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Clergymen and Phrenology.

Many years ago ministers of the gospel looked askance at Phrenology because through misunderstanding its principles, they supposed it destructive of morals, but when that great educator, Horace Mann said—

"Phrenology is the handmaid
"of Christianity, and he who
"disseminates its principles is
"a benefactor to his race,"—

the ministers began to examine its merits, with the result that every progressive clergyman to-day sees in the science of Phrenology a mighty moral and intellectual lever, and are its champions because it not only reveals their own strength and weakness, but enables them to understand their parishioners and aids them in their ministerial work.

Rev. H. W. Beecher said: "If a man wishes a knowledge of human nature for definite, practical purposes, there is no system which will aid him in acquiring that knowledge like the system of Phrenology."

These reasons may have led Rev. Leon D. Green of Eugene, Oregon, whose portrait appears on this page, to take our course in Phrenology.

Mr. Green is a small man physically, but a large one mentally. He has a very active brain of fine organic texture.

His brain runs at high pressure and tends to exhaust him physically. He possesses a high, expansive forehead, indicating a philosophic turn of mind, and logical in a high degree.

He is an original thinker, reasons well and looks deep into causes, analyzing evidence with a keen and critical eye.

He has the courage of his convictions, his combativeness being strong and active, together with large language, as indicated by his full, round eye, large mouth and flexible lips, which give power of verbal expression; hence, when aroused he becomes bold and courageous, but is not aggressive.

It will be seen from the great width of the upper forehead at Mirthfulness and fullness of the head at Imitation, that he possesses a fund of mirth and the faculty of portraying the comic side of life; probably, however, the spiritual faculties being active, suppresses the tendency to act the comedian,



REV. LEON D. GREEN.

nevertheless; when in good health the vein of humor will crop out despite his serious profession.

Owing partly to a lack of vital stamina, but mainly to a highly pitched nervous system, dark hair and complexion, indicating a bilious temperament, Mr. Green is a prey to the "blues," during the reign of which he needs the sympathy and encouragement of those associated with him; otherwise he is a cheerful and intellectual companion.

He mastered our course of lessons in a very brief time, and reads character remarkably well. We deem him an honor to the profession, and wish him God speed in his work.

Mr. Green entered the McMinville College in 1887, and the medical department of the State University in 1891, and continued for two and a half years, when he retired on account of sickness.

In 1895 he commenced the study of mental science in connection with the Bible.

In 1898 he was ordained to the ministry of the First Christian Church of North Yakima, Wash., and in the fall of that year entered the Eugene School of Divinity, and this year, 1899, graduated from our School of Phrenology at San Francisco.

He is now pastor of the Christian Church at Central, Oregon.

Urban and Suburban Children.

BY JOHN S. PRIOR.

There are noticeable differences in temperament, size and form of head of the children of American parentage in different sections of the State of California. The children outside of San Francisco have, as a rule, larger heads, coupled with finer and stronger bodies than those of the city. The general physical make-up of those outside of San Francisco is an even balance of temperaments, although in many cases a vital plumpness predominates. The children of California, excepting San Francisco, are finer formed and better balanced mentally and physically, than children of the other States. Their chests are larger, as is also the lower parts of their bodies below the waist. It is not the intention of this article to say, that children born in California are alone subject to such perfection of nature. Eastern children, or ones born in other states not east, reared in the State, and who have favorable constitutions, readily assimilate to themselves the same physical and mental qualities. The children who are being reared entirely under the depressing social influences of San Francisco do not compare as favorably as one could wish with those reared in the vicinity and in some country districts of the State. The causes of the superiority of the children outside of San Francisco are such as would make any class of children superior. The climatic condition, the social standards and educational facilities are in many cases far superior. The children of Berkeley, San Jose, Los Angeles, Palo Alto, and many other sections of the country are evidences at hand to prove that which has been stated. The heads of San Francisco children are found to be smaller in size than those of their country contemporaries, when placed beside each other. The average meas-

urements for San Francisco are: From the 7th to 14th year, as follows: 18 inches to $21\frac{1}{2}$ around hats, number from $5\frac{3}{4}$ to $6\frac{7}{8}$ in in size.

The following is the measurement for some parts of the State: From 7 to 14 years, from 19 to 20 inches as minimum, to 22 inches around; hats at from 6 to 7. This gives for the country the advantage of an inch to half an inch. The largest-headed children are found in the country, and they are, as a rule, healthy and strong. The writer has measured the heads of boys whose heads measured 22 to 23 inches around and who also possessed fine bodies.

Children who live in educational centers such as Berkeley, Palo Alto, etc., have markedly large heads.

Responsibility of Phrenologists.

BY GEO. B. JONES.

While it may be true that more people visit the phrenologist through curiosity than with the intention of following the advice given them, it should not cause the phrenologist to feel less responsible for his acts, for if his advice be followed by the patron a life of happiness or sorrow is at stake.

To illustrate, suppose a person, in whom Cautiousness is small, is advised to become a physician or surgeon; no matter how well he may otherwise be qualified for a physician this one deficiency would disqualify him, and should he practice the healing art he would be sure to cause pain and suffering, if not death itself, to some of his patients.

It sometimes happens that a young man or young lady will bring to the phrenologist two or more photos of their lady or gentlemen friends, and want to know which of the several ladies or gentlemen represented by the photos is adapted to him or her in marriage. There is much responsibility resting upon the advisor in such cases.

LACK OF RESPECT.

It is sad to see the lack of respect some children have for their elders and a pity that some parents have such a weak moral influence over their children.

By request of one of our students a mother brought her little daughter for a practical examination for the mutual benefit of mother, child and student.

She was a bright, pale, little-eyed child of six summers, with light hair and fair complexion; she possessed a very active frontal brain with full Language and an excellent verbal memory, but was weak in the moral region, veneration being small with rather weak conscientiousness, small cautiousness and large in the selfish propensities.

Before our student had measured her head with tape and callipers and spoken a dozen words the child enquired if he was not through?

Little notice was taken of the interruption until in a few minutes she asked, "Ain't you through?" whereupon the mother smiled approvingly as if the child had displayed wit.

Later, when the student had finished the examination and the mother was bidding us "good-bye," the child turned to our student and exclaimed, "good-bye, old fool."

Which is more to be pitied, mother or child? Mother, because she does not know the duties of motherhood, or child, because of the trouble her inherent tendencies will lead her into?

Unwise mother, unbalanced child! which being the result of prenatal conditions and wrong training will sooner or later go to the bad, unless checked in her wilful perverted nature.

Much now depends on the training of the child—"As the twig is bent so is the tree inclined."

In love of home the love of country has its rise.

A TRAINED NURSE.

A bundle of nerves in the form of a lady of the brunette type recently took our chair for a phrenological examination.

Her frail body and large, active brain; her full magnetic eyes, expressive mouth, expansive forehead, strong nose and clear-cut features told the story of nervous exhaustion that meant collapse in a short time.

It was evident that from some cause the lady was becoming physically exhausted and we expressed hope that she was not compelled to nurse the sick, for if so, she would soon require nursing herself.

The lady burst into a flood of tears and replied: "I am a trained nurse and successful. I have been sick now for several weeks and came to you for advice, and without a word or a hint from me you have confirmed my worst fears.

"However, your advice will be my salvation. I have felt for months that my patients were absorbing my strength and life, that I was growing weaker and losing strength, while they recovered, but now, what shall I do for a living? Oh, that I had consulted a phrenologist before I had chosen a profession; the result would have been different perhaps, my health better and life happier."

In answer to her question, What she could do for a living? we advised her to take up stenography, typewriting, etc., because she had an active mental temperament, including full Perceptive faculties, large Individuality, Form and Constructiveness.

She could become a linguist or elocutionist and would make an excellent writer, because the literary faculties in her head were not only well developed but active, especially Language, Eventuality, Causality, Comparison and Continuity.

These were the main or leading faculties, and by virtue of her Mental Temperament, fine texture and predominance of brain and nervous system over the Vital and Motive Temperaments, she was far better adapted to mental occupation than to manual labor.

The lady retired in a very

cheerful mood, expressing the belief that the tide had already turned which would lead her on to a new life of health and happiness.

The Soldier and His Girl.

It is often remarked that "a girl loves a soldier." She is emotional, because her backhead is large, and she admires trappings and tinsel because she is large around the crown of the head at Approbation.

Peacock feathers are attractive, and as the soldier strides loftily, bedecked with brass buttons, epaulets and plumes, she admires and adores him.

A soldier is not the most refined of mortals, nor magnetic, for when bereft of his trappings his former admirers pass him by with indifference.

A woman's love for tinsel, fuss and feathers, finds satisfaction in the soldier's trappings. She loves display, loves to admire and to be admired, as she elects to love and be loved.

These remarks are general, and are not applicable to the "new" or coming woman. Sensible women love sensible men and will have no other. The sensible woman discovers the true man even though clad in homespun.

The world's Franklins, Greeleys, Newtons and Lincolns were great without tinsel and won the lasting love of true women and the admiration of noble men.

The sensible woman is increasing slowly in the world. When she is in the majority there will be fewer soldiers strutting in uniform or "dying in Algiers" and more intelligent, upright men in sober attire to win by worth woman's undying love.

Mr. Bernard, whose card appears in another column, is well versed in the principles of phrenology, as his frequent able contributions to the columns of HUMAN NATURE bear witness. He is one of the rising legal lights of the Pacific Coast—a successful lawyer.

CREATING APPETITE.

It is reported that at a recent meeting of the Ohio State Association of Brewers, the president addressed the meeting in the following words:

"Gentlemen, our customers die, and the ranks must be recruited lest our coffers soon be empty. Gentlemen, we must create appetite. Nickels spent now in treats for the boys will come back bye-and-bye in the shape of dollars, into compound interest when the boys and their appetites are full grown. Let us do missionary work, there, gentlemen. Do not be afraid to spend the nickels: create appetite."

This arch fiend cares not what becomes of "the boys" in after life, what crime or misery our "boys" commit through drink, providing dollars come into his pocket. He is willing to spend now that he and his traffickers may reap dollars later on through cultivated appetite!

Create appetite and create devils: for that is the sum and substance, the result of perverted appetite. Owing to perverted appetite our prisons are full to overflowing.

Recently one McAuliffe shot another to death during a saloon quarrel—perverted appetite. The murdered man is the brother of Joe McAuliffe, the noted pugilist. The murderer probably has murderous instincts, but the crime is directly attributed to drink—a created appetite for liquor.

We are not poorer, but richer because we have through many ages rested one day in seven. That day is not lost. While industry is suspended, the plough lies in the furrow; while the exchange is silent, while no smoke ascends from the factory, a process is going on as important to the wealth of the nation as any process which is performed on more busy days. Man, the machine of machines, is repairing and winding up, so that he returns to his labors on Monday with clearer intellect, with livelier spirits, with renewed corporal vigour.—LORD MACAULAY.

VOCATIONS.

BY JOHN F. BERNARD.

Seventy years ago people asked, "Is Phrenology True?" Twenty years ago they inquired, "What are its *practical uses*?" To-day its practical uses are so widely recognized and in such great demand that it is only a matter of a short time now when Phrenology will take its place among the older professions. Already it has reclaimed many from a restless, a useless, a vagabond life, to one of usefulness, success and happiness, and in some instances of eminence. It has induced many to quit vocations for which they were unfitted, and to take up their proper callings, with success and happiness as the result invariably.

One of the most important of the practical applications of Phrenology to the common affairs of life is the subject of vocations from the phrenological standpoint, which includes a consideration, on the one hand, of the essential requirements of each vocation, and, on the other hand, of the human qualities necessary to meet those requirements in the sense of adaptation. A person who lacks Color, for illustration, is unfit to temper axes or handle railway signals.

The matter of vocation directly interests and concerns most people at some time or other in life. For though some inherit fortunes ample enough to render them independent of any vocation, and others inherit their fathers' business and prove capable, yet the great majority do not inherit such fortunes, and many, resembling their mothers, as most men do and should, in accordance with a principle of human nature laid down by an eminent phrenologist, are no better qualified by nature for their fathers' callings than their mothers are. It is common to see a business which has been ably and carefully built up by a man, dissolved and dissipated by an unqualified heir, who might have done well in some other calling suggested by a scientific analysis of his own nature as largely derived from his mother; and it is good ground for sarcasm to see the intelligent and gentle world fling

abuse at the son for a wreck that was under the circumstances unavoidable.

The subject of vocation is intimately connected with human happiness. Happiness is life's object, what makes life sweet and desirable. Now happiness is nothing but success, or the result of success, and success is nothing but gratification of a person's combination of faculties, acting normally—the experienced assert that abnormal desire, though sometimes temporarily pleasurable, ultimately results in unhappiness. There are different degrees of happiness. Some merely exist and are happy, and their happiness would be worse than death to others. A poor millionaire was made miserable by the loss of a yacht-race, and was amused at the happiness of an employee on being advanced to two dollars a day wages. The highest success and happiness is the true object of ambition and Self-Esteem, and furnish their proper exercise. To attain such each must select the vocation for which he—himself, not somebody else—is best fitted. Lack of Self-Esteem renders one ashamed of his true vocation, even though it be the law, which Daniel Webster pronounced to be the noblest profession of all. When Self-Esteem is large and active, the person considers his the best vocation, even though it be boot-blackening—the very hub of the wheel of manly activity.

Man is so constituted that to obtain happiness he must work. By work I mean work in its broad sense as including all the legitimate vocations, and not in its narrow sense of physical toil only. Man must work hard; and, in order that work may be more in the nature of healthful and pleasurable exercise of all the functions and faculties, he must be adapted to his work. When a person regards the vocation he is in as a miserable struggle for existence, like the delicate and super-refined boy who had to work for his father, the brawny village blacksmith, the true indication is that he has missed his calling; for to all who have missed their true vocations life usually is a miserable struggle and violent self-denial.

It is a phrenological proposition that no two persons are alike, though mankind may be divided into classes of similars, and the

vocations are numerous enough to form a basis of such classification. Fowler pointed out differences between the Siamese Twins even. And all people cannot enjoy the same things or succeed in the same vocations. The physical giant would be as miserable in a watch-making business as a bull in a parlor. The intellectual prodigy would die of unhappiness if he were confined for life to ordinary farming. The typical farmer, after a few days in the city, longs to get back to the farm. Imagine Jeffries pursuing happiness as a dry goods salesman, or Admiral Dewey cobbling old shoes, or a pretty dentist emulating Oom Paul, or the ideal heavy teamster vending popcorn, or McKinley teaching ballet-dancing, or Bismarck as a stenographer and amanuensis to a doctor, or Carlyle as a phrenological counsellor in matters of diet, or Richard III as a servant, or Cæsar in a bakery, or a fine confectioner turned surveyor.

Be Natural.

It is a lovely and graceful thing to see men natural. It is beautiful to see men sincere without being haunted with the consciousness of their sincerity. There is a sickly habit that men get of looking into themselves, and thinking how they are appearing. We are always unnatural when we do that. The very tread of one who is thinking how he appears to others becomes dizzy with affectation. He is too conscious of what he is doing, and self-consciousness is affectation. Let us aim at being natural, and we can only become natural by thinking of God and duty, instead of the way in which we are serving God and duty.—F. W. ROBERTSON.

Those who want justice, honesty, love and intelligence, to prevail in this world, should recollect that these must be manifested individually before they can be manifested as a whole; therefore, only through the growth of justice, honesty, and love in individuals can these Deific attributes ever prevail in the world. It is not what people want, but what they manufacture that fills the world with good or evil.—Lucy A. Mallory.

HEALTH DEPARTMENT

MILK AS FOOD.

BY DR. T. R. ALLINSON.

When using milk as food we must take it properly. We may learn this from nature and observation. If we watch the calf we will find that it has to suck the milk slowly, and in sucking a certain amount of saliva gets mixed with it. If we want the milk to lie lightly on our stomachs, and to be easily digested, we must sip it slowly and mix it with the saliva. I always recommend milk drinkers to sip the milk very slowly, or even to drink it with a teaspoon; then it does not curdle in the stomach in heavy masses. The advantage of brown bread and milk sop are that the milk is boiled and diseased matter in it destroyed and the milk being soaked up by the bread is chewed and mixed with it, and so does not curdle in the stomach. When milk is used in puddings, in bread making, or with water in making porridge, its particles get separated and so more readily digested. The barley water that is mixed with milk has a double use: it prevents the milk from curdling in too solid masses, and it is also a food.

The value of milk as food is that it contains nourishment in an easily digested form, and those who are used to meat and wish to adopt a non-flesh diet will find the free use of milk very helpful whilst making the change. Sickly, weak, and delicate persons will find milk a valuable food if they will use it as I advise, and growing children may take it freely, but only at meal times. When babies cannot get breast milk, then that of the cow mixed with barley water must be given. Breast-fed children, when weaned from the bosom, must be allowed milk and bread, or milk and some farinaceous food. As children grow older they may still use milk freely; at meals they should drink it mixed with water instead of tea and coffee. They may also have porridge and milk, or brown bread and milk sop at least once a day. Grown up persons will

also find milk pudding advantageous.

During illness or recovery from disease I find milk an invaluable food. In disease of the stomach and bowels I rely almost entirely on milk and barley water to keep my patients alive, whilst the necessary curative changes are proceeding. In ulceration of the stomach a diet of milk and barley water only is the best cure. Equal proportions are mixed of each; a tumblerful is allowed every four hours; the mixture is taken cool and slowly sipped. This diet and time, with rest in bed, is the best cure for ulcer of the stomach, accompanied by vomiting of blood. In all fevers and inflammations, or acute illnesses of any kind, I nearly always keep my patients on milk and barley water until the worst symptoms have passed. By means of it I can keep down inflammation and prevent complications better than drug doctors can with their posions, and my patients are not injured by the milk as they are by the medicine. In acute disease put the patients at once on a cup of milk and barley water every four hours until the doctor comes. This mixture is far superior in value to all the beef teas, beef extracts, or animal soup ever invented. It alone will sustain patients for weeks during sickness, but a patient will get well quicker on cold water than he will on beef tea and such inferior and injurious extracts. For the future I ask my readers to use milk and barley water as their sheet anchor in disease, and they will never repent it.

The Value of Bran.

It is a fact that persons who live largely upon food made from wheat from which the bran has been separated from the flour, are constipated, from a want of natural action of the bowels. Dr. Jackson, writing on this subject, says:

"Whenever these people have stopped taking food made of unbolted flour, their constipation has lessened, the action of the lower bowel increases and after a while becomes natural; and when constipation gives way to a full movement, this reflects, sometimes, entire and complete relief over the

whole brood of ailments which had made their lives wretched."

Advent flour, made by the Del Monte Milling Co. of San Francisco, contains not only all the bran coverings of the grain, so that those who use it get cured of nervousness and constipation, and all the train of evils caused by constipation, but they secure also all the gluten there is in the whole grain, and hygienists know the value of gluten as nourishment.

Let anyone live on tea and white bread alone, and he will soon have a "tired feeling," or sinking at the stomach from lack of nutrition, and if he persists in living on such an innutritious diet, he will ultimately die of starvation, as did an old miser in this city some time ago.

Dr. Jackson, in speaking of wheat, goes on to say that "Wheat is made up of three distinguishing constituents: First, its outer covering, which is *innutritious*; second, its inner covering which is nutritious—of a glutinous quality; third, its inmost part, which is almost purely starch."

The first covering spoken of by Dr. Jackson as "innutritious," does not obtain in Advent flour." The Del Monte Milling Co., by specially built machinery, remove the outer or innutritious covering, and supply a flour that contains all the nutritious elements of the whole grain only; this is the distinguishing difference between the Advent flour made by the Del Monte Milling Co. and the whole-wheat or so-called Graham flours made by other companies, which grind up the whole grain, including the first covering so objectionable and irritating to those with delicate stomachs: Bread made from Advent flour digests easily.

When alone, we have our thoughts to watch; in the family, our temper; in society, our tongues. We should endeavor to illustrate our devotions in the morning by our conduct through the day.—Hannah More.

"Seek and ye shall find." That means if you search for truth you will find it, but you can search for joy and trouble and find either.

Where Did You Spend Your Holiday.

Where you tempted to go abroad? Did you visit the continent? Did you riot in all the abandonment of a wage-slave let loose, among the pleasure haunts of the world?

Perhaps you went to the Riviera; perhaps you luxuriated in ecstatic worship of that glorious bit of nature's handiwork where the blue waters of the Mediterranean roll in their entrancing splendor against the shores of classic Italy. Perhaps you rambled among the vineclad hills of sunny France, and visited the spots hallowed by the hand of that country's glorious history. Perhaps you sailed up the castellated Rhine, toasted the eyes of bewitching German Frauleins in heavy German beer, explored the recesses of the legend haunted Hartz mountains, and established a nodding acquaintance with the Spirit of the Brocken. Perhaps you traversed the lakes and fjords of Norway, sat down in awe before the neglected magnificence of the Alhambra, and a cup of coffee with Menelik of Abyssinia, smelt afar off the odours of the streets of Morocco, climbed the Pyramids of Egypt, shared the hospitable tent of the Bedoin, visited Cyprus, looked in at Constantinople, ogled the dark-eyed woman of Circassia, rubbed up against the Cossack in Ural mountains; or perhaps you lay in bed all day in order to save a meal, and listen to your wife wondering how she could make both ends meet with a day's pay short in the weekly wages.

And whilst you thus squandered your substance in riotous living, did you ever stop to think of your master—your poor, dear, overworked, tired master? Did you ever stop to reflect upon the pitiable condition of that individual who so kindly provides you with employment, and does no useful work himself in order that you

may get plenty of it? When you consider how hard a task it was for you to decide in what manner you should spend your bank holiday; where you should go for that *one day*, then you must perceive how hard it is for your masters to find a way in which to spend the practically perpetual holiday which you force upon them by your love for work. Ah, yes, that large section of our masters who have realized that ideal of complete idleness after which all our masters strive, those men who do not work, never did work, and with the help of God—and the ignorance of the people—never intend to work, how terrible must be their lot in life.

We, who toil from early morn till late at night, from January till December, from childhood to old age, have no care or trouble or mental anxiety to cross our mind—except the landlord, the fear of loss of employment, the danger of sickness, the lack of common necessities, to say nothing of luxuries, for our children, the insolence of our superiors, the unhealthy condition of our homes, the exhausting nature of our toil, the lack of all opportunities of mental cultivation, and the ever present question of whether we will shuffle off this mortal coil in a miserable garret, be killed by hard work, or die in the Union. With these trifling exceptions we have nothing to bother us—but the master, ah, the poor master!

He has everything to bother him. Whilst we are amusing ourselves—in the hold of a ship shoveling coal, swinging a hammer in front of a forge, toiling up a ladder with bricks, stitching till our eyes grow dim at the board, gaily riding up and down for 12 hours per day, seven days per week, on a tram car, riding around the city in all weathers on floats and drays, standing at our ease outside the printing office door listening to the musical click of

the linotype as it kindly performs the work we used to do inside, telling each other funny stories about the new machinery which takes our place as carpenters, harness makers, tinplate workers, laborers, etc. In short, whilst we are enjoying ourselves, free from all mental worry, our unselfish, tired-out masters are sitting at home, with their feet on the fender, and softly patting the bottom of their waistcoats.

Working with their brains. Poor masters, mighty brains!

Without our toil they would never get the education necessary to develop their brains; if we were not defrauded by them of the fruits of our toil we would get education enough to develop the mental power of all, and deprive the ruling class of their last vestige of an excuse for clinging to mastership, viz., their assumed intellectual superiority. I say "assumed" because the greater part of the brain work of industry to day is performed by men taken from the ranks of the workers and paid salaries in proportion as they develop expertness as slave-drivers.

As education spreads among the people the workers will want to enjoy life more, they will assert their rights to the full fruits of their labor, and by that act of self-assertion lay the foundation of that Socialist Republic in which the labor will be so easy, and the reward so great, that life will seem a perpetual holiday.

—*Spailpin, in Workers' Republic.*

Henry Clay had a large back-head at Inhabitiveness; O. S. Fowler speaks of it in his writings.

One of our students during an examination recently said to the gentleman he had in the chair:

"You have a Henry Clay head."

"Yis," replied the witty Irishman, "more Clay than Hinry."

To do wrong is to inflict the surest injury on our *own* peace.—CHANNING.

Cui Bono?

A certain lady of antique pattern is reported to have attempted to sweep back the advancing waves of the ocean with a broom. Her success was not great, and she was compelled to abandon her self-assigned task in despair.

This dame's broom experience finds its parallel in the efforts of reformers who with tongue and pen attempt to stay the on-coming tide of "Imperialism," "Military-ism," "Capitalism," and several other isms which threaten to engulf the human race, which seems to be going to the "dimnition bow-wows" at break neck speed. The sooner it gets there, the earlier we all shall find surcease from strife.

I am tired: This is the reason I am silent in HUMAN NATURE this Thanksgiving (?) month. What's the use? C. P. HOLT.

Brain Rest.

Dr. McLane Hamilton says: "Nervousness is the greater brain trouble in this country. It is caused chiefly by the continued strain of business. Men take too little time to think about their health, and especially to think about their brain. All the time they are thinking of business; how to get on in the world and how to make a fortune. This continual strain on the brain is also the cause of so much insomnia that is prevalent. Another cause of nervous men is that they keep their brain working in too narrow a channel. They work in the same groove all the time."

Dr. O. S. Paine, writing in a similar strain, uses the following language: "Men very often die from overwork, especially brain-workers. Many men study day and night and work day and night almost, and so overtax their brains that they become mentally and physically incapable of performing their proper work, and eventually break down altogether under the strain. A great many

are troubled with sleeplessness and fail to pay any attention to this."

Persons who can't sleep can't keep well. The brain will sooner or later wear out unless it is properly rested. The patient then breaks down, and is in a fair way to become insane.

Dr. Lewis A. Sayre adds the following: "If men, and women, too, would study to take more rest, would make it a practice to take rest at certain periods during the day, and would put everything on one side in order to have that rest, we doctors would have much less work to do. With everybody almost the chief thought seems to be excitement. Men have excitement in their business and when their business is over seek an excitable recreation. Many women live on nothing but excitement, and after they have indulged in it until they break down and are compelled to take rest they find it is very hard to recover again.

"Rest can be taken in a variety of ways, but the only perfect rest is sleep. A man should take rest after his meals, particularly after eating his dinner. Some people only rest properly when lying down. Some rest most when removed entirely from their business cares, when taking outdoor exercise. Others take rest in various kinds of amusement."

It is the duty of every one to take a sufficient amount of rest in order to keep a proper degree of vigor. Change of occupation is rest; reading light literature for the student of mathematics is to him a rest, while to the writer of light fiction it is a labor. The brain is so arranged that certain cells can rest while others are at work; the important thing to keep in mind is, not to persist at the same thing too long.

OMEGA.

This life were brutish did we not sometimes
Have intimation clear of wider scope;
Hints of occasion infinite to keep
The soul alert with noble discontent.
—Whittier.

The "Harbinger of Dawn," for November.

This number appears with a new and attractive title-page, which is to be permanent. Among the leading features are, "Researches in Spiritual Phenomena," by Sir Wm. Crookes, F. R. S., scientifically demonstrating 12 phases; "The Fallen Pyramid, or Heart of the World," by William F. Whitehead, an Occult African legend of a Golden Age in the long ago; "Birds and Animals as Prophets;" "The Druids as Spiritualists;" "Shakespeare's Spiritualism;" "How African Psychics Produce Rain"—a startling tale vouched for by the editor of the *Revue des Revues*; "Evolution in Memory," by Chas. Dawbarn—an original theory backed by startling facts,—and other important articles, besides the regular editorial departments—"Views from Our Watch-Tower," "Notes and News," "Book Reviews," etc. The editor, Ernest S. Green, announces that he will soon enter upon a series of independent, scientific psychic researches which he will report from time to time in his journal. 24 wide, double column pages. Monthly \$1 a year; 10 cents a copy. Sample back number for a 2-cent stamp.. Published at 1804 Market St., San Francisco, Cal.

Strength Rules.

The ruling races of the world have large heads.

The English have larger base brains than the Hindoos; 80,000 Englishmen in India control 400,000,000 Hindoos.

The Tartars have a large base brain which gives them great energy and force of character, they have also large perceptive faculties and well developed frontal lobes of brain. They control China.

The Turks possess great tact and diplomatic ability, very large Secretiveness and intellectual capacity. They rule the Servians, Armenians, Kurds, Arabs, etc.

The Armenians have large and active brains, similar to the English in some respects but far more active and energetic. They are also a conquering race.

Human Nature.

A MONTHLY JOURNAL DEVOTED TO
Phrenology, Physiognomy, Health, Medi-
cal and Social Reform.

Entered at the Post-office at San Francisco as
Second class Matter, September 29, 1893.

50 Cents per Year in Advance.

Single Copies 5 Cents.

Back Numbers, 10 Cents per Copy.

ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

C. P. HOLT, - - Associate Editor

SAN FRANCISCO, CAL., NOV., 1899.

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.

MONEY ORDERS

We hope our friends will remember that all money orders, American or International, must be drawn on the Post Office at San Francisco, Cal., or through an Express Company, and made payable to Allen Haddock at 1020 Market Street. Bank checks not accepted. If money orders are inconvenient, send 2-cent U. S. stamps. 2s 6d in British stamps as one year's subscription.

When this paragraph is marked with a cross (X) it means your subscription has expired.

Please renew.

Human Nature Mail Course of Phrenological Lessons.

Our twenty-seven type-written lessons (if thoroughly mastered) will enable any intelligent person to accurately read human character.

They are the result of a life study of phrenological science, and its essence in a nutshell. This course was formerly sold for \$25, but the price has been reduced to \$5, if taken in one package.

We follow 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.

A Skinflint.

Some people have sense and are endowed with justice. These always enclose postage in their letters of inquiry and consequently get their questions answered; but there are other selfish blockheads who write a long string of questions on Postal Cards addressed to HUMAN NATURE Office. Such postals quickly find their way to our waste-basket.

Following is a verbatim copy of a Postal Card recently received at our office. An autopsy of the writer's brain would probably show a preponderance of gray matter about his ears.

"Just heard of you and of your monthly through an eastern paper. Would be glad to receive a specimen copy of your HUMAN NATURE and all the information you can send me gratis.

"Also tell me all about yourself, your paper, your doctrine and aims, your faith and practice.

"Do you believe the Bible is a miraculous guide from God? Are there many of your school of thought, whatever it is, practising the healing art to suffering humanity's ills and woes and diseases in California?

"Please address all the *free* information to _____.

"P. S.—Send me a Catalogue of books and all information."

Swindling the Superstitious.

There are people in California as ignorant and as superstitious as are to be found in the darkest alleys of the cities of Continental Europe (notwithstanding an enterprising press and an excellent system of education) else how could Madame _____, of San Francisco, realize so much money as she is said to acquire by the sale of "Charm Powders to bring love back and good luck?"

It was proved in court by her agent that this powder is brick-dust.

On Market St., San Francisco, are several jeweller's stores where are exhibited "charms" for sale. One is a rabbit's foot "taken from a rabbit at 12 midnight; it will bring luck," and yet this is the dawn of the twentieth century.

RALSTON MEALS.

The book "Ralston Meals" is perhaps one of the most valuable works ever published. It gives a list of model meals and how to prepare them. Meals to build muscle, meals to strengthen the brain and establish health. Meals for cold days and hot days; meals for bad livers and dyspeptic invalids; meals for laborers and clerks; meals for thin people and fat people—and you can get them at home or anywhere.

From Chapter XXIV, we cull the following paragraphs:

"FOR HOT DAYS.—Some families eat cold weather foods on hot days and hot weather foods on cold days, caring absolutely nothing about results. Most people are ignorant of the nature and value of foods, and it is observable that the less they know the less they *want* to know.

HEATERS.—Look at their faces which are covered with blotches, principles and sores, all the year round. They are fed all summer on *Heaters*. Men and women debilitate their system by compelling the organs to keep up a constant fight against a wrong assortment of food * * *

BUCHWHEAT is very heating and very quickly ruins the blood in summer. Yet farmers and others eat it all through the year and are specimens of its results.

A party of ladies and gentlemen accompanying the writer to New York one summer, were left to their appetites, six eating a breakfast of buckwheat cakes and white flour biscuits and fruits; the other five eating wheat grits, fried white meal mush and fruits.

The six complained all day of the excessive heat and were uncomfortable and irritable; the five were comfortable, cool and unusually good natured."

RALSTON MEALS, Price, 50 cts. HUMAN NATURE Office.

The science of Phrenology has been retarded by the assaults of ignorance, and its progress hindered by charlatans; but the same can be said of medicine, theology and law; yet truth ultimately triumphs.

Honesty Rewarded.

A rich eccentric man died in Brussels, recently, leaving his entire fortune to a young woman who was an entire stranger to him. Each morning on his way from his home to the city he took a car, and, sitting near the conductor, would pass up the fare from the passengers. On returning change he would add a silver coin of his own, watch the passengers count the change and see them notice the extra coin and slip it into their pockets without thought of the poor conductor who could ill afford such a loss.

One day, however, a young woman passed her change back with the remark, "Here, conductor, you gave me a franc too much."

The eccentric old man was delighted, followed her home, made enquiries about her, which were satisfactory, and made his will in her favor, though it is said that he never gave her warning that her franc was going to bring her half a million sterling.

Brain Repairing.

It has now been demonstrated that a brain cell actually loses part of its substance during action. The cell of the exhausted brain, instead of being plump and full of nervous matter, is found to be hollowed out, or "vacuolated," a cavity having formed within its substance, which has become filled with water. This means that a part of the cell substance has actually been consumed, precisely as coal is consumed when one gets heat from a furnace. It has been found that if an animal whose brain cells are thus exhausted be permitted to sleep, its cells rapidly recuperate; new material is supplied from the blood until the cell is as good as new. The brain of a person, therefore, who is beset by sleeplessness is in the condition of a locomotive which runs night and day without going to the repair shops.

Among the popular fallacies not one is more untrue than the belief that the Phrenologists judge of character by "bumps."

A Climber.

A lady brought to our office a five-year old boy with a very large development of the organs of Destructiveness, Combativeness and Weight, but so small in Cautiousness as to render him absolutely careless and fearless. Seeing this combination of faculties we remarked to the mother that her boy by reason of such a heavy base brain, large Weight and small Caution, would be inclined to run up ladders and climb the highest scaffold and that she had better watch him as his recklessness would be likely to cause him to meet with accident.

The mother seemed surprised at the accuracy of the delineation and said that on the very morning of the examination her boy had climbed a ladder into a high building, and the day before he had jumped on to a passing electric car running at a fair speed, that he had a habit of jumping on to heavy loaded trucks, could go up hill and down hill and balance on rocky ledges like a goat without a slip. She could not understand it and said that some one advised her to consult a Phrenologist.

The chances are that the boy will become an "aeronaut" or a "steeple jack," or a daring adventurer. The only thing that can be done to bring his mind into a more harmonious balance is to cultivate his faculty of fear by pointing out constant danger to life and limb and urge him to avoid risks of all kinds.

Phrenology is so simple that its fundamental principles can be understood by the common mind, yet human nature itself is so complex that some of the greatest minds of the age have been mystified in trying to unravel its apparent mysteries, some have gone to the stars to find the key to unlock the treasure house of man's character and have looked too far away in the skies where the key was not. Phrenology alone interprets mind in men or animals. No other system of mental philosophy compares favorably with it, because it analyzes man.

A Tribute to Phrenology.

The following tribute to Phrenology clipped from *Health* bears honorable testimony from Dr. Burke to the value of Phrenology when applied to healing the sick.

Dr. Burke is a progressive physician and uses in his practice all means which come to his knowledge whereby his patients may be healed. He with other progressive doctors, realizes the value of a knowledge of Phrenology to the medical practitioner of whatever school.

"We are greatly interested in the science of phrenology because it agrees and harmonizes with other fundamental laws. We have seen its advantages and are using it all the while in our work, that is, charging a sensitive brain with the hand or otherwise. For instance, in one who has no appetite by charging Alimentiveness I have produced an unlooked for hunger. Again, charging or stimulating Destructiveness can bring on a fit of *anger*; stimulating Mirthfulness would produce *laughter*, and so on throughout the whole phrenological group. But now what have I shown you? I have shown you *Osteopathy*. Phrenology and physiology shows us where the different organs are located and their functions, and Osteopathy treats them to bring back to a condition called health. Take a sensitive brain and a competent osteopathic operator, try it on some one who is ignorant of where the organs lay, and see the results produced." Dr. Burke in *Health*.

Regarding Color.

Indians, Negroes and all savages betray great love for gaudy and lavish colors in dress and ornamentation. Nature also seems to love color display as exhibited in regal sunsets, the rainbow, the many-colored hillsides and in the Aurora Borealis.

Uncivilized races come more nearly to Nature's great heart than their civilized brethren. Perhaps this will explain why they revel in colors.

It should not be forgotten that "Plain Home Talk" is to be had for only \$1.50, or with HUMAN NATURE, one year, \$1.75.

The Literary Grotto

REVIEWS; BY C. P. HOLT.

"The *Book-Lover*, a Magazine of Book Lore, being a Miscellany of Curiously Interesting and Generally Unknown Facts About the World's Literature and Literary People; now Newly Arranged, with Incidental Divertisement, and All very Delightful to Read."

This is the title and preamble in full of the most unique and charming magazine it ever came to my lot to peruse. It is conducted and published by W. E. Price at 1203 Market street, San Francisco, Cal., at \$1.00 per volume of four numbers; single copies, 25 cents.

The particular number of this magazine of which I write is No. 1, volume 1, Autumn, 1899, and is long, thick and broad, containing 128 pages of the most remarkable facts, anecdotes and quotations regarding authors and literature ever compiled, and tastefully dished up for you and I to read. I am too delighted with this magazine to write more about it; my typewriter has refused to respond; only as a parting salute I quote a specimen brick from the pen of Eugene Field, written on an occasion of reunion of writers who had assembled Dec. 31, 1898, at "Saints and Sinners' Corner."

It is unnecessary to state to readers of HUMAN NATURE where that famous corner was located; let them just read "Dibdin's Ghost," and get and read with delight the *Book-Lover*:

DIBDIN'S GHOST.

Dear wife, last midnight while I read
The tomes you so despise,
A spectre rose beside my bed,
And spoke in this true wise:
"From Canaan's beatific coast
I've come to visit thee—
For I am Fraguall Dibdin's ghost!"
Says Dibdin's ghost to me.

I bade him welcome, and we twain
Discussed with buoyant hearts
The various things that appertain
To bibliomaniac arts.
"Since you are fresh from t'other side,
Pray tell me of that host
That treasured books before they died,"
Says I to Dibdin's ghost.

"They've entered into perfect rest,
For in the life they've won
There are no auctions to molest—
Nor creditors to dun.
Their heavenly rapture has no bounds
Beside that Jasper sea;
It is a joy unknown to Lowndes,"
Says Dibdin's ghost to me.

Much I rejoiced to hear him speak

Of Biblio bliss above,
For I am one of those who seek
What bibliomaniacs love.
"But tell me, for I long to hear
What interests me most.
Are wives admitted to that sphere?"
Says I to Dibdin's ghost.

"The women-folks are few up there,
For 'twere not fair, you know.
That they our heavenly joy should share
Who vex us here below!
The few are those who have been kind
To husbands such as we—
They knew our fads and didn't mind,"
Says Dibdin's ghost to me.

"But what of those who scolded us
When we would read in bed—
Or, wanting victuals, made a fuss
When we bought books instead?
And what of those who dusted not
Our treasured pride and boast—
Shall they profane that sacred spot?"
Says I to Dibdin's ghost.

"O, no! they tread that other path
Which leads where torments roll,
And worms—yes, bookworms—vent
their wrath
Upon the guilty soul!
Untouched by bibliomaniacs' grace,
That saveth such as we,
They wallow in that dreadful place!"
Says Dibdin's ghost to me.

To my dear wife will I recite
What things I've heard you say;
She'll let me read the books by night,
She'll let me buy by day;
For we together, bye-and-bye,
Would join that heavenly host—
She's earned a rest as well as I!"
Says I to Dibdin's ghost.

This specimen is only a faint scintillation of the rays of light in the *Book-Lover*. There are talks about Dickens, Wordsworth, Poe, the Bronte Sisters, Scott, Lowell—many, many, very many authors and their sober-funny sides. I have read the magazine through once and will do so again now, for I am a book-lover—are you?

Health for October has for contents a telling article on "How to Keep Young," that is to say, it tells the secret of retaining youth all along the road to its earthly end. W. I. Hunter, Ph. D., wrote the article. "The Physician's Study," conducted by Dr. Burke, is instructive, and Mrs. Burke conducts "The Cooking School" in a manner pleasing to mind and taste. "The Tobacco Pest" states nothing to encourage the pernicious habit of using the vile weed. However, let those who desire to read a valuable health magazine subscribe for *Health*.

The *Phrenological Journal* for October contains some good articles. Among them is one by Burton Peter Throm, M. D., entitled "The Science of Crime."

"Force-Massing Methods," by Ernest Loomis, 70 Dearborn street, Chicago, Ills. \$1.25.

There are six essays in this volume, containing more than six valuable ideas, but it takes 134 pages to get the thoughts into comprehensive shape, whereas if boiled down, the gist of the whole book could have been put into 33½ pages, and then had room at the bottom of the last page to write—Finale. The book deals largely in occult speculation, and when we recall that the word "occult" means "hidden," it is easy to understand why occult books are obscure in expression. The idea is to say just enough of a good thing to excite the reader's curiosity and then let him guess out the conundrum.

Following are some of the good thoughts in this book: "The law of Love applies to the atom the same as to the universe, and is the power within the atom which makes its evolution possible and a foregone conclusion. Pollywog and whale are of equal dimensions in the sight of God. * * * 'Love is the elixir of everlasting life, which gives the soul immortality.' * * * 'It is an unvarying law of thought that whatever the human heart permanently desires, that it will in time get.' * * * 'Force is but vibration. The law of love is its cause.' * * * 'All force springs from the law of Love.' * * * 'Love is the one supreme power. The science of force-massing is but the science of Love.' "

It will be seen from these quotations that the book is readable and wholesome, and notwithstanding no proof is attempted for such assertions as: "The things we see in nature, our own bodies included, look like solid, but they are not even fluid," we must not forget that this is an occult book, and that occult means hidden.

The *Hesperian* for October-December, 1899, is up to its usual standard of excellence. The article by A. Hunt Rowan, B. L., entitled "Influence of Commerce Upon Language," is worth reading twice, and so is "The Arabian Nights," and—well, the entire number is good.

The *California Osteopath* for October is the best number yet issued of this valuable publication. "Os-

teopathy and Dietary" is its best article, but—well, no, that one by Wm. H. O. Bryan, "History of Mechano-Therapy," and "A Lecture on Osteopathy," by Dr. Purdy, are also excellent.

The Harbinger of Dawn.—A monthly review of Occult, Psychological, Spiritual and Metaphysical reviews, is edited and published at 1804 Market Street, San Francisco, Cal., and every month boils down the thoughts upon Occult subjects to be found in other publications. It is eclectic and contains in brief the gist of psychical ideas and facts.

Mind.—The October number of the *Metaphysical Magazine* is richly illustrated with pictures of "Green-acre" and its environs and most of the articles are devoted to Sarah J. Farmer and her great work of trying to uplift humanity from materialism to spirituality.

An open letter to the Hon. Wm. Jennings Bryan, by Wallace E. Nevill, 2929 Sacramento Street, San Francisco, 10 cents.

This is a pamphlet of 24 pages. I don't know why the author addressed his letter to the "Silver Man," instead of to Mr. McKinley, the "Imperialist" Gold Standard Man. However, it makes little difference who is addressed seeing it is an open letter and everybody who has ten cents can buy it and read it.

It is worth twice ten cents to any person who does any thinking. There is a tinge of anarchial doctrine pervading the letter, but who's afraid to read anything—everything? Not you, not I!

Opening the letter at random I quote: "When you say 'Imperialism' cannot exist without its twin brother 'Militarism' you demonstrate the fact that you have studied the laws of heredity. * * * But have you ever realized that 'Democracy' if it is to have an 'Administration' with you at the head of affairs, must also have an army? As soon as the law is made you must have at least one policeman to enforce it. * * * You will see the necessity of fighting the mother of all trusts—the principle of arbitrary power—rulership, domination, brute force, as it exists, and can only exist, in organized government."

This is the way Mr. Nevill

writes to Mr. Bryan, and much more in the same vein. Further on in the letter occurs the following: "As I see things, it is unphilosophical—in short, puerile—to fight the 'Trusts' with one breath and with the next uphold 'Government,' which is the mother of them all."

Personally, I do not agree with Mr. Nevill in all he writes to his friend Mr. Bryan, but disagreement in views shall not prevent me from reading the letter. I like to read ideas in conflict with my own. This is why I like this "Open Letter."

"The Political Economy of Natural Law," by Henry Wood, Lee & Shepard, Boston. Paper, 50c.; cloth, \$1.25.

If Mr. Wood would study the works of Karl Marx and "Rebel" of Herbert Spencer and the ocean of socialistic literature at hand today in America he would be likely to modify the views expressed in this book.

It is evident from the tone of Mr. Wood's writing that he does not know what socialism is, as the following quotations from his book will show:

"It is 'idle to claim that the ignorant and unassimilated alien elements which form the great bulk of the socialistic party of America are actuated by a fraternal or unselfish spirit. Their lurid declamations against property and capital, and the spirit, even of their best literature, are conclusive on this point. Their prevailing animus is distinctly destructive and not constructive."

* * * Socialistic agitators descend upon 'wage-slavery,' but that is nothing compared with a coercion which would sweep away all liberty," etc., etc.

Either Mr. Wood is writing for capitalism or he is woefully ignorant of what socialism really is and has not made the acquaintance of American Socialists, who are far from being the "ignorant aliens" he libelously terms them.

Mr. Wood may be an authority upon "Christian Science" and upon "Mental Photography" but he has some cobwebs to brush from his eyes before he is fitted to work intelligently upon Socialism. His book is valuable chiefly to show how weak are the arguments of opponents of Socialism and the

venom of the hiss and sting of the capitalistic serpent.

"Ideal Suggestion Through Mental Photography," by Henry Wood, Lee & Shepard, Boston. Cloth, \$1.25; paper, 50c.

All persons who believe that spirit is superior to matter and that mind rules the body will find in the pages of this book much to confirm their belief. A few quotations from the book will show its trend of thought.

"The soul or life of a thing is the real thing, and this is as true of a tree as of man. * * *

A study of health, as of any other perfect and normal entity, tends towards its actualization, but research in morbidity of whatever variety is unwholesome. Every discovery of a new malign bacterium or disease germ adds one more weight to the burden of apprehension that is oppressing humanity. A positively developed spiritual nature is invulnerable to any 'evil' thing known in the whole universe of God."

One-half the book is devoted to "Practical Directions for Ideal Suggestion," with mottoes for every-day contemplation.

This may not be a "cure-all" but it is far and away superior to drug dosing.

The *Humanitarian* for October is more than good, it is superb.

The article "Anthropology 1863-1899," by E. W. Brabook, F. S. A., is worth two years' subscription to the magazine. "The Revival of Belief in Witchcraft," by Amiel, set me to wondering if the last part of the nineteenth century is an inch ahead of the days of "Egyptian darkness" or any other era since or before old women in Salem rode broom handles to the sky. "What fools we mortals be" to be sure.

But I am getting away from my subject, which is to insist upon my statement that the *Humanitarian* for October is delightful and instructive reading.

The "Good Health Grotto."—I believe this to be the oldest health magazine published, it having done good good work in reforming the health morals of mankind when no helpers were at hand.

The October number, 1899, is as interesting, instructive and a

HUMAN NATURE

helpful as any of its predecessors. Dr. Kellogg, as usual, writes interestingly; this time upon "Work and Old Age," "Exercise for Rheumatism," and in Answers to Correspondents. Mrs. E. G. Kelley writes well upon "Notes in the Air," and W. H. Riley, M. D., gives scientific facts upon "The Effects of Alcohol Upon the Functions and Structures of the Stomach. There is much else and every number of *Good Health* that everybody should read. Its monthly visits to the editorial table of HUMAN NATURE are warmly welcomed.

Our New Offer for 1900.

By special arrangement we are in a position to make a grand offer for A. D. 1900.

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These three unexcelled magazines for A. D. 1900, \$1 60.

This offer is brief. Order at once.

Address, Human Nature Office.

Mothers.

Mothers with a large development of Parental Love, clothe their children to look young; their daughters in short dresses, and their sons in short or knee-pants, when the boys become men the mother still clings to them and calls them "my boys."

Mothers with small backhead look forward to the time when their boys will be men and make their mark in the world. They help them out of their swaddling clothes as soon as possible.

Such mothers desire strong and manly sons.

By the aid of Phrenology we are able to distinguish the difference between a mathematician and an arithmetician. The former possesses large Causality, Comparison and Calculation, whereas the latter has large Calculation and often large Acquisitiveness and may have only moderate Comparison and Causality. It is not necessary to quick and accurate arithmetical calculation that Calculation or Comparison be large, but Calculation must be well developed in the arithmetician.

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HUMAN NATURE

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At HUMAN NATURE office we have skulls, diagrams, portraits, casts from the living and the dead, together with all the paraphernalia for giving private and public instruction in phrenology.

Private students received any time to suit pupils.

Fifty private lessons can be taken by the student in one month, for which tuition he pays only \$50. These lessons will enable any ordinarily intelligent person to read character accurately, and fit him for the public lecture field in which to glean money and fame.

Business men, teachers, professional men and mechanics are now taking up this science for practical use in their various avocations, and meeting with success.

One student, W. C. N., says: "As a merchant tailor your professional course, which cost me \$50, has already been worth to me \$500 from knowing how to better understand my customers and bringing increased business."

Manhood Wrecked and Rescued

How Strength and Vigor is Lost, and how Manhood May be Restored by Self-Treatment;
 BY

Rev. W. J. Hunter, Ph. D. D. D.

This is a most timely and important work, by one who has made a careful study of the subject, and brings to bear a thorough knowledge of general and sexual hygiene. For the want of the knowledge on sexual subjects this book contains, many men are on the downward course, and by the use of it many could be saved from sexual weakness, restored to manly vigor and made capable of properly filling life's duties and become strong, manly men, instead of physical and social wrecks. This book is handsomely published in large clear type, bound in extra cloth, and wishing to co-operate with the author in his desire that all who need it might have it, it is sold at \$1. Clergymen and teachers recommend this book to men of all ages.

Address Prof. HADDOCK, 1629 Market St., San Francisco, Calif.

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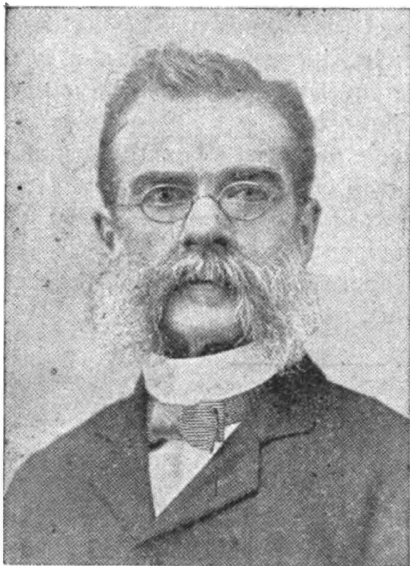
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