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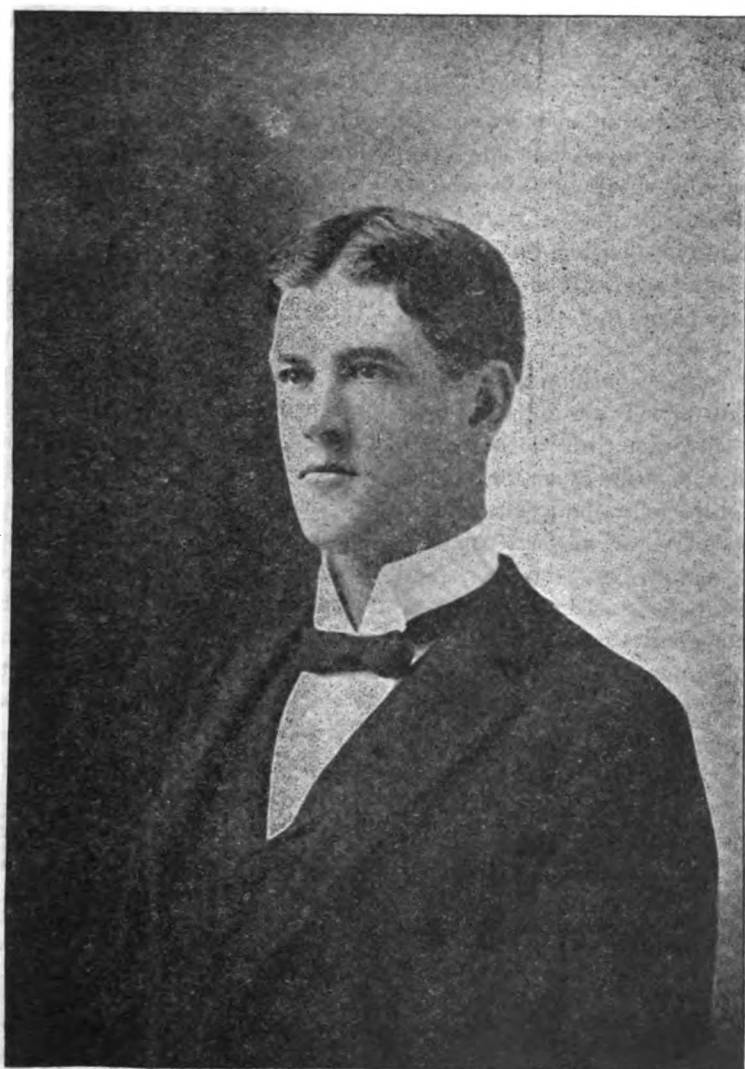
Human Nature

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A Successful Phrenologist.



PROF. CLARENCE WALTER COX.

of his agreeable deportment and genial disposition. Since his graduation he has met with remarkable success in the phrenological field as a lecturer, examiner and teacher of phrenology.

A glance at his portrait will reveal a head long and narrow, rendering him more scientific than commercial in his tastes and ability; he is by nature a professional man. His forehead is square and the perceptive group (situated immediately above the eyes) is well marked, rendering him practical, observing and a fact gatherer; his prominent eyes betray the organ of Language well developed, which coupled with a flexible mouth, enabling him to impart to others what he knows, and the lips betoken considerable warmth of heart. His nose is not of the aggressive type, while the sloping crown indicates a disposition to retirement when in the crowded mart. His chin however, is quite strong, indicating a rythmical beating of the heart, causing him to be calm and collected in times of danger and excitement. He possesses a good degree of ambition and personal magnetism, which greatly assists him as a teacher and demonstrator of hypnotism, of which science he is considered an authority at the college of which he is dean.

He betrayed great aptitude as a student of phrenology while studying at the office of HUMAN NATURE and became an excellent reader of character. He had read and studied considerable upon phrenological lines before coming to our office, but our method of object teaching soon convinced him that the only true way to

We introduce this month to the readers of HUMAN NATURE, through his portrait and phrenograph, Prof. Clarence Walter Cox, Dean and Professor of Character, Study in the

World's College of Therapeutics at Fargo, North Dakota.

Professor Cox is a student of our school of Phrenology and while in San Francisco made many friends, because

become an expert and practical phrenologist lay in obeying the instruction embraced in our course of fifty practical object lessons in phrenology. This has made him a successful phrenologist.

Body and Mind.

I am going to write a series of articles on topics not ordinarily looked at from the stand-point I shall take. Before I close the series I shall endeavor to show the relation of phrenology to some popular New Thought topics, and how a knowledge of it would modify some of the extravagant statements and render all of them more definite.

Matter and mind, as I wish to use the terms in this and succeeding articles, are to me not one but two. They are both substantial. Remember that I am speaking of a manifested something. The matter I mean is that that we sense. The mind is also that that manifests itself to us as the cause of all that we know or can know.

Back of these two manifested substances there is the great unmanifested something from which both spring. This unmanifested is the ultimate source of all that is and unites matter and mind into a universe. This unmanifested is unknown until it manifests itself through the above-named substances. What it is, or what it is like, back of these substances, we cannot even guess. We cannot even name it, for no name can be given that would not limit it, circumscribe it, make it a part of one of these two primary elements out of which everything is formed.

Even the word God cannot be applied to this unmanifested, for if unmanifested we can know nothing about Him, and if manifested He can be so only through these two substances, as they always work together. There is no manifestation without these two and in the very nature of the case they must limit whatever is manifested by them. I

am not concerned in these articles with the correct use of the term God, but lest I be misunderstood, I will say in passing that it is one of the finest terms in our language, but must be applied to manifested something and not to the unmanifested.

From the above you can see that *in theory* I am a Monist, but *practically* and for clearness, I shall commence with this dual aspect of things and tell you how I wish to use those terms.

Matter is composed of atoms that have no attributes saves that of occupying space. It, in and of itself, neither moves, attracts nor repels. It makes no difference what view of the atoms, constitution or nature you accept, provided you limit its powers to occupying space only. I wish to accept that conception of matter that will permit of division into different grades of fineness. In order that we may have names for these grades of matter, I shall use the names given by Theosophists, asking you to bear in mind that I am adopting their names only, not their doctrine, not even their doctrine of matter. I shall speak of the following grades of matter, ordinary or physical matter, etheric matter, astral matter, and mental matter. Simply keep these names in mind for the present, their use will appear later and I hope be perfectly clear.

By mind I also mean a substance. I personally prefer the term spiritual substance to all others, but it does not matter whether you call this universal substance mind, spirit, life, electricity, or whatever you please, provided you keep in mind always that all potency resides in this substance. Attraction, repulsion, heat, light, magnetism, life, thought, emotion, chemical action, all force of all kinds are but different manifestations of this one substance acting on the atoms of matter which exist for that purpose alone. This mental substance would remain unknown save for these material atoms which are seized upon and handled by it for

purposes of constructing machines of manifestation. And, as we are assuming that the material atoms are without attributes they can do nothing, they are used, they do not use or act at all.

This mental substance is conscious as a whole, and in many of its manifesting parts but not necessarily in all. For instance, that portion of mental substance acting through my body is self-conscious, animals conscious, but I do not know that the particular portion of mental substance that works through a crystal or a particular tree is conscious, but as there is no separation of this substance but a differentiation brought about by the machine through which it manifests, it is clear that as these parts are parts of the whole, and the whole conscious, they are also conscious in the whole, if not in themselves. Everything (as we speak of them) is but a mechanism for the reception, individualizing and utilizing of this mental substance. These mechanisms are one and all constructed by this spiritual substance of which we are speaking. The complexity of the machine and the grade of matter used in its construction determine absolutely the nature and amount of manifestation that can take place through it. We can examine a machine and where possible to determine its constitution and complexity we can tell what can be done with it. I am not claiming that we can know the possibilities of the doer, but that we can know what the knower can do with this particular machine which is a far different thing.

I wish to call your attention to one other thing of importance ere we proceed. The individualized desire and the reactive power of the organism used are always commensurate, that is, bear a close relation to each other. I am speaking of the manifested desire, not the ordinarily unmanifested potency, which latter we cannot know but in the case of man we have learned something of it, of which I shall speak later.

(To be continued.)

S. F. MEACHAM, M.D.,
121 Geary St., S. F.

The Leppel System Explained.

Let me tell you the tale I have to tell my friends so often nowadays. Whenever I meet an old friend I am invariably greeted: "Why, how plump and well you are looking! What have you been doing to yourself?"

I owe my restoration to health, and, more than that, I owe my *constantly* increasing vigor to a knowledge of *exact* feeding, as taught by Miss Sophie Leppel. Under her system there are no new foods for you to eat; only the foods in common use, are to be selected, according to the feeling you want to produce in yourself.

The various foods are:

1. The Brain or Nerve foods, comprising those containing a large proportion of soluble, easily assimilated phosphates, that is, the various lean meats, game, poultry, fish, oysters, white of eggs, and some nuts. The importance of taking plenty of these foods cannot be over estimated.

2. Force foods or Muscle foods, which include those containing starch, that is, porridge, bread, barley, rice, etc.; all of these foods are useful, *if rightly applied*, in producing firm muscles and sustaining power. On account of their stiffening qualities, they prevent other foods from digesting too quickly. Starchy foods remain in the stomach a long time, comparatively speaking. It is important not to take more than is actually needed. Too much will soon clog the system, cause dullness, constipation, headaches, etc. Too little will leave you as weak as a baby. The *exact* amount must be taken for perfect health and perfect digestion. This amount varies greatly with different people. It is a revelation to most people to find how little of these Force foods is really needed to produce the best results.

3. Fat, oil and butter, foods supplying warmth in cold weather, keeping the body comfortable and lubricating the intestines. Too much of

these fatty foods causes inflammatory symptoms and overtakes the liver and therefore is a double evil. None at all means constipation.

4. Sweet elements, which add to bodily comfort and mental rest. (Under this head Miss Leppel only allows sugar in fruits, either fresh or dried). Fruits affect the complexion, assist digestion of other foods, and consequently act on the bowels. Too much fruit overworks the liver, causes pimples, constipation, etc. Too little leaves the body restless, uneasy, and will sometimes produce a headache, which will not disappear till sweet elements are taken.

5. Acid elements, comprising lemons, tomatoes, etc. These acids assist digestion of other foods, *if rightly combined and proportioned*, otherwise they are thinning, constipating and impoverishing. They are invaluable for the person of sluggish liver.

6. Green vegetables, which are laxative and blood-purifying. Too little green stuff means constipation. Too much produces distention of the stomach, diarrhea and hurry the food too quickly through the body.

These various elements must be taken if you do not wish the body to come to grief, but they must be taken in such proportions as suit the individual. To learn how to combine and proportion the foods is of the greatest importance. It takes from four to six letters of dietary advice for a person in health. Miss Leppel is a born teacher and the most stupid person, even if suffering *from severe disease*, ought to learn all he needs to know in eight to twelve letters of dietary advice. A person in health who wishes to learn how to constantly increase in vigor can learn to follow the system in a very short time.

When the prescribed foods absolutely cannot be obtained Miss Leppel permits her consultants to take dairy produce, cocoa, vinegar, pickles, light wines, meat extracts and black coffee, but she considers that a special effort is necessary to eradicate the ill-effects of these foods and that

these effects should be eradicated as soon as possible. She instructs her consultants how to do this.

Complete satisfaction is the keynote of Miss Leppel's gospel. Each meal leaves a person thoroughly satisfied, if the correct class of food has been selected. You are not limited in quantity. Eat till you are satisfied, but eat the right class of foods. (Brain or nerve foods, starchy foods, vegetables, fruits, acid elements). As soon as you have learnt to select the classes of food, it becomes impossible to overeat, for there is no temptation. Nature's ways are pleasant.

People who have never eaten a properly selected meal do not know the immense enjoyment arising from the feeling of complete satisfaction. The subconscious craving of unsatisfied man is the cause of the resort to drinking and smoking to stifle the yearnings of nature. Feed properly and learn the way to really satisfy your cravings. Life is not worth living when a person walks about craving for something all the time.

While your taste is being educated to select the foods which will really satisfy and improve you, it will be advisable to notice the effects, according to directions given you. The effect wrought by these foods extends to hair, eyes, complexion, pimples, spots, color of lips, fulness of cheeks, itching, taste, feeling, tightness at navel, knee-joints, heel of foot, *faeces* and many other sensations and symptoms.

Many people, after reading the printed pamphlets by Miss Leppel, adopt, though without sufficient discrimination and adaptation to personal needs, the excellent foods therein recommended and at once perceive a remarkable improvement in health. Unfortunately, these people are contented with that improvement, and cheat themselves with the idea that they are following the Leppel system. Real health and constant good spirits are obtained from selecting that class of food suited to one's needs, and is determined by the per-

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son's condition of health, occupation, age, temperament, sex, etc. Everything depends on how the foods are combined and proportioned.

It is systematic feeding which works the wonders. People can have no conception of this till they have experienced how exactly their wants are supplied when the Leppel system is rightly applied. Those people who simply take the foods printed in the pamphlets, without ascertaining the exact proportions which their condition requires, are still haphazard feeders. The real benefit lies in taking the classes of foods as demanded by the wants of the system in every possible situation, adverse as well as favorable.

You will learn what to take to the exactness of a mouthful, if you carry out Miss Leppel's instructions. People who could formerly only crawl about are astounded at the ease with which they work. One day will begin this change, and in a short time you will feel a new being.

I have known people who, having acquired a general knowledge of the system, attempted to apply it to their own lives. The result is often a great waste of time in unnecessary experiments, during which time their health must still suffer. It is also a considerable waste of money in buying foods they may not need.

People often think Miss Leppel's fees are high—before taking her advice—but I never met anyone who said so after taking her advice. The minuteness of her instructions, the individualized character of the advice, her conscientiousness and painstaking devotion to the welfare of each separate consultant, these are beyond all praise and all price.

To those people who go about with half-shut eyes and doubt that life is worth a struggle, I have a word to say. The fact is that you are scarcely alive. You are in a dream. You get up in the morning to take the same old bath, and eat the same old breakfast, same old food, and do the same old thing, and sigh because

you are not rich. You want something, but you cannot exactly tell what. This feeling is not ambition, don't mistake it. It is the unrest of an improperly nourished body. You are not yet alive. In health the mind finds pleasure in every task whether congenial or otherwise. For, if forced to perform distasteful labor, the healthy person has the power to find satisfaction in looking ahead to a brighter future which he is eagerly moulding for himself day by day, thus partially forgetting his present slavery. In health the blood tingles in the veins. If you neglect this life-giving means, the pity is that you never will realize how much you have lost.

Miss Leppel obtained the Prussian States Diploma as a teacher in Hannover at an early age. She has been engaged for fifteen years in the practice of a dietetic specialist. Her name and work are known in every continent, particularly in Melbourne and London. She is a lady of great culture, has taught four different languages, and is an indefatigable worker. The most advanced works of our time on this and related subjects have been at her command. She is the foremost teacher of the most important science of modern times. Miss Leppel is at present residing in London, where she is arranging to establish a hospital for so called incurables.

I covet the possession of the knowledge and experience which are hers, a possession which gives her the power to exert so beneficent an influence upon her fellow-beings.

To her I owe my life and the good health which makes living a pleasure.

G. H. BRINKLER,

[We are tired of warning contributors to confine their articles within the space of a page of HUMAN NATURE. "The Leppel System Explained" violates our rule. This is the last time any contributor will be allowed to occupy so much space again. Articles of more than 900 words in future will be either cut down or rejected.—EDITOR.]

Prof. Lundquist.

We are anxious to say a good word about a former student, Prof. Lundquist, whose remarkable articles in HUMAN NATURE are attracting the attention of scientific men. We are interested in his welfare, because he took our professional course years ago, although he had been studying Phrenology then for almost twenty years; and because we recognize in him remarkable ability as a scientist who can express himself in scientific language that can be understood by the common people, writing clearly and to the point; and because he is an honest, straightforward gentleman, a remarkable Phrenologist and an honor to his profession.

We speak this way because we know him, have unbounded confidence in his integrity, moral character and intellectual ability as a scientific Phrenologist.

He represents HUMAN NATURE in the middle West, and accepts subscriptions for this paper. If every Phrenologist in America worked as hard as he does its circulation would double every few months, and it is pretty good now.

Our Combination Offer for 1903

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Human Culture, Chicago.
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Anyone of the above and HUMAN NATURE one year for \$1.25, or the four magazines \$3.50 for \$2.85.

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SOPHIE LEPELL publishes her quarterly magazine, *Diet vs. Drugs*, at 26 Clovelly Mansion, Gray's Inn Road, London, England. We have copies for sale at HUMAN NATURE office. Price only 5 cents, mailed free.

Subscribe now for HUMAN NATURE, only 50c a year.

The Key.

BY C. P. HOLT.

The following puzzle is going the rounds of the press, and nobody seems to have the key to the mystery:

"The remarkable ease with which certain animals and some savage races of men can find their way through a trackless country and often through territory which they never traversed before, has occupied naturalists and physiologists for ages, and no thoroughly adequate explanation of the power has been made.

Bates, the explorer, tells of one of his journeys in South America, when he and two companions, one a Portuguese traveler and the other a ten-year-old Indian boy, had penetrated a primeval forest for two days, during which time the boy did not appear to pay the least attention to the route.

At the end of the second day both Bates and his Portuguese companion were bewildered completely, and had to confess that they were lost. Finally, without expecting any real help, they asked the little Indian if he could find the way out. Without the least hesitation he pointed in a certain direction, and said they would find their camp straight ahead.

They doubted it, as the boy pointed in a direction exactly opposite to that in which they expected to find it, but they were agreeably disappointed, for the camp turned out to be just where the boy said it was.

Horses are famous for being able to find their way. Zurn, the naturalist, tells of one that had worked for a miller. When it became blind, he sold it to a farmer about fifty miles distant. One day, some time after it had been sold, its owner drove along a road that passed the mill. As soon as the blind horse reached a little side path that led from the road to its old home it turned into it and tried to trot to the mill.

Subsequently, experiments were made with the animal, and it was found that no matter how the horse was driven, from what direction it approached the road, or under what circumstances, it never failed to turn out of the main road when it came abreast of the little side path.

The German principality of Lippe once was celebrated for a particularly fine breed of horses. They ran half wild and were beautiful in form and exceedingly swift and powerful.

One of them, a magnificent stallion, was sold to a French officer, who shipped the beast to his home, in France.

A few weeks afterward the horse arrived in his old home in Lippe. It wore French harness and was covered with dust and foam. It turned out that the stallion had thrown its rider the moment he had mounted it after taking it from the railroad, and had darted away down the road. Later men reported that they had seen the animal swim across the Rhine. All the facts that were gathered finally showed that the horse had run in almost a straight line from its French owner's place to its home."

A little knowledge of phrenological principles would explain the why and the wherefore. There is a brain-organ in the head of all human beings, and also of a good many animals, termed "Locality," which when large, enables its possessor to intuitively know the points of the compass and insures him against ever being "lost," whether in forest, on the desert or even upon the open sea. The bee, the horse, the dog and the Indian possess this organ in a great degree of development. The reason civilized man is not well endowed with this faculty is because civilization with its telegraphs, its railroads, its compass and well laid-out fields no longer necessitate the great use of the organ of locality as when men live next to nature's heart.

How easy of solution mental problems seem when the searchlight of phrenology is turned on them. To change the simile—will some of these puzzled philosophers who wonder how a carrier dove is able to wing its way unerringly hundreds of miles through the uncharted upper air to its cote, please look through the phrenological telescope bequeathed to us by Dr. Joseph Gall and behold the mental asteroid "Locality" in the brain of men and animals, and then no longer marvel.


One of our former students, Prof. Brinkler, who conducted this office during "Our European Trip" in 1900, is the author of an interesting article on the Leppel System in this number.

NOW READY.
THE
Phrenological Annual
FOR 1903.

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This, the 16th Annual, is one of the best ever published. It is up to date, worth a dollar of anybody's money. Price only 25 cents. No extra charge for mailing. Apply HUMAN NATURE office, 1020 Market street, San Francisco, Cal.

 The following article appeared in the *Phrenological Annual for 1903*.

The Importance of Being in Earnest.

BY PROF. ALLEN HADDOCK.

Editor of *Human Nature*, San Francisco, California.

Phrenologists, above all men, should be in earnest. The namby-pamby Phrenologist who tries to please by flattery is neither earnest nor sincere.

The faker who mixes Phrenology with palmistry, astrology, and by horoscope—I mean horoscope—pretends to tell the past, present and future, is a pest and a disgrace to Phrenology.

The world—the prejudiced and unthinking portion of it, anyway—fails to discriminate between a science and the faker, but condemns both.

Let us be sincere and acknowledge the fact that there is a widespread prejudice against Phrenology. True, this prejudice is the result of ignorance, but it exists as an inheritance from medical bigots, who never understood the principles of Gall's philosophy.

The world is full of great truths, which some men despise, because they have not examined them, and they won't examine, because they despise them.

In the face of medical bigotry and academic conceit, does it not behove Phrenologists to be earnest, sincere, patient, persevering, and also enthusiastic?

I know many Phrenologists in the United Kingdom and in America who are all this; and who, by their religious devotion to Phrenology, and through their great self-sacrifices, are an honor to the science. They are earnest men and women.

The world admires an earnest man, whatever be his calling. If a Phrenologist be not in earnest, he had better quit before he freezes to death.

If ever there was a time since the days of the immortal Gall when Phrenologists ought to be in earnest, and

thus make themselves felt, it is now.

The thinking world is waking up to the glories of our great science. As people are becoming better informed, the prejudice that has hovered around Phrenology like a black cloud, obstructing the light from the sun, is fast passing away, thanks to the endeavors of earnest Phrenologists.

Occasionally, a magazine writer, and sometimes an editor of a great daily paper, will publish his ignorance of Phrenology.

I always "go for 'em" with a sharp stick, and I notice they never strike back, but "keep mum;" for, although no one likes to eat his own words, or few are willing to admit their own folly, they realize that "silence is golden," and keep quiet.

Truth, enforced with earnestness and enthusiasm, wins, but enthusiasm must be earnest and persistent.

When I began to publish HUMAN NATURE, thirteen years ago, I felt like Arnold of Rugby once felt. He said: "I have a testimony to deliver; I must write a pamphlet or burst."

I had a testimony to deliver for Phrenology, and I must write or burst.

It looked like bursting, because just then I had not the means to "pay the piper;" but I enthused a large number of friends and strangers with the subject and induced them to put up a dollar each as subscribers to the vitality of the child in embryo. They saw I was in earnest, and the child was born; and now that it has waxed fat all these "daddies" claim the credit of it. I let them think they are all editors and publishers, if it pleases them to think so; but the fun of it all—the humor of the thing—is, I don't think I am sufficiently earnest in the allowance!

Charles Dickens was an earnest man; he wrote, "Whatever I have tried to do in my life, I have tried with all my heart to do well." All the world knows Dickens did his work well.

Howard said: "I am in earnest—I will not equivocate; I offer no excuse. I will not retract a single note—and I will be heard."

Benjamin Disraeli (afterwards Lord Beaconsfield) said at the conclusion of his maiden speech in the House of Commons, when the members laughed him into his seat, "The time will come when you will hear me." He was in earnest; he rose to be the Prime Minister of England.

Gladstone, Bradlaugh, Lincoln, and thousands of others known to fame, made their mark in the world by earnest ability.

Dr. Gall, the founder of Phrenology, was an able and very earnest man. His discoveries exposed the rascals and pigmies of his time, and excited their ire and prejudice to a fearful extent.

Medical bigotry was formidable enough in Austria to influence the Court to prohibit his lectures.

He went to Paris, and there sat on the throne of France one of the greatest intellects of ancient and modern times; but although an intellectual giant, he was a moral pervert, a libertine, and a man so exceedingly ambitious that he thought nothing of sacrificing the lives of 10,000 men in order to achieve an ambition.

This mighty man, Napoleon, was evidently afraid of Gall and his philosophy—a philosophy that exposed the weakness of the emperor, so Gall was prohibited from promulgating his doctrines in France, but he was in earnest, and wrote books that will perpetuate his name when all his enemies will be forgotten.

Nothing impresses the world so much as an earnest man. We admire him, and are disposed to give way to him; he is the man that wins; in all pursuits of life he is the man that carries away the prizes. Let Phrenologists be earnest.

Said a writer about an earnest man: "The moment he catches the spirit of any of the great forces—physical, mental, moral—which are operating

about him, his whole life begins to increase in intensity."

As the ocean answers to the moon and flows and ebbs in tides; as a swiftly moving train stirs everything by the wayside, and tree-tops wave and wildly toss their branches, and birds flutter affrighted, and pebbles dance, and every atom in the adjacent air leaps responsive as though urged by a sudden electric shock; so we become sensible of the energy which sweeps along the pathway of the earnest man.

We are inevitably carried along with him, and whatever else we become in virtue of the impulse, we cannot be the same limp, listless creatures in his presence.

Phrenologists, let us be just, but let us be earnest all through.

For Sale.

One copy of Prof. Herrin's \$25 Personal Mail Course in Modern Hypnotism. \$2.50.

One copy of La Motti Sage's \$25 Correspondence Course in Personal Magnetism, Hypnotism, Magnetic Healing and Suggestive Therapeutics, \$3.

Twenty-eight large plain lithographs of eminent men; cost 50 cents each, now 20 cents each, or the lot 15 cents each—new.

Large oil painting, 10 feet square, for lecture platform, \$4.

A large symbolical head, oil painting, cost \$10, for \$3.

No questions answered without stamp for postage. HUMAN NATURE Office.

Constipation.

The diseases that arises from constipation are very numerous.

Constipation arises from *wrong diet*. The cure is not in the domain of drugs, mineral water or other weakening purgative, but in *proper diet*.

The body is made up of what one eats; eat the food in proper combinations and you will be well.

We are having remarkable success in treating constipation by diet and other natural methods, without drugs or appliances.

OUR EUROPEAN TRIP

CHAPTER XXI.

BATLEY, NO. 10.—YORKSHIRE DIALECT.

Among the hills and dales of Yorkshire, Barnum, the great American showman, found a band of famous hand bell ringers, and imported them into the United States.

On arriving at New York the Yorkshiremen were amazed at being announced as "The Celebrated Swiss Hand Bell Ringers!"

Becoming alarmed, one of the men was deputed to interview Barnum and protest against such an announcement.

Said the Yorkshireman, "Yo know wi kaant tawk Swizz!"

The great showman replied: "Oh, never mind that; talk Yorkshire, that's enough; nobody here will understand you!"

On returning to his comrades at the hotel, he related the result of his interview with Barnum, when they all made merry; one of the band was so tickled with the episode that he ordered a gallon of beer, and filling a pot with the foaming drink he held it out to the delegate and said:

"Here, tak hod un sup lad," and the delegate took hold of the mug and proposed the following toast:

"Here's tiv us—all on us;
May we nivver want nowt,
Noan on us;
Nor me nawther."

Which, interpreted into English, means—

Here's to us all,
May none of us
Ever want anything;
Nor me either.

Geographical location, climate, soil, food, industries, environment and general training; all have a certain amount of influence in forming character.

The English character, all through, is peculiarly English, yet in minor traits there is considerable diversity of disposition, according to the counties, and we believe it is conceded

that for physical strength, manly vigor, and keen mental acumen the sturdy Yorkshireman is the cream of the English race.

There exists a spirit of jealousy or rather keen rivalry between Lancashire and Yorkshire—probably an inheritance from "The Wars of the Roses," hundreds of years ago.

It is said to be a Lancashire man who wrote the following "skit" of—

A YORKSHIREMAN.

A flea, a fly, a magpie, an bacon fitch,
Is't Yorksherman's coit of arms;
An' t'reason they've choszen these
things so rich

Is, becoss they hev all speshal charms.

A flea will bite whoivver it can—
An' soa, my lads, will a Yorksherman.
A fly will sup with Dick, Tom or Dan—
An soa, by gow, will a Yorksherman.

A magpie can talk for a terrible span—
An soa, an' all, can a Yorksherman.

A fitch is no gooid whol its hung, y'ell
agree,

No more is a Yorksherman, don't ye
see?

Yorkshiremen take this as a good joke and print it on their Christmas cards and cards for New Year's greetings. We received one such this season from Batley.

Yorkshire people may be rather broad spoken and apparently uncouth, but they are moral and law-abiding citizens, and almost free from crime. They are fond of their beer, roast beef and Yorkshire pudding—crazy on football and other athletic outdoor sports, but they are shrewd business men and well able to take care of themselves in the field, the office, store or factory, and in their dealings with their fellowman are generally conscientious and just.

In Stock.

"Vaught's Practical Character Reader" is just out. We have it in stock; it is up to date, new, unique—original, and we consider it the most remarkable book on Phrenology ever published. It is a large book, too, for a dollar, and full of new illustrations. Address HUMAN NATURE office.

Human Nature

A MONTHLY JOURNAL

—DEVOTED TO—

Phrenology, Physiognomy and Health.
ALLEN HADDOCK.....Editor and Prop.

One Year, in Advance.....50 Cents
Single Copy..... 5 Cents
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Entered at the Postoffice at San Francisco as
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SAN FRANCISCO, FEBRUARY, 1903.

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 this square  is marked inside with an X, your subscription has expired, and Prof. Haddock will thank you to 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.

The Soul Has Its Roots in the Soil of Matter.

All the possibilities of man, all his ambitions, hopes and longings, all his talents, gifts and aims, all his presentiments, fears and motions, all his tendencies, impulses and whims, all his affections, sentiments and emotions, and all his passions, appetites and desires are written in the gray convoluted layers of the brain, and can be revealed by the professor who studies the physiology of man from physical and from mental standpoints. The brain is but the instrument of the mind, and such as the brain is, such will be the mind. The soul has no other avenues of expression than the physical senses, the parts of the body and of the brain. The professor of human science is the only man who studies the brain in connection with the occupations.

He positively knows that the psychic faculties reside in the brain, and that the brain of man is the mechanism of the soul. He measures the brain-centres with the rule of science and determines with mathematical accuracy the amount of talent possessed by each man.

He knows that the brain can be developed, that fears can be counteracted, that bashfulness can be overcome, that criminal tendencies can be changed, that abnormal appetites can be governed, that character can be revealed, that human gifts can be measured, that talents be estimated and discovered, that self-confidence can be developed, that temper can be controlled, that honest and reliable servants can be selected, that matrimonial companions can be chosen according to the selective laws in nature, that children can be born more perfect, that children can be perfected and placed in such occupations where they will be a success and that each man can be adjusted to that sphere where he really belongs.

He knows how faults can be eradicated, how courage can be developed, how fears can be overcome, and how

a person can reconstruct the instrument of the mind, namely the brain. The majority of people are failures, some in matrimonial directions, some in financial, some in hygienic, others in moral, and still others in educational. Many bright young ladies and gentlemen are educated into misery and into grave yards, simply because their vital powers and their brain capacities are not consulted.

You who do not know anything about the science of the brain think that you can become a merchant, a doctor, a lawyer, a statesman, a civil engineer, etc., according to your own notions. You do not consult your gifts, you only consult your pocket-book and your own feelings. Many a gray haired man has learned after a life of failure and experimentation that the feelings of a man lead him astray, that they are not reliable guides. Consult human science and you consult your own brain, your own physiology, and your own success; and remember that *the Brain determines what you should do*. You should never select a trade or a profession before you know whether you can learn the same or not. Do not experiment, it does not pay.

Do not do as a Denver lady did, who tried three years to learn re-touching, only to find out, at last, that she could not learn it. This was also the case with a medical student of Chicago, who studied medicine, only to learn, at last, that this was not his field. Each trade and profession requires a certain talent, a special physical make-up of bones, muscles, nerves, eyesight, hearing, touch and of mental faculties, and each one requires a special kind of education. Some trades, also, are dying out, others are coming to the front; new trades are springing up from time to time; some pay you poorly, others pay you well; some professional fields are overcrowded; in some countries you are better paid for a certain trade than in others, etc., and you must know something about these thousand and one changing conditions if you wish to be a success.

G. V. LUNDQUIST,
191 So. Clark St., Chicago, Ill.

DIGESTION.**PART I.**

Digestion is a process which nature has formulated for the purpose of nourishing the animal economy.

All animals are supplied with a digestive system. The very lowest of animal life, such as the sponge, anemone, and amoeba, have no well-defined system of digestion. The more highly developed the animal is, the more complete the digestive system. This rule is especially present in the human being. In the anemone there is but one aperture, which serves for mouth and anus. In some of the eel families, the anus is under the lower jaw, while in others it is fixed between the eyes. So much for the lower animals.

Now, for man's digestion. Man is most highly organized of all the animals, hence he has the most complete digestive apparatus. The channel through which the food passes from the mouth to the anus is called the alimentary canal, which means the food canal. This alimentary canal, or food canal, as I said before, begins with the mouth, then the throat, then the gullet, which conducts the food into the stomach.

From the stomach the food moves onward into the first section of the small intestine, which after many convolutions, turns the food into the colon, or large and last intestine. From the colon the indigestible portion of the food is ejected through the anus. This is a running description of the alimentary canal, every inch of which does its part of the work of digesting our food.

When solid food is taken into the mouth, it should be well chewed in order to break it up finely for the stomach, and to mix it well with the saliva. The mouth is supplied with six large salivary glands—three on each side—for the purpose of secreting the salivary juice. Nature does not intend that a morsel of solid food shall drop into the human stomach until it is well chewed and salivated.

For this purpose man is supplied with teeth and saliva. If food does not escape into the stomach without being salivated, there is no other digestive juice in the alimentary canal that can supply a substitute for the missing saliva; and that food passes through the entire body without being properly digested. Even more than this, the foods which are improperly salivated and chewed give offense and irritation to the whole alimentary canal while in transit. This shows the vital importance of slow eating and complete mastication. The alimentary canal of man is about 33 feet long (some say 35 feet). This entire canal is lined with a very delicate membrane; into this membrane nature has fixed innumerable little glands to secrete many kinds of digestive fluids or juices. Man being omnivorous in his habits, that is, he eats a great variety of foods, nature has given him a great variety of digestive juices in order to digest almost any kind of food.

When food enters the stomach, that organ immediately causes gastric juice to flow from its walls and trickle down over its surface toward the newly arrived food; a circuitous motion is then imparted to the food in order that it may become well mixed with this gastric juice, and finally turned into chyme. Right here will be taken a look at the phenomena of indigestion.

Food comes into the stomach improperly masticated, we will say, and the process of salivation has been omitted. The stomach cannot complete its task, and the food lingers long in the stomach till gas begins to accumulate, because of actual decomposition. This gas causes distress and abdominal distention. Soon the victim begins to belch up gas, the heart is crowded, because of the stomach, and begins to throb, throwing the blood into the head, causing headache, neuralgia, dizziness, hot head, cold feet, and nearly every known disease.

This is a short description of indi-

gestion. We will again take up the stomach's work of digesting food. After the stomach has converted the food into the whitish, liquid state we call chyme, it passes out through a little gateway we call the pyloric valve. It is now in the smaller stomach, where, it is again subjected to a new treatment, and mixed with another kind of juice. During the passage of the food through the alimentary canal, it is constantly parting with its various portions and ingredients. For instance, while some foods are in the stomach that organ appropriates them altogether, and the blood vessels absorb them directly into the circulation, hence these foods never pass the entire length of the canal. Each part of the canal is constantly extracting from the food, so that when the food comes to be ejected from the body, it has lost four-fifths of its original weight, as we only expel from the anus about one-fifth of the bulk we eat.

Continued.

DR. PAUL EDWARDS.

(Light of the East.)

Our Course of Lessons.

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

General Course, 22 lessons. 25

Professional Course, 50 lessons. . . 50

The Professional Course earns a Diploma.

Dr. Meacham, well known to our readers, commences a series of interesting articles in this issue, on the subject of Mind, as expressed in form and feature of Body and Brain.

Phrenological Delineations.

Before giving a delineation we always take measurements of the head, and notice every condition of the body and expression of the face.

Measurements are important, but they only convey an approximate idea as to mental power; a phrenologist knows, for instance, that any man whose head measures say 24 inches in circumference, provided organic quality and temperament are equally favorable, possesses more mental power than one whose head measure only 21 or 22 inches; and it may be taken for granted that no man with a head 19 or 20 inches ever manifested extraordinary mental power, however fine the texture of the body or favorable the temperament. A man with a head measuring only 20 inches in circumference is rather weak in mind and needs the guidance of other intellects in every undertaking. One with a head measuring 19 inches is very weak mentally in every undertaking. One with a head measuring 18 inches is very weak in intellect and an idiot. There are many bright men in the world however whose heads measure only 22 inches in circumference.

Other measurements, as given below, are equally important for the character reader; however, a phrenologist depends very much on his eyes and hands, and his deductions are not always in absolute accord with his measurements. There are other data in the "bodily conditions" of great importance to the phrenologist.

As an example, we give part of a delineation we made the other day of Mr. S. B. V——, a soldier.

DATA.

HEAD MEASUREMENTS.

Tape	Inches	Callipers	Inches
Circum.	22 $\frac{1}{4}$	diameter	5 $\frac{3}{4}$
Meridain	14 $\frac{3}{4}$	frontal	4 $\frac{5}{8}$
Crown	14 $\frac{1}{2}$	back	4 $\frac{5}{8}$

BODILY CONDITIONS.

Weight 145 lbs., height 5 feet 9 inches, temperament nervous sangu-

ine, hair fine light brown, eyes grey-hazel, complexion rather florid, tall and spare of form, boney and muscular, features rather sharp and organic texture good.

Your head and body indicates that you must keep out of commercial business, as you possess very little of the commercial spirit; if, by some unfortunate circumstance you become a buyer or seller of goods, you would be likely to fail in such undertaking, therefore I hold it is duty of a phrenologist to point out the pitfalls and stumbling blocks in a man's way, as well as to indicate the true path on which he can tread with a sure degree of success.

Your head is too narrow and flat at the sides, above and around the ears, to ever expect you to succeed as a merchant; you would evidently dislike such an occupation anyway, yet men often walk blindly into businesses for which they are not adapted, hence do not succeed.

Your question, "What am I good for?" can be easily answered by the light of phrenology.

You were probably brought up on a farm; you look like it; you are boney, muscular and rather strong, but your hair, skin and general texture is rather too fine for a farmer; it is not what may be termed "good working quality"—men who till the soil, as a rule, are not quite so finely grained as you are; they are a little more rough and in touch with the soil than are men of your fine texture; indeed, fine-grained men, with spare form and sharp features like a race horse possess, are more noted for speed and activity than great power.

Your color, complexion and nervous-sanguine temperament indicate a preference for outdoor life, yet your back-head is too flat at love of animals, habitation and concentration for you to stay on a farm; you are too restless, fond of variety and change of scene, with a preference to travel, etc., to ever expect you to settle down as a farmer—and you probably never will, although in many

other respects farm life would be pleasant or agreeable to you.

Judging by your large Locality, full Calculation, Constructiveness and well developed Perceptive Intellect, together with your muscular form of body, you would excel as a surveyor.

As your sense of color is good, and Ideality large in this connection, you could be an immense success as a landscape gardener, or photographer.

Your brain organs of Form and Size are also large and in keeping with large Constructiveness, you could very readily become an architect or builder, carpenter, cabinet maker, etc., but you are not at all adapted to work in metals.

In the painting and decorative trades you could do well, especially in upholstery or draping, carriage trimming, etc.

In the scientific classification you could excel as a phrenologist, you love to read and study character and would take to such a calling as a duck takes to water.

But whatever calling or occupation you follow, you will have to keep an eye on the financial side, as your financial ability is weak.

But you are a careful and cautious man, and the tendency of your mind is more of an upward than downward direction; that much is in your favor; you will probably never degenerate into a profligate—you are refined and moral and too ambitious for that.

Here followed some timely advice in regard to health and diet of great importance to the receiptant, and which we always embrace in a phrenological examination.

A diagnosis and advice how to regain health and keep it is within the province of a phrenologist to give, and it often proves a great blessing to the client.

A subscriber wishes HUMAN NATURE would again take up Telepathy and kindred subjects. Granted.

Some of our readers are flooding us with poetry? Oh, please don't.

Misty Data for an Horoscope.

An astrologer offered to make us an horoscope if we would furnish the day and hour of birth.

Our infantile memory not dating so far back we mailed inquiries to fatherland and received the following funny reply:

Dear Uncle Allen:

I inquired of old granny "Yaarside," who brought you into the world, less than 100 years ago; she does not remember the date, but she says your mother was present at your birth, and that it happened during the big wind, a few years before the flood at Holmfirth.

She is acquainted with several of your old neighbors who were born under the same star—the *Star of Hope*, but their fortunes vary somewhat, for instance—

Peter Dunne recently died in the poorhouse, but John Beever is now the largest rug maker in Huddersfield.

Tom Tittens, the tailor, died with a stitch in his side, and Joseph Peardsell is still sawing wood.

Len Morty is scraping chins for a living, and works himself into a great lather; but Eli is publishing *The Express*, and climbing his way to fame and fortune.

Dave Kennerly continues to knock at his old trade, whilst you—well pop says no astrologer will be able to cast your horoscope. Eighteen years ago you disappeared from our view like a comet with a luminous tail and dropped into 'Frisco. As a practical phrenologist and editor of HUMAN NATURE, you are probably in your true element, but pop is certain you will never be president of the United States.

Your affectionate nephew,
FRANK.

Frank is evidently "on to his job;" both he and his "pop" knows that no citizen of the United States can ever become president unless born in America.

As to the data we asked for, we

are afraid that Frank put too much dry sand in his letter to enable the astrologer to erect an horoscope.

A Born Physician.

One of the first persons who entered our office for a phrenological examination, when we first opened in San Francisco, about 18 years ago, was a rather stout-built man, possessing a well nourished body, round face, a large head, showing a good development of the Reflective, Moral and Social faculties—our conception of the ideal physician—and we told him so; indeed we strongly advised him to study and practice the art of healing as a regular doctor.

He took our advice, successfully passed through college, opened an office in the country, and has made a remarkable success. He is now the owner of certain mineral springs and sanitarium in the hills and this winter has opened an office in this city. We allude to Dr. Huckins, whose card appears in another column.

Look Out.

"Look out" said a citizen to an emigrant on the passenger train, as the cars left the rails and began to wobble, whereupon the poor emigrant thrust his head out of the window, when it came in contact with a telegraph pole.

"Look out" for HUMAN NATURE next month, it will contain a number of essays by our class students.

"Look out" and join our next Thursday Evening Class, which will commence March 11th.

KINDLY OBLIGE

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

During 1903 HUMAN NATURE will be more interesting than ever, and we look for its circulation booming up. Subscribe now.

Palmistry.

We are frequently asked if we believe in Palmistry.

It depends upon what definition is given to palmistry, whether or no we believe in it. If by palmistry is meant the examination of the hand as a part of the whole man in determining character, then, in that case we believe in palmistry; but if in addition to this is meant by palmistry the power to read the future and to tell the fortunes of men and women by the hand, then in that case we do not believe in palmistry.

Phrenology embraces the whole man, including the head, the hand and the foot, and in making a phrenological examination the scientific phrenologist examines the hand as a part of the man. That is the kind of palmistry we believe in and in no other.

If any advertisement of a book upon palmistry appears in HUMAN NATURE and that book does not agree with our definition of palmistry, or if any palmist advertises in HUMAN NATURE and that palmist pretends to tell the future of men and women, or if some palmist should write an article and that article should appear in HUMAN NATURE; if the said article disagreed with our definition of palmistry then we do not wish to be held responsible for such an advertisement or writer. Let every tub stand on its own bottom.

The columns of HUMAN NATURE are open to any and every good writer who wishes to write concisely, gramatically and to the point upon palmistry and any other subject.

Our office hours are from 9 A. M. to 5.30 P. M. Other hours only by appointment. Phone Mint 796.

HUMAN NATURE has become a great favorite in our home. C. Hayden, Mohawk, Oregon.

A man whose forehead is narrow in the upper part cannot understand or appreciate a joke.

BOOKS—A large catalogue of books sent for stamp.

A Trust on Brains.

How would you like to be president of a Trust on Brains? Business brains have gone into the trust business, and as a result the trust interests have subsidized the nation's business brains; as a second result those not in the trust are laid under tribute to those who are.—*Selah*. Therefore, what? "Get in or be robbed," says one. Aye, and if all were in who would pay tribute? It would then be a question of how one trust could devour another, till finally——? Brains seem prone to extort from muscle. Has it not always done so? Never mind.

Would you not like for your posterity to be among those who will have a trust on the brains of the future, normally proportioned and developed? Study stirpiculture. If the energy that is expended on the dead past was turned to solving the future problems of the race, through biology and anthropology, pathology and phrenology, it would be a profitable investment of energy from every worthy standpoint of human welfare.

Ideas struck from the brain enrich the world and deplete not the treasure of the mental laboratory. Wisdom is perfected judgment. Education is power—expanded mind—it consists of knowledge, discipline and culture. Teaching is sunshine to the mentalities, drawing out, strengthening, and maturing the capacities by instructing, developing and training.

The office of the brain is to receive, to generate and to transmute nerve sensations.

The office of the mind is to perceive, to correlate, to classify.

Its powers are intellect, sensibilities, will.

Its activities: Thinks, knows, imagines.

Operations: Acquisition, assimilation, reproduction. T. J. BROOKS. Atwood, Tenn.

At Your Home.

Professor Haddock is open for engagement any evening except Thurs-

day and Sunday evenings. A short lecture and Phrenological examinations given. Fee moderate.

Parents, managers of clubs and parties will do well to avail themselves of this opportunity.

Office examinations 9 a.m. to 5.30 p. m. daily. Evening by appointment only.

A Correct Combination.

Dear Prof. Haddock:

Enclosed please find \$1.00 for the books offered on 16th page of HUMAN NATURE and my renewal subscription.

Your magazine is constantly improving in every respect. By combining Phrenology with a correct system of Dieting, you have founded exact Hygienic principles, as I can attest in my own case.

H. SCHROEDER,
San Jose, Cal.

January Renewals Due.

Subscriptions due in January will lapse with this number. No more numbers can be sent unless renewed this month. Only 50 cents per year for HUMAN NATURE, postage paid. Just think about this two minutes, then remit. If you cannot afford the 50 cents just now please say so. In that case we are willing to re-enter your subscription and wait awhile.

To Contributors.

We have for a long time insisted that contributed articles shall not occupy more than one page of HUMAN NATURE, or about 850 words.

We positively decline lengthy articles; our readers prefer short essays and to the point.

We have three M.S.S. now in hand that, if published in full, would occupy nine pages. They are rejected.

Please find \$1 for all the books named on last page, and for my renewal of HUMAN NATURE. I consider it the best magazine in America and could not do very well without it. A. G. T., Philadelphia, Pa.

Doctors Should Study Phrenology.

A medical student told us the other day that his professional instructor stood up before the class with a skull in his left hand, and with the forefinger of his right hand pointing to the occipital bony projection, said:

"Here is where the phrenologists locate Love," then he grinned.

He was evidently grinning at his own ignorance.

If some of these drug doctors would study phrenology—study the *living* instead of the *dead* they would know *why* they kill so many of their patients.

Administering dangerous drugs according to the book—so much for an adult, or so much for a child—without reference to temperament and organization, as distinguished by the science of phrenology, is not only blindly groping in the dark, but such doctors are a menace to the lives of the community. They should study phrenology.

Our Thursday Evening Class

A new class will commence early in March. Terms, \$5 in advance, for 20 nights. Students become enthusiastic and learn to read character from Teacher's delineation of their own friends. Apply early for seats.

The Secret.

The secret of correct character reading lies in the scientific combination of each and all of the forty-two brain organs, and their relation to temperament and organic quality.

To spread the gospel of Human Science and increase the circulation of HUMAN NATURE, send us 3 subscriptions for one dollar; one for yourself, and present your friends with the other two.

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Physicians recommend warm salt water bathing for rheumatism, nervousness, neuralgia, numerous other ailments. Tickets, \$2.50; 6 for \$1. Also electric salt water baths; tickets 50c. 717 Filbert street. North Beach car line.

A PHRENOLOGICAL EXAMINATION

MADE BY



Photo by Holler, October, 1932.

PROF. ALLEN HADDOCK

Will be an accurate delineation of your character, because he has an international reputation as a scientific Phrenologist, and has had a steady practice of Phrenology during eighteen years in San Francisco, in the same block.

Men and women are adapted by nature to certain business, trades or professions. Nothing but a Phrenological examination can determine the sphere to which you belong, and in which you may hope to win success.

Those contemplating marriage should not fail to consult Professor Haddock and learn the temperament in the opposite sex best suited to harmonize with their own.

The examination will also include a physical diagnosis and invaluable advice regarding health and the cure of disease.

PRICE OF PHRENOLOGICAL EXAMINATION.

- Oral.....\$1.00
- Examination and Chart..... 2.00
- Examination, Chart and Elaborate Typewritten Analysis... 5.00

PHOTOGRAPHS SAME PRICE.

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A Proper State of Mind and a Correct Combination of Foods
Will Cure You.

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. You can cure yourself at home.

QUESTION LIST.

1. sex; 2, age; 3, are you married;
4. weight; 5, height; 6, occupation;
7. state complexion and color of hair and eyes; 8, condition of teeth; 9, give your temperament vital, mental or motive, or in other words are you plump and round? or brainy and nervous? or are you boney and muscular?
- 10, do you sleep well? 11, how do you feel on waking up? 12, state your general feelings and symptoms;
- 13, have you distention or troubled with gas? 14, do you suffer pain? state where; 15, do you have indigestion? constipation? sour stomach? bad breath? furred tongue? bad taste in the mouth? diarrhea? colic? chills? dizziness? heart palpitation? numbness? or sick headache? 16, do you smoke or take alcohol? 17, how is your appetite? 18, state the kind of food you eat, how often and what you prefer? 19, how long have you suffered? 20, give all symptoms and other information you can.

We treat each case according to temperament and individual needs, as revealed by Phrenology, or mental and physical conditions.

CONSTIPATION.

If you suffer from constipation and its attendant evil results, we can put you on to a proper diet at home for \$5.

CHRONIC CASES.

Chronic or complicated cases require a course of dietary advice. Terms on application.

Please answer all Questions conscientiously and address all communications to

HUMAN NATURE OFFICE
 1020 Market St., San Francisco, Cal

MILL VALLEY
 —AND—
Tamalpais Scenic Railway

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. 6:00 P. M.

(Remaining over night at the Tavern.)

Leave TAVERN of TAMALPAIS—

7:50 A. M. 1:25 P. M., 4:10 P. M.

Arrive San Francisco—

9:45 A. M. 3:40 P. M. 5:55 P. M.

SUNDAYS AND LEGAL HOLIDAYS.

Leave SAN FRANCISCO—

8:00, 10:00, 11:30 A. M. and 5 P. M.

Arrive Tamalpais—

10:10 A. M. 1:00 P. M. 2:20 P. M. 4:00 A. M.

Leave TAVERN of TAMALPAIS—

11:00 A. M. 1:10, 2:30, and 4:00 P. M.

Arrive San Francisco—

1:00 P. M. 3:00 P. M. 4:25 P. M. 5:55 P. M.

Tickets can be purchased at the Sausalito Ferry, North end of Union Ferry Depot Foot of Market St., S. F.

FARE Round Trip from San Francisco **\$1.90**

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Because it exposes to view the mental machinery of public men and women.

Because its Child Culture Department helps mothers to understand the character and needs of each child.

Because it will interest you intensely.

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BY FRANK REED.

Is an essay upon Creation, just issued from the press. The pen of no other writer, in any age, has painted the facts and the truth, as pointed out in this essay. All other efforts to explain Creation will be forgotten; the fundamental principles set forth here will live forever. Price, 25 cents. For sale at HUMAN NATURE Office.

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and book showing "How to Use Them" to succeed in business, disclose talents, conditions, opportunities. Offer endless help, entertainment and instruction. Here's the key to your success. The set \$1.00, postpaid. GRACE ANGELA, Inwood-on-Hudson, N. Y. City.

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HEALTH

A Monthly Magazine devoted to the cause and cure of diseases. Price, \$1.00 per year.

Teaches hygiene, diet, *mechno-therapy*, hydro-therapy and common-sense methods of getting and keeping good health. Directs attention to unrecognized gluttony and superstitious faith in the power of drugs to cure. Considers disease a penalty for disobeying Nature's laws, and advocates Nature as the real healing power.

Edited by W. P. Burke, M. D., at

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Altruria, Sonoma County, Cal.

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(Founder of Koreshanity)

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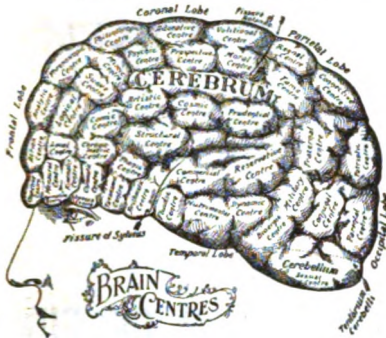
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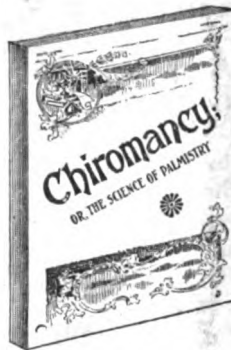
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