

HUMAN NATURE.

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BLANK PAGE.



PROMISE.



DISAPPOINTMENT.



FAILURE.

FROM DAWN TO DUSK.

The face of the child is like a sheet of white paper upon which Time writes the history of a life. Every emotion of the soul is reflected in the face, over the surface of which Nature has placed signal stations radiating from each brain center, so that we read displeasure in a frown and joy in a smile; shame paints the cheeks with vermilion blush, and fear blanches them to whiteness; the scowl of the villain is understood by the shrinking child, while the glance of the tale-telling eye betrays the secret lovers would fain conceal.

As the gnarled oak pictures upon its roughened bark the tempests of the years which have beaten upon it since it was a sapling, so the features of the aged man portray the joys and sorrows and the deeds, good and bad, which have marked his career from the cradle to three score and ten.

The four portraits illustrating this article are copies from pictures made of the same person at different periods of his long life and scarcely need comment, each telling its own tale.

In the child we have the blank page upon which Time has made no mark. The lower part of the forehead, where Nature stores her facts, is yet undeveloped, as is also the feeble nose. The face awaits the impress of coming years.

Next is shown the picture of the child grown to early manhood with promise written on every lineament. The forehead and nose have changed from

weakness to strength. The young man bids fair to win fame and fortune as the days go on.

The scene changes in the next portrait to disappointment. At the cross-road he chose the wrong path, entered upon an occupation to which he was ill adapted. Struggle as he would success eluded him and disappointed ambition claimed a victim. The face is now mature, but bears the unmistakable lines of misapplied exertion.

The portrait delineating the lineaments of the man of three score and ten years bespeaks failure. Even the nose has changed its contour, in harmony with decreased benevolence and shrunken, dyspeptic cheeks. The optimistic youth has developed into a disconsolate pessimist.

The world has dealt severely with him, and now he awaits the great reaper's sickle with such equanimity as a misspent life and disappointed ambition will admit.

His life has been a failure because he chose the wrong path at the outset, wasting his energies in vainly attempting the impossible, in struggling for position and fame at the bar, for which he had no genius, while his talents lay in the realm of finance.

A phrenological examination in youth would have revealed this truth to him, and if the advice given had been heeded, instead of failure upon his aged face, the recording angel would have inscribed *Success*.

C. P. HOLT.

THE FILIPINOS.

HONG KONG, CHINA,)
February 10, 1897,)

PROFS. HADDOCK AND HOLT:

Dear Friends: I left Manila, P. I., after a stay in the city from November 22d, to January 28th last, during which time I examined the heads of many native men, women and children and studied their character closely during that time.

The Filipinos (Tagalo) are of several tribes, and a mixture of Malay, Chinese and Japanese. Where they are crossed with English, American, Spanish, German and other Caucasians they are called Mestiso.

You will readily see that it would soon perplex the ablest mind to decipher the Ethnology of the Filipinos on the Island of Luzon alone. However, the Tagalos comprise the greater part of the population of Luzon. In stature they vary from five feet in height to nearly six feet, averaging five feet two to five feet four inches in height, with weight 120 to 130 pounds. There are many very small men, although there are some fine specimens of physical manhood, tall, well developed and weighing 175 to nearly 200 pounds. The tape line measurements in circumference vary from 20 $\frac{3}{4}$ inches to 23 inches; diameter, 5 $\frac{1}{2}$ to 6 $\frac{1}{4}$ inches; organic quality, 4 in a degree of 7; temperament, as a rule, Motive, but still there are many strongly vital, especially among the women.

In sentiment the Tagalo is firm, proud and domineering, decidedly self-conceited; also very musical. In many the hands and fingers are finely and delicately moulded. They prefer social and musical entertainments at home and work *manana* (to-morrow) or only what little necessity calls for. Are also very fond of the *siesta* (after dinner sleep) and prefer to take life easy.

The Selfish propensities are very active and they have a keen eye for trade; also many prices. An American can purchase of them at fruit and vegetable stands and pay their price, then a Spaniard or Tagalo will come a minute later, and before your eyes purchase the same fruit from one-half to two-thirds the price you pay. Secretiveness and Caution, combining

with Acquisitiveness, are practically the most active organs; they possess, with large Firmness, Approval, Self-esteem closely following, giving a cautious, mistrustful, conceited and dishonest character, unless watched so closely that they cannot connive. Avaritiveness and Language are well developed, but sadly perverted. Modesty seems to be in most cases an unknown quantity. Men and women talk most freely upon any topic, regardless of modesty, and vulgar expressions seem to excite their mirth.

In religion they are all of the Catholic faith, and their character has been largely influenced by state-craft and priest-craft. The Spanish misrule has robbed them of nearly all they earned, and if they succeeded in saving anything it must have been by lying and secretive cunning, which, considering surrounding conditions, seemed absolutely necessary to enable them to support their families.

A few centuries of such education would naturally produce immense Caution, Secretiveness and a development of the lower propensities.

The Tagalo has rather large and active imitation with large perceptive faculties, giving high ambition and a strong desire to learn and improve, which he will readily do under a good government and schooling. Most of the type-setting on the Manila papers is done by the Filipinos. The American newspapers had to accept them or none, most of the time, and they were quick to learn English, and to do good work.

The Organic Quality of many of them is at least 5 with full Mental Temperaments, they are naturally quick to pick up light and artistic mechanical trades, for many have well developed Semi-Intellectual Sentiments.

The Tagalo is naturally stubborn, dogmatic and tyrannical and likes to conquer and to rule, because the Aspiring sentiments are abnormal in relation to the reflective faculties, hence he over-estimates his own ability, but when overpowered he will submit like a lamb, for his large Approval combining with Superstition and large Caution and also only rather coarse quality of organization make him something of a bluffer, and a crushing

defeat would drive eternal fear into his heart.

The diet of the Tagalo is principally rice, fish, and tropical fruits. They cook their food over small earthen stoves about twelve to fifteen inches wide and a foot high, using earthen utensils for the rice, chocolate, etc., and a shallow iron dish for cooking meat, fish and eggs. Small limbs of trees are used as fuel, and the smoke passes out all around the sides of cooking dishes; hence much smoke in cooking apartments. The meal once cooked they have no use for knives, forks and spoons, but make good use of their hands.

The women do not lace and they rear large families. Disease has a strong hold upon the natives. Marriage takes place from fourteen or fifteen years, and from that time upward one finds many maidens from twenty-two to twenty-six years old. As a rule a lady marries the one of her choice, but the courtship is carried on almost entirely at the home of the girl's parents. I must differ from the ideas advanced in an article I read in a leading San Francisco paper, which stated that "happy was the man in Manila who knew his own father," for I have found very large Conjugality among many native women of family. They regard family ties as sacred, but, of course, as in all nations, there are those who are untrue, but a large percentage are not so. I am not putting Tagalos on an equal with English and Americans, but give them their due, they are human, having both merits and faults, but I do sincerely believe that the Island of Luzon has many true wives and virtuous maidens. Those that have fallen there, do not try to conceal the fact, therefore crime is noticed more than elsewhere.

What the people of the Philippines need is to be left to work out their own salvation untrammelled by state craft or priest craft.

Respectfully yours,

PROF. C. F. SPRAGUE.

The "Dilator" produces most marvelous results in its action upon the nerve centers. Cures are being effected by its use which have baffled the skill of eminent physicians. Drugs never cure. The "Dilator" always gives surcease from pain and in nine cases out of ten effects a permanent cure.

THE TEMPLE.

WRITTEN FOR "HUMAN NATURE"
BY AN AUSTRALIAN.

"The Spake of the Temple of his Body—*Christ*."

Anatomists tell us that numerous experiments have forced the knowledge upon them that the bodies of all animals are in a state of constant change—that in a space of time varying from a few months to a few years the whole body passes away by piecemeal, and that by piecemeal a new one is supplied. Every day we consume so many ounces of solids and so many of fluids, and we breathe in so many cubic feet of air. Every day we give out—if the weight of our bodies remains the same—exactly the same weight of material. When we examine these solid, fluid and gaseous excrements we find a portion to be refuse unsuited to the restoration of the body, but the remainder consists of dead tissues, fluids and gasses *which once had formed part of the living body*. The daily nourishment, in fact, had been used to fill up gaps in the living temple; but as we now examine them they are dead and putrefying. Where is their life—the mind which once had inhabited them? Still in the body—the living temple—for if we watch the arterial blood, which the stomach prepares from the food, as it is forced out by the heart to the different parts of the temple, we find that the disembodied mind in every gap soon finds in this red life-stream stones to fill them—to constitute their own dwelling place, or temple—and thus to form stones of the new living temple; so that in this "house not made with hands" are "many mansions," one for each particle of the mind which inhabits the body. How beautiful is this lesson! In seven years, at the most, every stone of the "temple of the body" has been removed, and the mind—all unconscious—has been used to replace the worn-out stones. Stomach, heart, intestines, arteries, veins, have been kept in ceaseless activity to complete this process.

Through the "beautiful gate of the temple"—the mouth—were carried the supplies of the building material, and even in this we

had to be watched and looked after lest we should injure the growing work, for often improper food is placed in the mouth, or none at all, and injurious fluids instead of pure water ever placed at hand. Wholesome food and drink give place to poisonous compounds, not only unfit for building but destructive to the part already built.

So far we have watched the building of the temple, we have seen the new stones carried in that they may be endowed with life, and have seen the dead stones carried out for burial in the earth from whence they came. No life was carried in and none was carried out. So the sum of life, or mind, remains the same. We remember what occurred seven years ago when we occupied a temple different in every part to the one we now inhabit. Thus the ego is still the same, while the body is entirely changed. The body of seven years ago is buried, is returned to the dust from whence it came and the ego is again clothed in flesh, again incarnated. And the flesh we now wear is almost a fac-simile of the former body. What can we conclude from all these wondrous facts? Clearly that the mind, which goes on while the body changes, is the reality; that the flesh is but the garment, or clothing, of the mind and indicates its shape and *action*. The mind is the *mould*, and is real, while the body is the *material* which takes the shape of the mould and constantly changes or passes through the mind-mould. We have watched a round spot of sunlight on the floor of a darkened room and wondered where it came from. Stir the slumbering dust upon the floor and we shall see a golden cone of brilliant whirling motes joining the floor and a small hole in the roof. Wait again awhile and nothing is visible of the burnished bar of light. As is the sunbeam to the dust, so is the mind to the body—the body is but the visible indication of the presence and action of the mind. But as the beam still is there when the dust has fallen, so does the mind still remain when its garment of dust has sunk down to the earth from whence it came.

From whence it came? is asked, for we eat food (and that grows) and but a little mineral. So it is, and yet the food we eat is rooted

in the soil and draws nourishment therefrom. Animals which feed upon these forms of dust, these rooted animals, cannot be otherwise than kindred dust; and man, that parody of nature—that animal of all creation the most unnatural—feeds upon them and their rooted brethren and is himself but dust at second or third remove. Our bodies are made up of what we feed upon.

SIGNS OF CHARACTER.

The man with large Acquisitiveness and Caution has a nose broad at the base just above the wings; the nostrils are distended and the nose itself turned down at the end. This is known as the "commercial nose," but it takes on this shape because of the development and activity of the faculties named. Caution not only turns the nose downwards, indicating self-protection, but, combined with Acquisitiveness, gives to the fingers the same peculiarity of form and shape as the claws of birds and endows the man with the same "grasping" disposition peculiar to the bird as it grasps the twig to which it clings.

A man with a large cerebellum will have a voice correspondingly strong, and if the organ of Destructiveness be also large and active his voice will be harsh in proportion.

An auctioneer sold goods in a store on Market street, San Francisco. He had a voice resembling a rasping file on a saw, cutting, keen, sharp and incisive. He was a great success as a talker, but sensitive and nervous people fled from his presence.

For the benefit of our students we persuaded him to sit for a phrenological examination, and found him possessed of immense Destructive energy, large Acquisitiveness, small Benevolence and only a moderate development of the moral faculties which fully accounted for the harshness of his voice and rough manners.

Young and middle aged men who have dissipated and debauched their bodies sensually have weak and squeaky voices, or talk in undertone, are abashed in manner and lack moral courage, and are shy and irresolute, lacking positiveness and strength of character.

HEALTH DEPARTMENT

REMEDY FOR HEART FAILURE

Nature has provided but one specific for heart failure, and there need be no mistake in its application.

The heart is the regulator of the entire circulatory system, and, therefore, answerable to the same general law.

An Infinite hand has crowned every person of mature years King or Queen of Hearts in this matter of Circulation.

A Pasadena lady was recently revived from heart failure by her 13-year old daughter, who, in the crisis, exclaimed: "Papa, let's use the dilator; it cured me."

None will deny that thought and action is the result of nerve force, which, if free to act as nature intended will maintain health, consequently obstructions to the nerves must be the prime cause of heart failure or any other disease within reach of the blood streams. These nerves, like wires of a vast telephone exchange, all point to one general office which must be called into use whenever pain or failure to transmit the messages of health is detected.

Throughout all the ages of the past, natural tribes of both hemispheres have warded off the encroachment of disease by vigorous expansion of that important nerve center at the lower bowel, which is always contracted or out of order, to exactly equal the often distant effect thus easily reached.

For paralysis, heart failure, rheumatism, headache, cold feet, stomach and bowel disorders, the infirmities of age, in fact any other obstruction to the circulation, the dilator is a marvel of cure.

A COLD IN THE HEAD.

This complaint has many names, such as "a cold," "influenza cold," "acute nasal catarrh," or simply "catarrh." By a cold in the head I mean an inflammation of the lining membrane of the nose, throat, the eustachian tubes leading to the ears, the upper portion of the bronchial tubes, and of the membrane which covers the eyeballs.

Cause.—These so-called "colds"

are chiefly caused by breathing impure air. The air may be rendered bad by the burning of candles, lamps or gas, or by the exhalations from our lungs, or from a mixture of both. In other words, our colds arise from going into and remaining in rooms that are not ventilated, or only partly so. We may be vegetarians, teetotallers, non-smokers, etc., but if we breathe impure air we must expect to suffer for so doing. If we live healthy lives, and are fairly careful what we eat and drink then we shall not suffer so severely as if we lived anyhow. Persons who frequent theatres, public meetings or who are constant attendants at crowded services in churches, chapels, or other places of public resort must expect to frequently suffer from this complaint, unless the places they go to are properly ventilated, which is rarely the case. An hour spent in a crowded and unventilated place is quite long enough in which to contract a bad cold, which will last from fourteen to twenty-one days. The mischief is not done by coming out into the cold air from a hot room, but is brought on by the bad air itself, and is done before we leave the room. This we may know by the fact that we feel the nose dry, and in the first stage of inflammation whilst we are in the building.

Symptoms.—The attack may commence within a few hours of exposure to impure air, by sneezing. This continues a day or so, and if the system is in a bad condition we may expect a feeling of coldness down the back, or cold shivers, headache, heaviness in the forehead, a disinclination for work, a general feeling that we are out of sorts, and discontented feelings. There is usually a dryness of the throat. These symptoms are followed by a thin discharge from the nose, watering of the eyes, and a full feeling of the head. Sometimes the voice is thick, and there is loss of smell and taste, and more or less deafness. The discharge may come from one nostril, only at first, but in time both are affected. After the course of a day or two the discharge becomes thicker, yellow or greenish, and in a few cases it is tinged with blood. As the inflammation spreads to the throat and chest it causes a cough and a tight feeling in the chest. The appetite, as a rule, is poor from the first, and the sense of taste lost.

The tongue may be furred and the mouth taste nasty, and the patient may feel altogether miserable. The water may throw down a sediment and the bowels be costive.

Treatment.—Take a Turkish bath. Open the pores, bowels, and get up action of the kidneys. Fast until hungry then eat sparingly of sub acid fruit and experimental food. Open the window and breathe pure air.

BASIS OF THE BEST BREAD.

The *New York Sun* says: "Sylvester Graham was born in 1794. While some are disposed to dispute his 'discovery' of the advantages of a whole-wheat bread, it is certainly fair to credit him with having earnestly drummed it into the public's ears till many heard and profited by it.

"Wheat is deservedly called the queen of the cereals, because it makes the best and most palatable bread and has proved its fitness by thousands of years' use, going back of all historical records. Primitive man made better bread than is made now, first, because it was made of the whole wheat, ground between two stones by hand labor; second, because it was cooked hard and necessitated thorough mastication.

"From that early time, when man gained his bread very literally by the 'sweat of his brow,' (except where the women of the household worked the millstones) until about the beginning of this century, men enjoyed whole-wheat bread; but then they began improved (?) milling methods, machine grinding, bolting or separation of the finer flour and the brany products, until the wheat berry became separated into fine flour, middlings, shorts, bran, etc., and the 'nice,' white flour was allotted to man for bread making, while the darker, coarser parts were fed to hogs and cattle. In striving for a fine, white flour men were ignorantly casting to the swine some of the most essential elements of the wheat, and it was this fact to which Sylvester Graham called attention fifty or more years ago.

"Chemical analysis and microscopic study of the wheat berry prove that its outer layers, separated with the bran in milling, are rich in the gluten and phosphatic salts that go to build up muscle,

nerve, teeth and hair, while the interior of the seed that constitutes in the main the finer flours is almost all mere starch. So Graham insisted in the use of flour made of the whole wheat, including the scaly bran, and claimed for his bread not only that it would furnish all the elements the body requires for nourishment, but also that the bran exerted a specially beneficial, or sort of tonic effect on the intestines, that its mechanical irritation relieved constipation, while a certain mucilaginous substance of bran would help remedy even diarrhoea.

"One who stands up for Graham bread to day, however, must be prepared to defend the whole use of the berry, shuck included, as that was one of Graham's hobbies, and to omit it would be heresy to Grahamism. This idea is strongly opposed by many hygienists who advocate peeling the berry of its epithelial covering before pulverizing it. They thus save for their whole-wheat flour all the valuable outer layers, rich in gluten, phosphates, lime, sulphur, etc., and in casting aside the woody, fibrous covering, they lose only a little extra iron and silica, which it is not yet proved that the human digestion can extract from the wholly indigestible fibre."

The stomach has no use for the woody, fibrous substance. This is why the advent flour is the only perfect flour on the market, for making perfect bread. Ask your grocer for Advent.

PHRENOLOGY IN THE SCHOOL-ROOM.

BY PROF. J. E. MORTON.

The following picture is not overdrawn. The scene is the schoolroom:

Over there by the door stands Johnny Jones beside his mother' out of whose sight he has never strayed during the six years of his little life. He has been attended as a hothouse plant; every chilling blast has been carefully turned aside. He has an abnormally large and active brain, superinduced by goading onward in study by unwise parents and friends. By his treatment, too, an abnormal

faculty of Cautiousness has been developed, for never has he been allowed to sleep in a dark room or alone, lest the "bugaboos" get him, for of these he has heard many a story. All struggle and contact with nature and other children has been averted and now he stands clinging to his mother, while the hot tears roll down his pale cheeks. And well they may for he must now begin a "new life"—to him.

Here comes another boy, Sammy Smith, with a kite in one hand, a ball in the other and a bat under his arm. He did not remove his hat on entering "because his hands were full." No tears gush forth to irrigate the islands of dirt on Sammy's face, the face of a worldly lad, an embryo Corbett or Sharkey. He has "grown up" wild, with parents who by act, if not word, called him a thief and prevaricator so often as to fully convince him that he is such, and he enters the "road that leads to destruction." He has no Caution to prompt him to forethought, no sense of right and wrong brought into activity. What will become of him?

Now, for the pupils' sake, what is to be done? The teacher, if she fails to understand the needs of each case, may escape the law of man and seek to palliate her errors by a plea of ignorance. But what about the divine life entrusted to her care? Has she done the pupil justice? Why not?

In justice to the children, she should be not only able to detect what each head, face and temperament indicates, but also to know just what each pupil needs and how to give it to him.

Johnny Jones needs his abnormally active brain and large Cautiousness restrained and his Courage stimulated. He needs contact with others to brighten and strengthen him and develop self-confidence. His teacher should be able to look down into his tender heart, and, feeling the loneliness there, know where to begin and how to accomplish the desired results.

The other boy, Sammy Smith, will need just as much loving care and solicitation, but a very different management. Will this teacher read them correctly, and act accordingly, or will she attempt the same discipline for both? It is sad to think of the vast army of young teachers who enter the field each

year filled with 90 per cent of theory and 1 per cent of experience. What have they to guide them in the management of strange pupils under such varying, and often uncongenial environments?

For the child, whose life, character, happiness and usefulness is at stake, may we not inquire whether the teacher should understand human nature and be governed by that understanding? The twentieth century teacher will be guided by that compass of compasses "Phrenology"—not in the narrow, limited sense so commonly understood, but in its application to the whole child—mentally, morally and physically. To the knowledge which I have of Mental Science I attribute the major part of my success as a teacher, if indeed, I have made any success.

Hasten the day when the principles of Phrenology shall obtain in the schoolroom.

BENEFIT OF PHRENOLOGICAL KNOWLEDGE.

A business man who studies phrenology knows how to humor the whims of his customer better than one who is not acquainted with the Science.

In selling goods he knows by the facial signs of his customer what will be likely to please. Some patrons require to be treated very politely and have great attention paid to them, others will resent familiarity or jocose expressions. Some will be contented and obstinate, others pliable and bland, but unpardonable blunders are sometimes made by merchants who apply the same methods to all customers.

The successful merchant is he who understands human nature. If he fails to read character intuitively he acquires a few principles of mental science which enables him to handle his customers successfully.

Medical men should study Phrenology. Unless a doctor knows the character and disposition of his patient he cannot be very successful, although he may apply all the natural methods of cure.

Lawyers should study Phrenology. Many of them are doing so and are successful at the bar.

The Preventive That Preventeth Not.

How beautifully vaccination works, to be sure! How splendidly the great preventive prevents!

Last summer there were two large camps of soldiers in San Francisco, and every one of those soldiers was compelled to bare his arm to the surgeon's lancet and receive into his veins the filthy virus from a diseased bovine. This rite was called vaccination, and the doctors said it would prevent the soldier boys from contracting smallpox.

Many of the victims died in hospital shortly after vaccination from the effects of the poison thus injected into their blood. Others sailed on the transports for Manila with their arms in slings, but the doctors assured them that however sore their arms or aching their hearts, they were immune from smallpox, because they had been vaccinated. Filipinos' bullets might strike them low, but they were proof against smallpox.

Notwithstanding this assurance from the medicine men and their guarantee carried in each soldier's sleeve, these same compulsorily vaccinated soldiers have been dying off in the Philippines from smallpox faster than coffins could be supplied to bury them in.

Out of a report of twelve deaths of soldiers sent in to the War Department at Washington by General Otis from Manila on January 31st nine were said to be from smallpox.

On March 4th James Creelman writes to the Associated Press from Manila: "There is an average of three deaths weekly from smallpox in the American army. Thirty cases are now in the hospitals."

Smallpox to right of them,
Smallpox to left of them,
Smallpox in front of them,
Vollied and thundered.

Smallpox above them,
Smallpox behind them,
Smallpox around them,
The doctors had blundered.

Nor are civilians any better off than soldiers, for, notwithstanding the doctors' lancets have been kept busy vaccinating school children, parents, teachers — everybody, everywhere—yet the past winter has witnessed fearful ravages of smallpox in Southern California, Kentucky, Georgia and Texas.

Following are dispatches from

Texas to the San Francisco "Examiner." They tell their own tale:

SMALLPOX EPIDEMIC.

AUSTIN, Texas, March 16.—The Legislature has appropriated \$2,000 to be used by the State health officials in suppressing smallpox at Laredo. It is reported that there are now 500 smallpox patients sick in bed in Laredo. The health officer will take charge at once.

DALLAS, Texas, March 18.—The State authorities have taken charge of the smallpox epidemic at Laredo. State Health Officer Blount says he has never known such a bad epidemic in his twenty-five years' experience as a physician.

Dr. Blount to-day telegraphed Governor Sayers to send him some Rangers to assist in doing police duty in Laredo, as he was unable to manage the situation without them. Governor Sayers ordered Captain Rogers and a Ranger force to go from Cotulla to Laredo at once. Dr. Blount also sent the following telegram to the Governor:

"I find the condition of things worse than represented. Called a citizens' meeting and told them I could do nothing unless they would furnish me \$2,000 more, which they did. Have established a hospital and pesthouse and will begin moving the sick to-morrow. Twenty-three new cases yesterday and nineteen to-day. It will take me several days to get all the sick removed and isolated. I am vaccinating everybody."

Please note two points in the dispatch from Dr. Blount—"I am vaccinating everybody;" "Send some Rangers to assist in doing police duty."

Send the military to bayonet vaccination into everybody! And this is the "land of the free"! Compel people to be poisoned to prevent smallpox!

Why in the name of decency don't he call for help to clean up the nastiness the people are wallowing in? Smallpox proceeds from filth. Purify houses, streets and people, and smallpox will flee before the onslaught of disinfectants, soap, water and hygienic living.

The record of vaccination from Jenner to Dr. Blount, has been dirty, and disreputable—worse than that, it has been tragical.

It has slain more than smallpox ever did, and in no instance has it ever fulfilled its promise to prevent the disease it was created to ward off.

It is a fetich on a par with the religious processions which moved solemnly through plague-stricken cities during the Dark Ages, bearing crucifixes and chanting gibberish to an angry God to appease His wrath. It is akin to the offerings to joss of the heathen Chinese,

who also throws bits of colored paper in the face of the evil spirits to blind their eyes when conveying a corpse to burial.

It belongs with the sacrificial stone of the Aztecs.

Vaccination is the sum of all medical superstition.

It has no business or place in the dawn of the twentieth century. Down with vaccination and the medical despots, who would force their filth upon a clean people.

C. P. HOLT.

PHRENOLOGY AND HEALTH.

Students of Phrenology naturally study conditions of Health. Health is the first requisite to success of any kind. Weakness in the machine impairs its efficiency.

However powerful a steam engine may be, if its cylinder or piston rod is out of gear, it will fail to perform its work thoroughly.

A man or a woman may have a large and symmetrical brain, but if any portion of the physical structure is diseased or feeble the character will be warped and the mental power destroyed.

This is the reason why all practical phrenologists study health and are Hygienists. A Phrenologist who prescribes drugs makes a mistake.

In estimating character size of brain in proportion to body should be considered.

A sound mind is only to be found in a sound body, the brain, which is the instrument of the mind, is attuned to the body. The body is made up of what it absorbs. It absorbs food and air for its nourishment. If these are impure the body becomes impure and diseased. Sick persons never have a healthy tone of mind, so in judging character the phrenologist observes the state of health, then the shape, quality of organization, temperament and expression.

A man with fair Organic Quality, mental temperament and a high development of the moral region will be thoughtful, moral and well behaved, but if the cheeks are hollow, indicating dyspepsia or weakness of the digestive organs, the brain will not be properly nourished and the person will be irritable and of an unhappy disposition.

THE CAPTAIN'S WELL.

From pain and peril, by land and main,
The shipwrecked sailor came back again.
Back to his home, where wife and child,
Who had mourned him lost, with joy
were wild.
Where he sat once more with his kith
and kin,
And welcomed his neighbors thronging
in.
But when morning came he called for
his spade—
"I must pay my debt to the Lord," he
said.
"Why dig you here?" asked the passer-
by;
"Is there gold or silver the road so
nigh?"
"No, friend," he answered, but under
this sod
Is the blessed water, the wine of God!"
"Water! the Powow is at your back,
And right before you the Merrimac.
And look you up, or look you down,
There's a well-sweep at every door in
town."
"True," he said, "we have wells of our
own
But this I dig for the Lord alone!"
Said the other: "This soil is dry, you
know;
I doubt it a spring can be found below.
You had better consult, before you dig,
Some water witch with a hazel twig."
"No, wet or dry, I will dig it here,
Shallow or deep, if it takes a year.
In the Arab desert, where shade is none,
The waterless land of sand and sun,
Under the pitiless brazen sky
My burning throat, as the sand, was dry;
My crazed brain listened in fevered
dreams
For splash of buckets and ripple of
streams;
And opening my eyes to the blinding
glare,
And my lips to the breath of the blister-
ing air,
Tortured alike by the heavens and earth,
He cursed, like Job, the day of my birth.
Then, something tender, and sad, and
wild
As a mother's voice to her wandering
child,
Rebuked my frenzy, and, bowing my
head,
I prayed as I never before had prayed—
'Pity me, God! for I die of thirst;
Take me out of this land accurst:
And if ever I reach my home again,
Where earth has springs and the sky has
rain,
I will dig a well for the passers-by,
And none shall suffer with thirst as I.'
I saw as I passed my home once more
The house, the barn, the elms by the
door,
The grass-lined road that riverward
wound,
The tall slate-stones of the burying
ground,

The belfry and steeple on meeting-house
hill,
The brook with its dam and gray grist-
mill;
And I know in that vision beyond the
sea
The very place where my well must be.
God heard my prayer in that evil day—
He led my feet in their homeward way
From false mirage and dried-up well,
And the hot sandstorms of a land of
hell,
Till I saw at last, through a coast hill's
gap,
The city held in its stony lap,
The mosques and domes of scorched
Muscat,
And my heart leaped up with joy
thereat;
For there was a ship at anchor lying,
A Christian flag at its masthead flying;
And sweetest of sounds to my homesick
ear
Was my native tongue in the sailors'
cheer.
Now, the Lord be thanked, I am back
again,
Where the earth has springs, and the
skies have rain,
And the well I promised by Oman's sea
I am digging for him in Amesbury."
His good wife wept, and his neighbor's
said,
"The poor old captain is out of his
head."
But from morn to noon, and from noon
to night,
He toiled at his task with main and
might;
And when at last from the loosened
earth
Under his spade the stream gushed
forth,
And fast as he climbed to his deep well's
brim
The water he dug for followed him.
He shouted for joy, "I have kept my
word,
And here is the well I promised the
Lord!"
The long years came, and the long years
went,
And he sat by his roadside well content.
He watched the travelers, heat op-
pressed,
Pause by the way to drink and rest;
And the sweltering horses dip, as they
drank,
Their nostrils deep in the cool, sweet
tank,
And, grateful at heart, his memory went
Back to that waterless orient,
And the blessed answer of prayer, which
came
To the earth of iron and sky of flame.
And when a wayfarer, weary and hot,
Kept the midroad, pausing not
For the well's refreshing, he shook his
head—
"He don't know the value of water," he
said.
"Had he prayed for a drop, as I have
done,
In the desert circle of sand and sun,
He would drink and rest, and go home
to tell
That God's best gift is the wayside
well!"

—John G. Whittier.

SECRETIVENESS.

The head of a cat is broad above
and behind the ears, where the
organ of Secretiveness is located.
When approached she will turn
away. She is cunning, and does
not meet you openly as does your
more candid friend, dog Tray.

A man with large Secretiveness
is mysterious in his movements; if
a debtor, and about to pay you
money he will turn his back so
that you cannot see what there is
in his pocket-book. It is just as
natural for him to do this as it is
for a man with a narrow head and
small at Secretiveness to show all
his money, even before strangers,
and thereby run the risk of being
robbed or murdered for his money.

A man with large Secretiveness
will act discreetly, never divulge
his plans to others and will so con-
ceal his thoughts that no one can
discover his intentions.

If the moral faculties be low and
Secretiveness large, we have the
composition of a scoundrel who
covers his tracks, and whose du-
plicity brings mischief upon all
who come under his baneful influ-
ence.

It is desirable to possess a well-
developed organ of Secretiveness,
provided the moral faculties are
also large; it gives tact, and en-
ables its possessor to act with pru-
dence and discretion; it is a strong
restraining faculty, when impulse
would impel to unwise acts it
calls a halt and demands that the
speed be slowed down. Its motto
is that "discretion is the better
part of valor."

NEVER CEASE WORK.

Dandoro, when past ninety and
utterly blind, stormed Constanti-
nople. Titian was painting his
finest pictures when he died in his
tenth year. Sir Isaac Newton was
President of the Royal Society at
the age of eighty three, and Landor
furnished his "Imaginary Convers-
ations" at the age of eighty nine.
Brougham was a strong debater at
eighty, and Lyndhurst, when over
ninety, spoke in the House of
Lords. Franklin was the Govern-
or of Pennsylvania at eighty-two.
Gladstone (the grand old man), hale
and hearty at the age of eighty-
three years, was a power in the
English Parliament.

Human Nature.

A MONTHLY JOURNAL DEVOTED TO
Phrenology, Physiognomy, Health, Medi-
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ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

C. P. HOLT, Associate Editor

SAN FRANCISCO, CAL., APRIL, 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.

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A VOLUNTARY TESTIMONIAL

DENVER, COLORADO, }
February 20, 1899. }

PROF. ALLEN HADDOCK.

Dear Sir:—I received my typewritten phrenological delineation made by you from my photograph to-day.

It is correct and invaluable to me. Its accuracy proves you to be a master of phrenological science. I wish I had known you ten years ago. I have spent \$63 in obtaining phrenological examinations made by pretenders to the science, and have been misled by them to my injury.

In my opinion Phrenology is a grand science, but there are many who claim to understand and teach its principles who are ignorant bunglers, whose home should be in the wilds of Siberia instead of bringing disgrace upon a noble science in America. I detest fakirs of any land.

Respectfully yours,
V. G. LUNDQUIST.

A RECENT LETTER.

LEAVENWORTH, KANSAS, }
February 27, 1899. }

Dear Sir:—I wish to write and inform you that I am improving since I began using my Dilator. I am very well pleased with it. I have used no medicine since I began using Dilator, but for five years previous to that time I took medicine daily so you can imagine how well pleased I am with it. I have been using it now for three months.

Yours truly,
P. S. FITZGERALD.

THE ROAD TO TRAVEL.

A poor but well disposed young man is confined in San Quentin prison because driven to desperation through want. He stole food from a grocery for his starving wife and two children.

Unable to find work at his trade—a trade to which nature never intended him, and in which he did not excel, hence could not command remunerative wages—he was often out of work and always in poverty. Had he been fortunate enough to follow an occupation in harmony with his nature his life would have been a happier one.

Thirty minutes with a practical Phrenologist will discover all the weak traits of a boy's nature, and show his mental, moral and physical strength; then advice will be given to cultivate the weak and restrain the strong, pointing to the occupation nature designed him to follow.

Said a lawyer to us one day: "I had to cross-examine a witness with a full, round eye and large mouth, denoting that he was a great talker, but with his weak perceptive faculties and very small Eventuality I saw I could soon tangle him up in his own statements, which I proceeded to do, and in ten minutes I won my case, for he was the principal witness."

Workingmen should study Phrenology. It will enable them to understand their employers and the motives that impel people with whom they come in contact.

The man who studies himself will save doctor's bills. He will, if sick, know better than to take poisonous drugs to cure; but resort to natural methods and get well.

A workingman should study Phrenology; it is his personal interest to do so. The only capital he has is his health and ability to labor. If he is wise he will train his children up to a trade in which they can excel.

Good blacksmiths have been spoiled in becoming clerks and some doctors ought to be blacksmiths or working on a farm.

There are three times as many muscles in the tail of a cat as there are in the human hands and feet.

HEREDITY.

A writer in the San Francisco *Bulletin* says: "The children of a man named George Boutwell are said to have inherited all the brutal traits of their father, with none of his virtues. The people demand some light on heredity as affecting crime and criminals."

Newton, in his work "Pre-Natal Culture," states that "like begets like" as a general rule, and gives numerous instances in illustration of this assertion.

During the last century a woman of low morals living in the State of New York is reported to have had over 500 descendants who were all criminals, and inquiry into the family history of prison convicts reveals the same tendency of crime to run in families.

Pre-natal conditions have great influence in forming the character of the unborn child.

Brittan, in "Man and His Relations," gives us a clew to these principals in the following words:

"The singular effects produced in the unborn child by the sudden mental emotions of the mother are remarkable examples of a kind of *electrotyping* on the sensitive surfaces of living forms. It is doubtless true that the mind's action in such cases may increase or diminish the molecular deposits in the several portions of the system. The precise place which each particle assumes to the new organic structure may be determined by the influence of thought and feeling. If, for example, there exists in the mother unusual tendency of the vital forces to the *brain* at the critical period, there will be similar development and activity in the offspring."

It has been observed that children born during war times have been noted for their destructive-tendencies, while children born at a later period or during the times of peace are more gentle in disposition.

The worst criminals are the offspring of drunken parents and those with feeble moral faculties.

The remedy is to prevent such human monsters from propagating their kind.

Some form of stripiculture will yet be devised to produce a better race of men on earth.

The Hygienic Restaurant advertised on page 14 is the only first-class and strictly Vegetarian Restaurant in San Francisco. It is at 1422 Market Street, and under the direction of the city branch of the St. Helena Sanitarium.

AVOID EXTREMES,

Do not go to extremes in anything—in thinking, drinking, eating, working or even exercising the muscles. Extremists become unbalanced and often get into the madhouse.

Some people become insane by letting their minds dwell too long on one subject. Overeating is the cause of most of the diseases in the world; few people die from starvation or overwork.

The terrible break down in health, often ending in sudden death, of many of our well-known athletes ought to be a warning to us that to go to extremes even in physical training is dangerous.

Hundreds of men have developed strong muscles at the expense of an exhausted nervous system, or through an impoverished brain have collapsed mentally and drifted into the insane asylum.

THE DIFFERENCE.

Our evening classes make excellent progress, but individual instruction seems to produce better results, because the efforts are focused on the mind of one pupil at a time, instead of being diffused on the many as in a class.

We have one pupil now who, after receiving forty-five lessons in private, can delineate character better than some who have studied and lectured upon phrenology many years.

D. G. Brinton, Physiologist of the University of Pennsylvania, has discovered the seat of the soul.

"It is in the posterior lobes of the brain, which have the highest intellectual value."

It shifts occasionally, however, and is sometimes found in the soles of the feet. Some people have so small souls that it requires a microscope to locate the atom.

Condense—Boil Down—Be Brief.

When you've got a thing to say,
Say it! Don't take half a day.
When your tale's got little in it,
Crowd the whole thing in a minute!
Life is short—a fleeting vapor—
Don't fill an eight-page paper
With a tale which at a pinch
Could be cornered in an inch!
Boil her down until she simmers;
Polish her until she glimmers.
When you've got a thing to say,
Say it! Don't take half a day.

—Ex.

SOME VALUBLE RECIPES.

An Oregon girl sent fifteen cents to a man in Chicago requesting the recipe he had advertised for softening and whitening the hands.

By return mail she received the following—

"Soak your hands well in dish-water three times a day while your mother rests."

A man living in Millpeters, eager for wealth, answered an advertisement in in a New York paper enclosing one dollar for "Plain directions enabling any one to become rich" and received this recipe.

"Work like Jehu and never spend a cent."

A woman in Chicago tearfully appealed to a clergyman for consolation on the death of her babe, and after prayers was advised to "drown her own sorrow in trying to assuage that of others." She was consoled.

A man living south of Market street being ill, hastily called in the first physician available, who proved to be one holding no diploma from a doctor factory. The prescription given was aqua pura, a pint at a time, to be drank hot three times a day, fasting; also to be used externally morning and night, applied in copious quantities with much friction.

The druggist supplied a five gallon demijon of distilled water. The patient used it as perscribed and recovered.

A woman in San Francisco went to a beauty doctor for a recipe to become beautiful, and for six bits had the following written in good English. "Keep smiling."

Another lady in the same city held a seance with a noted medium, during which the spirits answered her question how she might regain the love of a truant husband, by writing on the slate the mysterious message.

"Show him by your purity and unselfish devotion that you love him better than any other woman can." The charm worked. C. P. H.

Thousands in San Francisco and on the Pacific Coast who have visited HUMAN NATURE office for a Phrenological examination, have been benefitted by Phrenology and testify to the advantage derived therefrom.

INTELLIGENCE UNIVERSAL.

It is a mistake to suppose that man is the only thinking creature in the universe. He is the greatest egotist and the most presumptuous of beings, but far from being the only, or even the most logical reasoner.

This has been proved by Lindsay in his exhaustive work, "Mind in the Lower Animals."

The beaver is an expert architect, and constructs huge dams in accordance with scientific principles, accommodating his work to environment. If the creek be winding or uneven, he changes his trees and brush to fit the occasion.

The bee constructs a comb upon mathematical principles and economises space most remarkably.

The fox is shrewd enough to catch chickens by strategem.

The elephant is so sagacious and faithful an animal that women in Siam place their babies in charge of the huge creature while they attend to household cares, or go away from home on visits, and the elephant nurse is always true to his charge, permitting the little one to play around his huge feet without even stepping upon its body, and when danger approaches he gently lifts the child with his trunk and places it safely upon his back, thus screening it from harm.

The following, clipped from the *Pacific Health Journal*, is an interesting description of the marvelous intelligence and almost human characteristics of the ant:

"The man who suggested that we go to the ant and consider her ways if we would learn wisdom, was either a great naturalist or spoke more wisely than he knew; for of all the insects with which we have any acquaintance, few display so great an intelligence, or have made it so hard to distinguish instinct from reason. They seem to have nearly all the human passions, and to be able to conceive and execute their plans logically and wisely. Whoever has witnessed a battle between

two groups of these tiny warriors, must have come away feeling that we ourselves are only insects of a larger sort, and with the conviction that there is more going on in the grass under our feet and in the trees over our heads than is "dreamt of in our philosophy."

When ants fight, it is war to the death. They have their fighting contingent and reserve forces; they take prisoners and carry them off; execute flank movements and afford relief to each other in time of need. They generally fight two and two, and nothing can exceed the fury and desperate valor with which the individuals engage in mortal combat—a valor which, for aught we know, may entitle them to promotion or honorable mention. Even when dismembered or nearly dead, they refuse to give up their grasp on an adversary. If the battle is not decided in one day, they retire to their nests, and begin the struggle with renewed fury again on the following day.

But they are not merely warriors; for certain species of ants are also pirates and slave makers. They engage in raids upon other tribes of ants, and carry off their young by force, imposing on their captives household duties which they themselves are too busy or too luxuriant to perform. They kidnap only the young ants, which can be moulded to do their bidding; and, having established a habitation in which the work is done entirely by their slaves, they soon develop the human quality of laziness, and finally become incompetent to provide for themselves; so if deprived of their serfs they die of privation and inaction. Like the Indians, they are ardent fighters, but revolt against domestic work."

Perhaps the most striking and interesting feature of ant life, however, is their pastoral propensity. They have their milch cows as well as slaves. They follow about and seize the little aphides, seeking the sweet liquor which distils from two quail-like formations on their hips. Further than that, they carry off and imprison these little insects, nourishing them like stalled cattle, in order that they may have on hand continually a supply of the coveted food. Where in all the realm of the wonderful can anything more

marvelous than this be found?"

Nor is intelligence confined to the animal creation. The beautiful flowers manifest thought and often extreme sensitiveness. The mimosa (sensitive plant) shrinks at the slightest approach of the human hand. A plant confined in a dark cellar seeks out the rays of light which penetrate the dark-end walls and creeps to their embrace. The willow tree sends its roots far down, and away into the earth, often many hundred yards, in search of water, and rests only when a subterranean stream is reached. Even the insensate rock possesses a spark of the divine intelligence, clinging with tenacity to its kind, for side by side we find the slate and granite, each particle adhering to its chemical affinity, so that

"All are but parts of one stupendous whole,
Whose body nature is, and God the soul."

From the mote that dances in the sunbeam to the mighty revolving world; from the tiny insect that wings its swift career through a brief hour in delight, to the human philosopher, grown gray in the search after knowledge, intelligence is beaming everywhere. It has no limit, no bounds environ it. Its counterpart is love. The one is positive, the other negative. They are twain yet one, and blended in their lives are yet another, their child, Wisdom; thus we have a trinity—knowledge, the father; love, the mother; and wisdom, the child. In this trinity we behold Deity—God.

"The fool hath said in his heart there is no God."—Bible.

From the standpoint of the materialist the universe seems Godless. One such man once said to the noted seer, Andrew Jackson Davis: "I don't believe in a God. I have no use for one." Mr. Davis said to him: "Poor fatherless child."

To him who sees beauty in the rippling rivulet, loveliness in the blushing rose, grandeur in the booming ocean, infinity in the whirling stars, nobility in men, purity in women, and innocence in the laughing child, there is knowledge, love and wisdom, a trinity, through and by which, however dark or dreary the passage, or long and tedious the journey, some day he shall reach the pearly gates of peace.

C. P. HOLT.

DESTRUCTIVENESS.

BY JOHN F. BERNARD.

One sunny Summer afternoon in the Arctic Ocean our ship was hove to on the appearance of a polar bear swimming for a piece of ice off our port bow; and our first mate, a dandy little fellow, and another, Tillebat Titmouse, by nature, but by choice, an exaggerated imitation of the water-front tough, went to the port cat-head with a rifle, knelt on one knee, flipped his hat rakishly over his left eye, and, affecting the slow calmness of the Motive Temperament, aimed at the animal, remarking, "Watch me hit him over the eye," and fired, hitting half an inch above the right eye. The bear turned his gaze on us and calmly died.

I will never forget that calm side look. It was the finest expression of efficient Destructiveness I ever saw. I almost suspected a faint smile of contempt. The picture might have touched a heart of magnanimity. The mate was too pretty and flippant to enjoy such a rare exhibition of animate, if not almost human nature.

I have often seen such a calm side look in men of great force of character. I never saw it where Destructiveness was deficient. I have noticed, too, that the shoulders are high, broad and strong, and the lower jaw and chin massive.

I knew a young lady of an entirely opposite description, with large Self-esteem and a large admiration for Destructiveness, who used to quell her lover's exuberance by affecting a very blood-thirsty side glare at him, till by a pleasant remark he would induce her to desist and lapse into agreeableness.

To assume the facial expression of this or any other faculty, as the haughty curl of the lip admired by all female vocalists, the combative poise and shake of the head and so forth, may serve for the purpose of the actor; but for the purposes of development, this is beginning at the wrong end, the negative pole. It is doubtful whether exciting appropriate facial expression ever induces any considerable action of the faculty. There are mental and physical exercises which develop, and which induce facial expression as a permanent result. Exercise and develop Destructiveness properly, and the

facial expression will result inevitably. Of course, it is pleasant to watch the improvement in facial expression; but merely as an indication of progress, and not as an inducer of mental action.

The proper stimulus for Destructiveness is the pain which is incidental to success in life. It is well to "suffer and be strong;" yet, suffering suggests undesirable pain. The pain that results from observing proper hours and habits, of being industrious, of doing right in spite of opposing influences, internal and external, of practicing all proper self-denials, of discharging unpleasant duties, of daily legitimate work, and so forth, exercise Destructiveness sufficiently, without any good reason for suffering or indignity. Life is a struggle for all, and Destructiveness takes delight in the struggle, and makes us cheerful, while those who are deficient in it are prone to complain and long for rest in heaven. To the forcible this life, with all its struggle, is a very holiday, and because of the struggle.

But there should be a limit to the pains of life, beyond which the body and spirit would bend. Putting up with intense suffering, or submitting self to indignity, will indeed excite Destructiveness, yet will also weaken other valuable faculties. Jump out and away from circumstances of such pain, even if a violent effort is necessary. The pain necessary to satisfy normal and active Destructiveness does not undermine any faculty, but braces it up to its proper activity. Neither does it exhaust, nor is it injurious to the health, but rather the reverse, for the ease and comfort which allay Destructiveness are not as healthful or conducive to long life as the activities which are necessary for Destructiveness. Some find these activities uncomfortable, and complain if circumstances plunge them into them; but if such are desirous of developing Destructiveness, let them look upon their disinclination to such activities as only an indication and consequence of deficient Destructiveness. And if only such activities as suffering, then I would say with Longfellow, "Suffer and be strong," assuring them that when Destructiveness eventually develops, they will come to regard such activities as part of the real pleasures of life—I am speaking literally and in no way figuratively.

GREAT MEN.

BY JOHN F. PRIOR.

Daniel Webster was slightly over 5 feet 9 inches in height and weighed 154 pounds.* His head was very large and finely formed, measuring $25\frac{1}{4}$ inches in circumference. The large size of his head was the result of physical growth coincident with his intellectual growth. This disproportion between the weight of the body and the size of the brain accounts for his physical indolence and his love of intoxicating liquors as an intellectual stimulus.

Napoleon Bonaparte was 5 feet $7\frac{1}{4}$ inches in height and weighed 185 pounds.† His head was large, especially so in the frontal part. A measurement was taken of his head in his twenty-second year, when his hair was not thinned out by thought. It then measured 23 inches around. According to reliable accounts it seems to have grown to over 25 inches. Judge Taylor, in McClure's Magazine of February, 1898, says "he wore a number 8 hat."

The late William E. Gladstone when in his prime was 5 feet 11 inches tall and weighed 180 pounds. His head was large measuring $23\frac{1}{2}$ inches around. It was very wide between the ears and large at the base, notwithstanding he had an active moral brain.

Prince Bismarck was over 6 feet tall and weighed over 200 pounds. His head was large and high, measuring in circumference $23\frac{1}{2}$ inches. It was powerfully developed at the base. He was dogmatic and had an iron will.

Senator Depew of New York is of full height and his body is stout and strong. His head is large, measuring $22\frac{1}{2}$ inches around. Language and executive force are the main factors of his success.

Lord Salisbury's head measures 23 inches in circumference. He is stout and heavy and of the mental-vital temperament. He has great will power and a scientific turn of mind.

*Senator Hoar's article in Scribner's for March, 1899.

†Scribner's of '93, "Taking Napoleon St. Helena" and Harper of '94, "Napoleon at Toulon."

Our Course of Lessons

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

Students received at any time.

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.

Each lesson takes one hour. Some pupils take two lessons per day; others one; others still, only one per week. Students make their own time:

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We now offer

HUMAN NATURE

and any of the following monthlies for one year at the following clubbing prices:

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- Good Health and HUMAN NATURE 1.25
- Hygieo-Therapy and HUMAN NATURE - - - - - 1.00
- Food, Home and Garden and HUMAN NATURE - - - - - .80
- Chicago Vegetarian and HUMAN NATURE - - - - - .80
- Health Culture, Quarterly and HUMAN NATURE - - - - - .80

Do not write to us, but to the publishers of any magazine you subscribe for through us, if it fails to reach you regularly. By this course you will have the error more quickly corrected.

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.

Send a one cent stamp for a Price List of Books to HUMAN NATURE office.

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At Home for 5c.



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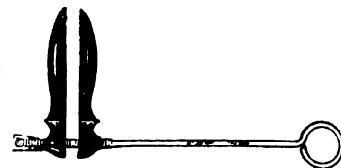
A fine spirit lamp accompanies the bath, by aid of which either hot dry air, or hot vapor can be used, and the bath taken in the home and at a cost of a few cents. The price of this bath is so low as to be within the reach of everyone, and if used will beautify the complexion, retain health and restore it when lost. Apply at once for one of these Baths. Price, \$5.00. Agents wanted. Address, HUMAN NATURE office, 1020 Market Street, San Francisco.

Avoid Drugs.

If those who are ill will write to us enclosing a stamped envelope for reply, we will do what we can—and that is much—to place them in a position to be completely cured without the use of drugs.

ENCLOSE STAMP.

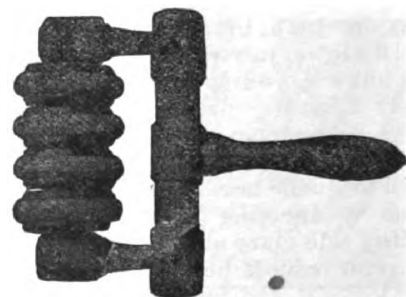
All letters addressed to HUMAN NATURE office in which stamps are enclosed, receive prompt answers. All others go into the waste-paper basket. Enclose stamp for answer.



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