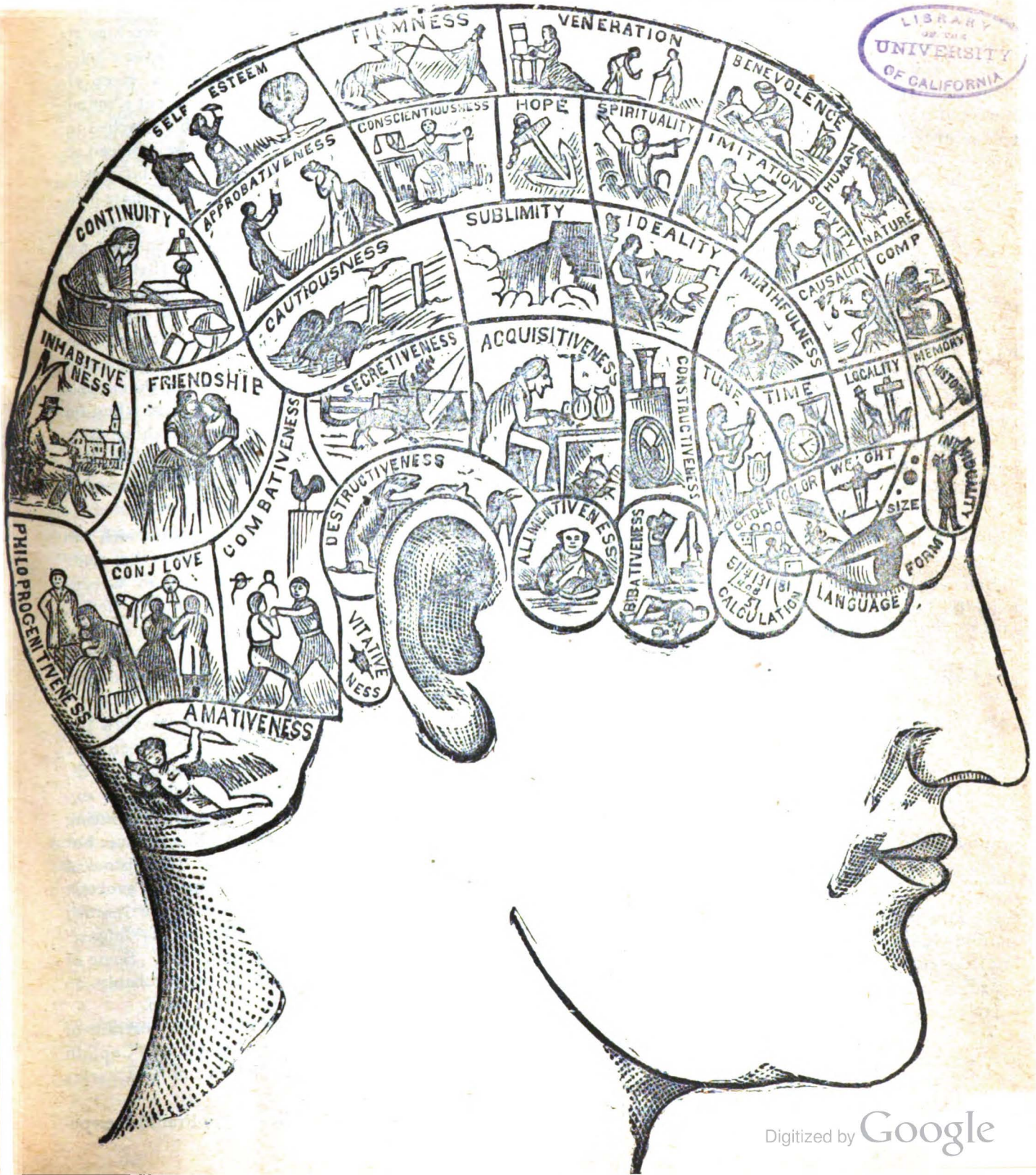


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OUR EUROPEAN TRIP

No. XI.

London No. 6.

A good way to see the surface of London, its motley throng, its streets and buildings, is to ride all over the city on top of the penny busses, going in all directions.

Within the boundaries of its ancient walls there are only 26,000 inhabitants; within the administrative district there are 4,536,034, whilst in the area known as Greater London, there are 6,578,784 persons according to the census just published.

Just think of it, six and a half millions in one town. How small one feels in a place of such enormous proportions! Of how little importance is a visitor even from the far-away Golden Gate of the Pacific in such a mighty metropolis as this. How lonely and desolate he would feel if he were unacquainted. He would be like the shipwrecked mariner out at sea, dry and thirsty with water all around him, but not a drop to drink.

But we had friends and saw much of London during our two visits. Yet one may live here 50 years, go to a new place every day and then not see it all.

To ride on the top of a buss is all right for awhile, but there is a new world under London streets. We believe it is estimated that the numerous railway companies carry over 1,000,000 passengers underground every day.

The streets of London are free from rails. A stranger is apt to think London, with her old horse omnibus, is away behind the times, but if he cares he can get a ticket for 2d, drop down a shaft and catch a train for his destination, anywhere, for there is a train every two minutes to all parts of London. The city is thoroughly honey-combed with tunnels.

BLACKWALL TUNNEL.

This is considered the most remarkable tunnel and one of the greatest engineering feats in the world. It goes under the great river Thames. We rode through it on a street omnibus. It is not a railroad. Ships sailed over our heads, and lower down on the river carriages and people rode or walked over the ships.

Old "Rare Ben Johnson" would not believe such a thing as possible in his day.

The tunnel is 27 feet in diameter and 6,200 feet in length, with a considerable grade at each end. The roadway is wide enough for two vehicles to pass. The foot-paths are 3 feet 3 inches wide on each side.

Electric lights are used throughout, and the tunnel is lined with white glazed tiles. Ventilation is afforded by means of four shafts. The entrances are very ornamental. Its cost was enormous—over \$7,000,000, and it took upwards of five years to complete the work. It was opened four years ago by the present king, then the Prince of Wales, on May 22d, 1897.

WOOLWICH ARSENAL.

We took the train for Woolwich to inspect the great Arsenal. Its foundaries and other buildings cover over 100 acres. We had to procure a written admission, and 32 of us had to sign our names. Only one of the 32 of the visitors came from America and he from far away San Francisco, but the guards had no fear of him stealing a "Woolwich Infant," as some of them weighed over 100 tons, measured about 60 feet in length and capable of throwing an explosive shell about fifteen miles.

Thousands of men and boys are engaged in the manufacture, of

these terrible engines of war and destruction. There are four departments—the Gun Factory, the Laboratory, where the manufacture of shot, cartridges, caps, etc., are carried on, the Cartridge Department and the Stores.

A CURIOUS MACHINE.

In the cartridge department we noticed a very curious machine at work. It was boring a square hole, lengthways through a piece of timber. The machine cut a round hole by a revolving bit attached to a shaft with four chisels placed at right angles behind the bit, pushing in and out, leaving a square hole

We said to the guide, "Now had we told you that in America we had a boring machine that bored a square hole, you would have laughed in derision and said that was a Yankee yarn, but you have it here, so you are evidently ahead of us in squaring the circle."

Judge of the surprise when he replied, "But this machine is a Yankee invention and we imported it from the United States."

GREENWICH.

Our trip from Woolwich to Greenwich was down the river Thames. On the pier of Greenwich stand monuments of Bellot, who lost his life in the search for Sir John Franklin in the Arctic region and of the soldiers who died in the Maoria war.

We had not time to view the great Painted Hall at Greenwich whose walls were decorated by Sir William Thornhill. He was engaged for twenty years in painting the walls and ceilings alone, but we noticed some of the historical paintings by the world's greatest artists, "Destruction of the Spanish Armada," "Battle of Trafalgar," "Death of Nelson," etc. Some of these paintings are probably 20 feet long by 10 feet deep.

We observed large portraits of Christopher Columbus, Captain Cook, Lord Nelson and Sir Charles Napier.

The relics of the Franklin expe-

dition; the astrolabe presented by Queen Elizabeth to Sir Francis Drake, the coat worn by Nelson at Trafalgar, pierced by the fatal bullet, and other articles connected with the great naval hero, are exhibited in glass cases and caused us all to linger in admiration.

GREENWICH OBSERVATORY.

We passed near the famous observatory known all over the world. It was established by Sir Christophor Wren in 1675. A writer about the observatory says: "Profound mathematicians are at work night and day without one moment of intermission; not a star in the midnight heavens is unobserved, the paths of the planets are noted, the phenomena of gravity, light and magnetism investigated, the true time—Greenwich time—is flashed along the wires to every important railway station in the kingdom, and sailors far away at the antipodes are navigating safely, guided by the exact record of the heavenly host, furnished by the patient philosophers of Greenwich."

A nautical almanac for 3 years, long enough for a cruise is published for their use. The world time is set by Greenwich time

When it is 8 p. m. in Greenwich it is 11:20 a. m. in San Francisco morning of same day, 2 p. m. in New Orleans, 2:9 p. m. in Chicago, 2:50 p. m. Washington, 3:9 p. m. New York, 8:8 p. m. Paris, 8:50 p. m. Rome, 9:15 p. m. Cape Town, 10 p. m. Constantinople and also 10 p. m. in St. Petersburg.

Mixed Maxims.

Caroline Wells, in the *Smart Set* mixes maxims in this transposed fashion:

Quacks are stubborn things.

Home was not built in a day.

Modesty is the best policy.

Circumstances alter faces.

All's not cold that titters.

Society's the mother of convention.

A rolling gait gathers no remorse.

It's a wise girl who knows her own mind.

Let us eat, drink and be married, for to morrow we dye,

EVOLUTION OF A BRAIN.—III.

BY F. SEGSWORTH.

It is a principle of Mental Science that "as a man thinketh so is he." Let us see if this conflicts with the principles of Phrenology, or not, and if not why should not phrenologists be mental scientists, and mental scientists be phrenologists? Is it not all the science of mind anyway? All growth involves the principles of concentration and attraction. Without concentration there can be no attraction, and without attraction there can be no growth, either mental or physical.

Growth comes by the process of evolution or gradual unfoldment. Nothing is created at once: the tree began with the germ in the acorn; the rock with the atom, and both owed their genesis to a thought. Before there can be matter there must be mind; before there can be muscle there must be brain, and before there can be brain there must be mind, the originator of all things.

The mind expresses a thought; by concentration this becomes a desire expressed by the action of a mental faculty, and by further concentration this desire or idea grows in power until it summons aid from the muscles; then the thought has become an action; a material result is produced; mind, mind has changed to matter, and the thought has become a thing.

Universal mind is the storehouse of wisdom; the brain is the mechanism by which that wisdom may be manifested. If the mental machinery is rusted from lack of use, or is deficient in given directions, then the ability to gather knowledge of a given kind is curtailed. To increase the power in himself man must think; the dull brain, or the deficient brain, must be exercised, the blood which carries the life principle must be made to flow more abundantly through the brain tissue; this builds up the old, wasted cells, sets into activity the

dormant ones and makes new cells where there were none before. The dead brain has become a live one; the weak parts have become active; the unconscious man has become conscious.

"Like begets like," so, to think begets more thinking. Man has been called the thinking animal, and the word man is derived from the Sanscrit, meaning "thinker." But man is as yet only beginning to be a thinker. He little dreams of his possibilities for growth through the power of thought. Heretofore he has used only a few of the faculties of mind in his thinking operations, and these have been the more gross and material ones. He has been thinking only for his physical comforts, pleasures and interests. But soon he will discover that by the use of the higher faculties he will come into a new world of being, with infinitely higher and greater pleasures, comforts and interests which will minister to his more advanced needs and requirements in a way that he has as yet not dreamed of. Who will say that thought is not all-powerful, for has it not made man what he is? Man can be no greater than his thoughts, but he can be as great. And by concentration he can convert his thoughts into material things; into wealth into health and into added years of life.

"Thoughts are things." There is but a step from mind to matter, for they are one and the same thing, only being in different stages of manifestation. Mind is, as it were, the raw material from the unlimited reservoir of nature. Matter is what is made from this raw material by the power of thought into something that is cognizant to our material senses.

Thought is the great converter; it is not a creator, for all things are already created, but it requires thought to make them manifest; to put the elements of mind into shape, so that they will be elements of matter or mind transformed and made fit for man's material use, comfort and happiness.

MAN.

BY J. F. MORTON, P. PH. D., D. M.
 Know then thyself, presume not God to scan,
 The proper study of mankind is man.

The true nature of man is almost "past finding out." If studied, dead or alive, he has a wonderful organization. Too much attention has been given to the diseased or lifeless body, to the exclusion of the animated, healthy body. If we are to account for only that which can be perceived by the five physical senses, then perhaps but little may be added to the sum total of knowledge about the last, best part of life.

Man is the product of all there is in created, or existent nature. We find him composed of seven bodies instead of one; yet these seven are so united as to appear as one. There are seven great divisions of things—perhaps a better word would be *conditions* of the one substance. These we find to be, Solid, Semi-solid, Gases, Ethers, Mind or Psychic force and Spirit.

Each of these may be divided into two, a positive and a negative, forming a duality in each condition. We have the magnetic and electric; the expansive and contractive; the heat and cold, on each plane. This makes fourteen divisions.

The seven bodies may be said to be composed of (1) Skeleton, (2) Muscles, (3) Fluids, (4) Gases, (5) Ethers, (6) Mind or psychic force, (7) Spirit. If we study these again in their dual conditions we have:

1. *Skeleton*—Bones and Ligaments.
2. *Muscles*—Voluntary and Involuntary.
3. *Fluids*—Lymph and Blood.
4. *Gases*—Carbon and Oxygen.
5. *Ethers*—Thermal and Electric.
6. *Mind*—Feeling and Intellect.
7. *Spirit*—Human and Divine or Soul and Spirit.

Corresponding to the seven bodies are seven avenues of communication between them and external things. In order as above

they are (1) Touch, (2) Taste, (3) Smell, (4) Hearing, (5) Sight, (6) Intuition, and (7) Inspiration.

So far in the history of man he has recognized but five of his bodies, and of course but five of his senses. Not all are thus limited, but the great majority are so bound. Many have come into the recognition of the sixth, and a few have grasped the seventh. To read in a book about them is not enough, one must really grasp the truth and certainty of their existence for himself.

The first four bodies and senses have been studied and elements in the corresponding state have been analyzed by the scientist.

Mind must be studied by the light of true science. Phrenology, Physiognomy and Temperament are true interpreters. The real fundamental laws and arrangement of these are understood by few.

Suffice it to say that we may agree at definite and demonstrate that the mind is made up of seven distinct groups of organs in the brain and that each group presides over or closely connected with different parts and organs of the body, thus permitting the number fourteen again—seven positive in the brain, and seven negative in the body.

The seventh or Spirit body, so refined as to elude the grasp of even the student on the mental plane, has a sense that which we shall call Inspiration. Remember that we believe there is but one substance, and that as we pass upward in the study of these bodies they get more refined. According to the law of power things are more powerful as they become more refined. That is to say they act with a more rapid vibration.

Now this body is similar to the mental body, yet much more refined and powerful. It is understood only by such individuals as may have mastered all things and bodies below it. Jesus of Nazareth was such an example. Now we

have seven bodies—seven men all occupying the same house. They are each doing business on a different plane, yet they should so harmonize their labors as not to be a hindrance to each other.

The first thing they should do then, naturally follows that the Skeleton and ligaments would offer to be a framework. The muscles would propose to do the locomotive or propelling labor. The lymph and blood would act as media of circulation of those materials needed by the parts of the body. The gaseous body would see to it that a proper supply and exchange of carbon and oxygen were attended to. The ethereal body would transmit through the organism the ethers (found in sunlight) magnetic and electric (warm and cold), and kindle into life all things in the previous bodies. The mind body would associate itself with the nervous system and by its fluid transmit the elements of psychic power throughout the system. While the spirit body would furnish that which is the ultimate of force, power and intelligence.

Each of these bodies decided it best that there should be seven rooms provided and that each should occupy his room. So the skeleton is placed in the bones and ligaments. The voluntary muscles in every part for levers, and the involuntary muscles line all the *tubes* of the body.

The lymph and blood occupy the tubes (the heart included). The gases are found in the cavities of the body and especially in the lungs. The ethers accompany the fluids, especially the nerve fluids.

The mind ethers reside in the nervous system and especially in the brain and ganglia.

The spirit permeates all, but has the centers of the brain and ganglia as its headquarters.

Now we have these seven men at work in these seven connected rooms of the same building.

When any work is to be done on any plane each must do its part.

J. F. Morton

THE IMPLICATIONS OF CIVILIZATION.

BY JOSEPH H. ALFONSO, P., PH. D.

While dealing with the various epochs which have distinguished the growth of society since man began his long journey from the lowlands of Time towards the summit of a true civilization; sociologists, who are animated by the spirit of the times, have made the following classifications:

(1) The age of barbarism, in which man makes his living feeding on roots, fruits and fishes, when the latter can be caught with ease; living from hand to mouth.

(2) The hunting stage.

(3) That of the shepherd, in which the uncertainty of existence, is to a certain extent eliminated by the domestication of animals.

(4) The agricultural age, wherein certain heretofore wild cereals are cultivated and the grain stored for future use.

(5) The manufacturing and commercial age, which has evolved through competition, transition and concentration, as reflected in that omnipotent dictatorial combination of to-day, the gigantic tool of production—the Trust.

From the above it is to be readily seen that the conspicuous feature or "Social Evolution," is the mastery which the human family has attained over Nature, in its struggles with a hostile environment.

True civilization implies that all those who desire, are provided with all the prerequisites for the cultivation of their higher natures, where the intellectual forces of the vast majority can find an outlet in the pursuits of peace; the arts, ethics, philosophy and science.

The instant man discards the primitive club and stones, entering the arena of life armed with the hatchet, bow and arrow, knife and crude plow, putting the metals

to practical use; that instant he steps above the level of the brute, for with these weapons he commences to leave behind him want and all its concomitant evils. That moment he has acquired sufficient leisure time, through which he is enabled to bring into play the creative forces of his mind, and devise ever more powerful implements, in order to conquer the deadly enemy of progress and humanity—poverty. That minute he has commenced to lay the imperishable foundation upon which is to be reared the majestic and colossal edifice of the International Socialist Republic.

The inevitable result of this mighty irresistible industrial evolution, can mean nothing else other than the extinction of imaginary frontier lines; the death of race prejudice, elimination of antiquated and inconsistent religious dogmas, the annihilation of reactionary political parties, and the doom of the system which upholds private property in the means of production and distribution.

When the first combine was organized, the death warrant of capitalism and all its glaring contradictions was signed by the uni-force of almighty change.

As long as the countless millions of mankind are denied the opportunity of a real education and are living very much like our primitive progenitors, from day to day, savagery is still with us.

As long as we take the child from the schoolroom, send him down into the dungeons of the earth, imprison him in the modern factory hell, compel him to toil for a mere pittance, condemn him to an existence of ceaseless soul stultifying, grinding slavery and eat his quivering flesh in the clothing, coal and other things we consume, we are not civilizing.

As long as we make the establishment of happy firesides impossible, herd up countless thousands of our women in sweat shops and "She Towns," countless thousands

of our men, "Sovereign citizens," if you please, in the "He Towns" of the mining regions, disfiguring the landscape with the hideous factory smoke, notwithstanding modern inventions, and blackened dust heaps, shutting out the blessed sunlight, the smiling heavens, the melody of music and the songs of poetry, the sweet companionship of true knowledge, the exalted dreams of the masters of art, and the prophetic visions of a noble philosophy from the doomed and wretched inhabitants. To think that civilization exists is a delusion and a snare, a fleeting fancy of feverish and exaggerated imagination.

Well may they be dead to rapture and despair, the mysteries of the heavens and the hungry yearnings of their distorted souls; for the pain of the mangled and bleeding hearts may not be so keen and the cry of anguish may not rend the air with such awful bitterness.

In view of this horrible indictment, what a terrible mockery to hear the parrot-like, unprincipled politicians periodically shouting in our ears their empty platitudes about the dignity of labor.

By virtue of the great power of the machinery of production, comfort and plenty are within the reach of all. The high schools and the universities need not be closed to the clamoring proletariat—the Atlas of to-day, upon whose back rests the burden of the world.

The race now stands before the gateway of civilization, but is denied admittance by the beast of private property. This soulless monster bars the way to further progress. Its existence is made possible because of insufferable ignorance; nothing being so effective for its slaughter as the searchlight of "Modern Science" properly directed.

The minions of truth are on the warpath and in due time will slay the octopus by the socialization of capital.

Let it be engraved upon the in

delible tablets of our memory, in the characters of living flame, that civilization is not based upon the building of immense pyramids, by serfs, the creation of hanging gardens, the size of granite blocks, the width of stone walls, or the durability of roads and aqueducts; civilization is based upon the material property, the conception of noble ideals, and the happiness of the great common people.

Civilization will be established, when, paying due heed to the whispers of Nature, in obedience to her immutable laws, the incompatibility between social production and individual appropriation will be abolished by the inauguration of COLLECTIVISM, insuring equality of opportunity to all. Conferring that most exalted and precious heritage, upon the members of the great commonwealth, *Citizens of the Republic,*

Joseph H. Alfonso

1021 Sutter St., S. F.

Telepathy.

We are trying to hold a "long distance" telephonic communication with friends in London and in Huddersfield, Yorkshire, England, by simultaneously going into the silence at a given time. There is 8 hours and 10 minutes difference between us. When it is 8:10 p. m., in London, it is 12, noon, same day, in San Francisco.

After many repeated trials we propose publishing the result.

Distance is no object. Telepathic communication can be held across the street between two person's in sympathy with each other. In our opinion the time is coming when *some* people will be able to talk to each other mentally half way around the earth, as distinctly as we do now at twenty miles by the telephone.

They are few who understand their own mind and body.

A N A T H E I M A.

BY. C. P. HOLT.

I wish I had in my possession the last, and the *only* tobacco plant and seed that encumbers this green earth. I would then immediately proceed to bury the noxious weed and its seed so deep that the sound of Gabriel's trump on the last great day (if such a trump and day should ever materialize) should fail to reach its hiding place.

There are other useless and pernicious things used by man, but none so filthy, or so stinking, as tobacco; none that so completely saturates him with nastiness unspeakable, none that so envelops him with an odor so disagreeable and sickening to every other man or woman who does not use the weed.

Whiskey drunkards and opium fiends may be unpleasant companions, but they keep their nastiness to themselves, while the tobacco chewer expectorates upon you, and the tobacco-smoker poisons the atmosphere you are compelled to breathe. It is useless to remonstrate with the tobacco smoker; he is indifferent to the rights or comfort of everyone but himself. Tobacco smoke is pleasant to him and hence it must be to all others. "If you don't like the smoke you can lump it." You cannot evade the nauseous fumes, because they are everywhere—upon the street cars, upon the street, in the hotel, in every place, public or private, this tobacco nuisance follows you and makes your life burdensome.

If a man should put a poisonous or noisome substance upon your food, he could be severely punished by the law of the land, but there is no law (except the moral law) which forbids a tobacco smoker to defile and poison the air which you must breathe while in his presence.

There were some disagreeable customs practiced by the ancients, ch, for instance, as burning a

man at the stake, or pulling his joints asunder on the rack, or breaking his bones on the wheel, if he entertained and expressed views about world-building and foreordination different from the church, but the sufferings of those old martyrs were soon over, and they were spared the fumes of tobacco smoke, which the modern martyr must endure, or take to the solitude of the desert or mountain.

When Columbus returned to Spain from his first trip to the West Indies he reported to Ferdinand and Isabella that the native savages of the land he had discovered, had a practice of rolling up the leaves of a plant which they called "tobac" and smoked like devils." This "smoking like devils" is now practiced by so-called civilized men all over the world. What a dirty shame!!

History records that Sir Walter Raleigh had his head chopped off like a chicken. He richly deserved decapitation, not for his political intrigues, but for the infamous act of introducing the practice of tobacco smoking into England. It is a thousand pities the decapitating did not occur previous to the year his valet discovered him smoking in his chamber.

"What's the matter with tobacco?" A tobacco smoker asked me this silly question the other day, and then he added another conundrum, "What was tobacco made for if not to smoke?" I smiled upon the nicotine-saturated, feeble minded sufferer, and answered that tobacco, rattlesnake and idiots, each have their uses, but none of them are intended to be smoked, this side of hades.

Tobacco is a plant, the principle of which is nicotine, a deadly drug, which can be discerned in considerable quantity upon the stem of any old smoker's pipe. One drop of this nicotine placed upon a cat's tongue will extinguish her nine lives before she can mew twice. If a wet sheet were wrapped around a man who had smoked

tobacco five years and he bundled into bed, within an hour that sheet would be yellow and reeking with nicotine, absorbed from the pores of our deluded brother of the pipe,

Nicotine, like all poisons, destroys tissue, and benumbs the brain and nerves. This is why tobacco is so "soothing" to the smoker. This is why it stunts the growth of the youthful cigarette smoker. This is why the smoker is obtuse and indifferent to the comfort of those hapless ones he envelops in his fumes, in public and private places.

The outlook for the future is unpromising. The habit of tobacco smoking grows apace. Humanity is being smoked like herring. The time and energy wasted in preparing, selling and smoking the horrid weed is appalling. The twentieth century is stifled in tobacco smoke.

I have no hard words for the deluded tobacco-smoker—he is my brother still—but blast tobacco, and blast the man who won't blast it, and blast the man who would not get up at the silent hour of midnight and walk bare-footed fourteen miles on glass bottles to gather pitch pine knots, for torches, to light his way to a place where he might effectually anathematise and utterly destroy from the face of our dear earth the nastiest, filthiest, stinkingest, and most pernicious plant that cumber the ground—TOBACCO.

20th Century Talks.

Mrs. Haddock is on a visit to England, we are attempting to *Talk* with her in the *Silence*; also with a relative in Huddersfield, and a popular phrenologist in London.

The results will be made known only after many trials, perhaps before Christmas.

Telepathy and Mind Reading will be one of the special features in our next class, commencing Thursday evening July 11th.

For further particulars call at the office.

Ah! The Bumps.

Max O'Rell, the eminent French journalist and writer in the San Francisco *Examiner*, says:

Phrenology is making progress. I have witnessed marvelous descriptions of character derived from the feeling of bumps.

If Max O'Rell knew enough about phrenology he would not be surprised at the accuracy with which phrenologists reveal character, disposition and talents possessed by their clients, and he would know better than to think that we describe character from "bumps."

A writer in an English paper falls into the same popular fallacy. He says:

A. Russell Wallace, the well known scientist is an advocate of phrenology. In his "Wonderful Century," he speaks for it. It appears they have some real foundation for their division of the head into *bumps*.

A writer in *La Nature* takes up the subject of phrenology in regards to mathematics. He divides men into those who have a disposition for exact science and those who have not.

He says Professor Mobins of Leipsic has recently discovered the "bump" of mathematics on the skull; the place he gives is just where all phrenologists locate it. Prof. Mobins made a famous discovery! he discovered a plough in a field. But read what this idiot says:

The earlier phrenologists referred mathematics to the *bump* of "Ideality," and pointed out that a number of mathematicians were also poets or musicians.

How some writers mix things. It is as foolish for some men to talk about things they do not understand as a would-be singer with a narrow forehead, hollow temples and thick ears attempts to sing, or a man deficient in constructiveness, etc., to build a house or other structure.

This writer gets a little better when he goes on to say, "Ideality is on the side of the head, forward

and above the ears in phrenological models, and may be the seat of the imaginative faculty, or association and combination of ideas. Julius Cæsar and all great men are full in this part of the head. Heads flat at the sides are not the most intellectual, as a rule."

When men begin to observe that form and shape of the head, texture of the body and features of the face mean something that can be understood and interpreted by those who make a special study of human nature, then will the world progress and each find his proper place; yet writers who talk of "bumps" may be wise in some things, but they are certainly ignorant of phrenological science.

Subscribers Please Read.

We have received several complaints lately on account of subscription being stopped when not renewed. We think such complaints uncalled for and will therefore explain.

The laws permit a publisher of a paper to collect for his paper until it is ordered stopped and all arrearages paid. As long as the person to whom it is addressed receives it from the postoffice he is liable for the subscription price. We do not like this plan. We have therefore adopted the plan of discontinuing all subscriptions at the expiration of the time paid for unless renewed. We send notice that your time has expired and if not renewed we do not re-enter the name and address, consequently the subscription stops.

Our reason for this is not that we think your credit is not good, or that you do not intend to pay the subscription, but we think that if a person wants the paper the subscription will be renewed when a notice is sent.

We hope this will make the matter plain.

Send a 2-cent stamp for catalogue of books and phrenological supplies, to

Human Nature.

A MONTHLY JOURNAL DEVOTED TO
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cal and Social Reform.

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ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

1020 MARKET ST., SAN FRANCISCO


C. P. HOLT, EDITOR OF REVIEWS.

SAN FRANCISCO, JULY, 1901.

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 received as one year's subscription, or 50 cents for United States and Canada.

When subscription expires, this  square will be marked inside with an X.

A New Feature.

Lectures on Hypnotism, Psychometry, Clairvoyance, Telepathy and Mind Reading will be a distinguishing feature in our next evening class. Each lecture will be followed by practical demonstrations and phrenological delineations of character. Class begins Thursday evening, July 11th.

Medical priests for their own profit couch their knowledge in Latin, so that the common people may not understand.

Occult Truths. 50 cts. per year.
May Building, Washington, D. C.

The Symbolical Head.

Recently one of our large city dailies in illustrating an article upon psychology in its columns, used the cut of a human head with subdivisions, throwing in the names of phrenological organs haphazard in reckless indifference to Dr. Gall and his disciples. For instance locating Comparison behind the ears, where Vitativeness should reside.

In order that such errors in organ locating may not be common, and to assist our readers in learning the correct location of brain organs in the human head, a symbolical head is placed this month upon the first page of HUMAN NATURE.

There are forty two brain organs represented in this cut, all of which have been proven to exist in the human head and to be located as pictured.

The cut should be studied with the understanding that the pictures are symbolical of the brain faculties they represent.

Temperaments.

PROF. HADDOCK—Dear Sir: In your next issue of HUMAN NATURE will you please describe and distinguish between the "magnetic" and "electric" temperaments, and oblige,

A SUBSCRIBER.

Magnetic people are usually full blooded, possessing a well-nourished body and large brain, heavy at the base, with a good degree of Amativeness and Benevolence. The Temperament is known as the Vital.

The kind of magnetism is determined by activity and predominance of certain groups of faculties, social, moral, commercial or intellectual. An Electric Temperament will be a combination of the Nervous and Bilious, indicated by sharp features, dark hair and complexion.

Dear Prof. Haddock: I am very much pleased with your Mail Course of Lessons. I received

"pointers" that would have taken me years to get from experience.

Your instructions are simple as A B C and will aid me in my professional work in healing the sick, to a thousand times their cost.

Prof. C. W. Cox.

Fargo, North Dakota.

Size of Head.

Another correspondent, a young man whose head measures 23 inches, desires to know if his head is fully developed, or whether it will grow larger.

We cannot tell unless he brings it to the office, or sends his photograph and \$1.

Gladstone said his head grew one inch in circumference during twenty years, from 60 to 80 years of age. He knew it from the hat he wore.

We have made examinations showing a growth of one inch in three years.

A Plea for Shorter Hours of Labor,

Lord Macaulay says: We are not poorer, but richer because we have through many ages rested one day in seven. That day is not lost. While industry is suspended, the plough lies in the furrow; while no smoke ascends from the factory, a process is going on as important to the wealth of the nation as any process which is performed on more busy days. Man, the machine of machines, is repairing and winding up, so that he returns to his labors on Monday with clearer intellect, with livelier spirits, with renewed corporeal vigour."

It would look well to have eight hours' work, eight hours' play, eight hours' sleep and \$8 a day.

How would this strike the strikers?

According to a Librarian of a great public library, there is just now an extraordinary demand for works on Mind, Health and Hygiene. He says the young are taking up mental subjects and the old are trying to reconcile their old theories to the new.

HEALTH DEPARTMENT

HOW TO OBTAIN LONG LIFE

BY JOHN F. MORGAN.

(Continued from last Month)

FIFTH EXERCISE.

Take correct position, as in Second Exercise, and by the power of will, swing the hands in a circular direction, from right to left, in front of your body, the right first then the left arm twelve times. On the thirteenth swing bend down (bending at the hip only,) clench the hand, with the thumb touching the second finger and touch the floor. Hold the knees stiff and do not allow them to bend.

This exercise is to be taken after each meal,

We cultivate the sense of touch as we practice the exercises and follow the instructions.

SIXTH EXERCISE.

Take a chair and kneel down at its back, with the spinal column erect. Place it at arm's length from you. (The rounds of the chair must be round.) Look at some dark object in direct line with the eye. As you take hold of the rounds you inhale, and tighten the grip on the chair rounds, still holding as you retain the breath, as you exhale, relax the hold.

Do this seven counts, in and out three minutes at a time, but three times a day.

All breathing exercises should be taken between sunrise and sunset.

The Sixth exercise develops the sense of feeling, which is a finer or higher rate of vibration than touch and is an interior sense.

SEVENTH EXERCISE.

(Intuition.)

This exercise develops the intuition. As the brain functions

are unfolded they bring into activity the seventy two thousand nerve centers, opening up the Pineal Gland, and at the same time heightening the vibrations of sound, so that one naturally becomes not only more harmonious within but with all Nature and the Universe.

Take this exercise as part of your ablution. Use a flat pan or bowl deep enough to permit the hands being immersed so that the water covers the wrist-bone. First remove all rings from the fingers. Place a copper penny in the pan to generate electricity. Fill the pan with cold water from faucet, well or spring and place on table. Take correct standing position. Put both hands in the pan—thumbs not to touch. Take a deep rhythmic breath, counting seven, then exhale very slowly through the mouth as if you were going to blow out a candle, pucker the mouth the same as in whistling. Repeat this three times—once a day only..

Dry the hands by mopping them with a towel.

This exercise unfolds and opens up the brain cells and faculties, and tunes up the senses to a higher rate of vibration.

In the winter when you want to get warm, inhale deeply and retain the breath, then exhale, taking care to inhale longer you exhale.

In summer, when you desire to cool off, exhale longer than you inhale.

Never inhale while raising the arms, as it injures the tissues. Breathe, retain the breath, raise the arms, exhale as the arms are lowered.

Breathing in the different attitudes of standing, sitting or lying down, affect different parts of the body in different ways.

"Perfect Being" consists in right breathing. We must first study and understand ourselves. We must first desire to think and then WILL to do right.

ABOUT THE BABY.

BY MRS. GREENUP.

Helpless little baby is the most important person in the Nursery, and needs most care and attention.

Keep Baby and everything about it exceedingly clean and comfortable. This is essential to its health.

A baby cannot rest well if unclean and uncomfortable, and loss of rest will make it cross.

When giving Baby a warm bath, be careful not to have the water too hot. Water that Nurse can "Bear her hand in" is too hot for a baby's tender skin.

Carefully air all baby's clothes.

Never be tempted to use a pin in dressing Baby. Keep needles ready threaded for fastening anything where a pin might be used but should not.

Never leave Baby in a dangerous position, where likely to fall, whether awake or asleep. Many babies have been injured for life through the carelessness of nurses in this respect.

Baby should be fed at regular hours.

Never give food or the bottle just before baby is cross. It is sure to be fretful sometimes, especially when teething.

Too much food will perhaps bring on convulsions.

It is only a very cruel nurse who will shake a baby when it cries.

Wrap up baby's feet warmly when out for a walk, and do not smother its face.

Never startle Baby with a sudden noise, or expose its eyes to a sudden glare of strong light.

WORSE THAN EVER.—"I had nine children to support, and it kept me busy," said Smith to Jones, as they met; "but one of the girls got married. Now I have——" "Eight?" Interrupted Jones. "No, ten—counting the son-in-law," said Smith, with a sigh.

The Truth Mixed With Trash.

In a little booklet entitled "The Vaccination Curse," the author throws cold water over the many good points he makes against vaccination, in the silly remark—"according to human belief." If vaccine virus is not poisonous, but human belief makes it so, of what concern is this to the doctor? When he gives his patient nothing more than a bread pill, he, the patient, might imagine it a dose of rough on rats, and die immediately from the effects of it. If he gave him a dose of poison he might imagine it is a dose of elixir of life and thus live forever. If there is no poison in vaccine virus, then why talk this "rot"—"according to human belief?" You are thus lashed, because you ought to have better sense than to talk such nonsense. I am as greatly opposed to vaccination as one well can be, but I am also opposed to the idea that it is dangerous only because we think so. According to these people's idea, God made the earth, but man, by his thoughts, created everything else. They say he made only the hideous things, but if he makes the frogs, he also made the fishes and taken all together, man as a creator has scored twenty points to God's one: I say this, not because it sounds nice in my ears, but for no other purpose than to drive these people from the little narrow rut they have suffered themselves to fall into.

One so-called Christian Science doctor told the writer that he knew a man who created bushels and bushels of insects, and that he went out every day and sprayed his vegetables and thus tried to get rid of them. The human eye is so constructed that it can only see real tangible things, and if the insects were a product of this man's mind, the vegetables were also. If the flea is a product of human belief, and we are told that it is, the dog, upon which the flea is

perched, is also a creature of the imagination. In other words, man created the dog, and not God or the laws of nature. These people refuse to recognize the fact that matter is intractable, that it offers, resistance to the molding power of spirit or life. They are so careful of the God of their imaginations, that they will not see that there are some impossible things and God only attempts to do the possible. This takes time, and the proof of this lies right before our eyes. Will we open them and see it? They denounce Mrs. Eddy, and yet follow in her footsteps, so closely that one cannot see the difference between Christian Science, Weltmerism, Wilmanism, Reddingism, and the various other isms, which for most part, are nonsense. As for the healing of diseases, well, there are others who can do this to and do it without denying the fact that there is such a thing or condition as disease.

I love the truth, I like to look facts square in the face, and in the Bible we are told that God created the earth and all things thereon; that there are some things good for food, while there are some others that are unclean or poisonous, but these good people come forward with the greatest load of nonsense the world has ever known and deny that there is anything that can poison or hurt you, or any virtue in medicines of any kind, and because they jump to the conclusion that there is no disease, for to tell the truth, they know not what is meant by the term "disease." Because we have learned how to overcome a thing, this does not prove that the thing had no existence. If I shave myself with a sharp razor and fail to cut my throat with it, this does not prove the razor to be an immaterial thing, or that it was not sharp. It simply shows that I knew a little something about how to handle it. If the mother snatches her child from the fire, and thus saves its

life, this does not prove that there was no fire, or that it would or have destroyed the child's flesh body. If you cure small-pox by vaccine poison, by the power of mind, this does not prove that there was no such thing as small-pox or vaccine poison. When you find yourself unable to inflict pain on the hypnotized subject, pray don't run off with the idea that there is no such thing as pain or power to inflict it, for if you do, wise men—all men on the outside of lunatic asylums, who have a right to be outside, will laugh at your ignorance. Man may learn how to cure disease, prevent pain, overcome the effect of injury, but after he has learned to do all these things, it will still be an eternal fact that fire is hot, that it will burn flesh, wood, coal and other combustible material, when left free to do so. It will always be a fact that ice and snow are cold. Did I say there would always be ice and snow? No! I said it would always be a fact that they are cold. It will always be a fact that the sun rises and sets; or if it suits your taste better, that the earth revolves, thus causing the alternation of day and night. Being able to overcome the effect of a thing, does not set the fact of the existence of that thing and its power aside; it only proves that you have overcome the effect by the use of another power. It seems strange to me that these people should make such dunces of themselves, by denying the existence and potency of things, simply because they have learned to overcome them. It vexes one, to read much of the nonsense, that is passed off on the reading public for truth and wisdom. It is a most glorious fact that man can overcome disease by the power of mind. The snows of this winter may not freeze you, but assert as you will, the snow is a cold fact; it is piled up mountains high in many spots, and you cannot talk it out of existence.

Whether you remove the mountain by the power of mind or with a pick and shovel, the mountain is a real thing, very tangible and hard to climb. Christ did not say that there was no such thing as a mountain. He simply said that you could remove it by the power of mind, if you had the wisdom to do so. He never denied the existence of disease, for the mind that could imagine such an unhealthy state, would produce it. Disease in all its forms, represent the imperfection of mankind, and to cure it either with medicines or by power of mind, is only to pare your corns; they will soon appear again. Perfect understanding casteth out all fear, and with it all disease and abnormalities.

But this is enough; to say more, is to wade in to deep water, and our good brothers and sisters cannot swim half as well yet as they imagine they can. It will be better for them to stop in shallow water for some time yet. Strong food would make them sick, and this might bring them into a sea of trouble.

Frank Reed
Eureka, Cal.

GUIDE POST OF DESTINY.

BY T. J. BROOKS, ATWOOD, TENN.

The marriage of to-day is a prophecy of the future. When you marry you determine the character of your posterity down to the end of time. Before birth the bounds are set beyond which none can go. "Like begets like."

"But does not the fact that children of widely different mental calibre and physical stature spring from the bosom of the same family upset your theory altogether?"

Not at all. As great a duty devolves on parents after marriage in pre-natal culture as devolved on them before marriage in making a selection. It is true that brilliants and dolts have had the same mother and father. So have

men made fine crops and sorry ones on the same land, cultivated the same way and with the same stock and tools. When the seasons suited, the yield was bountiful and when the season went wrong, the crop failed. But a sorry farmer with poor land, indifferent stock and crude tools, is sure to do no good, let the seasons be as they may. Because of some hitch in the physical condition or of some past sin. Parents of ability and culture often loose out in the borning of children, while those of very ordinary ability sometimes hit on the law of genius. A child may turn on an electric light without knowing how or why.

ANOTHER PHASE.

"But you presume to meddle with private affairs; and only very incompetent people need any directing in the line of matrimony; those fit to marry are surely competent to hunt out, select and get the one just suited to them."

Perhaps this would seem true on the surface, but the every day domestic history of the world does not attest it.

Here are a few of the famous men of the ages, eminent in all lines of human endeavor, who made a failure in marrying and were extremely miserable. Aristotle, Socrates, Pitcus, Perlander, Euripides, Confucius, Aristophaner, Boccaccio, Antony, Carlyle, Dante, Milton, Byron. Sted, Lytton, John Wesley, Ruskin, Addison. Dryden, Moiere, Racine, Sterne, Garrick, Bacon, and —!

Consult the divorce court statistics, then look over the register of bachelors, men and women, and then at the pitiful offspring of thousands who marry and live together, and then ask yourself if some better way of selecting life companions is not needed.

To build up the future God shatters the past.

—LYTTON.
When I said I would die a bachelor,
I did not think I should live till
I were married.

—SHAKESPEARE.
Bachelorhood is considered one

of the phases of life. And while all men and maids who have passed their mating day, may be considered as unfortunate, still it may be an evidence of his or her good sense in not choosing when the "choice" was not to be had. They often cultivate their talents and raise themselves above their surroundings, which might not and in many instances could not have been done under our commercialism if they had been married. We have seen many a young man who had a genius, and would have risen in the world, but was blighted by marriage. Grim necessity demanded all of his time to "provide for his own household," and the daily toil and drudgery, worry and anxiety, left it impossible for him to move forward and work out the dreams of his youth, until all hope and lofty ambition died and he was left the "sommnambulist of a vast shattered dream."

His bachelor friend may have seen these things and turned to the intellectual life, or perhaps there is a "vacant chair" in his heart where love once sat enthroned and ruled his kingdom with tender power.

Here are a few of those who "left their footprints on the sands of time," and walked life's pilgrimage alone: Democritus, Diogines, Heraclitus, Anaxagoras, Bian, Epicuras, Pithagoras, Plato, Bentham, T. Lamson, Collins, Gray, Wolsey, Burton, Reynolds, Carracci, Michael Angelo, Aikenside, Pitt, Handel, Hayden, Hampden, Drake, Whittier, Irving, Pope, Fenelon, Paschal, Spencer, Hobbs, Boyle, Leibnitz, Harvey, Adam Smith, Hume, Gibbon, Locke, Newton. The list might be entended with the names of men and women noted and noble, who never married, and as one of them, Miss Francis E. Willard, whose beautiful life made her name sacred, has said, "Because of a memory cherished, an estrangement unexplained, an ideal unrealized, a duty bravely met, go their way

through life alone." They simply did not meet the right one at the right time, in the right way, and that "Some sweet day, by and by" so fondly hoped for for so many days, never came to them.

Notwithstanding all the consolation that can be gathered up for those who have past the budding time of spring, but marched with no one to Hymen's altar, they are out of the universal harmony of things and must perchance meet the wrath of a sin-avenging law.

The courtship of to-day is the guidepost of destiny and the marriage altar reveals the coming race.

A Letter from Germany.

BERLIN, Germany, April 14, 1901.
 PROF. ALLEN HADDOCK—

Dear Friend:—Just two years ago to-day I graduated from your course of Phrenological instruction and had the proud pleasure of receiving a diploma from you, certifying that I was a qualified Phrenologist and capable of occupying a professional position in that science.

Your instruction was eminently practical. I was highly pleased and gratified with your mode of instruction and the appropriate wording of your diploma, which I prized very much then and do now * * * * But you will want to know how phrenology stands here in Germany. It is far below that in America. Most of the people are unaware of its merits or know nothing about the science. Some have never heard of phrenology, while Gall's name is unknown to many. The Americans are ahead of the Germans and I can now understand why Gall and Spurzheim had to leave their own land to promulgate the new but truthful doctrines of phrenology. * * * *

With all my reading and study I think I should have read heads rather poorly if I had not taken the course from you. You made me a phrenologist. * * * I read heads and give satisfaction. A druggist was most sceptical, but I induced him to have a reading from me, and he showed his satisfaction by having me come to his house and read his two little twin boys. In the meantime he had thought up a lot of hard questions

about his own character, which he put to me without mercy, but I answered them all, which I could not have done had you not schooled me well in the science.

I shall return home to San Francisco when I am through with my study of singing. Of course, singing will be my chief profession, but you may be sure I will continue to be a phrenologist and a friend to the science. Its philosophy entitles it to the respect of every thinking person.

My address is * * * I shall be glad to hear from you.

Yours faithfully,

FRANK W. JACOBS, Ph. D.

A Letter From London.

Dear Mr. Haddock: We left gay Paris some time ago for London. The Paris Exhibition grounds are deserted, the buildings are being torn down, including the Eiffel Tower. The exhibition was a success, 18,000,000 tickets were sold. The pleasures of Paris continue as usual. I saw Sarah Bernhart for 20 cents, which is cheaper than her American prices. The play "L'Aiglon" is very pleasing to Frenchmen, since it presents Napoleon and his glamor of past Triumphs. It appeals to the militarism of the French. But their hope for the future must in a measure be fed by an increased French population.

The wiseheads (?) have increased taxation, making the taxes light to those "daddys" having the most children. The French people are decreasing in numbers.

I took a parting look at their sculptures, illustrating the amorous nature of the French. I have seen many pictures, some of love, innocent and otherwise, very much otherwise—lust.

My wife joins in sending you best wishes for your health and prosperity. Write soon giving us some news about dear 'Frisco. We greatly enjoy HUMAN NATURE. Yours sincerely,

H. D. WATSON.

[Mr. Watson in the San Francisco gentleman who recognized us on the "Street of Nations" and entertained us at his home during our visit to the Paris Exhibition last fall. He is now at the Buffalo Exhibition.]

STUDY THE BOY.

THE S. F. STAR.

One defect in our system of education is this—that while a boy has to study many books and recite from them, no one studies the boy and directs him by what he finds from that study. Hence the numberless mistaken vocations. The ambitious father and loving mother want their son educated for one of the learned professions. That is why we see so many lawyers who ought to be ploughing corn, so many good mechanics spoiled to make poor doctors, and so many sticks of preachers who might have made good tailors. In this time of great industrial development, the young man who knows the properties and proportions of things and who knows how to apply scientific knowledge in laying out and directing great works is on his feet wherever in the world he may be. He is the true captain of industry, and differs from our spurious captains of industry who steal the brains of abler men to keep up ill-gotten wealth. Study, then the inclination and the natural bent of the boy; head him in the right direction, and the world will show far less of failures in life than now we see.

TO CURE SLEEPLESSNESS.—
 Take a linen handkerchief or bandage, wet and tie same on the left ankle and cover with a silk handkerchief, then retire lying on the right side, and concentrating your thought upon the breath, watching its inflow and outflow. If you awaken during the night and find you cannot sleep, breathe through the left nostril, closing the right, and lying on the left side.

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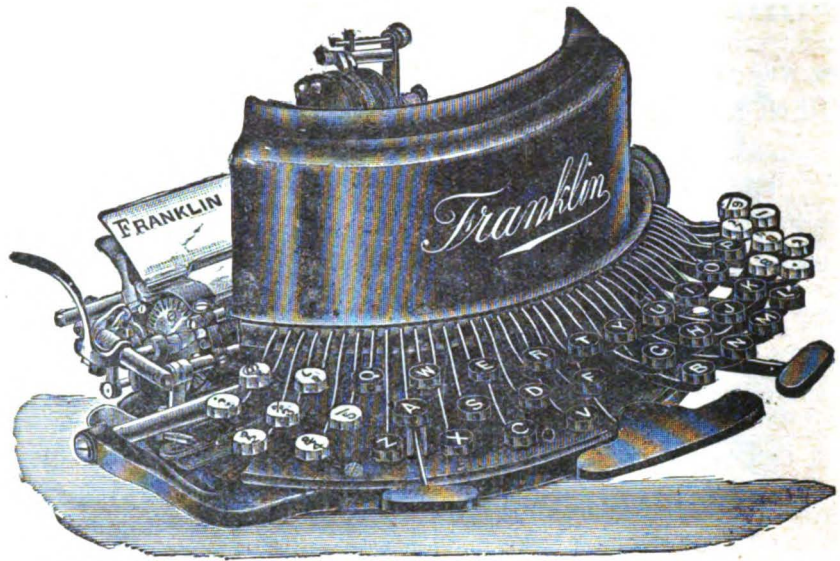
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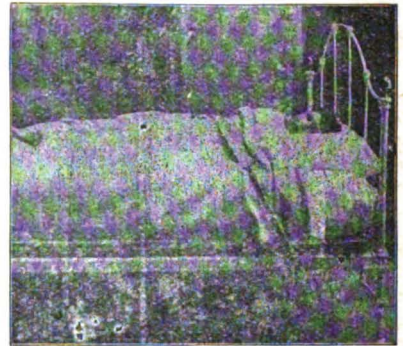
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Monday

AND

Thursday

THE

California

Limited

ON

Santa Fe

This Great Train runs but twice per week during the summer.

Leaving at 9 a.m. it arrives in Chicago at 2.15 pm on Thursdays and Sundays.

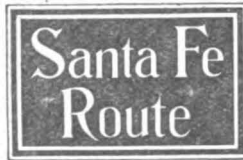
Its high standard of service is fully maintained.

Santa Fe Trains.

Leave Market street Ferry Depot

	Local Daily	Limited	Ovrl'd Daily	Local Daily
Lv San Francisco	7.20 a	9.00 a	8.00 p	4.20 p
Ar at Stockton	10.18 a	11.45 a	11.10 p	7.18 p
" Merced	12.22 a	1.17 p	1.19 a	9.11 p
" Fresno	2.05 p	2.35 p	3.05 a	10.50 p
" Hanford	3.12 p	3.27 p	7.08 a	
" Visalia	3.40 p		4.48 a	
" Bakersfield	6.15 p	5.20 p	7.30 a	
" Kansas City		2.40 p	7.30 a	
" Chicago		2.15 p	9.09 p	

a for morning, p for afternoon.
 *9 a.m. train is the California limited, leaving Monday and Thursday only, carrying Palace Sleeping Cars and Dining Cars through to Chicago. Chair Cars run to Bakersfield for accommodation of local first-class passengers. No second-class tickets are honored on this train. Corresponding train arrives at 5.55 p.m. Tuesday and Friday.
 4.20 p.m. is Stockton and Fresno local. Corresponding train arrives at 12.30 p.m. daily.
 8.00 p.m. is the Overland Express, with through Palace end Tourist Sleeper, which cuts out at Fresno. Corresponding train arrives at 5.55 p.m. daily.
 7.20 a.m. is Bakersfield Local, stopping at all points in San Joaquin Valley. Corresponding train arrives at 8.40 a.m. daily.



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A PHRENOLOGICAL EXAMINATION

MADE BY

Prof. Allen Haddock

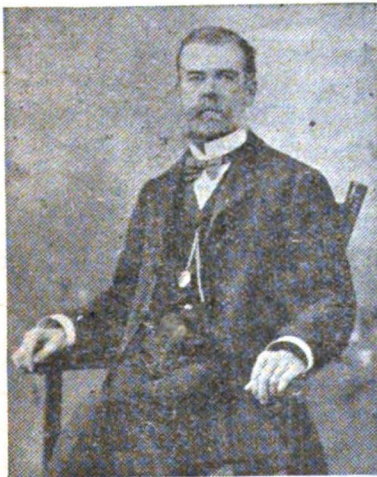


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