

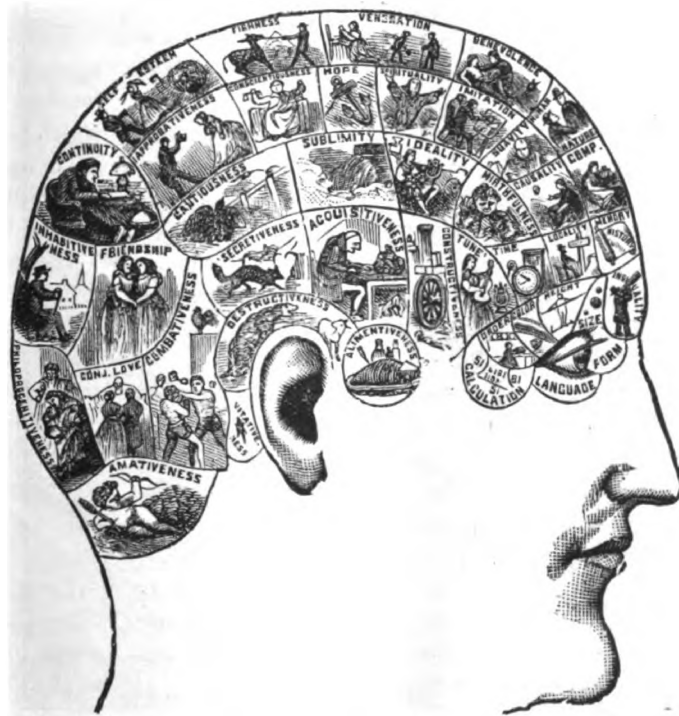
Human Nature

VOL. XIII, No. 142.

SAN FRANCISCO, JUNE, 1902.

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PHRENOLOGY IS NOT BUMPOLOGY.



SYMBOLICAL HEAD

A Symbolical head is just what its name implies, and is used by Phrenologists to illustrate the location of the forty-two brain organs in the human crania, that have been discovered, and proven, and also to give an impression of their character by symbolic pictures.

As a matter of fact the human cerebrum, or larger brain (there are two brains, cerebrum and cerebellum,) is formed in convolutions and assumes a shape very similar to the kernel of an English walnut.

In a colored wall-chart in our of-

fice the following printed explanation is offered:

“This phrenological head is designed to show the location of the phrenological organs and to illustrate their natural functions.

“The organs are all double, so that each hemisphere of the brain contains one of each pair. Hence to judge the development of any organ in the *side head, we estimate the diameter of the cranium* at the center of the space indicated in the diagram. The organs adjoining or near the middle line of the forehead, top, or back-head, should be measured by the *dis-*

tance from the opening of the ear, which is opposite the medula oblongata, or basis of brain growth.

“We never look for hills and hollows. The popular notion of ‘bumps’ is totally erroneous, and without authority.

“The boundaries of the organs at the surface, like the colors in the rainbow, cannot be defined absolutely, and there are *no angular divisions* in the brain.

“The areas are delineated in this manner for the greater *convenience of learners.*”

On another page of this issue, un-

der the caption of "A Phrenologist's Protest," Professor Holt exposes the popular delusion of the "bump" theory. It is a silly delusion, held only by those who are unacquainted with the principles of phrenology; nor is this delusion confined to the uncultured. Educated men (educated on certain lines), medical men, lawyers, preachers, teachers and business men often come into our office for a phrenological examination, under the impression that we read character by "bumps."

When Dr. Gall proclaimed his discoveries, the orthodox world became alarmed, the new system of mental philosophy upset the theories of the metaphysicians, but instead of investigating for themselves they substituted a new name, "Cranioscopy," for Phrenology, ignoring the fact that Gall based his system of mental and moral philosophy on the brain.

To the shame and disgrace of Rudolph, who was looked upon as an authority in his day, he set up a false theory, named the bastard "Cranioscopy," claimed Dr. Gall as its parent and then proceeded to murder it in this fashion:

"Cranioscopy has the skull only as the object of its researches, it has made but a small fortune and merits no more confidence than palmistry."

In reply to this, Dr. Gall wrote:

"My readers know the intention of this cranioscopy talk; it is amusing to observe the obstinacy with which the majority of my adversaries endeavour to reduce all my discoveries on the anatomy of the brain to a simple cranioscopy.

"They display by this either their bad faith or their total ignorance of the true object of my work."

The disgraceful libelers of Gall are responsible for the misconceptions of the principles of Phrenology to-day, but Truth stands unblemished, and the founder of Phrenology will be honored and remembered when his bigoted opponents lie forgotten in their graves.

Let us learn to see things as they

are without letting others see for us, or as Professor Huxley says:

"Learn to see things as they are without reference to authority,"

A Synopsis of the Leppel Dietary System.

The Leppel Dietetic System accepts the hypothesis of the fundamental unity of disease. It treats the various organs (lungs, liver, etc.) separately because certain foods are more beneficial to some organs than to others.

Diseases like ruptures, womb diseases, cancer, sciatica, syphilis, paralysis, tumors, eye and ear complaints, etc., are easily cured by right combination of food, and warm baths. Inherited, acquired and acute diseases will readily disappear on the adoption of a suitable diet. In cases of epilepsy, paralysis, tumors, rheumatism, etc., gentle rubbing (massage) will be found a great help to health.

All disease is caused (as so often explained by advanced hygienists) by wrong foods, or by right foods wrongly combined, which cause indigestion or bad circulation.

Patients of all classes should never forget that the secret of their cure lies in a prompt but natural elimination of the unsound elements which cause congestion in different parts of the body.

With the help of Vitalism Series No. 3 (Nineteen Lists of Classified Foods) and by a careful study of Leppel literature, any intelligent person will be able, if not completely to cure himself, at least to improve his health and also his reasoning faculties so much, that he will consider the money well spent by consulting the author for personal instructions. No two persons are alike, or are affected alike by the foods usually prescribed (fresh flesh, fresh fish, fresh vegetables, fresh fruits, and starchy foods).

A long and successful practice enables her to give accurate dietary

hints, to suit each person's individual requirements, that is, to point out to the applicant how the prescribed foods will affect *him* specially. That she possesses this power of foretelling consultants how this specified foods will affect them either for better or for worse her practice bears abundant witness.

It is astounding how often people with means prefer to carry about their ugliness and disease, wasting money on useless articles and pleasures instead of buying information which would enable them to become healthy, attractive, and energetic.

For many years we have preached against the terrible drugging system, but had no other system to offer by which people could cure themselves at home until we learned of the wonderful results obtained by the Leppel Dietary System.

It is a system that appeals to the ordinary understanding.

It removes the cause of disease and builds up a new body from prescribed foods suitable to the needs of the individual.

See Question List, and address all communications to HUMAN NATURE office.

PROF. ALLEN HADDOCK.—*Dear Sir:* A few days ago, at the close of a *long dreary, hard day's work* I went to the Postoffice to get my mail and found among the matter a sample copy of HUMAN NATURE, a *bright wide awake and up-to-date* phrenological sheet. For which I am *very thankful*. It gave me some *pleasure* at the end of a *dark tedious day*. I am very much interested in the study of human nature, phrenology and physiognomy. I am glad to know that there is such a paper published in the United States that is alive and doing such good work in phrenology. *Enclosed please find \$1. P. O. Money Order*, for which please send to my address HUMAN NATURE two years, or one dollar's worth.

EVERETT W. PORTER,
East Dixmont, Maine.

[The following article, which appeared in the *San Francisco Examiner*, May 10th, explains itself]

A Phrenologist's Protest.

BY C. P. HOLT

In the May 1st issue of *The Examiner* the Rev. Thomas B. Gregory, under the title of "Will-Power versus Fate," associates phrenology with palmistry and astrology, as if the two latter were in any way like or related to the former, which is not the case. The reverend gentleman also, no doubt unintentionally, but nevertheless actually, misrepresents phrenology, and by associating it with astrology and fortune telling brings a noble science into disrepute. In defence of phrenology and in behalf of the many thousands of Dr. Gall's disciples in America and in Europe I protest against such association and misrepresentation.

Before, and ever since, Galileo's enforced recantation of the earth's revolution, every new truth has had to fight its way inch by inch in opposition to ignorant prejudice; but it seems that phrenology has had the hardest battle and the longest fight. Alfred Russell Wallace, the co-worker with Charles Darwin, in his delightful book, "The Wonderful Century," devotes thirty-five pages to a defense of phrenology, and in speaking of the failures of the last century says: "I begin with the subject of phrenology, a science, of whose substantial truth and vast importance I have no more doubt than I have of the value and importance of any of the great intellectual advances already reached."

Before the Reverend Gregory writes another diatribe against phrenology it would be well for him to thoroughly and carefully read a book recently issued from the London press by Bernard Hollander, M.D., M.R.C.S., L.R.C.P., entitled "Mental Functions to the Brain." In the preface to his book Dr. Hollander says: "No subject has ever been so

thoroughly misrepresented, even by learned men of acknowledged authority (as has phrenology) and no author has ever been so libeled and with such malice as Gall, and this notwithstanding the fact that there is not one man of scientific repute who has written anything that would indicate that he has examined Gall's chief work, "Anatomie et Physiologie du System Nerveux en General et du Cerveau en Particulier." The fact that they have not read Gall's great work should make those who have any bias on this subject pause and reflect—at least until they have read this book carefully and examined the evidence therein set forth."

After the Reverend Gregory has read these books, or indeed has read any reputable treatise upon phrenology, he never again will allow his pen to write "bumps" in connection with phrenology; nor will he ever again intimate to a young man who is inquiring after truth that phrenology deals in any way with "bumps and sinks on the head," nor will he associate phrenology with astrology and the stars. No reputable phrenologist, from Gall to Sizer, ever mentioned "bumps or sinks on the skull" as factors in determining character and talent. The bottom principle of phrenology is found in the statement that "the brain is the organ of the mind" and also that the brain radiates in fibers from the medulla oblongata to the cortex, and as is this distance, so is the measure of power. Phrenology is not bumpology, nor is it fortune telling, but it is the only accurate method of determining character and mental talent, and this includes an estimate of the whole man from crown to sole of foot, without a "bump" considered. Furthermore, it is a fact that every animated creature including man, acts in accordance with his or her organic structure, as circumstances, surroundings and environments act upon that organization. Now, if the Reverend Gregory will take down his Shakespeare he may read from "Hamlet"

that "There is a divinity that shapes our ends, rough hew them how we will," and from "Richard II" that "All unavoided is the doom of destiny," and from "Twelfth Night, 'I'll ne'er believe a madman till I see his brains.'"

Cecil Rhodes performed the deeds he did because he was built that way, just as a duck swims because it has web feet. If he manifested will-power it was because he had the kind of brain located in the part of his head that gives will-power. Had he been deficient in that kind of brain, located in that part of his head, he would have been as vacillating as a weathervane. Cecil Rhodes, like every other man in this fateful world, did not make himself, but acted in accordance with the organization with which mother nature endowed him.

There is in the San Francisco almshouse an idiot named "Zip." Now, Zip knows nothing, and has no will-power, because he has no brains in the region of the head where resides the intellect and will. If the duck had no web feet it could not swim; without brains located in the right place in the head there is no thought or will power. As by examining the duck's foot we discover its ability to swim, so by examining the head and body of a man we learn of his ability to think or will—how much or how little, and in what direction.

Mozart was a great musical composure; he possessed the brain organs of tune and time very large. There is a man in San Francisco who cannot whistle "Yankee-Doodle," nor distinguish one tune from another; he has the organs mentioned very small. All the will-power in the world without these brain organs large would never make this man a musician like Mozart. A phrenologist could tell him this and save him from wasting time in trying to be a musician. I know a young man whose father set him to learning the carpenter's trade, but the boy could

not whittle a stick round; his father took him to a phrenologist, who told him that he had not the organ of constructiveness developed to any degree and could never succeed as a mechanic, but that he possessed the organs of imitation, ideality, eventuality and language large, which would enable him to excel as an actor. Acting upon the advice of the phrenologist, the father placed his son in a school of elocution, where he developed remarkable histrionic talent and a wretched carpenter was transformed into a successful actor. Had that boy remained a carpenter no amount of will-power would have won him success.

This is not fortune telling, it is not astrology, nor star-gazing; it is determining from positive, scientific data in organic structure to what occupation a child or a man is adapted, and the man, be he clergyman or be he blacksmith, who discourages such information, or misrepresents such science, is the opposite of the man of whom Horace Mann, the great educator, spoke when he wrote that "Phrenology is the handmaid of Christianity; and he who disseminates true phrenology is a benefactor of his race."

A Gem from Locksley Hall.

For I dipped into the future,
 Far as human eye could see,
 Saw the vision of the world,
 And all the wonder that would be;
 Saw the heavens fill with commerce,
 Argosies of magic sails,
 Pilots of the purple twilight,
 Dropping down with costly bales;
 Heard the heavens fill with shouting,
 And there rain'd a gastly dew
 From the nations' airy navies
 Grapling in the central blue;
 Far along the world-wide whisper
 Of the south-wind rushing warm,
 With the standards of the peoples
 Plunging thro' the thunder storm;
 Till the war-drum throb'd no longer,
 And the battle-flags were furl'd
 In the Parliament of man,
 The federation of the world.

How I Keep Myself Youthful-Looking.

In response to a request I will state exactly the means by which I keep myself youthful-looking. I send you herewith the secret so vainly sought by so many.

Before I adopted a suitable diet the thought of becoming old-looking and wrinkled haunted me as it does all aspiring women, but since selecting foods to suit my needs, I have put away all such fears. I have tried different combinations of food. I have been a fruitarian for two years and a vegetarian for three years, but I find that a non-flesh diet makes me old-looking. The appearance of the average vegetarian confirms this conclusion.

The following is my diet when I wish to be at my best, physically and mentally:

My nerve or brain food consists of *lean* mutton, in warm weather, and *lean* pork in cold weather. The quantity varies according to my relish for meat. I never limit myself in nerve food; this may be any amount over one pound daily, but never less. If I have a bad taste in my mouth, I know that I have eaten more meat than I can healthfully digest. The next meal is taken later than usual, because no appetite will be felt at the usual hour. A sufficient quantity of the best and strongest nerve food ensures an inexhaustible fund of physical and mental vigor.

Green vegetables are eaten in sufficient quantities to regulate the bowels, *even if not relished*. Raw vegetables are taken in preference, but cooked vegetables are always used in addition at the slightest sign of costiveness. A *healthy, natural* action of the bowels forms the secret of a good complexion, strong, bright eyes and elastic body with mental vigor.

Good, raw, peeled apples are eaten the whole year round and strawberries and goosberries when in season, but, as in the case of starchy food, fruit is always eaten cautiously.

Brain-workers are apt to eat in proportion too much sweet and starchy food, thereby causing ill-looks and ill health. The mirror is one's best advisor as to quantity of fruit and starchy food. The smallest red spot or any muddiness in the complexion, the slightest irritation of the skin, betrays that I have overstepped my measure, and by decreasing the quantity, ugly and annoying symptoms disappear.

The quantity of fruit per day varies from one-half to two pounds and the amount of starchy food (barley, rice, dried white bread,) is regulated by the amount of physical exercise I take. I always eat as little as possible, say one to three ounces daily, because an increase of starchy food will increase muscular energy after *one* meal, so that no harm is done if, per chance, too little starchy food has been taken. My hair is also a good reflector of the right quantity of starchy food. Starchy food, *if healthfully digested*, nourishes the hair, nails, and teeth. If my hair loses its healthy appearance, I increase the starchy food.

When relished, I use lemon-juice instead of salt. I eat one pound fresh tomatoes daily. I never drink at or between meals, because I am never thirsty. Thirst is a sign that wrong foods have been taken.

For special purposes I add choice juicy fruits and a larger quantity of tomatoes to the above diet.

The best and most expensive foods, however, will not ensure youthful looks unless sufficient sleep and exercise in the fresh air are taken. At my age (fifty) eight or more hours should be spent in bed, if it is considered a goal worth striving for, to be a joy to oneself and to others, and to feel one's usefulness to oneself and to others increasing as years advance.

SOPHIE LEPPLE.

Fowler and Wells Co. have removed to 24 east 22d street, New York. The next Annual class session opens Sept. 3, 1902.

Balanced Temperaments.

S. F. MEACHAM, M.D.

I have spoken of three temperaments, but there is really but one healthy temperament—the balanced temperament.

I do not know that the word disease can be applied and convey to the reader just what is in my mind. Disease and pain are so intimately associated, that it is difficult for the ordinary mind to grasp and hold to the idea that any unbalanced or in-harmonious state is really a diseased state. Yet it is literally true. Disease, in any of its forms, is but an in-harmonious state. Spencer has said that life is the continuous adjustment of internal relations to external relations. Disease would be any lack of such adjustment. Now it is clear that any of the above-named temperaments save the balanced, lack such power of broad adjustment, hence is in this broad sense diseased.

The Nervous Temperament, for instance, is the dominancy of the brain and nerves. If the brain and nerves dominate, then the muscles, glands, etc., cannot even equal, so the condition is really a diseased one. I am perfectly aware that this temperament is ordinarily considered a healthy one, a normal one, but I am convinced that this is not only a wrong view but a dangerous one. If this temperament, the Nervous, is healthy, there can be no argument against its perpetuation. If its a good thing, the more we have of it the better. The same remarks will apply to the other two temperaments.

Let us see. The person in whom the brain and nerves are dominant will be disposed to choose and follow a vocation that will enable him to use this brain, on the theory that all motion is in the direction of the least resistance. If this was all, then we would be forced to say it was all right. But, we must say also that such a person will *tend* to neglect physical exercise, and will tend to eat as a

matter of necessity, not because he desires to do so. This neglect leads to a degeneracy of the muscular system till finally they will be unable to meet the demands of the over active brain, and it, the brain, will break down, and we will have one of the too common cases of nervous collapse.

In the case of the muscular system too well developed for the other two elements of the organism, such an one will be prone to over work. The muscles will grow and demand more and more blood and nerve force till finally the amount cannot be furnished, and this system must go under. We would be forced to say the same regarding the Vital Temperament. We always tend to over work the dominant temperament because it is the line of least resistance, and hence the easier road to travel. I am not saying that a self-conscious organism, possessed of power of choice, *must go* along the line of least resistance, but I do say that it *will tend to do so*, and this is the easier road. It is like floating down stream. But we can and do paddle up stream, hard though it be.

Any one who will take the trouble to look over our diseases, in the light of the above facts, will readily see the importance of a knowledge of the temperaments, and at the same time see why our present attempt to right these wrongs, so often fail. We attempt to ignore these basic facts, and then expect good results. Clearly, to build a stable edifice, we need commence at the foundation. It is just as true that if we wish to render an unstable edifice stable we must first fix the foundation, where this is the main and predisposing cause of all the trouble.

We, as physicians, must turn over a new leaf, if we would succeed. We must study the body as a machine, composed of the three above named elements, and must know that these elements must balance if it is to be a good machine. Remember always that life is dominant, and

builds a body to fit its special needs. Oh, how much misery and false reasoning would immediately go up in smoke, if the leading medical minds could be lead to study temperaments in the light of predispositions to disease, and also as to measures of relief.

Many of the present fads owe their life to ignorance of these simple laws, which have been in literature for years. Why have they then been ignored? Because we have all been trying much harder to prove some special theory, than to find the truth. We have been in a way searchers after truth also, but we have failed to keep in mind that we know truth, we must lay aside all desire to see her manifest in a special manner, for this, she always refuses to do. Truth will never come as we want her to, unless we want her to come as she will, and stand with open arms to greet her in whatever garb she may come, and under whatever banner. We have but very few of us loved the truth, unless it saw fit to come to us as we wished. We are always talking of *disagreeable* truths. There should be no such a thing as disagreeable truth. All truth should be welcome. We should be able to see that truth is, in the long run, our friend, that we are always safe when on her side, *no matter how it may appear just now*.

In some glad to-morrow, we will know that all truths are harmonious and that harmonious development is what we are after.

No topic in medicine is so much needed to day as this one, and none so much needed is so perfectly neglected, or so little likely to meet with immediate attention as this.

I am perfectly aware that one must wade through much mud to get a few jewels, in the present literature, but the hints clearly point the way, and it is then comparatively easy to travel alone. I shall in my next point out the meaning of the temperaments and the light it throws on methods of relief. Let every one

who reads these articles remember that they simply constitute a prayer, that they may look into this matter, and are in no way aimed as a treatise on the subject. It would take volumes to treat it properly, as the entire literature of medicine would need be written.

San Francisco, 6 Eddy Street.

Inertia and Action.

BY FRANK REED

Life alone can give motion to that which is not life. Organic life is made possible only by the fact that matter is inert—dead and lifeless—only as it is animated and motion imparted to it by the quickening power of life itself. Life is not a chemical compound, it is a single-element substance, and it is life under any and all conditions, with no possibility of change or shadow or turning. Organic life swings between a rigid solid and a flaming sword of fire; matter tends at all times—every moment of time—to congeal, while the active forces of nature, did they meet with no resistance, would throw all matter into a fire-sea of gasses. There would be no room for the play of forces, were it not for the fact that the tendency of matter to congeal or become a solid, must be fought at every step, and this to go on for time and eternity. And if matter offered no resistance to the moulding power of the potter, motion would run away with itself.

The action of the sun and its power is constant on the earth, and should this be completely suspended, even for the short space of ten minutes, not one creature would be alive on its surface. Let the life force in us begin to weaken, and we observe the flesh growing cold. The corpse was once kept warm by glowing fire; is now prevented from becoming as cold and rigid as an iceberg, by external forces.

Even after this life, the soul will have the same waged war within, to keep it from congealing. This is our

salvation; were it not for this fact and this action of nature, no organism could exist; none could ever have been formed, and mind and intelligence would never have appeared in the universe. That which works for good is good, and since a substance of all action and all life would have a tendency to increase the action, as a falling body gains in speed, thus making organic life and intelligence impossible, then it must stand to reason that this life agent or force substance must always have inert matter to act on, matter that is kept in motion by its action. We cannot imagine force acting upon force, or life upon life. This force of life acts upon that which is not life, and which has no power to act of itself. The tendency of the mind to act and its tendency not to act, the blood to circulate and its tendency not to circulate, just balance each other. Were one greater than the other, woe unto us!

DISCOVERED.

Professor Loeb of the University of Chicago announces that he has discovered the secret of eternal life. The secret of eternal life is eternal life itself, if there is any secret to it. But until Professor Loeb demonstrates his discovery by living for an eternity, the world will doubt he has made any such discovery as he claims to have made. Talk is cheap, but neither whisky nor talk will keep a man on earth in the flesh for time and eternity. Professor Loeb may just as well call off the hounds and stop the chase first as last, if this has been his idea, to discover how to live forever in the flesh.

For Mental Science Students.

Dr. Bernard Hollander's new work, "The Mental Functions of the Brain," is the greatest work on the subject ever issued from the press.

If students of Mental Science realized its importance, they would secure a copy at once.

Mailed free at the published (London) price, five dollars.

Address HUMAN NATURE office.

A Question Answered.

I am constantly asked by those desiring to realize the benefits of my system of dieting and drugless healing, what my fees are for the necessary letters of advice.

It stands to reason there can be no fixed fee for consultants who are out of health, whether suffering from slight or grave complaints, or for those whose case may present more or less complicated symptoms, or for so-called incurable (?) cases. No two cases can possibly receive identical treatment. Consultants receive specific dietary advice on their individual case, and on every symptom of their case, whether that symptom be painful or unsightly. Although the same foods may be prescribed in different cases, the personal directions respecting the proper combinations and proportions of these foods will differ according to temperament, age, occupation, object desired, etc. A course of dietary advice will enable the recipient to dispense with the services of the medical fraternity unless an accident necessitates the calling in of a surgeon.

But it must not be imagined that the above advantages can be conferred by medical jugglery or any form of incantation. Each necessitates severe and sustained concentration and receives the deepest thought of which I am capable.

I am able, however, to give dietary instructions on fixed fees to those whose case does not present any of the symptoms enumerated above, that is, who enjoy health. These fees are three guineas, or fifteen dollars (prepaid), for four letters of advice. Anyone of average intelligence may reasonably expect in four letters of advice to become his own dietitian. Yours sincerely,

SOPHIE LEPPEL,

Consulting Editor *Diet vs. Drugs*.
26, Clovelly Mansions,
Gray's Inn Road, London, W. C., Eng.

[Address all communications in first instance to HUMAN NATURE office.]



HUMAN NATURE

A Neglected Opportunity.

BY C. P. HOLT.

Prophets and fortune-tellers of all sorts have neglected a splendid chance to foretell a terrible calamity, save thousands of human beings from a horrible death, administer a rebuke and forever silence such wicked skeptics as the writer of this article.

On the eighth day of May, A. D., 1902, the sun-kissed city of St. Perrie, Island of Martinique, in the Caribbean sea, containing thirty thousand people, was completely annihilated and every breathing creature on top of the ground, from cat to man, was wiped out of existence by an eruption of the volcano Pelee. On the morning of the catastrophe, the churches of the city were filled with worshippers, and while they prayed and worshiped, and before they could say "Amen," their city was on fire, and they had met the fate which befell the denizens of ancient Sodom. There was only one human being in that fated city saved from instant death, and he was a negro murderer, confined in a dungeon, beneath the surface of the ground, where the deadly fire and gasses from Mont Pelee could not reach. What a commentary on Deific watchfulness, justice and mercy! Thirty thousand Christians perish and one murderer saved! What an opportunity to have warned and saved the righteous! Where were the prophets? Were they asleep?

Here perished in three seconds, people of all ages, from the prattling child, to the gray-haired sire, born under all manner of conjunctions of planets and stars, in different climes, and with all sorts of wrinkled and creased palms, spangled with crosses and stars, portending all kinds of luck to the different individuals, and yet every one of these diversified human beings met the same untimely fate at the same instant. Why did not some prophet, some astrologer,

or some fortune-telling palmist publish upon the house-tops long in advance of the coming of the calamity that such catastrophe would befall St. Perrie on the 8th day of May, 1902?

The only prophets of that woeful visitation were the beasts and the reptiles of the mountain, that with an instinct which should put to blush all prophets, astrologers, and palmists, sniffed the danger several days in advance of the calamity and ran, or crawled to places of safety. In foretelling events the snake has excelled all other prophets, from Eden to Pelee.

Who Studies Men.

Not one Student of Phrenology in twenty takes up the study with the intention of following it as a profession. Those however who do, if they possess the requisite talents make a success of it, and there is more room for this class of men than in any other profession.

Medical men need it in their practice above all other knowledge. Lawyers need it in order to read their clients, patrons and witnesses in court correctly.

Merchants need it to understand their customers.

Mechanics need it in order to determine for themselves what pursuits they can most successfully pursue and keep healthy, although a phrenological delineation by a competent Phrenologist would do that, yet it is good for a man to know himself.

Young men and young women about to marry should possess this knowledge, so that they could determine for themselves whether they were winning a prize or a blank in the matrimonial lottery.

Parents need it in order to know how to rear, instruct, and direct their children into the proper channels for success, according to their talents.

Everybody needs to study Phrenology. It is the only key to character, the only correct method to understand human nature.

Rev. Dr. W. W. Case.

Rev. Dr. Case was in London last summer, and attended the Eleventh Annual Meeting of The Fowler Institute of Phrenology.

From the *Phrenological Journal* we quote a brief report of his address:

"The meeting gave a hearty welcome to the Rev. Dr. W. W. Case, of San Francisco, who is on a visit to London. In a capital speech he said: For years I have had a kind of a fatherly eye upon you, I have taken the *Phrenological Journal* from the beginning, also the "Annual" and the almanacs, so that I know many of you by sight. I have seen your president's kindly face in the *Journal* and am pleased to be able to shake him by the hand and to congratulate him as president of this Institute. I am a Phrenologist by compulsion. When I was nineteen years of age I met Prof. O. S. Fowler, who told me my weak points, especially one; his words were worth a fortune to me. Since then I have studied the subject as a hobby, and lectured hundreds of times and given public demonstrations of the science with success. I never examine outside of my lectures. I send folks to my neighbor, Professor Haddock." The Doctor spoke of the importance of training children on Phrenological lines, and stated that our educational system needed the aid of Phrenology to perfect it. "I regret exceedingly that I could not have come over in time to see the grand old man of Phrenology, the late L. N. Fowler, whose memory I respect and honor. I extend a hearty and cordial greeting to you and pray that you may be prospered."

Mr. Sly thanked the reverend doctor for his remarks and reciprocated his good wishes.

Probably when Mr. J. P. Bean returns from Fresno, where he has been for several months teaching Physical Culture, he will resume his interesting and very profitable articles on the subject in these columns.

Human Nature

A MONTHLY JOURNAL

—DEVOTED TO—

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ALLEN HADDOCK, Editor and Prop.

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SAN FRANCISCO, JUNE, 1902.

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 Postoffice at San Francisco, Cal., or through an Express Company, and made payable to Allen Haddock at 1020 Market street. Bank checks not accepted. Two shillings in British stamps received as one year's subscription, or 50 cents for United States and Canada.

When subscription expires, this  square will be marked inside with an X. Kindly renew.

To Subscribers.

If your paper misses delivery or you have removed, please acquaint us with the fact. If it stops because you failed to renew your subscription, don't sulk, but write to this office requesting its continuance and our mailing clerk will attend to the matter. Be sure, however, to inclose the amount of subscription so that HUMAN NATURE can wear a pleasant smile.

Back Numbers.

To discourage *slow renewals* and carrying old stock, we charge 10 cents each for back numbers.

Will city subscribers kindly call in the office to renew or subscribe.

Yellow Journalism.

Whatever may be said against "yellow journalism," the S. F. *Examiner* is at least fair; it will give both sides, as in the phrenological case.

Its war against whisky is bold and courageous; its leading articles have become a great moral force in the community, and in consequence of the tremendous circulation it has gained over a wide area of country, the *Examiner* is accomplishing more good than all the pulpit oratory in San Francisco.

If this is "yellow," let us have more of the same color, it shines like gold.

In "A Neglected Opportunity" Professor Holt squelches the fortune tellers.

Several local medical men are studying Phrenology, or the Mental functions of the brain.

A medical practitioner on the 20th of May bought a pair of fine calipers for measuring heads. He is a good student, and finds the subject fascinating and profitable in his practice.

The science is a wonderful revelation to the progressive physician.

Two young men went from the city to Berkeley hills one Sunday.

Passing a farmhouse where two young ladies stood giggling. The boys thought they would scrape up an acquaintance, so desired to purchase some buttermilk.

The young ladies replied that they wanted the buttermilk for "*their own calves*," whereupon the boys blushed and made straight for the calf path to San Francisco.

We made a phrenological examination of a boy recently with a large head (brain), but it did not tick:

The Intellectual division registered $3\frac{5}{8}$, and the Emotional $4\frac{5}{8}$ —Caliper measure,

The reverse of this with fair texture would have stamped him as being of the intellectual type, but with

this preponderance of the animal, no wonder he loved work or play better than study.

The late carmen's strike in San Francisco enforced the citizens to walk. Pedestrians found their appetites and health improving. This was a bad strike for the drug stores and drug doctors.

Hints for Dietetic Experiments.

Miss Leppel promised an article on the above subject for this number. A few days ago we received a letter from her stating that she had been too busy, but would send the article on in time for our next issue.

A Correction.

Several typographical errors crept into the advertisement in 1st and 2d columns on page 13, last issue.

The most serious was the following:

"On receipt of your answers and \$5 you will receive a *preparatory course* to be followed by a course from the famous Frauline Leppel," etc.

It should read \$15.

Leppel's Pamphlets.

All the partly-damaged pamphlets that we have been selling at a reduced price are now exhausted.

The "Diet versus Drugs" pamphlets at ten cents are now all sold. The new edition is twenty-five cents.

Probably no pamphlet with so few pages contain so much correct and scientific information as this one, it is brief and to the point; but the knowledge it furnishes must have cost Miss Leppel years of experience and practice to find out.

On the last page of this issue of HUMAN NATURE will be found full particulars of the Vitalism Series.

A man with very small Acquisitiveness will be a "dead beat" unless he is well endowed with high moral faculties, the principle of which is Conscientiousness.

OUR EUROPEAN TRIP

CHAPTER XV.

In God's Acre.

Previous chapters have mainly been historical accounts of the places we visited.

We now leave ancient history and come to the present day.

One of the earliest local trips we made after arriving in England, was to the graveyard of the St. John's Church, Holmfirth, where lay the smouldering dust of our kith and kin. "God's Acre" draws many tears yet.

"Methinks it were no pain to die
On such a eve, when such a sky
O'er canopies the west;
To gaze my fill on yon calm deep
And, like an infant sink to sleep
On earth, my mother's breast."

CURIOUS EPITAPHS.

We have seen many curious epitaphs in English church yards, St. John's is rather an exception; its tombstones indicate a reverent and religious spirit or comparative freedom from that flippancy so conspicuous in many church yards and cemeteries we visited during the trip.

Some curious epitaphs grace the church yard at Haworth, where lies buried the remains of the Brontes, but this in Montgomeryshire could not forget his poverty even after he was dead:

Here lies I at the chancel door,
Here lies I because I was poor;
The farther in the more I pay,
But here lies I as warm as they.

Here is a silly one:

Here lies I with my three daughters;
We all died from drinking — water.
If we had stuck to Epsom salts,
We should not have been within these vaults.

These obscure country graveyards furnish food for thought sure enough. Here follows the epitaph of a country blacksmith in the same churchyard.

My sledge and hammer lie reclined,
My bellows, too, have lost their wind,

My fire extinct, my forge decayed,
And in the dust my vice is laid;
My coal is spent, my iron is gone,
My nails are drove, my work is done.
In another church yard we found
a puzzler; can our readers make it
out.

BENE.
A.T.H. TH. I.S.S.T.
ONERE. POS. ET.
II. CLAUD. COSTER. TRIP.
E. SELLERO.
F. IMP.
IN. GT. ONAS. DO.
TH. HI.
S. C.
ON. SOR.
T.J. A.N.E.

Try to solve the puzzle. The answer will be given next month.

Here is a curious one from Batley Cemetery. Our friend Mr. Atkinson, The Registrar, showed us it as a matter of curiosity, but said he "No tombstones with such epitaphs are allowed to be erected nowadays."

It is a tombstone in "Affectionate remembrance of an Engineer."

He is dead as a door nail; but still talks as if he were loaded with carbonic acid and watery vapor: He is simply incombustible; and claims to be as "cold as steel," but he talks and blows like a hot nigger. He says his "days of usefulness are o'er" but when we read that his "Valves are thrown open wide," we got scared" and told our friend Atkinson to hold our note book, for Jo might jump up and we must be prepared to run; but he said:

"Don't run, oh! dear no;
Not for Joseph"

This is a true copy of the tombstone. There ought to be a law to stop such sickly parodies of genius.

"My Engine is now cold and still:
No water does my boiler fill:
My coal affords its flame no more:
My days of usefulness are o'er.
My wheels deny their noted speed:
No more my guiding hand they need;
My Valves are now thrown open wide;
My flanges all refuse to glide.
My clacks, alas! though once so strong:
Refuse their aid in the busy throng;
No more I heave like urging breath
My steam is now condensed in death."

Poor Old Joe.

Life Chart.

It will be seen from the following delineation that character, disposition and mental conditions depend largely upon the body. Persons unacquainted with the principles of phrenology labor under the popular delusion that a phrenologist looks for "bumps" and hollows in the head.

Only the other day a college professor came into the office for a phrenological examination, and putting his hand on the back of his head wanted to know what that "bump" meant.

This ignorance of phrenology among pedagogues is truly lamentable. In this progressive age such mental blindness ought not to last much longer.

This analysis of Mr. W. J. S. is that of a gentleman who, before examination did not believe in phrenology; he was totally unacquainted with its principles. He is an earnest student now and this analysis of him is given for the reader's instruction.

A man of *ordinary* size and weight stands 5 feet 8 inches, weighs 150 pounds, his head measures 22 inches in circumference and his hair, skin and bones are neither very fine or coarse, but medium in texture, or what may be termed good working quality.

You stand 5 feet 11 inches, weigh 148 pounds, your head measures 23 inches in circumference and your organic texture is high, or 6 in a scale of 7 degrees.

You are tall, very spare in build, slim and active in mind as well as body; indeed you are too active both mentally and physically to insure constant and enduring health.

Your brain is too large for your spare body; it draws too much nervous energy from the stomach that ought to be reserved for digestion and assimilation of food. You should take eight hours sleep in order to obtain rest for your brain and nervous system and recuperation of the vital resources or you will wear out too soon, notwithstanding the fact

that with your large organ of vivativeness you have nine lives like the proverbial cat.

Your organization is dense, you can endure beyond belief, you are like tempered steel that will bend and not break.

You are restless as the sea, always moving. You should engage in some *mental* occupation. You really belong to the literary class and would succeed as a journalist, lawyer, actor or better still as a traveling phrenologist. With your rather small inhabitiveness and continuity, together with your extremely large organ of Locality and keen perceptive intellect, you love to travel. You have a desire to travel all over the globe, and you would become adept as a reader of character, for your large Human Nature, coupled with such a mental and physical organization, you are a born character reader, phrenologist or detective. You read men like a book and discover the motives that move them. Your first impressions are invariably correct and your snap judgment is the best.

But in order to make the most of yourself in any vocation it is necessary for you to bring your body more into harmony with your brain. Your health is much below par. Instead of 148 pounds you should weigh 175 pounds to nourish or supply a brain like yours with full nervous energy.

But you need to change your diet and mode of living in order to build up. It is no more your nature to get fat than a fine bred horse to become a draught horse; race horses don't get fat while they keep on the run.

You should eat sufficient quantities of fattening foods. These are the starchy and sweet foods, including bread and butter, sweets, creams, chocolates, etc.

Avoid potatoes, they are all starch and cause fermentation. Beware of eating too much starchy foods, and avoid all fried foods. You need the brain and nerve feeders in large

quantities. These you will find in fish, flesh and fowl, nuts, etc.

Vegetables are purifying and cooling, eat any quantity raw or boiled.

Sweet fruits will be more adapted to your Temperament than acid fruits.

The subacid fruits, such as oranges, you would find beneficial, but lemons in excess would have a deleterious effect on your acid Temperament.

Experiment on yourself and find out your best diet. Foods that rest easily with you will be all right, but those eatables that remind you that you have an oppressed stomach, cause you disturbance or uneasiness, avoid them.

Sugar of commerce is bad for you, but sweet fruits and vegetables are necessary for the upbuilding of your system, but eat not too much of anything, your digestive apparatus being weak it needs nursing. Eat slowly, chew your food well and never eat until you are hungry if you have to wait a month.

Your Mental nature is somewhat contradictory. For instance, your Self Esteem is scarcely large enough to assume the whole responsibility of any great undertaking alone, but it is too large to follow a dictatorial leader.

With your Self Esteem and small Acquisitiveness you would not care to assume responsibility for the financial outcome of an undertaking, but you would feel confident enough to engineer the intellectual part of the work all right.

You could put before the public a mining or land scheme, organize a company or engage in any undertaking where keen perception, critical acumen and good management is required, and do it successfully.

Here is one of your main spheres of action so far as your mentality or brain power is concerned.

Your Hope is quite large, you can inspire an optimistic view in others. This condition of mind would aid you in almost every sphere of action

where you have to come in contact with the public.

I have reminded you, however, that you would be more powerful and successful in all lines of work with a stronger Vital system and also more Amativeness, at least an activity of that faculty.

Your Amativeness is of the Mental rather than the physical order. It would be easier for you to live alone in the world as a bachelor, celibate, or recluse than ninety-nine men in a hundred can. The tendency of your mind is more of an upward direction than a downward one, and you are repelled by whatever is gross, sensual or vulgar.

The woman of your choice will be one who is neat, intellectual and rather refined. You need a wife with a large development of the domestic faculties to keep you at home, and according to the law of selection and affinity she should be plump, with a well nourished body or possessing the Vital Temperament.

Referring again to your Mental attributes, it may be said that you are more Moral than religious. Veneration, the devotional faculty, is very weak, but Conscientiousness is strong.

You are of a radical but not revolutionary turn of mind.

Time is well developed but Tune is smaller. You are a better listener than performer in Music. You love it better than you can make it.

Ideality is large, you appreciate the beautiful whether in nature or in art.

Individuality and all the Perceptive Faculties are large and these render you practical, and a man endowed with keen powers of observation.

Your reflective intellect is not so well developed. You are evidently a keener observer than thinker. This is partly due probably to small Continuity. You lack application, concentration and continuity in one thing at a time; you are too fond of change, variety and novelty. With

this organ small you are apt to seek change of occupation or have too many irons in the fire at one time—more than you can manage if not careful. You grow tired of running in one groove too long and obtain employment in other directions under the impression that force of circumstances is the sole cause, but the cause or fault lies within yourself.

It is this condition of mind why you are an all around man, and adapted to so many of the occupations marked on page 5 of your printed chart.

It will be seen that you are more Literary than Scientific; more Scientific than Mechanical, far more Mechanical than Commercial and possessing a taste for art.

You could do well in the Mechanical Arts as an Architect, Printer, Photo-engraver, Type-founder, Book binder, etc.; fairly well in the Commercial as a Chemist or Druggist, Real Estate, etc.; good in the Scientific or Anatomical as Electrician, Miner or Civil Engineer, Minerologist, Navigator, but more remarkable as an itinerant Phrenologist, Lecturer, Actor, Author, Critic, Dramatist, Editor, Lawyer, Writer, Telegraph Operator, etc. See your Marked Chart.

Bilks.

The country is full of "bilks," and the Lord knows Phrenology is afflicted with its share of them.

A traveling Phrenologist sends to this office a circular in which is printed the announcement that "Professor G—— is the greatest Phrenologist in the world, having traveled all over Europe and the United States and given thousands of examinations to the intense satisfaction of his patrons."

We know for a fact that the gentleman (?) was never outside the state of California; that he never took lessons from any teacher, and never read a work on Phrenology up to a few weeks ago, and knows no more

about reading character than a donkey, but he has "cheek"—he is a "bilk"!

Some years ago an old man who could not work at his trade—poor fellow—started up as a Phrenologist in San Francisco.

Inflated with the idea that he must lift himself up by his own shoe straps he inserted a dollar advertisement in the S. F. *Examiner*.

He called our attention to the advertisement, and a few days later thousands of handbills were delivered on the streets beginning with these words:

"You know the following authority, the San Francisco *Examiner* says: 'Prof. P— L—, the peer of O. S. Fowler, has arrived. He is the most popular Phrenologist of the age. Thousands visit him monthly,' etc.

He charged one dollar per head. If thousands visited him every month at a dollar a head, he made thousands of dollars a month.

His rent was fifteen dollars per month. He had to live on grass to pay his rent, and gave the work up as a bad job. He was a bilk!

That rare old genius, Lincoln, once said, "You may fool all of the people some of the time, you may fool some of the people all of the time, but you cannot fool all the people all the time."

It is a pity, but a thoughtless community fails to discriminate between a noble science and a "bilk."

Of course there are no quacks in medicine, no shysters in law, no pharisees in the pulpit, no frauds in any of the professions, no merchant who obtains goods under false pretences, no green-goods men in business and no counterfeitors of the good coin of the realm, but there are "bilks" in Phrenology.

As an offset, it is pleasing to know that bad men in Phrenology never prosper. They may for awhile flourish like a green bay tree, but we have never known a fraud in the practice succeed in obtaining even

wealth or honor. He always comes to a bad end.

On the other hand a man like Professor Morris, who makes money fast, told us he acquired \$25,000 in seven years from his public lectures and examinations. Professor Alexander earns, we believe, more than that. Professor Pratt of Painesville, Ohio, and very many other honorable, conscientious and able men in Phrenology whom we could mention with pride, are making their mark in the world as moral, upright, progressive reformers who would not "stoop to conquer" pelf, yet make money honorably. Prof. N. N. Riddle, of Chicago, author of "A Child of Light," "Human Nature Explained," and other progressive works, has acquired means, and no author in the country is more worthy than he, a life-long Phrenologist.

Not all good men in the practice acquire wealth. It takes business tact, as well as talent in other directions, to make a successful Phrenologist.

Some Rules.

The Golden Rule.—"Do unto others as you would have them do unto you."

Another One.—"Do more good to others than they are willing and able to do to you."

A Rascal's Rule.—"Do others or they will do you."

But the rascal as a "rule" gets into trouble. "The way of the transgressor is hard."

Plan of Creation.

We have just received a large consignment of Mr. Frank Reeds work, "Plan of Creation," price twenty-five cents, mailed.

Our readers are familiar with his writings in HUMAN NATURE, but this work of nearly fifty pages is one of his best efforts. Address HUMAN NATURE office.

A Revelation.

Not until we understood and adopted Leppell's system of Dietary did we realize that the secret of health was in diet.

It is not enough to know *what* to eat; proper food may be eaten, but if taken in *wrong* combinations, non-assimilation, irritation, disturbance and disease is the result.

Nobody in the world understands this, or the nature and elements of food in relation to the human body as does Miss Leppell. Food reformers can prate about overeating and tell us that ninety per cent. of all disease is the result of eating too much, and overtaxing the digestive system; but the fact is, if one eats proper food, or food in proper combinations, he will overeat no more than a horse will overeat or drink when it is not thirsty.

It is only those who have an inflamed appetite (the result of wrong feeding) who eat too much. Excessive muscle food causes trouble, too much brain and nerve food when taken alone cause disturbances and unrest.

The study of food in relation to the sustenance of the body is a great science; investigators and those in search of health should look into it. The wrong combinations of food is the cause of nearly all people's troubles. This subject was a wonderful revelation to us when we became acquainted with Leppell's System of Dietetics. One does not suffer from "overeating" when he eats less than the needs of the body demand unless he takes too much of one food.

When one understands the *nature* of the food he eats, its purpose, and what it does, then he can combine the foods for himself, gain a normal appetite and feel satisfied after eating until the next meal, something we had not done for many years until we had read Miss Leppell's pamphlets, studied them and sought her personal advice.

We say it again and again, and

intend to keep on saying it, that if people will study the *nature* of food, they can save money in doctor's bills and poisonous drugs.

The time will come when those who take drugs for the cure of disease will be laughed at. The body is made up of what we eat and if nourishing food in proper combination is taken health will ensue, if proper food in wrong combination be taken disturbance and disease is the result.

A friend who has been constipated for years says he has tried Epsom salts, Garfield tea, and other purgatives and enemas which only gave temporary relief, and left him in a more constipated condition than ever, but now having adopted the *proper* diet cure he is completely cured and stays cured.

We have tried it, too, and are completely cured. Friends are already remarking that we look ten years younger than we did three years ago. Improved physical and mental vigor is the result, hence, we are justified in proclaiming this fact to the world for the benefit of those who desire to be healthy and strong. We know now the secret of cure for all diseases. It is based in nature and is all in food, fresh air and exercise.

If you are sick you can get well by proper methods of eating, etc. Write to HUMAN NATURE office and enclose stamp for reply.

Shall "Human Nature" Be Enlarged?

AND INCREASED TO DOLLAR MAGAZINE FORM?

We are receiving many suggestions, pro and con.

The following votes and opinions seem to settle the question:

Mr. P. G. King, Oakland, Cal., writes:

DEAR PROFESSOR HADDOCK.—My vote is an emphatic No! Reason
1. Quality is of more importance than size or high price.

2. A normal and healthy growth the best.

3. If it pays for the time and money, increase its circulation, and regulate the price within the reach of every boy and girl on the Pacific coast.

4. Life is too short for any person however talented to learn and comprehend all that Phrenology implies and expresses.

5. Human nature is as old as the race. Phrenology is a modern science.

6. The world was made for man and his development; not man for the world.

7. It is one of the best aids for self-culture and success in life.

Make its literature cheap and accessible to all.

With best wishes for your success and the grand success of Phrenology, I remain,
Yours very truly,

P. G. KING.

Another friend says:

"Go slow about changing HUMAN NATURE. I am associated with a publication that enjoyed a circulation of 15,000 each issue, last year, with subscription at fifty cents. On January 1st, this year, the paper was improved and enlarged and the subscription price raised to one dollar per year. Subscription list dwindled down to 3000. With double expense and only half the income from subscriptions, the change caused a financial failure."

[We have decided not to enlarge HUMAN NATURE, believing we can reach more people at fifty cents than at one dollar, and make the publication pay by doubling the number of pages to magazine size at the end of this year and keep it at fifty cents.]

KINDLY OBLIGE

When answering advertisements, our readers will kindly oblige us by mentioning

HUMAN NATURE.



SOPHIE LEPPEL

Author of The Leppel's Dietary System.

This lady at 50 years of age is about 30 in appearance; youthful, beautiful and a grand example of the principles she advocates, which is a simple gospel of Health and contentment.

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We thoroughly appreciate, understand, preach and successfully teach her system so wonderful in results of curing by diet, and natural methods.

If you would look young and become healthy in mind and body, please answer the following questions; your answers will give symptoms and indicate the cure.

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1. Sex? 2. Age? 3. Are you married?
4. Occupation (mental or physical, or both)? 5. Complexion? —Condition of hair and teeth? 6. Temperament? 7. Weight? 8. Height? 9. How do you sleep? 10. How do you feel when waking up? 11. Do you ever feel languid? 12. Is distention felt after meals? 13. Do you suffer from constipation? 14. How do the kidneys act? 15. Add any other symptoms you feel. 16. Is food relished? 17. Specify the foods you take. 18. Do you smoke or take alcohol? If so, how much? 19. What fruits and other foods do you prefer? 20. What vegetables and fruits can you obtain? 21. What amount can you spend on food daily? 22. Can you get your food properly cooked? 23. Do you want a course of Dietary Advice that will enable you to become your own doctor, or do you simply wish to know the most suitable food for your case? 24. Give any further information that you think will be of service.

In receipt of your answers and \$15 you will receive a preparatory course to be followed by a course from the famous Frauline Leppel, which if conscientiously followed will restore you to perfect health and beauty.

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TIME TABLE

Commencing September 29, 1900
WEEK DAYS
Leave SAN FRANCISCO via Sausalito Ferry—
9:30 A. M. 1:45 P. M. 4:15 P. M.
Arrive Mt. Tamalpais—
11:30 A. M. 3:43 P. M. 6:..... M.
(Remaining over night at the Tavern.)
Leave TAVERN of TAMALPAIS—
7:50 A. M. 1:35 P. M., 4:10 P. M.
Arrive San Francisco—
9:45 a. m. 3:40 p. m. 5:55 p. m.
SUNDAYS AND LEGAL F LIDAYS.
Leave SAN FRANCISCO—
8:00, 10:00, 11:30 A. M. and 1 P. M.
Arrive Tamalpais—
10:10 a. m. 1:30 p. m. 2:20 p. m. 4:00 a. m.
Leave TAVERN of TAMALPAIS—
11:00 A. M. 1:10, 2:20, and 4:00 P. M.
Arrive San Francisco—
1:00 p. m. 3:00 p. m. 4:25 p. m. 5:55 p. m.
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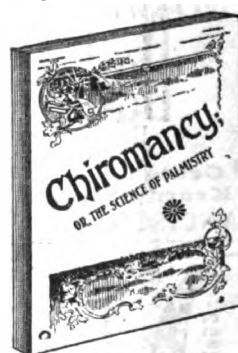
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