

Human Nature

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This is the Way Phrenologists Read Character*

THE gentleman whose portrait adorns this page, came into our office recently to have a phrenological delineation for the benefit of a student taking a lesson.

We report this examination to prove that phrenologists do not confine their observations to the head alone. Phrenology embraces the *whole man*. And we give this reading to prove another thing; we read men as ordinary people read a book. A book can be read after an interval of many years just the same as when first printed. So can a man be read as the sequel shows in this case.

HEAD MEASURE.

	inches
Circumference of head, (tape measure).....	23 $\frac{3}{4}$
Root of nose to occipital projection	14 $\frac{1}{4}$
Ear to ear over crown	15 $\frac{1}{4}$
Diameter—ear to ear (callipers).....	8 $\frac{1}{4}$
Frontal—ear to root of nose.....	5
Back—from ear to occiput.....	4 $\frac{1}{4}$

DATA.

Weight 196 pounds, height 6 ft. 2 $\frac{3}{4}$ inches. Large head supported by a massive bony structure.

Temperament. Mental, Motive, Sanguine. Color of hair light red, but thin, fine and brittle. Skin diffused with arterial blood. Eyes, gray hazel. Expression of face, Intellectual.

After this survey had been made, Mr. Chase remarked: "You read me seventeen years ago. I have the chart yet. Let us see how your examination tallies with the old one."

DELINEATION.

We replied as follows: "You possess strongly marked features. The bones of the body are large and projecting and signify the strength of

the sturdy oak. You have distinctly marked muscles and blood vessels; large joints, hard flesh and possess more strength than speed.

Endowed as you are with the mental temperament and with a large and active brain, the operations of your mind are quicker than the physical forces. Physically you are slow but powerful and efficient. Tall men are usually active; you are ex-



J. MUNSELL CHASE.

ceedingly tall but your large bony frame moves deliberately, which proves that you are capable of sustained physical and mental effort.

If you have not swayed a great commanding influence over mankind, it has not been from want of strength or ability, but because of your lack of self-esteem; you are too democratic and should cultivate more self-confidence and dignity of character,

by assuming to be classed in that stratum of human category as the "salt of the earth."

Your strength of character and intellectual abilities would warrant such an assumption; you are too retiring, your self-confidence is certainly not in proportion to your mental acumen.

Mr. Chase. "You said just the same things Prof. Haddock, about me seventeen years ago; and I think I have profited by your advice, for I have moved up a little."

No doubt you have cultivated the faculty some, because the organ is sharp, but you still need to assume greater responsibility.

Your abilities run towards intellectual work, as a journalist, editor, publisher, or manager; you possess excellent talents, your abilities to grasp facts and weigh them carefully is remarkable.

Mr. Chase. "That is where you put me seventeen years ago."

[Mr. Chase has just succeeded the late Mr. Newman as editor and publisher of the *Philosophical Journal*, this city, the leading spiritual paper west of the Rocky Mountains.]

You possess considerable taste, but are rather too heavy for light work. In occupations requiring artistic taste you would succeed better as a landscape gardener, or architect and builder, than you would as a painter or musician.

Your tune is too small to ever become a *great* musician. Your ideal and sentimental faculties are large and active, so you enjoy music for

its *soul* inspiring sentiments, as you would enjoy the beauties of nature or in art, but if you have got a "New Thought" in your head, that, because you enjoy music you could make it, you are mistaken.

True you could become a musician with about fifty years of daily practice. Anything can be done in the eternity of years, but it is the wisest thing for a man to do those things for which nature alone adapted him. You are a journalist, an editor, as I told you seventeen years ago. Stick to your pen.

Of course you are a born organizer, and could do many things better than you could be either musician or merchant.

You are not devoid of commercial spirit, but you would do better in heavy goods, such as lumber or machinery than as a dealer in watches, jewelry, silks, satins, or delicate goods.

You have a strong mechanical frame and would take kindly to scientific mechanics; you could become an anatomist or osteopathic surgeon, but would not do as a physician. You could become a successful assayer, geologist, or surveyor. Your temperament favors scientific pursuits, but as pointed out to you many years ago, your real forte is in editorial work and organizing.

In many respects you possess a judicial type of mind; you would make a better judge than lawyer. Conscientiousness is large, giving you keen sense of equity, but your language and combativeness are both large enough for a lawyer, and your practical forehead gives you an intellectual grasp of facts with power to analyze those facts and present them in orderly array.

Although your head measures $6\frac{1}{2}$ inches in diameter, indicating executive ability, yet the upper portion of your head is wider, rendering the executive forces subordinate to your ideals.

You are not a "rough rider" then,

or inclined to lead a "strenuous" life, but you are calm, cool, and deliberate, weighing carefully and analyzing evidence critically.

Your spirituality is large, but veneration is rather small, as evinced by your top head being so wide and flat. You possess greater faith after the evidence has passed the court of reason.

Before you became a spiritualist you had strong doubts and fears, and contested every step, for you are combative, argumentative and scientifically inclined; but with your rather small veneration it were an easy matter for you to repudiate the creeds and dogmas of the theology. It is a reformer's type of head.

Your small continuity inclines you to love variety; change readily from one thing to another, but as a writer your phrases will be short and clear perhaps, which is more in touch with the go ahead Americans who have not time for long prosy sermons."

Mr. Chase is Vice-President of the State Association and of the Society of Progressive Spiritualists, Secretary of the Sun Flower League, a director of the Medium's Protective Association, and an active member of the Children's Progressive Lyceum.

Lessons Augmented.

Our course in Phrenology is greatly augmented in value by the addition of our Dietary System, which is now taught to all students, without extra charge.

Dr. Samuel Johnson, the famous Lexicographer, died twelve years before Dr. Gall promulgated to the world his great discoveries, yet he recognized even then one of the fundamental principles of Phrenology in these words

"Special mental qualities have a special conformation of the head."

Modern Phrenologists discovered that Organic Texture and Temperament qualifies Dr. Johnson's statement.

Nag, Naggar, Nagee.

BY ELEANOR KIRK.

Don't nag. Don't even in your mind. Don't look naggy. It is worse to look naggy than it is to say naggy things, because the nagee is apt to imagine more than there really is.

Some mothers have nagged their boys straight into liquor saloons, and their girls straight into the arms which they naggingly disapproved of.

It is hard, but it is true.

There isn't a bit of love in a nag, however much the nagger may talk about affection.

It is full of unrest and friction and selfishness, and works more destruction than all the cyclones and earthquakes that ever happened. They kill at once. The poison of the nag is insidious, and the naggers and their victims die by degrees.

There is no health and no peace for the nagger,

No hope for the wretched nagee.
'Twere better to die by the dagger,
Or hang from the branch of a tree
Than to live with "Why don't you?"
and "Did you?"

And didn't I tell you so?"
"If you'd only done as I bid you,"
"Oh, oh, oh, oh! and oh, oh!"

Dr. Case.

Rev. Dr. Case recognizes Phrenology as the handmaid of christianity. He knows its power for bettering the world, he realizes also that a great revolution will occur in all departments of life when the world more fully recognizes its importance. But preconceived opinions based upon old metaphysical doctrines, and false ideas of the laws of mind are hard to remove. Bigotry and superstitions die hard—thick-headed ignorance is their mother; our experience proves that men may be very learned in some branches of science yet ignorant as "The man with the hoe" when it comes to the science of Human Nature.

A COW SERMON.

BY C. P. HOLT.

Beloved Brethren:— You will find the words of my text in the following paragraph clipped from the Davisville (Cal.) Enterprise of recent date:

"A dispatch from Vallejo dated March 17th, says: But for the intelligence of a cow the infant daughter of Mrs. Anzini would have perished today. The child wandered a mile and a half from home, on the Napa road, and for forty-six hours was exposed to the cold and without food.

"Searching parties could find no trace of the child. Robert Cogini, while repairing fences near the child's home, was attracted by the strange actions of a cow in a stubblefield. The cow would come toward him and return, always in the same direction.

"Cogini followed to where the cow stopped, and after searching discovered the lost little one unconscious, lying face down, hidden by the high stubble."

An inscrutable and worshipful Providence made men and cows, and (as this incident proves) endowed both men and cows with intelligence, but for some reason not quite clear to your respected preacher, this same Providence, in making man, left out of his nature the divine attributes of mercy and sympathy, which were in large measure bestowed upon the cow, as is beautifully illustrated in the concern manifested by this particular cow for the hapless human child, lost and hidden from its fond mother's gaze in the stubble field.

I need not dwell upon the rapture which imagination pictures in that human mother's heart as she again embraces her lost baby. "There is no love like mother-love."

It so happened that this said cow that saved a human baby's life was also the mother of a baby, a wee cow-baby, which she loved just as fondly—hoof and tail—as that human mother loved her baby daughter. One day a human butcher tore that bleating cow-baby from its bellowing mother's side, took it bound, to the shambles, and cut its baby throat, tore its quivering skin from its body and cut its flesh into veal cutlets, to

be devoured by human cow and calf eaters.

Beloved Brethren:—Did you ever know, or hear of a cow, killing and eating a human baby, or any other baby? Neither has your respected preacher ever seen a cow so lost to bovine mercy and sympathy as to kill anything above a snake, or so destitute of refinement as to taste of bloody, quivering baby meat. And now my beloved brethren, where was the Humane Society all this time? Did this society hasten to present a medal and a vote of thanks to this cow for saving a human baby's life, and pension that cow upon green grass, until she should die of old age? Not to the knowledge of your respected preacher.

On the contrary, this life-saving cow, like all her sister cows, is doomed to meet the fate of butchery. She will be fatted and loaded with scores of other intelligent cows, into horrid cattle cars, and sweltering and thirsting with a suffering equal to Christ on the cross or John Brown on the gallows, like them be murdered by human butchers, though like Jesus and John Brown, she saved others. After the butchering, this cow's murderers will serve her body as they did that of her baby—they will sell her flesh, and that human baby, the cow saved from death, and the baby's pitiless, human mother, and the baby's heartless, human father, will feast upon that intelligent, sympathetic cow's flesh, while the cow's soul "goes marching on." Let us prey.

Character from Photographs.

In sending your photo for examination please give circumference of head, weight and height of body, color of hair, eyes and complexion, occupation, education, state of health, symptoms, age, married or single. Terms for brief written statement \$1.00; with marked printed chart \$2.00; elaborate typewritten analysis \$5.00.

Human Nature.

BY PROF. JAMES STOLBERT.

It has been truly said that it takes all sorts of people to make a world. As there is an indescribable variety of plants, flowers, weeds and fruits in the vegetable kingdom, so there are multiplied specimens of character in human society. It is a remarkable fact, that nearly all the peculiarities in the animal world, can be found in the characteristics of human nature. There is the mildness of the sheep, the ferocity of the tiger, the cunning of the fox, and the boldness of the lion. As there is a variety of colors in the rainbow, so there is a variegated assortment of tastes, desires and sentiment in mankind. The variety is the spice of life. What a dull, inspired monotonous world this would be if everyone were alike in thought. Then everyone would be inclined to follow the same occupation, and dress alike as a regiment of soldiers. Progress would be stagnant, and art and science petrified. Such a state of affairs would make people disgusted with themselves, and the world generally.

When we speak of the diversity in the human family, we do not mean big folks and little folks, as giants and dwarfs, neither do we mean skeletonians, or members of the fat men's association, but rather the merry and morose, the formal and the genial. Some people are like a blighting withering frost, they chill every one they meet; while others are like a bright cheering sunrise. Some men are so wrapt up in dignified reserve, that they become as unsocial as an iceberg, and so sour that there is not honey enough in the country to sweeten them. Some are like slippery eels, on whom it would be folly to place much dependence.

Kansas City, Mo.

The virtuous man is praised but he often starves.

Science of Life.

BY J. P. BEAN.

[CONTINUED FROM LAST MONTH]

It is a slow, disgusting form of committing suicide, or utterly destroying the little sense you have left. Do you think that God's bright, fresh air is not compounded as it ought to be, that you must poison it with the stench and filth of cigarette fumes before taking it into your lungs? Don't you know that you can't inhale the smoke of one cigarette a month without to that extent poisoning your blood? The lungs are the great blood purifiers, and every time you draw in a breath loaded with vile, offensive gas, you interfere with their work. Then it is a contemptible habit and makes a man look cheap and mean. Imagine Julius Caesar, William Wallace, George Washington or any other grand, dignified, manly character of history doing this illustrated. "Oh, wad some power the giftie gie us," etc.; looks a good deal like trying to commit suicide with a toothpick, doesn't it? Another thing—the confirmed cigarette fiend is practically an opium fiend. I have a friend in San Francisco who is manager of one of the largest life insurance companies in the world, and he informs me, and says he is ready to publish the statement over his own signature, that the company has positive proof that the materials from which the cigarettes of commerce are made are steeped in a solution of cheap opium, the object being to make all users of cigarettes abject slaves to the habit by making dope fiends of them. How do you like the prospect? The habit weakens its victim in every attribute that goes to make a man, but as it attacks the brain first the victim is not able to fully realize his danger. The captain of the guard at San Quentin is a friend of mine and he tells me that over 90 per cent of the convicts were cigarette fiends at the time of their conviction. As a des-

troyer of athletes the cigarette is one of the most effective things in the world. I have been in a position for the past dozen years to see a good deal of that phase of its work. A few instances will suffice to illustrate: I was quite well acquainted with Irving Sandow, the English strong man. I think he was one of the finest specimens of physical manhood that ever lived, in many respects being the superior of Eugene Iveshaw the German Hercules. But at the height of his power he contracted the cigarette habit and in less than five years he sunk out of sight and has never been heard of in competitions since.

The only possible excuse a decent woman can have for marrying a cigarette fiend is that there are not real men enough to go around and she is taking up with what she supposes to be the next best thing to a man. But when it comes to a show-down of general good qualities I don't know but a decent, self-respecting ape rather holds over a cigarette fiend. If a woman owned a good, sensible ape, she could get a hand-organ, dress him in a little red coat and make him help her to earn a living, but a cigarette-sucking dude isn't even good for that.

Now some of you fellows who have got the habit pretty bad, may not like my remarks. If you know that a man had accidentally swallowed a big dose of morphine or laudanum and was going to sleep, you would try almost any means to keep him awake till help came, wouldn't you? Well, if my remarks hurt you, just quit the habit and then neither the talk or the cigarettes will disturb you.

Honest Doctors.

There are many honorable men, we know, in the medical profession. Some of them have spoken their mind about medicine. We have printed such statements before.

Here are a few national representatives:

SCOTLAND. Gentlemen, ninety-

nine cases out of every hundred medical facts are medical lies; and medical doctrines are, for the most part, stark, staring nonsense.—Professor Gregory, Edinburgh

ENGLAND. I fearlessly assert that in most cases the sufferer would be safer without a physician than with one, and I have seen enough to warrant the language I use.—Dr. Ramage, Fellow of the Royal College, London.

IRELAND. Assuredly the uncertain and most unsatisfactory art that we call medical science is no science at all, but a jumble of inconsistent opinions and theories, not only useless but dangerous.—Dublin Medical Journal.

AMERICA. The older physicians grow, the more skeptical they become of the virtue of medicine, and the more they are disposed to trust to the powers of Nature.—Prof. Stearns, New York College of Physicians.

Medicine is played out. Every new discovery of bacteria shows us all the more convincingly that we have been wrong and that the million tons of stuff that we have taken was all useless. *The doctor of the future will give no medicine, but will instruct his patient in the care of the human body, in diet and in the cause and prevention of disease.* Surgery, diet, antiseptics, these three are the vital things of the future in the preservation of the health of humanity.—Edison.

FRANCE. You tell me doctors cure people. I grant you people are cured; but how are they cured? Gentlemen, Nature does a great deal; imagination a good deal; doctors devilish little—when they don't do any harm.—Prof. Magendie.

Beware of the delusive drug habit. The only method of cure is Nature's way—pure air, proper exercise, sleep and proper food, or rather food required to eliminate the disease, followed up by food to balance the Temperaments, bringing the brain and body into one harmonious whole; the result is Health, Happiness, Peace and Prosperity.

We can aid you to attain this state.

Delineation of Mr. M. S. O.

You possess a large head, measuring $23\frac{3}{4}$ inches in circumference, and a correspondingly large body weighing 180 lbs which is necessary to supply all the demands of the brain.

The texture of your organization is not coarse nor very fine, but is what may be termed a good working quality; hence you are in touch with the masses rather than the classes.

You will get along with ordinary people better than the very high and tony, or the very low and vulgar. You know what the people want, as you understand their wants, desires and dispositions.

You possess more practical and creative genius than do ordinary men, but the unfortunate part of it is, although conscious of your superior ability from practical experience, yet you do not assert yourself, or put yourself sufficiently forward, owing to a lack of self-esteem.

You underrate your self-importance, and allow others with less genius to obtain positions in life that belong to you. You undervalue your own services; hence are liable to serve others for less compensation than you deserve. If you possessed more self-esteem, or confidence, or what some people call "cheek," you would not only obtain better compensation for your abilities, but would assume higher business responsibilities.

The only way to cultivate self-esteem is to exercise the faculty; be self-confident, and undertake responsibilities in harmony with your talents, then you are sure of good ground and you can go in to win with a higher degree of self-confidence.

Of course, reason tells you that you could not undertake to lead an orchestra, or practice medicine next week; although you possess abilities to accomplish either with education or training on these lines; but by virtue of business ability you are a

better business manager than you could be either musician or physician.

Yours is a combination of the mechanical and business type. You are qualified for the manufacturing trades and would make an excellent manufacturer or business manager.

You might stay there, because you are not aggressive enough. You possess rare merit for such a position, but if you would only cultivate more self-esteem by asserting yourself, and claiming your due, you will become your own employer rather than employe.

If you would rise in the world and obtain a great reward for your abilities, you will become more aggressive, more venturesome, strike out for yourself and assume all the responsibilities and profits of a business enterprise entirely your own.

Try to assume the role of dictator, to give rather than receive orders, be served by others rather than serve others, be selfish enough to work for your own benefit and the benefit of your own family. Such advice as this is necessary in your case.

As a business manager you have excellent abilities; it is an easy step from manager to manufacturer or merchant on your own account.

Confidence is all that is needed by YOU.

Your large perceptive faculties, together with your good side head—business head, shows that you appreciate the relative value of natural and manufactured products. That is one reason why you are a good business manager or observer.

You also possess tact and talent, together with a clear insight into personal character, and know just how to take people. Your intuitions are very high, your first impressions are correct. Your Human Nature is very large, therefore you know that persons whom you meet what they are almost thinking about.

Owing to this intuitive faculty you could become an excellent diagnostician as a physician, or with time and tune so large a good musi-

cian, but your continuity is too small, you are averse to close study, you prefer more novelty and change. Therefore manufacturing or mercantile pursuits will suit you better.

After we had finished the gentleman presented his card, which stated that he was a Business Manager for a private concern engaged in the manufacture and sale of fabrics, and he replied:

"You have hit me square on the head. I am acknowledged to be a success as a Business Manager. I have made the house I work for; but if I had more self-confidence I would be in business for myself. If I can make money for others why not for myself; I know the reason is just as you say, I lack self-confidence, I know it, and I will try to overcome that matter. If this examination had been made of me ten years ago, and I had acted upon it, to-day I would be better off by ten thousand dollars."

"More Light on a Dark Subject"

is a new book by Dr. J. R. Bailey, published by the *Chequamegon Press*, Ashland, Wisconsin.

It is a series of fifteen lessons on sexual matters alike instructive to the single and married of both sexes. It is written in simple language without technical terms, and not for the ignorant vulgar mind.

In our opinion it ought to be in the hands at least of every young man in the land. Price 50c. HUMAN NATURE OFFICE.

Dangerous.

Don't study Phrenology; its dangerous. Don't read anything on the subject. It might cause you to *think*. Don't do it.

If you find out who and what you are, and begin to *think* about it, it might lead you out of the old ruts, but if you want a sound mind in a sound body then study and *apply* the principles of Phrenology.

Phrenology as a Science.

BY PROF. WILLIAMS.

Human nature—so called—is much the same in its attitude towards Truth and its advocates in this enlightened (?) age as in past ages. It lavishes its cruel opposition, criticism and derision very freely, and unhesitatingly dubs all who dare advocate a Truth, which happens to cross the paths of its long cherished and stereotyped ideas of things, as the Ishmaelites of society. Harvey for having discovered and demonstrated the "circulation of the blood," was maliciously opposed, denounced and stigmatized, as an enemy to morality and religion. Galileo for having dared to proclaim the truth, that the "Earth moves," was consigned to a dungeon for his discovery. Socrates for demonstrating the unity of the Deity, was condemned to drink the fatal cup. Swedenborg for proclaiming the true method of interpreting the Scriptures, held to be a madman. The great apostle of the Gentiles, for proclaiming to the Jews, the universality of salvation to the Human Race, was persecuted from city to city. And the Incarnation of Love and Wisdom for revealing Life and Immortality to man, was greeted with a cross, we should therefore not be surprised, to find that Gall and Spurzheim, for having established the greatest of all scientific truth,—That mind is life, and that the brain and nervous system, are the material organs in which the mind incarnates, and manifests itself in a material world, that to *see* one is to *see* the other, to *understand* one is to *understand* the other, to *read* one is to *read* the other,—was denounced as fatalists and materialists, stigmatized as quacks, and compelled to relinquish the most eminent of positions in the medical world, in order to find a home for the then newly discovered science of Phrenology.

However this should not deter our

efforts as Phrenologists, and disciples of the illustrious Gall, in raising the Science of Phrenology out of the empirical atmosphere into which it has sunk into a scientific atmosphere, and presenting its truths and teachings to the world. All who have earnestly studied the science readily admit that its foundation rests on the immutable rock of truth, that its principles are in conformity with the constitution of nature, and that it has within it the germs of immortality. Even those who do not accept the science in detail readily admit its general principles, should we not therefore be stimulated to further effort in our desires for the ultimate triumph of the science in all its details, as well as its general principles, rather than discouraged by the adverse criticisms, made upon the science and ourselves by our opponents.

However it is not our intention to reply in detail to the various criticisms made on the science, but rather to present a few fragmentary thoughts which may possibly lead the critical, earnest and discriminative minds of those of our critics who earnestly seek after truth, into a higher and better conception of

PHRENOLOGY AS A SCIENCE.

Phrenology, like all other sciences, must be founded on observation, principles and laws, the principles must be the offspring of observation, and the laws are those principles set in motion. The principles and laws of Astronomy and Geology are based on observation and correspondence, and so are the laws and principles of the science of Phrenology.

But how differently some receives and accepts the principles and laws of Phrenology to those of Astronomy and Geology.

The Geologists explore the earth, finds a rock or strata of peculiar form and appearance, takes a portion of its substance to his room or laboratory, subjects it to a careful examination and comparison, presents his

report to the world and is thanked for it.

The Astronomer by observation visits the vaults of heaven, counts and names the various planets, carefully studies their sublime and harmonious movements, makes his calculations, reports thereon and the world thanks him for such.

The naturalist finds a bone of peculiar form and structure, he takes it to his study, observes, compares, and traces a certain correspondence in it to some specie of animal, which possibly has been extinct many thousands of years, he reports on his observations and the world **thanks him for his efforts.**

The scientific Phrenologist sees a brain of peculiar form and appearance, and by observation takes it to his dissecting room, examines and compares it, then reports on it, and of course *we* have the good manners to thank him for his efforts also.

Cursed Before Birth.

Mr. Joshua Luff was debating with Elder Brown of Salt Lake, on polygamy. Mr. Luff said that it was wrong and productive of sensual progeny, that proclivities are transmitted, and cited the case of a neighboring woman who saw her boy hung for murder.

On the boy ascending the scaffold, the mother declared as follows:

"Instead of my poor boy it should be his father they are hanging. His father took another wife just before the birth of my boy, and at the time I felt like murdering my husband and his unlawful wife.

Murder in my heart for my faithless husband, and the woman he carnally cohabited with at the very time I was carrying that boy, is the reason he is now about to be hung by the neck. Oh! my poor boy! Oh, God! open the eyes of my people! Oh! my poor boy!"

Phrenology is the only true science of mind.

What Osteopathy Is.

It is a science employed for the treatment of diseased conditions of the human system without the use of drugs.

It might be (and often is) inferred from the name "Osteopathy" that the treatment is confined exclusively to the bone.

Dr. A. T. Still, the founder of the science was inclined to the opinion that all diseased conditions were the result of dislocations, subluxations, or some lesion of the bone, and hence the name "Osteopathy." This opinion is still held by a few osteopaths, but the more scientific practitioners have learned from experience that pathological conditions as a rule, are due to other than bony lesions. Various toxic substances in the blood or other fluids of the body cause irritation of nerve centers and consequent interruption of digestion, assimilation, oxidation, nutrition and general metabolism. These abnormal conditions are the result of wrong diet, dissipation, unsanitary conditions in various ways, viz., insufficient use of water (external and internal) improper ventilation, glutony, beer and alcoholic liquor drinking, as well as various excesses in habits of life.

I do not dispute the fact that many abnormal conditions are due to bony lesions, but this is an exception and not the rule. However this fact does not in the slightest degree contra-indicate osteopathic treatment, in fact most abnormal conditions will yield readily to this treatment.

The skilled osteopathic practitioner regards the human body as a perfect machine which when kept in good condition will perform its required duties without difficulty. But like all other machines when not taken good care of will surely fail to do its work well, and if allowed to run in this condition for a time will grow worse, and finally get into such a bad state that to repair it is an ex-

remely difficult matter, and can only be done by the very best mechanic, and that when repaired the machine will never be quite as good as it was before it was allowed to get out of order.

Now the osteopath believes that the proper way to adjust this human machine is to assist nature in the most simple way possible. He believes that all abnormal conditions of the human system are due to obstruction to the free circulation of the blood and other fluids of the body or to impingement of the nerves causing irritation and a consequent contraction of muscles and all resulting evils.

It is the duty of the osteopathic physician to first diagnose the case and find out just what the cause of the trouble is, then proceed in the most simple way to remove that cause.

He believes that drugs as a rule (while apparently curing the disease temporary) actually produces a worse condition than the original, and consequently makes a bad matter worse. For it is a scientific fact that a poison is a poison whether taken in health or in disease, and the quantity does not change the quality, it will be a poison in any case and will destroy living cells. On the other hand osteopathic treatment is rational in every sense of the word, producing good effects without leaving a lot of poisonous matter in the system.

The competent osteopathic physician, by this I mean the clear-headed intelligent student, who has taken a regular tuition at a recognized osteopathic college, who has taken a thorough course in anatomy, physiology, biology, histology, chemistry, pathology, symptomology, miner surgery, obstetrics and gynecology, as well as the practice of medicine and the theory and practice of osteopathy. In addition to this all good osteopaths understand natural hygiene, physical culture and hydrotherapy. I do not include that ignoramus who claims to be an

osteopath but in reality is a "humbug" who has taken a very superficial and imperfect course at some so-called osteopathic school, but which is really an institution without recognition by reputable colleges, or the fellow who has purchased a diploma for a sum of money ranging all the way from \$100 to \$5. I know that such (?) osteopaths are practicing. Of course they are ignorant of the science, and the public naturally have to suffer, not so much as they do from the drug fakir though. My advice is when you consult an osteopathic physician be sure that you select one who has a good reputation. Then you can judge whether osteopathy is, what you desire by the results of the treatment.

W. C. BEAN, D. O.
San Francisco, Cal.

"In the coming century Phrenology will assuredly attain general acceptance. It will prove itself to be the true science of the mind. Its practical uses in education, in self-discipline, in the reformatory treatment of criminals, and in the remedial treatment of the insane, will give it one of the highest places in the hierarchy of the sciences; and its persistent neglect and obloquy during the last sixty years will be referred to as an example of the almost incredible narrowness and prejudice which prevailed among men of science at the very time they were making such splendid advances in other fields of thought and discovery." — (Quotation from "The Wonderful Century," published in 1898 Mr. Wallace is the well-known author and naturalist. He shares with Darwin the honor of conceiving the doctrine of natural selection or the survival of the fittest.

He who undertakes to write on Man should study Man on the principles laid down by Gall, or he can never understand him or the nature and quality of his Mind.

Human Nature

A MONTHLY JOURNAL

—DEVOTED TO—

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

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SAN FRANCISCO, JUNE, 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.

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Our New Combination.

Health (Dr. Burke's),
The Character Builder,
Human Culture and
HUMAN NATURE \$2.50 per year.

Ella Wheeler Wilcox and "New Thought."

Ella Wheeler Wilcox replied to our article on the front page of HUMAN NATURE of April, in the *N. Y. Journal, Chicago American* and *S. F. Examiner*. We sent an answer to *The Examiner*.

Intelligent readers and progressive people feel indebted to Ella Wheeler Wilcox for her exposition as to "What New Thought Really Is."

Less than a year ago some of its advocates claimed that "All is Mind." We hear very little of that now. Another expressed his belief that by the power of his own mind he could grow a new leg; but this is no more absurd than that of another New Thought advocate who said "I can do what any other man can do, and I concede that any man can do what I can do."

If Prof. Weltmer understood Phrenology he would not make such a foolish statement.

Phrenology insists that poets, painters, musicians, merchants, physicians, mechanics, etc., are *born* not made, and that each man acts in accordance with his own organization, and further that he can do these things best in accordance with the talents endowed him by nature.

Mrs. Wilcox says "The first thing is to learn what you are fitted for."

This statement is phrenological and positive and she points out the great mistake made by many parents who decide what career their children shall follow, and undertake to drive them in that direction as a herder drives his sheep, instead of studying the taste and temperament of each child individually and calling in the aid of phrenology, etc.

She says further "New Thought claims to make the pigmy happy in teaching him how to be the most useful and distinctive in his class."

Of course Phrenologists hold that New Thought people, if unacquainted with the principles of mind,

as revealed by the science of phrenology, will be unable to determine which "class" the "pigmy" belongs. That is just where many of its advocates are in the dark.

This is the reason we feel grateful to Mrs. Wilcox in advising her readers to call in the aid of phrenology. We do not always agree with her, but she is a noble soul and her words are often inspiring and uplifting.

The Phrenological Annual.

The Annual contains some splendid articles on phrenology by the leading phrenologists in the world.

One on *The Will*, by Jas. Webb, F.B.P.S., is a priceless article. It exposes the vague and contradictory notions of the *Will*, taught by psychologists, and upholds the principles of Phrenology as the only true basis of determining what *will* really is.

We shall return all unsold copies at the end of this month (June). You had better get a copy at once or you may be too late; 25 cents, this office.

If I were the owner of an island in mid ocean and had all books, apparatus, appliances, tools to cultivate the soil, manufacture, cook, and carry on life's affairs in comfort and refinement, and some dark night pirates should come and burn my books, musical instruments, works of art, furniture, tools and machinery, and leave me the land and the empty barns and house, I should be, in respect to the successful carrying on of my affairs, in very much the same plight that I should be as a preacher if Phrenology and all it has taught me of man, his character, his wants and his improvement, were blotted from my mind. — REV. HENRY WARD BEECHER.

All moral and religious objections against the doctrines of Phrenology are utterly futile. — ARCHBISHOP WHATELY.

The Unmanifested and the Manifested Self.

BY S. F. MEACHAM, M. D.

There is a process of give and take constantly going on between these two selves, or segments rather.

The manifested self has two sides, the physical and the mental side. All who have studied either of these know that neither of them has any permanency, but is being torn down and changed constantly. The body for instance wastes with every movement, or thought. Material for repair is taken in with every breath, every drink of water and with every meal. The matter of which my body is composed seems to be in constant flow like a river, the form only being anything like permanent. The mind is little better so far as the manifested self or mind is concerned. This is but self-consciousness and we all know, who have watched it come and go, flit here and there, take up now this topic and that seen strange and obtruding thoughts and themes come up from we know not where, nor how; we who have watched this process know how changeable self-consciousness is. Like our bodies, it too is in constant flow bound here by memories and feelings of kinship. Every thought added constitutes a changed character, and every one dropping out of consciousness is also a change.

One can readily see from this that if the unit self was all there was, if the available mind and character had nothing more permanent and stable back of them, or it, it would be impossible to even conceive of a unit self or consciousness at all. But there is the real self, the mass self which has been proven to be the parent of the material mind and character both. Self-consciousness is constantly being born out of the heart of the unmanifested or mass self, the real self. This only means to a Phrenologist that the soul or self is using one or a few faculties at a

time, and the ones used constitute the active and available self of that time. All the other faculties are there awaiting an opportunity to chip in and each such occurrence is really a contribution from what was before unmanifested. The self may conclude to change the faculties used entirely and so lays down the acting ones and uses another faculty as a dominant, and other aids to it, and here we will have a new personality, a new mood or a changed mood or attitude. This contribution again is from the before unmanifested. The self may even use faculties as dominant that it has not in the memory of the present character and mind ever used so before and here we will have a new person altogether.

But the other side is just as true. Every time a faculty is lain away and not used for the time, it is on the other hand a contribution to the unmanifested. Every time a faculty is used in a certain way that we forget and attempt in vain to recall, we have made a more or less permanent contribution to the mass self. The potentiality of that act or thought is still there, it is not forgotten, the real power to perform it is simply gone for the time. Recollection only is at fault.

So we see that there is a double stream constantly going on in us, one from the active self to the potential self, the other in the other direction. This give and take process between the manifested and unmanifested has been a mysterious thing simply because the constitution of the self has not been looked at rationally as composed of elements, any of which can be used at any time, but the stronger will be likely to be used, save when we for purposes of culture use the weaker to increase their powers or omit the strong that they may cool off as it were and not be so active.

What I have been calling the unmanifested or mass self is really but the so-called sub-consciousness of many writers. But, from the above,

we can see that the sub-conscious is likely to give of itself to the conscious at any time and is no more a permanency than the other segment. It is simply more massive, more extended, and in possession of powers it has not the brain or body powers to utilize at this time. But the above theory of heredity shows us that it is there, and if culture is commenced early, it is impossible in any one case to say just how far advancement may take place.

It may not always be wise to undertake this culture if the faculty is too weak and inactive. More good may be accomplished by doing what can be done with less effort and less time. But how to choose in such cases is not a part of our aim now, but to show that the manifested and unmanifested are after all but used and unused faculties, used only in a secondary way in our thinking at any one time, constitute the fringe, the overtone, the sub-conscious or half conscious element of that thought. The real inherent power of each faculty not now being used constitutes its reserve fund, its outcome, its evolutionary power, its teachability.

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INCLUDES A DIETARY SYSTEM THAT IS INVALUABLE.

We charge nothing extra for imparting a good knowledge of FOODS and their relation to the various temperaments, by which health can be restored. This Dietary System is based on the individual needs, therefore successful in the cure of disease.

A knowledge of this system alone is worth the fifty dollars charged for the fifty lessons we give in the professional course.

The professional course is private.

“Virtue is its own reward.”

England Has a "Darling" Fool Sitting on the King's Bench.

The man who thinks phrenologists read character by the "bumps" on a person's head, is a fool. We do not care whether he sits on the King's Bench or blacks boots, or whether he is an M. D., or a mule driver, president of a college, or layer of bricks; if he proclaims that phrenologists ever did read character by "bumps" on a man's head he is not a sceptic; he is simply ignorant on the subject of phrenology.

In a libel suit in which the Fowler Institute of London were the defendants, Justice Darling, who tried the case, made some very silly remarks, among which was the following:

"I am not surprised that phrenologists have abandoned the feeling of bumps."

Why did not the Secretary for the defendant, who is a time-honored phrenologist, tell his Lordship that he was making himself into a laughing stock? That "Bumpology" was a delusion held only by those who are ignorant of the principles of phrenology, and that not in the whole range of phrenological literature was "bumps" regarded as sign posts of character. A man may have a head round as a billiard ball, entirely free from lumps or bumps, yet possess character and talents peculiar to himself that a phrenologist can read like an open book.

The *Manchester Guardian*, commenting on Justice Darling's silly remarks, speaks of them as "sarcastic." It should have said ignorant. This is the view of the *Guardian*:

"Generally speaking, our own views on the subject are to be found in the encyclopaedias. But on the moral side of the science the encyclopaedias are silent. It has always seemed to us that whereas other sciences tend to make men humble and depressed, phrenology is worthy of respect as the one science that has had exactly the opposite effect. When Gall was founding the modern science he began his studies in gaols and lunatic asylums, with the result that he mapped out organs of murder, theft,

and so on, and the further result that the science nearly expired of unpopularity. Since then the modern phrenological chart has shown no quality that is not perfectly respectable, and the science has gained not only in popularity but in usefulness. A phrenological examination is the only real cure for the fixed habit, so distressing to many men, of diffidence and self-depreciation, and it must have inspired hundreds of thousands more with a greater belief in themselves than ever. Another thing to be said for the science is that it is wiser than Aristotle, who thought the function of the brain was to temper the excessive heat of the heart, as the firmament condensed the vapours rising from the earth. The ancient world placed the seat of the affections in the stomach; the metaphors of speech of the modern world promote them a stage higher, to the heart; phrenology carried them a stage higher, to the head. Those cranium charts with the boundary lines so like the maps of the United States of America are, if nothing else, a popular diagram of the ascent of man."

The time is at hand when justices of the bench, law makers, doctors of science, etc., etc., will be as well informed on the subject and principles of phrenology as are the non-college bred and reading public.

Keep A-Goin'!

If you strike a thorn or rose,
Keep a-goin'!
If it hails or if it snows,
Keep a-goin'!
'Taint no use to sit and whine,
When the fish 'aint on your line;
Bait your hook and keep on tryin'—
Keep a-goin'!

When the weather kills your crop,
Keep a-goin'!
When you tumble from the top,
Keep a-goin'!
S'pose you're out of every dime?
Gettin' broke ain't any crime;
Tell the world you're feelin' prime!
Keep a-goin'!

When it looks like all is up,
Keep a-goin'!
Drain the sweetness from the cup,
Keep a-goin'!
See the wild birds on the wing!
Hear the bells that sweetly ring!
When you feel like singin'—sing!
Keep a-goin'!
—Atlanta Constitution.

Home Cyclopaedia, the Torch of Liberty and the book Enlightening the World only \$2.00, mailed to any address. See last page of this issue.

One Man's Meat, etc.

"One man's meat is another man's poison," but many food faddists and drug doctors do not know WHY.

Drug doctors administer by the book, a certain dose for an adult and half a dose for a child, without any reference to the *nature* of the adult or the child. That is the reason they fail to cure and often kill.

A doctor who does not understand the nature of men and animals as revealed by phrenology, could not doctor a dog of ours—

Many people are sick, they are also sick of drug doctors and faddists who do not understand human nature.

Phrenologists hold the key; they understand men temperamentally, etc., better than doctors and hygienists who are unacquainted with the wonderful man revealing science of phrenology.

That is the reason we have been so successful in treating the sick. We understand the individual needs of the patients.

We have done more business and more good in the world these last few years by the application of this knowledge than ever before.

We are in better trim and ten years younger than ten years ago; that is one grand proof. The other proofs are in our office from grateful patients. You can cure the sick too. We impart all this knowledge free in our professional course *How to Read Character*.

I declare myself a hundred times more indebted to Phrenology than to all metaphysical works I ever read. * * I look upon Phrenology as the guide to philosophy and the handmaid of Christianity. Whoever disseminates true Phrenology is a public benefactor.—HORACE MANN.

Few men have done more to humanize the intellect of man than the practical Phrenologist.—*Phrenological Annual* 1893.

The Literary Grotto.

REVIEWS, BY C. P. HOLT.

Good Health for April is, as usual, filled with good things. The best is "Does the Eyeball Flatten with Age?"

The Vegetarian, Chicago, is always good, and the April number is especially so. "The First Step" by Leo Tolstoy, is inspiring.

Dr. Burke's *Health*, Altruria, Cal., for May is worth the price of a year's subscription to read "How We Live" by the editor.

The Hesperian, St. Louis, for April-June, keeps up to its usual literary excellence. "Here And There in England" is very readable.

Health Culture, New York, for May, contains sixteen good articles upon health topics, and it is difficult to select the best one; however, I wish everybody would read "The Use of Distilled Water."

A Stuffed Club, Dr. J. H. Tilden editor, Denver, Colorado. This is a little, mighty, monthly. I have just read the May number and wish the June number would get here quick. Tilden's "Club" is a shillalah.

The May number of the *Phrenological Journal* keeps up to its excellent standard of scientific literature pertaining to Phrenology. It was established in 1837, and has never wavered from the doctrines taught by Gall, since that time. Long may it live.

What Shall We Eat, By Alfred Andrews, Health Culture Co. N. Y. From this book one may learn just what to eat to keep in health and strength, and on the least money. There are tables giving the exact amount of Protein, Carbo-hydrates and every other element the body requires in rest and in exercise. It is worth 75 cents at HUMAN NATURE office.

Freedom, Sea Breeze, Florida,

comes every week, and although I do not take stock in all that Helen Wilmans (the editor) preaches, yet I like to read her editings, and I hereby enter my solemn protest against the persecution she is undergoing at the hands of the medical trust. Helen's invisible pills, sent in the "silence" across the miles, are harmless, which cannot be said of the drastic pills sent by drug doctors, who are jealous of Helen.

Vaught's Practical Character Reader

is a new book on the art of reading character. It is perhaps the most unique work on phrenology ever written. It is written so forcibly and the illustrations are so telling that the most illiterate can read, observe and understand character at sight.

The book is well bound and cheap at the published price \$1.00.

We bought the Pacific Supply Co's stock at such a rate that we can give several other books worth 50 cents to every purchaser of Vaught's book for \$1.00 while they last, or \$1.15 by mail.

A ? of Diet.

He ate pork chops and sausages,
And candied sweet potatoes.
His soups were full of onions and
Of garlic and tomatoes.

He ate salt mackerel and cheese,
And pastries and bananas;
And after having finished these,
He smoked a few Havanas.

And yet he oft, in mournful tones,
Was heard to ask this question:
"Why is it that I just can't find
A cure for indigestion?"

—Judge's Library.

While unacquainted with it, I scoffed at the new philosophy of the mind, by Dr. Gall, known as Phrenology, but have become a zealous student of what I now conceive to be the truth, and have lived to see the true philosophy of the mind establishing itself wherever talent is found capable of estimating its immense value. — SIR G. S. MACKENZIE, Pres't Royal Soc., Edinburgh.

**The Temple of the Rosy Cross
OR
The Soul, Its Powers, Migrations
and Transmigrations.**

BY F. B. DOWD.

Eulean Publishing Company, Salem, Massachusetts.

This work claims to contain the fundamental principles of all religions—the Philosophy of Manhood and the road leading to a true Life and Immortality here.

The author says "Darwin and Huxley have narrowed the mind down to a contemplation of the mud ("protoplasm"), but I call you to a contemplation of man and his possibilities."

He is satisfied that "Man is the architect of himself and of all conditions from protoplasm up." This is phrenological and scientific, but are not these "immortalites" flying in the face of nature in claiming immortality for the body.

But this is a very interesting work and the author reveals some principles of nature, and the occult powers of the soul.

The book is for sale at HUMAN NATURE Office. Price \$1.50.

We have on sale a new book on the "Cultivation of Personal Magnetism," by Leroy Berrier, Davenport Iowa.

The author labors to show that Vital Force and Personal Magnetism can be acquired by cultivation, and that it is not "entirely due to inheritance." (The italics are ours.)

No doubt very much can be accomplished by his system of exercises; that is, on general principles, and we are glad that Mr. Berrier recognizes the temperaments as a basis. He describes "Temperament" as the "State of the organism expressed in temperature, form, color and proportions," etc., and devotes three chapters to the electric, magnetic, motive, vital, mental and chemical temperaments.

This is indeed a very interesting work. 50 cents, HUMAN NATURE Office.

Do Not Attempt the Impossible.

If you possess a predominance of the mental temperament, and the brain organs of time, tune, ideality and constructiveness well developed, together with a good back head, showing a full share of the emotional faculties, you may by constant effort and years of daily practice become a Listz, a Kubelik, or a Paderewski; but if you are deficient in *all* these qualities of mind, and have a coarse organization, you will be attempting the impossible. True, such an organization may have no desire to be a musician, but there are writers and so-called scientists, who say that "nothing is impossible" to achieve to him with concentration of purpose. Such statements are made only by men who are unacquainted with the laws of mind and men's mental capacity.

If you have a low narrow forehead with a hole in the center, a small eye and puckered up mouth, you can try to become a silver-tongued orator, but you will never succeed, though you practice speaking ten hours a day until your hair grows grey.

Some time ago we heard and saw an uneducated Irish peasant electrify two thousand people with his oratory, although he had never before spoken before a large audience; at the same meeting a Tom Noodles with a college education, and the advantage of good environment spoke but his words fell flat, he possessed neither oratory nor magnetism; if he lives until he is one hundred years old and practices public speaking every day he can never match the poor Irish peasant in flights of speech; to attempt it would be aiming at the impossible. Yet a normal mind by persistent effort can accomplish wonders.

What a world of good could some of the clever writers on "New Thought" do if they understood Phrenology and applied its principles.

The Old Man and the Robin.

Say, Mrs. Robin, 'git down out of my cherry tree,

You're round here very often of late, it seems to me,

Oh, you needn't try to hide, for I see you behind that twig.

That won't shield you, for it's a little too little, and you're just a little too big.

What? You say you can't eat any of them because they're so sour?

Get out! You've been stuffing yourself up there fer very near an hour.

I've been watching you of late; you come five or six times a day,

And you eat and eat till you get so full you can't hardly fly away.

You take one bite out of a cherry and leave it and go to the next;

It's because you don't stay and finish up one cherry that gets me so vexed.

And now you say they're sour. You know that that ain't true.

I wouldn't steal a man's cherries and lie about them, if I were you.

And when you eat all you can you carry some off; I saw you yesterday;

You took two big ones in your mouth. What's that you say?

What! You were takin' them to your little babies, that are hungry at home and sick?

Well, what are you doin' away from them now? Why don't you fly home to them quick?

What do you say? Speak up. Do I care if you take them home two or three?

Why, bless you, Mrs. Robin, if your babies are sick you can take them home the whole darn tree.

—Wm. T. Hodge, in *Freedom*.

Interesting Cases.

The other day a young lady came into our office for a phrenological examination. She possessed a typical organization for the stage. The social drama was her forte and we told her so at once. To be an actor was her sole aim and purpose in life.

Next day she brought her two sisters. One of these is similarly organized, but more adapted for comedy. That was exactly to her

liking. The third sister is of an entirely different type, with a masculine temperament, large perceptive, a broad head full at the sides, showing strong commercial instincts, adapting her to commercial business. She was not so ambitious for the stage. Noting the great width between the ears, with a flat back head, large conscientiousness and small self-esteem, we pronounced her as of German extract, and enquired if her father was not a German, and her mother of Irish stock; the answer came "Our father is German and mother of Irish stock, and we are all inclined to the particular vocations you have named."

A phrenological examination is not a "guessing bee." Phrenology is a wonderful science.

Comments.

All the world is getting sickened with drugs and patent medicines.

J. P. Bean goes for the cigarette fiend on a hot trail in this number.

Shakspeare understood human nature. He wrote "What fools these mortals be."

Prof. Holt preaches "A Cow Sermon" this month. His "sermon" proves that he is no "cow"—ard.

Dr. Meacham says "The manifested self has two sides." We have known men with twenty-two sides and faced all around.

The two subjects delineated this month are men with excellent abilities for the work in which they are enjoyed, but both of them are only moderate in self-esteem.

Notwithstanding the fact that tons and tons of phrenological literature have been printed, and loads of it are published annually, there are fools still who believe that phrenology is "bumpology."

Phrenology needs Dietetics and Dietetics needs Phrenology.

A PHRENOLOGICAL EXAMINATION

MADE BY



Photo by Holler, October, 1902.

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.

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

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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.

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

Please answer all Questions conscientiously and address all communications to

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- How Women May Earn Money.
- The Art and Etiquette of Courtship.

The Great Book of Wonders, Secrets and Mysteries.

For ten years I have taught Phrenology publicly, in connection with Anatomy and Physiology. It is a science founded on truth, and capable of being applied to many practical and useful purposes.—ROBERT HUNTER, M. D., Professor of Anatomy, University, Glasgow.

Phrenology.

We do not know the author of the following lines, unless it be Prof. Griffiths, of Portland, Oregon. We found it on one of his circulars sent to us.

Science of man, thy noble light,
Beam ever brighter and more bright!
Teach men to know the laws that bind!
With higher right and stronger might,
Than every statute kings have signed.

Teach how our thoughts, in endless train

Pulsating ever thro' the brain,
Impress on head and form and face,
Their records plain of joy or pain,
And sinful life or noble grace,

Then tremble, ye of evil deed,
For ye must write, and all may read,
Your shame, and you of noble mind
The lives you lead will bring just meed
Of love and honor from mankind.

Far-reaching and sublime the thought!
Methinks such perfect law is fraught
With power for good beyond our ken,
And by this knowledge will be wrought
A nobler, better race of men.

O science, 'neath thy searching ray,
All doubts and darkness fade away;
Already is the dawn at hand,
The morning of that perfect day,
When all mankind redeemed will stand.

Redeemed from ignorance and wrong,
In light secure, in virtue strong,
Our race shall be; and the bright dream
Preserved so long in art and song,
Will reign at last supreme.

PUBLICATIONS

Why you should read the

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Because it is a bright, up-to-date exponent of Human Nature.

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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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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. 3:45 P. M. 6:00 P. 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 HOLIDAYS.

Leave SAN FRANCISCO—

8:00, 10:00, 11:30 A. M. and 1 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

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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