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MAPPING A CAREER.



DR. GRETH'S AIR SHIP, TAKING ITS FLIGHT OVER SAN FRANCISCO.

ONE day, a dozen years, ago, a young stranger of prepossessing appearance, with sprightly step, entered our office and requested a phrenological examination. Individual peas in a pod are difficult to distinguish from their neighbor peas, but in some pod there may be a pea, larger and brighter-hued than all others. This is true of men. It was apparent that we had before us an uncommon specimen of the human family. The phrenologist knows genius when he sees it, and here was genius and no mistake. We told the young man that his temperament was the mental motive, and that physically and mentally he possessed all the qualifications of a mechanical genius and of an inventor. We were particularly impressed by the great width and fullness of the upper part of the forehead, betraying immense development of the brain organs of constructiveness, causality, comparison, and ideality, and



DR. AUGUST GRETH,
Inventor of the air ship that
successfully sailed over
San Francisco Oct. 18, 1903.

we dwelt long upon these ruling traits in his mentality, which caused him to take delight in mechanical pursuits, and assured him that he must have inherited mechanical skill from some of his ancestors. We urged him to give full bent to his remarkable inventive talents, because therein lay all his success in life. At the close of our diagnosis the young man said that he was then a medical student, but that he dearly delighted in mechanics, that his father was a successful engineer, his ancestry French, and his birthplace Alsace,

He said that he entered our office a skeptic regarding phrenology, but that the accurate description we had given him of his mental bias had convinced him of the truth of its claim to be the only scientific method known whereby character can be delineated.

That young medical student was Dr. August Greth, the famous inventor of the air ship which last October

[Mapping a Career.]

so astonished the denizens of San Francisco by sailing above the chimney tops and obeying its maker and steersman's behest as it raced with the sea gulls.

It will soon take another and a longer sail. Let us watch its flight and the career of its intrepid inventor, then let us score one more victory for phrenology which maps careers.

We Make No Debts and Have No Debtors.

When a subscription expires HUMAN NATURE stops. No notice to "Stop the paper" is required, for the subscription is only re-entered by request. Some publishers continue to forward their papers when not renewed; thus doing an injustice to themselves and subscribers. HUMAN NATURE is only 50c. a year; if any subscriber is so temporarily embarrassed that he cannot pay his subscription, but needs its continuance, and will say so, we will put him on the Free List, as we make no debts or debtors. Of course we need money to run the paper, and are pleased to receive renewals, also new subscriptions. If your subscription expires this month kindly renew at once and make our heart glad.

A Country Clergyman Does Well.

Rev. P. C. G. writes: "Since I took your full course of instructions one year ago, I have lectured considerably; however, my forte seems to be in giving examinations and instructing students; from these two sources I have augmented my meager salary by \$230 during the past year. I am an enthusiastic phrenologist, because I believe with Horace Mann, the great educator, that 'Phrenology is the handmaid of Christianity, and he who disseminates phrenology is a benefactor to his race.'"

PRIZE DELINEATIONS.

We Thank All the Competitors Who Sent in Their Delineations of A Prize Boy.



His Resemblance to His Mother, and His Mother's Resemblance to Her Father.

SOME of the delineations were very good, and *none* were very poor. After a critical examination of each paper sent us, we have decided that for correct diagnose in accordance with phrenological principles, the following competitors are entitled to the prizes in their order, and the books have been sent to their several addresses.

FIRST PRIZE.

W. E. MOYER 22 DWIGHT BUILDING, JACKSON, MICHIGAN.

"This boy is not strictly masculine or feminine, but is a composite character, and decidedly resembles his mother. His face and the frontal part of his brain are feminine as well as the lower extremity of his body. I know that the boy's mother resembled her father by the character that the boy has inherited from his mother. His general development shows that his mother inherited considerable of her father's disposition. The height and width of his shoulders indicate masculine character and the boy inherited it from his mother, and she inherited it from her father. The boy's mother had great strength

of character, she was of good size. She was both progressive and aggressive, and at the same time was moral and intellectual. She had strong intellectual power and ample vitality to support her brain. She was strong sexually, and no doubt the majority of her children were boys."

SECOND PRIZE.

REV. W. S. LOWRY, PASTOR PRESBYTERIAN CHURCH, FORT BRAGG, CALIFORNIA.

"The boy resembles his mother in his facial expression, particularly from eyes to chin, also in his tapering limbs and the general shape of his body. The mother resembles her father generally because of the predominance of masculine features happily blended with the feminine, particularly because of broad shoulders, deep chest and moderate abdomen, coupled with a strong masculine system and over arched with a masculine side and top head."

THIRD PRIZE.

MISS ELLA HAYDEN, SPRINGFIELD, OREGON.

"This boy partakes strongly of the vital and feminine type, so we know he resembles his mother. Notice the high moral region of his head, the delicate and rather refined features, the broad and rounded body from the waist down, and the tapering legs, all of which denote the feminine. But the back top head, shoulders and chest, show a streak of masculine make up. Therefore we know his mother inherited these qualities from her father, the boy's grandfather, and the boy inherited them from her. This boy has a good combination of masculine and feminine qualities, giving both power and delicacy for a foundation, and with proper education may fill a place among great men."

We bespeak a thorough study of the picture of the "Prize Boy," together with the delineations which have won the prizes. The subject of "resemblance to parents" first attracted our attention in 1864, when a stranger boy, we entered the presence of that eminent phrenologist, Professor N. L. Fowler, of London, and listened in astonishment as he accurately described the personal appearance of our father and mother, neither of whom he had ever seen, his only clue to their personality being their little son who stood before him.

A Strange Mental Phenomena.

THE strangest mental phenomena of this, the twentieth century, is the fact that there are thousands of intelligent men able to observe and think for themselves, yet who have not investigated the Gallian system of mental philosophy—Phrenology—but who sit idly by and are willing to accept the adverse opinions and declarations of others who have not themselves thoroughly and honestly investigated the science, for it may be truly said that no men have lived who have approached the science with an unbiased and unprejudiced mind, but who became convinced beyond a doubt that organization determines the character of men and animals, and as this statement embraces all the claims of phrenology, and phrenology being founded in nature it is a true science—true to nature.

Speakers and writers on human nature and character, without the phrenological key, simply flounder in the dark.

We ask the reader if he knows of any other system of mental philosophy than phrenology, which can unravel the general characteristics of a complete stranger at first glance, as in the following analysis. This gentleman came into our office the other day for a complete reading, and in a few moments we knew him better than he knows himself, and he knows himself very well too.

ANALYSIS OF MR. A. W.

“You are a very active, energetic man; whether considered physically or mentally, and judging by the size of your head, or the preponderance of brain over body, together with your rather fine quality of organization, you are better adapted to mental than manual labor.

“Your body of 130 pounds is 20 pounds below that of the average man, but your brain is a little larger, and the texture of your hair, skin and bones are finer and thinner than

those men who have to earn their living at trades requiring great strength of bone and muscle; indeed you are better adapted to earn your living by the sweat of your tongue, than the sweat of your brow—intellectual labor is your forte.

“Your brain organ of language is well developed, and if you take advantage of it you will be successful in almost any occupation where the use of words are required, whether it be in the acquisition of languages, or as interpreter, teacher of languages, auctioneer, salesman, printer, proof reader, writer, speaker, or actor, etc.

“There are many occupations for which you are by nature well adapted. Your perceptive intellect is well developed, so you are quick to comprehend, or understand situations or propositions made to you; are a judge of quantity and quality of goods, and possessing persuasive qualities, I consider you would make a most excellent salesman, commercial traveler, or dealer in real estate.

“Merchants as a rule have more acquisitiveness than you possess so yours is not altogether a commercial type, although you could do well in the occupations named above, or in any speculative business. Nature intended you for some active, energetic vocation, but persons do not always obtain positions best suited to their natural talents, for the reason that we are, to a large extent, creatures of circumstances and environment, or you would be a speculator on a large scale, or be engaged in some active, enterprising business; and you would certainly be a sure and safe speculator, for your hope is strongly developed and cautiousness equally so.

“But you have also a keen, practical intellect, and an executive type of head, so you are well adapted to follow any of the practical industries. I have seen the most successful manufacturers with your form of head; it is essentially a manufacturers’

type, but it is not so often that phrenologists find such an all around head as yours, for it appears to me you would do equally as well as a draughtsman, photo engraver, or electrician. It is not only a creative, but a practical mechanical type, although I would not apportion you to rough, but to scientific mechanics; as an electrician, bell hanger, or worker in light machinery.

“As a telegraphic operator, lino-typer, etc., you could become an expert in a few months, or say two or three years, while it may take fat, sturdy men ten years to ‘get there’, still this class of work would not be the height of your ambition—you would not always be content at it, although you may do the work well and satisfactory.

“You possess four points out of five for the profession of music, but the organ of tune, which is the main point, is not sufficiently developed to warrant me in saying that music is your forte, or ought to be your profession. I do not think it should. If the faculty were as well developed, or as favorable as temperament, quality of organization, the feelings and ideality, I would recommend you to become a professional musician, or teacher; but it is not. With patience and practice you may become a good musician, but probably never an expert, nor do I think you have a thorough musical ear—it is not sufficiently round, thin, nor regular in form, like that of the professional.

“In dealing with your general disposition, no one will charge you with being reckless; you are cautious and prudent even to choosing a wife; you will never become a benedict until you can see your way clear enough to know where you are at, or until you are settled and feel sure you can provide well for a partner for life. Probably you are too cautious in the matter; remember, nothing ventured, nothing won—or lost. Are you afraid of the transaction? Your intellect predominates over the

feelings, the animal propensities are at least in abeyance, and are kept in subjection.

"According to the law of selection and affinity, you should marry a stout lady, but with a predominating mental temperament, so that she be endowed with intellectual acumen, or she would not fill the bill. The type of a woman suited to your temperament is indicated on the fourth page of your book-chart; the vocations on the fifth and sixth pages, and the condition of the physical and mental status will be found throughout the book as indicated by the index on pages two and three, giving both strength and weaknesses."

The foregoing statement describes the character of the gentleman. Phrenology is a positive science, and those who say to the contrary are either ignorant of its principles, or dishonest, or if acquainted with the subject dare not promulgate their views in fear of intollerant prejudice, they lack moral courage to stand up for truth.

It must be remembered that for thousands of years the mind of man has been regarded as something very mysterious, and that the literature of the world treating on mind is based on speculative theories, false doctrines, dogmas and creeds, and that the Gallian system of mental philosophy is opposed to them all, as light is opposed to darkness.

People still cling to the dark and mysterious, and will probably do so for a long time to come, and fakers will continue to wax fat until people get common sense.

After the examination Mr. W. said: "You have described my feelings, tastes and desires exactly. I am considered to be energetic and executive, and desire to be a speculator, although a linotyper by trade. I am a fair musician, but have given up the ambition to be a success in that line, and I have not entered the marriage state, for the reasons you name. Had you known me all your life you could not have more correctly hit off my character, strength and weakness. Phrenology is truly a wonderful science in the hands of an expert."

THE FOOL'S PRAYER

(ANCIENT BUT GOOD)

The royal feast was done; the king
Sought some new sport to banish care,
And to his jester cried: "Sir Fool,
Kneel now, and make for us a prayer!"

The jester doffed his cap and bells
And stood the mocking court before;
They could not see the bitter smile
Behind the painted grin he wore.

He bowed his head and bent his knee
Upon the monarch's silken stool,
His pleading voice arose: "O Lord,
Be merciful to me, a fool!"

"No pity, Lord, could change the heart
From red with wrong to white as wool,
The rod must heal the sin; but, Lord,
Be merciful to me, a fool!"

"'Tis not by guilt the onward sweep
Of truth and right, O Lord, we stay;
'Tis by our follies that so long
We hold the earth from heaven away.

"These clumsy feet, still in the mire,
Go crushing blossoms without end;
These hard, well-meaning hands we thrust
Among the heart-strings of a friend.

"The ill-timed truth we might have kept
Who knows how sharp it pierced and stung!

The word we had not sense to say
Who knows how grandly it had rung!

Our faults no tenderness should ask,
The chastening stripes must cleanse them all;

But for our blunders—oh, in shame
Before the eyes of heaven we fall.

Earth bears no balsam for mistakes;
Men crown the knave and scourge the fool

That did his will; but then, O Lord,
Be merciful to me, a fool!"

The room was hushed; in silence rose
The king, and sought his gardens cool.
And walked apart, and murmured low,
"Be merciful to me, a fool!"

—E. R. Sill

For a Postage Stamp

To cover cost of mailing, we will forward you a list of chapters giving you the contents of Dr. Foote's great work the *Home Cyclopaedia*. Also an alphabetical list of hundreds of other books and circulars relating to Man and kindred subjects.

Moses Harmon, editor of the *Chicago Light Bearer*, has been lecturing in this city for some weeks, and expects to continue his talks on the "Logic of Free Thought, and Freedom of Motherhood" and kindred subjects, through January, at Fraternal Hall, Odd Fellows Building, at 3 P. M., Sundays. Seats and discussions free. His meetings thus far have been well attended.

What They Say.

Just a few words plucked from kind letters during December:

"HUMAN NATURE this month beats all; indeed, every month is better than the last."

Another writer says, "Your magazine is the most interesting and instructive paper I get."

One from England says: "I wish I had seen you when you came to this country. May the Lord spare you for many years to come."

HUMAN NATURE is devoted to the study of men and animals as revealed by organization.

It makes no guesses, it takes nothing granted until proved, nor is it in partnership with any sect, dogma or creed.

It speaks the truth regardless of prejudices or preconceived ideas on the part of its readers, and it fearlessly at all times exposes teachings that are contrary to natural law.

Swedish Publications.

Here is a chance for our Swedish friends. Professor Youngquist, the American phrenologist, who is creating a sensation in Stockholm, Sweden, sent to this office his publications for sale. Frenografen 10 cents; Frenologiskt Register 25 cents; Hjarnanns Organgrupper 25 cents.

Some one said, "First a thought, an act, a habit, and then destiny."

Man A Triune Being.

HUMAN NATURE has always insisted on this great truth, that man is composed of three great energies—spiritual, mental and physical, that he is first and *always a spirit*, although while upon earth, inhabiting a “tenement of clay”, through which the immortal spirit must needs communicate with the outer world, and the character of the spirit’s (ego) manifestation must necessarily depend upon the shape, quality of texture and environment of its clay tenement—the body.

The October 1892 number of HUMAN NATURE contained an article by Prof. C. P. Holt (then associate editor) entitled “What? Who? Whence?” from which we quote:

“It has been claimed as a basic principle of phrenology that ‘The brain is the organ of the mind’, but not the mind itself, the brain is no more capable of evolving thought independent of the mind, or ego, than is the cathedral organ of expressing the symphony of a Mozart, or of a Beethoven, or a chest of carpenter’s tools of constructing a palace unaided by the artisan. This is not mere assumption, it is a stubborn fact which confronts the anatomist at the point of his scalpel, and the chemist at the door of his laboratory. These scientists have succeeded in dissecting the brain of man and resolving it into its primitive elements, they talk of convolutions, of white and grey matter, of phosphorous, etc., etc., they construct for us a manikin, and perhaps could include every chemical ingredient found in the living model, but when completed it could *no more think* than can the wooden god of the Figi islanders. As the ego eluded their scalpel, and crucible, so it refuses to become a factor in their counterfeit man.

“The external is but a shadow of the internal, that which seems to our senses as the most substantial is really evanescent. * * * * The apostle Paul seems to have grasped

this truth, when he said, ‘There is a natural body and there is a spiritual body.’ Permeating this physical organization is a spiritual body, which, although invisible to the external eye, is none the less substantial, as is the aroma of the rose, although unseen, yet as positively a substance as is the visible leaf. As the Infinite Intelligence which we call God permeates the universe, so does the ego or soul blend with and ramify man’s physical body. ‘Behold there is a spirit in man, and the inspiration of the Almighty giveth him understanding.’”

These ideas expressed by Prof. Holt we also entertain, they are in harmony with the thoughts of Combe, in his “Constitution of Man”, and accepted by phrenologists throughout the world. We venture to make one more quotation, this time from Haddock and Holt’s delineator:

“Man alone being the fruit of the tree of life, stands upon the mountain top and catches a glimpse of spiritual glory reflected from the shining minarets of temples ‘not made by hands, eternal in the heavens’, while through his being thrills the inspiration of religion born by a faith in immortality and yielding a fruitage of aspiration and adoration. * * * * Illumined by these (spiritual) faculties, man treads the corridors of time with chastened feet, and looks with Faith’s dauntless, expectant eyes, upon the shining shore whose sands are washed by the restless waves of eternity.”

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.

Smoking.

Using tobacco is such a common (almost universal) practice among men that it is not regarded as a serious question, on the contrary it is looked upon as a desirable thing to do. Physicians tell us that in certain cases of constipation it increases peristalsis, and thus exercises a desirable influence. Many doctors (especially those who use tobacco) claim that a cigar after a meal is decidedly beneficial, soothes the nerves, etc. Such physicians should be deprived of their diplomas, for the reason that they are either ignorant of the facts, or making a wrong statement with intent to mislead the public, who depend upon their judgment as physicians.

They know or ought to know that nicotine, the active principle of tobacco, is one of the most deadly poisons known. It will produce death when taken in sufficient quantity quicker than any other poison with the one exception, prussic acid. From one-half to three minutes is required to kill with nicotine. One-tenth of a grain of nicotine will kill a dog in three minutes. There are about 380 grains in a pound of tobacco, which amount will kill 300 men, if taken so as secure the full effect. An ordinary cigar contains enough poison to kill two persons. Tobacco is used to destroy insects, which it kills almost instantly. When tobacco leaves are applied over the stomach it produces nausea in a short time.

The smoke of tobacco (which is inhaled by many users) contains in addition to nicotine, pyridine, picoline, sulphurated hydrogen, carbon di oxide, carbenous oxide and prussic acid, all of which are deadly poisons. When we realize that there are 1400 square feet mucous membrane in the ordinary pair of human lungs, every inch of which is capable of absorbing gaseous substances which is brought in contact with it, we can realize that inhaling tobacco smoke is not likely

to be productive of the most favorable conditions of health.

We have heard people, even physicians, argue that life was not shortened by the use of tobacco, although they should know that it causes undue fluidity of blood, and changes in the red blood corpuscles, nauseates the stomach, debilitates the heart, causing irregular action, distresses the brain, irritates and weakens the nerves, causing a weakened action of the glands, causes catarrhal conditions of the mucous membrane, irritates the lungs, causing cough, in fact it detriorates and contaminates every organ and tissue in the body, weakening and predisposing them to disease, especially carcinoma, (cancer) and tuberculosis. Aside from all these objections to its use, there are other good and sufficient causes why we should not use tobacco. The most important is the hereditary effects. There is no question that the results are transmitted to posterity, causing degeneration and disease. It can truly be said in the case of the tobacco smoker, "The aims of the parents are visited upon the children to the third and fourth generations." Again, "The fathers have eaten sour grapes and the children's teeth are set on edge."

So when a man smokes it is pretty good evidence of mental deficiency.

We realize that this statement will not be popular, especially as more than three-fourths of the male population use tobacco in some form or other. One cannot use tobacco and be what they would physically, mentally and morally if they did not use it. Cigarette smoking is ten times worse than any other form of the tobacco habit, as that is the opium and tobacco habit with all associated evils combined.

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

When you see any special offer in HUMAN NATURE embrace it at once, as offers are only good from month to month.

The Noise Nuisance.

In order to make myself clear on the subject under discussion, I will first state a few scientific facts. First—All nerves act through stimulation. For instance, the optic nerve receives its impressions through the stimulation of the vibrations of rays of light. Color is determined by the length of the various waves of vibration. Now it is a well-known fact that if the eye is subjected to the glare of a constant light it finally becomes tired, and, refusing to longer respond to the stimulation ceases to receive the impressions and blindness results. Not only that but grave often fatal reflex disturbances of the system may result. Even insanity or other profound nervous trouble may be caused by over stimulation and final failure of the optic nerve. That proves that the whole nervous system is closely and inseparably connected.

What is true of the optic nerve is equally true of the auditory nerve. If constantly stimulated by sound waves it must either draw heavily on the central nervous system for power to sustain it under the strain, or it becomes less and less responsive and finally total deafness results, which is by far the most fortunate of the many evil results of constant over stimulation. For it must be either that or a general collapse of the whole nervous mechanism. Having briefly outlined the principles of the case I will proceed to enumerate a few of the more glaring features of the great noise nuisance which is annually killing or breaking down thousands of people in the cities and towns. First comes the manner of paving the streets which is an evident inaction of the arch enemy of mankind. Basalt blocks and cobblestones have no place in an intelligently constructed thoroughfare. Yes, many of the principal streets of most cities are paved with such devilish devices. The constant clatter of the iron shod hoofs of horses and the iron band wheels of

vehicles over such a surface creates such a jarring, nerve racking din as would wreck the strongest nervous system in a few years. The barking of a dog is one of the most harsh, discordant, disturbing sounds in nature. Yet many people in large cities persist in keeping the miserable, noisy, flea-infested filth-breeding brutes who are of no use on earth, except to make night hideous with their infernal racket which drives sleep from the pillows of all normal, conditional people for blocks around. Add to these things the ringing of bells, blowing of horns and whistles, the ear-splitting yells of vendors of various wares, the shrieking and rumbling of trains, the bawling and yelping of the possessors of early morning jags going home to sleep off the effects of a night's foolishness, and you have a combination of almost impossible discord. But Satan has yet another trump up his sleeve. It is generally known as a piano. About one person in a thousand who tries to extract music from a piano succeeds in doing so. But those who lack the ability are most pestiferously obstinate in their nightly efforts to produce music, with the result that instead of being a source of pleasure the piano is, as a rule, a cause of lost sleep, profuse profanity, nervous collapse, and general total depravity. Is it any wonder that people have to leave the city, and seek rest and recuperation for their failing nervous systems in remote places where "civilization" (?) is not so discordantly strenuous and foolishly disregardful of sensible rules of living? The products of such civilization are principally lunatics, invalids, doctors and well-filled cemeteries.

J. P. BEAN,
Visalia, Cal.

We have Welis Charts in stock at New York prices—\$10 per 100. Smaller quantities same price. One cent on each chart must be added for postage, when smaller quantities are ordered.

The "Raw Food" Delusion.

BY C. P. HOLT.

"A little knowledge is a dangerous thing. Drink deep, or taste not the pyerian spring."

I am waiting to see what the next fool-hatched idea in diet will be, perhaps it will be shingle nails. The latest, and up-to-date, the silliest food-fad, is "uncooked food." Its advocates say, "Cooking kills the life principle in food," "Cooking destroys the life cells in food—the cells which make and sustain life in man." "Intense heat devitalizes food," "If you cook a seed or grain it will not sprout, you have destroyed its life principle." "Raw diet prolongs life, the life of the plant is absorbed in the tissnes."

This all looks very much so to the arboreal man, doesn't it? But let the man descend from his tree and survey the ground and he will presently discover that there's nothing in it. *It is not true* that the living cells of plant life are incorporated into the body of any man or animal. This *fact*, that the living cells of plants *are not* incorporated into the organization of man or animals relegates the raw food fad into innocuous desutude, here is the proof.

J. D. Craig, M. D., in a little booklet entitled "Force in Foods," says, "these cells (of plants) are broken down during the process of digestion, and the very act of mastication destroys the vitality of all plant life." "The life in a plant depends on its organization, and just as soon as this is broken up, either by chemical or mechanical means, it is to all intents and purposes dead."

Try the experiment of grinding a bushel of wheat or a peck of beans into fine flour, then sow that flour in the corn field out back of the barn and watch for the flour to sprout. What's the matter with the beans? Why you have smashed the life out of them, just as you do when you unwisely feast upon raw beans.

Chewing crushes the "life cell" into smithereens, and they won't digest half as well as if they were "Boston baked beans," nor taste half so good.

The trouble with these raw food disciples is they take too much for granted. There is a Doctor in New York and a "Professor" in Chicago who have each prepared a sort of raw wheat bread, which, together with certain advice, "applicable to each case," they sell, for a consideration, to those who are ailing; I have sampled both products, and prefer "poi." It is a matter of dollars and cents, and all this printed praise of raw food from their pens ultimates in a transfer of coin from the purse of the sick to the pockets of the doctor and of the professor, Why not chew the wheat and beans out of your *own* bin? But stop! Don't do it. Here are my reasons.

Nature placed some glands in every man's mouth which secrete a fluid called saliva, in which is found a digestive ferment called ptyalin which digests soluble starch; (please notice the adjective), *it will not digest raw starch*. Wheat, oats, barley, corn, all the cereals, and potatoes are largely composed of starch, and the starch granules are encased in woody capsules, as hard to break as a hickory nut and so very small that the teeth cannot grind them, so that unless they are softened by long cooking, the ptyalin of the saliva cannot get in its work and the mush goes down the esophagus to make trouble in the stomach and intestines.

A goose, a turkey gobbler, and a shanghi rooster, have each a gizzard, and can grind and digest raw starch; so can a Durham bovine and a Berkshire swine, because of a lengthy intestinal tract, but man's limited digestive area precludes raw starch digestion. I hope I make myself understood—I mean that man's great-grandmother was a monkey, and not a cow or a pig, and I mean that an anthropoid ape eats fruit and

nuts for a regular diet, and fruit and nuts are man's natural diet, and further—if man would confine his diet to fruit and nuts with a little green corn, and perhaps lettuce, he could get along fairly well without much cooking, just as his grandfather Pithicanthropus Erectus managed to keep house in his cave—house in Java and other lands some time ago. However if civilized man would like a little greater variety than the old folks in the cave feasted upon, then, in that case, he must cook his food, and *cook it thoroughly*.

If food is not burned it cannot be cooked too much, nothing good to eat is destroyed by cooking. Even fruit and nuts may sometimes be improved by cooking, especially if not quite ripe. The sun cooks the starch in the fruit; green fruit is indigestible, because its starch is uncooked, but the sun finishes the baking.

Many nuts (notably the chestnut) contain much starch; this is the reason that *raw* nuts are so difficult of digestion. Let me emphasize that raw starch, whether in fruit, nuts, grains, roots or vegetables, should be *thoroughly cooked*, because, as I have stated, *raw starch is indigestible*, and the confiding raw food disciple who eats his wheat, corn and beans uncooked will upset his digestive apparatus and repent his folly.

If You Will

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SAN FRANCISCO.....JANUARY 1904

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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. Kindly renew at once.

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 for 1904.

Phrenological Journal and
HUMAN NATURE, per year.....\$1.25
Human Culture and
HUMAN NATURE, per year.....\$1.25
Health (Dr. Burke's) and
HUMAN NATURE, per year.....\$1.25
Health Culture (N. Y.) and
HUMAN NATURE, per year.....\$1.25
Character Builder and
HUMAN NATURE, per year.....\$1.25
HUMAN NATURE alone, per year..... .50

"A Happy New Year."

THIS is the fifteenth time of our New Year's good wishes to friends, subscribers and readers of this magazine. Where shall we be in another fifteen years? Who can tell what a day may bring forth? But we venture to say that human nature is human nature the world over, and will ever remain so—varying, of course, in its manifestations according to individual organization, environment and culture.

Bright and Breezy.

The February number of HUMAN NATURE will contain an article that will make you laugh. It is entitled "A Phreno—"All is Mind" (ii)logical Examination by C. P. Holt. It is written in Prof. Holt's best literary, critical style, and is amusingly sarcastic. Other original articles will also appear, filling its pages to the brim with interest.

New subscriptions are pouring in; if your subscription is due and you do not wish to miss a number, be sure to renew this month, as all expired subscriptions are not re-entered except by request.

THE PROFESSIONAL COURSE

IN PHRENOLOGY, PHYSIOGNOMY AND DIET CURE

consists of Fifty Lessons for Fifty Dollars, payable in advance.

Our method is superior to any method of *class* instruction—it is *individual and private*; we get in closer touch with the student

our students know more when through the course than they could possibly know in a class, besides they get considerable office practice.

Students coming from the country, taking two lessons per day, can get through in one month.

Twenty-five or thirty dollars is ample to pay for excellent board and lodging during the term.

His Best Sunday Girls.

Writing from Globe, Arizona, a friend and subscriber to HUMAN NATURE says:

Dear Prof. Haddock:

Please find enclosed two photographs of my best Sunday girls, which you may keep in remembrance of me.

Thanks, Mr. R. We shall present them to our readers next month, in full dress. The full figures, together with our delineation of their character will probably captivate our readers.

What He Says.

One of our late students, Mr. Ned Walker, writes:

"Your professional course in Phrenology, Physiognomy, Health and Diet Cure, has given me entire satisfaction. Your method of *individual* instruction is free from technicalities, and very thorough. It is surprising to me how clearly you made me understand human nature, and I consider the knowledge I obtained in your fifty practical lessons for fifty dollars is invaluable to me, whether I adopt the wonderful science of phrenology (which embraces the whole man) as a profession, or continue in my business as an auctioneer."

Satisfied.

One of our Mail Course Students writes:

"I again thank you and assure you of my appreciation of your personal interest and service in my behalf. You have done a great deal for me by interesting and encouraging me as you have. This is very gratifying indeed, and I now revel in pleasant memories of your communications as instructor. I feel that you are my friend as well as my instructor, and I remain your sincere friend and student."

Subscribers who received a blue-mark notifying their subscriptions due, failing to renew before January 31st, will be shot, at least they will be dead to February number.

A Practical Lesson in Hypnotism

I will endeavor to make plain a few important factors that constitute the basis of that magic power, Hypnotism; or, in other words, show just how this influence is brought about.

Motives govern men and women as much as gravity governs matter; and according as we comply with the primal laws of being do we get certain results, which under like circumstances are always the same. Knowledge is power, in the possession of one who knows how to apply this knowledge. Men have swayed nations in thought, led armies, hoarded up large sums of money at the expense of the people, and mainly by this mighty, marvelous power, Hypnotism. It wields a wonderful power, limited only by the degree in which one can comply with the laws of human nature.

Henry Ward Beecher says, "You never know, until you try to reach them, how accessible men are." Try them according to their individual "make-up."

Mind is composed of a variety of faculties, each of which performs a single function, or a variety of functions by their conjoint action. These are primal elements of constituent parts of mind as a whole; they are inherent in our composition, yet each in a different degree of power in different persons—hence arise the different talents, sentiments and peculiarities individualizing different persons.

Human nature is of two kinds, those that are easy to influence, and those that are more difficult. The first class are those that inherit any faculty or set of faculties greatly in predominance, which leaves them predisposed to certain lines of thought, or gives them inborn proclivities in a certain direction, so strong that to resist temptation in that line would be well nigh impossible. Such persons are easily influenced along the line of their

predisposition, even though one is not well versed in the art of Hypnotism.

The second class are persons of different character, more evenly balanced, with no certain predominant proclivities, and having more public experience, which tends to lessen their credulity in ideas or suggestions that have no tangible evidence. People of this class are the most difficult to influence.

I proceed to outline the method. We must be acquainted with the individual to get the quickest and surest results. This acquaintance gives us a knowledge of his strong proclivities, his likes and dislikes; for, paradoxical as it may seem, one's strong proclivities are one's avenues of weakness. And while these proclivities may not be in the direction in which we wish the influence to run, they afford an avenue of entrance through which we can reach our object.

For illustration—a person has no martial spirit, is not patriotic, cares very little for his country; hates contention, say nothing of war; yet has large kindness, large ambition for fame and a good name. Such a person we could not expect to volunteer for war with a love of country as a motive; yet he could be influenced to take part in war by appealing to his benevolence, showing it to be a duty he owed to his fellow man and that he should do it for philanthropy's sake; and by stimulating his ambition into activity he would go in order to gain celebrity, a good name, etc. In this case the person was influenced to go by arousing into activity ambition and benevolence.

All can be influenced by feeding any faculty or faculties with the food that arouses them to action, and by taking away the food that keeps such faculties as oppose them alive and active. And this may be done by persons who are smooth, have tact, have a good command of language making them charming in conversation, all of which helps to arouse to

action the primal elements of mind through which they wish to gain their influence, and which when aroused drift in the direction that gives them still more enjoyment, and keeps the other faculties of the mind passive or asleep.

What I mean by food for the faculties of the mind is this: Veneration is a primal element of mind and its function is worship of God, reverence for religion and things sacred, love of prayer, love of antiquity and the aged, etc. Now, doing these very things mentioned excites to action this faculty, is the food that is adapted to the faculty. Approbation or ambition is another primal element of mind; its function is sense of character, love of praise, fame, glory; desire to excel, attain distinction, rise to eminence, be well thought of by others, etc.; and doing such things as would result in the above, or arouse such thoughts, would be feeding ambition.

This applies to all the elements of mind, separate or in combination; and these forty-two elements of mind are capable of all the variety of thought the human mind can comprehend, each faculty being capable of operating only on such food as is adapted to it. You would not feed a calf on a meat diet; neither can you excite a faculty to action on food that is not adapted to it. You cannot excite the faculty of Veneration by suggesting thoughts of fame, glory or emulation, nor the faculty of Ambition by suggesting thoughts of things sacred or venerable.

Now, if you can, by fixing conditions, environments, or in conversation apply the stimulus to a faculty strongly enough or in such degree that the faculty greatly predominates over the others in activity, they have no say in the matter; or, in other words, they become passive or hypnotized. Under certain conditions we act foolishly, because certain faculties become over-active, while other faculties become inactive. This at times does not tend to our best

interests, or even good results to ourselves, which we are perfectly aware of when the activity of the faculties is properly balanced. A man in a frenzy or anger may do some act about which two minutes later he will say, "I ought to have known better," and will be sorry for the act. Now this frenzy is only the activity of a faculty called Destructiveness, to such a degree for the time being that it dominates all the other faculties. As it cannot reason, it may do things for which one will repent, if it be so powerful in activity that reason does not work at all, or in a secondary degree.

The science of Phrenology explains it all.

CLARENCE W. COX,
Fargo, N. D.

Our Mail Course in Phrenology

Our \$5 Mail Course of twenty-seven type-written lessons are "Multum in Parvo". Nothing equal to them in any of the published works. They not only reveal the mental functions of the brain, but locate the brain center for each organ of the body.

The stomach center is in Alimentiveness. The spinal column in Firmness. When Firmness is large there is always a stiff spine and rigid muscles. Our course shows the exact relation between the brain, body and mind.

Our \$25 course runs for several months, including a long list of questions and answers, reading character from photographs, and instructions by correspondence. This course earns our Diploma.

Twentieth Century Physiognomy

Having had so many extra calls for this book, we have imported another lot from England, and they are now on sale at this office. Price fifty cents. No extra charge by mail.

THE LITERARY GROTTO

BY C. P. HOLT.

The *Phrenological Journal*, Fowler & Wells Co., 24 E. 22d St., New York. The December number of this pioneer magazine in the phrenological field contains many valuable articles. The illustrated article upon the characteristics of the Kiowa Indians; by the editor, is especially good.

The *Character Builder*, \$1.00 a year, Human Culture Company, Salt Lake City, Utah. Professor John T. Miller edits this magazine every month, and Mrs. Miller, with other capable people, help him to get out an up to date publication that is fearless and sound on sense and morals. I happen to know Prof. Miller personally to be tall in physical stature and high in intellect and morals. The December number of the *Character Builder* is brimming with good things on folk and health.

The *Hamanitarian Review*, \$1.00 a year, No. 852 E. Lee Street, Los Angeles, Cal. Some of the contents for December are "Hell or No Hell," "Why We Oppose Vivisection," "Fundamentals of Liberalism." Each of these articles is worth a bag of gold dust.

The *Sun Flower*, weekly, \$1.00 a year, Lilly Dale, New York. This is a paper devoted to spiritualism, and it keeps right up to the work in true occult style. The December 12 number tells graphically "What a Hindoo Saw in the Modern American Churches"—not much to convert him from the simple faith of his fathers to christian christianity. Not much.

Health, \$1.00 a year, Burke, Cal. The December number of Dr. Burke's *Health* contains among other good

things "How We Live," by the editor, and "Distilled Water," "The No-Breakfast Plan," and "Attitude."

Lucifer, Moses Harmon, editor and publisher, 500 Fulton St., Chicago. If you believe that your mother was and is the best friend you ever had (not excepting your dog), and if you would chastise a man who insulted your sister; if you are not afraid to read good sense, upon all sorts of radical subjects, expressed in choice, forceable English, then, in that case, subscribe for and read *Lucifer*

The *Vegetarian Magazine*, 167 Dearborn St., Chicago, Ill. If you want to see a good picture of my long-time friend, Dr. J. M. Peebles, and read his charming article "An Octogenarian Physician's Reasons for Abstinence from Meat," you will find it in the November 1903 number of the above mentioned magazine, together with other articles that will make flesh eating seem savage.

Health Culture, \$1.00 a year, the Health Culture Company, 481 Fifth Ave., New York. The contents of this excellent monthly magazine are seventeen. I cannot speak of all for lack of space, but don't neglect to read "Longevity By Health Culture," "Wonders of the Human Body," and "Cold Feet."

A Stuffed Club, monthly, \$1.00 a year, Dr. J. H. Tilden, editor, Steele Block, Denver, Colorado. The December number of this unique publication contains a long and very instructive article by the editor, entitled "What is to Cure." Dr. Tilden is no doctor at all—he is a health teacher. He has a stack of diplomas from medical colleges, but he keeps them in his back office, and talks sense to the people through his "Stuffed Club." If you want to laugh and learn something, the "Club" that is "Stuffed" will do the work."

The New Christianity.

A magazine under the above title contains an article by the editor so close in touch with the teachings of phrenology that we gladly quote from it to show that "The New Christianity" is greatly in advance of the old, and growing in the right direction :

"If the mind is an organism, it is a distinctively human organism. Its form or structure must be different from that of the horse or dog mind ; and as a man has thoughts and desires of a higher grade or plane than is possible with any animal, his mental organism must be more complicated than any animal's, or must have a greater number of mental cells (so to speak), placed one above or within another.

"As the human body is perfectly adapted to the development and uses of the mind, the mind must in form correspond to the body. It is present in every part of the body. No prick of a pin fails to call it forth ; every muscle, fiber, vessel and feature is in its service ; it must have a head and a heart and members corresponding or answering to those of the body. If it have not a member answering to the hand, then it must be incomplete ; and for the same reason it must have members from which proceed the uses of the feet.

"If the mind is a system, it has departments — departments of use and enjoyment. In those departments are superiors and inferiors, just as in the fleshly body one member has a use superior to that of another. Touch any organ of the body, and you call into activity a corresponding organ of the mind, awakening a sensation and thought peculiarly answering to the organ touched. To touch the forehead occasions a different sensation and thought from those occasioned by touching the sole of the foot. By reference to all the different parts and functions of the body, one may

know somewhat the different parts and functions of the mind.

"A wonderful physical structure is that whose parts are all so constituted and arranged as to reveal the corresponding departments and offices and grades of the mental system within. A wonderful universe, or body of God, is that in which various kinds and grades of mind are embodied each in its own form. The bovine principle could not embody itself in any other form than that which we see in the cow ; and here, in the shape of the beast, in horns, hoofs and face, in the sphere which she carries about her, in the nature which her whole being and her habits exhibit, we read of a corresponding principle in ourselves. So the human mind is a little spiritual universe composed of all the principles that find expression in the creature forms of the material universe ; and we have these forms of helps toward knowing ourselves, and toward interpreting the Word of God.

"There are more worthy and less worthy members of the human body, because they correspond to and serve more and less worthy members of the inner man. This is not to say that any mental organ or faculty has not a holy use ; the unholiness depends entirely upon what ought to serve and what ought to rule.

"Man is wholly mental or spiritual, dwelling in and animating his material body even to its outer skin. He is a living body within a body that lives from him, acts from him and feels from him. This dependent material body is a perfect index of the man within, whether we consider the expression of the face, or the health, size or attitude of the body. No other than just that body could reveal the history of the man within, as affected by his peculiar inward or hereditary environment and by his peculiar outward or worldly environment. A man who has inherited a weak physical constitution, which depraved appetites and passions, or with a despairing mood, both of

which produce physical weakness, may be a stronger man within his weak body than is one who has inherited a strong physical constitution and has had less to overcome ; and if so, his face and entire body will express to a discerning mind the superiority. The fact that we can sense a man's character proves the outer and inner correspondence, so far as expression is concerned. If a man has to any degree overcome an adverse heredity or adverse outer environment, the scars of battle will themselves tell of it, and if he has yielded habitually to the suggestions of an adverse heredity or environment this fact will declare itself. Starvation or disease or deformity hides no inward history, and no other body than just that which a man has can truly and fully express him in this world. Uncomely features and ensightly deformities do not fail to reveal to discerning minds a lovely character if a lovely character is back of them."

Character Reading from Photographs.

For those who desire to learn how to read character from photographs, we recommend No. 19 of Human Nature Library, price 10 cents, postage free. We have it for sale at HUMAN NATURE Office. It contains above a score of pictures and considerable descriptive-explanatory matter. It is one of the most instructive pamphlets we have for sale. Get it, study it, and you will surprise yourself and friends by the manner in which you can read character from photographs. Such knowledge as this is profitable.

May you prosper long with your ever interesting and instructive magazine, HUMAN NATURE—the best in the field of its kind. You have my heartiest good wishes.

PROF. CLARENCE W. COX.

Fargo, N. Dakota

Splendid Results.

Readers of HUMAN NATURE will be glad to learn that our friend and former student, Prof. G. H. Brinkler, of Queens College (England), is now the *Principal* of The Cambridge School, Dallas, Texas. After he was through our course of instruction in phrenology we left him in charge of the office during our visit to Europe. Writing the other day from his school, he says, "*The boys are learning phrenology gradually.*" Thus the good work goes on. Our students apparently do well, some have gone into the medical profession, others into the ministry or the law, and some have risen to eminence in their chosen profession. Phrenology is useful in every department of life, whether in the school, workshop, office, store or the home, but to no one more so than the working man; it is the poor man's friend.

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.

We prefer tin types or stamp photos rather than *touched up* cabinet photographs. The former retain the characteristics of the face. All photos returned. Vocations and temperamental adaptations in marriage a specialty.

No wonder Dr. Foote's Home Cyclopaedia sells well. A prominent physician who purchased the book writes:

I am surprised at its contents. * * * It imparts just the fundamental knowledge which everyone should possess, besides a liberal education. * * * I am of the old school of medicine, but I am no bigot. * * * The book is up-to-date and I heartily endorse it.

Mrs. Vaught, the editor of *Human Culture*, says: "Your Dec'r issue of HUMAN NATURE is especially good; you deserve great encouragement and success." Thanks; we get good encouragement by renewal subscriptions, and obtain success because we strive for it persistently, and we try to make every issue of HUMAN NATURE worth a year's subscription.

Students coming to HUMAN NATURE office for a course of lessons, have the advantage of using any book or books in stock, that will aid them in their studies.

The Cheerful Liar.

Here's to the man who lies to us,
Who's careless of the truth;
Who slaps us on the back and says,
"Gee! how you hold your youth!"
Who shrinks not at the future,
When he has a lie to tell,
But when you're sick, and tired, and blue
Declares, "You're looking well!"

—*Baltimore American.*

All Is Good?

The Bible says the Lord formed light and created darkness, and that he made good and created evil.

The New Thought advocates go one better. They say, "I Am God," "All Is Good."

If "All is Good" there is no bad or evil. Such doctrines are fatal, and as foolish to act upon as the insane idea was of the love sick baker, who, last week in San Francisco, put a gas tube into his mouth and died from inhaling the "good" gas. Probably he was only *half baked* or his brains were *doughy*, or he had "wheels in his head," else he would not have taken "good" gas, because a girl did not love him.

We Trust

All our friends and subscribers whose subscriptions expire this month will kindly renew at once. No magazine in America gives so much genuine and practical information concerning human nature as HUMAN NATURE does at 50c. a year. In renewing some of our friends say "I cannot afford to do without it." Others say "If it was a dollar a year I would consider it cheap." One enthusiastic friend wrote "I would subscribe to H. N. if it was \$5.00 a year."

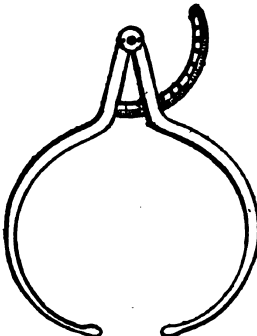
We have had \$25.00 per month offered us for an advertisement that would fill our back page. It was a medical fake; so we backed out, and thought of Whittier's

PRAYER.

As the path of duty is made plain,
May grace be given that I may walk therein,
Not like the hireling, for his selfish gain,
With backward glances and reluctant tread,
Making a merit of his coward dread;
But, cheerful, in the light around me thrown;
Walking as one to pleasant service led;
Doing God's will as if it were my own,
Yet trusting not in mine, but in his strength alone!

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Callipers are useful to students in ascertaining the relative distances from the opening of the ear outward to the various faculties.
Printed rules for measurements accompany each pair.
Address HUMAN NATURE OFFICE.

The Christmas Number of The Book Lover

is a marvel of the printer's art, and its literary standard high, as usual. A fine half tone of the Goethe Monument at Frankfort, fills the title page. More than forty articles by the foremost writers of the day adorn its pages. All are so remarkably good it would appear almost unfair to discriminate. 35 cents. Book Lover Press, 30 32 East 21st St., N. Y., and all booksellers. Get it and see for yourself.

We have for sale some beautiful Alexandra Wall Charts in colors, illustrating the forty-two mental functions of the brain, 3 feet by 2 feet 6 inches, for hanging, or mounting on rollers or framing. 40 cents each or three for \$1. Mailed without extra charge. Also a smaller chart 23 by 19 inches, a duplicate of above, which we mail at 30 cents.

Our old subscribers will remember a well-known contributor, Mr. John F. Bernard. We regret to announce his death, which occurred in Seattle, December 4th, of typhoid fever.

Phrenology is the poor man's friend; it has done, is still doing, and will continue to lift him out of the mire—out of the darkness into light.

Dr. Foote's New Home Encyclopedia is, we consider, the most remarkable book published on the subjects of which it treats. Price \$2.

Abraham Lincoln said: "The person who will not investigate both sides of a question is dishonest."

Mr. Albert Turner, of New York, the publisher of "Manhood Wrecked and Rescued," says:

This is a book you can afford to back up, as it is one of the few good books on the subject. * * * The author was a Bishop of the Methodist Church.

We are selling the book well, and it is cheap at the price, \$1.00. For sale at this office.

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Send 10c. for a sample copy of HUMAN CULTURE. It is an up-to-date Phrenological Journal, dealing with culture, health, progress and success.

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and see just what is transpiring, trace up lost and
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unravel the secrets of criminals, read the minds
of friends and enemies, locate minerals and valu-
able mines, make finds and discoveries of untold
value, read the very thoughts, life history and
character of any person from the cradle to the
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hard questions and problems in this sleep and
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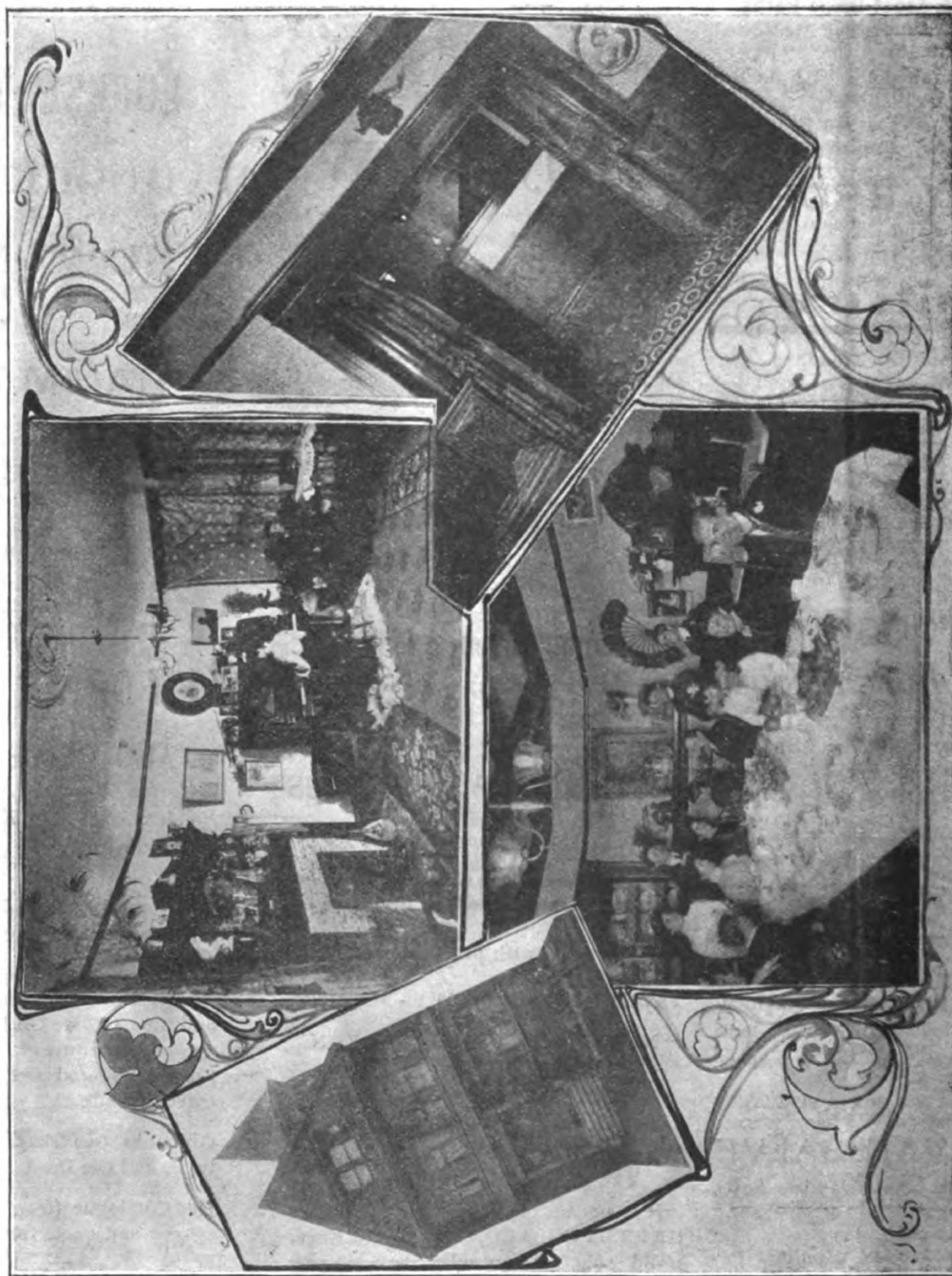
No. 25 MARKET ST., S. F.

Can we price-list you?

No. 1. This beautiful residence was designed and erected by McGee & Canfield, for Prof. A. Haddock, and is a type of houses they are building south and alongside Golden Gate Park.

No. 2. Section of one of the double parlors on second floor.

No. 3. Arch between dining room and reception hall.



No. 4. Colonial dining room on first floor, showing section of beam ceiling. The beam ceiling and pannel work in this room is of Oregon burnt pine.

Persons intending to build or buy a home, please write or call first on McGee & Canfield Contractors and Builders, 56A Hancock Street, San Francisco, Cal.

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