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TOLD ON MOUNT TAMALPAIS.



"Hello! Good morning, you up here again?" He was a tall blonde young man who spoke, was dressed rather neatly and carried under his arm a camera, which he began to adjust on a tripod.

A small party of us had just reached the summit of Mount Tamalpais from the Mill Valley side and planted ourselves against the rocks on the highest peak for a rest, when the young man with the photographic apparatus addressed us in the above familiar tone.

"So you are engaged in photography as a pastime," we remarked.

"No," he replied, "I follow it as a profession now. Some years ago you gave me a phenological examination and recommended me to take up photography. I did so

and now I am 'The Official Photographer of Mount Tamalpais.'"

"Stay where you are," he continued, "and I will make a picture of you and your friends."

The result of his effort we place at the top of this page.

Mount Tamalpais is a high peak of the Coast range of mountains, its summit being 2,592 feet from its base, is above the clouds, from which vantage ground the view is inspiring. An ever changing panorama opens to the gaze of the visitor. On a clear day the broad Pacific is seen to the westward, stretching out its waste of waters to the Orient, with here and there green Islands dotting its surface. To the eastward rise the majestic Sierras—sentinels guard the land of flowers.

To the Northwest is seen the volcanic cone of Mount St. Hel-

ena, silent memento of a tempestuous past. Away to the South dark Loma Prieta of the Santa Cruz range greets the eye with silent recognition. While we gaze enraptured upon the scene, there comes rolling in from the Pacific an ocean of fog, which shuts out our view of surrounding objects, and enveloped in this fairy mist, our thoughts become weird and fantastic. In such a mood our party began discussing psychological subjects.

Mr. L.—began by saying: "I came to America before the mast, it was during the civil war. I was a young man just out of my apprenticeship. I soon caught the war fever and joined the 115th New York regiment.

"While stationed in Jacksonville, Florida I dreamt one night that we met the confederates and

both sides fired simultaneously. I seemed to stand out in the open field in the front ranks, amid flying bullets: the end of my gun was pointed downward, and while in the act of biting off the end of a cartridge, I felt a sharp stinging sensation below the knee on my leg. I immediately drew up the slop of my pants, turned down my stocking and found blood running in streams into my shoe. The bone had been splintered by an enemy's bullet, and I awoke in great pain.

"The next morning we had marching orders. On the third day we sighted the rebels and soon after a battle was on; bullets came thick and fast as I with several of my comrades fired away from behind a tree. I felt it was as safe to be in the open field, as all of us together offered too conspicuous a target for the enemy. I stepped out into the open space, and while in the act of biting off the end of my cartridge, I felt a sharp and stinging sensation. I pulled up the slop of my pants, turned down my stocking and there found I had been shot in the leg. The blood was running down and filling my shoe, for the bone had been shattered by a bullet. I immediately retired from the heat of battle, mounted a riderless horse and rode back to camp.

"Strange to relate, however, the singularity of my dream and the coincidence of the wound I had received, did not force itself upon my mind until later, as I lay in the hospital.

"Gentlemen," Mr. L.— continued, as he lifted up the slop of his trousers, and pulled down the stocking, exposing the marks of a fearful wound. "Gentlemen, you see the scar for yourselves, the bullet is in there yet, the surgeons probed for it and wanted to cut off the limb, but I would not consent, and to-day, barring a little lameness after a steep walk like this, I am all right.

"I do not seek to explain the connection between my dream and the terrible wound I received during the battle three days later. The dream to me was just as real and just as painful for the time being as the wound I actually received."

The relation of this story caused another friend, Mr. Ed. G.— to recount an experience he had a little over seven years ago, he began as follows:

"It was a cold drizzly day in

November, 1890, when I landed in Portland, Oregon, as traveler for an importing house. I repaired to my hotel and after supper sought bed. Quite soon I was in the land of dreams, but sometime during the night I awoke at the end of a strange and vivid dream greatly troubled for the safety of a friend living on Kearny street, San Francisco.

"I had seen a man enter his establishment, walk to a certain closet, and abstract some valuable articles, then walk out of the door into the street, and was lost in the darkness.

"I could not see the robber's face, but noticed that he had on a short coat and black slouch hat. The scene was so impressed on my mind that on arriving in San Francisco two weeks later I sought out my friend T— and related to him the story as I have given it to you; on hearing which my city friend looked upon me with a mixture of incredulity and suspicion.

"Calling to his bookkeeper he said, 'Just come here a minute and hearken to this,' whereupon I had to retell the story; when I had finished the merchant said: 'Please show me your order book, I want to see that you were really in Portland at the time, for at the hour and on the very night you name, just such a robbery as you have related occurred on these premises, and you have described the man I suspect of the robbery. You must pardon me if I insist on satisfying myself that you were really in Portland at the time of the robbery?'

"I began to feel uneasy at the way things had turned, for I had no idea that my dream had any significance, when, however, I showed him my order book and the hotel receipt for ten days bed and board in Portland he seemed better satisfied, and I began to think that we do not yet understand the finer forces of nature!"

It was now *our* turn to relate an experience on the same psychological lines, and as the incidents are of very recent date and concern two continents, it will be doubly interesting to persons thousands of miles apart, when they read our story, which we vouch for in every particular.

Each member of our family (Haddocks) is a living witness to the truth of our experience.

For the convenience of relation, we tell it in the first person.

"It was on a balmy evening in June 1891, that I walked leisurely home from my office. Arriving there at the tick of nine, my wife and family were seated around the table with their faces upturned to the chandelier, watching it as it rocked violently to and fro: I naturally asked who had been disturbing the gas pendant, when all answered that no one had touched it, but that it had been swinging backwards and forwards about five minutes, apparently without abatement; I then put up my hand and stopped it.

My wife who believes in 'tokens,' expressed herself as afraid something had happened to her father in England, but I tried to persuade her that the cause of the violent motion was an earthquake, of which we should see an account in the morning papers. Morning came, but the papers mentioned no earthquake,

At 6 P. M. next day a messenger boy handed to me the following cablegram from England. It contained only two words: 'FATHER DEAD.' The message was from my wife's brother. I carried the distressing news to her and she exclaimed, 'I knew it already.'

"Three weeks later we received a letter from her brother, giving all particulars as to death and burial of the father. Father had died about five o'clock on the morning of the 12th of June, and as our time is 8 hours and 15 minutes later than English time, it would be 9 P. M. of the 11th in San Francisco, or just the time our chandelier swung so violently as to alarm every member of my family.

"Gentlemen, these are the facts of the case, I can offer no apology for relating them. I can give no valid reason why such things occur. As the spiritual faculties are located higher in the 'dome of thought' than those of reason, it may be that we should look beyond cold logic for explanation of psychic phenomena.

Those who wish books pertaining to phrenology or kindred subjects, or desire the Phrenological Journal can obtain them of us at publishers' prices. All orders promptly filled and everybody satisfied.

Astro-Horoscopes.

Planets and People is the name of an Astromical Magazine lying before me, which for the marvelous, mysterious and mystical, just discounts anything in the line of the nonunderstandable that it has been my lot to look upon since I tried to cipher out the jargon in the book of Mormon.

It is a model of typographical excellence and copiously illustrated with diagrams of Helio Centric Horoscope. Horoscopes with lights and shades and with Horoscopes without lights and shades, not to speak of scopes of Horror unmentionable.

Then on page 61 there is a large diagram with the title Zodiacal Palmistry in which a hand is pictured marked off with life-lines, heart lines, head and lines all other lines (except fish lines and clothes lines). Around the hand is drawn the zodiacal circle such as my childish eyes used to study and wonder over in the old Farmer's Almanac where fishes and rams and crabs and lions lead a merry dance through the various anatomy of a half-dissected man.

This sort of zodiacal arrangement of Palmistry, we are told by the editor, is the only dead sure science of palmistry extant, (or words to that effect). The thing is copyrighted. I hope this description is no infringement on the reserved rights.

Several pages are given to forecasting events for the month of February, wherein people are advised about business and marriage, and even birth; as for instance, under the head of children, it is stated that "those born on Monday and Tuesday, *especially* on Tuesday will be gifted with oratorical ability, and will make good speakers. The balance of the week shows extremely nervous and sensitive natures, with psychic and spiritual gifts very marked." So look out!

Under the caption "Astral Flights" the editor describes a nocturnal trip he made to our planetary neighbor, Mars, in company with two lady friends, where they attended a musical entertainment. The time from start to finish was only one hour and twenty minutes. It is interesting to be told that "the inhabitants of Mars are quite dark skinned; medium height and resemble the Japanese of our earth."

But the place where the greatest nonsense comes in, is where the editor undertakes to Horoscope two gentlemen, a Dr. Thomas and a Mr. Canfield, the latter gentleman is said to "belong to the Sign of Cancer, which gives an extremely positive mind—a mind that will have its own way, and thus he goes on, pretending to read the character of men by the supposed influence of the stars or planets upon the character of the persons described. All of which—to draw it mild—is exceedingly far-fetched, and as mystical and unreliable as a dream book.

There is only *one* way by which character can be delineated and that is by coming into communication with the person *himself*, either phrenologically, physiognomically, physiologically or psychometrically or all combined. The mineralogist to study the character, quality and value of quartz does not consult the man in the moon, but critically examines the *ore itself*. The naturalist in order to learn the peculiarities of a rare sea shell, studies the shell itself, and not a billiard ball.

Similarly to learn a man's character, study the *man himself*. Astrology is an ancient humbug, contrived by ignorant pretenders and foisted upon the attention of a superstitious people in the days of antiquity, when the earth was supposed to be flat like a trencher and the sun and moon went whirling around it.

Like all superstitions it has a grain of truth as a foundation stone, in the premises that every particle of matter in the universe has an influence upon every other atom and that the tides of the sea are produced by the influence which the moon exerts upon the waters. It is one thing to admit that stars have an influence upon worlds and men and quite another thing to cipher out and prove to a common-sense mind *what* and *how much* that influence may be.

It is here the astrologer is weak, but taking advantage of the innate love of mankind for the supernatural and marvelous, with much jargon and a long array of mystical figures rushes his dupe through a maze of zodiacs, signs, aphelions and perhelions, until he swears his allegiance to the great *Caspo*.

Perhaps it is in pretending to

foretell future events that the Astrologer obtains his strongest hold upon the crudulity of the superstitious adherent; we are always standing on the brink of the future, peering wistfully into the darkness and wondering what fate has in store for us.

There is nothing so satisfying to the wondering soul as star gazing, principally because it leaves him in the same mystical abstraction after the Horoscope is cast, as before the oracle was consulted. To illustrate the unreliability of the pretended influence of planets, at birth of a babe upon his destiny, we will suppose two infants born at the same instant in the same city, and in the same house, both boys. One of them grows to be a great and good man and lives to a good old age, winning honor and fame. The other child, with criminal tendencies, ends his life at middle age upon the gallows. How is that for stars?

Another case: A ship loaded with passengers founders in mid-ocean. She carries to "Davy Jones' Locker" scores of human beings, from infants in arms to gray-haired sires, each born under different stars, but *each and all* meet the fate of McGinty.

Will some Astrologer cast for me this Horoscope?

C. P. HOLT.

In the Land of the Not Yet.

BY HOMER A. BILLINGS.

We are told of an hereafter,
In the land of "The Not Yet,"
Where our sorrows end in laughter,
And where suns will never set,
Oh! what joy and consolation,
Do such promises beget:
How does Hope's anticipation
Seek the land of "The Not Yet!"

Present blessings seem unheeded,
Though we have a grand supply,
Feeling something more is needed
Waiting for "Sweet Bye and Bye!"
Discontentment with our Present,
Doth our happiness upset:
Here and Now is made unpleasant,
Through our greed for "The Not Yet!"

Pope has said that we are never
But are always to be blest,
Let us try his saying—clever,
With a philosophic test,
Our enjoyments must be ever
In the Present: (Don't forget.)
Fancied pleasures are forever,
In the land of "The Not Yet."

Here and Now! Oh! how neglected,
Through our greed for "Bye and Bye!",
Present blessings! How rejected!
Waiting for them—when we die!
Happiness implies Contentment,
Where our present lives are set!
Banish then, this Discontentment,
Then you're fit for the "The Not Yet!"

WHY ARE SOME MEN SKEPTICAL AND WHY DO OTHERS BELIEVE?

One of our *Mail Students*, who is nearing the end of his course of lessons, writes as follows:

"There are two subjects here who are puzzling me very much. One has Veneration large and the other gentleman has the same organ small. The gentleman whose Veneration is large believes in nothing pertaining to Christianity; he is a follower of Ingersol. The gentleman whose Veneration is small goes to church and seems to get consolation. Please explain."

We reply to this query through the pages of HUMAN NATURE, because we have heard from others who are puzzled with the same problem. They imagine that one who has large Veneration ought to pray or worship God, or to have faith or belief in a Supreme Being.

As a matter of fact, the greatest skeptics are often quite largely developed in the organ of Veneration but always small in Spirituality. Voltaire and Ingersol are examples.

The function of Veneration is to adore or reverence. One with large Amativeness and Veneration will adore and almost worship the chosen one of the opposite sex, and if Conjugality be added will regard the beloved one as little below the angels.

Voltaire had such reverence for his mother that when a church was built on the site of his old home, he caused a railing to be erected on the spot where had lived and died his beloved mother.

Ingersol's well-known devotion to his children and grand-children is in evidence.

His favorite attitude is with his grand-child on his knee; he is devoted to the little ones and worships at what he considers the shrine of love and truth, as he sees it in nature.

Neither Ingersol or Voltaire ever had belief in a personal God or faith in the unseen. Faith being the function of Spirituality, nearly all skeptics are deficient in this faculty; they lack faith in a Spiritual existence or anything not purely mundane or demonstrable.

One with large Spirituality and only moderate Veneration will have faith, and delight in the contemplation of spiritual things, but

will not necessarily be very devotional, while another with small Spirituality will have no faith in spiritual matters, but with Veneration large may be a hero worshiper.

These faculties are blind and emotional, so much so that when both are large and the intellect inactive or deficient in a person he may worship images of stone or wood.

Very material men with small Spirituality, large Veneration and Acquisitiveness worship the Golden Calf. Regarding what man may worship depends upon a combination of faculties and upon training and environments.

A child born of Christian parents but reared in Turkey, apart from Christian influence would naturally become a Moslem, if Veneration and Spirituality were well developed. We hope we have made it clear to our readers that it is through Spirituality men have Faith, and become in touch with Spiritual life, and that one with large Spirituality and only moderate Veneration may find consolation by going to church, whilst one with large Veneration and small Spirituality, having no faith in spiritual things would be unlikely to worship at any shrine what-ever.

Husband and Wife Grow Alike.

Some curious investigations have recently been undertaken by a photographic society in Geneva. The purpose was to show that the longer a married couple live together—we apprehend harmoniously—the more and more marked became the resemblance which the two persons bore to each other.

Photographs of 78 old couples were taken, as well as an equal number of adult brothers and sisters. On careful examination it was found that the married couples were more like each other than the brothers and sisters of the same blood.

Apparently therefore there seems to be a stronger force available for the production of "family likenesses" even than that of hereditary transmission.—*British Phrenological Year Book*.

PHRENOLOGY APPRECIATED.

As an evidence that our educators are awakening to the im-

portance of a knowledge of Phrenology as an aid in the school room, we mention that, by invitation Prof. Holt lectured before the Teacher's Club at Mercantile Library Hall, this city, March 29th, upon the subject of Phrenology Applied to Teaching. At the close of the lecture we made phrenological examination of three gentlemen volunteers. The audience was cultured and expressed interest in the theme, and approval of the points made in both lecture and examinations, by applause.



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SAN FRANCISCO, CALIF.



Puget Sound Department

CONDUCTED BY PROF. D. C. SEYMOUR.

THE LAND OF THE SETTING SUN.

Few people have a correct idea of the great Northwest, or the Puget Sound and Fraser river Country, and perhaps only a visit to this land of the setting sun, will give them a correct idea of its greatness or grandeur, but I will jot down a few ideas that occur to me after travelling all over it several times, and residing here several years. Everything in this region is carried out by nature, on wholesale principles; Puget Sound is a vast inland sea with more fine harbors, beautiful Islands and miles of Coast, than all the Atlantic States put together. The Cascade and Coast Mountains are vastly higher and more numerous than all the States east of the Mississippi can boast of and the peaks are always covered with snow and ice that makes a journey to their summit even in mid-summer, a hardship and dangerous. The forests of evergreen trees are the most stupendous in the world. Trees measuring far more than 300 feet in length and 6 to 15 feet in diameter and perfectly straight, and 200 feet from the ground to the first limb, are very common. One cedar log 40 feet long, made over 300,000 feet of inch lumber.

One tree will often make lumber enough to build all the buildings for a good farm and fence it in besides. First class cedar shingles are made and sold here by the billion, and sold for ninety cents for a thousand, lumber in the rough selling \$7 to \$8 per M. Millions of cords of the finest wood on earth is burned up every year to simply get rid of it and clear the land. The fur timber or stumps are bored with augur holes once in 5 or 6 feet and fire put in the holes, and in a few days the trees are burned to ashes, even the stumps and roots far into the ground, going in the same way. Sometimes the logs are first cut out and sold for lumber and then the stumps and tops are burned as described above.

This timber grows close together and with the immense down timber and dense growth of small stuff it is mostly an impenetrable jungle which farmers

stock can no more penetrate than they could fly to the moon; and human bipeds find it equally as "hard a road to travel."

Millions of these acres are all unexplored and fire has never cleared the way, because so densely shaded it is too moist to burn. Vast acres of this mammoth timber land has never yet been surveyed, so Uncle Sam is yet rich enough "to give us all a farm," or some of us, at least. One hundred and sixty acres of this mammoth forest would make any one a fortune if used to advantage. A man can clear five acres here with fire and dynamite in two years if his organ of Destructiveness is No. 7, and five acres farmed to fruit, grass and garden, poultry, etc., will support a family well. Taxes from this time on will be light, as the last legislature passed a law exempting from taxation \$1,000, personal property and \$500 improvement on real estate, and all orchards until five years old.

Puget Sound Country has a climate far better than California. It is never too warm or too cold here at Port Angeles, never much above eighty in the shade or below zero in the winter. Potatoes, carrots, etc., keep finely all winter, in the ground where they grew—in fact, better than when stored in houses or cellars. All kinds of stock live all winter, out in the green fields, and the fields are green all winter, but the settler must have range enough to keep up the supply and some feed to give his stock when the snow is on, which is seldom and during the cold rains.

Nobody is ever sun struck or frost bitten here unless high up in the mountains. Fruit and grass, vegetables and roots, grow to an enormous size here. Anybody can go in the fall of the year and get all the salmon they want for a year's supply for nothing. They come for a few weeks in spring time, almost in solid bodies, and run up all the creeks and rivers, inlets, etc., in countless numbers weighing from 6 to 40 pounds each and the most delicious eating of all the fish kind. They are so plentiful and so easily caught, that the canneries buy all they can handle at five cents a piece, big and little. The little inland fresh water lakes, and there are many of them near the Coast, are also full of salmon trout weighing

from two to twenty pounds each. They are the most delicious of all the finny tribe and can be caught with hook and line all the year round except in winter. The shallow, salt water on tide lands are just swarming with clams that are free to all at any time. Raspberries, black and red, blackberries, etc., grow wild in great profusion. Deer, Bear, elk and wild fowl are very numerous back in the hills and mountains. The precious metals and minerals, coal, etc., are in great "pay streaks" in every deep canyon and mountain side.

A healthier country is not to be found on this globe, nor a richer soil, nor grander scenery, clearer skies, nor softer, gentler breezes. I believe it to be the easiest and best place to make a living in the United States, the best place to be contented and happy, slowly get rich and in the final round up, the best of all places to climb the "golden stairs."

Living in this wild land far removed from all ones' kin and childhood's home, is no "picnic." It means work and plenty of it, good management, a bounding hope to keep up courage, and great sublimity to appreciate the grand and sublime in this wondrous country. How anybody can stay in the east and live in constant fear of cyclones and blizzards, freshets and overflow, cold and heat, trusts and monopolies, when out on this coast is a veritable land of Canaan, where nature has done all possible to make a home for the homeless, is past my comprehension.

I have nothing here to sell, but any one wishing to do so can write me (enclosing stamps), and I will answer. Address Prof. D. C. Seymour, Port Angeles, Wash.

It is an indiscreet and troublesome ambition that cares so much about fame; about what the world says of us; to be always looking in the faces of others for approval; to be always anxious about the effect of what we do or say; to be always shouting to hear the echoes of our own voices.—*Longfellow.*

Study to know your faults and weaknesses, your virtues will take care of themselves.

Health Department.

DIET AND DIGESTION.

Children and invalids should be given finely ground foods, as such are more thoroughly digested than the coarser ones; the advantages of those are that they require little chewing, and being in a state of fine division the gastric and various intestinal juices can penetrate and digest most of the available nutriment from them.

Of even more importance than mastication is insalivation or a mixing of the saliva with the food eaten. The spittle or saliva contains a peculiar principle called ptyalin, which has the remarkable property of changing starch into sugar. This is not found in the saliva of the carnivorous or flesh-eating animals. As it does not in any way act on the flesh, its presence in our spittle shows that we ought to live on a diet rich in starch. The fact, too, that carnivorous animals never chew their food, and that we do, is an argument against the custom of flesh-eating by human beings. The practical use of this ptyalin is to convert some of the starch of the food into sugar; this is then readily absorbed from the stomach into the circulation, sets up a feeling of satisfaction, so we do not overload our digestive organs. Persons who do not properly chew what they eat, and get it mixed with saliva, swallow unprepared food, and in consequence of some of it not being taken into the blood, they do not readily experience a feeling of satisfaction, and they eat too much. The excess of food eaten lies like a weight in the stomach, causes a dull and heavy sensation, and the person feels hungry though he may have had a large meal.

Those who are troubled with these symptoms will do well to eat some farinaceous food at the beginning of the meal, eat it slowly, well mix it with the saliva, and thus give rise to systemic satisfaction before they overcrowd the stomach. Put in practice thus: Have a small cup of vegetable soup or porridge before the heavier part of your meal, and take a little bread with it, so as to insure mastication and insalivation. In Yorkshire they have a good plan, and that is to take some of the far-

inaceous part of the dinner first. Yorkshire pudding, which is a mixture of eggs, flour and milk, is the first course, and afterwards comes the meat and vegetables. In Norfolk they have a similar custom, the Norfolk dumplings being eaten before the meat. From a digestive point of view both of these customs are good, and if all families would make it a custom to eat the farinaceous or milky pudding first, and take a fair amount of brown bread with it, we should have less tendency to over-eat and suffer less from indigestion as a consequence. When eating soft or spoon food we should always eat a certain quantity of dry things at the same time; by this means we insure the soft food being mixed with saliva, as the act of chewing the dry stuff forces some of the saliva into the mouth. This mixes with the food, and acts on it as I name above. This is why soup, porridge, milk pudding and vegetable stews should always be eaten with dry brown bread or with toast.

Some persons tell you that dry foods always agree with them much better than soft ones. One reason is because the solid foods gets properly mixed with saliva and so partly digested, whilst the softer ones are swallowed hastily and are not thoroughly prepared for stomach digestion. The quantity and quality of the saliva varies at different times of the day; thus ordinarily only sufficient is secreted to keep the mouth moist, but just before we are going to eat more is poured out, and our mouth waters; and whilst eating a larger quantity still is formed.

As I said before, the saliva does not assist in the digestion of animal products, as butter; milk, eggs or cheese; nor does it act on flesh of any kind. It acts more readily on starch that has been cooked than on the raw material: that is why many cooked foods are more easy of digestion and nourish the body more than raw ones.—*T. E. Allinson, L. R. C. P.*

Advent Flour Bread.

The human family for thousands of years has found bread when made out of entire wheat to be sustaining. Bread is called "the Staff of Life," but bread to be a sustaining staff should be made

from the whole wheat. One great cause of illness is the use of fine white flour bread, instead of the whole wheat bread of our forefathers.

It is only recently that the miller's bolt has been instituted. We proved by a scientific analysis published in our last month's article on this subject, that twenty-six grains of wheat after the miller's bolt, show an impoverishment or loss of twenty parts of the life sustaining ingredients, and that the brain and nerve feeders are reduced from 8.2 into a 2.1 when put through the bolting process.

In other words, advent flour shows phosphate acid 8.2, while fine flour through being robbed of the four bran coverings, only show 2.1 Phos. Acid. Advent flour shows 0.3 in silica; fine flour is found to be 0.0. The ingredients which go to form the finger nails and enamel of the teeth, is entirely wanting in Fine Flour, and were a person restricted in his diet to Fine Flour bread and water, he would die of starvation or malnutrition in three months; while, if he had bread made from the whole wheat, as the Advent flour is, he would thrive and be well nourished.

Some of our readers—new readers may not know of the difference between Graham and Advent flour; it is this: Graham flour contains all the whole grain including the husk, which is an irritant, hence persons with delicate stomachs cannot use Graham flour bread, because it is too irritating.

Advent contains the whole grain of wheat, except the husk or outer sheath, which is cast off by a new and patent process known only by the Del Monte Company of this city. This outer shell or husk is a woody indigestible shell intended by nature to serve as a protective covering to the inner portion, but not intended as food.

Delicate persons and babies can eat Advent Flour Bread, because all the irritating ingredients have been removed. Those of our readers wishing to try a 10, 50 or 100 pound sack or a barrel of 200 pounds, should order it through their grocer or direct from the mills here; the Del Monte office is 107 California street, San Francisco. It costs a trifle more than White Flour, but it is cheaper because it makes more bread, and it is now used in all the Health resorts and Sanitariums on this Coast.

Freedom of Thought.

BY S. L. CASE.

The history of man is full of noble examples. Wherever we turn our eyes, whether to ancient Greece or Rome, to England or America, we behold men who, even in the face of long cherished opinions, have dared to stand up and proclaim the truth.

Such men deserve our highest admiration, for it is a truth, and a lamentable truth, that mankind are prone to stone to death their own prophets, while they raise up monuments to those of the past generation.

Those who have given to the world the most sublime truths have, in their own day, received the greatest censure. Years roll on and their descendants acknowledge them as benefactors and award them that just, deserving praise, which while they lived was denied them.

The funeral of Socrates was hardly commemorated ere his fickle-minded countrymen repented their rashness, acknowledged his innocence, revoked his sentence and put to death his accusers.

Harvey, even by his most intimate friends, was regarded with distrust; he was altogether too speculative, too theoretical, and his enemies saw in the publication of his tract on the circulation of blood, nothing but indications of a presumptuous mind, which dared to call in question the revered authority of the ancients.

Galileo was threatened with death if he did not declare his assertions in regard to the motions of the earth, to be false.

Robert Fulton, even in enlightened America, was branded as a lunatic:

Prof. Morse was commiserated by his friends for being misled by the absurd idea of an electric telegraph.

It has proven too true in all ages and in all countries, that he who advances a great and new idea, will meet with the opposition of thousands who judge without examination. And yet, have not all these great men received their reward? Was that soul inspiring consciousness of having done their duty, of having given to the world the living truth, to them as nothing? Did not they feel their souls rise within them, and hear a gentle voice whisper words of approba-

tion. To him who loves the truth because it is good, this high moral feeling is alone a sufficient recompense. Aye! he receives more; unborn ages will rise up and bless his name, they will cherish his remembrance and could he speak from the tomb, he would say, I am fully rewarded.

These were men who dared to think for themselves, they believed in the divine right of Independence of thought. They were not content with the vast amount of learning, which they could glean from the works of others, they studied the broad volume of nature, and here they discovered the fallacy of long revered ideas. The iron shod steed which now thunders across our continent and bears our produce from State to State, which shortens distance and promotes our happiness, once existed but in imagination's realm.

The thunderbolt, now chained, bows to the wish of man and speeds along the telegraphic wire to bear our thoughts.

The mighty ocean, once a barrier never crossed, has now become the world's highway, and Nations having friendly intercourse with Nations, pave the way to common brotherhood.

Such are the products of free untrameled thoughts; once considered the effusions of a weak, unbalanced brain.

How sinful then far us to cry that mortal mad, who dares express an opinion differing from our own. Yet there are truths to be discovered, laws to be found out, which were they pronounced to day would bring down upon the discoverers the contempt and ridicule of the world, and under fear of this, who can tell how many bright schemes have died within the breast, how many lofty intellects have smothered the glowing fires within them, and passed off the stage of life to be forgotten?

Sir John Herschell once said, "The character of a true philosopher is to hope all things not impossible, and to believe all things not unreasonable."

One of the most daring, noble thoughts of man, is summed up in the little sentence, "All men are created equal," and though the proclamation of this truth, has caused the tyrant to start from his very seat and quake with fear, though whole nations have armed

themselves and cried, "down with the wretch who dares proclaim equality," it was truth none the less. When the deep and earnest thinker beholds a man whose locks are white with age, bow before a new born babe and say, "It is of royal blood designed by Deity to rule," he turns away to mourn." Such use not their reason. The earnest thinker turns to nature, he marks the sun, the showers, the winds and gentle dew; they favor not one above the other, all nature seems to say, "equality."

The humble born can rise to fame, receive just and honest praise, while royal line giving way to selfish pleasures, may go down to just oblivion.

None rule by right divine, save they whose riper judgment should command respect.

Upon this truth rests the prosperity and happiness of our Nation.

PHRENOLOGY AND PHYSIOGNOMY.

Phrenology teaches that the brain has a plurality of faculties; this in part accounts for the great diversity of character in different people, and gives the reason that many different things can be done at the same time by the same person. There are several groups of organs, the intellectual in the top forehead, the perceptive in the lower forehead, the selfish sentiments around the ears (at the base), the social or domestic in the posterior, and the moral and religious in the top head. Quantity of brain is modified by quality.

It is of great importance that physicians should understand phrenology in the treatment of insane persons. Too great exercise of any faculty causes it to be abnormal. Physiognomy is only a half truth, only one of the means whereby character can be read.

Phrenology embraces physiognomy in its delineations. Phrenology should be understood by our law makers and used in court to decide upon the character of criminals. Police and detectives would find phrenology of service in their calling, indeed there is no walk in life where phrenology could not with advantage be applied.

DR. J. F. PETERSON.
Reno, Nevada.

Human Nature

A MONTHLY JOURNAL DEVOTED TO
Phrenology, Physiognomy, Health,
Medical and Social Reform

Entered at the Post-office at San Francisco
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ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

C. P. HOLT, Associate Editor.

D. C. SEYMOUR, Editor Puget Sound Dept.

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.

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RENEW YOUR SUBSCRIPTION.

In justice to our subscribers and ourselves we cease sending HUMAN NATURE promptly upon the expiration of subscription. Our price for back numbers is ten cents each.

San Francisco, Cal., May, 8

Success comes to those who are engaged in their natural calling.

"Never make yourself the hero of your own story," is a healthy maxim.

Men judge character by one sign alone.

A scientific phrenologist in a few moments reveals the character of the person whom he examines more accurately than can those who have known him intimately for years.

One who has a wide and projecting top forehead, in conjunction with a deficient lower part (over the eyes) will be full of imagination and theory. One thus endowed conjures up ideas, and dwells upon them until he imagines them to be real.

This is a good time for those desiring to learn the grand science of phrenology, to take our course of lessons by mail or in the office.

Our artist's portraits of MEN AND ANIMALS, both in oil and India ink are excellent and cheap. The set of Contrasted Heads is also a valuable object lesson to present to an audience.

One of our subscribers with the latter set surprised himself and friends at a private party the other evening. He had never before spoken to an audience, but on this occasion he talked fluently for thirty minutes and received great applause.

A "double chin," if accompanied by a thick under lip and a stout plump body, indicates that the person thus endowed is not given to worry.

An M. D. of this city gave a lecture on Noses in relation to character. At the close of his address he announced his intention of going to Europe to carry out his study of Noses.

Poor man! Are there not a sufficient number of noses in this country for him to look at? They have some excellent ones in London; perhaps he may import a few.

In order that new subscribers may receive the current No. of HUMAN NATURE, agents should send in their subscriptions on or before the 28th of each month.

UNCLE SAM'S LETTERS.

This booklet advertised on page 15, at 50 cents, has been reduced to 25 cents. This change is made in order to make quick sale. Send orders to HUMAN NATURE office.

"I am proud of HUMAN NATURE. It is certainly one of the most progressive papers on the continent. I only hope you will maintain the high standard. I think no paper surpasses it for deep, clear-cut thoughts. It is doing a great work for civilization. I only wish it could be in every home in the land. It has its convictions, and is not afraid to state them: Greed and superstition find it a relentless foe, and selfishness quails at its attack."

FRED. B. HUMPHREY.
Lincoln, Neb.

One of our mail students wishes to know why it is, that many children from 8 to 12 years of age are flat at the root of the nose, but wide between the eyes, and what it means? Such children are deficient in the organ of Individuality and well developed in form. In other words, they fail to observe the objects around them—fail to individualize what they see, although cognizant of their form and shape. In proportion as other faculties become active, later in life, Individuality is called into action as their feeder, and naturally grows stronger and stronger, until at 20 or 25 years of age, it may be a leading organ, although he is naturally a better observer who is born with the organ large.

LECTURE SET.

You may name forty (40) eminent men or women, and our artist will draw them for you in India ink, life size for \$20, or he will paint for you in oil forty portraits of your own suggestion for \$40.

When a sample copy is sent, it is an invitation to subscribe, at fifty cents a year.

Send Us Two Views of Your
Head and Face.



TIN TYPES OR ORDINARY PHOTOGRAPHS.

State height, weight of body, size of head, in inches, measuring by tape a little above the ears, and height over crown from opening of ear to ear. Color of hair, eyes and complexion; age, single or married; education and present occupation; give name and address and enclose \$1 for a marked chart, or \$2.50 for a type-written delineation describing character, disposition, what to cultivate and restrain, occupation best adopted to follow by nature, adaptation in marriage, etc.

For \$5 we give all above with a more elaborate description and with best advice on health, etc. In all health matters we are assisted by an experienced Hygienic physician. All photo's returned.

Our Course of Lessons.

We give private lessons in Phrenology and Physiognomy daily at the office. Students received at any time.

Our method of teaching is simple. We do not confound students with technical phrases, but teach them how to read heads and faces as easy as reading a placard on the wall.

Each lesson takes one hour. Some pupils take two lessons per day; others one; others still, only one per week. Students make their own time.

Short Course, 8 lessons.....\$10.00
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The Professional Course earns a Diploma.

BOOKS.

We call our reader's attention to the advertisement of books on page 14. We have every book in stock as advertised, and ready to mail any of them to distant buyers at a moment's notice without extra charge for postage.

Lessons By Mail.

You are anxious to learn how to read character as revealed by the twin sciences, Phrenology and Physiognomy, but too far away to attend a college where the art is successfully taught, or you cannot spare the time away from home during instruction.

We have prepared a course of Type-Written Lessons by Mail that will teach you how to read character at sight and in detail.

For the convenience of students we mail these lessons for \$25, at the rate of two per week at \$5.00 per month in advance or faster if desired, and payments accordingly, at the end of which time students are qualified to read correctly their friends and the photographs we mail them to read.

If you need further particulars enclose stamp for reply.

SCIENCE IN STORY.

In addition to "Medical Common Sense" or "Plain Home Talk" which is always selling at the reduced price of \$1.50, we take pleasure in informing our readers that we are now handling Dr. Foote's more recent work. "Science in Story." Price, \$2.50.

"Science in Story" is instructive and enchanting to those in search of science and entertainment at the same time.

"Science in Story" and one year's subscription to HUMAN NATURE, \$2.75, or "Plain Home Talk" and one year's subscription to HUMAN NATURE, \$1.75.

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Do you read HUMAN NATURE, the most interesting paper in the world? This query will excite the curiosity of your friends, and if you give them our address, telling them to drop us a postal card, we will send them a copy free on the first of the following month.

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We regard the work of teaching the people how to avoid illness, as the most important in which we can engage.

Those who wish books pertaining to phrenology or kindred subjects, or desire the Phrenological Journal can obtain them of us at publisher's prices. All orders promptly filled and everybody satisfied.

When writing to this office, friends will confer a favor by sending us addresses of thinking and liberal minded people to whom to send sample copies of HUMAN NATURE.



A Symbolical Chart.

Two years ago, a young artist, Mr. John T. Haddock, painted for us in oil a large Symbolical Chart, illustrating every faculty of the brain, for our own use in the office. It is an immense picture measuring 7 feet by 4 feet, and has been very much admired for its artistic merits; it cannot be reproduced for less than \$50.

We have a facsimile of this famous painting illustrating Phrenology symbolically, which is got up in the same colors and mounted on canvas and rollers for hanging, but half the size, namely 3 feet 4 inches by 2 feet 4 inches, including margin, which we will express for \$3, C. C. D., or \$3.50 with name, etc., painted on as ordered.

Same thing mounted in a cheaper form, \$1.50. We can send this one by mail.

These charts will be an ornament to any parlor, and as there is no printed matter or advertisement on them of any kind, having a blank space at the bottom where Phrenologists can add their own name, etc., they will be found the most attractive sign that travelling phrenologists can have and will bring their cost every day in examinations.

TO PHRENOLOGISTS.

Travelling lecturers desiring to increase their income by doing a greater volume of business, should write to HUMAN NATURE office for particulars, enclosing a self-addressed stamped envelope for reply.

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BRAIN FUNCTION.

Synopsis of a Lecture Delivered By Professor C. P. Holt, Before the Faculty and Students of the California Medical College, April 9th, 1897.

Mr. President, Professors and Students, Ladies and Gentlemen :

When I received your invitation to address you this morning upon the Function of the Brain, I felt a glow of satisfaction permeate my mental structure, that the bread cast upon the waters at the close of the past and the beginning of the present century has returned after many days, that the struggle of truth for a hearing during a hundred years has not been in vain. It is encouraging to be assured that your school of medicine, (the eclectic, which being interpreted means the best of everything) is fully alive to its title. (applause).

You have known what it is to be misunderstood, villified and traduced. The conservatives of the old school have not spared you; but feeling that

"Truth crushed to earth shall rise again."

you have gone on to conquer, and not satisfied with the results already achieved, you have cast about for new truths, and no greater or more practical truth applicable to your profession obtains than the one it is my great privilege at this hour to present for your consideration.

Until Gall's valuable discoveries in mental science, little was known of the function of the brain. Metaphysicians had formulated theories regarding mentality, but being ignorant of brain function their conceptions were crude and their conclusions erroneous.

Gall's method was deductive; he observed when at school that certain boys noted for their pugilistic propensities had wide heads, while other boys who took counsel of their fears and declined to fight, had narrow heads; then later in life he visited prisons and found that all murderers had wide heads. Now don't examine your own heads to see if they be wide or narrow, (laughter), for I can assure you it is not a misfortune to have a wide head, provided there is a high top head to act as a break or restraining power.

Nature begins at the bottom to build, and man when building a mansion or church patterns after her. When they started the Call building in this city the workmen dug deep into the earth and built a solid masonry upon which to rear the structure; so nature first lays her brain foundation at the base, deep and strong--right here I wish to emphasize the thought that Phrenology is not bumpology, that so-called bumps carry no weight in the estimating of brain function; an excrescence upon the skull caused by a policeman's billie will not change the character of the man who owns the skull (laughter). Fakirs have in their ignorance of brain function fostered this error.

As the science of medicine has its quacks, so has phrenology its fakirs, from whose hands it is our duty to wrest the science.

Spurzheim demonstrated that the brain radiates in fibres from the Medulla Oblongata outward to the cortex, and as the distance is from the medulla to the cortex, so is the power of the brain. As we go down in the scale of being we find that all the brain the serpent has, resides around the Medulla Oblongata, the reptile cannot philosophize, nor has it a love nature, nor moral sentiments, because it has no brain organs through which to think, love or moralize.

Turning to this diagram you will see there has been an evolution of brain from the serpent to the philosopher. The foramen magnum through which the spinal marrow descends from the medulla oblongata points towards the tail of the reptile, while its face, eyes, mouth, etc., are at the other extremity of the skull, in a direct line. In the process of evolution in the elephant, the dog, the horse, the ape, the primitive man, the savage and finally the civilized man, while the foramen magnum retains its position in a direct line with the spine, the face, the eyes and the mouth are changed, and the front head gradually bulges forward until when it reaches the estate of the philosopher it is at right angles with the spine. There has been an unfoldment of brain anteriorly, posteriorly and vertically, and whereas the serpent possesses only the brain that enables it to eat and fight, the philosopher has added to these qualifications the ability to think, to love and to moralize. It may

seem unnecessary for me to explain the anatomy of the brain to you who have so often dissected and analyzed this citadel of thought, but I call your attention to the hemispheres of the cerebrum and ask you to note the convolutions of the brain.

Nature is very kind and economical of space, and seems to provide with infinite wisdom for contingences. We have two eyes, in order that if one is destroyed the other may continue the work of seeing; so with two ears, two hands, etc. The same forethought has been displayed in furnishing us two hemispheres to the cerebrum, so that in case of hemiplegia or an injury to one hemisphere of the brain, the other can carry on the business at the old stand without interruption.

If we ever so slightly prick the medulla oblongata or the arbor vita in any animal, life will immediately become extinct, but much brain has been known to ooze from one hemisphere of the cerebrum and the patient recover health. It is a mistake to suppose that Gall or any of his disciples ever mapped off the skull arbitrarily as a landscape gardener lays out a flower garden, to suit his taste; on the contrary, every one of the forty-two brain organs have been located by observation and tested by experience, until now there is not the shadow of a doubt of the correctness of their location and function. Not that the science of phrenology has reached perfection--far from it. Neither has the science of medicine, if the flourishing business of the undertakers is a criterion, (laughter) but phrenology stands to-day on as firm a basis and is as demonstrable as is geology, astronomy or medicine. The next decade will no doubt witness great strides in each of these sciences.

The brain has a plurality of faculties. We can do many things at the same time, which would be impossible if the brain was homogeneous, and only one thought at a time could be evolved from it. The mechanic can ply his trade and whistle a merry tune at the same time, the housewife can busy herself about her household duties and at the same time converse with her visitor. It is said of Napoleon that he could dictate to seven different amanuensis at the same time.

It has been said that the mind of

the child is like a sheet of white paper on which life shall write its history. The farther we ascend in the scale of being from serpent to man the more complex the brain. In the lower animals the convolutions are simple and shallow. If I fold a sheet of paper into deep folds, there will be greater surface than would be obtained in the same number of folds made more shallow.

So it happens that when the convolutions of the brain are many and dip deep towards the corpus collosum, there will be more brain surface, and as the gray matter is at the cortex, and this substance is known to be the matter through and by which all thought is evolved, so it is that the more gray matter in the brain the greater the depth of thought. A cardinal principle of phrenology is, that **SIZE—OTHER THINGS BEING EQUAL—IS A MEASURE OF POWER.** Two of these other things, are *quality* and *temperament*, and it is here that the medical practitioner is most interested. We cannot correctly judge of a man's character or health by merely examining his head, but must take into consideration the *whole* man, from the crown of his head to the soles of his feet.

Organic quality is a factor to be considered. A pine stick differs in quality of texture from a hickory stick. To make an ax handle the mechanic chooses tough hickory; to make a window casing he uses pine. The coarser the texture the greater the power of endurance, and the lower the grade of intelligence: the finer the quality, the more responsive the faculties.

The temperaments were formerly classed as four and called the nervous, bilious, sanguine and lymphatic, but it was found that these terms were misleading, because a person of a nervous temperament might have steady nerves, and a man of the bilious temperament might possess a healthy liver and not be in the least bilious.

The temperaments are now classified as three, the mental, the vital and the motive. The mental temperament is seen in the large front brain, fine hair, pyriform face and sloping shoulders. The vital temperament is described as full face, broad chest, long body and plump build. The motive temperament

is known by its bony structure, large and strong bones and muscles, and a hardy constitution. In treating the sick, these three temperaments must be considered, the man of vital temperament being full of blood and his frame well covered with flesh is subject to fevers, and if an epidemic of typhoid, typhus or yellow fever should break out, he would prove one of the first to fall a victim to the disease. The man with the mental temperament has a consumptive diathesis, and under exciting causes could easily be a prey to that wasting disease. The man with the motive temperament must look well to his liver and kidneys, for they are his weakest organs.

Abraham Lincoln possessed this temperament in a large degree, which fact enabled him to endure the terrible strain of a four year's work and war, such as few men could have performed.

It was in 1825 that Dr. Robert Cox suggested a life line, which in the same year George Combe published in his System of Phrenology, and later in 1854, Dr. Byrd Powell of the Eclectic College of Cincinnati gave it to the world as a demonstrated principle. This life line is determined by drawing a line from the supra-orbital ridge to the occipital spinalis, then measuring from the meatus, (opening of the ear) to that line, as the distance is, so is the line of life. If the distance be from one inch to one and one-quarter inches, the person thus endowed, accidents aside, stands a chance to reach a good old age. We each inherit from our ancestors a certain amount of vital force; the cat is said to have nine lives, and has this life line deep. So has the turtle, one of which I essayed as a school boy to kill, but after a three weeks' trial gave up the job, and presume that the turtle is living yet. (laughter). There is situated at the mastoid process a brain organ called Vitativeness; its name conveys its own definition. When the life line is deep and this organ large, there is a remarkable tenacity to life, and if sick the patient although very ill, will show remarkable recuperative powers and in spite of medicine and disease combined (laughter), will surprise doctor and friends by speedy recovery.

Now, to give a patient with small

Vitativeness and high life line the same treatment and medicine as the one I have mentioned would, as has often happened, proved disastrous. Medical men should know these things. Unfortunately, it is not to their interest to keep people well, or heal them quickly when sick, for the longer the patient's illness and the deeper his purse, the better it is for the pocket of the doctor. The patient's distress and misfortune is the doctor's opportunity. For this state of affairs the doctor is in no way to blame; it is our reprehensible capitalistic system which should be held responsible for these evils. Doctors should be salaried by the State and paid for instructing the people in health, and for every patient he loses his salary should suffer. In the cerebrum is a brain organ called Hope, which gives buoyancy to the mind. There is a psychic side to man's life. We cannot ignore the influence of the mind upon the body. There has quite a body of healers sprung up who without medicines, but by prayer and the exercise of will power succeed in healing the sick. Sometimes they lose a patient, but is this not true of our regular licensed practitioners?

The difference consists in that the one dies illegally and the other legally. (laughter). This capitalistic system has forced trusts upon a suffering people and the medical fraternity not to be behind in the race, have their little trust, which if followed to its logical conclusion would prevent a mother from giving a cup of catnip tea to her ailing child. But while I am no christian Scientist, I assure you they have some ammunition which the regular licensed doctor might use to advantage. Tell a sick man that all hope is gone, and ten chances to one if he has faith in his doctor he will take you at your word and curl up and die.

You have no doubt heard of the experiment made upon the criminal who had his sentence commuted from hanging to bleeding to death, and how after his eyes were blindfolded, a prick of a pin on his bared arm, the trickle of warm water into a wash bowl and the wise comments of the doctors standing around, caused the victim's life to fade away into a final dying gasp. The mind has a wonderful influence over the body, and this organ of Hope should be

kept active in every patient's brain.

The brain has besides a physiological and mental function which is apparent to the anatomist, a more subtle, psychic function which eludes the edge of the scalpel. The anterior brain is cold and calculating and while it guides in reason, it has little or no influence upon the body in disease; it thinks but does not feel. The posterior and superior brain, on the contrary, does no thinking but is emotional and intuitive, especially is this true of the superior brain. This emotional and intuitive brain acts psychically and plays an important part in health and disease of the body as well as in forming a true estimation of character. It is important that every physician should be familiar with the psychic side of man's nature.

My time is limited, but I cannot leave this subject without assuring you that I have but taken you into the vestibule of this great temple of mental science; there is a vast storehouse of facts and philosophy awaiting your perusal, and if you improve the opportunity, as I am sure you will, the world will be the better for it. (Great applause).

At the close of Prof. Holt's address three volunteers from the audience were phrenologically examined by Prof. Allen Haddock, who so correctly and happily delineated their characters, that he was highly commended and applauded by the audience. At the close of the examinations a vote of thanks to both professors was given by the faculty and students, and emphasized by the college cheer.

CALIF. MEDICAL COLLEGE
1422 FOLSOM STREET,
SAN FRANCISCO, CALIF.,
April 14, 1897.

PROF. C. P. HOLT,
1016 Market Street, S. F.

Dear Sir—In behalf of the senior class of the California Medical College, I wish to thank you for so courteously and kindly accepting our invitation to deliver before them your very able lecture on the subject of "The Brain as the Seat of Mentality." The lecture was highly entertaining and instructive, containing many practical points of special value to

the young medicos.

The delineations of character that followed by Professor Haddock were so true to life as to demonstrate the claim that Phrenology is a science.

With best wishes for the success and popularity of your work on the coast, I remain,

Yours very truly,
DR. C. N. MILLER;
Professor Anatomy, Cal. Medical College.

REVIEWS.

By C. P. HOLT.

The Hesperian Quarterly—St. Louis, 50 cents a year.

The May-July number of this most excellent and very critical magazine is too full of mental food to particularize. It is not a luxury but a necessity to all who aspire to literary culture.

Japanese-American Voice—San Francisco, monthly, \$1.00 a year.

This illustrated magazine is unique. The April number lying before me is as pretty and Oriental as a Japanese belle. It is printed in English and contains poems of real merit. Ajimon, A Story of Japanese Artist Life, Two Hundred Years Ago, Matsushima, The Largest City of Northern Japan, Japan up to Date, besides much more to delight the eye and mind.

The Journal of Hygiene—monthly, New York, 40 E 21st St. \$1.00 a year.

The April number of this magazine is quite up to its usual excellence. The article on Cairo, its People, Climate, etc., by Augusta Larned is very interesting.

The Social Economist—weekly, 14 Grant Ave., San Francisco, \$1.00 a year.

This a 12-page paper grown from the Socialist and devoted to the grand socialistic movement, which is to strike the shackles from wage slaves and change things generally. Let everybody read its pages and grow.

Good Health—monthly, Battle Creek, Mich., \$1.00 per year.

This is the oldest and best health magazine published; it is always read and re-read with inter-

est as soon as it reaches my table. The April number is full to overflowing with instruction upon hygiene.

The Harbinger—published fortnightly at Lahore, Pungal, India. \$1.25 a year.

Those who would not be ignorant of Buddhism, Hindooism, Judaism and Mohomedanism, compared with Christianity, should read the Harbinger. All proved reforms are advocated in its columns, including vegetarianism.

The Philosophical Journal—weekly, 2096 Market street, San Francisco, \$1.00 a year.

This journal is devoted to the advancement of spiritualistic truths. Every number contains whole columns of thought which every spiritual minded person should read. Only once has the editor made a mistake. One day a charlatan who had disgraced himself and assisted in bringing pure spiritualism into disrepute, shuffled off his mortal coil, whereupon the editor of the Journal eulogized the scamp, (no less a scamp because in Kingdom come.) What for?

The Phrenological Journal—monthly; Fowler & Wells Co., New York, \$1.00 a year.

The April number of this pioneer in Phrenological journalism, among many other excellent articles contains one by Jessie A. Fowler upon Herbert Spencer, from a personal observation. Those who admire this great thinker and essayist will delight to read this description of his character and to look upon the fine portrait of the man.

A leading and influential store-keeper of San Francisco, who takes one meal of fruit exclusively each day, wrote me very recently, "fruit should be more used for a number of very good and strong reasons, such as health, comfort and economy, convenience, and especially for invalids and those who are too stout." And he adds very truly, "I think fruit taken exclusively for a meal is much more beneficial than if the same quantity is taken with other foods."—W. S. Manning.

Live up to your own highest ideal of right, no matter what ideas others may have.

JUST FINISHED.

Two large Oil Paintings, 6x4 feet, on canvas, complete, by John T. Haddock, artist. One shows the brain organs, the other the groups of organs. Instead of symbolic pictures, the names of the organs and groups are printed.

Sent C. O. D. for \$6.00 each. Address HUMAN NATURE office, 1016 Market St., San Francisco, Cal.

If we have no agents near you to collect your subscription, and if you intend to subscribe, kindly send at once 50 cents to Allen Haddock, 1016 Market street, San Francisco, Cal.

We have now on hand Mrs. Stanton's great work, "Encyclopedia of Face and Form Reading." In sheep binding profusely illustrated \$5 here; it is too large for mailing. Sent by express, purchaser paying express.

When a sample copy is sent, it is an invitation to subscribe, at fifty cents per year.

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