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PHYSICALLY FIT FOR THE KLONDYKE.





The coming spring will probably witness a migration to the Alaskan gold fields paralleled only by that which crowded into the foot-hills of California in 1849 and 1850

The prospect of becoming suddenly rich is so alluring that man will venture into the inhospitable region where Nature has stored her treasures, without due consideration of the hardships to be endured.

Many will attempt the journey who are ill-fitted to withstand the rigors of an arctic winter, the intense heat of the brief Alaskan summer, the exposure to dampness; scarcity of wholesome food, and when the toilsome journey is ended, the severe manual labor always incident to mining. Men with narrow heads, contracted chests, weak lungs, feeble retreating chins, high top heads, with excess of frontal brain over the base brain and with more ambition than physical stamina, will look upon the glittering gold and perish.

Only broad headed men with correspondingly broad chests, full of physical force and vital stamina are strong enough to survive the rigors of such a climate and exist on such a fare as can be obtained in that country; men who are built on the material and physical rather than the spiritual and mental plan.

The cuts illustrating this article are portraits of a *physically* endowed miner such as we have described.

From a personal phrenological examination, we found him to be remarkable for physical strength and powers of endurance.

He tips the beam of Fairbank's scales at 222 lbs, and has a head wide at the base, being 6³/₄ inches in diameter and 23 inches in circumference. He is 36 years of age and just in the prime life. Of the motive, vital, mental temperament, in the order named. Endowed with a pronounced osseous system, strong muscles like Vulcan's and an iron constitution which seems made to endure a century.

A glance at the portrait cuts will show marvelous perceptive faculties. The great distance from the opening of the ear to the root of the nose and the massive development over the eyes reveals his practical nature. A successful miner and prospector should be practical, perceiving everything around him, even to the smallest detail. This man, with his immense perceptive faculties, lets nothing escape his observation. Every rock, tree, shrub, each ity, continue to evolve theories from hypothetical data, the result of which is unsubstantial assumption.

Such is the character of cut No. 2. Lacking facts, he is not disconcerted, but proceeds to imagine such things to be when they do not exist, then proceeds to weave a web from warp and woof purely imaginary. He is quite oblivious to surrounding objects and would be puzzled to tell correctly the color of his sweetheart's eyes or whether the front gate is painted white or green. To his unobserving eyes all horses have the same color and all men look alike. If he should meet a cow decked with a horse's tail, the circumstance would pass unnoticed, and when in one of his accustomed meditative moods he will pass his best friend on the street without recognition. He is an impractical theorist and although blessed with a large reasoning brain, does not know enough to come in when it rains, because he fails to recognize the downpour.

If he only had the facts that No. 1 has stored away, he would be an intellectual giant; and if No. 1 had the reasoning brain with which No. 2 is blesse 1, he too, would astonish the world with his philosophy.

Between the two the choice is with the one with the large perceptive intellect, as against the owner of the great reasoning and small knowing brain. The one is practical, the other theoretical.

Who is Afraid?

Nine-tenths of mankind are afraid of facts which oppose their theories. They bestride a pet hobby and ride it until they sight a man with an opposing fact in his hand, then scurry away into the shadow of prejudice, and with their arms encircling the neck of their hobby, stand trembling and making faces at the fact, and anathematizing the man who has it on exhibition.

Since "Fact vs. Theory" appeared in the February number of HUMAN NATURE, I have been accused by many vegetarians of backsliding. I have *not* backslidden, but I have met some facts which gave me pause.

Who is afraid? Not I. Are you? C. P. HOLT.

VACCINATION ABOMINABLE

The following facts are taken from a booklet entitled "The Vaccination Cuise," by W. A. Redding and speaks volumes in condemnation of the horrid rite of vaccination, which does not prevent smallpox, but does entail other filthy diseases upon generations of innocent victims.

In San Francisco—as in other cities of America—children are not permitted to attend the public schools unless successfully (?) polluted by vaccination. There is one sovereign prevention of smallpox. Let all the world keep clean.

Herbert Spencer says. "The measures enjoined by the Vaccination Acts were to have exterminated small-pox; yet the Register-General's Reports show that the deaths from small-pox have been increasing."—Social Statistics, p. 367.

Sir Thomas Chambers, Q. C. M. P., Recorder of the City of London, submits a lengthy statement, showing that nearly all the small-pox patients admitted to the hospitals had been vaccinated; and Marson's report of Highgate Hospital for 1871 states that of the 950 cases of small-pox 870 had been vaccinated. Another report gives 43 cases treated in the Bromleigh hospital in 1881, in which all had been vaccinated, some of them every year.

Prof. Newman of Oxford University says: "Nothing is clearer to anyone who will open his eyes, than that what is now called vaccuation has no effect in lessening small-pox, and has frequent and terrible effects in doing mischief."

Dr. Sydney, New South Wales, says: "I have seen more evils result from vaccination than I ever saw from small-pox. Small-pox has steadily increased and is increasing, as the practice of vaccination is more generally enforced." This evidence was given before the legislature at Sydney.

Dr. Reed, L. R. C. P., Edinburgh, says. "I can not advise my patients to have their children vaccinated."

'ir Joseph W. Pease, Bart, M. D., M. P., in the House of Commons, 1878, says: "The President of the Loçal Government Board cannot deny that children die under the Vaccination Act in a wholesale way." Dr. Stowell, M. R. C. S., of London, thirty years a vaccine practitioner, says: "More than ridiculous—it is irrational—to say that corrupt matter taken from boils and blisters of an organic creature, could affect the human body otherwise than to injure it."

Dr. Brett of London, says: "After fifty years' experience, I arrived at the conclusion that vaccination was not only useless as a preventative, but dangerous."

I believe there is more danger to a child of injury from vaccination than there is from the chance of its catching small-pox.—J. Albert Bright, M. P.

The American Association of Physicians and Surgeons in convention discussed the vaccination subject and set it down as follows:

I. That vaccination renders those who have been subjected to it more susceptible to small-pox than but for that operation they would have been.

II. That in all epidemics of small-pox which have occurred since the general practice of vaccination, it has been the vaccinated and not the unvaccinated who have been the first to be attacked and from whom the disease has been spread.

III That the epidemics of this century have increased in virulence in proportion to the spread of vaccination.

IV. That the fatality among the attacked is somewhat greater, age for age, among the vaccinated than among the unvaccinated.

V. That in the words of Alexander Von Humboldt, vaccination has had a progressive dangerous influence upon the race in England, France and Germany, and this degeneracy in the United States, having vaccination for one of its causes, is an unavoidable conclusion from the facts.

Sir James Paget, Surgeon Extraordinary to Her Majesty, says: "The progress of vaccine infection of the blood shows us, that a permanent morbid condition is established by the action of these specific poisons.

German authorities. Prof.Bock, M. D., of Leipsic, says: "I have, in forty years' practice, seen far more evil than good from vaccination."

Dr. Hoeber, Hamburg, affirms that, "vaccination is extremely prone to develop disease;" that it lowers the natural powers of re-

sistance in the child, and that scrofulous and other diseases follow.

Alexander Von Humboldt says: "I have clearly perceived the progressive and dangerous influence of vaccination in England, France and Germany."

Dr. Carron, Paris, Chevalier of the Legion of Honor, and Member of the Academy of Sciences has long sit ce refused to vaccinate at any price. He says that vacc'nation is a "bauble with which doctors rock-to a fatal sleep—the gullible children of the world."

Mr. F. D Blue of Indiana, in an open letter to the Com issioner of Health of Chicago, Ill., has this to say aboat vaccination causing cancer:

The great incre se of cancer calls forth from you an exclamation as to t e cause. Do you know that vaccination (since cow-pox direct from the cow is used) has been known to cause this disease and has been so published by sever 1 physicians, one of them going so far as to say that in 50 years' practice he has never known a case of cancer in an unvaccinated person? Is there not a possibility that increased vaccination in your city may be a factor in this increase? It is to be noted in passing that the increase of cancer. according to the last census, is much greater in cities where vaccination is general than in the country. I suppose you know that in Germany, one of the best vaccinated countries in the world, the same complaint is heard, and societies have been formed to prevent the spread of the disease. Vain hope so long as vaccination direct from the cow is practiced.

Mr Blue, in his letter, mentioned another important point as follows:

Many small-pox epidemics commence with vaccinated persons. Your report shows the first seven cases vaccinated. The Encyclopedia g ves many such epidemics; some where scores of vaccinated cases occured before an unvaccinated case. The recent case of small-pox at Yale was a student vaccinated but six weeks previously. You see there is evidence that if it were possible to keep clear of vaccinated persons we might reasonably expect to have much less small-pox. Is there not a slight possibility you doctors are doing as did the inoculators (who

were also scientific medical men) spreading instead of curing disease?

Dr. Banerjee, of India, says that in Calcutta 10,000 people died of small-pox in 1895; every one of them vaccin ted.

The Lance records how thirteen children were infected with severe syphilitic symptoms. The Academy of Medicine appointed two able medical commi sioners, Dr. Henri Roger and Dr. Depaul, who, after a careful investigation, reported to the Academy that the children "whom they examined were undoubtedly suffering from secondary syphilis," by vaccination. Just think of it. Futting that loathsome private disease of syphilis into your children.

On the 3 th December, 1880, fifty-eight recruits of the 4th Regiment of Zouaves, at Algiers, were vaccinated with syphilis.

On the 25th May, 1883, fiftyeight recruits were vaccinated at the Hospital Dortrecht, Holland. Seven were found to be seriously injured, whereof three died. After an official investigation, the Minister of War admitted the fact, and issued a circular notifying recruits that thereafter, re-vaccination was not obligatory in the Netherlands Army This regulation, I may state, had been previously abrogated in the Swiss Army, for similar reasons.

In the appendix to the Official Report of the German Vaccination Commission of 1884, is a memorandum drawn up at the Imperial Board of Health, Berlin, in which it is affirmed "that very serious damage by vaccination has occured Thus up to 1880 50 cases have become known in which syphilis inoculated with the vaccine virus caused illness to about 750 persons. . . . At Lebus, in 1876, 15 young school girls were infected with syphilis by vaccination."

Oh! the horror of it! What becomes of human rights when compulsory vaccination obtains? Let the advocates of the horrid rite take their own medicine. Let them fill their own arteries with nastiness if they elect, but keep their filthy lancets away from the veins of clean people. Vaccination does *not* prevent small pox, it produces worse disease and death. By all means let its advocates be—vaccinated. C. P. HOLT.

The Surprise.

By Sir Edwin Arnold.

She is dead,' they said to him, 'Come away!' Kiss her, and leave her! Thy love is clay.' They smoothed her tresses of dark brown bair, On her forehead of stone they laid it fair. Over hereyes which gazed too much, They drew the lids with a tender touch. With a tender touch they closed up well, The sweet, thin lips that had secrets to tell. About her brows and beautiful face They tied her veil and her marriage lace And drew on her white feet the white silk shoes, Which were the whiter no eye could choose. And over her bosom they crossed her hands, 'Come away!' they whispered, 'God under'

stands.' And then there was silence, and nothing then-

But the silence, and scents of eglantine,

And jasmine and roses and rosemary,

And they said, 'As a lady should lie, lies she!' And they held their breath as they left the room.

With a shudder, to glance at its stillness and gloom.

But he--who loved her too well to dread

The sweet, the stately, the beautiful dead.

He lit his lamp and took the key

And turned it-alone again, he and she!

He and she-but she could not speak, Though he kissed in the old place the quiet check.

He and she-yet she would not smile, Though he called her the name she loved erewhile.

He and she-still she did not move

To any one passionate whisper of love! Then he said, 'Cold lips and breast without breath,

Is there no voice no language of Death? Dumb to the ear and still to the sense, But to heart and to soul, distinct, intense? See now! I listen with soul, not ear. What was the secret of dying, dear? 'Was it the infinite wonder of all That you ever could let Life's flower fall? 'Or was it a greater marvel to feel The perfect calm o'er the agony steal? Was the miracle greatest to find how deep Beyond all dreams sank downward that sleep" Did Life roll back its record, dear. And show (as they say it does) all things clear? 'And was it the innermost heart of the bliss To find out so, what a wisdom Love is? O perfect dead1 O dead, most dear! I hold the breath of my soul to hear! 'I listen as deep as to horrible hell, As high as to heaven, and you do not tell! There must be pleasure in dying, sweet, To make you so placid from head to feet. 'I would tell you, darling, if I were dead, And t'were your hot tears upon my face shed, 'I would say, though the Angel of Death had laid Hissword on my lips to keep it unsaid, 'You should not ask value with streaming eyes 'Which of all Death s was the chiefes: surprise 'The very strangest and suddenest thing. 'Of all the surprises that dying must bring!'

Ah! foolish world. Oh! most kind dead, Though he told me who will believe it was said ? Who will believe that he heard her say. With the sweet, soft voice—in the dear,old way? 'The utmost wouder is this—I hear And see you and kiss you, dear! 'And I am your angel, who was your bride, And know that though dead, I never have died.'



Health Department. Avoid Fermentation.

By Dr. T. R. Allinson.

Mankind is not content with using harmless drinks, but has found out otners that are injurious to the body. The best drink is pure water; next, a bland fluid like barley water; then, some drink like lemon water or cocoa. The mildly harmful drinks are strong tea, strong coffee, some herb beers, all malt liquors, wines, spirits and liquors. Both tea and coffee are injurious, even if weak, and cause disease, They bring on palpita-tion of the heart, nervousness, They bring on palpitawakefulness, and many other ner-All the herb vous symptoms. beers contain alcohol. But if only a little sugar is used in their manufacture, they will contain such a small proportion of alcohol that it will be practically harmless. When a large quantity of sugar is used in the making ef herb beer, hop ale, etc., the fermented fluid will contain much alcohol, and be as intoxicating as ordinary ale, but not so injurious, as it is likely to be pure. I must condemn as abominations many temperance drinks. They are either too sweet and do not quench the thirst, and introduce into the body so much sugar as to be injurious, or they may contain injurious ingredients. Lemonade has been made before to-day from oil of vitriol, sugar, and flavoring. Many drinks are coloured pink or yellow by coal tar dyes, and flavored by coal tar essences. Ginger-beer is not good; it contains ginger, which is an irritant to the stomach. Sherbet, that children are so fond of, and that poor people and children buy on the racecourse, &c., is made of bicarbonate of soda, tartaric acid, sugar, and coal tar flavoring. When I am away from home, aud thirsty, I get a cup of sugarless cocoa if possible. or else some nonsugary drink like Kops ale, hop ale, or some that is made from herbs, and but little sugar. Soda water, potash water, seltzer, and Apollinaris waters are slightly harmful, but less so than some of the sickly sweet drinks. All the malt liquors, wines, and spirits are very injurious. First, they are rarely pure; secondly, they do not satisly thirst: and lastly, the alco-

hol they contain is harmful to the body. These drinks set up stomach complaints, as wind, acidity, vomiting, indigestion, dyspepsia, inflammation and ulceration of the stomach, and even cancer of that organ if their use is continued, Next, they set up liver diseases, such as biliousness, congestion of the liver, jaundice, and cirrhosis or hob nailed liver, which will cause early death. They set up kidney troubles, which may end in Bright's disease and premature death. They also affect the heart, lungs, blood vessels, the brain, and nervous system. Anyone who values his health, strength, and mental clearness will leave all intoxicants alone. They give so little nourishment or force to the system as to be practicully useless as foods. Intoxicants are bad in health, and worse in disease. They do not keep a patient going, and kill thousands that would have recovered but for their use. Stimulants are never required by the well, nor are they good in the treatment of the sick.

SEMOLA DISHES

The Del Monte Milling Co.have furnished us with a few recipes showing how to make a few excellent dishes from Semola.

Semola can be had in 25c packets at any grocery on the Coast. or in 10, 25 Or 50th packages from the Company in this City. Here are the recipes. Try them.

SEMOLA GEMS.

Three cups Semola, two cups milk, two eggs, one-third cup sugar, one-half teaspoonful salt, one tablespoonful melted butter, two teaspoonsfuls baking powder Beat eggs, add butter and milk, sift Semola, sugar, salt and baking powder together, add and beat thoroughly. Bake in hot gem pans.

SEMOLA PUDDING.

One-half cup Semola, two cups boiling water, one tablespoonful butter, three eggs, two cups milk, three-fourths (up sugar, flavor. Stir the Semola slowly into water salted to taste, add butter; boil ten minutes. Save the whites of two eggs for frosting, beat the balance well, add the sugar, milk and fla vor, stir in the mush slowly, beat well: bake in moderate oven, and when done spread with layer of jelly or fruit. Beat the whites of two eggs to very light froth, add one-half cup powdered sugar, mix and spread, put in oven and brown slightly.

SEMOLA FRITTERS.

Two cups Semola, one cup milk, two eggs, one tablespoonful sugar, one pinch salt, one teaspoonful baking powder. Beat eggs. add milk, sift Semola, sugar, salt and baking powder together, add and beat well. Drop in teaspoonfuls into boiling lard, leave till brown, sprinkle with powdered sugar, serve hot.

SEMOLA PANCAKES.

Two cups Semola, t o and onehalf cups milk, two tablespoonsful melted butter, one-half teaspoonful salt, two eggs, two teaspoonsful baking powder. Beat eggs. Mix same as Fritters.

Try Semola for treading cutlets and fish when frying, you will never use anything else.

Semola is a rare health food, free from organic matter, nourishing and sustaining as is the Advent Flour manufactured by the same firm.

Choice of Pursuits.

The following clipped from an exchange is part of a letter written by the famous millionaire banker and astute thinker, Henry Clews, and points out the only true road to success in business

"In order to become rich the young man just starting in life should choose that occupation or avocation for which he has the most decided preference. Many a man has his " nose to the grindstone," so to speak, throughout life, aimply because he has chosen, or his relatives and friends have chosen for him, some business or profession to which he is not adap ed and which he finds is not congenial to him, while, in a career for which nature and education had fitted him, he might not only b- happy and successful, but make his mark as a star of the first magnitude.

"The gool book tells us that whatever our hand finds to do we should do it with all our might but a your g man is rot inclined to do in that way things that he does not like. But whatever young men do voluntarily from choice they, as a rule, do well. It is, therefore, very important for a young man just starting in life to be sure that the calling in which he engages is thoroughly congenial to him, and one in which he greatest enthusiasm and delight."

Mr. Clews should have added that a phrenological examination by a competent phrenologist, will scientifically and infallibly settle the question of adaptation, and place a young man or woman in the sphere or calling Nature has adapted him or her to fill with success.

An Ancient Superstition.

During the last fifty years there seems to have been a great many fossilized ancients reincarnated on earth, as though the angel of ressurrection in searching for recruits to people our planet had "struck a pocket"--to speak after the manner of mining men-of Antedeluvians, who before the flood had fallen into the arms of death firmly believing the earth to be flat like a pancake, and astrology to be a divine science.

These reincarnated human fossils are interesting to the student of human nature as presenting a type of man quite antique.

They perambulate up and down the earth as they did when they were citizens of ancient Chaldea or traversed the sands of the "lost Atlantis," and they feel agrieved and very much surprised that any modern should doubt the infallibility of their pseudo-science.

So long as the foundations of a castle stand, it has something to support its walls, but when the foundation stones are removed the whole edifice comes tumbling to the ground. Prove the premises false and the conclusion must be wrong.

The pretensions of astrology are based upon the false and primitive assumptions that the centre of the celestial motions is the earth and that as the sun exerts an influence upon the fecundity of the earth, and the moon upon the tides, so the posit on of some particular planet in the heavens at the birth of a mortal influences his character and destiby, and this influence in all its potency can be determined to a nicety by an expert astrologer, provided he is informed of the instant of birth.

An infant was born in 1473 who in 1507 made a discovery which changed the minds of everybody (except these fossil astrologers) regarding the movements of the heavenly bodies. His name was Copernicus. The fundamental principles of the Copernican system are embodied in two distinct propositions which have been proven beyond peradventure, and taken together leave not a shadow for the ancient superstition called astrology to rest upon.

ist. The diurnal revolution of the heavens is only an apparent motion caused by a diurnal revolution of the earth on an axis passing through its centre. 2nd. The earth is one of the planets, all of which revolve around the sun as the centre of motion.

The true centre of the celestial motions is therefore *not* the earth but the sun.

Previous to the discovery of Copernicus the astrologers drawing on their imaginations for their facts, cast "nativities" right and left, with this little sand heap stationary in the centre of the universe as a base of supplies.

The *Islamic World* recently in an article entitled "The Star of Bethlehem" explained their views as follows:

"It was an universal practice (with astrologers) to divide the whole heavens, visible and invisible by great circles into twelve equal parts, called houses. The horizon and the meridian were the chief of these circles, the other four being drawn at equal distances from these and passing through their inter-sections. As the circles were supposed to remain immovable, every heavenly body passed through each of the twelve houses every twenty-four hours. The portion of the zodiac contained in each house was the part to which chief attention was paid, and the position of any planet was settled by its distance from the boundary circle of the house measured on the ecliptic. The houses were numbered in the order in which they would rise if they moved along with the heavenly bodies, the first being therefore immediately under the eastern horizon. They had different names and different powers, the first being called the house of life, the second the house of riches, the third of brethren, the sixth of marriage, the eighth of death, and so on. The part of the heavens about to rise was called the ascendant, the point of the ecliptic just rising being the horoscope.

To cast a person's nativity was to find the position of the heavens at the *instant* of his birth, which being done the astrologer who knew the various powers and influences believed to be possessed by the sun, the moon, and the planets, both inherently and according to their positions, could predict with infallible certainty what the course and termination of that person's life would be'

These reincarnated ancient astrologers whom we have pestering us to-day with their vaporings, have changed the nomenclature of their so-called science a little from the good old fashioned star language and have added a little more mysticism to the medley of assumptions in order to bring the whole up to the comprehension of their nineteenth century dupes, but astrology to-day as in the days of the Chaldean "Genethliaci" (or calculators of nativities) still rests on the false premises that the earth is stock still in the heavens and the stars and planets go whirling around it.

This calculating of nativities is fine work, inasmuch as the "instant of birth" is required in order to get the exact position of the heavenly bodies at the moment the first breath is drawn, so if the clock has run down, or the doctor's watch is too slow or too fast, or nobody takes note of the instant baby cries his first plaint, no reliable nativity can be calculated in his case and he will be very much like every body else in the world, governed by circumstances and environments, from granite rock to blazing star, and this character will be such as heredity and prena al influences have formed his organization.

The United States battle ship Maine, sank last week beneath the waters of Havana harbor, carrying to a watery grave 250 men, born on different dates, in different places, yet all met the same fate at the same instant. What was the-matter with the stars? Did they get mixed? One feels to exclaim with the ancient Hebrew "And the stars fought against Sisera in their courses," or with good'old Job "Canst thou bind the sweet influences of the Pleiades, or loose the bands of Orion? C nst thou bring forth Mazzroth in his season?"

Astrology is sublime. It has only one weak point—There is nothing in it. C. P. HOLT.

Puget Sound Department

Inhabitiveness, or Love of Home.

By PROF. D. C. SEYMOUR.

This faculty is found about one and one fourth inches above the occipital spine at the extreme back part of the head. When large or very large it gives great length of the head backward from the top of the ear. It is large in many domestic animals as witnessed by their staying in the neighborhood where they were raised. Horses. cattle, sheep, hogs, dogs, carrier pigeons etc., often travel hundreds of miles to get back to their old home. Cats will often desert a new home when carried to it by the family in moving, and return to the old deserted home and stay there from choice, until they die from starvation. But the dog will bid the old home good bye with a wag of his tail and joyous bark to accompany the family to another home, no matter how much he is attached to the home, he is always attached to the *more* strongly family, because he has "Adhesiveness" or love of friends still larger than Love of Home. Animals are very much like men, they prefer to stay where they are acquainted. All the homesickness that comes to mortals is from the activities of this organ, it is generally mu h larger in women than men, and they suffer much more from homesickness than men. There has never been a female Columbus to discover a new world nor a Mrs. Dr. Franklin or Mrs. Dr. Kane to sail in search of the North Pole. Women do not like to get far from home, sometimes they will accompany their husbands on these long dangerous expeditions if their conjugality is much larger than "Love of Home." All the happiness that comes from being at home, owning, or building up a home, is given by this organ. This faculty is behind all patriotism and is its inspiring genius, it causes all love for the land of our nativity and the loving rememberance of the "vine clad cottage on the hill" "wherein once we did dwell." It is the main spring or inspiration of all poems like "Home sweet home." perhaps there is no greater effort made in life, than to secure a home of our own. Thousands toil on through a long and weary life in

hopes to some day, own a little place of rest and comfort all their own. No one can possibly round out their full measure of earthly comfort and joy with this law of their being not fulfilled. Millions feel and say on their death bed, "at last I am going home, going home." When we read from history of the millions of men who have been slain by the bloody hand of war in defending their homes against the invader, we see how strong has been the influence of this faculty, in all the ages of the past. The love of home has been the principal factor in men's lives, which has caused them to cover nearly the whole earth, with civilized products, cities, villages, farms, homes etc. From the time when man lived in tree tops, caves and hollow logs as they did in primitive ages, until the present time, man has been rearing homes in which to dwell, When we reflect on the long road traveled by the human family, ever building homes along the dusty highway of life, and reflect that those homes were the harbors of rest and comfort for the weary families of man, we see what a wrong is being p-rpetrated by our system of government in selling and giving away vast domains of our public lands to corporations and speculations, who knowing the great natural desires or demands of humanity for homes, are ever on the watch to appropriate the inheritance of the people. No man should have any other title to land, than one of occupancy, and that should never be longer than the time utilized by cultivation for his support. Every person should have a home, for his nature needs and demands it, and it should never be taxed or sold for taxes, debt, judgment, nor under execution. It should be so arranged by law that it could not be mortgaged nor sold, nor disposed of in any way to any body, no more than the air we breathe, or the light of the sun Evervliving thing has an inalienable right to what land, water, air, and light it needs for its sustenance. This making property of land, buying it up or taking it by force is the principal cause of the poverty and poor houses that carse the millions of ho veless poor to-day-Nations, as well as individuals, are making war over the strips of each others country-rivers of blood have flowed and will continue to flow,

over this accursed thing called ownership in land. Every country, continent, peninsula and island of the sea, is more or less covered with the ghastly bones and grimming skeletons of murdered humanity in order to get possession of their lands and homes to be sold or rented out to the homeless for a large revenue that the conquerors (land buccaneers) may live at their ease, in sensual luxury, and be able to still more pluck, the honest, hard worked toiler who produces everything that they enjoy. Where sleeps the thunderbolts that deity does not put a stop to the rapacity of man, that is fast making a charnel house of our beautiful world, filling it with want, gloom and misery. The feudal lords and knights of the olden time, the Dukes and Counts, Barons, Kings, Emperors, millionaires, and bonanza mine, timber and land owners of the present day are simply wholesale robbers, that have plucked the inheritance, the land and wealth of the world from the rightful owners and made laws to *legaliz*, the nefarious business. A few more years and a few men will own the world, and if they so desire, will put all others off of it at the point of the bayonet, or worse yet, make of them slaves to till their vast possessions.

The few that have obtained possession of the wealth of Nature, are not so much to blame as the great common people, especially in the United States where every man is a sovereign at the polls, and could, if not so wofully ignorant have nipped this legal plundering in the bud long ago. We believe the great common people will yet get their eyes open and repress this gigantic wrong against themselves. This world should be a heaven for all, not a heaven for a few and a hell for the toiling producer Yet there is hope for humanity as foreshadowed by the following soul-stirring poem by one of England's greatest poets:

THE PEOPLE'S ADVENT.

BY GERALD MASSEY.

'Tis coming up the steep of time, And this old world is growing brighter; We may not see its dawn sublime. Yet hig, hopes make the heart throb lighter. Our dust may be sleeping in the ground When it awakes the world in wonder; But we have feit it gathering round, And have heard its voice of living thunder 'Tis coming! yes, 'its coming!

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'Tis coming now, the glorious time Foretold by seers and sung in story, For which, when thinking was a crime, Souis leaped to heaven from scaffolds gory. They passed, nor see the work they wroi glit,

Now the crowned hopes of centuries dosson." But the live lightening of their thought And daring deeds doth pulse Earth's boson. "Tis coming! yes "tis coming! chosom.

Creeds' empires, assens rot with age, But the great People's very youthur And it shall write the Future's page To our immunity more truthful; The gnariiest heart hath tender chords To wasen at the name of Brother. A d time comes when brainscorpion words We shall not speak to sting each other, The coming? yes, 'its coming?

Aye, it must come: the typent's thrane is crimbling, with our hot tears insted; The sword earth's neighty have leant on is cangered — with our best blood crusted. Room

Is cangered—with our best blood crusted, ioom! For the men of mind nuke way! Ye robber rulers, pan e no longer: 'e cannot stay the opening day: The world rolls on: The light grows stronger! The Copie's Abyent's coming !

Change the System.

Of trusts and combines there is no end; one follows another in an endless procession, the later and bigger devouring the smaller and monopolizing the entire trade. Conditions have changed since the days of the houest trader. The trusts and department stores have driven the small trader to the wall and he feels himself compelled to deceive in order to get trade.

It is deplorable to contemplate that a conscientiousness man must smother his highest instincts of honesty and descend to trickery or suffer bankruptcy, and yet this is the trend our competitive system is taking Indeed, even trickery will avail little against the combines, trusts and gigantic department stores. The following from the New Woman hits the nail squarely on the head : С. Р. Н.

The small producers must get out of the way. Under our competitive system of production and distribution all those not under the protection of the trusts must continue the work of destroying each other in order to live. The system of mutual destruction which goes on among the small dealers and producers makes them the easy victims of the trust. If they unite to put up prices the trust puts them down and the people who purch se will patronize the trust in preference. Should they attempt to hold their castomers by reducing prices, the trust can compel them to sell at an absolute loss and failure is certain. Turn which way they will the small dealer and the small pr ducer is at the mercy of the trust.

But the trust as well as the small operators depend entirely upon the purchasing power of the people and this belongs to the consumers. The small dealers would be benefited by the organization of this purchasing power and the trust would be defeated. But this power cannot be organized in any other way than by the establishment of a system that will give to the people who patronize an equitable interest in the business built up by their patronage.

But such an organization as this would put an end to the system of concentrating great wealth into the hands of the few at the expense of the many, and hence no small operator, who still has hope of being able to amass a fortune, can be expected to take the initiative in a movement that would sceure a more equivable distribution of wealth created by the peopl . But the people who create all the wealth, could initiate such a movement and once successf lly launched, it would draw the many into it and thus cut off the tribute now paid to monopoly and distribute the saving among the people where it justly belongs.

The same business methods by which eighty per cent of the wealth of the United States has been concentrated into the hands of less than twenty per cent of the people might be used by the people to reclaim it, for their own benefit. The many can uever do this, but a few with business experience and whose interests are entirely with the masses can formulate plans and s t them in operation, and thus give to the many an object lesson that will show them the easiest and most speedy road to economic independence. These few who are competent to do this work are to be found in every part of the civilized world. In this country we have been sending good business talent into the ditch by the thousands, every month for years past. These naturally want to get out and be economically independent once more, and the situation is such that there is no prospect of their doing so, unless they can devise some plan of lifting the masses out with them, and the only power possessed by the masses by which they could assist in this work is their power to purchase.

Hence from the very nature of the situation, the first thing to be accomplished is to commence the

organization of the consuming power of the people, and to do this there must be an absolute benefit to all.

There is ample business talent in the country that has been forced to join the millions who are in the ditch, to set the machinery in motion that will save all, while it is practically impossible to save themselves. The time has come when sound business policy demands justice to all. Under the operation of the profit system there is no hope except for the small fraction of the people who happen to be on top, and this system cannot be supplanted, except by one that reaches and elevates the millions who are at the bottom of the scale. It is either absolute justice to all, or helpless serfdom for the masses. We can have our choice.'

Phrenology in Utah.

Prof. John T. Miller, teacher of Physiology, Psychology, and Pedagogy at the B.Y.Academy, Provo, Utah, who, with his amiable wife, (also his co-worker in phrenology), made great progress in our summer class last year, is doing yeoman service in disseminating the principles of Phrenology and kindred sciences among the eight hundred students of that institution of learning.

At Vernal, Utah, Prof. J. E. Morton, Principal of the 4th Ward school, (also a graduate of our Summer Class), is lecturing evenings with good success and preparing for a grand lecturing campaign at the close of his present school term. These advocates of Phrenology are an honor to the profession.

THE PRODIGAL DAUGHTER.

BY ELLA WHEELER WILCON.

- BY FILL WHEELER WILCOX. To the home of his father returning The Producal wars and worn. Is greeted with joy and thanksgiving As when on his first natal morn. A "robe" and a "rug" are his portion: The servants as supplicants how. He is clad induce linen and purple. In return for his periferent yow.
- In return for his penitent yow, But ah for the Prodigal Daughter, Who has wandered away from her home. Her feet must still press the dark valley. And through the dark wilderness roun. Alone on the bleak barren mountains. The mountains so dreary and cold -No band is outstreatched in fond pity To welcome her back to the fold.

- To welcome her back to the fold. But thanks to the shepherd whose merey Sti 1 follows his sheep, though they stray, The weaker and even the forsaken. He bears in his boston niway. And in the bright maneions of glory Which the bloch of this specifical Daughter As well as the Prodigal Son.

San Francisco, Cal., March, 1898

Human Nature

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

Entered at the Post-office at San Francisco as second-class Mail Matter, Sept. 29, 1890.

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ALLEN HADDOCK, EDITOR AND PROPIETOR. C. P. HOLT, Associate Editor D. C. SEYNOUR, Editor Paget Sound Dept

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When the stomach is filled with gas from defective muscular power, open the aesophagus by drawing in some air through the mouth and at the same time lower and raise the head several tim s and the gas will be thrown off the stomach without pain. Next, press steadily and firmly on the fourth dorsal vertebra which will open the lower end of the stomach and let its contents through into the duodenum.—Dr. Burke in Heallh.

Feed strawberries to the patient who is bloodless and has a colorless skin; bananas may be fed if strawberries cannot be obtained, as they contain much iron.—Dr. Burke in Health.

The New Method

in "Health and Disease," by W. E. Forest, M. D., 12th Edition, Revised, Illustrated and Enlarged. This is the greatest and best work ever published as a HOME PHYSI-CIAN; and. as

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The Social Movement.

The supreme purpose of life has sometimes been to escape the wrath to come. People are today fleeing from the wrath that has come, and they are frankly prospecting for happiness. We may argue with this state of things as we please; the fact remains. The social movement is a deliberate undertaking to get more satisfaction out of life than it has ever yielded. It is impelled by the bold and stubborn presumption

that men are fools not to be happy and comfortable in this world. There is not very much reckoning with the conditions of another world in the present social movement. The idea is that there is a way to be physically and morally happy now if we can find it, and then the hereafter will take care of This way of looking at itself. things is not necessarily opposed to religion. It is opposed to all conceptions of religion which make it a matter of greater importance to dead men than to living ones.

9

The social movement is a demand for shorter working hours; for more sanitary working space; for better tenements; for higher wages: for less breadwinning by women and children; for shifting off the burden of taxation so that the load will bear more equally on all backs; for expenditure of public moneys in ways that will give all classes a rightful share of benefits; for the use of governmental machinery so that it will help most those who can do least for themselves, and not artifically increase the advantage of those who can do most for themselves. The social movement is in spirit a very sincere attempt of people who are sure they want certain things to secure those things—American Journal Sociology.

Observe.

Ou receipt of a two cent stamp we will mail to any address a sample copy of Dr. Burke's "Health" or for ten cents we will send sample copy of each, "Health" and the "Phrenological Journal"

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Misplaced Dirt.

Dirt is a good thing in its proper place—in the potato patch for instance, or in the flower garden but it spoils the easy movements of a sewing machine, or a typewriter and stops the balance wheel of a watch. It it accumulates in the arteries and tissues of a man or woman it clogs the whole physical machinery, and as in the case of the watch with the dirty balance wheel, the human machine has to be laid up for repairs,—must be cleaned—failing which it ceases to tick.

According to Doctor Kuhne the eminent German Physicist, "all disease is one, its cause is dirt."

Ponce De Leon searched the land of Florida for the "Fountain of Youth." He did not look in the right place, Kuhne found the fountain, Dr. Burke knows wh. re it is, and I have had a glimps : of it.

It is where Jesus said the Kingdom of Heaven" is to be found---"Within you."

The "fourtain of youth" is in the human artery, a man is just as old as his arteries, and no older. The arteries were made for the blood to flow through unobstructed. If they become cl gged with dirt (lime) the blood cannot flow freely, and hence fails to nour sh the body, is unable to replace broken down cells and tissue, then comes disease, old age and death. Dr. Burke says in "Health"

"The cause of every physical disorder is the presence of poisonous substances in the body. Foul accumulations, in fact, all foreign substances not good for nutrition, growth and development of the body are causes of disease, and at first are found deposited near the orifices of the body. These after a time change the shape of the body, and we are enabled to tell the character and extent of the trouble. These poisons are carried into the body by food and drink in larger quantities than the body requires."

When the nose of grandmother's tea kettle gets filled with lime, it is time to clean out the nozzle or get a new tea-kettle. If a mischievous boy steps on the garden hose the water ceases to flow. Then the gardener switches the boy and repairs the hose. Similarly, when we eat food and drink water containing lime, or eat a greater quantity than the system can assimulate, our arteries get into the condition of grandmother's teakettle, or of the garden hose Then there is troub e, and other nature switches us with rheumatism, I,a Grippe, appendicitis, excema and ten thousand other ills to which flesh is said to be heir.

Most people in their distress send for the drug doctor and swallow the contents of an apothecary's shop, only to still further clog their arterics and stop the flow of the life current. A better way is to cease eating such food as contains earthy matter or which is fermentable, and to drink only distilled water, to keep the doors and windows (the pores, the bowels and kidneys) of the system open. Wash the body frequently inside and out with water and pure, fresh air. Keep clean.

It is astonishing to note the number of invalids in the world. To find a perfectly healthy person is like meeting an honest politician or a philauthropic capitalist. Our medical grist mills grind out hundreds of doctors every year, whose interest under our competitive system is to make the people ill and to keep them so, instead of teaching them the laws of life whereby, if properly observed, they would have no use for drugs nor doctors. Indeed, the doctors themselves, with rare exceptions, are ignorant of these 'aws and v'olate them every day in their own lives Every few years a new disease with a new-fangled name comes into vogne, keeping the dectors and undertakers busy. Now it is La Grippe, then it is appendicitis, again, it is some more fashionable complaint, when, in fact, it is the same old disease, which has afflicted humanity since Cain was a baby. Nothing but dirt. It was good advice Nahman received to 'go wash seven times in Jordan." It was filth that caused the "King's Evil." It was dirtiness in the habits of the people that almost depopulated London during the ravages of the "Black Plague." Uncleanly living is the cause of the Cholera scourge which periodically stalks through India and occasionally shows it gaunt form in Europe and America. That filthy and dreaded disease, Small-pox, is nothing but nastiness in the blood of its victims and which cannot be successfully combated by adding more filth by vaccination, any more than an offensive smell can be subdued by piling up offal. The festive microbe which by many people

is supposed to cause disease is but an effect of diet. Mi robes, like men and horses, must eat in order to live and their only diet is dirt. To be rid of then they must be starved by keeping the body clean inside and outside.

It is not only external dirt, but principally internal dirt which must be extirpated in order that health may obtain. Many a fastidious lady and many a fashionable gentleman whose external appearance betokens scrupulous cleanliness is really reeking with with internal filth.

They have dined sumptuously upon fermentable food, and such as contains earthy matter, until their art lies are clogged with lime, and their membranes with ferment, just as is the nose of grandmether's tea kettle.

They have catarrh, and rheumatism and dyspepsia and the "highfantodd," and no end of ills, all caused by misplaced dirt.

It is possible that Kuhne makes too sweeping a statement in avering that all disease is due to dirt, but it is no doubt one great cause, and although other factors combine to make the sum total of disease, such as too much or too little exercise, too much worry, too much or too little sleep, constipation, catching cold and closing the pores of the skin, etc., y t these factors themselves may prevent he normal exercise of the excretions of the body and thus permit the accummulation of earthy and fermentable matter in the system, so that perhaps in its last analysis all dise se may be due to dirt. Although these and other causes may tend to clog the system with foreign matter, still the one principal cause lies in wrong diet.

The one great object in life with the majori y of people is to eat. No social entertainment is considered satisfactory unless a sumptuous feast is connected therewith. Then to read the menu which has racked the brain of the high-salaried ehet to prepare, would excite the envy of an epicure and to digest it would tax the stomach of an alligator.

In our homes the same dispoposition to over - eat obtains. While some poor people have a struggle to obtain enough to eat, the greater number eat far too much, and as I have herein out lined, eat too much dirt.

C P. HOLT.

A CHAMPION OF TRUTH.

A writer in "The Two Worlds," London, Eng., describes an interview he had with Prof. Alfred R. Wallace, the great scientist, from which I quote the following:

"Asked how he became a spiritualist, Dr. Wallace replied: 'when I returned from abroad in 1862, I read about Spiritualism, and, like most people, thought it all imposture, delusion, idiocy. I met people, apparently intelligent and sane, who assured me they had experienced wonderful things. M's. Ma shall was at that time a celebrated medium in London, and, after a clos: examination, 1 became convinced that the phenomena connected with her were genuine. But it took three years further investigation to satisfy me that they were produced by spirits.'

'Speaking of Spiritual proofs, he said: 'Those who experiment in the proper spirit don't fail. Prof. William Crookes, F. R. S., experin ented in his laboratory for years with the greatest success. Prof. Oliver Lodger, Prof. W. L. Bar rett of Dublin, and o hers have been more or less succ-ssfu .

"Asken 'Do you think the religion of the future will be based on Spi itualism?' he answered: 'Certainly there is nothing else to base it upon. When on the one side ou have facts and phenomena that are happening to-day, and on the other you have something that is alleged to have happened two or three thousand years ago, and the first can be tested and the other cannot, it is absurd to expect people to accept the one that comes to them through ancient manuscript and faulty translations, and to reject the vidence that is now before their eyes, especially when the ancient and modern phenomena are pretty much of the same kind.

"Dr. Wallace further said: 'f have a great many heresies. For example, I have been a strong anti-vaccinator for the last twenty years.' He is also an ardent believer in Phrenology and a strong Land Nationalizer. He has written strongly in favor of the "Woman's Movement'' and generally speaking, is a progr ssive and advarced thinker. Dr. Wallace once

.

called upon Tennyson at his request. He said that 'Tennyson wanted to talk of Spiritualism chiefly Tennyson was a boin Spiritualist like Longfellow."

When residing in London he knew intimately Huxley, Tyndall, Herbert Spencer and Sir Charles Lyell.

During this interview Dr. Wallace said: "I have been a Socialist for twelve or fifte in years. I want to write a book on Socialism, answering the common foolish objections, and showing what Socialism really is."

It will be seen in what company Spiritualism. Phrenology, Socialism, Anti-Vaccination and Woman's Enfranchisement train. Here we find one of the greatest scientists of the age championing oll these "heresies" and he quotes Prof. Crookes and Tennyson and others notables as bearing him company.

Such minds do not arrive at conclusions without careful, thorough investigation.

No honest, reasonable investigator ever accepts a theory as truth upon the authority of any man, no matter how great he may be. Even a Wallace or a Crookes may be mistaken, as other scientists and great minds have been before this day, but the fact that such minds have investigated and experimented along certain lines and have reached certain conclusions, places the principles they advocate in the realm of respectability. The honest, reasonable mind will not scoff at anything it does not understand, but will "Prove all things and hold fast to that which is good." C. P. HOLT.

IT WILL COME OUT ALL RIGHT.

Whatever is a cruel wrong,

- Whatever is a cruei wrong, Whatever is unjust, The honest years that speed along Will trample in the dust. In restless youth i railed at fate With all my puny night, But now I know if I but wait It all will come out right.

Though Vice may don the Judge's gown

And play the censor's part, And Fact be crowned by Falsehood's frown And Nature ruled by Art;

Though Labor toils through blinding tears And idle Wealth is might,

I know the honest earnest years Will bring it all out right.

- Though poor and loveless creeds may pass For pure religion's gold; Though Ignorance may rule the mass While Truth meets glances cold

I know a law complete, sublime, Controls us with its might,

And in God's own appointed time It all will come out right,

-Ella Wheeler Wilcox.

FOOLS.

If the "fool-killer" would pay America a visit now, he would get a fine haul. It is a sight to make angels weep and plutociats smile to witness the enthusiasm manifested in the gaping thousands of working men as they stand in front of the bulletin boards of the sensational capitalistic press, and with bated breath read the blood and thunder news of pr. bable war with Then to see them tumble Spain. over each other to offer themselves as willing sacrifices upon the altar of their country! Not one in a thousand of them own a foot of the land in the country, nor have they where to place their feet upon its soil except by permission of the plutocrat, who cares not a fig whether they live or starve. At last they see a job in sight. They have tramped up and down these many weary months and years, searching for work to keep soul and body together and now there seems a good prospect of a job to fight for their "counteree" and "die in the last citch." At last they have now the opportunity to work, and to stop bullets.

While the millionaire reads of their patriotism, (?) he smiles, because he perceives that here is a counter irritant. While the poor man is stopping Spanish bullets with his half-starved body, he forgets his greatest enemy, the Competitive System, and no longer brooding over his lost inheritance, ceases to go on strikes and make himself disagreeable to his master.

The same state of affairs obtain in Spain as in the United States. The capitalist is the same the world over, and so is the poor man. The one is a schemer and the other a fool. If it were not so, all poor men would band harmoniously together and make short work of a system of production and distribution, which places all the wealth of the world in the hands of a few nabobs, while the many toilers perish. If the poor man would but use common sense, he would perceive that all wars between nations are in the interest of the plutocrat. A war means debt for a nation. A national debt means government bonds. Government bonds mean safe investment for the capitalist, and the whole bloody business means destruction to the poor C. P. Holr. man.



The Lawyer's Memory.

By JOHN F. BERNARD.

The successful lawyer must possess a good memory of facts and events. The organ of Eventuality, if large, gives him this memory, it being the great reservoir of events and is concerned with action generally.

One species of action is civil conduct; and the law is the "rule of civil conduct." Every case at law is an aggregation of circumstances in the civil conduct of the parties. They, being unable to reach an agreement, application is made to the court to ascertain the true state of facts or story, and then indicate the ruleof law that appropriately arises from the story. The rule of law should arise out of the true state of facts as does each flower from its peculiar species of tree. According to the methods of great trial lawyers, the process of developing the true story is as arduous and refined as is that of polish. ing diamonds, if not more so. Before the case ever gets to trial, the process is begun by examining the client as closely as opposing counsel would do. Not one client in a thousand can tell the story truly, more especially in complicated and important matters. Many are liars; but even in the case of honest people, they have their little prejudices, their limited powers of observation, their erroneous constructions of motives. Some invariably infer that because they do not see any reason for an act. therefore there was no reason. Some have done things that they are ashamed of, and seek to hide them from council, and tell him only the nice portions of their story. One very conscientious gentleman felt excessively guilty about an act of his (an angel would have smiled at his concern), and decided not to tell the lawyer until the fact should possibly come out on the trial, when on the very last moment he would hurridly explain, to his lawyer; and when it did come out at the trial, as it is always certain to do, there was no time or opportunity to explain, the lawyer was very busy, and was taken completely by surprise, with no proper preparation on the particular point, which though trivial as a sin, was very material as a fact, and it was only by some of the most brilliant

intellectual operations ever manifested in a court of law that he saved the case from disaster. Clients are apt to state facts with some variations and coloring of their own, or with additions or omissions. Weak people suppress their weak points (unless by mis-take they regard them as their strong ones). Whatever is hidden, alas, will rise like an evil conscience, and occasion great annoyance to the lawyer, though he will hold his countenance as placidly as a lake in Summer. Some clients think they know more about the significance and bearings of a fact, than the lawyer, and instruct him to never mind that fact, and refuse to state it to him, and are simply astonished at the fullness of significance which is made perfectly apparent under the microscopical treatment of opposing council at the trial an right before the jury. And, Oh, what improbable stories witnesse frequently tell. Each has his own version of an occurrencethe correct one-and usually dis-credits that of everyone else. One lady said in her little poetic way that she could swear it was the plaintiff, "because she made the remark to her mother the same evening." All this in the office; but then comes the developement of the facts on the trial, which is necessary to reach the proper conclusion of law and there is a veritable tug of war between the intellects of council learned in the law and skilled in the developement of cases or aggregations of circumstances.

Now to be adapted to this work' to take pleasure in it, to dig deep into details, to fully appreciate the bearings and influence and relevancy of facts, to handle facts not only according to the super-vising influence of the reasoning faculties but also with that peculiar rapidity of judgment and apprehension which is intuitive, the faculty of Eventuality must be well developed. When Eventuality is deficient, the tendency is to take the statements of clients and witnesses as about true, to go to trial with the mental reservation that if the client loses for any defect in the statement of the facts it is his own fault and look-out, to present but a few main facts, to do so on short examinations. to rush his side of the case through, to permit opposing counsel, amply developed in Eventuality, to put in an elaborate case w thout perceiving the damage being done until it is too late to prevent it all this and much more is the lawyer liable to experience and do who is deficient in this excellent faculty.



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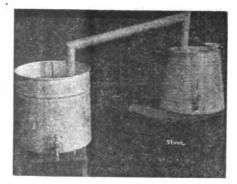
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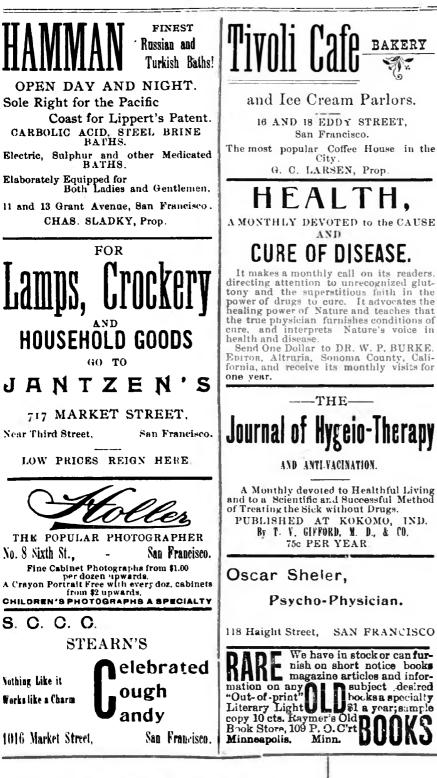
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