

HUMAN NATURE.

VOL. IX., No. 6.

SAN FRANCISCO, JUNE, 1899.

Subscription per Year, 50 Cents
Single Number, 5 Cents



BLACK HAWK, Side View



BLACK HAWK, Front View.

AN INDIAN WARRIOR.

The personage whose exact likeness is here given, was known as Black Hawk.

He was a noted Indian Chief, and with his "braves" gave the pale-faces living in the northwestern States and territories much discomfort about the middle of the present century.

He is dead now, very dead; hence is "a good Indian."

He was taken prisoner by the white soldiers sent by the "great father" at Washington, to capture him or take his scalp. He told his captors to their faces, then and there, that he had tried to die on the field of battle but no white man's bullet could kill him and he only surrendered because all his braves were dead and he could make no headway fighting alone.

Chief Black Hawk was not celebrated for great personal beauty, nor for gentility of deportment.

He never erred on the side of benevolence, and cared not a continental what people thought or said of him. Of all his father's family he was most in love with himself, and took excellent care of "number one."

I had not the honor of a personal acquaintance with Chief Black Hawk, but I have seen a man who said he helped capture the "red skin" and the task was akin to caging a lion.

The protuberance above his crown, shown in the picture is not a new-fangled phrenological "bump," but hair, *real* hair, called in Indian nomenclature a 'scalp lock,' worn as a matter of fashion and honor,

for the convenience of enemies in taking the scalp in battle after the warrior is laid low with bullet, arrow or tomahawk.

This style of wearing the hair was in fashion when Chief Black Hawk had his picture taken, and he was punctilious in the observance of fashion of headgear.

Phrenologists tell us that at the apex of the head of man is a brain-organ which is called Firmness, and that the poles of this organ have their terminus in the middle of the upper lip, so that when a man is very firm and stubborn he keeps "a stiff upper lip." This is the peculiarity of Chief Black Hawk's upper lip, it is tremendous stiff, and shuts down upon the under lip like a trip-hammer upon an anvil. His lips come together like the jaws of a steel trap, which in cruel savagery they much resemble.

The organs of Self-esteem, Firmness, Destructiveness, Secretiveness, and Combaticiveness seem to have entered into a conspiracy to crook Black Hawk's nose and point it downward, and to strengthen his jaws into a massive facial Gibraltar.

There seems to be a break in the physiognomical harmony when the chin is observed, as if nature had run out of material for making strong chins and stopped building before the organ was completed; but this is accounted for by looking at Black Hawk's cerebellum, which in the profile view is shown to be small. It is in the cerebellum that Amativeness has its head quarters, and its poles are in the chin. Now, Amativeness is the organ of love, of which commodity Black Hawk had not a whit.

This powerful chief was a strong character in all that pertains to earthly things, but very weak in all that makes for angelhood. If he has succeeded in reaching the "happy hunting grounds" I venture to say he is not now spending his time playing upon a harp, unless he has grown a new set of ears, for he never could learn to play upon a jewsharp while he retained such unmusical ears as are shown in this portrait.

Black Hawk would have succeeded poorly as an end man in a minstrel show; his organ of mirthfulness is too small to generate a smile, even if told one of Mark Twain's best jokes.

At the front top head of our hero, where the organ of Benevolence is located (in kind hearted people), there is just nothing.

If his veins were milked for human kindness there would be a scant supply. In this respect Black Hawk stands in the honorable company of our modern pale-faced plutocrat.

Black Hawk's cheeks sink in where the organ of Alimentiveness and the stomach have their poles, rendering him liable to indigestion, and as his organic quality is about two degrees on a scale of seven, with love at zero, the chances are that Mrs. Black Hawk and the papooses led a sorry life on the banks of the Minnehaha.

Black Hawk stands for the Indian warrior.

C. P. HOLT.

MEN OF MARK.

BY JOHN S. PRIOR.

Sir Richard Cartwright, ex-Premier, statesman, politician and present representative on the Canadian Commission to the United States, is a man of full height and of stout body. He has a full-sized head of 22 inches. One indicating the leader and the liberal. On account of his excellent health and a large cerebellum he is strongly magnetic, which has helped to make him a great political leader in Canada.

Monsieur Emile Loubet, President of France, is a man of average height, with a stout, compact organization. His head is massive and of the Roman type. Its form shows him to be a hard-headed,

practical man of affairs and business. By profession he is a lawyer, and being a just and fearless man, he is the one man best fitted to be at the helm of the ship of state at time, when a political crisis threatens the foundations of civil liberty and the government of the people of France.

President Paul Kruger, famous for squashing the British in South Africa, is a strong, powerfully built man. His head illustrates in every particular the thoroughly practical mind coupled with tremendous will power and decision. He is truly strong, a great man.

Cecil Rhodes, the ex-Premier of Cape Colony and multi-millionaire and all-round schemer, has a large, stout body surmounted by a large head. His organization is not fine nor is his mentality first-class. He is a man of great organizing ability, but not a natural leader. His head is decidedly of the selfish type, and his opinion of his abilities is great.

The Prince of Wales is a stout, heavy man, with a head measuring a little over 22 inches in circumference. His head is high in the crown but not large at Self-Esteem. Large in the intellect and full at the back. He is, therefore, intellectual, social and respectful to a surprising degree. He is highly educated and fully competent to become a teacher in any college or school in the particular branches towards which his mind trends, but probably he will not at his time of life assume the role of pedagogue.

Voltaire had a moderate sized head if one should judge the head by its circumference. But its great height and the large intellectual forehead quickly dispel this illusion. He possessed a finely organized body, high nervous or mental temperament and great activity. He was a natural critic and a great philosopher.

Alexander Pope had a small head surmounting a decidedly small, nervous and deformed body. His temperament was exceedingly fine and active for its weakness, hence his great intellectual power.

Rousseau, famous as a speculative philosopher and social idealist, had a moderate sized head and a body of fine organic quality. His brain was of the impractical type. His forehead was large, while his back head was moderate in size. He was a recluse.

Gilbert Stewart, a famous portrait artist of the last century, was 5 feet 10 inches high. His body weighed more than the average, and his temperament was of the mental type. His constitution was finely grained. He had soft, curly, auburn locks and his eyes were a soft brown. His complexion was ruddy. The mind of the great painter was of the perceptive and idealistic kind. He was in his day and is still considered one of the world's greatest portrait artists.

Mohammed Ali, famous as the founder of modern Egypt, had a strong, muscular and compact body, weighing considerably more than the average. He was of full height and had a full sized head. It was enormously developed at the base and in the perceptive. His destructive tendencies and executive ability were of the colossal type, as history fully attests. He made modern Egypt do wonders in building wooden ships. Professor Cary, sited in American history as an educational and economical writer was a very intellectual man of the nervous type. He had a very fine brain and finely formed head.

The poet Shelley was 5 feet 10 inches tall and his body was of the mental motive type. His head was not large but was finely formed and of the generous type, being long and narrow. He had large ideality and perceptive. George Eliot, noted as one of the world's greatest novelists, was a woman of a strong mental, motive type. She was considered a handsome woman when young, but the older she grew the more masculine did the outlines of her features become. She had a full sized head and large, prominent intellect and her perceptive projected so much that it gave her eyes a very deep set appearance. As a woman she stands out pre-eminent as a judge of human nature. She has been ranked with Charles Dickens, Turgeneff, and other great writers of realistic and philosophical fiction.

There are forty-two faculties of the human brain representing forty-two different notes or phases of the human key-board.

Parents are wise who direct their children to a good practical Phrenologist.

REPEATING HISTORY.

This is what the American people are doing. They are not reading history to any considerable extent, but are unconsciously living it over again. It would be a good thing if they would read and think over a little about Babylon and Rome, and Assyria and Greece and Carthage; and those who are pious might with advantage take down the family Bible, and after adjusting their spectacles read the tragic fate of Sodom, and by no means skip the entertaining story of the big freshet which good old Noah warned the anti-deluvians, was sure to come and which put in an appearance on time, to the great discomfiture of unbelievers.

But it is of little use to suggest history reading to folk who read nothing but the *New York Sun* and other capitalistic papers; they much prefer making the same old history again.

If by chance, however, anybody who would like the continuance of a republican form of government in America a little while longer, should get a glimpse of this page of HUMAN NATURE and has no time or inclination to read Gibbon or Bancroft, or Duyakink, or even the Bible, I will briefly state that the said Babylon and Rome and the other places I have named were at one time more populous than the United States is to-day, and quite as wealthy and prosperous, until the nabobs, microbe-like, succeeded in confiscating everything in sight, just as their successors are doing in this country this A. D. 1899, and the nabobs kept getting richer and richer and the poor, deluded, submissive people kept getting poorer and poorer until there was nothing left but a few tyrants, who owned all the property and the producing people were starving, perishing slaves, who did the drudging and fighting as workmen and soldiers for the nabobs.

To-day these places I have mentioned are not on the map of the world. Some of them are far beneath the surface of the earth, buried with the dust of ages.

What was the matter? What is the matter with the apple when the worm gets inside its core? Or the orange with the scale insect feasting outside, or the sick man with the microbe eating at his vitals, or a tree with the dry rot?

All this happened to Babylon and Rome and is now consuming American liberty.

Rome was a great fighting nation and sent its soldiers all over the then known world. After conquering and subjecting to servitude their immediate neighbors, they went over to Gaul, and seeing some white cliffs across the channel, concluded to go over there with their legions loaded on eighty ships, but they found some sturdy Britons waiting for them on the beach, who welcomed the invaders "with bloody hands to hospitable graves." The Romans had the better weapons, but the Britons fought for liberty and home and drove out the invaders as often as they returned to the onslaught, until finally Rome had so much fighting to do at home that she found "it advisable to give up the conquest of the plucky Britons."

Many hundreds of years after Cæsar had been gathered to his fathers, some people who had settled in America concluded that they would set up housekeeping for themselves, and so informed King George of England and the rest of mankind. Whereupon this despotic King and his plutocratic advisers sent across the ocean an army of hired Hessian soldiers to whip the rebellious American traitors into subjection, with the result that after eight years of struggle the rebels sent the hired soldiers howling home to merry England. And so in each case of determined resistance to tyranny, liberty conquered.

It is the same with plutocracy in every age and in every clime, and it is the same with a brave people who struggle for freedom. The one oppresses the other rests.

"And ever the right comes uppermost
And ever is justice done."

In the far away Orient on some islands of the sea, are a brave people who desire to be permitted to work out their own destiny unfettered by foreign rulers.

There is wealth in their island home which is coveted by the plutocrats of America, who have appropriated to themselves nearly all the riches in their own country and now are waging war upon the Philipinos as did the Romans upon the Britons and as George III and his snobocrats warred with the heroes led by Washington.

It is the same old, old story of

the strong trying to subdue the weak and of the oppressed resisting to the death, with the difference in favor of the Philipinos. They are beaten in one place only to appear in another, weapons still in hand.

There is one race of people on the globe that make good, submissive slaves—the negro.

Tyrants had better look into this assertion. History proves it. Other races have submitted to servitude for awhile, but ere long a Moses would arise and lead them out of the house of bondage.

The nabobs of America who are now tightening the shackles upon the limbs of millions of American citizens and are waging an unjust war upon the brave and liberty-loving Philipinos would do well to read and profit by the history of their kind when Babylon luxuriated in hanging gardens and Rome sat in haughty pride upon her seven hills.

C. P. HOLT.

THE EVERGREEN MOUNTAINS OF LIFE.

There's a land far away mid the stars,
we are told,
Where they know not of the sorrows
of time;
Where the pure waters wander through
valleys of gold
And life seems a treasure sublime.
'Tis the land of our God, 'tis the home
of the soul,
Where the ages of splendor eternally
roll,
Where the way-weary traveller reaches
his goal
On the evergreen mountains of life.

Our gaze cannot soar to that beautiful
land,
But our visions have told of its bliss,
And our souls by the gales from its gardens
are fanned
When we faint in the deserts of this;
And we sometimes have longed for its
holy repose
When our spirits are torn by temptations
and woes,
And we've drank from the tide of the
river that flows
From the evergreen mountains of life.

O, the stars never tread the blue heavens
at night
But we think where the ransomed
have trod,
And the day never smiles from his palace
of light
But we feel the bright smiles of our
God.
We are traveling homeward through
changes and gloom
To a kingdom where pleasures unceasingly
bloom,
And our guide is the glory that shines
through the tomb
From the evergreen mountains of life.
—James G. Clark.

HEALTH DEPARTMENT

AGAINST BUTTER.

By DR. T. R. ALLINSON.

Milk is the fluid that the cow secretes for her calf. It contains in an easily digestible form all the food elements required by the calf. When milk is drawn from the cow's udder and allowed to stand in a vessel the oily part rises to the top and forms what we call cream. When cream is examined under the microscope it is seen to consist of drops of oil enclosed in thin membranes. When cream is violently shaken these membranes break, globules unite, and atoms of butter are formed. These small pieces are squeezed together and form a lump of butter. Common salt is usually added to the mass, and after being well worked with the hand or machinery to expel excess of water and milk the pat of butter is formed we all know well. The butter, as bought in shops, has this composition:

Water, from 5 to 10 per cent.

Salt, $\frac{1}{2}$ to 2 per cent in fresh and from 2 to 8 per cent in salt butter.

Caseine from the milk, 3 to 5 per cent.

Oily or fatty matter, from 86 to 92 per cent.

The salt is added to keep it from turning rancid. We have become so used to salt in butter that most people prefer to buy it mixed with salt rather than without. How butter was first discovered is not known. The discovery, no doubt, was due to accident. Milk may have been violently shaken while being conveyed from one place to another, and the fatty solid observed. This fat was then collected from the milk and used for various purposes, and when more was wanted a fresh supply of milk would be shaken up and the butter separated. Milk with the cream in it may be used as food, but evil results follow the use of butter apart from the other constituents of the milk. The uses to which butter is put are many and various, but it is in connection with it as a food that we must now study it.

Butter is used in one of two ways—either spread on bread, or

else in cookery. Good wholemeal bread requires no butter to help it down, as it has a pleasant flavor of its own; but insipid white bread must be spread with salt grease to give it taste, or very little would be eaten. Persons who live simply and rationally have the tongue in good condition, and like foods in their natural state, or nearly so. But smoking, drinking and wrong living have so deadened the taste of many that they must have a well salted butter, or some condiment on their bread, or else they would not taste it nor enjoy it. Another reason why butter is so largely used is, that it helps the bread down; this is on the principle of any well oiled thing working easily. But it is a mistake to use it so, for our thirty-two teeth, and the presence of a ferment in the saliva, show us that we should chew our food well, and thoroughly mix it with saliva before it is swallowed. Food covered with a coating of grease is not easily digested in the stomach, as the gastric juice does not act on fat, and food covered with grease will thus pass half digested out of our stomach. When butter is used in cookery some of it is always decomposed by the heat, an acrid product is formed which irritates the stomach and causes acidity, or risings of acid stuff, heartburn and flatulence, and in some cases vomiting. The reason of this is that the stomach cannot bear the fatty matter forced upon it, and expels it. The worst results follow when the butter has been acted on by the bile and absorbed into the system. Then it is liable to set up all kinds of skin eruptions, such as boils, pimples, spots, breakings out, blackheads, eczema, festers, carbuncles and sores. The fatty matter also helps on the the formation of all kinds of wens, styes, and skin tumors, fatty tumors, all gall stones. The fat also makes the skin greasy at the side of the nose, and gives the face and body a dirty appearance.

N. B.—Use butter as little as possible. If you do use it, cut your bread in thick slices and have only a scrap of butter on it. Best of all, leave it alone. If you are troubled with skin eruptions or breakings out of any kind, or if fatty tumors, or wens, or gall stones annoy you, leave it alone altogether. Custom sanctions it, but experience condemns it.

BREAD MADE FROM ENTIRE WHEAT FLOUR.

White flour has been robbed of the nutritious and nerve building properties contained in the wheat kernel, the bran has been fed to swine, while children, mothers and fathers eat the hog's leavings.

Is not a man as good as a hog? If so, then let him have as good fodder.

Health Culture said a good thing on this subject a little while ago. Here it is:

"It is an acknowledged fact that chemistry proves that in a kernel of wheat is packed all the fourteen elements also found in the human system, and in the same proportion. This one fact contains a volume in itself. * * Whole wheat flour is a rich brown color, because it is not robbed of its gluten. Gluten is in the white flour entirely removed, while the starch—the inferior element—is left behind. To use white flour from which the gluten has been removed is almost criminal. House-keepers deliberately submit to slow starvation in using bleached bread."

People, through custom established by ignorance and prejudice, use bread made of flour from which all the phosphates and gluten have been removed in order to have beautiful (?) white bread. This is wrong, because the ingredients that should go to nourish the teeth, nerves and brain have been removed, with the result that nearly everyone now has decayed teeth, a thing unheard of in the days of our grandfathers, when white bread was unknown; or they suffer from "sour stomach" or intestinal dyspepsia. But the cause is seldom pointed out by doctors because it is more profitable to write out prescriptions for nauseating drugs, although the latter ruin the constitution and aggravate disease.

The only remedy for these and a score of other distressing complaints is to live in accordance with nature, eat bread made from flour which contains the whole grain, just as nature provided, less the outward, indigestible covering, as prepared by the Del Monte Milling Company of this city.

ALTRURIA.

A poetic name given to a delightful retreat amid the Sonoma hills, being surrounded on three sides by mountain slopes covered with foliage, except here and there a verdant spot over which cattle range and graze.

The tinkle of the cowbell, the twittering of birds and the rippling of the waters of the creek, are the only sounds that break the stillness of the balmy air and mountain side.

A story written by William D. Howells, entitled "A Traveler from Altruria," appeared in the centennial year and attracted world-wide attention and interest among literary people.

Altruria was represented as a far-off country whose people had a knowledge of a better social system than we enjoy.

In 1884 a few earnest pioneers imbued with the spirit of the traveler spoken of by the author of "Altruria," chose this delightful place in Sonoma county to try the experiment of living and working together for the good of one another.

They thought they had solved the great social problem of doing away with capitalism. All such ideas seem utopian, for after a while the little colony of sixty-five members became financially embarrassed and finally broke up.

It was during the fall of 1896 that Mr. Wm. H. O'Bryan and Dr. Burke became interested in Altruria and perceived that it was an ideal place for a Sanitarium.

Nature had provided here a sheltered and sunny nook for the tenderest invalid; all the climatic conditions were favorable. Added to this was pure air and the clearest and purest of water in abundance gushing forth from the hills and rushing down the valley all the year round.

From "Mark West creek" alone came into this stream several hundred miner's inches.

Nature had laid out here 200 acres of the finest land in the State.

The estate was purchased and to-day there is upon it a fine Sani-

tarium, with a large annex, about one dozen cottages and more erecting, a laundry, a large boiler-house, where hot and condensed water is made for cooking and use of invalids; a bathhouse and cannery, where fruit is put up, and a printing establishment is also in operation.

On the western border of the basin stands the stables, where about twenty horses are kept and a dozen Jersey cows give the richest of milk. Poultry is in evidence everywhere, and across the creek is a poultry farm belonging to the estate.

About fifty hands are employed altogether in the establishments and 60 to 100 patients constantly cared for.

The object is to cure people and teach them how to get well by a rational mode of living in conformity with Nature's laws of repose.

We recently spent two weeks at Dr. Burke's Sanitarium and became thoroughly acquainted with his methods of treatment, which are based on nature.

He regards the human body as a machine wonderfully and beautifully constituted and knows just where to press the button in order to obtain best results in a curative sense.

The methods employed are Mechano-Therapy (Osteopathy), Hydro-Therapy, Electro-Magnetism, etc., etc.

The results obtained are surprising. Patients are taken after the drug doctors have given them up to die and are cured.

Patients are put on a diet according to the nature of their disease and the effect seems to be magical.

One patient comes with too much lime in his body; he is put under diet and treatment to unload the lime and build up the body, and gets well.

Another patient is overcharged with acid, and under the manipulation of attendants in the bath-rooms, etc., his system is ridden of acids and all the attending evils; a non-acid dietary is given and in a brief time he begins a new and healthy life without the use of poisonous drugs.

At 9 o'clock each morning the patients are served with one pint of hot distilled water, which they sip slowly, taking ten or fifteen minutes to drink it, for if taken

too fast it distends the stomach and gives discomfort.

Taken slowly, it cleanses out the yeasty slime in the stomach and prepares that organ for a kindly reception of the meal to follow.

But two meals are served at the Sanitarium—10 A. M. and 5 P. M.—and hot distilled water is served one hour before each meal.

Drinking hot water on an empty stomach cleans the whole system of yeast spores, besides it is a natural stimulant.

Dr. Burke says that water "taken early in the morning" is valuable in throwing off gases, and when taken in bed and the patient lying on his left side it will allow free passage of air stirred up by the heart. It greatly assists in the restoration of a downward peristalsis.

"It will dissolve crystalline substances present in the blood and urine and cause their elimination.

"It will assist in diluting the thick blood and will carry nutrition to every part of the body; therefore, since it assists in elimination of waste, and in nutrition it proves to be fattening."

We delivered a few lectures in the hall of the Sanitarium to appreciative audiences and made many phrenological examinations, besides adding largely to the subscription list of HUMAN NATURE.

Dr. Burke, Mr. O'Bryan, the attendants—every one connected with the Sanitarium—are tendered our warmest thanks for courtesies received at their hands during our sojourn in their midst.

Skill and attention are lavishly bestowed by doctors and assistants upon all patients at this Sanitarium.

Improvements are constantly being added to the institution; even gas to light the great building and the annex, is manufactured on the place.

Altruria is an up-to-date Sanitarium; it is unique.

Every Tuesday and Friday of each week Dr. Burke visits his city office, at 603 Sutter street, San Francisco.

Said a gentleman who recently called at our office for examination: "Anyone can see that a dull and stupid person looks unlike the bright and intellectual one, but it takes a competent Phrenologist to give the reasons why."

THE UGLY DUCKLING.

BY JOHN F. BERNARD.

Professor Nelson Sizer, the greatest practical phrenologist the world has yet produced, in an article in "Human Nature Library" on the subject of "Resemblance to Parents," basing his assertion on his long experience, enunciates and elucidates the principle of human nature that resemblance to parents is, generally, and should be, cross-wise of the sex—sons resembling their mothers, and daughters resembling their fathers. Another principle of human nature, noted alike by the leading phrenologists and by other eminent writers on hereditary genius, is that the best children of the same parents are those born when the parents are at their best, that is, at or near middle age. Thus, all the authorities mention Franklin as "the youngest son of the youngest son for seven generations." Esau was no match, in the race of success, for his younger brother, Jacob, who resembled Rachel, and was fine-grained and refined, dark and bilious, intuitive, intellectual, prudent and politic, selfish, ambitious, very acquisitive, religious but unconscientious and crafty; while Esau was coarse, hairy, red-headed, blue-eyed, florid, freckled, muscular, strong, rough, dull, careless, open, frank, prodigal, purposeless, liberal, honest and simple.

Combining the two principles, and restricting ourselves to a consideration of males only, we may classify men as follows:

First, those who resemble their mothers; being (a) younger sons, and (b) older sons.

Second, those who resemble their fathers; being (a) younger sons, and (b) older sons.

Our subject will further restrict us to a consideration of this second class; as men of the first class, whether younger or older sons, resembling as they do their mothers, are never misunderstood by them, however unbalanced or bad some of them may be. There is a peculiar bond of sympathy between the mothers and sons of this class; they instinctively understand each other. Though some of these mothers may lament to

see their own defects repeated, yet many of them rather take pride in the characteristics of this class of sons. Some of them cannot, and even will not, withdraw their sympathy and pride, even though the world condemn. Some even instigate their sons to the acts which are not laudable. Rachel instigated Jacob to swindle Esau out of his father's blessing.

With the second-class, particularly in the case of older sons, it is different. They, even those of them who are really well-balanced and worthy, are really never understood or appreciated by their mothers, however loving their mothers may be. In this class we find the ugly ducklings. I will confine myself to older sons who resemble their fathers.

The ugly duckling has a brother, a successful younger brother, under whom his genius is rebuked. An only son resembling the father may make a good showing in the world. So may one who leaves home early, and escapes a younger brother's influence. Wellington, they say, resembled his father. Joseph Bonaparte makes a foolish figure in history by reason of his submission to Napoleon's domination; whereas he might have made a success in some calling for which nature fitted him had he struck out for himself—though he might have remained unknown.

Again, the ugly duckling's mother is the equal of his father and may be his superior. Where the mother is much inferior to the father, the son, even though he resembles his father, and has a younger successful brother who resembles his mother, may yet and sometimes does escape the unpleasant condition of an ugly duckling, unpleasant to himself, though too often otherwise to the son who is showing off at his expense. A college graduate, who resembled his father, the father being much superior to his mother, not knowing what he was best fitted for, and being urged by home influence, finally accepted an offer to learn plumbing under his younger brother, who resembled the mother and had established himself in a fine plumbing business while the other was at college. The college boy put on working clothes; which seemed to detract from his former distinguished and handsome appearance. Being well-developed phys-

cally he soon adapted himself to the work; and he acquired with great aptitude, being splendidly endowed mentally. Yet he soon tired of the trade. It was too small and narrow for him. He became careless and permitted drink to lower him. At the same time his brother was making a fine appearance in society, and married desirably. The younger brother was advancing to all that is attractive, while the elder was standing still, or worse, at the bottom of the ladder of success. The younger brother was a plumber by nature, and having his mother's instincts and tendencies, was understood and admired by her. The other was no more a plumber than a pig is a philosopher, and, inheriting from his father, his mother, loving though indeed she was, and solicitous for his welfare did not and could not understand him. Finally, realizing his situation, and knowing he was fitted for something better, notwithstanding any doubts his mother and brother had on the point, he consulted Professor Sizer, who promptly told him he could become eminent as an army surgeon; and now he is acquiring fame at Manila, while his brother is yet a successful and rising plumber.

But the real ugly duckling is he who resembles the father, and has a younger brother who resembles the mother, the mother being at least the equal of the father, and the younger brother succeeding in a calling for which he is exactly fitted by nature, and dominating his older brother. There is no sorer picture in human nature; and no one so much as the ugly duckling needs the counsel, not of the physician or the lawyer or the minister, but of the practical phrenologist. And the operation of drawing him to his right sphere in life is truly difficult. It is difficult to draw him away from his brother, and get him to be contented with his own less conspicuous but more natural sphere. He is by nature perhaps a bootblack, while his brother is a banker; and it is exceedingly difficult to draw him away from his brother's bank, where he is only fitted to do menial work. His Self-Esteem becomes undermined. Were it otherwise, he would proudly think as the squirrel when it said to the camel: "If I cannot carry mountains on

my back, neither can you crack a nut." The ugly duckling becomes a butt. He is perpetually snubbed. He becomes sullen sometimes. He falls into a foolish worship of his brother. If his brother acquires a splendid mansion, he is content to live in one of the barns and do his brother's dirty work for a bare subsistence; whereas, could a phrenologist gain his faith sufficiently, he might be made an admirable mechanic, and in time marry and have a home of his own. But he is too apt to be influenced by the brother's contempt for marriage and phrenology. I have seen many a misfit as to vocation, who followed such vocation because the successful brother is in it. The ugly duckling remains a bachelor, for divers reasons. Being always with his brother and in his brother's set, the girls who admire the brother do not consider the ugly duckling seriously. Some of them think, "He isn't at all nice." Besides, if he married, his wife would break the circuit of fascination that makes him his brother's worshipper and dependent; which would remove a source of happiness from the brother (in many cases). If the ugly duckling approach the water, the mother and those who resemble her predict some bad end for him; whereas, if a practical phrenologist could handle his case, he might be made a very useful member of society in the very direction his desires and tendencies point. If the mother is light and fine, and her pet a successful dentist, that is no reason why his big, rough brother should be snubbed at every manifestation of his nature—he might be amply qualified by nature to go to West Point. But such a mother and brother might scornfully answer the benevolent phrenologist by saying there are better places than West Point and better callings than that of a soldier (dentistry, for instance), and on close cross-examination the phrenologist will draw out that the best thing for the boy to do is to learn dentistry under his brother, and leave his horrid inclinations to rough outdoor life. To such relatives the ugly duckling's characteristics appear, not as manifestations of nature, but as indications of willfulness to be corrected. If mothers of ugly ducklings knew a little phrenology they would thereby spare themselves much trouble.

AIR TRUSTS OF THE FUTURE.

Lord Kelvin, president of a University in Scotland, and Professor Mee of Terre Haute, have reached the conclusion that through the large consumption of fuel to generate power, the oxygen of the air will, in a few centuries, be consumed and replaced by carbon, finally rendering it impossible for all to secure enough air to breathe without artificial manufacture. Of course those unable to purchase a supply from the manufacturers would have to die for want of air, as many do now for want of food.

Professor Mee says this catastrophe could be averted by the use of water power, both from the fall of streams and from the waves, but the great practical obstacle, he observes, is that it cannot be had where it is wanted. This difficulty could, however, be obviated but for the laws which confer ownership of both water and land, so that for a municipality to get either for any purpose it must buy out the "rights" of proprietors. Were it desired to utilize the power of the ocean's waves (as inventors have long been endeavoring to do in this city) the lords of the land step right in and demand "all the traffic will bear" for permission to erect the works on the sea sands and the right of way to convey the water over barren hills. It has been proposed to convert the sun's heat into power; but should that be made economically possible, we suppose the lords would find some way of obstructing the process unless paid a liberal dividend.—*The Star*.

A POOR MAN'S RIGHT.

We sometimes hear the remark that "If a man don't like his country he can leave it." This sounds like an "independent voting king" and might not be so bad were it only true. But let us see how it works. Suppose a man living in the interior of the United States, who has no money and can find no work, should take it into his

head to leave the country. It is several hundred miles to the Mexican or Canadian line. He has no money to pay railroad fare and no horse to ride, so he starts on foot. He must have something to eat and so goes up to a house and asks for food. He is arrested for begging, tried, convicted and sent to jail for 30 or 60 days.

He serves his term and makes a new start. This time he is more cautious, so he goes all day without food and at night goes to sleep beside a haystack. He is found there in the morning and is again arrested; this time charged with vagrancy. He is tried, convicted and serves another month or two in jail. He is now tired of attempting to leave the country on foot and concludes to try the railroad, and so watches his chance and crawls into a box-car. The train starts and, although ragged and hungry, he rejoices, for he is now on his way and traveling at the rate of twenty or thirty miles an hour. But he is again doomed to disappointment, for he is discovered and again arrested. This time he is charged with trespassing on the property of the railroad company, and is tried, convicted and imprisoned as before.

He has now made three attempts to leave a country in which he could not make a living and has served three terms in prison for so doing. If he does become embittered against society and becomes a reckless criminal, is it not society's fault? for its laws and customs have done all in their power to make him such. Truly, this is a grand country and a benevolent government where men cannot make an honest living and become criminals by simply attempting to leave.—*The Commoner*.

Phrenology demonstrates that no man is evenly balanced. Some come near to being so. They possess an evenly balanced head and have in consequence a harmonious character which always corresponds to a harmonious organization, but even these have a "kink" or slight deficiency of one of the forty-two faculties, he are imperfect; a phrenological examination reveals the weakness.

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, 1890.

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., JUNE, 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.

Baths.

Since we offered our baths at Agent's price (\$3.00) we have more than doubled the sales.

By giving the Agent's profit to the public the buyer gets the profit formerly given to the middleman.

CHARACTER IN EVERYTHING.

Everything in creation indicates character by its form, quality, temperament, motion, sound, color, etc.

The lion is known by its roar and the dove by its cooing.

The sublime falls of Niagara and the raging tempest are in contrast with the murmuring brook, and the gentle zephyrs that blow across the pleasant vale. Each indicate its character either by sound or motion or both.

The greyhound by its long pointed nose and spare form, shows that it is organized for speed, while the bull dog with its blunt face, broad head and heavy set body indicates that it is endowed with more strength than speed.

The steamships to which has been applied the name, "Ocean Greyhounds," are built on very sharp lines for speed while the flat bottom and blunt prows of our ferry boats show that they were made to carry heavy loads rather than move quickly.

Everything by its form, shape color, motion or sound, proclaims its character and this is the way Phrenologists read character.

Men with heavy base brains, and very low brows, will have vicious countenances and character to correspond, while those with weak base brains and high development of the moral region, if the quality of organization be good will have genial faces.

There is character in the walk as well as in the voice, in the shake of hands and in handwriting.

One of our patrons writing to HUMAN NATURE office recently wrote in a very flourishing hand; the capital letter "L" of his name being thrown with a great flourish clear across the page of writing and returned to the point of starting in a free hand style, as were all the letters and words in his communication and we concluded the writer had immense Approbation, Sublimity and Ideality; and when his photograph arrived for delineation we found the above faculties were the ruling traits of his character, and he afterward expressed himself as greatly surprised at the accuracy of our description of him. Phrenology is a science which reveals the hidden mysteries of character.

Ill health is often the result and penalty of an outraged stomach.

WHO IS HAPPY?

Who is the happier man? One whose income is \$20,000 a year, whose luxurious living causes him to be constantly in debt, and the balance of his accounts at the close of the year on the wrong side of the ledger, or the hard working man who earns \$2.50 per day and saves 50 cents of that sum?

Every one will say the working man is happier, but inquire and the man with the horny hands envies the man with the \$20,000 a year and thinks if he were in receipt of such a sum of money how happy he would be.

But there are thousands upon thousands with princely incomes, who never enjoy a moments peace, because they live above their means, have acquired habits hard to break, or formed costly acquaintances they cannot break off, cannot turn back and ultimately are driven upon the rocks.

It has been our privilege to know men in this city who had neither a criminal form of head nor criminal intent, but by living above their means have resorted to questionable methods to raise funds, until the law has been transgressed; and they have landed in jail and brought shame and sorrow on themselves, and relatives, all because they did not live within their income.

There is really more happiness in the world among the hard working people than among those who are called rich.

Among the rich who have little or nothing to do, there is gossip and scandal enough to disturb their peace of mind, for it takes a great amount of care and time to sustain their dignity. Idleness is the mother of mischief and sorrows. The very rich are idle and have little to occupy their minds, while their time is given up to social functions, or what is termed pleasures and enjoyments of society.

As a rule there is more happiness in a cottage where the busy housewife is attending to the wants of a rising young family while the husband during the day is hard at toil. His labor brings a healthy appetite without stimulants and he sleeps at night with a clear conscience. He is the happy man.

In a large city like San Francisco there are of course many people unhappy for want of em-

ployment, but if their lot had been cast in the country where they could till the soil on their own account this would not happen.

Unfortunately dwellers in cities look upon farming as a return to barbarism. They dislike isolation and hard toil on the land with a lack of the exciting conditions such as are found in the cities.

Many young men come to us for a phrenological examination who have good talents and a liberal education but no means to start them out in life.

They are rich if they start out aright, get into the line of business or occupation nature designed them to follow and will grow happy in so doing.

But young men who have not the advantage of a phrenological examination may go on the wrong road, may have a desire to enter law when they are equipped by nature for commerce, or enter commerce when nature points to mechanics; such men can never be happy, strive as they will.

A young man starting right is not afraid of poverty.

If there is anything in the world that he should be grateful for, it is the poverty which necessitates his starting in life under disadvantages.

Poverty is one of the best tests of human quality in existence.

A triumph over it is like graduating with honor. It demonstrates strength of character. It is a certificate of labor faithfully performed. A young man who cannot stand the test is not good for anything. He can never rise above a drudge or a pauper.

Rich young men often go to the bad, they lack stimulus to effort.

A boy at school with a full stomach, a plethoric pocket book, and fine clothes, finds himself surpassed by the widow's son who is working his way through college. The majority of our great men were poor schoolboys who worked their way up and found more happiness in life than the sons of the pampered rich. Abraham Lincoln rose from obscurity and poverty in a Western log cabin to be twice elected president of the United States.

James A. Garfield was another instance of industry, perseverance and integrity, rising from poverty to eminence.

John Adams was the son of a farmer, and Benjamin Franklin

was the son of a tallow chandler.

Bloomfield wrote his best poem "The Farmers Boy," while working in the garret as a shoe-maker.

Ben Johnson, the dramatic poet, was a bricklayer.

Shakespeare was the son of a poor man who could not write his name.

Burns was the son of a small farmer.

Allen Cunningham was a gardener.

Hogg was a shepherd.

Ebenezer Elliot worked in an iron foundry.

Falconer was a sailor boy.

Thomas Moore was the son of a grocer.

Gerald Massey was the son of a canal-boatman.

Defoe, author of "Robinson Crusoe," began life as a hostler and was self-taught.

Cobbett was a farmer's boy.

Izaak Walton the angler, was a linen draper, and Charlotte Bronte was the daughter of a poor clergyman in a poor parish.

Thus we see the children of genius have often been the sad-faced pupils of misfortune, that poverty often sat at their table, supped with them and seasoned their food with ashes.

We see also the Phoenix like great souls of the ages dead rise out of the drear, black ruins of poverty, soar up high on the mountain brow of fame, and become beacon lights for humanity's staggering ship on the eternal sea of the ages.

But many of these men of genius although lifted up at times in spirit far above the people feel too much the sting of poverty to be really happy.

This brings us to the thought again that the real happy man is he who is well read, who works hard, with a good trade in his hands, who is healthy and strong, happily married and out of debt.

Imperfect health is the result of wrong habits of living,

Nature admits no excuse if a man labors at his desk twelve hours per day without taking exercise or sunshine and fresh air.

She makes no distinction between the man who knows better and violates her laws and the man who does so ignorantly. She punishes both.

READING CHARACTER FROM PHOTOGRAPHS.

Mr. John William Steinmetz of Tillamook, Oregon, writes:

"Photos and your delineation of my character received. Thanks. You certainly know your business, for you not only described my character exactly as I am known to my friends, but advised me to follow a vocation I like and at which I am most successful. As you say I would be a failure in commercial business, I have tried and cannot succeed at it; indeed, I dislike commercial business and will follow your advice, for I know it is best.

Private Tuition.

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."

There are physical cowards and there are moral cowards. The former have weak bodies with small Combative-ness, Destructive-ness, Self-Esteem and very large Caution.

The heads of the latter are low, showing a deficiency of all the moral faculties. Such a one is unfortified against pain and affliction and cowed at the obstacles in his path, which are largely imaginary. He also lacks Self-Esteem, Hope and Vitativeness, with the organ of Cautiousness large. This is the suicidal type of brain.

Study human nature by observing the form and shape of the head and face. You will find that form and shape corresponds to character.

GIVE BABIES BETTER BODIES.

"Blood tells." "Like father, son." "The fathers have eaten sour grapes and the children's teeth are set on edge." Are trite sayings which have come down to us through the observation of philosophers in past ages.

That a child will resemble its progenitors seems to require no proof, also that mental impressions in the gestating mother affect the physical and mental formation of the unborn babe needs no demonstration, but that some recognition of these psychological laws by mankind should obtain, is apparent to every thinking and observing mind.

Religionists and reformers begin at the wrong end of the line to pull the boat ashore. They deal with effects instead of causes, and advise men and women who have stepped aside from the path of virtue to be "born again." If people were born right the first time there would be no need of being "born again."

If human beings would apply the same rules to the propagation of the human species that horse and cattle breeders observe in producing pure blooded and perfect animals, there would exist on earth a few generations hence, a different and better race of men and women than the human biped that now causes God to "repent that he had made man and grieves him to his heart."

As an item of news a daily paper prints the following statement:

BLIND MAN'S CHILD BORN WITHOUT EYES.

NEW YORK, March 14, 1899.—A. Lincoln, Neb., special to the *World* says: W. L. Gregg, a well-known lecturer living in the town of Greenwood, east of here, was born blind. About a year ago he married a Nebraska girl who has perfect vision. Last week a baby was born to the couple, perfect in every way except its eyes. It has no eyes, and where there should be an opening for them the face is perfectly smooth.

It is a terrible misfortune to be born sightless into a world of sunshine and beauty, filed to overflowing with lovely flowers and rippling streamlets, swinging amid a galaxy of twinkling stars, to sit in darkness surrounded by light, a helpless creature cast upon the

shore of life, to stumble into eternity. To be forced into a sightless existence a sorrow to one's self and a burden to the world.

Yesterday I saw a beautiful young lady of eighteen summers deaf and mute from birth, weeping because in company with gay companions she could catch no sound of their voices, could hear no strain of melody, could speak no thought to listening friends. The ancestors of this girl had been deaf mutes during many generations.

A young man recently wrote to the editors of *HUMAN NATURE* from San Quentin prison that the impulse to commit crime was hereditary in his family, and so his earth-life is darkened by prison walls because he was born to crime, through no fault of his own. He had not the choice of parentage.

A woman was arrested last month in a department store in San Francisco for shop-lifting. She plead kleptomania as excuse for crime. It is as natural for her to steal as it was for Jennie Lind to sing, "She was born a thief."

The instances of forced birth into earth-life of deformed, depraved and sickly children are innumerable. The facts in all their hideousness and melancholy stature stand grinning at us from every corner in the streets of life. What are we going to do about it? Shall the unfit continue to perpetuate their ugly pictures and force their vile blood into the veins of all coming generations of men?

There is a way to manufacture good bodies for human souls, it can be done as well in the birth of babies as of horses. What are we going to do about it? Nothing?
C. P. HOLT.

PHRENOLOGY AMONG THE BLIND.

BY PROF. FRANK W. JACOBS.
(The Blind Phrenologist and Musician.)

Blind people furnish very conclusive proofs of Phrenology.

They differ from each other in quality, temperament, health and disposition as greatly as do people who are blessed with sight, but by reason of their infirmity some faculties are strengthened while others are dwarfed.

Their peculiarities arise from the peculiar circumstances and environments in which they are placed.

Their social faculties, particularly Love of Home and Friendship, are usually well developed. Yet they are sent from home at an early age to be educated at boarding schools where there is a lack of home influences.

The writer remembers, when a diminutive lad of seven years of age, how he and other little ones at school sighed for home and a mother's tender care.

The Selfish faculties are usually cultivated in the blind. If a blind child's parents are wealthy and affectionate, the child grows selfish by indulgence; he is often petted and spoiled.

Approbativeness and Firmness are often very active and too strong, while Self-Esteem is small, caused by too much dependence on others.

They are made to feel they are unfortunate and helpless.

The organ of Color is always deficient. This is noticeable by observing a decided indentation at the place on the head where the organ of Color is located.

It is supposed by some that Color can be determined by the sense of touch, which faculty is acute in the blind. This is a mistaken idea and quite untrue.

In morals and religion the blind differ as do others.

During life in school the pupils are surrounded by influences of morality and religion. Some profit by these influences, but others are so low in moral development that they exhibit little morality in their lives.

Many blind people are irritable and disagreeable, which may be said of some people who have good eye-sight.

The organs of Human Nature, Imitation, Comparison, Time, Tune and Ideality are generally well developed and cultivated.

Eventuality and Causality are generally the leading faculties in those who are inclined to study, but Music seems to possess the greatest charm for the sightless ones, in the practice and teaching of which they often become quite expert.

Teaching music offers the best field of labor for the blind, but a higher education should be given blind students that they may be

armed with better weapons to fight their battles of life.

If Phrenology were better understood by parents and teachers, their education would be much more perfect.

The study of human nature is slow and laborious without some practical system, and Phrenology is the only practical system of mental philosophy that can solve the apparent mysteries of the human mind.

ALIMENTIVENESS.

"I am digging my grave with my teeth and know it, yet I am carried away by my appetite and cannot resist."

Thus spoke a red-faced patron to us one day. The world is full of such helpless ones who cannot conquer their appetite, or do not have the will to overcome the gnawing, biting sense of false hunger.

Phrenology shows that it is very easy for one with small Alimentiveness and a pale face to miss a meal, eat sparingly and avoid temptation to overeat.

But let us have charity for the one with large Alimentiveness, active to redness. He is suffering from an inflamed condition of the stomach and has a burning desire to eat and drink. He has an intense longing for something to eat; it is a diseased or abnormal condition that seems not to be appeased. Just one bite and the craving is momentarily gratified, but it is only momentary, for he has added fuel to the fire and he eats ravenously again, to be consumed by the fiend in his stomach.

One with small Alimentiveness may laugh at the other man's weakness, but he can have no conception of the struggle within of the victim of abnormal Alimentiveness.

Not long ago a lady visited the office of HUMAN NATURE whose brain organ of Alimentiveness reached only three degrees on a scale of seven. The normal is five degrees. She weighed only 105 pounds, had sunken cheeks, with a hollow streak from opposite the molar teeth to the organ of Alimentiveness, where it terminated by a deep indentation—true signs of the dyspeptic.

Yet this lady was sometimes

overcome by a keen sense of hunger which seemed impossible to appease without a hearty meal of food; after partaking of which she would be sick for a long time and unable, as she said, "to hold her head up."

She had through the unhealthy condition of Alimentiveness taken on a cargo she could neither consume nor carry, and being overloaded, with no power of assimilation, her system became clogged with effete matter, and she was ill.

Thus to have Alimentiveness too large and active or too small and irregular in activity, is unfortunate, because abnormal.

Abnormal conditions, whether of body or mind, are disastrous.

Abundance of hot distilled water to drink and no breakfast, together with unfermentable food, are factors in a sure cure without drugs.

A QUESTION OF FACULTY.

One who is deficient in the faculty of Amativeness possesses but little magnetism and is cold and lacking in conjugal love.

One who is very deficient in the organ of Tune is as little qualified to execute music as the person who is blind is incapacitated to discourse upon the colors of the rainbow.

He who is deficient in the faculties of Spirituality and Veneration has no faith in the unseen and no reverence for Deity; and it seems to him that those who claim to commune with departed spirits and who pray and worship God are either deluded or are hypocrites.

It is very difficult for a man to memorize whose organ of Eventuality is weak.

Some of the best thinkers we have in the world are poor conversationalists, and some of the most loquacious ones are very poor thinkers; so it is a question of faculty.

A man told us recently that he did not think it required a smart man to make money, but it was a talented man who could keep it. On examination we found he possessed all the faculties required to make money, therefore it was an easy task for him, but he was weak in the back part of Acquisitiveness and in Cautiousness, therefore it was difficult for him to save money. That is why

thought it required a smart man to keep it. We have known some very stupid men who could never earn much money, but what they did earn they saved.

What a man does and how he acts depends altogether on the development and activity of his faculties. There is not a phase of his character but can be accounted for on this principle.

Extraordinary Deep Development Through Breathing.

Hugo Pruessing one of the best-known athletes of Milwaukee is a wonderful example of muscular development produced by breathing exercises.

Two years ago he was narrow chested, stooped shouldered, consumptive. It was predicted that he could not live a year. Hearing of the treatment of a Washington physician who required his patients to undergo a regular system of breathing exercises, Pruessing determined to try it. The results have been truly astonishing. At the outset he weighed 110 pounds, measured 33-1.4 inches round the chest, with an expansion of 1-1.2 inches. To day he weighs 150 pounds, measures 38 inches round the chest, when normal, 43 expanded and 34 empty. His lower chest is 28-1.2 inches normal and 35 expanded.

The extraordinary muscles under his arms are those possessed by few other athletes in the country except Sandow. It will be remembered that Sandow by similar treatment built himself up to his present marvelous strength.

The breathing exercises are largely a matter of will. He commenced breathing with the upper chest. The ordinary method moves the shoulders and uses involuntary muscles instead of the voluntary ones. Pruessing's method of training keeps the chest raised and gives a longer range to the diaphragm. After the shoulder movement upper chest breathing is practiced and then abdominal breathing; then the lower chest breathing, the effect of it all being to build up the chest, shoulders and diaphragm most notably.

—*National Review*.

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:

Short Course, 8 lessons - - - \$10.00
General Course, 22 lessons - - - 25.00
Professional Course, 45 lessons - 50.00

The Professional Course earns a Diploma.

We now offer

HUMAN NATURE

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

Phrenological Journal and HUMAN NATURE - - - - -	\$1.25
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.

A Delightful Bath

At Home for 5c.



HUMAN NATURE'S IMPROVED VAPOR BATH

The above cut illustrates a portable, hot air bath which folds into two inches thick, and is the most convenient and effectual bath ever invented, the results of which are equal to those obtained in the sanitariums, the public Turkish baths or the Russian baths.

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.

These Baths have heretofore sold at \$5.00, but to more thoroughly introduce them to the public we will, during the month of May, sell them at the reduced price of \$3.00.

Everybody can now afford to own a hot-air bath.

Send orders to
HUMAN NATURE Office.

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.

OCCULT TRUTHS, \$1 Per Year,
Chas. W. Smiley, Washington, D. C.

Illustrated Lessons by Mail.

A complete course of instruction will be given in the science and art of Phrenology. We have a new system of Teaching; a new system of combining Faculties; a new system determining Temperament; a new system determining Quality. In fact we have the most advanced thought upon Phrenology, practically illustrated and demonstrated, of this age. Many know the value of the work done at the Institute. It stands on its own merit. Some of the subjects to be treated in the first six lessons are:

1. The Mental Alphabet and Expressions of Character in Face, Head and Body.
2. The Mental, Motive and Vital Temperaments.
3. Size not necessarily a measure of power.
4. Sources of general power.
5. Latent talent and combination.
6. Reading others by means of our own faculties.

For circulars or further information, address, The Chicago Institute of Phrenology. MRS. MAY E. VAUGHT, Manager. PROF. J. A. YOUNG, Assistant and Cor. Sec.

Another Chance.

On the first Thursday evening, and also the first Friday evening of August, new classes will be organized at the office of HUMAN NATURE, where on each succeeding week for five months, phrenology will be thoroughly taught those who desire to learn this valuable science. The tuition will be only five dollars for the course.

Private instruction will also be given to those who desire individual instruction, and who will receive a diploma.

The course fits the student for professional work. The tuition is \$50 for fifty lessons.

They Are Going.

We have a few copies left of "Manhood Wrecked and Rescued" by W. J. Hunter, D. D., which we will sell at the reduced price of \$1.00 at our office, or \$1.10 by mail, postpaid. The publisher's price is \$1.50. This book should be in the hands of every young man in America.

"HUMAN NATURE EXPLAINED," by Prof. Riddell, is an excellent book, which contains features not found in any other phrenological work. Price, \$1.50. For sale at HUMAN NATURE Office.

Ascertain the true function of the faculties, study the combinations and you can account for every phase of human character.

PUBLICATIONS

Why you should read the

PHRENOLOGICAL JOURNAL

Because it is a bright, up-to-date exponent of Human Nature.

Because it will help you to understand yourself and others.

Because it exposes to view the mental machinery of public men and women.

Because its Child Culture Department helps mothers to understand the character and needs of each child.

Because it will interest you intensely.

Single copy, 10 cents; one year, \$1.00; mailed free. Address HUMAN NATURE office.

The Journal of Hygieiotherapy

Published at Kokomo, Ind.

By T. V. GIFFORD, M. D., & Co.

75c. PER YEAR.

AND ANTI-VACCINATION

A monthly devoted to healthful living and to a scientific and successful method of treating the sick without drugs.

THE ESOTERIC..

The Esoteric is devoted to methods, scientifically religious, for bringing body, mind and soul into harmony with God and nature.

Those seeking Holiness of heart and life should read it.

Also those who are studying magic will find in it the secrets of the Power of the Christ, of His knowledge and of His understanding.

Subscription, \$1.00 per year.
Sample copy 10c.

ESOTERIC PUBLISHING CO.
APPLEGATE, CALIFORNIA.

Dr. CYRUS R. TEED (Koreh)
(Founder of Koreshanty)

The Scientific, Religious and Social
Revolutionist, publishes

THE FLAMING SWORD

The only unique Journal in the world, only paper devoted to Universology. The greatest scientific discoveries and achievements of modern times.

Astronomical Sciences the basis of Koreshan Theology, Astro-Biology and Social Theocracy. Sixteen page weekly. \$1.00 per year. Sample free.

Guiding Star Publishing House.
6308 Wentworth Ave., Chicago, Ill.

THE COMING LIGHT

CORA A. MORSE, Editor.

A monthly magazine; up to the latest date original in its method; able in its treatment of modern problems and affairs; devoted to higher thinking, higher living and a higher social order; recognizing what is true and good in all that is old, but eager for the ideals not yet realized; aiming at the hearts of the people and the heart of things; fearless of reality; critical of shams; giving welcome to all truths; bent on making life more abundant, free and noble; jealous of the rights of man, woman and child; hopeful; optimistic; and pledged to work for the coming of the kingdom of Truth, Righteousness and Love here and now. Subscription, \$1.00 per year. Single copies, 10c. Address—

"THE COMING LIGHT,"
621 O'Farrell St., San Francisco, Cal.

HEALTH

A Monthly Magazine devoted to the cause and cure of diseases. Price, \$1.00 per year.

Teaches hygiene, diet, *mechano-therapy*, hydro-therapy and common-sense methods of getting and keeping good health. Directs attention to unrecognized gluttony and superstitious faith in the power of drugs to cure. Considers disease a penalty for disobeying Nature's laws, and advocates Nature as the real healing power.

Edited by W. P. Burke, M. D., at

DR. BURKE'S SANATORIUM

Altruria, Sonoma County, Cal.

OCCULT TRUTHS

The truths which held and acted upon cure all sick bodies, empty purses, unhappiness and folly are veiled from the minds of those who most need to use them, hence called occult.

It is ours to point the way to this hidden knowledge of life and destiny. The sick, the poor, the unhappy, and those indulging wrong passions, feelings, thoughts or desires will not easily believe occult truths and phenomena. If they would do as directed their troubles must cease.

Published monthly at one dollar per year by Chas. W. Smiley,
Washington, D. C.

FREE to advanced thought people—sample copy of the most original and practical occult journal of the age. The exponent of West Gate Philosophy. A NEW OCCULT SYSTEM. An unlimited field of labor open to teachers, lecturers and healers. Address THE OCCULT, Sta. A Boston, Mass.

HAVE YOU COMMON SENSE

If not, send at once for a free copy of this liberal-minded advocate of advanced thought. Brings health and success. Address, Common Sense, H.N., 55 State Street, Chicago, Ill.

SAMPLE copies of 100 different leading Newspapers and Magazines sent to any address upon receipt of 10 cents to pay for mailing. U. S. Subscription Agency, 216 Liberty St., Indianapolis, Ind.

WILEY BROS.

New and.....,
Second-Hand

Furniture

...Upholstering in all its branches

931 MISSION STREET

Bet. Fifth and Sixth - San Francisco

—o—

SHADES, 25c each.

OIL CLOTHS, 25c. per yard.

NEW ANTIQUE SETS, \$10.00,

DOUBLE HAIR MATTRESSES, \$7.00

Phrenology

In a

Nutshell.

That's what you get when you read CALDERWOOD'S MAGAZINE.

There are lots of "Ripe Ideas on other things" that will interest you. Ten cents a copy; \$1.00 for 12 months; 6 months 50 cents.

CALDERWOOD'S MAGAZINE.

102-4 N. 3rd st., Philadelphia, Pa.
HUMAN NATURE and the above for \$1.10 per year.

VIRGINIA HOMES.

You learn all about Virginia lands, soil, water, climate, resources, products, fruits, berries, mode of cultivation, prices, etc., by reading the VIRGINIA FARMER. Send 10c. for months subscription to

FARMER CO., Emporia, Va.

Send us Your Photo and \$1.00

For a brief written description of your Character and Chart, including One Year's Subscription to HUMAN NATURE, or

FOR \$2.50

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

FOR FIVE DOLLARS we give all the above with a more elaborate description, and with best advice on health, etc.

Please state height, weight of body, size of head, measuring by tape a little above the ears, and height over crown, from opening of ear to ear. Color of hair, eyes and complexion; age, single or married; education and present occupation.

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.

THE VEGETARIAN

...A FIRST-CLASS...

Hygienic Restaurant.

Under the direction of the San Francisco Branch
of the St. Helena Sanitarium.....

1422 MARKET ST.,

BET. JONES AND CITY HALL AVE
SAN FRANCISCO.

Only the very best material used. Everything clean, wholesome
sensible.

Our kitchen is in charge of Mr. H. L. Spencer, recently first cook
at the Battle Creek Sanitarium, Battle Creek, Michigan.

DR. BURKE'S MEDICAL AND SURGICAL SANITARIUM

ALTRURIA, Sonoma Co., Cal.

How To Get There:

From San Francisco—Take Tiburon Ferry Boat
at 7:30 A. M., or at 3:30 P. M., for Fulton,
where stage will be in waiting.

From Sacramento—Change cars at Suisun for
Napa Junction where train will be in wait-
ing for Santa Rosa, Cal.
every Tuesday and Friday at 8 Sutter Street.
Or San Francisco.

W. P. BURKE, M. D.

Holler

The Popular Photographer *

8 Sixth Street, San Francisco.

Fine Cabinet Photographs from \$1.00 per dozen
upwards
A Crayon Portrait Free with every dozen Cab-
inets from \$2.00 upwards.

CHILDREN'S PHOTOGRAPHS A SPECIALTY

J. P. BEAN, PHYSICAL CULTURE

305 LARKIN STREET.

All Lessons Strictly by Appointment.
Private Boxing Lessons. No rough
usage.

A Fine Trio.

Dr. Burke's *Health* magazine is
\$1.00 per year; *Phrenological Jour-
nal*, \$1.00; *HUMAN NATURE*, 50c.;
total, \$2.50. We offer all the above
for only \$1.75. Address, *HUMAN
NATURE* office.

SMITHS' CASH STORE

LITTLE FEET.

Special bargains* in narrow width
shoes for ladies. Quality is the best,
style is modern.

LADIES' SHOES.

A width, first quality..... \$ 50 to \$ 75
B width, first quality..... 65 to 85
C width, first quality..... 75 to 1 00
D width, first quality..... 1 00 to 1 25

These are from a fine maker, who was
going out of business and sold at a frac-
tion of their cost. Make good, cheap
shoes for school girls. All Sunday styles.

MEN'S

Shoes, worth \$2, somewhere between a
fine dress shoe and common, everyday
brogan. Neat looking, Congress or lace,
at a broke price, as follows:

Size 12, closing at..... 75
Size 11, closing at..... \$1 00
Size 9½ and 10, closing at..... 1 25
No other sizes.

25 and 27 MARKET S
SAN FRANCISCO. - - CAL.

Hamman

FINEST

Russian and
Turkish Baths

OPEN DAY AND NIGHT

Sole Right for the Pacific
Coast for Lippert's Patent
CARBOLIC ACID, STEEL...
..... BRINE BATHS
Electric, Sulphur and other Medi-
cated Baths.

Elaborately Equipped for
Both Ladies and Gentlemen.
11 and 13 GRANT AVENUE.
San Francisco.
E. F. BURNS, Prop.



THE SMITH PREMIER TYPEWRITER

The following are a few recent sales:—
War Department, 10; Dr. Sanden's Elec-
tric Belt Co. 8; W. W. Montague, Her-
cules Gas Engine Co., S. Pacific Co., U.
S. Post Office; U. S. Engineer's office;
Willamette Pulp and Paper Co.; Hass,
Barnch & Co.; Anglo California Bank,
Ltd.; M. Schussler & Co.; Grant Powder
Co.; Cunningham, Curtiss & Welch, etc.,
etc.

CATALOGUES FREE

L. & M. ALEXANDER & CO

Exclusive Pacific Coast Dealers.

110 MONTGOMERY STREET

San Francisco, Cal.

MILL VALLEY

— AND —

Mt. Tamalpais Scenic Railway

TIME TABLE

Commencing November 13, 1897.

WEEK DAYS

Leave SAN FRANCISCO via Sausalito Ferry—
9:30 A. M. 1:45 P. M.

Leave TAVERN OF TAMALPAIS—
1:15, 4:20 P. M.

SUNDAYS

Leave SAN FRANCISCO—
8, 10, 11:30 A. M. 1:15 P. M.

Leave TAVERN OF TAMALPAIS—
11:10 A. M. 12:35 P. M. (Mill Valley only.)
2:10, 4:00 P. M.

Special trips may be arranged for by applying to
THOS. COOK & SON, 621 Market Street, San
Francisco.

Tickets for sale at Mill Valley or THOS. COOK
& SON, 621 Market Street, San Francisco (and
Palace Hotel). Telephone, Main 5064.

Round Trip from Mill Valley, \$1

Tivoli Cafe

BAKERY

and ICE CREAM PARLORS

16 and 18 Eddy Street,

San Francisco.

The most popular Coffee House
in the city.

G. C. LARSEN, Prop.

Dr. Forest's Massage Rollers.



Reducing Abdomen.

THE MASSAGE ROLLER

used over the stomach and bowels stimulates the muscular and nerve forces of the organs, increases their natural action, restores their functions, indigestion is permanently relieved and chronic Constipation where for years there has been no action without drugs, is quickly and radically cured, and torpidity of the Liver, the cause of so much trouble, can be effectually overcome by the use of the Rollers.

Rheumatism, Sciatica and many cases of Paralysis, often yield most readily to this treatment, which always affords relief if not a cure.

By its use over the entire body the general strength is greatly increased.

It is the only rational treatment for cold feet, to bring blood from

congested brain to take the sense of fatigue and languor out of the stiffened muscles at bed time.

All who stand much should try it.

For sleeplessness it will be found an efficient remedy, and whenever used for a few minutes before retiring will ensure more restful and refreshing sleep.

Restless Children

can be quieted at night by gently rolling over the back and body with the small roller, will be made to sleep and rest better and vigorous muscular growth will be promoted.

Nurses having the care of the sick should use the Massage Rollers which will greatly lessen their labor and promote the recovery of the patients.

The use of these Rollers over the head will prevent falling of the hair and restore a healthy condition of the scalp and relieve headaches.

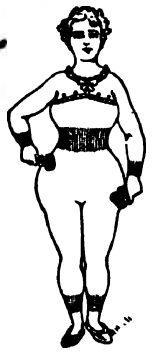
For men and strong women No. 1 is recommended, for invalids and small sized women No. 2 may be better. Some prefer the use of two at the same time.

These Rollers consists of a series of wheels, each turning separately, about 1 1/4 in. in diameter, on a flexible base, and the center of each is a band or buffer of elastic rubber. This is set in a suitable flexible polished handle and is convenient for use.

Massage is the coming treatment for all those common functional troubles like Dyspepsia, Constipation, Jaundice, Biliousness, Nerve Exhaustion, Debility, Emaciation, Neuralgia, Rheumatism, etc., etc. It is no less important for preserving health than for curing disease giving tone and elasticity to the system.

The object of the Massage Roller is to make Massage practical, to bring into the home the easiest and pleasantest method of cure and exercise. It can be used with little fatigue and entirely without exposure or even undressing.

With the Roller there is practically no friction, and the force is spent where it should be, on the deeper structures and organs, such as the Stomach, Liver and Intestines, on Muscles and Nerves. The quickly intermingling or massage from the rubber of the Roller drives along rapidly and vigorously the blood and thus hastens those cell changes on which life and health depend.



For Reducing Hip.

THE REDUCTION OF FLESH

is secured without Drugging or Dieting, the use of the Massage Roller night and morning in accordance with directions by as much as six inches reduction in hip measure has been reported in a few weeks.

Women with excessive hip and waist development and men with large abdomens should use the Roller; there will be a steady reduction in size with an increase in health and strength.

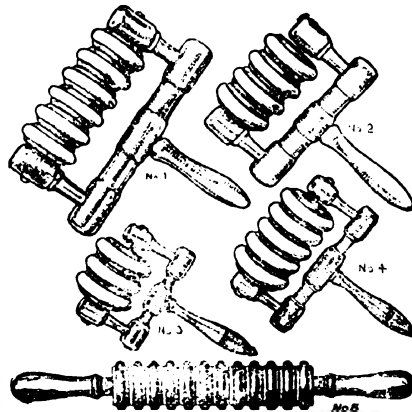
Women should use No. 1, or a pair of No. 2. Men either No. 1 or No. 5, which is preferred by many as being more convenient.

DEVELOPEMENT of body can also be secured by the use of the Developer Roller.

Thin cheeks, scrawny necks and flat busts can be changed into rounded and youthful forms. It is the only natural and healthful method. Ten minutes use will give the cheeks the glow of youth which will last for hours, the flesh hardens, the skin becomes soft, flexible and glowing, and there is a rapid and healthy development of tissue.

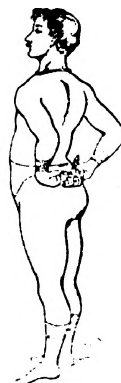
The Developers act on an entirely different principle from all forms of face rubbing and hand massage which is mostly on the skin and not on tissues beneath and it makes the skin rough instead of soft and elastic. For the face and neck use No. 3, for the bust No. 4.

The DEVELOPERS are made of elegant Central American Woods, tulip, ebony, mahogany, etc., highly polished in natural colors and an ornament to any lady's toilet table. The wheels are ebonized and have a soft gum buffer so they cannot cause any pain or injury to the most delicate tissues.



PATENTED.

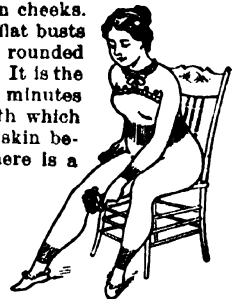
only natural and healthful method. Ten minutes use will give the cheeks the glow of youth which will last for hours, the flesh hardens, the skin becomes soft, flexible and glowing, and there is a rapid and healthy development of tissue.



For Back.



For Bowels.



For Reducing,



For Facial Massage.



For Indigestion and Constipation.

PRICE-LIST.

No. 1, 6 Wheels, -	\$2.00	No. 3, 3 Wheels, Face, \$1.50
No. 2, 4 " -	\$1.50	No. 4, 5 " Bust, \$2.50
No. 5, 12 Wheels, Abdominal Roller, \$4.00.		

Sent prepaid with Dr. Forest's Manual of Massage, therapy, nearly 100 pages, giving full directions for use Address.

PROF. HADDOCK

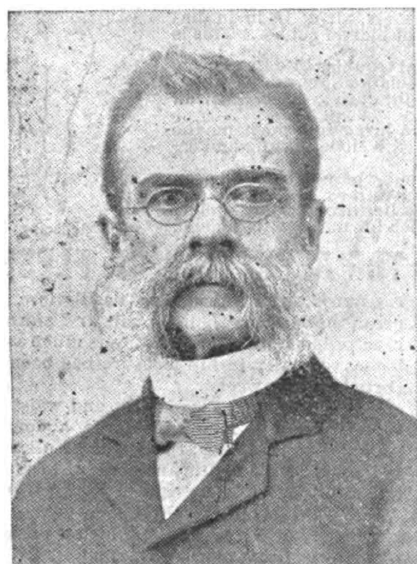
1020 Market Street,

San Francisco



For the Hair.

TWO GOOD REASONS WHY YOU CAN RELY ON



[Photo. by Holler, Christmas, 1898.]

Prof. Allen Haddock

To give you a correct Phrenological delineation of character.

(1) Because he has had fourteen years steady practice in San Francisco.

(2) He is recognized as an authority upon Phrenology by all eminent Phrenologists in America and England.

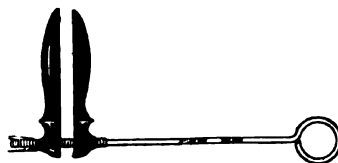
A Phrenological examination made by Professor Haddock will describe your NATURAL adaptation to the business, trade or profession you are best fitted for, and if you follow such an avocation you will be successful.

There are natural physicians, ministers, commercial men, mechanics, artists, musicians, authors, inventors, lawyers, statesmen, etc.

Are YOU in your right sphere? If not a phrenological examination will place you there. Are you contemplating marriage? Then in that case you should not fail to learn from Prof. Haddock the temperament in the opposite sex best suited to your own. Are you ill? The examination will include priceless advice upon health.

Phrenological Examination, \$1.
Chart, \$1 extra.

Complete type-written analysis, \$5.00.



This is a picture of "The Missing Link," alias "The Circulator," alias the "Dilator." No matter what name it is called by, it is a marvelous instrument in curing all diseases arising from impaired circulation. It acts upon the terminal nerve centres and relieves congestion. All diseases of the nervous system are quickly cured by its use. Sent by mail or express as desired to any part of the world. Price only \$3.00. Send 1 cent stamp for pamphlet.

Massotherapy.

What is that? It is a marvelous method cure for dyspepsia and too many other ills to name. The picture here given is that of little rollers set in a frame and held in the hand and propelled over the part of the body requiring cure and development. By use of this



muscle roller the patient can massage himself.

The philosophy of its curative effects are found in the physiological fact that blood nourishes and builds up broken down tissue and the excitation of the blood vessels by means of the Massage Roller brings the life fluid to the place it is desired to restore.

The Muscle Rollers are in two sizes, one for face development and the other for the body.

Price, \$1.50. No extra charge if sent by mail.

Do It!

Send your picture and \$5.00 to HUMAN NATURE office and the phrenological delineation you receive will be valuable.

Learn Phrenology.

Those who become proficient in reading character are never out of work.

We guarantee to teach any one with ordinary capacity, this science in only forty-five lessons. Students received at any time. Apply at HUMAN NATURE office, 1020 Market Street, San Francisco.

Mail Course

OF PHRENOLOGICAL LESSONS

We have decided to send our \$25 Mail Course of Lessons in Phrenology in one package, instead of semi-weekly, as heretofore, and in order to enable everyone to learn, "How to Read Character," we have reduced the price to \$5.00.

Get It Now.

Get health by reading Dr. Dewey's book entitled THE TRUE SCIENCE OF LIVING. It tells how to regain health and keep it. There is a new idea advanced in its pages, worth forty times \$2.25, which amount of cash send at once to Allen Haddock, 1020 Market St., San Francisco, and get the book by return mail.

Our new Phrenological Bust tinted flesh color, is varnished and washable. Price, only \$1.50; 15 cents extra charged for box and packing when sent by express.

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.

Buy one of our Home Stills, \$2.50 and drink nothing but distilled water. Thus you will prolong your life and retain youthful vigor.