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A PRECOCIOUS CHILD.

A Phrenological Delineation by Professor Allen Haddock.

It is not necessary for a Phrenologist to watch the actions of a child for months or years before knowing its character. He can judge correctly of the little one upon a few minutes' examination.

The child whose portrait appears on this page is three years and eight months old and precocious beyond his years.

He was brought by his mother to the office of HUMAN NATURE, and before any clue had been given by the mother regarding his character or peculiarities we gave the following

DELINEATION:

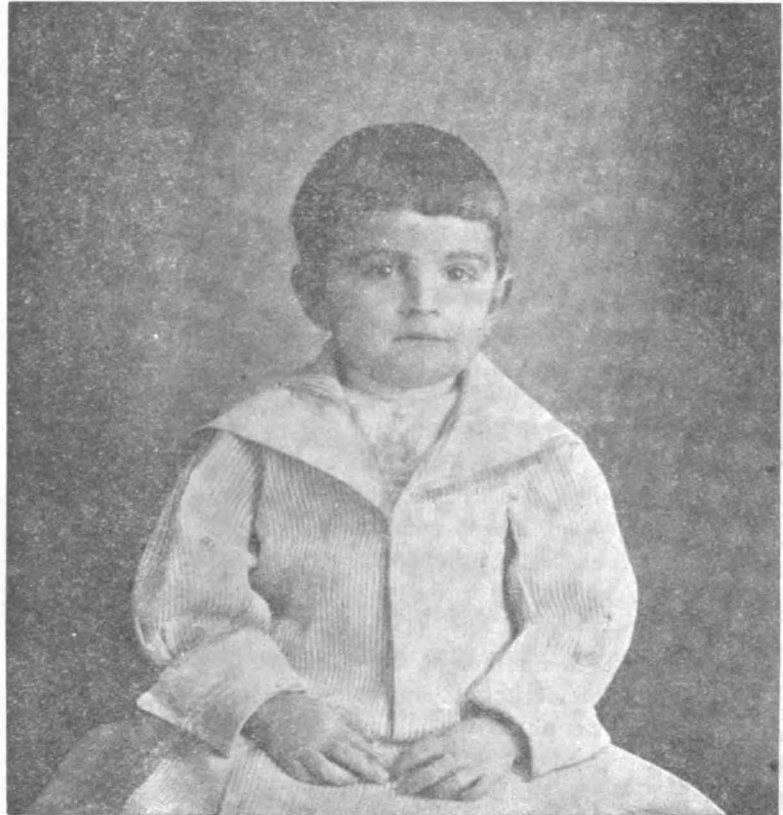
This child is as sensitive as a sensitive plant. He has a large and active brain of very fine texture, but delicate body, weighing less than 30 pounds.

He needs to be carefully reared, not coddled, but trained as a nursery man would train a rare flower: he would either expose the flower to the direct rays of the sun nor the cold winds and storms, but would submit it to gentle zephyrs until the required temperature could make it hardy and strong.

This child should not be sent to school before he is nine or ten years of age, he will learn fast enough from observation.

He is too precocious for the school room; he needs fresh air and sunshine to feed his nerves and brain, and should eat plain food and be under good hygienic treatment in order to build up the body before cramming the brain.

A vineyardist plucks off all the too abundant fruit from his prolific trees in the spring, so that the sap may nourish stem and branch; he seeks to make more wood and less fruit, knowing full well if all the blood (sap) of the tree went to make fruit, the branches would break down under their load.



Baby Edward Lloyd Johnson, aged 3 years and 8 months,

This little boy has not enough timber in bone and muscle, or Vitality sufficient to sustain the strain of a school-room, the cultivation of his physical should come first.

The mental will develop fast enough on its own accord for many years to come.

Although not robust, he is wiry and enduring, owing to large Vitaliveness. He is dense as a winter's apple and will not fall away at the attack of disease.

Notwithstanding he is tough in fibre and able to resist disease, his Vital stock is low; he is weak in the stomach, blood vessels and Vital parts. He should be treated to all the flesh-forming foods in turn; thoroughly boiled rice, sago, tapioca, sterilized milk and similar foods are good for him. These are foods that give heat to the body as well as nourishment.

He would thrive upon bananas, raw or baked; dates, figs, raisins and similar sweet fruits.

Potatoes are all starch, and cause fomentation. Good yeast is made from potatoes, but in this child's stomach would cause serious disturbance. Yet almost any other well-cooked starch foods will be good for him.

Spices, mustards and condiments should be avoided; pickles, peppers and sugar, raw or in candy, should never be allowed this boy. They irritate the stomach and cause indigestion.

With a plain diet of fresh air, sunshine and childish exercise he will thrive and grow strong to vigorous manhood.

MENTAL STATUS.

The mental status of this child is remarkably interesting; his large and active brain is set at high pressure and he evinces more than ordinary wisdom for a child of his age.

He is of a very thoughtful turn of mind and thinks and studies like a man and philosopher. He has a far-way look and Oriental expression on his face which shows the mystic spirit within. He will be inclined towards literature, and has a combination of faculties that would adapt him to literary or artistic pursuits.

His musical nature is good. He has a musical and poetical Temperament, a poetic conception and appreciation of musical sound and tones, but the organ of Tune is only moderate in development. With patience he would become a fair musician and the violin with its responsive strings would appeal more to his nature than the piano or organ, yet he will acquire greater success in the fields of literature and art with much less effort than in music.

Commerce and mechanics are not in his line at all.

He would fail in either, and he should not be put to a rough trade.

He is a natural Actor, Author, Editor, Designer, Decorator, Scenic, Stage or Landscape painter. He will probably be a genius in these lines of work.

His head is rather wide at the base just over the ears, he will display more mental energy than physical vigor, his words will be

cut sharp and clear with plenty of snap, should he develop sharp fits of anger he should be dealt with gently, in an admonishing spirit, he is amenable to soothing influences. "A soft answer turneth away wrath, but grievous words stir up anger."

He is somewhat of a contradiction, although amenable and tractable, his Veneration is so small that he has not much respect for authority and is apt to talk disrespectfully to people older than himself.

The organ of Continuity is rather small, and should be cultivated by teaching him to do one thing at a time.



Baby Edward Lloyd Johnson, aged 3 years and 8 months.

He is ambitious and very sensitive to praise and blame, but his Self-Esteem is not large and he is apt to shrink from lack of self appreciation rather than from an over estimation of others. A just appreciation of self is essential to success, in the case of this child: the abilities in the line indicated are greater than his self estimation, he should be encouraged to enter public life. He possesses wonderful ability as an Actor, Mimic or Elocutionist; his ability to commit to memory and pronounce words is very remarkable.

THE MOTHER'S STATEMENT.

After the examination and de-

ineation of character the mother made the following statement.

"Your description of the child is wonderfully true to his life so far, his name is Edward Lloyd Johnson and he is now 3 years and 8 months old. At nine months he was sick with measles and pneumonia but he recovered in 21 days.

When 10 months old he began to talk and at 18 months he formed words into sentences, showing a partiality for long words which he pronounced perfectly, he never indulged in "baby talk," but from the first expressed himself as well as now.

He is a perfect mimic. When sixteen months old, on chiding him, in sotto voice, "Oh baby, don't do that," he imitated my voice and expression exactly. I am much concerned at his lack of reverence and will see that the faculty is cultivated. He reads and counts better than many children four times his age. He knows the meaning, too, of what he reads and his pronunciation is perfect.

Oh, if mothers would consult a phrenologist—I mean a good practical phrenologist they would fare better than they do.

Phrenology surely ought to be understood by teachers and taught in our schools.

Brain Measurements.

By JOHN F. PRIOR.

A large head, or brain is one which has more than average cubic inch capacity. A head may measure 23 and 24 inches around and still have a much less cubic inch capacity, than one of 22 inches around. The appearance of a head has something to do in gauging its size in relation to other heads. A head may measure less in circumference than the one it is compared with and yet appear larger and be larger, i.e., in cubic measurement. For example: O. S. Fowler measured the head of

Hon. Thomas H. Benton, whose height was 5 feet, 8 inches and who weighed 200 lbs. The head measured 21½ inches around, yet Fowler placed it along with 23 inch heads, on account of its great cubic capacity. Thomas Benton was a very able and influential man.

Chief Justice John Marshall's head was long, high and narrow. It was 21½ inches around, yet it was not a small head, but a rather large one.

General Sherman's head barely reached 22 inches around and did not lack hair; but its form and height placed it above the average organism. From the following list of heads it seems, that height of head increases the size of the brain, in other words as the head grows upward the greater the bulk of the brain.

This list is composed of decidedly high heads.

Lord Byron 22, Southey 21½, Henry George 22, Lincoln 22, Patrick Henry 22, Lord Roberts 21, O. S. Fowler 21½, Oliver Wendell Holmes 21½, Channing, English Premier, 21¾, Suami Visikanda 21¾, Emerson 22, General, Jackson 22, Tallyrand 20½.

This is a list of persons whose heads are really above the average and their great intellects prove it.

The size of a man's head is no indication of the amount of brain his head contains, neither can the quality of the brain or the number of its convolutions be decided except by a critical examination of the body that supports the head and brain.

Causes of the Boer War.

A pamphlet of 35 pages tells the whole truthful story.

Read it and be posted with correct information as to the causes that led up to the war.

The newspapers in America have not given this information.

Price 10 cents mailed. HUMAN NATURE Office.

Liberty.

There is only one cure for the evils which newly acquired freedom produces; and that cure is freedom. When a prisoner first leaves his cell he cannot bear the light of day; he is unable to discriminate colors or recognize faces. But the remedy is not to remand him into his dungeon, but to accustom him to the rays of the sun. The blaze of truth and liberty may at first dazzle and bewilder nations which have become half blind in the house of bondage. But let them gaze on, and they will soon be able to bear it. In a few years men learn to reason. The extreme violence of opinions subsides. Hostile theories correct each other. The scattered elements of truth cease to contend, and begin to coalesce. And at length a system of justice and order is educed out of the chaos.

Many politicians of our time are in the habit of laying it down as a self-evident proposition, that no people are fit to be free till they are fit to use their freedom. The maxim is worthy of the fool in the old story who resolved not to go into the water till he had learnt to swim. If men are to wait for liberty till they become wise and good in slavery, they may indeed wait forever.

MACAULAY.

Dissection never reveals functions, the anatomists have only dissected, hence they are in ignorance regarding the functions of the brain. Reflection on our own consciousness never reveals organs, and the metaphysicians have only reflected, hence they must be ignorant themselves.

GEO. COMBE.

Dr. Gunsaulus, the great Scholar and Divine says:

"Of the four sciences, Phrenology, Geology, Chemistry and Electricity, I place Phrenology at the head."

HEALTH DEPARTMENT.

The Anatomy of Man.

BY PROF. LEO WEINER OF HARVARD UNIVERSITY.

Looking at Vegetarianism in the light of comparative anatomy it is self-evident that man was designed to be a Vegetarian and nothing else. Quadrupeds are divided into classes according to their foods, and with the single exception of man, no animal as a class has ever varied from the design of nature.

These classes are the carnivorous or flesh-eating, the fruit-eating, the grass-eating and the omnivorous. Each of these classes has distinctive organs adaptable to the digestion of the kind of food it eats and no other kinds.

Man has artificially become an omnivorous animal in spite of the fact that anatomically he is a fruit-eating animal. It is an amusing and significant fact that the only typical omnivorous animal is the pig. Man is trying hard to be a pig.

The carnivorous animals all have very short intestines, adapted only to the digestion of meat.

It has been said that the so-called "canine" teeth of man are like those of the carnivorous animal, and that this is an indication that man is an omnivorous animal. This is not correct. These are not canine teeth, strictly speaking. To be sure, they are somewhat pointed, but they are flat also—flat and pointed, and not round and pointed, like those of the carnivorous animals.

The grass-eating animals have several stomachs—from two to five—and very long intestines, especially adapted to the digestion of grass. They have also flattened teeth for grinding.

The fruit-eating animals are the only ones that resemble man. They have only one stomach and a medium length alimentary canal, halfway between that of the carnivorous and the grass-eating classes. The nearest animal to man is the monkey and the ape. They are fruit-eaters.

No meat-eating animal in the world has the horizontal movement of the lower jaw in eating as man has. This is proof positive that man is not a meat-eater, according to the design of nature. These arguments on the physical side of the question prove primarily that man is not physically adapted to the eating of meat.

From an economic standpoint it can easily be seen that man must sooner or later become a Vegetarian. This is merely a question of time and a matter of room. The increase of civilization and of population gradually must do away with cattle-raising because of the absolute demand for land for cultivation. In time, the demand for room will kill the industry entirely.

When we eat meat we are eating the product of the earth at second-hand. The vegetation has been eaten by the animal, and a large part of it converted into bone and tendon and wasted, and we eat only what is left and made into flesh.

To reduce the economic problem to figures: One acre of land which would furnish enough flesh to support one man would furnish enough grain to support ten men.

The hygienic argument you can obtain from any reputable physician, who will tell you that meat-eating is heating to the blood, that it is especially a stimulant rather than a food, and that there is great danger of the transmission of various serious diseases from animal to man.

Meat-eating in the ideal stage is bad enough. If the animals that we eat were in all the health with which nature endows them, roaming wild and free over the open fields, with plenty of exercise, and permitted to choose of their own free will from the best of the various vegetable growths for their food, that would be one thing. But as civilization has advanced, cattle are raised for the sole purpose of slaughter. They get little or no exercise.

Any veterinary surgeon will tell you that animals kept without exercise will contract and propagate various diseases which are practically unknown to them in their wild state. They are artificially fattened, and this kind of fat is not the sort of material which we should put into our bodies.

Adulteration of Food.

There are few things in these degenerate days that cannot be found adulterated, especially in the way of food-stuffs.

The Connecticut Yankee who sold wooden nutmegs in days of yore has been outdone.

On the list are artificial eggs that would surprise an honest hen, butter that never knew milk or cream and flour filled with chalk.

An exchange says:

"Vermont maple syrup is made that never saw Vermont, and is made from the sap of trees that grow in Chicago. Glucose has dethroned cane syrup. Cider vinegar is distilled from grain. A good portion of the strained honey of commerce never produced any strain upon the bees. Milk is robbed of its cream, filled with lard, and sent all over the world to ruin the reputation of American cheese. Oysters are partially embalmed with chemicals. Lemons extracts are made without lemon oil, and vanilla extract without vanilla. The hogs of the North compete with cheap cotton seed oil of the South and mix in the same tub under the banner of lard. Artificial smoke is made for hams out of poisonous drugs. Jellies colored in imitation of the natural fruits, and sold as fruit jellies, flood the markets, although they are almost as destitute of fruit juice as a bar of pig iron. The embalmed-beef business has been exaggerated, but we do not need any for either soldiers or civilians. Canned fruits are preserved with antiseptics which delay the digestive processes. Baking powders under various misleading names crowd the markets. Spices enriched with pepper hulls and ground cocoon shells are manufactured and sold by the ton. The close partnership which has existed for so many years between coffee and chicory does a thriving business in many States under the firm name of coffee. Cheapness is secured by these adulterations and false labelings, but the people are defrauded."

Quality of texture is of greater importance than Quantity of brain and body in determining character.

Truths About Vaccination.

"Before all hearts the new truth must be held up long and temptingly. It is, perhaps, almost repulsive at first. But it is, indeed, gold, its color will at last be seen, and the day will come when the mind will fling away its iron and take the gold."—Professor Swing. "Truth forever on the scaffold; wrong forever on the throne:

Yet that scaffold sways the future, and behind the dim unknown Standeth God behind the shadow, keeping watch above his own."—Lowell.

The agitation of the vaccination question has been going on for many years with ever-increasing evidence and force against the practice. Not only has England modified the laws so that those who are conscientiously opposed to vaccination need not submit to the practice, but fifteen of the twenty-five cantons of Switzerland have abolished the compulsory vaccination law.

Holland has also abolished compulsion, and since 1883, when of 68 recruits who were vaccinated, seven were attacked with erysipelas, and three died, (see Royal Commission, 9, 465-8, third report), the obligation in the Netherlands' army was removed.

Even in old Italy the best authorities have lost confidence in the practice of vaccination.

I shall quote at some length from an address by Charles Ruata, M.D., Regius, professor of hygiene and materia medica in the University of Perugia. This address was delivered at the opening of the session of the University of Perugia, November, 1898, and was translated from the Italian journal, *La Regione*, No. 92.

Having spoken of inoculation against rabies and against diphtheria, and having alluded to other proposed inoculations, Dr. Ruata continued as follows: "An event of great importance, and which ought to be known to everyone, has recently taken place in England. By act of Parliament passed

on 12 of Aug. last, (1898) compulsory vaccination, which existed in that country since 1853, and of which subsequent legislation in 1867 and 1871 increased the stringency, is abolished.

"By royal decree of 29th of May, 1889, the English government appointed a royal commission of inquiry on the subject of vaccination, composed of fifteen persons chosen from among eminent scientific medical and non-medical experts.

"This commission terminated its labors toward the end of 1896. It held 136 sittings; examined 187 persons chosen both from among noted supporters and ardent opponents of vaccination; published the results of its labors in seven large volumes; and when a decision had to be declared, the commission was divided into two parties; a majority of eleven, which recommended that parents who should declare themselves to be conscientiously averse to vaccination should not be compelled to have their children vaccinated; and a minority of four which recommended the total abolition of vaccination as a state regulation against smallpox. The English Parliament adopted the recommendation of the majority, with the result that at the present time whosoever does not wish his children to be vaccinated has only to appear before the proper authorities and declare that he conscientiously objects to vaccination, on which declaration the authorities are obliged to furnish him with a certificate of exemption.

"As in Italy the belief prevails that vaccination is the only safeguard against smallpox, this recent legislation has occasioned considerable surprise; and some have even ridiculed the decision of English Parliament, although this decision was based on the labors of a very important commission.

"Today, in presence of this distinguished assembly, I, who was

formerly a believer in the efficacy of vaccination and am now its inveterate opponent, crave permission to consider this important subject. I should promise that my belief in vaccination was derived not so much from actual knowledge or from information acquired at the University, where vaccination is held to be the only preventive of smallpox, as from inherited belief in the dogma held in common with all medical men leaving the University for professional practice.

"The fact that in the course of my annual spring sessions several deaths among infants submitted for vaccination recurred persistently, caused me to study the problem in all its aspects, with the result that for the last twelve years, in spite of the ridicule of those who have not the extended experience to which I lay claim, I have not ceased to strive, albeit wholly unsupported, to make men understand that vaccination has no protective efficacy; that vaccination has no scientific basis; that vaccination is grounded on a phenomenal sequence of blunders, that vaccination entails serious injury direct and indirect; in fine that vaccination is one of the gravest and most fatal blunders into which the medical profession has ever fallen, as I now propose to demonstrate.

"The chief characteristics of smallpox are the following: 1. It is a special disease of the human subject, and is not communicable to animals. Consequently the disease can never be conveyed by animals as is the case, for instance, with diphtheria, tuberculosis, and several other diseases. 2. Smallpox is conveyed in one way only; that is from the variolous to the sound individual; either directly by contact or indirectly through clothing, covering, sheets, etc., that have been used by the patient.

"It follows, therefore, that water, and drainage, subsoil, etc., have no direct influence on smallpox.

From these plain indubitable facts, which are recognized by all who have studied the question, it is manifest that any center of population may be free from smallpox during an unlimited period; since the risk of infection only arises when the germs of disease are brought from a locality where the infection exists, either in luggage containing infected garments or in other infected goods, or by a smallpox patient in person, especially during the period of convalescence. Further, should smallpox be imported into a populous center, and upon the appearance of the first case all those measures of isolation prescribed by modern science be taken, so as to ensure that for the rest of the population matters remain as if no disease importation had taken place, clearly no danger will menace the community. And another result will follow, contained in the subjoined query, which raises the most interesting and important point of all: In a given center of population, why should any importation of smallpox be possible? In answer to this question let me give an actual example. For several years our city of Perugia had not been threatened with smallpox. Last year an individual from the province of Foggia, where smallpox was rife, took the infection and sickened on arriving at Perugia. Careful and thorough disinfection perseveringly carried out by Doctor Vittoria Teyzeira, medical officer of health, with the hearty co-operation of the municipal body, prevented the disease from spreading, even to the family of the patient. Without these precautions, undoubtedly, it would have spread through the whole town; many families would have been plunged into sorrow, and, possibly at the present time we should still be troubled with it. By this time you will have realized how the idea suggests itself of the paramount importance of those precautionary

measures that were adopted, and what heartfelt commendation for, and gratitude towards our municipal body and the medical officer who carried them out should be unanimously accorded.

And now comes the question: How was smallpox imported into Perugia? Solely because in the province of Foggia, whence it came to us less energy had been displayed than at Perugia. Here, not only have we arrested the mischief in its beginning and delivered the town from threatened serious misfortune, but we have not been as guilty toward other populous centers as Foggia has been to us. Had the smallpox patient of last year not been promptly isolated, not only would Perugia have become infected, but Perugia would have been a center of infection for other and distant cities and districts which, in order to get rid of our mischief, would have had to fight as we fought against the grave danger which menaced us.

"The inference is clear that were a uniform enactment enforced tomorrow throughout the entire kingdom to the effect that wherever smallpox existed the very simple measures that were taken at Perugia be adopted, in a month's time there would be no smallpox in Italy; because from the date of such enactment no locality could incur the reproach of conveying the infection to the other places, and, in the future, we should only need to protect ourselves from the few cases that might be imported from foreign countries. And why is it that precautions so simple and so easily carried out have not been, nor are adopted when on them hang the lives of so many people and the comfort of so many families? Solely because of blind faith in vaccination. In this country, while no legal or prescriptive power exists to compel responsible officials to take the needful prompt

measures of isolation, we have a compulsory vaccination law; children are not admitted to any school, no one can be appointed to any office without a vaccination certificate and, as if this were not enough, we have a lengthy regulation concerning vaccination which, going beyond the law of the land and with unscrupulous disregard of constitutional rights, compels people to be revaccinated, and that more than once."

Dr. Ruata talks as one having authority, and so he has, notwithstanding the vaccinators say only the ignorant are opposed to vaccination. This shows plainly that the opponents of vaccination are not opposed to isolation and other preventive measures. It shows that the pro-vaccinator who will carefully study the question of vaccination will become convinced of its uselessness and its evils. It shows that doctors believe in the dogma "not so much from actual knowledge or from information acquired at the university, where vaccination is held to be the only preventive of smallpox, as from inherited belief in the dogma held in common with all medical men leaving the university for professional practice." What a reproach upon the vaccinators! That they do not think for themselves but ridicule the members of the medical profession who dare. It would pay the people of California to petition the next Legislature to give a bonus to members of health boards and of antiquated medical systems who cannot compete with the competent, graduated physicians of colleges recognized by the people and chartered by the States in which they are located. Schools giving a four year's course in rational therapeutics and preparing students to treat diseases rationally should be established. There is nothing the matter with our vaccinating doctors only, as Dr. Ruata says, they graduate from institutions that are behind the times and

stand in the way of rational science.

No charges can be brought against the health boards for not isolating smallpox patients or issuing disinfectants, they are energetic enough in that line and that is far enough, without forcing upon an unwilling public an exploded theory of putting diseases. If we submit to that it is quite likely they will pass a law next week compelling all children to be inoculated with Behring's anti-toxine to prevent diphtheria, and another law to inoculate with Koch's serum to prevent consumption; then with Pasteur's serum to prevent hydrophobia, then Haffkin's cholera bacilli to prevent cholera; later on Yersin's serum for the bubonic plague, then a dose of yellow fever germ; and if there is room on the body for any more inoculations, they will treat all to a dose of Brown-Sequard's elixir of life to prevent them from growing old. Protect your children from such nonsense even if advocated by the apparently learned; because it is contrary to the science of life, common sense and all truth.

JOHN T. MILLER

The New Christmas.

Do you think that the love which has
died for the world

Has not lived for the world also?
Filling man with the fire
Of a boundless desire

To love all with a love that shall grow—
It was not for nothing that the White
Christ was born
Two thousand years ago.

The love that fed poverty, making it
thrive,

Is learning a lovelier way—
We have seen that the Poor
Need be with us no more,

And that sin may be driven away;
The love that has carried the martyrs to
death
Is entering life to-day.

The spirit of Christ is awake and alive,
In the work of the world it is shown,
Crying loud, crying clear,

That the Kingdom is here,
And that all men are heirs to the throne
There never was time since the making
of man

When love was so near its own!
—Charlotte Perkins Stetson.

Phrenological Dictionary 20 cts.
mailed.

Child Study.

The correct way to understand a child is to note the shape of its head, for there is the key to its character.

Its face is an unwritten page, its body is but a sapling, but the shape of the head indicates the character of the child and the tendency of its physical as well as mental growth.

Members of the association for Child Study in San Francisco should study the child from a phrenological standpoint if they would understand children.

These persons are studying the child from the wrong point of observation. They are watching the baby's doings and recording his little tricks and wise or unwise sayings, but they will not accomplish much by such a procedure, as all children differ. No two children being alike, the same rule will not apply to all. The reason one child differs from another in his actions, in his temper and disposition is owing to the peculiar formation of his brain.

The only way to account for the meaning of the child's acts is to study the formation of his brain, he first exercises the faculties situated around the Medulla Oblongata like any other animal. If his brain be well developed at the base, he will display energy and force of character, he will kick and yell for something to eat, if he is full in the region just above this line he will acquire what he needs and show considerable cunning in getting what he desires.

If he is very high at the crown he will be wilful, or if he possess a good frontal lobe coupled with fine texture of organization he will manifest intellectual capacity, and if his forehead be wide and high there will be ingenuity.

The intellectual faculties come into action beyond babyhood and the moral faculties develop or manifest their function later still, for those organs in the coronal region come last into action according to the law, that the higher the organs of the brain and the higher their function and their manifestation.

A child with a flat back head is as devoid of sentiment as one with a narrow contracted forehead and coarse quality of texture is devoid of common sense. One who has a very high crown is wilful whilst

one with a low crown but well developed in the moral region is more conforming in disposition.

A child with a small eye, hard lips, small mouth and a depression in the centre of its forehead cannot talk very well. On the other hand a child with a full round eye, projecting centre of the forehead, full mouth and flexible lips will talk, talk, talk, from morn to eve and ask all manner of questions.

The humor of the thing with the Child Study Association is they do not see the reason why children are so unlike each other in character. disposition or talents, etc.

Health Culture for March opens with an article on the Composition of Foods, including a table showing the percentages, by Dr. W. R. C. Latson, which will be read with interest and with profit. Dr. James H. Jackson shows that Health is From Within as well as subject to external conditions. The Holocaust of Brain Workers by James Leonard Corning, Sr., is a warning against the high pressure under which so many Americans are living. A Study in Diet, by Chas. E. Page, M. D., considers the matter of eating from a practical standpoint. Dr. Felix L. Oswald, considers the Relation of Perfumes to Health, showing that these may prove helpful. Liver Troubles and Their Treatment by Dr. S. W. Dodds, shows what to do for this sometimes troublesome organ. The Home a Gymnasium by Mrs. O. V. Sessions is a very fully illustrated article, show that work in the home may take the place of a gymnasium if proper carriage and position of body is observed in doing it, and this will certainly prove suggestive and helpful to many women. The editor considers some New Ideas as "Danger Signals." There is a variety of miscellaneous matter presented in this number, making up a very excellent issue of a periodical which ought to have a very wide circulation and the reading of it will certainly contribute to a better physical condition. It is published at \$1.00 a year or 10 cents a number.

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ALLEN HADDOCK,
EDITOR AND PROPRIETOR.
C. P. HOLT, Associate Editor

SAN FRANCISCO, APRIL 1, 1900.

Professor Haddock is the author of and accepts responsibility for all unsigned articles and paragraphs. The moral responsibility for signed articles devolves upon the writer whose name is attached.

MONEY ORDERS

We hope our friends will remember that all money orders, American or International, must be drawn on the Post Office at San Francisco, Cal., or through an Express Company, and made payable to Allen Haddock at 1020 Market Street. Bank checks not accepted. 2s 6d in British stamps as one year's subscription.

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A Vacation.

Professor Haddock intends soon to take a much needed vacation for rest and health. All intending students and those otherwise desiring his services and counsel will do well to call upon him before he goes, in order to get speedy and satisfactory results. The office will be left in competent hands until Prof. Haddock's return.

We now offer

HUMAN NATURE

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

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Fowler's New Chart.

We have just received a first installment of 1,000 copies of this new chart. It is a great improvement upon former charts. The old index form is improved, and blank pages are inserted for examination. The brain organs and their location, division and functions are simplified and degrees briefly named.

No printed chart can give the combination of faculties, because combinations vary in each person, so that the *printed* chart can not describe an individual precisely, only a written delineation can do this. Nevertheless, this new chart of Fowler's is a superior one.

The price is 25 cents retail; but any of our readers wishing a sample copy may remit 15 cents and we will send a copy by return mail.

We are pleased to announce owing to making large purchases we are in a position to offer this chart to Phrenologists at \$10 per 100.

Please send in your orders to Prof. Haddock this office.

Kindness.

So many Gods, so many creeds,
So many paths that wind and wind,
When the only thing this sad world needs,
Is just the art of being kind.

ANON.

QUESTION BOX.

Ques.—Do the convolutions of the brain correspond with the phrenological or cranial division?

Ans.—No, it is not necessary that the convolutions should each represent a phrenological organ neither do they. The convolutions are foldings of the brain by which method nature is able to get more brain surface into a given space. The Cerebrum is convoluted while the Cerebellum is in layers.

The brain in growing enlarges the skull in different places in a greater or less degree according to its activity at that point.

Ques.—Can a person have large Destructiveness with a convex nose?

Ans.—Yes. A person may keep a stove without a fire.

An *active* organ of Destructiveness develops a prominent and convex nose.

Ques.—What divides the Brain organs?

There is no arbitrary division between brain organs; they are contiguous to each other yet distinct in function.

What connects the soul with brain organs?

This question is easier asked than answered. Before the connecting link is looked for between soul and body it would be well to prove to the satisfaction of critical minds that there is a soul to connect. Theories are valueless in scientific investigation. To quote the Bible and say, "Behold there is a spirit in man and the inspiration of the Almighty giveth him understanding," or to weave a fine spun theory in metaphysics would not be satisfactory to the scientist.

Personally, the editors of HUMAN NATURE both believe man is an immortal soul temporarily united with a mortal body and are in possession of evidence sufficient to substantiate this belief to any one who is endowed with a good degree of the organ of Spirituality as well as a fair development of

intellectual capacity, but it is too long a story to incorporate in this series of questions and answers.

Is not the organ of Tune difficult to locate?

Ans.—Tune is located under the frontal bone between Time and Constructiveness, but the temperament, Texture, shape of the ear, its form and growth, its quality, the prominence and activity of other faculties that are contributory to music have their modifying influence in determinating musical capacity, so that one may only be moderate in the development of Tune yet with other favorable conditions may become a good musician, on the other hand one who appears to have large Tune may be so wanting in other conditions as to be incapacitated to execute music.

Ques.—Do the Sinuses interfere with character reading?

Ans.—No! Not with those who take sufficient note of the Temperament and quality of texture. Considerable allowance should be made in estimating Individuality, Form and Size organs in the Motive temperament when the bones are thick and muscles large. See remarks regarding Tune.

Ques.—What is energy?

Ans.—Energy is force. A blow is physical energy directed by mental force

Ques.—Are all the brain organs discovered?

Ans.—No. There are other planets yet to discover, although the heavens seem to be very clearly mapped out. So it is with the human brain. Phrenology like Geology and Astronomy is yet progressing. New brain organs will no doubt be discussed and those now known will be subdivided.

Ques.—Is large Amativeness always accompanied with a large Cerebellum?

Ans.—Yes, but Amativeness has two functions, one is purely physical, in which case Cerebellum is developed downwards toward the

body and when large gives a thick appearance to the neck. When there is an upward development of the faculty it acts with the Cerebrum and gives mental or spiritual force to its possessor.

Crossing the Bar.

Sunset and evening star,
And one clear call for me!
And may there be no meaning of the
bar
When I put out to sea.

But such a tide as moving seems asleep,
Too full for sound and foam,
When that which drew from out the
boundless deep
Turns again home.

Twilight and evening bell,
And after that the dark!
And may there be no sadness of farewell
When I embark.

For though from out our bourne of Time
and Place
The flood may bear me far,
I hope to see my pilot face to face
When I have crossed the bar.

—ALFRED TENNYSON.

Rev. F. W. Wilkinson says:

"We may safely say that with the great attention that is now being given to Psychology, Phrenology will take a far more important position in the near future than it has hitherto done. And there is every prospect that early in the Twentieth Century it will be recognized in our educational centres, and that education will be carried on in more practical lines than heretofore.

The need is for practical proficient Phrenologists who have a great love for their profession, indeed who are enthusiasts and who are desirous to see human nature placed in its true light and position, so that men may attain the highest positions in culture, morality and character that are possible, and the coming man may assume the God-like form and character which are his birthright.

Phrenology discovers the man of genius and assigns to him his right place in life.

A man, deficient in brain power cannot be much of a success in life.

The Study of Phrenology.

The following excellent remarks are from a circular issued by Fowler and Wells Co., New York.

As a profession this science opens the way to a field that is not overcrowded. In every town there are so many physicians, lawyers, clergymen, teachers and other professional people as can well be supported; but in few of them is a phrenologist located, and there are towns and cities, even states, that are not visited once a year by a competent phrenologist. Inquiries come to us almost daily from all parts of the country asking for an opportunity of consulting a phrenologist as to choice of pursuits, matrimonial adaptation, the training of children or the best means of self-culture.

The profession offers a most admirable opportunity to travel to those who desire it, and there is not a large city in which a competent phrenologist could not locate and by proper methods create such a demand for his services as would secure for him abundant remuneration.

The importance of the work done by a scholarly and conscientious phrenologist is second to none, for he can greatly add to the power and usefulness of every one who consults him. However, no one should undertake the responsibilities of this profession without proper preparation for the work, and this can be acquired better through the course of instruction afforded by the Institute than in any other possible way.

Success in life is assured to the man who understands himself fully and has at his command a means of strengthening his character, and can readily apprehend the strength and weakness of those with whom he has to deal, whether in the line of business or in the various professional avocations. While a business education as given in the commercial schools may be desirable, it is not to be compared with the advantages to be derived from a course of instruction.

As an accomplishment, proficiency in phrenology will prove more conducive to personal enjoyment and be of more value in all social relations than any of the

arts of drawing, painting, music, elocution, foreign languages, etc., as ordinarily practiced. In the theatre of social life success depends largely upon the exercise of tact, and the talents or foibles of others must be appreciated by those who desire to please them, and one's own abilities and shortcomings must be understood in order to apply the one to advantage or to repress the other.

No matter how much good judgment one possesses, a certain degree of technical knowledge of human nature will always greatly augment one's adaptiveness in obtaining position or public esteem.

Power of the Mind Over the body.

The world is beginning to realize the power of mind over matter. It were foolish however to imagine that a broken limb can be made whole by the power of will; mental scientists know better notwithstanding the scorn of the thoughtless. A surgeon sets a broken limb, but nature alone heals it.

When the bone is properly set and the limb bandaged the surgeon's work is done. Nature does the rest.

Should a person by mistake take a large dose of Arsenic, no amount of will would act as an antidote to the person. Yet pain and troubles of the mind and body can be subdued and conquered as the sick-list of thousands bear witness.

During 1899 hundreds of Psychic magazines or papers have come into existence in the United States. One magazine (*Suggestive Therapeutics*) claims to have increased its circulation from 5,000 to 35,000 in a few months, and other magazines of the same class that comes to the office of HUMAN NATURE look equally prosperous.

These straws show which way the wind blows, they indicate that thousands are on the look out for the mysteries of mind and ready to grasp almost at a shadow in preference to an obnoxious drugging system that destroys life and impoverishes its victims.

In this revulsion of feeling against drugs as the remedy for ills the flesh is heir to, people are apt to go to the other extreme by imagining that mind alone can conquer all things. There are some

so-called mental scientists who claim to be able to cure poverty by "absent treatment."

The poverty they cure is their own, through the shekels they filch from their credulous victims.

"What fools we mortals be," to be sure.

Wait and See.

If a man is beset by troubles he need not despair; let him wait and perhaps his ills may turnout a blessing.

A man not long ago in an Eastern city running rapidly through the street suddenly disappeared down a manhole which a teamster had left open.

At that instant a cyclone swept the street, devastated it from end to end and tying the teamster and his team into several knots, left them in a vacant lot, while the man who had fallen down the hole emerged afterward without a scratch.

In all that street he alone escaped injury.

If things appear to go wrong wait and see, they may be for the best.

Some persons think they can read the character and destiny of man by the stars, but "The proper study of mankind is man" irrespective of stars or comets.

A minerologist learns of the nature of minerals by studying minerals. Pomologist studies fruits and become versed in fruit culture. A botanist knows all about plants and can classify them.

The Phrenologist understands man by the same methods pursued by other scientists, namely studying the creature he wishes to know.

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Limitations to Will.

The veriest nonsense is written by many so-called mental scientists. For illustration—in a mental science magazine which reaches HUMAN NATURE office, a writer says “any one can become what he wishes to be.”

Further on the writer says “I will be what I will to be” which is another way of saying the same thing.

It would be interesting if some mental scientist would answer the following questions in such a way as to satisfy common sense people and at the same time make such answers harmonize with such assertions as are quoted above.

Can anyone become a Shakespeare with a small frontal brain?

Can one become a Mathematician with a deficient development of the organ of Calculation?

Or can one excel as a Musician with a small development of the organ of Tune.

Is it possible to be a Constructor with a small organ of Constructiveness, or can a person deficient in the organs of Color, Form and Ideality ever excel as an Artist, Painter or Sculptor?

When the Mental Scientist has answered these questions let him contemplate the following statements.

One who is deficient in the organs of Language and Eventuality can no more become an Orator, Lawyer or successful Preacher than can a man see without eyes.

“He that hath ears to hear let him ear,” but if he have no ears he will find it difficult to hear a pin drop, however strongly he may WILL to do so.

The man who does not possess the brain organs which are necessary to accomplish certain purposes cannot bring about the desired results however much *will* he may put to do the work in hand.

This is the sole reason why there are so many failures in the world, and these failures are nearly all a result of not understanding Phrenology.

One should consult a practical Phrenologist before deciding whether he is capable of doing what he “wills” to do.

It is foolish for a person to try

to accomplish something that he is by nature incapable of doing.

“Men do not gather figs from thistles.” Something does not come from nothing.

The *will* is all right but it must have brain organs to work upon in order to achieve success.

Clippings From “Vaccination.”

I believe there is more danger to a child of injury from vaccination than there is from the danger of its catching smallpox.

J. A. BRIGHT, M. P.

It is an awful charge to make but I make it direct. The misguided doctors in their mad unreasoning vaccinating career are engaged in every way they can conceive and devise in spreading syphilis, one of the most invidious diseases and greatest curse that ever afflicted mankind, and they are at the same time appointing committees to discover its awful increase.

Doctors are seldom taken seriously when they talk sanitation, and it is well this is so, for what the average doctor does not know about keeping people well would make a large book. The spectacle of a health board ordering all persons diseased (with cowpox), under pretense of thereby keeping them well, is a sight to make gods and angels grin.

There can be no doubt that cruelties and tortures of vivisection upon the lower animals, to which the average doctor is so prone, acts as a deadener to conscience when viewing the horrible sufferings of the human race through senseless vaccine inoculation.

Vaccination doctors seldom if ever meet the arguments of anti-vaccinationists fairly. They are but human after all. It is but natural when a person finds that science, logic, reason, justice and common sense are all against him, rather than acknowledge his error, he should adopt the old legal tactics of abusing the other fellow’s attorney.

It does seem incredible that a people with any sense of personal independence would allow a set of men, who make their living by it, to order them all blood poisoned, i. e. vaccinated at, their own sweet will. Yet everywhere in the

South the doctors usurp the right to do this, and the few who object are fined or imprisoned. Such is liberty as exemplified in a great part of the “land of the free.”

The death rate from consumption in N. Y. for 1899 is the greatest known and the doctors want an appropriation to combat it. They first do all they can, by blood corruption, to put the people in shape to develop consumption and then want to play “saviors,” at the taxpayers’ expense.

Walking As a Tonic and Pastime.

BY LOUISE HOUSTON, IN “OMEGA.”

Walking, which also means standing erect, with shoulders thrown back, lung expanded and head well poised, is the best tonic that can be prescribed for exhausted brains, weakened muscles and worn-out nerves. It strengthens the digestive organs, drives the blood away from the tired brain, and is one of the best cures for nervousness.

There is no better way of curing rheumatism than by a walk in warm weather. You have all the advantages of the Turkish bath without the danger of breathing impure air. Physicians have cured the worst kinds of rheumatism, stubborn forms of indigestion, aggravated cases of insomnia and all sorts of nervous diseases by exercises in breathing and walking.

There is a famous medical man of Munich, who has formulated a system of breathing and walking by which asthmatic patients are taught to walk without losing breath, while sufferers from weaknesses of the heart and nervously exhausted persons are cured. No matter how long the walk or how steep the climb, no one need “get out of breath” who follows this simple system, the breathing and walking being in time together.

In ascending a stair or path one should take one breath for every step, and the fuller the breath the better. In walking along a level stretch, one should take two steps to every breath, thus the inhala-

tion and exhalation always begin as the same foot touches the ground.

That tired feeling which walking brings on is natural, and in a few weeks' practice one is able to walk a mile or more without fatigue.

The walking is of itself a recreation and a great help to the development and preservation of physical symmetry, its tonic effects are much better when one walks correctly and at regular time.

In order to walk correctly, one should stand quite erect, and breathe in a proper manner, then swing the leg from the hip. By so doing the muscles which are strongest bear the strain, and the length of the stride is increased several inches. The heel touches the ground first, and *not the toe*, and a slight spring is given from the ball of the foot to aid in making another step.

In the matter of clothing, most persons have neither proper shoes nor gowns, and appropriate dressing is an important item in order to secure the fullest possible benefit. One can make the most progress and make it in the greatest comfort, by wearing an easy fitting shoe with heavy sole and made without a heel, so the foot from toe to heel may rest flat as nature intended it to do, and the weight of the body be distributed over the whole body. Let the corset by all means be comfortable, and made to fit the figure, and the skirt short enough to escape the ground.

The walking is of itself a pleasure and a great aid to health and beauty, it is made much more beneficial by company. With good companionship the hours thus spent pass swiftly, and fatigue is scarcely felt.

Thoreau, in his remarks about walking, maintained that one ought to have no definite end or aim in view nor any specified measure of time. But this was merely a piece of affectation for he didn't practice what he preached. He always knew where he was going and why; and he wrote all about it when he returned.

I think it would be a rather stupid person who could walk on the Thoreau principal and not tire of the monotony. But this can be overcome by making the exercise

contribute interesting thoughts, or by giving to the mind change of thought.

The exhilaration of spirits can be illustrated by one case I have in mind. A solemn little mother with weakened muscles and threadbare nerves joined our walking club, and after a few days' practice in the stimulating air was made to shout for joy—even guilty of shouting like a boy—as she felt the blood circulate vigorously through the body.

The great advantage in walking for a pastime is the tonic effect on the body and mind. This is due to the freedom from worry and the exercise in the open air which stimulate the appetite, and brings into a state of activity a part of one's system generally neglected.

As to the time for walking that depends somewhat on the season. In summer it is best to walk in the early morning hours or after four o'clock in the afternoon. And we all know how the doctor advised Sydney Smith "to walk on an empty stomach" and that gentleman's innocent query, "on whose?"

You can not do a better thing than form a walking club and occupy yourself "fetching a walk," for with that walk you will "fetch" also a bright complexion, a better digestion, a sweeter disposition and an antidote to nervousness and melancholia—indeed, old age can be warded off many years.

Just to think that a woman may become young and beautiful!

And it is true, for a certain amount of the elixir of youth is bestowed on every persistent walker.

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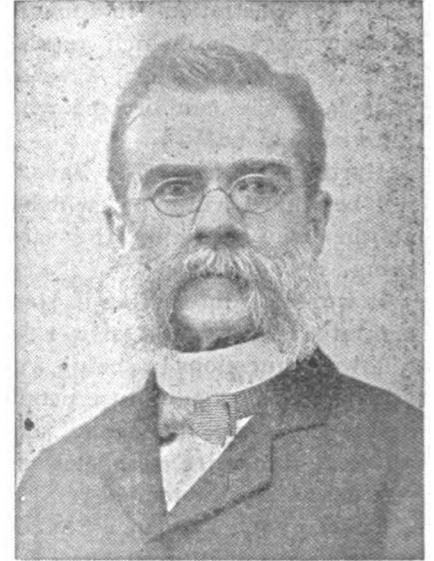
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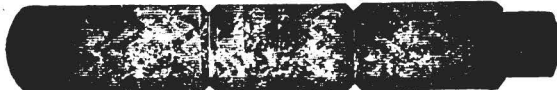
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