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HUMAN NATURE.

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OUR NEW COUNTRYMEN.

These are queer looking Yankees. They are not tall, nor lank, nor lean, but short, plump and swarthy. They did not grow on stony soil, nor have their habitation amid snows; they have not descended from the Pilgrim Fathers, who landed upon a stern and rock-bound coast, exiled from home for the sake of principle that they might worship God according to the dictates of their consciences.

These new countrymen of ours were born under a tropical sun, and have descended from a long line of aboriginal islanders. Their home is where waves the palm and perpetually blooms the mango tree. In their far-off home nature has with lavish hand and benign smile bestowed upon her dusky children a wealth of fruit, nuts and flowers, so that each one may reach forth his hand and partake of the bounty spread before him.

Is he hungry? Above him towers the laden branches of the cocoanut tree, around him like emeralds, in clusters hang the luscious banana, before him stretches long reaches of native rice fields, while groves of orange, lemon and bread fruit tempt him to feast and be refreshed. So balmy the breath of Spring, so torrid the heat of Summer and so temperate the Autumn and Winter that shelter and apparel may be rude and scant, and yet the Filipino fares sumptuously and abides in comfort the whole year round.

America, avaricious and grasping, has stretched forth her hand and taken as her own the islands of the sea. Besides the Antilles and Hawaii she grasps the Philippines, and these sons of the tropics, whether willing or resistant, are henceforth members of our rapidly growing family. Whether just or unjust, be it right or be it wrong, but one result can obtain—strong America possesses the Philippines. There are many islands in this archipelago, that of Luzon being the largest and most important. There are three distinct tribes upon Luzon (the Tagala, Maccabeebe and Negro.) The Tagalas far outnumber all others upon the island, of this people is Aguinaldo, the Philipino chieftain, who is giving Uncle Samuel so much inconvenience at the present time.

The Tagalas number about eight million and are all good fighters, from cradle to old age and of either sex.

The group of Philipinos here given are a part of



Photographed at the Peerless Studio, 215 Kearny St., S. F.

a band that came last April (1899) from Manila, under contract to play and perform at the Omaha exhibition. They are said to be fair representatives of their race, and so are this month introduced to the readers of HUMAN NATURE as studies in ethnology, and to give a conception of the sort of people upon whom our Government is waging a relentless war of subjugation. I speak from personal phrenological observation when I say that for intellectual ability, sturdy manhood and moral integrity these children of the equatorial sun compare favorably with the average American citizen. Their tastes are refined and their love of music and the fine arts, together with their culture in science and letters, lift them from savagery to a plane with ourselves. This band is capable of playing difficult classical music, are educated in Spanish and speak, read and write that language with elegance, besides retaining the tongue of their native Tagala. They are emotional, social and communicative; warm friends and bitter enemies; trustful as children, and yet when imposed upon can be cunning and treacherous to gain a point. They are persistent, and as a people love liberty, and though forced into subjection by overpowering numbers, will ever and anon rise in protest; but so it is with the proletariat everywhere, from Moscow to Boston, and the plutocrat will some day learn this to his cost. Welcome Tagalas to the brotherhood of American serfs.

C. P. Holt.

Practical Psychology.

BY JOHN S. PRIOR.

The importance of Psychology as a factor and guide in education will probably be one of the leading problems for educators to solve at the beginning of the century; that it will be solved there is no doubt, then education and educating will be an entirely different thing from what it is at present. Its results will be practical and useful in the after life of the child, an opposite condition of things from what it is, as a whole, at the present day. Although education as it has been has done considerable good it has also done a great amount of harm. Not that education in itself is bad, but that the principles of its application have been too obscurely defined. Now psychology steps into the arena of education, and by a clear elucidation of the right principle of teaching, clears away the fog of the nineteenth century scholasticism. With the new era of education, the world will revolutionize in all aspects for the better. The question now before us is, what form psychology is it that will dominate education for the future generation of humanity? Will it be one of the old metaphysical ones, or one of the clear concise and scientific psychologies of to-day, such as the science of Phrenology? Not the Phrenology of the mere guesser or mountebank, but that of Spurzheim, Coombe and Fowler and others of clear, cool and scientific intellects. Crankisms and Phrenological jargon must be eradicated before this can be accomplished. This done, the road will be clear of obstructions to the success of Phrenology. The Phrenologists have scattered themselves too much in other directions to make any headway in placing their great science on an equality with other standard sciences. Yet this can be done only by the united efforts of all conscientious Phrenologists. Phrenological associations formed throughout the country can do considerable in this direction, although individual effort can if properly directed accomplish wonders for Phrenology.

A real psychology should have as its basis, a physical substratum

based on bodily and encaphalic differences. This would give its superstructure a solid foundation.

The basic principles should be, or are:

1. All persons are born into the world unlike.

2. There are mental and moral differences the same as there are physical ones.

3. Aptitudes in different individuals differ in degree from a maximum to minimum degree.

4. All should then, be considered from their own physical, mental, and moral stand.

5. The application of Psychological principals and education should be gradated according to these differences. The Science of Phrenology offers all these and more and is the only practical psychology.

Voluntary Testimonials.

Ernest, E. L., Spokane, Wash., says I received your delineation of my character O. K. You certainly know your business. I enclose \$5 for your 27 Lessons in Phrenology. I want to study the same myself.

J. F. Whitenbe. Please find 50 cents for renewal of HUMAN NATURE for 1900. I look forward with pleasure for every number. I would not miss HUMAN NATURE if the price was three times as great.

L. A. G., Los Angeles. I wish I was in or near your city so I could join your evening class, but I may visit you and take your professional course; not that I think of becoming a practical phrenologist, but I think the nature of my business necessitates a better knowledge of human nature than I possess, to be thoroughly successful. I often get deceived by people because I do not understand them as I wish, if I did I would have been several hundred dollars better off this closing year, so I think time and money would be well spent on a professional course. You read my character from photographs better than could any of my most intimate friends, and pointed out traits in me that would surprise some of them. You were correct in every particular.

A Merchant puts his signs outside to tell the nature of his business.

He is only patterning Nature.

THE SEA OF SERENITY.

I.

From the Mountains of the Moon,
O'er her silent, silver valleys,
Lit by earth-light soft in June,
And Aurora Borealis,
I and Isabel the saintly,
Mute upon the mountain's top,
Listened to the sweet dew's faintly
Into nether caverns drops.

II.

And we spoke not and we moved not
In our musing melancholy;
Deep we loved, but, ah! we loved not
As they love in worlds unholy.
There the earth hung full and golden
O'er our planet's pallid plain,
And all memories of the olden
Days of the Earth swam back again.

III.

With a soft, a sad insistence,
Flowed a stream of melody
Through the ether, through the distance
Flowed for Isabel and me.
From the zenith, blazing white,
Green and purple, opalescent,
Blue and crimson suns with light
Bathed the nadir, iridescent.

IV.

Many million triple suns,
Violet and lilac, burning
Where the crystal zodiac runs,
On its golden axis turning,
Brighter than the flames of Endor
Glowed the ruby sphere terrestrial
With a nimbus crowned whose splendor
Was seraphic and celestial.

V.

O'er her scintillating face
Rushed a mad and radiant river;
O'er the poles it poured its race
Where tormented torches quiver.
Oh! their spiral tongues unending
Like the mines of Ohir burned,
To a liquid luster blending
As their jeweled globe was turned.

VI.

'Yonder star whose luster lonely,
Tinted like the Triton's horn.
Seems a sun—its flames are only
Flames of human passions born.
Love and Life and Thoughts that ever
Burn within the mortal breast,
Flames which shall not die, oh, never
Shall they die and never rest!
Till yon globe shall burn to ashes—
Like this icy orb decrease
Cold and dark—with love she flashes—
Love till all that is shall cease."
Thus the Sibyl—swift our planet
Rushed into a vast eclipse,
And a shadow overran it,
And the Night lay on our lips.

But on our lips re-echoed lowly,
In that Universal Peace,
Lowly, slowly, softly, holy—
Love till all that is shall cease."

EDGAR A. POE,

PERPLEXED.

It is an oft-stated fact that the intellectual faculties are located in the frontal lobes of the brain, that the animal propensities are in the base and domestic sentiments in the back-head, behind the ears.

It is quite plain that if there be very little brain in front of the ears but nearly all at the back, the person so endowed will be noted for a great amount of feeling but have little intellectual capacity.

Some possess a large amount of brain, but it is nearly all in the base around the ears. Such are selfish beyond measure. Others have very little back-head, their brains being mostly in the anterior lobes; they are, if cultured, scholarly, are intellectual but not very sentimental. There are others still who possess this combination who have not a very high development of the superior region—the moral; such a head had the late Robert Duncan Milne, the brilliant Scotch journalist of this city who recently met with a fatal accident.

Mr. Milne had a literary and scientific turn of mind, and an abnormal thirst for liquor, possessing little sense of money value. The organ of Acquisitiveness being small, he spent all his earnings in addition to an income of \$50 a month from Scotland, in dissipation.

His morals according to the form and slope of his head, were not such as to adapt him to the ministry; although he came from a family of ministers. Some years ago he called upon Prof. Sizer of New York for a phrenological examination, stating that his intention was to become a minister. Prof. Sizer described him as a journalist and advised him not to enter the ministry as Veneration, Spirituality and other faculties indispensable to the true minister were lacking, so that if he adopted the ministry as a profession he would fail. He discarded Mr. Sizer's advice and became a clergyman, but afterwards found he was out of his element and discarded the ministry for journalism.

The following from the San Francisco *Examiner* describes the result of the autopsy and gives the remarks of Dr. Zabala, the autopsy surgeon:

"As Milne's death resulted from accident, an autopsy was held and the examination revealed that he had a small brain—smaller and lighter than the average man.

Dr. John Louis Zabala, the autopsy surgeon, said in speaking of the brain of Milne:

"It is very well formed, symmetrical and compact. It is, however, much smaller than the average. The convolutions are well marked and deep, indicating a large extent of gray matter and what is usually supposed to indicate brain power. For its size the weight is well up to the average.

"It is very largely, if not wholly, a matter of conjecture what really constitutes the so-called 'brain power.' Men of different walks in life and different capacities have been found to possess brains similar in size, shape and weight, and it would be practically impossible, so far as researches in the subject have gone, to tell the brain of a scientist from an intelligent car conductor or a successful grocer. Some of the most wonderful minds have been associated with brains smaller than normal, and again some of the greatest men of history have been possessed of unusually large and heavy brains. People of a heavy, dull temperament and low intellectuality have occasionally possessed large brains. The text-books and anatomical treatises often give illustrations of these apparent contradictions, and the facts make the problem perplexing because they show such variance from the commonly accepted theory that a big brain denotes unusual capacity."

Louis S. Crackon, chemist to the Coroner, weighed Milne's brain carefully and found it to be exactly forty ounces and two scruples. The *Encyclopedia Britannica* says:

"The average weight of the adult European male brain is forty-nine to fifty ounces; that of the adult female forty-four to forty-five ounces. * * * In some cases the adult brain considerably exceeds the average weight. The brains of several men distinguished for their intellectual attainments have been weighed. The brain of Cuvier weighed 64½ ounces, of Dr. Abercrombie 63 ounces, of Professor Goodsir 64½ ounces, of Spurzheim 55 ounces, of Sir J. G. Simpson 54 ounces, of Agassiz 53.4 ounces, and of Dr. Chalmers 53

ounces. But high brain weights have also been found where there was no evidence of great intellectual capacity. In the brains of the insane high brain weights have been observed. The size and weight of the brain do not, therefore, per se, give an exact method of estimating the intellectual power of the individual, and a high brain weight and great intellectual capacity are not necessarily correlated."

These quotations support Dr. Zabala's statements. That Robert Duncan Milne was what would be called an 'exceptionally brainy man' all who met him well knew, and yet his brain was much below the average in size and weight. As a sort of generalization Dr. Zabala said:

"Weight and depth of convolution seem to be the best, but by no means infallible indications of brain power. Milne's brain was light, it is true, but a section shows how deep the convolutions were."

The bottom principle of Phrenology (other things being equal) is a means of power.

These "other things" should be considered when estimating character.

Those surgeons who are perplexed regarding Mr. Milne's talents conflicting with his brain power will find the key to the mystery in the fact that, although the deceased journalist possessed a small brain, it was located largely at the base and in the anterior portion of his cranium with the lesser portion in the superior region, that his temperament was largely mental and his organic equality fine, notwithstanding his bad habits.

The time to study a man's brain is when it is inside the skull and throbbing with life. A dead brain like all things dead, give no response to the scientist's questioning. The scalpel, saw and scales are not the only means of judging of brain power; the tape line, calipers, fingers and a good pair of trained eyes are also essential in determining the character of a man who must be studied from head to foot.

Mr. Milne was talented because he had a good deal of brain in the front part of his head and had a temperament and quality to match the intellectual brain.

He was dissipated because he had considerable more brain

around his ears than at the top of his head.

This is a very simple proposition which all perplexed surgeons will do well to heed.

HOW WE READ CHARACTER.

The following verbatim report from a recent Phrenological examination, will show that Phrenologists do not, as some suppose, either look for "bumps" or confine their attention to the Head. Mind, influences matter but matter reacts upon mind, so we consider the whole man, his Temperament, Texture, Health, his Culture, Expression, Physiognomical signs. We look at the head and find his Natural or Hereditary Traits of Character and tell by the lines of the face his habits and feelings, "Mother Wit" is stamped on the cranium but his education is written on the face. Phrenological Science is broader to-day than formerly but when will critics give Phrenologists their just dues?

DELINEATION.

Your head measures $22\frac{1}{4}$ inches in circumference in a line below where the hat fits, this is a little larger than the head of the average man.

Your body weights 145 pounds, which is 5 pounds below the average; in order to be well balanced between brain and body you ought to weight 100 or 15 pounds more; the brain would be all the better supplied with nourishment, rendering you perhaps more efficient.

Your Organic Texture is full, this is indicated by hair, skin and bones; you are neither too coarse nor too finely grained. Quality is an important matter in judging character.

All nature is graded; the stratus of the earth and the minerals contained in it differ in degree of Quality.

So with animals and men. Judging from your rather fine hair, and fair complexion, you are not of the coarse kind; the tendencies of your mind are more of an upward than downward direction; so that you are not the victim of gross sensuality, nor are you fine enough yet to dwell with angels or poets; your bones are not so fine, they project somewhat and are strong; perhaps this arises more from a laborious life; you have had to work hard, so that your bones and muscles are strong, well knit together

and compact, rendering you wiry and enduring, and able to engage at manual labor with more endurance than many men.

Your health is good and up to the standard, and providing you work out of doors in the air and sunshine, you ought to enjoy general good health. The nature of your employment should be in the open air, for you are light complexioned and need plenty of oxygen to enrich your blood. Your vital system is below par; it is sufficient to give bodily health and furnish the body and brain with a fair share of energy; but you need to be careful, you dare not dissipate if you wanted to, it is not likely you will; husband your resources, take your share of recreation and sleep, eat plain and nutritious food and you will be likely to live to a ripe old age, for you have a wiry frame, and recuperate from attack of illness rather quickly, because your general circulation is good, so is your Breathing.

The weakest part of your physical structure is your Digestive organs. The stomach is your weak spot. The weakest link in the chain. For this reason you should guard against overeating, and avoid pastry, pies, greasy foods, condiments, stimulants, etc.; but you are not likely to impair your appetite if you obey your natural instincts for the organ of Alimentiveness is not inflamed, but owing to the feebleness of this organ and your rather weak stomach it will be necessary as you grow older to be careful in your diet.

You are an active man and not inclined to remain idle, find comfort in moderate labor, and just so long as you labor enough to excite digestion, quicken circulation, and breathe well, you will go through life without aches or pain, except a twitch perhaps of rheumatism, which you may ward off if you keep dry and warm and avoid draughts.

Your Amativeness is sufficiently strong to give you magnetic power. You could live the life of a bachelor much better than many men can; Still you enjoy the social relation very well, for your back-head is well developed. You enjoy the company of the young, are rather fond of children, pets and animals and even dogs are attracted to you, —a dog in his normal or healthy condition would never bite you.

In your back-head you resemble

your mother, and have all her domestic traits, but in the base of brain you are like your father; you have your father's nose, and like him are noted for energy and force of character and tendency for his excitability and rather quick temper.

Your combativeness is equally as strong, endowing you with considerable courage and daring, but judging from your rather small Self Esteem you are not aggressive or domineering, indeed you act more on the defensive and are more likely to resent an encroachment on your rights than to assume an aggressive attitude.

Your Self-Esteem is too small, you underrate yourself, and are more likely to let others take positions that belong to you by Virtue of your talent, who are not so worthy as yourself. You should esteem yourself more and not let inferiors take your place. This has been one of your greatest drawbacks through life, hence you should cultivate more Self Assurance and self confidence and always be ready to assume greater responsibilities.

It is not that you are really timid or over cautious, because your cautiousness is really small; you have in your earlier days been careless.

Acquisitiveness is also small, you have no sense of greed or keen appreciation of the dollar. When this faculty is large it supplies a motive to reach out and acquire property, and stirs up self confidence; you lack this Acquisitive motive hence you will have to be content, probably, working at a trade, for Nature never intended you to be engaged in commercial enterprise.

To place you in a store selling goods would be putting you out of your element like a fish out of water; you would not like it. You are not a natural Merchant, and it would be a hard thing for you to go into commercial business, you would make a failure of it.

Commerce, Music, and Theology are not your forte, you enjoy music better than you can make it, and while you respect those who worship and pray you are not necessarily of a spiritual nature, your devotion lies in other directions: you are a conscientious and moral man, certainly more moral than religious, have considerable Benevolence and kindness of heart, in some things erratic, and pecu-

liar, because your brain is unevenly developed; and people with an uneven brain are never so harmonious in disposition as are those with more evenly developed heads, but your conscientiousness, which is well developed, will enable you to draw broad lines between right and wrong, and keep you in the path of rectitude. money itself has little or no temptation for you, you value money not for what it is, but for its worth and for what it will bring, and your equally as large Benevolence will endow you with some charity to others, especially to the weak and suffering.

You enjoy humor to a considerable extent and possess a fair amount of Language to express yourself well to the point, but are not loquacious or verbose, although somewhat sentimental.

Your planning power is very fair, you are more original than imitative of others, are rather conservative in your ideas and love to look back; you cling much to the past and cannot forget your old home and its associations.

Your Constructiveness is only moderate, you are not a builder by occupation, at least Constructive work is not so large as to engage in carpentry or machine work; you do not possess the ingenuity of a machinist, engineer or inventor; but your ideality is large and sense of color good; hence you would probably do better in laying out gardens, or as a landscape gardener, painter, Decorator, Photographer, Bookbinder, Paperhanger, Botanist, Chemist or Surgeon. You are well adapted to work on the ground plan rather than engage in structural work, you are too light complexioned to work in metals.

Of course to follow any of the trades I have mentioned that you are fitted for, means that training and experience would be required that is all. Nature endowed you with such talents as are required in such occupation, these are your hereditary talents or traits. Circumstances and training have much to do with it, but hereditary traits have to be reckoned with, and he is the most successful in life who follows an occupation in accordance with his natural abilities and training. As a Florist you would do well, because you have a natural taste for flowers,

and love the beautiful whether in art or nature.

I do not say you would succeed on the commercial side, but as rearing and growing plants and flowers have excellent traits, and when I stated that Photography was in keeping with your talents, I did not mean to say that you could at your age begin now and compete with experienced photographers, but I do mean to say that had you adopted photography as your business when young, none would have been better at the work than you would have been, because you have a natural taste for art, for decorations, etc., and possessing as you do considerable Comparison you would have shown an aptitude for handling the chemical side of photographic work. This faculty of Comparison however unables one to classify, therefore as a florist you could with strict attention to the work become quite an expert in the classification of flowers, plants, vegetables, trees etc., hence as a florist or gardener or such similar work you ought to remain content, but had you possessed more self esteem you would be now paddling your own canoe and working for yourself rather than for others.

Such men as you do well in rearing poultry or keeping bees. Apairists are noted for just such traits as you possess.

In marriage you are adapted to a lady with rather dark complexion, brown hair and eyes or what is known as the brunette type: not a blonde, for you are much of a blonde yourself, and it is natural for one to choose the opposite in color.

She should also be round and plump with a well nourished body rather easy going, not so energetic as yourself, with a concave nose and full cheeks and withal a good back-head so as to be domesticated like yourself."

ALLEN HADDOCK.

After the examination it was interesting to hear our subject who was a stranger, make the following statment.

"You hit me off correctly. I am a gardener by occupation. I resemble my mother, have my father's nose, I am a bachelor, 40 years of age. I have a weak stomach. I never possessed sufficient self esteem, always underrated myself. This has been the bane of my life. To enter com-

mmercial life would be very distastful to me, and I am sure you are correct in saying I would fail in such a business. You have described me better than those who have known me a life time and indeed more correctly speaking than I can myself.

We print this merely to show that Phrenology is a science founded upon a natural basis; it was founded on observation and observation will perfect it.

Our Professional Course.

Our \$50 course is especially designed for those who intend taking the lecture field and making a profession of the science; it includes a most thorough drill, fitting the students for office and platform work.

If you want an honorable profession, to make money, travel and pay your way, to understand men and women wherever you go, take our course of lessons. Students who have done so admit that they now live in a new world and are delighted with the revelations of the science.

METHOD IN HIS MADNESS.

The following comes from East Prussia: "Only a year ago I was a helpless cripple, walking with the aid of a staff. I had never been anything but a moderate liver and did not indulge in alcohol. But, acting upon the advice of my physicians, I took freely flesh foods of every kind, which were held to be the only means of keeping up my strength. Instead of this I lost all the strength I had ever possessed, and having sunk so low that I feared going any further I resolved, despite the physician's warning, to undergo a six weeks' course in Dr. Lahmann's institution. There I lived on vegetarian food, thanks to which and a course of baths I increased in weight and astonished all my meat-eating friends. I am now quite well and never cease to advocate the cause. And yet I have not succeeded in making a single convert; people look upon me as slightly deranged."—*The Arya Patrika*.

HEALTH DEPARTMENT

BREAD MADE FROM ADVENT FLOUR.

For many years we have recommended Advent Flour for bread, puddings, gems, etc., because it is the best on the market, better than Graham or other wheat flour for this reason. The Del Monte Milling Company, San Francisco, who are millers, by special washing rid the outer indigestible sheath and retain all the nourishing part of the grain making it palatable and fit for the most delicate stomach.

In this relation our readers will be interested in what Dr. Allinson has to say about wholewheat bread: "Wholewheat bread, as most of my readers know, is almost a perfect diet in itself, containing everything that the human body needs, and nearly in the proper proportions needed. We thus can argue that if a person will practically live on this diet for a time, that he will give every organ its share of work without other organs being overtaxed, as is the case when unsuitable foods are eaten. By thus regulating the food to the organs, and not overworking any of them, they are enabled to do their work well, and the vitality set free is used for clearing out of the system waste matters that are clogging it up and causing discomfort or disease. The quantity of bread is also proportioned to the case; one person may be given the full amount required for bodily labour, whilst another may be given only just enough to keep him going if he rests at home from work. The quantity depends on the nature of the disease. A patient with obstinate skin disease will be allowed half a pound of bread at a meal, whilst a bad case of dyspepsia will be allowed only three or four ounces at a meal, and be told to rest as much as possible, between which the quantity is regulated to suit each case. In bad cases of dyspepsia I advise about three or four ounces at a meal, with cup of sugarless cocoa, or milk and water, and a baked apple if it agrees. Some cannot take

the fluid of fruit, or else acidity follows. Sufferers from obstinate skin disease, as psoriasis or bad eczema, are given green stuff instead of fruit, as the sugar and acids in the fruit may help to keep the complaint going. The green stuff may be eaten are watercress, mustard and cress, radishes, onions, celery, cucumbers, lettuce, tomatoes, cauliflower, cabbage, sprouts, broccoli, turnip tops, spinach, sea kale, asparagus, green peas, green beans, etc. Those patients suffering from rheumatism are advised cocoa instead of milk, as much milk may cause rheumatic pains or, where they exist make them worse. When possible I allow those engaged in hard work some nuts with the bread, as the nuts contain much oil and help to keep the body warm. Sufferers from piles or constipation are allowed plenty of green stuff with their diets; so that the bowels may act daily and easily. A diet of wholemeal bread and butter, with fresh fruit, or green stuff, and cocoa and milk, is invaluable in cases of biliousness, nervousness, stoutness, hypochondria, simple dyspepsia, or when a person is out of sorts. If everyone of my readers would adopt such a diet for a week at each change of the season they would keep in good health, and would rarely need to consult a doctor. Let my readers try it; if I am ever a little out of sorts I at once adopt it, and am soon well.

T. R. ALLINSON.

L. R. C. P., etc.

THE CURSE OF WHITE BREAD.

Editor HUMAN NATURE:

Through Professor Fariss I became a subscriber to your much esteemed paper, HUMAN NATURE, and through it my attention has been called to the war that is now being waged on white flour. This is a timely fight—white flour should be excluded from civilized countries. White bread is nothing more nor less than a whim of our grandmothers, who could not bear the idea of old "Mother Hubbard" baking lighter and whiter bread than themselves. This whim, it would seem safe to say, is responsible for 90 per cent of the bald heads and toothless mouths of the present generation. I am glad

to see the doctors taking up this question. It is to be hoped this fight will go on until the world has regained its senses. If our chemists and doctors will go to the trouble of analyzing the various brands of white flour, in addition to finding certain elements missing, elements that are essential to human health, they will find in many of these brands of flour, if not all, large quantities of alum, and ammonia. These are put into the flour to make the bread "nice and light." As any doctor must know, alum acts as a powerful astringent; it ties the stomach into a knot, and the number of pill boxes found on the mantel shelves of the houses in every civilized country bear witness to this fact. In addition to the large quantities of alum in the flour all the cheap grades of baking powders are chiefly made of this astringent.

Of course, since Mrs. Jones, Mrs. Smith and Mrs. Every-one else insist on having white bread, and very light at that, our miller thought it quite proper enough to bolt the life out of the flour and then to add alum to it to make sure of pleasing these Eves of the race.

Go on, Mr. Editor; keep up this war on white flour until the human stomach loses some of its whiteness and returns to its natural color and state of health.

Hoping that HUMAN NATURE may ever widen its influence, I remain yours for healthy food and healthy literature.

FRANK REED.

Eureka, Cal.

Mr Reed has struck the keynote to dietetic reform. So long as the Eves of the race prefer white, tasteless bread to luscious, strengthening whole-wheat bread the Adams must submit to the ills which follow in the train of unhygienic living.

However, let us believe that really beautiful, as well as wholesome, loaves can be made from Advent whole-wheat flour. We know this from the daily appearance of such bread upon our table.

Advent flour is manufactured in San Francisco by the Del Monte Milling Company and sold by all grocers.

There are other means of getting whole-wheat flour, but Advent flour is free from the outer covering of woody fibre which en-

compasses the wheat berry. This is the reason we prefer the Del Monte production to all others.

EDITOR HUMAN NATURE.

TOBACCO.

I propose writing a short article on the chemical constituents and effects of tobacco upon our systems. I hope the readers of this paper will carefully study my doctrines and see if I am not right. Tobacco, as you know, is extensively cultivated in the Southern and Western States, for the manufacture of plug tobacco, cigars, cigarettes and snuff. When matured it is "stripped," strung on sticks, air or fire dried, "bulked" and sold. It is then packed in hogsheads and shipped to the manufacturer. During all this handling it loses very little of its poisonous qualities. Chemists have found that a hundred pounds of dry leaf tobacco contains seven pounds of nicotine. Havana tobacco contains two per cent and Virginia six. Just think of the amount of nicotine consumed by smokers and chewers annually. Every puff of smoke emitted from a smoker's mouth contains the following poisons, viz: Nicotine, soot, carbonic acid and ammonia gases. They vary in different kinds of tobacco but all contain these poisons, more or less. Steele says "nicotine is a powerful poison. The amount contained in one or two strong cigars, if thrown directly into the blood would cause death." Farmers, mechanics and others whose employment is out-door work, do not show signs of nicotine poisoning so readily as those of sedentary habits. Boys, shun the deadly cigarette; they are justly termed the "asp in paper." How often do we read in our daily papers of persons being fatally poisoned by constantly smoking cigarettes. The cheap grade are made of refuse cigar stumps and other filthy material. Tobacco smoke when decomposed forms pyridine, picoline and other poisonous alkaloids. Snuff is also made of refuse cigar stumps. It has been found upon post mortem examinations of persons who used snuff most of their lives, great cakes were found imbedded in their lungs and stomach, caused by the occasional swallowing of snuff. The noticeable

effects of tobacco upon our system are headache, nausea, impaired appetite and loss of vision, tremulous movement of the muscles and heart, and inflamed throat and lungs, which causes extreme thirst and often leads to the drinking of spirituous liquors.—*Word and Works.*

Location of Brain Centers.

The medical fraternity have made another phrenological discovery. They have just located the brain center for Tune. It is where Gall, the founder of phrenology, located it 100 years ago and known to every phrenologist since his day.

Dr. Maddin in December *Suggestive Therapeutics* says that Dr. Edgreen had a patient whom he describes as follows:

"He was deaf to musical tones; orchestra music seemed to him as noise without melody, he was unable to distinguish between a polka, march or waltz.

"At the autopsy he found that two-thirds of the first and the anterior one-half of the second temporal convolution of the left hemisphere, and the posterior half of the first temporal convolutions of the right hemisphere of the cerebrum were destroyed."

Dr. Maddin further says that physiological experiments on animals have demonstrated that the auditory centers in various animals are situated in temporal convolutions; that Munk, Larronoff and others have made numerous experiments on dogs and found that the destruction of the temporal lobes resulted in complete deafness and concludes that the location of the musical center is firmly established, a fact long known to phrenologists.

Thus one by one each brain organ or center (to the number of forty-two) are being proven by the medical fraternity to be located where phrenologists have discovered and announced them to reside.

All progressive physicians and surgeons acknowledge the claims of phrenology. Anatomy and phys-

iology are its handmaids. Truth never varies from a straight line, her march is onward.

CLOTHES.

The fitting of clothes does not depend altogether upon the tailor, but much upon the wearer.

Oom Paul's clothes fit very slovenly but Joseph Chamberlain is an artistic dude in dress.

Both employ good tailors or have means of doing so, but Kruger lacks Ideality while Chamberlain possesses more of that commodity.

It is not the clothes that makes the man.

Horace Greely, America's sage, philosopher and first journalist, wore clothing which fitted ill and his white hat was recognized for its uncomeliness, but the editor and founder of the New York *Tribune* was a power in American politics during the sixties.

Abraham Lincoln was another ungainly personage whose clothes fitted his long body as a Spanish cloak would fit a bean pole, and yet the great heart that beat beneath the loose waistcoat of honest old Abe beat for the persecuted slave, and his strong right hand penned the proclamation that freed four million bondmen.

Many a rascal is clothed in fine broadcloth and bedecked with gems and jewelry, while honest hearts are often under seedy coats. A fine suit of clothes is no indication of morals.

All great men are not ungainly nor slovenly dressed. A man may be neatly dressed and yet be great and strong.

Marshal Murat was always elegantly dressed and went into battle with waving plumes, yet he was the bravest of the brave.

History is replete with such examples.

Ideality demands fine clothes, fine houses and elegance.

T. D. L. was appointed by his father as a carpenter; The boy hated the business and longed for commerce. This time the desire corresponded to his Talents. At 21 years of age he entered the mercantile business and is now one of our leading merchants.

Human Nature.

A MONTHLY JOURNAL DEVOTED TO
Phrenology, Physiognomy, Health, Medi-
cal and Social Reform.

Entered at the Post-office at San Francisco as
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50 Cents per Year in Advance.

Single Copies 5 Cents.

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ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

C. P. HOLT, - - Associate Editor

SAN FRANCISCO, CAL., JAN., 1900.

Professor Haddock is the author of and accepts responsibility for all unsigned articles and paragraphs. The moral responsibility for signed articles devolves upon the writer whose name is attached.

MONEY ORDERS

We hope our friends will remember that all money orders, American or International, must be drawn on the Post Office at San Francisco, Cal., or through an Express Company, and made payable to Allen Haddock at 1020 Market Street. Bank checks not accepted. If money orders are inconvenient, send 2-cent U. S. stamps. 2s 6d in British stamps as one year's subscription.

When this paragraph is marked with a cross (X) it means your subscription has expired.

Please renew.

HUMAN NATURE offers a hearty shake and the best of wishes to its army of patrons for the new year.

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Our twenty-seven type-written lessons (if thoroughly mastered) will enable any intelligent person to accurately read human character.

They are the result of a life study of phrenological science, and its essence in a nutshell. This course was formerly sold for \$25, but the price has been reduced to \$5, if taken in one package.

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By special arrangement we are in a position to make a grand offer for A. D. 1900.

"The Phrenological Journal" \$1 00
"Dr. Burke's Health Magazine" 1 00
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Total - - - \$2 50

These three unexcelled magazines for A. D. 1900, \$1 65.

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We will mail you a copy of the *Phrenological Journal* (10c.), *Health* (10c.), *Popular Phrenologist* (5c.), *California Osteopath* (10c.), *Massotherapy* (25c.), *Mental Influences* (5c.), and our lecture, "How to Read Character (10c.)—all sent for 25 cents, postpaid.

Private Tuition.

At HUMAN NATURE office we have skulls, diagrams, portraits, casts from the living and the dead, together with all the paraphernalia for giving private and public instruction in phrenology.

Private students received any time to suit pupils.

Fifty private lessons can be taken by the student in one month, for which tuition he pays only \$50. These lessons will enable any ordinarily intelligent person to read character accurately, and fit him for the public lecture field in which to glean money and fame.

Business men, teachers, professional men and mechanics are now taking up this science for practical use in their various avocations, and meeting with success.

One student, W. C. N., says: "As a merchant tailor your professional course, which cost me \$50, has already been worth to me \$500 from knowing how to better understand my customers and bringing increased business."

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We give private lessons in Phrenology and Physiognomy daily at the office.

Students received at any time.

Our method of teaching is simple. We do not confound students with technical phrases, but teach them how to read heads and faces as easy as reading a placard on the wall.

Each lesson takes one hour. Some pupils take two lessons per day; others one; others still, only one per week. Students make their own time:

Short Course, 8 lessons - - - \$10.00
General Course, 22 lessons - - 25.00
Professional Course, 50 lessons - 50.00

The Professional Course earns a Diploma.

The portrait of Napoleon over Mr. Bernard's article, shows Bonaparte to be a Consciousless Man, his forehead with such a fine mentality suggests an intellectual giant, but with such a deficient crown he was an unscrupulous rascal, with no regard for the rights nor even the life of others; his code of morals must have been low.

Preachers, Teachers, Lawyers, Physicians, Artists, Merchants and Workmen all study Phrenology and Physiognomy as an aid to their business.

Phrenology is an aid to every man or woman, whatever his or her walk in life.

Mr. Frank Reed in our Health Department expresses our sentiments exactly.

A Fine New Years Present

We have sold a good many of Riddell's book, "HUMAN NATURE EXPLAINED." Another supply has just reached us. It is a new illustrated treatise on Human Science for the People. 440 pages. \$1.50, postage paid.

HOME LIFE Kingman, Kansas. A pure, clean, monthly paper devoted to Home, Health and Progress. It ought to be read in every family. Will be sent six months FREE with each yearly subscription to THIS PUBLICATION. Address "HOME LIFE," Kingman, Kansas.

FUNNY.

George Combe once received a plaster cast from a turnip for analysis of character, and he gave a very good description of the vegetable to fit the sender.

A candidate for public examination once put a pair of scissors under his wig over the organ of Combativeness, and the phrenologist described the fellow as a pugnacious and quarrelsome barber, much to the merriment of the audience.

Not Safe.

It is evidently not safe to send bills or postage stamps through the mails. A postoffice railway clerk with a good record of thirteen years service has been robbing the mails between Los Angeles and San Francisco and is now in the hands of the police.

Since the above event we have received complaint of not executing orders accompanied by dollar bills and postage stamps that never reached this office.

Will our customers kindly send P. O. O. They are safe.

OUR NEXT EVENING CLASS

The very successful evening class of 1899 has just closed. Our pupils get very near to us and we reluctantly part with them at the term, especially when they become enthused in their studies.

The following letter from a member no doubt voices the sentiments of the whole class.

CITY, Dec. 20, 1899.

PROF. HADDOCK, 1020 Market St.

Dear Sir:—As I am leaving Friday morning for British Columbia to spend the holidays with my parents, I find it will be impossible for me to attend class Thursday night; I regret this much, seeing that there are only two nights left for the session. However I thought I had better send you a note explaining the cause of my absence to show that it is not carelessness on my part.

I have enjoyed the Lectures and demonstrations very much and can assure you that I have derived much benefit from your teaching. Although I had not a great deal to say in the class still my ears and eyes were always open.

It is my intention to rejoin your class commencing February 8th, 900, on my return to the city and

I hope it will be my good fortune to meet the majority of my old classmates there again.

Wishing you and also my classmates a Merry Christmas and a Happy New Year, I remain,

Yours truly, Wm. T. L.

Electricity a Remedial Agent.

BY A. O. NELSON.

Electricity has won its way into every department of human life so that this may aptly be termed the age of electricity.

In mechanics it has become a factor which is indispensable. In the fine arts it has a place of utility, and in domestic and social life its rays add brilliancy to every scene. White as an angel of mercy its wings are tipped with silver. It is only when wrongly applied that ills ensue. Of this I wish to speak.

Electricity to-day when utilized for the relief of pain occupies the same relation that steam does. The units represent the different forces. The voltage represents the pressure, the ohms resistance, the amperes quantity, gallons or heat, the watts horse power. 746 watts equals one horse power. The relation of boiler to engine is always a matter of calculation in mechanical energy, so is the dynamo to the amount of electricity necessary to generate for a given purpose. When used in a medical way there is no account taken of units nor of the different classes of electricity. In reports of electrocution in Sing Sing prison the amount of voltage employed to cause death is given; the voltage can be removed and the amperage increased and the energy used for cooking or welding metals, the current burns but does not shock. Among the many forms of electricity used today is the Faradic current, the Galvanic, Astatic, the magnetic, and the thermo pile or the ozone. The Faradic current, mostly used by physicians, is often given regardless of temperament. Where the batteries are owned by families each member tries to see which can endure the strongest current. The more sensitive a person may be, the less he can endure, and serious results are frequent. I will not attempt to describe the different acids used in Faradic

currents, but it has been shown that both the Faradic and Galvanic currents destroy delicate muscular tissue. The common electric belt is constructed of zinc and copper and is usually charged with a solution of vinegar in order to produce a current. Both metals are consumed and the poisonous acid conveyed into the system. If any one doubts that electricity burns let him try vinegar full strength to any who own this method of gaining health. Electricity is not life. Electricity arouses energy, vitality or life propels it. Take a delicate plant from a shady room or green house and if given the full heat of the sun it soon withers, and to apply a strong current to one sick or nervous the same result obtains, but let the current be mild, scarcely perceptible and it is beneficial if properly applied, where drugs fail. Medical authorities give the Faradic current for nervous diseases, Galvanic for muscular, but to the dispensors of chained lightning in form of belts, electricity is life and cure all. I once made a trial of a Thermo pile battery of which there are different forms, for the scientists have discovered that if electricity is not hot it must be cold. My trial was upon the weakness of the optic nerve for blindness. My case was an old man 72 years old, after two weeks' time he was able to see the dishes on the table and continued to improve in sight. My experiments were to substantiate statements as to cures made with this new force which families as well as physicians could utilize in the cure of stubborn and chronic diseases and the merits of a new form of therapeutics. Where there was a smooth current of magnetism, where all members of a family can be their own physician, transfuse medicine to the parts afflicted will revolutionize a new era over the old plan of stomach medication for everything, whether the stomach needs a drug or wants it.

It is not surprising to see people who have started wrong in life, kept on the wrong track and failed, when they started without a true knowledge as to their fitness for a chosen profession.

Everything about a person indicates his character.

RACE PREJUDICE.

In a cosmopolitan city like San Francisco there is probably less prejudice between different races of men than in isolated communities.

Between some races of men strong prejudices exist, but on personal acquaintance these differences disappear, because near acquaintance makes it plain that human nature is much the same world over.

Commerce between nations is doing much toward removing race prejudices.

The *Christian Register* of Boston expresses these thoughts as follows:

"Race prejudice is absolutely irrational and indefensible, and yet it is for the present ineffaceable. The lines between black and white, Malay and Caucasian, Jew and Gentile, will not be obliterated within any calculable time. They are boundary lines which must be reckoned with. But, while they continue, the evil things associated with may be put aside. It is possible for the human beings who are by these racial traits and sympathies drawn together or separated from each other to follow their likings without mutual antipathy or hatred. Catholics and Protestants, Jews and Gentiles, whites and blacks, Europeans and Asiatics, may prefer for their own comfort and pleasure, and even for their mutual benefit, to consort with others of their own kind. That birds of a feather should flock together need not imply that they hate one another or that their conduct is injurious to one. Racial differences make society picturesque and interesting. It is only racial hatred, sectarian persecution and the oppression of one class by another that works injury. Evil passions make racial, national and religious differences hateful hindrances of progress. Most of the controversies concerning race prejudice are fruitless, because the harmless prejudice which keeps races apart and tends to promote high breeding and pure blood is confounded with the prejudice which always carries with it some tinge of contempt, aversion and hatred."

NAPOLEON BONAPARTE.

BY JOHN F. BERNARD.

At twenty-three Bonaparte weighed only one hundred and twenty pounds. But when, in later life, success enabled him to enjoy more ease, he became stout, his weight increasing to one hundred and eighty pounds. He was also very short, being five feet one and three-quarters inches in height—whence his nickname, "the little corporal;" but this was owing to unusually short legs—his body or thorax was long, with the sitting height of a six-footer. His temperament had the bilious phase, his eyes and hair being dark and his complexion olive-brown.

Physically, though his thick, stumpy legs detracted from his height and beauty and dignity, yet they did not affect the balance of his temperamental elements; and the physical and the mental were in balance with each other, as were the vital and the motive systems of the physical. His organization was dense and strong, and his thorax was well developed in its three dimensions of length, breadth and thickness, with full chest and abdomen; and his splendid body furnished a superior vitality to sustain his great brain in all its extraordinary activity, while at the same time it imparted extraordinary motive power.

He inherited a great brain, and it enlarged in time from the vigorous exercise it underwent. His likenesses, as stamped on coins of different dates, show a decided enlargement of the forehead, especially of the Reasoning organs, as he advanced in years. The difference is great. And since exercising faculties enlarges their organs, surely those of no other person could be enlarged faster. He wore a number eight hat, his head measured twenty-five inches in circumference, and his brain weighed four pounds ten ounces. Colonel Lehmanowski once, on leaving Bonaparte's tent, put on the emperor's hat by mistake, and it slipped down over his ears and eyes, being entirely too large for him; and the Colonel's head measured 23½ inches.

Bonaparte's head was pretty well shaped; it was broad, long and high, wide between the ears,

prominent in the temples, massive in front, and high and long on top. A few hours after his death, his physician, Dr. Antomarchi, took a cast of his face and the front portion of his skull to a line back of the ears. This cast is now in possession of the Fowler and Wells Co. of New York. Its measurements are as follows:—From ear to ear over Individuality, fourteen and one-quarter inches; over Veneration, fifteen and one-quarter inches; width between the ears six and one-half inches. In a list including twelve other illustrious men, such as Daniel Webster and Lord Wellington, none but the intellectual giant, the Rev. Dr. Chalmer, equalled him in the measurement from ear to ear over Individuality, and he exceeded their average by nearly one inch, and none at all equalled him in the measurement from ear to ear over Firmness.

His great width of head between the ears, and his heavy base of brain, indicated great propensities—great Destructiveness, Combativeness, Secretiveness and Alimementiveness. "His energy distanced competition." He toiled terribly. He sometimes exhausted four secretaries at a time. He did not spare himself or anyone else. His influence inspired others and put new life into them. With all his activity he required only four hours' sleep in twenty-four. When angry, his large and active Combativeness imparted to his voice a hard, thumping sound, as if every word were a blow. His large Secretiveness enabled him, when under scrutiny, not only to discharge all expression from his countenance, but also to stop or change his mental operations, so as to baffle the most intuitive observer.

He had great constructive ability and mathematical talent.

He had a wonderful intellectual lobe. Conspicuous therein, above all the other organs, was Human Nature. Miss Jessie A. Fowler, says, (in "Human Nature Library," No. 32, page 22) that a military man without much Human Nature has the centre diamond of his coronet missing; and that great Combativeness and Destructiveness, which gives the physical courage and energy essential to the warrior, and great Self-Esteem, Firmness, Approbativeness and Secretiveness, and the Propensities

generally, do not complete the warrior's mental repertoire; but that Human Nature is the very crown of the martial character; and she instances the case of Bonaparte among others. Bonaparte had large Causality and very large Comparison. Time was large; and he could awake at a pre-determined moment without assistance. His Tune was deficient; and Bourrienne states that he had very little capacity for appreciating music. Calculation was large. His Language was not large enough to make him an orator; but such as it was, and with the cultivation that it necessarily received in his scholastic course, he was able to express himself concisely and tersely, laconically, and with the precision of geometrical propositions and legal codes and statutes. He would incline more to logic and mathematics than to rhetoric. His biographers state that he had a marvellous memory for names.

His Self-Esteem, Firmness, Approbation, Cautiousness, all the governing powers in fact except Conscientiousness, were immense. He was bold, self-reliant, self-assertive, independent, decisive, aggressive, daring, resolute, imperious, despotic, commanding, determined, careful, wary, unjust. Self-interest was his motive, glory his aim, success his criterion, ambition his moving force. He had extraordinary will-power. One of his favorite and characteristic maxims was, "The truest wisdom is a resolute determination." His tenacity of purpose and endurance, like his intensity of thought, was almost without parallel. He directed all the forces of his mind and body to his work. Imbecile monarchs and effete nations went down before him. When reminded that the Alps stood in the way of his army, he answered, "There shall be no Alps," and he annihilated the inaccessible by constructing the road across the Simplon. "Impossible," he characteristically said, "is a word only to be found in the dictionary of fools." He was the child of the Revolution and a child of destiny, the representative man of his time. His career followed the line of least resistance with respect to public sentiment and opinion. He had the virtues, and also the vices, of his constituents. He was the

popular, the national idol. He was a liberal, a radical, an inventor of means. He was unjust, exacting, selfish, neglectful of his best friends, unscrupulous, a man of the world—little in his greatness. How the noble character of Washington towers above his in moral grandeur! If he had had the Conscientiousness and the Benevolence of Washington, the world would set no qualification on the esteem and honor with which it cherishes his name. His conscience was pliable to every touch of interest. There was no creed that he did not profess, no opinion that he was not ready to promulgate. To perpetuate his name, race and imperial dignity and power, he cast off Josephine. Madame de Stael says that he could never comprehend men of principle.

Whatever his opinion and faith in matters of religious belief may have really been, the cast of his head indicates prominent Veneration. He believed in his destiny and his star, was guided by Josephine as by a medium, and had superstitious notions about lucky days.

In considering his physiognomy, the leading features to be noted are his nose and his jaws, chin and mouth.

He had a large nose; indicating great power of mind and character. It was a compound of the Roman and the Greek, but approaching more nearly the Roman. The fierce nose of the youthful Napoleon underwent modification, and compacted into the massive nose of the emperor. It is said, by implication at least, that he instinctively appreciated the significance of a large and prominent nose, and chose men with powerful noses for positions requiring energy and courage.

Corresponding with his broad base of brain and his large cerebellum, he had powerful jaws, a massive chin, and the fighters' wide, straight, firm mouth. His massive chin was well developed in three dimensions of length downward, breadth, and prominence or forward projection. It was very long downward, signifying great will-power in its relation to self, to other persons, to things, and to surrounding circumstances; which is a peculiarity of all great commanders and leaders, and other

persons "born to rule" all of whom are noted for resolution, executive-ness, perseverance, and ability to control others and mould circumstances, and make them conform to a human purpose. The poles of the heart are in the chin; and it is in touch and sympathy and electric communication with all those mental faculties whose activity accelerates the heart's action.

We believe nearly the whole of our last class will attend February 8th, but they may choose some other night than Thursday, and if applicants for seats are more than we can accommodate an additional class will be formed.

The fee is only \$5.00 per member for five months or 20 lessons, payable in advance. These classes at least give a good primary education in the Science, but of course do not equal private individual instruction.

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Address PROF. HADDOCK, 1020 Market St., San Francisco, Calif.

Dietetic Suggestions

Copied from bill-of-fare of the Vegetarian Restaurant, 1422 Market street, S. F.

1. Good digestion is best secured by simplicity in diet.

2. Perfect nutrition is impossible without thorough mastication.

3. Dry foods favor mastication and the flow of saliva and develop digestive power.

4. Drinking with meals prevents mastication and weakens the digestive juices.

5. Relaxation of mind; pleasant thought and conversation; forgetfulness of trouble, self and bodily functions; these are important aids to digestion.

6. Nitrogenous foods, which form the basis of tissues, should not consist of more than one-fifth of the food eaten, as an excess clogs the system and overtaxes the alimentary organs.

7. Eggs and meat are largely nitrogenous, legumes (peas, beans and lentiles) contain about 25 per cent, nut foods about 20 per cent, gluten 20 to 40 per cent, grains 10 to 15 per cent of nitrogenous matter.

8. Starchy foods furnish the fuel and energy of the body.

9. When raw, as in unripe and partially-grown fruit and uncooked vegetables, starch cannot be well utilized for nutrition, but becomes food for germs.

10. A large variety of food at the same meal creates digestive disturbance.

11. Monotonous diet weakens the digestive functions and should not be followed as a routine.

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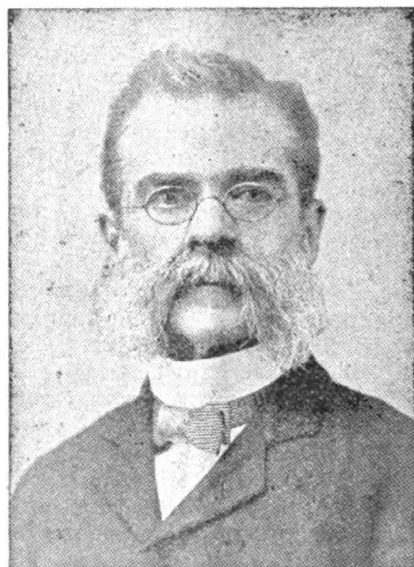
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Please state height, weight of body, size of head, measuring by tape a little above the ears, and height over crown, from opening of ear to ear. Color of hair, eyes and complexion; age, single or married; education and present occupation.

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(Photo. by Holler, Christmas, 1898.)

Prof. Allen Haddock

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A Phrenological examination made by Professor Haddock will describe your NATURAL adaptation to the business, trade or profession you are best fitted for, and if you follow such vocation you will be successful.

There are natural physicians, ministers, commercial men, mechanics, artists, musicians, authors, inventors, lawyers, statesmen, etc.

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6. "Can do no hurt and always does good"
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J. M. Buckley D. D. of New York Editor of the *Christian Advocate*, says: "To this Instrument I owe more than all medicines, or outdoor exercise, and were I compelled to choose between the use of the tube for one and a half hours a day and all other exercises and medicines without it, for the removal of pulmonary disease, experience and observation would lead me to prefer the tube."

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1:15, 4:20 P. M.

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