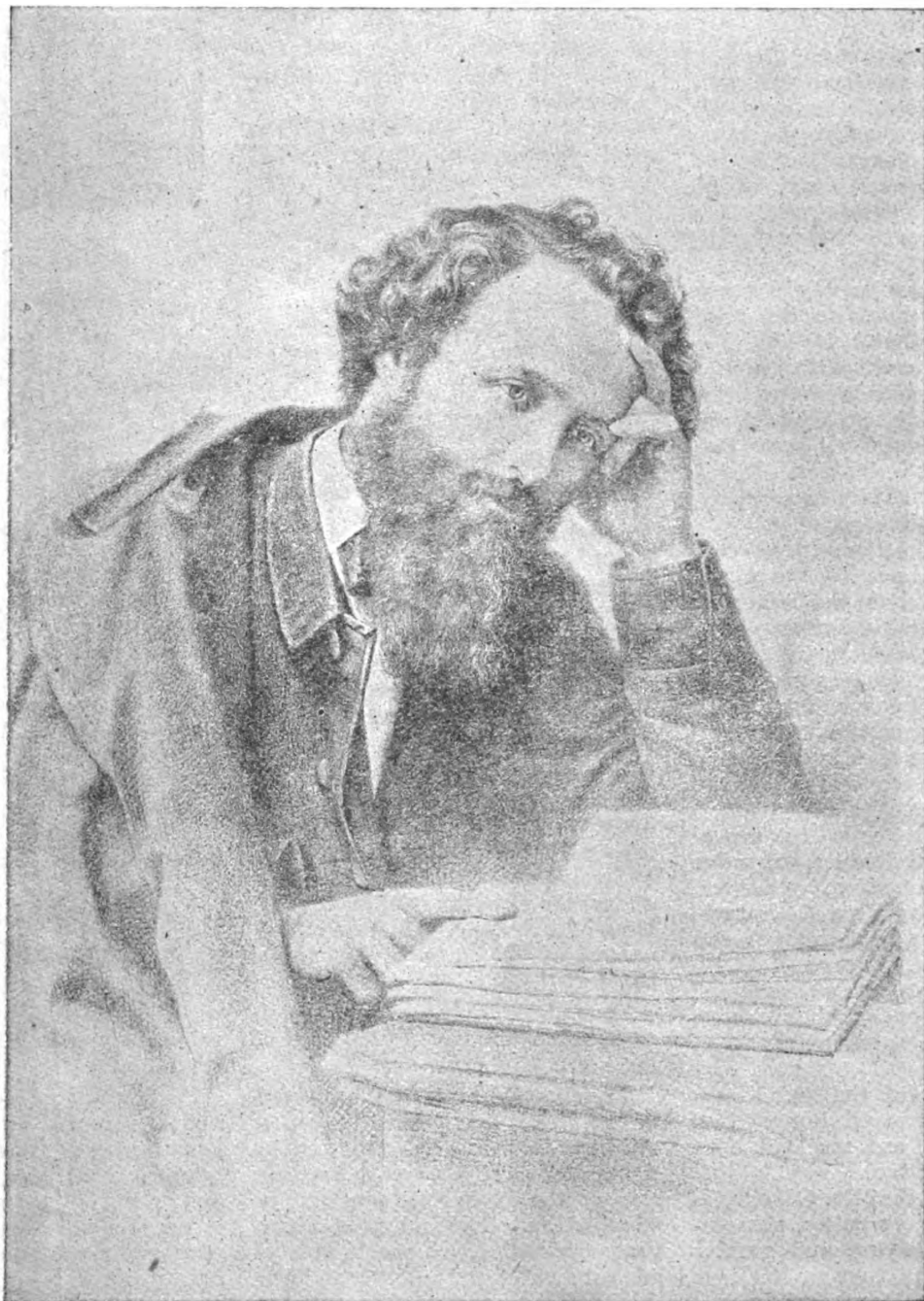


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DR. A. O'LEARY

The Typical Thinker.

The portrait on our front page is that of Dr. A. O'Leary, a man possessed of unusual talent; the quality of his organization is fine and his forehead wide and high, which indicates an original thinker possessing a mind of great reach and power.

Veneration is only moderate, he has little respect for creeds or dogmas; by profession he is an Eclectic physician, using the best formulas of all the schools, "proving all things and holding fast that which is good."

It is the progressive type of head. As a medical reformer, hygienist and public lecturer, Dr. O'Leary has been before the world for about forty years.

During the early part of his career he was a shining light as a phrenologist, until he naturally drifted into the art of healing.

During the last twenty years he has devoted himself to the relief of suffering humanity.

His large head, with such a temperament indicates a very active brain; he is original and creative because of the predominance of the Reflective faculties which enable him to compare, analyse and philosophize.

His pose and attitude is in keeping with the bent of his mind; resting his head on the left hand with the second finger braced on the organ of causality, our author is deeply absorbed in poring over the pages of a book which engage his most earnest thoughts—perhaps exercising the brain centres devoted to tracing out the law of cause and effect.

This picture fails to reveal physiognomical details; we judge of character not alone by expression but also by form of feature, shape of head, temperament and organic quality.

Look at the great distance between the eyes denoting breadth of mind and comprehensiveness of thought.

The eyes are full and round indicating integrity and honesty, of purpose, they are truthful eyes and thoughtful too.

It is evident that Dr. O'Leary is a man of great sympathy, possessing a refined nature and greatly resembles his mother or perhaps his grandmother for it is from the

mother side of the house, he inherited a strong sympathetic nature.

His face reminds us of Wilkie Collins, the novelist and dramatist, it is a little broader in the upper forehead, but there is the same creative genius in both.

Dr. O'Leary certainly possesses the dramatic instinct, not in the love of acting perhaps, but the dramatic in history, the emotional and sentimental side of life which offers a romance for him, although everything must pass the crucible test of reason.

In an organization like this, where the brain and nerves predominate, and the quality is high, we look for a thoughtful and passive intellect rather than an aggressive one.

Such is the character of our subject, who is a radical-reformer in the treatment of disease, denouncing the drug medication of the old schools.



Terrible.

L. H. Peihn, Esq., banker, of Nora Springs, Iowa, who lost a beautiful child from the result of vaccination, has favored us with a cut of Little John Pfaender, a child of healthy Swiss parents, born 23d September, 1875, was healthy until vaccinated. Was a sturdy and beautiful child, as were also his four brothers and sisters; he walked at the age of 9 months.

On the 16th June he was vaccinated. Eight days later his feet began to swell, abscess formed, his teeth began to rot, his glands to swell. Fistulous sores appeared on his hands and feet. The above photograph was taken in May, 1882. He could neither walk nor stand; several of the bones of his hands had rotted out.

There are thousands of such cases in this doctor-ridden land of America.

The above portrait first appeared in the Ante-Vaccination News, it ought to be printed in every paper throughout the land as a warning against the dangerous practice of vaccination. Medical men claim that vaccination has nearly stamped out small pox, but the claim is false. The reason small pox is not

so common as formerly, is because the people are not only better nourished and better housed, but the sanitary conditions are altogether superior in all civilized communities.

Dr. A. M. Ross writes—"The medical practice of the future will be preventive, hygienic and dietetic. When the medical professions of today get through with their petty squabbles and jealousies and their silly speculations, upon the theoretical microbes of diphtheria, phthisis, cholera, etc., it is to be hoped they will turn their attention to the positive microbes of bad diet, bad ventilation, bad homes and bad habits which invite disease and shorten human life. The medical reformers who have emancipated the people from many of the disgusting and murderous fallacies of the past, will, in spite of fine and prison, continue the crusade against the fallacies and delusions of the profession, until a more humane and natural method of treating the sick shall take the place of the present unnatural, unscientific and unreliable system of treatment.

A better day is dawning, the people, under the enlightened teaching of medical reformers are beginning to do a little thinking and acting for themselves."

Very few doctors have the courage to speak out to their fellow practitioners as did Dr. Hubert Boens of Brussels, recently, he said

"Continue, gentleman to vaccinate if you choose, and *because you make money by it*: but never forget pseudo-scientists and false physicians that you are, that while you sow vaccine among the people **THEY REAP THE POX.**"

Dr. Alfred R. Wallace, of England, the distinguished scientist and co-discover with Darwin, says "while utterly powerless for good, vaccination is a certain cause of disease and death in many cases, and is the probable cause of about 10,000 deaths annually by five inoculable diseases of the most terrible and disgusting character."

Parents, guardians, legislators, moralists, Christians, think of it, and should you desire valuable information upon the subject, you can find it in "History and Pathology of Vaccination" by E. W. Crookshank, Jenner and vaccination by Creighton. "Story of a great delusion" by White, etc. etc.

Fixed for His Grave.

Mal-practice Detective got the facts of the following case:

December 1896, Mr. August Peters, residing at Twenty-second Place, near Princeton Ave., in Chicago, after being under medical treatment a short time, his physician informed him he had cancer of the stomach and persuaded him to consent to be operated upon for its removal. The operation of cutting him open was performed by a prominent professor of diseases of the stomach and intestines, of a post graduate medical college.

It was a splendid operation, we are told, and was witnessed by a number of physicians and students. Every stroke of the knife was on strictly scientific straight lines and curves, but alas, for human judgment! No cancer—not even the sign of cancer, either in the stomach or anywhere else in his organs exposed by the knife was found. All the same, Mr. Peters has been cut open and as a result of the scientific operation which he was scared into by the doctors who did not understand his case, he must die. These doctors have a state license to get behind to protect them in answering to any body for those victims of their bad judgment whom they too frequently kill by cutting for the removal of disease that has no existence in those whom they cut.

How often we are told it was a splendid operation—just as it was in this case—and yet the after clap

report, also usually, is the fellow who has operated on died in a few days from the shock of the operation.

The cutting killed—that is all there is to it.

Beware of the use of the knife. Those who use it command large fees, therefore are tempted to use it ninety-nine times oftener than it is necessary. Beware of the knife.—*Jefferson-Jackson Republican.*

Jubilee of Queen Victoria.

The whole world has just done honor to Queen Victoria in this the sixtieth year of her reign over the "Crowned Republic" of Great Britain.

Every true hearted American reveres the good lady for her womanly qualities of mind, her many virtues and noble example as a model wife and mother and because of her simple life, all peace-loving people here welcomed the Queen's Jubilee.

Why have the representatives of all the nations of the earth honored this woman? Is it because she is a Queen among women? Certainly not. There are many thousands of women equal to Queen Victoria both in intellect and morals, but it is as the representative of the strong moral force of her people that Victoria is greatest. The virtue of the nation is represented in its queen.

According to the photos we have seen of her she, possesses a strong vital temperament, indicating physical stamina, her head is very wide at the base which shows not only that she has a strong hold on life and is fond of the good things of this world, but capable under the most trying circumstances of protecting her own interests and those of her family. But the moral and religious faculties are also large, acting as a restraining power upon her selfish desires. She has a keen sense of honor and the highest conception of justice; truth and righteousness stand first in her esteem.

Her back-head is also very fully developed, hence her fondness for home life and children. It was a terrible shock to her domestic feelings when she lost her husband, the Prince Consort. For years after his death she remained in complete seclusion.

The Intellectual brain centres are fully developed and of the practical type, hence she sees the true relation of things; there is more of the substantial than the



ideal in her nature, more strength and solidity than sprightliness or vivacity. She has great strength of character.

The Queen is eminently religious, highly moral and quite dignified, as evidenced by her high top head and facial expression. Her character is without a stain and for this she receives the admiration of the world.

The celebrations will have a soothing effect upon this country. The speeches that have been made show that behind a spirit of rivalry existing in the two nations, England and America, a feeling of kinship uniting them in a common family.

The American people have formed a wrong conception of English character, derived probably from school books written by biased minds in reference to conditions that existed between the two countries more than one-hundred years ago.

The English people have nothing but respect and admiration for the American people. We know this from forty years residence in England.

We agree with Dr. Stebbins of this city, who said recently—"He who seeks to create ill will between the two nations and people is an enemy to the human race."

We have seen statements in the American papers which reflect no credit on their authors, because they were so unjust to the English people and were untrue. If there is any enmity between the two nations it is all on the American side. The English people are not aware of it, and have no suspicion of it. The Queen has never manifested any thing but the greatest kindness and friendship for the American people. God Save the Queen and preserve the great Anglo Saxon race.

Health Department.

BROWN BREAD.

Whole wheat bread and water contain everything necessary to the sustenance of life and in the right proportions, except the oils, are somewhat deficient, but can be had from nuts. So that whole wheat bread, nuts and fruit is the ideal diet for man.

Dr. Allison's efforts to enlighten the public on the diet question are known the wide world over. His *Medical Essays* have been circulated and read with avidity by all food reformers. His remarks, under the caption of "Brown Bread," will be exceedingly interesting to our readers, as they go to show that the Del Monte Milling Co., of this city, are engaged in a glorious work in putting their ADVENT FLOUR on the market. Read what Dr. Allison says, if you value your health and wish to avoid pills and medicines:

Persons who eat white bread often suffer from an inward craving and sinking; to cure this, recourse is often had to beer, wine, or spirits, which lulls the craving for a time. If they ate brown bread they would not suffer from this, and we would be a soberer nation. Now leaving aside the chemical nature of the bran, we come to another point, its use mechanically. The innutritious bran has two very important uses: first, it separates the particles of food and allows the gastric juice to penetrate, and so thoroughly to dissolve all the possible nutriment from the food we eat. Next, by its bulk it helps to fill the stomach, and keeps us from eating too much; it also aids in filling up the small intestines, and so cause a daily action of the bowels; the particles of bran stimulate the involuntary muscles of the bowels and assist this daily laxation. One great curse of this country is constipation of the bowels, which is caused in a great measure by white bread. From this constipation comes piles, varicose veins, headaches, miserable feelings, dullness, and other ailments. There is an old joke about doctors being in league with undertakers. If I were to relate the joke, should say the millers and bakers were in our pay, as if it were not for white bread we

should have less to do. Separating the bran from the flour may be said to have come into fashion at the beginning of this century, and, as a consequence, pill factories arose, and are now almost a necessary part of the state. Would you banish the pill box from your private cupboard, then you must drive white bread from your table. All who are naturally costive should use brown bread. I have cured long-standing cases of chronic constipation by its use alone. Growing children should always eat it as it forms bones for them, and prevents straining at stool, which sometimes causes prolapse of the bowels. Adults should use it; then by causing laxation it will leave their heads clearer for their business. Old persons should always use it, as, in the old, straining at stool may give rise to a stroke of apoplexy.

From the entire wheat meal make your bread. As they say in the advertisements be sure you get it, and use no other, and beware of spurious imitations. After a little time its taste grows on you, and white bread then seems tasteless, dry, and sawdusty. After this I hope none but the poor and ignorant will use white bread. Brown bread is a luxury which every family must have, and no house is complete, unless they have it on the table.

The best brown bread is made from Advent flour, it is surprising now wherever you go Advent is used.

Cuts and Bruises.

WHAT TO DO IN CASE OF EMERGENCY.

After the severed parts have been brought together, they must be kept at rest as much as possible. When a cut happens to a part that can be kept at rest, it heals much more rapidly than another that is over a joint, or a part that is being constantly stretched. Cut fingers may have little splints put under them to keep them from bending, and legs or arms may have large splints to keep them from moving. Whatever part of the body is wounded, we should keep it quite to favor quick healing.

Lastly, we have to prevent undue inflammatory action and avoid blood poisoning. The conditions I have given above are all that are necessary for the healing of wounds. Plasters, ointment or

salves, and lotions are not necessary, nor are they usually useful. Healing takes place from within, and external applications often delay cure. A bit of dry rag or lint is the best thing to apply to a wound, no other dressing being as a rule required. Large sores may be dressed daily; that is, the rags covered with matter taken off and clean ones applied. To prevent the rag from sticking to the edge or bottom of the wound, a little harmless application is useful. I do not know a better one than unsalted lard. This is best made by melting down the "flare" as it is called and saving the lard, which should be strained through muslin. Or lard may be bought from a provision shop, and boiled in water. By this means some of the impurities rise to the top and can be skimmed off, and some fall to the bottom, or are dissolved in the water. The lard should be boiled twice, kept in a clean jar, and covered with a piece of paper like jam. I prefer lard to any other fat; olive oil spreads too much and allows the rag to stick to the wound, vaseline is irritating, mutton fat is too hard, beef dripping melts too easily and runs away, and butter goes rancid. Lard is also to be found in nearly every house. The sore should not be washed, but the matter gently removed with a bit of soft wool or rag; the neighborhood of the sore may be sponged with warm water to keep the part clean; no water must touch the wound itself.

Inflammatory action is kept down by feeding the patient on non-stimulating foods. A person who has a large wound will find that V. E. M. diet is an invaluable aid to a speedy recovery. Whole-meal bread and milk sop, with fresh fruit afterwards, may be taken at breakfast and teatime. Vegetable soup and bread, or macarons and vegetables or vegetables and sauce, or any simple non-flesh dish, with a milk or bread pudding afterwards make a good dinner for such sufferers. Cocoa, milk and water, barley water, and lemon water, are the best drinks. These foods and drinks nourish the body without supplying it with matters that are useless. A daily tepid sponge bath of the whole body also helps a recovery, for a clean skin throws out much poisonous matter from the blood.

Horace Mann and George Coombe.

Horace Mann, the great educator of this country, the founder of our popular public schools and free system of education, was an enthusiastic Phrenologist.

Under date of Oct. 8th 1838, in his journal he wrote, "To-day I have had the pleasure of being introduced to Geo. Coombe, Esq., of Edinboro, who has lately arrived in this country. He is the author of that extraordinary book, "The Constitution of Man," the doctrines of which I believe will work the same change in metaphysical science that Lord Bacon wrought in nature."

On August 11th, 1839, Mr. Mann wrote, "Still at Cape Cottage where I have been enjoying the society of Mr. Coombe, who on the whole is the completest philosopher I have ever known, ideas so comprehensive and just, feelings so humane and so true, I think I have never known before combined in the same individual. It has indeed been a most agreeable and, I think, instructive visit to me.

Mr. Coombe comprehends how he is made and why he was made, and he acts as the laws of his nature indicates, and by submitting to the limitations which the Diety has imposed on his nature, he is enabled to perform the duties which the Diety requires of it."

A Problem

Propounded by Dr. J. C. HAUSER,
Auburn, Cal.

Supposing the Earth's population to be 1,500,000,000; the height of its intelligence to be represented by the door casing, where should the line be drawn representing the average man's intelligence?

Please send answers for publication to Human Nature Office.

The Popular Phrenologist is published in London, it is up to date. Sixty cents per year.

Mrs. M. O. Stanton the noted Physiognomist and authoress has favored us with a lengthy and highly interesting article, which will appear in the August number of Human Nature.

Phrenology and Psychology.

Phrenology and Psychology go hand in hand, the one being a treatise on the mind, teaches a scientific method by which character can be accurately delineated; the other is the "doctrine of the soul." Delving beneath the surface the soul is reached, and although it eludes touch, yet its manifestations are traced in the intricate workings of the brain.

Bernard Hollander in a recent lecture in London, said, "Each of the three greatest philosophers of the century, —Spencer, Bain and Comte,—were largely influenced by Gall's work and each had gone on phrenological lines."

Signor Crespi says in the London Popular Phrenologist for June, "The study of Phrenology casts a new light on Ethnology. In carrying back the history of the race to untold generations it classes the *genus homo* as a distinct emanation from the All-Wise, towering above the whole class of mammalia in development of moral brain. I could more rapidly grasp the idea of man degenerating to the lower level of the animals than, that any animal ever evolved into a man. The survival of the fittest is a misnomer when tested by intellectual and moral culture. Brute force often triumphs and arrests progress, whilst it would be a triumph indeed to continue the development of the higher faculties."

Universal Freedom

"The power that created the night and the day,

Gave his image divine to each mold of clay;
Tho' on different features the god be impressed,

One spirit immortal prevades every breast,
And nature's great charter the right never gave

That one mortal another should dare to enslave.

The same genial ray that the lilies unfold,
Gives the diamond its lusture, its brightness to gold;

That which Europe's proud sons to rapture inspire,

Warms each African breast with as genial a fire.

And nature's great charter the right never gave,

That one mortal another should dare to enslave."—*Selected.*

"What is, is right; if aught seems wrong below,

Then wrong it is of us to leave it so."

Choice of Pursuits.

Prof. Nelson Sizer says: "On no subject are young men more liable to mistake than choice of pursuits. Without definite knowledge of their capabilities and deficiencies, and with little experience to guide them in their choice, they may be misled by a treacherous fancy, or if pressed by immediate action, they stumble into an avocation for which their talents are not adapted; and after wasting the best years of their life in discovering their mistake they become dejected in hope and ambition, or in despair descend to vice and degradation.

He who adopts a pursuit in which he cannot win success, is not, himself, the only sufferer. His family and the community at large in which he dwells, must in some measure, share with him the misfortune of his wasted life.

If each man could select an occupation for which he were better adapted than to any other, he would be master of the highest and best field of action he is capable of filling, and have within his reach the largest amount of success and happiness of which he is capable; and if added to this fact, he could have some positive assurance of success, his mind would acquire a spirit of contentment with his lot, and a pride or ambition to fill his station well.

Moreover, a vast majority of the crime and wretchedness that now scourge the race, would be obviated if all men had enough to do at the right kind of business and we believe that *all might* live, if every man were in his true sphere."

A gentleman called at HUMAN NATURE office the other day and stated that his two boys whom we examined ten or eleven years ago were following the occupations we recommended them to follow, and were successful and happy. Both sons were married and settled in life. He is of the opinion that young men or young women above all things else should know to what pursuits they are best adapted.

To save time and money subscribe at Human Nature Office.

You may take advantage of our club rates.

Each magazine mailed direct from office of publication to subscriber.

REVIEWS

By C. P. HOLT

THE OSPREY. "To him who, in the love of nature, holds communion with her visible forms," this copiously illustrated and perfectly printed magazine proves a joy. Besides this, it just leaks information. I wish every lover of birds could look upon the picture in the May number representing two Great Horned Owls, father and son, they are charming.

CHICAGO VEGETARIAN, monthly, 50 cents a year. The June number of this magazine contains a good Bible argument in favor of a vegetarian diet, entitled, "The Voice of Scripture in Favor of a Bloodless Diet."

FOOD, HOME and GARDEN for June contains an excellent article entitled, "Family of Pythagoras That ancient philosopher was a staunch vegetarian and so were his wife and children, all talented and highly moral.

It also states that "One-twelfth of the population of England suffer from gout. A Berlin physician Dr. Feahlner says that "this malady is often due to the excessive use of meat."

THE JOURNAL OF HYGIENE and Herald of Health, monthly. The June number of this magazine is quite up to its usual excellence. From its contents I quote, "Studies in Food Questions," "Hygiene of the Brain," "Hygiene for Women," "Healthful and Unhealthful Homes," etc. All these subjects are treated in a happy and instructive manner.

THE ISLAMIC WORLD. Is an interesting monthly which will do a Christian good to read. It takes a good while for it to reach our table; the March number having just come to hand. The contents are: "Christianity and Islam," "Photography of the Invisible," "Pearls of Faith," "A Visit to the Koaba," "The Caliphs to the Fall of Bagdad," "The Battle of Bedr." It is unique.

The PHRENOLOGICAL Journal for June contains excellent portraits of Queen Victoria, the Prince of Wales, the Princess of Wales and the Duke of York, together with a fine description of the characteristics of each personage. There are

also articles upon "Child Culture," "Burns and Scott Compared," "No. 5 of the Educational Series," etc. It is an interesting number.

THE ESOTERIC, is a monthly magazine of advanced and practical Esoteric thought. The July number among other readable articles has one entitled "Human Beings with Tails," which is very suggestive of thought.

THE JOURNAL OF HYGEO-THERAPY, monthly. The May number of this valuable and iconoclastic magazine contains so much that is good, that to particularize would seem useless. Its entire contents should be read, especially the anti-vaccination department.

HEALTH, is a monthly magazine published at Altrura. Devoted to the cause and cure of Disease. Dr. W. B. Burke is editor and fills the chair to the instruction of his readers. A few of the subjects in the June number are "Foods," "Death in a Bottle," "The Secret of Health;" "Getting the Body Under Control;" "Second Hand Air;" etc.

INTELLIGENCE, monthly, \$1.00 per year. "Devoted to The Advance Thought of the Age, Scientific, Philosophical and Occult." The Metaphysical Magazine never had to knock twice at the door of Human Nature Office before open flew the door and it was welcomed. It still reaches our desk but its name is changed to "INTELLIGENCE." It is very broad and far reaching in its scope of thought, hence its change of name. The June number has a frontispiece portrait of the editor, L. E. Whipple, who, if this shadow represents him correctly has a fine personal appearance, refined, spiritual, intellectual, just the person to edit such a magazine as INTELLIGENCE. Then the contents are: "Man In Nature," "Modern Astrology," "Philosophy of the Divine man," "Mezdaism and Being," "Bhagavad," "Gita," "Esoteric Puritanism," "Occultism" [Poem], "The World of Thought," etc.

HEALTH CULTURE Monthly. New York. Is a journal of practical Hygiene, always filled with hints of a practical nature upon health.

GOOD HEALTH. Monthly. Battle Creek, Mich. Always a wel-

come visitor, comes each month laden with the choicest gems of Hygienic thought.

THE PHILOSOPHER. Monthly. Knoxville, Tenn. This is a new candidate for the favor of thinking people. The June number contains an excellent article by the editor, Albert Chavannes, entitled "The Nature of the Mind, or, Can Individuality Perish After Death?" It is a thoughtful production.

The CALIFORNIA MEDICAL JOURNAL for June is quite up to its usual standard of excellence. An article from the pen of Chas. N. Miller, M. D., "How to Cure 'em?" is brief and full of suggestion. "Echafolta" describes a very interesting case. "Tubercular Meningitis" is interesting. In fine, this liberal medical magazine is always pleasant and instructive to read.

THE PHILOSOPHICAL JOURNAL. Weekly. San Francisco. The number for July 1st, contains an excellent portrait upon front page of that philosopher and spiritual minded man E. D. Babbitt, M. D. with an article from his pen, "Our Pacific Sun Land." Then there is an interesting digest of a lecture delivered in Melbourne by my old time friend, Dr. J. M. Peebles. The Future World: It is just like him. — good.

How We Read Character.

(ILLUSTRATED) 10c.

Our lecture at the California Medical College, delivered July 14th, 1892, which we had printed in pamphlet form and sold very well at ten cents. But we had too many printed and can easily spare one thousand copies, which we offer for \$15.00, expressage paid, to any address in United States or Canada. You may send \$1 for a trial order for fifty copies postage paid.

Coombe's Constitution of Man

This great work of Geo Coombe is an educator, it is read by all who are seeking nature's truths, it reveals the operation of nature's laws.

Cassell and Co., London, have published a fine edition of this work, bound in red cloth boards. we have imported a few copies for sale at fifty cents.

Puget Sound Department

Conducted by Professor D. C. Seymour,
Port Angeles, Washington.

In my article in May number of Human Nature on "The land of the setting sun," no real estate advertisement was intended. It was given as general information, no one made one cent out of it, to my knowledge or expected to. It was good news to many who know nothing of this great Puget Sound country, as proved by the scores of letters I have received, from all parts of the country asking for more explicit information, etc.

I am not a believer in real estate adds, sales, or ownership. The land of the earth like the waters, the air, the skies, the sunshine are mother nature's gifts to *all* her children. The fact that a creature is born, carries with it the right to use what it needs of nature's wealth, for its sustenance. No man or combination of men, have any natural right to fence in the earth or any part of it, to the exclusion of others, except what they may use by cultivation to sustain life.

Suppose one man or a thousand men become rich enough to buy up the whole planet, and conclude to turn it into a deer park and warn every other person to keep off their premises or they would be arrested and imprisoned—must *all others* obey the human made law that over-rides the laws of the Infinite? Or suppose the lands pass into the hands of the one hundred men who will only let others stay by paying rent, the price being fixed by the *pseudo* owners,—the result could be nothing else, than masters and serfs, one hundred unbearable, antocratic, overbearing nabobs, and a billion cringing slaves, eking out a miserable existence as the result of a natural law being over-riden, and this, only in a smaller scale is the condition of the whole civilized world to day. The law of ownership is made or constructed in such a manner, that avarice and greed are corraling all natural wealth, and would if possible bottle up the sunshine, the atmosphere and the sparkling, laughing, babbling brook, and sell them out to the children of God, for ten cents a pint. This getting advantage of a weaker brother and withholding

nature's bounties, and making him pay "all the traffic will bear" is the great sin of the age, a monstrous robbery that will yet be wiped out, with blood and dynamite. Profit, interest, rent, taxes, etc., will yet meet the same bloody fate, and every person will have to earn his or her own living, or go unfed and unclothed. The wolf and the fox shall not always prey on the lamb and the chicken, and if they want the fleece and feathers, of the two latter they will have to produce an equivalent, then make an exchange, that will be just to all parties. Commercial life as now carried on, will ere long be a thing of the past. The race is in a state of evolution and will rise higher than this selfish system of every fellow for himself and the "devil take the hinder most."

Humanity was not put here to get rich nor to prey on each other, nor part to be masters and the balance slaves. Great wrongs will ever right themselves, always have, and always will.

Man is on this planet to develop intellect, mind, reason, morality, spirituality, science, art, knowledge, but *not*, to cultivate selfishness, avarice, greed, sensualism appetite and passion. These last are what we have inherited from the animal kingdom, from which we have evolved. We shall gradually develop more upper brain, put more "bay windows" into our upper foreheads, more "skylights" in the roof of our cranium, by adding other convolutions to our top and frontal brain, thus getting the mastery over the base of the brain which is always the region of selfishness, appetite and passion. This should be life's work.

This is what men are here for, to grow out of the animal plane into the spiritual, and fit ourselves for the higher life, the "home over there." But when we read the daily papers, when we watch the works of humanity, their race and greed for wealth, the marriages they contract, their treatment of each other, also their treatment of their criminals, their dumb animals, and even their own children, and comprehend their selfish aims and pleasures, it seems that men and women on the average, have very little comprehension of what they are here for.

How many can say,

"I live for the cause that lacks assistance,
For the wrongs that need resistance,
For the future in the distance,
And for the good that I can do"

Self Culture, and moral and spiritual growth is life's true work. The gaining of knowledge the betterment of humanity, the unfolding of higher capabilities—the gradual elimination of the animal that is inherent in us all, is imperative. There should be no such thing as riches except rich in wisdom, rich in spiritual unfolding. There should be no such thing as business as now conducted. It is mostly a genteel system of fleecing your neighbor. Men and women open up all kinds of traffic, and try to make it profitable by lying and cheating each other and they call that business. Well its mighty poor business at all events and is unworthy of all true manhood and womanhood.

The clouds above are rifted, God is calling through his angel bands, and by the floods of golden glorious sunlight, poured down on us from the starlight realms of the blue arch above, He speaks in all the discoveries of science and in every noble impulse or inspiration we have for us to *come up higher* and be clothed in the spotless linen of purity, woven in the loom of good deed well done. There is a higher life, a grander life, to be lived here on this terrestrial ball.

Phrenology points out the ways as nothing else can. It is the polar star that our compass of life should be set to, that shall guide us aright while on life's tempestuous sea.

It is the index hand that points on the scroll of our life's journey, the way we should go. It tells of the wonderful possibilities in every human soul, by training the brain aright. It whispers in our innermost soul how to scale the battlements that surrounds all knowledge. It is the guiding Angel that helps us to evolve out of the animal, in its sensuous reign of darkened pleasure into the glorious light of philosophical and moral worth. If priest or bigot cries it down because it teaches a new truth and a higher law than they know, then a moral earthquake shall awake them from their long sleep. The long night of superstition is about over. Truth, science, love, morality, principle, all embodied in Phrenology has come and the world shall be and is better for it.

D. C. S.

San Francisco, Cal., July, 1897

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D. C. SKYMOOR, Editor Puget Sound Dept

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Right Selection In Wedlock.



There are so many married people who are mismated in recent years that the world is beginning to doubt that "marriages are made in Heaven."

If marriageable persons would study phrenology and apply its principles in the selection of partners for life, marriage would be less a failure than it is. Greater harmony would obtain between husbands and wives and a better offspring would result.

We have not space in this article to state all the principles embraced in this important subject but refer our interested readers to numbers eight and eighteen of Human Nature Library for more extended information.

It is not wise to permit the emotional nature to get the better of good judgment. It is also sacrilege to violate the higher sensibilities by choosing a wife or husband as one would choose a horse.

There is something above and beyond the material, there should be spiritual affinity, a blending of soul with soul.

This soul-love can be felt but not described, and only the "pure in heart" may realize its divine beatitude.

Prof. C. F. Sprague and Edith E. Engbert realized the full significance of these remarks when first they met a few months ago, they fell in love at first sight. Prof. Sprague being a phrenologist had a knowledge of conditions required for a happy marriage and acted accordingly.

Nature requires no external form or ceremony to bind souls together, but the laws of states and nations demand an observance of certain rites in order that social and legal rights may be maintained. So it was that on the fifth day of last

May Prof. Sprague and Miss Engbert, whose marriage had already been solemnized by Nature, were legally made husband and wife according to the form of the Swedish Baptist Church located at Seattle, Washington, the ceremony being performed by the Rev. Andrew Swartz of that church.

The above picture is rather small for our readers to draw any definite conclusions, but it will be seen that the couple are well adapted to each other both physically and mentally, the rule "Temperamentally opposite but mentally similar," nor should the physical conditions be very opposite, too great extremes should be avoided.

There should be a harmonious blending of all the faculties, especially the central or spiritual temperaments.

If instead of blindly entering into marriage, people would study and apply the law of temperamental adaptation, the divorce courts would soon be without grists to grind, our land filled with happy homes and beautiful harmonious children, greet the day that should usher in the millenium.

Fidelity.

One of the best stories told by Lord Wolseley is of the Zulu war, when Cetewayo was betrayed into his hands by his own prime minister. Cetewayo had hundreds of wives, but his conqueror released all but three, whom he sent with the chief into exile. Cetewayo felt deeply the separation, and pleaded again and again for his wives. But Lord Wolseley was obdurate. At last his lordship was to return to England, and hearing of his intending departure, the Zulu chief sent him a final message asking, pathetically, that if he would not send him any more wives, he would at least exchange the three he had for three others!

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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.

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.

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ITINERATING.

I left the sober Human Nature Office and the rustling city of Yerba Buena [S. F.] behind me. I yearned for green fields and pastures new. I would pursue the illusive dollar and at the same time convert the world to the grand science of phrenology. I am still pursuing the coin of the realm; I continue to find the unconverted, they are numerous—not the dollars but the unconverted.

My star led me to the mining region of the Sierras. I reached Auburn, fairest village of the foothills, engaged a hall, advertised in the local papers, flooded the town with circulars announcing the arrival of the great Myself, and when the eventful evening came around on which I was to lecture, addressed a large and appreciative audience. I am not sure about the former statement being exact, but I know positively that the latter is true, because when I stopped speaking I was heartily applauded; probably the act of ceasing to speak received the approval of my listeners, so they cheered.

I always like to be applauded for what I do, and if I cannot elicit cheers for talking, the next best thing is to receive applause for silence, so I felt pleased when my Auburn audience clapped their hands and stamped their feet.

It is possible these Auburnites have got into the habit of applauding their speakers whether they talk sense or nonsense, if so it is a habit which should be encouraged. I was thinking on this line one Sunday since my Auburn experience as I sat in a country church listening to a dreary sermon droned out to a sleepily congregation by a prosy preacher, who, having a dearth of ideas made up for the lack of thought by vehement declamation. It seemed such hard work to preach without praise, that when he brought his harangue to a climax and lapsed into silence I could not resist the impulse to applaud his last act; much to the wonder and consternation of my devout comrades in affliction. This particular preacher evidently felt that he had a call from the Lord to preach, but I think he was mistaken: first, because I don't think the Lord ever heard of him, and secondly because he was not built right for a preacher; a good

phrenologist could have told him this and saved him failure in his vocation and his hearers much distress in listening to his vaporings.

One such weak headed aspirant to clerical honors applied to a phrenologist for an examination, telling the professor in confidence that he believed he had a call to preach and had only come to have his belief confirmed by science. He related in proof of his evident call to preach Christ that he had a dream in which he saw in the heavens a great white cloud on which was written, in gold, the letters G. P. C. which he interpreted to be a command to "Go Preach Christ." The phrenologist discovering in his patron a thick skull, dull intellect and excellent muscle, assured him that he had misinterpreted the letters G. P. C., which should be read Go Plow Corn. Oh, how I ached to tell the country preacher who so bored me on that summer Sunday and whom I applauded for final silence "Go Plow Corn." However, he and his ilk will continue to afflict patient suffering church goers while the corn remains unplowed. But I was speaking of Auburn—Ever since 1848 the whole world has been looking longingly towards these foothills of the Sierras, that was the year when Marshall discovered gold, only twelve miles from Auburn. Such scenes as were then and there enacted beggars pen to describe. Within six months from the discovery of gold, these hills, from a solemn wilderness, the silence of which was only broken by the scream of bird or beast or the stealthy tread of the red man, became alive with the din of busy miners and prospectors searching and digging for the shining metal.

Many of these early pioneer gold hunters are yet in these mountains, still seeking the treasure which for forty years has eluded their search. Others after having made and lost two or three fortunes are back in the canyons looking for the "lost mine" or the gravel bank or river bar that only paid them twenty dollars a day in the fifties and which they left to chase the phantom rumor which reported it "rich" at Gold Bluff. On the Frazer, down the San Juan or up in Shasta. Oh! delusive hope, how she lures us on.

"Gaily bedite,
A gallant Knight
In sunshine and in shadow,

Had journeyed long.
Singing a song,
In search of Eldorado."

"And as his strength,
Faded him at length,
He met a pilgrim shadow,
Shadow, said he,
Where can it be,
This land of Eldorado?"

"Over the mountains of the moon,
Down the valley of the shadow,
Ride, boldly ride,
The shade replied,
If you seek for Eldorado."

I have talked with these old relics of former days, these lingerers upon the golden shores, not one of them but has led a life of romance. Here is old Jake Heminway, whose cabin is upon the north fork of the American river about twenty miles from Auburn. Only once or twice a year does old Jake visit the village, he used to come oftener, but late years his step is feeble and his strength is failing. He came here in the fifties, had his ups and downs, struck it rich, took out his "pile", was going "back east" to marry pretty Susan Beck whom he had kissed in 1852 (nine years before the war) for the last time on earth, and with many a pledge to be true and come back rich, sailed from Boston in the good ship Eliza, for California. Six long months passed while Jake was rounding the Horn and sailing up the broad Pacific. Letters came and went slowly in those days. Jake kept up courage, always thinking of Susan and the down east farm he was to buy when he made his "pile" and they should be married. Such dreams as this grizzly old Jake had in those days of '49 before he became grizzly, when he was strong, manly, hopeful and worked out his claim on Murderer's bar! Well, as I said—Jake having made his "stake," sold out his claim, put his dust in his belt and was going back to marry Susan, when he received a letter with a black border around it written in a strange hand. It was from Susan's Mother dated six months before and blurred with many a tear, related how Susan, dear Susan, had died of quick consumption and how with her last breath she had whispered to her mother "tell Jake I died loving him." Poor Jake Heminway; he did not go back; he did nothing—but moan and go into the valley of despair. He didn't laugh, sing songs nor tell stories with the boys any more, he was just crushed, that was all, and he lost all interest in everything and

everybody. The Gold Bluff excitement came on, Jake next went up there, not so much to dig gold as to get away from his grief; then he joined the expedition to Frazer River and after an absence of several years drifted back to the Auburn foothills dead broke in heart and purse. Finally a strange desire siezed him, he would get another "stake" and go back to visit the old folks at home and place a monument over Susan's grave, so he went to prospecting; but his luck had forsaken him, the bars had been worked out and through the long dreary years, without courage but with undiminished persistence in his purpose old Jake continued to prospect and finally concluded to drift into the ancient river channel on the north fork. He gets a few "colors" and keeps up his "grub stake," but that is all, except hope. Sometimes old Jake tells the town folk of the queer visions he has in his lonely cabin up in the canyon, when Susan's wraith appears beckoning him out into the moonlight and down to the river and across. People say old Jake is a little off, slightly daft, but as I looked into his clear grey eyes a little dimmed by age and heard him say "I tell you, Professor, I seen Susan jest as plain as I see you now, a beckoning me down to the river." I could detect no insanity in those eyes, only a steadfast faith in his early love. A few more days and old Jake will follow the beckoning hand of Susan across the river to the golden shores of the "Better land."

"There is a future, oh! thank God,
Of life this is so small a part;
'Tis dust to dust beneath the sod,
But there, oh! there, 'tis heart to heart."

The names given to localities in these mountains by the pioneers are all significant, and express volumes of history to the imaginative mind that can read "between the lines." Each name reveals a story. When we hear of Hangtown we see pictured the grewsome sight of the wretch who had robbed a sluice box, dangling from the the limb of a live oak tree. Such acts seldom happened, for justice was swift and sure, and no locks or bolts were needed on the miner's cabin door, his dust was safe. Rich Gulch speaks of about a hundred acres close to Auburn where an army of men in two years dug three and a half million dollars from the gravel. Murderer's bar

tells of the quarrel of two partners and the glittering blade which drew the ruby blood from the heart of the victim. Butcher's Gap, Yankee Jim's, Slippery Ford, Fallen Leaf Lake, etc. etc., need no explanatory notes, poetry and romance is in the air of these mountains. I was shown "Lover's Leap," a high rock overlooking the American River, from which, legend has it, that two Indian lovers of different tribes pursued by their people leaped to death and the "happy hunting ground."

Aeola Heights at Auburn is a peak of the foothills. The thermometer registered 100° in the valley, one sultry Sunday morning when accompanied by friends I climbed to the summit of this peak and looked out upon the glory of God. The Summer heat no longer oppressed me, a perpetual breeze from the distant snow capped mountains fanned my perspiring brow. Somebody had built an observatory on the peak, of which we took possession.

At our feet away down in dim depths like a ribbon of silver dimmed with milk, flowed the turbid American River, while a hundred miles away like white giants defying omnipotence, in solitude and grandeur rose the many snowy peaks of the Sierras, stretching hundreds of miles north and south. Between the river and mountains, like the waves of the sea, rose and fell the billowy foothills as though in the primeval morning God had witnessed their tumultuous heaving and said "Peace, be still" and on the instant they had obeyed.

The Summer sky arched above the earth a canopy of blue, undimmed by haze or fog except far to the southwest, where a few fleecy cloud-ships manned by fairies sailed down the azure coast and anchored in the bays between the mountain peaks. Around all, above, below, everywhere, silence reigned profound.

The scene was a syllable of grandeur an inspiration of sublimity.

Thirty years ago these river banks were lined with miner's cabins, an army of men threw gravel and rocks as the autumn wind sweeps the forest leaves. The river was vexed with sluice boxes extending its entire length from mouth to source. Every bar of the river and canyon or gully of the foothills was explored

and made to yield its shining treasure. Where now are those busy brawney hands? Where now those hearts that beat with hope, and expectancy? The echoes of these everlasting hills answer—where? C. P. HOLT.

THE OUTCAST.

BY MRS. C. M. STOWE.

"He that is without sin among you, let him cast the first stone."

Go stone her to death said a maiden proud,
As an outcast fled from a gaping crowd;
And she turned her steps to the church and there
Bowed low, as the minister knelt in prayer.
And he prayed that the Lord of Hosts would come
To the widow's heart, and the orphan's home,
And for all the powers that be he prayed,
And a stress on the sins of man he laid.

But where shall the outcast hide her shame?
Must she turn to the sinks of vice again?
"Go stone her to death!" was the matron's cry,
As she passed the suffering outcast by;
And she hastened home where her daughters fair,
Moved round the room with a queenly air,
She told how with shame she blushed as she passed
The squalid form of the frail outcast.

"Go stone her to death" said the man of God;
"She's not fit to cumber the earth's green sod;"
And he groaned for the sins of Adam's race
But forgot his own in his prayer for grace,
"Go stone her to death" is the popular cry,
As the rich and the haughty pass her by,
She's drank the gall and the vinegar, now
Let the crown of thorns be placed on her brow.

What is virtue worth that turns in scorn
From the heart that's with sin and sorrow torn?
What's a priestly robe, if its folds enclose
A heart that scoffs at the outcast's woes?
Does the maiden proud with her heart so cold,
Remember the Magdalene of old?
Has she weighed what the lowly Jesus said,
As the doomed of old was before him led?

And the haughty dame who blushed as she passed
The outcast frail, could she have cast
The stone at her suffering sister there,
And at night bowed her head in sinless prayer?
Could the canting priest with his holy tone,
Cast with sinless heart or hands the stone?
Oh: when will the spirit of Christ as of yore,
Raise the fallen up—bid them sin no more?

Breath and Sunlight.

I quote at random from an excellent article under the caption of "Oxygen, Fresh Air and Health," by L. W. Curtis, M. D., in *Health Culture*, proving the necessity of pure fresh air and sunlight as factors in obtaining and retaining health. He says—

"All Biologists agree that oxygen is the prevailing essence of the body; is the most important agency and is the chief element in the health of man,

The world is seven tenths oxygen. The great oceans are three fourths and the water we drink is two thirds oxygen.

The solid matter of the earth is over sixty per cent. oxygen by weight and ninety per cent. in bulk. If a man weighs 150 lbs., 110 is oxygen, and if the oxygen were set free it would fill 750 cubic feet of space.

What we call fire is but the dangerous activity of oxygen. The flame you see is but the union of carbon with oxygen. Oxygen is all activity; its mission is to change; it tears down only to rebuild; if it destroys by fire it saves all the materials and quickly uses them to rebuild something else. It is the great builder of the animal kingdom and is man's greatest friend, for it destroys the bad parts of the living tissues and builds good in its place.

Oxygen may become dead if confined in a close room; that is why we notice that dead smell in rooms that have been closed for any length of time.

Sunlight also has much to do in keeping air in a healthy condition. No plant can grow in the dark, neither can man remain healthy in dark ill-ventilated rooms. When the first blind asylum was erected in this state (Mass.), the committee decided to save expense by not having any windows. They reasoned, very logically, as the patients could not see, there was no need of any light. It was built without windows, but ventilation was well provided for, and the poor, sightless patients were settled in the house. But things did not go well; one after another began to sicken and great languor fell upon them; they felt distressed and restless, craving for something they hardly knew what. After two had died and all were ill, the committee decided to open the

windows. The sun poured in and the white faces recovered their color; their flagging energies and depressed spirits revived and health was restored. Is this not a good illustration of the necessity of sunlight in the animal economy?

Take an illustration of the necessity of oxygen in water, which I have told you is of itself two thirds oxygen in composition. Let it stand in a room any length of time, it becomes insipid; the oxygen entrapped between its particles has become dead or lost. Take fishes and put them in a limited quantity of water and they soon die. Why? All healthy water has oxygen entrapped between its particles. The gills of the fish are its lungs, and they take water into their mouths and force it back through their gills and thus take out the oxygen, the same as is done in our lungs; and as soon as this is all consumed, they die, just as we would do if we breathed carbonic acid gas.

Small bodies of water become slimy and covered with what some call "frog-pond," but frogs have nothing to do with it, for if you confine rain-water in hot weather the same thing will occur. There is no water so pure as that you see in the little rivulet dashing over the rocks, as in that way a full supply of oxygen is entrapped between its particles. It is the same with large bodies of water thrown about by the wind. Air is only two-fifths oxygen, but without it there could be no fire. The greater the draft the greater the fire. You all know that fire burns much better some days than others, from the fact that the barometer is higher, causing a greater pressure on a square foot of air, and is as 1000 to 623 for moist easterly air, and that which we inhale contains thirty-six times more moisture than pure westerly breezes. If the air was pure oxygen we should quickly burn up and when a fire was once started it would finish up the building before the engine could reach it. Fire is the union of oxygen and carbon. You know the electric light has to have carbon.

A drop of blood contains the entire human body in miniature, in that it holds all the elements for a complete being. The blood carries carbon for the purpose of exciting the oxygen, and the air cells of the lungs bring it oxygen, just as the bellows will blow air

upon the fire. The greater supply of air, the greater the draft and the more intensely the fire will burn. So life exists just in proportion as we breathe and exercise. In a good sized man there are three million of cells, one half air, and the other half blood cells.

I have said that oxygen and carbon have a strong affinity for each other. At birth, at the first inspiration, the oxygen enters the air cells; a process called endosmosis takes place, whereby the oxygen passes into the blood cells, uniting with the carbon, forming carbonic acid gas, which in turn passes into the air cells (just as the rays of the sun pass through glass) and is breathed out.

Before the oxygen enters the blood cells the blood was full of carbon and dead matter. Carbonic acid gas is the union of oxygen and carbon. If the blood did not get any oxygen it would not move out of the cells, but when uniting with oxygen it becomes red, vitalized, life-giving blood and immediately starts on its mission through the arteries to every part of the system, there to undergo a change in the capillaries (which are hair-like hollow tubes), which convey the blood from the arteries to the veins. Here in the capillaries a burning process takes place, just as in the stove. Here the oxygen exchanges its life-giving properties for carbon. It builds and destroys.

Now if there is more carbon than oxygen, that is, we do not breathe enough air, dead matter remains in the system because there is not enough oxygen to burn up all the carbon. Then there is dead matter left in the system which may cause disease of some organ. This burning is life. If you lift your arm or your little finger, it is necessary that some oxygen should burn up some carbon in order to set free the force necessary to move the muscle."

It will be seen that combustion is constantly going on in the system, in order that steam may be generated to propel the machinery through and by which thought is evolved, and life continued. The chief requisite in this wonderful work is air, *pure air*, to be breathed copiously and continuously. Vice and ignorance are bred in vile dens of poverty where the air is vitiated. Illness and its attendant train of evils come to the rich if foul air is breathed. Let us breathe—*pure air* and bask in sunlight.—C. P. HOLT.

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- Leave TAVERN of TAMALPAIS—
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- Extra trips leaving TAVERN—
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7 a. m.
- Monday, Wednesday and Saturday, 9: p. m.

Sundays

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