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A Delineation of Character from a Personal Phrenological Examination by Prof. Allen Haddock. Stenographically reported by Prof. C. P. Holt.

About eight years ago the subject of this sketch came to HUMAN NATURE Office for a phrenological examination. He was then engaged in mercantile pursuits, but a stranger to us. The examination revealed literary ability of no mean order, and we advised him to make law or literature his profession. He followed our advice, and at the present time is editor and publisher of *The Insignia*, the well-known and popular organ of THE IMPROVED ORDER OF RED MEN. Mr. Burgman has recently been re-elected as THE GREAT CHIEF OF RECORDS of that order for the sixth time. The following delineation was made March, this year, 1898.

"You have a head measuring 22½ inches in cir-

cumference, which is one half inch above that of the ordinary man, while your body weighing only 145 pounds is not quite equal to the task of supporting the brain in all its requirements, unless due consideration be given to hygienic living. Fortunately, your organ of Vitativeness is of full size, which endows you with capacity to endure considerable fatigue without collapse. If fatigued or ill and given rest and sleep you recuperate speedily. Such vitality as you possess is substantial, there being no waste material in your composition; yet, considering the preponderance of brain over body, it would be well if your weight could be increased ten or fifteen pounds. The diameter of your head being 6¼ inches,

it is a sure indication that you are energetic, and will never be lazy or idle. You are constantly at high pressure and very busy, either with brain or body, generally with both, so that it happens that you break down tissue very rapidly, which can only be replaced by nourishing food and repose.

The measurement of your head over the crown being $14\frac{3}{4}$ inches shows you to be very ambitious and determined to excel in whatever you undertake. You have a desire to act on a large scale and are ever reaching out into the unknown, striving to accomplish great results. Yours is essentially the literary and scientific cast of brain and you would be likely to succeed in any literary or scientific pursuit, especially are you adapted to the profession of journalist, reporter, correspondent or secretary. You possess a good degree of natural tact and are endowed with a good degree of the organ of Human Nature, you are able to understand men and their motives so that you can adapt yourself to their needs and manage them accordingly.

It is evident from the sharpness of the organ of Self-Esteem that you have developed that faculty through constant combat with the world. In early life you were, no doubt, very modest and of a retiring disposition, and had not the organ of Approbation been larger than Self-Esteem, you would never have been heard from in public life, but your ambition being great and your talents of no mean order, you have won your way to recognition by virtue of your talents and not through self-assurance.

While you are not aggressive, yet you are very courageous and will defend a principle to the death. As your social faculties are also large you would espouse the cause of your friends and fight their battles for them with valor. You know no such word as fear, and are sometimes a little reckless and take chances. This proceeds from small Caution. You are inclined to leap first and then look. It would be better if you were to take the advice of David Crockett:—"First make sure you are right and then go ahead" Reverse your methods and "look before you leap." Your large social faculties cause you to mingle with men and

become very companionable. People feel your genial and friendly magnetism and warm toward you, and then your quick intellect charms them so that they place you in responsible positions; not through your self-assumption, but because of your warm and friendly nature and native talent.

Your large Inhabitiveness would cause you to be patriotic, and although your breadth of intellect would incline you to take in the whole world as your country, yet you love best the spot of earth where your loved ones reside and which is hallowed by associations. Your love of wife and children will cause you to be very devoted as a husband and indulgent as a father, and as Conscientiousness is large in your brain, you would be true to your family and to your duties as a husband, father and citizen. You place duty before expediency and can be trusted with office or treasure.

Your Cerebellum, being large, gives you magnetic power and assists you in influencing men. You are very persistent in whatever you undertake—a Chilkoot Pass would not deter you from pushing on to the "Klondyke." If difficulties stand in your pathway you only redouble your efforts as they accumulate and never cease battling until they are conquered.

Your intellect is analytical, and the organ of Causality working in conjunction with Comparison causes you to be very critical in your estimate of men. You never see perfect things; all that you do or others perform meets with your rigid criticism; you can always see a way in which the thing could be made a little better, and you are not backward about exposing the weak points. This trait of character would have served you in good stead as a literary critic or as a chemist or as an assayer.

You are a logical reasoner; and having large perceptive are eminently practical. Few things escape your observation and everything you accept is utilized. While good at planning, yet you soon detect the weakness in any theory which has not facts to support it.

Your memory is good and affords you a fund of facts from which to draw. Every event in your life, which has influenced your career, can be marshalled into your service at a moment's no-

tice. You are a natural historian, and delight in relating past events in your own life and draw much from the history of the world and from the lives of other people. Especially do you enjoy reading biographical sketches of famous men.

While you are a natural editor and writer, yet had you chosen the legal profession as your life-work you would have succeeded in a marked degree. As a lawyer you would have been as conscientious as talented. You are not endowed with great musical talent, and are a much better listener than performer—your talents lie in other channels than evolving sweet sounds from the harp or lyre.

Your organ of Spirituality is weak and your faith is correspondingly feeble. You take little on credit, but demand a reason for the assertion which is announced; one good, solid fact is worth more to you than a library of theories. Your feet are firmly planted on earth and you do but little castle building either in "Spain" or in the clouds.

Mirthfulness is a lesser quantity with you, and a joke must be of the intellectual cast to bring a smile to your face.

Another weak faculty with you is the organ of Acquisitiveness, which we can rate no higher than four on a scale of seven.

You acquire knowledge much faster than the dollar. The only use you have for money is its purchasing power. A miser and a financier generally love money for the pleasure of getting it and to hoard it up into millions, but this is not your character. You are no "Shylock." Perhaps in this competitive age it would be better if you should cultivate this faculty a little, not as a merchant or speculator, but in a quiet way, in order that you may provide for the traditional "rainy day" which sooner or later comes to us all.

While your organ of Constructiveness is full, it is not so much of a mechanical cast as literary, and assists you in the constructing of sentences; this will be apparent in all your writings.

Your critical eye detects ill construction in sentences, as does that of the master-builder in the edifice. As a Journalist you would make a success, but your next best vocation would be that of the law.

You have only lived to middle life, and have a long span ahead of you. As your life line is fairly developed and Vitativeness full, with proper hygienic living. (which must be observed) you ought to live to the allotted age of man and realize, to a great extent, your high ambition.

Grandpa and the Children.

What do you children think about this Philippine business, anyway? I have been puzzling my old head over it for days, and I want to tell you what I have been thinking, and then hear what you have to say. It is almost Fourth of July, and, if we can find out what we think of the Philippine expeditions, we will know what we think about the Fourth of July. So, you see, it is an important matter.

The Philippines, you know, are islands that have been under the rule of Spain. The people there never voted to have Spain rule them, and have done their best to win freedom, but have been defeated by the Spanish soldiers. That makes it very clear to my mind, on Fourth of July principles, that Spain ought to be sent home from the Philippines, just the same as from Cuba, and the people of the islands be left to manage their own affairs after their own fashion. That is the way we served England a long time ago, and even England now agrees that we were right in doing so.

That makes the meaning of the Fourth of July clear, doesn't it? When we celebrate Fourth of July we are celebrating a principle of right, and that principle of right, is this: "The people of one country, should not be governed by the people of another country, but the people of each country should govern themselves." That is, the little boys and girls in England should not grow up and be your masters; nor should you grow and be their masters. You should be equals, and should love each other, but should each govern yourselves in your own way. In the same way, the Spanish children should not grow up to govern the children of the Philippines. All that seems

to me to be clear and right, and I believe in it with all my heart; and I hope you do, for if you don't you have really no right to any part in the Fourth of July. I am sure not one of you will agree to be left out of that.

Now here is what I am getting at. If it is not right for England to govern America, nor for Spain to govern the Philippines, how is it right for the United States to govern those far-off islands. Right is right, and freedom is freedom, and Fourth of July principles are Fourth of July principles all around the earth for every country under the sun, and yet General Merritt, who is leading our soldier-boys to these islands, has made a speech saying that our flag shall never come down from the Philippines. And other public men are talking the same sort of thing, not only about the Philippines, but about many other islands as well. Perhaps the people of the Philippines would like to have a flag of their own; if they read about and admire Sam Davis and Washington and Putnam and Ethan Allen and all the rest of the great men who helped to make the Fourth of July something to be proud of, why then they surely will! What will General Merritt say to them then?

I have thought it all over, up and down and crosswise, and my old head comes out at the same place every time. The English people should govern England; we should govern the United States; and our brothers and sisters in the Philippines should be as free from us and our soldiers and tax-gatherers as we have insisted on being from the soldiers and tax-gatherers of England.

These are Fourth of July principles, and they will do to live by and to die by.

"Is true freedom but to break
Fetters for our own dear sake."

and then put the same sort of fetters on some one else?

We cannot govern the Philippines and keep the Fourth of July from being anything but a sham and a make-believe. No matter how wise or how good a government we might devise, it would not be their own government and they ought to fight against it.

Children, it is time that all of you had something to say for the Fourth of July and its principles. —*Children's Column in the Coming Light.*

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Waiting for the Bugle.

We wait for the bugle. The night dews are cold;
The limbs of the soldiers feel jaded and old;
The field of our bivouac is windy and bare;
There is lead in our joints; there is frost in our hair;
The future is veiled and its fortune unknown
As we lie with hushed breath till the bugle is blown.
At the sound of the bugle each comrade shall spring
Like an arrow released from the strain of the string.
The courage, the impulse, of youth shall come back
To banish the chill of the drear bivouac,
And sorrows and losses and cares fade away
When that life giving signal proclaims the new day.
Though the bivouac of age may put ice in our veins,
And no fiber of steel in our sinew remains;
Though the comrades of yesterday's march are not here,
And the sunlight seems pale and the branches are sere;
Though the sound of our cheering dies down to a moan,
We shall find our lost youth when the bugle is blown.
T. W. Higginson in Atlantic Monthly.

Health Department,

The Tomato.

BY DR. T. R. ALLINSON.

The tomato belongs to the same class of plants as does the potato and tomato. The fruit of the tomato plant is in composition very like the apple. It contains a large quantity of water, a small percentage of sugar and of coloring matter, and a medium amount of malic acid. As it comes in some time before apples are ripe it may well take their place for many purposes, and as it contains less sugar than apples it can be eaten when the latter disagree.

MEDICINAL USES —As a food it is invaluable in all kinds of calcareous disease, that is in cases where lime, magnesia, or other mineral salts are in excess in the body. For this reason it is invaluable in stone in the kidney, stone in the bladder, gall stones, gravel and all thick condition of the urine. Gout and rheumatism are also benefited by the use of tomatoes. Acidity of the stomach is lessened by their use, especially if they are used instead of butter as a means of helping down bread. Many find that they cause dreams if eaten late at night, so an early tea is the last meal at which they should be eaten. The daily allowance should not exceed a pound a day. Many persons do not like their taste at first, but soon get accustomed to it, and then find them delicious. Tomatoes are said to favor the development of cancer. I have tried to find an authority and the origin of this untrue rumor, but cannot discover either. At one time tomatoes were thought to contain a poisonous acid called oxalic, but later analysis has shown me that this is not the case. If they did contain oxalic acid then their use would not be so beneficial.

How to Cook —I like tomatoes best in a natural condition, and I can and do eat a tomato with bread the same as I would an apple. This is the best way to eat them. They are very good also to eat with plain raw cucumber or with lettuce. A very nice salad is made from lettuce, tomatoes, oil, vinegar, pepper and salt, and those who like onions can make it more tasty by adding these to the salad. One large head of

lettuce will need half a pound of tomatoes mixed with it. Tomato salad and brown bread makes a good mid-day meal. Some use pepper and vinegar with tomatoes, but they are best eaten plain. Some also eat them with sugar, but I think any addition spoils them. Other again cut them in slices with onion, and add pepper, vinegar and olive oil to them, and use as a relish to cold meat; I do not think they are so good this way. Tomatoes may be grilled, fried or stewed. A simple way of cooking them is to put them in a pie dish in the oven with a little water, butter, pepper and salt, and let them bake. Then eat with other vegetables, or having steamed some rice put the baked tomatoes on the rice; pour the tomato juice over and serve as a course. Tomatoes go well in soup as a flavoring, or may even form the chief ingredient of a soup. Tomato sauce is thus made. Cut up fresh or tinned tomatoes; cook with water and finely chopped onion; when done rub through sieve, boil up again, and thicken with wheat-meal flour made into a paste with water; then add a little butter, pepper and salt. It eats well with any kind of vegetable savory, especially with macaroni. Tomatoes go well in vegetable pies, and give a pleasant flavor to them. A very pleasant and quickly prepared dish is thus made. Cut up a pound of tomatoes into a saucepan, and put them on the fire with a little butter, pepper and salt; cook until thoroughly done through; then beat up two eggs into a cup and pour into pan; mix with the tomatoes, and let cook until the eggs set and form a kind of omelet. Put on a warm plate and serve hot. This eaten with bread is very nourishing and appetizing. In winter tinned tomatoes may take the place of fresh ones.

BREAD.

In a recent article in this magazine we clearly demonstrated the superiority of Advent flour over white flour for making bread.

Our readers cannot too often be made aware how the whole civilized (?) world suffers from this impoverishment; every reader of Human Nature knows from what we have said on the subject before, that white flour bread con-

tains not one particle of nourishment to the body; it is all starch, and lacking the outer coatings as found only in the Advent flour; those who eat bread made from white flour suffer from nerve starvation—neuralgia and dental decay—rotten teeth.

Science proves that the only part of the grain which nourishes the nerves and brain, and supplies enamel to the teeth, is the third and fourth coverings of the whole wheat grain.

The President of the Del Monte Milling Company became aware of these facts by scientific analysis a few years ago, and after much thought and care invented a process of manufacture by which the whole grain could be saved just as it comes from mother nature, except the first outside covering which is only a woody, fibrous substance without any nourishing principle. Thus after years of experience and much patience, an elaborate process was developed by which this outer covering which enters into Graham (and other whole wheat flour-) was carefully removed and the name "Advent" was given to the new flour, as it indicates an advance step over all other previous flours; the great objection to Graham and other whole meals being that delicate stomachs are irritated and inflamed by their use.

This irritation is caused by the rough outside covering, which, as previously stated, is entirely removed by the Advent process, thus making the Advent flour when made into bread superior to any other whole meal, as it contains all the elements of strength in the grain without the irritating outer woody shell.

It is the wish of every rational human being to live long and to be healthy while on earth. There is only one method to pursue in order to attain this result and is embodied in the following terse quotation from Dr. Allinson;—

"Live rationally. Do not waste vitality on things that are injurious to the body, then you will be always ready to meet physical upsets, and will escape from them so that very little harm will follow."

Mankind have eaten bread since the dawn of history. In olden days bread was made from the whole grain. Let us return to the methods of our forefathers, and, like them, be strong.

Associations and Surroundings.

BY JOHN F. BERNARD.

There is no such thing as absolute independence; yet, as Emerson says, a person is free to choose his influences. His associations and surroundings may be improved; they may be varied or changed for the purpose of self-culture.

I once spent a forenoon in a part of the city which at that time was the downtown of the sailors. It was densely crowded with a class of people and a class of houses which were well adapted for the process of fleecing sailors. In exchange for the earnings of a long voyage, the sailors received a little cheap stimulation, pleasure and outfitting. There were underground dives, the odors of cheap combinations of alcohol and tobacco, the strains of poor music, a cheap theater with flashy display bills, pawnshops, "ladies" in gowns and paint, coffee "joints," and innumerable furnishing and outfitting stores; all conducted by the parasites of humanity, low, dirty, cunning, tricky, impudent, anything but noble. A few hours of such influences had a peculiar effect on me; I felt as if I had taken on the character of the people and the place—I felt depressed, dissatisfied, cheap, guilty, insignificant.

At length I came out on to the great thoroughfare of the city, and stood before a large picture store, in the window of which was a fine portrait of Washington. The picture arrested my attention with an unwonted power of attractiveness, and I gazed at it for quite awhile, until, (as it now seems to me,) I must have taken on somewhat of the character of the original from it. Little by little the higher feelings asserted themselves in me—magnanimity, self-respect, integrity, calmness, efficiency, strength; and in fifteen minutes all the unpleasant effects of the morning's influences were completely neutralized as effectually as if I had never passed through such a contagion of low conscience.

Suppose a lifetime of such dirty surroundings. I say the ultimate result would be to mould the char-

acter until it should correspond with the type of the district.

Instead of a fifteen minutes' association with that picture, suppose a lifetime association with the original—suppose a lifetime association with a society of the peers of the original. I say the ultimate result would be to mould the character until it should correspond with the type of that society.

Now, then, this principle, the influences and power of associations and surroundings, is of great importance in its application to self-culture. In matters of self-culture, the phrenologist advises a change or variation in the person's associations and surroundings, corresponding with the change or variation sought to be effected in the person's character. Take Self-Esteem as an instance which will suffice for all instances. If Self-Esteem is to be developed, the phrenologist advises a change in the daily associations and surroundings of the person, so that such development will not be merely favored but even compelled. Where Self-Esteem is weak and inactive, it is always safe to infer that the associations and surroundings are not such as even favor development of the faculty; where it is weak but active, we may infer a better condition of associations and surroundings. In order to develop the faculty vigorously, the associations and surroundings must be such as will compel development. For this purpose the person is advised not to associate with those who lack Self-Esteem, but to seek and procure a society where Self-Esteem prevails. And the new associations and surroundings must become his daily and continual influences; he must quit the old associations and surroundings, at least until full development of the faculty is attained. In his new surroundings he will at first experience considerable embarrassment and inability to mingle and carry himself comfortably, and he may wince under the moral assuasion to conform to the self-esteeming ways of the new community; but gradually, and as the faculty improves, he will become used to the broad glare of Self-Esteem, and come to a realization of his own importance. The moment he attains to the perfect ability to hold up his

head in this proud community and feel that he is among equals, that moment will he find that his Self-Esteem has attained its full development. Such is the power, the coercive power, of society's Self-Esteem over that of any of its members; for in moral power, just as in physical power, the community is superior to the individual, and in a conflict between them the individual must succumb.

And so of any other faculty or group of faculties, mental or physical; there is in associations and surroundings a stimulus, which the phrenologist finds of vast importance when giving advice in self-culture.

POINTS ON PHRENOLOGY.

The circumference of the head is no more an indication of mental capacity than weight of brain.

It amuses phrenologists to read how surgeons or physicians carefully weigh brains, by filling empty skulls with sand and shot, try to measure brain and mental capacity.

It all depends upon which parts of the brain are mostly developed. If the posterior brain greatly predominates and the anterior lobes are shallow, the man would display a very different character than he would if the order was reversed.

Charles Brodie Patterson says:

"It does not follow because the medical profession has a certain knowledge of anatomy, that it understands the workings of the human mind; in fact the whole history of medicine shows the reverse of this."

Study Phrenology and you will study yourself; the moment you begin to study yourself you will take on a new life, and have no use for drugs or dogmas.

The man who gives a testimonial of a quack, drug patent medicine has evidently need of another bottle of the Elixir of Stupidity to cure softening of the brain.

Years of observation by phrenologists have enabled them to understand men and the motives that govern each one; such knowledge is indispensable to the business man.

Phrenology is not bumpology, but is the science of reading character from the *whole* man.

Puget Sound Department

Cautiousness.

BY PROF. D. C. SRYMOUR.

This organ is located right below "Love of Approbation," and a little more forward, thus lying on the corners of the head and about two inches upwards from the ears, when large giving much breadth to the head in this region. It is an old adage that "Caution is the parent of safety," hence it is a brain convolution that we have need of, almost continually, as we are ever in danger from the cradle to the grave. It seems to be well developed in almost every living thing, as the tiny insect will scramble for its life and hide away in order to be safe—thus using Secretiveness, which lies just below, to help Caution make itself secure. The bird hides its nest—the lion, the tiger, and *all* other animals flee from the presence of man, as a matter of Caution, from fear of apprehended danger. All animal life seem to be continually on the lookout from fear of personal injury, hence "eternal vigilance is the price of safety," as well as of liberty. Our eyes are given us that we may be on the lookout for danger, our ears that we may hear sounds of approaching evil or trouble and flee from it, our nose that we may sense the vile odors and filth with which the world abounds and is so detrimental to health, for death-dealing microbes are found by the million in every "horrid stench" that our olfactories gather in from the puffs of foul air, generated by every decaying filth and rottenness. The organ of taste to guard us from eating what might be very injurious; and of feelings, that we may sense the danger from "burning heat and freezing cold," from blows and pains of all kinds, so that we may use our *Caution* and thus preserve our bodies and our lives.

Caution belongs to the animal part of our physical economy. This organ must have been very early developed in the lower forms of sensate life, but not so early as Vitativeness or Alimentiveness, for we find forms of life so low in the scale of existence that while they seem to enjoy life and love to feed, they do not seem to appre-

hend danger at all—the jelly-fish for instance; shell fish build themselves a house sometimes well nigh impregnable, while the oyster and clam close their doors with a slam when an enemy appears. When the organ of Caution is well developed, it keeps millions of the family of man in "hot water"; while Caution small, makes us extravagant, leads to dissipation, carelessness and wastefulness. Criminals *who are caught* generally have Caution small, hence they take but little pains to cover their tracks, and are easily found. Paupers and impecunious people generally, are poorly developed in Caution, thus are not in fear of coming to want, and take little pains to lay by something for a rainy day. Those with Acquisitiveness large, will make a good deal of money, but spend it foolishly and die poor, if Caution is feeble and the moral faculties weak, they are very likely to become thieves, shoplifters, swindlers, forgers, embezzlers, etc.—such people will always be looking out for "games of chance" streaks of luck, especially if the organ of Hope be large.

The man with large or very large Caution and with Secretiveness and Acquisitiveness also large, will make careful investments, take double security for his loans, keep his life and property well insured, doors and windows and safe doubly locked, coat well buttoned up, never carry much cash, but pay everything with checks. Caution also enters into the religion of the world. We must remember that from the age of primitive man to the present time, the *mass* of mankind have been but little more than animals, 4-5 of their brains lying in the base of their skulls, with the moral, spiritual and intellectual faculties sadly undeveloped. The only way to reach them and impel them to do right, has been and is, through their fear, which, of course, is a selfish motive, but never mind the means so the desired result is accomplished of making this world better.

This religious teaching has raised man's head, the house in which he dwells, from the one story cabined skull of the primitive ages, to the two and three storied structures that the human brain occupies to-day. Aye, more than this, this religious teaching

has raised the dome of this habitation several stories and built a cupola or skylight through which we look out and up with our *spiritual* eyes, and see and feel the glory, beauty and grandeur of the life in the celestial spheres. We comprehend God and spirit as we never did before. This same religious teaching has erected a grand bay-window at the front of our earthly tabernacle (our intellectual brain) out through the windows (eyes) of which our hungry souls' reason, intellect, mind, can *better* study Nature and Nature's God. Thus have we unraveled the mystic laws of the Universe, the procedure of Nature, in the heavens above and the earth below. The regions of the occult, the metaphysical, the psychic, the laws of vibration, of magnetism, of light, electricity, color, sound, ether, matter, spirit, are being studied and comprehended as mortals never dreamed of before. Religion in the world's history has *preceded* invention, education, science, art, and paved the way for it, as above indicated. It has not made much difference whether the religion was true or false—it has had the same grand effect to develop the spiritual and intellectual portions of the brain. We can easily see how religion has paved the way for all advancement of the race, by taking the mind away from sensual and animal thought, and inducing spiritual and intellectual thoughts. Every thought we have benefits and cultivates and enlarges those organs that do that kind of thinking. Thus have grown or developed the frontal and upper brain, by the religious work of the centuries.

Phrenology has proved that all heads are not exactly alike on both sides, and that the face corresponds thereto, and that the left side of the face of a person resembles his mother and the right side his father. The same may be said of the right and left hemispheres of the brain.

A certain physician in this city says that Phrenologists look for "bumps" in the head, and then laughs at the folly of it—he is laughing at his own ignorance, but he does not know it. All reputable and progressive physicians to-day acknowledge and advocate the principles of phrenology.

Music, and the Organ of Tune.

It is related of a certain well-known and popular phrenologist that on one occasion, after one of his public lectures in an Eastern city, a young lady was nominated by the audience for a public delineation of her character. Her father was a great admirer of the lecturer and confidently hoped that the phrenologist would describe the rare musical talents possessed by his daughter, but not one word was mentioned on that score until some one in the hall wished to know "whether the young lady had any musical talent"? The examiner answered that she was deficient in the organ of tune, hence she could have little or no sense of tune, and would never make a musician.

It transpired that this same young lady had just returned from a two years' training at a Conservatory of Music in Europe, where she had greatly distinguished herself, and only a few nights before the lecture a complimentary concert had been given to her as a welcome home in the very hall in which she had sung and played to a delighted audience.

The father of the young lady, in disgust, denounced the lecturer as a fake and Phrenology as a humbug, although the lecturer had described the character and abilities of the young lady better than those could who had known her all her life, yet that one slip destroyed his reputation for character reading in that city, and it is said he left without making a single private examination.

We have seen similar mistakes made by other phrenologists, and some years ago we made just such a blunder. We have been careful ever since that event before pronouncing judgment on seeing hollow temples to ascertain whether the texture of organization is fine or coarse. If the texture is fine, accompanied by large Ideality and the ears are round and thin, standing well forward, we pronounce for music; but if the hair is thick and coarse, skin and bones thick and coarse, and ears ill-shaped, laying flat against the head, we pronounce against any musical ability and make no mistake.

It would seem that the organ of Tune is not to be depended upon. We are inclined to think so, and believe that a proper sense of Tune

or musical tones is largely temperamental. It requires fine organic quality to discern the finest shades of thought, and it surely requires fine organic texture to conceive and appreciate the finest tones in music.

Phrenologists make more mistakes in defining musical ability than in describing any other faculty, but if they will study Temperament in relation to Tune, they need blunder no more.

Dreams.

From time immemorial dreams have been supposed to have some bearing upon our future destiny, and dream books innumerable have been published, giving interpretations of dreams, but they are worthless. Dreams partly depend upon what a person eats, and the disturbance of the pneumo-gastric nerve which takes its rise in the *solar plexus* and terminates in the posterior lobes of the brain, disturbing and inflaming certain mental faculties, arousing them to unusual activity, while other faculties are asleep or at rest; hence the strange incongruity of dreams.

It often happens that people dream of things of which they have had no previous knowledge. Just as when waking they think of things they have never thought of before, but much oftener they dream of things that have previously passed through the brain. Just as the merchant dreams of wares and business transactions—the preacher of his sermons and congregation—the sailor of his ship, etc.—all through the various walks in life. The miser dreams of hoarding his gold, and the dude—well, his dreams are dudish!

On page 17 in *Heads and Faces*, the author makes the following statement in regard to dreaming:

"Dreaming or an incomplete sleep is an instance proving that the mind is not one separate faculty or power, for if it were so, it would be either all awake or all asleep at the same time. Dreams are inconsistent, illogical, and as all the faculties become awakened and fully conscious, the dream which seemed real is correctly estimated. If the organs in the base of the brain are sufficiently awake to act and produce their impressions, one may dream he is a murderer or thief, or capable of committing almost any crime, and he

is practically in a condition, such as he would be in if his moral and intellectual faculties were so badly represented in the brain as to leave little but animal propensity and selfishness as the bases of his character; he would thus have a strong tendency to be a thief and ruffian really. Sometimes in a dream one rises to an ecstasy of benevolence and kindness—his aspirations are angelic—for then that part of the brain is active through which those elements are manufactured, and the sensual or selfish part of the nature is hushed to sleep; as an organist would say, a man is working with a peculiar number of stops drawn, or that the mind was working through its upper register."

We have given a few thoughts upon dreams as provocative of thought. The subject is fraught with much interest, both from a material and a psychic point of view. The soul is superior to the body and dreams may sometimes be the prophetic expression of the ever wakeful ego. Truly, "Man is fearfully and wonderfully made."

PERSPIRE.

The fogs and trade-winds of San Francisco close the pores of the people who walk its streets, and thus prevent the removal of waste material through those doors of the skin. Then double work is forced upon the kidneys and bowels with the result that some of the task of eliminating waste from the body is left undone and illness follows, with doctors, drugs and undertakers in the train.

A Turkish bath taken once each week will place the citizen of San Francisco in position to smile at fogs and ignore their chill. It is a funny experience to take off all your pretty clothes and sit arrayed in a towel with the temperature of the room at Hades heat, and stranger yet it is to be rolled like a mummy and punched like a puff-ball by the massager. But the result is sure to be cleanliness of body and exuberance of spirits.

This is what happens daily and nightly to ladies and gentlemen at the Hamman Baths, No. 11 Grant Ave., S. F.

A Turkish bath is a great sweating institution; so is a Russian bath; so is any kind of a bath. Bathe much and often, keep clean body and soul, and thus shall you reach health and heaven. C. P. H.

San Francisco, Cal., September, 1898

Human Nature

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ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

G. P. HOLY, Associate Editor
D. C. SEYMOUR, Editor Paget Sound Dept

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We are selling quite a number of the "New Phrenological Game" at reduced price, 15 cents and by mail.

Benefit of Phrenology.

Three years ago, Mr. J. Bumstead was a young shoemaker on Killis street, this city, when we delineated his character and told him he ought to be a civil or mining engineer.

In the early part of last month he visited our office, and stated that he had taken our advice and had met with success in Colorado, where he had been during last two years, educating himself for the work and attending to that line of business; he said that every young man in the country ought to have a phrenological examination in order to know himself and to learn to what line of work he is by nature best adapted.

Important.

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If you wish to live long on earth and be healthy while here, drink distilled water. There are two ways to obtain this beverage, one is to purchase a Home Still and cook the water in your own home, the other method is to purchase it of the Hygeia Distilled Water Co. at 420 Eighth St., this city. Read their advertisement on page 16. They are reliable.

Mail Course.

We have decided to send our Mail Course of Lessons in Phrenology in one package for the sum of Five Dollars.

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It is unnecessary to seek for health in drugs, patent medicines, or in change of climate, for the **KINGDOM OF HEALTH IS WITHIN YOU**. The seat of *health*, and therefore the seat of *disease*, nay, of *life itself*, is—the stomach.

The basis of "The True Science of Living" is that having a healthy stomach, one will have good *digestion* and *assimilation*, and then the rich, pure blood. Pure blood is perfect health; impure blood is disease.

This science is not a system of

diet, giving rules for eating certain things and avoiding others. Our Creator intended us to keep the *natural* hunger of childhood, which all who live according to the "old way" have lost. In its place has come an *abnormal* appetite which makes slaves of us all. When, through "The New Gospel of Health," the abnormal appetite is lost, we get back *natural hunger*; the stomach calls for nutritious foods; which will be as delicious to the taste as they were in the days of childhood. Your system under this regime will be wholly rebuilt."

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No two heads or faces are exactly alike, owing to the combination of brain faculties. On no other hypothesis can these differences be accounted for. If out of seven notes in the musical scale any number of changes or tunes can be played, how many phases of character and expression can be evolved from the 42 faculties of the brain?

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We observe the custom of all business houses in declining to send goods C. O. D. unless a deposit accompanies the order sufficient to pay return Express charges in case of non-delivery.



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PEACE.

Who says so? A protocol has been signed by and between the duly appointed and accredited agent of Spain, and the same sort of gentleman of the United States of America. This document provides that in consideration of certain relinquishments and ceding of territory by Spain, hostilities between the two nations shall cease. But it is noticeable that transports are still day by day sailing from San Francisco for the Philippine Islands loaded with soldiers—for what? Oh, nothing, only to take the place of the Spanish soldiers in keeping down the insurgents, just as in Cuba the United States Army still lingers to see to it that the Cubans continue to sit on the back seat of the synagogue.

Philippine insurgents and Cuban rebels only exchange masters, that is all. When war was declared in the United States Senate it was announced with great flourish of trumpets that ours was a philanthropic war to free the poor oppressed Cubans—the first philanthropic war in history—and in the same breath that we snarled "Remember the Maine," we announced to the world that we had no intention of conquest for territory, that just as soon as we should send the blood-thirsty Spaniard howling back to Spain, we would go straight home with our ships, guns and soldier-boys and let the Cubans govern themselves.

Now, that we have conquered the Spaniard, do we keep our promise? Well, we find the Cuban incapable of self-government, before he has had a chance to try his hand. When General Shafter marched into Santiago and took possession of the city, there was no invitation extended to the Cuban General Garcia, who had helped in the capture, to be present at the capitulation of the city, and the same local Spanish officers who had been appointed by the Spanish monarch, were re-instated in their old offices. The Cuban general did not enjoy this snubbing and withdrew with his veterans.

In the protocol of peace it is stipulated that Spain shall withdraw from Cuba, but the indications are that Uncle Samuel will continue his army on the island indefinitely to keep order and assist the plutocrats of America in gobbling up all the resources. The

plutocratic press is sometimes indiscreet and speaks out in meeting, telling secrets. One of these sheets, the *Chicago Evening News* of August 10th, in a "special dispatch from its Staff Correspondent," gives a few hints which enable us to see the concealed claws of the cat. The display headings of the column are:

"Big Men are After Cuba. Alger Sees that His Personal Friends Get Positions Where They Can Control Great Enterprises. Plenty of Money to Spend. Rich Senators Who Know a Good Thing When They See It. Ready to Embark in West Indian Commercial Ventures." Then the correspondent goes on to say:

"Senator Elkins, who is a prince of promoters, John J. McCook, of New York, who spends most of his time with the Senator and has had an interest in the Cuban war since before it began, Mark Hanna and a group of kindred spirits, are among the familiar names mentioned in connection with the plan to develop the islands. Senator Proctor of Vermont and Myron M. Parker, a noted real-estate agent of Washington, and member of the National Republican Committee of the District of Columbia, foresaw the advantages commercially in Cuba, even before the war began. They made a trip down there to satisfy themselves by personal observation and came back very much elated, telling stories almost as fabulous as those carried back to Spain by the sailors of Columbus' fleet.

The tide of adventurous wealth has already set in toward Porto Rico and is expected in due time to proceed to Cuba and the Philippines. No sooner had the war fever commenced to abate than the commercial spirit, which at the outset continuously opposed the war, commenced to organize plans to enjoy the fruits of territorial aggrandizement. Judging from what has already developed, the new colonial possessions will be a veritable commercial Klon-dyke. Everything will be syndicate, if present appearances count for anything."

We learn from this correspondent that "the tide of adventurous wealth has already set in toward Porto Rico," and we also notice that in the terms of the protocol with Spain, the United States is to have and to hold Porto Rico for-

ever as a garden patch.

The plutocratic cry has been, "Get all you can and keep all you get." Then, as a war measure and for plutocratic purposes, we annex Hawaii without so much as saying to the native Islanders, "by your leave."

The situation is easily understood. All the public land of any value in the United States has been appropriated by the capitalists for timber and speculation; the wage slave has been reduced in resources until he is unable to purchase the goods he manufactures and needs, but which his task-master holds, and the supply exceeds the consumption at home. In this state of affairs new lands in other climes must be obtained, and other slaves forced to labor and compelled to purchase goods. Just as England, at the muzzle of her guns compelled the Chinese government to admit opium into its empire, so Uncle Sam, representing the plutocrats, forces the inhabitants of the islands of the sea to take goods or bullets.

So it is that we have peace, and the tramp takes up his blanket and staff and joins the army of the unemployed. The boys in blue crowd the transports, our navy and army is increased. Offices are multiplied and filled by those who have "a pull." The necessaries of life are taxed to pay war expenses, and each day the poor get poorer and the rich get richer. All this is called peace.

"Gentlemen may cry peace, peace, but there is no peace," and there never will be peace while the competitive system obtains. Slavery is perpetual warfare, and every man or woman, who, to support life, is compelled to work under a task master for wages, is a slave.

The soldiers who fall in battle at the cannon's mouth are not the only soldiers who face an enemy. Every toiler who wearily plods for a rich corporation is a soldier, and every hungry unemployed tramp a knight who unconsciously toils for emancipation, and some fine day, not so far in the distant future, there will be a decisive battle in which there will be an overturning of this oppressive competitive system under which the world groans, and which makes plutocrats possible. In that glad day shall we indeed have peace.

C. P. HOLT.

Wasted Energy.

What sort of a steam boiler would that be which should be perforated with holes, letting steam escape as fast as generated? How long would it take for a man to get rich whose purse had a hole in it, out of which his money passed as fast as put in? Pour water into a sieve and see how long it will take to get it full. The man who should stand upon the street ten hours each day and beat the air with his fists would be judged insane and sent to the Insane Asylum. He would be wasting his energies. I am led to these comparisons from observing the prodigal and needless waste of energy, everywhere apparent in human life.

It requires energy to think, and yet most people think to no purpose. The time and energy expended by many men and women in attending to other people's business, in retailing slander and gossip about their neighbors, if employed in study and useful reading would render them learned and wise. It is discouraging to realize the amount of wasted energy continually expended by the daily press in publishing slander, lies and nonsense, and then to think of the eternity of time wasted by the people in reading the stuff the papers contain. The wholesale lies manufactured out of whole cloth, which in the next issue of the paper are contradicted, is enough to discourage the most sanguine optimist.

Yet, somehow, people like to be humbugged. The rank and file of humanity shrink from solid thought—they like froth. Anything like logical reasoning or philosophical thought is abhorrent to the common mind. They live in the realm of sensation. A dog fight or a pugilistic encounter between two hoodlums will draw a crowd of people who would fall asleep in ten minutes, if by chance, they were caught in a lecture-room where useful information was being imparted.

The big drum, the tamborine and the flag of the Salvation Army are strong factors in winning converts. The brass buttons and epaulets of the soldier, the military evolutions, the boom of the cannon and the excitement attending the pomp of war, blind men's eyes to its terrible results. The immense sums of money expended, time wasted and energy lost in

building ships of war and in constructing guns, and in keeping standing armies, for no purpose but to destroy property and life is past computation, and excites the wonder or every reflective mind.

What advancement might be made with a tithe of that energy if expended in useful industry! There are some very surprising events happening in this world.

An antiquated maiden lady of a past generation expressed her views upon the subject in the following language. Said she:

"There are three things I very much wonder at.

1st. Why naughty boys throw sticks and stones into the branches of fruit trees to knock down the fruit. If they would let the fruit alone it would fall to the ground itself.

2nd. I wonder why it is that men go to war to kill each other. If they would be patient and wait a few years, they would die without killing.

3rd. The third and most astonishing thing at which I wonder is that the men should go courting the women. If they would but stay at home, the women would go courting them."

All this seemed to the maiden-lady as wasted energy, but it is as nothing to the energy wasted by the phrenologist in endeavoring to convince the average citizen that phrenology is not a humbug nor fortune-telling, but a demonstrated, useful science, by which human character can be accurately determined.

I am tired. C. P. HOLT.

DON'T SHIRK.

I know not whence I came,
I know not whither I go,
But the fact stands clear
That I am here
In this world of pleasure and woe;
And out of the mist and the murk
Another truth shines plain—
It is in my power
Each day and hour
To add to its joy or pain.

I know that the earth exists,
It is none of my business why.
I cannot find out
What it's all about—
I would but waste my time to try.
My life is a brief, brief thing,
I am here for a little space,
And while I stay
I would like, if I may,
To brighten and better the place.
The trouble, I think, with us all
Is lack of high conceit;
If each man thought
He was sent to the spot
To make it a bit more sweet,
How soon we could gladden the world,
How easily right all wrong,
If nobody shirked
And each one worked
To help his fellows along.

Ella Wheeler Wilcox.

Facts and Figures.

The facts are that soldiers have more to fear from pills than bullets, from doctors than Spaniards, from unsanitary conditions than from battles.

The figures show that five times more soldiers have died from preventable diseases, since our unpleasantness with Spain began than in battle with the Spaniards. Every camp in the United States and in Cuba has been the scene of needless deaths of scores and hundreds of helpless defenders of our flag.

At San Francisco, the government owns a large tract of land styled the Presidio, which has been a soldiers' camp since Mexico yielded us the peninsula—a pleasant and healthful plot of ground—but when our soldiers in blue came marching from their homes to camp with us, in order to fill the coffers of the great Octopus, the S. P. R. R., whose cars run straight to Camp Merritt, that pest hole was established, where chilling damp and filth, killed our boys in blue faster than holes could be dug to pile them in. Measles and typhoid fever raged an epidemic.

Twenty died out of the Tennessee regiment—seven in one day. Then the doctors injected putrid pus into the blood of the boys, putting every arm into a sling and sending scores to the hospital. The same state of affairs obtained at Tampa and Chicamauga. L. H. Piehn, President of the anti-Vaccination Society of America sends me a letter from an army surgeon who says that "Two men in a California Regiment who had enlisted for the war had been obliged to have their arms amputated in consequence of vaccination."

Miss Nicholson, a hospital nurse at Chicamauga writes to a Des Moines paper that "All the sickness among the soldiers is typhoid fever. The hospital is crowded with patients, there being over 300 in the hospital. The fever is caused by the unsanitary condition of the camp, and the very poor condition of the water supply."

In Cuba—poor fellows, yellow jack, horrible—ask John Sherman and let imagination do the rest, but blast the doctors, and confound the plutocratic wire-pullers, who murder our boys in blue.

C. P. HOLT.

The Wonderful Century.

Prof. Alfred Russell Wallace, F. R. S., has written an interesting book bearing the above title, in which he devotes considerable space to the subject of Phrenology, in which he says:

"A science of whose substantial truth I have no more doubt than I have of the value and importance of any of the great intellectual advances already recorded."

Dr. Wallace describes two separate delineations of his character by well-known phrenologists, and then goes on to show how Phrenology has progressed and indicates the change of front towards Phrenology by ministers, metaphysicians, doctors, physiologists, etc., and shows how five principle points, assumed by phrenologists, have been denied by their critics, but are now admitted by them to be true. We quote from the London *Popular Phrenologist*, some of the points as made.

1. The brain is the organ of the mind.

Denied by the Edinburgh Review. Now admitted.

2. Size, other things being equal, is a measure of power,

Denied, but now admitted, by every reputable physiologist.

3. The brain is a congeries of organs, each having its appropriate faculty.

Until recently *denied, now admitted* that such separate organs exist, though undiscovered (!)

4. Front brain seat of intellect, top the higher sentiments, back and sides animal instincts.

Long denied. Even the famous Dr. Carpenter maintained that the back head was probably the seat of the intellect, which goes to prove that a man may be a clever anatomist and a scholar, may understand every physiological function, but when it comes to the mental side of one's nature he appears to be very simple.

To-day almost all physiologists *admit* that the phrenological division of brain organs is correct.

5. Form of skull during life corresponds to that of the brain.

Always *denied*, always a stock objection to Phrenology.

Now *admitted* by all anatomists, Prof. Humphrey of Cambridge University expressly *admitting* the correspondence, and he says:

"The arguments against Phren-

ology must be of a deeper kind than this to convince anyone who has carefully considered the subject."

Prof. Wallace goes on to say:

"Thus the main five contentions of the phrenologists, each of them at first strenuously denied, have now received the assent of the most advanced physiologists"

He concludes his extensive remarks in these words:

"In the coming century Phrenology will attain general acceptance. It will prove the true science of mind. Its practical uses in education, in self-discipline, in the reformatory treatment of criminals, and in the remedial treatment of the insane, will give it one of the highest places in the higher hierarchy of the sciences; and its persistent neglect and obloquy during the last sixty years, will be referred to as an example of the almost incredible narrowness and prejudice which prevailed among men of science at the very time they were making such splendid advances in the fields of thought and discovery."

Two for the Price of One.

"Mental Influences in the Healing of the Body." Price, 10 cents. By T. V. Gifford, M. D. A small pamphlet of 12 pages containing some practical and valuable suggestions. The following extract teaches such an important lesson that we cannot resist quoting:—

"Any degree of anger is very bad, from mere impatience to actual madness, which is the most terrible and least justifiable of human life. To get really mad will poison the fluids of one's whole system so that it will take days to get rid of it, and it may ruin one for life."

"How to Read Character—Illustrated." A lecture delivered before the California Medical College, San Francisco, by Prof. A. Haddock. Both the above pamphlets will be sent for the price of one (10 cents). Address HUMAN NATURE Office.



The American Institute of Phrenology

Opens its next session

SEPTEMBER 6TH, 1890.

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A Word to the Wise.

It is surprising how unreasonable some people are. One man writes our office to know the price of charts, requesting us to mail him one for sample, also a catalogue of books and a sample copy of HUMAN NATURE. To fully answer this correspondent would cost us about 30c., but he did not even send a postage stamp for reply.

Six such letters reached our office in one day. We wish to impress upon the minds of our correspondents that if they desire answers to their letters and questions they must enclose a postage stamp, or their letters will go into our waste-basket unread and unanswered, but if a stamp is enclosed a courteous and satisfactory answer will be promptly sent. A word to the wise is sufficient.

WHAT 60cts. WILL DO.



SEND US SIXTY CENTS AND TWO VIEWS OF YOUR HEAD AND FACE,

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We include the above and give a TYPE-WRITTEN ANALYSIS, describing character, disposition, what to cultivate and restrain, occupation best adapted to follow by nature, adaptation in marriage, etc.

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We give private lessons in Phrenology and Physiognomy daily at the office.

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

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