

TAKE THIS HOME.

# The Practical Phrenologist

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NELSON SIZER, EDITOR.



## THE BATHING SEASON.

Those who visit the seaside in the summer will witness every shade of character where people unbend and act out their dispositions like children. The plucky girl with little caution, delights in plunging into the breakers and striking out to buffet the waves and show her relish of freedom, while another, with equal energy and strength, is overcome by Cautiousness, and is afraid to stem the pulses of the sea. In our illustration, the

jolly husband is trying to lead his cautious wife into the surf, while their ten-year-old boy beckons to his mother to "Come on," assuring her "that the water is warm, and it is so funny to frolic in the ocean." She has dressed herself for Neptune's reception, but she shrinks in fear, and tries to draw back. Others are disporting in the surf or playing in the sand on the lip of the sea, and letting the waves surround and wash over them. Perhaps the incautious father needs a wife having extra Caution to balance his evident



W. E. Schuyler

lack of it, so that in the boy it shall be about right. Some with deficient Caution strike out beyond their depth, (in business as well as in the sea,) and perhaps need help to get ashore, or the life-line to aid in working their way back.

We think the man may overcome his wife's fear, and she learn to enjoy the bathing. Perhaps if she did not know that he inclined to be reckless, she would more willingly trust herself to follow his advice and guidance. We leave them to work out this problem.

WHAT GOOD DOES IT DO ?

People sometimes ask us "What good will a Phrenological examination do? If they could listen to the voluntary statements which our former patients come in and make to us in a single week, they could cease to wonder and ask questions.

A middle-aged gentleman, who has filled one of the most important and nerve-wearing positions in the city, became so broken down by exhaustion of brain and nerve, that he was led to come to us for examination and advice. He came in to-day, June 30th, to report respecting his great improvement, and presented us with the following as a tribute and thank offering.

FOWLER & WELLS Co., Gentlemen:

About nine months since I was nearly broken down by over-work, anxiety and care, and nervous prostration was the name of the condition; I could neither sleep nor eat, nor rest, nor enjoy as I ought, and I became alarmed, and, by advice of friends, entered upon a course of extra dumb-bell exercise, and a course of semi-starvation in the way of diet, thinking that that was the way to mortify the flesh and build up the constitution.

Having known of your business for twenty-five years, and having heard others speak of benefit received from your advice, I con-

cluded to visit you and have a careful analysis of my condition, and advice as to how to care for myself, and, if possible, get out of the trouble. You gave me a carefully written analysis of my case, advised me to lay aside my heavy weights in the way of exercise, and take what you called "Free gymnastics" with empty hands, and to swing the arms and legs, and make my motions large and liberal but not too violent, and this could be done at any time, a minute or two at a time between other duties, and more especially after I had had excessive mental labor which had invited the blood to the brain unduly, and made my ears ring with nervous excitement, and my heart palpitate with a kind of weary fever. You gave me advice as to diet also, and I have tried to carry out your suggestions, and in the nine months have gained 15 lbs. in weight, and I feel in all respects, aside from my increased weight, greatly improved in strength, in harmony of function, in coolness of brain, and in vigor and continuity of thought, without former weariness, and I feel that I can not do myself justice, to say nothing of the debt of obligation I owe to you without making this plain statement; for you asked me at the time to be kind enough to report, and this is my report. G. E.

KIND BUT ROUGH.

Some years ago the steamship *Central America* foundered off the Florida coast, and many passengers were saved by boats from another ship, while struggling in the sea. The day the news came to New York by the ship that picked up so many of the *Central America's* passengers, a quiet man came in for an examination, and among other things I told him, "you are generous and kind-hearted; anxious to do good, but you have so much Firmness and Combativeness, that you are rough in your mode of manifesting kindness. For instance, if you had been engaged in the work of saving the lives of the *Central America's* passengers, you would have hauled a man in by the hair of his head, if that were the most available way to rescue him."

W. E. Schuyler

He gave a hearty and generous, but rough chuckle, as he said: "I was engaged in that very work, and it was just as you say, I saw a man rising to the surface alongside of my boat. His hair was very long, and I grabbed him by it, and got him half-way into the boat, and he cried out piteously, 'Let go, let go,' and I did let go, and he went down. In a short time he came up again, his long, soft hair parting nicely by the action of the water, as he rose to the surface. I again seized him by the hair (for he had only a knit under-shirt and drawers), and this time he did not say 'Let go,' for he was too much exhausted, and I hauled him on board, and so I managed to save him."

Thousands of people love their children and friends, are kind in spirit, but they have a hard, uncouth, rough way of treating them, and though they mean well, their manners are offensive, and they are poor hands to deal with the sick, sensitive, or delicate. Some are refined and gentle, but have no heart, no geniality or affection. Some are loving, kind, tender, and strong without being rough. Evermore give us the latter.

### YOU FLY TOO HIGH.

He was trying to be a merchant, and he lacked language to talk well, he had too little of the elements of shrewdness, finesse and sociality, yet his large Approbativeness led him to crave the prominence and notoriety of the mercantile pursuit. We told him in our examination that his true place was in mechanism, that he never would succeed in merchandising from lack of development in several essential faculties. He lost his position as salesman and could not get another which he would accept. In an argument with his empty pocket, he remembered our advice to him to become a mechanic. He adopted the suggestion, and came years

after to tell us his successful history, and to express grateful thanks for our aid in saving him from the effects of a baseless and misplaced ambition.

### RIGHT PLACE AT LAST.

What he said: "I had my head examined and written out in full by you eight years ago and you told me I could do many things well enough, but the very best place for me would be in a large sugar refinery as the chemist, doing the scientific part of the work. I was in the dry goods trade and for years had a good laugh at your expense, every time I read over, or talked about the description. Strange as it may seem, I have incidentally become an owner in a large glucose or corn syrup factory, and I am its chemist, and like it better than any business I was ever before engaged in. I am now happily wed, I think for life, and the laugh has turned in your favor."

### TWO WAYS OF LOOKING AT IT.

"I have gained fifteen pounds in weight since you told me, three months ago, how to eat and drink and how to care for my nervous system. I can now sleep nine hours; before I met you I could not sleep five, and my nervousness has disappeared and dyspepsia no longer troubles me. Why could I not learn these things from my doctor?" Answer. You do not pay your doctor for such advice, You never employ him to counsel or aid you except when you get down sick, and then you expect him to put you on your feet, and you pay him for doing it. Give your doctor ten dollars to tell you how not to get sick, and you will find it a good investment.

They will read you like a book by a Phrenological examination at No. 775 Broadway. Talents, defects and best business pointed out