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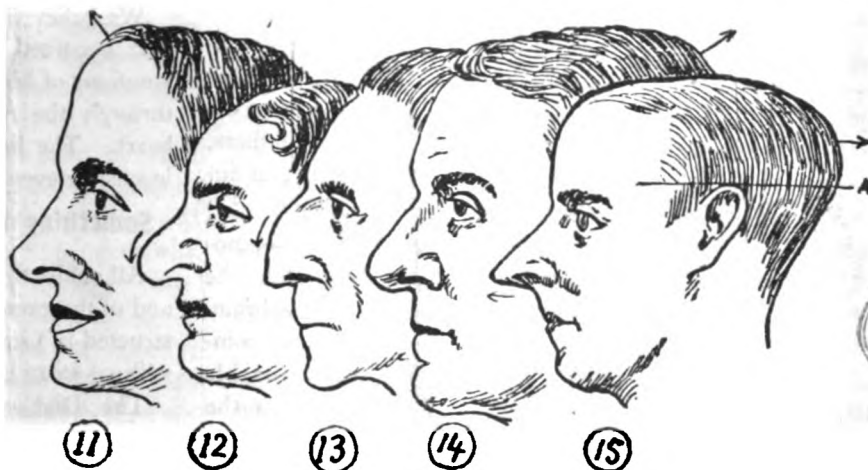
Human Nature

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PART III.—PHYSIOGNOMY



NERE is the nose in Fig. 11 of ideality and refined sensibilities. It tells of highly aesthetic tastes and artistic fertility. This form of top-head indicates an amiable and impressible nature, full of sentiment, humor and generous impulses. Sympathy dominates justice. Full, highly colored, mild eyes and large, chaste, moist, red lips are the active agents for the expressions of these qualities.

The possessor of a nose like Fig. 12 has powerful trading instincts and the desire to accumulate this world's goods. This and Fig. 14 are the types of the commercial nose. One or the other approximates the form found upon the industrial giants of the world. Both have great sagacity, enterprise and fertility in new schemes. The dip downward in Fig. 12 shows a distrustful disposition that takes nothing for granted.

The acquisitive nose is usually associated with a broad, round face and

head. Breadth denotes executive force and staying power. Heads very broad, from ear to ear, show that the person is always wrapped up in self-interests, irritable and destructive. Thick, heavy eyelids, showing a large surface, when open, and giving a sleepy look, signify acquiring instincts.

The acme of wakeful, vivid intelligence and capacity for immediate cognition and action are expressed by the high-arching eagle nose in Fig. 13. This is the sign of tremendous ambition for power and the impelling energy and fearless courage to command. When found in combination with a long, convex, egotistical upper lip its owner has an imperious way of coercing obedience. Lean, sinewy faces, projecting in the central perpendicular line, are intensely active and tirelessly industrious. They bespeak the will that presses forward and never rests.

Pre-eminently the most broadly comprehensive, creative and profoundly powerful nose, in a worldly sense, is that illustrated in Fig. 14. We have here large size, symmetry and maturity—a rare combination—revealing a superior appreciation of proportion. The large nostrils tell of strength of heart and lungs and capacity for deep breathing—essential prerequisites to great and sustained mental capacity. These noses, when associated with a high quality of organic structure, reveal a verile and masterful intellect, an understanding of human nature in its broadest sense, executive ability for organization upon the largest scale. This and Fig. 13 represent the highest types of evolutionary development in noses. The size of the nose, controlled by quality, is always the measure of intellectual and physical power. People who reach great longevity have large noses. The predominant

back top-head in this figure typifies pride and dignity.

Noses that have a long reach at the point, as in Fig. 15, are vigilant, keenly discriminating in small matters and inquisitive. They have a penetrating intuition and foresight, are alert and quick-minded. The thinner and sharper the nose, the less breadth and comprehensiveness there is to the understanding and the greater the acuteness. These noses go with long heads and active minds. The small chin reveals a lack of decision and of stability of will power.

CHAS. TODD PARKS.

He Now Feels "Fit."

J. F. T., Portland, Oregon, writes: 'I have suffered from constipation for years, and taken all sorts of medicine with injurious effect, for it depleted my system and my pocket book, too.

"After following your course of dieting for two weeks, I feel better than ever I did in my life. My bowels act freely, I feel gay, spritely, think clearly and do my work now with pleasure. It is certainly the best investment of \$5 ever I made in my life. I know now *what* and what *not* to eat to keep healthy, cheerful, and as you say, all "fit."

Great Joy.

It gives us great joy to know that our treatment of the sick by a proper combination of foods is meeting with such good success. Why not? Is not the body made up by what it consumes or assimilates? We are healthy or sick in accordance with our diet. Wrong feeding is the cause of nearly all disturbances. Proper diet and not drugs is the correct remedy.

We are curing the sick by diet and the abundant testimony from grateful patients give us great joy.

We beg to call the attention of our friends to the new alphabetical list of books occupying the whole of page 13. If you see the name of any book you desire we shall be glad to supply it. We are open to supply any book issued, at the publisher's price.

Why Is It?

Phrenologists are amazed at the prejudice of some *thinkers* who do not see that God has written on the head, face and body the character of His creatures. "Verily, prejudice blinds men," but even some Phrenologists, who are keen observers, fail to see the strict relation of brain, body and mind. Why is it?

Now, is it not a peculiar fact that even good men, when under the influence of intoxicants, do deeds of violence which they afterwards regret. Why is it?

The wife of a man, given to drinking, said in our office, that when her husband is sober he is the most devoted husband and kindest of fathers, but when under the influence of liquor he is a very devil. Why is it?

We believe we know: The pneumo gastric nerve connecting with the stomach, terminates in the base brain, the region of destructiveness and combativeness. Is it not reasonable to presume that any irritation in the stomach or inflammation of the mucus membrane disturbs those base brain organs, and make one peevish and quarrelsome? Is it not reasonable to conclude that there is some relation between the stomach and base brain when dyspeptics are snappy and cross tempered? yet the same persons, when the stomach is "in good working order," are even tempered and gentle as a lamb?

Under the influence of liquor men do not pray or exhort others to lead pure and holy lives! The upper region of the brain—veneration, spirituality and conscientiousness—do not become excited but inactive and blunt under the influence of alcohol.

Brain and body are correlated—linked by the wonderful nervous system, and mind corresponds to this relation.

The ancients thought the heart was the seat of the soul. Will not the cardiac plexus explain the phenonema of the heart's response to the emotions of the mind?

It was George Coombe, that great and eminent phrenologist and philosopher of Scotland, who declared that the greatest amount of happiness and joy arose from the exercise of the moral and religious faculties of the brain—conscientiousness, benevolence, veneration, spirituality and hope.

A member of the Salvation Army, an uneducated man, but with the light of heaven in his eye, said to us one day, after a phrenological examination, "I feel unutterable joy in my heart, praise the Lord."

We believe he did, but the thought first occurred in his brain, and the emotions of his mind was transmitted through the nervous system to his heart. The heart feels, the brain is insensible even to the touch.

Something New for Students.

All students in future, both private and of the evening classes, will be instructed in Leppel's Dietary System, without extra charge.

The Diet course alone is worth more than the amount charged for the Phrenological course.

Private students received any hour of the day.

Next Evening Class commences in a few days, or Sept. 11th, at 8 p. m.

One of our friends and a subscriber to HUMAN NATURE was too fat to feel comfortable three months ago. He bought a set of Leppel's pamphlets, saw how to reduce his burden by diet. To-day he weighs 204 pounds, which is 40 pounds less than he did 90 days ago, and he has eaten no less, has not fasted a day, nor punished himself in any way. As he can move around now so much quicker, feels happier and thinks clearer than he has done for years, he is of the opinion that the Leppel dietary system is the greatest thing of the age. If one is too thin he can change his diet and get stouter.

Prof. Lundquist has favored us this month with a remarkable article on "The Scientific Character Reader." It appears in another column.

Physical Culture and Alcohol.

BY J. P. BEAN.

In this article I am going to deal mostly in solid facts, which can be proven. Readers of HUMAN NATURE are requested to make the following simple experiments as a matter of demonstrating the truth of the assertions which I shall make:

First, place a small quantity of the white of an egg in a spoon, add to it an equal bulk of 50 per cent alcohol, or either whisky, brandy, gin or rum; let it remain about a minute, more or less, and then closely examine the egg albumen which will be found to be in practically the same state as if hard boiled.

Second, prick the end of your finger, drawing a small drop of blood, which place on a piece of glass; add to it a drop of the same agent with which you "cooked" the egg. Result, on the blood serum, ditto.

Third, take a mouthful of "good"? whisky, or any of the other liquids mentioned, hold it a minute, then observe that the lining membrane of the mouth is turned white, like the egg albumen and blood plasma. In other words, millions of the living cells of your body have been as effectually killed as if immersed in boiling water. Examination of the substances, with the microscope, both before and after the experiment, proves that the application of the alcohol has converted the living cells into dead, inert matter. Far weaker solutions of alcohol will produce the same effect, if kept in contact with the tissues a little longer. Every part of the body is made up of cells, each of which has its part to perform in the great economy of the system. It is therefore obvious that to destroy these units of man's being, is to, by just so much, reduce the total of his vitality or life force.

But alcohol does more than this; it not only kills the cell but it renders it practically insoluble, so that it cannot be dissolved and carried out of the system, but remains as so much dead waste, clogging up the smaller blood

vessels and thus helping to form morbid growths, such as tumors, fibrosis of the liver and kidneys, fatty degeneration of the heart and various other states of disease.

Alcohol has the peculiar property of breaking down good muscle and converting it into fat. If the claim made by some, that it has a certain food value, (which I do not believe), were true, it would be but a poor argument in its favor as it destroys fifty times more cells than all the nutrition it could contain, could possibly build up. The object of physical culture is to increase the number and improve the quality of the cells, of the tissues of which the body are made. Do you see where the drinking of alcoholic liquors is going to help the work any? I don't. Good health depends on the free circulation of the blood. Is this to be effected by the filling of the blood stream with insoluble waste, which choke up the capillaries, sticks to the walls of the larger vessels and generally spreads stagnation and disease throughout the system.

"Alcoholic liquors stimulate the weak and sick," so say some of our friends of the medical fraternity. Yes, but at the expense of the vitality of the patient, and there are not lacking eminent men in the medical profession who consider alcoholic liquors unfit for either a beverage or a medicine. Nearly twenty years study of the subject has convinced me that this opinion is correct. A part of my work has been to try to restore, to something like health, those broken down through alcoholic and other excesses, and, whether I succeeded or not, each case was a lesson on the nature of alcohol in relation to the human system. From the "moderate drinker" to the confirmed old "soak" it is only a matter of degree, the evil conditions being intensified with the progress of the disease.

Death from chronic alcoholism is very near a case of "rotting to death," as any one who has assisted at a post mortem examination or helped to dis-

sect such a subject, can testify. The lying ads of the "merits" of the various brands of spiritous liquors might deceive the ignorant, therefore the uninformed have the excuse that "they did not know it was loaded;" in other words, did not know that moderate drinking" was harmful, though anybody but an imbecile knows full well that this same "moderate drinking" is the starting point of all drunkards' downward career. But it is generally supposed that two or three drinks a day do not harm a man, as long as he takes no more; this fallacy is encouraged by many medical men, who ought to know better; that they do not know better, or knowing better, do not live up to their knowledge, is proven by the fact that they do not only prescribe alcoholic liquors but often fall victims themselves to the habit. A medical man has no right to cultivate a habit that he cannot recommend to his patients.

The "treating" habit is a silly mockery, to say the least. Fancy "drinking a man's health" or "good luck" in a beverage which is responsible for a large percentage of the ill health and bad luck in the world. And fancy a "would-be" athlete "toning" himself up with whisky; such foolish inconsistency is on a par with that of the cigarette sucking aspirant to athletic ability.

Of course, if this article is read by any of those poor mental incompetents, who think it "real smart" to get drunk, and who really think that they believe that there is real pleasure in "painting things red" (one's nose included), it will be a case of "seed sown on rocky land," for verily the fool-killer hath his work to do. The verile powers of manhood are slowly but surely destroyed by the habitual use of alcoholic stimulants, leaving the victim an easy prey of advertising "quacks," whose treatment either has no effect at all, or leaves him in a worse state than he was before.

All the "bitters," pills, electric

belts, etc., advertised to cure sexual weakness, are either inert or positively injurious. The only way to cure these troubles is by right living—proper diet, exercise, bathing, etc. In fact there is nothing mysterious about the cure of anything; it is just common sense, no more, no less. I believe that the most popular and successful medical man of the future will be he who keeps closest to nature in his methods of treatment.

But when that times comes there will be but little need for doctors anyway. The man of pills and powders will have become a surgeon or a teacher of physical culture; for men will have too much sense to drink poison (whisky) and then demand other poison—drugs—to “cure” them of its effects.

Next month Physical Culture and Diet will be my subject.

“That Tired Feeling.”

Have you not seen the above advertisement of a much-vaunted sarsaparilla? Of course you must buy a bottle of the stuff to get rid of “that tired feeling.” That is the only way to get rid of it, if you believe the advertisement.

Now, what does the medicine do? It purges the bowels. All purgatives have a weakening effect, as they draw the serum from the blood. Serum is the watery part of the blood, thus misdirected, to flush the bowels; purgatives rob the body of life's vital force, hence purging is bad. A young man of thirty is under our care now, he has taken medicines and purgatives every week during the last ten years, until sometimes he went seven days without a motion of the bowels. He has been drugged almost to death. The doctors, quacks and otherwise, have nearly killed him, for which he paid them, he says, over \$900.

If there be any virtue in drugs, or if the quacks who had this man in charge all these years possessed sense or good morals, he ought to have been cured ten years ago.

Under the Leppel Dietary System he is improving daily and will shortly recover his former good health.

Another “Bump” Idiot.

According to the Yorkshire *Post* some of the learned(?) doctors know less about the Mental functions of the brain than a clodhopper. The doctor in this case, at any rate, may have heard of Phrenology, but he has never studied it. Here is the paragraph from the English paper:

THE BUMP OF GOOD MANNERS.

An Austrain doctor in a medical paper describes the case of a young man who was wounded in the head by a bullet, which was extracted, together with a small portion of the brain. The patient, a military cadet, made a thorough recovery, passed a stiff examination, pursued his profession, and was in excellent health, but he had irretrievably lost all his good manners, which had formerly been his chief characteristic. He ate badly, and generally behaved like an uncouth yokel. The doctor suggests that the portion of brain removed was the so-called “bump of good manners.”

The Art of Reading Character.

It should be understood that character is not revealed by a single sign, not indicated by a single faculty, but in the proper combination of faculties lie the secret and the art of reading character.

There are men who would be very licentious and thorough libertines, but they possess a higher development of the moral faculties which restrains their passions; and we know men so excessively developed in the selfish faculties who would steal if they were not happily endowed with a higher degree of conscientiousness to restrain them.

A friend with a prominent pointed chin, similar to the one Mr. Parks illustrated and described in August number, as being “deficient in integrity and staying power,” thinks the description does not describe him; so do we. He is endowed with a high moral nature, which is his redemption—his salvation.

Nature is compensatory. For in-

stance: Should a man inherit a small brain, nature will compensate him with large self-esteem. This endowment will enable him to make the most of himself.

But she only travels with him part of the way down the path of degeneracy. If a man with a weak chin possesses also at the same time a weak development of the moral brain, down he goes by his own weakness into the gutter.

If, on the other hand, he possesses a broad and massive chin, a lack of conscientiousness and deficient moral nature, with a flat back head, showing him to be devoid of feeling and a sense of justice, like the outlaw Tracey, down he goes into the gutter by his own volition.

Human nature is a great study. The salvation of the race depends on it, and Phrenology is the only science that reveals the *apparent* mysteries of the mind of men and animals. Physiognomy is an art, Phrenology a science.

Confusion.

South San Francisco has the same number of avenues as the Sunset District, both districts are within the city limits; both have the same number on their houses and the same designation of avenues. This leads to confusion of mail matter in both districts. Few letters or packages are distinguished by “South” or by “Sunset,” hence the confusion. Was their ever such short-sighted policy as this in choosing names?

If we had two Mary's in one family they could be distinguished by Mary South and Mary Sunset.

A young man whom we examined phrenologically two years ago, called at our office the other day. His head has widened out nearly one inch in diameter in the region of Acquisitiveness. He has been actively engaged in commercial enterprises.

Is it not more creditable to be a successful mechanic than a shyster lawyer?

Delineation of a Doctor.

We did not know he was a medical man until through with the examination. Some of our best patrons—those who take a complete written analysis—are members of the medical profession.

This one was not a *born* physician; we told him so, and gave the reasons why before he disclosed his identity.

The amusing part of the delineation is the advice we gave him to avoid doctors and drugs. We saw that he was a sick man—sick with stomach troubles—suffering from nervous dyspepsia, and that the nature of his calling was sadly against his retaining a good standard of health.

The delineation contains valuable information for our readers, but exceedingly valuable to the gentleman himself, who although a complete stranger, he admits we described him, better than his friends and family know him, or as he knows himself.

No wonder that Dr. M. thinks that Phrenology is a science with which medical men should be better acquainted.

DATA OF G. M.

Weight, 142 pounds. Height 6 feet.

HEAD MEASUREMENT.

Tape—Circumference . . 22½ inches

Median line . . . 14 inches

Ear to ear over

crown 15⅝ inches

Calliper—Diameter . . . 5⅞

Perceptive intellect 4⅝

Social 4⅜

You are very tall, thin or slim and spare of form, standing 6 feet, yet weighing only 140 pounds, which is 8 pounds less than that of the average man, standing 5 feet 8 inches tall.

A man of your height to be well proportioned, ought to weigh 175 pounds. This means that you are so much out of balance in regard to vital nourishment.

You are very wiry and enduring, and like tempered steel, you will bend before breaking, but owing to

a lack of vital stamina you are liable to wear out, but will never rust out—you are too active for that.

The weakest part of your physical organism is your stomach; you are suffering from dyspepsia, constipation and bowel trouble.

You need pay some attention to your diet, keep away from drugs; cure yourself by a proper combination of food, partaking of nourishing substances and avoiding for a while all starchy food, such as bread, cereals, mush, potatoes, etc.

If you do partake of bread eat it sparingly for a while, until your stomach gets into better shape, zwieback is far best for you, or very thin slices of bread well toasted, both sides, to cook the starch thoroughly, very slightly buttered, but *dry toast* is very much better.

Begin with a diet of lean mutton, stewed rabbit and fish. Eat nothing fried, all boiled, baked or roasted in the oven; eat nothing greasy or fat.

The above-mentioned foods are the very best nerve foods for *you*. Your nervous system, stomach and bowels need to be strengthened to enable you to execute or expel all the waste matter of the body.

Begin with late breakfasts, or with no breakfast at all. If you are a coffee drinker, take one cup of very weak coffee or tea in a morning, but no solid food at all, unless you are very hungry. In your condition you will have an abnormal appetite. The stomach sends "false alarms" for food. It is in an inflamed condition; if you listen and obey the false alarm you will suffer intense agony as a consequence, and the ghost of torment will worry you by day and prevent you sleeping by night.

At every meal partake of plenty of vegetables—raw or boiled. They are better for you in the green state, but boiled are more easily digested, and act more favorably on the bowels. Cauliflower especially sits easily on the stomach, but nothing equals spinach for your case.

Take green, boiled or stewed veg-

etables in any quantity, no harm can obtain from eating green stuff, nor can you eat too much, for when you have eaten enough you feel satisfied and want no more.

At every full meal, where you eat meat, fish or poultry, tomatoes are your best medicine.

When tired of tomatoes use lemon juice, squeeze it over your meat and vegetables; use no salt or very little.

Avoid sugar, it causes fermentation; if you must sweeten your drinks then use honey, but use it sparingly.

Never eat until you are hungry, but do not starve yourself, try two meals a day; unless you are working very hard you do not need more than two meals a day. Three or four meals take all your strength to digest the food and this keeps you thin and lean.

MENTAL.

You possess a good share of the Mental Temperament. The inference is you are best adapted to follow some Mental occupation, rather than hard manual labor.

The shape of your head—brain—is a composite type rarely found, it is of the scientific and commercial.

This is an uncommon type, for scientific men, as a rule, are not inclined to commerce, and commercial men are seldom scientifically inclined, but you are both. You could follow a commercial business for the sale of scientific or surgical instruments; you would do well as a manufacturing chemist and druggist.

With your exceedingly large perceptive intellect and good side head, giving you practical and commercial instincts, you would succeed almost in any manufacturing industry.

You see things as they are and are not a day dreamer by any means. You gather facts readily, are entirely an observer—a better observer than thinker.

You have a remarkable combination of faculties to become a surgeon or anatomist. In either of these professions you would shine.

As a physician you would fail in

health; you would take on the condition of your patients too much. They would absorb all your vital energies, and you have none to spare. At present time your brain and nervous system is absorbing all the nervous energy that you have—nothing left to digest your food.

You are thin, nervous and fidgety for this very reason, and there is a tendency to become irritable; you need to turn about face and change your surroundings. They are not as good for your health as your pocket book. Whatever is the nature of your present vocation you are probably prosperous in a financial sense, but it is not good for your health; and if you wish to become an angel in a few years just stay where you are, but if you desire a more healthy condition of body then pursue a different course.

As an electrical engineer, or as a mining engineer, you could succeed; at least you have the abilities to succeed, with proper training or education, in that line.

Your type of head and body adapts you to such an occupation. It is scientific, commercial, with a mechanical basis.

Your limbs are lithe and bony, the Temperament is Mental—motive, or rather Mental—mechanical, and with your large Constructive faculty, together with such an extraordinary development of the Perceptive intellect—Individuality, Form, Size and Weight, you are favorably endowed with abilities to follow such of the vocations as I have named.

As a proof reader, draughtsman, etc., you have also fine adaptations, mentally. Physically, however, you could hardly do to remain at a table or desk all day. Limbs like yours call for active exercise and plenty of it.

You would make a splendid assayer, mineralogist, geologist, botanist, astronomer or natural scientist; but, as intimated before, some vocation where science, mechanics and commerce are combined, would suit you best. Some manufacturing

industry, or you could keep a store successfully, providing you could take a run out an hour or two daily; you need plenty of oxygen—need it badly—and you must obtain it, together with nourishing food, and your active brain and nervous system needs plenty of sleep and rest.

[After the delineation the doctor told us he kept a drug store at——, was a practicing physician, but was sick, and had made up his mind to cease the practice. His greatest success came from the practice of surgery. He had acquired considerable wealth and was glad to have his opinions verified by Phrenology, that he could succeed best as a manufacturing chemist, anatomist or surgeon. To become the former he always had a leaning that way and would now take it up; although anatomy and surgery was the height of his ambition, and the branches in which he had been very successful, just as we described him.—ED.]

No Breakfast Plan.

A little over six years ago we introduced to the Pacific Coast Dr. Dewey's book, *Gospel of Health*, in which he advocates the No Breakfast Plan. We sold a very great number of the books, since which time the idea has spread. Thousands on the Coast practice the method and have found a cure for their many ills. To brain workers it is a blessing and many indoor workers are better off without breakfast.

Under the caption of Physical Culture and Alcohol, Prof. Bean gives some experiments that our readers can test for themselves.

Mr. and Mrs. Bean have opened their new Physical Culture establishment at 1526 California street. We wish them the success they deserve.

Phrenology upsets all the false theories of so-called Mental Scientists who do not understand mental science. No man can understand mental science until he understands the elements of mind, or the mental functions of the brain.

Who Wrote This?

Coming through Golden Gate Park, on our way to the office, the other morning, we picked up a stray leaf torn from a journal. The language is that of a phrenological philosopher:

"Too many men inured to the soil prefer the profession.

"Too many seek the revolving chair and the desk in place of the plough and the harrow.

"There is a whole lot of spoiled material—misplaced humanity—in all parts of the world. What nature intended for a good farmer and a first-class rancher is very often filling a space in the social fabric as a fourth-rate clergyman, lawyer, physician or architect.

"Some who might have been successful shepherds take to verse-making, raise a luxuriant crop of hair and torment their neighbors with meaningless rhymes."

A Gem.

Madame Windsor, writing from Colorado Springs, Col., says: "August number is a gem, indeed; each number seems better than the last. I wish to compliment J. P. Bean on his stand on alcohol and tobacco, and Mr. Brinkler on diet; rest assured these questions strike at the basis of good health.

"Your European articles are always interesting and instructive, but your letter to Uncle Josiah was highly amusing, and I laughed aloud when I read it.

"Prof. Holt has always something to say in his own unique way, and I enjoy his instructive articles. Altogether, HUMAN NATURE, I repeat, is a gem, and for the enjoyment I get out of it I heartily thank you and your contributors, and may you live a century."

Lord Beaconsfield did not believe that men were creatures of circumstances. He created his own circumstances. He arose from a humble position to be the Prime Minister of England.

PROVE IT.

BY C. P. HOLT.

"Guilty, or not guilty?" said the judge to the prisoner at the bar. "Troth an how can I tell, your honor, 'till I hear the ividence?" said Patrick. We are told that the fundamental principle of Phrenology is "The brain is the organ of the mind."

Next in order we are informed that every man, woman, child and dog, acts in accordance with his organization and environment.

We are next assured that man is a "free moral agent," and can be good or bad, wise or foolish, just as he wills to do.

If all these statements are true, then white is not white, but black, and a horse is an alligator.

When theorists make statements why don't they prove their premises at the start?

If the brain is the "organ of the mind," will somebody please to demonstrate the mind, and tell us how we may know it on a moonlight night from a gate post. What shape, size, color and weight is mind? Is it a substance? Can it be weighed and measured? Are the terms mind, soul and spirit synonymous? If so, then say so and done with it.

Before we accept the statement that the brain is the organ of the mind it behooves to determine if there is positive proof that such a thing as mind, soul, or spirit exists, then let it be clearly described, so that when we say "mind" we can understand it as well as when we say brain, muscle, sinew or nerve.

If a man has a mind, has not a horse, a dog, an elephant or any other animal also a mind? If animals have minds or souls—as they certainly have brains—is it not true that the brain of a dog, or that of a monkey, or any other animal is the organ of its mind?

If this be true, then does not the dog, the monkey and the pesky mo-

squito act in accordance with its organization?

If a man acts in accordance with his organization and environments can it be possible that he is a free moral agent?

If man *is* a free moral agent, then is not the ring-tailed monkey that steals your hat and runs up a tree with it on his head, also a free moral agent?

In what does the mind, soul, or spirit of a cow or of a cat differ from the mind, soul, or spirit of a man? If there is no difference, then, in that case and if the mind or soul of man is immortal, is not the mind or soul of the cow or of the poodle dog also immortal?

Haeckel says that "embryology proves that every individual man had a beginning." Logic declares that anything that had a beginning must therefore have an ending, ego, man cannot possess *individualized* immortality.

The numerous advocates of modern spiritualism, led by such famous and eminent scientists as Professors Crooks and Wallace, claim to have positive evidence of the existence of the ego, man, after the dissolution of his physical body.

However, although the ego, mind, soul or spirit, (if such there be) might survive the death of the body, this fact would not prove man's immortality, because a time may come in the dim future when all we now see and know may cease to exist. Eternity alone can prove immortality.

Let us have the "ividence."

[Prof. Holt's article this month, entitled "Prove It," was designed by him (as he said) to awaken thought and cause people to look into causes of effects, and not take for granted any affirmation until it is proven. The article in question in no way commits HUMAN NATURE to anything, except to its traditional motto—free speech.—ED.]

Start your boy right and the chances are he will win out.

Not Generally Known.

In her pamphlet No. 2 Sophie Leppel says:

"It is not generally known that the necessity for expectoration is due to the system being overloaded with unsuitable food, which unpleasant necessity disappears as soon as the bowels act fully and naturally."

She impresses such patients to avoid foods that cause phlegm, and names milk, cream, cheese, butter and eggs.

She evidently is also aware of the power of mind over the body, for she says further on:

"The patients' thought must now be directed to the fact that no phlegm should rise, and that the bowels must be encouraged to act properly, and so carry off the unsound elements, instead of their being thrown up in an unnatural way by expectoration."

Her pamphlets tell *how*, by using certain foods, the bowels can be made to act properly.

These pamphlets are altogether different reading from the tons of health literature published. A proper combination of foods bring good health. An improper course of eating is sure to result in bodily affliction and distress of mind. Exclusive feeding, whether it be fruit, vegetables or meat, will result in a lopsided condition of body and mind.

Read Leppel's 9 pamphlets; study them carefully and become healthy and "fit" for business. See page 16.

That Stamp.

Purchasers of books, students, patients, etc., doing business with us are not asked to enclose stamp for reply; our request applies only to those who ask questions or want catalogue of books, sample copies, etc.

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Human Nature

A MONTHLY JOURNAL

— DEVOTED TO —

Phrenology, Physiognomy and Health.
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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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Dr. Goodhart Has a Good Heart

Dr. James F. Goodhart has evidently a "good heart." He made a confession the other day in an address before the British Medical Association that ought to be good for his soul.

He condemned the system of giving drugs to the sick! "Drugs are

given," he declared, "not because the disease demands it, but because the patient is not happy till he gets it."

Dr. G. though ought to tell the B.M.A. that they, the M.D.'s themselves, are responsible for grafting on the minds of the people this dreadful drug delusion. There is money in it for the doctors, quacks and medicine vendors, who find it more profitable to sell or administer potions and pills than to teach the people how to eat to be healthy.

Dr. Goodhart then made the following confession:

"We give drugs sometimes to hide our ignorance, or to mark time while we watch and wait; they are given sometimes as a gambler on the stock exchange speculates in futures. All treatment by drugs is an experiment; a druggist shop is indeed a source of wonder and dismay to me."

Dr. Goodhart would be surprised if he could see the fine drug stores we have at the corner of almost every block in our American cities.

Wait Awhile for Tracy.

It was our intention to favor the readers of HUMAN NATURE this month with an illustration and description of a typical criminal head, and we had got so far as to select a portrait from the daily press of the multi murderer Tracey, who for two months terrorized and held at bay two sovereign states.

The portrait we secured of this criminal was villainous enough in its every aspect and we were elated at our selection, but just as we were about to put the portrait into the hands of the engraver we chanced to stumble upon another "authentic" likeness of the notorious outlaw, which in appearance would indicate a goody-goody, benevolent, weak-kneed, feeble-faced specimen of the human race, whose character differed entirely from the other portrait of Tracy in our possession. We have decided to wait a while, until somebody personally who knew Tracy comes along to identify the portraits we have in hand. Verily, the newspaper portraits, like its news, are re-liable.

OUR EUROPEAN TRIP

CHAPTER XVIII.

BATLEY, YORKSHIRE, NO. 7.

The Shoddy Trade.

Our shoddy? friends in Batley and those engaged in the business elsewhere, who read our last chapter, would smile at the statement that "ground rags mixed with wool is named shoddy." That was a slip of the pen. Shoddy is old rags ground up. Mungo is new rags or clippings, remnants, etc., of new cloth ground up. Readers will pardon the mistake, we are more accustomed to handle heads than bales of wool or shoddy.

Recently, when the Grosvenor Shoddy bill was up before Congress, some very hard things were uttered by congressmen and editors of American newspapers against manufacturers of shoddy cloth. Shoddy manufacturers were spoken of as "swindlers." * * * "Shoddy is a peculiarly mean swindle." * * * "Men who are not above following the nefarious industry are not to be trusted." * * * "Shoddy is sold as cloth, even as sharpers pass bogus coins on the inattentive and ignorant, or sell to the trustful farmer as pure gold, bricks of base metal thinly plated."

We do not know how far this scurrilous language applies to American shoddy manufacturers; perhaps they are as honorable and as upright as any other class of manufacturers or merchants, and perhaps as honest and as truthful as the average senator or editor of a daily newspaper.

Makers of shoddy and shoddy cloth cannot very well misrepresent their goods. They sell to merchants who are experts at judging cloth, and could not misrepresent shoddy cloth as all wool were they disposed to do so.

Some of our old comrades engaged in the business in Batley, have, by pluck, perseverance, honest and square dealing, risen from the ranks to positions of wealth and honor since

we left the old sod, now nearly eighteen years ago.

Two of them have occupied positions of the highest public trust as mayor and chief magistrate, and we know for a fact that such is their reputation for truthfulness and honesty, that when a piece of cloth is sent out and labelled as containing, say 95 yards in length, the statement is not questioned by the regular merchant, who knows from experience those makers of shoddy cloth do not misrepresent their goods.

"Good wine needs no boast" is an old adage, so good men need no boosting. There are as good men engaged in the shoddy business as are found in congress or the editorial chair, whatever law makers and editors may say to the contrary, notwithstanding.

But our readers are interested in the manufacture of shoddy cloth. After the rags are "pulled" in the rag machines, the material passes through a process of mixing and oiling, according to the grade and quality and shade of color required, and the next process is the willeying and scribbling. The wool—shoddy or mungo—is run through carding machines and drawn out into threads about the thickness of a man's finger, onto a large spool perhaps three feet long. These spools are transferred to the spinning mule, where the "cardings" are spun into smaller threads, designated weft. The weaver weaves this weft into the warp, in his, or rather her loom; it is now cloth in the rough state.

This cloth undergoes a dyeing, scouring and finishing process. These various processes require considerable skill, and too much detail to describe here, but when the finished goods are in the hands of the merchant it takes quite an expert to distinguish the various qualities and market value of the material destined for the back of the wearer.

The Rev. Joseph Rayner Stephens, author of "The Throne, The Altar and The Cottage," thirty years ago

declared, "Shoddy, shoddy, thy day are numbered."

Our friend Stephens was a false prophet. Shoddy days are numbered 365 days a year the world over. Shoddy is king. Owing to shoddy and mungo—Batley be praised—a poor man can appear as respectable as a Vanderbilt, an Astor or a Rockefeller. Good shoddy cloth is clean, respectable and cheap; a blessing to the poor and millions now throughout the world are engaged in its manufacture.

King Edward.

King Edward lives; his living killed a new crop of false prophets, fakirs and fortune tellers that would have arisen had he died. During his illness it was published throughout the world that a gypsy had read his hand 15 years ago, and declared that he would be king but never be crowned.

Kings are subject to the same laws as peasants. If they gorge themselves they are likely to suffer for it. By a singular coincidence the king took sick just before the appointed time for his coronation. Its postponement was a disappointment to millions in London alone, princes, ambassadors, rulers and Indian potentates from all quarters of the globe had gathered there to do him honor.

However, the king was ultimately crowned, and the fortune tellers will have to guess again.

Lessons to Students.

The subjects covered in our Lessons to Students embrace:

Anthropology—Study of Man.

Ethnology—Study of Races.

Phrenology—Study of Character.

Psychology—Study of Mind.

Anatomy—Study of Structure.

Physiology—Study of Bodily Functions.

Physiognomy—Study of Faces.

Hygiene—Study of Health.

The organs of the Brain are cultivated on the same principle as the blacksmith's arm, through exercise, sending the blood to replace broken down tissue.

The Scientific Character Reader.

BY V. G. LUNDQUIST, SC.D.

The world is blessed with many different kinds of character readers, who employ various methods of interpreting the emotions of the human soul. Nearly all of those character readers study man, or some part of man, with the exception of the astrologer, who, when he wishes to know something about man, studies the stars in the firmament, determines the celestial topography, mutters something about planetary influences, and determines with mathematical accuracy the location of the planets at the birth of the person. The results of these astrological data he calls a horoscope, and a very scientific one at that.

We have another kind of scientific character reader—the palmist—who studies the hand, the formation of the fingers, the lines in the hands, etc., claiming that the future is written in one hand and the past in the other. He studies a part of man at least, and is therefore, in our opinion, more scientific than the astrologer. He forgets, however, that the hand is but one page in the history of man.

A third character reader is the psychometrist, who speaks a great deal about vibrations, psychic impression and intuition. He feels and "senses" mental conditions, and interprets character according to his "impressions," forgetting, however, that impressions, intuitions and sense perceptions can be educated. He is higher in the scale of character reading than the astrologer or the palmist. He comes closer to the mind, but generally ignores the fundamental faculties of the mind. He does not know that the soul has its roots in the soil of matter, that the soul expresses itself through isolated brain centers, nor that the neuron units, located in the cerebral cortex, are the instruments of the mental faculties.

A fourth character reader is the physiognomist, who interprets facial lines, gestures, looks, etc., forgetting, however, that physiognomical pecu-

liarities are simply the past history of man, and that the physiognomy of man is ever changing.

A fifth character reader is the demilearned phrenological charlatan and bumpologist, who lectures on street corners and in grog shops, who carries a china bust, who has charts that he marks "Amativeness 5," "Continuity 4," "grocer 6," etc., and who is generally an astrologer, a medicine vendor, a psychic, etc., in connection with his bumpology. This latter one has disgraced all the other arts of character reading; he has disgraced himself, fooled the public, and has disgraced the scientific character reader.

A sixth character reader is the mental physiologist, the brain philosopher, the neurologist, the mental philosopher—the phrenologist, who studies, not only the hand, the face, the body, the temperaments, etc., but also the brain, the mind, the occupations, the mental manifestations and all human conditions having a bearing on man. When he reads character, he takes into consideration ethnic conditions, atavistic peculiarities, racial characteristics, lineal descent, parental resemblance, matrimonial conditions, educational advantages, age, health, vitality, temperamental developments, financial conditions, vocal powers, muscular strength, nutritive power, functional activity in a physical sense, temperatural impressibility, power of muscular co-ordination, textural quality, strength and elasticity of the tissues, complexional hues, circulatory power, anatomical conditions, physiological functioning, brain capacities, personal appearances, physiognomical expressions, the conditions of the physical senses, lobular development of brain, development of the faculty centers, talent, tendencies, the conditions of the occupations, etc. He studies man in all directions. He is not limited to the face, to the hands, to the feet, to impressions, nor does he consult the stars. He knows that the mental faculties have been discovered;

he knows that the brain is the instrument of the mind, that certain strongly developed faculties produce a talent, that these faculties can be developed, that a certain talent can be used successfully in a certain direction, and that the body is but an expression of the soul. He is the scientific character reader; he is the mind student; he is the agriculturist of the mental field, and he is the human benefactor.

Chicago, Ill.

New Thought.

Much nonsense and confusion is created by so-called New Thought. Nearly all of it is old as Aristotle, and antedates the Christian era. Neither ancient or modern writers on Mind, except Phrenologists, define or locate the faculties of the mind in the Brain.

The Jews located certain emotions in the "Reins." The Greeks spoke of "bowels of mercy," and "bowels of compassion," and ancient writers located the affections in the "Heart."

Poets of all ages, and the Bible locate Love in the heart. Elsewhere in this number we have dealt with this part of the subject, under the caption of "Why Is It?"

Teachers of New Thought appear to have no clearer conception of Mind or the elements of mind than the old-time fogies had, and their prejudices wont permit them to comprehend the simple propositions of Phrenology, by which mind can be measured and understood. For a hundred years now Phrenologists have been trying to inculcate some eternal truths into Brains crammed with ancient notions.

Phrenologists appear to have made the greatest impression on the most advanced thinkers and scientists, like Sir Alfred Russell Wallace, Mattie Williams, and others, who are open to receive the truth, among which should be included that portion of the masses who read, observe and think for themselves; so when it is considered that previous to the time of Gall, that all writers in the previous centuries had no clear conception of mind nor of its elements, then Phrenology has made rapid strides, it is destined to revolutionize the world.

The Saliva.

BY DR. T. R. ALLINSON.

Those persons who eat sloppy food quickly and do not properly mix it with the saliva, fill the stomach with food unprepared for digestion. If a person eats porridge or pudding quickly, the saliva will only change about 1 per cent of the starch in these foods into sugar. But if he will chew them well, and not swallow any until it has been thoroughly mixed with the saliva, then 10 per cent of the starch will be digested in his mouth, and thus much of the work of his stomach and bowels will be lessened.

The flow of saliva is lessened by fear. Anyone who has suffered from toothache knows that a larger supply than usual of saliva is then poured into the mouth. This is due to the stimulation of the glands by the increased flow of blood to the inflamed tooth.

The drug which is best known to increase the flow of saliva is mercury. In fact, salivation, or the excessive flow of saliva, is rarely set up by any other drug than mercury. If anyone is taking medicine and finds his mouth water very much he may be fairly sure he is being dosed with mercury, and should at once stop the medicine or he may rue it for weeks or months afterwards. One mercurial pill has caused such action in the salivary glands as end in death of the jaw bone, and even the death of the person afterwards.

Whenever a drug doctor who is giving you medicine asks you are your gums sore, or have you more spittle than usual, you should throw his stuff down the sink—it contains mercury and will harm you. My own experience of twenty-two years shows me that *all* diseases can be better cured without mercury than with it.

Knowing the important uses of the saliva, my readers will understand the bad influence of tobacco. Tobacco increases the flow of saliva. Those who smoke or chew tobacco secrete more saliva than usual while doing so. If the saliva is spit out, as it is

done by most tobacco users, then the stomach is deprived of its soothing fluid, and the glands stimulated injuriously. But if the tobacco laden saliva is swallowed, then the stomach is irritated and inflamed by the irritant tobacco juice, and gastric catarrh or indigestion may follow; and the poisonous nicotine taken into the blood will act more or less injuriously on every organ and tissue of the body.

Occasionally from the system being out of order, or from inflammation in the mouth, one of the openings of the salivary ducts under the tongue will be blocked up and a tumor containing saliva will form. This is known as a ranula. Drug doctors generally slit this open to let out the saliva. This is not necessary; proper diet will cure without cutting.

If the blood contains much chalky matter some of it will be contained in the saliva, and will form the fur or tartar often seen upon the teeth. It should be scraped off with a blunt blade. Very rarely one sees a little stone form in the salivary glands under the tongue; by the free use of ripe raw fruits, salads and tomatoes, it may be dissolved and so painlessly got rid of.

A Parody.

The Leppel Diet
Keeps the tongue quiet,
When the temper is rising within;
All who have tried it,
Have profited by it,
Whatever their troubles have been.

It is good for the heart
And for each vital part,
Where courses blood through the veins;
While it saves us our friends
And in every way tends
To enhance both our health and our gains

Baths.

The salt water at the Palace Baths, 717 Filbert street, is pumped from the ocean and heated. Warm salt water baths are very invigorating and refreshing. Try them. See advt. on page 14.

The uninformed think that Phrenologists read character by "bumps"

Brain Size Not Ability.

According to the New Orleans *Picayune* Prof. Peason has been making "a series of measurements of the heads of a number of undergraduates of Cambridge University; whose careers were known," and he has made a great discovery! He has discovered that "*the size of a man's brain pan has nothing to do with the breadth of his intellect*"; that a man with a small head is just as liable to carry off the honors of his year as one blessed with a cranium of dimensions out of the ordinary run."

Prof. Pearson is floundering like a horse with the "blind staggers." It is a question if Prof. Pearson ever read a respectable work upon Phrenology, or if he would condescend to read one if one were given to him.

These university professors are so hide-bound they cannot see beyond the teachings of the old metaphysicians; they fail to see what nature has written so plainly on the head, face and body of man. They appear to have no knowledge as to the relation of brain, body and mind. They won't be informed by those outside their own walls.

It is no sort of use,
Their heads are too obtuse.

They cannot see anything beyond their own curriculum.

Phrenologists are ever and always trying to impress this physiological fact on the minds of students of human nature, that *quality* of organization and the *location* of brain matter, and not life, determines mental capacity.

Before our next issue a prize idiot from some other hide-bound university will make another discovery of some sort; perhaps it will be a "bump of good manners," or maybe *locating foresight at back of the neck*.

Fools are not all dead yet; two persons walked into our office the other day and wanted their fortunes told by their palms. They didn't stay two minutes.

Disease and Death in the Frying Pan.

BY FRANK REED.

Reader, do not imagine that I am going to give you a nauseating dose of bacteria and microbes. No, I will not give you anything worse than fried potatoes, with the grease well fried into them. I will turn the microbes over to the doctors and the man with the "electric eye."

With the advent of the cook stove, the frying pan made its appearance; with these came a host of stomach troubles, doctor bills and pill boxes. Prior to the invention of the cook stove, the frying pan was in very little use; low fire places made it inconvenient to use this handy cooking utensil, in more ways than one. Grandmother will tell you the drawbacks to its general use in those good old days. She will also tell you that when the cook stove was invented, this little stomach troubler was found to be very handy; she did not like to keep a roaring fire in the stove in hot weather, and grandfather coincided with her in this matter, for it did not take them long to discover that to keep a hot fire going all day to cook three meals, made it unpleasant both by day and by night, by heating up the building too much. We cannot blame grandmother for desiring to keep the dwelling as cool as possible. No one blames her for this. But nature has mapped out just what she will do, and what she will not do, and you couldn't get her to change her mind for love nor money. One of the things she will not do is to digest a dinner of fried grease. At least this is what I am told, and I have reasons to believe it. Look at the old miner and prospector; he is nothing but a bony, sallow lump of indigestion and barren quartz! He cooks most everything he eats in the frying pan. He has little time to boil his "grub," but all manner of time to suffer from indigestion. Appendicitis and tumors seem also to hold a strong relationship to the frying pan.

We are all quite willing to admit that proper kinds of food, properly combined, is the foundation on which we must build; but fried grease will blast the bottom out of this foundation. What have others to say of the frying pan?

Eureka, Cal.

All Hail the Microbe.

Go draw the curtains, sister, and, stop up all the chinks,
For microbes and bacilli are kicking up high jinks.

Go sterilize the water, and disinfect the cook,

The germ is grimly stalking like some pursuing spook.

And while you are doing those things, you'd better do 'em twice,

And when you've got 'em finished, go down and boil the ice.

Be careful of the mutton—oh! guard ye well the meat,

It's full of varied microbes we would not care to eat,

And trace the antecedents of that seductive stew,

We know not how much danger may be lurking in the brew.

Go, vaccinate the oatmeal,

And sulphurize the rice!

And, once again, dear sister,

Don't fail to boil the ice!

—*Baltimore News.*

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STEWARTVILLE, Minn., }
Aug. 14, 1902. }

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I will get 25 or more subscribers in every town I visit. Your terms are most generous, which gives your agents a good chance to make money.

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Evening Class.

Our Thursday Evening class has closed. A new class will be formed on Thursday evening, September 11. Will prospective members please send in their name and address or call at the office.

Reviews.

Several reviews of Books, Magazines and other periodicals are unavoidably withheld until next month.

Mr. Huyett, an enterprising gentleman we have known for a dozen years, has opened good Turkish Baths on the corner of Pine and Kearny streets.

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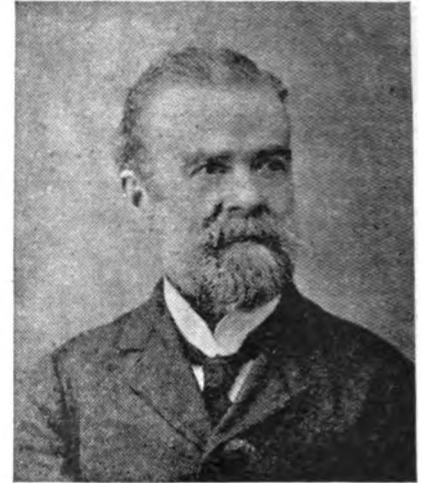


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