

JUL 1 1903

Human Nature

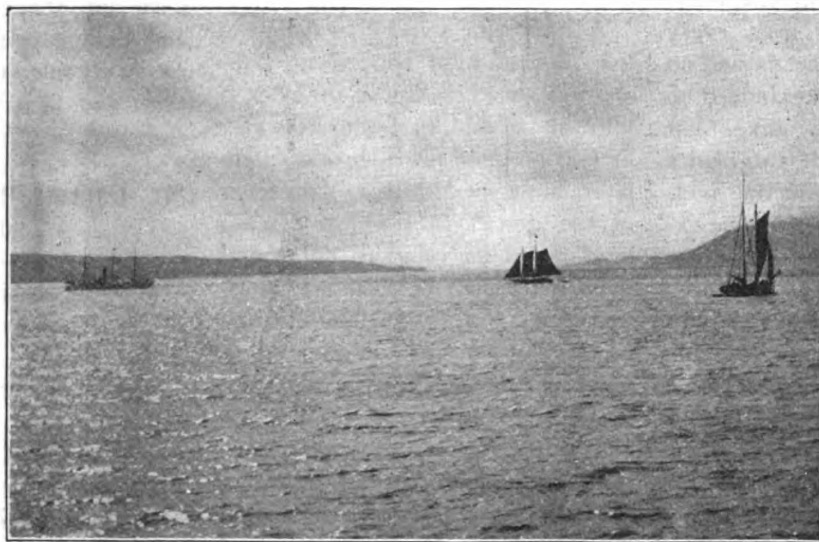
VOL. XIV, No. 155.

SAN FRANCISCO, JULY, 1903.

{ Subscription per Year, 50 Cents.
Single Numbers, 5 Cents.

THE GOLDEN GATE.

BY MADGE MORRISS



Down by the side of the Golden Gate
The city stands;
Grimly and solemn and silent, wait,
The walls of land.
Guarding its doors as a treasure fond,
That none may pass the sea beyond,
But they who trust to the king of fate,
And pass through the Golden Gate.

The ships go out through its narrow door,
White sailed and laden with precious store.
White sailed and laden with precious freight
The ships come back through the Golden Gate.

The sun comes up o'er the eastern crest,
The sun goes down in the golden west,
And the east is west, and the west is east,
And the sun from his toil of day released,
Shines back through the Golden Gate.

Down by the side of the Golden Gate,
The door of life,
Are resting our cities sea embowered,
Whited walled and templed and marbled towered,
The end of strife.

The ships have sailed from the silent walls,
And over their sailing the darkness falls.
Oh! The sea is so dark, and so deep and wide,
Will the ships come back from the other side?
"Nay! but there is no further side."

A voice is whispering across the tide—
"Time itself is a circle vast,

Building the future out of the past,
For the new is old, and the old is new,
And the true is false, and the false is true,
And the west is east, and the east is west,
And the sun that rose on the eastern crest
Gone down in the west of his circling track
For ever and ever is shining back
Through the Golden Gate of life."

O, soul, thy city is standing down
By its Golden Gate.
Over it hangs the menacing frown
Of the king of fate.
The sea of knowledge, so near its door,
Is rolling away to the further shore,
The Orient side.

And the ocean is deep, and dark, and wide,
But thy harbour O soul is filled with sails
Freighted with messages—wonder tales
From the land that swung in the sapphire sky,
Where the gardens of God in ether lie
If only the blinded eyes could see,
If only the death mute heart could hear,
The ocean of knowledge is open to thee,
And its Golden Gate is near.

For the dead are the living, the living the dead,
And out of the darkness the light is shed;
And the east is west, and the west is east,
And the sun from his toll of day released,
Shines back through the Golden Gate.

All Men are Created Equal but Not Alike.

All men are created equal, but no two human beings are alike in organization at birth nor ever afterward.

There is a great difference in the meaning of the words *equal* and *alike*; the former refers to the God-given rights of every human being to "life, liberty and the pursuit of happiness", while the latter refers to the sameness of organic structure.

Every child differs in character, disposition and talents from every other child. No two heads and no two faces are exactly alike; indeed no two things are exactly alike, not even two grains of sand, two blades of grass nor two peas in one pod, but they differ in form to some extent as one star differs from another star in glory.

Mother Nature grades men and she grades her metals. Gold is fine in structure, dross is coarse. Some men very fine in organic quality, others are medium or coarse; their character and tastes correspond.

This law of organic quality obtains in the vegetable kingdom as in the animal and mineral. Lignae Vita is dense and compact, pitch pine and bass wood are coarse and there are many grades between.

Human Nature is graded. Phrenologists classify them with as much accuracy as florist "distinguishes roses from lillies, or hollyhocks from sunflowers." A mechanic is easily distinguished from a merchant; a doctor from a lawyer, and a born musician from an undertaker; a preacher looks like a preacher and the reason men look like what they are is partly because of their training and environment, but mostly because each possesses certain faculties peculiar to his calling, provided he is following a vocation in harmony with his organization. True, some preachers ought to be carpenters and there are carpenters who would shine better in a pulpit. However "the

right man in the right place" is he who possesses mental faculties and physical structure fit for his place.

Nature puts out her signs that all may read, yet some men have eyes but see not and ears but hear not.

Organic quality is the foundation of the structure but not the building. The form, shape and size of the head (brain) is the main thing. However fine the quality he is not a poet, philosopher or inventor with a narrow contracted forehead like the barbarian, nor an intellectual man with a small head (brain) like the idiot.

A man with a head "villanously low" is not a kind benevolent man, and if his head is thin at the sides, a little above and in front of the ears he is not a good provider or accumulator, but a spendthrift. A preacher of the gospel with a low flat top head is neither religious nor moral but a hypocrite. The sincere minister of the gospel is a spiritual and moral reformer with a high development of the religious and moral faculties. Women are more moral and religious for this reason, they possess a higher top head, (the seat of the moral and religious faculties), together with a larger back head (the seat of the emotional sentiments) than men possess. A loving mother has a large back head that projects over the spinal axis like the end of an egg; but if her head be flat and level with the neck, she thinks children are "brats" she hates them and wants none.

In judging character many things count, besides quality and size and shape of the head. Temperament—whether vital, motive, mental, nervous, sanguine or sympathetic temperament means something. Digestion, circulation, breathing power, color, complexion, expression, tone of voice, each and all are indices of character of which the modern phrenologist takes note, he takes in the whole man, not just the head alone as some suppose.

The medical method of studying the dead in search of the living soul,

is not worthy of men of science. The scalpel and the microscope can reveal nothing of mind when the spirit has fled.

The ante-deluvian method of searching the convolutions of the brain always did and always will result (Mr. Serviss recently put it in the *Examiner*) as "fragmentary and more or less unsatisfying." Then pray why not study the living? "The proper study of mankind is man," the living man, not a cadaver.

As to what a man really is, the form and shape of his head (brain) and body, together with temperament, organic quality, bodily conditions and facial expression tells the story.

Mr. Garrett P. Serviss on Phrenology.

Mr. Serviss in an article in the *S. F. Examiner* on "Something About Brains" made some serious mistakes about Phrenology, upon which we sent the following letter which appeared in *The Examiner* June 10th:

To the Editor of *The Examiner*,

Sir:—Please correct the wrong impression or inference to be drawn from Mr. Serviss' article on "Brains" in today's *Examiner*, that phrenology recognizes either weight of brain or size of head as an index to character.

Every textbook and chart issued by phrenologists these last sixty years contain the following as a bedrock principle:

"Quality rather than quantity determines mentality."

"Size is only a measure of power when other things are equal."

The "other things" are organic quality, health, well nourished body and brain, etc.

It is not fair to judge phrenology by the crude ideas of the ancients, no more than it is fair to be bound by the dogmas and misconceptions of ancient astronomers, chemists and theologians.

ALLEN HADDOCK.

San Francisco, June 6, 1903.

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.

Eating for Health.

BY AMOS WOODBURY RIDEOUT, IN
YE QUAIN'T MAGAZINE.

VEGETARIANISM.

"We reflect, we contrive, and we reckon
How best we can gather up wealth;
We go where bright finger-posts beckon,
Till we wander from Nature and Health."

About the first thing that the searcher for truth along diet reform lines runs against is the so-called vegetarian idea. The contention being that it is wrong to kill animals and eat their flesh. The vegetarian objects to the taking of what he calls sentient life; but he has never yet discovered where to draw the line.

People who meet with this idea and are attracted by it usually drop the eating of meat and endeavor to subsist upon what is left of the ordinary bill of fare with the result that they have a very one sided dietary, with too large a preponderance of starchy foods. The result is often injurious, although not usually made manifest for a long time and then not attributed to the real cause. I have always thought it would be more proper to call the vegetarian a cerealist as he is usually much given to oat meal, "whole wheat" bread, etc. Of all the abominations that were ever allowed to slip down red lane I think the average breakfast foods are the worst. They are not attractive to the sense of sight, or smell, or taste, as all food should be, (the first as well as the last factor should never be omitted) and are only made palatable by the addition of cream and sugar, thereby still further adding to the chances of inducing indigestion and biliousness. Oatmeal or "cracked wheat" as usually prepared is not fit food for any one except the person who is doing hard, manual out door labor. And yet how many thousand persons employed in sedentary or confining occupations habitually begin their breakfasts with this mushy mess.

Far, far better to begin the matutinal meal with a delicious dish of fresh fruit.

The latest addition to the cereal breakfast foods is a sort of flake food which at the present time is much in force (!!!) It is supposed to be ready cooked and predigested, and I guess it is, anything that has been digested has had all nourishment extracted from it and this food having been prepared between rollers at an intense heat has had, I solemnly believe, all the phosphates, phosphorous, vital salts, in fact whatever it contained that gave life and strength, long since taken from it and nothing but chaff remains. The claim that it is concentrated food may be honestly made but the men who make it are badly fooled. Concentrated food is a humbug anyway. Nature is the only chemist that can prepare a concentrated food and she does it admirably. If you want authority for this statement (I don't care a hang for authority, I am my own authority, but some people always want it from some "medical" source) here's a brief quotation I lately ran across from *The Dietetic and Hygienic Gazette*:

"There is a prevalent idea in the [medical] profession that foods can be concentrated. This thought finds its reflection in the advertising pages of medical journals in the highly colored claims of manufacturers of prepared food. The three main constituents, proteid, carbohydrate, and fat, are represented by such typical examples as meat, sugar, and fat. Meats may have their water driven off and be reduced to powder form; in this way their bulk is diminished to about one-fifth their former quantity; but in order to be taken and absorbed they must have the water restored to them. Sugar is practically water-free, and represents the most concentrated form of carbohydrate available. Fats in the form of butter contain nearly ninety per cent. of carbohydrate. A greater concentration of fat than is contained in these natural products is not possible, and for the most part the manufactured food products contain far less units of energy than do the natural products."

If the cereals are such excellent food why all this striving to make them more easily digestible? The vegetarian reasoning is that the grain of wheat having been analyzed and found to contain all the elements necessary to sustain life, that it must be an excellent food. They do not

take its digestibility in consideration. It has been found upon experiment that the bran of wheat is not in the slightest degree influenced by any of the digestive juices, and when voided from the body is substantially in the same condition as when taken into it. Whole wheat bread contains more waste matter than white bread, is not so thoroughly digested and often leads to an increase in waste, through indigestion in other foods. Theories are fine things but they do not always work out as they are expected to.

Jim Chump on breakfast foods went mad,
And lost what little sense he had.
The only one he had not tried
Was one whose "ad" he had not spied.
The neighbors they make sport of him,
The boys all call him "Silly Jim."

Death of Prof. Vaught.

We deeply regret to inform our readers of the death of Prof. Vaught of Chicago. As the editor of *Human Culture*, *Vaugh's Practical Character Reader*, and numerous pamphlets and books, he was well known throughout the English speaking races. Phrenology has lost a most earnest man and useful worker. His pen and brush were unique. There was only one Prof. Vaught. There will never be another. Farewell, dear brother, farewell! We little know when our own time will come. Let us be ready for the transition.

Dr. Huckins.

Our friend Dr. Huckins who came to practice in this city a few months ago, has been recalled to Samuel Soda Springs, Montecello, Napa County, California. His former great success in treating patients at the Springs resulted in his recall. The Doctor is a broad minded man, stepping out of the narrow path of the "Regular" to the application of hygiene, electricity, psychology, etc. His great specialties are the liquor, tobacco, cocaine and opium habits, which he treats successfully at the Springs.

Limiting Power of Body and Brain.

1

BODY AND BRAIN LIMIT ACTION.

While all that I have said in the previous articles is correct, It is limited in all cases by the above proposition. It voices the real, *practical* power of each, and that is the thing of *real value after all*.

The tendency today is to try *to live in the ideal realm*. This cannot be done for long and every serious attempt to do so leads to a neglect of practical, every day matters and ends finally in disaster. The real value of all such general considerations is in the hope they give and the increased effort put forth as a result.

A too materialistic view-point and consequently too narrow and too limited outlook leads in many cases to hopelessness and despair.

Hence, I would recommend that all re-read the preceding articles as giving the immense reach and power of the mass man, but after that turn to today and now, to the unit man with his present limitations.

That this proposition heading this article is true no one save the most extreme idealist will deny.

A hundred and twenty pound man cannot reasonably hope to compete successfully in the roped arena with a Jeffries, however good a man he may be for his size. His body limit his strength to a narrower field. He must keep to his class. A man who has inherited a limited amount of vitality, one in whom the vital temperament is quite small, cannot reasonably hope to contend in dissipation with one whose vitality is extremely large, he cannot compete with him in matters that require exposure and vital drain.

Any attempt to do so can end only in disaster. He too must keep to his class. By doing so and regulating his life he may outlive the other man.

His weakness may, by taking note, be made his strength, because it will lead to temperance and self-control. This however, does not change the above statements.

So the man with a small brain however good the quality, cannot compete intellectually with a large brain equally as well formed and as good quality. He can do his best. He can improve, but any attempt to measure wits with his more brainy friend will end in defeat.

I am not saying that a small brain of good quality, good heredity and good training may not far excel a large one that lacks these things. But other things equal it is not, cannot be the match for the other brain. Remember again that we cannot deal with brain alone but brain relative to size of body and temperament of body.

If these things are true, and they are, we can easily see the idiocy of much of the present writing about the Divine Man, the I Am Man, the Spiritual Man, the Intuition Man who can defy law and reason, and a lot of other trash that is not only useless but harmful *as they are given to the world*.

Let me be understood. I am not denying a soul of truth in these things. Far from it. I know as well as I can know anything that there is a foundation in fact in much of it. I also believe that it could be given so as to be an inspiration, a stimulant, a hope breeder and should be so given. But when I attempt to argue that because there is a Divine element in me, hence *I can do now* what any other man can do, even along *my line* supposing I have one, then I am butting against the impossible.

It would not be true or safe teaching to claim that a hundred and twenty pound man could do as much physical work as any other hundred and twenty pound man even, for he might not be able to do so. Not quantity alone but quality, heredity, past living and opportunities, which

may be impossible of duplicating at the present age, etc., etc., must be considered. Each man can do what his body, *such as it is*, can stand and no more. Each man is himself and must do as *he can* and should do his best, but it is all idle stuff to argue or teach that he can, if he tries, do all that any other hundred and twenty pound man can. All this is just as true of brain work. Each man can do only what his brain and body will permit, he can do no more, he should do his best. We should not be guided in our work by the necessity of doing as much as some other individual. The healthy activity of each faculty gives its own reward to a normal right minded man. Teach each to do his best and that happiness is from within not without. A faculty rightly used according to its strength will give gratification. It is only necessary to use the right faculties and each can be happy in his own way, but it does not necessarily follow that he can do all that any other can do even in his own line.

Each body and brain is a machine, having its own construction and capacity and must be used accordingly. Similarities do not count here but identity or equality is necessary for equality of work.

2

The brain can be increased in size and improved in quality by right thinking and right living. Each individual is pointed to some such statement as the above and told to go to work and make himself over, that he can do it and then told that he can do all that any one can. The first statements are true, the latter not.

The proposition is true literally as stated. No scientist will deny it. It should be held before each discouraged, each one limited in capacity, as a stimulant. Exercise increases power all along the line. Right living and right thinking improve quality all through the body

and brain. But while this is true the following is equally true.

3.

The degree of change that can result in quantity or quality in each individual is relatively quite limited. If we are immortal, and I think we are, there is practically no limit to growth. But those above us can grow just as fast as we. We have no reason for thinking that we can catch up. It is not necessary at any rate. Happiness is what we want. Character gives this—the right use of the right faculties, nothing else. A faculty that is doing its best is happy or easy, if you please.

But after all we are but little interested in eternity. We care for to-day. All that we can do must be done to-day. Yesterday is irrecoverably gone and do what we will we can never catch to-morrow. To-morrow never comes. It is always to-day.

The questions of importance all must deal with is to-day, now, here. What can I do to improve my health and strength to-day? What will my present condition warrant me in attempting? Am I doing my best? How can I strengthen my weakness of thought and feeling and curb those selfish, animal propensities, or those excessive tendencies of any kind that exist in me? Am I doing all I can in these direction? What is my relation to my environment and to men? How can these be rendered more perfect and harmonious? Tend to these. Do all you can in these lines to-day. Stop fretting about to-morrow or some one better or worse than yourself. Find out your own faculties and capacities and do the best you can for yourself as a member of the whole human family and you can do no better. Do this and be as happy as you can and take the chances of to-morrow.

S. F. MEACHAM, M. D.

121 Geary St., S. F.

It is easier for a man with a broad head—full at the sides—to succeed as a merchant than one with a long, narrow head, showing the mercantile faculties to be weak.

"Down By The Golden Gate."

Beautiful California Sea Moss, in all the Tints of the Rainbow.

Pressed, Mounted and Made Into Neat Albums, by the Misses Haddock.



Counsellor W. W. Yates, Dewsbury, Yorkshire, writes:

"I beg to thank you for the pressed sea moss so interesting and beautiful. My friends are very much taken with the delicacy and beauty of the specimens with their tender leaves and branches so beautifully colored and tinted by nature."

California sea moss dried, pressed and mounted, presents an exquisite specimen of nature's handiwork, most delicate and beautiful and in all the tints of the rainbow. 1 sample 10 cents; albums 50 cents and \$1. HUMAN NATURE Office.

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.

FERN, MICH., May 25, 1903.
Prof. Allen Haddock,

Dear Sir:—I feel better and my mind is clearer than it has been since I can remember. It is worth the money to know what your letter conveyed to me in regard to diet.

Yours truly,

M. J. H.

This lady sent her photo and an elaborate description of her condition. Only one letter of advice was sent. She never asked for another because she got well and keeps well.

Paul Tyner Makes a New ? Discovery.

Paul Tyner, a Psychometrist of New York, in the leading article in *Elitka* for May, claims to have just discovered "The divine faculty of Intuition." He says, "In exploring the brain I found it in the internal and lateral regions of the frontal lobe." Wonderful! Wonderful!

In 1864—thirty-nine years ago, we bought a China bust from our old teacher, the late L. N. Fowler, of London. The faculty of Intuition or Human Nature is marked on that bust. Prof. Fowler was the first man in the world to locate it just in the same spot fifty years ago, or before Paul Tyner was wrapped in his swaddling clothes. "Intuition" has appeared in all phrenological charts for the last sixty years.

How do you like this "discovery" Mr. Tyner?

To Give Away for Postage.

WHEREAS, having an accumulated stock of small books, pamphlets on Diet, Human Nature Libraries and other Works on Phrenology, etc., we have come to the following conclusion

Resolved: That any reader sending us 15 cts. to pay postage, we will mail him, or her, 50 cts. of above books

Provided, he makes a purchase of some other book or books from \$1 up at the same time.

Thorough Mastication.

BY H. B. FARNSWORTH, M. D., IN
HEALTH CULTURE.

The manner in which many people partake of a short lunch at a railway station, only partially chewing the food after having bitten a portion of it, and then hurriedly swallowing it, is conducive indigestion. This same manner of eating is habitual with those who imagine that their business is so pressing that they have no time to spare at the lunch or dinner. The "busy habit" becomes so fixed that it is difficult to partake of a wholesome meal cooked well even at the home table, where one has all that one could ask for—rest, peace of mind, relaxation of body, thorough comfort, and association with congenial friends and relatives—that is absolutely necessary for the enjoyment of our food.

Nature has provided us with efficient incisors and grinders between which to macerate and pulverize our food. There is also provided six salivary glands that during the process of mastication pour out a quantity of saliva which will digest the starch that has been partially converted into sugar by cooking. The action of an enzyme-ptyalin in the saliva will convert cooked starch into malt sugar. Again, this saliva is for the purpose of providing moisture to the food. If the food be soft and mushy in nature there is an inclination to pass it through the mouth hastily. If liquids are partaken of with the meal, we inhibit the thorough mixing of the saliva with the mouthful of food and hence by washing it down hasten it on to the stomach, with the work imperfectly accomplished. The bread foods best be of a dry, crisp nature—never hard. There is no especial virtue in hard breads. If the bread-stuffs be dry and crisp we will of necessity chew them longer in order to thoroughly saturate them with saliva, and to give the sufficient liquid to

the bolus of food, that it may be swallowed with comfort. Then, partaking of the softer foods of the meal, in conjunction with the dry breads, we will chew them more and thus the saliva will also be mixed with them.

When food is thus masticated thoroughly with slow deliberate chewing, the saliva carried by the food into the stomach will continue its chemical activity for 20 to 30 minutes or until the gastric fluid is poured out in sufficient quantity to render the stomach contents distinctly acid, when the action of this fluid is then begun upon the other food elements.

Those who do not possess a free flow of saliva, whose mouths get dry easily, and who find their food "too dry," are frequently addicted to the habit of gum chewing, thinking that the increased salivary flow is beneficial. True, there is more fluid thrown out through this practice, but as the quantity is increased by habitual chewing, the quality is decreased. The continued activity of the salivary glands reduces both the vitality of the saliva and the quality and activity of its ferment, the ptyalin. This gum chewing becomes a most pernicious habit, for one fancies that with the increased amount of saliva he is better prepared to digest the starch.

But to regularly partake of those dry, crisp, toothsome foods which require prolonged mastication and retention in the mouth will so educate the salivary flow to meet the demands, and actually increase its efficiency. This fact is abundantly substantiated by repeated observations in the laboratory.

Starch foods are the class that are especially acted upon by mouth digestion. The cooking produces the first step in the change of the crude starch of the grains, breads and various breakfast foods into a soluble starch (amyloidextrin). The starch by cooking may even be carried to a dextrin and maltose. This is the

case with grains and breads which have been toasted. The dry heat at 300 to 340 deg. F. converts the starch from amyloidextrin into erythroextrin and maltose; and with still longer cooking at this high temperature into achroodextrin. This is unusual with the food ordinarily prepared.

The saliva when thoroughly mixed with the food during mastication may carry on still further this chemical process of changing the erythroextrin to achroodextrin and maltose; and this action continues until the starch is wholly changed into maltose or malt sugar.

This maltose, or malt sugar, is now ready for absorption. As it passes through the intestinal wall it is converted into grape sugar, in which form it is absorbed into the blood.

Prolonged mastication also has a beneficent influence upon the teeth and gums. During the chewing the capillary circulation of the gums is accelerated, the food particles are less liable to be retained between the teeth, furnishing soil for an especial germ to multiply, which has a deleterious influence in causing destruction of the enamel, and the quantity of saliva poured out will wash the mouth thoroughly and sweep all particles into the stomach to there be subjected to the second great process of digestion.

During the process of mixing the saliva with the food there are parts of the food rendered soluble, so that the foods may stimulate the taste nerves in the mouth. This produces the zest of eating and aids to satisfy the appetite. Also there are unconscious sensations thus produced that prepare the stomach for the food which it will soon receive, and thus facilitating the digestion that will there take place.

These are some of the reasons for thorough mastication of all food. To preserve the body in health by conscientiously rendering the food elements fully prepared to be absorbed by and nourish the tissues is not only to show immediate appreciation of a vigorous mind and body, but also to insure a high state of vital resistance which may carry us to a full ripe term of years and pass a vigorous constitution on to our posterity.

Plain Talk.

BY T. J. BROOKS,—ATTWOOD, TENN.

A million people marry in this country every year. And from fifty to seventy-five thousand obtain divorce. There are seven million marriageable people here now.

One fifth of the children born into the world die before old enough to know right from wrong.

We have an army of one hundred thousand crazy people in the United States.

Our annual cost of crime is \$600,000,000—besides the crimes that the civil law cannot reach.

We have a yearly harvest of eight thousand murders and six thousand suicides.

Over two hundred thousand prostitutes are nightly dealing out physical and moral death to the human race, for the spoil of hire—the wages of sin. How many male reprobates does this imply?

Victims of youthful indiscretion keep the press of the day filled with the advertisements of those who pander to the trade of debaucheries, to say nothing of the enormous private practice of physicians in the same line.

The marriage relation is more and more coming to be looked upon as a mere formula, a part of a conventional programme, with about as much significance attached to it as the choosing of a partner for a dance.

A very small per cent. of the world's marriages are prompted by unalloyed love. Among over half of the population of the globe of those who marry allow their matches to be made by their parents or by professional intermediaries.

In this country where freedom of choice in affairs of the heart is allowed, this choice is generally made in so haphazard a fashion and is so utterly the accident of propinquity and inexperience, as to be no choice at all; for only an intelligent,

instructed exercise of reason deserves that name.

The most of the world's woes have their inception in affairs of the heart. Its joys spring from the same prolific source. The heart whose finest feelings have been chilled by the icy hand of misfortune, whose fondest hopes have turned to ashes while in the bud, whose affections have been wrecked by calamities or vice, never fully recovers. Bankruptcy of the heart puts an end to the brightest, purest and sweetest in the inventory of life. A heart where love is buried is sacred, yet, withal, the most melancholly of all things, and thereafter, though life may be endured with more or less complacency, it cannot reach its fairest fruition.

There is no pain in the world like the loneliness, the bondage, the hunger, the unanswered longings of the heart. Who has not cried in a dark hour for love, for sympathy, for one who *knows* and *understands* and *appreciates* our inner world? And the finer the soul the keener the sensibilities to these things. The higher the quality of mental power the higher the pleasure.

No state and no people can reach the maximum of efficiency until the law of love—which is the law of life, the law of genius, the law of progress—is fulfilled in the proper selection of proper companions. And when those seeking the secret of human happiness and well-being have come to an understanding of this fundamental fact they will have to face the flagrant fact that our present regime, with its sociological forces as now well nigh universally operated, repudiates this inherent principle.

Each person is the product of the thousand-focused past. We are moulded and swayed by environment. Human institutions are things of life and as much to be regulated by reason and practical ethics as individual actions. Our wills are inherited tendencies cultivated by desire. We move in the direction

of least resistance, or, what is the same, follow the strongest attraction. We are as much under the dominion of the natural law of sequence as the physical elements.

Knowing this it is useless to blame anybody for any course they may pursue. He is simply following the law of his nature as operating under a given pressure of environment. The Prodigal, the transgressor, the erring one should be changed in his ways, but to cherish hate for him is a sign of weakness, the sage has only pity for those who "know not what they do."

All wilful acts of wrong are signs of depravity. Normal minds never misdirect. Wisdom follows the law of happy sequence. Mistakes represent the wasted energy of ignorance.

To change a system the people who keep it in operation must be changed; to change a people the forces that mould them must be changed—pre-natal and post-natal forces; to change sociological forces ideas must be changed. Statesmen of France are trying to change the point of view of her citizens on marriage and its concomitants in order to keep the state from dying of dry rot of the soul;—a punishment meted out to her for having ignored the natural law of affinity and love for a few hundred years. The Code Napoleon is not all that is the matter with France. The "code" is just in the division of property. Why has not the same custom of mating had the same effect in China? Similar customs operating among different peoples have different effects. This arbitrary brushing away of the sentiments of the heart as whimsical moonshine, has had no more effect among the lowest strata of the French than it has among the Chinese.

Marriage without love is a lifelong misfortune. No priest can sanctify it, and no civil magistrate can cheat outraged nature of its revenge. No wonder there is so much mediocrity in the world.

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
Back Numbers, per Copy.....10 Cents


Entered at the Postoffice at San Francisco as
Second-Class Matter, September 29, 1890.

SAN FRANCISCO, JULY, 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, when the paper stops and is only re-entered by request

Back Numbers.

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

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

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

Our New Combination.

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

Physical Culture.

ITS VALUE AS A CHARACTER
BUILDER.

It is as certain as anything can be, that the physical condition has a great deal to do with the disposition and character. The man or woman who is physically tired, weak and worn out, or broken down and unnerved by excess of any kind, lacks those qualities of courage, hope and cheerfulness which are so essential to the success of the individual as well as to the happiness of himself and those about him. To be sure a weak or diseased person may possess a sort of desperate courage born of utter hopelessness, or may be hounded up by a strong religious faith, but that positive, buoyant, self-reliant courage which goes after absurdities for the mere exercise of constant power in overcoming them, can only have a basis in a strong, healthy, active physical condition. Talk of moral courage and religious faith as you will, but if they manifest themselves strongly in those of weak physical condition they would be far stronger if sustained by good vigorous physical power. A poor, weak dyspeptic does not make a good, sound, practical christian. A weak or diseased body and a strong mind do not work well together. They make the individual lop-sided—cranky. Half the "cranky" geniuses in the world would lose a large part of their "flighty" notions if they would go to work and develop a strong, sound, muscular system. Of course there is such a thing as giving all to muscle—building up a No. 10 muscular system around a much neglected No. 5 brain. This is another "lop-sided" proposition as bad as the first mentioned. Then we have yet another species of the same ilk—a No. 10 digestive apparatus to which are attached a No. 6 brain and a No. 4 muscular system. This unbalanced combination is about the most disgusting of the lot. It shows

where our social and industrial system "needs fixing" and needs it badly. The physically indolent, overfed, bloated, mentally tired (born tired) person should, under right conditions, be as impossible as the thin, scrawny, overworked, poorly fed specimen ever so common in nearly every community. It is right that a man should be aspiring and ambitious—less than that he is lazy—but ambition that has for its object the acquisition of the mere means of making a toy, a slave or a fool, or all of these of one's self is not a proper sort of aspiration. It is base and unworthy of the best in man and destroys all that makes for the real happiness and welfare of the human race. Money is all right as long as it is used as a means to a good end, but when it becomes the master of its possessor, it usually then becomes a means to a bad end and is an unmixed evil. Make the attainment of physical and mental health and strength a prime object in life and all the other good things will generally come with them. Own and control yourself and your material possessions and all that is best in life will come to you. The strong, healthy, positive character is always a power for good.

J. P. BEAN,
Visalia, Cal.

How to Attract and Hold an Audience.

HANDS & NOBLE, PUBLISHERS, 25 WEST
FIFTEENTH ST., N. Y.

This is a rare and complete handbook for the public speaker. Provided one has the "gift of oratory" this will enable him to perfect it.

It is thorough, concise, methodical, replete with common sense, and the best work we have ever seen on the subject. The author, Dr. J. Berg Esenstein, head of the English Department in the Pennsylvania Military College, has at one bound placed himself on a plane with the very ablest teacher-author of his day. For sale at HUMAN NATURE Office—\$1.00, post paid.

Principles and Proofs of Phrenology.

BY W. A. WILLIAMS, F. N. P. I.

The fundamental principles the Phrenologist deduces from his observation are:

1. That the brain is the organ of the mind.
2. That the mind is composed of different faculties.
3. That the brain is a congeries of organs, each having its special function and location.
4. That size and quality combined give power.
5. That man has all the innate faculties requisite for his use.

In support of these principles he generally offers the conclusive evidence which has been adduced by Drs. Gall and Spurzheim, evidence which has been far more fully substantiated by the researches of the modern vivisectionists than exploded as many of our critics believe.

Let our critics compare the following from the writings of George Combe—the most eminent of the world's educationalists and an ardent advocate of the science of Phrenology—with what follows from the writings of the recognized leaders of science, and see whether they can in the face of such overwhelming and conclusive evidence, contest the claim of our principles. (a) "If the brain is not the organ of the mind its uses are unknown. (b) The nerves of the senses are all connected with the brain, it is the recipient of all their transmissions. (c) The nerves of motion and the nerves of sensation are all connected through the medium of the spinal marrow with the brain, it is the fountain of impulse and the reservoir of sensation, etc." Cuvier, Alex. Bain, Sir Charles Bell, Gray, Ferrier, Huxley and others *outside the Phrenological world* declare that they invariably found on examining the brains of various creatures, that the higher the degree of instinct or intelligence manifested by the

creature, the more complex was its brain, finer in texture and quality, and the convolutions more numerous, longer and deeper. Professor Huxley in his writings declares that "remarkable as it is we arrive at the result that the brain is the seat of all sensation and mental action, the primary cause of all muscular contractions, etc., there being no Physiologist of repute but accepts this view." Sir Astley Cooper relates a case of a seaman who had his skull fractured and the brain compressed by a fall, with the result that he became totally unconscious, but when the fractured portion of the skull was raised, consciousness immediately returned. Tyndall declared in his *Manchester Science Lecture* "Given the shape of the brain, the corresponding thought might be inferred, or given the thought, the state of the brain might be inferred."

THE MIND IS COMPOSED OF DIFFERENT FACULTIES.

Metaphysicians and others used to argue that the mind was a single indivisible power, and that reason, sight, hearing, etc., were produced by this single power, being in a reasoning, seeing and hearing state, but we should remember that the various systems of metaphysics were founded only on theory, speculation and conjecture, independent of observation. Talleyrand, the great Frenchman, defined a metaphysician as "a person exceedingly skillful in drawing black lines on a black background," how far the Frenchman was right or wrong remains to be seen, but metaphysics at its best is dark, and the fallacy of the metaphysical argument that the mind is a single indivisible power is obvious, when we realize our ability to reason, see, feel, hear, write, etc., etc., simultaneously, and if as argued, the mind were a single power, it certainly would be compelled to stop exercising all other functions the moment it commenced any new one. Observant mothers find that the mind is

not a single entity, but a plurality of powers, as the child manifests affection before reason, observation before moral and religious sentiment. Genius in the majority of children is a partial manifestation of mental powers, which would not be the case were the mind a single entity, or its organ of manifestation a single power. Phrenology is the only true science of mind which treats of all the mental faculties and their organs of manifestation, and, the plurality of the mental faculties and their location in the brain was never attempted as far as history records, by any system of metaphysics other than Phrenology. We admit that Aristotle, Pythagoras, and others, more than a thousand years ago conjectured or *guessed* that the brain was the seat of the mind—"the palace of the soul," but it was the learned young physician to the lunatic asylum at Vienna, and the Royal Court of Austria, (Dr. Gall) that proved from nature, from observation, and from stubborn facts, that the brain was the organ of the mind, and even if he had only succeeded in establishing this now universally accepted fact, he merits a great or prominent place of honor in the history of scientific discoveries.

Questions and Answers.

"A Reader" in Auburn, Cal., puts the following:

QUESTIONS.

1. What is the effect on disposition of having much acid in the system?
2. What traits do the different kinds of noses show? Are large noses on the whole less desirable and what do they indicate?

ANSWERS

1. Sour, crabby, ill-tempered.
2. A full description of noses, with fifteen illustrations, appeared in HUMAN NATURE for July, August and September, 1902. Back numbers 10 cents each.

Mental Influences in the Healing of the Body.

T. V. GIFFORD, M. D., KOKOMO, IND.

All healing power is inherent in the living system. There is no healing power anywhere else in Nature. This power is precisely the same as that known as vital force which maintains the body in life and health, only it is expressed in relation to abnormal conditions. This healing power is all-powerful to make well and strong every bruise or break, as well as to cleanse and purify the body of all morbid accumulations.

The healing power is under divine direction and control, and is therefore infinite in purpose and character. It is limited in power and possibility only by the amount of vital force in the organism, and the character and quality of the organization in which it is expressed. Man is a spirit, served by an organism, and the healing power inherent in the body is limited by the condition of that organism, but in character and design it is perfect.

This healing force operates just as certain according to its nature as water does when it runs down hill. The water cannot run if it is hindered, or if some obstruction is thrown in its way, and the vital force of healing cannot work if it is hindered or obstructed.

We cannot do the work of healing ourselves, but we can help the healing power by removing the obstructions for the vital force to do its work. Then those who understand the laws of healing can do what I am doing now—teach the people how to live and do in a way that will give the healing power a fair chance to mend the breaks of our bodies.

What we may do to aid the vital forces in their work of healing is well represented by the wound in the flesh where the surrounding tissue is lacerated and torn. We can carefully cut away the lacerated flesh that we know cannot live and

would die and have to be sluffed off; then we can close up the gaping wound and hold the edges firmly together by stitches or by adhesive plaster. Then the vital forces within have got to do the healing, and there is no other way that it can be done. We can further favor this healing power by adjusting the surrounding temperature to just the right degree. If the wound is kept too cold it will not heal; if you use up your given amount of vital force in some other way there will be none left to heal the wound.

So it is necessary that we understand the conditions that most favor the healing of the wound and study to furnish these conditions. Our part is to keep the injured member warm and to watch that all the other conditions are favorable, then the healing will be done by the vital force.

No person can ever hope to get well while he is in a morbid state of mind. It is here that all mental and faith healers get in their valuable work.

Many people have a habit of getting up fears for what *may* take place. One cannot get well with such a habit clinging to them. What good is fear at any time, even when there is something threatening to be fearful over? One is in a heap more danger by being afraid. A young man I once knew went to work for a farmer who had a very vicious horse which no one dared scarcely to approach. He was told not to lead that horse to water as he did the others, but to approach his stable from the front and set the pail of water in the manger.

Next morning when the young man went to the stable he intrepidly entered the stall and giving the vicious horse a heavy slap with his hand, shouted, "Get over!" The horse appeared astonished and obeyed, whereat the young man took him by the halter and led him to water like the rest. In three days he had the animal hitched to a driving cart and rode behind him safely. Perfect courage had conquered the animal, which had been a terror to its owner and keepers. All fear and cowardice

is morbid and should be allowed no place in one's nature.

The worst type of morbidity expressed by the human mind is that of anger, and nothing so inevitably interrupts the healing forces.

I once had a young woman brought to me who had been subject to epilepsy (falling fits) since her childhood. Nothing had ever been found that would give her relief, and no doctor had ever been able to trace the cause. I myself was baffled at first, but after a thorough examination and a close cross-questioning of the parents I found that the epilepsy had first been expressed after a severe spell of anger, a mad fit, early in childhood.

Since then she was prone to get very angry at trifles, and it would not be long after one of these passionate and uncontrollable outbreaks till she would have a fit. The girl had several mad spells after entering my Home at merest trifles, and in each case her madness so poisoned her that in less than twenty-five minutes afterwards an awful smell from her body would permeate the whole house; and within twenty-four hours afterward she would have an attack of epilepsy, which was a supreme effort of the vital forces to get rid of that terrible poison produced by her anger.

If you would be well and strong study to temper your life on the line of higher and better things, such as joy, gladness, mirth, cheerfulness, song, hope, love, benevolence, etc. Begin today to cultivate a better temper. Each of us has it within our power to develop to a place so near the Saviour that the vital work of healing will take place instantly, as it did with him and his apostles. From where we are to that place is a great ways, but do not stop. Go to work and so improve yourself that you will be tempered clear above all discouragement, fear, hatred, malice, envy, jealousy, etc. Set your face as a flint that nothing shall discourage or move you. If you are to be presently subjected to losses and tribulations, that is the very time when you will need the most courage and fortitude of mind. All such elements are depraving and hindering. Steer clear of them, and you will be on the royal road that leads to health and happiness.

[We published above letter with the phonetic spelling as written.]

Philosophic Epigrams.

BY C. P. HOLT.

It is useless trying to sweep the sea back with a broom. Old Neptune will sweep your broom out of your hands. It is also useless talking Greek to a dray horse; he prefers oats to Greek. Similarly it is useless preaching (by tongue or pen) reform to people who have appetites and prejudices. They are slaves to the former and are blinded by the latter.

Nature is our mother, from whom we have strayed afar. Let us return to her maternal bosom.

Civilization is concentrated barbarism. The morals of so-called savages compare favorably with the acts of civilized nations.

This old Earth is yet young and her human children are still babes in all that pertains to purity and righteousness. Nature began at the bottom and laid the foundation of human greatness around the medulla oblongata, thence she evolved the frontal and posterior brains (the intellectual and the social) slowly through the ages, transforming them from a striped brute into an intellectual animal. If the earth continues to revolve, in a few million years hence nature will have succeeded in unfolding a moral brain in man equal to the present intellectual brain, then he will be truly civilized.

Nine tenths of mankind had rather employ a clergyman, a doctor and a lawyer to think for them than to stir into activity the inert gray matter of their anterior brains. One tenth do the thinking for the other nine tenths.

When you employ a clergyman, a doctor or a lawyer to think for you, he thinks to his own interest and to your discomfiture.

"A millionaire is made of the same clay as the impecunious tramp. 'Oh, why should the spirit of mortal be proud?'"

The time-server in San Quentin is

brother to the judge who sentenced him; he is

"Heir to the self-same heritage,
Child of the self-same God;
He hath but stumbled in the path,
Thou hast in weakness trod."

Call no man "master" neither do you assume to be superior to any other man.

In the struggle for existence most men forget that dollars are worthless at the bank of the "land of the seal." There the drama of dives and Lazarus is forever repeated.

Reserved seats free.

Telepathy.

Our readers know that we tried to establish Telepathic communication between San Francisco and several points in England, two years ago, but only succeeded to an infinitesimal extent. We believe shorter distances are best to begin with—not more than 500 miles, and under similar conditions of light, or utter darkness and quietness should prevail, as well as the greatest sympathy should exist between the sender and receiver.

The projector should be positive and the receiver negative, both however must be very sensitive. Temperament and organization have to be reckoned with.

Our experience goes to prove that the best "sensitives" are found not among the intellectual class, nor yet in the lower and vulgar strata. Intuitive men and women are mostly found among those, who do not exercise to an excess either the frontal or posterior lobes of the brain, but those faculties in the upper regions of the brain, Human Nature, Spirituality, etc., which are found in their location to be as much above the reasoning faculties as they are in function, thus proving the phrenological theory that higher we ascend in the brain higher the function.

There are some truths in the world—spiritual and divine, that are felt to be true—*felt* we said, but they are truths that cannot be squared by logic or reason.

In a future number we propose to give some instructions *how* persons at short range when in "the silence" may communicate with each other.

Comments.

Prof. Holt in "Philosophic Epigrams" writes in a despairing mood.

"All Men Are Equal, but Not Alike." See the article on another page.

Dr. Meacham exposes the silly teachings of the "I am God" writers. If these self styled "mental scientists" understood mental science they would not say so many foolish things.

The poem on our front page by Madge Morris, is an inspiration. As special correspondent for the *Dewsbury and Batley Reporter*, England, all our articles in that paper are and have been for many years written under the caption "Down by the Golden Gate."

Mr. Rideout in "Eating for Health" in another column, says the bran of wheat "when voided from the body is substantially in the same condition as when taken into it."

Probably it is, with the exception of the extraction of phosphates; bran however, gives perasaltic motion to the bowels, whilst white (bolted) flour bread "sticks" in the bowels often causing appendicitus.

Phrenological Text Book.

We have received for sale a quantity of the above, by Albert Elliss, Blackpool, England.

This new text book gives the outlines of phrenology, embracing skull, brain, temperament, etc., also the location and function of the phrenological organs, with instructions how to cultivate and restrain the same.

The twenty-five illustrations illustrate the principles laid down, but they are from worn out plates that have done duty since the year one in phrenology.

Otherwise the subject matter of sixty-five pages and "get up" are excellent and well worth 25 cts.

At HUMAN NATURE Office. Free by mail.

Both Hit Him on the Same Spot.

The other day a man of soldiery bearing came into our office for a phrenological examination. We described him by the ordinary rules of examination, after which he made this reply:

"You have described me exactly, but with more minuteness and detail than Miss Fowler of New York, because yours is a personal examination, while hers was from photographs, yet you both hit me the same, and your descriptions are correct, because I know myself pretty well, but I wanted some corroboration of my own convictions and am perfectly satisfied."

He presented the following letter which explains itself:

24 East 22d St., near Broadway,)
New York, May 22, 1903. }

Mr. C. J. Doherty,
Fl. Baker, Sausalito, Cal.

Dear Sir:—We are in receipt of your letter of the 15th instant, and would recommend to you our friend and co-worker, Prof. A. Haddock, 1020 Market Street, San Francisco.

With best wishes, we remain,

Yours very truly,
FOWLER & WELLS CO.
M. H. Piercy, Mgr.

Lombroso's Psychology.

We have just read Lombroso's "Psychology of the Millionaire" and are driven to the conclusion that if Phrenologists were so indefinite in their statements they would be laughed at as childish.

We have read the musings of Psychologists from Lombroso to James, but we cannot grasp a tangible thing they have said by which we can apply in any practical manner, and we defy anyone else to do so. Prof. James acknowledges this himself.

Psychologists are indefinite because they are not practical, they do not deal with the elements of mind, and appear to know nothing about the forty-two faculties. They live in dreamland.

The only practical psychology is that which is based on the mental functions of the brain.

A Testimonial to Diet Cure.

Dear Prof. Haddock:—Some time ago I was promised to be able to eat anything, also three or four meals a day, and have no more constipation, if I used a certain sarsaparilla. I was deceived.

Later a friend attempted to make me understand that my sickness was *all in my mind*, but think as I would I was still constipated, sick and nervous.

Your dietary treatment cured me in one month, and for which I feel truly thankful. The *cause* is removed. Drugs afford only temporary relief and leave the patient worse, and the *mind cure* in my opinion is insufficient. Mind and proper food is the key to cure. You hold the key, right enough.

J. W. L., City.

Who is the author of these beautiful lines?

MY MISSION.

I live for those who love me,
Whose hearts are kind and true:
For the heaven that smiles above me,
And awaits my spirit, too;
For all human ties that bind me,
For the task my God assigned me,
For the bright hopes left behind me,
And the good that I can do.

I live to learn their story,
Who suffered for my sake;
To emulate their glory,
And follow in their wake;
Bards, patriots, martyrs, sages,
The noble of all ages,
Whose deeds crown history's pages,
And time's great volume make.

I live to hold communion
With all that is divine;
To feel there is a union
'Twixt nature's heart and mine;
To profit by affliction,
Reap truth from fields of fiction,
Grow wiser from conviction,
And fulfill each grand design.

I live to hail that season
By gifted minds foretold,
When man shall live by reason,
And not alone by gold;
When man to man united,
And every wrong thing righted,
The whole world shall be lighted
As Eden was of old.

I live for those who love me,
For those who know me true;
For the heaven that smiles above me,
And awaits my spirit, too;
For the cause that lacks assistance,
For the wrongs that need resistance,
For the future in the distance,
And the good that I can do.

The Light of Phrenology.

It takes a long time to eradicate old ideas and prejudices, sucked as it were in the mother's milk. The ancient metaphysicians located the seat of affections in the heart, the light of phrenology is dispelling these crude ideas by locating the seat of the affections in the head.

True, through the veil of network behind the heart—the *cardiac plexus*, the sentiments of love and affection for God and all His creatures are *felt* in the heart, but the operations are at "headquarters," and a study of the brain, mind and body by the light of phrenology, enables the student to say how much of real affection one is capable of.

Phrenology is a wonderful science. Oh! what a blessing to the world it may become, if rightly and correctly applied for the benefit of each and all of us.

The Anti Top Hat.

An eccentric old gentleman who died in London some years ago took a hatred against the "stove pipe hat." He left \$2,000 a year to his nephew with this provision, that a periodical shall be published to fight the high top hat.

The nephew publishes three numbers annually, one for himself and two copies for each of the other executors. This paper has probably the smallest circulation of any paper in the world.

Concentration.

The cry of The New Thought cult is—"concentration," as if the brain were homeogenous and only needed focus.

If our New Thought friends would but know "concentration" is only one of the forty-two faculties or elements of mind. True, much can be accomplished by concentration, but the nature of accomplishment depends on the development of other faculties.

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.

PRICE OF PHRENOLOGICAL EXAMINATION.

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

PHOTOGRAPHS SAME PRICE.

1020 Market Street, S. F.

IF YOU ARE SICK 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

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.

Pig Versus Cancer.

Recent researches by English experts prove beyond doubt that the eating of pig's flesh—pork, bacon and ham is responsible for the alarming increase of cancer.

"The Jews" say the experts, "although they consume a large amount of flesh, never eat pig, and cancer is unknown among them."

Medical Laws.

God pity the doctor who cannot compete

With a quack for a medical fee;
But must have some laws, with teeth
and with claws,
To keep the pretenders away.

God pity the men that make all the laws.

That would send a person to jail
For taking a fee for curing the sick
When the licensed doctors all fail.

—Anonymous

Prof. Haddock is the Wholesale and Sole Agent for Dr. Foote's Home Cyclopedia on the Pacific Coast. Agents wishing to handle this popular 20th century book should apply for terms, enclosing stamp. See last page.

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

Let us not be weary in well doing.

PUBLICATIONS

Why you should read the

PHRENOLOGICAL JOURNAL

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

Because it will help you to understand yourself and others.

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.

Single copy, 10 cents; one year, \$1.00; mailed free. Address 24 E 22nd street, New York.



TIME CARD

MOUNT TAMALPAIS SCENIC RAILWAY

FROM JUNE 20, 1903

Leave San Francisco via Sausalito Ferry foot of Market Street.

Week Days—9:30 a. m., 1:00 p. m., 5:20 p. m.
Sundays—8:00 a. m., 8:40 a. m., 10:00 a. m., 11:00 a. m., 1:00 p. m., 2:00 p. m., 4:00 p. m.

Arrive San Francisco

Sundays—11:40 a. m., 12:40 p. m., 1:40 p. m., 3:40 p. m., 5:00 p. m., 6:55 p. m., 7:50 p. m.
Week Days—9:00 a. m., 2:40 p. m., 5:40 p. m., 9:45 p. m.

Ticket Offices—628 Market Street (North Shore Railroad), and Sausalito Ferry, Foot of Market Street.

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
DR. BURKE'S SANATARIUM
Altruria, Sonoma County, Cal.

Tivoli Cafe

and ICE CREAM PARLORS
16 and 18 Eddy Street,
San Francisco.

The most popular Coffee House
in the city.

G. C. LARSEN, Prop

PALACE BATHS.

Physicians recommend warm salt water bathing for rheumatism, nervousness, neuralgia, numerous other ailments. Tickets, \$25c; 6 for \$1. Also electric salt water baths; tickets 50c. 717 Filbert street. North Beach car lines.

PSYCHIC POWER

Through Practical Psychology, a quarterly magazine devoted to Personal Magnetism, Hypnotism, and Psycho-Physical Culture. Send 10c for copy. WM. A. BARNES, 127 Hower Ave, Cleveland, O.

REINHOLD'S NATURE CURE
SANITARIUM and
PHYSICAL CULTURE HOME

Has removed to Little Rock, Ark.

The "City of Roses" in the
"Sunny South."

Application, a veritable treat. In August, 1901, we publicly suggested that a committee select test cases of any disease, we to treat them gratis, subject to a forfeiture of \$1000. We relieve all that is usually deemed incurable. No drugs, no knife. Room, board and treatment, four weeks, \$59; twelve weeks, \$168. **Reinhold's Books**—Nature vs. Drugs, 560 pages, illustrated, \$2.50. Facial Diagnosis, illustrated, \$2. Cure of Tuberculosis, 450 pages, illustrated, \$3. Our Methods of Cure, 75c.

READ

HUMAN CULTURE

A journal dealing entirely with the study of

HUMAN NATURE

and PRACTICAL

CHARACTER

READING.

It is fearlessly and profusely illustrated—"those who run may read." Up to date in every sense of the word.

\$1.00 A YEAR.

Send 10c for a sample copy.
L. A. VAUGHT, Editor & Publisher,
130 Dearborn St., Chicago.

Philosophical Journal

Established 1865,

For Thirty Years Issued As
The Chicago Religio-Philosophical Journal

Is Now Published Weekly at

\$1.00 PER YEAR AT
1429 MARKET ST., S. F.

ALL THE LITERATURE

Of the day in

OCCULT, SPIRITUAL,
LIBERAL, SCIENTIFIC
LINES OF THOUGHT

May Be Obtained at This Office.

FREE

All yearly subscribers to the new monthly magazine, devoted to new thought, psychological researches and occult sciences, the

Psychic World,
Are entitled to a free phrenological examination, either in person or from photograph. DR. G. W. PAYNE, Editor and Publisher, 1104 Market street, San Francisco.

\$1.00 PER YEAR.

COLUMBIAN

INSTITUTE OF SCIENCES.

Dr. G. W. Payne, Principal.

Class, individual and correspondence instruction in Hypnotism, Phrenology, Personal Magnetism, Suggestive Therapeutics. Specialty of Nervous Diseases, Rheumatism, etc. Send for Booklet.

1104 Market Street. San Francisco.

Hamman

FINEST
Russian and
Turkish Bath.

OPEN DAY AND NIGHT
Sole Right for the Pacific
Coast for Lipper's Patent
CARBOLIC ACID, STEEL—
—BRINE BATHS
Electric, Sulphur and other Medi-
cated Baths.
Elaborately Equipped for
Both dies and Gentlemen.
11 and 13 GRANT AVENUE
San Francisco
E. BURNS, Prop.

WE RENT AND SELL SECOND HAND



Typewriters
of all makes

INCLUDING THE

Smith Premier
...Typewriter

L. & M. ALEXANDER & CO.
110 Montgomery St., S. F.

WILEY BROS. Furniture.

..Upholstering in all its branches
931 MISSION STREET

Ret. Fifth and Sixth - San Francisco

SHADES, 25c each.

OIL CLOTHS, 25c. per yard.

NEW ANTIQUE SETS, \$10.00.

DOUBLE HAIR MATTRESSES, \$70

M. A. C. CHRISTENSEN, Telephone
Proprietor. Jessie 591

The
Branch
Coffee Lunch House
No. 23 FIFTH ST., S. F.

Opp. Metropolitan Hall; cor. Mint Ave.
N. B.—Parties and Socials supplied
with Coffee and Cream at reasonable
rates.

Just Published

A Timely and Important Work

What Shall We Eat

The food question from the
standpoint of health, strength
and economy, containing nu-
merous tables showing the con-
stituents of over 300 food pro-
ducts and their relations, cost
nutritious values, time of di-
gestion, etc., indicating best
foods for all classes and condi-
tions.

By ... ALFRED ANDREWS

Bound in Strong Boards 75c.

Leatherette 50c. By Mail Free

Address

Human Nature Office

Manhood Wrecked and Rescued

How Strength and Vigor is Lost, and
How Manhood May be Restored
by Self-Treatment.

By REV. W. J. HUNTER Ph. D., D.D.

This book is handsomely published
in large, clear type, bound in extra
cloth, and willing to co-operate with the
author in his desire that all who need
it might have it. It is sold at \$1.00.

Address

HUMAN NATURE OFFICE

HAMMAN Turkish Baths

50 Cents
Cor. Pine and Kearny Streets
SAN FRANCISCO

SELF-HYPNOTIC HEALING!

I have made a late discovery that en-
ables all to induce the hypnotic sleep in
themselves instantly, awaken at any de-
sired time, and thereby cure all known
diseases and bad habits. ANYONE can
induce this sleep in themselves instantly
at first trial, control their dreams, read
the minds of friends and enemies, visit
any part of the earth, solve hard ques-
tions and problems in this sleep and re-
member all when awake. This so-called
Mental Vision Lesson will be sent to any-
one for only 10c (silver). Sold on credit.
Actually enabling you to do the above
before any charge whatever.

PROF. R. E. DUTTON,
Lincoln, Neb., U. S. A.



The Popular Photographer *

8 Sixth Street, San Francisco.

Fine Cabinet Photographs from \$1.00 per dozen
upwards.

A Crayon Portrait Free with every dozen Cabl-
nets from \$2.00 upwards.

CHILDREN'S PHOTOGRAPHS A SPECIALTY

California Products AT FIRST HANDS

MIDDLEMEN'S PROFITS ELIMINATED

WE SELL DIRECT FROM

Producer

TO

Consumer

Our Monthly List will Interest YOU

SMITHS'

CASH STORE

No. 25 Market St., S. F.

Can we price-list you?

Health and Disease with Recipes.

PART I.—DISEASE—CAUSES, PREVENTION, CURE.

PAGE	PAGE
Disease and its Causes... 15	Wealth... 246
Causes of Nervous and Blood Derangements... 37	Excessive Study, Labor... 251
Violating Moral Nature... 44	Melancholy... 257
The Food We Eat... 51	How to Have Healthy Babies... 262
The Liquids We Drink... 93	To Preserve Health of Children... 268
Atmosphere We Live In... 129	Dietetics, Old and Young... 277
The Clothes We Wear... 146	Physiological Instruction of Children, New Plan... 281
Bad Habits of Children... 160	Mental and Physical Recreation, Dancing, Cycling... 282
Bad Habits of Manhood... 173	Sleep, Cleanliness... 285
Sexual Isolation... 195	Pure Air and Sunshine... 300
Prostitution... 205	Spring Renovation... 311
Unhappy Marriage... 225	
Filthy Vaccination... 238	
Adulterated Medicines... 233	
Brutality, Inhumanity... 236	

COMMON SENSE REMEDIES.

Vegetable Medicine... 313	Water... 332
Christian and Mental Science, Psychic Powers... 329	Medicated Inhalations... 330
Therapeutic Electricity... 339	Successful Doctors... 314
Animal Magnetism... 343	Jack at all trades... 361
Mesmeric Cures... 347	Female Doctors... 363
	Itapacious Doctors... 367

PART II.—CHRONIC DISEASES—THEIR CAUSE AND TREATMENT OF THE BREATHING ORGANS.

Chronic Catarrh... 392	Bronchitis, Asthma... 408
Affections of the Throat... 403	Consumption... 418

DISEASES OF THE HEART AND BLOOD-VESSELS.

Tobacco Heart, Angina... 442	Apoplexy... 447
------------------------------	-----------------

DISEASES OF LIVER, STOMACH, AND BOWELS.

Affections of the Liver... 451	Falling of the Rectum... 495
Dyspepsia, Constipation... 463	Intestinal Worms... 498
Chronic Diarrhoea... 478	Tape Worms... 498
Piles, Fistula, Stricture... 430	Hernia, or Rupture... 500

CHRONIC AFFECTIONS OF THE URINARY ORGANS.

Diseases of the Kidneys... 508	Enlarged Prostate... 520
Affections of the Bladder... 518	Gonorrhoea and Stricture... 522

PRIVATE WORDS FOR MEN AND WOMEN

As this page is intended for general distribution, and may fall into the hands of persons not seriously interested in these subjects, we prefer to omit here a detailed statement of the contents of these important chapters. They are written for private and considerate reading, and afford information of vast interest and utility concerning sexual organs, functions, and diseases, such as will enable thoughtful men and women to maintain health by good living, to avoid those evil causes and customs which have in so many thousands of unfortunate cases impaired the vital and reproductive powers, and been the cause of barrenness (unfruitfulness), marital infelicity and divorce. There is a physiological basis of good morals, happy families and healthful heredity, which all persons who are

MARRIED OR EVER EXPECT TO BE MARRIED should understand and religiously observe. Diseases of frequent occurrence are treated upon in a manner to instruct and assist the afflicted. Affections heretofore largely neglected in text-books, and not well understood by physicians in family practice, are herein explained in language plain, chaste, and forcible, as they have come to be known by a specialist of over forty years practice. Suggestions of practical merit for families unblest with progeny are given in a chapter entitled:

"HINTS TO THE CHILDLESS."

CONSTITUTIONAL DISEASES—NERVES, BLOOD, SKIN.

Neurasthenia, Debility... 671	Skin diseases—10 chromos... 710
Hypochondria, Hysteria... 674	Hives, Rosacea, Itching... 713
Paralysis, Palsy, Ataxia... 680	Salt Rheum, pimples, etc... 715
Epilepsy... 681	Parasites, ringworm, etc... 719
Headaches, Neuralgia... 692	How to Be Beautiful... 721
Rheumatism, Gout... 697	Recipes for Clean Face... 727
Cancer, Syphilis... 701	Baldness, Blemishes... 727

AFFECTIONS OF THE EYES AND EARS.

Old Eyes, Optical Defects... 734	Defective Hearing... 744
----------------------------------	--------------------------

THE TREATMENT OF DISEASE.

Every one his own doctor... 732	Warranting Cures... 739
250 Prescriptions for Common Ailments... 784	
Antidotes for Poisons... 799	Restoring Drowned... 801

A BIG THING
THE BEST YET
BUY IT NOW

1248 PAGES—500,000 WORDS—
80 CHROMOS ON 18 COLOR PLATES
400 PICTURES—250 RECIPES

LOW PRICE
MAILED FOR
ONLY \$2.00

STANDARD EDITION, heavy paper, elegant binding, by mail, \$3.00 | LAW SHEEP EDITION, leather binding, \$4.00

POPULAR EDITION, on thinner paper, plainer binding, by mail, \$2.00

All Editions contain same reading and pictures.

POPULAR EDITION MAILED FOR ONLY TWO DOLLARS

Wholesale Depot—HUMAN NATURE OFFICE, 1020 Market Street, San Francisco, Cal.

AGENTS WANTED. Send stamp for Special Terms to Agents taking not less than five books at a time.

Plain Home Talk—A Sexual Physiology

PART III.—PLAIN HOME TALK ABOUT THE SEXUAL ORGANS; THE NATURAL RELATION OF THE SEXES; CIVILIZATION AND MARRIAGE.

PAGE	PAGE
Cause of their Disgrace... 810	Origin of Life—the embryo from germ to birth... 885
Their Influence on Health... 818	The Influence on the Social Position of Woman... 840
How made the Instruments of Perpetuating the Race... 884	Influence on Civilization... 846
	Prostitution, how, why... 848

HISTORY OF MARRIAGE.

History of Polygamy... 858	Among Barbarians... 886
Grecian Concubinage... 859	In the Old Empire... 887
Polygamy in U. S... 865	Complex Marriage... 884
History of Monogamy... 880	Oneida Community... 889
Once a Passing Union... 884	Historical Chaps... 909

MARRIAGE IN BARBARISM AND CIVILIZATION.

Marriage in Old World... 921	Marriage in New World... 966
------------------------------	------------------------------

DEFECTS IN MARRIAGE SYSTEMS.

Why Marriage is Unimproved... 902	Demerits of Polygamy... 997
Not a Divine Institution... 903	Demerits of Monogamy... 998
	Complex Marriage... 1009

THE REMEDY—STARTLING SUGGESTIONS.

Stop Reckless Marriage and Propagation... 1013	Wanted—A Secretary of Sociology, and Bureau of Information... 1021
Tolerate Experiments... 1014	

SOCIAL IMMORALITY.

Causes—False Ideals... 1025	Cure—The Golden Rule... 1028
-----------------------------	------------------------------

CONCLUSIONS OF PART III.—LET THE TRUTH PREVAIL.

Roman Austerity and Puritanism Compared... 1034	Study Sexual Physiology; adapt morals of it... 1037
(Part III takes a view of marriage and the sexual relations from a physiological standpoint. It is searching, interesting, original, and startling. Let those refuse it, who can scientifically.)	

PART IV.—IMPROVING MONOGAMIC MARRIAGES.

Marriage Must be Improved; Need of It... 1041	What Its Upholders Should Do... 1044
---	--------------------------------------

ADAPTATION IN MARRIAGE.

Mental Adaptation... 1050	Plain Rules of Marriage... 1078
Physical Adaptation... 1053	Why Babies Die... 1079

RESTRICTED MARRIAGE AND PARENTAGE.

Examining Boards... 1082	Sterilizing them... 1092
Restricting Immigrants... 1084	Illegitimacy a Disgrace... 1094
Brakes on Unfit Parents... 1085	Divorce, New Plans... 1095

THREE PHASES OF MONOGAMIC MARRIAGES.

Marriage Misfits... 1100	Wretched Misfits... 1104
Mental Marriages... 1101	Marrying for Money... 1106
Physical Marriages... 1103	Wives of Bad Men... 1110

PHILOSOPHY OF ELOPEMENTS.

Ascribed to Depravity... 1111	The True Philosophy... 1112
-------------------------------	-----------------------------

INTERMARRIAGE OF RELATIVES.

Effects of such Marriages... 1117	As well Marry Half-Sisters as full Cousins... 1118
-----------------------------------	--

ESSAYS FOR MARRIED PEOPLE.

Need for Confidence... 1121	Jealousy... 1134
Wife an Equal Partner... 1123	An Infallible Remedy... 1135
Sleeping Apart... 1127	Marital Indifference... 1143
Sexual Moderation... 1130	Food for Pregnant Women... 1155
Conjugal Prudence... 1136	Barrenness, Sterility... 1158
Contraceptives, utility... 1143	

WHAT DETERMINES SEX?

The Use of Knowing... 1158	Many Other Theories... 1161
Prof. Schenck's Theory... 1159	Absurd fancies; the facts... 1163

PHILOSOPHY OF CHILD-MARKING

Rules and Facts... 1164	Why Resemble Neighbors... 1171
Why Offspring Resemble Both Parents... 1168	Why Children by 2d Husband Resemble the 1st... 1174
Why Resemble One... 1171	How Frights Mark... 1175

ESSAYS FOR THE FUTURE.

Early Marriage... 1179	Prepare Young to Marry... 1181
What Age to Marry... 1180	Prepare for Parentage... 1195
Child Marriages... 1183	Index... 1198
Women's Avocations... 1187	Advertisements... 1236

POPULAR EDITION MAILED FOR ONLY \$2.00

POPULAR EDITION MAILED FOR ONLY \$2.00