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Nature Points the Way to Success

HEED HER VOICE.

During the convention of the Christian Endeavourers held in San Francisco a few years ago, there came into our office for a Phrenological examination a school boy from Ohio.

He was of the pronounced literary type, and we informed him that if he followed commercial or mechanical vocations he would meet with but indifferent success, but if he should choose mental pursuits and adopt Law as a profession he might become an eloquent pleader at the Bar and excel as a Lawyer.

The young man, who gave his name as Rollin Sipe, objected to the choice of that profession and said that he had no taste in that direction and held the profession of a Lawyer in great dislike.

We explained to him that we did not refer to pettyfogging, but to the honorable pursuit of law practice and pleading, and assured him that he possessed a keen analytical intellect, such as the better class of lawyers possess, together with a high moral brain, which is necessary to true success as a law practitioner, similar to Lincoln and Garfield. His Perceptive faculties being large, his verbal memory strong, as indicated by his full eyes, and large flexible mouth, render him capable as an orator, and we again strongly urged him to adopt the law as a profession.

The young man returned to his home and pondered upon our ad-

vice, reaching the conclusion that as we had stated so much of his character that he knew to be true, it might be possible that we had discovered some latent talent of which he was ignorant.

He entered the high school of his native town and it has recently been told us that he performed three years' work in two years' time and graduated at the head of his class.

The local newspaper of the town in which the young man re-



Mr. Rollin Sipe—Literary Type.

sides, thus speaks of a social event in the following strain, which we think corroborates all we have said of the abilities of our subject:

The Young Men's Lyceum of this city, a social association composed of the younger element of social circles, celebrated the sixth anniversary of its organization with a banquet at the Commercial House Monday evening and a most enjoyable occasion it proved to be.

Then follows mention of the ex-

cellent spread on the table and of the guests present, among whom were the Mayor of the city and other dignitaries, and of the speeches made by different persons present. When mention of young Sipe's name was made, the following words were used:

Perhaps the oratorical gem of the evening, all things considered, was the address of Rollin Sipe, a high school Alumnus, class of 1900. It was, strictly speaking, a boy's address, but the manner of delivery, no less than the subject matter, attracted especial attention and stamps the young speaker as an orator of no mean ability and a thinker beyond his years.

A glance at the portrait of Mr. Sipe which appears on this page, will show to the well-read phrenologist that our prophesy of his future oratorical and analytical display was based upon true scientific principles, and reasoning thus we predict a career of usefulness in mental work, for Mr. Sipe, provided he is wise enough to look well to his health and not allow his ambition in mental pursuit to cause ill-health. His malar bones are none too prominent, indicating a weakness of lung power. He should live much in the open air and practice deep chest breathing.

We repeat the heading to this article, "Nature Points the Way to Success, Heed Her Voice."

Phrenology is her interpreter.

Lives of great men all remind us
We can make our lives sublime,
And departing, leave behind us
Footprints on the sands of time.

Then let us be up and doing,
With a heart for any fate.
Still achieving, still pursuing,
Learn to labor and to wait.

THE SECRET OF LONG LIFE.

BY J. F. MORGAN, CHICAGO, ILL.

It lies in breath and chest exercise. If you would have good health, brilliant mind, enjoy life, be happy and successful, live long and be physically and mentally strong, you must harmoniously tune yourself up, find out your correct key note, and build for yourself an individual physical body, practice deep breathing at home three times a day for three or four minutes each time, between sunrise and sunset for one week, to bring the individual into a normal condition. The exercises are very simple, yet thoroughly scientific.

DEEP BREATHING GENERATES VITALITY and is an exercise that if scientifically practiced will raise the physical standard to a condition of perfect harmony, which is good health. Sit in an upright position, spinal column straight, other limbs and muscles relaxed, with weight of the body balanced on the balls of the feet, hands resting lightly on the knees with thumbs out, since the will power is represented in the thumb, and a closed thumb represents a negative condition. (Now breathe deep, long and hard for three minutes. Do this three times a day, inhaling all the breath you can, slowly; holding it long as you can and exhaling again through the nostrils with the mouth shut. This exercise if continued will drive disease out of your system and give warmth and new life.—Editor HUMAN NATURE.)

In walking we should close the fists, since an open hand is liable to absorb all the vibration that is afloat in the atmosphere. That is the cause of sensitive ladies feeling depleted after mingling with a crowd. I would suggest to such sensitive ladies, when on the crowded streets and be compelled to be seated in a car with a gross physical man, to lock themselves

up by crossing the right foot over the left and closing and pressing the first fingers with the thumb, and hold the thought that, I am an Egg and my shell extends four feet from me, and no one can break through my shell or atmosphere.

Breath is life. Correct breathing is the most important step toward consciousness of life. To gain the greatest benefits from breathing it is necessary to begin to breathe the individual breath. The purpose and object of such rhythmical breathing is to attract, retain and distribute Ga-Llama, (Ga-Centralizing, Llama-Life principle) which is contained in the oxygen of the air we breathe, and manifests its greatest effects during the light period, from sunrise to sunset. The result of this is the building of life-tissues throughout the body and the setting of the brain functions into their normal condition, the development of the twelve senses to the highest degree, the increase of the vibrations of the ganglia of the nervous system, the regulation of the circulation of the blood and its purification, and the expansion of the magnetic circles of individuality in which all live, move and have their being.

This breath begins with the filling of the upper lobes of the lungs, thus opening the cells of the entire lungs, which is the greatest factor in man's existence—the main-spring of life—setting all the magnets of organic existence into activity, normalizing or centralizing the cellular tissue, building substance, insuring longevity, and consequent perfect youthfulness. The newly born child breaths first before feeding. Where the breathing is faint it must be established by vigorous manipulations to such a degree as to give the necessary vigor and force before nursing. Should breathing fail, life is lost and no force will retain or regain it. The breath must be full, regular and easy, without strain or a feeling of discomfort to any part of the system.

Physical culture to be of benefit must necessarily pay attention to perfect breathing, since through the applied breath the nervous system becomes normalized, and the muscles are strengthened and developed without apparent effort. The individual breath being properly established, pure, wholesome ideas will follow because of the centralized sense condition resulting in common sense. Then it will be known what, when, and how much to eat and drink. Instead of filling the stomach with food sufficient for eight or ten persons, the requisite amount for one person will be used. Sickness and constant struggle through life will no longer be known. The medical student will not write prescriptions, but will be in the kitchen superintending the cooking and preparation of foods; the patience of the pharmacist will no longer be tried by the compounding of drugs, but he will derive his principle revenue from the sale of cosmetics, lotions, perfumes, etc. Medical schools will turn into cooking schools, where formulæ will be studied for the preparation of various foods. Physical culture and gymnastics will take an elevation to higher realms.

Correct breathing builds up the brain. We must learn how to take brain breath and not stomach breath. The way to accomplish this is to concentrate the mind and control every vibration of the nerves and polarize every atom of the entire system.

THE REAL ELIXIR OF LIFE.

By right breathing one can bring himself in harmony with his Creator or source of life. This is the elixir of life that the world seeks. To be in entire harmony with the Creator of this universe is a privilege man possesses but does not use because he is ignorant of the powers he possesses.

Right breathing opens the door to all that is desirable. It is the key to unlock the restraints of life. It vitalizes, refines and spiritual

izes all one's life; forces and puts one in control of every emotion and sensation of the body, thus uniting the lower with the upper will. When we were born we breathed "Mother Earth Breath" about three seconds at each inspiration, but we must learn to breathe the "Brain Breath," rhythmic breathing of about seven seconds to each inspiration and respiration.

In all breathing exercises all strained action is to be avoided. Our clothes should be loose. Ladies should not be harnessed up with corsets. When we take our right position we need no support, the spinal column being properly adjusted. Our rooms should be well ventilated with plenty of sunshine, and decorated with colors that harmonize with our different temperaments. Our clothing should also be adapted to our temperaments. While the magnetic temperament can wear to great advantage certain fabrics, texture and colors, the electric temperament needs a different kind. But fine silk underwear, which is the cheapest in the end, seems to be a common meeting ground. When we retire at night we should relax every muscle of the body from all tension and take full and regular inhalations through the nostrils until asleep. Suggest to ourselves that we go to bed to rest and recuperate the physical body.

When we awaken in the morning we should open our windows and if possible face the east, and take a long, regular, deep breathing exercise for three minutes.

During the day in walking always walk on the ball of the foot; never throw the weight upon the heel since it jars the nervous system.

Mental gymnastics are a good thing to practice in connection with all breathing exercises. We should concentrate the mind upon why we breathe, viz: to obtain by each inspiration more life than we inhale, and when we exhale we

desire to expel from the system all the effete matter. By such breathing one can generate vital force and make nimble the stiffest muscles. Repeated during the day it will aid in overcoming many of the undesirable conditions that the human body takes on, thus exhilarating every atom, cell and organ of the body. Will power is required to concentrate the mind upon what one is doing at all times, to overcome the drifting tendency of the senses. We have twelve senses, seven full senses and five half senses, which correspond with the seven full notes and five half notes of the musical scale, and when we have these twelve senses properly developed they emerge into the thirteenth sense, which is common sense, that point of development which we are all striving to obtain to become a self-centerate, well poised being. When we become masters of ourselves and all that surrounds us, the elasticity of the body and the clearness of the mind, the strength of the memory, that follow the continuance of these exercises are declared to be beyond credibility. and the poise and comfort that succeed more than repay those who understandingly practice them. This brings to each one the "Kingdom of Heaven" which is within, and no one will ever find it in any other place than within himself. We have wasted too much time in the past in looking everywhere outside of ourselves for it, and the secret of life is to be found in breath and the control of thought, because thought is like God, creative; we create our conditions and environment by the power and kind of thought we entertain. "As a man thinketh, so is he."

Send us 5 cents for a copy of *Life and Beauty*, a remarkable London publication; or 10 cents for "Character and Destiny," a pamphlet by Prof. Guildford.

DESTINY.

BY C. P. HOLT.

There is a divinity that shapes our ends,
Rough-hew them how we will.
—*Shakespeare.*

No man of woman born,
Coward or brave, can shun his destiny.
—*Homer.*

Man is not a free moral agent. Christianity, Christian Science, Mental Science, and man's sublime egotism to the contrary notwithstanding; but like every other thing, and like every other creature in the universe, he is subject to circumstances over which he has no control. He is forced into existence upon this planet without his consent, and without having been consulted regarding his wishes in the premises; he runs his earthly career of a few, more or less, eventful years, subject to wind, tide, earthquake and cyclone, and just at the time that he is getting interested in the drama called living he is unceremoniously and uncounseled expelled from the scene of mundane action.

Should any person holding different views upon this subject demur at the foregoing, let him consider if he was asked previous to birth whether he would prefer to be born white or black, or red; or whether he desired to be rich or poor, with advantages for education, and leisure for culture, if he would rather be a person of intelligence or an idiot; be a moral man, or formed with a bodily organization prone to evil, as the sparks fly upward. Were his wishes consulted whether he would prefer earth for an abiding place, or if he would like better to reside upon the planet Mars, or to hobnob with the "man in the moon." Suicides excepted, was there ever a man discovered, who,

after getting well established on earth and placed in comfortable circumstances, that did not want to live just a little longer, and who was not willing to put up with the inconveniences incident to tooth-ache, the gout, and such unpleasantness as McKinley's and King Edward the VII dynasties, rather than to shuffle off this mortal coil, fall asleep, and upon awakening find himself a dead man?

THOUGHTS ON SOCIAL REFORM

BY JOHN F. MILLER, PH. D., BATTLE CREEK, MICHIGAN.

Much attention is given to social problems by those who desire to see the conditions of the human family improved. Chicago is at the present time the center of a vigorous social reform movement. The laborers in this movement call themselves Social Crusaders. The leaders are Dr. George D. Herron, who recently resigned his position in one of Iowa's leading universities; Rev. J. Stitt Wilson, who resigned from the Erie Street Methodist Church to take up the society's work; Rev. Wm. H. Wise, who left the College Avenue Methodist Church of Green Castle, Ind.; Rev. Benjamin F. Wilson, who left the Crete, Ill., Methodist Church, and Franklin H. Wentworth, a young Chicagoan, who was secretary of the recent anti-trust conference. He is editor of the *Social Crusader*, the organ of the society. An office has been opened at 609 Ashland block, Chicago.

Last Sunday I had an opportunity to listen to Mr. Wentworth's views on the social question and was impressed with his earnestness and devotion to their cause. He spoke to a large audience in Central Music Hall, where the eminent Rev. Gunsaulus speaks every Sunday morning. Dr. Herron has been delivering a series of twelve lectures on social subjects and has awakened quite an interest.

These reformers certainly desire to bring about better conditions among their fellow-beings, but there are some phases of the question that appears to escape their attention. They are not too lenient in their criticism of the parasitic class, or people of leisure. Sham society receives due attention at their hands. They see the abnormal social conditions as they exist to-day, but in their speeches and publications they do not emphasize the fact that those whom they wish to benefit must change their personal habits in order to be greatly benefited by the social changes that are demanded. In them, as in their brethren who are more favorably situated socially, the propensities often dominate over the higher nature. In the large audience that listened to the excellent lecture on social reform at the Central Music Hall last Sunday the odors of liquor and tobacco were noticeable, a thing which is no more of a credit to the poor than to the rich. One of the great essentials for better social conditions is to learn and practice self-control. We may talk about plutocrats, the parasitic class, the oppressors of their fellow-men, etc., as much as we please, if we do not practice self-control and educate those who are desirous of better social conditions to practice self-control, the social problem will not be solved in a satisfactory way. The more equal distribution of wealth is not a panacea for all human ills. We must have a more effective system of education. One that does more than develop the intellect. The moral and spiritual powers must be cultivated and the excessive propensities restrained. Our medical education must change. Doctors must teach the people the laws of hygiene and sanitation and see that they are observed, thus preventing disease rather than living on the misfortunes of people. When one goes through large cities and sees the poverty, filth, vice and crime he is

impressed that something effective must be done to make conditions enduring. Every one who takes the great responsibility of married life should be familiar with the laws of heredity and prenatal culture. Physicians should be the best teachers of these subjects, but often they have perverted ideas on these questions, and there is not much of a tendency on the part of the profession to acquaint the people with these important questions.

One of the greatest needs for a true social reform is a knowledge of the laws of the mind and body. It is accepted that the knowledge of greatest worth to the individual is that which pertains to self-preservation. If all individual lives were right the social problem would soon be solved. If the home is in good order the community at large is likely to be. There is a great mission in this republic of ours not only to supply the physical wants of each individual, but train the powers of each individual to a normal condition. True happiness with the individual, means happiness in the family, the state, the nation and among the human family.



Kind Words.

If you can send me a few numbers of your paper please do so, as I should like very much to have them. I have great pleasure in congratulating you upon your trip to the Old Land. My best wishes go with those who are seeking to assist the race to a more rational conception of life. Phrenology has become a wonderful aid in that direction. Your trip must have helped you as a teacher and leader of the great world movement that hopes for a higher and purer humanity. Yours for the truth.

B. H. WEST.

Trail, B. C.

OUR EUROPEAN TRIP

No. VIII.

London No. 3

MARLBOROUGH HOUSE.

Our next drive was to Marlborough House, the town residence of the Prince of Wales, now King Edward the VII. We were allowed to see part of the royal mansion through massive gates, and as much of it as we could observe "over the garden wall," but the Jolly Prince was not in sight; however, we are not on speaking terms!

The Prince is a generous hearted fellow and is admired by all classes, but like old bluff King Hal, who, 300 years ago as reigning King of England, and whom he strongly resembles, he is a man of the world; an admirer of pretty woman and race horses. Perhaps he is the most liberal monarch in the world to-day. King Harry's ancient and stately Mansion House, close by in St. James Park, is still intact.

BUCKINGHAM PALACE.

From the Mansion House we next drove past Buckingham Palace, the town house of the late Queen. This is a magnificent structure. Americans are noted for their lavish expenditure of money on their homes, but they do not approach royalty nor even the aristocracy of England in the erection of stately mansions in extensive grounds.

According to our guide book, the east front part of this building, erected in 1846 from designs supervised by Prince Albert, cost the enormous sum of \$750,000.

The cost of the main building must have been something enormous. Its rich marble floors and veined white marble columns; its throne room, grand staircase, drawing rooms, library, ball room, dining rooms and so forth, are no doubt magnificent and elaborately

furnished. We were permitted to see them—on the outside, from a distance.

We now drove through Buckingham gate to

WELLINGTON BARRACKS, in which a battalion of household troops is always quartered. It is said to be very rich in mosaics—memorials of departed guardsmen who have died for their country. Tattered and torn flags captured at Waterloo and other ancient battle grounds, adorn the walls.

We now turned towards Exeter Hall for dinner. After refreshing the "inner man" we continued the drive through Parliament street, Whitehall, passing the Nelson monument, Horse Guards, Admiralty, Home Office, the Treasury, and entered

WESTMINSTER ABBEY,

our great center of interest. We rushed to stand on Gladstone's grave among the statesmen, and on that of Charles Dickens, the novelist, in the Poets' Corner.

Westminster Abbey has been called England's Pantheon, because, like the Pantheon at Rome, dedicated to the gods, it is the place where the kings and queens of England have been crowned and buried for a thousand years.

In addition it is the burial place of England's leading statesmen and warriors, poets, artists and men of letters, in fact all that the nation holds dear.

In the "Musicians' Aisle" are buried or commemorated many great musicians and composers, and close by is a grand monument of Foster, the author of the Education Act; a great statesman whom we knew in the flesh, and who died so recently as in 1886. Also of Wilberforce, the pioneer of the emancipation of the slaves (1833); of Darwin (1882); Heylin, the his-

torian (1662), and Herschel, the great astronomer (1871).

The stained glass windows on this side of the church, are in memory of Robert Stephenson, of Brunel and other great engineers. Near the center of this aisle is buried in an upright position, Ben Jonson (1637). The spot is marked by a stone with the inscription, "O rare Ben Jonson."

Here is also a monument to Sir Isaac Newton, who discovered the laws of gravitation.

The organ in this aisle is described by Dr. Bridge to be the finest cathedral organ in Great Britain. It has five manuals. One of them is attached to the celestial organ. It is placed over 200 feet away from the main body of the organ over Handel's grave, and is actuated by electricity. The antiphonal effects are said to be unique, nothing of the kind having been attempted before.

The North Aisle, as every nook and corner throughout the Abbey, is crowded with graves and monuments of the great dead. Here is buried George Peabody, the philanthropist (1869). Peabody was an American who went to London and made a princely fortune, we believe, as a banker, and afterwards gave it all away to the poor, or erected houses for them and otherwise beautified the land of his adoption by building model homes and endowing charitable institutions.

Here and close by is buried Dr. Livingstone, the great African explorer; Tompson, "the father of English watchmakers (1713); of Lord Clyde (1863), Sir Charles Barry (1860), and others too numerous to mention.

THE PULPIT.

The pulpit in this nave is constructed of colored marbles, and bear medallion portraits of the four Evangelists with a medallion head of Christ in the center panel.

Near by are monuments of Wm. Wordsworth, the poet (1850).

Charles Kingsley (1875), Matthew Arnold (1885), and many others, indeed every niche and corner contains a grave, a bust, tablet or monument.

As we walk along we pick out the monument of Dr. Isaac Watts (1748) the great little man of low stature. Watts' hymns are known throughout the civilized world.

At one time he made love to a lady, but she refused his hand on the plea that he was too diminutive in size.

Her scornful refusal stung him to the quick, and he replied impromptu, Madame

Could I in stature reach the pole,
Or grasp creation in my span,
I'd still be measured by my soul;
The mind's the standard of the man.

WHITHER ARE WE DRIFTING?

BY F. REED, EUREKA, CAL.

The cry of anarchy and free love is—down with the family and government; they want nothing that reminds one of government, not even a man except he be dressed in petticoats. I hope I am not misrepresenting these people; I would be glad to know that I have misunderstood them. The family is a tyrant in their eyes and I have searched everywhere to find what they propose in place of the family and met with the answer—nothing, nothing whatever; it is useless, and we must cast it off as we would any other useless thing. I would like to know what part of the family is so tyrannical, whether it is the father, mother or the children? It is hard for me to understand why they want to uproot the family. Not for the world would I have missed the good influences of family life, of father and mother, of sisters and brothers. Was it because I was pampered and petted? No. It was because I was governed and trained. If a man and woman live together, and if the man is not good enough to live with, he is in no wise good enough to be the father of children. Marriage is an eyesore to Free

Lovers and Anarchists; to it they seem to lay the blame of all our unhappiness and misery. One man says he formed an anti-nuptial contract with a woman; but this seemed not to seal their love for each other, for after living together fourteen years, I find them dividing the property; the woman coming to California, while the man remained in Kansas. And the only reason they had for separating was that they wanted to, not that they had been fighting and quarreling, for the man tells us that they kissed each other good by. The marriage laws are as much to blame for "misfits" or for domestic unhappiness, as knives and forks are for bad manners at the dinner table. I have looked and prayed for light from these people, but so far not a ray of light or reason for their hostility to the family comes from them. Like the child, they want a new doll, and they want it because they want it, and this is all the reason they seem able to give.

What would the child be, what would it grow into, were it never subject to the will and guidance of its parents? It is easy work condemning government, but facts tell us that no man can amount to anything who has not been governed. If he will not allow his best side to develop under rigid discipline, he will not do so when left to his own free will. These people want each one to be left to follow the leadership of his own desires, and there is plenty of history to prove that this is the blindest leader of all leaders. Those who object to being governed, need most to be governed. This lesson and this fact is taught in the cases of millions of unruly boys and girls in the streets of the cities of the world to-day, and men are but boys of larger growth, and though a little older, not always wiser. If it is a good policy to govern the boy who would make bad use of his liberty, it is doubtless wise to govern the man, who would make

an equally bad use of his freedom.

As to those unjust laws that protect the few in their robbery of the many, well—these are simply the superfluous hairs in the governmental head, and can be plucked out when the masses are wise enough and honest enough to do it. Governments grew out of a law of necessity, and to fight government is to strengthen it. The law was made for those who disobey the law. When rebellion is all out of man, law and government will come to an end. The law of non-resistance is the true road to the world's salvation. Our Anarchist brothers are of a different opinion; they think the only way to do away with government is to resist it, and finally overthrow it. The same spirit that pushes on to opposition of government is the brand that governments need to look after, for if such men could overthrow governments, they would then move forward to the overthrow of society itself. The spirit that resists government could no more keep its fingers out of other people's pie than the bird can resist to fly. This class are not now at war with each other, because their pent-up force is being regularly expended in a futile and worse than useless attempt to destroy governments. The same spirit that would kill a ruler would kill any one else, and for a little or no cause. Can you doubt this?

Cease using our arms and they will waste away. Let all people cease opposing government and government will go out of business.

Frank Reed

If you know whom to marry, none of your children will get into jail or the hangman's noose. Phrenology tells.

Phrenology will tell you whom to marry, how to train your children, what occupations they should follow.

WHAT IS VIVISECTION?

BY V. C. LUNDQUIST, SC. D., P. PH. D.

Vivisection is the dissection of living animals, the experimentation upon animals and human beings while they are still alive. The term has been manufactured by men who claim to be interested in the science of the brain; by men whose hands are red with the blood of helpless animals torn and tortured out of life on the dissecting table; by men who once urged a bill before the Ohio Legislature to have all capital criminals given over to them for vivisection. The term is taken from the Latin word *vivus*, alive, and *secare*, to cut—to cut alive. It is a rather bloody one, and does not reflect much honor on some of the medical and psychological scientists in the present, so-called, enlightened and civilized age. It is, indeed, very sad that such murderous and insane practices are allowed, and in the name of science. These men claim to study the brain, etc., from a scientific point of view, and they have so thoroughly mastered their "scientific science," that they know absolutely nothing of the brain, nor can they ever learn anything by such methods; besides, such modes of procedure are repulsive to every humanitarian and refined lady and gentleman. The mental phenomena, the brain and its functions, can only be studied by their normal expressions in every-day life, and this can only be done through the methods of observation and induction, and not by cruel vivisections, nor electric experimentations. Millions of helpless animals, and even human beings, have been sacrificed on the bloody altar of vivisection, in the interest of the "science" of the heartless vivisectionists; and yet no important facts have been discovered, no scientific principles established and no beneficial results gained for humanity to justify those bloody and "scientific" practices. Science has gained nothing

and the people at large have heard nothing else from those tormentor maniacs than nonsensical prattle in high-sounding Latin and Greek terms. Every vivisectionist, or "scientific" (?) assassinator, should be punished, jailed and reformed in the name of humanity, animal suffering and common sense. There is, furthermore, no necessity for those "scientific" butchers to continue their practices in the name of their "science," for the organs of the brain have been discovered, localized and named; their faculties and functions ascertained, the facts of the mental phenomena verified millions of times by highly educated men and women, scientific principles established and a mental science elaborated and perfected for all those who desire to study the science of the mind and its truths as presented and proved by nature. This science of the brain, namely Phrenology, is coming to the front more and more and is embraced, honored and patronized by all intelligent, educated and progressive men and women, and will be so until the science (?) of the psychological vivisectionists shall have been swept away to the dust heap of past scientific savagery. The science of Phrenology is true scientific and humanitarian philosophy, having a genuine basis and resting on four solid foundation stones—Nature, Observation, Induction and Humanitarian Progress. All those who wish to learn the truth of this noble science should study its elevating principles. All those who have human welfare, civilized progress and animal suffering at heart should embrace its philosophy. And all students who are interested in the science of the brain, should become acquainted with Phrenology, its scientific value and importance as a science for human advancement and happiness.

Taste and desire have starved thousands. Talent starves no one. Phrenology reveals your talent.

Twentieth-Century Opportunities

At the beginning of this century yes, even fifty years ago, "going into business" would not have been an attractive prospect. It would have meant that you should renounce higher ambitions, and that you expected nothing above the general level of existence. But to-day in spite of the gigantic combinations of capital and enormous trusts, the prizes of life beckon young men and women in all lines of activity as never before.

Less than fifty years ago the only very desirable vocations were found in the so-called learned professions or in public life. To-day opportunities for energy and push such as the world has never before seen are open on every direction.

This is an age of marvelous material development and astounding enterprise. A new civilization is holding up glittering prizes to the twentieth century youth with pluck and determination. But the young man who would win must be better educated and far better equipped than formerly.

The next century will call loudly for trained men and women who can do one thing as well as it can be done. It will offer no prizes to the smatterer or the man or woman who can do a little of everything. Finely trained and well disciplined aspirants only will win twentieth century laurels. The prizes will be greater than in any previous century, but the youth who would win must have a better general education; he must have a special knowledge in his particular line, for the next age will be one of specialists. No lawyer or physician or scientist can hope to make his mark in a few years unless he is a specialist.—William T. Stead.

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C. P. HOLT, EDITOR OF REVIEWS.

SAN FRANCISCO, APRIL, 1901.

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Please renew.

One of our Mail students, Prof. Lundquist of Denver, Col., is on a visit to the Coast, and we are having the pleasure of his company. An article just from his pen on "Vivisection," appears in another column; it is a scathing rebuke to that section of the medical fraternity—the vivisectionists, who torture living animals for what? in order to study brain function, or mental phenomena. They have put to hellish torture millions of poor innocent animals and thousands of human beings and discovered nothing—nothing at all.

The only way to study mind in men and animals is by the science of Phrenology.

Prof. Lundquist, who is a graduate of Science (S.D.) Sweden, and a Doctor of Philosophy, is a very able man and a humanitarian.

When a great and worthy enterprise is on foot no right-minded man that is able to contribute to its success feels as if he could afford to be left out of account. Even if his resources of money and influence are so small that he cannot do much he still wishes to do what he can. His duty in the premises takes on the form of a privilege in his eyes; and so far is

it from being irksome or burdensome that it is a genuine delight to his soul. He reckons himself happy in being brought face to face with an opportunity for rendering some substantial service to his fellow-man.

Advance of Phrenology.

Among our many exchange papers we find continual references to Phrenology. F. Richard, editor of "The Solar Man," in his interesting paper, says:

No one, with a normal mind, drives nails with a saw, or saws boards with a hammer, plows with a shetland pony, or runs a two minute mile race with a draught horse, or expects a pigmy to do the work of a Hercules. And why? Because the form of the tool is not adapted to do the work required. If we did these unreasonable things there would be woful disorder and injury. Yet, figuratively speaking, that is just what we often try to do, and even actually do—often many things for which our organization is not adapted. Man chews tobacco, but his constitution is not fitted to receive benefits therefrom. The great cause of all our inharmony lies in our doing, and trying to do so many things that by form and quality of organization we are not qualified to accomplish.

Phrenology is the science of form (including quality and temperament) to corresponding uses. And further, as mind rules and produces thought and endows it with power to build for itself a material form, it recognizes, by the form, the thought form that produced it. And in regard to the human mind, which has its seat in the brain, it determines, by the form of the brain, what kind of thoughts it will produce most abundantly.

A LESSON IN CHARACTER READING

Prevail on a friend to sit for you, and sidewise, so you can see the opening of his ear. Now draw an imaginary line through his head

between the ear openings. It will pass through the medulla oblongate (the point where the spinal cord joins the brain). From the center of this line draw lines in all directions to the surface of the skull.

Now there are forty-two mind faculties that have their seat in the brain; and it is upon the relative length of these lines that their strength or weakness is judged. These faculties have certain uses, or fields of action, but as they vary in strength and activity in different people, so we find an unlimited variation in individual character.

It is by knowing the uses of these faculties and their varying combinations, that enables us to judge of the natural tendencies of people and their fitness for different planes of action.

In looking over your friend's head, after the manner indicated, you may find that, straight up from the ears, it is long, to the backhead, short, to the eyebrows, long, and between the ears, rather broad. All this means something, and phrenology tells you.

Next, go out on the street and by the eye, measure up, in the same way, the heads of the people you meet. You will soon discover that heads differ wonderfully in shape, and when you know what their difference mean, you will be able to read the natural talents of all you come in contact with.

A four-months' course of lessons by mail, \$25. At the end of the course you will be able to read character from photographs, of those you meet, and to know yourself.

These lessons tell how to know the honest from the dishonest. Who are likely to be true or untrue as friends or partners in business or in martial relations, in fact, who is who. Earnest and successful students earn a diploma.

THE DIET QUESTION.

BY J. E. MORTON, PH. D., SAN FRANCISCO.

The relative cost of meat and vegetable foods is a question that should receive some attention. The majority of mankind need to practice economy, whether they preach it or not.

It has been computed that a pound of wheat contains four times as much real food as a pound of best beefsteak. This you will see by the comparison of the tables in our last paper. This, taking the cost of beefsteak at 15 cents, which is a low figure, and wheat at 2 cents, would make the meat cost 5 times as much as the wheat. Then a further loss on the meat side in water, makes its cost double, so that meat, in food value, costs sixteen times as much as wheat in Graham or Advent flour.

This fact alone makes some people see the point of the vegetarian. The relative cost of the rest of the list, while not so great in difference as these two, are nevertheless summed up with a large balance in favor of the vegetable diet.

But there is a question of more importance than cost to be considered. Man needs a diet which shall contain the relative amount of the food elements. He needs Proteids (flesh-forming foods), Carbo-hydrates (heat forming), Hydro-carbons (fat-forming, to be held in store to produce bodily heat), and the various Salts (the elements of Sodium-chloride, or common salt, Calcium Phosphates for bones and nerves, etc.) If there is any one who don't know what these simple words mean now, it is because they have not looked up "Webster."

It is of the utmost importance that one have the required amount of each element which his body asks for in the food. The diet must differ with the occupation. A man who does muscular labor *must* have *more* flesh-forming food than the brain worker. He can get it

in a concentrated form in beefsteak, if he prefers that to beans and peas, which contain it in greater proportion and at one-fourth the cost.

Nevertheless he needs that which his body is using, whether he do one kind of work or the other. If he can get it best in the animal foods let him do so. He has our permission. But we have our private thoughts about the matter and they are not based on prejudice or an abnormal appetite. If a brain worker choose to eat meat and beans, he will clog his system so he cannot think. He needs instead, a greater amount of brain food—fats and phosphates. Those who do much sedentary brain work should eat *very* sparingly of flesh foods.

The fact that one man can digest the proteids of beef with ease and cannot do so with beans, argues either that it is because his nature is thus trained through generations back, or that he fancies the fact. It is no doubt a fact that it is really the case with many that one or the other of these positions is where they find themselves.

Purity and cleanliness is a great factor, the art of cooking coming in for its share of discussion. The meats can not be kept so free from disease germs as the vegetables. We find very few animals reach the butcher shops in a large city until they have been stall fed or kept in a filthy pen for some time before they are killed. Disease makes its invasions on them so soon as they are deprived of their natural open-air life. To obviate this the meats must be well cooked. Some say vegetables are not so good to keep as meat. Now let meat be treated the same as good ripe fruit and vegetables and see which keeps better. This is a fact which we should not blind our eyes to.

I know there are men who think they find greater strength in a meat diet, or a mixed diet, than a vegetable and fruit spread. There

are many men even in this enlightened age who tell you they take whisky to give them strength. Now we know this is not the case. Whisky does not give strength. The meat foods have within them a stimulating principle not very distantly related to the alcoholic family, and it is this stimulating effect that is felt, and no real greater strength given on account of one of proteid in meat being eaten than if the same amount of proteid be eaten in beans or bread.

I am willing to accord to each man the freedom I ask for myself. Therefore let each man be fully persuaded in his own mind first.

I register my vote in favor of the vegetable and fruit diet, and allow my friend across the table to eat his meat.



Applied Science in Courtship.

KY I. T. BROOK, ATWOOD, TENN.

Phrenology is a science, why not apply it?

A mated pair mentally and physically sound and temperamentally compatible are conducive to home happiness and superior offspring. Working under haphazard, slipshod methods, such "lucky hits" are exceptions—few and far between. As a consequence mediocracy is the rule and genius so rare as to be considered phenomenal. "freaks of nature."

Phrenology has a mission, it is to create a new race rather than to tell a few what they ought to follow as a means of livelihood.

The domestic phase of society is badly out of joint. The science of reading human character is a fact. Let us use it. Nothing has been so abused, misdirected or neglected as

COURTSHIP.

It has been a dangerous plaything for children, a bugbear for cowards, a magic wand for scoundrels and an uncertain step for all

Instead of being raised to the dignity of applied science, it has been the subject of shallow jest, hackneyed vulgarity, frivolous ridicule and commercial intrigue. Is not the human family of as much importance as fruit trees or domestic animals?

THE DIVORCE MILLS.

In England there are two divorces to every 1000 marriages. In Scotland three, in France nine; in Puritan Massachusetts there are forty-five. In the U. S. divorces have increased in proportion three times faster than marriages. One-third of the births in Paris are "illegitimate," and one-fifth in the nation. Ten thousand infants have been fished out of the outlets of the sewers of their capital city in a single year.

The French are deteriorating under a false scale. They discard love before marriage and mate on commercial principles, instead of following nature's law.

Three thousand courts are granting divorces in the United States. I have no up-to-date figures, but in 1890 these courts dissolved the marriage relation in 35,000 cases. The courts are not to blame, but our vicious marriages. In the words of Bishop Fallows, "Christians must aim to prevent reckless marriages."

A BETTER TIME COMING.

Ella Wheeler Wilcox, our favorite American poetess, says: "The time is coming when money must play a less prominent part in the consideration of marriage, when the man, the woman, the amount of character possessed by either or both, are things to be considered; when a woman will ask of herself, 'can I depend upon this man for a lasting, loyal love, for a true friendship underneath that love that will always have my best interest at heart, and for a self-respecting pride which will never place me in a humiliating position before other eyes; can I honor, trust and love him always? Can

I depend upon him, even though he has not a penny to his name?"

IMPORTANCE OF COURTSHIP AND MARRIAGE.

Only by working in harmony with nature's fiat can we prevent mistakes here as elsewhere. Courtship is as important as the human race and transcends every other epoch-making train of events in our journey through the world. The dull minded and visious know but little and care less about who or when or how they marry and bring their ilk into the world, and for this reason they increase much faster as a class than the capable, worthy and refined.

The school of scientific courtship conducted by a competent faculty is the remedy.

If you would like to be instrumental in bringing about conditions that will produce happy homes, health, beauty, babies with brains, sweet hearts with honor, parents with wisdom, and a race of aspiring, progressive people, consider yourself an apostle called and ordained to preach the gospel of regeneration.

Material Remedies.

Some of our Mental Scientists and healers tell us that medicines are material, that dead material things cannot do anything. As we well claim that soap will not take the grease off of our clothes or hands, or that food will not cure hunger, or water quench thirst, because of their materiality. Medicines may not cure disease, but if not, then some better reason must be given for that failure than that it is a dead material thing. Rough on Rats is a material substance, and when taken in large doses it creates quite an uneasy feeling in one's anatomy. A razor will cut your throat, and yet a razor is about as material a thing as we run across in our rambles and about as dangerous, when in the hands of an enraged "coon."

Had our scientific brothers and sisters really taken the time to

think of the loads of material food they pile into their stomach every day would not have spoilt a claim by the attempt to set it up on a sandy foundation.

FRANK REED.

FOOD REFORMERS AND FADISTS.

As to what is the best food for man to sustain his health and strength, there is considerable discussion going on all over the civilized world and it does seem as if the Vegetarians had the best of the argument, but in practice, the editor of "*Life and Beauty*" in London, thinks they have not. He intimates that Vegetarians are lifeless, and as pale as ghosts, and to back up his argument offers to place a large sum of money if they will produce, say 30 Vegetarians as good looking, fresh looking, healthy and as strong as an equal number of flesh eaters he can find in the metropolis.

We had the pleasure of meeting the author of this offer at 26 Clovely Mansions, Grey's Inn Road London last October, and believe that he is sincere in his challenge to the "Sickly looking Vegetarians," as a beef-eater describes them.

It should be said, however, on behalf of life-long Vegetarians that as a class they are pure blooded, have clear eyes and skin, more free from disease, and in point of endurance seem to be hardier than beef-eaters.

On the other hand flesh-eaters on changing diet lose flesh, grow thin, pale and weak, with appetite unsatisfied; their forefathers have eaten beef and no wonder there is a "longing" desire for the flesh.

But there are any number of food fadists. One says the only way to be healthy is to live on raw wheat. Old "Father Elphick," a newspaper boy! 85 years of age, kept a pocket full of whole wheat grains to "chew" on. He said no gentleman lived better than he did was never sick until the day he,

died from eating a poisoned melon intended for coyotes.

Another fadist says the ideal food is the Edenic diet—raw fruit. Edenites, however, get sick. We have seen them up at Dr. Burke's Sanatorium, full of acid. The Doctor put them on a milk diet or dieted them on hot water and scraped beef—Salisbury Steak, and they got well.

Some food reformers say Nuts, Fruit and Vegetables are to be our diet, with no flesh meat at all, but another states this diet is all wrong and that the secret of health is in eating raw beef at every meal.

Scarcely had we recovered from our astonishment when another crank proclaimed that one meal a day and that of macaroni, cooked variously, is an ideal diet, and means a healthy and long life.

Behind these cranks and fadists come the patent medicine vendor to reap the reward of all who have gone wrong in eating or drinking until they got sick. The Quack says "no matter what you eat or how much" if you take his medicine you are absolved from all the sins of the stomach, or the ills the flesh is here too.

To sum it all up, let each one eat to live, and on the kind of food that satisfies his hunger and yet nourishes and sustains the body whether it is one meal a day or three, or whether it be of fruit, nuts or vegetables or flesh meat and he will not be far wrong.

The chances are that a moderate use of all the foods, fruit, vegetables and flesh is the best in the long run, prevents one becoming a fadist and enables him to enjoy good health in body and mind.

TO THE RESCUE.

It is the duty of every thinking man and woman in America to aid the cause of "The American Anti-Vaccination League" in its efforts to abolish all compulsory vaccination laws and ordinances which,

in violation of all human rights, as set forth in the Declaration of Independence, force disease and death upon our people; especially our innocent, helpless school children, who are prohibited from attending free schools unless they first submit to have their pure blood made impure by injecting the filthy pus from a diseased bovine into their veins.

The following appeal from "The American Anti - Vaccination League" is explicit, and tells what is needed. England, the birth-place of vaccination, has abolished the fetich; let America follow her mother's example. C. P. HOLT.
To readers of HUMAN NATURE:

Permission having been secured from the Director General, it is proposed by "The American Anti-Vaccination League" to make an exhibit of Anti-Vaccination literature at Pan-American Exposition, to be held at Buffalo, N. Y., from May 1 to Nov. 1, 1901, said literature to consist of books, magazines, newspaper articles, pamphlets, charts, diagrams, engravings, etc., illustrative of the Evils of Vaccination, and showing, so far as practicable, the progress thus far made towards its elimination from medical practice. Concurrent with this exhibit is contemplated a free distribution of special literature designed to educate the people to a realizing sense of what vaccine virus is, its profit to the doctors, and the many dangers lurking in its use, also setting forth scientifically and lucidly the advantages over vaccination of sanitation and hygiene as a preservative of health and preventive of infection and contagion. An effective effort thus made for our cause must necessarily be attended with some expense, which, if equitably divided will be but a trifle for each contributor; the cost of space for this exhibit, printing and postage, together with minor contingencies, are to be met; also provision for an attendant demonstrator. Believing that this plan in preference to any other will afford an opportunity to present our cause to the greatest number of people, we make this announcement to YOU, in the hope that you will be found in substantial sympathy with the movement to discourage and discontinue the practice of vaccina-

tion and endorsing our endeavor to usher in an era of cleanliness and health. The time is short in which to perfect the necessary preparations for this exhibit, therefore contributions should be made without delay.

Acknowledgement of amounts received will be duly made in *Vaccination*, a monthly journal, published by Frank D. Blue, Esq., Terre Haute, Ind.

Currency may be inclosed without registration.

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- 3.—The Nursery should be kept scrupulously clean.
- 4.—Dirty cloths, damp boots, old dusters, and wet towels are things that should never be allowed to remain in the Nursery.
- 5.—Windows should be opened, while the children are out, to admit plenty of fresh air.
- 6.—The Nursery should be kept well ventilated at all times.
- 7.—Dirt and impure air in the Nursery will bring sickness, and perhaps death, to the children.
- 8.—Have a place for everything, and keep everything in its place.
- 9.—Never leave the guard away from the fire.
- 10.—Be careful to keep the matchbox out of the children's reach.
- 11.—Never open the windows at the hottom while the children are in, unless there be iron bars across to prevent them falling through.

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12.—Remember that the Nursery belongs to the children, and that they should feel free to enjoy themselves in it.

13.—Sounds of childish mirth and laughter heard coming from the Nursery are a sure sign that the doctor is not needed there.

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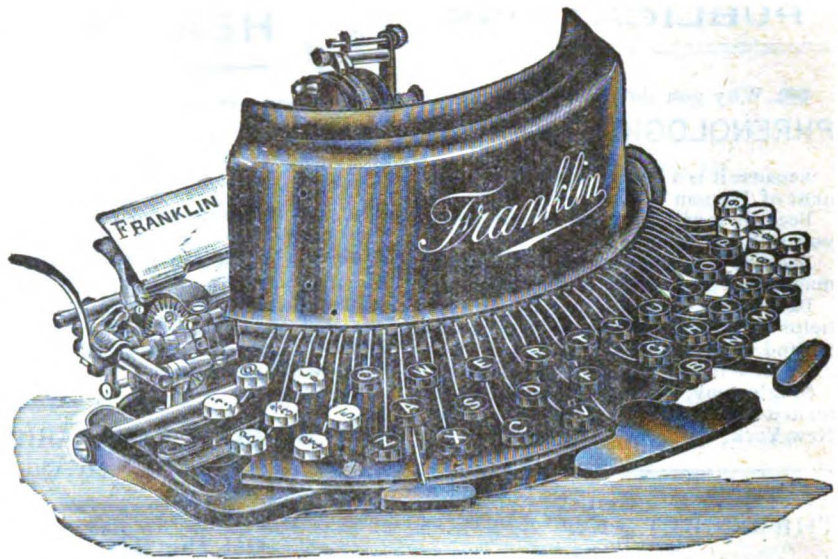


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they have ever before occupied. Each year adds to our store of information on the subject, corrects errors, reforms abuses, and places social life on a higher and nobler basis.

The most valuable contribution to this subject is the present work from the pen of Professor O. S. FOWLER, who is acknowledged by all classes as the most distinguished exponent of the science of phrenology and the mutual relations of the sexes. He was for nearly half a century prominently before the people of America and Europe as a teacher of this great subject. His lectures were listened to by hundreds of thousands, and his works have been read wherever the English language is spoken.

He was consulted by thousands whose ignorance of the laws which govern the sexes, involve them in trouble, and we may safely assert that but few of those who have faithfully followed his teachings have failed to find relief. His long and intelligent observation of human nature, his intimate acquaintance with the various ailments of which he treats, his vast professional learning and experience, and his recognized position as a teacher and lecturer, gave him a right to speak with authority and this book will be welcomed and eagerly read wherever his great fame has penetrated.

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these laws is of the highest importance, and it is the general ignorance of them among all classes which swells the list of disease and misery in the world and wrecks so many lives which would otherwise be happy. How many wives and mothers, on looking back over their lives, have uttered the passionate cry, "If I had only known what to do, or what to avoid, I might have been a happy wife, I might have been a proud mother; I might have preserved my health, or I might have retained my husband's love." Nor do women alone feel this ignorance, but men are equally lacking in this knowledge, and nine out of ten have bitter cause to repent its deficiency. It was this cause that led Professor FOWLER to write this book. There is scarcely a married man or woman but will find the truth of his assertions in their own experience. The book is pure and elevated in tone; eloquent in its denunciations of vice, and forcible in its warnings against the secret sins which are practiced with impunity in every community. It is printed from clear new type, on fine calendered paper, in one large octave volume of 1052 pages. The book is illustrated with 130 appropriate engravings.

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