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ELIZABETH TOWNE

A LEADING NEW THOUGHT WRITER, AND PUBLISHER OF "THE NAUTILUS," HOLYOKE, MASSACHUSETTS.

A PHRENOGRAPH BY ALLEN HADDOCK.

(From Portrait.)

BY the courtesy of Mrs. Towne, we have the pleasure of presenting to our readers this month, a portrait of that estimable lady.

She possesses a large head, measuring 23 inches in circumference; supported by a well nourished body,

weighing 190 lbs.; stands 5 feet 6 inches tall, and the Organic Quality is fine.

She has brown hair, quite fine; brown grey eyes; fine complexion, enjoys magnificent health, and is now in the prime of life.

With the above data and the portrait before us, it will be an easy matter to delineate her general characteristics; although not much more than the forehead can be seen in this portrait; but as all parts of the brain and body are polarised in the face, both in their physiological and psychological functions, we can trace the "footprints of the soul" and read character thereby. Phreno-

logy is not "bumpology" as the uninformed suppose; it takes in the whole man.

This is a masculine type; it suggests strength of mind and body in every feature. Such persons are strong constitutioned, evince power, efficiency and force in

whatever they undertake to do, and if fortunate enough to undertake work or enterprises in accordance with their leading faculties, they become energetic leaders in their chosen line of work; so it is not surprising that Mrs. Towne has become known throughouf this land

> and beyond its borders, as one of the lights in the New Thought movement; but it is more surprising that with her intellectual acumen she fails to see that it is because of her strong physical and mental organization through which the Soul operates, wherein lies her power; what could she do with a weak puny body, a small head and a coarse organization? The soul manifests itself in accordance with its instrument.

> Fowler says: "Nature operates always and everywhere by means of organs, or instruments—never without them. No function ever is, has been, or can be carried on without them."

But we prefer to leave

the controversial side to "An Open Letter," which will be found on another page of this number, and we ask our readers to read it carefully. Let us resume the delineation.

The soul forms the features of the body in accorda



with its instrument—the brain; the instrument itself is subject to the law of development or deterioration according to its use, the face and body being the tablets on which is inscribed the mind's record. It is the only guide-post we have in this picture to delineate from.

Judging by those massive shoulders, full chest and neck, strong boney structure, the osseous system well cushioned with fat, we can say that Mrs. Towne is the embodiment of health and strength. She ought to be happy; her cup of vitality is full to overflowing, endowing her with a spirit of bouyancy, lightheartedness, and a body without an ache or a pain provided she lives right, and it is evident she does-evident that she eats well, sleeps well, breathes deeply and thinks-well not exactly to our liking, so long as she attributes all to the Soul; or thinks that "All Is Mind," no matter what the constitution may be. A full reading of Combe's "Constitution of Man" ought to cure any thinking person of such vapory notions—but there we are arguing again-we did not intend it, and must kindly refer our readers to the inside pages of this number for arguments.

The subject of our sketch, we were saying, is a healthy and cheerful woman and happy as the days are long. Her pen naturally partakes of the same characteristics—full of gush, glow and vivacity. It is good to be near the healthy, even if they do not always think straight; ah! ah! This is no New Thought. But New Thoughters preach health of mind and body; do a world of good by practicing what they preach and Mrs. Towne is an apostle of health.

An authority on health and disease says: "Disease renders us miserable and turns everything around us into occasions of misery. Poor indeed is he, however rich in money, in honors, in office or in anything else whatsoever, when health is poor; but rich indeed is he who is healthy, however poor he may be in money;

for he enjoys whatever he has or is."

Mrs. Towne is rich in health. Her marvelous constitution says so; the humor of the thing is, she attributes everything to the Soul. The Soul builds the brain and body, it is true, but whilst it operates through the body it only can manifest itself in accordance with its instrument, and it cannot change that instrument quickly, it builds slowly.

Two phrenologists told Mrs. Towne several years ago that she possessed small Self-Esteem, which no doubt was true at the time; and probably she feels rather diffident. shy and somewhat of a retiring disposition even now-until Firmness, Combativeness, Approbativeness and Conscientiousness are aroused. see these brain organs strongly portrayed in the face. The stiff upper lip, massive inferior maxillary or lower jaw, shape of the mouth, and the good honest eye-expressing in the order named, firmness of purpose, courage, ambition and a strong sense of justice.

We all act our part in accordance with our physical or mental organizations. We are more or less swayed by environment, education and force of circumstances; but John Smith is always John Smith; he cannot get away from himself; so Mrs. Towne is nobody else, cannot be anybody else but herself. She sails on The Nautilus, steering her own boat. She may take on board a goodly crew, but she, like any other captain, is the sole commander of her own vessel and steers according to her own individual constitution.

Congratulations on Our Stand on New Thought.

Miss Jessie Fowler, in *The Phre-nological Journal* for June, says: "The May number of HUMAN NATURE is up to date and gives much common sense teachings to its readers. We congratulate the editor on the stand he is taking on New Thought. His article on 'Phre-nology and New Thought' should be read extensively."

AN OPEN LETTER TO MRS. ELIZABETH TOWNE.

Human Nature Office, S. F. Cal. June 13th, 1904.

Dear Mrs. Towne:

I was glad to see a reprint of my Human Nature article, "Phrenology and New Thought," in your June number of *The Nautilus*.

I trust it will enlighten your readers; but judging by your three and a half columns of criticism, you are still in the dark—still confound Soul with Mind.

You fail to see, according to the phrenological view, that the Soul manifests itself through a medium; this manifestation we recognize as MIND—be that medium a man or a monkey, pig, poet or polecat.

Mind is the fruit of, or outcome of the soul; the quality of the MIND is determined not by the Soul, but by the contour, shape, form and quality of its instrument—brain and body. Body, Soul and Mind are as the poet expressed it.

"All are parts of one stupendous whole Whose body nature is and God the Soul"

"God the Soul" manifests himself through nature's body; but in the following sentences (as well as in other places in your criticism) you appear to ignore the body or medium through which the Soul operates, and you claim to speak for New Thoughters when you say:

We have caught glimpses of the soul behind the brain, * * * he who would trace live to its source must go deeper than phrenology; he who would change what phrenology tells him must leave phrenology behind him, and enter unexplored regions. * * * Self Esteem is not in the cranium, but IN THE SOUL—the sum of power in any line is not bounded by the skull.

If the above was true, then Mind would be the same in a mule as in a minister of the gospel; there would be no difference between a pig or a poet; your mistake lies in ignoring the medium through which the soul operates, and in attempting to grasp the infinite—"God the Soul!"—vain attempt! The finite mind can no more comprehend the infinite than a



chicken can solve a problem in Euclid, or an oyster dance a hornpipe.

"Know thyself, presume not God to scan, The proper study of mankind is MAN."

"The Soul behind the brain" is truly as you say, an "unexplored region." The mystic minds of India have attempted to prospect that mystic ground for thousands of years and failed; so will New Thoughters fail in that "unexplored region" until they become dear angels.

Phrenologists do not ignore the power of the Soul, but they have more sense than try to catch it; they know it would elude their grasp; they prefer to observe its action on its chosen instrument.

You say "The Mind or Soul built the head." Here again you confound Soul with Mind, as if the terms were synonymous.

That the Soul builds the brain and body is not a New Thought discovery; bless you that belongs to phrenology; it had its birth with phrenology. New Thought advocates preaching that idea to phrenologists appears to me like a pupil attempting to teach his schoolmaster A. B. C.

You certainly pay a high compliment to one of my former pupils who correctly read your character some years ago, also to phrenology as a science, when you say:

He was a remarkable good reader of character, a blind young man named Cooper, well known in the west. He told me I was so lacking in Self-Esteem, that I could not be what I was fitted for. He told me to cultivate the faculty, but that it would take years of persistent effort. Not long after I saw him (Cooper), Prof. Windsor examined my cranium, and told me exactly what had been said by the blind phrenologist.

They both told you "exactly" the same thing because that was so at the time; they told you to "cultivate" the faculty; you have done so and succeeded. Now you turn around and say it is "the Soul behind the brain" that has done it. How is it the Soul did nt do it before the phrenologists pointed out to you the weakness of the Soul's instrument

in that particular region?

You are certainly laboring under a misapprehension as to the remarks of the phrenologists when you state they told you that in consequence of your (then) small Self-Esteem, you "could not be what you was fitted for."

Such teachings are quite contrary to phrenology, which insists that faculties are developed by exercise, or why did they advise you to "cultivate the faculty?"

All parts of the brain are subject to the law of development, as are all parts of the body by exercise.

You make some strange mistakes in your criticism of phrenology; they are too numerous to mention, but I will mention a few:

The phrenologist will tell you that to get into the wrong business is a great calamity—that the man who does not "find his work" until he is forty or so, has wasted his time. * * * The phrenologist is too much of a specialist * * he intimates that success can be yours only as a result of harping on one string.

Phrenologists intimate no such thing as "harping on one string." This is a man of straw you set up, then you proceed to knock him down and throw bouquets at yourself for the performance.

I will not exhibit your bouquets; if the man of straw is not an exhibition enough of your non-acquaintance with the science of phrenology, I need only mention the fact that in three places in your criticism you make use of the word "bumps." The use of that word does not look well in a critic; the popular notion of "bumps" is a popular delusion, is totally erroneous and only entertained by the uninformed. I beg to call your attention to other "bumpologists" in this number. See "Oh She Bumps."

You say:

More New Thought writers are also students of phrenology—and all other methods of character reading—than Professor Haddock guesses.

If New Thought writers were students of phrenology, they would not be bumpologists. We have a group of e'm in another column. When amateurs claim too much their speech lets the cat out of the bag.

John Jones claimed to be an Odd Fellow, but he did not know the grip. Bill Smith said he used to le a sailor, but he did not know the ropes of the ship, and when the second mate sent him aloft he came tumbling down on the deck.

Some would-be critics of phrenology "bumped" their heads against something. Read again how "She Bumps," also my reply to Dr. Russell in another column, and how he blushed—white, and was struck dumb. See "Medical Bigotry."

Dr. Russell now keeps "mum." He will be careful enough not to publish his ignorance of phrenology in the future.

I note where you say:

I tried, one after another, a dozen or more different lines of work before I found my present work.

Why did'nt you consult a good phrenologist in the first place? He could have saved you time and trouble in pointing out to you your best talents, how to utilize them, and how to cultivate that self-confidence of which you were lacking at the time.

However, I beg to compliment you on your success, you deserve it as all earnest folks do; you have done splendid work in trying to make the world better; but you should come into the phrenological light and know men and minds as they are; then you would know their possibilities and not attempt to comprehend the infinite, "presume not God to scan;" leave that to the effete minds of India; God and the nature of man's soul is beyond human ken, but with the phrenological key, you may unlock the so-called chambers of the mind, and open the door to human power and weakness.

Yours respectfully,
ALLEN HADDOCK.

Combe's "Constitution of Man" is the greatest *philosophical* work on Phrenology ever written. \$1.25 this office.



She asks the reader to make the following affirmations:

- "I am power."
- "I am wisdom."
- "I am love."
- "I am what I desire to be."

All of which is not true if the reader be a weak, puny fellow, weighing about 100 pounds, with a 19 inch head; nor would all such affirmations do him much good during his brief existence.

It, indeed, he were to exclaim, "I am a fool and know it," he would be expressing a better knowledge of himself than New Thought advisers appear to know what he is.

Such teachings come from setting up the false standard that Man is his own God. What a delusion. There may be "joy" in the delusion, but not much "philosophy." We are all God's creatures, but not God himself—only "parts of one stupendous whole."

"I am what I desire to be." The world is full of misery because men are not what they desire to be; owing to a lack of knowledge of themselves, they are like round pegs in square holes-misfits. If the "desire" to follow a certain line of work is very intense, the chances are the "desire" is an indication of talents in that direction; but intense desire does not affect one per cent of the population, the remaining 99 per cent go it blindly, and after they have "tried one after another, a dozen or more different lines of work," they find themselves still in the dark, and many never recover their misfortune. Many desire to become rich, but remain poor all the days of their life.

The author on page 61 says:

"There is no thinker but the One Great Thinker you call God. All creation is made up of God's train o thought. * * * He weighs one side of a thing through me, and another through you, and He waits patiently until He can figure it all out and arrive at the meeting place of truth."

Elizabeth claims a partnership with the Almighty. She knows all His secrets. He is "The One Great Thinker." Men's brains are of no use now. There is "Joy Philosophy" for you. Great news from Massachusetts.

Hurrah! Brains are of no more use. She has discovered "The One Great Thinker."

"Oh! She Bumps."

There is a popular seafaring song, "Oh! She Bumps," alluding to a boat; but there is another kind of a "bump" that some people believe in, which goes to show that they know no more about the principles of phrenology than a boat horse; and we shall continue to expose them whether in high or low places.

We call attention to the following dark corners in the cranium of certain enlightened (?) persons when alluding to phrenology.

"The bumps on the outside of the head"--Dr. Russell, Batley, England.

"The bumps on the skull"—Henry Harrison Brown, editor of *Now*.

"Big bumps of Imitation and Approbation," "The man with too large a bump, as the one with too small a bump"—Mrs. Towne in *The Nautilus*.

"By feeling the bumps on his skull" — F. H. Heald editor of Higher Science.

"Higher science" forsooth! These critics had much better understand higher science, mental science, or rather phrenology, then they would know better what they were talking or writing about.

MEDICAL BIGOTRY.

E addressed the following letter to an English paper, The Dewsbury and Batley Reporter, and it was published in that journal on May 13th.

As the doctor we referred to is the president of the local medical society, and popular, no doubt the letter created quite a sensation, as medical priests reign almost supreme in the old country. We commend its perusal by our readers without further comment, as it explains itself:

PUBLIC OPINION.

DR. RUSSELL'S LECTURE ON BRAIN V. PHRENOLOGY,

To the Editor of "The Reporter."

SIR: - Kindly allow me a few words in reply to Dr. Russell's lecture on the brain and his disparaging remarks on phrenology at Batley, a brief report of which appeared in your issue of March 18th. Dr. Russell says: "The outside of the head could not be taken as a guide to the capacity of the brain owing to the irregular and sinuous formation of the brain structure inside." This statement is contrary to the view of the leading anatomists of the world. Dr. Vimont, that most eminent of European surgeons, says: "We can form an accurate idea of the volume of the brain by simple inspection of the skull, or external table, the internal table being perfectly parallel, and the degree of elevation of one corresponding exactly to the other. When a portion of the cranium is developed, the portion of the brain corresponding with it is also developed." This high authority confirms the phrenological claim and thoroughly refutes Dr. Russell's. But if that is not enough, I refer him to Sir Charles Bell's Anatomy II., page 320, which says: "Thus we find that the bones of the head are moulded to the brain, and the peculiar shape of the bones of the head are determined by the original peculiarity in the shape of the brain." * * * Curvier is also explicit on the point. He says: "In all mammiferous animals the brain is moulded in the cavity of the cranium, which it fills exactly, so that the description of the osseous part affords us, at least, a knowledge of the external form of the medullary



mass within." Magendie says: "The only way of estimating the volume of the brain in a living person is to take the dimensions of the skull."

"Other authors might be quoted, but these are sufficient for our purpose. Anatomists and physicians at least cannot with any appearance of consistency question this proposition, and no others have a right to do so. Its correctness stands unshaken."

Remember, all the above are Sir Charles Bell's words, not mine. They knock out Dr. Russell and confirm the phrenologists. I am sorry that Dr. Russell knows no more about the subject of phrenology than to think it a system of 'bumps' on the head. A man may have a head smooth and round as a billiard ball, yet be very talented and full of character.

Phrenologists, by callipers and tape, ascertain the form, shape, and size of the head. Character is determined by the length of brain fibre extending from the medulla-oblongata to the cortex; also by general shape of the head (brain), hands, feet, limbs, features, and condition of the body; its color, texture, or quality of organization, and expression of the face. All are in evidence Phrenology is not bumpology. It is broad and deep, and takes in the whole man—body, brain, soul, and mind.

Weight of brain is no indication of character. If a man's brain be all around and behind the ears he is an animal in cast of mind. If the frontal lobes predominate, and the quality or organization be rather fine, he will be intellectually inclined. If the head (brain) is very wide above the ears he will be selfish or commercially inclined. If the superior region obtain in volume (unless the organization be coarse) he will be morally and religiously inclined. If very high at the crown, he will incline to lead. If low at the crown, he is an humble servant, inclined to follow.

It depends entirely on location of brain matter and quality of organization what a man is by nature. Doctors have been weighing brains for hundreds of years, and still remain in the dark as to the nature of man's mind.

Again, "Dr. Russell gave instances of persons who had suffered serious accidents, and had parts of the brain removed without any serious after results." Dr. Russell ought to give credit to Dr. Gall, the founder of phrenology, and his pupil, Dr.

Spurzheim, for that statement. They were the first anatomists in the world to discover the fact that all parts of the brain are not vital, no more than are all parts of the body. Their dissections of the brain to-day are considered marvels in the medical science.

The brain is double, has two hemispheres; so are the limbs of the body. A man may lose one eye, yet see with the other. A man came into my office one day, accompanied by a doctor. He had lost nearly 2cz. of brain matter from behind the super-orbital plate. The doctor thought his mind ought to be affected, but it was not.

I explained the fact that although the left hemisphere had suffered loss, the vital parts were not touched, but unimpaired even from the nervous shock, and that the right hemisphere of the brain was simply doing double duty. No man ever lived and retained his senses when both hemispheres were injured, or the medulla oblongata, arbor vitæ, or cerebellum, were touched or injured by any foreign substance.

Another peculiar statement in your report of the lecture is this: "Dr. Russell then commented upon the decline of the so-called science of phrenology." Phrenology is not declining. It is increasing throughout the world. If Dr. Russell needs proofs of phrenological science (and phrenology would help doctors wonderfully), he should read Hollander's "Mental Functions of the Brain." The author gives clinical and pathological proofs of the psychic functions of the brain, founded on over 800 surgical operations. In every case he verifies the claims of the phrenologists by actual demonstration. Every one of his localizations correspond to, confirm, and substantiate phrenology as a science—the only true and correct science of the mind. Dr. Hollander, the demonstrator, is a famous London surgeon, and an hon. member of the Royal College of Physicians and Surgeons of England. If phrenology has been driven into the hands oi charlatans and mountebanks, it is owing to medical bigotry. It is a science that belongs to the physician. It should and will be yet taught in the schools, applied in the home and workshop. It is the greatest of all sciences, and as exact as chemistry or geology.

Sir Alfred Wallace has written a book entitled "The Wondertul Cen-

tury," describing the achievements of the nineteenth century. He devotes 35 pages of it to the defence of phrenology. I will quote only the closing paragraph as follows: "In the coming (present 20th) century, phrenology will assuredly obtain general acceptance. It will prove itself to be the true science of mind. Its practical use in education, in selfdiscipline, in the reformatory, in the remedial treatment of the insane. will give it one of the highest places in the hierarchy of the sciences, and its persistent neglect and obloquy during the last 60 years will be referred to as an example of the almost incredible narrowness and prejudice which prevailed among men of science at the very time they were making such splendid advance in other fields of thought and discoveries."

ALLEN HADDOCK. San Francisco, Cal., April 16th.

Several weeks have elapsed since the above letter was published in the English paper, yet Dr. Russell has failed to answer our indictment of him for publishing his ignorance of the power of the brain to shape the skull. We brought the highest authorities in his own school against him.

It is pitiable that so many medical men at this day know so little about the mental functions of the brain. Phrenologists throughout the world are educating the people on a subject that really belongs to the physician, and we believe the time is not far distant when physicians who are as ignorant as Dr. Russell appears to be on phrenology, will be regarded with suspicion. For our part we regard such doctors as dangerous.

An Ohio man was acquitted of murder on a plea of insanity. He had secured his lawyers by giving them a mortgage on his farm, but now repudiates the mortgage on the ground that he was insane when he made it, according to the showing of these same lawyears.

Notice.

Owing to pressure of other matter several articles and reviews are unavoidably crowded out of this issue.



Short Talk on Character Reading.

By a Brain and Nerve Specialist.

F. B. C. EILERSFICKEN, D. O., Ph. D., M. D. SACRAMENTO, CAL.

"The proper study of mankind is man."—Pope.

Man was first studied by Stellar biology (commonly known as astrology). The ancients believed that the character, destiny and happiness of man was influenced by the particular aspects and transits of the stars and planets to the ascending sign at the time of birth. Astronomers observed that the planets were never found in the same position to each other, and hence no two persons could be born with the same character and destiny. It was observed that man could materially change his character and destiny by understanding it, and using his judgment to alter the circumstances. Finally many incompetent, self-styled "professors' (?) unscrupulously practiced it for a money-making device, thus bringing it down to a very vague basis, and the people began to look upon it as insufficient, and finally lost faith in its teachings.

Man was then studied from his physiognomy. The peculiarities of the face and general build of body were observed as accompanying certain marked traits of character. Some very good and clever work has been done by this means; but as it students became more acquainted with the manifestations of mind, it was found that the face and general build of body was insufficient to read all the peculiarities of the mind.

Man was then studied from a physiological standpoint. The portions of the body, and the organs and functions were considered; the temperaments, size and stature, etc., but even this did not satisfy the inquiring mind.

Man was then observed and studied phrenologically. A striking coincidence between the shape and contour of the head and the character and life was observed; hence phrenology was hailed as the means to completely unfold the mysteries of metaphysical science. Phrenology is truly the Mirror of the Mind, Life and Character, and is established upon certain fixed laws; it has a scientific foundation, inasmuch as it recognized that the different faculties of the brain have different media of manifestation.

A MOMENT WITH PHRENOLOGY.

The brain is the organ of the mind. The mind is not a single faculty, but is divided into 42 faculties, and the brain into 42 organs corresponding thereto, each having their distinct position. Then the 42 faculties are the elements which enter into the composition of the human mind, in a similar sense, as in the material world the chemical elements are the ultimate principles of matter.

The manifestations of the mind are known by the organic development of the brain, estimating or measuring the distance of the organs in the cortex from the medulla oblongata, and thus the length of the brain fibres of each organ; quality and other things being equal is the measurement of the power of that particular organ, hence the expansion of that particular faculty of the mind. The quality and quantity of brain fibre of the different organs, when combined, compound as in chem istry gives certain results. Man's whole physical constitution and all the features are the index of his mind and destiny, for they accompany the particular mental states; in other words they are the results of the mind; for what the mind is, so is the life and character of the one possessing it. So we read the life of man and understand how to improve his character and destiny.

Nothing need be said to uphold phrenology; it is too well established to need further explanation here, and it needs no argument.

SUMMARY.

Man is, therefore, read by every organ and function of the body and brain; and every physician should understand this science. Those who fully understand phrenology easily comprehend human nature; otherwise life is a mystery. We must, therefore, decipher the letters of human nature in order to diagnose or read the life of man fully. I think the time is not far distant when this science will be incorporated as one of the fundamentals in all medical colleges.

The Rev. A. Drahms Writes as Follows

Chaplain's Office, San Quentin P. ison, May 26th, 1904.

Dear Prof. Haddock:

Copies of HUMAN NATURE for June received. Many thanks. I value them for containing a remarkable exposition of my character, which is correct as can be.

I was especially amused where you said that I "was not a financier owing to weak Acquisitiveness, yet large Cautiousness makes him watchful in providing for the future." Perfectly correct; it is one of my leading characteristics. I am always safe guarding my interests, and am extremely cautious in all things.

Also your remarks about my musical abilities are to the point, and your other statements are absolutely correct.

With kind regards, Yours truly,

A. DRAHMS.

Mr. Everett W. Porter, East Dixmont, Maine, writes af follows:

Dear Prof. Haddock:

Enclosed please find \$1.00 for two year's subscription to HUMAN NATURE. I regard it as an up-to-date and wide awake phrenological paper, and wish you health and strength for many years to come, to enable you to continue in your good work.

Fowler's Self Instructor on Phrenology and Physiology, with over one hundred new illustrations, is an old standby, and a good seller at \$1.



HUMAN NATURE

Surrounding Influences.

If you are sensitive, the presence of some persons will set you on needles and pins; they deplete and discourage. Others of a more soothing and harmonious nature appear to give you strength and encouragement and impart bouyancy of spirits. Since we began the study of human nature we have always been impressed with the fact that an aura surrounds each individual in accordance with his organization.

Good men are those in whom the superior faculties predominate. Bad men are those in whom the organs in the basilar region of the brain have sway, and their presence can be felt as keenly by some as by the material touch

Read what the Rev. Henry Frank has to say on the subject:

"Guard the atmosphere that envelops you. Each of us is surrounded by a zone of influences we unconsciously cultivate. If we are negative and receptive, we welcome every current regardless of what effect it may produce. If we are positive and aggresive we control the currents and suffer such only to enter into our lives as exhilerate and harmonize our powers. Each breeze that greets us daily as we inhale the morning air, carries a special message in its breath. It arouses, invigorates and empowers us. or it depletes, enervates and discourages. Each sound trummed upon the great Harp of Life—the jangling noises of the street, the whir of busy looms, the rattle of the wheels of traffic, the screeching of whistles, the snorting of horses, the barking of dogs, the laughter of children, the groans of the unfortunate-each sound and sentiment of earth-emits a vibration that polarizes the forces which constitute and quicken the essence of our beings. Shun those influences that deplete, welcome those that converse. Avoid the growler and the grumbler as you would the scorpion and the snake. Avoid the pessimist and the prophet of despair as you would pestilence and the plague. Cultivate whosoever laughs and smiles, grasps the hand with energy and scatters sunshine athwart your path. Cultivate whatsoever inspires confidence and cour-

age and spreads confusion in the ranks of doubters. Cultivate whatsoever helps you to believe in yourself, and flee from belittles and bemeans as you would the fang of a viper. Make him your friend who lifts your eyes to the stars and conjures the moral forces of nature to your aid. Carry good cheer in your heart, gentleness on your lips, encouragement in your voice and firmness in your tread, and you will disperse cowards as the sun dispels the fog. If you wish to be strong, cultivate the company of moral giants. If you wish for success, walk in the company of those who have succeeded. Their very presence surcharges your being with new life as does a crisp December day vibrating with electric energy.'

The Pathies.

- 1. The Allopaths' motto is: "Contrary Contraris Oppenandi," or make one disease to cure another.
- 2. Homeopaths' motto is: "Simili Similibus Curanter," or like cures like
- 3. Eclectics' say: "Veris Vitalis Sustanea," which means sustain the vital forces and assist nature.

The last school comes very near our idea of medication, but they give drugs occasionally, so the Osteopaths come nearest. These have, we believe, no Latin motto, but by healthy manipulation of the human structure induce a *natural* flow of blood, and that means health.

Please read of our method on page 16, which is founded on food and needs of the body. The body is made up of what it assimilates. Mind is something, but not all.

One Year of Janet.

Jan-et was quite ill one day;
Feb-rile troubles came her way.
Mar-tyr like she lay in bed;
Apr-oned nurses softly rped.
"May-be," said the leech, judicial,
"Jun-ket would be beneficial."
Jul-eps, too, though freely tried,
Aug-ured ill, for Janet died.
Sep-ulchre was sadly made.
Oct-aves pealed and prayers were said.
Nov-ices, with many a tear,
Dec-orated Janet's bier.

-London Globe.

Brain Building.

Phrenology has demonstrated the following important facts:

- 1. All objective mentation and emotions are related to nerve actions.
- 2. Each element of mind is manifested through a nerve center in the brain, the functional power of which determines its strength.
- 3. Stimuli from the sensory organs passing over the afferent nerves to the brain, discharge through the efferent nerves resulting in thought, feeling and action.
- 4. All acts, thoughts, feelings and desires that are persisted in finally establish nerve paths and coordinating brain centers which become the physical basis of subsequent thought and conduct.
- Brain centers and nerve paths are built up mainly in youth, and are changed or modified with great difficulty late in life.
- Right willing, right desires and right thinking in youth, establish the physical basis of a righteous life and make virtue and honesty natural.
- 7. The functional power of any brain center may be gradually increased by the habitual exercise of the element of mind which it manifests.
- 8. Mental exercise to be effectual must be regular, intense and concentrated, but never exhausting. Perceptive power is increased by noticing in detail, by concentration upon one thing at a time; the same applies to memory, reason, imagination and to all emotions and sentiments.
- 9. Brain paths and nerve centers which are never exercised gradually become weaker, and in course of time have but little influence upon the character.
- 10. By the persistent, daily exercise of weak facultics and the desirable traits of mind and heart, and at the same time allowing the baser passions and those elements which are too strong, to remain dormant, the nerve paths and brain centers of the former will be strengthened and those of the latter weakened, thereby forming the physical basis of a strong intellect and a noble character.

N. N. RIDDELL, Chicago, Ill.



A MONTHLY JOURNAL

--- DEVOTED TO-

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SAN FRANCISCO......July, 1904

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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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Twenty-five or thirty dollars is ample to pay for excellent board and lodging during the term.

Cure for Pneumonia.

The Health Board of Washington publishes the following, which it says is a sure cure for pneumonia. The formula is as follows:

"Take six to ten onions, according to size, and chop fine; put in a large pot over a hot fire, then add about the same quantity of rye meal and vinegar enough to form a thick paste. In the meanwhile stir thoroughly, letting the mixture simmer five or ten minutes. Then put into a cotton bag large enough to cover the lungs, and apply to the chest as hot as the patient can bear it. In about ten minutes apply another, and thus continue by repeating the poultices, and in a few hours the patient will be out of danger. Usually three or four applications will be enough, but continue always until the perspiration starts freely from the chest."

The above is a drugless treatment,—a natural method of cure we agree with. Try it, if necessary; it may not only save a big doctor's bill, but the life of the patient too.

Phrenological Text Book.

We have imported the Phrenological Text Book. It embraces the outlines of phrenology, describing skull, brain, temperament, location and function of the phrenological organs, and how to cultivate and restrain them. It contains sixty-five pages of subject matter, including twenty-five illustrations. Only 25 cents, postage paid. To be had at this office.

Mind development depends upon a continuous development of the physical, phrenologically considered. But a small per cent of the people know themselves of the laws of nature operating upon and through them. They have no assurance of life to a reasonable age. How many can say, "I am well?" How many can say, "I will remain well"? Not very many.—Dr. Burke, in Health for May.

in The Southland.

BY C. P. HOLT.

How charming this "City of the Angels" where the rush and whirl of traffic seems to have lost its feverishness and the tradesman, though eager for your patronage, is inobtrusive, and greets you with a smile, and will leave his business and walk two blocks with you to point out the house or street of which you are in search. A magical city, seemingly came down from the skies in a night, new and burnished, constantly expanding like the palm tree which shades its walks.

Oh! the genial warmth of the sun and the refreshing coolness of the perpetual breeze that fans the rosy cheek of the child and never chills the marrow of the gray haired sire.

A garden of fruit and flowers encompasses the city and extends bevond its borders in all directions, from the twelve miles distant sea to the twelve miles distant foot hills, east and west, and for many another pleasant mile north and south, embracing the kindred towns of Anaheim, Santa Ana, Pasadena, Riverside, and many score besides these, all charming villages and cities, which less than half a century ago dropped to the earth, where they now sit smiling in the sunshine. From the "Angel City" to these suburban towns the lightening-harnessed car speeds with frequent regularity, past delightful villas dressed in green and gold, and through long avenues of orange shade.

A cloudless sky of cerulean hue arches this vale of fruit, flowers and plenty.

"Stern winter smiles on this auspicious clime. The fields are florid with unfading prime; From the bleak pole no winds inclement blow, Mould the round hail or flake the fleety snow; But, from the breezy deep, the blast inhale, The fragrant murmers of the passing gale."

The days go on and on in this land of lotus leaves, and the nights pass in beatitude. Is there sorrow here; are there ever eyes bedened with tears, or aching hearts; does greed, jealousy and hate ever invade this earthly paradise; do little children toil and suffer for care and sympathy, are men ever cold, cruel and unjust, are women always true and gentle in this land of sunshine and beauty?

Is it true that

"Every prospect pleases And only man is vile?"

Alas, though charming this southland, it is still earth.

Los Ángeles, Cal., June, 1904.

Students coming to HUMAN NATURE office for a course of lessons, have the advantage of using any book or books in stock, that will aid them in their studies.

Now Ready.

The Phrenological Annual for 1904 is now ready. Among other good things it contains the following articles: "The Lauguage of Eyes," "The Study of Phrenology," "Personal Magnetism," "Phrenology and the Ideal," "Physiognomy and Phrenology," "Phrenology-Its Use in the Schools," "Phrenology the Basis of a True Education," "Phrenology the Nation's Right Hand," "Memory-Ethnology-Hints to the Wise," "Phrenology and How its Objectors May be Met," "Phrenology and the Practice of Medicine," Several Character Studies. etc. It's a good one. Send 25 cents for it to HUMAN NATURE office, 1020 Market Street, San Francisco.

Service.

The sweetest lives are those to duty wed, Whose deeds, both great and small, Are close-knit strands of an unbroken thread

Where love ennobles all.

The world may sound no trumpets, ring no bells;

The Book of Life the shining record tells.

Thy love shall chant its own beautitudes
After its own life working. A child's

Set on thy singing lips shall make thee glad;

A poor man served by thee shall make thee rich;

A sick man helped by thee shall make thee strong;

Thou shalt be served thyself by every sense

Of service which thou renderest.

-Elizabeth Barrett Browning.

Opinions of Some Prominent Americans.

It is worth your while to read what some of the most successful men in America think about a phrenological delineation of character. We only quote a few:

"When a man knows himself, he knows what to do. Phrenology tells him what he is."—Chauncey M. Depew.

"Much that I am I owe to my knowledge of phrenology."—Henry Ward Beecher.

"If I had only one dollar in th world, I would spend it with a good phrenologist learning what I should do."—Horace Mann.

"I am on the path laid out for me by a traveling phrenologist many years ago, and I am not ashamed of it."--Dr. Parkhurst.

"I never knew I had an inventive talent until Prof. O. S. Fowler examined my head and told me so. I was a stranger to myself until then."

—Thos. A. Edison.

"Not to know yourself phrenologically is sure to keep you standing on the 'Bridge of Sighs' all your life."—Andrew Carnegie.

"Every man and woman can do something and there is plenty to do. Phrenology will tell each person what that something is."—Phil. D. Armour.

"Whether you believe in phrenology or not, O. S. Fowler was a reader of character. He started me out in life when I was a young man."—Dr. James L. Hughes, in an address at the L. D. S. University, 1902.

We could fill HUMAN NATURE with such testimonials, but what's the use? All reasonable right thinking people are convinced that phrenology is the most helpful and practical of all the sciences that appeal directly to the welfare of mankind.

For a correct delineation of character consult Prof. Allen Haddock, HUMAN NATURE office.



Mr. Heald's Assertions.

BY FRANK REED, EUREKA, CAL.

Mr. Heald, editor of Higher Science, makes some foolish assertions regarding myself and my opinions, which I would like to reply to, but which he would never print in his own paper. I am moved to do this through HUMAN NATURE partly in consequence of a letter sent to Prof. Haddock and forwarded by request to me. It is sel:-explanatory:

" Prof. Alleu Haddock,

San Francisco.

Dear Prof. and Friend.—I enclose herewith copy of May issue of *Higher Science*, in which the editor is unjust to Mr. Reed. If you will note carefully his article on page 70, you will agree with me that Mr. Reed should have a chance to reply to this article."

Fortunately I find some of my strongest weapons ready made to hand, in this issue of Higher Science, hammered out by Mr. Heald him self. In the first place, I wish it understood that I am neither a spiritualist nor a church member, as explained some time ago in a personal letter to him, and which he will hardly dare publish for the edification of his readers, for there are too many strong points against his assertions and claims, points that he cannot refute with argument.

Mr. Heald says: "Very few, if any phrenologist knows what he gives them credit for. They simply know that a man possesses or lacks these qualities by feeling the bumps on his skull, and their relative influence upon each other." That shows how little Mr. Heald has read or knows about the science of phrenology; any well read man or any man of sound judgment and reason, knows that phrenologists have nothing to do with bumpology. The idea of bumps is the idea that the very ignorant and superstitious have of the science of phrenology, who know nothing at all about it. He is most

superstitious who has a perverted idea of a thing, the facts of which he could easily get at. Phrenology as a science is as firmly established and rests upon as firm a foundation as the science of astronomy, mathematics or chemistry. There are unfortunately butchers in all trades and professions, but to the first-class phrenologist, human character is an open book, for mind, like music, expresses through organs. There is no guess work about the science of phrenology, and there is nothing uncertain about it. It is a law, and law means order and regularity. What phrenology says to-day, it will confirm to-morrow. Twice two will equal four in any age and at all times, Phrenology will hold its own against all unfavorable criticism.

[Mr. Reed then takes up the question of Matter and Heat -a subject altegether foreign to Human Nature, and as that subject has not been discussed in these pages by Mr. He ld, Mr. Reed's reply in these columns is hardly necessary, only in so far as affecting phrenology. Editor of HUMAN NATURE.]

How Does it Seem to You.

It seems to me I'd like to go
Where bells don't ring, nor whistl:s
blow,

Nor clocks don't strike nor gongs don't sound

And I'd have stillness all around-

Not real still stillness, but just the trees' Low whispering or the hum of bees, Or brooks faint babling over stones. In strangely, softly tangled tones.

Or maybe a cricket or katydid, Or the song of birds in the hedges hid, Or just some sweet sound as these To fill a tired heart with ease.

If 'tweren't for sight and sound and smell

I'd like a city pretty well; But when it comes to getting rest I like the country lots the best.

Sometimes it seems to me I must
Just qit the city's din and dust,
And get out where the sky is blue—
And, say, how does it seem to you?
—Eugene Field.

Phrenology for the Public Good.

BY H. H. HINMAN, PHRENOLOGIST, FORT WORTH, TEXAS.

I have been before the public twenty years as a phrenologist. I have traveled extensively, lectured in churches, schools, colleges, and on public platforms.

During these years of never ceaseless study and work, I feel that I have been the cause of setting many a mind to thinking, and at the same time saved many a life which would have more than likely been wrecked and ruined and cast out upon the shoals too often found and encountered in our reckless voyage over and across the rough and turbulently treacherous sea of life. To my mind, at least, there is but little if any doubt but that many a fond and devoted mother's darling boy has been saved from the stern iron clutches of the law, and from such of its judgments and decrees as would have condemned and consigned them to penal servitude, shut out from this beautiful world by prison doors, or, it may be from an ignominious death to expatiate some heinous crime upon the gallows; that I have contributed to the shedding of bright effulgent rays of sunshine and gladness into many a home which, but for my words of advice and warning, would have been doomed only to the sombre shadows cast by the dark and dismal sun of disappointment and blasted, scattered and forlorn hopes, as the logical and inevitable result and sequence of hasty and improper marriage; doubtless many a man and woman are to-day occupying creditably and satisfactorily filling honorable and lucrative positions obtained through the advice given by me, whose lives, quite likely, may have proven consummate failures but for such advice and reading of their characters.

During my past career as a phrenologist I have endeavored to teach and inculcate high morals, temperance, honesty and strict integrity, at the same time tried to imbue people with the idea that they should study themselves to the end that they might become better morally, physically and mentally. I flatter myself that I have had fair success.



Child Culture.

Intelligent child culture aims to produce noble men and women, with strong bodies, vigorous minds, honest motives and loving hearts.

- 1. Self examination is of vital importance. Our own peculiarities, faults and virtues affect our relation to the child and ways of governing.
- 2. Self-control is indispensible. A calm, self-possessed spirit and gentle manner are more potential than many words without composure.
- 3. No two children are alike; each, therefore, should be governed and developed according to the specific requirements of its nature.
- 4. Parental authority should be exercised only as far as is necessary to induce the child to do right. The thought of obedience should always be associated with the thought of doing right.
- 5. A child should be governed by appealing to its intellect, its conscience, or its love, but never through fear, appetite or other selfish motives. Conduct, to have any virtue in it, must spring from a sense of right, a willingness to do, love, or duty.
- 6. The time to correct a child is when it is good natured and removed from temptation. By loving council and the lodging of proper suggestions it is possible so to prefix the character as to predetermine conduct.
- 7. Like excites like; thoughtfulness, kindness, love and self-control in the parent tend mightily to produce similar conditions in the child.
- 8. Every child should be taught to use its senses, think for itself, act independently, and carry responsibility.
- 9. Corporal punishment should never be resorted to except in extreme cases; it should never be administered when either parent or child are angry. The chastisement of love is far more effectual than the whip.
 - 10. Every child should be made

a law unto self as early in life as possible. Aggressive goodness within leaves no room for evil. Pronounced righteousness once developed in a child the problem of its government is solved.

From "Child Culture," by Riddell. For sale at HUMAN NATURE, office, well bound, cloth covers, 75c.

Whom I Pity.

By Alice M. Warren, in Boston Press Writer.

I pity those within whose hearts
The artist soul doth hide;
Whose hands might draw with cunning
art,

Rare works of skill and pride; But who are forced to earn their bread By daily toil and care; With faintest gleams of hope ahead To save them from despair.

I pity those within whose minds
Unwritten poems lie;
Amid each day's unceasing grind
These dreams must be laid by.
Some know but shadow, others sun,
Imbibed with their first breath;
Sure prophesy that life goes on,
It does not end at death.

I pity those whose lives are bound
By superstitions old,
Who miss the beauty that is found
On sunset hills of gold,
Who fail to see the Infinite;
In every flower and tree!
But to some mighty potentate,
From duty bend the knee.

I pity those who when they place
Upon the silent breast,
Pale hands, and kiss the sweet, still face,
Of one they love the best;
Who cannot look behind the bar,
Of life's lone harbor here;
To shores, where shines another star
Whose light makes heaven near.

The Nobler Part.

To follow after what you deem the right, To live according to your highest light, For freedom and humanity to fight,

To dare speak out the thoughts within your heart.

To persevere, despite the sneers of fools, To speak, despite the isms and the schools.

To stand for Truth, despite accepted rules:

This is the nobler part.

-Anon.

We have for sale some beautiful Alexandra Wall Charts in colors, illustrating the forty-two mental functions of the brain, 3 feet by 2 feet 6 inches, for hanging, or mounting on rollers, or framing. 40 cents each, or three for \$1.00. Mailed without extra charge. Also a smaller chart, 23 by 19 inches, published by Fowler & Wells; the Alexandra chart is a duplicate of it. We mail this at 35 cents.

Prof. Allen Haddock is still publishing Human Nature out in San Francisco and illuminating the western horizon with his spicy controversial articles. Haddock is a Phrenologist and a Philosopher, and every article he writes has some good strong sense in it. Every Vitosophist is advised to get in touch with Human Nature and keep up with Haddock's original ideas. — Prof. Windsor, in Nature Life for June.

Prof. Riddell's latest and largest work is "A Child of Light," or "Heredity and Prenatal Culture." This is the most startling work ever published on the subject, and every statement is sound philosophy based on facts. Nothing equal to it, in our opinion, was ever issued from the press. This great work is embraced in one large and well-bound volume. Only \$2.00.

Manhood Wrecked and Rescued, is a grand work by Rev. W. T. Hunter, Ph.D., D.D. It shows how strength and vigor is lost and how it may be restored by self-treatment, in a series of chapters to man, on secret purity and right living. This book is given to the world with a sincere desire to save men from the pit falls of sensuality. Price \$1.00.

We have Wells Charts in stock at New York prices — \$10 per 100 Smaller quantities same price. One cent on each chart must be added for postage, when smaller quantities are ordered.



The Phrenological Journal

For July is especially designed for mid-summer. It contains an illustrated article by the editor on "How a Man's Career Shows Itself in His Face," with portraits of President Roosevelt, Hon. Grover Cleveland, Hon. Seth Low, Mark Twain, and Chief Judge Alton B. Parker; "Phrenology on the Farm," by M. "A Visit to Plymouth, Tope. Mass.," by F. V. Townsend. "Phrenology and Art" proves that Phrenology rescued one young lady for this profession, even against her ideas of her own talents. The "Health Notes" are by Dr. E. P. Miller. The editorial department has an article on "How to Succeed," etc. etc.

A preacher who went to a Kentucky parish where the parishioners bred horses, was asked to invite the prayers of the congregation for Lucy Grey. He did so. They prayed three Sundays for Lucy Grey. On the fourth he was told he need not do it any more.

"Why," said the preacher. "is she dead?"

"No," answered the man, "she won the American Derby."

Dr. Fcote's latest work. "Home Cyclopedia" of Popular Medical and Social Science, is a much larger book than his "Plain Home Talk" It will always sell well. To clear out our remaining stock we offer one year's sub-cription to Human Nature and this great work for the low price of the book \$2 00.

Poor Feebles (about to be operated on for appendicitis) Doctor, be fore you begin I wish you would send and have our pistor, Rev. Mr. Harps, come over.

Dr. Cutter-Certainly, if you wish it, but why?

"I'd like to be opened with prayer."

"Do you want to have a fit?" Then get one of our celebrated \$10 suits!" is how a country tailor advertises his wares.

"What profession do you follow?" the attorney for the plaintiff asked.

"The medical profession," the witness answered.

"Are you a practicing physician?"
"No. sir."

"Then what do you mean by saying you follow the medical profession?"

"I am an undertaker, sir."

"Where's Napoleon's skull?" asked the visitor of the museum attendant. "Where's what, sir?" inquired the man. "Napoleon's skull. Have'nt you got that in this show? Why, there are two in the town I come from."

Prof. T. G. Stark, who is lecturing in Washington, writes: "I will make it a point to secure you some subscribers for your magazine, as it is a good one, and should be in every home, if people realized their own welfare and studied this grand and noble science."

"Your husband," said the physician, "has a serious attack of gastric fever."

"You don't say," exclaimed Mrs. Oatc.ke. "How in th' name of goodness did he ever get it when there's no gas in the house?"

"The New Man." by Prof. Riddell is worth its weight in Radium. It contains information of priceless value to all who desire to improve self, or others physically, mentally, or morally. Price 25 cts.

Schoolmaster: "Now, sir, what are you laughing at?" Scholar: "Nothing, sir." Are you laughing at me?" "No, no, sir." "Then what else is there in the room to laugh at?"

Annie G. was attended by a quack doctor who diagnosed her case as "Rhinitis, ozœna, goitre, rhimopharyingitis." What rot! The doctor did not forget to charge.

Drug Doctors and Phrenology.

Excepting the old fossils, the majority of physicians now believe in Phrenology. The highest medical authorities have endorsed it; even the last edition of Gray's Anatomy is minus the objections against Phrenology, which were all futile and penned by the hand of bigotry. The Standard Dictionary and all the modern dictionaries of any standing now endorse Phrenology.

The majority of Drug Doctors still oppose it, mainly from ignorance of the subject, often from selfish motives.

Those medical priests who oppose phrenology know that when people begin to study themselves by the aid of the science, their occupation will be gone.

Phrenological students knowing themselves, know how to live and have no use for drugs or drug doctors.

Human Nature is the same the world over. Selfishness often blinds men to the truth.

"Where is that d-d spade, Mary?" asked a man of his wife as he entered the house the other day after a search for the implement. "I'll be d—d if I know," she replied sweetly. The lesson went home with such a shock that he raised his hand on the spot and took an oath never to swear again.

"Wedlock, the Right Relation of the Sexes," by Wells, is a hand some, well bound book, and we are selling quite a number of copies. Read table of contents on last page of February and March Human Nature. Price \$1.50. or with one year's subscription to H. N. \$1.75.

Nurse: "Now, what are you doing there, children?" Little boy: "We have got hold of grandma's teeth, and we're cutting them down to fit the baby."

You should send us 25 cents for Frank Reed's "Plan of Creation."



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Those contemplating marriage should not fail to consult Professor Haddock and learn the temperament in the opposite sex best suited to harmonize with their own.

The examination will also include a physical diagnosis and invaluable advice regarding health and the cure of disease.

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Because its Child Culture Department helps mothers to understand the character and needs of each child.

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Edited by W. P. Burke, M. D., at

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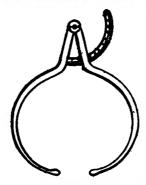
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EAT SOME SAND I



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