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## THE TEMPERAMENTS

THE TEMPERAMENTS that has ever been published. It gives a very plain and clear discription of the construction and operation of the human body and it shows the mutual inter-relations between the body and the mind that uses it. Read in connection with Dr. English's other books, it renders them all still more plain, interesting, instructive and valuable. One feature of especial value in which this book is superior to all other publications upon the temperaments, is its description and explanation of the anatomy and physiology of the organs of each temperament and their relations to the rest of the body and to the mind. This feature, alone, is wort h many times the price of the book and it cannot be gotten from any other. In many respects this book takes the place of a text-book upon anatomy and physiology, and it explains many things that the other books do not. The "Mind and its Machinery" contains 200 pages, printed on finely finished paper, with bold clear type. It is thoroughly illustrated by diagrams and half-toned portraits of well known people, and is bound in cloth. Price \$1.00. Descriptive circulars, FREE. If ordered in connection with either of the "Plain Talks," "The Mind and its Machinery" will be sold for fifty cents. More You take no chance in ordering either or all of the three books before mentioned. If they are not just what you want, return them if you like, immediately, and undamaged, and get your money back. Or keep them long enough to read and examine them thoroughly, not to exceed two weeks, at a rental of 10 cents each and whatever we pay for postage. How To Curre Constingation

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Vol. 6

#### CHICAGO, SEPTEMBER 5, 1904.

No. 8

## A SERIES OF LESSONS IN THE CHARACTER-READING ART

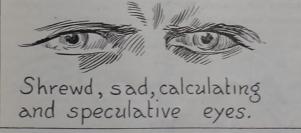
How to Read People.

#### Revelations of the Face.

We have decided to open a special department in Human Culture, in which we will deal with the expressions of the human face as they manifest themselves in every-day life, for the benefit of our readers interested in the art of characterreading.

The pictures and drawings used in these series will represent the facial expressions and physiognomical lineaments of real people, as seen during times of mental emotion, or as noticed in people who are entirely under the sway of a certain faculty, or group of brain-centers.

The eyes seen in this picture are the eyes of the multimillionaire, Mr. Rockefeller. They are sharp, shrewd and calculating. Notice how low the eyebrows are. That kind of eyes denotes that the person is practical, worldly-minded and speculative. They show that he has a utilitarian mind; that he is interested in property, valuables, money and goods. They look shrewd, planning and diplomatic. Acquisitiveness and intellect are indicated in those eyes; he has a commercial spirit; he knows how to make money.



No. 200

Compare these eyes with those seen in Fig. 80 and you will see the difference between the eyes of a shrewd financial manipulator and those of one with a different tendency and talent.



brows are removed from the eyes themselves.

In the worldly-minded financier, in the critic, in the strongminded strategist, in the business man, in the scientist and in the man who is ruled by low passions, the eyebrows fall low down on the eyes, but in the optimist, in the humorist, in the psychic, in the religious worker and in the person who is happyminded, sentimental and emotional, the eyebrows are elevated far above the eyes.

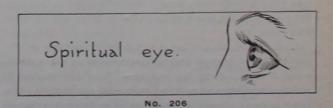
This is seen also when people laugh and cry. When people laugh, they elevate the eyebrows, but when they cry the eyebrows are drawn down and the eyes are almost shut.



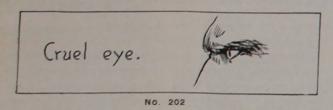
Compare Fig. 53 with Fig. 208 and notice the difference in the scenery of the eyes, and observe also how the eyebrows are elevated in the first and how they are drawn down in Fig. 208.



All kinds of sad emotions have a depressing effect on the facial features. Compare the eyes of these pictures. Fig. 208 is taken from the photograph of a crying child.

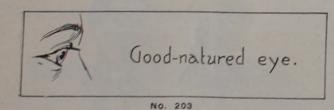


Observe how full, frank and open the eyes in Fig. 80 are and how elevated the eyebrows. Look also at Fig. 206 and notice the elevation of the eyebrows in the center, and how the eyeFig. 206 represents the eye of a spiritual-minded person. There is an upward tendency of the eye and especially of the eyebrow. No physiognomist who understands the meaning of facial expressions would say that a person having an eye like that would make a successful speculator, financial manipulator and strategist like Rockefeller. Such an eye does not denote that the man is a man of money and property. He may become a millionaire in heavenly property, but never in the direction of worldly goods.



In Fig. 202, we see a cold, heartless and cruel eye. In that eye there is not much love. Such an eye denotes that the person does not care much for humanity.

A man having such eyes would not make a very good doctor and missionary, nor would be, as a minister, draw the people in the direction of Heaven.



But in Fig. 203 we have a very different eye, for in that eye we see kindness, liberality, sympathy and noble emotions represented. Look at those two eyes and determine for yourself which one you would be willing to meet on a lonely highway.



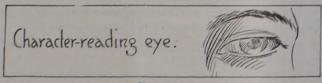
The eyes of Fig. 205 are those of a young lady, much given to coquetry and social frivolity. Those faculties, called amativeness and approbativeness, were strongly developed in this lady. She liked to be the Queen of Hearts. She flirted and coquetted with young men.

A picture was taken of her, which found its way into a daily, and shows the attitude and facial expression of one given to social frivolity. Study the scenery of those eyes and say if true love is represented in them. Notice that one eyelid is drawn lower down on the eye, and how the pupils of the eyes mirror the feelings of coquettish desire.

A lady with such eyes will never die of a "broken heart." She is more suited for the stage than she is for domestic life.

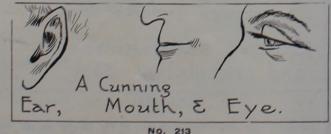


A frown is seen in Fig. 207. Pay close attention to those eyes, to the square-like position of the eyelids, to the drawn-down position of the same, to the low situation of the eyebrows, especially close to the nose, and notice that the eyes are wider apart close to the nose, and how the upper eyelids come down in a frownish manner upon the pupils of the eyes. Compare these eyes with those of Fig. 202 and you will see the difference between frowning eyes and cruel eyes.



No. 204

The eye in Fig. 204 is the eye of a character reader. There, we see sagacity, penetration of mind, and an ability to look into and through men. That eye looks into the very recesses of the soul. It notices the play of the features and interprets the emotions of the mind. It is useless for you to practice deceit in the presence of a person having an eye like that. He can read you as an open book. He can observe your movements, read your motives, notice your walk, interpret your attitudes, explain your manners and measure your soul. Compare this eye and its appearance with the others and notice the difference.



In Fig. 213, we have a representation of secretiveness. There, you see the eye, ear and mouth of a mystery-maker. That person tells you nothing about himself and his own affairs. There is a person who asks you all kinds of questions. He can crossquestion you. He can iay nets in front of you that you will not be able to perceive. He can watch you as a fox. That mouth tells no secrets. It is sealed up. A head having an eye, ear and mouth like that has a mind that can keep its own secrets. That mouth can keep mum. If you ask such a person anything regarding his own business, he will tell you, "I don't know yet," or else he will smile a mysterious smile and turn your conversation to something else. Notice how pointed that ear is at the

conservatism and shrewd management. Such a man is hard to catch at his own game. That eye is almost closed, but the eyelid is well represented. Notice how wide the eyelid is above the eyelash. The eye is almost triangular and well closed at the outer corner. That man is a successful tactician and manager; he can suppress his own feelings; he can keep the secrets of a business firm from the public. He is a tactful manager. He likes to play tricks on people, but they can not catch him at his games.

Those features mean strategy and cunning.

#### (Continued next month.)

Read and carefully study these articles and you will be better able to select a lover, improve your children, judge of partners, make business transactions and understand human character more fully.

#### BENEFITS OF OUR SCIENCE.

"What good is your science?" "How can it benefit me?" are questions asked by people who are not acquainted with our science. People who have studied our science never ask such questions, but, on the other hand become enthusiastic about its noble principles.

It would be impossible in a brief article to enumerate the many benefits derived from our science, when it is understood; but we shall mention briefly how a person may derive benefit from the teachings of our science.

When we understand the anatomy, physiology and phrenology of man, we understand man as the Creator made him. Then we understand the aim, purpose and plan of God. Then we comprehend the laws that govern man. Then we understand the means and methods of the salvation of man. Then we understand the purpose of his present existence, the meaning of punishment and reward, the origin of good and evil, and the plan by which man can be saved, not only spiritually but also physically.

Then we can perceive why it is that some men are moved by criminal tendencies, and why others are moved to noble acts.

Then the laws of improvement become clear. Then we know how to overcome inherited tendencies of an evil nature.

Then we can understand why an animal is an animal and why a human being is "the crown of creation."

Then we will know what we can do and what we cannot do. We will know our limitations, our faults and our virtues. We will know our real (not imagined) taients.

Then we know the special direction of our talents, the gifts of our daughters, the qualifications of our sons, the limitations of our servants, the real value of each man, the integrity of public officials, the honesty of our neighbors, the virtue of our assoclates, the constancy of our mates, the trustworthiness of those who call on our daughters, the real merits of our partners, and to what extent we can succeed in a given direction.

Then we know the criminal before he commits outrages, and can therefore prevent possible outrages, and thus protect society from burglaries, murder, crime and outrages. There are many people who are human tigers by birth, and some become human monsters of wickedness because of inflamed brain-centers or internal ravings of the mental faculties and physical functions.

Then we will understand what to eat and drink in order to

upper point of the ear. Such a man succeeds by policy, tact, «develop harmony in the chemical elements of which the body is composed. We will know what kind of food to eat when we experience abnormal cravings. We will know what not to eat when we are poor in flesh, bony, hard, angular and muscular. We can understand why we should eat such food when we lack vitality. We will realize that we should eat according to the demands of the season, climate, health, age, work, temperament and state of mind.

> Then, we can originate new industries by selecting men who are specially qualified for new pursuits. Thousands upon thousands of inventors, statesmen, geniuses and specialists die every year, and yet the public at large knows nothing about it, neither are such men known, patronized, educated nor appreciated. The God-given talents of the people are going to waste because man is not appreciated nor understood. And other men by the millions are wasting their talent, energies and vitality, simply because they lack self-confidence, will and resolution, and because they do not understand the developmental laws.

> Then, we can read people as a book. Then, political corruption, hypocrisy, deceit, fraud, guile and crime could not thrive, for people would then know each other because they could read each other.

> Then, we could prevent diseases, simply because we would know what faculties to develop, what thoughts to think, what food to eat and with what kind of people to associate ourselves for developmental purposes.

Then, we would know where genius is slumbering.

Then, we could select the right associates, lovers, friends and partners for ourselves and for our sons and daughters.

Then, we would know the laws that govern child-culture. We could then lay a true foundation of happiness for our children, not only for time, but for all eternity.

Then, we would understand the laws of heredity. We could give rise to more perfect offspring because we would understand the physical and mental influences of embryonic, preconceptive and pre-natal environments. We, as older people, have been born with physical and mental imperfections which mar our happiness during our entire life, simply because our parents were not acquainted with the hereditary, embryological, dictetic, hygienic, physiological and phrenological sciences. Indeed, it is a blessing to know that we need not die with our imperfections!

Our jails, hospitals and insane asylums are filled with unfortunate sufferers. Is this civilization, do you think? Do you not think that something is wrong somewhere? You need not think that such unhappy conditions are caused by God. When our science shall have been universally studied, understood and applied, we will not need jails, hospitals, insane asylums, charity institutions and suffering.

Then, divorces will disappear, for we will understand how to select wives, husbands and associates, according to the nature of each individual.

Then, our young sons and daughters need not experiment in the direction of industries, trades and professions, and lose money, time and effort in vain, for we will then know what they are good for.

Then, we will know that our feelings lead us astray, and give us wrong impressions, the same as the color-blind man receives wrong impressions about colors.

#### THE TEMPERAMENTS.

Their Indications of Character and Relations to Health and Disease.

#### By Virgil P. English, M. D.

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## Chapter IV.—The Phrenological Classification. (Continued.)

The man is the mind.

The body is only the instrument machinery or collection of tools that the mind constructs and operates for the purpose of coming in contact with material things, acting upon them and thus accomplishing its desires in this material world.

The study of the temperaments, then, is a study of this animated machinery by which the mind executes its desires, a study of those elements of the mind that are most intimately related to the body, and a study of the intellect.

A very satisfactory mental picture of the mind and body and their inter-relations, may be obtained by amplifying Prof. Fowler's illustration of the ship and its different parts, quoted in our last chapter. Bringing that illustration down to the present time, conforming it to the Twentieth Century conception of the mind and to the most advanced achievements in ship building, we have the following:

The vital temperament of the steamship is the furnace, smokestack, boiler, etc. Its product is steam—a carrier of the vital force of the ship, corresponding in this respect with the blood of the body.

The motive temperament of the ship is the hull, engines, propeller, rudder, etc.—all the materials or machinery immediately connected with the hull and the movments of the ship and its different parts. The product of this department is shape, stability or structural strength, and motion.

The mental temperament of the ship is the electrical machinery, wires, etc. The product of this department is electricity and what it accomplishes. The wires are the nerves.

The captain and his immediate associates are the mind that directs and controls the entire ship and all of its individual parts.

The brain is the central station of our bodies. The dynamo or battery and the electric keyboard upon which the captain operates in receiving and transmitting knowledge or information, messages, commands, etc.

The intellectual lobe of the brain is the part of our electrical machinery that the captain of the body operates upon in gathering, classifying and utilizing knowledge regarding things outside of the body, as well as things pertaining to the body itself—weather, winds, tides, heat, cold, soundings, ports, countries, dimensions, colors, forms, locations, time, numbers, events, etc.

The moral, esthetic, self-aspiring and domestic groups of brain organs, with the exception of amativeness, have no immediate connection with the temperaments as they are now studied and classified.

During the last ten or fifteen years there have been wonderful advancements in ship building and in electrical machinery. This renders a modern steamship a very much closer illustration of the human body than were the shops of Fowler's time. But there must be still greater advancement in ship building before the resemblance of a steamship to a man can approach completeness. We may, however, in our minds, complete the picture of a close and accurate resemblance, if we will imagine a ship that builds and repairs itself, from materials taken into

itself, by itself, and that operates itself by force obtained from the same kind of materials that are used in its construction and repair, and that are taken into itself with the building and repair materials and treated in the same way, during their preparation for use. If we will imagine all of this, and then imagine still further, that every part of the ship is automatic, or else it is operated entirely from a central station, that forms a part of itself—the fuel being placed in the furnace, the draft increased or diminished as needed, ashes and other waste materials removed as they accumulate, the production of steam increased or decreased as required, and directed into any part of the machinery as needed, and all accomplished and controlled by the captain and his assistants in the central station and through the electrical machinery—if we will form a clear men-

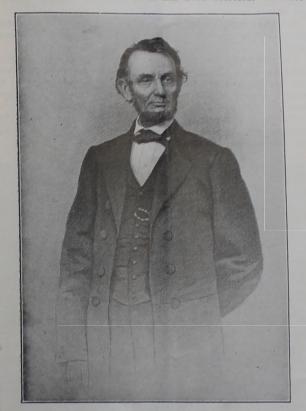


#### THE VITAL TEMPERAMENT.

King Edward VII--Vital temperament is only moderately pronounced. It is however, considerable stronger than either of the other two temperamenos. tal picture of all this, we will have an approximately clear conception of the human mind and its body.

The mind acts immediately upon the brain, controls and directs the nerve force therein, and through the brain, the nerve force and nerve impulses are transmitted through the nerves to all parts of the body. My own opinion regarding the details of the process by which this is accomplished is explained in "The Mind and Its Machinery," pages 174 and 179, inclusive. My limited space will not permit its repetition here.

Nerve force is either electricity or something so very similar that no difference between them has been detected. The evi-



#### THE MOTIVE TEMPERAMENT.

Abraham Lincoln—A strong motive temperament medified by a mental temperament almost as strong as the motive. Photographs of Mr. Lincoln taken when he was a younger man, indicate a much greater predominance of the motive temperament. The vital temperament as indicated by this portrait, is comparatively weak, especially the digestiv eyes.

dence and proofs upon which this statement is based are set forth in Chapter XIII. of the book mentioned in the above paragraph.

The part of the brain through which the mind acts in controlling the vital temperament is the central portion of the base—the part that rests upon the central portion of the floor of the skull. It lies back of the intellectual group of organs, directly beneath the moral group and upon the opposite side of the brain from this group. It is in front of the social and domestic group, below and towards the center of the head from the organs in the side.

The part of the brain upon which the mind operates in controlling the motive temperament is the portion known as the motor area. Acquisitiveness, caution, secretiveness, firmness, and combativeness occupy the greater part of this area.

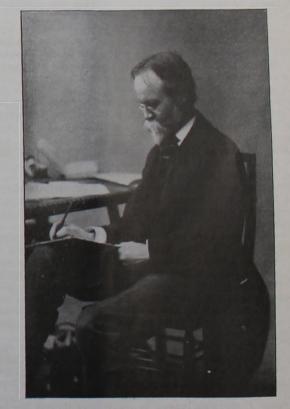
Each mental faculty in these two groups imparts a certain element to the texture, tonicity or qualities of the body. Each of the mental faculties is an element of power or ability, and its natural tendency is to build up brain substance and impart to it qualities favoring the execution of its own particular desires. Its effects upon the body, including all parts of the brain, are in harmony with its influence in developing and operating its own particular brain organ. For example: Firmness imparts certain elements to the bodily structure and powers. It builds into the body the qualities, texture and powers that make it an instrument capable of executing the work of being firm.

Combativeness requires other elements in the bodily structure and powers in order to constitute the body an instrument capable of satisfactorily executing the desires of a combative mind. Therefore, combativeness builds into the body qualities favorable to the execution of the desires of combativeness.

The same principles apply to all of the mental faculties and brain organs belonging to these two groups. Each faculty has its own peculiar influence and ability in building the brain and all of the bodily structure, and in operating the brain and body.

A large part of the weakness and disease of the human family results from an excessive or insufficient action of some particular mental faculty or combination of faculties. All that is really valuable in Christian science, mental science, suggestive therapeutics, the new psychology, etc., is the suggestion of mental states favorable to strength and health and abilities.

Phrenology being by far the best analysis and description of the mind that is known, and being capable of still greater development, the phrenologist is presented with opportunities in



THE MENTAL TEMPERAMENT. George W. Cable,—The motive and vital temperaments are both weak. (Continued page 149.)

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#### CLAIRVOYANT TALENT.

Clairvoyant talent is as old as man is old. The world has had thousands of prophets, clairvoyants, mediums, psychometrists, etc., each and all in possession of psychic talent.

The great man and Swedish seer, Swedenborg, who was born in 1688, after whom the "Swedenborgians" established the first "New Jerusalem Church" of public worship, in London, England, in the year 1783, that great prophet made himself historically eternal through his psychic talent and prophetic gift.

A short time ago, Miss Donnelly walked into our office for the purpose of having a phrenological examination, and in the course of the examination we discovered that the lady had the organism and development of mental faculties giving her a clairvoyant talent.

After the close of the examination she informed us that she had never made use of this divine gift in a public capacity, but was, nevertheless, conscious of its presence.

Since that time this lady has received many curious callers, and has in a great number of instances given convincing evidences of the greatness of her gift and the truthfulness of her revelations.

Once, at a time when the writer of this article was delivering a lecture before a class of students, this lady came with a message from a source so remarkable that it proved conclusively how she can look into that which is hidden. Again and again this lady has foretold coming events. "Your son is in jail, charged with murder," she said to a caller, one day, "for I see him in the jail, and I see also a man riding up on a very black horse, and each time I see the jail and your son I see the rider on the black horse." This was true.

• • • "And I left Milwaukee in a hurry, with my gray suit and white shirtwaist on, just as you said I would," writes Minnie D. Harrison, in a letter lying on our table, dated July 20, 1904, Bridgeport, Conn.; sent to her psychic Chicago friend, Miss Donnelly.

Walter J. Sherwood, known to our readers through his interesting article, "A Story of Three." written for this journal, writes: "I cannot explain how she can see these things by means of her mental vision, but she has described my men in the copper mine, of which mine I am the president, and which is located in southern Wyoming. She saw the property through her mental vision. She described the stream of water running through it, and how it is rolling and uneven. She saw the open shaft. She described the conspicuous tree with its overhanging branches towards the northwest, which tree stands on the property of our mine. She described the mineral beneath and the dark blue appearance of the copper ore, saying that, 'As far as I see down in the mine, there is nothing but copper.'"

"You will be there by the 28th of June," she predicted in regard to a certain change in affairs, and just as she predicted, it happened, although nothing was in any way decided regarding the change at the time the prediction was made.

It may be interesting to our readers to know, from the standpoints of the mental faculties, what constitutes clairvoyant talent.

The clairvoyant has a pliable, receptive and plastic organism, being especially strong in the psychic, the apprehensive, intuitive, sensing and sensitizing faculties. They are weak in the positive powers of the mind, and always strong in the emotions.

The eyes have a peculiar, dreamy and vacant expression. The eyebrows are elevated in the center and the eyes often look into the distance of space.



#### MISS DONNELLY.

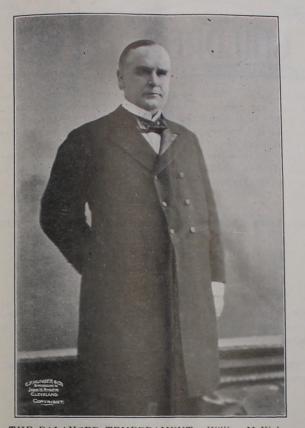
Notive her elevated eyebrows, her psychic appearance, her distant look, her psychic nose-tip and the development of the psychic faculty, indicated by the pointing arrow. It is that divine faculty, spirituality, which is at the foundation of clairvoyant talent.

"Vaught's Mail Course in the Science and Art of Character Reading has been a great delight and help to me all the way through and I am very glad I have had the privilege of taking it."—(Rev.) H. F. Lutz.

"Your publication comes but once a month, but I find in it daily food."—A. J. B., Harrisville, Pa.

Game of Character Reading, 90 Illustrations by Prof. Vaught, - 50c.

(Continued from page 147.)



THE BALANCED TEMPERAMENT — William McKinley. Altogether, this portrait is an excellent illustration of a well [balanced temperament.

the science of healing, that fortune offers to no other class of students. Combine the valuable part of Christian science, mental science, magnetic healing, divine healing, suggestive therapeutics, etc., with what is already known by the phrenologists, and what may be ascertained by further study and investigation, and we will have a science of health building and character building that will revolutionize our schools, healing arts, etc.

I can do little more at this time, for want of space, than to hint at the possibilities.

#### The Vital Temperament.

"One class of our physical organs includes all of those that perform the body's vital functions and are called the vital organs. This system includes the heart, lungs, stomach, liver, intestines, pancreas, kidneys and all other organs located within the trunk, except those in the very lowest part.

"These vital organs are all concerned in the nourishment of the body and in removing waste and useless materials therefrom. The skin helps to cleanse the body, and it really belongs to the vital temperament, but it is not usually considered in works treating upon the temperaments.

"Persons in whom these organs are large in proportion to other parts of the body are said to be persons of the vital temperament, or that they have the vital temperament.

"The physical appearance and the physical and mental powers, tendencies and capabilities of these persons are decidedly different from those in whom either of the other two classes of organs are relatively the larger."

Ex-President Grover Cleveland is a good illustration of this temperament.

#### The Motive Temperament.

Another "class of organs or parts of the body, comprises the organs of locomotion and those that give the body form and stability, and in some parts, protection to the more delicate organs. It also includes the organs employed in moving the different parts of the body upon each other; as the arms, fingers, jaws, etc. As this class includes the parts of the body immediately concerned in locomotion, it is called the motive temperament. It includes all the bones, ligaments, cartilages, voluntary muscles and tendons that the body contains.

"When these parts of the human machine are large and strong in comparison with other parts of the body, a distinctive physical appearance is given and the person is said to have the motive temperament, or to be a person of the motive temperament. All such persons have distinctive mental characteristics that differ from those of persons with any other temperament."

#### The Mental Temperament.

"The brain and nervous system constitute the third class of our bodily organs. This class is more intimately related to the mind than any other. The mind acts directly upon these organs, and through them it controls all parts of the body. When the brain is large and active, and the nervous system is active and influential in comparison with other parts of the body, a distinctive physical appearance is given that is in marked contrast to either of the other temperaments."

#### Balanced Temperament.

"A person in whom all of the temperaments are about equal, is said to be balanced, or to have a balanced temperament, or to be a person of the balanced temperament.

"Such a person does not exhibit the distinguishing characteristics peculiar to either of the three temperaments before mentioned, but is more evenly developed and harmonious in build and the mental powers are characterized by an evenness, harmony, breadth and versatility never found in the motive, vital or mental temperaments. These persons possess in a fair degree the qualities peculiar to each of the other three temperaments and none of the extremes.

"Their evenness and harmony of build give them a physical appearance that is quite different from that given by either of the other temperaments."

The classification of the temperaments just described, is the one that I shall use in the chapters that will follow, and for convenience in reference, I will place in the form of a diagram, the names of the temperaments according to this classification. Phrenological classification of the temperaments:—Vital, Motive, Mental, Balanced.

According to the medical classification, the bilious temperament predominates in Lincoln, the sanguine in Cable and the lymphatic in Cleveland. But the bilious temperament is also strong in Cleveland.

In language of the phrenological classification in connection with the medical, Lincoln represents the bilious type of the motive temperament, Cleveland the bilious type of the vital temperament and Cable the sanguine type of the mental temperament. McKinley, as before stated, is pretty well balanced, but he exhibits a little more of the bilious temperament than he does of the sanguine. His photographs that were taken early in life show a predominance of the vital and motive temperaments over the mental. The motive especially is strongly marked in his earlier portraits. But his latest portraits indicate a slight predominance of the mental temperament. This change in his temperaments is due to the greater exercise given to the mental temperament during the latter part of his life.



#### WANTED TO KNOW WHERE THE STORK LIVES.

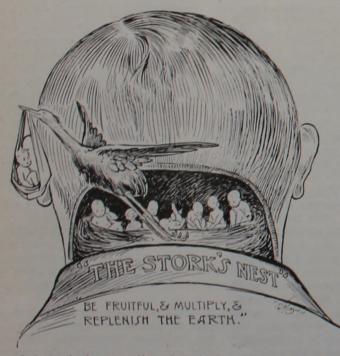
"Mother," said Alvin G., a little boy, "you said that the stork brings babies. Did the stork bring me to you? And where did he get me?"

"Wait," said Alvin's mother, "until you are grown and you will know all such things."

The little boy was not satisfied with this explanation. He went into a corner of the room and began to think of this mysterious stork.

We overheard this little conversation and never forgot it, thinking that children should be taught the philosophy of life and the science of reproduction.

A few days ago when we were thinking of the function of amativeness and wishing to represent it by means of a cartoon, we happened to think of the conversation that passed between mother and son regarding the stork, and below we insert a cartoon giving an idea of the stork's nest.



It is in the lower portion of the back head (occiput) that the creative instinct is located, or in the posterior lobes of the little brain (cerebellum). It is this faculty that gives rise to the appetites of procreation.

"Be fruitful, and multiply, and replenish the earth," said the great Creator to Adam and Eve, but He did not only tell them this, but He also implanted this law into their brain and soul, and gave them the capacity.

This capacity or faculty has been located. We know now where God placed this power. We know the function of this part of the brain. We know that it qualifies man to reproduce himself. We know that people weak in this part of the brain are unable to multiply themselves. They are barren. We know that it is amativeness that builds, superintends and repairs the

sexual system. When amativeness is weak, the sexual system is weak, the sexual functions are feeble, the person lacks life; he suffers from sexual diseases or weaknesses. And we know also that, if the stork brings babies, this is where he gets them; if he lives anywhere, this is his nest.

We think, however, that it would be much more sensible to teach children sexual and creative science than to teach them stork stories. Children would have more respect for the real truth.

THOUGHTS UPON HEREDITY AND PARENTAL CULTURE.

#### (Gathered from Various Sources.)

#### Arranged by Jovianus.

"For I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation."—Deuteronomy, 5:9.

"The gods visit the sins of the fathers upon the children."-Euripides, 484-406 B. C. In "Phrixus," Frag. 970.

> "Our times, in sin prolific, first The marriage-bed with taint have cursed And family and home; This is the fountain-head of all, The sorrows and the ills that fall

On Romans and on Rome."

—Horace, 65-8 B. C.

"And Jacob took him rods of green poplar, and of the hazel and chestnut tree, and piled white strakes in them, and made the white appear which was in the rods.

"And set the rods which he had piled before the flocks in the gutters in the watering troughs when the flocks came to drink, that they should conceive when they came to drink.

"And the flocks conceived before the rods, and brought forth cattle ringstraked, speckled, and spotted."—Genesis, 30:37, 38, 39.

"When a superstitious fear overran Rome, all the women then pregnant were delivered prematurely, and brought forth imperfect children."—Plutarch, 46 (?)—120 (?) A. D.

"Children begotten during the horrors of the French Revolution are weakly, nervous, and irritable in mind, extremely susceptible, and liable to be thrown by the least excitement into absolute insanity."—Esquirol.

"It is not enough, said Socrates, that parents are virtuous: they ought both of them to be in the perfection of their age, if they would have their children such as they wish them. For do you suppose, Hippias, that children produced by parents not yet arrived to a state of maturity, or by such as are already past it, can be compared with the offspring of those who are in the prime of life and perfection of their nature?

"Those therefore, said Socrates, who indulge themselves in this disorderly manner, what can they else than produce a miserable offspring?"-Xenophone (444 B. C.), "Memoirs of Socrates," Book IV.

"The question of acquired character being transmissable, is the most important question before the scientific world."-Herbert Spencer.

#### GROWTH.

#### J. A. Edgerton.

As you climb to the heights, as you climb And your view broadens out more and more, As you catch far-off glimpses sublime

That you never had dreamed of before.

As you realize all of the earth

With unrecognized beauty is rife,

Then within you a new truth has birth: That growth is the secret of life.

'Tis to live so that day after day

Some new strength or new wisdom is gained: 'Tis to strive ever up on life's way,

Every year some new prospect attained; 'Tis to keep in your vision some goal;

'Tis to look through the night to the dawn; 'Tis to list to the voice of your soul,

That ever is urging you on.

'Tis to thrill with the life-giving spell That transforms by its magical power The molecule into the cell,

And the cell to the plant and the flower; Under which all creation is stirred,

To evolve by some marvelous plan, From the germ to the beast and the bird,

From the animal up to man.

It is progress that governs the whole From the atom up to the sun;

And it rules in the realm of the soul; For the law of both kingdoms is one.

'Tis advancement by struggle and strife Through the edict of cosmic design,

'Tis an ever-developing life, That keeps pace with the purpose divine.

Is the scheme consummate in man?

Or beyond are there forms new and strange, That conform to the infinite plan,

And progress through the cycles of change? Up the ladder of being we climb,

From the plane of the crystal and clod To the heights unimagined sublime,

That ascend to the kingdom of God.

A remarkable memory for faces is one of the attributes of George Denny, head watchman at the state, war and navy building, which, according to standard guide books, is the iargest office building in the world. It is as head doorkeeper of this massive structure after the office hours that Denny's peculiar

gift stands him in good stead. Like the other government buildings, no visitors are allowed at the state, war and navy after 2 o'clock. Many of the offices remain open until 5 o'clock, however, and there is a constant stream of officials, messengers and newspaper men pouring in and out beyond the time that the doors are closed.

Denny never makes the mistake of holding up the wrong man. He has a trained eye for faces and though an official connected with any of the departments may have passed him only once or twice during the regular hours, Denny remembers it and he can go in and out without any fear of being headed off by a messenger with the sharp rebuke: "After office hours. No visitors allowed." 'The other doorkeepers are cultivating the same gift.

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#### EXCHANGES.

The Flaming Sword has resumed operations at Estero, Fla. Its teachings have been named Koreshanity, which has for its working basis, astronomy, religion and sociology. Published weekly, \$1.00 a year.

Bible Review-Advanced esoteric thought. Applegate, Fla.; \$1.50 a year.

The Mazdaznan-A magazine of modern thought for mental and physical development. Published in Chicago; \$1.00 a year. Rev. Dr. Hanish, editor.

Unity-Devoted to practical Christianity. Published at Kansas City, Mo.; \$1.00 per year.

Expression-Of mind and thought. Published at 24 Lower Phillimore Place, London, W. England; \$1.50 per year.

The Health Reporter-The best journal that we have seen treating of health from a basis of natural laws. Published at Kansas City, Mo.; \$1.00 a year.

Now-A journal of affirmation, on soul culture, psychometry, spiritual healing, mental science, etc. Published at 1437 Market St., San Francisco, Cal.; \$1.00 a year.

The Ghourki, Edited by the Chief of the Tribe-A magazine of harangues, many of which will do you good to listen to. Published at Morgantown, W. Va.; 25c the year.

Mind-Published by The Alliance Pub. Co., New York. Editor, Charles Brodie Patterson. This is a leader among the New Thought magazines. \$2.50 a year.

All of the above represents good reading matter for progressive people. Send for sample copies of any or all, and mention Human Culture.

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#### PHYSICAL CULTURE AT HOME.

#### By W. Hubert-Miller, R. S., Professor of Physical Culture and Naturopathy, Chicago.

#### Vegetarianism.

#### Why It Fails with Many, and Why It Is Not Adopted by So-Called Civilized People.

Very often we hear people remark: "Oh! I should not know where to get my strength from, if I would not eat meat." They think it is utterly impossible to live without meat or fish. They do not know, or do not want to know, that millions of people live and have lived in this world without tasting



#### EXERCISE 15.

Lift up your leg and place your foot into folded hands, as in exercise 16. Stand as erect as possible, press limb close to your body and then raise your body upon your toes, jumping several times, then do the same with the other leg. You will find this an excellent remedy for constipation.

meat in their lives, and yet were strong and healthy; that millions of people in Japan, India, Asia and Africa live on rice and fruit, and keep well at such simple diet. Well, they do not want to know that; not even that most Italian laborers rarely ever touch meat, and yet they perform the hardest kind of manual labor. That also sounds strange to them.

But after all, vegetarianism has drawn the attention of some college professors and economists of late years, and not long

ago we read in the newspapers that in one of our big colleges they put a number of students on the vegetarian and raw meat diet, to find out scientifically, as they call it, what of value there is in it. The famous Dresden-Berlin foot-race of last year commenced the movement, because the Vegetarians were the victors; and at Madison Square in New York, recently, good showings were made by the natural food eaters.

So the unthinking people must come to the conclusion that there is something in the art of eating. An elephant and a horse are by far stronger than a lion and wolf, and we would not give to the cow, whose milk is poor, ham and eggs, in order to get richer milk; no, we know better than that. Nor would we give a horse a beefsteak to make it stronger; we are well aware that only good grass and corn give thick milk if fed to the cow, and oats and hay will answer as a strength-producer by a horse. Yet people do not see why it should not work with us; they say: "I am no cow—I am no horse." Yes; but you are neither a wolf nor a lion; you are a human, intelligent being, the crown of creation—a god.

You would not have to limit your diet to grass and oats; just use that noble brain of yours, and take your choice in the vegetable kingdom; select that which suits you under existing circumstances. Do not make a fool out of yourself and society at large, organizing prevention of cruelty to animals organizations, and then feast upon them. Think it over that they had to be killed to satisfy your unnatural appetite; do not talk against pigeon shooting, and then go into a swell restaurant and order



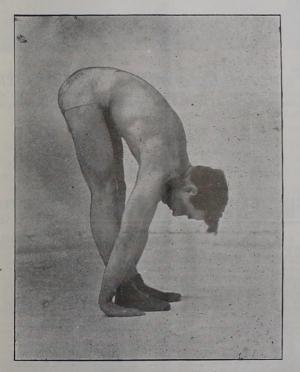
#### EXERCISE 16.

Raise your leg on your arm as high as you can, while with your other leg stand perfectly straight, just as in Fig. 1. Take a full breath, and while so doing press your limb close to your body, and while retaining the breath jump upon your toes. This exercise is very good to promote activity of the digestive organs, and consequently of great value. squab or pigeon in caserole; try to be sincere with yourself; first think, and then say or do things.

It is of no use to take a perfumed bath twice a day, if you do not change that four-to-five-heavy-meals a-day plan of living; you will always produce a bad odor wherever you go, because you are a walking graveyard, and you carry that nasty, ill-smelling odor around with you; you cannot leave that in the bathroom.

Why vegetarianism is a failure with many people is because they think they find it in the elixir of life, and stop it as soon as they find out their mistake.

If you will take the trouble to hunt up the records of those whom a plain, vegetarian diet has failed to help, you will readily



#### EXERCISE 17.

This exercise, to be of inestimable value, must be taken with ease and sufficient understanding of slow, deep breathing. Fill your lungs well, then throw up your arms as high as possible. Now bend forward as you breathe out slowly. Keep your chest thrown out well, your hindpart raised, and the spinal column under good control. Do this exercise for two or three minutes just before retiring to bed. If you will double up a bath towel and dip it into cold water, then place it upon your neck for one minute, and do this as soon as you are through with the exercise, it will insure a good night's rest and pleasant dreams. You are not expected to reach the floor with your hands right away—go down as far as you can, and increase slowly but surely till you get there.

find the reason. These people have not been well for years. They have tried all the patent medicines in the drug store; they have consulted all the great and learned specialists; they have loaded down their systems with poisons, and have taken every remedy that has been recommended to them. At last, when their systems are about ruined, they hear of vegetarianism and its powers to help the sick and afflicted, and they think—as they did when every other remedy was offered them—they have found it at last. They will speedily be restored to health by this method of living, and they can go on their way rejoicing; it will cure them miraculously, they think; it will fix up their rundown body after all else has failed.

They do not adopt the system out of pity for the innocent animals that are slaughtered for them to feast upon; they are not vegetarians because that method of living will make and keep the body pure and healthy; they do not adopt it to insure better health to themselves, nor for economical reasons. They simply want to be fixed up so they may renew their former unnatural methods of living. Will vegetarianism do this? No; not in the way they hope. If people have violated all of Nature's laws in their methods of life for years; if they have overeaten; if they have been intemperate in the use of stimulants; if they have acquired impure habits and vicious methods of thought and action; if their internal organs have been overworked and worn out; if their joints are filled with uric acid and their blood is also impure, and if they have filled themselves with poisonous drugs and got no relief, then, after all these have failed, they turn to vegetarianism in the hope of securing speedy relief. They will surely be disappointed. Nature does not run her affairs in such a way. She is just. You may violate her laws for years, and think you will escape the penalty. She revenges herself on all, as she is all-powerful and her sway is infinite.

The reason vegetarianism is not popular with the masses is that it is a system of eating that disciplines the appetite and as they are all slaves to the stomachs, they will never consent to give up their meats, liquids, tobacco and other poisons. These people will boast of their freedom and liberty, but if they miss their eye-opener in the morning, or their lunch, or their clgars, their actions show plainly how strongly they are bound to their stomachs by the chains of appetite.

Will vegetarianism liberate them? Yes, if they first learn to breathe and diet themselves, and they pay attention to their bodily organism. They should also study the question of food value and its proper selection for their temperament, habits and employment.

The food should vary with the season or different climates. In summer a person may live and thrive on fresh fruits alone, but in winter they would need more solid foods. If they were to try to live on a winter diet in midsummer they would soon learn the wisdom of the proper selection of foods. A native of the tropics can live there all his life on fruit, but if he were to spend a winter in northern clime he would have to eat grains, oils and vegetables to keep well. To make a success of vegetarianism, all these things must be understood and applied. Then you will reap the benefits—both physical and mental.

The exercises which I have given in these articles are of special value for the restoration of normal conditions of your inner organs, and if practiced right, will produce wonderful results; but bear in mind what I have said before: Do not overdo anything; use common sense.

#### HOW A SAILOR DESCRIBED AN ANTHEM.

People who know little about a subject sometimes explain it more clearly than those who know all about it. An old sailor had heard in church an anthem, which greatly pleased him. He was telling a shipmate, who asked, "I say, Jack, what's an anthem?" "What!" replied Jack, "do you mean to say you don't know what a hanthem is?" "Not me." "Well, then, I'll tell yer. If I was to say to yer, 'Ere, Bill, give me that andspike,' that wouldn't be a hanthem. But was I to say, 'Bill-Bill-Bill-giv-givgiv-giv me, giv me that-Bill, giv me that hand, giv me that hand, handspike, spike-spike-Bill-giv me that that hand-handspike, hand-spike-spike-spike, ah men; Bill, give me that handspike, ah men!' that would be a hanthem."

#### CRIMINALS' FINGER-TIPS.

The London police have abandoned the Bertillon system for the identification of criminals, and have adopted the method of taking impressions of the finger-tips, which has been proved by Prof. Galton to be absolutely infallible and conclusive. Within six months over 1,700 identifications have been made by the finger-tip system, a result so remarkable as to attract the attention of United States officials. India and China have, of course, long used this method, not for the identification of criminals, but for signing documents, knowing that while handwriting can always be imitated, forgery is here impossible. But if the finger-tips are so characteristic, are not other parts of the body equally so, and may there possibly be a connection between these markings and the disposition of the individual?

The data now being collected by the police ought to supply valuable evidence upon this point. It is now a commonplace of orthodox science that every thought alters the molecular arrangement of the brain and presumably of the whole body. Is there no way to bring a more minute examination to bear upon these changes with a view to their classification? Habits of thought, unquestionably induce marked facial and other bodily changes. A man stamps his character upon his face and upon his carriage; but may not these changes have finer ramifications than are yet suspected? Any investigations which tend to show the power of thought are peculiarly valuable .-- Current Literature.

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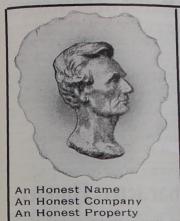
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2	Bed Wetting	6

Mechanical Injuries,..... Mental Diseases Constitutional States.....

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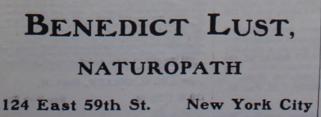
The officers of this Company believe that those who help furnish the money to develop this property are entitled to share in the ultimate gains. Readers of HUMAN CULTURE are offered New Lincoln stock at 10c per share, par value \$1.00. (This is the property about which Miss Donnelly, in another column of this issue, talks so astonishingly.) There is not much stock for sale at this price, and as money is needed for immediate development we ask those interested to please respond at once. \$10 will buy 100 shares; \$25 will buy 250 shares; \$50 will buy 500 shares; \$100 will buy 1000 shares. Special correspondence is invited with anyone desiring to take a large block of this stock. Prospectus showing illustrations and maps cheerfully furnished. Write at once to

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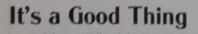
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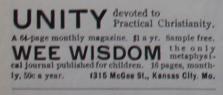
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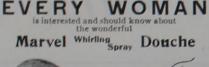
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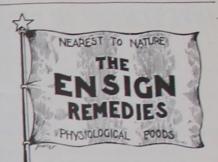
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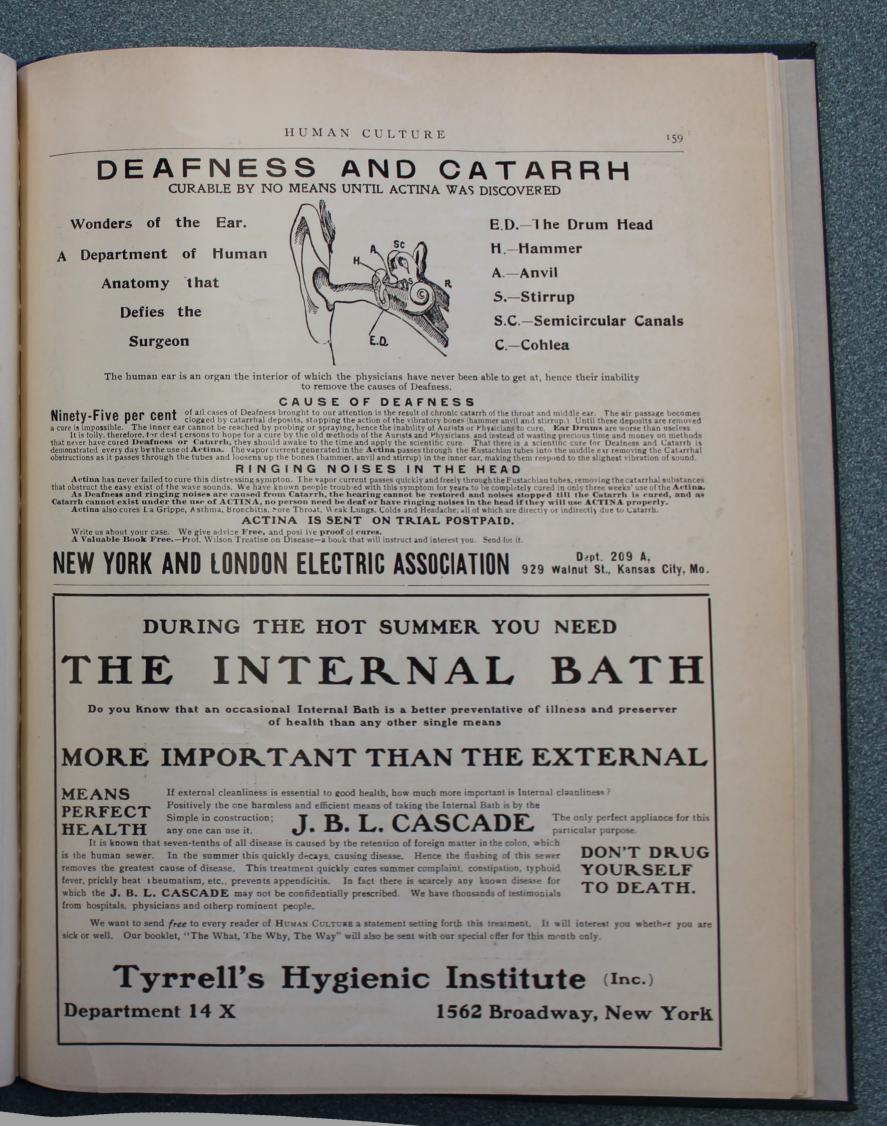


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