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## EUROPEAN TRIP—FROM NEW YORK TO YORKSHIRE.

NO. III. BY THE EDITOR.

On leaving our friends at Fowler & Wells' office we set about to "do" New York city—at least, so much of it as can be done in a day—but the heat was so intense we had to cut it short.

According to the newspapers there were hundreds of cases of prostration and nine deaths that day (July 17th) from the heat, the hottest day of the year up to that date.

Nevertheless, we *walked* down Broadway, passing under the Dewey Arch, through Madison Square, admiring the stately buildings and sights of the great city down to the river, back on the elevated railroad into the mass of the teeming throng again, to be pushed and hustled into the heterogenous mass of pedestrians, all eager and intense as if on some important mission.

Then we crossed Brooklyn bridge, which is one of the greatest engineering feats of the world. Ships pass under this bridge in full sail. It is all imagination has pictured it and too much to describe here.

The American people like big things, and New Yorkers are proud of this one.

Like all great centers of population in America, New York city has her share—if not more than her share—of foreigners. The study of their faces and forms is interesting, but not more so than in San Francisco, where representatives of all races of men from all

climes can be seen and heard gabbling in all tongues. For the study of human nature, San Francisco is *multum in parvo*.

On the morning of the 17th we embarked in the good ship *Cymric* of the White Star line for Liverpool, glad to get out of the suffocating atmosphere.

No money could tempt us to live in New York, where, a disgusted passenger returning home to London, said: "Summer in New York is hot as Hades, while in winter it is cold enough to freeze Old Nick to death."

It was a great relief to get out of the heat; but, Oh, what a change came on the second day out! We struck the banks of Newfoundland and had to don our top coats; the fog was cold and piercing.

On the fourth day there was a delightful change and all were merry on board.

It got out that a phrenologist was on board. A petition was got up for a lecture signed by the passengers, and he had to consent to lecture and give some examinations, much to the delight of the little world on board, and the phrenologist became popular.

Phrenology is a grand science, and takes everywhere, on land or sea, when properly presented.

If young men could realize what a power it puts into their hands at home, in the social circle, or abroad in the world, they would all study the science, not for popularity alone but for pleasure and self-instruction.

But the majority of people are not studious; they love amusement better than instruction. It is hard

for some people to think—just as hard as thinkers to work with their hands—so if a lecturer or examiner can make a bit of fun or dish up a little amusement with his knowledge in revelations of character, he can make money in the business and do the world good at the same time.

But "enuf ced;" let us get to Liverpool.

On the fifth day we had dancing and concerts on board, for the good ship kept steady on her way. One young man was exceedingly jubilant and jolly; then judge of our surprise on touching Queenstown. Two policemen came on board, put him in handcuffs and marched him off a prisoner.

He had suddenly left old Ireland a few weeks before on the *Cymric* with five thousand dollars belonging to the British government, and the detectives in New York had intercepted him, prevented his landing on New York soil, and brought him back to Queenstown. The detective on board was as jolly as the prisoner, and both sang songs and danced. The prisoner is no doubt doing time now in jail.

Just before reaching Queenstown we had a fearful storm of thunder and lightning. The lightning flashed with a vivid glare, the thunder rolled with fearful energy, the winds whistled through the rigging as if the storm spirit was about to utter our destruction and the rain came down in torrents; but, the good ship went on her way defiantly, seeming to proclaim that science had conquered nature's convulsive forces.

However, another vessel had been unfortunate, as the following paragraph from a Liverpool paper told this story on our arrival:

'The White Star liner *Cymric* reported at Queenstown on Friday that the British steamer *Prince George*, bound to Boston, was struck by lightning on the 24th inst., and had her foremast shattered and 15 feet of it carried away. Several of the crew were knocked down on deck and rendered insensible for a considerable time. The compass was demagnetised and the chronometer stopped.'

#### HOME AGAIN.

Home again! home again! Can pen describe the joy of the patriot on first sight of the land of his birth?

"Breathes there a man with soul so dead  
Who never to himself hath said  
This is my own, my native land?"

Oh! the joy and the pity of it. Mothers had come to meet sons and daughters who could not wait until the good ship touched dock to give the tender embrace.

Fathers returning to Old England to the bosom of their families, some unfortunate, spiritless, disconsolate and almost brokenhearted! Others aglow with success in the new world were returning to the old country with tales of vision and untold pleasure.

"Life is like a mighty river,  
Rolling on from day to day;  
Some, like vessels, float upon it,  
Ride or sink and are cast away."

It was not until we got into the railway cars at Lime street, Liverpool, did we fully realize that the distance was shortening between us and the dear relatives and friends we had left behind nearly sixteen years before. At last old Batley—the home of our early life—came into view. The heart went pit-pat and the eyes welled with tears, but the tongue cleaved to the mouth and kept secret the emotions of the heart as we fell into a fond sister's embrace. Nor yet is the story told.

The newspapers had heralded the coming home of the lost sheep, and there was more rejoicing than

with the "ninetv-and-nine" in the fold. From the railroad station to our new rendezvous was only six blocks, but it took over two hours to get home.

During all these years in San Francisco we had, as the accredited correspondent of the *Batley and Dewsbury Reporter* for San Francisco, contributed many hundred articles entitled

"*Down by the Golden Gate.*"

So the interest of the Yorkshiremen had been kept up, and it was really amusing to hear the Yorkshire dialect once more in its broadest form. Some of the phrases will be interesting to readers of HUMAN NATURE in America, but we question whether everyone will understand the native tongue.

Here are a few samples:

"Aye! Allen, lad, ah arta?"

"E! tha art thin."

"Well, Oi think tha looks tow'd an' same, but not so fat as tha wor."

"E! tha's goan grey, mun. What asta been dooin' but tha knows we're all glad to see the."

All these greetings, of course, came from the bourgeoisie.

Good English prevails not among the peasantry, but in the more upper stratas of society; yet it is remarkable how much the public schools are doing for the masses of latter generations.

Foster's educational act of 1872 has dotted the land with schools equal to anything in America, and the result is an educated rising generation.

It is satisfactory to feel that the hearts of the people, both among the poor and rich, warm towards an old neighbor, who at least has striven to make the world better than he found it; it may be with poor success, for the road is hard and rocky, and truth sometimes is laborious, even in San Francisco.

If hobnobbing and dining with the rich, feasting with the poor, and to be in pleasant touch with the world just now is happiness, then indeed is our cup of happiness full to the brim.

Some sights in "Merrie England" will be thrown on the screen during the next act; but it will take at least two pages of HUMAN NATURE during the next 12 months to tell what we have already seen in the old world. Then the story will not be half told.

## LECTURE BY PROF. ALLEN HADDOCK

BATLEY WORKING MEN'S CLUB  
AND INSTITUTE.

At the unanimous desire of the committee, Professor Allen Haddock of San Francisco (formerly of Batley), who is now on a visit to this country, gave a lecture on Thursday evening at the Batley Working Men's Club, there being a very large attendance of members. The President (Mr. James Newsome) occupied the chair. The subject of the lecture, as announced on the notice board, was "Mixed Topics." Professor Haddock, who has been heartily welcomed in Batley, divided his lecture into three parts: (1) "The Batley Working Men's Club—Its Origin and Early Episodes;" (2) "From the Golden Gate to Batley Beck;" (3) "Heads and Faces, and How to Read Them."

Professor Haddock, who met with a hearty reception, was one of the founders of the club, and what he had to say with respect to its formation was interesting to all. "I have never lost sight of you all the time I have been away in San Francisco," said he to the members, and with this preface Mr. Haddock showed how that during the Christmas holidays of 1871 he and Mr. James Sheard happened to be standing at the bottom of Hick Lane, when the then landlord of the Victoria Inn threw a man out into the street. Upon this the man said: "You'll throw me out now when I've spent all my money with you." That occurrence inspired him (Mr. Haddock) to come to the conclusion that it was high time Batley pos-

essed a club without the drink. He wrote a letter to the *Reporter*, with the result that the following Monday evening a meeting took place at his house in Wellington street. Two days later Mr. Walter Rhodes, manufacturer, of Heckmondwike, came over and offered to give £10 if a strong club could be established. Mr. Haddock and his friends replied by saying that this could be done, and at once set about the task. The £10 was accepted by a subsequent meeting, and a committee was formed to canvass the town for further support.

#### THE FIRST CLUB PREMISES.

Other meetings took place, and three weeks after the idea of a club first originated a large public meeting was held in the Town Hall, at which the then Mayor (Dr. Keighly) presided. On the platform, among others, were Mr. J. T. Marriott, Mr. Robert Talbot, Mr. Joshua Exley, and himself. Dr. Keighley was afterward elected first president of the club, Samuel Morrell Harrison financial secretary, and Thomas Walker and himself (Mr. Haddock) general secretaries. On the 7th of February the premises now occupied by Mr. John Hepworth, furniture dealer, were taken for the purpose of the club. They began without the drink. said Professor Haddock, and they tried hard to conduct the club on temperance lines, but they failed to attain success. They discovered that more revenue was needed, and also that men left the club at nights to go to public-houses. The temperance party, too, did not support the place as it was hoped they would, and it was thus that drink came to be introduced. After stating how well the club was conducted, and how that it was to the interests of every member to maintain the reputation of the place, Professor Haddock related one or two incidents in connection with the club's history, and then passed on (after an interval) to the second part of his

lecture. Starting from San Francisco at the beginning of July, he described the journey onwards to Chicago and New York. He would not, he said, advise any factory hand to go out to Frisco, for there were no cloth mills at the Golden Gate. Shipbuilding, the canning of fruit, and the building of machinery were the staple trades. There were 6,000 saloons in the city. The crossing of an immense wheat area, and riding through a sandy desert for eight hours were points mentioned by the lecturer which, with others, served to show the immensity of the American continent, and also some of its wonders.

#### PHRENOLOGY NOT A QUESTION OF "BUMPS."

Mr. Haddock, on going on to deal with the third section of his lecture, "Heads and Faces, and How to Read Them," which followed a song, "The Admiral's Broom," finely sung by Mr. J. W. Senior, remarked that phrenology was not a question of "bumps." Indeed, the so-called "bumps" portion of the science was all humbug. It was more the size and measure of brain. It was not by any means true that a large head was always a sign of strong character. It was a question in all cases of quality. Mr. Haddock vigorously attacked so-called "fortune telling" and reading the character by the stars. Some people, he said, professed to be able to tell a man the name of his future wife. But, as a matter of fact, that was a very easy matter. He could do that, and would let the company into the secret. "Well, tell me mine, then," chimed in a diminutive member of the club. "What's your name?" asked Mr. Haddock. "William Roberts," replied the inquisitive one. "Then," added the Professor, "the name of your future wife will be Mrs. Roberts." The joke was heartily enjoyed. The lecturer exhibited a number of cartoons, and accompanied them with interesting descriptions. Fi-

nally he showed the skull of a woman, who, he said, was shot in San Francisco some years ago. He described the grewsome relic in detail in very entertaining style.

On the proposition of Mr. B. Whittaker, seconded by Mr. J. Roberts, and supported by Mr. Jas. Sheard, President of the Batley Co operative Society, a hearty vote of thanks was accorded to Mr. Haddock, who replied in courteous terms.

The remainder of the evening was spent in a social manner, songs being rendered by Messrs. Senior, P. Kemp, T. Haigh, R. Metcalf, and others, Mr. H. Wilson presiding at the piano.—*Batley Reporter*, August 24th, 1900.

Mrs. Greenup's examiner to the South Kensington School of Cookery, England, will say 150 good things in HUMAN NATURE during the next twelve months. The first, "About the Dwelling," appears this month; see our Health Department. These will be followed by other good things about "Personal Habits," "Food and Clothing," "The Sick Room," "The Nursery," "About the Baby," "The Children," "Accidents and Illnesses," "Stove and Cooking," "Meat and Vegetables," "Puddings and Pastry," and a variety of things."

#### IMPORTANT TO MEN.

All men whose occupation compels them to stand from 10 to 14 hours per day should wear a magnum bonum suspensory. They would have no more of that exhausted, worn-out feeling which is without doubt the result of a distended scrotum and weakened testicles caused by protracted standing. It is a well known fact that tailors are a class of men who are never troubled in that respect, because they always sit at their work. The Magnum Bonum Suspensory will also give wonderful vigor to the sexual organs.

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## IN THE NORTHLAND.

BY C. P. HOLT.

On the 1st day of May, A. D. 1900, California, Oregon and Washington were bathed in sunshine and robed in green and gold; there was warmth in the air, and bees and birds hummed and sang joyously. On the 1st of June I had left the bees, birds and flowers far behind me and looked with inquiring eyes upon a vast sea of ice, stretching its chilling length hundreds of miles up the Siberian coast, and blocking the further progress of the steamer which had borne me across the blue Pacific and up the Behring sea. The monotonous pant of the ponderous engine which for nearly three weeks had kept its incessant throbbing, suddenly ceased. It was 3 o'clock in the morning, and the sun was shining brightly. We were in the ice. I hastened upon deck and looked upon ice in front of us, to the left of us, to the right of us—ice everywhere; ice glistening in the sunlight. There were little inlets in the ice-field here and there, seeming encouragingly to beckon us to venture an exploration of their labyrinthine passages in vain quest of a passage into the open sea beyond the ice, but our ship's captain was not to be thus enticed into an icy snare, for well he knew that once inside an inlet its mouth might close, shutting the ship in a prison whose walls of ice would gradually grow more narrow until our ship would be crushed to atoms. So for three days, with no nights between, we steamed up and down the barrier of ice, which glistened in the sun's rays, solemn, silent, cold and pitiless; extensive as the eye-reach and as white as silver. At last we caught the ice-king napping. The wind blew open a gate in the ice-floe, and before another gale could close it we slipped through the channel and reached the open sea, stretching far to the northward.

When off St. Lawrence Island we hailed a boat-load of Esquimaux. They had come out to meet us to beg tobacco, whisky and bread, which was showered upon

them by the passengers from the deck of our steamer. Their boat was built of seal-skins, innocent of nail or bolt, the skins being fastened to a wooden framework by strings cut from walrus hide. These children of the Northland were merry and greasy, dressed in seal-skins which, if properly cured, a civilized belle might envy. Each loaf of bread and package of tobacco was dexterously caught in the ample folds of their seal-skin "parkees," and hailed with shout and laughter. Their wants are few and mostly supplied by the sea. Later I saw more of them.

In about 65 degrees north latitude lies Cape York, a headland jutting into Behring sea. This point of land was the first I saw of Alaska. A sheet of ice a half mile wide bound the shore on June 5th, so blowing her whistle our steamship steamed away to the southward, leaving the few miners who had wintered there standing upon the bleak beach disconsolate.

It was on the morning of June 7th that our ship cast her anchor in the stormy roadstead off the town of Nome, the Mecca of the goldseekers of 1900. At 3 o'clock p. m., in a rising gale, through a surf that beat tumultuously, I was landed, wet and weary, upon the sandy beach, with a small tent for shelter and in the next hour, with thankful heart for deliverance from a perilous voyage, I commenced housekeeping at Nome; but louder yet blew the gale, and higher yet rose the surf, until on the morning of the 8th of June, when California was basking in warm sunshine, I was driven from the beach by the merciless sea and in a blinding snow-storm compelled to seek shelter in the cabin of a hospitable Scotchman, who was holding a squatter's right to a town lot high up the beach near the tundra.

Oh, the treacherous, cruel Behring Sea! That June day it lashed its sides in fury, and beat relentlessly upon the sandy shore. The bottom of the sea is also sandy, and ships drag their anchors as they are pushed by wind and wave to their doom. Through the blinding snow and sleet I saw the schooner Alaska wrecked that day in June, her sixty passengers were saved, but their baggage and belongings were lost; the sea swallowed the cargo and left the poor gold-seekers stranded upon the inhospitable shore that in their

dreams they had fancied rich in gold. Oh, the feline, purring, cruel Behring sea! This summer of 1900, on its shores from Cape York to Golivan bay scores of vessels have been wrecked and over two hundred human lives have gone out in its yawning depths. Prospectors used boats for horses and sailed up and down the coast in quest of the elusive "pay dirt." One hour the sea lay calm, lapping the yielding shore as a cat laps its paws; an hour later the ruffled back of the watery feline betokened anger, and boats were swamped and drowned men with upturned faces lay upon the golden sand, while the horrid, murderous sea sang their requiem. Three years ago these shores were solitude except for the walrus, the bear, the seal, the tomakin and the Esquimaux. The discovery of gold in these creeks and on these shores has changed all. When I reached Nome on June 7th there were not more than 300 people within its limits; on July 4th there were 50,000 men, women and children living upon beach and tundra.

These gold hunters were disappointed in their dreams of wealth. The beach had been worked out by last year's miners and the tundra, creeks and beaches were staked for scores of miles from and around Nome. Each claim had from two to seven claimants, and where richness obtained there was no end to litigation. The people who came in June and July with hopeful hearts, by the end of August had disappeared, and had "folded up their tents like the Arabs."

They have gone. Many are their curses, loud and deep, upon Nome and luck. There is gold at Nome in plenty, on beach and creek, but it is in the hands of rich corporations and men who were already rich; the poor man stands no chance except to work a little and to starve much.

In Alaska men act the role of beasts of burden, and with huge packs strapped upon their backs "mush" (walk) over beach, tundra and beach in a mad search for gold that is seldom found. Upon the beach lie strewn for many miles thousands of dollars' worth of machinery and gold saving devices, brought here by hopeful though deluded gold seekers.

There being no gold in paying



quantities on the beach to engage the machines, they have been abandoned by their owners to be playthings for the waves and Esquimaux children a hundred years hence.

The transportation companies have reaped a rich harvest in 1900; next year the stampede will be to Siberia, to the Philippines or some other far off country, and other thousands will rush to disappointment and sorrow.

The disappointed gold seekers depart from Alaska, but the land and sea remain. Such a strange land! So treacherous a sea! A land of marvels! A land of perpetual sunlight in summer and of continued darkness in winter. During June and July there were no nights nor walks by moonlight; now in September there is more moon than sun, and more darkness than either, with a perceptible shortening of day and lengthening of night, which will continue to Christmas, when the polar bear sits in solitude and darkness upon his cake of ice. Before that time the United States Government will have taken to civilization the three thousand impecunious adventurers who otherwise would perish; the transportation companies will have carried out the other thousands of "cold feet" (disgusted men), leaving a small contingent of disgusted miners to hobnob with the Esquimaux. Poor Esquimaux! Children of the Northland. Before the discovery of gold in Alaska and before the advent of the white man, they were a contented people. When the pale-face came they changed their mode of living; they ceased to supply seal and walrus for winter use, eat the white man's food and sold their parkees and mushlucks for firewater, in consequence of which they are ill and dying fast of pneumonia and consumption.

They are a simple folk, low of stature, with flat faces and weak character; they are expert boat navigators, often being seen at sea many miles from land, sailing serenely in their skin canoes. Who are these people? Whence came they? Across Behring Straits? Who knows? Ask the polar bear or the walrus. The only facts about them of which we are sure are that they were here when Behring sailed these seas; that they are adapted to this climate and

that they are passing away, because of the coming of the white man and the adoption of the white man's mode of life.

Before the advance of the Caucasian the savage melts as doth the snow before the Chinook wind. Is it well? It is well.

C. P. HOLT.

### Early British Phrenologists.

In a very valuable little work from the pen of Mr. H. C. Watson, entitled "Statistics of Phrenology," published in 1836, are found some interesting facts about the early history of Phrenology in the British Islands. He states that the first notices of Dr. Gall's labors appeared in Britain in 1803, among which was an attempted refutation in the *Edinburgh Review*, attributed to Dr. Thomas Brown of metaphysical celebrity. In 1806 the *Edinburgh Medical and Surgical Journal* contained an unflattering notice of Dr. Gall, and three years later the report of the French Institute was translated and published in the same journal. These unfavorable reports awakened a prejudice among the people against Phrenology, and the few liberal-minded investigators who were favorably disposed toward the science found it difficult to overcome the prejudice and create a favorable sentiment toward it.

"Theory of Physiognomy" by Dr. Gall, with "Hufeland's Critical Remarks," was published in London in 1807; but the merits and claims of Phrenology were first brought before the British people through the publication of Dr. Spurzheim's "Physiognomical System" in 1815, a year after his first visit to England, and near the time of the malicious attack on Phrenology by the *Edinburgh Review*. Immediately after arriving in England, Spurzheim dissected a brain before an assembly of professional men at the Medico-Chirurgical Society Hall, and convinced them of the correctness of his discoveries respecting the struc-

ture of the brain. Spurzheim delivered two courses of lectures in London, and lectured in Bath, Bristol, Liverpool, Manchester, Dublin and Cork. He went to Edinburgh and met the author of the article in the *Edinburgh Review* denouncing Phrenology and dissected a brain in his presence, and there won five hundred witnesses to the fibrous structure of the brain.

Mr. Watson says. "Despite the condemnation of the *Edinburgh Review*, despite the frown of university professors, despite the deliberate falsehoods, the misrepresentations, the abuse, the dull jokes and the clumsy ridicule freely circulated against all aiders and abettors of phrenology, honorable and talented men now began to turn their attention seriously and perseveringly toward the science. Observations soon multiplied facts. The accumulated facts were acknowledged and generalised; both facts and conclusions tallied with the doctrines taught by Spurzheim, and the evidences of his science in Britain soon ceased to rest on the word of the teacher alone or on foreign records, a greater authority being found on the page of nature at home.

In 1820 the Edinburgh Phrenological Society—the first in Great Britain—was established by Dr. A. Combe, George Combe, Rev. David Walsh, Mr. Brownlee, advocate, Mr. Wm. Waddell, W. S., and Mr. Lindsey Mackersey. December, 1823, the publication of the *Edinburgh Phrenological Journal* began, and was published quarterly for more than twenty years. Phrenological Societies were established in the leading cities of Britain. In 1836 there were twenty-four societies, with an aggregate number of nine hundred members. Of this number one-sixth belonged to the medical profession. There were at that time sixty-six phrenological works by British authors. Two-thirds of them were written by members of the medical profession.

Among the authors who wrote in favor of Phrenology were: The celebrated surgeon, Abernethy; Whitelaw Ainslie, M. D.; John Alderson, M. D.; Dinsey Alexander, M. D.; E. Barlow, M. D.; Jas. Bridges, W. S.; W. A. F. Brown, surgeon; Robert Buchanan; John Butter, M. D.; Chas. Caldwell, M. D.; G. D. Cameron, M. D.; Andrew Carmichael, surgeon; Richard Che-nevix, F. R. S.; Andrew Combe, M. D., F. R. S. E., one of the Physicians in Ordinary in Scotland to the Queen; Richard Church, Rev. Henry Clarke, George Combe, W. S.; Robert Cox, W. S.; Jas. Deville. H. W. Dewhurst, surgeon; John Elliotson, M. D.; John Epps, M. D.; Chas. Follen, J. M. D., Professor of German Literature in Harvard University, U. S.; George Gardner, surgeon; Wm. Gregory, M. D.; D. G. Hallyburton, M. P.; A. Hood, surgeon; John Houston, M. D.; Jas. Inglis, J. L. Levison, surgeon; Sir G. S. Mackenzie, Bart.; Robert Macnish, M. D.; Richard Poole, M. D.; Jas. Simpson, J. G. Spurzheim, M. D.; Gordon Thompson, M. D.; H. C. Watson, Dr. Hoppe, Dr. Otto, and Wm. Wildsmith, surgeon. What other science can show such progress in so short a time with so much opposition? It is safe to say that no science has equaled the progress of Phrenology under similar conditions.



Prof. Haddock sails from Liverpool on the 15th of October, and is expected home in San Francisco about the 30th. His trip so far has been successful. The rich and poor alike gave him a hearty reception. He will have a long and interesting story to tell when he returns home again.

Now is the time to subscribe for HUMAN NATURE. 50cts. per year.

## NERVOUS DYSPEPSIA.

Nervous diseases are increasing. Neurasthenia, that weakening of the entire system of nerves in the human organism, has spread in an alarming manner. Nervous indigestion has become very common. It is a disturbance of the functions of digestion which occurs without any special organic illness. Unfortunately there are innumerable families in which nervous diseases are inherited. Mental exertions, the haste of our busy life, mental disturbances of all kinds, as anger, sorrow, that constant fear of the future and all sorts of excesses, may bring about nervous diseases; abusive use of alcohol, tobacco or coffee, causes this sickness.

A healthy person feels nothing uncomfortable during the process of digestion, while the patient suffering from nervous dyspepsia experiences all kinds of uncomfortable sensations, as there is a bad taste in the mouth, gaping, belching of wind, and sometimes an intense pain is felt. Nearly all so afflicted complain of a swelling of the abdomen, a concentration of gases in the stomach and intestines, and often constipation sets in. It is almost impossible to believe how many different disorders this gas and particularly this suppressed wind will bring about and in what a detrimental manner they affect the entire disposition towards mental labor. The symptoms of pressure and fullness do not always occur right after eating, but often appear from one-half to three-quarters of an hour later; again with others they often occur upon an empty stomach. During the process of digestion some are easily excitable, feel very uncomfortable in all positions and have to walk up and down to stop their complaints.

The appetite is usually normal in the majority of cases. It is not always the rich and heavy food which produces indigestion;

in fact some patients digest the heavy food and have all sorts of trouble with any light food. Surroundings and the mind of the patient bring about these conditions. At times a patient will feel comfortable after eating certain dishes, while at other times the same dishes will cause him great trouble. Great fatigue and weariness is often complained of. The patient is so dreadfully tired that he could sleep all the time, and feels more tired in the morning than at night. Other symptoms are heat and pressure in the head, particularly in the forehead; feeling of tension in the neck and abnormal sensations in the arms and legs, as heat, cold or prickling. Attacks of dizziness are also connected with this disease.

There is no inclination for mental work, a failing of energy and loss of memory. The patient becomes distressed and is of very excitable temper, worries a great deal and has little energy and courage.

One should suppose that so many opposing forces would have an unfavorable effect upon the nourishment of the patient, but usually the contrary is the result. The majority present a good appearance and an apparently strong constitution. Some, however, show a pale and bloodless color of the skin and lose flesh.

The treatment of nervous dyspepsia should never be a mere dietetic one, but must be directed more at the improvement of the whole organism and especially the nervous system of the patient. A general treatment of the whole organism in such cases is of the greatest importance, for nervous dyspepsia is nothing but an expression of a weakness of the whole nervous system. Of course for every individual case there are individual rules. What will cure one will not cure the other. It is the task of the hydropathist to understand every case and to treat it accordingly.

In all cases in which, in spite of all imagined disorders, nutrition is good, one will succeed with a general treatment of the whole system and certain rules of diet. Slight attacks may be treated by the patient in his own home, but the majority ought to be treated in a sanitarium. Far from all professional duties only, will the patient find such rest as is needed for a successful treatment, for in quite a number of cases the excitement brought about by the discharge of such professional duties is often the only cause of the disease.

Vegetables, milk, butter and eggs, with as little meat as possible should be given the patient. Fruit, especially grapes, will be very beneficial. The patient should not be overfed. The quantity of food should be regulated according to the strength of the patient and the ability of his stomach to digest the food. Those who are weak and need strength should get a food containing plenty of albumen. Such patients should take frequent meals of small proportions. In some cases such meals should be served every two or three hours; in other cases again it will be right to have the patient eat something every hour and allow him even to partake of small portions of milk with zwieback or soft boiled eggs during the night. Where the loss of strength and flesh is very great and in cases where there are bad disorders of the digestive organs, the patient should get only milk and soft boiled eggs. After he has gained a little strength beef tea and a little raw meat grated very fine may be given. Then a little beefsteak, half rare, calf-brain, stewed meat of chicken or young pigeon and zwieback may follow. A little rice or tapioca will do no harm.

Of vegetables only spinach and mashed potatoes may be recommended from the beginning of the cure. Asparagus, cauliflower,

mashed young green peas and mashed carrots will do no harm after the patient has improved a little.

Fish, oysters and cheese should not be allowed. Fruit dishes like stewed prunes or apple sauce will be very beneficial. Nudels and maccaroni will also do no harm, while all cakes, fat, sugar as well as vegetables like cabbage should be avoided altogether. Herrings, sardines, caviar, or smoked meats or fish are all poisons for those suffering from nervous dyspepsia. The somewhat improved patient should have three regular meals and between them, if necessary, some milk. Alcoholic beverages must be avoided as much as possible. Their effect upon the nervous system is a bad one. In cases of absolute necessity wine in small quantities may be allowed; beer never, on account of the hops and yeast contained in it. Coffee should not be served on account of its effect upon the nerves and digestion. For the same reason the smoking of tobacco must be prohibited.

With meals no fluids should be taken; if there is too much thirst a little wine or water will do. Between meals water or buttermilk in small doses will help digestion and move the bowels.

As stated above, rules for diet must be made for each case according to the strength of the patient.

Besides the dietetic treatment give cold water applications to strengthen the nervous system. Very weak patients should start these applications with washings. Those who suffer from chlorosis besides nervous dyspepsia should be made to feel warm before these washings can be applied beneficially; such patients should be in bed until their bodies are warm enough. A little vinegar should be added to the water.

The diet and these washings will soon improve the health of the patient. From the beginning

a washing of the whole body may be applied, or if the patient is too weak the upper part of his body should be washed in the morning and the lower part in the evening. Packings of the body will be of benefit, too. For these packings vinegar and water should be used. They should last for one hour and should be applied every two days in the morning or in the evening, according to the disposition of the patient. Some cannot stand them in the morning; others not in the evening.

The packings will be applied as follows: The wet linen must cover the whole abdomen. This linen, which must reach around the whole body, must be covered with a woollen cloth to produce the heat necessary to create that beneficial effect which will cure. The packing will stop that painful pressure in the abdomen, remove the gas and help the stool.

Stronger patients may apply besides the washings and packings, all lighter gushes, which may be increased in strength gradually until finally a sitting bath or half bath is applied three or four times a week.

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were in the office.

ALLEN HADDOCK,  
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June 30, 1900.

### Life is Good.

The wildest imagination in the  
world never conceived anything  
so weird as the truth. There has  
never been a picture painted, a  
novel written, or a melodrama  
played that exaggerated life. In  
fact, I don't think there is any-  
thing that has ever come up to it  
in its intense contrasts.

And yet, life is good. It is true  
we all see the dark side once in  
awhile; but there comes the beau-  
tiful, clear, white one in contrast  
to it, and we have been given the  
marvelous something we soon learn  
to forget. Think of the awfulness  
if we could not; think of the people  
who would live over every day the  
dark story of their lives; think of  
the women weeping for their dead  
loves and their dead children;  
think of the people who would  
have to suffer from remorse always  
and eternally—why, we never had  
anything so good as forgetfulness  
given to us. I don't mean abso-  
lute forgetfulness. I mean the  
ability to forget the most disagree-  
able parts of things, to soften them  
and to bring before us the agree-  
able side, even of a villain.

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## The Queen of Morn's Soul Song to Her Earthly Mate.

BY MRS. NELLIE SMITH.

When the golden morn o'er the earth is  
breaking,  
And the winds and birds their melody  
making,  
Nature's own symphonies sweetly awak-  
ing,  
Then listen, listen, beloved, for me,  
I shall be coming, coming to thee.

When thy slow-fading day in the West  
faintly gleaming,  
And the first evening star through the  
blue brightly beaming,  
And thine earth-weary spirit of heaven  
is dreaming,  
Then listen, listen, beloved, for me,  
I shall be singing, singing to thee.

When the life-boat is moored, the torn  
sails all furled,  
And the pilot shouts "Home!" while  
the anchor is hurled,  
And thine eye views triumphant our  
beautiful world,  
Then listen, listen, beloved, for me,  
I shall be waiting, waiting for thee.

When the mantle immortal around thee  
is thrown,  
Thy soul thrilled with songs that invite  
to our zone,  
And thou grestest in rapture thy "bride"  
all thine own,  
Then listen no longer, beloved, for me,  
I shall be ever, forever with thee.  
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duced to \$5, if taken in one package.

## THE UTILITY OF PHRENOLOGY

BY FRANK TASKER.

In making a little further inquiry into this subject it might be well to give attention to the application of phrenological principles to the domestic side of life. There is none more important than is this one, and it is a subject on which there is more than a little indolence and much ignorance.

People do not give careful attention to the composite aspect of human nature, and for this reason are not able to detect inharmonies in the warp and filling that go to make up a human life.

Then it follows that there is much conduct, by those in authority in the family circle, that does not make for the best development of those who come under their control. In order that the greatest good may be attained it is always necessary to know what to do and why this or that should be done.

In taking on responsibility to do anything, the person so doing assumes to know what needs to be done. For instance, if one accepts work as a teacher, clerk, a machinist, or manager of a farm, such acceptance carries with it the understanding that such person is versed in those things which relate to the work in hand.

This should be the case, pre-eminently in assuming the responsibility of marriage.

The legitimate end of marriage is offspring—a family of children. Should a task so exalted, so far-reaching, so almost divine, be attempted without preparation?

A perfect connubial relationship is the most difficult to fulfill and its fulfillment produces the greatest happiness; the converse the greatest misery, and the results, how awful! Nothing else equals it. The bringing forth of human beings is no easy task if rightly done—and its after-training, too, how exacting. A good life, how exalted! a poor life, how depraved!

Think of the difference, and that throughout all eternity.

A full knowledge of the primary elements of humanity would enable parents to make all children good.

Individual worth is the greatest legacy parents can bestow on their offspring. Money is nothing.

How does phrenology apply to the domestic circle? By explaining the elements of human nature; by telling who should marry who, and why—what to do to bring about home happiness and why.

Phrenology teaches charity, advises love, inculcates forgiveness; where is love, there is forgiveness.

Phrenology would not advise the union of extremes as a general thing. The distance between them makes union too difficult a task. Union there must be if marriage is to be a success. Perfect union will prevent quarrels. Where there are quarrels, love is lessened and in proportion. If *he* has large Combativeness and Firmness, *she* should be only medium. Two with large Approbativeness will not get along as well as if one had it less.

In the selfish faculties there should be a difference—where one is strong the other should be medium. If both are strong in these parts there is likely to be conflict. This stifles love; this destroys happiness, which in turn brings about poor children. Husband and wife should be unlike selfishly, but like in other traits, except, perhaps, in a very few cases. Yet if he has predominant reflectives, she should be perceptive, intellectually.

But O.S. Fowler's principle covers the whole thing, thus: "Wherein you are as you should be, marry one who is like yourself, but wherein you are not as you should be, marry one who is your opposite."

This applies to those who are deficient in some particular, yet likeness, as above stated, is more conducive to happiness on the average, and should be followed

by those who can righteously do so. Do the best you can, and know what, how and why. Look for the excellencies of your mate, not the faults, and call them into action. This will develop attachment and make both better. Continue courtship through married life. The *honeymoon* is not long enough.

But what about the children? "Courting" your mate helps both to parent good children. This is so because it produces happiness and love, and thus enlivens both body and mind, which is necessary in good parentage. Sloths and laggards and dolts cannot produce good children. Neither can discord; hence the necessity of harmony. This is brought about by the love elicited by continued courtship. So, learn the art of courting; nothing else is so useful.

As you would prepare for any other special labor or task, prepare for parentage. It exceeds all else in importance; yet how indifferently it is attended to. The use of phrenological teachings will enable parents to produce a good family, and it will help them to perpetuate that condition in the home circle which is well worth striving for and which all should be prone to emulate.

By knowing self and all the other members of the family through the means of phrenology, may each member of the family hue and trim personal conduct so as to have it fit in the interstices that are naturally left for it.

The misinterpretation of motive is often a source of difference between those closely associated, even in families. This could be erased by the use of phrenology.

Oversensitiveness is also another thing that might be obliterated to advantage, as it is only a monstrosity. Many people are annoyed with it. They should tone down their Approbativeness. It is the "sensitive spot." Do not feel that people should treat *you* with especial deference and graciousness

because it is *you*. Many people act in that manner. There are sometimes inharmonies in the family from this source. A right application of phrenology to such cases would prove helpful. If your child is very forceful, guide, but do not check it. If weak, cultivate it. If it be too firm, apply reason and kindness—not the whip. If it is fickle, develop its Continuity. If it is disobedient, awaken Veneration, train the intellect, and check self-assertiveness.

All of these things can be done and many, many more, if the truths of phrenology are only put to good use. How shall faculties be changed? By exciting or quieting, as they are in need of. The nature of each must be well known, however, before an attempt be made to mould character in that way. If you do not know what a child's mind is made of, you need not expect to be able to go at and remodel it, because you do not know what there is to change, nor can you construct a proper ideal as to what it should be when reconstructed. All strong or weak points in character are specific, not general, and to be changed must be given specific treatment, not general.—*Hygeio-Therapy*.

### This is How Your Brain Tires.

Brain cells, when quite fresh and vigorous, may be likened to small balloons inflated ready for an ascent. They are round and full, and when seen under the microscope they give evidence of being distended. The cells of the tired brain, on the other hand, are seen to be shrunken, as an air ball or toy balloon from which most of the air or gas has escaped.

When our brains begin to work after a refreshing rest or sleep, they are, says *Pearson's Weekly*, full of nerve fluid which the absorbents of the body and brain have stored up there like bees fill their comb. So soon as work begins this vital force is sapped to

meet the demands upon the brain, and the process that goes on during the whole time it is working may be described in the following way:

Imagine that these cells are small goblets filled with liquid, and that they have a tiny stem, through which runs a tube or opening; the liquid in the goblet is drained by the demands of mind and body, and slowly trickles through the opening, drop by drop, until either the work ceases or the goblet is exhausted.

The latter condition is not often reached, for the simple reason that the owner of the brain is very much more likely to collapse. When the cell has yielded half its vital fluid you begin to experience a feeling of fatigue, and if you go on drawing the contents of the cells you are doing yourself injury in a proportionate degree, and nature will make you pay for it in some way or other.

But all the cells are not involved in any kind of mental work, which means that one part of the brain may be very actively at work while the other is resting and storing up nerve fluid. Thus it is that a man suffering from brain fag may leave his books and go golfing or cycling and feel that he is really resting; other cells are being called upon for work now, while the tired ones—those required for mental activity—are enjoying repose.

But it follows that the part of the brain which is called into activity for bodily exercise is now getting tired, while the other part of the brain is still at work to some extent, and so the whole of our brain cells become fatigued, and total rest in the shape of sleep is absolutely essential.—*S. F. Post Magazine*.

Better make of every sorrow a stepping stone to higher, nobler thought and deed than to hang it against your heart to weigh you down into the slough of despondency.—The Commoner.

## SCIENCE OF PHRENOLOGY.

### THE MOTIVE TEMPERAMENT.

The bony framework of the body determines its form in general, modified, of course, in the details by the muscular and cellular tissues which cover it. It is the framework of the body, which is also a wonderful machine of locomotion, that we find the physical basis of the Motive Temperament. The name will be seen to be very appropriate when we learn that it gives to the individual the desire for motion, i. e., work, physically and mentally.

It has no place for needless ease and repose.

This temperament is generally hereditary, and is the result of climate, topographical conditions and habits of life, and acts for many generations upon families and nations. Among its most influential physical causes, Dr. Jacques enumerates:

"(1) A dry, stimulating atmosphere, encouraging physical action and inducing mental vigor, without disposing one to the confinement of close study.

"(2) Residence in rocky, hilly and mountainous regions, where great exertion is required to gain a subsistence and where the roads and footpaths are steep and rugged.

"(3) Occupations which tend to develop bone and muscle rather than nerve or brain, without dwarfing the latter by inaction, overwork or repression; and

"(4) A diet rich in lime, phosphoric acid and other elements forming bone and building up the muscular sheathing of the bones."

We must not forget here that the bones, muscles and ligaments characterize the physical or bodily development, and also that the mind has much to do in forming the Motive Temperament. Whatever causes the activity of the executive, aspiring and moral faculties, tends to develop the conditions in



the body which make up this temperament.

The mental agitation in times of war, life in the frontier, and hardship in mental employments or occupations tend to give the body these same peculiar characteristics.

The person who may be weakly developed temperamentally when put in a place of authority or to superintend other men, will develop mentally and physically a greater degree of the Motive Temperament.

Physically a person who possesses a preponderance of this temperament will be characterized by bones proportionately large and long rather than broad; strong, hard muscles and prominent articulations, giving an angular outline to the bodily form. The figure is commonly tall and striking—moderate chest, shoulders broad and angular, the abdomen proportional, the limbs long and not very tapering, but rather tending to be large at the extremities, i. e., large hands and feet. The face is oblong, cheek-bones rather high, front teeth large, and the features generally prominent and sharply defined. The expression of the face is striking, serious, earnest, determined and sometimes severe.

In complexion a person may either be dark or ruddy. In the dark type the skin is a swarthy brown or olive, eyes dark, and hair generally black, strong and abundant.

In the sanguine type the complexion may be florid and the eyes blue, gray or hazel. The hair is often red and not infrequently sandy.

The dark variety is most common among Americans, the sanguine finds its type in the Danes, Swedes and Norwegians, in the Irishman of the North, in the Highland Scotch and many other individuals of the Caucasian race.

Persons of this temperament are firm in texture, enduring and

have great capacity for labor. If they possess a mental cast along with the motive they have a great capacity for mental labor.

This temperament is more common and proper among men than women. Children who inherit a surplus of it are often homely and awkward, but improve as they grow up.

The mental characteristics of the Motive Temperament are a desire for active life, where industry, energy, firmness, perseverance, courage, self-control and executive ability are appreciated. They are men for the field rather than the office, and are often found at the head of armies and public works. They are better observers than thinkers, and cannot plan so well as they can execute. They are self-reliant, ambitious, proud and sometimes domineering and cruel. They are forcible, open and direct. Constant in love and friendship and persistent in hostility and hatred, they are always the same, and you see them as they are, not as some try to make believe, who possess the Vital Temperament, which we will describe in our next article.

*J. C. Morton.*

### Some Objections to Phrenology That Have Not Been Answered To My Satisfaction.

For over one hundred years Phrenologists have been trying to foister upon the world a so-called science, a something or a nothing, under the guise of pretension of doing good or bettering the condition of the human family. I can see you smile and hear the many friends of HUMAN NATURE who are "professors," "Ph. D.'s," etc., etc., clearing their throats and getting ready to say "chestnuts!" But my friends—and I call you friends—do not be hasty in your remarks, but step softly and lend

your assistance to an honest doubter, who believes that Phrenologists have gone mad upon a subject that, like a new toy to the child, has taken his whole attention, even to the exclusion of many things that may be of vital importance to him.

You talk of big heads and little heads, coarse and fine texture, mental, vital and motive temperaments, color of hair, eyes and skin, contour of body, length, breadth and height, and what not. Bumps and recesses, smooth billiard ball heads, and the "rocky" head. Heads that are high and heads that are broad, and some would-be heads that are not heads at all.

Objection No. 1. Brain Fibre—Every book written upon the subject of Phrenology that pretends to give any illustrations, never fails to put in that old-time cut showing the brain fibres as radiating from the center to the cortex in direct lines, and you instruct to judge the character, by the length of these lines in any given direction or in many directions. Now all anatomists will bear witness to the fact that brain fibres are not so placed, nor do they radiate from a center, but are found in a netted mass, apparently without design or method. They appear as a tangled mass of nerves heaped together and packed in a shell hardly large enough to contain it. If this be true, then why do you say that we must measure character by the length of a fibre or bunch of fibres that have no existence.

Objection No. 2—Organs are located where brain matter cannot be found. Alimentiveness is located in front of the ear, immediately under the zygoma, and is thus prevented from showing effect of activity or non-activity of that organ upon the surface.

Individuality and Size are located over the frontal sinuses, a hollow portion of skull that prevents the brain from coming near

enough to the surface to affect the external appearance. The sinuses may be very large or entirely absent, so that the external expression of the locality of Individuality and Size is at best not a sure sign of the condition of the organ and certainly should not be trusted in for the purpose of reading character.

Other objections will follow in next issue.

#### SEEKING THE TRUTH.

(The foregoing questions will be replied to in due course.—ED.)

### AMBITION.

BY PROF. JNO. P. GIBBS.

Ambition is a desire that is resident in the faculty of Approbativeness. It is a desire that is entirely selfish, when unmodified by some of the higher faculties, such as the moral, intellectual, etc.

In all ages it has been the ambition of the people to rise to higher power, either physically, intellectually or spiritually.

Man's ambitions have, and always will, conform to the development of his brain structure, which will indicate itself externally upon the skull.

The son is ambitious to show his parents that he has absorbed all of their teachings, and is intent on extending his knowledge, no matter on what line it may be so long as there is visible advancement. It may be the ambition of the thief or that of the musician.

The ambition of the thief is just as real to him as the ambition of the greatest musician. The musician of the present is but the crystallization of the ambitions of an indefinite number of musicians who were consumed by an ambition to excel their masters and predecessors.

It was the ambitions of the Egyptian kings that led them to infuse a soul into themselves, while the populace were to them mere cannibals. It was the ambition of the Israelites that made them the chosen people of God.

Both the above conditions of ambition were swayed by the selfish and religious faculties. Without these such a condition could not and would not be. It is through the religions, selfish and ambitional united with the perceptive faculties, that we have to day a personal God; a God to suit each and every individual.

When man gets under the higher intellectual and moral faculties he will then have a more extended conception of God, and take in all nature in justice to himself.

It was the ambitional, united with the persistent, self-reliant and executive faculties, that made the Romans what they were when in the zenith of their power. When on the decline another set of faculties was united with the ambitional group, which was the low animal and sensual faculties—Alimentiveness and Amative-ness, without a vestige of Conscientiousness.

It is the commercial, gustatory and tenacious faculties of the ambitious Englishman that has led him to extend his trade relations into every known clime.

When ambition is guided in the right direction it is a very desirable sentiment to possess.

To desire to excel in art, literature, science—to be a notable in the community; to desire, to strive to do something that would endear him in the memories of his people; to leave an invention, trivial though it may be—in this scientific and inventive age—would be a commendable ambition.

It is through the achievement of the higher ambitions that we become immortal. We are then known through the ages for some act that has been, and may be, of inestimable benefit to humanity.

The ambition of the inebriate, the glutton, the thief, the gambler, the libertine, is not a desirable ambition to cultivate. Yet these conditions are but the outworking of the action of the mind, and the undeveloped condition of the coun-

teracting faculties. This may seem strange to those who are unacquainted with the constitution of the human mind. Paradoxical as it may seem, it is nevertheless true, that the human mind contains within itself the ability to overcome any excess or deficiency of faculty. All that is necessary is a knowledge of the inherent and fundamental nature of each and every human faculty.

Ella Wheeler Wilcox gave a very good exposition of one side of ambition in the Chicago *American* of August 12, 1900. I shall quote from her the following:

"The young woman who is ambitious for fame, but who possesses no perseverance and no genius is peculiar to the present day. Genius without perseverance makes but a sorry showing, yet it frequently does find recognition for some one achievement. A book, a poem, a picture may flash upon the world of art like a comet through the skies, attracting all eyes temporarily. But unless it is an elegy or a Sistine Madonna, the fame of its creator is not lasting if no later achievements follow. Talent, even mere ability, coupled with persistency of purpose and industry, accomplishes more than this spasmodic sort of genius."

Mrs. Wilcox is correct in her position, that ambition without persistence amounts to very little in the struggle for fame; it is only through persistent effort along any line of human activity that we can hope to succeed.

Ambition without Firmness—without the faculty that gives one an inherent desire, a delight to persist in any direction that ambition might indicate—would be like "a ship without a rudder;" it would be moved by every wind and wave that came in touch with it. It would be without an anchor to moor it to its purpose. It would be a derelict upon the sea of life, dangerous to all passing vessels.

If I were to look for the best kind of ambitions, I would first look for the faculty of Firmness; after that I would go to the faculty of Approbativeness. I would then know whether the hitching-post of ambition—the pillar of persistent purpose—was able to hold steadily the fiery and excitable faculty of Approbativeness. To these two I would add Causality, so that one could logically

understand the cause and effect of the particular ambition that is swaying the person. Human nature to understand the nature of the ambition. Comparison and the perceptives to be able to know one ambition from another. Ideality and Spirituality to instill a progressive faith into all undertakings. Conscientiousness and Self-esteem to infuse into ambition moral self-control. Combativeness and Destructiveness to give the necessary executiveness to ambition. Amativeness, Alimentativeness and Vitativeness, and just enough Acquisitiveness to awaken a desire to make his ambitions of value to himself, so that he would not be a charge on his relatives or the community. Add to these any strong faculty, then you have the highest type of that particular ambition.

In conclusion, permit me to say that the standard of ambition varies with different nations and different classes of people, from the very highest to the very lowest. Persons who are mainly developed in the base of the brain will be ambitious to excel in the mere physical faculties, such as strength, ability to excel others in wrestling, jumping, running or fighting. I suppose that nowhere is ambition more intensely excited than in the prize ring. Pugilists glory in their might and in their power of hard hitting, from the heaviest to the lightest, from Jeffries and Fitzsimmons to little Terry McGovern.

I know several men that boast of their ability to outeat anyone, also to drink a given amount of intoxicants, and anybody that cannot do likewise is not considered in their class.

But the lowest ambition, the most degrading of all ambitions, is to be possessed of the revolting ambition of sensuality. The strife for the mastery in any direction has its seat and foundation in the faculty of Approbativeness.

The degree of all kinds of ambition is commensurate with the size of the faculty of Approbativeness. —*Human Faculty.*

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