, whether he lives right or not. How many doctors know anything about dietary rules? About one in ten thousand. The terrible increase in the number of cases of appendicitis is produced primarily from the great use of white commercial flour. It is the most impoverishing of food. It has caused the great universal spread of this ailment. At least, great surgeons and specialists so claim. The history of civilization proves it to be true. It promotes the bacteria of digestion, decays the teeth, affects the intestines, and the result is appendicitis. I know a surgeon who has not used a knife in three years in cases of appendicitis, but has cured by proper foods. The sin of our schools to-day is, that they do not teach the proper assimilation of foods. You must have courage to say to children who have been trained to eat disorganizing foods, 'Thou shalt not.' See to it, mothers, that you do not create unnatural appetites in your children. It is you who form society; who make the environment of people whom you afterward punish for becoming what you have made them. Quality is the thing to consider, not quantity, in eating. Eat as little as you can get along on. Most people eat too much. Each one can do this if he chooses. I was once an invalid, but made myself strong. It is the wish to do it that will make you succeed."

EMINENT ADVOCATE OF WHOLE FOOD DIET.

Few, indeed, are the people who have not heard of the Shredded Wheat that is made by the Natural Food Conservatory at Buffalo. The history of the Shredded Whole Wheat Biscuit is an interesting one, and it may introduce to our readers some points of which they are not aware. It was when Mr. Perky began to think for himself that he left the farm where he had been reared and opened a general country

store. By industrious habits he was able to make such good use of his time that he studied law and took up the practice of it. But working early and late, snatching meals wherever and whenever they could be obtained with the least sacrifice of time, indifferent to

supplies every element needed for the development of every organ of the body, and that means the perfect and symmetrical development of the mind as well. His product, which he named "Shredded Wheat," literally made a new man of him. Other sufferers who



OREAD INSTITUTE, WORCESTER, MASS.

what he ate, so long as it filled the stomach and staved off hunger, he found himself, after some years, in the same condition as are to-day some millions of the most energetic and brilliant young brain-workers of the country. Every meal was a distress. Eating became a duty. The brain became clogged; tasks joyfully undertaken and

had learned of the marvelous results in his case sought from him the wondrous yet simple panacea. He was thus literally driven to its manufacture on a large and constantly increasing scale. An enthusiast and a living witness to the wonders of common sense as opposed to ignorance of Natural Food, and opposed to the foods devital-



OREAD INSTITUTE, NIAGARA FALLS.

cheerfully dispatched, dragged heavily, and life lost its charm.

At this period of his life he studied the subject of foods, and formed his convictions thereon. He adopted a system of natural food, i. e., Wheat. In its preparation he added nothing and took nothing away. His studies had shown him that in Wheat, Nature

ized by the so-called improvements, he mounted the rostrum and lectured upon the vital topic. He started in Worcester, Mass., the Cereal Machine Co., to manufacture the Shredded Wheat Biscuit.

The business thrived, but Mr. Perky felt that it was incomplete. The millions of human beings who were to

benefit by this return to natural principles must be told not merely that the food was good and wholesome, but why it was, and wherein it differed from the attractive snow-white flours which had been robbed of their most important parts, leaving only the starchy, fat-producing portions.

He considered that it was not enough to lecture on this subject, and so he founded the unique Oread Institute of Domestic Science.

OREAD INSTITUTE OF DOMESTIC SCIENCE.

The Oread Institute is finely located on one of the seven hills of Worcester, where he has gathered a faculty of

story of Food," "Feeding of Infants and Children," "Pedagogy," "Psychology," and "Nature Study."

The cooking classes are taught to cook with all fuels—gas, wood, electricity, coke, coal, and alcohol. Finding this Institute to be insufficient to teach all who wished to be instructed, he erected another building at Niagara Falls, near to the large factory of the Natural Food Company.

PERKY MILLION DOLLAR CLUB.

Besides these Institutes, Mr. Perky has instituted the Perky Million Dollar Club, which is as unique in its details as the Institute. The logic of the name means that from his own personal



HOME OF "THE PERKY MILLION DOLLAR CLUB."

skilled instructors and the most eminent lecturers and demonstrators in the country. The Institute was designed to educate young women, between the ages of twenty-two and thirty-five, who possessed sound health, good physiques, and a high average of education. The school year is divided into two terms of twenty weeks each, and the graduation day occurs on the third Wednesday in June. Some of the subjects of the curriculum are as follows: "Cookery," "Chemistry of Foods," "Marketing," "House Economics," "Laundry," "Sewing," "Sanitation," "Physical Culture," "Elocution," "Physiology," "Physics," "Chemistry," "Bacteriology," "Emergencies," "His-

holdings he has set aside one million dollars' worth of Shredded Wheat stock, the earnings from which are to be entirely devoted to the support of the Club. Its purpose is to educate, free of all charges, fifty young men each year from each State and Territory, in the following branches:

First, the "Food Subject," embracing its thorough understanding and preparation; "The History of Foods and their Effect upon all Nations."

Second, "Elocution," that they may effectively tell what they have been taught.

Third, "English Composition," that they may effectively write on the same subject.

Fourth, "Organization," that they may, when graduated, return to their respective States under salary from the Company, and organize auxiliary Clubs to be chartered by, and to receive fuller instructions from, the parent Club. The Club House is a grand old Colonial mansion, overlooking Niagara Rapids, a site pronounced by many travelers the loveliest on earth. These young men will be selected after a thorough physical examination, besides which they must evince to the satisfaction of the examiners a peculiar fitness in all other respects for the campaign of practical education they will ultimately be called upon to conduct. They will

after the candidates have been submitted to thorough physical and academic examinations.

THE NATURAL FOOD CONSERVATORY.

The Natural Food Conservatory occupies two blocks. The building at present designed consists of a main factory 463 feet long and 66 feet wide, with four connecting portions. Two of these, identical in shape and size, are used for product-receiving rooms, stairways, elevators, and storage rooms. A third section is the shipping department, and a subway conduit, through which are sent all the products of the



NATURAL FOOD CONSERVATORY, NIAGARA FALLS.

be taught military drill, wearing, on their dress parades, the old Continental uniform, that they may acquire ideas of order and system, and may develop their organizing as well as physical abilities.

This Million Dollar Club has no connection with the Oread Institute, which is solely for young women. Changes and extensions are planned on the latter, and two young women will be chosen from each State and Territory, besides ten students at large.

The advice is often sought of the Superintendent of Public Instruction as to the proper selection to be made, but the final decisions are made by the expert representatives of the Institute,

Conservatory, to the shipping-house, where the shocks are nailed up and the cases loaded on the railway cars. The fourth section of the Conservatory, really first in importance, and itself a very large building, contains the administration and educational features of the plant. The main factory is principally five stories high. The two ends of the entire factory are carried up into a sixth story. Here is done the first cooking of the wheat, preparatory to its descent to further treatment by special machinery upon the floor below. To show how minute have been the plans connected with the making of the Shredded Wheat Biscuits, the following particulars will

serve to prove that the health of the employees is Mr. Perky's thought. In the new building are a number of bathrooms, and every employee is required to take two or three baths each week—on the Company's time. Soft water is in abundance at all times for washing. There is a fine dining-room, where every employee is furnished with a bountiful luncheon every day without charge. On every floor are a number of water-tanks of pure water, ice-cooled, but not contaminated with melted ice. Every wall is finished with white Keene cement. If soiled, the hose may be turned on them; thus,

he is five feet ten and a half inches; he pulls down the scales at a hundred and eighty pounds, and in general build he is broad in the shoulders and erect in carriage. His hair is black with a few strands of silver about the temples. His mustache is iron-gray; his eyebrows, black, overshadowing brown eyes of singular intensity of gaze. His complexion is healthy, clear, and olive-colored. The wrinkles of age have not yet begun to show, with the exception of deep lines of thought upon his brow, which is well developed, especially in the organs of perception. His nose is large and finely shaped; his jaw and



NATURAL FOOD COMPANY'S FACTORY, WORCESTER, MASS.

from the ground floor to the top of the building, there is no foothold for microbes.

THE MAN HIMSELF.

It will be readily seen that to arrange and properly develop such a scheme of work it has required a man of broad and comprehensive mind to carry it through, who, for the last seven or eight years, has made it his life-work. He is certainly a pioneer of a new school which avails itself of all the teachings of history and, as he is a "John the Baptist" for the new gospel, old as man himself, which teaches that naturally organized foods make possible natural conditions.

The following are some of the distinguishing features of his personality and character. Mr. Perky is a native of Ohio and, as we have already said, was brought up on a farm. In stature

mouth are indicative of firmness and resolution. His capacity for work and his endurance under continued mental strain are extraordinary; thus the organs of Combative-ness, Destructive-ness, and Firmness have been accentuated, while the head itself is set on a firm and well-poised neck. The general intelligence of the face betokens an ancestry of which he can well be proud. His Language is always of the best kind of English, which shows that his discourses are carefully prepared, and terse and epigrammatic in style.

During some of his lecture tours he has spent four of the nights of the week in sleeping-cars, traveling between New York, Buffalo, and Worcester, doing the tasks of two or three busy men. His capacity is largely due to the readiness with which he turns his mind from one subject to another totally different; thus he turns from

a lecture on Dietetics to his architects' or engineers' plans for his last new enterprise. For the time being, he becomes totally absorbed in each subject, thus his mental faculties have a chance to recuperate. He was once asked how he found time to attend to the countless details of his great business. He replied: "Time! Why, haven't I all the time there is? That's all any man can have; and if he does not fool away any of it, he has time enough to do anything."

His head indicates that he is a rigid disciplinarian, for it is very high, and Firmness works with Conscientiousness in giving him a thoroughness of principle; but he is known as one of the kindest and most respected of employers of labor, and his workmen know well that they are in good hands, but no breach of discipline is ever allowed to pass unnoticed or uncorrected.

His Benevolence is largely responsible for the humanitarian views he takes of all departments of his work.

He is a master of all the details of his work. He has examined personally every bit of machinery in his factory at Worcester and at Niagara Falls. So in the multitudinous plans connected with his educational projects he oversees every department, and has proved himself to be not only founder and builder, but lecturer, demonstrator, "guide, philosopher, and friend," as well as President of the Faculty.

Another feature of his character is his independent spirit, which he shows in his aggressive work. He does not need to copy others, for his own inventiveness of mind is equal to bring out all the newest methods necessary for the conclusion of his work, and the carrying out of short cuts across lots to the attainment of his ends. He is, however, able to adapt himself to the observations of other workers, and is free from conventionalities and old traditions, and shows a progressive, humane, and philanthropic desire to benefit mankind, as well as to bring success to his wonderful enterprises.

The World of Sport.

No. 3.—BICYCLING.

Some twenty-five years ago horseback riding was considered the proper form of exercise in the country, and horses were bred, reared, and sold in large numbers for horseback riders; but to-day tastes have very largely changed in regard to out-door exercise, and while not every person can afford to buy and keep a horse, many are able to buy a bicycle and speed along the highroads and beautiful lanes, and enjoy the luxury of seeing many parts of the country that they would not take the time to travel through were it not for their bicycle. This form of athletic work has been largely indorsed by ladies and children, and when not carried to extremes, it has succeeded in strengthening the individual physical powers of those who have indulged in it. Where it has been used for racing

purposes, we know great harm has attended the exercise, but with every form of athletic sports there comes a wave of ambition into the minds of the people to see how much speed can be acquired; thus, the bicycle has come in for wonderful tests, as well as tennis, baseball, automobiling, cricket, and yachting. A few years ago, namely, in 1899, a great spurt was made on the bicycle at Babylon, L. I., in an effort to see if it were possible to ride a mile a minute. Charles M. Murphy made a record of a mile in 1:05. Murphy rode on a plank surface behind a locomotive, and many became converts to the fact that such a thing was possible. Those who had watched his races on the track for the last ten years never questioned his courage and determination, for in the races he always

fought right up to the finish. His display of nerve was remarkable, for the slightest deviation from a straight and narrow course meant probable death. The trial was made on a spur off the main line of the Long Island Railroad. Here it was possible to get a two-mile straight of way that was perfectly

a perfect condition, physically speaking, as it was possible for an athlete to be. His flesh was clear and hard; the skin on his face was firm; his eye was clear; and he seemed to be a man without nerves.

A proper equipment for this work demands not only steady nerves and a



CHARLES M. MURPHY.

level, or at least had an imperceptible grade. A half mile was allowed for the start, and an almost equal distance for slowing up after the mile had been made. Several weeks beforehand Murphy had been in active training for his ordeal, and when he was examined by a physician he was found in as nearly

good physical condition, but also good perceptive power, an average development of Cautiousness, large Weight, Firmness, Destructiveness, and Combativeness; for physical requirements alone will not enable a man to succeed in such a remarkable test.



The Analysis of Memory on a Phrenological Basis.

By R. K. SMITH.

ON THE LEARNING OF UNFAMILIAR WORDS.

It has already been advised that, in reading, when any unfamiliar word is met with, a dictionary should be consulted so that a clear understanding of the passage read may be obtained. It is not only necessary, however, that the meaning of a word should be discovered, but that it should be remembered, so that in the event of its again being met with it will be unnecessary to examine a dictionary for the purpose of learning the meaning. The following method of achieving this desirable end is suggested.

The word to be remembered should be associated with the word indicating its meaning, as shown in the following examples. The association will be all the stronger if, for the first link in the chain of associated words, a word is selected bearing some resemblance in sound to the word it is desired to commit to memory.

For the purpose of illustration, the method indicated is here applied to a few uncommon terms, though of course it is not to be expected that they will be unfamiliar to every reader.

Mittimus. .mittens. .clothing. .tunic. .soldier. .war. .a warrant.
 Coparcener. .co-partner. .joint responsibility. .joint heir.
 Nugatory. .nugget. .precious.trifling.
 Resuscitation. .sustain. .sustain life. .bring back life. .life from the dead.
 Larynx. .minx. .talkative. .windy. .windpipe.
 Paradigm. .paragon. .pattern of excellence. .example.
 Moribund. .abundance. .want. .starvation. .death. .dying.

This principle may be applied to the memorization of foreign quotations. It will only be necessary as a rule to associate one word in the quotation with one word in the translation.

EXERCISE.

Make out a list of from 50 to 100 words dealt with after the above fash-

ion, the whole of the associations of which have been committed to memory.

The pupil will memorize the words and their meanings by thinking through each chain of association first from the word to the meaning and then from the meaning back to the word. These lists must not be learned by mere repetition.

Those who desire additional practice in the work of making associations may also memorize their list of words (there should be at least 50) and send in this list of associations for examination as well as the above. Pupils cannot spend their leisure more profitably than in work of this nature and, in this exercise, in addition to the great advantage of being able, by practice, to make associations readily, there is the additional benefit of greatly extending one's vocabulary. Only words with whose meaning the pupil is not already familiar should be dealt with in this way. Suitable terms may be obtained from any technical or scientific work with which the pupil desires to be acquainted, while proper words to express the meanings of the selected terms may be had on referring to any

good dictionary, or again, both words and meanings may be obtained from the latter source.

N. B.—The pupil must clearly understand that in order to obtain the memory and mental training which the systematic study of memory is well calculated to afford it is absolutely necessary to work the exercises set. A man does not become an athlete by reclining

on a sofa and reading all the best books on gymnastics, but by combining assiduous practice along with his reading.

THE MEMORIZATION OF THE NAMES OF THE BOOKS OF THE OLD AND NEW TESTAMENTS.

Having regard to the fact that when either of the lessons for the day is from the minor prophets of the Old Testament or from some of the Epistles in the New Testament the majority of those who follow the reading of the lessons in their own Bibles have not found the passage required until the reading is almost finished, it is thought that the following exercise may not be altogether out of place in these lessons, seeing that it would add to the decorum of public worship as well as the comfort of the worshipers if these lists were thoroughly memorized.

It is, however, more especially as a memory exercise that the pupil is required to memorize the lists in the manner indicated, and the student is earnestly desired not to omit the learning of the exercise simply because, when it is learned, the information may be of little or no interest to himself.

EXERCISE.

BOOKS OF THE NEW TESTAMENT.

- | | |
|------------------------------|--|
| <i>Matthew,</i> | } The order of the first four books is so well known that they require no intermediates. |
| <i>Mark,</i> | |
| <i>Luke,</i> | |
| <i>John,</i> | |
| One of the Apostles. | |
| <i>Acts of the Apostles,</i> | } A large portion of the Acts is taken up with the details of Paul's voyage to Rome. |
| By land and sea, | |
| Voyage, | |
| Rome, | |
| <i>Romans.</i> | |
| Greeks, } | } Corinth was one of the 7 gates of Greece. |
| Corinth, } | |
| <i>Corinthians,</i> | } The Corinthians were remarkable as builders of beautifully adorned structures. |
| Architects, | |
| Galaxy, | |
| | |
| <i>Galatians,</i> | } Galatians relapsed into Judaism. |
| Judaism, | |

Jewish Temple.
Ephesian Temple.
Ephesians.
Worshippers of Diana.
Goddess.
Gold.

Gift,
Philippians,
Collection.

} The Philippians sent a gift to St. Paul, which he acknowledges in his letter. Phil. iv. 15, 16.

Colossians.
Colossal.
Thessalonians.
Salutations.
Paul.
Timothy.
Yoke-fellow.
Tied together.
Titus.
Tussle.
Fall.
Spill.
Philemon.
Monotheists.
Hebrews.
Christian Hebrews.
Leaders.
James, Peter, and John.
Mount of Transfiguration.
Transform.
Change.
Friend.
Foe.
Judas.
Jude.
"Judas, not Iscariot."
A disciple of our Lord.
"The Disciple whom Jesus loved."
Revelation of St. John.

The pupil is recommended to thoroughly learn the foregoing list, not by mere repetition, but by a strong concentration of his attention upon the various associations that have been formed in every case. This is calling into play the judgment to assist the memory, and the pupil will find the method by no means wearisome, although, this being his first exercise, he can hardly expect to be altogether expert at it. When able to do so with confidence, the names of the various books should be repeated in their proper order to a friend, thinking through the chain of associated words that bind them together, but only repeating aloud the titles of the books. The friend may test the pupil's correctness by referring to the contents page of any Bible (not this lesson) dur-

ing the recital. A little practice will enable the pupil to repeat the names backward as well as forward, and also to commence at any book in or near the middle and go backward or forward, either to the beginning or end as the case may be. An exercise such as this tends greatly to the general improvement of the memory, and especially promotes concentration of the mind on one particular point, and thus prevents what is termed mind-wandering or lack of continuity.

In addition to memorizing the words, each pupil is desired to make out a new list connecting the books together in his own way, as he will naturally find it easier to remember his own connections, and they will necessarily be clearer to him than those of another. Having done this, the whole should be forwarded for examination and suggestion. The proper way to learn them is to take the words two at a time, thus: Genesis, generations; generations, Exodus; Exodus, Moses and Aaron.

EXERCISE.

BOOKS OF THE OLD TESTAMENT.

Genesis, }
Generations, } Resemblance.
Exodus, } Exodus of the generations of Abraham, Isaac, and Jacob out of Egypt.
Moses and Aaron, }
Levites, } Suggestive connections.
Leviticus.
Eleven.
Numbers.
Second and fifth, } Deuteronomy means second law, and is the
Deuteronomy, } 5th book in the Bible.
Astronomy.
Sun stand still.
Joshua.
Leader.
Judge, }
Judges, } Resemblance in sound.
Changes.
Ruthless.
Ruth, } Both notable women in Scripture.
Hannah, } Reciprocal relation: mother and
Samuel, } son.
Anoints.
Kings.
Crowns.
Chronicles.
Israel.

Ezra, }
Governor, } Ezra was the Governor of Judea.
Chief ruler, } Nehemiah was chief ruler of
Jerusalem, } Jerusalem, and restored the
Nehemiah, } walls of the city.

Mordecai, }
Queen Esther, } Cause and effect. Mordecai
Prosperity, } planned the elevation of
Esther to royal favor.
Esther's elevation
brought peace and prosperity to the Jews.

Adversity.

Job.

Restoration.

Praise.

Psalms.

David, } Reciprocal relation: father and
Solomon, } son.

Proverbs.

Wisdom.

Vanity.

Ecclesiastes.

Ecclesiastics.

Church.

Singing.

Song of Solomon.

Allegory.

Prophecy.

Isaiah.

Messiah.

Man of Sorrow.

Jeremiah.

Lamentations.

Weeping.

Heart's ease.

Disease.

Ezekiel, } Resemblance in sound.
Daniel, }

Yell.

Fire.

Hose.

Hosea.

Hole.

Joel, } Resemblance in sound.

Sole.

Cow-hide.

Herd of cows.

Herdsmen, } Amos was a herdsman.
Amos, }

Bondsman.

Obedience.

Obadiah.

Dialogue.

Sailors.

Jonah, } Resemblance in sound.
Micah, }

Michael.

Name of Saint.

Nahum.

Humble servant.

Cook.

Habakkuk, } Prophesied Babylonian
Captivity, } tivity.

Slaves.

Nobles, } Zephaniah is considered to
Zephaniah, } have been of a noble family.
Zephyr.

Simoom.
Wild.
Haggard.
Haggai, } Both prophets exhorted the
Temple, } people to resume the build-
Zechariah, } ing of the second temple.
Prophet.
Priest.
Father Damien.
Molokia.
Malachi.

It has not been thought necessary to point out the connection between each of the foregoing words. That will generally be readily seen.

EXERCISE.

The following exercise shows the method or form in which it is possible to rapidly memorize the names of the Kings and Queens of England and Great Britain, together with the dates of their accession to the throne. The list begins with William the Conqueror, but can be applied with equal facility to the rulers who preceded the Norman Conquest. Seeing that there are four Williams, eight Henrys, three Richards, six Edwards, and four Georges it would be impossible to in-

troduce each of these names so often with associations that could be distinct. In order to overcome this difficulty the first consonant in each name is combined with another consonant that indicates whether the Sovereign is the first, second, or third, and so on of that name, thus: William I. is indicated by the word weight, the second and also the final consonant standing for I.; wine=William II.; III. women, the m indicates William III. and the n following is inserted for the purpose of combining his wife, Queen Mary the second. The eight Henrys are represented by the words heat, hen, hem, hire, hive, hook, hedge, hush; the three Richards by writ, Rhine, room; the six Edwards by edit, Eden, idiom, adore, edify, Dutch; and the four Georges by jot, join, gem, jeer.

This exercise also forms a model by which pupils can compile exercises suited to their own special needs, as for instance, between the names of great men and the dates of their birth and death; dates of battles, heights of mountains, and lengths of rivers, or any other historical or geographical information.

William I.	Weight....solid....hollow....this keg	(1086)
cask....	
William II.	Wine.....wine cellar.....hatchway.....this hatch	(1087)
hatching.....incubator....	
Henry I.	Heat....cold....coldness....deadness... dead asses	(1100)
	..assize....sun rise..	
Stephen	Even....morn....fleeting time....doth move	(1135)
	..movables....poultry..	
Henry II.	Hen.....cackle.....tittle-tattle.....tattler	(1154)
	...gossiper....slanderer....	
Richard I.	Writ....summons....debt....at the shop	(1189)
	..boot shop..boot-jack	
John	John.....Magna Charta.....cart.....journey.....Ta, Ta, papa	(1199)
	..mama....machine....sewing machine..	
Henry III	Hememulator.....strife....."Town Talk"	(1216)
newspaper.	
Edward I.	Edit.....editor's room.....cell.....dungeon	(1272)
	..prison....Paradise..	
Edward II.	Eden.....den of lions.....tames you	(1307)
	uniform..dress..language dress..	
Edward III.	Idiom.....dialect.....lecture.....time watch	(1327)
	"Watch on the Rhine."	
Richard II.	Rhine.....frost and rime.....damage.... damage you	(1377)
	ewe-lamb..shepherd..hireling	
Henry IV.	Hire....hired girl....nurse....to my baby	(1399)
	..baby's room....nursery..	
Henry V.	Hive.....swarm of bees.....swarming.....their time	(1413)
	..close time..fishing..	
Henry VI.	Hook.....fly-hook.....try one	(1423)
	..wonder..	

Edward IV.	Adore.....object of affection.....object aimed at.....target	(1461)
	..bullet proof....to defy..	
Edward V.	Edify....edifice....humble building....dear home	(1483)
	house..	
Richard III.	Room.....rueful.....cast down.....true shame	(1483)
	modesty....screen..	
Henry VII.	Hedge....protection....comforter....dry shawl	(1485)
	..storm....terror..	
Henry VIII	Hush.....crush.....compress.....to lace up	(1509)
	..lady....duchess..	
Edward VI.	Dutch.....Dutch dykes.....flat country.....tallridge	(1547)
	..rigidity....unbending..	
Mary I.	Mat.....kneel down.....conjugal blessing.....love.....do love me	(1553)
	too haughty.	
Elizabeth	Elizabeth....proud Queen....cruel Sovereign....devilish	(1558)
	..wild woman..	
James I.	Jade....fag....fagged out....dig some!	(1603)
	..exclamation..	
Charles I.	Chat.....unbecoming language.....undignified.....dignified	(1625)
	..culture....wealth..	
Commonwealth	Commonwealth....miser's horde....grab....do grip	(1649)
	gripper....keeper..	
Protector (Oliver)	Protector....shield and buckle....do gleam	(1653)
	gleaming swords..well burnished.	
R. Cromwell	Cromwell.....strength.....weakness.....do clash	(1658)
	clash of arms....clank of chains..	
Charles II.	Chain.....bind together.....mix together.....decoct	(1661)
	..concoction..	
James II.	Gin....engine....crushing shells....thick shell	(1685)
	..empty shell..	
Interregnum	Vacancy.....empty purse.....no tick given.....the cash shop	(1688-9)
	..family grocer....customers.	
William III. & Mary II.	Women.....seamen.....took ship	(1689)
	ship "Ann."	
Anne	Queen Anne.....animosities.....troubles.....do chasten	(1702)
	..chastisement..testament..writing..	
George I.	Jot.....speech.....speechifying.....to chatter	(1714)
	Chatterbox..box..joiner..	
George II.	Join.....break up.....to change	(1727)
	..cut up..	
George III.	Gem....glittering gem.....attraction.....two chicks	(1760)
	chicory and coffee.."cup that cheers"..cheer.	
George IV.	Jeer....earache....aching heart....contentment....outshines	(1820)
	moonshine..overhead..telegraph wires..	
William IV.	Wiry.....soft.....two shams	(1830)
	cowards—heroes..victors..	
Victoria	Victoria.....Australia.....loyal colony.....do homage	(1837)
Edward VII.		

THANKSGIVING SONG.

By MARGARET ISABEL COX.

A song of glad Thanksgiving Day.
Sing thou with me. Where'r thy way
Hath been—if o'er a path replete
With thorns have passed thy tired feet,
Or if by waters still that flow
Thro' pastures green where flowers grow
For healing of thy ev'ry ill—
Sing thou with me. Sing thou until
The song becomes thy very own.

And e'en tho' we may sing alone,
Upraised in joy, by others heard
At matin hour, its grateful word
Shall be their noontide psalm. And when
At even-glow the song's "Amen"
Falls on the world in cadence sweet,
With grateful incense full-replete,
As with white wings 'twill upward bear
A world's Thanksgiving joy and prayer.

Sing thou with me where'r thy way
A song of glad Thanksgiving Day.

SCIENCE OF HEALTH

Notes on Health.

By DR. E. P. MILLER.

REMEDIES FOR HAY FEVER.

From an article in "Medical Summary" for October we copy the following:

During the hay-fever season the skin should be kept clean. Bathing three times a week with warm water. The surface should be thoroughly rubbed after each bath with a rough towel, and again at night before going to bed. This rubbing should be thorough. During the hay-fever season all inclined to hay fever should eat good, healthy, easily digested food. I notice many hay-fever subjects eat largely of water-melons and musk-melons. I believe they are both bad on account of the great amount of sugar they contain. There is no question but what they act upon the kidneys, which evidently is advantageous, but not enough so to overcome the injurious effect of the sugar. I believe that grapes also are bad. Tomatoes are an excellent diet for the uric acid condition. As a rule uric acid is found quite extensively in hay-fever attacks. I have eaten more tomatoes this summer than I ever have before, simply because I have raised them myself, and can go out in my garden at any time and pick them ripe and fresh. I do believe, further, that tomatoes increase the action of the liver, and aid in some way the stomach and bowel digestion. No hay-fever patient should use alcoholic stimulants in any way.

POISONOUS MATTER IN THE BLOOD.

There is no doubt but that an accumulation of effete and poisonous matter in the blood and tissues that make a

seed-bed for the propagation of disease germs is the main cause of nearly all chronic diseases. We copy the following from "Healthy Homes":

But for constipation, it is probable that gall stones and renal calculus, appendicitis, typhoid fever, and pneumonia would be far less frequent than now. It is the backing up of material that should have been cast away yesterday or days before that prevents the excretion from the blood into the alimentary canal, thus poisoning the blood and setting up a vicious circle of morbid conditions through the whole body. The patient stoutly denies, because he has a "passage" each day, that there is any trouble, when, as a matter of fact, the excretions are twenty per cent. smaller than they should be, and the victim totes around the surplus and wonders why he gets sick so easily.

WHY WE DIE.

"On the day thou eatest thereof thou shalt surely die;" "The wages of sin is death;" "But of the tree of the knowledge of good and evil thou shalt not eat of it;" "Whosoever is born of God doth not commit sin; for his seed remaineth in him; and he cannot sin because he is born of God;" "He that committeth sin is of the devil; for the devil sinneth from the beginning;" "Whosoever committeth sin transgresseth also the law; for sin is the transgression of the law."

"Be not deceived; God is not mocked; for whatsoever a man soweth that shall he also reap. For he that soweth to his flesh shall of the flesh from Heaven against all ungodliness

reap corruption; but he that soweth to the spirit shall of the spirit reap life everlasting;" "He that doeth wrong shall receive of the wrong which he hath done." "There is no respect of persons." "For we must all appear before the judgment seat of Christ that every one may receive the things done in his body, according to that he hath done whether it be good or bad."

"For as in Adam all die, so in Christ shall all be made alive." "For He must reign till He hath put all enemies under His feet." "The last enemy that shall be destroyed is death." "Enter ye in at the straight gate, for wide is the gate and broad is the road that leads to destruction; because straight is the gate and narrow is the way that leads to life, and few there be that find it." "For if ye live after the flesh, ye shall die; but if ye, through the spirit, do mortify the deeds of the body, ye shall live." "For as many as are led by the spirit of God, they are the sons of God." "The spirit itself beareth witness with our spirit that we are the children of God." "And if children, then heirs of God and joint heirs with Christ; if so be that we suffer with Him, that we may also be glorified together."

"For to be carnally minded is death; but to be spiritually minded is life and peace." "For the law of the spirit of life in Christ Jesus hath made me free from the law of sin and death." "Know ye not, brethren (for I speak to them that know the law), how that the law hath dominion over a man as long as he liveth." "For when we were in the flesh, the motion of sin, which were by the law, did work in our members to bring forth fruit unto death." "What shall we say then? Is the law sin? God forbid; nay, I had not known sin but by the law; for I had not known lust, except the law had said, Thou shalt not covet." "Therefore the law is holy and just and good."

"Let not sin therefore reign in your mortal body that ye should obey it in the lusts thereof."

"For the wrath of God is revealed

and unrighteousness of men, who hold the truth in unrighteousness."

"For this cause God gave them up unto vile affections; for even the women did change the natural use unto that which is against nature." "And likewise also the men, leaving the natural use of women, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet."

"And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things that are not convenient; being filled with all unrighteousness, maliciousness, full of envy, murder, debate, deceit, malignity, whisperers, backbiters, haters of God, despitefully proud, backbiters, inventors of evil things, disobedient to parents, without understanding, covenant-breakers, without natural affection, implacable, unmerciful, who knowing the judgment of God, that they which commit such things are worthy of death, and not only do the same but have pleasure in them that do them."

"But we are sure that the judgment of God is according to truth against them that commit such things."

"Who will render to every man according to his deeds: To them who by patient continuance in well doing seek for glory and honor and immortality, eternal life." "But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath, tribulation and anguish, upon every soul of man that doeth evil; of the Jew first and also of the Gentile. But glory, honor, and peace to every man that worketh good, to the Jew first and also to the Gentile." "For there is no respect of person with God." "For as many as have sinned without the law shall also perish without the law; and as many as have sinned in the law shall be judged by the law."

"For not the hearers of the law are just before God, but the doers of the law shall be justified."

Hydrophobia.

By CHARLES H. SHEPARD, M.D.

There is a craze frequently going through the country regarding Hydrophobia, when really there is scarcely any cause for it. The trouble is so rare that well-known medical investigators who have long searched for authentic cases, have failed to find one, and it is a fact that many of those who have the handling of vicious dogs, who frequently bite their keepers, know nothing of the disease.

There is no doubt that some of the cases reported are spurious, and developed through fear and suggestion. We recently learned of a case where hydrophobia was dreaded from having plucked a goose killed by a supposedly mad dog. There is also the fact that in some cases persons actually bitten by rabid dogs do recover. This may be explained by the all-important fact that the condition of the individual has everything to do with the taking on of disease of any kind. There are protecting agencies in the body for the purpose of destroying any morbid agent that may be introduced, and if the vital powers are at their best, no harm will come to it.

A most plausible theory is presented by Dr. Landrum, in the "Medical Summary" for March, that hydrophobia originates in those animals that feed on dead animal matter, and that such contain the poisonous ptomaines, which at times remain passive in the system a long while.

There is little doubt that hydrophobia is developed in the dog and cat from their eating decayed animal matter. The disease originating in the blood manifests itself through the nervous system. These conditions cannot be neutralized in the body by introducing another poison. Our only hope is in eliminating it from the blood before it takes on the aggravated form.

There are Pasteur Institutes in this and other countries for the treatment

of such cases, but a certain fact stands out prominently. The year following the opening of the first Pasteur Institute in Paris, in 1885, the number of "hydrophobia" patients treated in that city increased to three thousand. Previous to that time Paris furnished only about thirty cases a year. Many students of this subject contend that these Institutes create more disease than they cure. Pasteur never pretended to cure hydrophobia, he hoped only to prevent the manifestation of the disease before its development. Several persons after having submitted to that treatment have died of hydrophobia.

The way to prevent hydrophobia is to enforce all the hygienic laws, and dead animal matter should be cremated instead of being allowed to putrify in the open where dogs and cats can have access to it.

There is, however, a treatment that has proved a great success in a large number of cases, notably the one of Dr. Buisson, the Paris physician, who has done so much to call attention to this manner of treatment. From accidentally infecting himself with the poison of hydrophobia, he soon experienced the symptoms of poisoning in a most aggravated form. He resorted to a Russian bath, at a temperature of 126° Fah., and in a comparatively short time was completely relieved. Ever after he did what he could to relieve other sufferers, successfully treating eighty cases. His custom was to administer seven of these hot baths in quick succession. But there is now in use a much improved form of bath, the hot-air, or Turkish bath, where the heat can be borne at a much higher degree and thus the good result is attained more promptly. This has been demonstrated in Great Britain, Europe, and in this country. Inasmuch as the disease does not develop until the seventh day after the bite,

there is ample opportunity in that time for a thorough elimination of the poison.

It would be well if the public were enlightened on this subject, so that whenever exposed to any contamination, instead of going to a Pasteur Institute, where more poison is introduced into the system, they should at once resort to a Turkish bath, where the blood could be purified, and the

whole system invigorated. If nothing more, this process would help to eliminate the element of fear. The history of the Turkish bath is one triumphal record of relief from morbid conditions. It lifts the system up to the highest point of efficiency to combat poisonous elements, and its crowning glory is its power in the Prevention of Disease.

An Important Anniversary.

The fortieth anniversary of the establishment of the Turkish bath in America, by Dr. Chas. H. Shepard, was quietly celebrated at his residence, 81 Columbia Heights, on the evening of October 6th. At an informal gathering of friends, the following paper was read by the doctor:

Ladies and Gentlemen—It is with great pleasure that I offer you a few thoughts on this occasion. Forty years of my life has been given to the promulgation of the value of the Turkish bath, believing that no greater good can come to the community than by its adoption as a habit of the people. That the world is progressing is freely conceded. Mankind is constantly seeking some new and better thing, and also a new and better way of doing what has often been done before. We are continually endeavoring, in so far as we know, to surround ourselves with better sanitary conditions, and to escape from the thralldom of disease. The medical profession is continually bringing out some new idea that is hoped will be for the salvation of the people. One panacea after another is widely heralded, only to fall into desuetude, when another candidate for popular favor claims attention for a short time. Thus it has been and thus it is likely to be for some time to come, as the *ignis fatuus* is ever out of reach. Its only excuse is that in every exhibition of drugs to the system its native powers of resistance rise up with all their energy to drive out the intruder, and this exhausted energy is mistaken for renewed vigor. As well might the inmates of the army hospital be considered an evidence of the success of the army.

The amount of money and endeavor thus expended, which has brought only blasted hopes, is appalling in its entirety, and ever thus it must be until man begins to recognize the power of nature in protecting its own integrity when unhampered. How absurd it is to imagine that a virulent poison can be of any advantage whatever to the delicate organism of man. So in-

fatuated have been many of the promoters of that idea that no extreme has been too great not to have found favor at different times. But all of the false notions are bound, ultimately, to give way to the advance of sanitary science. In that is the hope of the future. Already many of the advanced physicians are now largely using electricity to save their patients from the use of drugs, and find it more efficient in many ways.

It is now recognized that if we promote the physical welfare of the humblest individual of the community, we are at the same time enhancing our own welfare. It is a physical necessity that all of us have pure water, pure food, pure air, and cleanliness of body. These are essential to our well being. The more perfect our sanitary surroundings, the more free we will become from all diseased conditions.

But, if it is desirable that our cities and our homes should be made sanitarily perfect, much more so is it desirable that our bodies should have the advantage of all the modern improved conditions, and we may be congratulated on the fact that this is now possible. Baths of many kinds can be easily secured, and all have their merits, though most of them only reach the surface of the body; but above and beyond all, whether for cleansing or curative purposes, stands the Turkish bath. Its cleansing powers are invincible and unapproachable by any other form of bathing, for not only does it cleanse the surface completely, but it cleanses the inner man. The entire amount of the blood, in turn, is gently invited to the surface, and there unloaded of its impurities, when it returns to invigorate and replenish with vastly improved material. Thus metabolism, or the nutritive changes, are exalted, the excretions are stimulated, and every function, whether of the lungs, liver, kidneys, or bowels, is enhanced.

Herein lies the secret of its remarkable power over disease, because with it we reach the fountain-head of abnormal manifesta-

tions. The future is sure to prove the efficacy of the bath in the care and development of children. In no other one process can so much be done for the growing youth of our land. It is invaluable in all cases of blood poisoning. The frequency of such cases is pitiful. A person taking this bath frequently is not as liable to take on blood poison, and when one is stricken with that disease a prompt recourse to the bath would save nearly all of them. Hundreds, yes, thousands, who were suffering from the poison of rheumatism and malaria have been entirely relieved by the bath. Hydrophobia is another calamity that in a large number of cases, both in this country and in Europe, has been prevented by a timely use of the bath.

The Turkish Bath seems almost a paradox to those who do not understand its philosophy. It may be used as a relaxant or a tonic; it will relieve constipation or diarrhœa; it will reduce a fever or tone up anæmic conditions. In fact, there is scarcely a disease that may not be benefited by

the bath. Every physician of every school will concede that the more pure the condition of the patient's circulation the better prospect there is of his recovery; and if there is any one fact that stands out prominently, it is that the Turkish bath purifies the blood and perfects the circulation, thus helping the individual to become immune to all disease.

But the crowning glory of the Turkish bath is its power in preventing disease, and the time must come when we shall have public Turkish baths, built by the State, and so conducted that the poorest individual in the community may have the privileges of the bath at a nominal price, as was the case during the Augustan age of the Roman Empire, when a Roman citizen could enjoy its luxuries for the smallest piece of money then extant. This would not only raise the health standard of the community, but be a matter of economy by making a less tax on the poor fund.

No greater blessing can come to us as a people. For this we labor and wait.

Alcoholic Medication—The Attitude of Physicians.

By JULIA COLMAN.

The use of alcohol in medicine affords rare opportunities for self-delusion. It dulls or stops the sensation of pain, a result desired by both doctor and patient; but it often so masks the symptoms of disease as to lead them both astray. The internal economy does not recognize the medical label, and it treats the intruder just the same as when taken for any other purpose. Since the limits of this paper will scarcely permit us to do justice to the general merits of the question, we shall confine our present inquiries to the attitude of physicians toward temperance medication. This is a point of no small importance, since multitudes of people otherwise well informed follow the lead of the medical man blindly.

It is a well-established fact that medical men introduced the common use of distilled spirits. For two or three centuries after their discovery they stood upon the laboratory shelf unused, until taken down and prescribed by the doctors. Raymond Sully (about 1300) called alcohol "an emanation from divinity, sent for the

physical renovation of mankind." Savonarola (about 1600) called it *aqua vitæ*, from its supposed power of prolonging human life. About 1750, Sir William Douglass says that ardent spirits had recently been used only as official cordials, but now had become "a pernicious ingredient in most of our beverages." For a full century this epidemic of alcoholic prescriptions raged unchecked, and Brown and Todd and Ainslie rushed their specialties and deluded and destroyed the people.

But if the doctors helped us into drinking by their prescriptions, they have also lent a helping hand toward getting us out. Dr. Cheyne, physician to the Royal forces in Dublin in the eighteenth century, wrote very clearly and lent a scientific foundation to the teachings of John Wesley when he prescribed total abstinence to all the Methodist societies. The latter co-operated with Dr. Rush in Philadelphia, inviting him to address their conferences, and doubtless encouraged him to issue his famous pamphlet on the "Effects of Ardent Spirits," about the

close of the eighteenth century. This, in turn, was a stimulus to many earnest souls, Dr. Lyman Beecher, Dr. Justin Edwards, and others, and was really the starting point of the subsequent American temperance and total abstinence societies. The medical men of Great Britain were, however, in advance of ours in combined action. As early as 1839 they joined in a Medical Declaration, maintaining that alcoholic drinks were not necessary to health. This was signed by seventy-eight scientists of distinction. Again, in 1847, they declared that such drinks were the cause of poverty, disease, and crime, and they advocated total abstinence for everybody. This received the signatures of more than 2,000 physicians and surgeons and did much to influence public opinion. The third Medical Declaration was drawn up with great care by Professor Parkes. It went far beyond the others in admitting that "the inconsiderate prescription of large quantities of alcoholic liquors by medical men for their patients had given rise to intemperate habits," recommending greater care in its use, and in the promotion of temperate habits. This, of course, restricted the number of signatures, though greater pains were taken to bring the matter to the attention of influential men. It was signed by the presidents of the Royal Colleges of Physicians and Surgeons and others in London and by sixty-nine eminent practitioners and heads of medical institutions in other towns and cities. This opportunity was specially improved by Robert Rae, the wise and genial secretary, for many years, of the British Temperance League, who won many valuable friends to the cause. Dr. James Edmunds came in about that time, and he has done and is still doing yeoman service. In 1869, Mr. Rae started the publication of a quarterly called the "Medical Temperance Journal," which under various names is now continued (a monthly) as the "Medical Temperance Review," edited by Dr. J. J.

Ridge,* which is and has been of such indispensable value that your correspondent has from the very first imported it for self and friends, and to her very great satisfaction, for it contains all the best information going in all parts of the world on the scientific aspects of the Temperance question.

Besides this, in 1874, the British Medical Temperance Association was founded as a wing of the British Medical Association. Its meetings are held at the same time and place as the latter, and the temperance branch gives the most enjoyable breakfasts to the larger organization, and the questions upon which they differ are most thoroughly and, for the most part, amicably talked over, and members are added to the total abstinence section until they now number 570 members and 436 student associates.

In 1873 the London Temperance Hospital was founded in order to treat disease without recourse to alcohol, and its success has commanded widespread attention. In the last twenty-eight years more than 19,000 in-patients have been admitted, of whom 11,249 were cured. In the out-patients department the entire number dealt with was 133,092. In 1875 the acquisition of so important a worker as Dr. B. W. Richardson was too notable to be overlooked. Already popular as a practitioner, lecturer, and original investigator, he undertook the study of alcohol for the Society of Arts, and it resulted in his own conversion to total abstinence and a dedication to the cause, of all his magnificent powers and resources. He speedily took a foremost position, became a physician in the hospital where he never used alcohol. He was elected President of the Medical Temperance Association, and used his best efforts to build it up. Hear his own words: "From the moment when my eyes were opened to what I felt to be the truth, I can faithfully say that not a stone was left unturned in support of the cause I was led to espouse.

(To be continued.)

* At \$1.00 per year. Address care of THE PHRENOLOGICAL JOURNAL.



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

THOUGHTFUL AND TALENTED.

By UNCLE JOE.

CRYING BABIES.

Mothers cannot study their babies too much in order to become fully acquainted with their wants and desires; but mothers may *do* too much for their babies by taking them up whenever they cry. In baby hospitals very young infants generally cry a great deal for the first two or three days. It is, however, a rule in such hospitals not to take such children from their cribs and hold them to quiet their crying. Of course everything is done for their welfare and comfort, but they soon cease the habit of crying when they find no one pays any attention to them, and they give no further trouble. Could not mothers find a solution to a good deal of their baby troubles by following the example set by the baby hospitals. A crying baby is usually a spoiled one, and often the baby has been tended too much, consequently the child cries again and is encouraged to cry until it gets what it imagines it wants.

The habit of playing with a child by tossing it up or amusing it with noises, music, or rattles is not good. Even very young children form the habit of expecting such things, and it is very difficult for them to go without when the habit is once formed. Thus, an otherwise good-tempered baby often becomes a cross one simply through over-attention. Dr. Holt, Professor of Diseases of Children in the College of Physicians and Surgeons, New York,

has said some very plain things on this subject, and we believe he is right in the main. It is an unsafe rule, however, to allow all crying babies to be left alone, for it may happen that the crying is for some purpose. As we said before, a baby should be carefully watched, examined, and understood, and if any cause for crying is discovered this should be removed.

Two generations ago motherhood was encouraged more than it is to-day, and hence a mother had too many babies to spoil any of them. Beside her housework, she had several small children to attend to, and was obliged to leave the baby alone considerable of the time. This, according to Dr. Holt, was a good thing for the baby. It soon learned to amuse itself and got along a great deal better than by having some one to poke it, pat it, and dance it about.

No. 618.—Gail Borum, Attica, Ind. —This is a typical child and will be found to be very sensitive to criticisms, susceptible to every word of praise or blame that may be set down to her, and is very cautious not to commit herself in any unfavorable way. She will watch people narrowly to see what they mean by their questions, and when she finds that they are her friends she will unbend and draw near, but she will keep at a distance until she knows just what to expect from people. Her head is too high to allow her to be a selfish child. She will want to divide her apple and make it go as far as pos-

sible. She will be a very thoughtful child, and will ponder things over in her mind when persons around her will little think what she is doing or how her mind is occupied, hence she must be studied to be really appreciated and understood.

The lower line across the forehead shows a lack of the Perceptive faculties. These she must cultivate by observing



NO. 618 —GAIL B. BORUM, ATTICA, IND.

Age, 3 years and 10 months. 1. Crosses the perceptive range of faculties. 2. Crosses the reflective faculties. 3. Crosses the superior, ethical, altruistic, missionary and philanthropic faculties.

things for herself, instead of using other people's eyes too much.

The second line shows her thinking capacity to be above the average owing to the prominence of the developments which are located in this region.

The third line, which crosses the superior part of the head, gives her a missionary spirit. She will be successful as a Nurse, Physician, Superintendent of a Home for Orphans, or at the head of some Settlement Work in a thickly populated part of a large city.

She should be given a good education, for she will use it in many useful ways.

AS GIRLS' NAMES AVERAGE.

"What's in a name?" is often asked, as if names did not matter," said a woman. "But there is a great deal in a name, especially to the one who has to carry it all the days of her life, the possible three-score and ten years. It often seems as if children ought to be allowed the naming of themselves, but this would be manifest un wisdom, and the task is naturally relegated to parents or by them to interested relatives or friends, though, indeed, the grown girl is apt to adopt some popular spelling of her name, to use her middle name, perchance, or even to rename herself, if she takes the notion.

"There is in successive years a distinct fashion in names. It is, however, difficult to generalize about the subject without consulting carefully birth lists and baptismal registers, because the field is so wide. But it is interesting to note the prevalent as well as the peculiar names among the more than three hundred students entering the freshman class of a woman's college this autumn. Coming, as these girls do, from all parts of the country, their names give, perhaps, the average range of choice in this generation.

"Out of the 315 there are twenty-five girls, the greatest number, named Helen; next comes Mary or May, occurring nineteen times, and Ruth eight times, with about as many of Edith and Laura—good names, all of them. Most unusual are Mona, Zillah, Crete, Ela, Murta, Maia and Zella, the Lotta, Berthene, Lynette, Irma and Roby, of which there are also single illustrations, being less common. There are comparatively few girls named Bessie, Jessie, Annie or Nellie, as would hardly have been the case a dozen years ago; few also of the Harriette and Annette and Mabelle class, or of the jewel variety—Pearl, Diamond and Garnet—but there is a goodly proportion of the names known in the days of our grandmothers, such as Polly and Jane, Lucy, Martha and Sally."



In the Public Eye.

JOHN ALEXANDER DOWIE, OF CHICAGO.

Some points on how he has succeeded in building his Christian Catholic Church in Zion; how he has constructed and erected the Zion Bank, which contains the savings of 150,000 followers; and how he has become the

nent. Jefferson produced a declaration of independence. Buddha and Mohammed founded a religion. To-day we have another Buddha, another Mohammed, or, as he chooses to call himself, the reincarnated "Elijah," or



JOHN ALEXANDER DOWIE.

champion tithe gatherer of the world in nine years:

Many men are great in one thing, yet that one object may require a large number of faculties to carry it out, and they may be known only for their one effort. Rev. C. E. Mac Ginnese reminds us that Lincoln gave liberty to millions of slaves. Washington made of a number of incoherent colonies a nation. Columbus discovered a conti-

healer, who has the combination of a Spurgeon, a John Knox, a Martin Luther, and a Moody combined.

The Phrenological developments of John Alexander Dowie present the following strong characteristics:

He has a Vital Temperament, which is essentially magnetic in character, and joined to his Vital Temperament is the Motive, or executive, Temperament, which gives him remarkable ac-

tivity of body and an interest in active, executive plans. He is not what one could call purely emotional, but rather, from his large Sublimity, believes in extravagant terms of expression and a strong denunciation of what he believes to be wrong.

He is a man above the ordinary stature, with a broad chest and thick-set muscles, which make him appear to be less in stature. His head is round and broad at the base, and from under his brow there gleams great intensity from his penetrating eyes. His beard is long,

he is able to convince others of what he wants them to believe. Few men are so forceful in the use of language as he is. The latter suits his followers, who are spellbound, and that is sufficient. His oratory is largely the result of the active development of the base of his brain and acts through the organs of Destructiveness and Combativeness and those faculties on the lateral side of the head above Destructiveness, namely Acquisitiveness and Constructiveness. It is through his large Acquisitiveness that he has built up an



MR. AND MRS. DOWIE AND THEIR SON AND DAUGHTER.

and his nose is of a strong, firm, cogitative type; it is particularly broad at the base, or the wings, which indicates strength of character, determination of mind, fullness of resolve, and power to remove obstructions.

John Alexander Dowie's personality shows magnetism that is capable of influencing a large number of persons, especially of that type without originality or individuality, and thus his magnetism is able to supply in them a certain want and by his enthusiasm

ideal city. Thus in the Zion Bank he has collected the savings of 150,000 followers and has made, it is estimated, \$15,000,000 in nine years. A man with a narrow head could not have done this. He has several strong points connected with his creed and work, which partly explain his success with a certain class of people. He forbids the use of tobacco, alcohol, and the attendance at theaters and card-parties, thus he has no smoking, no chewing, no whisky, no wine, no eating of pork,

no literature of immoral tendencies, no flirting, no doctors, no surgeons, and no drug stores in his city. He is a man of many parts and talents. For instance, his occupations include those of a banker, as he is president of Zion City Bank, which issues drafts, makes loans, and accepts deposits from outsiders; a builder, for he is founder of Zion City, which covers ten square miles and is thirty-seven miles north of Chicago; a manufacturer, and general merchant, for he is proprietor of all Zion City general stores, which include a planing mill and city lace manufactory, etc.; an editor and publisher, for

and all the savings of his followers are placed in the Zion Bank, the entire control of which is in his hands. He is called: Divine Healer; Founder and General Overseer of the Christian Catholic Church in Zion; The Reincarnation of the Prophet Elijah; The Restorer and Messenger of the Covenant; etc. Few men are able to succeed in as many callings as John Alexander Dowie is able to do.

HIS PERSONALITY.

He is of about medium height, and his weight is one hundred and eighty



ZION CITY BANK.

he conducts two weekly papers; an organizer, for he has started ten Chicago tabernacles; a hotel-keeper, teacher, and founder of a church, for he has a following of 150,000 people and a choir of three hundred voices.

His creed teaches the healing of all diseases by prayer, and forbids the employment of physicians. He condemns the Masonic fraternity and demands tithes of one-tenth from his faithful flock. All the property of the immense organization is held in Dowie's name,

pounds; this gives him a good balance to work upon.

His voice is strong and powerful rather than euphonious or mellow in tone; hence it is by the strenuousness and the exaggeration of his utterances that he sways his hearers. So great is his influence over his people in Chicago that his congregation often waits more than an hour before they can get in to hear him. He has been greatly opposed, and he probably always will be, still he thrives in Chicago and uses

strong language in denouncing his opposers.

He was born in Scotland and emigrated to New South Wales, Australia, where he worked on a paper. When the plague broke out there he practiced healing. He then went to San

the elements of force, defiance, will-power, independence, exaggeration, the acquiring instinct, ambition, keen observation, are pillars upon which Dowie leans, and the organs of Destructiveness, Combativeness, Firmness, Self-Esteem, Acquisition, Approbateness,



THE HOSPICE IN ZION CITY.

Francisco and for several years lived on the Pacific Coast, and in 1893 went to Chicago. There he attracted a following and has been continuing his preaching there ever since.

When the forceful characteristics of the mind become influential, the moderating ones lose their influence. Thus

are especially large. That numbers of people like to be talked to through these organs is very evident, while others again are influenced by a literature, as, for instance, Christian Scientists, while others are swayed by quiet exhortation.

GREETING TO PHRENOLOGISTS.

Come Phrenologists all
As disciples of Gall
And co-worker Spurzheim,
Both were great in their time,
And inspired too by Combe
With his wonderful dome,
And the Fowlers and Wells
With the knowledge that tells,
And by Sizer, who came
To share with them their fame,
Stand you firm to propound
To the whole world around
The great science and art,
Which is dear to each heart.

In this land of the free
Be it yours yet to see
All the bondage of wrong
Yet made right, free, and strong.
By the study of mind
May all nations find
How to obviate strife,
Which embitters each life.
And, may you, who now give
Of your best, while you live
Have your labors to stand
As a light in the land,
And still shine when life's o'er,
As have those gone before.

Sarah E. Baker,

THE GOLDEN WEDDING.

We wish to congratulate Mr. and Mrs. George G. Rockwood on the celebration of their golden wedding anniversary, which took place last month, when a large number of friends visited their home. Mr. Rockwood has just returned from a tour in Europe, where he met many distinguished people and many old friends, as this is not the first occasion that Mr. Rockwood has taken to visit England. We noted, by the

Mrs. Rockwood was Araminta, daughter of the late Josiah Bouton, of Troy, N. Y., a descendant of the Huguenots, and traces a direct ancestry to Marshal Noel Bouton, of France. Mr. and Mrs. Rockwood were married in Christ Church, Troy, September 1, 1853, by the late Right Rev. Thomas A. Starkey, D.D., who, until a few months ago, gave promise of being present to bless the union so auspiciously begun half a cen-



MR. AND MRS. GEO. G. ROCKWOOD.

way, that this veteran in the photographic art, when he lectured before the Class at the American Institute of Phrenology, was in excellent health, and although his energies are always at "full call," yet his trip abroad has evidently added many years to his working career. His experience has been varied, and few men have mingled with a larger number of celebrities of all kinds than Mr. Rockwood.

tury ago. Miss E. Amelia Bouton, the bridesmaid at the wedding, and also a famous beauty of that day, joined in this later happy event.

Mr. Rockwood is a remarkable example of the "young old men" of New York, who keep in touch with events and lead in business activity and enterprise, and Mrs. Rockwood retains to a remarkable degree her vigor and personal comeliness.

away their brains by so doing. "The report," Mr. Serviss says, also states that "the weight of the brain may be increased by the direct exercise of its own functions; men of mental training showing, as a rule, greater brain weight than others. It should be remembered," he continues, "that the size of the head cannot be taken as a trustworthy index of the weight of the brain. The organic quality is the

main thing, and that is not revealed by craniology alone."

The latter paragraph is what Phrenologists have been preaching for a hundred years or more, although they get the credit for stating that it is the size of the head that enables man to show his superior qualities. We would like Professor Serviss and his followers to particularly understand this point.

THE LATE DR. T. V. GIFFORD.

We regret that death has taken away one of the best-known physicians in Indiana—Dr. T. V. Gifford, who was a pioneer in Hygeio-Therapy and succeeded in winning many to his belief. He founded the Invalids' Home. He died in September, at the age of 72, after an illness of several months. Dr. Gifford was a man with a mission, and a man of intelligence and education. He settled in Kokomo in 1870, after



THE LATE DR. T. V. GIFFORD.

studying medicine for four years in New York City, and graduating with high honors.

Dr. Gifford was born in Paoli, Orange County, in 1831. His methods were radically different from those of his colleagues, and everything he did bore the impress of

his individuality. In 1887 he began the publication of "The Journal of Hygeio-Therapy and Anti-Vaccination." It attracted the attention of physicians throughout America and Europe, and established in the profession a lasting reputation throughout for its founder. He was at one time a student of Dr. Trall's, the founder of Hygeio-Therapy. He was a strong advocate of Anti-Vaccination, and condemned the use of salt on food, and was a vegetarian. Being a great lover of animals, especially of horses, the most intractable horse soon came under the doctor's influence, and he took pride in his stables and always owned more than one thoroughbred. He had few equals as a rider. He will be greatly missed among his patients and his large circle of friends for his gentleness and kindness of character. He was an earnest disciple of Phrenology, and never omitted any opportunities to further its cause. He is survived by his widow and two daughters.

We are loath to part with our friends, even when they reach the age of eighty and have filled their lives with active service. Such a friend has just passed away in the person of Dr. Egbert Guernsey, the editor of "The Medical Times." It was only during this present year that we received a cordial letter from him bearing upon Phrenology. We revere his memory as a man who has made a faithful record and used every opportunity to elevate his fellow-men.

Sound Advice by Chancellor H. M. MacCracken at the Opening of the New York University College and School of Applied Science.

He said in part:

"We want more of three things at University Heights—we want our freshmen to bring more of these three things: First, home training; second, church training;

we will send the article home, all charges prepaid. We would rather graduate a freshman into a place on his father's farm in Westchester or his father's shop downtown in Manhattan, than to keep him three



CHANCELLOR H. M. MACCRACKEN.

and, third, better school traditions. For the lack of the first we blame the fathers and mothers, for the lack of the second we blame the clergymen, and for the lack of the third we blame our oldest and largest colleges.

"When there has been bad home training up to the nineteenth birthday, it is asking a good deal of the college to make any radical change. When a boy has learned from his father that it is manly to drink, healthful to smoke, and picturesque to swear, the college has a hard time to convince that youth that its library is a more attractive place than the beer-room of some uptown and downtown Raines law hotel. We notify fathers and mothers who send us spoiled boys that we will try to make them decent men, but if twelve months' time shows the spoiling process to be going on,

years longer and graduate him as a dissipated scholar, however brilliant.

"I wish we could require from every freshman a Sunday-school diploma that would certify that he knew by heart the Ten Commandments, the Sermon on the Mount, a church catechism of some kind, and a score of the Scripture psalms and best classic hymns. This university will join any association of universities and colleges that will demand this as an entrance requirement. So much as in us lies we will make the college a place for preserving and strengthening reverence for things divine."

Chancellor MacCracken is the kind of a man to understand and have the charge of young men, and his idea is an excellent one. Would that it could be introduced into our university curriculum!

REVIEWS.

In this department we give short reviews of such New Books as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"The New Thought Simplified. How to Gain Harmony and Health." By Henry Wood. Published by Lee & Shepard, Boston. Price, 88 cents, postpaid. The above-named writer is well known for his previous works on "The Political Economy of Humanism," "Studies in the Thought World," "Ideal Suggestion Through Mental Photography," and "The Symphony of Life," among others.

At last we are able to present to readers of New Thought a treatise on this subject, written in a simplified form. The book will, we are sure, appeal to many who are asking the question to-day, What does the New Thought mean? As Mr. Wood is a well-known writer along these lines, and his former works have passed through many editions, we bespeak for the present volume a ready call. He is a man who has had wide experience and breadth of observation; thus he has been able to apply his knowledge in a practical way. He does not, in this volume, claim to do more than simplify the subject to the intelligence of beginners, and we believe he has made a successful attempt to lucidly set forth a Psychological system in simple language so that no one need mistake the fundamental principles upon which the New Thought is based.

One feature of the work strikes us as being particularly interesting and helpful—namely, twelve practical lessons are traced out which can be worked out by any reader

in the solitude of his own room. Another feature of the book is devoted to the relation of New Thought principles to Hygiene, the Bible, the Church, Christian Science, the Medical Profession, and Modern Reforms. Each page is taken up with credible clearness and completeness, as far as its space will allow. The style of the book is graceful and popular, and the advance demand for it already indicates that it will receive a large circulation in this and other countries.

"Character Reading." By Mrs. Symes. Published by The Saalfeld Publishing Company, Akron, O. Price, 50 cents.

In this day of intellectuality, when every man reads character for himself by the head, face, and temperament, many books are being published as practical aids to the subject. Mrs. Symes has recently brought one out on "Reading the Character and Temperament by the Shape of the Face and Head." The book is 3½ inches in width by 6½ inches in length, and is consequently easily handled or slipped into the pocket. She says: "A great many intelligent persons attempt to ridicule the science or theory of Physiognomy. When one who believes, I may even say who knows, that to a certain extent the mental characteristics, the disposition, and measure of intellectuality may be diagnosed from the external indications of the face, and advances this belief, he or she is apt to be met by laughter, which is supposed to dispose of the subject." She further says: "It is quite common to hear the man, who stubbornly declares that there is nothing in Physiognomy, speak casually of a 'clever-looking boy,' a 'stupid-looking woman,' and even of an 'ugly-looking dog.' Now if a boy may look clever, a woman stupid, and a dog may look wicked or kind, it seems to me there must be something in Physiognomy."

We believe the writer is correct in forming such a judgment, and we believe that in the present booklet much information can be obtained in a condensed form.

"Did you ever try to say, 'Peter Piper picked a peck of pickled peppers?'" one of the other boys asked him.

"No," responded the little Boston boy. "Consider the impossibility of gathering peppers that are already pickled."—Chicago Tribune.

Principal: "My dear Muller, you had the courage to save my daughter from drowning. You deserve to be rewarded. I give you my daughter in marriage."

Muller (bookkeeper): "It is really very kind of you; but I am not so courageous as you seem to think."—"Tid-Bits."

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

726.—E. C. C.—Huron, S. Dakota.—The photograph of this young man indicates that he has a fair balance of body to support his brain, and that if he is given time to develop he will show to a good account. He lacks, however, the expressive faculties through which his character ought to show itself. His language being small, he does not talk as much as many people who have less capacity than he is able to show. His side head in the organ of Secretiveness is also more fully developed than the average, and this faculty also keeps him from appearing at his best. He can succeed in a scientific study where he can put his perceptive faculties to good

use. He is a good observer and an excellent student of human nature and human character. He had better study elocution, voice culture, and Phrenology, as he can make good use of them and they will be of benefit to him. He could succeed in an artistic business where he would have scope for his imagination and his designing ability. He could become a good portrait painter if he were to give his mind in this direction.

727.—J. L. T.—New Iberia, La.—Your photographs indicate a highly nervous state of organization. The mental temperament evidently predominates. You can do more than you are engaged in at present, and were you to use your literary abilities you could excel in journalism or in writing reviews of books, or getting hold of news for editorial purposes. Your poetic mind is well developed, and should, we think, be of some service to you. Causality is a very largely developed faculty, which should enable you to organize work and oversee and superintend men. If you have not had many advantages of an educational character increase them by studying at home and prepare yourself to take a more prominent position along educational lines in the future.

WHAT PHRENOLOGISTS ARE DOING.

THE FOWLER PHRENOLOGICAL INSTITUTE

4 and 5 Imperial Buildings, Ludgate Circus, London, E. C.

President, Richard S. Sly, Esq., J.P., F.R.G.S.

Lady President, Miss J. A. Fowler.

Vice-Presidents, W. T. Stead, Esq., editor of "Review of Reviews," John Lobb, Esq., C.C., Thomas Armstrong, Esq., P. Thompson, Esq., George Wilkins, Esq., W. J. Williamson, Esq., Miss A. M. Fowler.

John Allen, Esq., Examiner to the Institute; D. T. Elliott, Consulting Phrenologist and Teacher.

AUTUMN AND WINTER SESSION, 1903-4.

Lectures to commence at 7.30 P.M. November 4, 1903, Mr. R. Dimsdale Stocker; December 2, 1903, Mr. Alfred Dayes; January 6, 1904, Rev. F. W. Wilkinson; February 3, 1904, Mr. James Webb; March 2, 1904, Mr. F. Cribb; April 6, 1904, Mr. J. S. Brunning; May 4, 1904, Mr. D. T. Elliott.

The Institute opened well on October 7th, with an excellent address by Mr. D. T. Elliott. Practical demonstrations were given at the close. The second meeting was held on November 4th, when Mr. R. Dimsdale Stocker read an admirable paper.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The second meeting of the year will be held on Tuesday, December 1st, particulars of which will be given later.

THE PROGRAMME OF THE COMMENCEMENT EXERCISES.

The Commencement Exercises of The American Institute of Phrenology were held on Friday, October 23d, at 8 P. M., at the hall of the Institute, 24 East 22d Street, New York City. The programme was as follows:

The Chair was taken by the President, Dr. C. W. Brandenburg. A number of papers were read by the graduates: (1) The

Salutatory was given by the Rev. Albert Wieand, in his remarks on "The Correlation between Phrenology and Psychology"; (2) Miss Mary M. Fowling, "The Training of Children on Phrenological Principles"; (3) Mr. John Barrowman, "How I became Interested in Phrenology"; (4) Mr. De Lancy Allen on "Phrenology in the Field"; (5) Mr. Rockwell Kent on "How Objectors to Phrenology can be Met"; (6) Miss Rose J. Sears, on "The Uplifting In-

fluence of Phrenology," who gave the valedictory address.

Vocal numbers were given by Miss Adina Minott, entitled "Sunshine and Shade," accompanied by Miss Anderson; and Mr. George G. Rockwood, who was accompanied by Mrs. Randall. The diplomas were distributed by the President at the close, assisted by Mr. A. J. Wilson. The meeting was preceded by a dinner. A full report will appear in the December number.

FIELD NOTES.

Geo. S. Byland, graduate of the American Institute of Phrenology, of 1898, is now located in Lebanon, O., and desires his friends, and especially his classmates, to know this. We are glad that this friend of the Science is at work again and anxious to keep in touch with his associates.

The following Phrenologists are actively at work:

Allen Haddock, San Francisco, J. M. Garst, Atlanta, Ga., C. L. Dahly, Decorah, Ia., Geo. Cozens, Hamilton, Ont., R. R. Clark, Elyria, O., Willis E. George, East Liverpool, O., E. Prieto, Sagua la Grande, Cuba, Levi Hummel, Mahanoy City, Pa., Owen H. Williams, Philadelphia, Pa., F. P. Arnold, Helena, Mont., Geo. Morris, Appleton, Minn.

Dr. (and Mrs.) De Vore (graduate, 1887), from Iowa, called at the office of Fowler & Wells Company, New York City, on their way home from Europe. He gave an interesting address to the Class of the American Institute of Phrenology, and renewed his subscription to the PHRENOLOGICAL JOURNAL.

Mr. J. M. Fitzgerald, of Chicago, gave a lecture on October 13th before the Chicago Association of Accountants and Bookkeepers. In November he is to lecture before the Chicago Bank Clerks' Association, and a third lecture will be given before the Press Artists of Chicago. We are glad to learn that Mr. Fitzgerald is in excellent health, having built up his physique until he weighs 174 pounds, and he is fully determined to arouse continued interest in Phrenology in Chicago and vicinity through the press by lectures and public and private examinations.

Mr. Allen Haddock is carrying on his work as usual in San Francisco.

Mr. Geo. Morris is in Appleton, Minn., and writes: "We are doing well. It seems to me that Phrenology is better appreciated every year. There is a great future for this Science and those who practice it

rightly. Doctors of medicine, doctors of divinity, editors, lawyers, merchants, parents, almost run over each other to get their children's heads examined before we leave town." Mr. Morris has learned the art of making a success of lecturing and of properly advertising his work in and around large towns. If more Phrenologists would study the business of properly getting up lectures in the field they would find that people would flock to them for advice. (Write to us for advice.)

PHRENOLOGY IN SWEDEN.

Mr. Youngquist, '01, is exerting himself in his native country in the cause of Phrenology by lecturing and teaching.

PHRENOLOGY IN AUSTRALIA.

Phrenology promises to thrive well in Melbourne through the active energies of the graduates of the American Institute of Phrenology.

TEN MAXIMS FOR WALKERS.

Live as plainly as possible.

Pastry is poison.

Avoid veal and pork.

Three days before a race discard beef and eat mutton or nuts.

Avoid tobacco, tea, and coffee.

Not more than one and a half pints of liquid should be taken per day.

If weight is reduced during training increase the amount of liquid.

Avoid cold baths.

In walking place the feet so that they are always in a direct line with one another.

Do not allow the hands to droop.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

W. N.—New York.—You ask our opinion concerning woman's hair, and whether it is due, when abundant, to lack of brains? Dr. Wiley thinks it is. He says "that man's brain is growing and takes nourishment from the hair, which falls out, and consequently is growing less abundant year by year. Woman still has long hair, but that is because woman is still a savage. Notice how fond she is of gaudy colors. Her brain has not the capacity of man's." We do not hold with Dr. Wiley in his views of woman's savage condition because of her abundance of hair, but think, with the editor of an evening paper, that there are other reasons why a man's hair is often thin and a woman's very abundant. The bald spot on the head of a man is due to defective circulation of the scalp and to the wearing of a tight-fitting hat. Were he to change these conditions, he too, would probably have an abundance of hair. Woman has for ages possessed a large and abundant amount of hair, which she keeps well-dressed and the scalp in good condition; and—as the paper has ably explained—the average man admires long and thick hair in woman and naturally makes a selection of a wife of one who possesses such a point of beauty. The consequence is, that the woman with the long, thick hair generally has more chances to be married than the one with the thin and fine head of hair; therefore, the children born inherit the mother's tendency and perpetuate this feminine sign of beauty.

The same paper believes that "the time will come when women will cut their hair short, and when that time arrives men will admire and marry women with the best-shaped heads; then all the children will have a chance to inherit well-shaped heads, and as a result we shall really have a highly improved race of men and women."

The "New York Journal" is not very far out on its estimate of this question, and we are glad it takes such a common-sense view of the shapes of heads, for, after all, it is where the head is developed, rather than the size of the head, that gives mental capacity to the individual.

L. G.—In reply to your query in regard to the views of a certain doctor in Washington concerning his theory that "love is a disease due to a microbe," and further, "that marriage should be under State con-

trol," we cannot agree with what Dr. A. C. Cotton has stated. He thinks that "if the love microbes can be destroyed, then marriage will be founded on a logical, scientific basis." We believe that just the opposite is true, and consider that the lack of harmony and compatibility that we find in many cases of married life is largely due to a lack of this "microbe of love." If we go on destroying the element of love in our family relations, and only have a cool, calculating marriage, under State control, we shall get further and further away from our ideal of what family life should be.

We do think, however, that more scientific lectures of an interesting type should be given to both sexes, after boys and girls have left college, so as to prepare them to make the right selections in marriage. It is often ignorance that causes people to be led astray on these matters, and we must "Educate, Educate, Educate," as Herbert Spencer has said, until we fill the minds of the young with right ideas of happiness. Then, and not until then, shall we have the proper conceptions of marriage, and persons will no longer marry simply for position, wealth, and title unless the love element accompanies the same.

L. J. M.—Brooklyn.—You say a certain sweet singer has this peculiar beauty, namely, "that her very high notes are almost as mellow, sweet, and round as the medium ones. This is rarely the case with any singer, and I know at least to some degree the mental condition helps one and makes natural this rare addition to a sweet voice, giving voice culture due credit. What is the mental condition of such a singer?" In answer to the above query, we have found that persons who are possessed of the above-named voice always have a fine quality of organization combined with large Tune, Ideality, Constructiveness, Spirituality, Benevolence, and Comparison. They are able to make due allowance for each register of their voice, and have not that false ambition to strain their upper notes to the sacrifice of their middle register. Persons with large Approbativeness and but little common sense will have so much vanity that in order to cultivate one class of notes they will ruin another class, which perhaps are just as important as those that make the most show of their voice. Such a person as you mention must have a Vital-Mental Temperament; thus the notes that are high are just as beautiful and mellow as those that are easily taken in a lower register.

G. S. M.—Brooklyn Heights.—We are preparing to give our readers a series of studies on "Physiognomy," and then your taste in this direction will be gratified. We

believe that physical beauty can be preserved by a person thoroughly understanding how the health can be increased.

NEWS AND NOTES.

Professor Hummel, after being busy in Shenandoah the past three weeks, has decided to locate in Mahanoy City, and those desiring to consult him will find him at the Mansion House. Professor Hummel is a graduate of the American Institute of Phrenology, and is perhaps among the very greatest exponents of that interesting science at the present time. The Professor's recommendations are of the highest character, and he has an experience of twenty-seven years in actual and close study of the subject. While here in Shenandoah the very best people were among his patrons, and his lectures were not only instructive but displayed an erudition that was freely and glowingly commented upon.

QUERY.

Can any of our readers inform us if there is a school where two boys, aged 17 and 12, can be educated and trained; both lost their reason after a spell of scarlet fever. The older boy has a mental temperament, is tall and unusually robust for one of that age and temperament, was a bright and intelligent lad when taken sick. Now he is a laughing idiot, with an objectionable sense of mirth, that shows itself on all occasions. He talks but little, yet has a wonderful memory for faces, locations, and details. He has been afflicted for ten years. Some schools for specially afflicted children are dotted up and down the country, and we would like to hear of them. Anyone who will kindly put us in touch with any such school will receive our hearty thanks and we will pass on the information to our inquiring friends.

Birthdays are always red-letter days, and one was celebrated quite recently at 81 Columbia Heights, Brooklyn, at Dr. C. H. Shepard's establishment for Turkish baths. It was forty years ago, on October 7th, that Dr. Shepard opened his first Turkish bath, and anyone who has watched the progress of the doctor's work is aware of the fact that he was a pioneer in the cause forty years ago, and that he has succeeded in wiping away the prejudice that was then attached to that form of bath, so that to-day all classes endorse the efficacy of the Turkish bath as a remedial agent in all forms of disease or weakness. Dr. Shepard appeared in excellent health when he lectured before the class of students at the American Institute of Phrenology on the important question of "Health and How to Retain It."

Among the papers received for the prize offer on the subject of "Firmness of the Will," honorable mention must be given to Mr. J. W. Jones, Indiana, though we regret that none came up to publication standard. We are glad that one gentleman has competed from England. We trust that more of our English readers will follow his example.

WIT AND WISDOM.

DIDN'T WANT TO SHINE.

"Don't you want to go to the better world, Tommy?" asked a Sunday school teacher of the new scholar.

"No, mum," promptly replied the frank little fellow.

"And why not, Tommy?"

"Oh, when I die I want to go where a fellow can rest."

"Well, my boy, you can rest there."

"But in that song we sung it said we'd all shine there. I get enough of that here. I'm a shoeblack, mum."

When is a grocer not a great favorite?
When he is a little dear.

What can the monthly lectures at the American Institute of Phrenology be called?

Free—knowledge—y.

Are the horses perverse or ultra-fashionable for putting on hats when the ladies deem it necessary to go without them?

They are neither; only just keeping pace with the twentieth century improvements.

Poet: "Good news, dear. That poem of mine—"

His Wife: "Has someone accepted it at last?"

Poet: "No, but I heard to-day of a new magazine that I haven't yet submitted it to."—Philadelphia "Press."

Muggins: "Have you an encyclopedia?"

Buggins: "Well, no, not exactly; but my daughter is home from a young ladies' seminary."—Philadelphia "Record."

A small boy, required to write a sentence containing the word "hominy," produced the following: "Hominy marbles have you?"

A certain London restaurant has this remarkable sentence displayed in various parts of its dining-room:

"Any incivility or inattention on the part of any of the employees of this establishment will be considered a favor if reported promptly to the proprietor."

FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of
FOWLER & WELLS CO.

THE SUBSCRIPTION PRICE of the **PHRENOLOGICAL JOURNAL** AND **PHRENOLOGICAL MAGAZINE** is \$1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to **Fowler & Wells Co.**, and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the **PHRENOLOGICAL JOURNAL** and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Literary News"—New York—contains a portrait and criticism of Laura E. Richards and her latest work; also an old picture of Daniel Webster, among other illustrated touches of literature. A criticism is also given of "Children with an Idle Brain," published by Macmillan.

"The Book-keeper, the Business Man's Magazine"—Detroit, Mich.—This magazine is full of suggestive ideas for business men. Its opening article is on "The Business Department of the Vatican," by George Barton.

"Suggestion"—Chicago, Ill.—This magazine, as its name indicates, bears on the new phase of science, and enables persons to take a broad and expansive view of Hygiene, of Medicine, and Therapeutics.

"The Delineator"—New York—contains many articles of varied interest both from a family standpoint and a professional one. The articles on "Taste, Style, and Fashion,"

are above question exceedingly valuable; while there are few journals devoted so particularly to the subject as are delineated in this journal.

"The Medical Times"—New York—contains an excellent portrait of the late Egbert Guernsey, M.D., LL.D., late senior editor of the "Medical Times," who died on September 19th. He was born in Litchfield, Conn., in 1823, and was a descendant on both sides from the best Puritan ancestry. He began the practice of medicine in Brooklyn, and in 1850 located in New York City. He blended in his work, up to within a few years of his death, the most active medical practice, college work, hospital work, editorial work, and social work. He was widely known by a large number of friends, and he will be sadly missed in New York City. The paper which he has so ably edited is full of valuable contributions in one form or another.

"The New York Observer"—New York—has always something practical concerning the things that attract the attention at home as well as abroad, and its editorials and book notices are always interesting.

"Review of Reviews"—New York—has an article on "What the Low Administration has done for New York's Masses," by Edward T. Divine, with numerous illustrations; also an article on "Some Further Notes on the Pope's Personality," illustrated with portraits of the Pope's mother and the house where he was born.

"Human Nature"—San Francisco—is a bright and brainy magazine full of suggestions for thoughtful readers and help for the Phrenological student. Its illustrated articles are always pertinent to some new thought of the day, consequently it keeps its readers informed as to the events occurring in different parts of the country.

"The Popular Phrenologist"—London—contains a Phrenological character sketch of Mlle. Florence, who is the champion globe walker of the world, by J. Millott Severn. "Elementary Education" is an article by Harry F. Atkins. Mr. Webb continues his article on "Phrenology and Education."

"Human Culture"—Chicago—contains an

illustrated article on "John T. McCutcheon." The question is answered, "Why is He a Successful Cartoonist?" Mr. Albert Whitehouse and William Bachop have articles in a recent number.

"Chat"—New York—contains much to interest young business people. One article is on "Economy and Profit"; another on "Elimination," by C. W. Fullwood, which says: "Do not take half an hour to do five minutes' work;" and one on "Study Your Neighbor's Eyes," by Jessie A. Fowler.

"The Club Woman"—New York—contains many beautiful portraits of prominent club ladies, and in one article, called "The New York City Federation of Women's Clubs," we have the portraits given us of Mrs. Belle de Rivera, Mrs. Augustine J. Wilson, and Mrs. John S. Crosby, all of whom are vice-presidents, among other ladies of prominence. One article on "The Daughters of the American Revolution, Buffalo Chapter," contains a fine portrait of Mrs. John Miller Chortan. One article is on "Child Labor," while still another is on "Unusual Occupations for Women."

"Wings"—London—contains the programme of the autumn meetings of the W. T. A. U., to be held at Sheffield. The paper contains many tributes to the city of Sheffield. The portraits of the Mayor and Mayoress are among the number.

"The American Medical Journal"—St. Louis—contains original contributions; also an article by Dr. E. H. Pratt, on "Composite Man" (the muscular man).

"The American Mother"—Battle Creek.—The nervous child is made a subject of study by E. M. Disher, among other interesting notes.

"The Literary Digest"—New York—contains the portraits of leading personalities in the Hungarian crisis; also an article on "The Religious Leaders in the Philippines."

"Eleanor Kirk's Idea"—New York—contains an article on "Morning Exercise"; another on "Definitions," etc.

"The Pacific Medical Journal"—San Francisco—contains an article on "Medical Gymnastics and Massage," by Miss Ellen Olason, which is a fine contribution. An editorial in the same magazine on "Cures" includes all the New Thought of the present day on "Milk Cure," "Water Cure," "Grape Cure," "Fruit Cure," "Raw Food Cure," "Vegetable Cure," "One Meal a Day Cure," "Breathing Cure," and a number of others.

"Suggestion," 4020 Drexel Boulevard, Chicago, is a journal of the New Psychology, suggestive therapeutics, and psychic research. A sample copy will be sent upon request. The November issue contains articles by the editor, Herbert A. Parkyn, M.D., on Auto-Suggestion; Hon. Sam Jones, Prof. Edgar L. Larkin, and others.

OUR PICTURE GALLERY.

From time to time the Dixon office has reminded its salesmen that it would be nice to have a picture of each one. There is nothing like having things handy in case of need.

We have not been able to obtain pictures of all our young men—whether because of excessive modesty or some other good reason, we do not know, but such as we have "there is not a fly on one of them," as Vice-President Walker said when he saw the group and read what the Phrenologist had written.

We thought it might be interesting to the Dixon boys if they could see themselves as pictured by the character reader of the world-wide known phrenologists, Fowler & Wells, of New York, so we directed that the pictures of the young men be sent over, and, in order that no clue might be given, a number was given to each picture instead of a name. The names have been added since we received the "readings."

Through an error of the clerk who sent over the pictures, that of Joseph Dixon and the officers and four of the Dixon superintendents were included. When all were returned our general manager decided that officers and superintendents might just as well stand up and face the music as the Dixon salesmen. So here we are all together, tagged and numbered.

As to our young men, the "readings" show that we made no mistake in selecting them as Dixon representatives. No concern has a more faithful and united band of workers.

Proctor's Theatres still continue to give the newest and best novelties in vaudeville. The Twenty-third Street house has continuous vaudeville; Fifth Avenue, vaudeville and stock company with Florence Reed and Malcolm Williams; One Hundred and Twenty-fifth Street, vaudeville and stock company, headed by Paul McAllister and Lillian Sinnott.

PUBLISHERS' DEPARTMENT.

THE PHRENOLOGICAL ANNUAL.

The Phrenological Annual for 1904 will contain articles from English and American writers. It will make a fine New Year's present. Order copies early. Ready December 31st.

"How to Bathe," by E. P. Miller, M.D. Price, 25 cents. Fowler & Wells Co., N. Y. City. An eminent physician of New York City says: "There is nothing of more importance than health, and no agent has a greater influence either in its preservation

or restoration than water. Let this fact be at once established in the minds of the people, let them realize that Natural Agents are the most efficient preservers of health, and when rightly used are equally efficient in removing disease, and a new era will have dawned in which health shall be the rule and disease the exception, instead of the opposite condition which now so universally obtains."

"How to Succeed as a Stenographer or a Typewriter." Quiet hints and gentle advice by one who "has been there." By Arthur M. Baker. 12mo, 71 pages. Price, 50 cents.

"Shorthand and Typewriting." Embracing shorthand history, suggestions to amanuensis, typewriting in all its details, etc. By Dugal McKilloh. 120 pages. Price, cloth, 50 cents.

"A Natural System of Elocution and Oratory." Founded on an analysis of the human constitution considered in its three-fold nature—Mental, Physiological, and Expressional. By Thomas A. Hyde and William Hyde. 653 pages; illustrated. Price, \$2.00.

"The Family Gymnasium." Containing the most improved methods of applying Gymnastic, Calisthenic, Kinesipathic, and Vocal Exercises to the development of the bodily organs, the invigoration of their functions, the preservation of health, and the cure of disease and deformities. By R. T. Trall, M.D. 215 pages; 42 illustrations. Price, cloth, \$1.25.

"Popular Gymnastics," or Board School Gymnastics, adapted for use in the home as well as in schools. 80 illustrations, showing exercises with dumb-bells, rings, and wands. By A. T. Story. Price, 50 cents.

"Physical Culture," founded on Delsartean principles, with lessons on Exercising, Walking, Breathing, Resting, Sleeping, Dress, etc., etc. Illustrated. By Carrica Le Favre. Price, paper, 25 cents, cloth, 75 cents.

"Physical Culture," for home and school. Scientific and practical. By Prof. D. L. Dowd. 322 pages, with portrait of author, and 80 illustrations; new and revised edition. Price, cloth, bevel edge, \$1.50.

"Notes on Beauty, Vigor, and Development," or How to Acquire Plumpness of Form and Strength of Limbs. Illustrated. By W. Milo. Price, 10 cents.

"New Gymnastics," for Men, Women, and Children. With 300 illustrations. New edition, revised and enlarged. By Dio Lewis, M.D. 286 pages. Price, \$1.50. This system is the outcome of years of study and experiment by the most original and ingenious gymnast the world has ever seen. Already 32,000 copies of the work have been sold. Dio Lewis's system has been generally adopted by the most advanced schools of this and other countries.

"A Father's Advice," and "A Mother's Advice" are books for every boy and girl. By E. P. Miller, M.D. Price, 25 cents for both. "If my father had put some book into my hands, or told me the consequences of impure habits, it would have been worth more to me than all the money or book learning that the whole world can give."

"Vital Force: How Wasted and How Preserved, their Causes and Cure." By E. P. Miller, M.D. 144 pp.; 8vo; cloth, \$1.00. Phoebe Cary: "I hardly know how I can use language that will express with sufficient force and clearness my appreciation of the value of such a work—a work that without one word of coarseness or vulgarity strikes clearly and directly at the root of what would seem to be the most widespread and terrible evil with which humanity is cursed."

"The Art of Massage." This work comprises, in addition to the ordinary course of instruction, several original movements introduced by the authoress. By A. Creighton Hale. Price, \$2.00.

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"Memory's Tribute to the Life, Character, and Work of the Rev. Thomas Stockton." Price, paper, 25 cents.

"Mouth and the Teeth." Edited by George Black, M.B. Price, paper, 50 cents.

"Mind in Medicine," embracing two sermons preached in the West Church, Boston, Mass. By Rev. Cyrus A. Bartol, D.D., Pastor. Price, paper, 25 cents.

"Manual of Instruction for an Improved Method of Building with Concrete," or How to Make the Best House at the Least Cost. By S. T. Fowler. Price, 40 cents.

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"Not In It." By Anna Olcott Commelin. A story of the forced money standards, and showing the paralyzing effect of force and money values upon domestic life. Price, cloth, 75 cents.

"Karazza." Ethics of marriage. By Alice B. Stockham, M.D., author of Tokology. Levant. Price, cloth, \$1.10.

"The Library of Health," in three volumes. By Charles Brodie Patterson. A series of essays in popular form on advanced thought subjects, giving special attention to questions bearing upon individual happiness, harmony, and health. Excellent book for beginners in the New Metaphysics. Price, \$1.00 per volume.

"Love and Parentage." Applied to the improvement of offspring, including directions to lovers and the married, concerning the strongest ties and the most momentous relations of life. 12mo, 144 pp., illus. Price, paper, 40 cents.

Calipers. These are used for measuring heads in various ways, as from the opening of the ear to the location of any given organ, also the width or length of the head. Price, \$2.50, net.

"Catechism of Phrenology," illustrating the principles of science by means of short conversational questions and answers, thus adapting it alike to the young and old. Revised and enlarged by Nelson Sizer. 96 pp., paper. Price, 25 cents.

"Indications of Character" in the Head and Face. 12mo. 66 pages; 20 illustrations, Fourth edition; revised and enlarged. Price, paper, 25 cents.

"Phrenology and the Scriptures." By Rev. John Pierpont. 12mo, 44 pp. Price, paper, 10 cents.

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"Education of the Feelings and Affections." By Charles Bray. Edited, with notes and illustrations from the third London edition, by Nelson Sizer. Price, \$1.50.

"Natural Laws of Man." A philosophical catechism. By Dr. J. G. Spurzheim. American edition. Price, cloth, 50 cents.

"Synopsis of Phrenology." With symbolical head, showing the location and giving an explanation of all the faculties. This can be used as a chart for marking. By L. N. Fowler. Price, 5 cents.

"Heads and Faces, and How to Study Them;" a manual of Phrenology and Physiognomy for the people. By Professor Nelson Sizer and H. S. Drayton, M.D. 200 pages; 250 illustrations. Price, paper covers, 40 cents—2s.; or bound in cloth and on heavy plate paper, \$1.00.

"Human Science," or Phrenology; its Principles, Proofs, Faculties, Organs, Temperaments, Combinations, Conditions; Teachings, Philosophies, etc., as applied to Health; its Value, Laws, Functions, Organs, Means, Preservation, Restoration, etc., Mental Philosophy, Human and Self-Improvement, Civilization, Home, Country, Commerce, Rights, Duties, Ethics, etc.; God, His Existence, Attributes, Laws, Worship, Natural Theology, etc.; Immortality, its Evidences, Conditions, Relations to Time, Rewards, Punishments, Sin, Faith, Prayer, etc.; Intellect, Memory, Juvenile and Self-Education, Literature, Mental Discipline, the Senses, Sciences, Arts, Avocations, a Perfect Life, etc. One large volume, 211

pages, containing 214 illustrations. By O. S. Fowler. Price, \$3.00.

"System of Phrenology." With an appendix containing testimonials in favor of the truth of Phrenology, and of its utility in the classification and treatment of criminals. One volume of 516 pages; illustrated by over 100 engravings. By George Combe. Price, \$1.25.

"Phrenology Proved, Illustrated, and Applied." Embracing an analysis of the primary mental powers in their various degrees of development and location of the Phrenological organs. By O. S. & L. N. Fowler. Price, \$1.25.

"Gall's Phrenological Theories." Founded upon the anatomy and physiology of the brain and the form of the skull; with the critical strictures of C. W. Hufeland, M.D. Price, 50 cents.

"Spurzheim's Lectures on Phrenology." Edited, with notes and introduction, by A. T. Story. Illustrated. Cloth, 170 pages. Price, \$1.00.

"The Phrenological Annual" and Register of Practical Phrenologists. Published yearly on December 1st. This is an illustrated Year Book on Mental Science, and should be read by all interested in Phrenology and kindred subjects. Edited by Jessie A. Fowler and D. T. Elliott. Contains 100 pages. Price, 25 cents.

"The New Science of Healing," or the Doctrine of the Oneness of all Diseases. Forming the basis of a Uniform Method of Cure without medicines and without operations. By Louis Kuhne. Translated from the third greatly augmented German edition by Dr. Th. Baker. Imported. Price, cloth bound, \$3.00.

"Vacation Time." With hints on summer living. By H. S. Drayton, M.D. Illustrated. Price, 25 cents.

"True Manhood." A special Physiology for young men. By Mrs. E. R. Shepherd, author of "For Girls." Price, \$1.25. A physician writes: "The value of True Manhood as a guide to young men can hardly be over-estimated."

"Chastity." A course of lectures to young men; intended also for the serious consideration of parents and guardians. With an appendix by R. T. Trall, M.D. Price, paper, 50 cents.

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[WHOLE No. 780

An Estimate of the Characteristics of the Kiowa Indians.

By J. A. FOWLER.

We believe that any story told about the American Indians will be sure to keep the most restless child quiet, during its delivery, and we hope our remarks will be read or told to the children in many families during the Christmas holidays.

Photograph No. 1 represents Lone Wolf and his anti-allotment party: No. 1, Lone Wolf's son; No. 2, Jim Waldo, Lone Wolf's interpreter; No. 3, Charlie Chaddle Conkey; No. 4, Lone Wolf.

The two captains of the Kiowa tribe—namely, Lone Wolf and Ahpeahstone—have been appointed by our Government as representatives of the Kiowas. They are both much beloved by their people, and appear to be, from their photographs, quite distinguished chiefs.

The Indian race is known for four characteristics: (1) for strength, (2) endurance, (3) agility, and (4) grace. The Indian is constitutionally known for his strength. He does not need to go to a physical culturist or take lessons in a gymnasium. He is rarely, if ever, sick, and takes medicine only

very exceptionally. He does not study anatomy or physiology from books, but his ignorance of these things is, to a certain extent, made up by his superior knowledge of nature, plants, animals, trees, etc. Like the animals around him, he knows of nature's laws and wisely conforms to them.

The Indian can teach the "paleface" many important lessons. The latter very often flatters himself with his ideas of civilization. When the Indian is sick, which is very rarely, he seeks for his medicine, like the animal, for an emetic, so as to take out of his system anything that is disturbing it.

The reason of the Indian's strength is his activity, his outdoor life, his natural way of living and dressing. All these things tend to give the Indian a far superior amount of strength to that possessed by the "paleface." Their conditions of sleep, too, are sources of increasing their strength. They live so near to the mother earth that they gather vitality from her more than does the white man. Sleeping on the ground, rather than on feather beds, is conducive to strength.

An Indian, when awake, is capable of showing more than an average degree of activity. He does not spasmodically train his muscles, but he does it all the time, by his mode of life. Thus it is not wonderful that he has a superior amount of vitality, energy, physical stamina, and constitutional strength.

In some cases his stature is above

ENDURANCE.

In endurance the Indian is superior to the "paleface"; and, as an instance of his endurance, an Apache once mentioned the fact that it was possible for him to carry a message on foot one hundred miles, without food or rest, across mountain and plain, and beat the best horse; in fact, one has been known, and his is not an isolated case,



Photo from T. V. Hilding.

THE KIOWA INDIANS.

NO. 1.—LONE WOLF WITH HIS ANTI-ALLOTMENT PARTY.

1. Lone Wolf's Son. 2. Jim Waldo, Lone Wolf's Interpreter. 4. On the left, Lone Wolf.
3. Charlie Chaddle Conkey.

the average, but the ordinary proportion is 5 feet 8½ inches, and his weight is 150 pounds. This applies, particularly, to the Apache Indians; and, although comparatively small, yet their physical power is marvelous. There is not one among them who could not lift a ton with his arms or push 200 pounds to arm's-length above his head with one hand—one who engages in war, at any rate.

to lift a dead weight of twelve hundred and sixty-four pounds with the two arms; to strike a blow of five hundred and fifty pounds; to run twenty miles in two hours, without a rest, and no after-effects; to make a hundred-yard-dash in ten seconds; to raise a one-hundred-and-sixty-pound man in each hand above the head. This shows a little of the endurance of the Indian. The secret of endurance is summed up

in one sentence: conservation of force. We all know that food builds up the physical man, if it is of the right material, but it is exercise that turns the food into force or energy; and it is a mistake to suppose that mere fat or

that of the "paleface" do. Some people become muscle-bound by using too much activity, consequently we do not consider that this element is necessary. The Indian shows, in a marked degree, grace, or symmetry of movement, as a



NO. 2.—AHPEAHTONE AND FAMILY, THE KIOWA INDIANS.

2. His Squaw and Family.

1. The Chief.

muscle gives strength. Tissue is only the medium by which strength manifests itself, but constant activity develops vitality and gives strength to the constitution even better than heavy gymnastics. We do not find that animals or Indians use the apparatus as

result of his full and perfect development of body.

GRACE OF MOVEMENT.

We find the same characteristic in all animals that use their powers in a natural way. Thus, the horse is grace-

ful, and the cat and bird are graceful, as well as the lion and the tiger. The "paleface" can learn many lessons from the animal kingdom.

AGILITY.

The agility of the Indian is always recognized as one of his chief characteristics. There is no one quicker to walk, run, or work than the Indian, and agility comes, again, with perfect health, and there cannot be strength without health, and the Indian is a perfect model of health and strength; or, in other words, a perfect model of physical vitality. When a person is active, he is able to transmit his flash of vitality to any or all parts of his body as quick as the wish or thought. It is impossible to take an Indian un-awares.

Lone Wolf, as his picture represents him, is a man of strong ability among the Indian tribe. He has a well-developed intellect, especially in the lower region of the forehead, which indicates keen perceptsives, the power to weigh, measure, and estimate things according to their scientific value. He is keen of sight, mentally speaking, and is very quick to realize the proportion of everything that passes before his eye. Were he valuing a horse, in a glance he could take in the proportions of the animal and sum up what he could or could not do. Were he valuing property, he would only just have to glance at the property in question, and he would realize every item of interest that would make the property valuable. Were he valuing a squad of men, he would size them up and realize how much they could do in a given hour or day; and were he a teacher of science, that is, of nature, say of zoölogy, geology, botany, or anatomy, he would be able to give full credit to the importance of each of these particular studies and make them interesting to his students.

He is a born leader, has executive ability, is not easily influenced by others, and shows more than an average degree of organizing power.

Number three, Charlie Chaddle Conkey, is very tough in organization, firm in his bearing toward others, objective in his way of searching for knowledge, but not so reflective as Lone Wolf. He is guided more by circumstances and by what he sees, than through his reason, and it is difficult for him to follow a long course of reasoning. He likes people to get to the point and say what they have to say in as few words as possible. If he were reading a story, he would feel inclined to skip a lot of the padding to the book that did not bear very forcibly upon the story itself. He is capable of receiving a sound, practical education, and should study the English language as well as his own.

Number two, Jim Waldo, Lone Wolf's interpreter, is a bright lad, and will show himself quite intelligent one of these days, if he is willing to progress with his studies. His forehead is quite high, and he will show a good deal of mental capacity to study and ascertain whence, concerning inventions and improvements. He is quite an intuitive young man, and we judge he will be able to get along well with people and come to quick conclusions concerning them.

Number one, Lone Wolf's son, is a chip of the old block; his face is not quite so long, but his head is quite as broad in the temples as his father's, and were he to study some mechanical trade he would get along first-rate in it. He possesses the keen eye of the Indian, that can half-way close itself and yet take in a great deal at the same time. When he wants to see a thing at a distance, and be very particular concerning the details, he would half shut his eye, and then his vision would be centered on the object before him. Were he living when war was probable, he would be able to see miles and miles beyond the ordinary white man, and his discernment of the objects would be wonderful in their detail.

He has but little youthfulness, and, as is the case with all Indians, he does not go out of his way to palaver or

compliment others. He is old-fashioned, conservative, and believes that many things done by the Indians are better than similar things introduced by the white man. He will not give up the old for the new unless he feels that the new modes of work are better than the old. He is very quick to see how a thing is done, and only needs to be shown things to be able to repeat what he has seen done.

He should cultivate his language, so that his knowledge may be of value to others as well as to himself.

Photograph number two is a picture of Ahpeahstone and family. The photo on the right indicates the chief of the Kiowa Indians. He has a very strong, but suspicious, character. He does not open his eyes so wide to meet you as Lone Wolf. He will weigh you in the balance before he gives you many privileges, if you are in his neighborhood. He prefers to keep many things to himself that he thinks are not important for others to know. He is exceedingly politic, and although he may be kind and considerate, yet

he has not the breadth of forehead nor the loftiness of mind of Lone Wolf. He is not a man who can be taken by any surprises, for he is on the outlook all the time, and knows what is going on during the night as well as day.

His features are strongly set. The nose is long, the eye is dark, the lips firm, the chin positive, and the cheek bones high and angular. He is a thorough master, and knows how to keep control over others. Few in his tribe are a match for him, and he will show power to dominate and control others.

His wife, on the left, with her family, is a true type of many of the squaws. She is undeveloped, has had but few opportunities in life, and yet is faithful to her duties as a mother, and will look after her children even to the neglect of herself. With favorable surroundings, she would show to a better advantage, and possibly will do so in the future.

The photographs were sent to us by T. V. Wilding, Chichasha, Indian Territory.

The World of Sport.

No. 4. B. H. S. Football Team.

The picture that accompanies this sketch gives our readers a pretty good idea of the kind of players who indulge in this sport. We have mentioned the characteristics of a number of other athletic exercises, and we add football to the list.

The game, as is known, is one that requires great agility and muscular force with the feet, in sending the ball when one reaches it, and one needs to take great care, so as to avoid injuring his fellow-men in the scramble to reach the ball. One should be pretty tough, also, to indulge in such a game, so as

to avoid bruises to the eyes, nose, head, chest, collar bones, and even knees. Great spirit is also called for in this game, and many boys think that it is manly to be tossed about, manly to bear a kick in the stomach, manly to bear pain without saying much about it. The fractures of collar bones and injuries to the brain have so often resulted in serious weaknesses for life, that all young men should study themselves before engaging in such a game, to see whether they are fit to stand the rough tumble or not.

A delicate, sensitive lad should play

cricket, tennis, or golf, rather than football, and leave the latter game for those who possess the motive temperament with hard muscles and tough or coarse skins.

We notice in the picture before us that Cavenagh—the second on the lower row—has a narrow head; thus he will show but little fear, and his reck-

when joined to that of Hope and Cautiousness, for it is the third eye that enables one to see how to keep out of danger and prepare for it when it comes.

Seibert, the young man second from Harkness on the right, has a fine physical nature, full base to the brain and a broad side-head, which will enable



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lessness will carry him ahead; while Farnum, next to him on the left, is a refined, cultured lad, with a much larger proportion of side-head than Cavenagh or Harkness, the man just above Farnum. A person needs large intuition of human nature to meet the exigencies of such a game. One cannot be too well developed in this faculty.

him to be on the alert wherever there is danger.

Kirkman, second on the right from Seibert, has also a fine physique, and good perceptive intellect and the capacity to hold his own in any game. No one should play this game unless he has a full development of the perceptive intellect.

A CHRISTMAS STORY.

HOW PHRENOLOGY WORKED ITS MISSION IN A CERTAIN CHURCH THROUGH THE INSTRUMENTALITY OF PASTOR JONES AND HIS WIFE.

One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve o'clock, and the young pastor still sat in his study with bowed head. He left his chair, and with a deep sigh pushed aside the curtain and peered into the darkness. The wind found its way into every crevice and corner, and moaned drearily through the tall pine trees, and the heavy clouds rolled rapidly together, as for a storm. All this the minister noted but little, for in his heart and mind were clouds of disappointment and anxiety. Only three months had passed since he and his young wife had come to serve the people of the church at Greenwich. They had hoped to find everything harmonious, and entered upon the new Conference year with glad hearts and willing minds, but the first Sunday the idea of harmony vanished. The morning class meeting, to which they had looked forward as being the time when they would come near to the most faithful ones, was a failure, so Pastor Jones termed it. In closing he said, warmly, "Let no one leave the room without engaging in a hearty handshake with everyone present. We are few in number this morning, but with united hearts I trust." At once he saw his mistake, something was wrong. All greeted him and his wife cordially; but a frown here and a dark look there showed only too plainly that there was discord, and that no one seemed to understand or appreciate his fellow. He went into the pulpit feeling depressed, but to his mind came the words, "He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him," and he felt cheered. Another blow, however, was ready to greet him. The congregation assembled, and he rose to announce the hymn. But where was the choir? Who was to lead the singing? Mr. Edwards usually did, but he would not sing if Miss Brainard played, and the rest of the choir would not sing unless Mr. Edwards led, and it finally ended in the preacher leading the singing, while his wife presided at the organ. A few voices joined in singing the "Coronation," but Mr. Edwards's was not among them. Miss Brainard was heard to remark, after Mrs. Jones had finished playing the organ that morning, "Well, she don't know much about playing," and so it went on. The young couple were thoroughly discouraged at times, but still they worked and prayed and resolved in their minds many plans by which they might calm and quiet the disturbed flock and get them all to better understand one another.

The pastor turned from the window and

knelt in prayer. Would the Father hear and answer? Yes, he had the sweet assurance of peace; and when he put out the light and looked again through the window he saw that the angry clouds had parted and the moonbeams were breaking through them, while the stars one by one peeped out and all Nature spoke of brighter hours and happier moments.

"Only one week to Christmas, Alice," said the minister at the cozy breakfast-table. "What are we going to do? Of course, it is out of the question for us to think of going home, and it is too far for our dear ones to come to us. But can we not plan a pleasant time for ourselves and our people?"

"I have been thinking, Roland, that it would be nice to ask old Mr. and Mrs. Holmes here to dinner. They are a dear old couple, and seem so alone in the world; and then, you know, no one would feel slighted, for everyone loves Grandpa and Grandma Holmes."

"A happy thought, my dear, they shall come; you always think of the right thing at the right time."

So it was settled, and little Mrs. Jones was busy all day planning the dinner, everything which old people would like.

Grandpa and grandma Holmes sat in the old-fashioned fire-place in the homely old kitchen, which was dimly lighted by tallow candles that they still loved to use, he with the well-worn Bible, she with the chopping-bowl filled with apples.

They had stirred the fire until the flames leaped and danced and the shadows played in every corner. The only sounds were the cheerful crackly, crackly of the burning logs upon the andirons and the chop, chop, chop in the old wooden bowl.

"Mince pies, mother, Christmas pies, are we to eat them alone?" No answer; but the merry twinkle in her eye and the pleasing twitch of her mouth said: "No, not alone," in answer to her husband's question, and when suddenly the knife came to a pause, the Good Book was closed and spectacles removed and a conclusion had been reached.

"I have been thinking, father."

"Yes, so have I."

"That we might ask our new preacher and his wife to dinner. They have not had an easy time since coming here. There has been so much contention in the church, all about old troubles, too, and I believe the two young folks are homesick. I know she is, anyhow, and——"

"It would seem like old times, mother."

"Yes, like old times, when the children were at home." The old people were late

in going to rest; they talked long of the church matters, the present and past mercies, the blessing and blessings, and of future prospects of the church, and decided that father Holmes would ride over to the parsonage the next morning and invite the pastor and his wife to Christmas dinner.

Morning came, and, with a light flurry of snow, the first of the season, the faithful mare was harnessed and father Holmes started out with beaming face. He had not gone far when he met Pastor Jones.

"Why, good-morning, grandpa Holmes; I was just on my way to your house."

"Were you? Well, I was pegging along toward the parsonage."

"All right, all right, we will both go to the parsonage," and, getting into the wagon, Pastor Jones rode home.

"I was bringing you and Mrs. Jones an invitation to Christmas dinner."

"Why, that's just what I was taking to you and grandma Holmes. What will we do about it?"

They went into the house, and told the state of affairs to Mrs. Jones.

"I am sure I don't know what we can do, for since you went away, Roland, no less than six invitations to dinner have come in."

The three sat and looked at each other in surprise and bewilderment.

"I have a proposition," said Mrs. Jones, finally; "let us see personally each member who has so kindly asked us to their homes and persuade them to help us prepare a great dinner, which we will serve to all the congregation after the morning service. I feel this would be a time of peace-making. What do you think, grandpa Holmes?"

"A fine plan, a good plan. Such a meeting has not been in this church for years. It would be a God-send to the people, and the Lord will bless us."

And with words of encouragement he left them, promising to remember the plan at the family altar.

Christmas morning was proclaimed by

the ringing of the chapel bell, a new idea to the people of the parish; but it sent a thrill to many hearts, and seemed to bring a message of peace and joy.

As the people gathered to worship all noticed a change, and greatly wondered. Miss Brainard was at the organ, and Mr. Edwards at the front of the choir rail, with hymn-book in hand ready to lead the singing. The choir were in their places, and each was astonished to see the other there. The pastor read the text: "A new Commandment I give unto you, that ye love one another."

He did not preach, but talked, and his people were touched. He knew his prayers were answered, and on that Christmas day. The altar was filled with awakened and humble souls, and a grand consecration service was followed by friendly greetings and hearty handshakes; and when the doors were opened and the congregation asked to pass out into the parlors to dinner a glad murmur of surprise arose, and, following Pastor Jones and his wife, they all filed out to dinner, singing, "Praise God, from whom all blessings flow." At the conclusion of the dinner Pastor Jones gave his people a short address, taken from I Cor. xii, on the "Diversity of Gifts," and asked each member of his congregation to hold in sacred reverence and for divine use the talent or talents that had been given them. He explained a little of the grand science of Phrenology and what its principles would enable them to do if they made a study of them, and proposed to hold on Monday evenings a series of talks on the subject, which he hoped all his congregation would attend.

As each one rose from the table they shook hands with their pastor and his wife, promised to attend his proposed course of lectures, and expressed how thoroughly they had enjoyed the day and knew that the pastor's knowledge of human nature had helped to weld them into a united church once more.—Rearranged from the "Michigan Advocate."

A CHRISTMAS LULLABY: NOW I LAY ME DOWN TO SLEEP.

By MARGARET ISABEL COX.

"Now I lay me down to sleep,"

A wee boy bows his head:

"I pray the Lord my soul to keep,"

At mother's knee low said.

A kiss, caress, a fond good-night,

A mother bows, and then

A mother's prayer to heaven's height,

"God bless my boy. Amen."

"Now I lay me down to sleep,"

A man is the wee lad:

The mother still doth vigil keep

Of prayer with heart faith-glad.

Out in the world where'r he be

One memory endears;

Each night he kneels at mother's knee,

"God bless my boy," he hears.

"Now I lay me down to sleep,"

O, prayer of childhood day!

"I pray the Lord my soul to keep."

Your prayer and mine alway.

"God bless my child. Amen. Amen."

Enriching you and me

With a halo-blessing fair as when

We knelt at mother's knee.

The Analysis of Memory on a Phrenological Basis.

BY R. K. SMITH.

In doing an exercise like this, there are two benefits to be derived simultaneously, and these are: first, the assimilation of the information given; and secondly, the concentration of the faculties to such an extent that there can be no mind-wandering if the exercise is properly learned. Mathematical studies are always recommended for strengthening and concentrating the thinking powers, but let anyone compile a few memory lessons on the principles here enumerated, and it will be found to form an intellectual training of a very high order. If, in any case, the associations given in an exercise are obscure in meaning or suggest nothing to the mind of the student, such associations should be altered by pupils themselves in order to enable them to make a vivid impression which is suited to their own minds.

The method to be employed in the memorization of this exercise is similar to that indicated for the books of the Bible. The pupil will examine the list of connected words, taking them two by two, thus: Weight..solid; solid..hollow; hollow..this keg—and carefully noticing as he does so the connection between each, and after having gone through the list in this manner two or three times he should be able to repeat the whole from memory, translating the key words—i. e., those words indicating the name of the monarch—and the date words—i. e., those indicating the period when the various kings and queens commenced to reign—as he goes along. When able to do so with confidence he may repeat the series of kings and queens, with the years when they commenced to reign, in the presence of his friends, and if at first his memory should, at any period in the recital, fail to recollect either the required name or date, he should endeavor to recall the list of intermed-

iate words from the last familiar point. This list should be repeated daily until the kings and queens, together with the dates of their accession, is perfectly familiar, and when this is so, memory need not be further burdened with the recollection of the intermediate words. When exercises of this nature have once been thoroughly learned they will not readily be forgotten though the memory should be refreshed by an occasional repetition from time to time.

FIGURES OF SPEECH.

The present lesson will be devoted to the memorization of the chief rhetorical figures and forms of speech in connection with the English language, together with their meanings. Students of English Composition will appreciate the value of these exercises, and especially to those pupils who are or who hope to be in some way connected with the press will the information so gained be found useful; while to those whose reading reaches no higher flight than that furnished by the perusal of the daily papers the knowledge so acquired must of necessity tend to the comprehension of the matter read.

- | | | |
|-----------------------------------|--|-----------------------------|
| I. RESEMBLANCE. | | <i>Meanings.</i> |
| Simile | | Similitude, likeness. |
| Metaphor | | Transference, substitution. |
| Personification | | Vivification. |
| Apostrophe | | Personal vivification. |
| Allegory | | Parable, fable. |
| II. CONTIGUITY. | | |
| Autonomasia | | Historical type. |
| Synecdoche | | Part, fraction. |
| Metonymy | | Reversion. |
| III. CONTRAST OR SURPRISE. | | |
| Antithesis | | Opposition. |
| Hyperbole | | Exaggeration. |
| Irony | | Dissimulation. |
| Euphemism | | Polite dissimulation. |
| IV. ARRANGEMENT. | | |
| Climax | | Rising Importance. |
| Anticlimax | | Falling importance. |
| Inversion | | Order reversed. |

V. MISCELLANEOUS.

Interrogation	Question.
Exclamation	Interjection, surprise.
Vision	Future and past present.
Prolepsis	Anticipation.
Metalipsis	Punning.
Asyndetone	Disjointed assertions.

The Author is indebted to Professor Nichol's book on English Composition for the foregoing list.

A portion of each of the exercises in connection with the memorization of the Figures of Speech is here worked out for the pupil, and he is desired to finish each exercise, send in his work for examination, and memorize the whole.

EXERCISE.

MEMORIZATION OF THE MEANINGS OF THE FIGURES OF SPEECH.

Simile—something like—likeness.

Metaphor—for—"Hobbs for Jones"—substitution.

Personification — personify — vivify — vivification.

Apostrophe — punctuation mark—punctuality—success in life—endowed with life—personal vivification.

Allegory—leg of mutton—something substantial—real—apparently real—parable—fable.

Autonomasia — autobiography — history —historical type.

The pupil to finish and send in his work as an exercise.

EXERCISE.

MEMORIZATION OF THE FIGURES OF SPEECH.

Simile — likeness — photograph — life-like for life possessing—substitution.

Metaphor — transference — removal — new acquaintance—persons.

Personification—son—man—man of war—war—trophy.

Apostrophe—personal vivification—to endow with life—apparently real—parable—The Pilgrim's Progress.

Allegory — fable—Esop's Fables — historical—historical type.

Autonomasia.

The pupil to finish in the same manner and send in his work as an exercise.

It will be observed that the process of associating unconnected words together in this manner is a perfectly natural one, is in fact, the manner in

which the mind would associate the words together of its own accord, but unconsciously. The work of associating unconnected ideas together in the mind will, after a little practice, become an easy and pleasant pastime. Students whose leisure is so extremely limited that they are unable to work the exercises given in these papers are at liberty to compile exercises relating to their own work, which will be examined by the author without extra charge. They should earnestly endeavor, however, if at all possible, to send the exercises set in addition to their own work.

The pupil will of course clearly understand that the chief object of these lessons—namely, that of Memory Training—will be entirely lost if he does not carefully memorize the exercises given. The method to be adopted in doing so is that indicated in connection with the exercise on the books of the Bible, and it is suggested that when memorized, as an effort to secure concentration, the exercises should be repeated, thinking through the chain of intermediates, once every day for at least a month.

THE LEARNING OF FOREIGN LANGUAGES.

The principles embodied in these lessons admit of universal application, and may be employed in the memorization of everything for which the memory may ordinarily be used. The following illustrations will indicate an easy and simple method of learning the foreign equivalents of many English words. By the mere reversal of the process, it will be observed, the English rendering of foreign words may be learned in the same manner. At the same time it should be noted that this is given merely as an illustration of the ready application of the system to this subject, and it is the intention of the author to publish, in connection with this series of lessons, special papers dealing directly with the learning of the better known foreign tongues. Future editions of these papers will, it is

hoped, be considerably enlarged. Valuable papers dealing with the learning of certain special subjects will be added from time to time, and a copy of each new set of papers will be supplied to old pupils on especially advantageous terms.

FRENCH.

Vérité—veh-ree-teh—*verity—truth.*

Colère—ko-lair—lair—wild beast—*passionate.*

SPANISH.

Odio—odious—hateful—*hatred.*

Carcel — câr-cel — incarcerate — imprisonment—*prison.*

ITALIAN.

Dito—dêe-to—toes—fingers and toes—*finger.*

Duce — dōo-tchai — do this—command—*general.*

LATIN.

Amicus — am-i-cus — amicable — friendly—*a friend.*

Docere — do-cé-ré — docile — teachable—*to teach.*

The word immediately following the foreign term should, as a rule, indicate its pronunciation.

PHONOGRAPHY.

The memory exercises in connection with this subject have been compiled for the purpose of clearly showing all the steps in the development of Pitman's Phonography in such a way that the principles cannot fail to be indelibly stamped upon the memory, and therefore conduce to pupils being able to use their knowledge quickly and accurately in relation to the proper placing of the vowels and diphthongs and the use of circles, loops, and hooks by the aid of the principles of Mental Association.

EXERCISE.

PLACING OF THE VOWELS.

Take the word *ate*. In longhand the *a* stands on the left side of the *t*, and in shorthand it is to be placed on the same side, thus: ·| *ate* |· *Tay*. Look at the two words as they stand side by side, and reason this out: *ate*

Tay. In *Tay* the vowel sound follows the *t*, and in Phonography it does likewise.

(1) *ape*, *pay*; *abe*, *bay*; *ate*, *Tay*; *awed*, *daw*; *eat*, *tea*; *ode*, *doh*; *aitch*, *chay*; *age*, *jay*; *oak*, *Co.*; *egg*, *gay*; *oaf*, *foe*; *Eve*, *fee*; *oath*, *though*; *ace*, *say*; *ash*, *shaw*; *am*, *ma*; *own*, *no*; *air*, *ray*; *aha*, *ha*; *hay*, *he*.

On ascending letters: *awl*, *law*; *low*, *loo*, *way*, *we*; *yea*, *ye*; *raw*, *row*, *rue*; *lah*, *lay*, *lee*.

THIRD PLACE VOWELS.

(2) When third place vowels, long or short, come between two consonants, the vowel is placed before the end of the second consonant, thus:

one consonant,	eke	—
“	“	it ·
two consonants,	beak	↘
“	“	bit ↘

Long vowels, third place dot: *eke*, *beak*, *leek*; *eat*, *beat*; *each*, *beach*; *peach*, *leech*; *eel*, *real*, *deal*; *ear*, *tear*; *eve*, *thieve*.

Short vowels, third place dot: *it*, *bit*; *itch*, *ditch*; *ill*, *pill*; *ill*, *kill*; *ill*, *gill*; *itch*, *pitch*; *itch*, *rich*.

Long vowels, third place dash: *pool*, *boom*, *tooth*, *doom*, *chewed*, *cool*, *fool*, *move*, *moor*, *nook*, *loop*, *rued*, *root*, *boor*, *cooed*, *coop*, *coom*, *poor*, *tomb*, *booth*.

Short vowels, third place dash: *pull*, *push*, *bush*, *bull*, *boot*, *book*, *took*, *cook*, *full*, *shook*, *look*, *rook*, *hook*, *jute*.

Contrasts: *rued*, *rude*. *Lo'ed*, *lewd*; *cooed*, *could*.

N. B.—Third place short vowels do not occur after single consonants.

EXERCISE.

(1) Contrasts: *Calm*, *cam*; *pawed*, *pod*; *cawed*, *cod*.

The second *long* vowels are always connected with the first of the two consonants, thus: *ba-te*, *bo-at*.

The second of the *short* vowels are always connected with the seconds of the two consonants, thus: *b-et*, *b-ut(t)*.

(2) *Bate*, *bet*; *bake*, *beck*; *date*, *debt*;

fade, fed; laid, led; rake, wreck; fail, fell.

Pope, pup; pore, purr; bore, burr; four, fur; code, cud; robe, rub; wrote, rut; roam, rum; rode, Rudd; core, cur; dome, dumb; choke, chuck; coal, cull; mole, mull; rogue, rug; fail, fell;

(3) peach, pitch; beat, bit; deep, dip; cheap, chip; reach, rich; leek, lick; leap, lip;

(1, 2, and 3) cap, cape, keep; dam, dame, deem; Paul, pole, pull; patch, page, peach; Laud, load, lewd.

EXERCISE.

Distinction between the consonants *ith* and *thee*. If the words *thigh* and *thy*, *bath* and *bathe*, are pronounced aloud the difference between *ith* and *thee* will be distinctly impressed upon the ear. The following pairs of words all illustrate this difference.

Thy, thigh; oath, though; bath, bathe; teeth, teethe; thief, thieve; mouth, mouthe; breath, breathe; cloth, clothe; loath, loathe.

EXERCISE.

A long experience in teaching Phonography, both in class and by correspondence, has proved incontestably that a large number of shorthand students have hazy ideas as to the proper distinction between *k* and *ch*, *g* and *j*, and therefore this section provides an exercise suitable for making the distinction clear by contrasted words.

Touch, tuck; teach, teak; Dutch, duck; knock, notch; batch, back; milch, milk; pitch, pick; much, muck; latch, lack; leech, leek; thatch, thick.

Gay, jay; egg, edge; gorge, George; league, liege; bag, badge; dog, dodge; judge, jug; log, lodge.

EXERCISE.

It is essential that learners should note the difference between the upward *r* and *ch*. *Ch* is always written *downward*, and the straight *r* *upward*. A deliberate consideration of this fact will set aside all difficulty in treating the words that follow:

Reap, cheap; wretch, wreck; check, wreck; carry, catch; Laura, latch; merry, match;

EXERCISE.

Contrasts between diphthongs and vowels. Sentence for memorizing the diphthongs: I now use oil and wine. This is another troublesome point to many students of Phonography, and should be mastered by writing the words given. The first word of each pair contains a diphthong; the second contains a vowel.

Pipe, pip; pile, pill; dyke, dick; guile, gill; dime, dim; time, Tim; like, lick; tight, tit; died, did; lime, limb; type, tip; ride, rid; write, writ; ripe, rip; hide, hid; mile, mill; tyke, tick.

EXERCISE.

INITIAL CIRCLES AND LOOPS-WORD BUILDING.

Eat, seat, sweet, sweets, age, sage, stage, stages; sweeter, ate, sate, state, states; aid, said, swayed, staid; age, sage, ore, sore, swore, store, stores; ache, sake, stake, stakes; own, sown, stone, stones; sing, sings, stings; save, stave, staves; seem, steam, steams; eel, seal, steal, steals; awl, Saul, stall, stalls.

EXERCISE.

INITIAL CIRCLES AND FINISHING WITH SS CIRCLES (FINAL AND MEDIAL).

Ape, pay, Spey, space, spaces; ope, soap, soaps, suppose, supposes; pie, spy, spies, spices, despises; lie, sly, slice, slices; pass, passes; Fay, face, faces; row, rose, roses; loo, slew, sluice, sluices; suck, sucks, success, successful, successfully, successes, successor.

EXERCISE.

Final circles and loops.

Lass, alas, last, lasts.

Pass, past, pastor, pastors; bows, boast, boaster, boasters; does, dust, duster, dusters; jest, jester, jesters; case, cast, castor, castors; row, rose, roast, roaster, roasters; way, ways,

waste, waster, wasters; mass, mast, master, masters; face, faced, fester, festers; Ness, nest, nests, Nestor, Nestors; oats, toes, toast, toaster, toasters.

EXERCISE.

Hooks r and l.

r: pie, pry, prys, prizes; bay, bray, brake, breaker.

Book, brook, brooks; big, brig, brigs; boom, broom, brooms; bake, brake, breaker, breakers; peach, preach, preacher, preachers; teach, teacher, teachers; bite, bright, brighter; bite, biter; pay, paper, papers, newspapers. l: pie, ply, apply, applies.

Tack, tackle; cup, couple; buck, buckle; pick, pickle; puck, pluck; cock, clock; back, black.

EXERCISE.

Hooks and initial circles.

Add, adder, sadder, press, express, expresses, came, claim, reclaim, exclaim, exclaimed.

Add, addle, saddle, saddled; ticked, tricked; strict, strictly; kid, acrid, sacred; cape, crape, scrape, scraper, scrapers; pig, prig, sprig, sprigger, spriggers; up, upper, supper, suppress, suppresses, suppression, suppressions; type, tripe, stripe, stripes, strippers; Tim, trim, stream, extreme, extremes; press, express, expresses, expression, expressions; tap, trap, strap, straps, mousetraps; tress, stress, distress, distresses; toy, Troy, destroy, destroys; truss, trust, distrust; ever, sever, severed, dissevered; off, offer, suffer, suffers, sufferings.

l: pie, ply, apply, applies, supply, supplies; cup, couple; came, claim, exclaim, exclaimer, disclaimer; sickle, physical; bicycle, nonsensical.

EXERCISE.

Final hooks and circle ns.

n: tow, town, towns; fay, feign, feigns; bow, bounce, bounces;

f and v: ape, pay, pave, paves.

Tow, town, towns; aid, day, deign, deigns; kay, cane, canes; fay, feign, feigns; mow, moan, moans; I, ire, iron,

irons; aid, day, dray, drain, drains; bow, brow, brown, browns; Dow, down, drown, drowns; gay, gray, grain, grains, grants; of, often, soften, softens; ten, tense, tenses, stances, distance, distances, instances; den, dense, condense, condenses, audiences; pen, pence, Spence, expense, expenses, sixpences; bow, bounce, bounces.

Ape, pay, pave, paves; die, dive, dives; bay, bray, brave, braves; kay, cave, caves; ray, rave, raves; reef, reefs; way, wave, waves; heave, heaves.

EXERCISE.

Halving principle.

ate, Tay, tray, stray, strait, straits.

Ate, Tay, tray, trait, strait, straits; ate, Tay, tray, strait, straits; ate, Tay, tray, trained, strained, distrained, restrain, restrained, restraints; ape, pay, play, splay, splays, display, displays, displayed; able, sable, disable, disabled; pen, penned, spent, spend, expend, expends; cough, coughed; croft, crofts; cough, scoff, scoffs, scoffed.

EXERCISE.

Word building:

Wren, render, renders, surrenders, hinders; pay, pain, painter, paint, paints; ten, tender, tenders; tents; gay, gray, grain, grand, grander, kine, kinder, kind; enter, center, dissenter, dissenters.

Pleat, complete, incomplete, incompletely; ode, commode, incommode, incommodious, incommodiously.

LAST LESSON.

How to Learn the Contents of a Book at One Reading.

The following method of learning prose and poetry was recommended by Lennie, the grammarian, in the key to his once very popular work on that subject:

"Take a passage and read it over carefully, then take it section by section; but make no attempt to memorize the whole at once, as this presents too many things to the mind at one time,

and hence the power to retain impressions is weakened."

In the year 1618, John Willis, well known to phonographers, compiled a work on the subject of Mnemonics, in the course of which he gave a series of twenty-two questions, which, he says, are "of excellent use to invent, retain, as also to call to mind things of great concernment and worthy memory in urgent affairs." The questions referred to are as follows: If? who? what? whose? to what? whether? why? about whether? how? what fashion? how much? by, of, in, and from what? how long? how often? how manifold? whence came that? where? when? how many?

On the same point here are Lord Macaulay's words: "When a boy I began to read very earnestly; but, at the foot of every page I read I stopped and obliged myself to give an account of what I had read on that page. At first I had to read it three and four times before I got my mind firmly fixed. But I compelled myself to comply with the plan, until now, after I have read a book through once, I can almost recite it from the beginning to the end."

It is a combination of these methods, that suggested by Lennie and that proposed by Willis, together with certain modifications to which we will subsequently refer, that we here propose as a means of readily committing to memory passages of prose and poetry, or learning, not memorizing, the contents of a book.

Before proceeding to the further illustration of the proposed method, the following quotation on "How to Impart Knowledge," from the writings of Sir Walter Besant, will be read with interest, inasmuch as it bears directly upon the point at issue, and furnishes ample justification for the plan it is here propose to adopt.

"I like catechisms. I was born in an age of question and answer. All the school books in my childhood were in question and answer. It is the easiest, the readiest, and the surest way to impart knowledge. Nothing makes knowledge stick so fast as oft-repeated question and answer. I should like to teach all the virtues—all the simple virtues wanted to make life tolerable—by short catechisms in question and answer. Thus: the duty of exercising the right to vote on every occasion; the wickedness of early marriage; provision and thrift; education; the madness of drink; the meaning and the use of colonies; the proper treat-

ment of women; the force of example; the meaning of the State and the Empire; patriotism; the rights of labor; the powers and the limitations of law—all these points might be most usefully handled in catechism short and pertinent, and so handled that the children should never afterward forget what they had learned at school."

We will now proceed to illustrate the proposed method by applying it to the memorization of the following somewhat complicated extract from "The Welcome":

"Complexity of the English Language.—A little girl was near the picture of a number of ships, when she exclaimed: 'See what a flock of ships.' She was corrected by being told that a flock of ships was called a fleet, and a fleet of sheep was called a flock. For the benefit of the foreigner who is mastering the intricacies of the English language in respect of nouns of multitude, it may be added that a flock of wolves is called a pack, and a pack of thieves is called a gang, and a gang of angels is called a host, and a host of porpoises is called a shoal, and a shoal of buffaloes is called a troop, and a troop of partridges is called a covey, and a covey of beauties is called a galaxy, and a galaxy of ruffians is called a horde, and a horde of rubbish is called a heap, and a heap of oxen is called a drove, and a drove of blackguards is called a mob, and a mob of worshipers is called a congregation, and a congregation of engineers is called a corps, and a corps of robbers is called a band, and a band of locusts is called a swarm, and a swarm of people is called a crowd, and a crowd of gentlefolk is called the *élite*, and a miscellaneous crowd of city folks is called the community or the public."

According to Lennie's method, we take the five words of the title—"Complexity of the English Language." First, repeat these words aloud a few times so as to secure a really vivid first impression on the mind and then ask, in their order, as far as can be applied, the questions suggested by Willis.

What does the passage treat of? "The complexity of the English Language."

What language is here spoken of? "The complexity of the *English Language*."

Whose language is mentioned as complex? "The complexity of the *English Language*."

THE END.

SCIENCE OF HEALTH

Notes on Health.

By DR. E. P. MILLER.

WATER FOR THE STOMACH.

Copious Draughts Are Useful to
Cleanse the System.

The habits of people in general do not seem so bad when one considers the average individual's limitations as to knowledge and thought. The fact is that most people don't know, don't think, and hence don't care. Let them read more science, think more sensibly, and act more seriously, then their habits will be more satisfactory.

The alimentary receptacle—the stomach or vat in which foods and liquids are received and mixed—is habitually converted by many persons into a chemical retort of all sorts of drugs and remedies, with a view of reaching and relieving the ills of the various organs of the body, from dandruff to corns. The writer believes that he can give no more and better reasons for his confidence in the therapeutic value of remedies than most other physicians, but he wishes to emphasize here the transcendent element of common sense in their administration.

Before and above all things, however, what is wanted is a clean gastrointestinal canal, and his claim is that water, properly used, is the best agent to effect that cleansing. Equally important with this canal are the other eliminative tissues and organs of the system, the kidneys, the mucous membrane, and the skin. What therapeutic agent, properly used, is better than water? After all the assimilative and eliminative organs and tissues have been thoroughly rinsed with pure, soft

water, then, if it be still necessary to administer a chemical agent, one may be selected that will, with these organs and tissues in better condition, work wonders. If you are so foolish as to allow yourself to become foul from head to foot, cleanse yourself with water before resorting to chemical aids.
—“Health.”

WHY WE DIE—No. 2.

In the November issue of this journal, under the heading, “Why We Die,” we copied promiscuously quite a number of verses from the New Testament which have a bearing upon this question. There are two principal sources from which we can obtain knowledge on this subject. One from the commands of the Creator as found in the Old and New Testament, the other from a study of the laws of Nature, as found in man's organization and in the earth, air and water, with which he is surrounded. The commands of the Creator to the children of men must harmonize with the natural laws which He has made to govern those children. A correct knowledge of the nature, structure, and functions of the various organs of man's body and brain, and the faculties of his mind, ought to furnish accurate information as to the nature and phenomena of life and death.

Christ said to His disciples, “Search the Scriptures, for in them ye think ye have eternal life: and they are they which testify of me.” The Scriptures inform us that disease and death are the consequence of sin, and that “eter-

nal life is the gift of God through Jesus Christ His son." The Bible is one of the most wonderful books ever written. There is more wisdom, knowledge, and instruction to be obtained from it than can be found in all other books put together. The human body is the most perfectly constructed and most complicated piece of mechanism of any yet discovered on this earth. Every organ and tissue of which it is composed is made upon strictly scientific principles. Take any one organ of the body, and study its structure and learn its function, and we must come to the conclusion that nothing could be made more absolutely perfect to serve the purpose for which it is designed. The Apostle St. John probably had the clearest insight into the laws of God, both natural and revealed, of any of the Apostles. He is supposed to be the author of St. John's gospel, of the three epistles of John, and of Revelations. In the first epistle of John (5th, 6 to 8) we find the following:

"This is he that came by water and blood, even Jesus Christ; not by water only, but by water and blood. And it is the Spirit that beareth witness, because the Spirit is truth.

"For there are three that bear record in Heaven: the Father, the Word, and the Holy Ghost: and these three are one.

"And there are three that bear witness in earth: the spirit and the water and the blood: and these three agree in one."

The Father spoken of here is the Lord God, the creator of all things and the father of all living. The Word is Jesus Christ, who had the spirit of truth, of whom John said: "In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God."

The Holy Ghost is the Holy Spirit—the spirit of truth, which was the spirit of God, that "moved upon the face of the waters when the earth was without form and void and darkness

was upon the face of the deep;" and which said, "Let there be light, and there was light," even before the sun, moon, and stars were created. "All things were made by Him, and without Him was not anything made that was made." Christ said: "To this end was I born, and for this cause came I into the world; that I should bear witness unto the truth." "In him was life, and the life was the light of men."

Thus we see that God the Father, the Word, his son Jesus, and the Holy Ghost, are all one and the same "Spirit of Truth," as manifest in Jesus Christ, and hence all are of one nature, being the three in one. The three that bear witness on earth is the spirit, and the water, and the blood, and these three agree in one. The spirit of truth, pure water, and pure blood must all agree, as one, and must all be pure. Christ said to Nicodemus: "Verily, verily I say unto thee, except a man be born of water and of the spirit he cannot enter the Kingdom of God." Being born of the spirit, is to believe in God the Father, Jesus Christ the Son, the Word, and in the Holy Ghost, which are one, and that one is the Spirit of Truth, which was in Christ's blood. Being born of water and of blood is to cleanse and purify the blood, so that the spirit of Truth would drive falsehood, vice, and crime out of our lives. Pure water, used freely both internally and externally, cleanses our blood, drives away disease, and thus the spirit and the water and the blood all agree as one.

The Bible clearly teaches that disease and death are the wages of sin, and that sin is the disobeying of the commands of God, or a violation of his laws as established in our bodies. The blood is corrupted by eating things that the Creator never designed mankind to eat. By means of such food poisons and impurities get into our blood and make a seed-bed for disease-germs, which propagate in our bodies and interfere with the function of the different organs. St. Paul said: "Know ye not that ye are the temple of God,

and that the spirit of God dwelleth in you?" "If any man defile the temple of God him shall God destroy; for the temple of God is holy, which temple ye are."

I think it was Christ that said "The Kingdom of God is within you." It is pure food, pure water, pure air, and a pure spirit that will enable us to recognize the Kingdom of God within ourselves, and to enjoy the heaven of perfect happiness resulting therefrom. Most people, by disobeying God's commands, and by violations of His laws that should govern their bodies, create hell within themselves, instead of heaven. By committing sins day after day they take their pay in the wages of sin, which is disease and death. Disease of almost every kind can be traced to disobedience of the commands of God, and to violations of the laws of our bodies, either by wrong habits of eating and drinking or by the wasting of vitality by abuses and excesses of the sexual function. In future issues of this journal, under the heading of "The Science of Life," we hope to discuss these subjects from all points of view, both as revealed in the Scriptures and also by natural laws, which are God's laws, established to govern our bodies.

By reading the first chapter of Genesis, we see that the three words "And God said" are used ten times, and the tenth time it was used when He told the first man and woman what they should eat. In the second chapter of Genesis the words are changed somewhat. Instead of saying, "And God said," it reads "And the Lord God said." The sixteenth and seventeenth verses read, "And the Lord God commanded the man, saying: Of every tree of the garden thou mayest freely eat. But of the tree of the knowledge of good and evil thou shalt not eat of it, for in the day that thou eatest thereof thou shalt surely die." The next verse,

following this, reads: "And the Lord God said: it is not good that the man should be alone; I will make him a help meet for him."

It would seem from this that the command to not eat of the tree of the knowledge of good and evil was given to Adam before Eve was created.

Rev. T. DeWitt Talmage, in a sermon on "Tobacco and Opium," once said:

"One reason why there are so many victims of this habit is because there are so many ministers of religion who smoke and chew. They smoke until they get the bronchitis, and the dear people have to pay their expenses to Europe. They smoke until the nervous system breaks down. They smoke themselves to death. There has been many a clergyman whose tombstone was all covered with eulogy, which ought to have had the honest epitaph: 'Killed by too much Caven-dish.' Some of them smoke until the room is blue, and their spirits blue, and the world is blue, and everything is blue. How can a man preach temperance to the people when he is himself indulging in an appetite like that? I have seen a cuspidor in a pulpit, where the minister can drop his quid before he gets up to read about 'rolling sin as a sweet morsel under the tongue,' and in Leviticus to read about the unclean animals that chew the cud. I have known Presbyteries, and General Assemblies, and General Synods where there was a room set apart for the ministers to smoke. O! it is a sorry spectacle—a consecrated man, a holy man of God, looking around for something which you take to be a larger field of usefulness. He is not looking for that at all. He is only looking for some place where he can discharge a mouthful of tobacco juice."



ALCOHOLIC MEDICATION.

BY JULIA COLEMAN.

(Concluded from page 155.)

Dr. Richardson said :

I explained my views in every place I could, and in the most open manner; I lectured on the subject in every available spot in our islands, visiting and traversing Ireland and Scotland, as well as England and Wales. Addressing in the course of twenty-five years great multitudes of our race—more thousands than I dare state—showing that a world without alcohol would be happier, more active, and healthy than an alcoholic world.” Would that we had more such workers! His death, in 1896, was a great loss to the world at large as well as to the Temperance cause.

It must not be supposed, however, that the battle for non-alcoholic medication has been fought out in Great Britain. Dr. J. J. Ridge says, “While there is abundance of testimony as to the possibility and advantage of total abstinence from various members of the medical profession, some of them of the greatest eminence, it would be foolish to ignore the fact that there is a large number of men who are bitterly opposed to it, and who are constantly speaking against it, especially in private, and recommending alcoholic liquors without the slightest excuse.”

In the United States we have a similar condition of things in some respects. We have the American Medical Temperance Association, with Dr. S. S. Davis for its president. For more than forty years he was not only a total abstainer, but he did not use alcohol in his practice. We have the Frances E. Willard Hospital in Chicago, dispensing with the medical use of alcohol. We have Dr. T. D. Crothers, at the head of a Cure for inebriates in Hartford, Conn., editing the “Quarterly Journal of Inebriety”; a magnificent sanitarium in Battle Creek, Mich., which is practically a temperance hos-

pital under the care of Dr. J. H. Kellogg, and many smaller temperance sanitariums in various parts of the land. We have a company of medical scientists in New York City associated for the purpose of studying the effects of alcohol, and we have a large number of practitioners who do not usually prescribe alcoholic liquors. We have undoubtedly a large force of social total abstainers who do not favor alcoholic medication, and we may throw some light on their condition and dangers and on the efforts of the laity, in another paper; but they are very greatly lacking in the requisite study to enable them to abstain intelligently, and through this ignorance they are very often the victims of alcoholic patent nostrums.

THE ATTITUDE OF PATIENTS.

Acknowledging, thus far, the influence of physicians, and grateful for its tendency toward total abstinence, we hasten to call attention to the fact that the so-called laity are learning, as never before, to claim the privilege of thinking for themselves. The numerous health magazines and sanitariums are helping them to do this, and to dispense with all drug medication. They are learning that their bodies are their own, as well as their souls, and they are allowed increasing liberty of expression and action. Not infrequently a physician will yield to the request to treat a patient without alcoholic liquors. Even in so extreme a case as a severe paralytic shock, we have known a remonstrance to prevail against the routine prescription of “alcohol and strychnine,” the patient saying she never took alcohol under any conditions; “and as for strychnine, that is what you give rats when you wish to kill them.” She secured the ambulance, which was the point at issue, without taking the prescription, and recovered sufficiently to make this record some years later.

(Continued on p. 196.)



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

MUSICAL.

By UNCLE JOE.

Speaking of Faults or Virtues Before Children.

It is a great mistake for parents and teachers to disclose the virtues and faults of their children in their presence.

Some mothers take delight in relating anecdotes about the cleverness of their children when their little ones are in the room. It is an equally bad habit for children's faults to be dilated upon in their presence before strangers. The clever pranks that some children play "just for fun" parents laugh over, and do not estimate the harm that is being done by this pernicious habit. For instance, some children like to tie strings across the sidewalk and dodge behind a fence, and on the approach of a pedestrian at dusk, and when the person does not see it, will pull the string, and trip them up. This and many other mischievous pranks, children perpetrate upon their nurses and others while their parents take pleasure in showing how viciously clever, or cute, as they say, the children are. I read one day of a child who picked up the garden hose and turned it on his nurse, drenching her to the skin. This feat was afterward laughingly told to some friends in his presence.

If mothers would only consider that children are always on the alert to know whether their actions are paid attention to or not, they would abstain from such a foolish habit. We would like to tell mothers not to deceive

themselves into thinking that because their children are quietly playing by their side that they are unconscious of what is being said. They will catch enough from the spirit of the story to feel encouraged to continue their doings.

Each child should be trained separately, individually, and we cannot begin too early to give children an abhorrence of that which is evil concerning words in daily use, slang phrases, the use of fun, the playing of tricks upon their seniors.

One scientist who has written very eloquently upon children, namely, Herbert Spencer, says that the training of children physically, morally, and intellectually is dreadfully deficient.

This is owing to the fact that, in a great measure, the parents are devoid of that knowledge by which this training alone can be given. For every kind of business in life a training is required, but the bringing up of children by parents is supposed to come by intuition, and therefore no training, in a large number of cases, is thought necessary.

Does it not strike the thoughtful mind that the difficult task of unfolding so intricate a piece of machinery as the human mind requires an acquaintance with the principles of psychology, phrenology, and physiology. We trust the time will come when every parent will have a general knowledge, if nothing more, and a special knowledge, where possible, of the above-named principles that can be ap-

plied to the training of their little ones. Then the work of teachers will be simplified, for the government of the children will then not be left in the hands of the teachers alone.

No. 619.—W. F. T. Mollenhauer, Jr., New York City.—Provided this lad keeps his health, he will show a remarkable organization for work and for mental stimulus. His brain is large, active, and of a fine quality, which will enable him to show susceptibility of mind and capacity to manage, control, and direct others. .

He is old for his age, even now. He will never be so much inclined to go with the little children and act as a little child. Instead of this he will be more likely to want to be with older people and converse with them and ask them many original, deep questions. He has a very inquiring mind, and wants to know everything that is going on around him.

His head is long and high for his age. He will not only show intellectual interest and a very analytical mind in comparing qualities and materials,

His moral brain represents several strong characteristics. One is his will-power and determination to carry a thing through that he has commenced. One moral characteristic is his large Conscientiousness. He will make every one toe the mark and do as he or she agrees. He will be a kind of mentor or monitor over others, and as a Teacher, Professor, Superintendent, or Chairman of an Executive Board, he will use his authority in regulating affairs according to a strict sense of justice, of equity, and of conscientious principle. He will never get any fun out of doing wrong, but will have a high sense of morality.

Benevolence is another quality that will show itself very strongly developed in his moral character. He will have sympathy for the poor, unfortunate, and for the suffering as well.

His Perceptive faculties are developing quite rapidly, and when they are fully developed they will enable him to use his observations in scientific pur-

poses. He will enjoy studying Nature, and making a collection of stamps, flowers, etc., and will notice the difference between each kind, genera, or species.

He has an excellent memory of names, and ought to be able to recite well. His capacity to recollect one verse in connection with another will be above the average, and he should study elocution and voice culture, oratory, and dramatic representation of things, not in order to go on the stage, but rather to entertain and to interest his friends and to draw out this talent of his mind.

He ought to show exceptional musical appreciation and power to criticise the art. It would be well for him to study the violin as a special instrument, for that, rather than any other, would suit his mind. His power of criticism, his artistic taste, his intuitive sense of the appropriateness of the light and shade of musical sounds, are all strongly accentuated; therefore, he could easily become a musical critic, and it would be well to develop this part of his nature. If any one were accompanying him on the piano, he would know in a moment whether a mistake were made; or if he were working with an orchestra, he would know what instrument had made a mistake and where the false note had been struck. He could lead an orchestra well.

It would be better in the long run, with such a sensitive mind as he possesses, to cultivate his special talents, rather than to put him through the mill and turn him out as an ordinary scholar in a grammar or a high school. He is a lad who should be taught individually, and when we say this we realize that he is able to rise in a professional line where five hundred boys at his age would not be able to attain to the same eminence.

In music, in art, in literature, he will excel, but in mathematics, in arithmetical problems, and in a line of philosophy or metaphysics he will not take so much interest.

It would not be a mistake to teach him the languages, for he will very quickly pick up the intonations and the way of expressing himself in French, German, Italian, and Spanish, for if these languages are taken to-

gether he will be able to recollect, through his comparative mind, what he has studied in a former language. His comparative memory is so quick to detect any deviation from what he has studied previously that it is along the



MASTER WILLIAM F. T. MOLLENHAUER, JR., OF NEW YORK CITY.

His circumference of head is 21 ; height, 14 ; length, 14 ; weight, 43 ; height, 3 feet 9½ ; age, 6.

line of comparative study that he will be able to succeed in the study of the languages.

Therefore he should be encouraged in the study of music, in the study of

literature and art, and as a critic of artistic work, not merely a manipulator, but rather as one to understand the principles of design.

AMERICAN INSTITUTE OF PHRENOLOGY.

Commencement Exercises.

On October 23d (Friday) the commencement exercises of the American Institute of Phrenology were held in the hall of the Institute. The faculty and friends of the students were gratified that believers in Phrenology were not dampened by the inclemency of the weather, for there was a large attendance, and the appreciation of all was expressed concerning the carrying out of the arrangements.

Previous to the evening meeting a social hour was spent at the Hotel Hygia, and a dinner was served to graduates, the faculty, and friends. About forty sat down together at 6.45 P.M., and a congenial and pleasant time was spent over the good things that were provided by the host.

The names of the guests at the dinner served at the Hygia (Miller's) Hotel were: Dr. C. W. and Dr. Carrie Brandenburg, Miss J. A. Fowler, Dr. and Mrs. D. M. Gardner, Rev. T. A. Hyde, Dr. and Miss Shepard, Rev. M. C. Tiers, Mr. M. H. Piercy, Mr. C. D. Blauvelt, Dr. C. F. McGuire, Mr. and Mrs. J. E. Johnson, Miss Mary C. Hammann, Miss Mary Irwin, Mr. and Mrs. Doll, Dr. Elizabeth Irwin, Dr. J. V. Sibley, Dr. and Mrs. E. P. Miller, Dr. Cora M. Ballard, Rev. A. C. Wieand, Miss Rose J. Sears, Mr. William H. Drowatzky, Mrs. Dr. E. W. Smith, Mr. C. De Lancey Allen, Miss A. C. E. Minott, Mr. Lipman Greenstein, Mr. Thomas R. Milligan, Miss Mary M. Fowling, Miss L. G. Doll, Mr. John Barrowman, Mr. W. Rockwell Kent, Miss L. J. Craw, Miss F. E. Whitehouse, Miss R. Wallace, Mr. W. H. Vanderbilt, and Master Doll.

At half-past eight o'clock the programme of the evening was commenced at the hall of the Institute, 22 and 24 East 2nd Street, when C. W. Brandenburg, M.D., President of the Institute, made his introductory remarks as chairman of the evening. He said he was glad to see so many persons present, many of whom were entire strangers, while many were long and honored friends. He believed that they would be thoroughly entertained with the programme that was set down for the evening, and thought the audience would be gratified to know that many of the students came from far distant countries. One had come from Russia, and was deeply interested in the subject, and had already done considerable for it. An-

other had come from Scotland, another from London, and the rest from various parts of the United States. Thus they would have quite a representative audience even among the students themselves. He said he wished to call upon one speaker who was not able to attend the opening exercises, and who had proved an attractive and interesting lecturer during the course.

He then asked Dr. David Gardner to address a few words to the students. Dr. Gardner gave an excellent five-minutes speech, and urged all the graduates to continue their studies.

He next called upon the Rev. Albert C. Wieand, of Ohio, to give the Salutatory, who included in his remarks a valuable paper on Psychology and its relation to Phrenology. It was well received, and will be read with interest in the Institute Report not only by outside friends who had not the opportunity of hearing it but also by those who had the pleasure of actually hearing the speaker himself.

The chairman then called upon Miss Adina C. E. Minott, a graduate of 1899, who sang with good taste and much feeling a song entitled "Sunshine and Shade." She was suitably accompanied by Miss Anderson, who rendered the musical part of the song with great effect.

The chairman then called upon Miss Mary M. Fowling, of Springfield, N. Y., to read a paper on the "Training of Children on Phrenological Principles." Although not so long a paper as the previous one, much solid advice was condensed into her thoughts on this subject.

The chairman next called on Mr. John Barrowman, of Scotland, who is a man who has had considerable experience in the world and has been interested since quite a young man in the science of Phrenology. His paper was entitled: "How I Became Interested in Phrenology," and was delivered with the true Scotch accent. He brought out the wit and dry humor of the Scotch, which was highly appreciated by the audience.

The chairman next called upon Miss Minott to sing a second song, "Birds in Dreamland Sleep," which showed the power of the vocalist to good effect, and was highly appreciated, as shown by the applause which followed.

The chairman announced that later in the

evening a flash-light photograph, which was at first arranged to be taken after dinner, would be proceeded with directly after the distribution of the diplomas.

In the meantime he called upon Miss Rose J. Sears, of Massachusetts, to give the Valedictory Address, in a paper called the "Uplifting of Phrenology." He regretted that he was obliged to take several papers as read, but owing to the change of programme this was unavoidable. The Valedictory address proved to be one of great power, and although many excellent papers have been read since the incorporation of the Institute, yet few have been so full of hope as that expressed in the paper read by Miss Sears. Persons will, therefore, be gratified to read her paper in the Institute Report.

The chairman then called upon the Vice-President, Miss Jessie A. Fowler, to give a few closing remarks to the students, who said in part:

We have now come to a point in our daily assemblies when, as a family, we must bid each other farewell and God-speed. This is no easy task for those who have the interest at heart of students whom they have taught and with whom they have been brought so closely in touch.

We do not pretend to have made you into perfect, practical Phrenologists, but we can conscientiously say that we have been gratified with your progress, and you augur well to succeed and rise to the height of our anticipations of you in the future.

We have endeavored to teach you the principles of the science; have given you an insight into the great mysteries of your being through Anatomy and Physiology; have opened up to you the philosophy and history of the science, and explained the usefulness of Hygiene. We have endeavored to introduce you to your fellow-men from a physiognomical standpoint, so that you can go into the world and sum people up from their features, without asking them to take off their hats, though this method is not as complete as that undertaken by the estimate of the brain itself.

We have also endeavored to give you hints concerning oratory and elocution, that when you are called upon you may put into practice the advice given you.

We have drawn your attention to the characteristics of other nationalities besides our own, and as in this city we have representatives from every country, you will be able to appreciate the knowledge we have endeavored to instill into your minds in the practical work, and which is a study that requires a lifetime to properly perfect.

We have studied together brain dissection, and dipped into the intricacies of the most marvelous work of our Divine Architect, and have placed before you the modern re-

searches in connection with this all-important subject.

But here we must leave you, with the trust that you have become sufficiently inspired to carry out researches of your own, remembering what Emerson once wrote, namely:

"The days are ever divine. They come and go like muffled and veiled figures sent from a distant friendly party; but they say nothing, and if we do not use the gifts they bring us, they carry them as silently away."

For a watch-word let me leave with you the following words of Froude:

"You cannot dream yourself into a character—you must hammer and forge yourself one."

At the close of her remarks the chairman announced that the roll-call of the students would be given by the vice-president, which was accordingly done. Before resuming her seat Miss Fowler called upon Dr. Cora Ballard to address the students instead of Mrs. Augustine J. Wilson, who had been announced on the programme.

The students' names were then announced, and they formed a semicircle around the president, who then gave them his Closing Charge, presenting them at the close with their diplomas.

The names of the graduates were as follows: Mr. C. De Lancey Allen, New York; Mr. John Barrowman, Scotland; Mr. William Drowatzky, Wisconsin; Miss L. Genevieve Doll, New York; Miss Mary M. Fowling, New York; Mr. Lipman Greenstein, Russia; Mr. W. Rockwell Kent, New York; Mr. Thomas R. Milligan, New Hampshire; Mrs. Dr. Elizabeth W. Smith, London; Miss Rose J. Sears, Massachusetts; Rev. A. C. Wieand, Ohio.

The papers taken as read were: "Phrenology in the Field," by Mr. C. De Lancey Allen, New York City; "How Objections to Phrenology can be Met," by Mr. W. Rockwell Kent, New York; "The Use of Phrenology in the Art of Photography," by Mr. Wm. H. Drowatzky, Wisconsin; "The Use of Phrenology in the Schools," by Miss L. G. Doll, New York City.

The Charge to the graduates, in behalf of the Faculty, was pronounced by the President, Dr. Chas. Wesley Brandenburg, as follows:

Worthy Friends of the Graduating Class of 1903:

As we part to-night, and you go to your duties, I congratulate you in behalf of the faculty, and say that you have been a sincere, intelligent, harmonious, and progressive class.

We are sure that the truth of Phrenology will not be dishonored in your hands. It is a noble task with which you are intrusted. You are to show the world that

the true and most important of all progress is that which embraces the science of man and his relations, his destiny and his happiness.

By the true knowledge of Phrenology and its practical application you may teach mankind divine wisdom, and all superstitions will pass away, as pass the shades and mists of night at sunrise. We see in Phrenology the sunshine of a new civilization, and in its Philosophy a guide for humanity, leading us into the light of a true education and triumphant peace.

In contemplating the magnitude of the possibilities of that wonderful and beautiful instrument of the mind—the human brain—we are inspired with that humility which astronomers feel when thoughtfully considering the grandeur of the glittering worlds whose stars they are unable to record. The extent of Phrenological science is so vast that in whatever direction we pursue the investigation it extends far beyond the capacity of human minds to comprehend, record, and retain all that is revealed.

Your course of study brought to light the fact that Physiology receives its downward influence or manifestation in the body, and that Phrenology acquires its higher commands or revelation in the mind. The brain is the sun, the center of Anthropology. I use the term Anthropology because the study of the brain is the study of the man. The brain is the man. The development and character of the brain is revealed by the form of the skull. You have been taught that. Phrenology, taking the brain as a center, and tracing therefrom the science of its effects, unites them into one harmonious system—a full and perfect science—tracing the relations of man upward to the Creator—downward to inorganic matter, and all that affects his physical life—inward to his own constitution and conscious life, and around to his fellow-beings—it enables us to comprehend his true position, and the laws of his life and growth.

A pleasing duty now devolves upon me. As you have complied with the requirements of study and the rules of attendance in the American Institute of Phrenology, upon the recommendation of your instructors, I do now, in the name of the corporation of this Institute, as president of the Board of Trustees, present you each and severally with these diplomas, with the honors, dignities, and privileges to it pertaining.

You have passed your examinations and fulfilled the requirements of study, yet your investigation, observation, and study of Anthropology is not to cease. The extent of the hope of the faculty who have guided you through the avenues of our curriculum is that the results of your knowledge gained from your lectures and studies may stimulate you with undimmed enthusiasm, uncorrupted sincerity, and untrampled free-

dom. You are welcome to enter as co-laborers upon the path trodden by the pioneers and their successors in the Phrenological field. We trust that you will prosecute those researches which they have initiated, enjoy as they have enjoyed the feast of knowledge, but do not, I charge you, pursue the science merely to gratify an intellectual curiosity, as it is not the noblest employment of your time, but bring the results of the science and philosophy you have gathered into practical life. The inspiring thought, the controlling principle of your life should be study. The culture you have here received is but a beginning of that education that should not rest short of full intellectual attainment. There is no branch of science to the Phrenologist.

Advise with full understanding and caution all persons who come to you for examinations, for you have facing you the danger of a mistake, not of the science, but its application. Someone has said: "It is easy to stray, but to return—there is the burden."

Be ambitious, but see that such aspirations are guarded by the proper balance of your other faculties. Health, success, and happiness be your lot, and may your life be one of usefulness to your fellow-men, deserving at its termination no lesser comment than: "Well done, good and faithful servant."

Mr. Geo. G. Rockwood was then asked to sing a song. He accordingly complied with this request, and greatly delighted the audience with the famous song called "The Yeoman's Wedding." His voice was crisp and clear, and every word was heard by those at the end of the hall. He was accompanied by his daughter, Mrs. Randall. For an encore Mr. Rockwood sang "John Anderson, my Joe." This song he sang unaccompanied, in a soft, melodious voice, and yet thoroughly distinguishable by every one present. He accompanied this song by a little explanation concerning the writing of the second verse, the first and last verses being written by Robert Burns.

At the close of the song the president said that Mr. Rockwood had not only proved himself to be an expert photographer but also an expert singer. He had been the photographer of the class for nearly as many years as was mentioned in the close of the song (forty years).

At the close of the song Dr Brandenburg made some announcements with regard to the Institute, the PHRENOLOGICAL JOURNAL, and the lecture that was to be held the next morning on Psychology, after which arrangements were made for the photograph to be taken, which terminated a very pleasant evening, at least this was the verdict from every source.

Mr. Rockwood then took a flash-light

photograph of the assembled audience and museum. The reproduction is inserted in another column of the present number of the PHRENOLOGICAL JOURNAL AND SCIENCE OF HEALTH.

Farewells were then exchanged among the students and the faculty, as many of the former were expecting to leave for their homes on the following day.

We have already heard of some students who wish to join the next Session of the American Institute of Phrenology, commencing with the first Wednesday in September, 1904, during September and October. The annual Report of the Institute is now ready, and may be obtained on receipt of a two-cent stamp. The papers are excellent, the one on "Phrenology and Psychology," by the Rev. A. C. Wieand, being worthy of special mention.

WHAT IS IT? PHRENOLOGY OR BUMPOLOGY?

Tuesday, October 13th, was the occasion of a large gathering at the Board School, Mansford Street, Bethnal Green Road, to welcome Mr. John Asals, F.F.P.I., to deliver a lecture on "Phrenology or Bumpology," London, England.

The lecturer dwelt upon the inner working of that wonderful organ in the human body, the Brain, handling the subject in a most masterly manner, insomuch that the audience were intent upon gaining as much knowledge of the subject as was possible in the space of time allowed. Such a subject would be of great value to our English people were it considered in our universities and schools, so that we should be able to know more of ourselves, of whom we know so little. Phrenology is a science, instructive and valuable—as a science it must be handled scientifically, judged and analyzed on its own merits. A science is not a science unless it is inductive, and behind the induction must be an inductive method, and behind the method must be the laws of thought and observation. There was not time to take all the different phases and aspects of the principles and proofs of this science; but they could learn something of that part of man—that wonderful piece of mechanism and highly organized instrument, the brain. The phrenologist deals with the brain and body as a whole. The brain is of such great consequence that it requires a most careful external protection, which the Great Master has provided for it. It has been stated by the opponents of Phrenology that the brain

does not occupy the whole of the skull, but Dr. Baron Cuvier, the world-renowned naturalist, distinctly states that in all mammiferous animals the brain is molded in the cavity of the cranium, which it fills exactly. What is Phrenology? Simply what its name etymologically indicates—phren, mind; logos, a discourse. The science of the mind—instructive, important, and useful to all classes of society. Phrenology is a science based on principles, observations, and mental philosophy, vindicated and confirmed on the authority of such great men as Drs. Gall, Spurzheim, Fowler, and others. Phrenology is an inductive science with a method, and laws of thought and observation which are unalterable and corroborated by the evidence of the anatomical, psychological laws, and ruling powers, proving the mathematical truth of the brain being the organ of the mind. Phrenology is not bumps, or bumpology. It is an erroneous idea that phrenologists base their knowledge on bumps. Phrenology is not a fortune-telling arrangement. Phrenology is instructive, the study of which will clear away superstition, doubt, and prejudice. "To know ourselves—that's what it is," the lecturer concluded, amid great applause.

Delineations of character were given by Miss Ida Todd, F.F.P.I. The lady commenced upon a sketch of a gentleman hanging in the Hall (whom she had never seen, nor did not know his name), and the audience expressed by their applause the accuracy of the statements made. Several young ladies and gentlemen were examined, having their characters placed before the audience, in a most striking and able manner. Ladies and gentlemen having placed themselves in the hands of a practical phrenologist, received thorough and instructive advice. Miss Ida Todd concluded her delineations amid loud and continued applause.

The chairman, Mr. B. Poyton, called upon Mr. W. Martin to move a vote of thanks to the lecturer and Miss Ida Todd, which he did.

Mr. J. Dollwood heartily seconded the vote.

Mr. G. Eickhoff, in supporting the vote, stated the society was greatly indebted to the lecturer and the lady for their valuable and instructive lectures, expressing a wish that the society would be privileged to have them again next session.

The lecturer, on behalf of the lady and himself, thanked the audience for the kind thanks accorded them.—"Huckney Times," London.



THE ATTITUDE OF PATIENTS.

(Continued from page 188.)

We must say that indeed many similar requests have been frequently complied with, and we believe they would receive a cordial compliance much oftener if patients were more venturesome. This they will be when they understand the subject better. This knowledge is increasing rapidly. It has been greatly promoted by the individual studies of searchers for temperance truth. Often it is the hinge upon which turns investigation and the hope of success. "Is it possible," said an earnest truth-seeker, "to dispense with the use of alcohol in medicine? If not, I see no hope of success for temperance work." She did not receive a categorical yes. "Read this, and that, and the other, and judge for yourself." She read, eagerly; she searched, and was convinced, and became an enthusiastic worker. "It is so consistent, so beautiful, so truthful and satisfying!" she would exclaim. She could not help making converts. Another, who had the care of children, doubted if she could dispense with it and all the preparations in which it was used, but careful experiments, and "a free use of that glorious liquid, water," as a British physician recently said, brought her to where she would not even take it herself, and she finally induced her physician to cease prescribing it.

But what could you give in its place, that would produce the same effect?

is the next inquiry. No one thing! That is exactly what we do not wish, because its effects are so objectionable. We are glad to see many women taking courses of medicine, with a view to treatment without alcohol. The W. C. T. U. has developed many such practitioners, and many more such patients. It has "departments" devoted to such investigations; discussions in conventions, county, state, and national; prescriptions, papers, and books and leaflets, both theoretical and practical, for distribution.

Those who hastily take it for granted that women are ignorant on physiological and other scientific and medical aspects of the temperance question are going to get left entirely out of sight, for the truth is mighty and it will prevail, and the women are at work for it, though not alone, by any means. There is a continually increasing roll of seekers for this truth; so long, indeed, that our limits will not permit us to record here even their names. But it is a study that pays, as all scientific truth pays. And no one element thereof is more abundantly pregnant of results than this one item: that no one can judge of its effects by the feelings that result from its action on the nerves. We believe there are few lines of life-work more promising than that of the medical student of the coming era, who searches for the truth.

WHAT THEY SAY.

With Malta Vita use no heat;
The Shredded Wheat's the kind to eat.
'Tis Force that gives us Sunny Jim,
We ought to all admire him.
Uneeda Biscuit is so dry.
And Zu Zu Snaps we all should try.
'Tis White Rose Tea that wins the cup,
Sapolio that shines things up.

The Gold Dust Twins have wonders wrought,
Castoria you've always bought.
Through Father John your health you'll keep,
And Cascarets work while you sleep.
Omega Oil is good and green,
The bell—Hello! Give me Pearline.

S. E. B.

culatation and spread a good thought or a wise suggestion that others may be led to study themselves, in a new way, by the X-rays of Phrenology?

Where do we stand to-day? What is our aim in life? What are we going to do in the future? Have we made up our minds yet? Do we know how to increase our own opportunities and give the right surroundings to our children, that they may be developed aright? Whatever the case, we need to take the Science of Phrenology along with us to aid us in our work.

Many subscriptions terminate with this month. Are those who are interested in the subject going to leave us, and say there are so many magazines now that they cannot keep pace with all they have; or will they renew for another year? Our terms still remain the same, although our former price was just double what it is to-day. A new volume begins with the new year. May we not say to each and all who have traveled with us during the year, that we welcome you for another period? It may mean a little sacrifice on the part of some. The children are growing up and require more clothes, and their fares cost double what they did a year ago. Personal indulgences come in the way, to make us think that we can give up other things that we do not need; but we ask you all to consider the question of giving up your subscription to the PHRENOLOGICAL JOURNAL only as a final resort. What will your decision be? Send us what words of encouragement you can; let us realize that you are conscious that we have your interests at heart.

Will you not ask at the news-stands in Broadway and on the elevated railroad for a copy of the PHRENOLOGICAL

JOURNAL? We are glad to inform our readers that this is possible, and we want the concerted effort of all our readers, to encourage those who have this particular work at heart. Boys at the news-stands will keep our JOURNAL to the front if they find that people are interested in that Magazine, and by having the JOURNAL to the front, we give the general public an opportunity of seeing that there is such a periodical. Every little encouragement helps in the long run to increase the usefulness of the science, and although very little effort is required for individual persons to do what we ask, yet we will thoroughly appreciate any work of this kind. One subscriber (J. M. F.) has just secured fifteen new subscribers in the past four days.

We wish you all a Merry Christmas and a Happy New Year.

DEEP BREATHING.

There are some people in the world who do not know how to breathe properly. This is a great pity, for we cannot live without air, though we can live without food. Professor Washburn suggests the following method:

Seek a chair, inclined at a comfortable angle, and then make inhalations and exhalations as long and as gradual as possible. He aimed at breathing without any perceptible effort. The process was so gradual with him that, to an observer, he scarcely seemed to breathe at all; yet by practice he so developed his lung power and lung expansion that he could inhale air for four or five minutes. It will tax a beginner to inhale air gradually for one minute.

Professor Washburn's method is the

gradual method. He began by inflating the abdomen, then the ribs, then the chest, all very gradually, and without spasmodic effort. Then as gradually he exhaled, never letting go with a rush; never losing control of the

breathing, but bringing it more and more under the influence of the will, and finding his physical development daily increasing. We hope that our readers will adopt this method of increasing their own vital stamina.

REVIEWS.

In this department we give short reviews of such NEW BOOKS as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite

publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.

"The Story of My Life."—One of the important biographies that has been published during the year is the one written by



MISS KELLER AND MISS SULLIVAN.

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Miss Helen Keller. In a former number of the JOURNAL a portrait and sketch were given by Dr. Henry S. Drayton, when he described some of the Phrenological developments of this remarkable young lady. Though much of the material of her book has been brought out in magazine articles, the book in its totality forms a very interesting series of events in her life. To Scientists and Psychologists, as well as Phrenologists, Helen Keller has always been of very great interest since her remarkable case first became known. Those who have read her story will recognize something more than the story of a blind deaf-mute, especially since she acquired the power of speech as an evidence of the wonderful development she has made. Aside from this, it is of rare literary value. Once during the year she made a speech before the Massachusetts State Legislature, which is another indication of her versatility of mind. She made an appeal for legislation for the blind, and the appeal had that quality of value which did not depend alone on her

own sightlessness. When one stops to think that this girl cannot see anything in the world, and cannot hear a single sound, the wonder over her remarkable intellectuality is most marvelous. It indicates what her Phrenological developments also show—that she has the mental capacity to receive a superior education. Being a student at Radcliffe College, she spends seven or eight hours every day reading and studying hard; and now that the strain of her first college work is over, her health and spirits have revived, nor are her powers of enjoyment less marvelous than her eagerness for study.

Her autobiography was written with the co-operation of her teacher, Miss Sullivan, and Mr. John Macy, who state that the story is exactly as Miss Keller prepared and approved it. We cannot but think that the book will have a large sale, and will return to Miss Keller a handsome profit or royalty.

Published by Doubleday, Page & Co. Price, \$1.50.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of \$1.00 (5s. English) for twelve months' subscription to the PHRENOLOGICAL JOURNAL. Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

This month we show the breadth of our circulation under the above heading. One sketch is from New South Wales, Australia, another from India, another from Cairo, Egypt, another from Toronto, Canada, another from San Martin, Cal.

728.—R. S. M.—San Martin, Cal.—This little fellow, if he is rightly trained, should be able to show exceptional powers of mind and body. He will be worth training, consequently his powers should be thoroughly understood by both father and mother. He will show an endless amount of energy, and will rarely fatigue himself or be willing to give up and own that he is tired. He is brimful of fun, and must have some executive work given to him to do, even while he is young; in fact, he must be encouraged to use his blocks and later his tools to utilize his ingenuity. He has more than his share of inventive talent, and will contrive and devise many ways to use up

material he can lay his hands on. He will make an eloquent pleader, a public speaker, platform orator, and will show enthusiasm, ardor, and intensity of mind beyond the average boy. Keep his head cool and his feet and hands warm, and he will develop into a fine man one of these days.

729.—A. H., Cairo, Egypt.—The photographs of this gentleman indicate that he has great susceptibility of mind and is organized on a high key and is somewhat nervous and susceptible to surrounding influences. His intellectual capacity is equal to study, and if he has a good opportunity he should take up a course in Mental Philosophy, where he could use his reasoning capacity; or he could succeed well as an electrician, for the study of electricity would be of considerable interest to him. He should be able to understand the languages and translate well and become a linguist; in fact, this work would be comparatively easy to him. He must talk a little more himself, and get into the habit of entertaining his friends. He is too liable to think and work out problems by himself, and not mix quite enough with other people. Were he to cultivate his conversational powers, he would be able to teach the languages, and his pupils or students would enjoy taking lessons from him. He has quite a refined mind, and likes to have everything of the very best quality. He knows how to adapt himself to other people, hence could enjoy traveling and mixing with foreigners, and would know how to suit himself

to a change of circumstances. Sometime he had better have a fuller delineation of character.

730.—Gustave, Campbellford, Toronto, Canada.—This lad is old for his age, and will show quite a disposition to be manly and take responsibilities in advance of his years. He will not want to be treated like a little boy, but will enjoy sitting up quite often until his parents go to bed, especially if they have anyone visiting them in the

than ordinary ability. He will be a first-rate talker. All he will require will be an audience to listen to him. He had better become a public speaker, a teacher, a physician, and engage in public work, and let others of his acquaintance do the private work or the indoor and sedentary work.

731.—E. W. F., Mosmans, N. S. W., Australia.—Your photographs indicate that you are a man who should take a great interest in scientific subjects, for your perceptive in-



R. S. M., SAN MARTIN, CAL.

evening. He wants to hear everything that is going on around him, and he will fear that if he goes to bed he will lose some important items of news. He has a sunny disposition, and will show more than an average degree of interest in helping and assisting others in their work, hence his mother had better let him help her in doing many little chores about the house. He will succeed in professional work; in fact, could diagnose disease correctly, and could come to his ideas about various treatments that should be given to his patients with more

tellec is very strongly developed. Yours is not what might be called by some a retreating forehead, but it is owing to the prominence of your perceptive faculties that your reasoning qualities, such as Causality and Comprehension, do not show to so good an account. You are utilitarian in your way of looking at things, and like to study the why and the wherefore of every study you investigate. You would make an excellent teacher, professor, lecturer or student of human nature and a practical Phrenologist. You will always say a thing in as few words

as possible, and will, on this account, get in a good deal of practical knowledge into any speech you may make. Persons will be interested to hear you, because you will have something to feed their intelligence.

732.—T. Lunsdon, Edmondsley, Eng.—The photograph represents an active temperament, an ambitious nature, and a resolute character. He is a "handy man," can readily adapt himself to different kinds of work, and he will be industrious in solving any difficult subject in which he is interested. His abilities are artistic and constructive.

He should take an interest in public work, where he will have scope for his energies, and the opportunity of exercising and putting into practice his many schemes for the benefit of his fellow-men. He must control his impulsiveness, apply himself to one thing at a time, and have his plans well matured before executing them. He is earnest in his work, sympathetic, and buoyant, and has the ability to express himself clearly and well. He should be careful in choosing his friends, for he is apt to be too easily influenced by his environment.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY will be answered in this department. But our question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.

IF YOU USE A PSEUDONYM OR INITIALS, write your full name and address also. Some correspondents forget to sign their names.

W. N. C.—Woonsocket.—Your question concerning the duality of the mind, namely, the subjective and objective self, will receive further consideration. We regret that the present number is too full to allow of its free discussion.

S. T.—Pa.—Many thanks for answering our query in the last issue of the Journal in regard to the school for the two delicate boys whom we described. We have sent your suggestion to the right parties. We wish that all children who are unfortunate, such as the above-mentioned children, could have the proper care and attention of wise, thoughtful teachers. We have schools for the bright and intelligent children, but there are none too many opportunities for children who are backward to have the right kind of training.

G. P.—New York.—You ask us with regard to left-handedness. In reply, we would state that we have found that when a person is left-handed the right side of the brain is more active than the left; while, when the person is right-handed, we find that the left side of the brain is more fully developed. The case of a child came under our notice yesterday who was left-handed. He had never been taught to write with his left hand, and his writing with his right hand was cramped and imperfect. We would advise persons whose children are left-handed to allow them to be trained, first to write with the left hand in a natural way and afterward teach them to use the right hand, so that both hemispheres may be carefully trained and educated; but they should not

neglect the education of the side of the brain that comes easily to the child to express, otherwise he will not be perfect in writing with either left or right, at least until he has had considerable experience. We saw a piece in the paper the other day which very clearly answered the question: "Are we left-minded?" It was written by Dr. Withrow, of London. He said that persons do not ordinarily trouble themselves much as to how far their brain influences their most ordinary muscular actions of every-day life, and yet it is a fact that before you move a limb the order to move that limb must be conveyed to it from the brain. The headquarters in the brain from where these orders are issued is known as the speech-center. The speech-center, when more strongly developed on the right side, transmits orders more rapidly to the left than to the right limbs, and makes the person what is generally called left-handed, though in reality a more correct term would be right-minded.

On the other hand, a person having a strong development of the speech-center on the left, will exercise his right limbs more readily than his left, and such an individual might be called left-minded. "When children," he says, "naturally use their left hand in preference to their right, they are simply obeying the orders issued from the brain, and if not taught to use their right hand will grow up left-handed. When taught from their earliest years to use their right hand, they will find no difficulty in doing so later on because the habit becomes so strong. But I have seen one or two instances where reversion to the use of the left hand has come about late in life. One case was after a long attack of fever, when, during a period of delirium, the patient began to use his left hand more than the right, and during recovery took his medicine with his left hand."

Be sure to have your boy trained to use both right and left hands.

FIELD NOTES.

The well-known Phrenologist, Prof. George Morris, has been lecturing through the northwest during the past season on "Phrenology," "Health," and kindred subjects; and, finding the vaccination question grown so grave and threatening, he has added a brief discussion of that subject to one of his addresses. "The Liberator," Minneapolis, makes the following allusions to this subject:

He first refers to the sudden access of modesty and reticence on the part of the medical men in relation to vaccination, and attributes it to the activity of the Twin City Anti-Vaccinists and the ventilation of the question in the daily papers during the past winter. He then says:

"In every town we see people of all ages worse than dead—Vaccination did it, they say. And out among the farmers it is almost as bad. . . . I must tell you of a town of 1,200 I lectured in a few weeks ago. In that town, about two and a half years ago, when the small-pox scare began, the Presbyterian preacher and his wife were vaccinated. He was so sick he could not preach again for four months, and his wife was sick for a year after, and they are both worse than dead now.

"In the same town the M. E. preacher told his experience at Evansville, Ill., where he was attending a Theological school, and the principal told the students in chapel on Friday they must be vaccinated before Monday or be suspended. There was some anti-vaccination literature among the students, and it was made to work hard Friday and Saturday. Monday morning at chapel the professor asked if they had all been vaccinated. He was nearly paralyzed at the array of antis who stood up in rebellion, and their spokesman gave such good reasons for not being vaccinated that he got down from his high horse and discreetly remarked that he only spoke in an *'advisory way,'* and the subject was dropped. That young preacher is a robust man.

"In that same town the 'city marshal' told me he would not have any more vaccinating in his family, for his eldest daughter almost lost her arm from it—he thought it would rot off—and she is not well yet.

"A hotel-keeper in the same place had a son aged 17 vaccinated in the same scare two and a half years ago, and now he has a bad skin disease he feels sure is a result of it.

"Two married women in the same little town have sad tales to tell of what they have suffered for many years from vaccination.

"In view of all that I see and hear I do not hesitate to say to my audiences that Cole Younger, Jesse James, and the bandit

Tracy were not one of them guilty of so cruel a crime as that of putting poison into the blood of a child for the sake of fifty cents or a dollar."

The Dixon's Graphite Lubricants, as prepared by Joseph Dixon Crucible Company, Jersey City, N. J., are the best in the world, and a pamphlet explaining the same shows how valuable these are. Some are used for piano-action, others for handoil-pump.

FOWLER INSTITUTE REPORT.

The first meeting of the session was held on October 7th, Mr. A. E. Byron, F.F.P.I., in the chair. Mr. D. T. Elliott took as the subject of his address: "What is Phrenology," and referred to the many erroneous conceptions of the subject entertained by those who are ignorant of its true claims. The lecturer dealt with the scientific and practical aspects of the subject, and showed in what way it can be of use to all classes of the community. An interesting discussion followed, in which the Chairman, Messrs. Williamson, Dayes, and Hills took part. After replying to several questions, Mr. Elliott examined a gentleman from the audience, and votes of thanks brought the meeting to a close.

During this winter the public lectures will be given on the first Wednesday evening in the month.

Special meetings are still held on the last Tuesday evening in the month for all past and present students. These meetings are for the specific purpose of studying practical Phrenology.

On November 4th Mr. R. Druidale Stocker gave an interesting address on Physiognomy, and on December 2d Mr. Alfred Dayes gave a practical lecture on Phrenology. At the close of each paper Mr. Elliott made some Phrenological examinations. On January 6, 1904, an address will be given by Rev. F. W. Wilkinson.

MARRIAGE OF PROFESSOR BLACK.

As announced in the Waterloo "Courier," Prof. R. J. Black, the well-known Phrenologist, was married in Waterloo to Miss May Irvine in October, and they are now occupying Mr. Black's residence on Clay Street, Vinton, Iowa. Mr. Black received hearty congratulations from his friends on his arrival home.

"Rev. Frank H. York was the officiating clergyman at the ceremony. Mr. Black is quite well known in Waterloo, where he has practiced his profession for some time. He is a man of means, and possessed of good habits and good principles.

"Too much cannot be said in favor of the bride, who is one of the best-known and most highly respected young ladies of our city, being endowed with a most lovable disposition, an intelligent, well-balanced mind and many beautiful traits of character that make her attractive to all who know her.

"The wedding was a very quiet one, and a host of Waterloo people will regret that they did not have an opportunity to personally extend their congratulations and wish the couple happiness and prosperity in their new home."

AUSTRALIAN PHRENOLOGICAL AND HEALTH INSTITUTE.

Lectures are held every Tuesday evening at the Athenæum, 188 Collins Street, Melbourne, right in the heart of the city. Mr. Stephen Norman Thompson, a gentleman well known as a lecturer and phrenologist, is the examiner to the Institute, and has filled his place on the Syllabus with earnestness and ability.

The Institute was opened to the public on February 24, 1903, when Mr. James Brake, the president, occupied the chair, and, in a few well-chosen words, introduced Mr. Thompson as Lecturer and Examiner to the Institute.

Mr. Thompson then delivered his first lecture, on "Our Institute: Its Aims and Objects," which was listened to with great attention and appreciation by the audience. Since then the attendance at our meetings has increased night after night.

We have gone through a lengthy programme of no less than twenty-six lectures, by various experts, dealing principally with the science of Phrenology and Hygiene, Heredity, Physical Culture, etc. Which is the most popular subject it would be hard to say, as every meeting seems to bring new interest and good audiences. We have had two quarterly reunions of associates and friends, who were favored with music, songs, recitations, and speeches, all in keeping with the object we have in view.

As an Institute we are moving slowly and endeavoring to establish a firm footing as an educational and scientific center, and have now over 200 names on our associate books.

We are looking with bright hopes for the future success of the Institute, and that much good may be done not only in disseminating knowledge by means of lectures and advice but from practical demonstrations of human science in all its branches.

It may be well to state that after each lecture questions are put and answered, after which delineations are given by the examiner.

Henry Cross, Sec.

SWEDEN.

Mr. W. E. Youngquist has returned to his native country, and has there started a Phrenological society, with the enthusiasm of his countrymen. He has also delivered over fifty lectures in Stockholm, Sweden, and seems to be arousing the attention of the people of the land of the midnight sun; besides this, he has been giving instruction to classes. Many of the students who compose the classes are, according to report, taking a deep interest in the subject of Phrenology. The Swedes seem to have a peculiar aptitude for understanding the subject, and have succeeded remarkably well in absorbing their instruction. Mr. Youngquist has also been busy examining heads, and has issued a Phrenological magazine, price 15 cents for the double number, or 10 cents for single copies. He has the advantage of knowing the language, and of being able to present the subject to his own people in an interesting and eloquent way. We wish him every success.

The lecture delivered in Dougherty's Hall, Thursday, September 16th, by Professor Hummel, the eminent phrenologist, was listened to by a fair-sized audience, and was highly appreciated. The subject was "Mental Science, from the Phrenological Standpoint," and was ably handled by the professor. To-night he will lecture on "Love, Courtship, and Marriage; or, How to Marry and Stay Married."—The Shenandoah, Pa., "Herald."

Mr. J. M. Fitzgerald has been busy lecturing in Chicago before numerous societies. He has sent us recently fifteen new subscribers to the PHRENOLOGICAL JOURNAL, which were obtained in one month, notably among judges, doctors, and business men. Mr. Fitzgerald has a high ideal concerning Phrenology.

NOTICE OF THE AMERICAN INSTITUTE OF PHRENOLOGY.

Lectures.

On Tuesday, December 1st, Dr. Constantine F. McGuire will lecture before the American Institute of Phrenology at 8 o'clock on "Health; or, the Best Way to Obtain it on Phrenological Principles." Phrenological examinations will be interspersed through the various points of the address by Miss Jessie A. Fowler.

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AGENTS WANTED for the **PHRENOLOGICAL JOURNAL** and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"**Human Nature**," edited by Allan Haddock—San Francisco, Cal.—is always brainy and its articles full of practical suggestiveness. We wish him God-speed and success in all his endeavors to enlighten the world on the important subject of Phrenology.

"**The Popular Phrenologist**"—London.—This magazine contains from month to month interesting Phrenological sketches; also advice to children and some scientific articles of great moment.

"**Human Culture**"—Chicago, Ill.—Under the management of Mrs. Vaught this magazine is carried on with its usual interest.

"**The Christian Work and Evangelist**"—New York—has always some interesting points concerning things of to-day. "**The Up-to-Date Points of View**" is an important heading of an article in a recent number. This is a paper that is well worth reading.

"**The Mother's Journal**"—New Haven, Conn.—aims at teaching parents what to do and how to do it in the home.

"**The New Church Messenger**"—St. Louis—has in a recent number an article on "**Tenderness and Knowledge**" and "**How to Think of God**," by Charles H. Mann. Both articles are intensely interesting.

"**The Hospital**"—London—is an admirable monthly, and is interesting not only to nurses and medical men and women but also as a medium of information. A recent number contains "**The Value of Examination of Blood in Appendicitis**."

"**The Churchman**"—New York.—Among other interesting articles in this excellently edited magazine is a report of the eighteenth National Convention of the Brotherhood of St. Andrew, illustrated. The picture of the Right Rev. William Lawrence, D.D., Bishop of Massachusetts, is one that shows mental caliber above the average.

"**The American Weekly Agriculturist**"—Springfield, Mass.—contains a frontispiece, with portraits of the leading spirits of the National Association of Agricultural Implements and Vehicle Manufacturers.

"**The Club Woman**," or "**Woman's World**"—for October—is full of interest to women all over the country. It contains the portraits of many leading women. All club women should see a copy every month, for it seems to fulfill just the want that so many people have been looking to have supplied during the past few years.

"**The American Art Journal**"—New York—contains a portrait of Richard Strauss, who will be the lion of the American concert season.

"**The New Voice**"—Chicago—has always something of interest from the pen of its editor, John G. Woolley.

"**The Leader**"—Providence, R. I.—contains an excellent article on "**Emerson as an Educator**," by Charles W. Eliot, President of Harvard. Anything from this man's pen is valuable as an educational contribution. The first article is on "**Alexander Graham Bell**."

"**The Woman's Tribune**"—Washington, D. C.—This is a four-page paper, and we

doubt if any paper contains so much condensed news as this one. The editor, Clara B. Colby, has an article on "Side Lights on Elizabeth Cady Stanton," which is, as well may be imagined, an intensely interesting article.

"The New York Observer"—contains bright and interesting editorials and accounts of travels in various parts of the world by those well able to relate their experiences.

"The Logos Magazine"—California.—Edited by Sara Thacker. An article on what constitutes Life is an important one in this number.

"Lippincott's Monthly"—Philadelphia—contains a story entitled "A House Divided," by Ella Middleton Tybout, which is the principal story in the November number. An interview with Italy's Queen, by Maud Howe, is interesting, and brings us in close touch with royalty.

"Mind"—edited by Charles Brodie Patterson, N. Y.—contains an article on "The Christ of To-Day," by Ellen M. Dyer.

"The Review of Reviews, or, The American Monthly," edited by Albert Shaw—New York.—This magazine is the best magazine issued in the country for giving a practical idea of what is taking place not only in America but in other parts of the world. It keeps up its interest from month to month. We should not know what to do without it.

"Normal Instructor," or "Teachers' World"—Dansville, N. Y.—This magazine is ever on the lookout for something useful and instructive for the teacher. One would think, on laying down one copy, that everything had been said that could be said on that particular subject, but when the next number appears there is something just as interesting to take its place. One article on "Blackboard Illustrative Sketching in Connection with our other Studies" is particularly interesting.

"Health"—New York.—This magazine, as its name indicates, presents from month to month a series of interesting articles on the popular subject of Health. The first article, by Annie Stevens Perkins, on "Determining to be Well," is well worth anyone's reading.

"Good Health"—Battle Creek, Mich.—This magazine has always some practical hints on Health and Dress as well as the Science in the Kitchen.

"Club Woman." New York, for December.—Decorated in green and red, bright with the Christmas trees, holly wreathes, and bells, the "Club Woman" for December offers an unusually attractive appearance, and while the artistic make-up and ornamentation pleases the eye, the contents appeal with equal force to the mind.

PUBLISHERS' DEPARTMENT.

WHAT THEY SAY.

"I received the outfit all O. K., and am pleased with it, and will likely send for cuts soon, representing the different Temperaments and the different makings-up of man.
"F. S.,
"Spencer, Neb."

"I want to thank you by letter, as I cannot seem to get around there to thank you in person, as I had hoped to do, for the fine Phrenological Cabinets you so kindly sent of my children. It was certainly most kind of you, and I want you to know that I appreciate it very much, and shall do all in my power to recommend you to my friends, whenever and wherever I can. Rufus has taken a position in the real estate business, and seems to like it, and is doing very well indeed for a beginner, but I am most anxious he should give up smoking. He does not smoke as much as he did, but it seems hard for him to drop it altogether.
"M. E. R.,
"East Liverpool, O."

"My son sent the measurements of his head for you to delineate his character. We were all well pleased with its truthfulness. I have a friend whom I advised to go to you. She has two boys, and would like to know what occupation to put them to.
"I. E. C.,
"Upper Alton, Ill."

The Dixon's Graphite Axle Grease, the Dixon's Standard Grease, the Dixon's Cup Grease, the Dixon's Graphite Wood Grease, the Dixon's Graphite Curve Grease, the Dixon's "Graphitoleo," the Dixon's Cycle Chain Graphite, and the Dixon's Motor Chain Compound are some of their valuable products, others of which we will mention hereafter. The Dixon Crucible Company has become a vital living entity owing to the fact that they have the right men to work their material, and, secondly, they have the right material to present to the public. In the October number of the "Graphite" the portraits of some twenty or more of the principal helpers, including managers, officers, superintendents, and salesmen, of the Dixon Crucible Company, were given, with a short sketch of each individual. The sketches were made without any names being attached. The whole number presents a remarkable collection of well-selected men—in fact, those who have this work of selection to do are very intuitive in reading character correctly. Other business houses are following their example and getting us to give an estimate of their employees—in fact, it has been done with great success in other houses in New York City and elsewhere.

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We thought it might be interesting to the Dixon boys if they could see themselves as pictured by the character reader of the world-wide known phrenologists, Fowler & Wells, of New York, so we directed that the pictures of the young men be sent over, and, in order that no clew might be given, a number was given to each picture instead of a name. The names have been added since we received the “readings.”

Through an error of the clerk who sent over the pictures, that of Joseph Dixon and the officers and four of the Dixon superintendents were included. When all were returned our general manager decided that officers and superintendents might just as well stand up and face the music as the Dixon salesmen. So here we are all together, tagged and numbered.

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The Annual Report of the American Institute of Phrenology is now ready, and may be had on receipt of a two-cent stamp.

The Salutatory is a paper by Rev. Albert Wieand, of Ohio, entitled “Psychology and its Relation to Phrenology,” and this paper alone should be in every library, but the following three papers are equally interesting and instructive: “The Training of Children,” by Mary M. Fowling; “How I became Interested in Phrenology,” by John Barrowman; the Valedictory, “The Uplifting of Phrenology,” by Miss Rose J. Sears, of Massachusetts.

The Phrenological Annual and Register will be issued on January 1, 1904, price, 25 cents. Besides the usual field-notes and items of interest, there will be papers by Miss Doll, Mr. Drowatzky, Mrs. Dr. Smith, Mr. De Lancey Allen, Mr. W. Rockwell Kent, and Miss Adina Minott—students of the American Institute of Phrenology.

“Human Nature,” San Francisco, Cal., is edited by Allen Haddock.

“New York City.”

“I received the letter-heads the 17th by express, and well pleased with them. I wish to thank you for your prompt shipment.

“W. E. G.,

A series of chapters have appeared in “Human Nature” on the editor’s trip to Europe. The next chapter, however, will be the closing one, ending up the series with a visit to the Paris Exhibition, and a pilgrimage to the grave of the immortal Dr. Gall, the founder of Phrenology, and whose remains lie in the fine old cemetery of Père La Chaise.

Mr. Haddock writes: “Fowler & Wells Co., New York, have supplied us with a remarkable set of new books, to which we beg leave to call our readers’ attention to the announcements on the last page. The books are up-to-date both in subject matter, letterpress, the binding, and the price. Just think of it—these splendid books only 50 cents, postage paid.”

“Life of Dr. Gall,” by J. A. Fowler, contains an examination of his skull which she made when on a visit to the Anthropological Institute, Jardin des Plantes, Paris, and also a portrait of Dr. Gall’s grave, Père La Chaise, and the Anthropological Institute.

“Success and Power, and How to Attain It; Natural Sciences, Wisdom, Religion, Soul, Mind, and Body; Human Nature, and its Culture, founded on the Astrologic and Psychologic Principles and finally Expressed through Phrenology and Physiology,” by W. Rockwell Kent, A.M., A.S.D., Ph.D. Price, paper, 25 cents.

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