

HUMAN CULTURE

VOL. 7.

CHICAGO, ILLINOIS, APRIL 5, 1905.

No. 3

A MAGAZINE FOR THOSE INTERESTED IN THEMSELVES AND HOW TO MAKE THE MOST OF THEMSELVES

EXPRESSIONS

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Happy Girl



Russel Sage



Rev. Dowie



Hudson



Florence de Luce



Cornelius Vanderbilt

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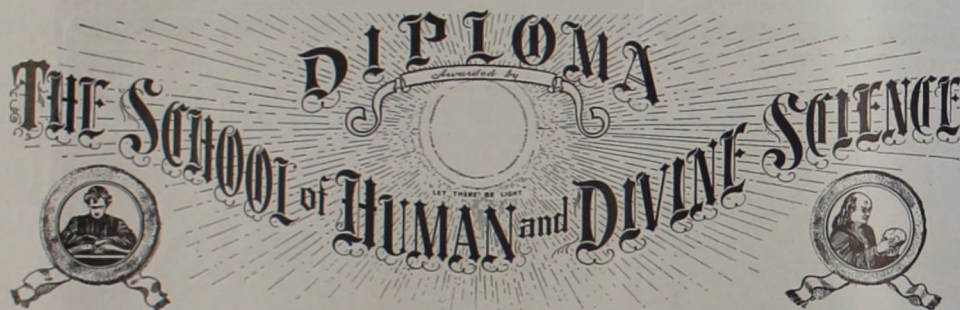
Metaphysics
Development
Sexual Science
Grammar
Logics

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Prof. L. H. Womack, Waco, Texas, in a private letter, dated February 14, 1905, says of Prof. Lundquist's Mail-Course Series of Home Lessons in Human Science:

"After nineteen years of persistent study of all the magazines, standard books and pamphlets published in the English language; after having studied tens of thousands of pages on such subjects as embryology heredity, sexology, marriage, temperament, physiology, physiognomy, ethnology, phrenology, hygiene, dietetics, etc.; after having read and studied three phrenological mail-courses; after having taken a special course in a phrenological institute, and after having been a student of the sciences of man all my life, I am in position to judge the merits and demerits of your mail-course in phrenology and similar sciences of man, brain and mind.

"And I say this knowingly and conscientiously that your mail-course is, without question, the most thorough, complete, systematic and scientific of anything hitherto produced. It contains data, principles, truths and explanations that cannot be found anywhere else. It begins with life and carries the student on and on through the successive steps, stages, conditions and developments, clearing up character reading, heredity, genius, talent, idiosyncrasy, trades and professions, health, laws of love, etc., etc., as these conditions never were cleared up before. Your course is simply GREAT."



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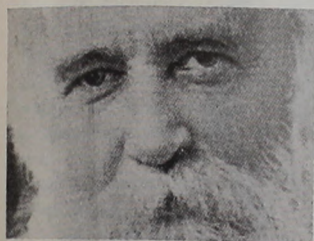
A SERIES OF LESSONS IN THE CHARACTER-READING ART---Continued

By V. G. LUNDQUIST.

EXPRESSION.

It will pay students of phrenology to study expression; in fact, it will pay all people to study expression, for expressions are nothing but the external manifestations of the soul, pictured on the facial mirror.

When the soul-part of man is sad, the countenance is sad. When the soul is happy, the face is happy. When the soul is greedy, the expression is greedy. When the soul is refined, the expression is refined. People who are well developed in Human Nature are experts in the study of expression, and people who are weak in this faculty can develop the human nature faculty by paying attention to expression.



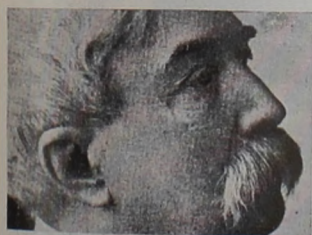
Rev. Dowie
Autocratic Expression



Florence de Luce
Melodramatist, Tragic Expression



Unhappy Man
Pessimistic Expression



Hudson
Psychic Writer, Studious Expression



Cornelius Vanderbilt
Commercial and Scientific Expression



Happy Girl
Optimistic Expression



Russel Sage
Dissatisfied Expression



O. S. Fowler
Enthusiastic and Daring Expression

INTELLECTUAL IDIOCY



Idiotic Expression.



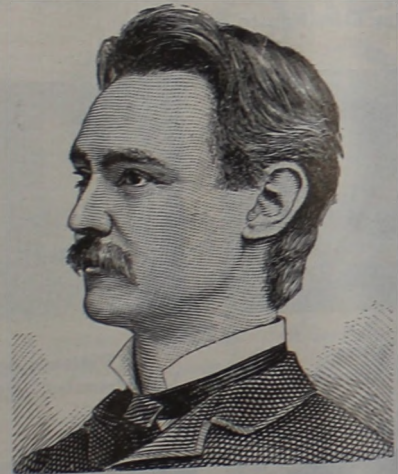
Literary Expression.



Mean and Contentious Expression.



Pugilistic Expression.



Intellectual Expression.



Gluttonous Expression.



Mirthful Expression.



Self-Conceit.

Study all these faces, the lines in the same, the development of the cheeks, the upward tendency of the facial lines, or the downward tendency of the lines of the face, the peculiar scenery of face, eyes, lips, etc., seen in all those faces.

Such lessons are not manufactured by the desk of some phrenologist; they are taken from nature, and are for that reason reliable

POULTRY FARMING.

By V. G. Lundquist, D. Sc.

This industry is good for money-making purposes, especially when the poultry farmer understands his art.

The people at large think that anyone can become a poultry farmer. This is a great mistake, for every worker must be adapted to his work, both from the standpoints of talent and experience.

The poultry farmer should be industrious, prudent and practical. He should love animal young.

The temperament of the poultry farmer should be the mental-vital. It is the vital temperament people who take interest in life, in animals, in breeding, in food culture, in plant life in animal life, in bird life, and in all sorts of breeding processes. To the vital man, all kinds of breeding industries are agreeable, besides he is the man who is mostly adapted to such industries.

The poultry farmer must have a mind for detail, for if anyone has to do with detail work he has. He should be a poultry doctor and a student of animal breeds and characteristics. He must know what special breed is best for the market. He must study cross-breeds and varieties, climatic conditions favorable and unfavorable for poultry, the peculiarities of poultry, mating, time of maturity, variety of food suited for chickens at various times and seasons, how to feed chickens, effects of food, heat, cold, etc. He should be handy with tools, for he has to do with henneries, nest boxes, poultry houses, roosting rooms, passage ways, movable coops, water tanks, piping, lathing, plastering, cementing, painting, construction, brooding pens, incubators, etc. It is for this reason that he must have the perceptive faculties and constructiveness, for these are the tool and instrument users.

He must understand the use and value of water, lime, gravel, warmth, cleanliness, light, ventilation, exercise, fresh air, etc. He has to do with space and distances, effects of the sun, of the air, of the earth, of cold and of heat. He has to do with cost, profit, estimation, arrangement, elevation, the buying of material and food.

He must understand fattening processes, when to market poultry, the condition of the market, over-production, the demands of poultry at holidays, how to protect, save and sell feather and feather bones, etc.

The practical poultry farmer knows the use and value of feathers and feather-bones. Since the invention of Mr. E. K. Warren of Michigan, worthless feathers are used as an excellent substitute for whalebones, which, of late, are becoming scarce and dear. We have, because of that invention, companies manufacturing, out of worthless quills of feathers, an excellent substitute for whalebones.

The feathers are first stripped of their plumage by revolving shears, after which the quills are divided into halves by mechanical processes, the pith is being removed and used as a fertilizer, which because of its nitrogenous element, is a valuable fertilizer on the farm. The split quills are cut into narrow shreds and braided into strands. These strands are combined into firm, strong and elastic bands, and sewed lengthwise with colored threads, giving a variety of colors from the kind of threads used. There are hundreds of people employed in this industry, and, owing to the fact that patents have been secured in the leading European countries, and large offers made for the right to use feather-bones for the making of whips, corsets, etc., this manufacturing industry is an important one.

Such points are of value to the poultry farmer.

He should be acquainted with the methods of preserving,

packing and wintering eggs. He should study the economy and profit of the poultry industry, and here he needs the industrial instincts, the perceptive and the reasoning faculties. He should know the uses of medicine, salt, green food, charcoal, stimulants, food varieties, etc. He should understand gardening and fruit culture to a great extent, for gardening, fruit culture and poultry farming go well hand in hand. And first and last, he must have a taste for poultry breeding, a liking for birds and animals, a desire to protect, breed, study and improve animals and birds and a strong inclination for animal and bird production. These desires spring from Amativeness (the breeder), Parental Love (the nurse), Vitativeness, Human Nature and Spirituality (the life and mind students).

There are special faculties necessary in every person who has anything to do with breeding processes, with industries such as pig breeding, poultry farming, squab breeding, dog culture, fish culture, floriculture, fruit culture, horse breeding, cattle breeding, peanut farming, mushroom culture, nursery gardening, sheep farming, grape culture, cranberry culture, rabbit keeping, bee culture, window gardening, ornamental gardening, farming at large, etc.

A person will never succeed before he has a taste for his work, education, experience and those faculties which are necessary in a certain occupation. A person who nurses life in its growing stages must have the nursing instinct and an inherent love for that which grows.

BENEFITS OF PHRENOLOGY.

Thinks Phrenology Is the Science of Human Development.

Mr. R. G. L., Ohio, of whom we made an examination three years ago, called on us March 18, saying that "phrenology is the science of human development."

This man lacked vitality, self-confidence, power of mental concentration and business enterprise when we examined him three years ago; in fact, he was so weak that he could not use his talent, although he had received a first-class education. But now he has developed his vitality, improved his memory, called the faculty of self-confidence into action to such an extent that he can stand and lecture before large audiences. He is a success as a lecturer and teacher. He said that he can thank phrenology for his improvement and for his success.

There is no science that deals with human improvement, with the development of vitality, with the training of a poor memory, with the development of mental concentration, with the development of social magnetism, with the art of handling people, with ethical culture, with child culture, with the placing of the people in their right and proper fields, with the handling of the insane, and with all other kinds of conditions to such an extent as phrenology does.

Phrenology is gaining friends each and every year, simply because those who become acquainted with its teachings become benefited in hundreds of ways. Truly, the science of phrenology is the science of human development.

BEAUTIFIERS.

There is no beautifier of the complexion equal to orange juice, raisin juice, olive oil, prune juice, all kinds of fruit juices, all kinds of fruit, blackberry juice, massage, magnetic culture exercises, the use of phosphorous food, much breathing of healthy moving air, and calm of mind.

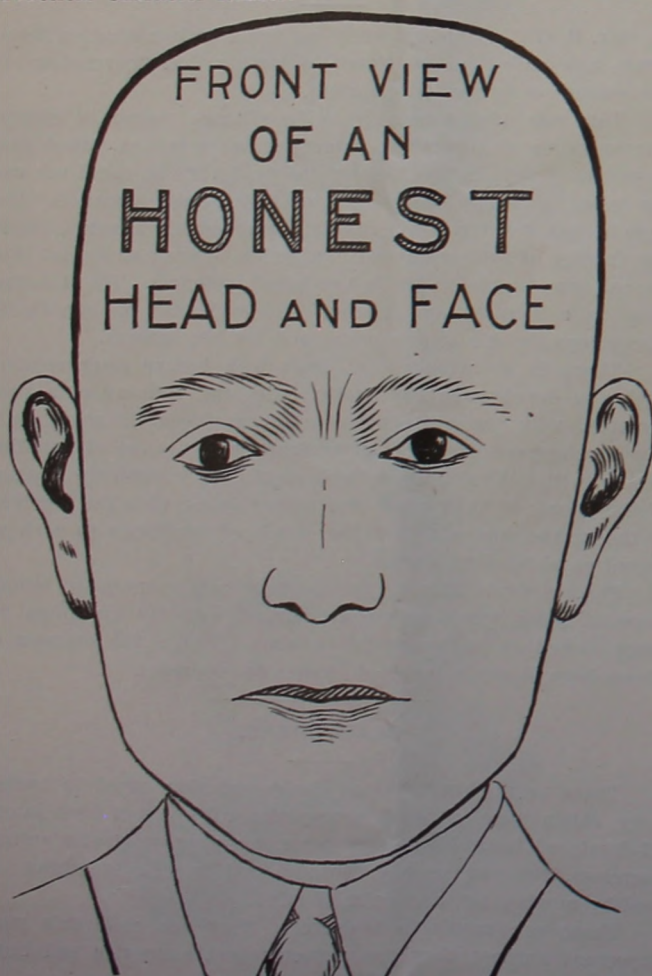
These are man's best doctors; they are children's most important nurses; they are women's best cosmetics and beautifiers.

HOW TO DETECT AN HONEST PERSON.

An honest person can be detected from the following signs:

1. By a high and square top-head, at the back portion of the top-head.
2. By height and convexity at the central portion of the top-head, where the faculty of obedience, duty and gratitude is located.
3. By convexity backwardly from the ear and upwardly, about two inches backwardly from the top of the ear and a little upwardly or behind Combativeness and above Conjugality, where that important faculty, Friendship, is located.
4. By a clear, positive, natural, steady, regular, measured and direct voice.
5. By open hands and an open countenance.
6. By a disposition to confide in others.
7. By positive manners and a disposition to LISTEN to and consider any question, proof or statement.
8. By straight lines at the root of the nose and in the forehead.
9. By steady eyes, firm lips and square-like facial contours.
10. By a straightforward walk, a tendency to strike the sidewalk with the heel first, and a tendency to walk with long steps, and with the toes of the feet pointing outwardly.
11. By an inclination to watch the one spoken to without suspicion and criticism. A person who suspicious friend and foe is not honest.
12. By an honest expression of face.

To give an idea what we mean when we speak of an honest expression, we shall insert a picture, which was used in Vaught's Practical Character Reader.



An Honest Expression.

HOW TO EAT.

By V. G. Lundquist.

When you sit down at the table for the purpose of eating and nourishing your system, remember that you should think of what you are doing. You should remember that you are at the table and in the sacred presence of food. You should study the food on the table, and ascertain from the cook how it has been prepared. You should look at the food and relish it. You should think that it is wonderfully good. You should not have your mind filled with work, worry, business, thoughts and studies. Let all such things go to the winds at the time you are at the table. You should go to the table for the purpose of enjoying your food, for nourishing your system. You should call the food appetites into action.

It is the action of the food faculty that gives rise to the food appetites, and it is these appetites that generate the digestive impulse, and arouse the digestive juices of the glands of the stomach. This is the reason that we should think about food and eating when we are at the table.

If Mr. Rockefeller, with his millions of dollars, knew this one fact and lived according to the same at each and every meal, he would not be a dyspeptic, as he is at the present time. He thinks of his dollars and forgets his stomach when he eats, the reason of which he is a millionaire in purse and a bankrupt dyspeptic in stomach.

"A wholesome medicine is Cheer,
And Hope a tonic strong;
He conquers all who conquers fear,
And shall his days prolong.

"A happy heart, a cheerful lip,
Contagious health bestow
As honey-bees their sweetness sip
From fragrant flowers that blow.

"Let cheerful thought prevail among
The sons of men alway,
And sighs shall change to Love's sweet song,
And night to golden day."

A STRONG ARGUMENT.

Not long ago we listened to a hygienist and an insurance man.

"Do you carry insurance?" said the insurance agent.

"No," answered the hygienist.

"Could I interest you in insurance?" said the agent.

"No," replied the hygienist.

"Why do you object to insurance, especially life-insurance?" said the agent.

"I am healthy," answered the hygienist.

"Don't you think that you can get sick and die?" continued the agent.

"All men will eventually die, but a man who understands the laws of health and how to take care of health," said the hygienist, "needs no insurance."

The insurance agent shook his head, looked at the man and left.

HOW TO DETECT A LAZY PERSON.

By V. G. Lundquist.

There are two kinds of lazy people: those who are constitutionally lazy, because they lack energy, and those who are lazy because they lack vitality. Those who are constitutionally lazy have a head strongly developed in the base of the brain; they are well developed in the vital region, especially in front of the ears; they have very strong sex appetites, or their Amativeness is very strong and active; they have a weakly developed muscular system; they have weak motor faculties, especially Combativeness, Destructiveness and Firmness; they have a flabby and lymphatic organization; they have sleepy eyes; they have a large face from the eyes down and from one ear to the other, across the face; they have often pendant cheeks; they have a large abdomen; they have small, soft and pliable hands; they have a dragging step; they have a large neck; they have large nostrils; they have vital ears; they have large lips, often parted and gastronomic in expression; they have a dragging, feeble voice; they are good-natured, etc.

Below is a standard of laziness. Study his physiognomy.



Here is a man who does not suffer from insomnia.

ATTENTION.

By V. G. Lundquist.

Attention is the act of holding the mind on a certain object in a conscious manner; it is active consciousness, according to lexicographers and psychologists.

There are some people so strong in this quality of the mind that they can direct their mind to a certain object or subject, as the case may be, and hold their mind on that object, in a

conscious manner, so persistently that nothing can distract their attention.

On the other hand, there are other people who are so weak in the power of attention that it is almost impossible for them to direct their mind and fix it on a certain object. Their attention is volatile. Their mind wanders over distant fields. For this reason, they scatter their energies and do not accomplish much in life. Such people complain of a poor memory. Their attention is so sudden, erratic and volatile that they do not impress their mind. A person, in order to remember, must look long, steadily and consciously at an object. But in order to do this, the person must have those faculties strong that give him power of attention.

After having studied all kinds of people and made nearly a hundred thousand examinations, I can say in the most positive manner, that people weak in the lower part of the superior frontal convolutions of the brain, or immediately above the root of the nose, people having a depressed forehead at this part; people being low in the crown, where the faculty Continuity is located, and people being weakly developed above and behind the ear, where Combativeness is located, those same people complain of a poor memory; especially is this the case when their vitality is low. Such people have no power of attention, and because they cannot fix their mind on objects, plans, thoughts, arguments, etc., they fail to impress their mind, and this means poor memory.

When a person is poorly developed in individuality, or in that part of the brain to which the arrow points in the picture, he cannot pay quick and close attention.



To develop attention and memory is to develop Individuality, Eventuality, Continuity and Combativeness. These four faculties give distinctness to the mind, power of focalization, ability to notice and remember and power to concentrate.

HUMAN CULTURE

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Human Nature
Human Science
Human Culture
Human Health

Human Progress
Human Success
and
Human Happiness

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EDITORIAL

WHEN MARRIAGE IS A FAILURE.

Why J. Hoch Is in Jail.

Cause, Effect and Results—
Cause:

he reads sentimental and criminal descriptions; he looks at lascivious pictures, seen in theatrical advertising, stage attitudes and journals of frivolity; he looks at half-naked actors; he sees frivolous women; he talks to sensual men; he associates with excited and nervous people; he reads ten-cent novels; he uses stimulants, coffee, tea, spices, wines, beer; he visits dances and masquerade amusements; he is up late at night, etc.

Effect:

His brain becomes inflamed, his cravings volcanic; his appetites increase; his blood becomes impure; his system is charged with impurities and dead cells; his lower brain and neck increase and his top head decreases; he becomes a slave to the cravings of the appetites and passions, etc.

Results:

He sensualizes; he abuses himself; he abuses women; he kills women, and is lastly thrown into jail, and when he dies "brain specialists" will, very likely, explore his brain under the microscope, thinking that possibly some lizard has found its way into the stroma of the neurons.

Thoughts, feelings and surroundings are agents of development or of deterioration and degeneracy.

Good thoughts lead to good acts; criminal thoughts lead to criminal acts.

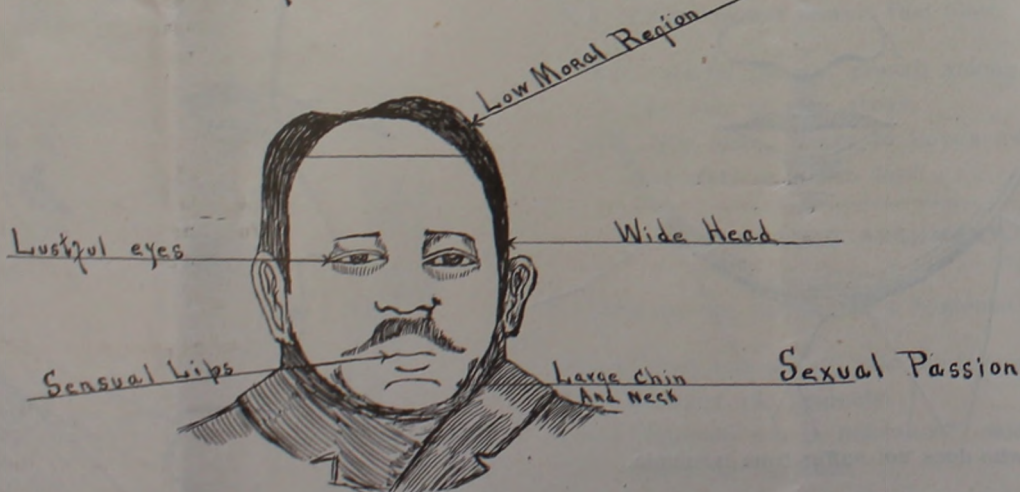
WHEN MARRIAGE IS NOT A FAILURE.

When a person has a large back head, well rounded out; when he is well developed in the top region of the brain, where the governing and moral faculties are located; when the love faculty, Conjugal love, is in the lead, and the person is married according to the laws of conjugal selection, then marriage is not a failure, but, on the other hand, a success.

When a person selects his affinity and when he is governed by love motives, then his love union will be happy.

We insert a picture below to show the development of the brain in the back region in a man whose marriage would not prove a failure.

When Marriage is a Failure



Mr. Hoch Bigamist, Wife Poisoning, Suspect.

J. Hoch has strong sexual cravings because his head is relatively low in the moral (top) region and because it is wide in the region of the appetites (the side-head and the base of the brain). He likes, for that reason, heating food; he eats heating food; he drinks spiced, flavored and strong drinks;

"I have read and studied Human Culture for the past four months, and find that it is very helpful to me for self-improvement. It is of great value to every person who wishes to live right."—Fred Leppert.

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Marriage is not a failure with a man having a back head as large as this man has. This man will marry for love motives, and not for wealth, station, reputation, wife-poisoning, etc. This man can love. He holds the marriage relations sacred.

PHRENOLOGY.

By F. O. Viking.

In proportion as men study phrenology in that proportion will they acknowledge the value of its teachings. Since the time of Dr. Gall, the father of the science, the most prominent men of the world have studied and embraced phrenology.

Horace Mann, whose statue was displayed in the Educational Building at the World's Fair at St. Louis, who, according to Dr. Winship, editor of the Journal of Education, is by universal consent the educator of the 19th century, studied phrenology and built his system of education on its noble principles.

Henry Ward Beecher was another one who profited by phrenology. He says in his Forty-eight Sermons: "All my life long I have been in the habit of using phrenology as that which solves the practical phenomena of life."

Thos. A. Edison said: "I never knew that I had an inventive talent before I was examined by a phrenologist."

Carnegie said: "Not to know yourself phrenologically is sure to keep you standing on the bridge of sighs all your life."

Rev. Dr. Parkhurst said: "I am on the path laid out for me by a traveling phrenologist many years ago, and I am not ashamed of it."

Chauncey M. Depew said: "When a man knows himself, he knows what to do. Phrenology tells him what he is."

The famous German neurologist, Dr. Mobius, has studied phrenology and applies its teachings in his investigations.

Dr. Hugo Wickstrom of Sweden, prominent as a journalist and author, is also prominent as a phrenologist.

Mr. Woodbridge N. Ferris of Michigan, who is an important educator, has his system based on phrenology. He was the candidate for governor, and is acknowledged as a master in the fields of education.

Dr. Vimont of France, the great anatomist, who gathered about 3,000 crania and brains for the purpose of overthrowing phrenology, lastly because convinced of the truth of the science and remained as a phrenologist to his death.

Dr. Bernard Hollander and Sir Alfred Russel Wallace, England's most prominent men, are most enthusiastic about phrenology, so much so that they have organized a phrenological society and written important books in the interest of the science.

Men who study the science can see the importance of it.

FRENCHMAN'S WRESTLE WITH ENGLISH.

A Frenchman thirsting for linguistic superiority recently began a course of English lessons with a teacher of languages, says the Sheffield News. After toiling conscientiously through a good many exercises the following dialogue between the pupil and his master was overheard:

"I find the English very difficult," complained the Frenchman. "How do you pronounce t-o-u-g-h?"

"It is pronounced 'tuff.'"

"Eh bien, 'tuff,' 'snuff,' then, is spelt s-n-o-u-g-h, is it not?"

"Oh, no; 'snuff' is spelt s-n-u-f. As a matter of fact, words ending in o-u-g-h are somewhat irregular."

"I see; a superb language! T-o-u-g-h is 'tuff' and c-o-u-g-h is 'cuff.' I have a very bad cuff."

"No; it is 'coff,' not 'cuff.'"

"Very well; cuff, tuff and coff. And d-o-u-g-h is 'duff,' eh?"

"No, not 'duff.'"

"'Doff,' then?"

"No; 'doh.'"

"Then I suppose the thing the farmer uses, the p-l-o-u-g-h, is 'pluff,' or is it 'plo?' Fine language—'plo.'"

"No, no; it is pronounced 'plow.'"

"I shall soon master English, I am sure. Here we go. 'Plow,' 'coff,' 'cuff,' and now here is another—r-o-u-g-h; that is 'row,' I suppose?"

"Oh, no, my friend; that's 'ruff' again."

"And b-o-u-g-h is 'buff'?"

"No; that happens to be 'bow.'"

"Yes; wonderful language. And I have just e-n-o-u-g-h of it; that's 'enow,' is it not?"

"No; 'enuff.'"

SUCCESS AND LUCK.

Success was an earnest boy,

With dinner pail and spade;

While Luck hung about the town

Where bottle pool was played!

Success was at work each day

From daylight until dark!

But Luck with one eye alert

Lolled 'round the city park!

Ah, me! this was long ago;

A score of years or more—

Success? Oh, he's working yet!

And luck? Hard luck! He's sore!

Author Unknown.



CONCERNING CHILDREN



CHILDREN DEPARTMENT

CONDUCTED BY
Emily H. Vaught.



THE LITTLE PEOPLE.

By John G. Whittier.

A dreary place would be this earth,
Were there no little people in it;
The song of life would lose its mirth,
Were there no children to begin it;

No little forms, like buds to grow,
And make the admiring heart surrender;
No little hands on breast and brow,
To keep the thrilling life-cords tender.

The sterner souls would grow more stern,
Unfeeling nature more inhuman,
And man to stoic coldness turn,
And woman would be less than woman.

Life's song, indeed, would lose its charm
Were there no babies to begin it;
A doleful place this world would be
Were there no little people in it.

PARENTS.

If your child fell and broke his little arm, you would send at once for a surgeon to correctly set the arm so that it might knit in the right place and grow straight again.

What about his mind growth? Is he growing mentally straight? If not, what are you doing about it? Just letting it go to chance and trusting that he will come out all right?

Send him to the reliable Phrenologist and get his mind set right. "As the twig is bent so it grows." The Phrenologist will tell you how to train the child so that he may make the greatest possible success in life. Your child has a particular talent. Do not, in your ignorance, make a very poor lawyer out of a first-class shoemaker.

A good way to make children tell the truth is to tell it yourself. Keep your word with your child the same as you would with your banker. Falsehoods and misrepresentations on the part of the mother are the greatest impediments in the way of the child's success. Even a seemingly model mother will be-

gin, perhaps, unknowingly, to deceive the infant in the cradle. That is the time the seed is sown in the child, ready for future growth and development. Win the child to obedience by love and earnestness rather than by promises falsely made and falsely kept.

CHARACTER IN CHILDREN.

Character is the aim of life, whether we will have it so or not. Deep down in the consciousness of everyone there is a reverence for the strong and true character, and wherever it is met it commands respect and homage. Why do we all revere the name of Abraham Lincoln? Is it because he was president of the United States? No; it is because he possessed a strong and noble character. In our every-day life, however, we are so apt to forget this fact, and make much of the material successes of life, and, alas, the children reap the benefit in a superficial training. We are constantly throwing out suggestions that lead to wrong impressions in the child as to what are the real aims of life. We make mention of how much money Mr. Robinson makes and what elegant furniture they have; how richly Susan Gray is dressed, etc., etc. This is the daily bread assimilated by the little ones. Is it any wonder that we have dudes and belles instead of young men and women of character? The training has been detrimental to character development. Parents, who are responsible?

Always remember one thing in the training of children: it is not the faculties which the child has, but it is the faculties that are daily called into action that count. The active faculties are the ones that develop and crowd out the expression of any others. This is why training is so very important.

What is character and how may it be developed in ourselves and in our children? Phrenology is the science that dissects this mysterious something called character and enables us to reconstruct it part by part, and, best of all, to do it consciously and intelligently. It teaches us that character is the development of all the faculties of the human mind, but especially the four faculties, Conscientiousness, Veneration, Self-Esteem and Combateness. When we have a fundamental knowledge of what the character faculties are, and understand the nature of these faculties, may we not assist our children to build character, or, in other words, build an eternal structure? For those who have this greatest of all life's possessions have something that will live throughout eternity. All material possessions decay and vanish. Character alone is of the substance of eternity. Happiness here and existence hereafter is dependent upon strength of character. It is able to resist the annihilation of death.

The greatest thing we may do for our children is to help them to develop a strong and noble character. Encourage the expression of the four character faculties mentioned. Never, never forget that if you want your child to be great, if you want him to be a success, if you want him to be happy, if you want him to live eternally, he must have nobility of character. Now is the time to build for eternity.

THE MAGIC BALLOON.

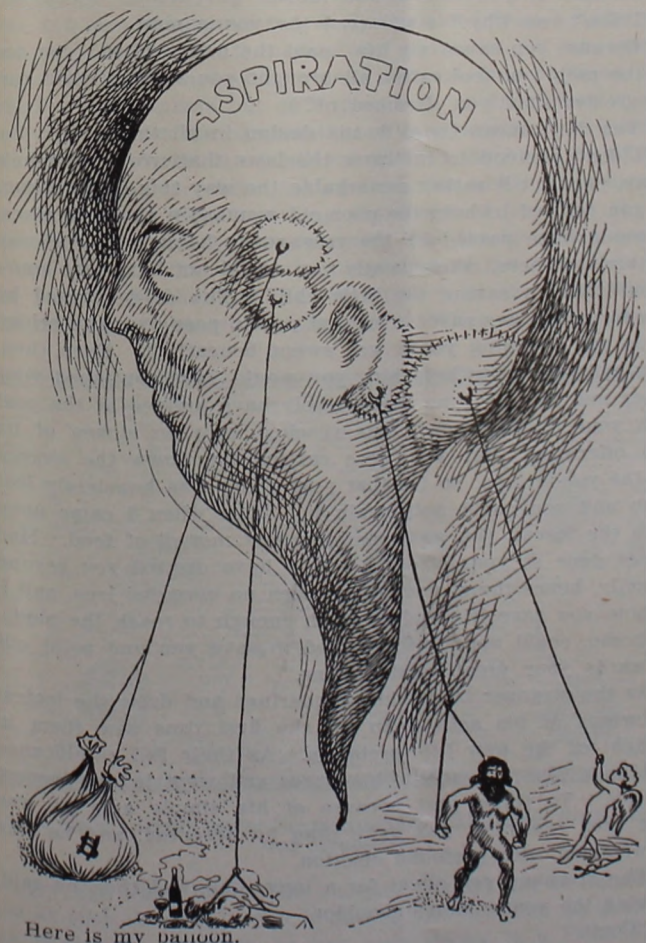
By Vera T. Baner.

Come, children, and go with me in my balloon. Come and we will travel to the most beautiful places in the world. Come and we will go over the housetops and chimneys of smoke and soot, where we can look down on the beautiful valleys, all overgrown with violets, forget-me-nots and lilies of the valley, where orchards of the most beautiful trees and bushes can be seen. You will be glad that you came. Come and you can smell the aroma of the apple blossoms in the air. Come where the air is balmy, where we do not need any houses. Come and we will spend the day in the valley among the flowers and trees, where we can get fresh air for our lungs.

My balloon is of such a nature that it will take us anywhere we want to go, and this in an instant of time.

Come and we will go to the city managed by love, where freedom is the name of its governor, and where the people love and obey their governor, because they do not think that he is growing rich on the city office; where the people have learned that to take from others is the same as to take from themselves; where the city is run by love and wisdom, and all the people are happy and beautiful. How would you like to live in such a city? Come into my balloon and it will take you there.

Come and you can travel with me in the air, and we will go to the land of Phrenology, where we can learn how to eat, drink, live and keep healthy. But in order to be admitted into my balloon, you must be obedient to your parents, kind, good and refined.



(CUT SUPPLIED BY EDITOR)

A HEARTLESS LADY.

"Mrs. Paul Forweg, 2954 Cottage Grove avenue, who startled the Social Economics Club by advocating that all epileptics, imbeciles and deformed children should be exterminated, declared yesterday that she had positive proof that certain patients had been put to death in certain Chicago hospitals to cover up bungling operations.

"This was done in the case of a friend of mine," said Mrs. Forweg, "and I know of many other cases of the same kind. I will not give out the names of the hospitals, but if proof is wanted it will be given.

"I think that children who are born epileptics, imbeciles or deformed should be put to death. This generation of children of that kind are the parents of the criminals of the next generation. In ancient times the Greeks and Romans practiced this, and as soon as they stopped it the degeneration of the race began." Mrs. Forweg told several prominent physicians who criticised her remarks yesterday that she was in favor of making the extermination of defective children legal."

People should study the laws of heredity and sexual science and learn the causes of imbecility, epilepsy, insanity, etc., and thereby prevent the birth of deformed, epileptic and idiotic children.

To give rise to such children and then put them to death is simply a double crime.

Mrs. Paul Forweg should study heredity and sexology and turn a missionary in the interest of deformed children. This would be more motherly and humane.

V. G. Lundquist.

ARE THE PARENTS WITHOUT SIN?

By V. G. Lundquist.

The child is ushered into the world a bundle of impulses, but he has no voice in his own creation; the creation of the child is left to the parents. God has given parents creative powers and has left the creative act to the parents, therefore, when deformed, epileptic, idiotic, diseased and criminal children are born, PARENTS have SINNED. Or do you think that God creates idiots, criminals, etc. What folly, what ignorance, what ignominious profanation to become parents of such children and then evade the responsibility by declaring it "the will of God," "the finger of Providence"! Ignorance believes in chance; vice, crime and superstition are born of ignorance. How many parents have doomed their children to a life of vice and crime and then excused themselves with "I have nothing to do with the criminality of my boy," "people are fated," etc.! How often has not a father thrown a contaminating influence over the entire life of his child and this through the drinking habits of the father! The mother thinks of infanticidal plans, and though she does not carry out the act, she plants the seed of a murderous desire in her unborn. The father nourishes class prejudice and race hatred before giving rise to a child, and when the child grows up and becomes a man he becomes an agitator, a man of war, a political revolutionist! Through sudden fright, on the part of the mother, the outer layers of the brain are arrested in their development in the unborn, and when he is born the mother shrinks from him—he is an idiot.

THE TURN IN THE ROAD.

By Walter James Sherwood.
(Continued.)

[This interesting story began in the January number.]

He went on for some time, following the road to the west, gradually increasing his pace until he got into something like his former stride. But he had not reckoned on his weak state. He soon began to realize that he must husband his strength. This was a hard blow, to think that he would be found wanting in physical strength. He, who had always prided himself on his physical stamina. No, he would go on and not let a momentary weakness hold him back. His pouch was now well filled with food, and he would at least make the next stopping point before he rested.

Of a sudden he recalled that the stranger whom he had befriended and who in turn had carried him to the mountain home, wished to speak to him. She had said he would be down at the bend in the road. And yet he had passed the turn and no one was there. Well, he was sorry, but it could not be helped.

Fighting against the weakness that he felt was gradually creeping over him, and straining with all his might and with all his strength to reach the farthest point west that was possible, he all at once felt himself grow faint and would have fallen had not a strong arm been put forth to sustain him.

"Come," said the voice of the gaunt stranger. "You must go no farther."

"Where did you come from?" gasped the young man, in great surprise.

"I have been following you. I know your story, for I heard it all in your delirium."

"Then you know that I must go on."

"You think you must, but you cannot."

"But I will."

The stranger smiled. To John his face seemed to light up with a fine radiance.

"You are seeking wealth and expect to find it at the top of yon glittering mountain," the stranger said.

"Yes, I do," stoutly answered the young man. "Wealth gives power and I wish to be powerful. With wealth and power one can make his mark for good, and help his fellow men advance toward a more perfect civilization."

"Yes, I see. But you will not find it on top of yonder mountain."

"And why not?" demanded John. "It stands forth so that every one can see it there."

"Yes, it looks as though it were there," said the stranger. "And man's way is to rush straight for it, and gain it, irrespective of every other human consideration."

"Do you mean to say there is nothing there?" gasped John.

"Nothing of value," said the man. "You see," he continued, placing his hand on the young man's shoulder and leading him out of the pathway into the thick woods. "You see, man has set up that glittering summit as the very height of human achievement. But Nature's greatest treasures are not exposed thus brazenly to the eyes of the curious. God's most precious treasures only come to those who follow a pathway—well, not a pathway of man's designing."

"You are preaching a sermon," said the young man.

"I am telling you the truth," said the stranger, with a smile. They had now reached a gully, down the side of which the stranger was leading the reluctant John. The young man was loath to be thus led out of his pathway, still believing that he should go forward on his journey. But the stranger would not be denied and he fairly dragged the young man along until they reached a point near the bottom of the gully.

"Do you recognize this place?" asked the man.

"No," said John.

"Well, here is where I picked you up after you had fallen down the side of the gully. Come here."

John approached close to the man, who was standing near a small tree, which had been uprooted and lay amidst a mass of earth and stones.

"You dislodged this tree when you fell," said the stranger. "Now, see what you exposed when the tree gave way." He pointed a short distance up the side of the gully. The young man's eyes wandered for a few moments amidst the torn roots and over the broken section of earth where the tree had once thrived, and his look finally settled on a mass of glittering, shining stuff of golden lustre, imbedded in the earth.

He sprang forward with a cry, parting the torn roots and frantically digging the earth away with his hands. And there, exposed to his sight was an immense ledge fairly alive with rich streakings of pure gold. The stranger stood watching the young man, who was now beside himself with excitement.

"There is wealth there greater than you ever dreamed of," said the stranger.

"I believe you," cried the young man, in great excitement.

"And it is all yours."

"No! no!" cried John. "It is yours. I have no right to it."

"Yes, you have," said the stranger, "the best of all rights. Don't you see?"

"No, I do not. You discovered it and it is yours by legal right."

"No, it was you who uprooted the tree, and therefore exposed it. I merely came along and saw what you had done. It was because of you that I was there."

"I don't see why," stammered the young man.

"Because you saved my life," said the man. "Don't you see that the path you took after all brought you straight to a fortune greater than you dreamed of?"

"You don't mean there is any design in all this?"

"I don't pretend to interpret the laws that work out man's destiny, but isn't it rather remarkable the way this came about? Had you refused to help the poor old woman in the first place, you would have passed by the cross-roads before the runaway team arrived there, consequently you would not have lost hours of your time in saving the little child. The delay caused by restoring her to her parents, caused you to pass over the bridge just as the drowning youth was swept beneath it. Even then, if you had refused to help him, you would have continued your journey and by this time would likely have arrived at the goal which your friend already has reached, only to sicken of its tinsel offerings. But you were carried far down the stream with the young man, so far that your route was hopelessly lost to you and you could not regain it. Then when I came upon you in the forest, you gave me your last morsel of food. Had you not done so your strength would have carried you beyond this gully, hence there would have been no uprooted tree, and I, to whom you gave life and strength enough to reach the mountain home, could not have returned to save you and point out afterwards your great good fortune."

As the stranger traced his wanderings and drew the logical conclusions of his acts, John for the first time saw them in the light of the new interpretation. As their full significance burst upon him, he sank to his knees and wept in the deepest humility. To think that because of his simple acts he was to be thus rewarded was more than he deserved, and he was overwhelmed with profound emotion.

The stranger was silent for a long time, and then he said, touching the young man's shoulder:

"Come."

John looked up, with a great, new confidence in his eyes, and asked:

"Where?"

"To the mountain home. I think, if I am not mistaken, there is even a greater happiness than this awaiting you there. Let us go and see."

And John, with a thrill in his breast, knew what the stranger meant.

THE END.

BLOOD-MAKING.

By V. G. Lundquist, D. Sc.

The impulses of life are at the foundation of blood-making and vital functioning. The brain of man, the spinal cord and the ganglions are the physical batteries of life. It is the nervous system that generates the neurotic impulses, and it is these that give life to the vital organs and cause them to perform their functions of life. No doubt but the brain possesses certain vital and isolated stations which transmit nerve-impulses to the vital organs, for pathology and electrical experimentation have demonstrated that certain injuries to special parts of the brain give rise to certain disturbances in the vital organs. Phrenologists claim that there are certain faculties superintending the vital organs, and I have no reason to dispute them. One thing that we do know is that the stomach and the lungs are the factories of blood-making, and that blood is made from foods, liquids and air. The nearer we get to the blood the nearer we get to the philosophy of life. If we secure a microscope magnifying about four hundred diameters, a little lens and some glass, we can study the blood from a living man and thus determine its nature and character. If we prick a finger with a clean needle, we can obtain a drop of living blood which we can spread out on a glass with another piece of glass and thus conduct the examination of its properties. Microscopic examination of the blood will reveal that the blood is different at different times. After taking food, the white disks increase in number, and after breathing abundance of fresh air, the red disks of the blood increase, showing that the breathing process is the very one that is at the foundation of the manufacture of the red blood-disks, and that digestion is at the foundation of the making of the white blood-disks. When a person is very

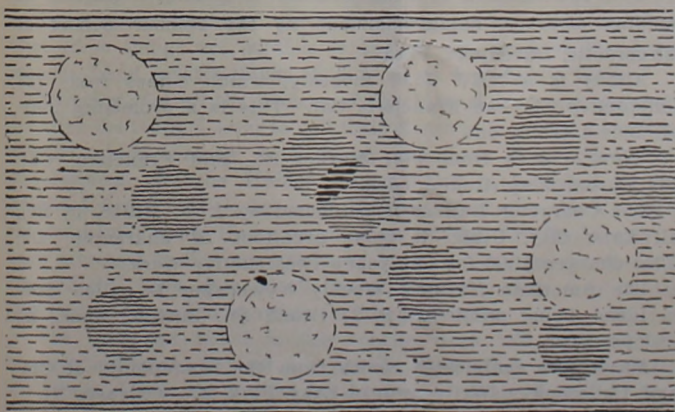
studying the blood, microscopically, it should be remembered that the blood loses its characteristic properties in about two minutes after it has been taken from an artery. The venous blood is also different from the blood taken from an artery. When a person sleeps, he does not breathe to such an extent as he does when he is awake and active, for all the vital functions are less active during times of repose. This is the reason that a person requires more covering, or protection at night and that he catches cold more easily at night. Because the breathing process is less active when a person sleeps, the red disks decrease in number, for which reason also the face and skin become paler. But after a person has rested himself; after he comes up in the morning; after he takes a sponge-bath; after he eats healthy and nutritious food; after he takes physical culture exercise, for the purpose of vitalization, and after he breathes fresh and moving air, his blood becomes active, warm and magnetic, the red and the white corpuscles increase in number; his skin glows with health and his complexion becomes beautiful. It should be remembered also that there are different kinds of physical exercises. Physical culture exercises could be divided into two kinds: vital and muscular. And we could go still further and add another kind of exercise, namely, magnetic exercise, or that kind of exercise which develops the nerves and the ganglions. Teachers of physical culture overlook these facts. A man whose vitality is low requires a different kind of physical exercise than one does whose vitality is superabundant. Therefore, when a person wishes to take physical exercise for the purpose of increasing the blood-disks, he should take very light exercise, or pleasurable exercises. To increase the red and the white blood-disks is to increase the quality of the blood, which in and by itself is nothing else than an increase of vitality and life itself. Therefore, if you wish to increase life-power and vitality, you should eat good nutritious food; you should breathe abundantly of fresh and moving air; you should take physical culture exercises, of a vital nature; you should cultivate a cheerful state of mind; you should stay out in the fresh air as much as you can; you should avoid outbursts of passion; you should never lose sleep; you should avoid stimulants, rich food, fat, pastry, etc. If you have poor blood, eat and breathe and remember to cultivate a cheerful state of mind. A sad, depressed, nervous, overworked and gloomy person almost stops breathing, and this will, at last, lead to "poor blood" and sickness.

REVIEW.

"Uncooked Foods" is the name of a new book, published by the Health Culture Co., 151 W. 23d St., New York City, and edited by Mr. and Mrs. Eugene Christian. The book contains 246 pages, written on good paper and with good readable type; it sells for \$1.00.

After having read the book, we can say that it should be in every family in which the people are so constituted that they need food. Not that we agree with everything in the book, but there are many pages in the book that are worth ten times the price of the book.

The soup recipes, the advices regarding vegetables, the instruction as to salads, the fruit advices, the instruction in regard to evaporated fruit, ices, etc., are worth money to every housekeeper, doctor, phrenologist and student. This book will become popular in time.



As the blood appears under the microscope. The small discs are the red corpuscles.

hungry, the white blood-disks (corpuscles) are not so numerous, and at such times a person is despondent, or when he is suffering from pain, or when he has been sitting in a close room, concerned with sedentary labor, or when he does not breathe as he should breathe, the red blood-disks decrease in number. In



Question Department

Send your puzzling questions to V. G. Lundquist, Doctor of Science, and he will answer them in turn. Ask only such questions as relate to human science.

Q. 1. By A. S. Zenill. What is phrenophysics, and is it any better for character reading purposes than any other method?

A. Phrenophysics is simply another name for phrenology. There are many people who think that a new name of our science will give them more prestige.

Q. 2. Is character reading by photographs reliable?

A. It is reliable as far as it goes. But should I wish to be placed in a profession according to my talent, I should wish a personal examination in each and every case, and this by a COMPETENT phrenologist. I would never depend upon an examination made from a photograph. There are hundreds of details that cannot be seen in a photograph, besides the outlines in a photograph are not always truly represented, as positions before the camera, and light and shade used by the photographer, and the retouching done by the photographer, all have their effects on the photograph, as every photographer knows. By the adjustment and the retouching, the photographer may, or can, change the outlines, and make a wide head appear long and narrow.

Q. 3. We do not answer.

Q. 4. What temperamental combination do you prefer?

A. I have no preference. One temperament gives ability in one direction and another in another. The mental-motive is, when the quality is fine, the most favorable for ability, talent and genius, but it generally lacks vitality, and results, therefore, in nervous prostration, brain trouble, and vital disturbances, unless the person understands how to eat, drink, live and study. The balanced temperament is not favorable for decided talent and tendencies.

Q. 5. Does fine organic quality go with a certain development of brain?

A. Fine organic quality goes, as a rule, with a large intellect and esthetic faculties, or at least these faculties have a refining and intellectualizing influence on the human constitution.

Q. 6. Where can I get pictures of noted persons for temperamental studies?

A. In magazines and art stores.

Q. By F. R. S., Wash. Can you prove that self-confidence can be developed?

A. Yes, positively. I have hundreds of people on record who have succeeded to develop their self-confidence and who are now more of a success because of this development.

Q. By Mrs. L. H., Ohio. How can I overcome constipation?

A. This is a hygienic question. Try a hot inside bath, water about 102 degrees warm, followed by a cold inside bath, water about 80 degrees warm. Then inject about four ounces of linseed oil and retain this over the night. Take abdominal massage every day and use prune juice and malt honey freely.

THE WORLD'S EDUCATORS.

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Soundview, a \$1.00 monthly, published at Olalla, Washington. This journal is an Obstetrician of Thought; it gives birth to thought.

If you never received a League Letter, you will be delighted if you send your address to the International Health League, 466 South Salina St., Syracuse, N. Y. It is the most novel and original "heart to heart" talk that we have read in many a long day. If you want a little of the inside of things send for one. By the way, every country on earth but Russia has members.

Health is a monthly which comes from the learned pen of Dr. Burke, at Burke, Sonoma Co., Cal., where he has a sanitarium for people who wish to regain health in the new Paradise of Eden, where thousands regained their health last year.

Expression deals with the inner nature of man. It comes across the blue Atlantic from 24 Lower Philmore Place, London, W. Eng.

Naturopath means nature cure. Write to the Editor and ask him if he is healthy and strong, and you will know what his journal is good for. His address is Benedict Lust, 124 E. 59th St., New York City.

Prof. Haddock is the author of Human Nature, a fifty-cent journal on phrenology, now in its sixteenth year. Write to Allen Haddock, 1020 Market St., San Francisco, Cal.

The Philosophical Journal, published at 1429 Market St., San Francisco, Cal., is a \$1.00 weekly, dealing with the philosophy of the soul and psychic phenomena.

How to Live—what a beautiful expression!—is the name of a \$1.00 monthly published at 1410 E. Ravenswood Park, Chicago, Ill.

Chiropractor is a monthly dealing with a new method of handling diseases, being published by the Palmer School of Chiropractic, Davenport, Iowa.

Ability is a NEW \$1.00 monthly, which comes from 728 Montgomery St., San Francisco, Cal. This is a promising journal; it is a brainy one.

"Now" comes from 1437 Market St., San Francisco, Cal. This journal is spiritual-minded.

The Character Builder is published by J. T. Miller, D. Sc., Salt Lake City, Utah. It is an architect of character. Dr. Miller charges \$1.00 for one year's constructive work.

The American Nation's Weekly Newspaper is called Boston Ideas, being published at 27 Beach St., Boston, Mass., at \$1.00 per year.

Mazdaznan deals with health from the standpoints of Oriental Philosophy. Write to 3016 Lake Park Av., Chicago, Ill.

The Sunflower is a weekly, \$1.00 per year, published at Lily Dale, N. Y., being an exponent of spiritual philosophy and metaphysics.

Backbone is a piano in the form of a \$1.00 monthly, upon which the president of the American School of Chiropractic, Dr. Langworthy, plays, when the strings (nerves) of the human piano (body) are obstructed. Send to Dr. Langworthy, Cedar Rapids, Iowa, and you will know all about Backbone, maybe your own, too.

New Thought Philosophy.

SOME NEW FEATURES OF THIS UP-BUILDING SCIENCE
EXPLAINED BY DR. G. A. MANN.

From the large number of books written on the New Thought Philosophy—the most important science to all who wish to better themselves—one would naturally infer that every detail of this very fascinating subject has been treated thoroughly: and yet, as the ardent seeker for real knowledge goes carefully over this literature, he is disappointed. Like a child who expects to catch a bird, but finds it has placed its hands on an empty nest, he gropes for the real substance of the matter, but the end in view is never reached.

In reading a book that is very promising at the start, that holds out great possibilities of knowledge, whose author professes to show you the way to both temporal and spiritual power, whose pages are supposed to unlock all the secrets of Self Mastery and Right Living, there is nothing so unpleasant as to find in the last pages that the long looked for secrets are withheld.

I have been thinking for a long time of putting these facts before the readers of HUMAN CULTURE, of giving them the benefit of my experience in the search for knowledge, for, like many others, I have wondered if there were a reason for keeping the earnest seeker after truth in ignorance, or whether the average writer on this great subject was not himself in possession of the facts.

There is a Sacred Promise to all who wish to learn that they shall possess the promised power, the greatest of all powers, that of the successful living, and yet so far as the ordinary mind can see few possess it. There are, however, some great masters who are able and willing to initiate those prepared to find the truth. In the past few years a great deal has been said on the wonders performed by the students of the rudimentary sciences known as Hypnotism, Personal Magnetism, Magnetic Healing and the like. Hindoo fakirs have been looked upon as supernatural beings, and yet the things which they do and which surprise us so much are childish when compared with the possibilities of the higher knowledge of the Hidden Forces. Once this knowledge is acquired, we have at our command the most vital energy, the most magnetic power, to attract and to compel, to make ourselves masters, to conquer fate; in short, we have at our command the wildest elements known to mankind. That these things are possible is obvious for we have the direct promise "And greater things shall ye do as I go to the Father."

Believing that all the readers of this Magazine are earnest seekers after the truth, I want to call their attention to a book of infinite wisdom which recently came to my attention. It is called "Self Development and the Hidden Forces," and is published by the Brooks Library of Science, 9 D Building, Rochester, N. Y. As I am acquainted with the superintendent of the Brooks Library, I have arranged so that any reader of HUMAN CULTURE can obtain a copy of this book, free of all charge, providing they mention the fact that they read this article in this publication.

The teachings found in this concise work will enlarge one's horizon and prove beyond any possible doubt that they who seek shall find. If you are waiting for opportunity to knock at your door, wait no longer, for it is here. If you are hoping to gain everlasting fame, health, supremacy and the subtle power that made the ancient mystics invincible, I advise you to write for this book at once. If you follow its teachings it will do you infinite good. It will put you beyond the pale of failure, and will enable you to make life what you wish. If you wish a copy, a letter addressed to the Brooks Library of Science, 9 D Building, Rochester, N. Y., will bring it to you without charge.

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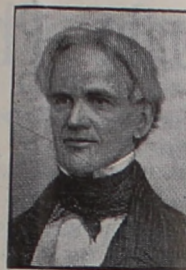
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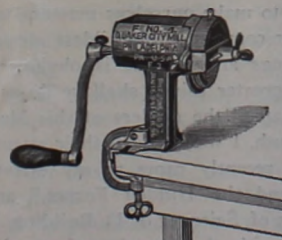
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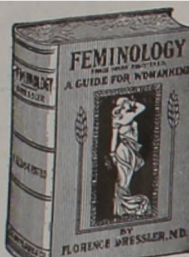
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