

HUMAN CULTURE

VOL. 5.

CHICAGO, ILLINOIS, JUNE 5, 1903.

No. 6

THIS NUMBER CONTAINS A REMARKABLE ARTICLE UPON
HOW TO HANDLE PEOPLE



L. A. VAUGHT, Editor and Publisher, CHICAGO, U. S. A.

10c. A COPY

130 Dearborn Street

\$1.00 A YEAR

OSTEOPATHY

A Natural Method of
Curing Disease—
NO DRUGS.

The American School of Osteopathy,

KIRKSVILLE, MISSOURI.

The Largest and Foremost Osteopathic College in the World. Dr. A. T. Still, Founder of the Science, President.

The history of the American School of Osteopathy is little less than the history of the growth and development of the science itself. And to say that the science of osteopathy is unique in the rapidity and stability of its growth only calls attention to the fact that the American School has likewise made phenomenal progress since its founding in 1892. At that time its faculty consisted of one man—the founder—its student body a half dozen men and women, its home a room in a cottage. During the past year over **Seven Hundred** students have been in attendance, presided over by the founder, Dr. A. T. Still, assisted by a corps of **Twenty-Five** able instructors, and cared for in a building twice enlarged and costing, with its equipments, over \$100,000.

That the school has become established in the full sense of the word is evident from all viewpoints. In its equipment and facilities for teaching it occupies first rank. The laboratory method of teaching, so popular at the present time in all scientific institutions, has been pushed to its farthest workable limits. Hence in the anatomical department the student becomes familiar not so much with the printed page as with the actual form and substance of the body by means

of skeleton, manikin and models, as well as examinations of the living body and dissections from the cadaver. The physiological laboratory is furnished with a very complete outfit of apparatus for the purpose of demonstrating the various functions of the organism. It is equally true of the other departments, including those of chemistry, histology, pathology, bacteriology, x-radiance and theory and practice of osteopathy. Students are expected and required to substantiate what has been taught didactically by direct experimental work. Clinical advantages are unlimited.

Prospective Students should bear in mind the following Facts:

—1. The A. S. O. is presided over by Dr. A. T. Still, the founder of the science. 2. It is the largest and best equipped osteopathic college in the world. 3. Its faculty is the largest, ablest and most experienced in teaching and practice. 4. Anatomy is taught in every term and dissection is required. 5. The A. S. O. is the recognized headquarters for genuine osteopathy—the parent school. 6. Its graduates are uniformly successful in practice. 7. The true, genuine osteopathy spirit pervades the teaching in every department.

COURSE OF STUDY.

The course of study covers a period of two years, divided into four terms of five months each. Classes are formed in September and February of each year, at which time new students may matriculate.

Write for catalogue or sample copy of Journal of Osteopathy. Next term opens September 1, 1903.

AMERICAN SCHOOL OF OSTEOPATHY, KIRKSVILLE, MISSOURI.

FREE



Premiums given with Subscriptions to Human Culture

With 10 \$1.00 subscriptions we give the human skull, as per cut shown. With 5 \$1.00 subscriptions we give a copy of Dr. Hollander's new book, "Scientific Phrenology." With 3 \$1.00 subscriptions we give a copy of "Vaught's Practical Character Reader." With 2 \$1.00 subscriptions we give a copy of L. A. Vaught's Human Chart, "You." With 1 \$1.00 subscription we give a copy of L. A. Vaught's "Selfishness."

HUMAN CULTURE, 130 Dearborn Street, CHICAGO.

CONTENTS

How to Handle People - L. A. Vaught

The Need of a General Knowledge
of Phrenology - E. F. Weston

John F. Gilbert—Sketch Artist of
The Detroit Free Press

Physical Culture Dr. Albert Whitehouse

The Relation Between Brain and
Skull - Bernard Hollander

Mr. Alimentiveness' Vacation
Wm. Bachop

Miscellaneous

June, 1903

HUMAN CULTURE

Vol. 5

CHICAGO, JUNE 5, 1903.

No. 6

HOW TO HANDLE PEOPLE

Lecture delivered by Prof. L. A. Vaught before the Sheldon School of Scientific Salesmanship. Through Courtesy of A. F. Sheldon.

The Relation of Character Reading to Scientific Salesmanship.

The relation of character reading to Scientific Salesmanship is a vital one. No two human beings are alike. Each one has an individuality of his own. This is possible because the elements that constitute human nature the world over are inherited in very different degrees of strength.

There are forty-two of these mental elements. Some of these are social in their nature, some selfish and others intellectual. Happily they are not all located in a particular part of the brain. Certain elements are always to be found in certain lobes of the brain and never anywhere else. Therefore, human nature can be read. It shows itself. It gives itself away. It stands out so all may see if they but know *where* to look and *what* to look for. Heads and faces tell the story. Both ought to be used in reading men. Both may be used very practically.

MIND IS THE BUILDER.

There is a very simple reason for this. The mind is the real man and gives its character to all the rest. All natural heads, faces and bodies are simply the result of *mental formation*. The head is shaped, the face is shaped, the body is shaped by the *formation* of the mind that builds it. *At the beginning* of an individual life a certain mental formation takes place. Heredity, marriage and all of the conditions at the time of conception have to do with the *particular* formation of the mind of the individual child. Mental formation is a particular proportion of the forty-two faculties. When one has inherited the vital faculties, Alimentiveness. Amativeness and Vitativeness, in a stronger degree than all of the other faculties, he has a certain mental proportion and a mental formation in which the vital faculties predominate. What is the result? A head, face and body that are round in shape and what is called the Vital Temperament. This is as simple as two plus two equals four. No one can have a round face or head or body any other way. There is no other way to have a vital temperament."

Hereditary mental formation, then, decides the temperament. There is nothing more in temperament than there is in the predominance of certain faculties in the individual mental constitution. What is true of temperament is true of physiognomy, sex, quality and *everything* else. Mental for-

mation decides the disposition, sex, character, talent, tendency, health, endurance, concentration, progress, success and genius of any and all individuals among all races. It is the first thing to be considered in character reading and the selection of a vocation. The first thing to be considered in the study of heads, faces, temperaments, walks, actions, voices and bodies. The first thing to be considered in the study of classes and races of people. It is pre-eminently first. Individuals, classes, tribes, nationalities and races all become wonderfully clear when we thoroughly understand their *mental formation*.

In the external showing of this mental formation the head itself is the most reliable. In fact, it is perfectly reliable when not malformed by accident of some kind.

"HEAD AND HEART."

In common parlance the terms "Head" and "Heart" are very prevalent. What do they mean in a scientific sense? They mean *intellect and feeling*—head stands for intellect and heart for feeling. These two general divisions of the human mind may be localized very easily and definitely by all. Take a man without any baldness and his intellect is represented externally by all that part of the head not covered with hair, and feeling is represented by all that part of the head covered with hair. This makes the geography of the head and heart in their figurative sense *very definite*.

HEAD LINES,—Which rules, intellect or feeling?

It is a valuable point, though merely in the A B C of Character Reading, to be able to tell when head leads heart, and vice versa. When the whole forehead is very prominent and no other section of the head stands out so well, then head leads heart. In other words, cold intellect is dominant in the mental make-up of the man or woman. In selling to such a party, one should appeal to reason, judgment, observation and common sense and present facts and sound logic. Such people want to see, think it over, understand it, and come to an *intellectual* conclusion. They are not governed by feeling and it will be useless to try to arouse them in this way.

WHERE HEART LEADS HEAD.

When heart leads head in the mental make-up of any one, a portion or all of that part of the head covered by the hair will be relatively larger than the forehead. This can

be detected at a glance in many cases. Then some of the feelings are supreme. Then a man will listen and be influenced by sentiment, friendship, pride, vanity, love, honor, kindness, fear, respect, anger, appetite or some other feeling. This is a rule that can be absolutely depended upon. It is infallible. This division of human nature is so palpable and clean-cut that a mere child can be taught to apply it. But these two general divisions may further be very practically extended into sub-divisions: The head into two and the heart into five, thus:

Intellect or { Looking intellect.
 "Head" into { Thinking intellect.

Feeling or { Moral feeling,
 "Heart" into { Esthetic feeling,
 { Ambition feeling,
 { Social feeling,
 { Selfish feeling,

Let us consider these various sub-divisions in the order named, beginning with the Head:

(To be continued next month.)

The Need of a General Use of Phrenology.

By E. F. Weston.

It is a matter of amazement that the great value of phrenology to people in all walks and occupations of life is not more generally recognized. It is only, one might say, the profound student of phrenology who appreciates its value. We have always felt that it was a great misfortune that phrenology was not taught in the public schools as one of the branches of greatest value that the student could pursue. Youth is the best time to cultivate the faculties that are weak, or to modify those that are too strong relatively, and as one approaches the time of life when he must take up its burdens and make a place for himself, it will show him what he is best fitted to do, and the dangers he should avoid. For instance, the writer, when a young man, if he had understood the principles of phrenology, would have taken up the law, the study and practice of which would have always been a pleasure, whereas business life has always been distasteful. As a rule, of course, parents desire to do that which is of the greatest benefit to their children, and it is unfortunate that they do not realize that the most valuable thing they could do as affecting the future of their children's lives, would be, first, to have an examination by a competent phrenologist, to determine, at the proper time in life, what would be their true vocations, thus placing them where they would enjoy the effort necessary to make a success; for where work is viewed as a pleasure, the necessary effort and concentration is put into the labor of the individual so it is bound to bring success. As stated above, the labor of the writer in the business world has always been a burden, and is not to his taste. However, with the drawback of natural distaste for business

life, he feels that his practical use of phrenology, in selecting men, judging as to their ability for a particular class of work, and their character and integrity, has been of inestimable value to him; and so far as he can recall no mistake has been made in the outcome of men selected for particular work according to the principles of phrenology. It is also of the greatest value in judging how to approach other men on business matters; and to the business man who has to pass upon the extension of credits it is invaluable, so far as judging the integrity of the individual is concerned. The writer has knowledge of a business man whose business is of such a nature that it is done with a very large per cent of men who have limited capital, and where the credits are based mainly upon the integrity and ability of the individual, rather than upon the amount of capital involved, and thus far, in a ten years' experience, in a business involving credits of several hundred thousand dollars each year, no loss has been met with from misjudging these qualities in the individual. These illustrations could be extended indefinitely, as applied to all walks and vocations of life, and the writer can think of nothing that would be of so great and immediate value to all the people as to have phrenology introduced and taught in the public schools.

(Talk by John F. Gilbert before Professor Vaught's Noonday Lecture Audience on April 25th, 1903.)

I am here in Chicago advising with Professor Vaught and telling him more than I have written him of my experience within the past year. I will say that I am now in a position to appreciate the great work the professor is doing.

Less than a year ago I happened to pass Professor Vaught's office and noticed his drawings, etc., outside, and with the thought that possibly I might obtain employment from him, I entered. I was penniless and very much discouraged. I was only 19 years of age and had not thought of what profession or vocation I would follow in life, but was simply drifting. Almost immediately, Professor Vaught recognized my talent and advised me to enter the field of art and especially of caricature drawing for the newspapers, as he said I was specially adapted for this line of work. He encouraged me in every way and told me there was no limit to my ultimate success in this field.

I immediately started to work to carry out his advice. In a few months I had a position on one of the Michigan newspapers, starting on a small salary, and within this past year I have received four promotions. Today I am considering four flattering propositions that have been made me by four of the largest papers in the State of Michigan as cartoon artist. I have also received several letters from leading newspaper men, complimenting me upon my work and advising as to a bright future as a newspaper cartoon artist.

I hope, ladies and gentlemen, that you will not think from what I have said that I am bragging or that I am conceited.

I am simply contrasting my present situation with what it was a year ago, to show what phrenology has done for me and what it can do for all other young people.

This profession that I am now so well started in, I like very much and am confident that I will realize the success that Professor Vaught predicted for me, and for what success I have attained up to this time and what I will attain in the future, I have Professor Vaught to thank.



JOHN F. GILBERT, Sketch Artist on the Detroit Free Press.

Look at this face. Remember it. This young man is bound to become famous as a cartoon artist. There is no question of his talent. He has the mental ability to think up original and catchy ideas. He has overwhelming ambition to make him work hard. I dare say that in two years time he will be known all over the United States.

L. A. VAUGHT.



"Drop a Pebble in the Water."

Gus Williams in Sovereign Visitor.

Drop a pebble in the water—just a splash, and it is gone,
But there's half a hundred ripples circling on, and on, and
on,

Spread, spreading from the center, flowing on out to the sea,
And there ain't no way of telling where the end is going to
be.

Drop a pebble in the water—in a minute you forget,
But there's little waves a-flowing, and there's ripples circling
yet;

And those little waves a-flowing, to a great big wave has
grown,

And you've disturbed a mighty river, just by dropping in a
stone.

Drop an unkind word, or careless—in a minute it is gone,
But there's half a hundred ripples circling on, and on, and
on;

They keep spreading, spreading, spreading from the center
as they go,

And ther ain't no way to stop them, once you've started them
to flow.

Drop an unkind word, or careless—in a minute you forget,
But there's little waves a-flowing, and there's ripples circling
yet;

And, perhaps, in some sad heart, a mighty wave of tears
you've stirred,

And disturbed a life that's happy, when you dropped that
unkind word.

Drop a word of cheer and kindness—just a flash, and it is
gone,

But there's half a hundred ripples circling on, and on, and
on;

Bearing hope and joy and comfort on each splashing, dash-
ing wave,

Till you wouldn't believe the volume of the one kind word
you gave.

Drop a word of cheer and kindness—in a minute you forget,
But there's gladness still a-swelling, and there's joy a-cir-
cling yet;

And you've rolled a wave of comfort, whose sweet music
can be heard,

Over miles and miles of water, just by dropping a kind word.

The goal so shadowy seems and dim,
Yet plod on through the dark,
Brave heart,
With all thy might and main.
Not a work will be lost, no struggle vain,
Though hopes be blighted, powers gone;
Hold on yet awhile,
Brave soul,
No good is e'er undone.

—Vivekananda.

The Relation Between Brain and Skull.

(Extracts taken from Dr. Hollander's great work, "Mental Functions of the Brain.")

Is it possible to ascertain the relative size of the different convolutions during life by observing the different forms of the skull to which the brain gives its shape? Does the shape of the skull harmonize with the conformation of the brain? Certainly it does. The best modern authorities have now established as much as was ever claimed by Gall. I do not know of a single anatomist who denies that it is the brain which gives the form to the skull.

* * *

The bones of the head, like all the other bones of the body, are alive, and their life is animal life; they are permeated by blood-vessels and absorbents; their materials are continuously in the course of removal and redispotion.

Every child is born with a tendency to that form of head which it afterwards assumes. To allow of this, the brain of the fœtus is not surrounded by any osseous substance, but by a transparent cartilaginous membrane. Centers of ossification form about the eighth week.

* * *

Observe children's heads at different ages. The cerebral cavity, and consequently the whole contour of the head, enlarges in the same proportion as the brain increases in size, and this simultaneous enlargement continues so long as the head goes on growing.

Even at a very early age the convolutions are found impressed on the interior table of the cranium. Manonvriev pointed out that the impressions of the convolutions on the inner surface of the skull are unshakable proofs; firstly, that the brain fits closely to the skull; and secondly, that its position does not change, but lies immovable.—(Societe d'Anthropologie de Paris; Meeting of 4th November, 1885.)

There is no real hindrance to the estimation of the different parts of the brain in living individuals, as must be admitted by every one who compares the illustrations in this book. The objection which has been raised by anti-phrenologists presents in point of absurdity almost an exact parallelism with avowing a disbelief in astronomy, on account of the aberration of sight or the unavoidable errors in optical instruments.

* * *

On this subject nothing more decisive could be quoted than Sir G. M. Humphrey's *Treatise on the Human Skeletons*: "The skull is moulded upon the brain, and grows in accordance with it. The size and general shape of the brain may be estimated with tolerable accuracy by the size and general shape of the skull. *The opponents of phrenology, by denying this, do not in the least advantage their cause in the situation of thinking persons, because the statement is of a kind at once to commend itself to common sense as being highly probable.* The frontal sinuses and the project-

ing ridges, the inequalities on the surface of the skull, which have no correspondence in the interior, do not amount to much, and show only that allowance must be made, and that we must not expect in this way to form an accurate estimate; but they do not affect the principle that the skull is moulded upon and fitted to the brain, and that its exterior does, as a general rule, convey pretty accurate information respecting the size and shape of that organ. *The arguments against phrenology must be of a deeper kind than this to convince any one who has carefully considered the subject.*"

* * *

J. Ranke, in an address "On the Relations of Brain and Skull," stated that the differences in the form of the skull are entirely due to the differences in the developmmt of the brain.—(German Anthropological Congress, Danzig, 1891.)

* * *

Rudolf Virchow and F. Obernier: "All processes which augment the brain-substance have also an influence on the developemnt of the skull."—(Allg. Zeitschrift fur Psychiatrie, 1865, vol. xxii. p. 60.)

* * *

Cyclopaedia of Anatomy and Physiology: "A comparison of the external and internal surface of the cranium establishes the fact that there is a general correspondence of the two as far as regards those parts which are in contact with the periphery of the brain."

* * *

Baron Cuvier stated: "The brain moulds itself in the cavity of the skull, which it *fills exactly* in such a manner that knowledge of the bony part gives us information at least of the form of the exterior of the brain."

* * *

Magendie said: "The only way of estimating the volume of the brain in a living person is to measure the dimensions of the skull."

* * *

Sir Charles Bell: "The bones of the head are moulded to the brain, and the peculiar shape of the bones of the head are determined by the original peculiarity in the shape of the brain."

* * *

Gratiolet, one of the greatest anatomists of last century, very accurately observed that the cranium surrounding the brain has the shape of that organ truly engraved, otherwise the original form would be lost when the brain is taken out, as it is only a soft mass, and collapses when the blood ceases to circulate in it. Fortunately this form, though lost in the brain, exists in the shape of the cranium.

* * *

Samuel George Morton, author of *Types of Mankind and Crania Americana*, wrote: "The growth of the brain is consentaneous with that of the skull."

* * *

Dr. Frederick Peterson: "It might be affirmed that every

segment of the skull represents some particular part of the brain lying beneath it. This may be assumed without proclaiming oneself a proselyte of Gall."

* * *

No doubt the mind is still a mystery to the physiologists and alienists; it would not be so bad had they treated Gall fairly. It took the investigators of brain-functions sixty years to re-discover the speech-center that had been discovered by Gall. It took them a hundred years to re-discover the probable brain-area for music, and now I am demonstrating what investigators ought to have known in Gall's times, that "morbidity and melancholia" are due to a circumscribed disease of the brain that "irascibility and violent mania" are the outcome of a morbid condition of another particular part, that "suspicion and ideas of persecution" have their origin in another special locality, and so on. Mind will remain a mystery to brain-investigators so long as misrepresentation, libel, and slander are the instruments with which new discoveries are to be combated. So long as a certain type of men content themselves with looking at models in opticians' windows for enlightenment about Gall's doctrine, so long will they remain ignorant of the science of mind. The pity of it is that albeit ignorant of the science of even a line of the great discoverer's own writings, they set themselves up as authorities to, forsooth, pass judgment on his doctrine, and are accepted by the public as being competent as such, simply because of their lofty position.

Brave efforts make, then trust the future
On whose brink we forever stand.

* * *

Let each thought and deed of the present
Be such that it will shine as a gem in the future.

* * *

The past is gone; Attention: Face the present;
Be on guard for the future.

* * *

To not make a mistake:
Acquire a thorough knowledge of your undertaking—then
act conscientiously.

* * *

As you pass along the pathway of life, observe closely and
you will new opportunities see.

HOSEA P. MYERS.

Female Casabianca.

(Augmented by her Parental Love.)—Ed.

The female Casabianca. Those of us who have had occasion to observe the strength of purpose of the "setting" hen will be interested in the tale of heroism that comes from the Jersey Mountain View. There was a fire in Joseph Harrison's feed mill. Between the stone elevator building and

a shed Joseph Harrison's Jersey setter was setting peacefully: Fire and fire engines, smoke and crash abounded. The setter set undisturbed. Scorched, drenched, unmoved, she kept the nest. Yet the hen is regarded as a ridiculous fowl, and insulting phrases like "chicken-livered," "chicken-hearted," are too common. A "settin'" hen is the firmest type of firmness. Not iron, or granite, but the "settin'" hen is unyielding and unconquerable.—New York Sun.

Growth.

Every crisis in life to which the soul is attuned is its opportunity, and touch of the Divine Artist when the disintegrating forces threaten our pathway. To build up, not destroy, is the final issue of the Master Workman. How the scales would fall from the eyes could we rightly read pages which record pain and loss, the crucial tests, which through misinterpretation have ever sounded a halt to our higher development. Let us become receptive and calmly wait the moulding hand, so surely bringing us a knowledge of harmony in the midst of the most chaotic conditions.

To trust in the face of the sternest obstacle, to view every hindrance as a protection, to find joy in the commonplace duties of our every-day life, to accept every experience as but the prelude to our higher possibilities, is the magnet ever attracting the will of the Great Will—our very own. Thus may every shadow and disappointment become transmuted into the peace which passeth understanding and the faith of the poet Browning become realization:

"He fixed thee 'mid this dance

Of plastic circumstance,

This Present, thou, forsooth, wouldst fain arrest;

Machinery just meant

To give thy soul its bent,

Try thee and turn thee forth, sufficiently impressed."

The Sunflower.

Selfish people seek happiness, but I never saw one who had obtained it. There is forever something else the selfish man wants—something his neighbor has. He is always looking after him, never within himself, for happiness, and he is ignorant of the fact that only within is it to be found. He finds that the things he seeks for and obtains do not satisfy, and he imagines it is because he has not yet acquired enough of the right possessions.—*Ella Wheeler Wilcox.*

Elsie, sitting on her father's knee, looked up into his face and said, "Papa, did God make you?" "Yes, dear," replied her father. "And did He make Aunt Mary?" "Certainly, my dear," replied her pap. "And did God make me too?" persisted the little girl. "Yes, my dear," replied her papa. "Well," said the little miss, "He's turning out better work now than He used to."

HUMAN CUTLURE

DEVOTED TO

Human Nature	Human Progress
Human Science	Human Success
Human Culture	and
Human Health	Human Happiness

L. A. VAUGHT, Editor and Publisher.
Mrs. L. A. VAUGHT, Business Manager.

\$1.00 Per Year.

Foreign Countries in the Postal Union 50.

Advertising Rates on Application.

Entered at the Postoffice at Chicago, Ill., as second-class matter

REMITTANCES should be made in the form of Money Orders, Express Money Orders or Drafts on Chicago.

Subscriptions to reliable persons will not be discontinued at their expiration. Subscribers wishing to stop their paper must notify us, otherwise they are responsible for payment as long as paper is sent.

When this paragraph is marked with a BLUE PENCIL it indicates that your subscription has expired—Please renew.

ARTICLES NOT CREDITED ARE THE EDITOR'S.

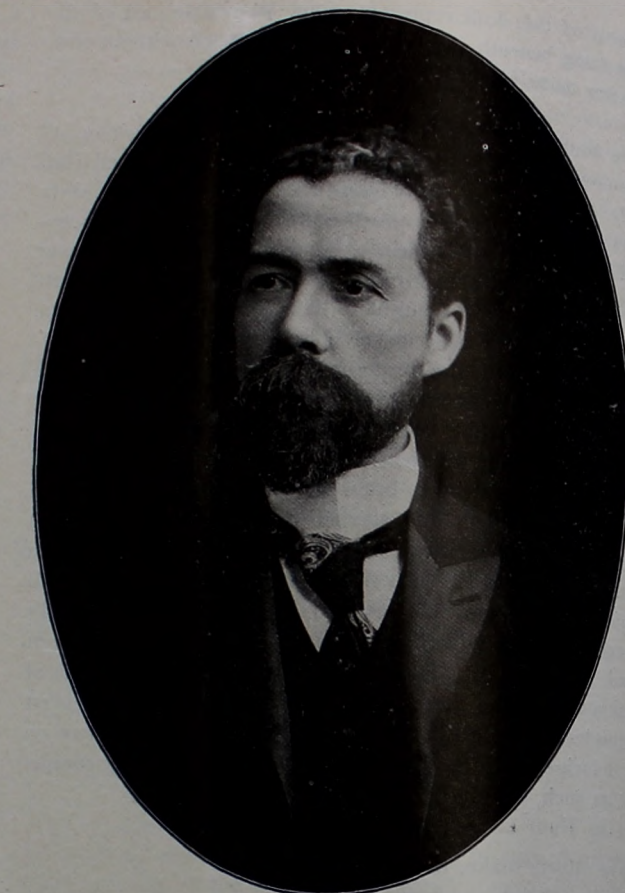
A Great Light Gone Out.

On the afternoon of May 5th, after a short, but severe illness of ten days, occurred the transition of the great soul of Louis Allen Vaught.

He leaves a pronounced void in the most important department of this world's great educational needs. His mighty efforts to awaken mankind to a realization of their true dignity have made an indelible impression upon scores of thousands, shedding lustre upon the science to which he was so beautifully devoted. Though individually he has gone hence, yet does he live in the souls of the multitude he has led to the light, who will perpetuate his memory.

We give below a synopsis of his life work.

He was born in Andrew County, Missouri, on August 13th, 1859. When very young he showed remarkable talent and genius. At thirteen years of age he was stricken with a complication of diseases which left his limbs paralyzed for five years. During this time he read and studied and thought all of the time and gathered the knowledge which in after years was given to the world by him to so much advantage. After he regained the use of his limbs he commenced to teach school and taught two years. About this time Professor McDowell, a phrenological lecturer, began a series of lectures in a country schoolhouse. He went to one of these lectures and was examined publicly by Professor McDowell and was enthusiastically interested at once. He seemed to be constitutionally ready for the science. The following



Prof. L. A. VAUGHT.

year he began lecturing. Never was a man more truly in love with his work than he. He began with one lecture; in 1892 he delivered one hundred and twenty consecutive extemporaneous lectures in one city. In 1893 he came to Chicago and opened the Chicago Institute of Phrenology, and for a while published the Phrenological News.

Four years ago he started Human Faculty, now Human Culture. This journal represents his work fairly well. About six months ago he published his book, Vaught's Practical Character Reader. For two years he had a Chair of Phrenology in Hering Medical College, this city. He has put the science of phrenology on a scientific footing here. He has made the science a practical mental science and a systematic art of character reading. He has united phrenology, physiognomy, temperament, organic quality and anatomy as they never had been before.

We leave him for the present with this thought, which was the key-note of all his endeavor:

"No acquisition of one life is lost in the next."

We agree with Buckle the great English historian, in the following sentence: "If Immortality is not true, it matters little whether anything else is true or not."

To the Friends and Patrons of Prof. L. A. Vaught.

I, as the wife of Professor Vaught, and his assistant in the work that he loved and lived and died for, feel that it falls upon me to take up his work where he dropped it and carry it forward under and up to his standard. All of my sympathies and interests are, and have been enlisted in this work, and while up to this time, I have been working in the shadow of the genius of our mutual teacher and helper, I now find myself in a position where I must come out boldly and take a stand in the ranks as a worker for the great cause of Phrenology, especially through our Magazine, Human Culture.

I will take upon myself the editorship of this paper, and while there will necessarily be changes in the manner of treating the subjects, etc., the aim and platform will be the same—that of promulgating the science of Phrenology as the best means and method of self-culture, self-development and self-perfection.

I have a quantity of Professor Vaught's MSS. which has never been published, and which I will give from time to time. I will endeavor to keep up the general style and tone of the magazine as far as practical.

I will also have the assistance in the way of articles from some of the best writers and thinkers along the lines of phrenology, self-culture, etc.

I am unknown to all except a very few of you. I would like to become acquainted with you all. It seems to me that an introduction from the pen of Professor Vaught would be the very happiest medium of an acquaintanceship. Therefore for this purpose I am giving to you a part of the Life Guide written for me by him some years ago. I trust it will be accepted in the spirit in which it is given, which is simply as a method of becoming known to you and of receiving your confidence and good will.

EMILY H. VAUGHT.

Extracts from Life Guide of Emily H. McDowell.

Written by Professor L. A. Vaught.

You have some strong faculties. You also have some weak ones. These weak ones interfere with the highest success of the strong ones. The make-up of the human mind is not unlike that of a watch. A watch may be perfect with the exception of a little spring. This defective or broken spring will largely, if not wholly, destroy the reliability of the watch. One faculty may almost as seriously interfere with one's success. Certain faculties depend upon others for support and executive power. For instance, one might have a fine intellectual development and not accomplish much. Intellect alone is not sufficient to enable one to accomplish. In fact, there is no force in intellect. There is no ambition in it. There is no vitality in it. This means a

great deal. Intellect is simply intellect. It is not will nor is it energy. A human mind, therefore, is necessarily a very complex affair. It is necessarily many sided. It is constituted to perform many kinds of functions. It is also so organized that one part must co-operate with another.

In the first place, one cannot accomplish anything at all without vitality. This is supplied naturally by the three vital faculties of the mental constitution—Alimentiveness, Amativeness and Vitativeness. These may properly be called the very foundation of human action; for no mental or physical action can take place without vitality. No engine will run without some kind of fuel or force. There must be expenditure of vitality somewhere in moving all things. If all could understand that vitality is necessary to run a human brain so that the faculties can act, then they would understand more nearly the necessity of producing and properly taking care of vitality. A good development, therefore, of Alimentiveness, Amativeness and Vitativeness is very much in one's favor. In fact, the value of these three faculties may be reckoned in thousands of dollars. To put an estimate on their value is almost impossible. At the same time they should not dominate. They have no sense. They are not intellectual. They are not guides. They are simply vital sustainers. They connect the mind or soul with the body in the most vital sense. They relate the mind to the digestive system and the reproductive system. Anyone is fortunate in having these to a strong degree, because they are essentially and fundamentally what is called constitution. You have a degree of each one. You cannot complain in this way. You not only cannot complain, but you ought to be held largely accountable for the best use of these. Rightly handled, they will enable you to manufacture enough vitality to run your brain and body very efficiently. In other words, you are well organized vitally. Therefore, you have the very foundation of mental and physical success. This makes you sufficiently responsible in a moral sense to make you try hard. You ought to try hard. You have enough talent to try hard. You are not one of simply very limited talent. In this regard you can be said to have more than five talents.

Again, you have a strong degree of the intellectual faculties. Here you have enough to learn a great deal with. You can acquire, so far as these faculties are concerned, a vast amount of information and also take it up and classify it and understand it. Your possible understanding talent is good. You have the power to grasp considerable. Having the vital basis to sustain your intellect makes you still more responsible. You have two of the greatest requisites of human success, viz: vitality and intellect. You have enough of these to make an intellectual woman; enough of them to accomplish considerable in some intellectual work. Intellectual work is more nearly your proper work.

Your strong affections and moral sentiments determine the department of intellectual life you are fitted for. For instance, if these two groups were small you then would be

fitted for some kind of selfish intellectual work. It being otherwise, you are fitted for some kind of *social* and *moral* intellectual work. More properly speaking, you are fitted for some kind of human teaching. That is, they must stimulate you. They must impress upon intellect, make it do, not for a selfish but for a higher purpose. They are strong enough to do this. They will make you do so to a large degree. You will have to follow something in which you can do some good to others. You cannot be happy otherwise.

Your affections in the first place relate you to your kindred—the human race. You are related to these through your Parental Love, Friendship and Amativeness. These three faculties relate you to both sexes and children. They give you the primary stimulus of action in the love sense. To love humanity in the closer, narrow sense is to possess these three faculties. This is self-evident. No one can love the opposite sex as a sex without Amativeness. Neither can one love children without Parental Love. In the same sense one cannot love either sex as friends without Friendship. You can take these three faculties as the very sources of your work for humanity. However, if you did not have some of the higher faculties you would be very selfish and narrow in your affections and, therefore, would not accomplish much. In other words, these faculties do not go outside of a few intimate friends, acquaintances and kindred. They must unite with the higher faculties before they reach humanity in general. They are, strictly speaking, provincial. They are clannish. They are national. They are easily prejudiced, therefore. When united, however, with your faculties of Benevolence and Conscientiousness, they take on a higher form of work. These five faculties together give one the highest love of humanity.

You have also strong Veneration. This makes you naturally religious. You believe in a Deity. You believe in worshipping this Deity. At the same time you believe that the Deity is good. If you simply tried to save yourself through Veneration and Spirituality and did not make any effort to help others through Benevolence, Conscientiousness, Friendship, Parental Love and Amativeness, you would be positively selfish, and therefore, when you stop to consider the fact, you will see that the larger part of one's very soul favors helping others instead of simply selfishly trying to save self or individually worshipping the Deity. At the most there is only one faculty that simply reveres the Deity. There are five faculties at least that would help the Deity's children. Five times more attention then ought to be given, as it were, to helping one's fellow kind than to simply worshipping.

Again, you have certain intellectual faculties that are your own. To help others is to help one's self. If one does not go and obtain means of some kind to help others, he cannot do much. A great deal of attention, therefore, must be given to self. Not simply in what might be termed a selfish way, but necessarily and unquestionably each individual is the

architect of his own fortune. In other words, the constitution of the human being is such that much more must be given to self-education, self-development, and self-culture, than to others. At least, this must be done in the *first* place. This preparation must be made. One can be ever so strong in desire to do good, but unless he is equipped with education or some kind of means to do good, he is handicapped.

To equip yourself to do the most good is to use first your best faculties in doing good. These are your intellectual faculties. You should do something more literary than anything else. You are not so well fitted for scientific study as you are for literary. The scientific, however, is only slightly second to the literary. To fit yourself for some kind of literary work or literary teaching or teaching in which good literature is used is largely your highest place in life. In this way you can serve yourself, serve your country and serve your God. . . . The tendency of your strongest nature is toward higher culture and genuine character. A thorough knowledge of human nature will only increase this. Ideality is sufficiently strong to help you in this direction. While it is not a faculty that gives one perception of character, at the same time it gives one perception of perfection, and in conjunction with other faculties the conception of perfection in character. In other words, it idealizes anything that the other faculties like. It will idealize the body, in conjunction with Form, Alimentiveness and Amativeness. It will idealize the body in a muscular, athletic way in conjunction with Combativeness and Destructiveness. It will idealize the intellectual part of the mind in conjunction with all of the intellectual faculties. Then it will idealize character in conjunction with the moral sentiments.

You will be inclined to think of an ideal life and in conjunction with your social faculties of an ideal social life; in conjunction with your moral and spiritual faculties of an ideal spiritual life. Therefore, you will do some idealizing and yet not enough to make you strictly visionary.

Sublimity, fortunately, is as strong as Ideality. Sublimity is a more valuable faculty, in one sense, than Ideality, because it loves the natural. This is the center of naturalism. It is the center of normality. It likes to see one in a normal state, physically and mentally. When one studies nature he finds it in a normal state. This is a great pleasure to Sublimity. You, therefore, are naturally inclined to keep yourself in a normal condition. You do not like disease. Ideality and Sublimity together are two of the cleanest faculties of the human mind. They like both the normal in health and the clean so far as neatness is concerned. They are both progressive faculties. They are progressive in a broad sense, an ideal sense and a finishing-up sense. These two faculties worry you considerably. They give you a taste for art. They give you a love of nature. In an indirect sense they give you a love of traveling in order to see the grand developments in nature. They enter into your imagination. You have considerable imagination, and if it were properly trained it would be worth much to you. In con-

junction with Constructiveness it would give you the power to write your imaginative thoughts. These three faculties are all literary when united with the intellectual faculties. They like poetry. They like poetry from the grand to the purely ornamental. They like beauty everywhere. In conjunction with Human Nature, they like the study of character and the perfection of character. You would specially like poets of sentiment and of character. These three faculties might be said to be permanent ones in you. They will have a permanent influence over you. You will not be able to shake them off. While you are not an artist in reality, you have sufficient artistic taste and tendency to appreciate the fine arts in general. The highest conception that you can take of human life and character will be made up of Ideality, Spirituality, Sublimity, Benevolence, Human Nature, Veneration, Friendship, Conscientiousness and Hope. These would give you a rather high conception of human character in possibility. They will make you form ideals of such. This alone will cause you to be restless. It will make you want to improve. It will cause you to read the best books upon character building. These faculties together will cause you to study life. You will specially enjoy studying character and human life from the social up to the highest spiritual. In fact, you will be better satisfied in this kind of study than you will in any concrete physical study. Your mind tends to the higher literary and ideal more than it does to the commercial or practical. It also recognizes the necessity of being helpful. You would not believe it possible to attain a high degree of character without the cultivation of Benevolence. You can perceive of a religious character with a great deal of Veneration. At the same time you would not like such a character without Benevolence.

All in all, you will be inclined to study character more than you will anything else, and if you write it will be apt to be along the character line more than any other subject. You can read the best novels upon character. Whenever you read a good author in which certain characters are depicted you specially enjoy such. You are, therefore, in a way, a natural character student. In conjunction with Human Nature this makes you quite a student of human character in general. A thorough knowledge of the elements of human nature will enable you to study character pleasantly and with the possibility of considerable success. In other words, it would not simply be a study, but it would be a study in which you would labor to fit yourself to help others. You could not make a more satisfactory application of your best faculties than right here. I would simply advise you, then, to study character and either teach or write. This makes your place in life specifically specific.

The Examinational Work.

The Examinational work of Vaught's Institute of Phrenology will be carried on by F. L. Stevens, who was Professor Vaught's Assistant two and a half years and then had charge of the Examinational work one year during Professor Vaught's absence. He is well and favorably known as a Phrenological Examiner.

Mr. Stevens' vocationed advice will be especially valuable because of his fifteen years' experience in business environment.

The Mother.

(From the German, by Karl Groke.)

Why didst thou do this to us,
Thou lovely truant child?
I search for thee at every door,
Where thou so late hath smiled.

I seek thee in the lonely house,
Where happy thou didst sing;
And wander over field and moor
Where thy light feet did spring.

At last I came to the City White,
And weeping, entered there;
It must be midst this silent bloom
Thy bed is here somewhere.

With tears I see the little mound
And weep till I am wild;
Oh, why didst thou do this to us?
Thou lovely truant child.

THE CHILD'S REPLY.

Why search for me, O mother dear?
Restrain thy weary moan;
Dost thou not know that I must be
Here in my father's home?

Happy I was in the green earth dale,
With mother heart so near;
But brighter far it is to dwell
In the light of heaven here.

Sweet was to me thy fostering care,
My bed was soft and warm,
But thousand times more joys are mine,
Here in my father's arms.

Why seek for me, sweet mother dear,
On earth, with thy fond love?
Soon we shall meet with glowing hearts,
In the Eden home above.



PHYSICAL CULTURE



By Dr. Albert Whitehouse.

Early Morning Exercise.

On awakening in the morning there is a slight feeling of drowsiness experienced by the normally healthy, whilst with those in varying degrees of ill health the feeling is more or less exaggerated, in many cases to the point of lassitude. Before the body recovers its innervation it is inadvisable to partake of any food. In passing, a reason may be given for that assertion. It is most important that the condition in the body be favorable to the reception of the food. In my opinion, the benefits received from food, the resulting nutriment to the body is more dependent on that point than on the kind of food or the amount taken. At an early opportunity I shall enter further into the important, and at present predominant, food question. To those persons who feel obliged to resort to strong coffee or even alcoholic stimulants to overcome the early morning enervation, special directions would be necessary in advising more rational and natural means. But I will here present a routine procedure preparatory to the morning meal and the work of the day which will prove greatly beneficial to the average person in a good or fair state of health. Let me repeat what I said of exercise last month, "Exercise is exertion, but exertion is not always exercise, it may be simply exertion." I shall keep in mind the fact that any elaborate directions, and which take up too much time will not likely be followed, even if well thought of. Then again, it is the case particularly in city life, that retiring late is the rule and consequent inclination to sleep as late as possible in the morning. Better not arise too suddenly after awakening or being awakened, but to allow the gradual return to the consciousness of the senses. After stretching the limbs in various directions, go over in mind the plans for the day, then arise and attend to the mouth first, using a good mouth wash, a teaspoonful or two of listerine in a half tumblerful of water for instance; rinse the mouth and gargle the throat, then cleanse the teeth, and drink slowly a half pint of cool water. Next proceed to ventilate the lungs by half a dozen deep respirations. I take it for granted that the windows are opened wide and that there was a current of air allowed to pass through the sleeping room during the night. Now for a few light, simple, but effective free movements:

Stand, with as few clothes on as possible, feet a little apart and body tilted forward slightly, and with arms kept straight, cross them in front of face and circle them at the full stretch a dozen times one way and a dozen the reverse. Don't allow the same arm to pass on the outside each time, but alternate, and the same in the following exercise:

Which is to start with the arms held out at sides in line with the shoulders, then to cross them over the chest and fling them towards the rear, repeating a dozen times. These three exercises will increase the size and mobility of the chest.

Just a few neck exercises are advisable to follow, and should be repeated oftener by those who wish to increase the strength of the neck muscles, particularly on the sides and behind, so as to hold the head habitually erect.

Place hands on hips, thumbs behind, and turn head to right and left alternately, pausing slightly in front and between each turn, and being careful not to make the movements too quickly or jerky. Count twelve moves.

Next bend the head to right and left, pausing as before, not allowing the shoulders to move. Count twelve moves. Bend head backwards ten times.

Still retaining the hands on the hips and the feet a little apart, bend the body over sideways to right and left, alternately, pausing a moment between, in the erect position. Don't allow the hips to move in the opposite direction to the body bending, but hold them firmly.

Next place the heels together and the hands behind the neck, elbows far back, head erect and twist the body to the right and left alternately, with pause in front position between the moves. Count twelve or sixteen moves in these two exercises.

With heels still together reach hands high overhead and bend body over forward and downward so as to touch the toes with the finger tips, the knees kept straight, then raise up to the starting position and carry the movement further by bending backward and reaching the hands further back, not allowing the hips to move forward. Repeat the movements eight times.

The last three exercises are especially valuable to strengthen the muscles of the abdomen, waist and back and at the same time promote a normal activity of the abdominal organs. They are appropriate and effective exercises for constipation, torpid liver, and stomach derangement.

Now for a little exercise for the legs. Rise on the toes and return twenty times. Then squat, which means lower the body, balancing on the toes and maintaining the body erect, with hands on hips, or straight out at sides or in front, or overhead. Return to standing position and repeat ten times.

This last exercise taxes the heart a little as it brings into action the large muscles of the thigh. To restore the respiration and heart beats to normal it is well to finish the exercise with a few respiratory exercises taken this way:

Continued on page 135.

STOP FORGETTING!

You can by taking the Dickson Method by Mail



Simple, inexpensive, easy to acquire. Will increase your earning capacity, business success, or social prestige by giving you an alert, ready memory for names, faces, and details of business and study. Strengthens will, develops capacity for thought and work, teaches concentration. Personally conducted by Prof. Henry Dickson, of the Chicago Auditorium Conservatory and University of Notre Dame.

Free booklet and trial copyrighted lesson. Write today.

THE DICKSON SCHOOL OF MEMORY,
798 The Auditorium, Chicago.

STOCKHAM PUB. CO., 56 5th Ave., Chicago.

KAREZZA ETHICS OF MARRIAGE

By Alice B. Stockham, M. D.

A bold, brave book teaching ideal marriage, rights of the unborn child, a designed and controlled maternity.

Union Signal: Thousands of women have blessed Dr. Stockham for Tokology, thousands of women will bless her for Karezza.

Arena: Karezza is worth its weight in gold. Sample pages free. Agents Wanted. Prepaid, \$1.00.

THE LOVER'S WORLD

By ALICE B. STOCKHAM, M. D., author of Tokology and Karezza.

A WHEEL OF LIFE containing definite teachings for Health and Longevity, Art and Secret of Beauty, Ideals in Dress, Child Culture, Mastery and Appropriation of Sexual Energy—the Secret of Secrets.

"Not a dull line in the book," "A veritable gospel."

AGENTS apply at once for **TERMS AND TERRITORY.** Free sample pages. Levant Cloth, prepaid, \$2.25. Morocco, \$2.75.

Love's Coming of Age.

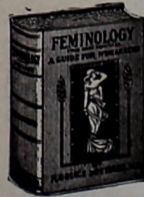
By EDWARD CARPENTER.

A treatise on sexual science and marriage, rich in thought and strong in expression. Emphatically a book for the thinker.

Carpenter holds that woman's freedom is based upon economics; she must be independent financially that she may not be forced to sell herself in or out of marriage. He also makes a strong plea for motherhood of freedom and thoughtful preparation.

American edition, Cloth, prepaid, \$1.00.

Exclusive agents in U. S. A. for Carpenter's books.

**"Feminology"**

Complete table of contents and sample pages sent FREE.

A plainly told, scientific book about woman, is one of the most fascinating, intensely interesting and valuable works ever written. It tells woman the vital things she must know about **maidenhood** and **motherhood**, and is especially interesting to young married people and parents. It treats of marriage, parental inheritance, pregnancy without pain, confinement without pain, care of babies, common sense treatment of female diseases, diet, nursing, children's diseases and their care, physical culture, personal beauty, giving information that is all important to health and happiness. Has 700 pages, beautifully illustrated and 25 colored plates.

Chicago, May 2, 1902.

"If some of the information contained in Feminology were more widely and timely known and heeded, endless and needless miseries might be avoided."—Chicago Tribune.

Write for 30-page table of contents and see what this wonderful book contains. An agent wanted in your town. (No. 2.)

C. L. Dressler & Co., 2181 Gladys-ave., Chicago, Ill.

**Astrology TAUGHT****Horoscopes Delineated**

Books on Astrology and Metaphysical subjects on sale, also in Circulating Library.

C. O'CONNELL,

70 Dearborn St. - Chicago.

MR. ALIMENTIVENESS'S VACATION.

BY WILLIAM BACHOP.

(Continued from last issue.)

Having read a great deal about the benefit to be derived from fasting, and the argument in favor thereof appearing sound to my judgment, I concluded to abstain from food for a week. It seemed reasonable that this should be the quickest and the surest way to remedy the effects of years of indigestion. The digestive system is about the only thing that man tries to repair and to work at the same time. Many can see no analogy between the machinery of the body operated by mental faculties, and the machinery of a factory operated by men.

I lived on air and water for seven days, working as usual. Not a very long time, comparatively, to be sure; but quite a while for one who had so little vitality stored up as I had. To do this was not nearly so hard as I expected; and only momentarily, on one or two occasions, did I feel at all weak.

Mr. Alimentiveness, who did not appreciate his enforced vacation, greatly aggravated my trials by persisting in dreaming of sumptuous dinners. When the time expired his joy was unbounded. He was almost unmanageable. So voracious was his appetite that he wanted to eat all the time. The fourteen meals of which he had been cheated, and the good things he had missed, were continually recurring to him. Everything he had ever tasted, and many things he had desired to sample, were in his mind's eye all the time. He wanted them all at once, but failing this, proposed to start with the first item on the bill-of-fare and work right through. Having kept him bound for a week, I did not intend that he should suddenly burst his chains asunder, assume the reins of government, and proceed to undo all that I had accomplished, so I kept a strong guard on him, much to his disappointment.

QUAKER CITY Peanut Butter Mill

Cash with Order, \$3.20.

SENT ON 10 DAYS TRIAL, \$4.

This mill is tin-plated and has a Ball-Bearing. Grinds dry, wet, or oily substances. Weight ten pounds, capacity five pounds Peanut Butter per hour. This is not a cheap meat mill which will not grind fine, but a thoroughly practical grinding mill constructed on the same principles as our large mills which have been used so successfully throughout the world for nearly a generation. It is a general grinding mill for family use, and is sold at a price within the reach of every family. The importance of pure food cannot be overestimated. The surest way to get it is to do your own grinding, thus having the article freshly ground as you use it, and avoiding the danger of injurious adulterations. This mill is adapted to grinding or pulverizing any of the following articles: Coffee, peanuts or nuts of any kind, all wet or oily substances, corn meal, cracker dust, bread crumbs, cracked wheat and oats, horseradish, raw and cooked meats, spices, herbs and roots, vanilla beans and pods when mixed with sugar and ground together for flavoring; raisins, with or without seeds for marmalade, cocoanuts, etc. Peanut Butter is said to be superior to cod liver oil for consumptives.

Send for circular containing directions for making Peanut Butter. When ordering mention this paper.

MANUFACTURED BY 3737, 3739, 3741 Filbert St.
THE A. W. STRAUB CO. Philadelphia, Pa.

A Bath for Beauty and Health.

**Allen's Fountain Brush and Bath Outfit**

Friction, Shower and Massage Combined. The only Sanitary Bath Brush that at one operation thoroughly cleanses the skin, imparting a healthy tone and glow, and puts one in a condition to resist colds, la-grippe and all contagious and infectious diseases. Furnished either for bath tub connection, or with our fountain and Safety Portable Floor Mat. Enabling one to take a perfect spray and frictional bath in any room. With this outfit one is independent of the bath room, as a better bath can be taken with two quarts of water, than with a tub-full the old way. Insures a clear complexion, bright eyes, rosy cheeks, cheerful spirits, sound sleep. Should be in every home and every traveler's trunk or grip. Full outfit No. 2, consisting of Fountain Brush; combination rubber hot water bag; bath fountain and syringe and safety mat. Price \$5.50.

Agents are making from \$25 to \$75 per week selling these outfits. Send for FREE booklet, "The Science of the Bath," prices and terms.

THE ALLEN MANUFACTURING CO., 423 Erie St., Toledo, O.

**Self-Hypnotic Healing**

I have made a late discovery that enables all to induce the hypnotic sleep in themselves instantly at first trial, awakened at and desired time and thereby cure all known diseases and bad habits, control their dreams, read the minds of friends and enemies, visit any part of the earth, solve hard questions and problems in this sleep and remember all when awake.

This so-called Mental Vision Lesson will be sent to anyone for only 10c (silver). Sold on credit. Actually enabling you to do the above before any charge whatever. Prof. R. E. DUTTON, Lincoln, Neb., U.S.A.

THE EXODUS

The Brightest of New Thought Periodicals

Ursula H. Gestefeld, Editor,
Harry Gestefeld, Associate.

"Mrs. Gestefeld excels all others in point of logic-clearness, rationality, and common sense."—H. M. Kohaus in *Mind*.

SUBSCRIBE FOR 1903

and receive the November and December 1902 numbers, containing the first installment of the new series of

BIBLE LESSONS

free of charge. The most unique and comprehensive lessons ever published.

\$1.00 A YEAR. SINGLE COPIES 10c.

Send post-card for a sample copy.

THE EXODUS PUBLISHING CO

197 Dearborn St. CHICAGO, ILL.

Philosophical Journal

Established in 1865
Devoted to Occult and Spiritual Philosophy, Science of Life, etc. It has all the prominent writers.

Weekly—8 Pages—\$1 a Year. Sample Free.
BOOKS on Occultism, Astrology, Palmistry, Christian, Divine and Mental Science, Magic, Hypnotism, Theosophy, Metaphysics, Healing, Liberalism, etc. for sale. Catalogue free.

THOMAS G. NEWMAN, Editor,
Station B, SAN FRANCISCO, CAL.

EXPRESSION

A Monthly Journal
of Mind and Thought.

Teaches the practical application of the power of thought as a means of securing health, happiness and prosperity, through the recognition of the Divine Nature in man.

Terms 6s, 6d per annum, net. Single copies 6d.

For subscription and correspondence, address the Editor, care of W. Isacke, 211 Edgware Rd., W. London, Eng.

It's a Good Thing

to belong to Tribe of the Ghourki. It costs but 25 cents to join, get a certificate of membership and that peculiar magazine, "The Ghourki" one year. Join today.

Address the Chief of the Tribe,
MORGANTOWN, W. VA.

FREE HEALING

By Distant Drugless Science.

I will restore ONE patient in each neighborhood to health FREE of charge, no matter what, or how serious the disease. Confidence in my ability to heal is my reason for making this offer. A healed patient is one's best advertisement. Address with stamp:
Editor Occult Truth Seeker, Lawrence, Kan.

I was well repaid for my self-denial; not only in the improved condition of all my bodily functions, but also in my exquisite taste for food. I never eat to repletion, and it was at least a month before my ever-present hunger was at all appeased.

My next step was to become a vegetarian, and shortly after making this change in my diet I began to live principally on uncooked food, which I find delicious, healthful, strengthening—in short, satisfactory in every way.

I should not even consider returning to the old plan of three meals a day, and my taste for meat is gone. I have just finished a partial fast of five days—that is, I ate two apples each day. Some claim that to limit one's diet to so little is more difficult than to fast absolutely, but this was not my experience. This fast was undertaken, not because I felt poorly, but on general principles.

I feel WELL day in and day out, and realize that health, not dis-ease, is man's rightful inheritance. And though I came into the world with a weak corner-stone, I have supplemented my birthright, and expect, in due time, to have a positive development of the fundamental faculty of Alimentiveness. For all of which I am duly grateful to the science of Phrenology, and to its competent teacher, Professor Vaught.

The Law of Attraction.

(The following is a part clipping of an editorial in *The Nautilus*. Those of you who are unhappily married and miserable with what you think good cause, read and ponder these words.—Editor.)

"The first principle of happy marriage is *equality*. The second principle is *mutual confidence*, which can NEVER exist without the first.

"I do not mean by 'equality' what is usually meant. One member of the married twain may be rich, the other poor in worldly goods; one an aristocrat, the other plebeian; one educated,

Continued on page 136.

YOUR CHARACTER,

Personality and Future will be read by an expert of wide repute on receipt of 12 cents and specimen of handwriting.

HENRY RICE, Graphologist,
1927 Madison Avenue, : : New York.

EVERY HOME NEEDS THE Character Builder

A 32-page monthly magazine devoted to Personal Purity, Health, Human Nature and General Education. It contains stories for boys and girls, besides valuable information for everybody.

Subscription price 50 cents per year.

Every parent should read "Child Culture" by N. N. Riddell, and "Educational Problems" by John T. Miller. Cloth, 50 cents per copy.

Every boy should read "A Plain Talk to Boys" by N. N. Riddell. Price 10 cts. Address

CHARACTER BUILDER
Box 41 SALT LAKE, UTAH.

SEXOLOGY

Circulars of interesting books on this interesting subject (no trash) and a trial-trip subscription to an odd periodical both for ten cents. None free.

QUAINT MAGAZINE

7 St. Paul Street, Room 3
BOSTON, MASS.

SEND 10c STAMPS for 3 back numbers, or 50c. for 12 months subscription to

Human Nature.

It is a monthly magazine, now in the fourteenth year of publication. It is Unique, Eclectic and Scientific. It treats of Phrenology, Physiognomy, Psychology, Health, Sociology, and all subjects which pertain to the welfare of humanity.

The character of men and animals is in accordance with their physical organization. This is determined by size of body and brain, shape of head, texture, temperament, and facial expression.

HUMAN NATURE illustrates these principles by picture and pen, and teaches its readers how to read character. Its ethics are ennobling, its style, while strong, is sprightly, and its literary standard high. You need HUMAN NATURE. Address

Professor ALLEN HADDOCK,

Phrenologist,

1020 Market St. SAN FRANCISCO, CAL.

Physical Culture.*Continued from page 133.*

Inhale slowly, at the same time raising the arms straight sideways to overhead, and exhale slowly as they descend. Alternate by raising the arms in front and descending sideways. Repeat four or six times.

These series of exercises need not take more than seven minutes to perform and they will have served to equally distribute the blood in the circulation and to have aroused the nervous system, leaving an invigorating feeling of mind and body, besides strengthening the parts exercised, and increasing the chest girth if practiced regularly. I have described the exercises very explicitly and they are simple enough to need no illustration. I would advise those who have not formed the habit of early morning exercising to write these exercises on a piece of paper, pin it on the wall of their room and try them for two weeks. They will suit the weak or the stronger of either sex, as the effect can be regulated by the amount of energy and speed with which each movement is performed.

Whether it would be further advantageous to follow the exercises with a bath of some kind will be taken up next time.

Two For One.

Vaught's Practical Character Reader—a book the study of which will reveal to you the true character of your social and business associates. "Human Culture," an illustrated monthly magazine devoted to the culture of both Mind and Body; filled with suggestions and helpful hints to all interested in self-development. Book and one year's subscription to magazine \$1.00. Address Human Culture, Chicago.

A woman who would face a pack of mad dogs wouldn't have the courage to tell the cook she can't afford not to have warmed-over meals.

Why?

Help Yourself.

Human Culture is a magazine for those interested in themselves and how to make the most of themselves.

Why is it that some men—you may be one of them—are working for \$12 a week while others are making millions? It is a matter of self-culture—not opportunity. Read Human Culture. It is filled with advice and suggestions regarding the attainment of knowledge and power necessary to success. Send for sample copy. Subscription \$1.00 per year. Human Culture, 130 Dearborn St., Chicago.

**DR. C. W. CROPSEY'S
VITAL MAGNETIC INSTITUTE**

The Nasby Building, Madison St., Toledo, Ohio.

All diseases treated without medicine, electricity or surgical operations of any kind. All letters of inquiry promptly answered. Consultation free.



Dr. E. W. CROPSEY,

Whose Wonderful Healing Powers are attracting widespread attention.

If he cannot cure you he will tell you so. Thousands have been cured in Toledo in the past four years who were considered incurable.

No Matter What Your
Ailment May Be
Consult This Doctor

Send the names and
addresses of two or more
of your ailing friends
and we will mail you

**The Illustrated Jour-
nal of Information**

for the coming year.

While there is life
there is hope, even after
medicine has failed.

OUR GREAT COMBINATION OFFER

A Library containing the cream of current progressive, liberal, reformative, spiritual and phrenological literature.

The Arena.....	\$2.50	} Both for.....	\$2.50
Human Culture.....	1.00		
Mind	2.00	} Both for.....	2.00
Human Culture	1.00		
Physic and Occult Views and Reviews	1.00	} Both for.....	1.50
Human Culture	1.00		
Human Nature.....	.50	} Both for.....	1.25
Human Culture.....	1.00		
Health Culture.....	1.00	} Both for.....	1.50
Human Culture.....	1.00		
Character Builder50	} Both for.....	1.00
Human Culture.....	1.00		
Kindergarten Review.....	1.00	} Both for.....	1.50
Human Culture.....	1.00		
Good Health Clinic.....		} Both for.....	1.25
Human Culture.....			
Psychic World.....		} Both for.....	1.50
Human Culture.....			
Fred Barry's Journal.....		} Both for.....	1.50
Human Culture.....			

Boston Ideas

61 Essex Street, BOSTON

The Nation's Weekly Newspaper

Condensed news on all World Topics. Special Dramatic and Social Correspondence, Masonic News, Folk Lore, Woman's Interests, etc.

Our Literary Department

is devoted to notice of the most important books and magazines of the day. The Psychic Value of publications specially considered.

To Amateur Writers

We will edit and publish in BOSTON IDEAS free of charge, articles from such writers as are animated by distinct individual thought. We thus afford you a field for definite development of conscious literary vigor. Enclose stamps for possible return of manuscript.

THE IDEA PUBLISHING CO.

61 ESSEX ST., BOSTON

BIBLE REVIEW

A Magazine of True Revealmnt

This Magazine is devoted to the unveiling of the writings which have heretofore formed the mysteries of the Bible, by showing conclusive evidence of the plan and purpose in them from the beginning to the end. When these are correctly understood, the confusion of tongues (Genesis XI, 7), will have been removed, and all thinkers, theological and scientific, will see eye to eye.

It is the special desire of the Editor that all true, devout Christians should become readers of this Journal, for in them is the hope of the future of the world.

Not mysticism, nor materialism, but plain common sense, such as God endowed His creatures with.

H. E. BUTLER, Editor.

Annual subscription \$1.50; single copy 15c. Foreign, 7s. 2d., single copy 9d.

Address

THE ESOTERIC FRATERNITY,
APPELGATE, CALIF., U. S. A.

As an aid to all earnest seekers, it is Mr. Butler's wish that the Fraternity send to each new subscriber, upon request, a copy of his new book—"The Purpose in the Creation of the World."

We wish every reader of Human Culture to become acquainted with

"ELTKA"

Edited by H. C. WRIGHT

A monthly magazine devoted to Science, Philosophy and Religion; advocating the Harmonious Development of man's three-fold nature—Physical, Mental, and Spiritual. Of special importance to all who are interested in

PSYCHICAL RESEARCH.

A Six Months Trial Subscription for 25 cents.

THE WRIGHT CO., Publishers
15 Marion St., CORRY, PA., U. S. A.

the other unschooled; and yet they may be to each other what they are in truth, equals.

"Equality is a mental state, not a matter of birth or breeding, wisdom or ignorance. The TRUTH is that all men and women are equal; all are sparks of the One Life; all children of the one highly aristocratic 'Father'; all heirs to the wisdom and wealth of the ages which go to make up eternity.

But all men and women are more or less unconscious, in spots at least, of this truth. They spend their lives 'looking down' upon each other. Men 'look down' upon their wives as 'weak' or 'inferior,' and women look down upon their husbands as 'animals' or 'great brutes.' Men are contemptuous of their wives' visionariness, and women despise their husbands for 'cold and calculating' tendencies.

"Every man and woman values certain qualities highly, and in proportion as another fails to manifest these particular qualities he is classed as 'low,' and his society is not valued.

"This is the great source of trouble between husbands and wives.

* * *

"The Law of Attraction, or Love, almost invariably attracts opposites, and for their own good. A visionary, idealistic woman is drawn to a practical man, where, kick and fuss and despise each other as they will, she is bound to become more practical and he more idealistic. They exchange qualities in spite of themselves; each is an unconscious agent in rounding out the character and making more abundant the life of the other.

"Much of this blending of nature is accomplished through passion, the least understood of forces. And the children of a union of opposites, even where there is great contempt and unhappiness between the parents, are almost invariably better balanced than either of the parents.

"I cannot believe that unhappy marriages are 'mistakes' or that they serve no good purpose. The Law of Attraction draws together those who need



Would It Interest YOU

To get hold of a GOOD table beverage that is satisfying and rich in nourishment, without the bad after-effect of

tea and coffee, one that does not depend for its merits on the dollars spent in advertising? Such a beverage is **CERO-KOFFA** scientifically compounded from cereals and vegetables. Not Malted or Predigested, but Natural. Agrees with the old, young, sick or well. We want you to try it and for 6c in stamps will send enough for 4 cups.

CERO-KOFFA CO.,
167 Dearborn St., - Chicago, Ill.

FREE
HAIR FOOD



FALLING HAIR AND BALDNESS ABSOLUTELY CURED

There is but one way to tell the reason of baldness and falling hair, and that is by a microscopic examination of the hair itself. The particular disease with which your scalp is afflicted must be known before it can be intelligently treated. The use of dandruff cures and hair tonics, without knowing the specific cause of your disease, is like taking medicine without knowing what you are trying to cure. Send three fallen hairs from your combings, to Prof. J. H. Austin, the celebrated Bacteriologist, who will send you absolutely free a diagnosis of your case, a booklet on care of the hair and scalp, and a sample box of the remedy which he will prepare specially for you. Enclose ac postage and write to-day.

PROF. J. H. AUSTIN
657 McVicker's Bldg., Chicago, Ill.

PSYCHIC WORLD,

DR. GEO. W. PAYNE, Editor and Publisher.

A monthly magazine devoted to the discussion of new thought, occult, and psychic phenomena. It includes in its range of subjects: Psychology, Hypnotism, Suggestive Therapeutics, Personal Magnetism, Mental Science, Phrenology, Palmistry, Astrology, Physical Culture, Physiognomy. The leading writers of the world contribute to its pages. Send for sample copy.

Subscription: \$1 00 per year.

Office: 1104 Market Street,
San Francisco, Cal.

Occult Science

is the all-absorbing topic of the present day. It affords the only rational solution of the mysteries of creation and the hidden laws which govern the universe. If you desire to be well informed on all points pertaining to this grand subject you should read

THE Philomathian

Conceded by the most eminent authorities to be the best occult magazine published in America. All kindred subjects fully discussed.

SAMPLE COPY SENT FREE.

NEW UNION PUB CO.

No. 120 MAIN STREET
UNION CITY, MICH.

"How to Control Fate Through Suggestion"

..... BY
Henry Harrison Brown, Editor of *NOW*.

.....PRICE 25 CENTS.....

Ella Wheeler Wilcox says of it in *N. Y. Journal*: "It is worth many dollars to anyone who will LIVE its philosophy." Grant Wallace, in editorial columns of *San Francisco Bulletin*, says: "It is a fine little book," and recommends it to his readers. Wm. E. Towne, editor of *Points*, writes: "It is a fine seller, and, what is better, gives satisfaction. Editor of *Nautilus* writes: "It is simply great."

By the same author:—"Not Hypnotism but Suggestion," and "Man's Greatest Discovery." Each 25 cents.

NOW, A JOURNAL OF AFFIRMATION.—None like it in the world. It affirms Health, Happiness and Success. Monthly, \$1.00 per year. Send 10c for three months' trial subscription.

Address "NOW" FOLK,

1437 Market St., San Francisco, Cal.

each other at that particular stage of their growth. The unhappiness is due to their own foolish refusal to learn; and this refusal is due to their contempt for each other. They are like naughty children at school, who cry or sulk and refuse to work out their problems. Like those same naughty children they make themselves unhappy, and fail to 'pass' as soon as they might.

"Remember, that contempt for each other is at the very bottom of all marital unhappiness. The practical man despises his wife's impulsive idealism and tries to make her over. The wife despises his 'cold and calculating' tendencies and tries to make him over. That means war, for it is impossible to make over anybody but yourself.

"Because the man despises his wife's tendencies and she despises his, it never occurs to either to try making over themselves, thus helping along the very thing they were drawn together for.

* * * * *

"When soda and sour milk are drawn together there is a great stew and fizz, but the end thereof is sweetness and usefulness. So with two adverse and uncontrolled natures; but out of the stew comes added wisdom, self-command and rounded character for each."

PHYSICIAN ON MALT CREAMLET.

I am convinced that Malt Creamlet Cocoa is more perfectly assimilated and richer in nutritive value than any other Cocoa I have used myself or have had occasion to suggest for use in the sick room or at the table. The high percentage of unconverted starch in other Cocoas is largely the cause of the indigestion, sluggishness of the bowels and liver torpidity so common to habitual cocoa-drinkers. I have already ordered your Cocoa for three convalescing patients.

(Signed) F. Fillmore Burtis, M. D.,

City Physician, 258 Jay St.,
Schenectady, N. Y.

Malt Creamlet Cocoa contains all the butter of the cocoa bean, made digestible through malting. The indigestible starch has been converted to digestible malt-sugar.

(See ad. of the Malt Creamlet Co. on another page.)

OCCULTISM. This is the only way I have of introducing myself to the many sincere and worthy occult students. I will say I was born in Egypt in 1881, educated in Europe (University of Barcelona) and 16 years of my life was spent in the Orient, including Turkey, Persia, India and Thibet. I say in plain, honest words that I am the only man in America today that has credentials from the Hindoo Priest and the Dala-Lama of Thibet. I have just printed a neat little pamphlet which fully explains the unforbidden secrets of this strange country. I will send one copy FREE to sincere occult students only. Write me at once, enclosing stamp, they are going fast. Address DR. J. T. BETIERO, 2060 Indiana Ave., Chicago, Ill., U. S. A.

You Are Looking

For some Literature that will interest you and instruct you—that will give you more health—a better memory—that will make you more fearless—give freedom to your native genius—put dollars in your pocket and aid your unfoldment in every desired way. You want this literature to be striking and right to the point. Then

Fred Burry's Journal

will just suit you. It contains only articles by Frederic W. Burry. The subscription price is one dollar. But send ten cents, and you can have it on trial for three months. Mail ten cents, silver or stamps, to-day, while you think of it, to

Fred Burry's Journal

Dept. V, TORONTO, CAN.

Five Reasons Why You Need

Psychic and Occult Views and Reviews

A monthly magazine which contains:

- I. Editorial report and interpretation of current Psychic and Occult news and events.
- II. Original articles from leading investigators in the Psychic and Occult field.
- III. Reviews and digests of the leading articles in the hundred or more publications in this line of thought.
- IV. An index to periodicals of the month which enables the reader to find all articles on the subjects in which he is most interested.
- V. A Psychic Index and Key to the Occult literature of the world. Gives title, editor's name, price and place of publication of all magazines and papers in this special field.

A few of the comments received:

"It is a library in itself."—Jno. F. Morgan.
"A remarkable publication."—Editor "Magazine of Mysteries."
"A first-class magazine."—C. W. Close, Ph. D.

Price \$1.00 a year, 10 cts. a copy.
Send 25 cts. TO-DAY for a three months' trial subscription. Address

THE PSYCHIC REVIEW CO.,
140 St. Clair Street, Toledo, O.

Perfect Health

HOW TO GET IT AND HOW
TO KEEP IT.

....BY....

ONE WHO HAS IT.

TRUE SCIENTIFIC LIVING

"I have yet to meet a case in the treatment of which it has not proved helpful. I am convinced that its power to heal has no limit."
—JOSEPH F. LAND, M. D., 130 West 126th Street, New York.

PUBLISHER'S GUARANTEE: Any person who purchases this book and adopts its teaching and follows it for one month, and is not entirely satisfied with the improvement in health, may return the book and the price will be refunded.

REFERENCE AS TO ABOVE GUARANTEE.

F. S. JEROME, V. Pres. 1st Nat. Bank, Norwich, Ct.

N. L. BISHOP, Supt. Schools, Norwich, Ct.

Price in Linen \$1.00. Sent prepaid on receipt of price.

L. A. VAUGHT, 130 Dearborn Street

CHICAGO, ILL.

The Psychology of Health and Happiness

By LA FOREST POTTER, M. D.

THIS is the sane, clear-headed, and thoughtful plea of a broad-minded and cultured physician for a better understanding between the old and the new schools of healing. While the book is one no physician or mental scientist should be without, it appeals with equal force to the lay reader by its lucid statements and interesting accounts of remarkable modern instances illustrating physical susceptibility to mental influences.

Cloth, 8vo, 164pp. price \$1, postpaid.

Address,

THE VANGUARD PRESS

Box B.

GREEN BAY, WIS.

A GRAND SUCCESS

If you wish to make your life a grand success you will find that we can aid you. We stand for Health, Strength, Beauty, Power, Progress, Improvement, Vitality and Success.

ARE YOU A THINKER?

If so, think of this! Send us 50c, coin or stamps, and we will send you the **GOOD HEALTH MAGAZINE**, price 50c, The People's Health Journal, price \$1, and will make each one who will mention **HUMAN CULTURE**, a member for one year of the International Health League, the largest organization of the kind in the world. **FREE.** Did you ever have a chance to get more for the money?

This is a special clubbing offer which will only be kept open for 60 days, so if you are a "thinker" think **NOW.** Address **GOOD HEALTH SUPPLY CO.**, 452 South Salina Street, Syracuse, N. Y., U. S. A. Reference, First National Bank, Syracuse, N. Y.

DO IT NOW!

\$10.00 WORTH OF LITERATURE GIVEN AWAY

AGENTS WANTED—To give away Newspapers and Magazines. Send us 25 cents and we will send you by mail "The Monthly Commonwealth" for six months, and over one hundred leading magazines direct from the publishers. Think of it—for 25 cents you receive such magazines as the Youth's Companion, Century, Review of Reviews, Woman's Home Companion, Farm and Fireside, etc. Send today! This offer is for this month. When ordering state whether you prefer religious papers, farmers' papers, labor, or any special kind. Do you subscribe for any paper, or wish to? Send us the subscription price less 10% discount from publishers' price on all papers and magazines. Agents wanted. Address

**LABOR & REFORM PRESS
ADVERTISING ASSOCIATION
COVINGTON KENTUCKY**

Nature's Remedies

BETTER THAN DRUGS FOR

Hay Fever, Asthma, Bronchitis, Etc.

THE balmy, healing atmosphere of the Pine Forest is a sovereign remedy for the above and kindred diseases. If you cannot go to the woods you can produce the fragrant atmosphere of the Pine Forest in your home with

SPIRIT OF THE PINES.

It is delightful, aromatic, fragrant and healing.
By mail 50 cents per bottle.

FOREST MANUFACTURING CO. 106 Fulton St., New York

CONVERSATION AND EFFECTUAL READY UTTERANCE

By W. E. WATT, A. M., Ph. D.



Success depends upon what you say and how you say it. Success in any line. Why not say it well?

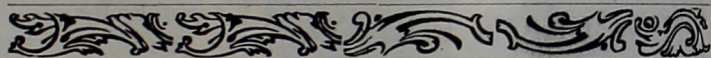
Laid Paper. Gilt Tops, Silk and Gold.

Mailed for \$1.00

FREDERICK A. WATT, Publisher,

40 E. Randolph St.

CHICAGO, ILL.



BE HEALTHY AND HAPPY READ



A High-Class Monthly Magazine Devoted to Physical Culture and Hygiene.

It tells you things you ought to know. It is ably edited, attractive in appearance, clean and wholesome. It has a "Home," "Question and Answer," "Editorial" and other departments, besides a valuable, instructive and entertaining course in Physical Culture by Prof. Anthony Barker. Illustrated with beautiful photographs. Among the contributors are Henry Wood, Annie S. Perkins, Mrs. James Ravenscroft, Helen Campbell, Ella Goddell Smith, M. D., Alice B. Stockham, James Montgomery, and many others.

SPECIAL OFFER TO READERS OF HUMAN CULTURE

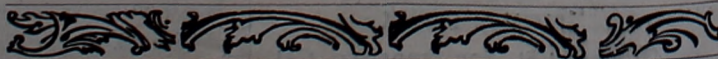
Till June 1st, 1903 we will give free, a valuable **HEALTH** Health Beauty Developer for one year's subscription to at \$1.00. Nothing can equal this beauty developer as a means of making round and symmetrical the bust, the soft, flabby shapeless fat from an obese person. It builds firm, rosy flesh on a thin person and takes away the soft, flabby shapeless fat from an obese person.

Send \$1.00 for one year's subscription to **HEALTH** and get this sample copy of **HEALTH** if you will send your address.

HEALTH PUBLISHING COMPANY


Dept. 14E

1562 Broadway, New York



AN UNEQUALLED BEVERAGE

*For the Invalid, the Convalescent
the Young, the Old*



MALT CREAMLET COCOA

ABSOLUTELY DIGESTIBLE

Full trial package mailed on receipt of ten cents in cash or stamps. Ten packages, (100 cups) sent by prepaid express on receipt of \$1.00 in cash, stamps or money order.

Address "Dept. C. H."

MALT CREAMLET CO.

19 Liberty Street

New York City

A Perfect Electric "ACTINA" Pocket Battery

EYESIGHT
RESTORED



DEAFNESS
CURED

By the Great Eye Restorer and Only Catarrh Cure.

ACTINA is a marvel of the nineteenth century, for by its use the Blind see, the Deaf hear, and Catarrh is impossible. Actina cures, without **Cutting** or **Drugging**, Cataracts, Ptergiums, Granulated Lids, Glaucoma, Amaurosis, Myopia Presbyopia, Common Sore Eyes, or Weakened Vision from any cause. No animal except man wears spectacles. There need not be a spectacle used on the streets of the world and rarely to read with. **Street Glasses Abandoned.** Actina also cures Catarrh, Deafness, Neuralgia, Headache, Colds, Sore Throat, Bronchitis and Weak Lungs. Actina is not a snuff or lotion, but a **Perfect Electric Pocket Battery**, usable at all times and all places by young or old. The one instrument will cure a whole family of the above forms of disease.

Mr. F. W. Harwood, Springfield, Mass., says that "Actina" cured him of deafness of nine years' standing.

Robert Baker, 80 Dearborn Street, Chicago, Ill., writes: "I should have been blind had I not used 'Actina.'"

PROF. WILSON'S MAGNETO CONSERVATIVE GARMENTS

cure Paralysis, Rheumatism and all chronic forms of disease. These garments are as puzzling to the physicians as is the wonder-working "ACTINA."

A VALUABLE BOOK FREE.—Prof. Wilson's Treatise on the Eye, and on Disease in General. It should greatly interest everyone afflicted with any form of Disease.

NEW YORK AND LONDON ELECTRIC ASSOCIATION
Agents Wanted. Dept. 209, 929 Walnut St., Kansas City, Mo.

What Shall We Eat?

What is best



For Health,
For Strength,
For Muscle,
For Brain,
For Blood,
For Fat,
For Children,
For the Aged,
For Invalids,
For Economy,

This work covers every phase of the food question.

Shows how food is digested, and gives the constituent elements of over 300 food products, their cost, food values, time of digestion, etc. Comparative value of beef, mutton, pork, eggs, fish, fowl, oysters, the grains, the breads, peas, beans, milk, butter, cheese, sugar, beer, fruits, nuts, etc.; which makes flesh, bone, nerve; which gives most for least money. Food adulterations. 25 tables showing results of nearly 1500 food analyses. Price in cloth 75 cents. In leatherette binding, 50 cents. Postpaid. Address

THE HEALTH-CULTURE CO.,
481 Fifth Ave., Dept 13 New York

Every Man Should Know

The Contents of the most timely Book,

MEN'S POCKET PHYSICIAN

—BY—

Drs. BOLLER & MARKERT, Osteopaths.

This little volume is of undoubted value to every man, as it contains the most rational and condensed system of **self treatment** for sexual weakness or disease. It enables its reader to diagnose his own case, and to bring about his own cure, without the use of drugs or medicine of any kind. No man should be without this most valuable little book.

Sent by mail in sealed cover on receipt of **One Dollar**.
Address your letter at once to

Dr. W. G. BOLLER,

Dept. Y, P. O. Box 14, Station J, NEW YORK CITY.

You will get more for your money than you ever have by subscribing to HUMAN CULTURE this coming year.

\$5.00 CASH

STARTS YOU IN

Vaught's Mail Course

IN THE SCIENCE AND ART OF

CHARACTER READING

Phrenology in all its branches completely covered
in this course.

If you cannot come to Chicago to take my Professional course, this Home Study Course is the next best thing.

One hundred lessons in sets of ten each month.

\$5.00 down and \$2.00 monthly for ten months.

For this nominal sum—within the reach of everyone—you receive the benefit of my twenty-three years of study, practice and demonstration.

L. A. VAUGHT,

130 Dearborn St., CHICAGO.

OUR VERY SPECIAL OFFER.

Anatomical and Physiological Encyclopedic Chart

— OF THE —

HUMAN BODY.

INCLUDING PHRENOLOGICAL LOCALIZATIONS

Regular Price	\$5.00
Vaught's Practical Character Reader	1.00
Human Culture one year	1.00
	\$7.00

All for \$5.00

Every Phrenologist should have a knowledge of anatomy and physiology, and this chart is so arranged as to furnish this knowledge without any trouble.

The Phrenological organs are grouped and colored differently, numbered and named for easy reference.

Lithographed, not printed, on both sides, enameled, cloth stock, not paper, 34x46 inches in size, mounted top and bottom, ready for hanging on the wall.

Address

HUMAN CULTURE, Chicago, Ill.

Human Faculty

Back Numbers Running
Low.



If you want to preserve the back numbers of Human Faculty you had better order them NOW, as we only have a very few of some of the numbers.

Vol. 1, year 1899, bound in half leather	\$1 50
Vol. 2, year 1900, " " " "	1 50
Vol. 3, year 1901, " " " "	1 50
Vol. 4, year 1902, " " " "	1 50
Vols. 1 and 2, " " " "	2 50
Vols. 1, 2 and 3, " " " "	3 50
Vols. 1, 2, 3 and 4, " " " "	4 50

You can have any of the volumes you choose bound together.

N. B.—We will give 10 cents a copy for clean numbers of July 1901 Human Faculty. If you have it send it in.

WANTED!

SALESMEN AND SALESWOMEN

I want you. How much do you earn?
Do you want to earn twice as much?



If you will take time to drop me a line I will send you without charge a book which I promise you will give you a genuine surprise by opening your eyes to something new about your own work. You practice the art of selling. Do you understand the science which underlies that art? It makes no difference what your work is—whether it is selling merchandise or promoting big enterprises, I have something of real and tangible value to offer you, help that is help, that will add dollars—hundreds of them—to your income, that will make you twice the business getter you are. This sounds like assurance, doesn't it? It is. I have the best reason in the world for assurance and that is my success in making inexperienced salesmen good ones and good salesmen better. I have made men and women worth hundreds where they have been worth tens. Do you believe you know all there is to learn about the science of selling? I can teach you something about it that will make you admit that this claim of mine is modest. Are you skeptical? If you will just write me a line my reply will tell you whether I can aid you, individually, or not. Won't you write to me just on the chance that you might learn one thing? I want a word from you now, if you are progressive and believe in growing in knowledge and power in your work. It is not only worth your while, but the two cents you put into the stamp will be the best investment you ever made. Write and test me now, today.

A. F. SHELDON, Director,

Sheldon School of Scientific Salesmanship,
922 McCLURG BLDG., CHICAGO