

HUMAN CULTURE

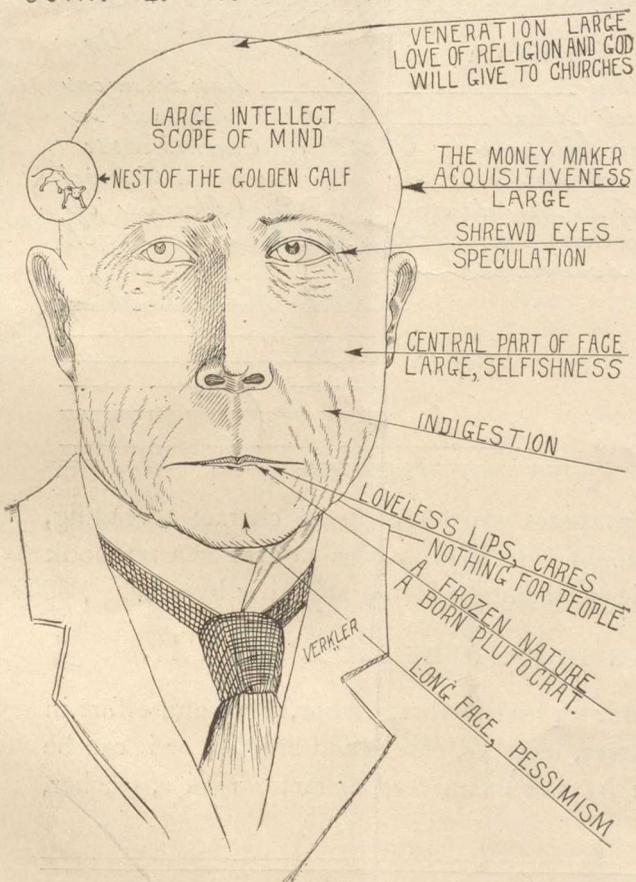
Vol. 9.

CHICAGO, ILLINOIS, SEPTEMBER 5, 1907

No. 9

DO NOT CLIP
THIS NUMBER.

JOHN D. ROCKEFELLER



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HUMAN SCIENCE SCHOOL

130 DEARBORN STREET,
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HUMAN CULTURE

Vol. 9

CHICAGO, SEPTEMBER 5, 1907.

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Racial and National Characteristics.

EMILY H. VAUGHT.

WALES AND ENGLAND.

As soon as we left Ireland and came into Wales we found that the land itself looked much more prosperous. While the country here is not so fertile as in Ireland, it is utilized in grazing vast herds of sheep. The land is stony and the scenery wild and majestic with the great ocean lapping its shores. There are a number of beautiful summer resorts along the coast. The farm houses are much more modern and comfortable, although not so picturesque at a distance as in Ireland. In the latter country the land everywhere is divided by hedge fences into small patches of not more than two acres each, one used for pasture, one for potatoes, another for hay, another for grain and so on. But in Wales and England there are no such small divisions, but as far as the eye can see perhaps there is a field of waving grain or hay, or herds of sheep. The farms here are many times larger and worked more practically. All this indicates the inferior thrift and practicality of the Irish as compared with their neighbors, as they are all under the same government.

Further on, in England, we find larger cities, more factories and varied industries. In Liverpool, however, one of her largest cities, notwithstanding its four miles of docks and large shipping industry, the streets are alive with idle men and women, many of whom are leaving England and Ireland every day to seek employment in America or elsewhere.

The English People.

America's greatest blessing is the fact that all nations are represented in the blood of her sons and daughters. Here the German marries the Irish, perhaps, and the result is a mingling of the stolid practicality of the one and the beauty-loving and mysticism of the other. The Italian may marry a Scandinavian and the child is neither one nor the other, but combines the artistic characteristics of the one and the massive physique of the other. And so the American as a nation perpetuates the good points of all nations. But, on the other hand, history proves that the nation, as well as the family, that intermarries exclusively and for centuries among themselves, deteriorates. Take the royal families of Europe, for instance. Where among them all is there a fit representative of the natural born hero and leader of men who first forced his way to the front of his nation?

To-day both the English and Irish people demonstrate the truthfulness of the above. Both physically and mentally they are inferior to the American people and to themselves compared to what they were even a hundred years ago. One hundred years ago the men and women who came from these countries to America were large-bodied and robust. But such are found only in the great minority here to-day. The majority of Englishmen are short and slight and the broad, burly "John Bull" is not in evidence. The women are especially small and slender, with narrow shoulders and hips, and the children are delicate, as a rule; many infants in carriages have faces that are very small. Another noticeable fact which is a strong indication of race deterioration is the predominance in number of women over men.

The Englishman himself will tell you that the girl children here are at least two to every boy. In consequence of this and the fact that men immigrate in greater numbers to foreign countries, there are many unmarried women here, who seek employment as domestics. An ordinary family living in a rented house often has two servants, who are paid from 50 cents to \$2 per week.

Physical deterioration is a lamentable condition to face, as the physical is father to the mental and moral growth of an individual or nation.

Characteristics of the English People.

The English are very proud of their country and of everything belonging to them. They are slow in their work. I have seen them do a certain thing and then undo it and do it over again when once was sufficient. I was amused in watching three men paint a small gate, and it took them at least an hour and a half to do it. One man held the gate, another painted it and the third man, evidently the "boss" of the job, looked on and gave orders concerning it.

Notwithstanding the fact that the Englishman is small in stature he is a good eater. They partake five times a day of heavy food, each meal containing either meat of some kind or cheese.

Evidently it is not heavy eating that builds a body. I am not a small person even for an American, but here I am considered a wonder in size. Every place I go here my size is remarked upon, and yet two meals a day of much lighter food than the English use is sufficient for me.

Weak vital power leads to heaving eating.

EMILY H. VAUGHT.

COMBATIVENESS.

Location

Combativeness is located in the temporal lobe of the brain, in the posterior area of this lobe. It is surrounded by Vitativeness, Secretiveness, Friendship, mainly. Go upwardly from the opening of the ear about two inches and then straight backwardly about one inch and one-half and you are on Combativeness. It is about two inches and one-quarter above the mastoid process that Combativeness is situated, though a little farther back toward the occiput.

It should be remembered that people of a bony make-up have a larger area of Combativeness, though perhaps less convexity.

Function.

Combativeness makes man combative, controversial, antagonistic, contrary, military-minded, daring, bold, sure, valiant, defiant, audacious. It gives him a military spirit. It fills him with feelings of strength. It makes him ready for war with sword, fist, tongue or pen. It emboldens his mind. It gives courage to his actions, victory to his resolutions. It makes him dauntless in danger, valiant in battle, daring in enterprise, sure in venture, intrepid in peril, potent in intellect, quick in movement, rash in deed, contemptuous when threatened, audacious when opposed, inclined to sneer when belittled, adventuresome in ambition, pugnacious in will, positive in assertion, free in speech, impudent in knavery, arrogant in plots, insolent in answers, spirited in affection, sure in feeling, strong in difficulties, hearty in friendship, passionate in love, spirited in sport, gallant in man-

ners, frank in expression, manful in sentiment, springy in walk, flexible in muscle, elastic in movements, lively in speech, hasty in utterances, daring in speculation, rash in business.

It reinvigorates his system, stimulates his blood and charges his soul with feelings of strength. Mental power is much a result of combativeness. It sets the other faculties into action. It gives love of conquest, a conquering desire. It inspires to boldness. Through it, man likes a military life, fencing, shooting, military music, riding, ball playing, ventures and heroic deeds.

When Combativeness leads it makes man resentful. He suspects that people are hostile. It makes him witty and sarcastic in his answers, positive in his assertions and convictions. It gives him a strong mind. That which is called will is very much a result of Combativeness. The combative inclination does not give. It resists and resents. It suspects and criticises people. It is not a praying faculty. In times of struggle or opposition it retaliates, fights, struggles, defies, swears. It is the greatest skeptic of the mind. It loves contention. It makes man strong and capable. It makes him feel that he can do things. It emboldens him. If he be threatened, he sneers. If he be strong in it, and he has a position, and is not treated the way he wishes to be treated, he throws up the position very quickly and walks out. We cannot compel a man who is strong in Combativeness, but we can persuade him. We can get him to work in our favor if we treat him lovingly. But if we treat him rudely, or if we abuse him, he will never forget and never forgive. If it be too strong, it makes man reckless. Combativeness gives temerity to the rascal, effrontery to the villain and impudence to the knave.

When a man has a small backhead, weak Veneration, relatively weak Vitativeness, a bony and muscular system and very strong Combativeness, he has the desperado in himself. He will become a fighter in some capacity. Combativeness is the warrior; it is the highway robber, the rebel and the mob. It makes man skeptical, but strong. It gives him ability in times of trial. A girl having Combativeness strong is a wild girl. She has steel in her will; she is nervy, as the people call it. Combativeness loves a stormy life. If Veneration and the social faculties be weak and Combativeness very strong, the man becomes forward and positive, free and daring.

Combativeness is the spirit of warfare; it invents explosives; it makes warships and guns; it likes noise and rattle. A boy having strong Combativeness is very active with his firecrackers the Fourth of July. He likes to see the people dodge when he is throwing his firecrackers. Combativeness gives "cheek," as it is called. A traveling salesman needs Combativeness. It is important in business. A man weak in Combativeness is not much of a business man. It is necessary in the blacksmith, in people who handle, build and run heavy machinery.

Combativeness takes an interest in war-craft, heroic deeds, fistic performances; arguments, gymnastics, active business life, reform. Reform is nothing but moral warfare. The combative spirit makes people ultraistic, drastic and radical. Through it they will like hammering and blasting, mining and blacksmithing, carpentry, military architecture, wrestling and adventure. It is the spirit of militarism, pugilism and heroism.

It takes interest in physical culture and outdoor sport. If a man be a poet, he loves epic poetry. It likes championship and contests. It is the spirit of enterprise. It loves the race course. If a man be a musician and has it strong, he takes an interest in military music. Combativeness is the navigator and acrobat. It loves baseball, rowing, running, leaping and tumbling. It is the case with the automobilist. If he be a teacher, he loves speed and power. If a man be an engineer and has Combativeness strong, he will run a little faster than he is allowed.

It makes man determined. It gives him resolution. It is the gun-powder in his soul. It is the impetus of passion, when it acts with Amativeness. It kills when it acts with Destructiveness. It preaches when it acts with Veneration. It produces eloquence when it acts with Language. It argues when it acts with Causality. It punishes when it acts with Conscientiousness and Destructiveness. It does business when it acts with Acquisitiveness. It suspicions when it combines with Secretiveness. It frets when it unites with Cautiousness. It finds faults when acting with Veneration or Conscientiousness. It produces the crank when joined to Destructiveness, Cautiousness and Conscientiousness. It produces the social enthusiast when in action with the social sentiments. It leads to romance or ardent love when it acts with Conjugalitv. It talks when united to Language. It curses when it combines with Destructiveness. It is the ACTING faculty. It loves that which is strong. It does not care for babies and weaklings. The man who has strong Combativeness is an awkward nurse.

One strong in Combativeness dares to act, speak and think. He can decide now. But a man weak in Combativeness is hesitating. Women as a rule are weak in Combativeness. This is the reason they say, when a resolute man proposes, "This is too sudden." And this is the reason also that a man strong in Combativeness will push his love affairs, or his proposal. He wants it decided at once, but his lady love thinks there is plenty of time. She wishes to think it over. She may love him dearly, but she wants time. She wants to know that she is safe. She is perhaps moved by Cautiousness and the social faculties, as is the case with women at large. This is the reason that women are more clinging than men, even when Conjugalitv is weak. And this is why men leave in one minute of time when there is anything that they do not like. A lover having Combativeness very strong, can leave "his girl" very quickly and for ever, even when Conjugalitv is strong. He may suffer, but he does not "give in." He has grit. He can battle with himself and with his own feelings, when it is necessary, although he is not willing to do so until his fiance has done something to which he takes a positive dislike.

When Combativeness is too weak, man becomes weak. It takes the enthusiasm out of his passion, the ardency out of his love, the heartiness out of his hand-shake, the force out of his accent, the daring out of his ambition, the action out of his business enterprises, the strength out of his muscles. He has no "heart," no courage, no "nerve." His will is weak. He is easily persuaded. He may have ability, but it is the ability of a baby in the cradle. He may be eloquent, but when he steps on the public platform his heart is seemingly in his throat. He may love a certain lady, but he does not have the "heart" to propose. He puts the proposal off from time to time. He is like a quivering leaf which the least puff of wind agitates. Will he be adapted for business, do you think? Is he not better adapted to work for someone else. Combativeness is a success faculty. It is the spirit of enterprise. There is either success or crushing defeat in Combativeness.

V. G. R.

THE MIND AND ITS DEPARTMENTS.

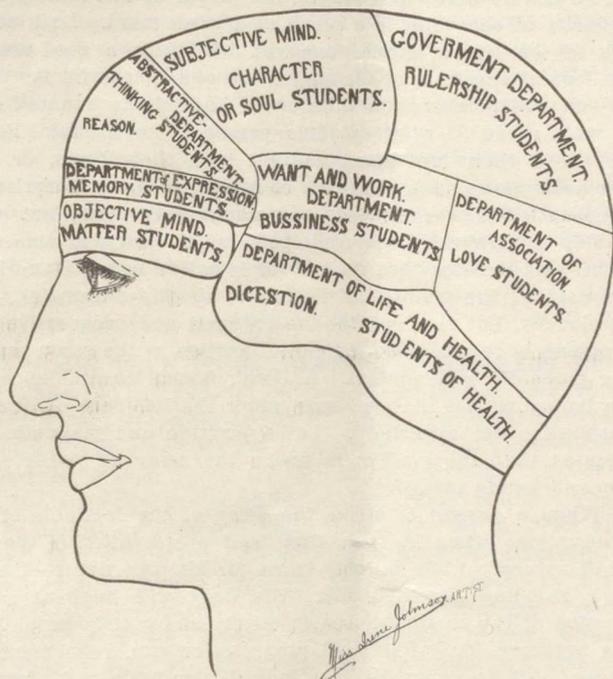
It may be interesting to a great number of our readers to read a few articles on the various brain sections through which the mind or soul manifests itself.

Each section of the brain gives a special tendency, talent, memory, judgment, magnetism, thoughts and feelings to the individual. Therefore in all kinds of character studies it is important to know what special brain section is in the lead. There is a certain kind of intelligence at work in each brain section. If the brain be mainly located in the base, the man is physical. He likes to eat and drink and enjoy physical life. When the

brain is strongly developed in the base, in front, above, behind and between the ears, the man is selfish. His appetites are strong. He cares for no one else but himself. His inclinations are centered on himself, he lives, acts, thinks and speaks mainly for himself. He cannot forget himself for one moment. He talks about his own wants, experiences, talent, property, stomach and its needs. He lives and acts mainly for himself. He is a selfish individualist, monopolist, a man of trusts. He oppresses others and benefits himself. If he then be weak in the social governing and moral sections, he will be a criminal. Then he will be hostile to other people. He will value the life of no one, be it animal or man. He will disobey law, defy authorities and ignore the existence of a God.

But when the vital section is well developed, the table turns. Then he has large vital organs. Then his blood is rich, his cheeks flush with life and energy; his complexion is ruddy or sanguine; his eyes are lively; his abdomen large and convex; his body is fleshy.

Such a man has what phrenologists call the vital temperament.



The Mind and Its Departments.

Vital Department.

The Vital Department is located in the base of the brain, immediately in front and behind the ears, as seen in the accompanying engraving. This section of the brain is the Vital section. Flesh, blood, heart, lungs, stomach, bowels, kidneys, hunger, thirst and nutritive wants are a result of this section. When this section of the brain is weak, a man is lean. He has no flesh to speak of. He has small lungs, a weak heart, a sunken stomach, poor blood and a weak development of the entire alimentary canal, or of the vital organs. He may be strong in bone and muscle, but his vital system is weak. He is subject to lung trouble, diseases of the heart, affections of the liver, disease of the stomach or trouble with the entire vital system at large. His blood is thin and his brain is tired. Such a man may have a strong constitution in a motive sense, but he has a weak constitution in a vital sense. His brain is not nourished, his nerves are starved, his blood is blue, his eyes are languid, his lips are thin, his cheeks are sunken; he is a walking, living skeleton. He is neither living nor dead. He cannot enjoy life. He soon tires when he makes great effort. If he takes up deep studies he is compelled to discontinue. Such a man may have a strong soul; he may have will power; he may be a saint and an intellectual genius, but all at once consumption germs will attack his lungs and he will be swept out of existence, perhaps in a few days. Vitality is to talent what capital is to business.



Grover Cleveland. Vital Section, Large.

Grover Cleveland is a good type of the vital temperament, though he has a well developed intellect acting with strong destructiveness. Such a man is full of physical energy. He likes eating, drinking, fresh air, outdoor life, fishing included. He is interested in himself.

A man who has the vital section in the lead is a physical man. When the social section is strongly developed, he is good natured. He is magnetic, sociable, kind and influential in an inferior sense. He can influence people like himself. He can sell goods, handle goods, speculate, deal in grain and produce, stocks and cattle. He will become wealthy, even when the business faculties are weaker.

He is interested in worldly things, in temporal things, in finance, business and trade. Such men are usually well to do; many of them become earthly millionaires, though hardly ever heavenly millionaires. They are not interested in spiritual goods. If they go to church, they go there to sleep. It is not easy for them to keep awake during a sermon, especially if the minister is abstract and profound in his reasoning. They cannot follow the minister, because their subjective and logical mind is weaker. But send them out on a fishing trip and they do not fall asleep. Or let them eat and drink and they are interested.

The Vital Department of the brain usually always accompanies the vital temperament. It is the foundation of the vital temperament. It is interested in food, drinks, pleasure, vitality, flesh and blood. People strong in the vital department are often liberal. They set a good table.

There is another thing that can be said about the Vital Department also: People well developed in the vital section of the brain almost always develop the love faculties. They are good natured and sociable. They have ample vitality. They can talk and express themselves. They have rich blood and plenty of it. They never die of consumption.

The faculties located in the vital section of the brain are interested in life, food, drinks, health and property. They are the students of life and especially of that which sustains life.



Vital Section Weak.

But people weak in the vital section of the brain do not study life from the same standpoints. They may wish to improve life in some direction, but they are not so interested in that which sustains life. If they be health students, they are not so successful. A very lean doctor may be a good disease doctor, but he is not a good health doctor. The doctor who prevents disease is the best doctor.

(Continued in the next number.)

HOW TO PREVENT OLD AGE.

Ossification.

The developmental stages of bones are the gelatinous, the cartilagenous and the ossific. The physiological process of bone production is called osteogenesis (Gr. osteon, bone; gennan, production). The bone ordinarily considered consists of phosphate of lime and carbonate of lime, receiving sometimes also heavy deposits of calcareous elements having a tendency to harden and stiffen the bones and the whole physical constitution, as man advances in age, originating many evils, by rendering the bones hard, dry, stiff and brittle, by causing obstructions everywhere to interfere with the physical functions, thus hastening age, causing dullness of hearing and of sight, giving rise to rheumatism, gout, stiffness in the bones, constipation, etc.; therefore, it becomes necessary for old people, and for younger people as well, to resort to a different diet. Especially in that constitutional make-up called the motive temperament.

In youth, ordinarily speaking, the bone-making cells (osteoplasts) are used up in building up the bones, or in the process of bodily growth; hence children and youths should be given such food as grains, nuts, ham, cheese, chicken, beans, peas, beef, kidney, pigeon, salmon, venison, etc., or such foods that favor the development of muscles, bones, ligaments and tendons. But after a person has attained full growth he should eat less of these bone and muscle producing foods and should use the foods and drinks that eliminate mineral deposits, worn out material, and prevent hardening of the osseous system.

The following foods and drinks prevent old age: Distilled water, lettuce, phosphoric acid, orange juice, lemon juice, raisins, turnips, parsnips, onions, fish, milk, mutton, currants, cucumbers, cherries, cauliflowers, carrots, asparagus, apples, Bartlett pears, grapes and grape juice, cabbage, buckwheat, chocolate, cream, dates, figs, green gages, horse radish, pearl barley, pears, prunes, radishes, rice, rye.

These foods are excellent for old and stiff people on account of their softening, laxative and eliminative properties.

E. G. R.

HOW SUCCESS OR FAILURE IS SEEN IN THE WALK.

People who drag their heels when they walk will never accomplish much in life. They have no energy. They should work for others on a stipulated salary. A mincing and tripping walk denotes artificiality. A rolling walk (from side to side) indicates that the walker has no special aim in life, that he is tossed to and fro on the sea of circumstances. He lacks power of self direction, though he is often a boaster. A tottering walk is decidedly a weak walk. There is no success in such a person. The walk of truly successful people is strong, direct, steady, energetic, controlled, measured and magnetic. The successful and magnetic man is known by his walk. Want of mental and physical strength gives a tottering walk, for the simple reason that he has no inherent strength, nor power of self mastery. Irregularity of character is a result of a weak mind. Look at the walk of the feeble minded and you will learn a good lesson; then look at the walk of the aggressive and successful merchant and you will perceive the difference. Indeed, we can tell from the walk alone to what extent a person is successful. People who shove their feet along and hit with their heels, or drag their heels along, lack the spirit of resolution and enterprise. A light, elastic and energetic step means a sprightly mind, but when the step is slow and measured the mind is slow and measured. A fast walk denotes that the walker is active in mind and body. The walk of the tramp and beggar is shuffling, dragging, rude and slouchy, but the walk of the cultured and progressive man or woman is regular, energetic and positive at the same time as it is magnetic and genteel. A timid, irresolute and uncertain step indicates that the walker is under the influence of timidity, irresolution and uncertainty, but a positive and magnetic step indicates that the walker is under the sway of positive and success-bringing faculties.

When a person is under the sway of the instincts of self preservation; when he feels that "self preservation is the first law of nature"; when he only cares for his own wants—then he has a stooping, earthly walk. His body will be bent in the direction of the earth, as seen in misers and greedy people. He does not care for intellectual progress, reform, refinement and culture. All he cares for is a long dinner table and plenty of money in his purse. He has a good ear for the dinner bell, but a poor ear for the church bell. An affected, dudish and artificial walk indicates that the walker is interested in dress and fashion, in the attitudes of the ball room, in "Latin and French"; he is acquainted (?) with great people.

V. G. R.

LOST HIS FACULTY OF SPEECH.

Hanna Thompson, M. D., relates of a man who was brought to Bellevue Hospital and who was unable to speak a word, "though he could hear words with his ears and read written language with his eyes."

This man was poked with the tip of an umbrella by a drunken man in a row. The drunken man poked the umbrella into the eye of his opponent and into the convolution of the brain where the faculty language is located.

The reader should remember that the bone of the skull behind the eye is very thin and that it can easily be broken.

The doctor writes that when he was describing the case of the man to a large class of students, the doctor saw a student with an umbrella in his hand and pointed to the umbrella; the man who had lost his faculty of speech, when he heard the lesson and saw the umbrella, burst into tears. The man in question never recovered his speech. But he could understand, hear, see and cry nevertheless.

Doctor Gall discovered the speech center long before Doctor Broca discovered it. The people are finding out more and more about the truth of his discoveries.

V. G. ROCINE.

CAUSES OF KLEPTOMANIA, OR MANIA FOR STEALING.

A little more than six years ago a teacher, who is a skeptic in regard to the truth of this science, walked into the office, saying that he would bring a young lady who has a peculiar characteristic, and thereby test this science in regard to its truths. A few days later the teacher brought in the young lady. The lady has Destructiveness enormous in development, acting with very strong Cautiousness, Approbativeness, Vitativeness and Acquisitiveness, with all the character faculties weak, with the exception of Conscientiousness. After making the examination, we hesitated to say what the tendency would be, because of strong Conscientiousness, but after due deliberation we concluded that Conscientiousness would not control the greed produced by Destructiveness and Acquisitiveness, caused partly also because of weak Combativeness, or lack of courage, and weak social faculties. We said that this lady is likely to suffer from kleptomania. It was so and the young lady has since been taken away from society because of her thieving tendency.

We have made many examinations both before and after of kleptomaniacs, criminals and smugglers, and have found the above combination of faculties to be the cause of such tendencies.

Phrenology throws a light upon every human tendency, and teaches how criminal defects may be counteracted by selecting such environments for the unfortunate criminal that have a tendency to develop his higher nature. V. G. R.

A PLAIN TALK TO SALESMEN AND BUSINESS MEN.

When you can sum up people with whom you deal, at sight, it will make you master of the situation. You cannot effectually influence people you do not understand, and to understand customers is to understand the art of salesmanship. Every man has his strong characteristics and his weak points. You can never appeal to a weak faculty in a man, but you can always appeal to a strong one. Here is the key to salesmanship, business and professional success. When you appeal to a man's dominant characteristics, you can get him interested; you can sell him goods, for instance. Salesmanship is easy when you can show a man why he should buy, and convince him of the benefit, to him, of such a transaction; but to do this you must be able to appeal to his stronger characteristics. To reach a man, you must first know what he is, what he likes and dislikes; you must know his leading traits, wants and needs. You cannot sell life insurance to a man who is indifferent to his wife. You must know what you can sell to him and what you can not sell; you must know how to present your goods and how to turn your conversation. One single sentence may prevent a transaction. To appeal to his strongest characteristics is to sell goods to him.

Every man who can apply character reading to his business, salesmanship or professional practice, succeeds. After a salesman knows scientific character reading, he sells more goods. Salesmen, doctors, preachers, teachers, lecturers, all, who can read character, will save time, effort, strength and vitality for themselves and for others. They can benefit people because they can handle, manage, judge and appeal to them. V. G. R.

MUST EMPLOY ARTS TO SELL GOODS.

Character Reading and Even Hypnotism Urged as Aids to Salesmen.

London, July 27.—The psychological salesman is apparently to be one of the factors of commercial life of the future.

There is a firm which tells traders the necessity of scientific salesmanship, and how it is to be acquired. The really up to date salesman must apparently be a keen judge of character and something of a hypnotist.

Among the things set down as essential for the salesman is the reading of his customer, "which," explains the institution in its programme, "introduces in a masterly study the science of character reading—by types, temperaments, motives, voice, gesture and expression."

"Not only do our students learn to 'size up' their customers," says the institute, "but definite principles are laid down as to the manner of handling all types with a view to the success of selling transactions. Our treatment of character reading is a veritable 'eye opener' in the study of human nature."—Chicago American.

WHY RAILROAD OFFICIALS SHOULD STUDY PHRENOLOGY

Some friend of the railroad industry sent us a little clipping from the Daily Mining Journal, in which we read, with interest, that Commissioner Glasgow commands physical tests and tests regarding color sense. He commands moreover that every railroad employe should have his head examined. This is an excellent idea.

There are men hired by the railroads who have good color sense when they are sober, and can therefore pass the examination, but if these same men be relatively weak in the faculty of color; if they have weak digestive power, interfering with the functions of the brain, at times; and if they take a glass or two of whiskey at such times, they will not have a true conception of colors. They will be careless, reckless and forgetful in regard to their duties, thereby causing accidents, and wreck trains, notwithstanding the fact that they passed the color test at the examination.

The railroads pay out millions of dollars every year because they have incompetent men, men perhaps who disregard human life, men who have some mental defect, or who have poor memory, or who have occasional spells of recklessness. This is not necessary. If railroad officials understood phrenology in all its details, as taught in its more modern sense, they could hire the right man for the right place. Railroad officials must entrust the property of the railroads, the property and lives of the people, to the men that they hire, and for that same reason railroad officials should be first-class character-readers. This would increase the business of the railroads, perhaps, many hundred times. The people would feel secure; they would travel more; they would exchange goods more; there would be more shipping and traffic.

It would pay railroads a hundred times more to study phrenology in its modern sense, and thereby be able to hire the right man for the right place, than to advertise and spend millions of dollars, to secure patronage. If railroad officials could place the right man in the right place, they would thereby avoid accidents, save millions of dollars and thousands of lives, secure the patronage and confidence of the people and thereby increase railroad traffic. V. G. R.

RAILROAD COMMISSIONER FAVORS EXAMINATION OF THE HEADS OF EMPLOYEES.

Railroad employes, in the operating department, must submit to certain physical tests. If they are imperfect of vision or cannot distinguish colors accurately, they are not wanted. If they cannot hear well they are shut out. Railroad Commissioner Glasgow recommends these tests, but suggests that there are other qualifications of as great and even greater importance. He would have the railroad employe examined as to the bumps on his head. The man with the bump of caution in the rudimentary stage or totally absent would be in the undesirable class for railroad employment. The man lacking the bump of responsibility should seek a job elsewhere. Mr. Glasgow's suggestion may not be scientifically possible, but the idea is an excellent one. Carelessness, recklessness, forgetting and not thinking cause more accidents on the rail, more collisions, more wrecked trains in a year than defective sight or hearing cause in a decade. Perfect eyes and ears are important, but after all the great essential is the character of the man upon whom responsibility rests.—Daily Mining Journal.

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NEW LECTURE COURSE FOR SEPTEMBER.

Human Science School begins with its Fourteenth Annual Lecture Series, Thursday, the 5th of September, strictly at 8 P. M., at 17 E. Van Buren St., in Steinway Hall, 7th floor.

These Thursday Night lectures will be given by Doctor Victor G. Rocine, and Madame E. Howell.

September 5th—New Discovery.

September 12th—Can Over-Production of People be Prevented by natural means, and How?

September 19th—Controlling Sex in Generation.

September 26—Transmission, Its Laws and Their Discovery.

GAVE UP MEDICINE AND TOOK UP PHRENOLOGY WITH SUCCESS.



KATHERINE M. H. BLACKFORD, M. D.,
Scientist and Lecturer.

her own capacity. We wish there were a thousand ladies who would study this science the same way and teach the Gospel of Phrenology to the people. Dr. Katherine Blackford is doing a great work for humanity. We wish her success.

Katherine M. H. Blackford, M. D., writes:—

"I started my career as a physician and surgeon of the regular school, but soon learned that humanity needs knowledge of themselves more than medicine. Therefore I began to study the human sciences so that I might better understand the causes of disease, fear and failure. The key to this knowledge, I found in the sublime teachings of doctor Gall.

I have taught phrenology in every city of United States and Canada, from Main to California, from Manitoba to the Gulf of Mexico, and always with gratifying results. After another season, I shall take the Gospel to Europe.

The subjects of my lecturers are "Humanics, The New Science of Brain Building;" "The Brain Age" and "Health."

Dr. Katherine is a remarkable lady in the lecture field, in the sense that she is not afraid to enter the field in

ANOTHER EARNEST WORKER IN THE FIELD.

Professor C. J. Steward writes:

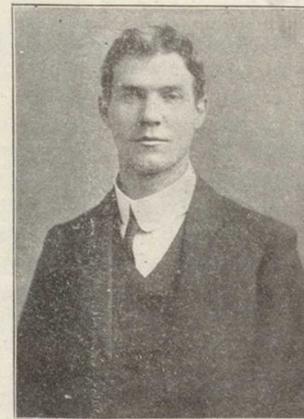
"I gave a lecture to a crowded house August 17th, and by my examinations I made many converts to phrenology. I am very much in love with phrenology. All men and women should study phrenology for their own good. I am very much in love with Human Culture. I think it has no equal. I wish it could find its way into every home."

Professor Stewart has a large brain. He is of good size and is well developed in the intellectual lobe. He has good expressive power and considerable of magnetism, or influence over the people. He is a convincing speaker. He believes in the truth and is not afraid to express himself. He is doing great deal of good both for himself and for others. His examinations point out to young men and women what they are best adapted for in life.

Professor Stewart has taken up his work in Pennsylvania. He is an earnest worker and deserves success.

EDITOR.

A PROMISING YOUNG AUSTRALIAN.



James W. Plummer, whose picture appears here, is an interesting young man. He is of the mental-motive type. He has a strong development of the Perceptive faculties and the faculties of character-studies. His intellect is large. He is a natural character-reader, inherently. He can become a first-class phrenological scientist. The one fault that we find with this young man is the nervous condition of his brain and digestive organs. He will suffer from nervous dyspepsia and lack of vitality for his excellent brain, if he does not study phrenology in a hygienic sense. If he builds up his vitality, he will become a magnetic and brainy man. He can become a success on the public platform; he will be a favorite among ladies; he will carry conviction to his audience. His chin is well developed, indicating a strong development of the muscular system. He is full of speed. He will have no difficulty in catching trains and cars, nor will he fall very quickly from lack of muscular co-ordination and sense of gravity. The one trouble with the young man is that he uses up his vitality too quickly. His brain is too active and his digestive system is too weak. He will want to go forward with long steps. He is impatient; he is full of progress. We predict a great future for this young man.

It is indeed interesting to watch the growth of this science. Human Culture is finding its way to every country and every clime. It has subscribers all over the world and is teaching the principles of phrenology to every nation, kindred, tongue and people. It is translated into other languages, which is the case with books and pamphlets written by Human Science School.

A professor of anatomy who called recently at our office, told us that he is using Dr. Rocine's Mind Training as a text book before his class of medical students; and we heard from another school where they are using the same book as a text book of diplomacy, as they call the teachings embraced in Mind Training. It is gratifying to learn that this Institution is not working in vain.

V. G. R.

POLICE OFFICERS PUZZLED.

We quote from the daily paper the following:

"He is Long-Headed, Yet Deficient Mentally—Vagrant in Cell Has Head Like Flatiron Building—Picture in Rogues' Gallery.

"Who is the longest headed man in Milwaukee?

"You will find him in the house of correction. His name is Charles Rousand.

"He was not long-headed enough to keep out of the toils of the law.

"What a magnificent dome of thought he possesses. The size of his head from a profile view leads the spectator to believe



Charles Rousand.

him to be a man of great mental abilities, but the front view is suggestive of the flatiron building.

"If the old saying holds true that you can't judge a man by his clothes, it might also be true that you can't judge him by his head—that is, if the above head be taken as a criterion. His picture instead of occupying a prominent place in the hall of fame is posted conspicuously in the rogues' gallery.

"This is the largest head we ever measured," said Robert Houkhol, secretary of the police department, "and is one of the queerest shaped I ever ran across."

"Rousand was sent to the house of correction on a charge of vagrancy. At the time of his arrest he had a watch in his possession, of which he could not give a satisfactory account."

If police officers, criminologists and editors knew the rudiments of the science of phrenology, they would understand why Charles Rousand is in "jail" instead of in a "hall of fame." They would know that the intellect, or the frontal lobe can be used either in crime or religion, or in any department of life. It is not the frontal lobe that makes a saint out of a man, neither is it the anterior part of the upper section of the brain that makes him a saint.

If we study the picture, or the outlines of the head of Charles Rousand, we will find that the central part of the top head is very much depressed, as is also the crown where the faculties of self-government are located. It is in the central portion of the top-head where the sentiments of honor, justice and law, self-government, nobility and self-direction reside. Can anyone who knows the rudiments of this science, say that a man with

as weakly developed faculties in the moral region of the brain as Charles Rousand has, can be anything else than criminal in tendencies? If editors and police officers understood brain formation and the science of brain functions, they would not write as they do.

V. G. R.

VEGETARIAN ELEPHANT A HUNDRED TIMES AS STRONG AS A MAN.

Pony Hamilton, press agent of the Barnum and Bailey circus, as a means of providing the newspapers with good "stories" before the show starts out from its winter quarters every year takes a number of reporters to Bridgeport, Conn., where the animals are housed, and entertains them in different ways.

"One of the most meritorious of these entertainments," says Mr. Hamilton, "was a test of strength of various animals. A registering machine was fastened to heavy, deep driven stakes. To this machine elephants were attached by stout ropes and set to pulling with all their titanic strength. Then horses were tried, singly, in pairs, and finally in team of six, eight and ten. Camels were tested, and sacred oxen, zebras, and other beasts.

"For the first time in history a careful record was made of the pulling strength of each. Then the pulling power of 100 men was tested and found below that of a single elephant.

"On another occasion I had a tug of war between a medium sized elephant and 100 men skilled at the rope. The big beast simply walked away with the men and without apparent effort."—Vegetarian.

A LESSON IN BREATHING.

When you breathe, breathe calmly, deeply, steadily and gradually, without the least excitement. You should inhale and exhale slowly and gradually and continue this breathing process in a calm manner for about ten or fifteen minutes. At the same time, you should eat nourishing food, brain food, before you breathe. Do this and perfect mental calm will be the result, unless you be exhausted, in which case you need sleep and rest.

Remember always to exhale all the air that you have in your lungs before you begin with breathing exercises. Empty your lungs entirely of carbonic acid gas; then breathe. Use the diaphragmatic method of breathing, or, in other words, breathe in such a way that you can see the whole chest and partly also the upper portion of your abdomen expand and contract, move up and down, during the breathing process. Abdominal breathing is excellent to adopt, for it strengthens the muscles of the stomach and exercises the digestive apparatus. Use the abdominal method of breathing when you digest food. Abdominal breathing causes the stomach to move outwardly and inwardly. It strengthens the stomach and the digestive function.

V. G. R.

THE "I WILL" PEOPLE.

Harriet T. Jones.

There is no such thing as failure
To the people who say, I will—
Though the way be rocky and winding,
They will go to the top of the hill.

And they'll be all the better for climbing,
For 'twill strengthen their bodies and soul,
And they'll look down the pathway a-smiling
When they once reach the heights and the goal.

And it matters not how they may labor,
For the ending is always the same.
'Tis the I-Will people who conquer all
By using their muscle and brain.



GIRL WHO IS FOUR PERSONS IN ONE.

Miss Christine Beauchamp, who has one body and four personalities, is a female Jekyll, Hyde, Jones and Smith all in one, combining four distinct personages within herself, and having a quadruplicity of mind though singleness of body.

This girl who for eight years has been the most astonishing instance of poly-consciousness the world has ever known, is a patient of Dr. Morton Prince, of Tufts' Medical College, at Boston. For eight years Dr. Prince has struggled to separate her four personalities and "cure" Miss Beauchamp; to rid her of "Sally," of "Christine," of "Becky," especially of Sally, who has been her persecutor, and, several times, almost her murderer. He has been striving to save her body from the fiend within that has been striving to kill her.

Perhaps phrenology could come to the aid of Dr. Prince and throw a light upon the actions of the faculties of the mind of this young lady, and assist her in getting an understanding of herself, so that she may control her abnormally active imagination and direct her thoughts into different lines.

Or is it really a case of obsession by spirits who are tormenting this young lady? How can we tell what it is until we have a chance to investigate? If spirits can enter the bodies of living beings and take possession while they are still living, where does the spirit of the person go while other spirits are holding possession?

But it is not a question of obsession, nor of "four personalities," as Dr. Prince seems to think.

The faculties do not act in harmony in Miss Beauchamp. The fibers of communication in her brain are disconnected. She is nothing but "Destructiveness," or "Sally" at one time, and nothing but Veneration (goodness), or "Christine," at another, simply because her faculties act singly, because of disconnected fiber communication among the fibers of the brain.

V. G. R.

SIGNS OF PERFECT WOMANHOOD.

When we wish to determine the condition of the system, the state of motherhood and the power of giving rise to perfect offspring, we should look at the lips, eyes, chin, neck, hips and lower portion of the back head.

When the quality of motherhood is in a perfect condition, the eye is clear, bright, sparkling, animated, magnetic and full of life; the lips are red, bright red, full in the center and slightly projecting outwardly, at the same time as they are large and firm; the chin is full in the center about one inch below the under lip, and full in under the chin, in the direction of the throat; the neck is large and poised; the hand is warm; the hips are large, not so much in bone development and in development in the sides of the hips, as they are well developed in the groins. And the lower portion of the back head is large, about one inch outwardly from the nape of the neck, or a little behind the nape of the neck and outwardly, or where the sex faculty is located—namely: in the posterior lobes of the cerebellum. The entire back head is large. The head is wide from mastoid process to mastoid process; the neck, or lower part of the head,

in the back part of the head, is large and convex. The step is elastic, the voice is sweet, resonant, gentle, tender, rich and euphonious in the perfect mother or girl adapted for motherhood. There is enthusiasm and animation about her. She likes the association of the opposite sex; her mind is charged with life and magnetism. Her thought action is more lively; her emotions are strong; her appetite has more power and her character partakes of the charm and life present in her system. There is simply more life enthusiasm, vigor, impulse, strength and power to mind, soul, brain, body, thought and feeling in her, as compared with one who is less adapted to the function of motherhood.

HOW THE HAND REVEALS CHARACTER.

A person whose hand is cold, damp, clammy, stiff and lifeless is not a sociable, warm hearted, convivial and generous person, nor does he take any special interest in the welfare of the people. He is, as a rule, selfish and interested in himself. When he has a wide head and a serious disposition, he is an unpleasant companion, always finding faults with the people and with conditions; angry, sour, cranky, gloomy and inclined to preach or talk about hard times. When we shake hands with the people, we should pay attention to how they shake our hands. A quick and sudden handshake means that a man only becomes interested in us when it favors his interests. A hand that feels like a dead fish in our hands denotes lack of vim, daring, resolution and enterprise. Such a man is of a serving nature. He lacks will, self confidence, daring and enthusiasm. He has a limp hand. He will never make many friends. He is of no special importance in the world, for the simple reason that he does not make use of his talent, education and opportunities. If we go into partnership with him we can prepare ourselves to do the hardest work. There is no gush, vim, snap and enthusiasm to his love, friendship, hatred, desires, thought, business. A limp hand, lifeless to the touch, is not a good sign. A bony and muscular hand is capable of work, hatred, passion, fighting, etc. When a person looks elsewhere when he shakes hands with us, he is not interested in us.

V. G. R.

WHY DO PEOPLE LOVE NATURE AND SCENERY?

Madame Marie Henri.

They love nature because they have the faculty Sublimity strong, which is the spirit of the sublime, grand, magnificent, infinite, eternal and romantic. It is this sentiment that is interested in the limitless; it loves travel and adventure. It loves nature in all her moods. It contemplates cosmic phenomena. Every man who has this sentiment strongly active in his soul, loves the romantic and magnificent. He enjoys to stand on a mountain top, a clear summer morning, and view the first streak of light, the earliest purpling of the east, when the lark springs up to greet the sky. He loves to look at the deeper and deeper coloring of the sky as it changes into orange and red, till at length the glorious sun, the "Regent of the day," is fully in view. He enjoys the beautiful flower, the sweet perfume of the blossom in fruit trees, with their delicate tints and hues, the green forest

with its stately trees, the beautiful groves, the soft prairies, sprinkled with violets and a thousand other fragrant flowers; the trees with their sweet fruit hanging down from their branches, the murmur of the running brook and fountain, the melodious song of the nightingale. This is what the sentiment of Sublimity loves. It fills his heart with joy and rapture. It broadens his view and animates his soul. When Sublimity acts with Amativeness and Vitativeness, it takes an interest in life, whether vegetable, animal or human. Amativeness loves the living, growing vegetation, when it is in its most flourishing state. If Sublimity unites with Inhabitiveness, the mind becomes interested in rural life, farming, gardening, horticulture, tree culture, botany, etc. When it acts with Ideality, Inhabitiveness and well developed Perceptives, the mind becomes interested in landscape gardening, floriculture and the like. Sublimity inspires the poet, the novelist and sensational writer, the writer of romance and adventure. Sublimity, Casualty, Self-Esteem and Combativeness make a man broad-minded, especially if he has active social sentiments and Benevolence. They cause him to look into things from every point of view. They give him a comprehensive view of subjects. They give a wide scope to his thoughts and investigation. A high degree of this faculty gives the soul wings. He wishes to fly off to some other region. He wants to soar. He wants to go somewhere where laws are unknown; where there is freedom without limit. He wants no other master than his own moods. When Sublimity acts with Conjugality, Ideality, Spirituality, Conscientiousness and Veneration, the mind dreams of eternal love that never passes, of rapture mingled with emotions, that never die. Love becomes eternal. The person is not satisfied with this world of unrest and imperfection. He aspires for a state where eternal youth and divine splendor shine in every face, a state where the soul can enjoy to the fullest, without restraint, the most perfect and holy love, with all its sweetness, charm, rapture, transport, delight and ecstatic bliss, where she can bring all her faculties into play at any desired moment.

Sublimity and Veneration admire the omnipotence of Deity, and the infinitude of His works.

A few lines of Racine's Masterpiece, "Athalie," will illustrate this same sentiment in the following verse:

"Le jour annonce un jour sa gloire et sa puissance;
 Tout l'univers est plein de sa magnificence;
 Gl donne aux fleurs leur aimable peinture,
 Gl fait naître et murir les fruits;
 Gl leur dispense avec mesure
 Et la chaleur du jour et la fraîcheur des nuits,
 Gl commande au soleil d'animer la nature."

Translated.

Day announces the day his glory and his power;
 The universe is filled with his magnificence;
 He gives the flowers their lovely painting.
 He makes the fruit grow and ripen;
 He dispenses them with measure,
 And the heat of the day and the coolness of the night.
 He commands the sun to animate nature.

THE MASCULINE WOMAN AND THE FEMININE MAN.

It is well to pay attention to types of build.

When a person has a resolute eye, deep lines in the face, large teeth, broad and square shoulders; when he is tall; when he tapers from the shoulders down; when his waist line is high up; when he has long arms and legs, large and bony hands, a large and square mouth, a convex nose, a well developed muscular system, a thick neck, a heavy jaw, a relatively small stomach, long fingers, a broad or wide head; when his head is well developed in the lower part of the back head; when he has large feet, is bony and muscular; when he has an earnest face, a big

Continued on Page 150

ENEMIES OF LIFE.

We are surrounded everywhere by swarms of germ-life, capable to enter our organism at any time and destroy it. Germ-life is found everywhere, in the water that we drink, in the food that we eat, in the air that we breathe. They may be introduced through the skin, or by coming in contact with some animal. Consumption germs sweep millions of people out of existence. They may enter the body in three ways: By the lungs, by the stomach and by the skin. It has been demonstrated that the most frequent port of entry, is through the intestinal tract, in animals. They can be introduced through the skin, but they are never introduced through a healthy skin. There are many kinds of consumption, such as consumption of the skin, called lupus, consumption of the lungs, or tuberculosis, consumption of the bowels, or consumption of some other part of the system. All people have consumption germs, either inside or outside, but people who are strong and healthy, who has great deal of breathing power, and the chest brain, medulla, strongly developed, are never in danger. They can resist consumption germs, even if they breathe foul air, or even if they transgress the laws of nature.



B. tuberculosis (X 1000).

Consumption Germs.

Typhoid germs are introduced through the water that we drink, or through impure milk. They are another kind of enemies to life. They destroy thousands of people. People whose digestive system is in a bad condition are in danger of these enemies.

When the brain centres of digestion and bowel action are too weak, the digestive system does not have the power to resist disease germs. This is the reason that a person is attacked by typhoid germs.

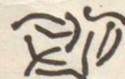
We know of a family of five, each member of which, drank the water from a sewer pipe, thinking that this clear and crystal-like water was the water from a healthy spring, but instead of that the water came from a county hospital sewer pipe. Only one member of the family was attacked, a lady who suffered from costive bowels. She died in sixteen days, yet, she drank no more water than any of the other members of the family. The whole family would sit on the porch in the evening and drink this "clear water," not knowing that the enemies of death were lurking in every glass.



B. typhi abdominalis, showing flagella (X 1200).

Typhoid Germs.

Syphilis germs are generated in the system through improper relation between the sexes. Anyone who indulges promiscuously is in danger of generating or introducing these enemies into his system. If they are once introduced they will stay in the blood, attack the brain, bones and tissues and give rise to other diseases.



B. syphilidis (Lustgarten) (X 1000).

Syphilis Germs.

The Tetanus germ is another enemy to life. It attacks the muscles, or in reality the nerves that are of a motor nature, causing spasmodic and continuous contractions of the muscles and rigidity of the parts attacked. A man whose muscular system is in a weak condition does not have resistive power enough to resist the tetanus microbe. Meat eaters are in danger of this enemy, the same as people who drink impure water or milk, are in danger of typhoid fever, and the same as people who breathe through their mouths are in danger of consumption. It is true that consumption can be taken in many other ways, but it is also true that mouth breathers are in greater danger of consumption germs.



B. tetani (X 1200).
Tetanus Germs.

Influenza germs are often floating in the air. People whose gastro-intestinal systems are weak and whose nervous energy is low are attacked by these enemies.

This sickness is also known as la grippe, which is a French name for the same epidemic affection. Formerly it was believed that influenza was due to the influence of the stars, the reason of which it was called influenza. But it is now known that influenza germs are the cause of this sickness.



B. of influenza (X 1000).
Influenza Germs.

This sickness often results in pneumonia, or broncho-pneumonia, due to the presence of pneumonia germs.



B. pneumoniae friedländeri (X 1000).
Pneumonia Germs.

Diphtheria germs are another kind of enemies to the human organization, being regarded as contagious, and attacking the mucous membrane of the air passages.

Many people are swept out of existence by this disease without a week's notice.



B. diphtheriae (X 1000).
Diphtheria Germs.

Erysipelas germs are enemies to human life. This disease is mainly due to impurity in the blood. It is a filth disease, caused by overcrowding and defective ventilation. If there were not impurity in the blood, the germs would not thrive.

In fact, cleanliness, good food, pure blood, fresh air, and optimistic states of the mind do not permit germ life to thrive. And if vitality be good and health be perfect, it is not easy for germ life to break down the human organization. But when the brain is weak in some one of the vital centers, the physical organs do not have the "resistive power" necessary, for which reason germ life thrives in the system and thereby breaks down vitality, health and life.



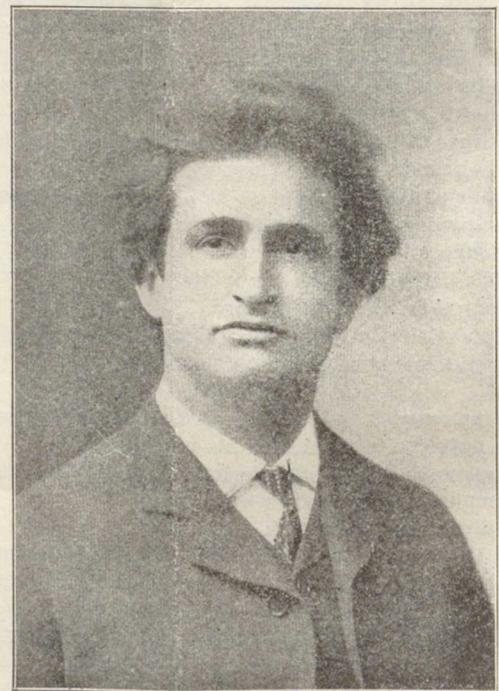
B. erysipelas suis (X 1000).

V. G. R.

chin, a short neck; when he is active and energetic, tall and commanding; when he walks with long steps; when he has a strong and deep voice; when he is resolute and free in action; when he has a rectilinear face, or angular; when he is strongly developed in the faculties of enterprise, in the sides of the head and in the outer portion of the upper frontal lobe, and when he has the sex faculty strongly developed, then he has that special



Masculine Type.



Masculine Type,

type called the masculine, or he is said to resemble his father, which, in reality, means the masculine type of build. A woman having this build to a great degree is said to be of a masculine type of build.

He is resolute, determined, independent, active, energetic, strong, muscular, daring, forcible, enterprising, eager to make money, full of business and action, itinerant and desirous of do-

ing things in the world of action. He is adapted for struggle, competition, difficulty, contention, law, politics, mining, farming, railway work, travel, engineering, mechanics, construction, navigation and other active work, the kind of work depending upon his talent. By knowing the masculine type from the feminine, and the characteristics peculiar to each, we have a knowledge which gives us the key to character and talent, as far as it goes, and we have also the key to matrimony, as far as sex types are concerned.

But when a person has a long body from the seat to the shoulders; when the waist line is low down; when he tapers from the hips down and from the hips up; when he has sloping shoulders; when his abdomen is well developed; when his hips are large from side to side and from front to back; when he has short legs, a long neck, a small mouth but full lips, full



Feminine Type.



Feminine Type.

cheeks, small feet and hands, small cheek-bones, expressive, mild and kind eyes, a large back head; when his head is high and well developed in the central part of the top head, especially in the anterior portion of the front head; when he is well developed in the side head where the head rounds off to form the top above and behind the ears; when his neck is small, especially where the sex instinct is located; when his head is pointed in the back portion; when he has a speaking countenance, a large, almost round chest, especially deep through from the front to the back; when he has a concave nose, large vital organs; when his face is free from deep fur-

rows, caused by an earnest, determined and energetic mind; when he is vitally magnetic, and when vitality predominates over mentality, bones and muscles—then he has that sex type called the feminine.

He is sociable, magnetic, agreeable, pleasing, sympathetic, emotional, intuitive, sentimental, kind, friendly, good, tactful, more religious than the one is who is of a masculine type, fond of pleasure, quick in expression, afraid of trouble and fights, benevolent, spiritual and adapted for medicine, salesmanship, hotel work, nursing, music, elocution, lecturing, church work, art, poetry, fine work, tailoring, manufacture of fine fabrics, cloth and clothing, house work, secretaryship, correspondence, advertising, book keeping, drama, acting, singing, ministry, office work, literature, technics and light, easy and sedentary work, depending, of course, upon his talent, education, health and opportunities in life.

It is important to take these two types into consideration at all times when we "size" a person up. There is always more softness and sympathy, tenderness and compassion, sociability and vital magnetism in the feminine type. This type always goes into different occupations, even when the more masculine faculties go with this type, which is sometimes the case. When we deal with the feminine type, we always deal with a softer and more tender nature, but when we deal with the masculine type, we deal with a sterner nature. The feminine type cries quicker, but the masculine type fights and gets angry. The masculine type uses force, but the feminine type uses persuasion and love.

V. G. R.

BRAIN THOUGHTS.

E. J. Curtis.

Of all the subjects taught today
Phrenology is the best;
No matter what we wish to do,
The brain must be the test.

But what's the use, we hear some say,
To study mind and brain?
It is to know ourselves, of course;
A knowledge of great gain.

The next to know ourselves complete
Is knowing others well,
For being social beings,
With others we must dwell.

If other things be equal,
Size measures every power
As accurately as minutes
Divide each fleeting hour.

Large bodies overthrow and crush
Small ones with marked disdain;
Large heads will always dominate
O'er men with smaller brain.

A Napoleon or a Webster's head
Could not be rated small,
For a brain that isn't massive,
Could not be great at all.

A little brain is shrewd enough
If it is really sound.
It may be brilliant I'll admit,
But cannot be profound.

A little horse may draw a load,
A large one could not stir,

But "Breed" would surely determine which,
A buyer would prefer.

Where quality is different,
We cannot judge by size;
We need not be deceived in this,
If we will use our eyes.

A flimsy, flabby, uncouth frame,
You'll never find combined,
With anything, in man or child,
But a weak, uncultured mind.

WERE THIS MY LAST DAY ON EARTH.

Dr. Wesley Kenton Burr.

Were this my last day here on earth
What do you think I'd do?
Would I sit down and sigh and weep?
Or would I rise and do?
Yes, do the work I'd left undone,
What little now remained,
The work that laid around my path,
E'en though it grieved and pained.

Yes, pained and grieved my aching heart
To think 'twas left undone;
And pained to think through all the years,
I'd not more laurels won.
Or would I just arise and do
The little that I could,
Before I passed to yon bright shore
To be at home with God?

I tell you what I'd simply do
Before I took my flight,
I would at once go forth and do
What now remained in sight.
Yes, what remained in sight of gloom,
In sight of pain and death,
In sight of all that looked so dear
When life seemed but a breath.

And what a flight it then would be,
I'd fly, oh yes, I'd fly
Above earth's trials, cares and strife
Where I would never die.
I'd fly, oh yes, I'd fly, I'd fly
Beyond the storms of life,
To regions lovelier, brighter far,
Beyond all hate and strife.

And I would go to work at once
And see what I could do
To help me through Death's surging flood,
And I would still be true.
I'd still be true to self and God,
And to my neighbor too;
Oh yes, I'd still be true to self
And see what I could do—

To help me on and up to God,
To help me o'er each wave,
To help me on, and on and up,
And help me through the grave.
I'd not sit down and weep, I know,
I'd not sit down and sleep,
No, no, I'd simply rise and do,
And do, instead of weep.

Oh yes, I say, I'd rise and do
The little that remained;
I'd go to work and do my best,
E'en though that little pained.
I'd go to work with all my might
And strive to do my best,
The best that still remained to do,
Before I took my rest.

I say again, I'd do my best
To do what's left undone;
I'd do as I had done before,
I'd all deception shun.
I'd not say, Lord just save me now,
When I had sinned so much;
And simply now begin to pray
When I was in Death's clutch.

No, no, I never would do that,
I'd still be true to self;
I'd still be true to God above,
I'd never cling to pelf.
And I would never, never pray,
Unless I'd prayed before;
And I would never show myself
A fool at Death's dark door.

No, I would still go forth and do
The very best I could,
The very best I still would do
To help me on to God.
The very best is none too good,
The very best, I say,
The very best all through my life,
And at my closing day.

'Tis true I would go forth and pray,
As I have always prayed;
I'd pray to God to take me home
And take me undismayed.
I'd want to be as brave at death,
As I had been before,
I'd want to say, I've done my best
To reach that Golden Shore.

That I had lived a life that's good,
Had done the best I could,
And now when I'm about to leave
I'd simply trust in—God.
I'd say to Him, as oft I've said,
Dear Lord, I'm frail, you know,
Just take my poor, frail hand in Thine
While I to Heav'n shall go.

Yes, lead me blessed Lord, I'd say,
Just lead me through the flood;
Still keep my poor, frail hand in Thine
And lead me on to—God.
Yes, Jesus, blessed Christ, I'd say,
Just keep my hand in Thine;
Just keep it there, dear Lord, I'd say,
And then I know I'd shine.

I'd shine, oh yes, I know, I'd shine,
I'd shine with God on high;
I'd shine with Christ, my Savior, then,
I'd shine when called to die.
And with the pure, the good and true,
With those passed on before;
I'd shine in Heaven forevermore,
On Life's Eternal Shore.



QUESTION DEPARTMENT

Send your puzzling questions to Victor G. Rocine, Doctor of Science, and he will answer them in turn. Ask only such questions as relate to human science.

Our readers are respectfully requested to give their full names when they ask questions. We use only the initials.

HOW TO DEVELOP DEDUCTIVE REASON.

Question by H. K., Valparaiso, Ind.—How can causality be developed?

Answer—Causality is interested in deductive reasoning, or in cause-and-effect reasoning. It asks why? Anyone wanting to develop causality should ask this question and then give a cause-and-effect answer. If he does this it draws blood to the brain center of Causality.

The method of developing Causality is plainly explained in Mind Training, pages 125-128.

Question 2—What faculties are in the lead in the acrobat?

Answer—The center of muscular co-ordination, Combative-ness, Vitativeness, Destructiveness and the Perceptives. This is the development of the monkey, one of the greatest acrobats there is, although an animal. This is the development in the cat. Every pugilist, acrobat, physical culturist has, and must have, these brain centers in the lead.

Question 3—When Eventuality, Comparison, Spirituality, Hope Approbativeness, Human Nature, Destructiveness, Cautiousness, Benevolence, Language, Vitativeness and the Perceptives are the leading brain centers in a man, what kind of a student is he?

Answer—He is both an objective and thinking student, but mainly an objective.

CAUSES OF LOW SEX-LIFE.

Question by H. A. H., Toledo, Ohio—Why are some men poorly developed in a sexual sense, and yet well developed otherwise?

Answer—Sexual development is two-sided: Physical, mental. The faculty Amativeness has charge of the mental side of sexuality and the lumbar centre, in the spinal cord, has charge of the physical side of sexuality. Impotence is a result of a weak lumbar centre. Then, the genitalia are small, shrunken and defective, even when Amativeness is strong. Strong Amativeness is not an indication of well developed genitalia. To develop sexuality when the lumbar centre is weak requires special instruction. To develop sexuality when Amativeness is weak requires a different method. You ask, Should a man marry who has defective genitalia?

Answer—He should not. He should develop himself first.

From "The Minneapolis Journal" (Editorial) of August 9th, the following: "A London scientist says that first love is a 'species of cerebral commotion and a stirring of some hitherto dormant association centers by appropriate affinitive impression.' It is certainly all of that and then some.—Sent by Mr. Viking, Mich.

USE OF STARCH SUGAR AND FAT.

Question by T. G. London—Of what use to the body are starch, sugar and fats?

Answer—Starch nourishes the body and produces warmth. Fat keeps the body warm and preserves the vitality. Fat is not vitality, but it preserves vitality. Sugar serves to warm and partly to nourish the body.

Question by P. S., Astoria, Oregon—How does the food get into the blood?

Answer—Mainly by absorption in the mucous membrane of the small intestines. It passes directly through the inner coat of the intestines. Some portions of the food are taken up by the lacteals, which take up the chyle into themselves. The lacteals conduct the chyle into a large tube in front of the spinal column, and pour it into a large vein called the left subclavian vein.

Motor Functioning.

Question by S. T., Anacostia, D. C.—Does the brain control bodily activity, or is it the spinal cord that does so?

Answer—Both the brain and the spinal cord have control of physical movements. It is the cerebellum that controls physical movements in a muscular sense. The spinal cord conveys sense impressions to the brain and motor impulses from the brain to the muscles. It can perform such muscular actions without the use, control and direction of the higher faculties. Therefore, it saves the brain a large amount of work. It takes care of many of the involuntary functions. There are subsidiary, or helping centres, located in the spinal cord, capable of looking after many of the most important physical functions.

THE DIFFERENCE BETWEEN DIABETES AND BRIGHT'S DISEASE.

"E. W.: Question—What is the difference between diabetes and Bright's disease? Are they curable?"

Answer—There is a wide difference. Bright's disease, or nephria, is a degeneration of the epithelium of the kidneys whereby the excretory functions of those organs is impaired, and albumen excreted. The presence of this albumen is an important indication of the disease, and shows that, contrary to the received theory, the trouble alone lies in the kidneys; that it involves the digestion which takes place in the blood.

"Diabetes may not in the least disturb the healthy functions of the kidneys. It appears in two forms: insipidus and mellitus—the latter being usually understood when the disease is mentioned. The first is not alarming, but may drift into the latter, which may be set down as incurable. It involves the processes of blood-digestion, the sugar and starch in the food remaining, in the partially digested state, as a form of grape sugar (in the scarcely distinguishable modifications of muscle-sugar and liver-sugar). The secretion of the kidneys is excessive and sweet from the excreted sugar.

"As for cure, medical science is hopeless for a remedy and the treatment is empirical. Whatever may be done, the end is certain, yet the patient may be relieved and life indefinitely prolonged by careful diet, and as far as possible removing the causes. As in diabetes, the starch and sugar are excreted only partially digested, and hence cause a waste of energy instead of strengthening; they are useless or harmful as food. Substances like gluten flour, eggs, milk, etc., should be selected.

"But the physician who holds out the hope of permanent cure of these diseases when well established, knows very well it is an illusive dream that will not be realized. Hold fast to right living when well. Do not believe for a moment that the human body is like a machine that can be repaired and oiled with medicines so as to run easy as when new."

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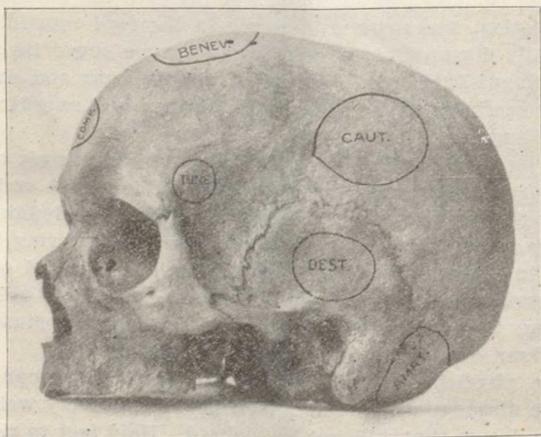
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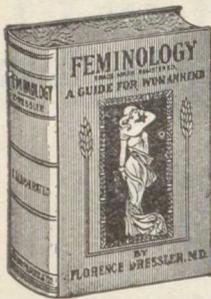
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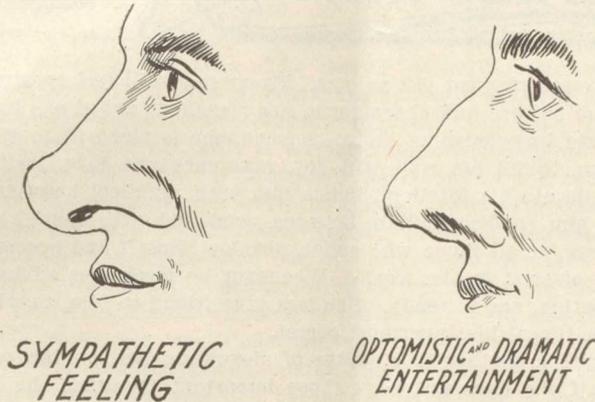
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The optimist looks through different spectacles. He sees the world differently. He looks at the bright side of the world. He sees not the evil side, but the bright side of everything.

Both the cynic and the optimist are right. One sees the evil, the other sees the good. One studies degeneracy, the other studies elevation, culture and ennoblement. Both are right. Both study statistics, but from different points of view.

Abbe Frere, a great student of evolution, who collected a large number of European skulls, now in the Gallery of Anthropology, at Paris, France, found by comparative measures that people are evolving, that the brain is increasing in proportion to the advance of civilization. He found that the skull is thinner and finer at the present time and that it is higher and bolder in the frontal lobe than it was centuries ago.

Maudsley found that the forehead is higher and broader in civilized people and that it is more narrow in inferior races.

The brain is developing mainly in the frontal lobe, in races interested in culture and refinement, and the mental temperament becomes more pronounced. Skulls of earlier races, nations and people compared to skulls of present living races, nations and people show a difference of size in the frontal lobe and a marked comparative difference in cell structure and fineness of bone.

Some individuals, races and nations MAY deteriorate, but other evolve, and the world at large is improving.

Some races and tribes become extinct, as for instance the Tasmanians, which race has, at the present time, only one man left. Not much room for evolution of the Tasmanian. Here is "race suicide," good data, for our great and good President, to prove the correctness of his views. It is well for him and us to study the Human Science that we do not follow in the footsteps of this lonesome Tasmanian.

V. G. R.

When you see a good idea coming your way, grasp it by the hand; don't clutch it by the throat.

THE HAND AND ITS MEANING IN CHARACTER READING.

In shaking hands with people, it is possible to form positive conclusions regarding character and states of health. A competent character-reader sees character in everything. He knows the meaning, not only of brain development and temperamental build, but also of facial poles, lines in the face, expressions of the face, walk, speech, accent, positions of the body, formation of the hand, handshaking and everything else. He studies human character in all its forms.

He knows that a moist hand denotes strong blood pressure, and that there cannot be strong blood pressure without intensity of mind and a strong development of the parietal brain section. It is a predominant development of such emotive faculties as Cautiousness, Approbativeness, Conscientiousness, Parental Love, Benevolence and Destructiveness that makes the mind intense, the nerves trembling and the blood active in its veins and arteries. When Combativeness, Self-esteem, Hope and other cheer-inspiring and controlling faculties are weak, and the above named emotive centers are strong, there is strong blood pressure in the system, producing a moist hand. The liquid of the system is passing out. Such a man has a timid nature and weaker lungs. The consumptive, usually, has a moist hand. People who have a moist hand should husband their vitality and spend much of their time out of doors, in the woods, among pine trees, or in the orchard, among fruit trees, where oxygen is plentiful and where they can recuperate their system and purify their blood.

The nervous system, in him, is active, the nerves are keen, the feelings, susceptible and the organization sensitive to temperatural changes. He should not marry one who has a damp hand, and a sensitive organization, for such an organization feels climatic changes very quickly, and, the skin being wet, the animal magnetism is passing away at all times, thus lowering the fluid of life, until he suffers from nervous prostration or consumption, or some other vital or nervous trouble. Anything damp is not protected as well as it is when it is dry, especially is this the case with the skin of the body. A damp skin is detrimental to the nervous system. This is the reason that he whose vitality is low, should make special efforts to keep his skin warm and dry.

Very dry hands denote that a man does not have as much liquid in his system as is necessary. He should drink more. A very dry hand is a sign of constipation, especially is this the case when the man is bony and stiff.

A hard hand goes with a hard organization; it means will, energy, power, criticism. A man having a hard, dry and stiff hand is not very sympathetic. A hard hand, when it goes with fine quality of organization and large intellect, means ability. But such a person learns slowly. He needs time for education. People having a hard hand are practical. They are as a rule skeptical. They want to see before they believe. When we meet a person having a hard hand, we may prepare for solid argument, tongue and fist-war. If he becomes our enemy, we have an able enemy, but if he becomes our friend, we have a true friend, though he may never be very loving. As a general rule, there is not much development in the social faculties in a man who has a hard, and bony make-up.

Hot hands signify that the person has an excellent circulation and rich arterial blood flowing in his arteries, strong Amativeness and active passions. He is interested in sexual sport, and, unless conjugal and the moral faculties be strong, he may be sensual.

People say: "You have a warm hand and a cold heart." There is a deep philosophy in this expression.

V. G. ROCINE.



PARENTAL LOVE AND ITS FUNCTION.

Marie Henri.

Parental Love is that soul quality, in a father or mother, which devotes itself to the rearing of children. It is a self-sacrificing, affectionate and loving sentiment, or sense of duty, which cares for and watches over little ones. It floods them with favors, care and blessing and banishes from them that which is evil and hurtful, so far as the parent understands. To a loving father or mother, or to a father and mother who has Parental Love strongly developed, no renunciation, no sacrifice, no suffering is too great. The very life of the loving mother is for her child. When the little baby is taken ill, she stays day and night by her child, nurses him with the most tender care, without thinking in the least how it will affect her health. She only sees him and feels for him; his recovery, well being and health is her greatest delight.

She may forget the man she loves; she may forget herself and her health; she may not think of her parents, relations and friends, but she cannot, will not forget the sweet and rosy baby she holds upon her knees, whom she covers with a shower of sweet kisses and carresses, which even the angels may envy. Her child is her all, her only treasure. Let her go into the forest with her child and let a lion spring upon her child—where will the place of the mother be? Of course, at the mouth of the lion. Her love conquers her fear. The position of the mother is the highest in the world, because her position teaches her unselfishness.

If the mother has strong Approbativeness acting with Parental Love, she cannot endure to have her child blamed. She wants him to rise in the world on the ladder of fame; he must become celebrated, eclipse every other child or man in every field of human endeavor.

If Parental Love acts with Destructiveness, Cautiousness, Approbativeness and weaker moral brain centers, the mother is irritable. She cannot guide him rightly, nor impress him favorably. She does not know when to love and praise him, or how he should be trained. She will abuse him one minute and praise him the next. Or if she be wealthy and entrusts her child to the care of a nurse, she must find in that nurse the slave and the hero, wanting her to endure willingly and patiently every abuse of her child, pamper his every wish and whim; she never wants her to curb his fits of temper, nor reprimand him for his wrong doings; but wishes the child to grow up with every evil tendency, unmolested. She does not realize that such a course of child training will lead to crime, sickness and unhappiness. She does not know that, when he is grown, he will not work for human progress, but rather for its destruction. He will gratify his passions and make slaves of his fellow-men, the same as he did of the nurse. He will repay his mother with the darkest ingratitude; the reward of her ignorance and blind love will bring shame and sorrow upon her.

But when Parental Love acts with Conjugality, Veneration, Conscientiousness, reason, good common sense, and a firm, strong will, with well developed Ideality, we have the true parent. Then, the mother will be loving, just, virtuous and truly noble. All that which is sweet, great and noble, tender and lovable, good and holy will emanate from her. Such a mother

is heaven's greatest gift to man. Every man will feel an atmosphere of culture and character in her presence; and if she has a complete knowledge of human science, she is alone fit to guide her son, to fill his soul with joy, reverence and love, instruct him, educate his intellect, imbue him with practical knowledge, teach him to discriminate between good and evil, cherish forgiveness for all those who suffer, develop himself and become a power of good in the world. Whenever he needs her advice or consolation, she is ready. She is a true friend to him, to whom he can reveal his innermost secret.

Such a mother is a power of elevation; but, on the other hand, if she does not have those important faculties, she is a power of degradation. It is the mother who molds the mind of man, long before he is even born. She is the one to bring humanity to a higher level. But every lady who expects to become a bride and mother should understand brain science and the soul's functions. Then, alone will crime, ignorance, idiocy, vice and error disappear, and knowledge, love, wisdom and happiness rule the world. But how can a mother poorly equipped intellectually and morally, or who does not understand the science of the soul, uplift the race?

If Parental Love acts with Sublimity, Benevolence, Friendship, Veneration, Conscientiousness and Self-Esteem, the soul is filled with overflowing love towards all humanity. Then, the man, or the woman, works on a universal plane for the betterment of mankind. His highest ideal has no limit; his love is universal, it is absolute, reaching out in every direction. To him all things in the universe are of a divine origin. He will not injure a blade of grass, nor even a poisonous reptile. He lives only to love and bless. His prayer will be "Let all beings be happy, let all beings be peaceful, let all beings be cared for." He wants love, peace, harmony and bliss to rule the world.

A child with strong Parental Love, Veneration and Conscientiousness will look upon his parents as being divine. He will honor and obey them, thinking only of the pleasure and satisfaction he can give them. His ambition is, to be an ornament and a blessing to them; his heart is filled with gratitude for the favors he has received; and the death of a father or mother is a blow to him, almost too great to bear.

I have in mind a few lines of Victor Hugo's "The Art to Be a Grandfather."

Come, I have golden fruit, I have roses.
I will fill your little arms;
I will tell you the sweetest things,
That perhaps will make you smile.
For I would like to see you smile,
Poor child, so sad and beautiful!
And then, in a whisper, I will go
And tell it to your mother, in her grave.

Viens, j'ai des fruits d'or j'ai des roses,
J'en remplirai tes petits bras;
Je te dirai de douces choses,
Et peut être tu souriras.
Car Je voudrais te voir sourire.
Pauvre enfant si trisle et si beau!
Et puis, tout bas, j'irais le dire
A ta Mere, dans son tombeau.

WHY THEODORE ROOSEVELT IS A GENIUS.

V. G. Rocine.

There is perhaps no other man in America who is so evenly balanced, mentally and physically, as President Roosevelt. We can see no flaw in him in any direction. His attitude is strong and poised, and yet not stubborn. He has a military poise and at the same time a friendly face. His head is largely developed in every section of the lobes. The base of his brain is strongly developed, giving him physical power and stamina, enabling him to endure hardship, overcome difficulty, and carry out work. The executive section of his brain is very strongly developed, but he is not a war-maker, for he is strongly developed in the social section of the brain as well as in the moral. He is many-sided, because of his even development. Indeed, President Roosevelt is a remarkable man, perhaps one of the greatest geniuses in American statesmanship, because of versatility and many-sided views. He is constructive instead of destructive. He has very large Acquisitiveness and Constructiveness, both acting with equally strong Combativeness, making him active in every field of constructive work, and this because he is prompted by the social and moral faculties.

Perhaps the most prominent point in President Roosevelt is his almost wonderful development of the cerebellum and muscular system, as indicated by his large muscular neck, powerful and prominent chin, strong poise and large development of the back head, below the nape of the neck, where the cerebellum is located. He is moral, but he is muscular at the same time; he is sociable but strong; he is patriotic, but he is broad-minded in his views towards living beings, because of his strong social and moral brain. Because of his musculature and large cerebellum, he has physical resources. He can think rapidly and act speedily. He has almost wonderful control of his physical movements. He will be much interested in systematic muscular exercise. He will be able to direct his feet, eyes, hands and muscles, according to the mandates of his large and evenly balanced brain. His mind is active, but his muscles are still more active. He will have a sure hand and a swift foot; he will have great control over every member of his body. He could have become a teacher of sharpshooting, wrestling, horsemanship, fencing, gymnastics, athletics, games, swimming and everything which requires muscular control, a sure eye, a swift foot and a steady hand.

But this is only the physical part of President Roosevelt. There is something more to him than mere muscle. He has a great brain, evenly developed in its every lobe. In the central part of his top-head can be seen a strong development of the faculty Veneration, giving him faith and piety and a strong inclination for saintship. He may be skillful in horsemanship and muscular games, but he is also inclined for saintship and spiritual evolution; he may be a great man in statesmanship, but he does not forget the spiritual side of man. His intellect is very large. When he looks at anything he sees much. His forehead is broad, high, bold, square in the Perceptive region, large in the center and well developed in the temples. His face is harmonious; his eyes are studious, and his forehead is very large at the external angle of the eyes, where the center of Order is located. It will not take long for him to learn a system, or sum up a situation, or become acquainted with the rules, laws arrangements and requirements of a nation. He is ADAPTABLE. He sees through anything quickly; he can take up a new duty, of which he knows nothing beforehand, in a short time. His brain is such that he takes in everything, not only the little, but also the great; not only the social but the commercial as well, not only the domestic, but also the national, and even the international. He thinks of the individual, but he thinks also of the nation.

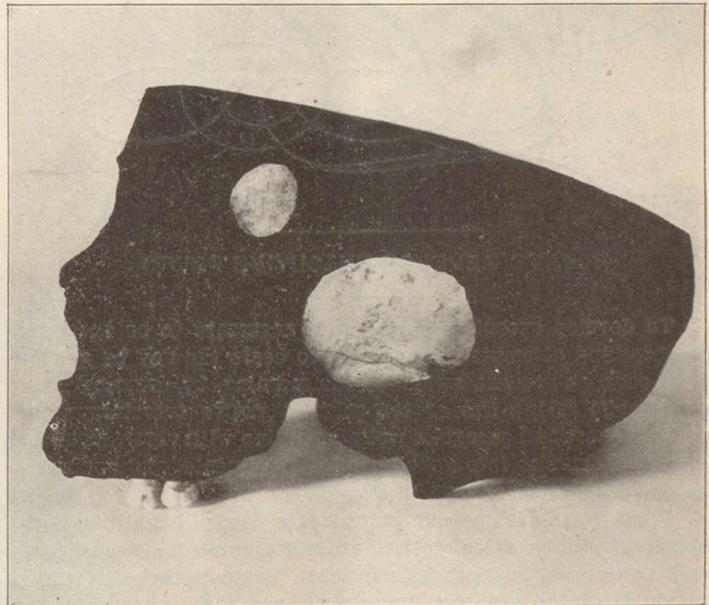
Had I been called upon to select a president regardless of

political views, or political parties, I should have selected Roosevelt, considered from the standpoint of brain science. A man who has such an even development and excellent physique, is a man of resources, capable of doing CONSTRUCTIVE work in every line. He is not greedy. His Acquisitiveness is very large, but he does not believe in accumulation, but rather in UTILIZATION. With such a development of brain, he wants the people to prosper; he will CONSTRUCT NEW INDUSTRIES; he will want the people to help themselves, and he will arrange everything so that each man may have an opportunity. He believes, because of his even development, that every man should develop himself; he will arrange it so, if possible, that each man may have an opportunity.

V. G. R.

A MURDERER'S SILENT ACCUSER.

Very few people think that brain action has anything to do with the skull itself. Not many lawyers or judges would examine the skull after a murderer, who murdered in cold blood. People do not know, as a rule, that they are their own historians. They do not know that vile acts leave their imprints, not only on the face, body and soul, but also on the hard skull itself.



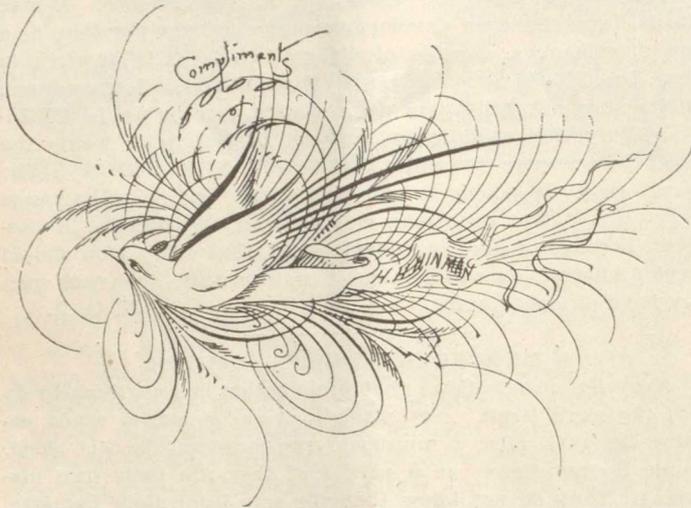
The skull seen here is the skull of a murderer and saloon musician. The skull has been photographed in such a way that the thinnest parts of the skull are seen. The light parts seen in the skull are the very parts where phrenologists locate Destructiveness and Tune. Or the very parts that the owner of this man lived in. He was very high tempered and in a fit of angry passion killed a man, for which the owner of the skull was executed afterwards. Destructiveness is located almost in the center of the skull, covering about five times the area of Tune, or the faculty of melody, which the owner also exercised in a coarse way.

At Destructiveness, in this skull, is the accuser, the silent witness, testifying against the murderer. At the same time we see how every man is compelled to be his own historian.

This skull, too, is an excellent lesson in localization. It shows where Tune is located and where Destructiveness is located. It would be well for students interested in scientific localization to compare it with PORCELAIN busts, made at desks. This is NATURE'S localization and writing. We can learn more important lessons from nature than we can learn from antiquated busts.

VICTOR G. ROCINE.

A LOVER OF PHRENOLOGY.



"I LOVE PHRENOLOGY. ITS PRINCIPLES AND TEACHINGS."

HOW TO DEVELOP EXECUTIVE POWER.

To develop executive power, it is necessary to be energetic in everything attempted. It is best to begin the day by getting up as soon as you are awake in the morning, by dressing yourself briskly, taking five or ten minutes' active exercises, going out for a short and energetic walk, breathing with vigor, throwing a vigorous impulse into your physical movements, and beginning the day with great energy.

When you develop your inner forces you will find that your functions will be more active, your health stronger and your mind more rapid in its manifestations. Begin to feel that which you do is of the greatest importance, and that it is necessary to do it with the utmost vigor. Put your whole soul into that which you do. Speak forcibly when you speak; act with the greatest vigor when you act. Do not shrink from anything disagreeable, but enter into it with the greatest spirit. Be energetic in your imagination and you will soon be energetic in action and reality.

Cultivate impulse and you will gain physical and mental strength; cultivate it and you will not be susceptible and tender; cultivate it and you will soon change in mind and body.

Take physical culture exercises and develop your muscles with the greatest energy. Clinch your fists as tight as you can and strike with the utmost force, calling up a feeling of strength as you do this. Imagine that you are looking at the mighty energies of nature, and imagine yourself to be a part of them, able to destroy and annihilate everything disagreeable. Imagine yourself to do executive work, and that you can do it forcibly, energetically and speedily.

ACT and you develop executive power.

V. G. R.

Resolve to have each day's happenings make you stronger than the day before.

HOW OFTEN SHOULD A BABY BE GIVEN FOOD?

To answer this question, to the satisfaction of every father and mother, would be very difficult, since every father and mother, very nearly without exception, is governed by his or her own feelings, in regard to the child.

Very few understand temperament, development, state of mind and health of the child. The health states of a child are not known, neither can the child make its conditions known to the parents. The child must accommodate itself to the notions of the parents, the parents usually arguing that they understand the needs of the child. The fond and enthusiastic mother thinks that, because she has raised children, she understands the art, even if she does not know the first principle of dietetics and temperamental needs. The mother is very likely to think that a baby should be nourished every time it cries. She thinks that the cry of the child is an indication that the child needs nourishment. She thinks that a child does not cry before it is hungry. But this is a great mistake, for a child may be suffering from pain, of which the mother may not know. The child may suffer from constipation, or from a torpid liver, or from a cold, or from pain in the bowels, or from headache, or the skin of the child may be sore and tender, perhaps from too much washing and rubbing, or perhaps from uncleanliness, or there may be some other inconvenience interfering with the comfort of the child. The child may be overfed every day, by the fond mother, giving rise to disturbances of the stomach and bowels. Or the child may be too warm and uncomfortable, or it may not have sufficient of air, because the fond parents are afraid of ventilating the room, thinking that the child may catch cold. The well meaning parents do not know that insufficient air will interfere with the circulation and general health of the child.

Indeed, every father and mother, every prospective father and mother, should take a course in the chemistry of food, the science that treats of air and liquids, hygiene, temperament, physiology, nursing, brain science, in order to be qualified to rear children according to the hygienic needs of children. The mother who gives her child food and drinks every time the child cries will not have a healthy child. She is likely to have a puny, feeble, sickly child; she will in all probability give it nourishment every time it cries, thereby clogging the vital system and giving the excretory organs too much work. Clogging of the system will interfere with growth and health. A child does not need very much nourishment.

The wise mother will also think of her own states of health. If she be nervous, angry, fitful; if she worries about her own environments; or if her digestive system is not in good order, or if her blood is impure, or if she be restless, tired and irritable, she will know that she should not nourish her own child, for her states of health and mind will effect her blood as well as the nourishment that she gives to her child. A nervous irritable mother will have a restless child.

Wise mothers and fathers will study those sciences that treat of food, air, liquid, hygiene, temperaments, brain functions, physical functions and the needs of the human body. It has been said that a child should be nourished every two hours, but should it? It all depends. There may be times when a child should not be nourished for some time, especially if the bowels be constipated, or the stomach be too full of food. When the child is healthy, it will sleep peacefully and only wake up to eat. But if a child cries, there is something wrong, either with diet, or with the conditions of the child. A child should not be given food every time it cries, this is certain. V. G. R.

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I am on the path laid out for me by a Phrenologist many years ago, and I am not ashamed of it.—Dr. Parkhurst.

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