

Human Nature

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MIRTH vs. MELANCHOLY OR A CURE for the BLUES.



THE LAUGHER.



THE GROWLER.

The most interesting study in the world is the mental functions of the brain, especially in relation to the effect on the face, as revealed by expression.

Last month we gave illustrations of Secretiveness and Spirituality or Faith; how the former closed the eyes and the latter opened them.

In this number we indicate how the organ of Mirthfulness act on the facial muscles by turning up the corners of the mouth and facial muscles generally.

See this round-faced, jolly-looking man, with large Mirthfulness located

at the outward upper forehead. You can press this button by relating a funny story or playing a practical joke, when he will turn the corners of his mouth upward and laugh heartily he! he! ha! ha!

The relation of a sober narrative, an act of greed, pride, piety or revenge would have the contrary effect on the face.

Now look at the growler, see how narrow is the forehead at Mirthfulness; he fails to see the point of a joke or appreciate anything of a humorous nature, and thinks it silly to laugh, it is to him evidence of friv-

olity or a feeble and childish mind.

His brain organ of Hope is small; he is a pessimist, devoid of a ray of sunshine in his life and he courts the dark side of everything.

The facial muscles, like his spirit are depressed, the corners of his mouth turn downward; he is a melancholy man, and Cautiousness is excessively developed and active, turning down the end of his nose. His face is as long as a fiddle, and he is never happy unless miserable!

He takes delight in growling and finding fault; the more he growls the more he wants to growl, until his

face becomes a vinegar plant; for bad as well as good habits or disposition are registered on the face. That is why a good man *looks* like a good man and a bad man's face is unpleasant to look upon.

Growling disturbs digestion, poisons the blood, produces irritability, nervousness and the blues. Nobody cares for the company of such a person and he goes down to a premature grave unhonored and unwept.

A CURE FOR THE BLUES.

Just a year ago a lady came into our office with a very disconsolate look; she came for consolation and advice; her face wore a sorrowful expression, she was "down at the mouth," as the saying goes; her husband was a drunkard.

Knowing the power of the reflex action of all parts of the body on the brain, we advised her to assume the smiling attitude six times a day a few minutes at a time.

She did it until she acquired the laughing habit. When her husband came home drunk she would laugh; when he came home sober she laughed; she laughed at her meals and laughed when she had no meals to eat; she began to see rays of light and sunshine in the house. Her husband became infected with the laughing habit. He laughed himself sober and they both laugh now because he drinks no more; he finds his home a veritable home, with a smiling wife, and now there is joy, peace and happiness in that home, and the lady declares the Phrenological examination and advice we gave her has been her husband's and her own salvation.

Reader, try this experiment; assume the smiling attitude; the corners of your mouth will turn upward; the reflex action of these muscles will press the psychic button of Mirthfulness and your smile will develop into a laugh.

Keep it up every day. Laughter starts obstructions and removes the impediments to the blood, improves digestion and will lift you out of the slough of despond.

The remedy is scientific, it is—

Phrenological. We charge nothing for this discovery, it ought to be introduced into every home, it costs nothing, but the prescription will knock out the blues.

Our Evening Class

Will commence Thursday, Feb. 13th, at 8 p. m.

Students intending to join are kindly invited to come first night.

Terms for the 20 lessons are very moderate.

Our private and class students enjoy occasional Sunday outings.

In October we visited San Quentin prison; in December the City Almshouse. Last month we visited the Institute for the Blind at Berkeley and the Boys' Assembly at Alameda for the study of human nature.

Lectures and personal examinations are given at the class each evening, and pupils are taught how to read character.

As to Subscriptions.

Subscriptions due January 1st, if unrenewed this month, will not be taken up. We have never carried any dead weight only by request.

It is our experience that publishers who have done so have succumbed to the load. We have always considered it as unjust to subscribers, as well as ourself, to continue sending this paper after expiration, then send in a bill for collection, as many publishers do. Subscribers failing to renew need not be offended if we drop them like hot bricks.

Nature is Our Authority for Truth.

We have lost all respect for so-called "authorities." The world has been relying on "authorities" for a thousand years and kept in ignorance thereby. There is only one authority, that is Nature herself, and *you* are the best interpreter, at least the only interpreter to satisfy your own organization, so think for yourself, let no one think for you, go to Nature for your authority.

A Cure for Sleeplessness.

Insomnia is the terror of many men, who would "give their eyes" to be free from it. In his book, "Heads, and How to Read Them," Prof. S. E. O'Dell of London, proposes a cure for sleeplessness:

Take a card about the size of a sheet of foolscap and obtain a bottle of luminous paint. Write with the paint upon the card the words, Sleep, Sleep, Sleep large and clear. Place this card in the daytime where the light will get at it, and at night time in such a position on the wall or on a screen that you will have to lift up your eyes in order to look at it while you are lying in your easiest position on the bed—that is to say, the position in which you generally go to sleep. As you see the illuminated words repeat them to yourself in a monotonous manner. As the eyelids become tired let them close. You will not in most cases repeat the words very often before sleep brings on forgetfulness.

This is a simple case of auto-suggestion or self hypnotism; a withdrawal of the blood from the brain. If, when one went to bed he would stop thinking, sleep would follow, providing the body is freed from pain.

Denounced, Then Embraced.

Medical men denounced Mesmer in his day as a charlatan and dubbed mesmerism as a humbug.

To-day they recognize its merits as a science, have adopted it as their own child and completely ignored its father by rechristening the child "Hypno."

The medical fraternity for the last 60 years have placed Gall in the same category as Mesmer, denouncing him and the science he founded in the severest terms.

To-day they are recognizing Phrenology as the science of the mind.

Will, they claim it now as their own child? Will, they ignore Gall and his disciples, the Phrenologists? Perhaps they will. Wait and see.

Observe and think for yourself.

Why the Temperaments Should Be Better Understood.

SECOND ARTICLE.

In order to know how these temperaments can be modified, it is necessary to keep in mind that life and mind are primary, and that every thought, feeling, desire, aspiration and action are seeds sown into the soil called life, and that none of these seeds ever die, but that all grow and bear fruit, each after its own kind. Self-control then—control of thought, desire, feeling and action—is the key to change of temperament. And when we think that temperament is the real source of our actions while environment is but the source of our opportunities, we can see the vast importance of knowing temperaments and how to change them.

If you wish to know how any individual will act under any kind of external circumstances whatever, you must study that person himself, with all the peculiarities of his make-up. Now, all this applies just as necessarily to disease as to health, determining not only the symptoms that shall manifest the diseased condition in each individual, but determining what that disease shall be, also. It is absolutely impossible to make two people of radically different temperament sick alike, or to make them act alike when they are sick. Again, it is just as impossible to make these two people react alike to any given method of treatment whatever.

If one wishes to relieve them both and to do so understandingly, he must reckon with their make-up, their machinery, their temperaments. It will always be a hap-hazard hit or miss treatment as long as the endeavor is made to run these two in a common mould and to make them act or react alike. It is to call attention to this fact that I am writing this article. In order to illustrate what I mean, I am going to give you a case that came under my observation.

A was a young physician living temporarily in Minneapolis. Eating

at the same table with him was an attorney and wife. They were both of the decidedly Mental Temperament, with Motive and Vital temperaments below the average. They had a child which was, of course, still more highly Mental in temperament than either of the parents. It was a great favorite of Dr. A, who only knew it as he met it at the table, and had only the same passing acquaintance with the parents. The child was taken sick with a bowel trouble. Dr. B was called in. He was a physician of good reputation and wide experience. And so far as knowledge of technique was concerned, had forgotten more than Dr. A had yet learned, but he was ignorant of temperament as the real law governing our every action in both health and disease.

All his diagnosis, prognosis and treatment would be based on universal principles and extrinsic conditions, but, as we have seen, the child would not fulfill any account that was deduced from general rules.

General rules are valuable only as uniting our experience into a unity. They are never safe if we endeavor to spell out our course of procedure in some special case; hence, when Dr. B examined the child he assured them that there was no danger, that the trouble was but slight and would soon pass away.

The parents at the table the next morning told Dr. A of the case and asked him what he thought. He said to them, "There is no such thing as a bowel trouble that is free from danger in a child like yours." He told them the danger was always from convulsions, from which a temperament such as that was always likely to die. They were told that the circulation to the brain should be carefully watched. Dr. B, on the other hand, insisted that there was no danger and that all would soon be well. It was treated by means of the ordinary remedies such as would be used in a normal, well-balanced temperament, no precautions as to cerebral congestion being taken.

The next morning the father re-

ported to Dr. A that his prediction had proven correct, and that the child was dead and had died of convulsions. The difference between Dr. A. and Dr. B was that A knew the law governing the human body in health and disease, while B was well informed in all other respects, but did not know this. The fact is, that a physician may be well informed as to the anatomy and physiology of the body as looked at from the ordinary physician's view point, and yet know absolutely nothing of temperament as I am now using the term.

But, if we could all be made to understand the fact that in a knowledge of the temperaments we could find the real cause of a vast majority of the diseases that we meet in every day practice, and also have the road to a successful practice pointed out to us, we would be more ready to wade through the unnecessary sloughs of words to get to the soul of truth to be found. It would keep us from making some of the ridiculous mistakes so often made in our attempts to relieve some of these unbalanced temperamental conditions by means that often prove not only not effective, but actually injurious.

I shall give a few cases next month to illustrate the need of this knowledge.

(To be Continued.)

S. F. MEACHAM, M. D.

St. Ann's building, 6 Eddy street, San Francisco.

At Your Home.

Prof. Haddock is open for engagement any evening except Thursday and Sunday evenings. A short lecture and Phrenological examinations given. Fee moderate.

Parents, managers of clubs and parties will do well to avail themselves of this opportunity.

Office examinations 9 a. m. to 5.30 p. m. daily. Evening by appointment only.

We cannot make truth, we can discern it. Some, however, do not discern truth for themselves, but let others do their thinking.

Flesh-Meat Diet a Snare.

BY C. P. HOLT.

"Der Mensch ist was er isst."
Man is what he eats.

German Proverb.

I have read in the January number of HUMAN NATURE what Sophie Leppel wrote about "Vegetarianism" being "A Delusion," and I do not agree with her views there expressed, for reasons which I purpose giving in this article, and then I will have done with the subject. I decline being pitted in the arena as a mental pugilist. I am not writing for "fun" nor for money; the former is scarce, and of the latter I get not a nickle. I have no books on diet, advice on diet, recipes on diet, nor sawdust pudding for sale. I am after the "truth," that's all.

The subject of vegetarianism was discussed to rags in Greece 500 years before the first Christmas, and such men as Hesoid, Pythagoras, Plato, Socrates and others, knocked the props from under the flesh eaters' platform so effectually that since that day there has been no argument. Flesh-eaters do not argue—they just gorge.

In the palmy days of the Roman Empire the nabobs had "vomitariums" at the end of their dining tables; their modern successors need the same contrivance, in default of which they take drugs, and advice on how to eat dead animals, for beauty and complexion.

There are only a few vegetarians in Christian lands to-day, but the woods are full of mixed-food-flesh eaters, nearly all of whom are living at a poor dying rate, supporting an immense army of drug doctors and undertakers. It is not the vegetarians who keep the drug doctors in tobacco money; it is the mixed-flesh-eaters that make it lively in drug stores and keep the grave-digger's spade from rusting.

As an offset to Lady Leppel's five years' vegetarian experience I modestly introduce the following testimony. I am on speaking terms with

a white man whose size, age, complexion, color of hair and eyes, and the number and kind of letters which spell his name exactly tally with my own. Well, one day ten years ago, this white man resolved to quit making his stomach a tomb for dead animals, and to this date he has lived consistently to that resolve. During these ten years his health has been superb; notwithstanding that during this time he was for several years employed at hard mental labor in a large city, and then went "prospecting" for gold, and traversed the Mojave and Colorado deserts beneath a fire sun.

During this trip he lived exclusively on dried and canned fruit and nuts and grain products. His two companions who ate hog and pome, collapsed beneath the sun's rays, but our vegetarian came out of the fire, sandy furnace like the three Hebrew children.

After this trip our vegetarian went to Alaska and "mushed it" upon beach, and over tundra, still on his diet of dried and canned fruit and vegetables and grain products and nuts. Here he had four partners, whose diet consisted of bacon, corned beef, and such trash; they each and all had a turn of illness, while our consistent vegetarian, with the exception of one slight snow storm coughing experience, weathered the gale, and came home fatter and stronger than when he went away.

Thirty-three years from this A. D. 1902, this white man of whom I write will have become a centenarian vegetarian. Notwithstanding his immature years, and monkey feed, he expresses himself willing this afternoon, to bet a bushel of ripe apples that he can run faster, jump higher, dive deeper and come up dryer than any mixed food-flesh-eater on the campus. He performs some such tricks every day, and yet he is only a baby to a long row of vegetarian athletes whom I know, and of whom I have read. That walking match in Germany recently, when seven vegetarians outwalked all their flesh-eating compet-

itors, was only one out of many such victories of vegetarians over flesh-eaters.

Accepting Sophie Leppel's challenge; I refer her to her great-great grandfather Adam, on her mother's side, who superintended the Eden ranch, until his wife and the snake inveigled him into eating apples from a tree which the proprietor of the plantation had reserved for his own use; this of course ended the contract, and grandfather had to "vamosé" the ranch. However, it is to be noted that while he staid in the garden he was a "consistent" vegetarian.

There was no butchering done in Eden. Dr. Bellows and Sophie Leppel are descendants of their grandfather Adam, and notwithstanding their recent carnivorous diet, they are talented, and tolerably good looking. Then there was my own great-great grandfather Pithecanthropus Erectus (sometimes called "the missing link") whose remains were discovered in Java A. D. 1894. Now, grandfather Pithecanthropus Erectus was a very strict vegetarian and almost all his descendants are as smart as whips, and a great deal handsomer than their grandfather.

The ancient Spartans were vegetarians, and a braver and more perfectly formed people history does not record. In Sparta, grandfather after grandfather, had grandchild after grandchild, all vegetarians, and as great and as strong as their ancestors.

Athens produced generation after generation of such men as Pythagoras, Plato and Socrates. Look at India, with its wonderful temples, its silks, its spiritual culture and its thousand years of vegetarian goodness. Then look upon the blood thirsty flesh-eating Tartars, and upon the squat, carnivorous Esquimaux. The idea that goodness, greatness and beauty evolves from gore-stained ancestors is worthy of a mixed-food-flesh-eater.

"Der Mensch ist was er isst."

Man is not by nature carnivorous, he is not built upon the carnivorous plan. Darwin, Huxley, Tyndall, Spencer and Haeckel have demon-

strated that man has descended from the anthropoid ape, and comparative anatomy shows the human body to be constructed upon the same principle as the anthropoid ape. This being an undisputed fact, coupled with the other fact that the anthropoid ape is a strict vegetarian, proves man's natural diet to be vegetarian, and in no way carnivorous. The hog is omnivorous, a mixed feeder, so is the rat. Is man a hog, or a rat? Better that he were a monkey.

The space at my disposal in HUMAN NATURE is too limited to more than play the guide board and point the way. I refer the inquirer to the literature upon this subject, obtainable of The Vegetarian Society of America, number 1023 Foulkrod street, Station F, Philadelphia, Penna. I have no pecuniary interest in giving this address; my only object is to further right living among the people of the world. Flesh-eating is a snare, in that it is bloody, filthy, and disease engendering. It also is cruel. I firmly believe that if it were possible for every human being in the world today to abandon flesh-eating forever, the world would be revolutionized in the banishment of disease and crime. Abolish the slaughter house, and with it goes human slaughter, whether in war or in private murder. The smell and taste of blood enrages a carnivorous animal, and also crazes an herbivorous animal. The eating of flesh stimulates the passions of both animals and human beings and breeds disease. The Christian missionary who kills and eats a chicken, horrifies the Hindu he would convert. The temperance reformer who eats flesh defeats his own ends; the saloon thrives upon the butcher shop. The convicts in our prisons are fed upon bloody flesh, and commit bloody crimes. The inmates of our insane asylums are banqueted upon flesh, and then rave. The bottom plank of all reform is vegetarianism. "Man is what he eats." — Flesh-meat diet is a snare.

Don't rely on so-called "authority," be your own authority; be original and your brain will grow.

A Mail Students' Success.

One of our mail students is meeting with success in the Northwest. We gather this much from the "Advocate," Elkhorn, Manitoba.

"Henry Ward Richardson, L.L. D., D.S.T., D.P., left on Sunday morning east bound, after spending a few weeks in town. The doctor made a great many Phrenological examinations while here, and his public meeting and address on "Mental or Soul Life, or the causes which produce the different forms of heads and how to read them," was largely attended. After enquiries, we are informed that the examinations proved the doctor to be thoroughly acquainted with his work, commanding a mastery over the subject of Phrenology which was surprising. He visited the Indian school, and addressed the children, giving great satisfaction to the staff and pupils."

Our mail course of lessons reach students who cannot come to the office. They teach how to read character.

Our Brains Shape Our Bodies.

On the 20th of January the San Francisco Examiner contained an excellent editorial on the above subject, which goes to show that Phrenologists, through their writings, are having a remarkable influence on other minds. To Phrenology alone is the world indebted for the revelation and promulgation of this scientific fact that our Brains not only shape our bodies but indicate the bent of our minds.

HUMAN NATURE (*San Francisco*) is up to its usual smartness. It is bright, crisp, and readable. Every paragraph is to the point. The main subject dealt with is "Child Study," and the opinions of a number of leading persons on this subject are given. Apparently the local university proposes a new educational scheme, and the Phrenologists, led by Editor Allen Haddock, intend to have something to say about its adoption without previously recognizing phrenological truths. May the right prevail. —*London Popular Phrenologist.*

Skull and the Lessons It Teaches.

BY H. M. ROACHE.

What particularly interested me in Phrenology at first was this: A San Francisco physician offered Prof. Haddock a skull if he could read the character of the deceased. The professor told the doctor the skull was that of a woman, and gave him in detail her character, which simply amazed the physician, who knew of her in life, and said the woman's own friends could not have described her character more correctly. She was a noted prostitute, and at the head of a large bagnio here in 'Frisco. Professor Haddock pointed out to me how thin the skull was over parts where Phrenology locates certain faculties and thick over others. In those parts where we locate Amativeness, Parental love, Secretiveness, Alimentiveness, Tune and Weight, the skull is thin as paper, while the moral — unused moral faculties, there was thick heavy bone. This made me examine other skulls, and I found they differed in thickness over different parts. A noted saloonkeeper who had been satisfying his appetite for years had a skull as thin as paper over "appetite," and was killed by a very light blow over that region, while a noted murderer had a skull equally as thin over Destructiveness, etc.

A practical Phrenologist places his hands on a person's head and asks him to speak. In a moment he knows by the vibration on the skull what parts of the brain are most *active* or which parts of the skull are thinner than the other parts.

Prof. Haddock assures me that these vibrations differ greatly in persons according to the temperment.

The tone of the voice is a strong indication of character. One with a heavy, base brain and low, moral faculties, will possess a strong and harsh voice; whereas, another with a weak base brain, with a prominent tophead, will have a softer voice.

If physicians would study the skull in relation to character, they would become amazed at the revelations, but a study of the *living* man is even still more interesting and instructive.

OUR EUROPEAN TRIP

CHAPTER XVI.

Bateley, Our Old Homestead No. 1



BATLEY PARISH CHURCH.

Who, that in distant lands has chanc'd
to roam,
Ne'er thrilled with pleasure at the name
of Home? —*Watson.*

How dear to my heart are the scene of
my childhood
When fond recollection recalls them to
view:—

The orchard, the meadow, the deep tan-
gled wildwood,
And every loved spot which my in-
fancy knew. —*Woodworth.*

Batley, our former Home—Home,
what a theme for a writer. A patriot
thinks his old town is the central sun
of the universe; it is the scene of his
early joys and sorrows, and who is
without in this vale of tears?

The fifteen previous chapters de-
scribed other scenes, but Batley was
our rendezvous. Home strikes a
chord in the heart that shall rever-
bate from the land of the rising sun
in the east to its downward path in
the Golden West. So let us begin
with

ANCIENT BATLEY.

Batley has a history that began a
thousand years ago, in Saxon times,
when it was a village of one hun-
dred souls.

It is mentioned in Domesday
Book.

"Batleid possesses two quarantines
of land and two ploughs to be
taxed."

Ilbert, the historian says, "There
"are a presbyter, a church and two
"acres of meadow, wood pasture,
"two quarantines long and three

"broad, value in King Edward's
time, 20 shillings; now the same."

The present church, represented
on this page, is a fine and interesting
structure, erected in the reign of
Henry VI.

This was long before the Protes-
tant reformation begun by Luther in
Germany. These ancient English
churches formerly were Roman
Catholic places of worship, hand-
somerly and strongly built, with beau-
tiful embattled towers

"Church Towers," says Fasbroke,
were "Parochial Fortresses." Their
projecting battlements were design-
ed for purposes of defense in time of
warfare, before gunpowder and can-
non were common, and before the
science of engineering was known.

The oldest grave-stones in this
church are inscribed in Latin, and in-
teresting to antiquarians.

One of more recent date (1671)
is very amusing, and more likely to
bring smiles than tears, if true. It
illustrates a reversion of nature,
where a man gave birth to eight chil-
dren.

"Here lieth

Anthony Foxcroft, of Purlwelle,
Batley, who died 7th day of April,
1617,

*Having had by Anne, his wife,
one son and seven daughters."*

The Italics are ours, but the man
who wrote the inscription did not
know the meaning of his own words.

Some of the records in the vestries
of these ancient churches are as cur-
ious as the gravestones.

Here is an example of an old bill
for repairs:

From the record office of Win-
chester Cathedral, 1182: "To sol-
derring and repairing St. Joseph, 8d.
To cleaning and ornamenting the
Holy Ghost, 6d. To repairing the
Virgin Mary and cleaning the child,
4s, 6d. To screwing a nose on the
Devil, putting hair on his head and
placing a new joint on his tail, 5s, 6d.
Total, 11s, 2d.

The Protestant reformation abol-
ished the worship of images in the
reign of Henry VIII, but not all

Romish practices, for the English
church to-day is stirred to its depths
by Roman and Protestant adher-
ents.

On the north of the chancel of Bat-
ley church are two recumbent figures
in stone, cut life size. They are
within the chapel belonging to How-
ley Hall. Ancient Howley Hall, now
in ruins, was the seat of Lord Saville
in the reign of James I and Charles I,
to whom he was Council of State.

In this chapel is a long brass in-
scription to his memory. We copy it
here to illustrate the method of be-
spattering the dead by praise in the
16th and 17th centuries.

It is sorry turgid stuff Dr. Whit-
taker, the Yorkshire historian, terms
it a "Vaunting Epitath."

"What sacred ashes this sad tomb con-
tains;
In this lone grave what glorious remains.
His deeds and fame could once our world
surprise;
Now! in his narrow cell, lo! here he lies!

Here lies a peer of great renown,
A spirit none but death could e'er bring
down;
The title shows his name—his name is
glory;
Read but Old John Lord Saville,—'tis
his story.

Great Pompey once, with one step on the
ground,
Vaunted he could command all Latium
round:—
How far this name commanded and made
known.—
Old York will witness to the age to come.

Then rest, great Saville, since thy scene
is done,
In death resign—while living would'st
to none;
Here rest,—thou hast been glorious in
thy days,
There can no more be said of Cæsar's
praise."

Contrast this doggerel with the
simple epitath of a Gladstone or a
Dickens, and Lord Saville sinks into
insignificance.

Deeds, not men, shall live.

HUMAN NATURE is a welcome
visitor to our office and should be
subscribed to by every student of
Phrenology.—*Phrenological Journal*

The Biological Source of Power.

ETHNOGRAPHIC AND SOCIAL LINES
OF STRENGTH AND WEAKNESS.

BY T. J. BROOKS.

PART II.

If the question arise, Who is to do the rough, hard disagreeable work if the rough, low caste citizen is to be gradually eliminated? the answer lay in the fact that one need not be uneasy about a too rapid elimination. Of course, humanity even among the most progressive races and the advent of labor performing machinery, can be made to do most all unpleasant and soul-crushing, physically exhausting labor. Do away with the parasites and the need for long, continuous, drudging toil will not exist. If all unnecessary occupations were abolished, and all useless parasites put to their duty, no one need work so hard as to dwarf themselves, as many do at present. Under the present regime many a "man with the hoe" toils without hope who would bear a finer polish than the one for whom he works if the opportunity was given.

Because of climatic and other environments, there are certain portions of the earth adapted to certain races. The Norwegian would do no good in the Philippines. The Malay would not last long in Greenland. The negro is adapted to the tropics and semi-tropics, the Chinese and Turks to semi-tropics. The Caucasian is most nearly at home in the northern belt of the north temperate zone, but can come nearly adapting itself to different climates than any other race. However, he does not thrive in the arctic or intensely tropical regions.

The Aryan branch of the human race stands at the head of the genus homo in everything that distinguishes man from the lower creation. It has done so for three thousand years. If, as evidence seems to point, India was the easternmost limit instead of the source of Aryan migration, its source

of strength lay north of the Mediterranean. At various times in the past it spread by migration and conquest over an immense territory, only to be eliminated from the larger part, after a period of splendid activity, by unfavorable selection, partly from climatic, partly from sociological, partly from biological conditions.

The happy combination of traits present in the Aryan, due to fortunate selection in the past, may be lost through the infiltration of baser elements from inferior races and types. This has already happened to the southern European stock.

It has seen "better days." It made Greece and Rome—and may we not say Carthage, Troy and Egypt—but in doing so it absorbed the inferior cults whom it conquered, and assimilated with all peoples, gorging an inferiority and debauched to its ruin. Then we find Greeks and Italians, including all Mediterranean and Alpine stocks, much below this ancient standard and the Persians and Hinds, representing the eastern branch, even lower, far lower in the scale of human standard of life, while the Nordics, or north Europeans, who are now generally included under the term Anglo-Saxon, but who are more properly speaking Teutons and Celts, lead in the various activities which develop and advance the power prestige and force of human kind. The white population of the United States, Canada, Australia, etc., are mainly of this stock and show constructiveness, profundity and brilliancy unequalled in the annals of time. This branch of man shows every variety of ability yet exemplified in the any, changing from the abject fool to the most profound intellectual giants.

Italy, Austria and Russia sent 300,000 immigrants to this country in 1900. And they did not send their best citizens either. The Chinese exclusion treaty goes in 1902, and if not re-enacted, what with hordes of Celestials pouring in on us from that great human incubator Chinese; and with 8,000,000 Malays just added,

and with as many Ethiopes scattered right here in our midst, with a few Indians, and with Europe emptying her refuse spawn, human sewers, including nihilists and anarchists, as it were, upon our shores, with all their heterogeneous mass of inferior humanity, coupled with the mediocrity which we have with us already, we shall soon be a mongrel mass of incompetents serving a few capitalists as implicitly as ever did serf obey their feudal lords.

The Teuto-Celtic race had better be conserving its energies to battle against the dark peril of inferior peoples than exhausting itself in conflicts between its own nations.

We should hold aloof from all forms of amalgamation with inferior races and strengthen our own by the adoption of the biological for the pecuniary view of success. The glory will be to those who do and to their descendants. In the School of Scientific Courtship will be found the Eden of the new race.

Consumptives, and all with a tendency to weak lungs and small chest capacity, will find in Health Culture for January a very practical and valuable paper on Hygienic Home Treatment by Dr. Felix L. Oswald, and How to Enlarge the Chest, by Dr. W. R. C. Latson, very fully illustrated. In The Philosophy of Eating, Dr. S. W. Dodds considers food and stimulants Household Hygiene, as taken up by Dr. Ellen Goddell Smith, and the Hygiene of Childhood, by Dr. Emma E. Walker. Answers to Correspondents deals in a practical way with the inquiries on subjects relating to personal health and hygiene, made by the readers of this magazine, which ought to have a wide circulation. Price, 10 cents a copy, or \$1 a year. Health Culture Co., 483 Fifth ave., New York, or this office.

Science is rarely complimentary. Phrenology shows clearly some why men with large brains are fools, while others with small heads are intelligent, capable and wise.

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SAN FRANCISCO, FEBRUARY, 1902.

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.

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We hope our friends will remember that all money orders, American or International, must be drawn on the Postoffice at San Francisco, Cal., or through an Express Company, and made payable to Allen Haddock at 1020 Market street. Bank checks not accepted. Two shillings in British stamps received as one year's subscription, or 50 cents for United States and Canada.

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If your paper misses delivery or you have removed, please acquaint us with the fact. If it stops because you failed to renew your subscription, don't sulk, but write to this office requesting its continuance and our mailing clerk will attend to the matter. Be sure, however, to inclose the amount of subscription so that HUMAN NATURE can wear a pleasant smile.

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To discourage *slow renewals* and carrying old stock, we charge 10 cents each for back numbers.

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The Phrenological Annual For 1902.

We ordered a large consignment of this year's Annual from London, but the books have not yet arrived. We expect them every day now, when we will fill all orders.

It is said to be a remarkable production this year; some of the best writers in America and England contributing to its columns.

It is essentially an American-English production. Every student of human nature will need a copy in order to see the latest gems of this ever fascinating science.

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Notice.

Just before going to press, we received a long and interesting letter from our old and valued correspondent, Mr. John F. Bernard, now in Dawson City, Alaska.

Mr. B. has been quite fortunate, is healthy and in good spirits, and will resume his interesting articles, beginning probably with our April number.

Space Limit.

Hereafter no contributed article must occupy more than one page of this paper, or 900 words. Less space and fewer words the better. All our articles must be *multum in parvo* (much in little), for "Brevity is the soul of wit."

It would fill our pages to publish all the commendations this paper receives, but the following is a fair example:

Prof. C. F. Sprague writes: "The January HUMAN NATURE is up to its usual good standard, practical, pointed and progressive."

Read Dr. Meacham's article on "The Temperaments," and you will realize how important it is that medical men shall understand Phrenology. We should be careful to trust our lives into the hands of such doctors as referred to by Dr. Meacham. They are dangerous.

Sophie Leppel's pamphlets, "Sexuality and Vitality," "Missing Link, In Dietetics," "Nut and Fruit Dietary for Brain Workers" "Dietetic Way to Health and Beauty" are selling well. We will mail the whole bunch for 25 cents from this office.

We have just graduated Prof. Clarence Walter Cox of the World's College of Therapeutics, Fargo, N. Dakota. He has been a most earnest, attentive student, and has returned home rich in knowledge of the wonderful science of Phrenology.

Phoebe Hart says: "Man lives in God as the fish live in the sea; yet even as the fish know little or nothing of the sea, man knows but little of God, though he may know enough for it to be of great use to himself."

Sophie Leppel of London will deal with the *Diet Question* next month. Also an article from another pen will appear on "A Mixed Diet Best for the Caucasian, the Conqueror."

We have articles in hand that have been crowded out for months that will appear in due time.

PHYSICAL CULTURE.

BY J. P. BEAN.

How to Eat.

The subject of diet is and ever has been an important one. In answer to the great universal question "what shall I eat," there has been innumerable bills of fare, "health foods" and diets advised by those who were supposed to know or thought they knew. The results have been almost as various as the "diets" prescribed. As a matter of fact, barring a few manifestly unhealthy articles of food, it is less a matter of what we eat than how we eat it. Food with only moderately nourishing qualities will, if properly eaten, impart more strength to the system than the best food improperly eaten. The philosophy is this. If the food is imperfectly masticated and hastily swallowed the salivary glands and the stomach have not time to secrete sufficient digestive fluid, and consequently only a part of the food is digested, the remainder forming a yeasty, fermenting, semi-putrid mass, by which the bowels are so distended that they cannot perform their duty of propelling the waste matter along, and flatulence, constipation and all their attendant evils result. More than this, the food which is not digested, imparts no nourishment to the system, and therefore the man may be really half starved, though he eat more than enough to supply the wants of his system. The ravenous hunger often felt by dyspeptics is an illustration of this. It is not how much a man eats, but what he digests and assimilates that counts. As soon as the system begins to get clogged up, tongue coated, liver torpid, bowels costive, etc., it is a good plan to quit eating altogether until these symptoms disappear. If your stomach and other digestive organs are not in a proper state to digest and assimilate food don't force it upon them. As soon as they are ready they will let you know through the appetite. And when you

do eat don't shovel the food down as a fireman puts coal into a furnace. Remember that digestion really begins at the teeth, and if they do not do their duty the other digestive organs cannot do theirs. Another thing, *never eat when you are worried or angry.* Food taken into the stomach at such times poisons instead of nourishing the system. If you eat a great deal you must take a correspondingly large amount of exercise to work it off, or bad results are sure to follow sooner or later.

BREATHING EXERCISE.

A good breathing exercise should be the initial movement in any system of calisthenics or health exercises. All the blood in the body passes through the lungs about every minute, or at the most a minute and a half. Therefore, if you fully inflate and then expel as much air as you can from the lungs ten or twelve times a minute for about four minutes you have forced a large amount of extra oxygen into the blood and thoroughly opened up all the small cells and air passages of the lungs and also carried off a large amount of carbonic acid, which is one of the products of the combustion of carbon in the system by which the heat of the body is kept up. Thus it will be seen that the vigorous action of the lungs has much to do with the building up of tissue as well as eliminating poisonous waste products. Weak, imperfect lung action is to the body what a choked up sewer or smoky coal stove is to a house. In taking a breathing exercise one should have the clothing as loose as possible. Stand erect, with chest up, chin well drawn back and the weight resting on the balls of the feet. Raise the arms straight out from the sides, fingers extended, until they are on a level with the shoulders, then bend the elbows, at the same time tightly closing the hands till the biceps are fully contracted, then raise the hands straight up as high as you can reach, at the same time raising on the toes. During these movements inhale slowly and strongly through the nostrils,

keeping the mouth closed, taking enough time in the movements to fill the lungs to their full capacity. Now sweep the arms outward and downward to the sides, at the same time expelling the air from the lungs and letting every muscle relax. Repeat from ten to twenty-five times, being careful not to overdo it at first. This is one of the most important of all health exercises, and will do much towards keeping the system in good condition. Exercises which follow it will be given in a subsequent issue of this paper.

An Imposition.

Fowler's great work, "Creative and Sexual Science," was sold for \$5 under copyright; that was the publisher's price at retail.

Since the copyright expired, several years ago, we have been selling it for \$3.

An Eastern publishing company is sending out thousands of circulars into every State in the Union describing the work in glowing terms, and it is all they claim for it, but they are imposing on the public in stating that the price of the book is \$10, and that they will accept "bids" above \$3 in monthly payments of 50 cents.

This very book can be had at our office for \$3, without any extra payments, and mailed to any address in the world, postage paid.

Prof. Alfonso is a very successful teacher of Shorthand and Languages, because his practical knowledge of Phrenology enables him to teach in accordance with the individual character of his patrons. Phrenology is a wonderful aid to teaching. When incorporated into the schools and universities it will completely revolutionize the present obsolete methods. Very few teachers understand human nature as revealed by Phrenology and Physiognomy. Some do, and those are the most successful teachers.

So-called "authorities"—men who have set themselves up as such, to do the world's thinking, have kept the world from thinking.

The Mental Functions of the Brain.

B. Hollander, M.D., M.R.C.S., L.R.C.P., London, has completed his great work on the mental functions of the brain, and after fifteen years of hard labor, he has demonstrated the dual functions of the brain, and his localizations are identical with the Phrenologists.

He gives 800 pathological investigations in health and disease. One chapter is devoted to the study of insanity, illustrated by 350 cases of localized brain lesion. Here is something for surgeons and physicians that will revolutionize and glorify surgical science, and prove a saviour for the maniac.

Dr. Hollander considers the mania for suspicion and persecution (region of Secretiveness) or kleptomania (Acquisitiveness) of thirst and hunger (Bibac and Alimentiveness) of violent mania (Destructiveness) of melancholy (Caution) and so forth, every abnormal phase of mania he locates in the brain, corresponding to the region found by Phrenologists a hundred years ago, and through all these years these doctors have laughed, sneered, libelled and misrepresented Phrenologists until now the wisest of them are coming to find out that Phrenology is the only true science of mind.

Dr. Hollander's work is a great triumph for Phrenology, but the truths he elucidates in his book are the same truths discovered by Gall.

In the preface of his work, Dr. Hollander says:

"No subject has ever been so thoroughly misrepresented as Phrenology, even by learned men of acknowledged authority, and no author has ever been so libelled, and with such malice as Gall, notwithstanding the fact that there is not one man of scientific repute who has written anything which would indicate that he has examined Gall's chief work."

We have stated it over and over, and reiterate it now, that medical opponents of Phrenology have always

been distinguished by ignorance of the science.

We say it again that such medical men are dangerous; and ought not to be allowed to enter a sick room, if they do not understand the brain in relation to mind. Why do so many of their patients die? They kill more than war, pestilence and famine combined, and we certainly warn all our readers against employing such learned ignoramuses.

There is a better day coming, however; doctors are buying this book all over the world; it is creating a sensation in London; it will revolutionize medical treatment of the sick and feeble; it will be indispensable in the asylum for the insane, in reformatories, in schools, in universities and all seats of learning. We understand that lawyers are buying the work, but of course every student of Phrenology needs it above all other books; for, as the author declares, it is the first really scientific work on Phrenology since the dawn of modern research, and Dr. Gall's books are scarce and very expensive.

The following is a letter written to the editor of the "Daily News," London, England.

Sir: As an investigator of Phrenology for upwards of thirty years, I am pleased to see your very fair review of Dr. Hollander's "Mental Functions on the Brain." It will help toward putting Phrenology upon a right footing. You call attention to Dr. Hollander's remark that Phrenology has suffered from the ignorance of its practitioners. So it has; but it has suffered from the virulent opposition and prejudice of medical men. It is hardly possible to find a single medical work published during the last thirty years which does not, when it pretends to deal with Phrenology, show an ignorance more profound than that of any Phrenologist I ever met with; and, as editor of "The Phrenological Magazine" for ten years, I came in contact with most of them. I should like to say that Dr. Hollander's re-

mark ancient Phrenologists may be taken as meaning more than I believe he intended it should. There are hundreds of men, some of them practicing Phrenologists, capable and well-bred men, who have done a great deal, both by writing and teaching, to keep the subject alive in the face of enormous prejudice. Some of them, too, have done work of no mean importance in the sphere of investigation. They have done perhaps all that it was possible for them to do under the circumstances. For so great has been the hostility to the science that no official aid towards investigation could be obtained in any direction. I myself on several occasions have written to Home Secretaries desiring permission to examine and take measurements of the heads of malefactors, and only on one occasion did I get so much as the courtesy of an answer. Of course it was a refusal. It is to be hoped that we may soon see the beginning of a better state of things. I should like to add here, what your reviewer has failed to note in his article, that every one of Dr. Hollander's upwards of 800 "cases" support and confirm the localizations of the Phrenologists. I am, yours faithfully,

A. T. STORY,

National Liberal Club, Nov. 12, 1901.

We recommend Dr. Hollander's book on "The Mental Functions of the Brain," to all our students and readers who desire to be up to date in scientific knowledge of the brain.

It is sold in London at £1, 1s, od, or (\$5). It is for sale at HUMAN NATURE office, same price, \$5. Postage paid to any address in the world.

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We have always on hand a large number of charts for sale for the use of examiners at New York prices.

Let others do your thinking and soon you will have no mind of your own.

Super-Educated Fools.

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

Historians generally divide the recorded annals of mankind into ancient, medieval and modern history. They speak of the fiendish cruelties practiced in the dark ages, and with graphic language, assumed horror, describe in realistic and tragic colors how the agonized, tortured bodies of many heroic souls have fed the hungry flames, transforming for a few fleeting moments the gruesome darkness of the stygian barbarian night. It seems to me at times that this classification is irony. "Medieval and Modern" should be expunged, and the expressive, suggestive and eloquent terms, "Savagery, Barbarism," substituted in their place. For notwithstanding our progress in knowledge proved correct by experiment, science, in spite of our epoch-making discoveries in Geology, Biology, Psychology, Sociology and the myriad other sciences which have evolved from previous germs of great branches of the luxuriant tree of immortal knowledge, reflecting themselves in mighty departments of classified thought; still, when all is said, when matters are weighed and considered in the light of impartial reason, we must confess that the phrase, "Man is a bundle of survivals," yet carries with it great weight.

Optomism is a good study; but I do not believe in its exaggeration that soars to such altitudes as to lose sight of the problems here below and ignores the stern realities of prevailing conditions.

It must be admitted that even in these halcyon days of a new and promising century, sad to say, most men are only too frequently ruled with despotic hands by beetle-browed bigotry, blinking ignorance, infamous intolerance, blind prejudice and soul-destroying superstition, modified by the exceedingly thin veneer of civilization, so-called.

In all departments of education, with these valiant knight errants to assist him in obeying orders, grim, monstrous authority sits upon his

throne in regal state, monarch of all he surveys, giving his imperious commands in sepulchral tones that seem to emanate from the very heart of the infernal regions.

Meek and humble, with bended knee, in the holy attitude of profound prayer; worshipping at his shrine, the fountain of his inspiration, is the super-educated fool. This is a composite picture of certain curious anthropological links of savagery, caruncles upon the path of progress; the idiots of to-day who are to be found, alas! intruding upon the sanctuaries of thought, and who sneer, deride, criticize, foam and rave. Imitating, ape-like, with the voice of trained parrots, certain pet phrases, of whose meaning they are in the dark. Never having taken the pains to investigate, they display to an admiring world the profundity of their ignorance concerning the vital problems which confront society and the lucid principles of the science of the mind—Phrenology. Staring, rubbing their eyes, there they stand, scorched by the burning sun of the Twentieth Century.

I have encountered this animal upon the rostrum and in the peaceful walks of private life. Puzzled, I have been trying to find a use for him in the economy of Nature, and it has finally dawned upon me that the only service he renders is to obscure the sunlight, and with his useful shadow, gives the mossbacks a chance to crawl into their musty holes of conservatism, protected from the blistering rays of investigation.

Once, in my pet ambulations, I stumbled across one of these interesting psycholocial specimens; whereupon he struck an attitude and began to air his valued opinions. Discouraging upon an amiable friend, Phrenology, and other questions. Upon the first application of the ex-rays, he was obliged to admit that he had not studied Phrenology, and was unacquainted with the master minds in the domain of Sociology. Cornered and defeated, he merely said, "This is a material age." He was

quickly reminded that there are higher laws in Nature which deal with subtle, refined forces, of which thousands who still live and lubernate in the swamps of Sophistry, amidst the quicksands of base motives and false logic, are blind, inert, dead. That he had to struggle to come out of that swamp before he could unfold into the higher man and come into contact with Consciousness as manifested in the more complex and fully developed forms of organic life. Let us hasten the day when man will open the doors of his intellect to the triumphant light of reason. Let us hope that the time will soon come when graduates shall know above everything else how to deal with the problems of the nation intelligently. How to apply the laws which mould and shape the child which made happy and harmonious firesides possible and furnishes the magical key which unlocks and unravels the deepest secrets of human nature and makes the study of man an open book.

"Human Nature."—San Francisco, Cal.—"Man's Conscience" is the leading article in the November number. It is illustrated with two pictures, showing the head to be well developed in the organ, and deficient in the outer portrait. Its articles are short and to the point. One page is devoted to "Phrenology in the School;" Mr. Haddock's interesting articles on his European trip are continued; "Relation of Brain, Mind and Thought" is an article by T. J. Brooks, Atwood, Tenn., which is quite brainy.—*Phrenological Journal, New York and London.*

"Human Nature" considers the problem of reform, hygienic, physical culture, phrenology, criminology, vocations, etc., and is edited by a man who is a true humanitarian, an earnest worker and reformer, and one who has operated in phrenological fields for many years. The journal has, also, many excellent contributors, and, therefore, is worthy of patronage.—*Human Faculty, Chicago.*

The Stream Will Rise as High as Its Source.

It has been wisely said that a stream cannot rise higher than its source. But with as much truth we can say that a stream will rise as high as its source. Desire is the mental stream of life seeking an outlet—a visible form of expression. I am, in short, of the opinion that a man can reach the mental plane he may have a "consuming" desire to reach. In whatever brain nature has planted a feverish and ever present desire to reach certain mental heights, she has at the same time and in the same brain planted an acorn that will grow an oak whose top will reach the height looked to.

It must be understood that the claims here made are based on the mind in its normal state, and not on cases of temporary insanity brought on by disease or injury. I do not believe one with absolutely no faculty for music, can or will have anything like a continuous desire to study music or to learn it.

We come now to that point in our travels that calls for correct observation. We are here to learn to distinguish the difference between desire and fancy. Desire is an innate quality and power of mind, whereas fancy is but a butterfly of velvety wings and short life. Fancy is only an impression on the eye or ear, and which fade and is forgotten the moment the next new doll is seen. Desire is of a different brand; it is not so easily put aside; it is not so constituted that it can be willed away or forgotten. It will rise to disturb you in your sleep and will be the first friend to call on you in the morning; I say friend, for with no desire to scale the heights, there will be no heights scaled. But lack of desire may not mean inability to attain, for often it will be found that the desire for certain attainments will come at a late period in life. This lack of desire may be the result of an imperfect understanding of values. To take my own case as an example,

many things that I saw no value in in my younger days, I now see value in and have a strong desire to attain. It must be understood that we are here studying a picture of the mental world and mental attainments, and not that of material things, such as houses and lots, tobacco factories and railroads. I am talking of those things that can be gained by constancy and purpose.

Nature has not made the mistake of growing apples higher than the trees on which they grow. She has not made the unpardonable mistake of planting desires for mental attainments in the human mind, without at the same time giving the power to climb to the height looked to, willed and desired. To claim otherwise, as I see it, would be the same as claiming that the insane man sees the folly of being insane, while at the same time he sees quite clearly the beauty of being sane. The fool may desire wealth and popularity, but it cannot be said of him that he has any love for those studies and qualities of mind that enable men to honestly and successfully acquire wealth. The reason he does not desire those finer qualities of mind, is that he does not see them. They are as invisible to him as philosophy is to the baboon. If the idiot or the fool could see the wisdom of being wise, he would seek it, and seeking, he would find. Almost all sane men desire the success of the successful lawyer, but it is not all who would care to wade through his studies or travel over his trail.

Many have been led to believe that Phrenologists excuse the crimes of murderers and thieves on account of brain development. It is the business of Phrenologists to point out what a man is liable to do, and not what he must do. The man who knows enough to lay his plans to commit murder, to theft, knows enough to govern himself, and he can do so if he will. All sane men are able to see the good of right acting, and no matter if the murderer or thief has the brain organs that urge or lead on to these acts large, he is responsible

for not cultivating a desire for right acting.

Thousands have given up their evil ways later on in life, which they could not have done were it required of a man that he must have a new set of brains before giving up crime. The science of Phrenology points out to men what trades and professions they are best fitted for, and those they could in nowise succeed in, but it never says to any man that the only thing he can be successful in is in killing people and robbing others. We are so constituted that we can all do a great many things, some better, some worse; but there is not a sane man living who cannot refuse to kill a man or rob him. "Little, but loud," is applicable to the will of a sane man. This voice is always loud enough and strong enough to restrain the hand from crime, an act that works direct injury to another.

Frank Reed

Eureka, Cal.

Several very important articles are crowded out this month and will appear later.

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TIME TABLE

Commencing September 29, 1900

WEEK DAYS

Leave SAN FRANCISCO via Sausalito Ferry—
9:30 A. M. 1:45 P. M. 4:15 P. M.
Arrive Mt. Tamalpais—
11:30 A. M. 3:43 P. M. 6:15 P. M.
(Remaining over night at the Tavern.)
Leave TAVERN of TAMALPAIS—
7:50 A. M. 1:35 P. M., 4:10 P. M.
Arrive San Francisco—
9:45 a. m. 3:40 p. m. 5:55 p. m.

SUNDAYS AND LEGAL HOLIDAYS.

Leave SAN FRANCISCO—
8:00, 10:00, 11:30 A. M. and 1:15 P. M.
Arrive Tamalpais—
10:10 a. m. 1:00 p. m. 2:20 p. m. 4:00 a. m.
Leave TAVERN of TAMALPAIS—
11:00 A. M. 1:10, 2:20, and 4:00 P. M.
Arrive San Francisco—
1:00 p. m. 3:00 p. m. 4:25 p. m. 5:55 p. m.

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