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JAMES D. PHELAN.
(MAYOR OF SAN FRANCISCO.)

James D. Phelan.

(SEE FRONTISPIECE.)

The portrait which graces the front page of HUMAN NATURE this month represents the present Mayor of San Francisco, and is a striking illustration of high organic quality, showing how potent a factor Quality is in determining character.

Mr. Phelan is not a large man physically, but the texture of his organization amply compensates for size of body.

It is evident from the fineness of his bodily texture that the brain fibre is fine, and its convolutions are complicated and dip deep, giving great brain surface and much gray matter, which is the necessary concomitant of thought.

The rather sharp and pointed nose indicates a keen, penetrating mind. It is a passive nose as is seen by its tendency to concavity; it is not aggressive but resistive. The owner of such a nose would resist any encroachment on his rights. It is a combination of the literary and artistic nose, ambitious and aspiring.

The preceptive intellect is well marked, balancing quite evenly with the reflective faculties, showing him to be a practical man, and one who has a profound respect for facts, of which he is an industrious collector.

The organ of Self-Esteem is only moderate, as is shown by the retreating crown, rendering him modest and unassuming. He is genial, approachable, and quite democratic. His bearing is that of the true gentleman, without hauteur or arrogance.

Approbativeness is pronounced, which proves the gentleman to be susceptible to popular applause. He values the good opinion of his fellow men and his high ambition is to excel and become worthy of the respect and esteem of those who honor him with office.

The posterior brain is seen to be well developed, so it may be said of him that he is friendly, social, and domestic in his nature. He makes many friends and warms them with his open-hearted hospitality. He loves home and its hallowed influences. As a husband and father he would be true and devoted, loving and kind. His house is his castle; his home his haven of rest.

The moral and religious faculties are strong, as shown in the high top head.

The Organ of Benevolence is especially large, causing him to be kind-hearted, sympathetic and generous. Mr. Phelan is a capitalist, but he is also a philanthropist in his own way. No man with the strong development of Benevolence that he possesses can be indifferent to the sufferings of the poor. His judgment may not yet have brought him to the radical methods of socialism, but his heart is in the right place, and it is only a question of time when he will prove to the world that, however plethoric his purse, his soul is quite as great, and according to his own ideas he will prove himself a reformer and a public benefactor.

The Life-line is fairly long, and Vitativeness well marked, giving him tenacity of life and strong recuperative powers, but it would be well for him to husband his strength, because his great, nervous energy renders him liable to overwork and consequent depletion of physical stamina.

With proper hygienic living, he should reach a green old age, and realize his ambition to be of use to his fellow men. The coming time will need such men as James D. Phelan—rich, wise and kind.

Who Should Study Phrenology?

Young men just starting in life should study Phrenology; it enables them to understand themselves and those with whom they come in contact. This knowledge is a continual source of pleasure and profit to its possessor. It gives one a great advantage over those unacquainted with the science. A knowledge of Phrenology will help the mechanic, the commercial or professional man, and for those who desire to enter the lecture field as professional Phrenologists, there are grand opportunities for competent lecturers and examiners. The field is wide, extending over the habitable globe, wherever civilization has reached.

Phrenology is the youngest of all sciences appertaining to man's nature. It reveals his weaknesses, shows how to strengthen them, portrays strong points in his character, and explains how to take

advantage of his talents. Surely young men ought to possess this knowledge.

Young women should study Phrenology in order to understand Human Nature. Their domestic happiness depends upon a knowledge of temperamental adaptation in marriage.

Mothers should study Phrenology in order to properly train their children. They must understand their children before they can guide them intelligently. Thousands of children die annually because their parents are uninformed upon the vital principles of this practical science.

Fathers should study Phrenology in order to be able to put their sons to proper trades or professions. Thousands of young men are at disadvantage from being placed to trades or professions for which they are ill adapted, and their lives rendered burdensome and failures. Many a carpenter would excel as a preacher, and there are preachers who ought to have been carpenters.

Clergymen ought to understand brain function and temperaments. Many preachers are too metaphysical and mystical in their discourses on the mind. Ministers who understand Phrenology can show scientifically why, by the exercise of the moral faculties, men are made better.

Lawyers should study Phrenology and Human Nature. They have to judge their clients and witnesses. A plaintiff with a good case but a poor memory—as indicated by a deep hollow in the centre of his forehead—was placed in an embarrassing position by the opposing counsel; his own lawyer, not understanding his client scientifically, made a poor attempt at defense and lost the case. If this lawyer had been acquainted with the principles of Phrenology, he would not only have been in a position to better defend his client but probably have won the case.

Physicians have to consider the constitution and peculiar mental traits, as well as the ailments of their patients. Hundreds of thousands of patients have been sent to their graves through the physician's lack of the peculiar knowledge which Phrenology alone reveals.

Teachers can never properly understand their pupils except by means of Phrenology. They know

that pupils differ in their likes and dislikes for certain studies, but are unable to explain the mystery of difference in child-nature. They cannot—unless acquainted with Phrenology—say of one child that with training, he will excel in mathematics, another in drawing, another in composition, and still another in spelling. Some children can be flattered, others cannot. Some have to be led, and others ruled with a rod of iron. Phrenology alone shows how to deal with children.

Business men, professional men, mechanics, *everybody* should study Phrenology. This science is thoroughly taught at HUMAN NATURE Office, 1020 Market Street, San Francisco, Calif. A well-equipped cabinet of skulls, casts, busts and diagrams is used to illustrate the principles taught. Two lessons per day for a month or even less, will put one in possession of such knowledge, that if necessary, he can go out into the world and glean money and fame, practicing Phrenology.

A WAKE!

Wake, my beloved, the young day is treading,
Blushing and fair, over forest and lake,
Flowery life in its footsteps outspreading—
Wake, my beloved, awake!

Break the dull sleep; while love's springtime
is dawning.
Let us drink deep of its fleeting delight!
Under our feet at this moment is yawning
Dark, the compassionless night.

Love, with its turbulent, mighty pulsation,
Thrills through my veins like a quickening
heat;
All my young life with its strong aspiration,
All have I thrown at thy feet.

If the wild vision of glory should blind me,
Reach me thy hand lest I stumble and fall;
Darkness before me and darkness behind me;
Thou art my life and my all.

Sweet 'tis to breathe in the balm of thy presence,
Sweeter to feel the warm gaze of thine eye,
While the fleet moments with bright effervescence
Whisper their gladness and die.

Then in the depths of my soul, as in slumber,
Hear I great voices of world shaking deeds,
And the pale day, with its cares without number,
Far from my vision recedes.

Ere I had seen thee, how tardily flowing
Stole from thy nest the faint notes of my song;
Now, like spring freshets, their gates over-
throwing,
Roll the strong currents along.

Pale was my life, and the white mists above me,
Dimmed to my sight the soft splendor of May;
Now, but a glimpse of the hope that you love me
Lights and illuminates my way.

Darkling I stood; and tumultuous fancies
Surged through my soul like black billows of
night;
Now the wide future, in sun-lit expanses,
Radiant bursts on my sight.

Dost thou not see the dawn's beckon'g finger,
How the young light, like a full swelling tide,
Breaks through its floodgates, oh, why dost
thou linger?
Wake, my beloved, my bride!

HQARMAR HJORTH BOYSEN.

What Produces Happiness?

Phrenology teaches that the exercise of the higher faculties of the brain is productive of the greatest happiness, while the lower or animal propensities relate only to the physical senses, and are neither so permanent nor so satisfying as the gratification of the moral and spiritual organs of the mind.

Happiness consists in the *normal* gratification of all faculties. *Abnormal* exercise produces disgust, repulsion, disease and insanity, terminating in death. In considering the normal gratification of faculties, it is well to begin at the base of the brain, where are located the organs which belong to our physical life and contribute to vital force. They are symbolized



in the above cut in those faculties situated around the ear, and are: Alimentiveness or appetite, giving the desire to eat; Vitativeness, or desire to live; and Destructiveness, giving a sense of energy, force, motion, or perpetuation of life. These desires are common to all animated beings. Whether child or kitten, its first real pleasure or happiness is to eat; it finds it pleasurable to exercise the organ of Alimentiveness in order to live. Its greatest happiness at this period of life is in eating in order to live, and it is impelled to use force or motion—called Destructiveness or Executiveness—to do either or both. Many indulge their appetites and fancies to excess and become abnormally depraved. Such people are never happy, but are always restless, feverish, extreme and sensual.

Some men find their greatest happiness in the accumulation of wealth, or in hoarding riches, as

represented in the symbolical illustration of Acquisitiveness, which in its normal function gives a desire to acquire food for the body, and raiment for its comfort and warmth. The abnormal action of the faculty is pleasurable to the miser who has some happiness in hoarding his gains, although his body may be starving for food, and he be clothed in rags. This is not *true* happiness. An undue exercise of the faculty of Acquisitiveness—pleasurable as it is in itself—is detrimental to the proper exercise of the other faculties of the mind; those which are necessary for a perfect life and true happiness.

As we ascend in the scale of the brain, we find higher functions of the mind. For instance, Causality, which reasons from cause to effect and from effect to cause, as symbolized by the picture of Newton discovering the law of gravitation in the fall of an apple from a tree. There surely is more lasting pleasure in the exercise of the intellectual faculties than in the animal or selfish, as thousands of poor but intellectual men can testify; and if we ascend still higher in the scale and touch Spirituality, Veneration, Benevolence, Conscientiousness and Hope, we discover the reason why those who have faith in the Supreme Being, experience such joy and ecstasy of feeling that we see Temples erected for worship wherever men congregate, worshipping according to their own light.

Phrenology alone reveals the true condition of the mind, and teaches that true happiness consists not in the undue exercise of the religious faculties that leads to fanaticism and insanity, or the indulgence of the animal propensities that lead to disgust, destruction and death, but to the normal exercise of each organ of the brain which will result in harmony and happiness.

The father of Handel intended his famous son to become a lawyer, and forbade him to have any thing to do with music; but his innate love for it led him to practice his art in his father's garret when all the family were asleep.

A boy with less determination and ambition would probably never have been heard of again.

Health Department.

NUTS AS FOOD.

BY DR. T. R. ALLINSON.

Nuts are seeds rich in oil and usually also in nitrogenous or flesh forming material. Most of them contain little or no starch, the heat and force forming element in them being in the form of oil and fat. They are usually considered very indigestible food, but this is an error due to the common mistake of eating them at improper times and under wrong circumstances. Most persons make a good meal of soup, fish joint, pudding, sweets and wine, and then finish with a few nuts. The resulting indigestion is thought to be owing to the nuts, instead of to indulgence in the mixed foods and drinks taken. If a meal is made from nuts and brown bread, or fruit, they will not be found to be more indigestible than other articles of diet, and will lie lighter on the stomach than many foods commonly consumed. Being rich in oily matters they require to be finely broken up, otherwise a good deal of their substance may pass undigested through the bowels. It has been noticed that roasting makes nuts more brittle, and consequently easier to chew. The average composition of nuts is as follows:—

Water	30 to 40 per cent
Flesh Formers	12 to 20 "
Heat and force formers (as fat)	4 to 70 "
Mineral matter.....	1 to 3 "

From this analysis we can judge how very nourishing nuts are. As oil contains three times the heat and force forming substance of starch, it follows that nuts are excellent food to take in cold weather, and for those who suffer from the winter cold. They may also be used with much advantage by the thin, and by those who are recommended any form of oil. In diabetes the starch of farinaceous foods is turned into sugar, and feeds the complaint. As nuts practically contain no starch, they will be found a useful diet in this complaint. It is an excellent way to simply make a meal of nuts and bread alone, taking pains to well chew them, unless they have been previously grated. From two to four ounces may be used at breakfast and tea time, and from four to six ounces at dinner, besides the bread eaten. Half a pound of dry bread, $\frac{1}{2}$ lb. nut kernels, and $\frac{1}{2}$ lb.

raw fruit will make a dinner that will give good staying power for six or eight hours. Nuts are said to be bad for the throat, but this I have never found. The brown skins which cover the kernels should be eaten, otherwise nuts are constipating. Cocoanuts, walnuts, hickory nuts, hazel nuts, Brazil nuts, cashew and pistachio nuts, almonds, chestnuts and pea, monkey or ground nuts are all excellent as foods. The cocconut is very rich in oil, being said to contain about 70 per cent of the cocconut butter, which is useful in cookery. The oil expressed from walnuts and peanuts is also used in cookery, and equals olive oil in flavor. Cocoa and chocolate are made from cocoa beans; the tree which yields them being quite different from that which supplies us with coanuts. Peanuts or monkey nuts are dug out of the earth, and when well roasted and infused, yield a drink which is a good substitute for coffee or cocoa. The chestnut differs greatly from ordinary nuts, as it contains sugar and starch, rather than oil. They are a good food when boiled or roasted and in Italy the peasants dry and grind them, and make cakes from the flour. My readers now know the value of nuts, and I hope they will not avoid them in future, but eat them in moderation and in season, as any other useful food.

TWO EXTREMES.

A writer in "The Merchant's and Manufacturer's Review" says: "Mankind has run into two extremes as regards wheat flour. The Grahamites have ground up the whole grain, smut, silex, coat, beards and all, believing that the human stomach needs rasping and scratching to keep it in a wholesome condition. This, so far from being the case, has weakened the nerve power of the stomach and alimentary canal, producing indigestion, dyspepsia and chronic diarrhoea.

The other extreme has been owing to a demand for white flour. These people have taken off not only the thin and outer husk, but have stripped the grain off its mineral salts, phosphates and gluten, thus making a white flour to please the eye, while it starves the body; one utterly unfit to sustain human life; a flour of which the chief in-

redient is starch, producing a bread on which a dog would starve.

The Del Monte Milling Co of this city has produced a flour free from these objections. It is called Advent Flour. They remove the thin outer husk of the grain, and grind the entire wheat into fine flour, thus retaining all the nourishing properties of the wheat.

Those who want good, wholesome bread such as may, with truth, be called "The Staff of Life"—should procure the Advent Flour. Your grocer can supply you with the flour and hygienic bakers will sell you bread made from it. If you find any difficulty, send direct to the Del Monte Milling Co's Office, 104 Market Streets, San Francisco.

Among millers west of the Rocky Mountains, the Del Monte Company lead in putting Health foods on the market. Their "Semola" is a great success. We have given receipts for making "Semola Gems," "Semola Pudding," "Semola Fritters," and "Semola Pancake-," which appeared in our two last issues.

Advent Flour is now in great demand, and used in every Sanitarium, Restaurant and Bakery on the Coast. Even up as far as Victoria, B. C., Mrs. Hunt has established an Advent Flour Bakery, and at the Golden Rule Restaurant, 959 Market Street, San Francisco, Advent Flour Bread and Gems are put on the table at every meal.

If every man and woman could follow the occupation to which Nature designed them, success would be assured. A very ambitious young man, possessing literary talent, through force of circumstances, entered into commercial business, in which he made a failure. It was sad to witness the misery entailed upon his family through poverty which might have been averted, had he but entered the profession to which he was well adapted. A phrenological examination by a competent phrenologist would have revealed to him his proper sphere in life.

Some men can read character very well without a knowledge of Phrenology; such men are natural Phrenologists, and a knowledge of the science would reveal to them a new world.

The Lawyer's Locality.

BY JOHN F. BERNARD.

The lawyer must have large Locality.

Nearly every case involves a locality, a scene of action, a *locus in quo*; and it is important that the scene should be accurately presented and vividly impressed on the minds of the jury and the court. This is done either by personal inspection or by means of maps or by verbal description.

The method by inspection or viewing the place or premises is not uncommon in criminal cases; and even in such case the lawyer requires large Locality for his own purposes in trying the case, as well as in arguing on the facts to the jury.

The method by maps is the common one; and it requires large Locality to use it effectively. Maps are of great service in trials, and they enable the judge and the jury to understand the issues sooner and better than they otherwise would. Seeing is better than hearing; what is seen is more strongly grasped and more firmly retained by the mind that what is heard; an object-lesson is more vivid than a verbal description. Even the best trained minds do not find it easy to get a clear conception of a place from a verbal description. An ordinary presentation by means of a good map will convey a much better impression than even a masterly verbal description—and a lawyer with deficient Locality cannot give a masterly verbal description of places. Maps should be clear and plain, so that they can be readily understood by the jury; and they should be faithful and true, so that they may deserve the ready acquiescence of the opposing party and witnesses. This will gain credit with the judge and the jury for the fair and candid spirit in which the matter is presented; and that credit alone may serve to turn the scale in a case of doubt and difficulty; whereas the opposite course is pretty sure to prejudice and jeopardize, though the case may be otherwise meritorious. Our text-books tell us that many important cases have been lost for want of the clear information to be derived from good maps. I

remember a case in which the plaintiff, who sought damages against a corporation for personal injuries through negligence, was represented by a young man, and the defendant was represented by an experienced lawyer. The young lawyer lacked Locality; and, accordingly, he used no maps, and so faultily and hasty was his verbal description of the *locus in quo* that he conveyed the impression that he looked on such matters as very unimportant and subordinate to the main facts. It was tedious to try to follow his vague and foggy verbal description, and his listeners became wearied and withdrew their attention. A lawyer with large Locality would have riveted the attention of the listeners with a good map, and would have secured willing and close attention with a masterly verbal explanation. In this case the lawyer on the other side had too much sense and too much regard for his own client's rights to help his opponent out, and he made no effort to clear away the thick fog that enveloped the young man's case; and the case was lost—for want of a proper presentation of the *locus*.

A lawyer should have a clear conception of the locality involved, and it is common for lawyers in accident cases, for instance, to go to the scene of the accident in company with one of the eye-witnesses, and have him explain how it occurred; and this enables them to make a vivid and forcible presentation to the jury.

And if it is so difficult to make a good presentation and impression as to the *locus*, to rivet and hold the attention of the listeners to the end of the statement of the case, even with the aid of maps backed by a good verbal explanation, it certainly must require as large a development of Locality in a lawyer to produce the same result by means of a more unaided verbal description.

The adverbs and other parts of speech referring to place are conspicuously numerous in every trial involving a locality, as every court stenographer or habitue, or reader of trials, knows.

Locality gives the sense of place and direction; and these are continually brought to the attention of witnesses. A witness is often asked where a certain person or thing was with reference to another person or thing; the cardinal

points of the compass are frequently referred to; where or which way, did he, she, it, or they, then go; and so forth; questions so common in a courtroom that nobody ever stops to think how important a part Locality plays in trials until it is thus pointed out, and then its importance becomes at once strikingly apparent.

A young man whose Locality is deficient should not be called to the law by the phrenologist.

Height and Weight at Various Ages.

Compiled by Dr. Allinson from the "Hospital Gazette."

Age in years.	MALES.		FEMALES.	
	Height in inches.	Weight in pounds.	Height in inches.	Weight in lbs.
At birth	19.7	6.8	19.3	6.6
1	27.5	19.8	27.0	18.9
2	31.0	24.2	30.7	24.2
3	34.2	27.5	33.6	27.2
4	36.8	30.8	35.9	30.5
5	38.8	34.9	38.5	33.6
6	41.2	39.1	40.7	36.6
8	45.7	47.5	45.5	41.8
10	50.4	55.4	49.2	50.8
12	54.5	63.8	52.7	63.8
14	58.6	81.6	58.1	79.8
16	63.0	99.8	59.8	95.7
18	65.2	118.5	61.6	109.5
20	65.8	130.9	62.0	117.0
22	66.2	138.3	62.1	120.0
25	66.3	145.6	62.1	120.5
30	66.3	145.4	62.1	121.8

This table is drawn up from statistics of English mixed feeders. Scotch people will be taller and heavier; Irish persons will be taller and lighter, whilst those of Welsh nationality will be shorter and lighter. Vegetarian hygienists will be always taller and lighter than mixed feeders, from infancy to adult life.

From these tables it will be seen that women are shorter and lighter than men, due, no doubt, to their different modes of life. Male and female children are about the same height and weight until their 5th year; then the muscular life of boys makes them taller and heavier than the girls. From 12 to 14, girls and boys average about the same weight, but the boys are taller. Women seem to stop growing at 22, but men grow in height until they are 24 or 25. Most persons put on flesh from 36 to 40, but become thin again from 56 to 66. As old age steals on, the fat disappears, and it is unusual to find a fat old person.

Both the Phrenological Annual and the British Phrenological Year Book should be in every household. They are filled with gems of thought from superior minds.

Fountain of Youth.

However necessary it may be to good health that proper choice be made of the food we eat and that pure air be breathed and other hygienic rules observed, yet recent scientific inquiry has developed the fact that more than all else is long life dependent upon the choice of the water we drink.

Typhoid fever is often entailed from drinking sparkling water fresh from the north east corner of the well because of water containing typhoid germs having percolated through the earth into the well after having traveled several miles from a place where typhoid was endemic. The well water had the appearance of innocence, but proved deadly. All mineral water is a delusion and proves disastrous to those who are beguiled into drinking it.

This may seem an unjust criticism to those who have faith in the efficacy of some one of the many advertised so-called curative waters bearing romantic and seductive titles; but all minerals, like drugs, act as an irritant upon the system and must be eliminated from the body at the expense of the vital forces. All mineral substances are foreign to the animal economy.

When lime and earthy matter is taken into the system, either in food or drink, it is expelled through some one or all of the excretory organs, or failing to be expelled, it is deposited in the joints or arteries, stiffening the former and indurating the latter. If the arteries become clogged the blood is prevented from flowing freely, and old age creeps on, with death as the finale.

Filtering water does not expel the disease germs nor eliminate the calcareous matter with which it may be impregnated; neither does boiling free it from lime, but concentrates the earthy matter which is taken into the system producing disease and decrepitude.

The water contained in fruits is pure, and that distilled in the clouds falling in rain and dew is also partially so, but all well, lake, river or spring water is partly saturated with lime and earthy matter. To insure pure, healthy water it should be distilled, and made the beverage of all who desire length of days and bodily health. Try it for one year and behold, youth renewed.

C. P. HOLT.

A Natural Actress.

Hortense Neilsen was born with histrionic talent, and by persistent industry has, in less than two years, made her abilities felt in the theatrical world, and secured recognition and admiration from lovers of the mimic art. Her picture which heads this article portrays a refined, sensitive, womanly woman, one suited to grace alike, stage or boudoir.

Miss Neilsen honored HUMAN NATURE last week with a visit, during which we made a phrenological examination of her pretty, artistic self, with the following result.

She possesses a keen, sensitive

tation, good language, Eventuality and the Literary faculties generally, together with a good development of the organ of Tune, a fine ear for music and an artistic temperament, she would find the stage her natural sphere in life.

The lady is rather too sensitive for her own comfort. Her Self-Esteem, which is too small, causes her to shrink too much from public criticism, and, because of this, will be likely to either underrate herself or lose self-confidence and become discouraged. This self-depreciation will militate to some extent against her success before the public, being too sensitive to adverse criticism, but as the lady is young and just starting on her



organization, one that is active and responsive. Her brain runs at high pressure and her nerves are often in a state of great tension. The width and fullness of the head just above the ears, together with her sharp and delicate features, indicates activity of body and brain. The skull is thin, which is an added proof of large brain surface and depth of brain convolutions. The cerebellum is large, rendering her magnetic.

Approbateness is well marked, showing her to be keenly alive to public approval, and ambitious in a high degree, having great public spirit and being anxious to obtain renown and reputation in the world. Judging by her large Imi-

public career, she will probably overcome this disposition to shrink from the public gaze.

The organ of Caution is too large which inclines her to see imaginary danger. Veneration is small, so we may say of her that she is not very devout, but she has a fine spiritual nature. Miss Neilsen may not believe in spooks, ghosts or tokens, but she has unbounded faith, and is liable to be deceived by placing her faith in people who are unworthy of it.

She has a psychical and intuitional nature, enabling her to discern the interior and spiritual being of men, women and Nature. Through this faculty she can enter into the spirit of the great authors

which she wishes to enact upon the stage.

Her organ of Imitation is large, which also assists her in assuming the character she represents.

Her eyes droop a little at the outer edge. This indicates considerable shrewdness and corresponds to Secretiveness, which is well developed above and behind the ears. She can keep her own counsel. The moral faculties are well developed, as are also the intellectual.

Miss Neilsen is the typical, modern actress, moral, intellectual and talented.

Miss Neilsen, according to the *National Review*, began her stage career less than two years ago, her first appearance being at the Tivoli. While there, she met Madame Modjeska, whose company was playing at the Baldwin. Modjeska took a great fancy to the pretty little singer, who, by the way, has dramatic ability as well, and offered her an engagement, which was accepted, and continued until Modjeska's illness made it necessary for the company to disband.

She has lately had several good offers from Eastern managers, but prefers waiting until she has finished her special studies in dramatic work, to which she has been applying herself for several months.

The above half tone picture represents Miss Neilsen as she appears in "Juliet."

In the Name of Her Son.

(From the French of M. Paul Deronlede.)

"Good dame, what dost thou there, thou'lt tire,
It's warm enough without more fire,
Pray, let the flame grow less, and mind
To spare thy fuel, old dame, be kind.
I'm driv. not cold, I've much to tell."
But she who would not list to me,
Adds fuel, rakes the cinders free.
And says, "Oh, soldier, warm thee well."

"Good dame, I am not hungry now,
I need no ham or wine, I vow,
I ate some soup where last I stayed;
Remove this napkin which thou hast laid,
It is too fine for me."
But she, who went to this consent,
Gives bread, then fills my glass—content,
And says, "Oh, soldier, sup prithee."

"Good dame, for whom are these sheets meant,
With anything I'd be content,
Thy stable and thy straw I'd prize,
I'd make a bed there to my size,
There like a King in rest I'd keep."
But she who would not yield, nor wait,
Then lays the sheets, puts all things straight,
And says, "Oh, soldier, rest and sleep."

The daylight came, departure too.
"I go, good-bye, say, what is this? Do.
My load's more than 'twas yesterday,
Ah, generous, dear, old dame, oh, say!
Why spoil me? Why so good to me?"
The dame then said with kindly glance,
Half smiling, half in tears, perchance,
"My son a soldier is, like thee."

Puget Sound Department CONTINUITY.

BY PROF. D. C. SEYMOUR.

This faculty of the brain lies on both sides of the median line, just above "Love of Home" and below "Self-Esteem." When large or very large, it gives great length to the head, from the superciliary ridge backwards. This organ is not grouped, but works independently of the other organs. When large, it gives great tenacity of opinion, and causes the person to concentrate his *whole* mind, strength and power on the subject in hand, and to hold on long and faithfully until the object is accomplished. One thing at a time, and that thoroughly done, is its motto. All persons who have attained great success in life, have had this organ large. It keeps us, when well developed, from trying to do too many things at once, or having too many irons in the fire. When very large, it causes one to be prolix, slow and tedious, and it leads a speaker or writer to repeat over and over again, the same ideas and sentences, thus using two hours of peoples' time to tell them what could have been told much better in one hour. It is a very necessary organ in invention, discovery, chemistry; in fact, wherever patience and determination are required. Think of Pali-ssy spending seventeen years trying to find the articles that would melt and combine and form the glazing on Queensware, until he was so reduced by poverty, that, in his final efforts, for his fuel, he burned some of his household furniture and shelving, and his wife and children ran crying from the house to the neighbors', thinking their father had gone crazy, but he succeeded at last, and our beautiful glazed Chinaware is a monument to his large concentrative-ness.

Elias Howe spent the better part of his life in studying out and perfecting the Sewing Machine and lived in poverty and want, but would not give up his idea until he had worked it out. He also had Continuity largely developed. It was so with Newton, the discoverer of the law of gravitation. It was large in the heads of Dr. Gall Galileo, Copernicus, Morse, Stephen-

son, Fulton; in fact, this faculty has always been well developed in everyone who has made a great success in life of an intellectual nature. It has always been found inferiorly developed, or small, in those who have made life a failure, and those who have roamed from pillar to post and scattered their forces in being "Jack-at-all-trades." In trade, it leads men to try *all kinds* of occupations and succeed in none. When "Love of Home" is also small, they will ever be selling out and moving from place to place, and if "Hope" is large, they will often be trying new schemes, localities, and may jump from vending pills to dealing in patent rights, or from being a minister of the "Gospel" to a lightning-rod man. There are many people in poverty and the poorhouse, or pauper's graves, because of this faculty being *too small*. Many are insane and lose their minds from having it too large. When it is too large, it leads to dwelling too much and too long on one thing, causing the brain, especially this part of it, to become inflamed and thus diseased. Phrenology has shed more light on the "Cause and Cure of Insanity," than all other sciences combined. It is the camera that takes our mental picture. It, so to speak, photographs the brain, and pictures man's mental caliber. It shows us our own deficiencies and those of our children and tells us in plain language how to remedy them. It enables us to know ourselves, and likewise our brother-men.

INCONGRUOUS.

A conceited sailor, who thought himself an artist, once offered HUMAN NATURE a picture for sale. It represented a sow with her litter of pigs, standing like soldiers in front of a pig trough. It would have looked more natural had the young piggies put their feet in the trough, or had the old sow manifested symptoms of hunger. The outside of the pig-trough was perfectly clean, and the pig-sty as orderly as a drawing-room.

The more nearly art approaches to Nature the more pleasing.

It takes a school teacher many weary months to find out in what branch her pupils are likely to excel. A Phrenologist can decide that question in two minutes.

San Francisco, Cal., May, 1898

Human Nature

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

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ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

C. P. HOLT, Associate Editor
D. C. SNEYOUR, Editor Puget Sound Dept

Professor Haddock is the author of and accepts responsibility for all unsigned articles and paragraphs. The moral responsibility for signed articles devolves upon the writer whose name is attached.

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A letter has reached us from Victoria, B. C., enclosing Forty Cents for books. Neither name nor street address are given in the letter. If the writer will send us a front view picture of himself, we will wager our Thanksgiving dinner that we can discover the reason of his carelessness. He has many cousins.

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Another revised edition of Haddock & Holt's Delineator has just been issued from the press, and being the nearest to a written chart possible to be printed—besides being a text-book on phrenology—it is in demand by all classes, professionals and laymen. See advertisement on page 13, and order while the supply lasts.

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Plain Home Talk.

Please read advertisement on page 14. We have sold more copies of this wonderful book than any book we have handled. The price is low and subject matter with illustrations irrefragable. Price, \$1.50; or with one year's subscription to *Human Nature*, \$1.75.

If your subscription is not due and you want the book, you can have your term extended.

Read This

ARE YOU AS STRONG AS
YOU WOULD LIKE
TO BE?

Many centuries ago it was written, "All that a man hath will he give for his life."

And again, "Life is more than meat and the body is more than raiment." Emerson, one of the greatest of modern thinkers, says: "Health is the first wealth."

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A theory of the origin and development of disease is unfolded,

by which a method for its cure and prevention is clearly shown, and this without drugs or medicine, or any treatment involving financial expenditure.

Send a 2c postage stamp for Booklet which will be forwarded to you by return mail. Address HUMAN NATURE Office.

Encouragement.

We are in frequent receipt of encouraging letters from our former students who are successfully gleaning in the phrenological lecture field.

A letter of this kind from Prof. J. E. Morton of Vernal, Utah, has just reached us.

Prof. Morton graduated from our Institute last August, (1897,) and although acting as principal of a graded school in Vernal, has devoted much time to lecturing and delineating in his immediate vicinity, with such good success that he has decided to enter the lecture field at the close of his term of school, and devote his entire time to phrenological work.

And so the cause progresses. The field is broad, and there is none more fruitful in which to glean. Money and fame await all who are competent. First thoroughly learn the science and then go ahead.

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Absolutely FREE!!

HUMAN NATURE must have a circulation of 10,000 during the coming year. To accomplish this end we make the unparalleled offer of a FREE Delineation of Character to any one who will, during the month of May, send us Fifty Cents for one year's subscription to HUMAN NATURE and Ten Cents for postage, making Sixty Cents in all.

A photograph or tintype should be sent of the person to be described, which will be returned with a marked chart, and HUMAN NATURE sent one year to any address desired. This offer extends to old subscribers who wish to renew.

Act at once, because the month of May is the accepted time. Such an opportunity comes only once in a life-time.

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is illustrated with a number of Anatomical plates from the best English works on Anatomy published and others made expressly for this work; contains 300 pages printed on fine Calendared paper, and although the price of the first edition, much smaller in size and without the illustrations, was \$2 50 we sell this at \$1 00, by mail post-paid.

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The Distilled Water advertised on page 16 by John C. Stammer of 420 Eighth Street, is as pure as the dew on a rose-leaf. *Human Nature* will vouch for its purity.

Observe.

On 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."

"Health" is \$1 per year. We give you one year's subscription to HUMAN NATURE for all subscriptions we receive for "Health," or Phrenological Journal and HUMAN NATURE one year for \$1.25.

Just in proportion to a person's brain development will that person succeed in certain branches and fail in others. A phrenological examination alone will determine accurately which calling in life would be in harmony with one's brain development.

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Send a one-cent stamp for a Price List of Books to HUMAN NATURE Office, 1020 Market St., San Francisco, Cal.

Plain Home Talk.

We call our readers' attention to the advertisement of Dr. Foote's famous work on page 14 of this number. We have sold more of this remarkable work, "Plain Home Talk," than any other one book. It ought to be in every home in the land. Those who have it say that if they could not get another, they would not part with theirs for its weight in gold.

Constructiveness is a prime factor in the successful architect, yet some fond parents place their boys to learn that profession without first ascertaining from a competent phrenologist if they possess the organ of Constructiveness in a marked degree.

Send us one NEW subscriber to *Human Nature*, one year, 50 cents, and we will mail you the new Phrenological Game FREE as a premium.

Red-Handed War.

It is very discouraging to the reformer to be confronted with war when he seems to be gathering in his sheaves and reaping the peace and plenty he has sown.

It is disheartening to think that the beautiful temple to the fair goddess "Love," which has been reared by earnest worshippers through long years of suffering and toil should be dashed to ruin by the quake of war, at the moment when its cap stone is being put in place. To behold the hand upon the dial of human progress set back a century, is a sight to make angels weep.

Such is the circumstance which confronts the reformer to-day. He has missed his reckoning, has fancied he saw the evergreen shore of the beautiful land of peace, to which he was sailing, just over the bow of his ship, but it was a mirage, and war's terrible breakers surged in fury upon his fated craft.

Of what value has been the iteration of the Golden Rule for nearly nineteen hundred years? Why do christians preach Jesus and practice Moses? Why do so-called civilized nations deprecate war when waged by savages and send their missionaries to tell them of the "Prince of Peace," and of His mission of love to earth, then by example wage relentless war upon each other with a ferocity which is unequalled by savages, and with fury, commensurate with their inventive skill to fashion engines of destruction?

If civilized nations would expend half the skill and energy in devising means to prevent war, that they waste in contriving gigantic guns, high explosives, and destroying angels, there would be no necessity for war.

Three-fourths of the industry of the civilized world is devoted to destruction. It seems very absurd to paint a beautiful picture, and as soon as it is completed consign it to the flames. It appears childish to rear a costly structure and to ruthlessly demolish it when completed, and yet this is the course nations pursue in waging war.

It is needless to picture the horrors of war. Its pomp and glory has faded in the glare of history. Only bleaching bones

and ruined cities are left as mementos of the campaigns of Cæsar, Hannibal and Napoleon.

War is not only silly, but it is also useless. It never yet settled a question of ethics or of right. When the last shot has been fired, and the last sword-thrust made, the matter of contention must be adjusted by agreement.

History refutes the fancy that there is a "god of battles," who will decide in the cause of justice and right. It was a maxim of Napoleon that "God is always on the side of the strongest batallions.

Poor, oppressed Poland had a just cause, and so had Hungary, yet their battles were fruitless against the powerful guns and sinews of war possessed by their despotic enemies.

The war of the Crusades lasted thirty long, dreary years, in which all Christendom joined for the purpose of wresting the tomb of the Prince of Peace from the hand of the Mohammedan infidel. During this terrible strife Europe was convulsed with the insanity which is engendered by blood and carnage, and the hand upon the dial of human progress was turned back a thousand years.

The law of psychological prenatal influence is manifest in the generations of men immediately following a war. Napoleon's mother was the wife of a soldier, and previous to his birth, accompanied her husband in his military campaigns, with the result that her celebrated son was the greatest military chieftain since Cæsar.

The Franco-Prussian war was followed by a crop of hundreds of murderers, psychologized by the scenes of carnage, previous to their birth. They were guillotined. If they had slain their victims in battle they would have been heroes. It makes the difference of hero and criminal whether the murder is committed legally or illegally.

The only comfort left to the philosophic reformer who would gladly welcome the day when the "sword shall be beaten into the plowshare" is found in considering the leisurely steps of Nature's evolution. She is in no haste to reach perfection, but moves with deliberate tread up the spiral path of progress. Intellect and necessity will in good time force morals to recognition. Inventive genius has so far developed that battle ships, forts, guns and explosives

have been produced which have made such change in modes of warfare that the generals and warriors of a past generation would be at a loss to conduct a successful battle, if they could revisit earth and were called upon to engage in war. Herein lies the possible chance for cessation of wars in the hopeful future.

If men continue inventing engines of destruction during the next decade at the rate they have in the last dozen years, they will have reached a point where a battle would mean Annihilation to all combatants in either army. The "Vril" which Bulwer put into the hands of his "Coming Race," could be no more destructive than the bombs which will fall from balloon ships, when aerial navigation shall be solved. The terror of battles of air-ships in the clouds could only be equaled by a fight in pandemonium.

Tesla is reported to have recently said that he could by electricity destroy the entire Spanish fleet at one stroke without a wire, should it approach New York. When the time comes that a battle means annihilation to all combatants wars will cease, not because men are better, but from necessity of self-preservation. Until that day shall come, there is little hope for permanent human progress. It is useless to discuss the principles of right with a tiger. He understands but one argument, and that is force. Where self-interest is at stake it is difficult to convince. Æsop's fable of the wolf and the lamb is oft' repeated in men and nations.

Although Spain be conquered by arms, she will not be subdued in spirit. War never settles a question. It only changes the situation. It took four years of terrible war at a cost of thousands of lives to set the bondman of America free. It could have been accomplished without a sigh or a groan, if the slave-holder had only been amenable to reason. So it is with Spain dealing with poor oppressed Cuba, and so with the plutocrat's conduct towards the half starved wage slaves in all civilized lands. There are other ways of killing men, than at the cannon's mouth.

There are other means of waging war than with the gun and sword. Oppression is war, and "war is hell."

C. P. HOLT.

The Literary Grotto.

Reviews.

By C. P. HOLT.

THE METAPHYSICAL MAGAZINE.

There was considerable "Intelligence" displayed by the Metaphysical Publishing Company of 465 Fifth Ave., New York, when the decision was made to resume the original and significant title of "Metaphysical Magazine." It came April 1st to my table as smiling as a May morning and fragrant with perfume. There are twelve readable articles, including two poems. Astrological Symbolism by John Hazelrigg is something to study. There is a frontispiece representing Mr. Hazelrigg which is good, and harmonizes with his writings. Reincarnation by A. B. Allen, M. D., and the Dogma of Incarnation by Rev. Henry Frank are each good, but that which astonishes, terrorizes and fascinates, is the uncanny talk of "ghosts" in "The Empire of the Invisible," but then all this is metaphysical and entertaining.

PEARLS.

This is a new candidate for public praise and patronage. "A Classic Monthly for the Home Circle, devoted to the Mental Forces," published by the Metaphysical Company, New York. No. 1 lies before me. It is like a white cooing dove, like a daisy, a "pearl." It is not deep, nor wise, nor abstruse. It is good, pure, and uplifting. Among the contents of this number are two gems, while all are "pearls." These two are; "How Lucy Became a Lady" and "Paul's Wife." In these days of war, the spirit breathed by this pure magazine will be as "Balm in Gilead."

THE JOURNAL OF HYGIENE.

The April number of this valuable monthly exponent of health is, as usual, laden with practical hints for health of body and mind. One gem of truth is so sparkling and so clearly demonstrates the pernicious effect of the disgusting tobacco habit that I here quote it entire. It is entitled,

TOBACCO POISONING.

"The Evangelical records of the sudden

death of Wm. M. Singerly, editor of the *Philadelphia Record*, from the use of the cigar. Dr. Bernardy, who was Mr. Singerly's family physician, visited him the day before his death and found him then in fairly good condition, with no weakness or pain, expecting to go down to his office the next day. But the end came suddenly and without a word the strong man fell back dead.

The explanation of the sudden death, which will apply to thousands of similar cases, is given by Dr. Bernardy as follows:

Mr. Singerly was an inveterate smoker, and for years had suffered from what was known as a "tobacco heart." I warned his family that some day he would die suddenly in just the way he did. He knew his heart was weak, but always laughed at the danger. The end has come, however, in just the manner I had predicted and expected.

The rest of the world of smokers, who are also diligently cultivating the "tobacco heart" will read this account of a smoker's death from the effects of tobacco, then light their cigars and pipes and go puffing on their way to death as if nothing had happened. They like Mr. Singerly, only laugh at the warning of doctors and friends. They will stop laughing when they are dead.

The "Journal of Hygiene" is now in its forty-eighth year of publication, having survived the vicissitudes of nearly half a century and having been a blessing to the world and lived hygienically, bids fair to round out a century. May it live a thousand years an emancipator.

THE HUMANITARIAN

for April comes all the way from London, England, to my table in San Francisco laden with precious thoughts. I would not have missed reading "Ju-ju-ism in West Africa" by Major A. G. Leonard for the price of a year's subscription to the "Humanitarian." When I had finished the article, I drew a long breath and said unto myself: "Is it not horrible, wonderful savagery, superstition, truth, all combined?" Then I thought of Spain, of Cuba, of America and of War, and knew that there is but little cause to boast; for we are but a short remove from the Efik people, the Jekris and Sobas of "darkest Africa." This article is only one of many in the "Humanitarian" which gives pleasant reading.

MIND

Is a monthly magazine of liberal and advanced thought, and the April number proves it to be quite equal to its claims. An article by Isabella Ingalese, "An Evening with the Stars" is suggestive of thought. "Mental Telegraphy" by C. W. Hidden is also good. Then the continuation of the serial story by Julian Haw-

thorne, "The Daughter of Love," is delightful. Space forbids quotations or enumeration of all the excellent articles in this number of "Mind." It is instructive and entertaining.

THE PHRENOLOGICAL JOURNAL.

For April is embellished with portraits illustrative of the principles of Phrenology. "The Newman Brothers, A Comparative Study," is well calculated to instruct. "The Skulls of King Rene I and Queen Isabella of Loraine" should be read by every student of Phrenology, being illustrated by the skulls of both the King and Queen.

THE STAR.

The whole Pacific Coast knows of "The Star" and of its able editor, James H. Barry. It is needless to say that for earnest reform on all lines affecting the weal of the masses for sound argument and strong courage to support their reforms, "The Star" and its editor are always at the front. Every page is earnestly scanned at HUMAN NATURE Office as soon as "The Star" sheds its weekly rays. May it never set.

THE OSPREY

For April is just as pretty as a bird. Several pictures of Audubon grace its pages, and Audubon's story, "Re-told," gives a graphic sketch of the life of the great naturalist. There are other illustrations and many descriptions of our feathered friends, which are truly charming.

THE NEW WOMAN

Is a reformatory sheet which, being published in Topeka, Kansas, comes every week bristling with ideas. Two ladies, Mrs. M. P. Love and Mrs. M. C. Gillmore are editors and publishers. The New Man had better get acquainted with the "New Woman."

FOOD, HOME AND GARDEN

For April is pleasant to look upon, and still more agreeable to read. Its influence is becoming wider spread every year, and its principles more widely diffused. Some day man will return to his natural diet of fruits and nuts; then wars will be no more.

THE COMING LIGHT

Is a monthly magazine, "Devoted

Two Dreams.

EUGENE FIELD.

Two dreams came to earth one night
From the realm of mist and dew.
One was a dream of the old, old days,
And one was a dream of the new.

One was a dream of a shady lane
That lead to the pickerel pond
Were the willows and rushes bowed them-
selves
To the brown old hills beyond.

And the people that peopled the old time
dream
Were pleasant and fair to see,
And the dreamer—he walked with them
again
As often of old walked he.

Oh, cool was the wind in the shady lane
That tangled his curly hair!
Oh, sweet was the music the robins made
To the springtime everywhere.

Was it the dew the dream had brought
From yonder midnight skies,
Or was it tears from the dear, dead years,
That lay in the dreamer's eyes?

The other dream ran fast and free
As the moon benignly shed
Her golden grace on the smiling face
In the little trundle bed.

For 'twas a dream of times to come.
Of the glorious noon of day,
Of the summer that follows the careless
spring
When the child is done with play.

And 'twas a dream of the busy world
Where valorous deeds are done,
Of battles fought in the cause of right
And of victories nobly won.

It breathed no breath of the dear old home
And the quiet joys of youth.
It gave no glimpse of the good old friends
Or the old time faith and truth.

But 'twas a dream of youthful hopes,
And fast and free it ran,
And it told to a little sleeping child
Of a boy become a man.

These were the dreams that come one night
To earth from yonder sky.
These were the dreams two dreamers
dreamed—
My little boy and I.

And in our hearts my boy and I
Were glad that it was so.
He loved to dream of days to come
And I of long ago.

So from our dreams my boy and I
Unwillingly awoke,
But neither of his precious dream
Unto the other spoke.

Yet of the love we bore those dreams
Gave each his tender sign,
For there was triumph in his eyes,
And there were tears in mine.

So many selfish interests are at
stake, that it will probably be a
long time before Phrenology is in-
troduced into our schools. - Poli-
ticians are not necessarily re-
formers.

By change of diet and mode of
life, Temperament may also be
changed.

Publications.

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mind, and soul into harmony with God
and nature.

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should read it.

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find in it the secrets of the Power of the
Christ, of his knowledge, and of his under-
standing.

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—THE—

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HEALTH

A MONTHLY DEVOTED to the CAUSE AND CURE OF DISEASE

It makes a monthly call on its readers,
directing attention to unrecognized glut-
tony and the superstitious faith in the
power of drugs to cure. It advocates the
healing power of Nature and teaches that
the true physician furnishes conditions of
cure, and interprets Nature's voice in
health and disease.

Send One Dollar to DR. W. P. BURKE,
Editor, Altruria, Sonoma County, Cali-
fornia, and receive its monthly visits for
one year.

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CORA A. MORSE, Editor.

A monthly magazine; up to the latest date;
original in its method; able in its treatment of
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thinking, higher living and a higher social or-
der; recognizing what is true and good in all
that is old, but eager for the ideals not yet real-
ized; aiming at the hearts of the people; and
the heart of things; fearless of reality; critical
of sham; giving welcome to all truths; bent
on helping to make life more abundant, free and
noble; jealous of the rights of man, woman and
child; hopeful; optimistic; and pledged to
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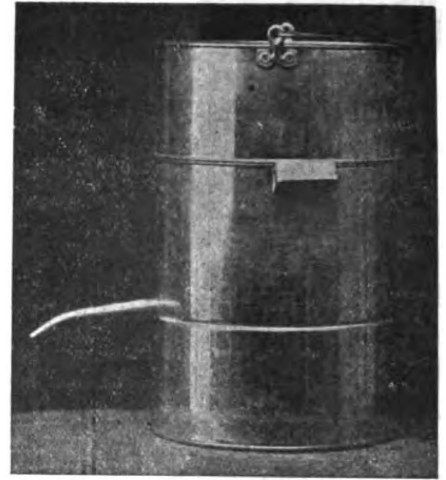
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