

# Human Nature

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JESSIE ALLEN FOWLER.

PHRENOLOGIST, EDITOR, LECTURER AND AUTHOR.

MISS FOWLER, though an American by birth,— being a native of New York City, has travelled extensively in foreign countries, as well as at home, and during her travels has lectured on Phrenology, Health and Hygiene with great success. Though Phrenology has been her special subject, she has held classes in Physical Culture and medical gymnastics in London and Melbourne, Australia, illustrative of her lectures on Health.

Her mother was one of the first lady physicians in this country, having taken her degree of M. D. when such a thing was an unusual event. She therefore encouraged her daughter in medical studies abroad.

Miss Fowler commenced the study of Anatomy, Physiology and dissection at the Medical College for women in London, when she was a resident there, and intended to make medicine her life study, but on the death of her mother, she began to assist her father in his professional work of Phrenology, in 1879.

Miss Fowler has travelled throughout the Australian Colonies, the British Isles, France, Italy, Ceylon, Canada and some parts of America. In many places in the Antipodes she spoke in some of the largest halls, and in some churches where the people had never heard a woman speak from a pulpit. She has attracted large audiences in such centers as Exeter Hall and Memorial Hall, London, and the Mansion House, which is the Executive Building of the Lord Mayor of

London. In all the largest schools in Victoria, Australia, Miss Fowler was invited to give demonstrations before the teachers and children on Phrenology and physical culture, and had permission granted to her from

the Board of Education in Melbourne to introduce her system of gymnastics into the State Schools. She has belonged to several scientific societies in England, and has written two papers on Ethnological topics, which were well received and read before the Anthropological Section at Ipswich and Nottingham, respectively. One paper was on the Australian Native, his characteristics, language, mode of life, proportion of head and physical characteristics. The other paper was on the Esquimeau. Both papers were illustrated with curios, photographs and skulls.

As a writer, she has contributed to several papers abroad and in this country, and has written a book on Mental Science, bringing the subject up-to-date from a Psychological standpoint; another (in connection with her father) the Phrenological Dictionary, besides writing on "Phrenology in

the School", "Phrenology in the Home", "Woman and her Progress in the Profession" also "The Physiognomy of Woman", "National Skulls", Physical Culture, etc., etc. Since her return to America in 1896, Miss Fowler has been graduated from the Woman's Law Class of the New York University, and is a member of the Alumnae of that class. She has also attended a



summer course on Experimental and Genetic Psychology and Education at Columbia University, New York City.

#### CLUBS.

Miss Fowler has been and is a member of some important clubs in New York and London. In the latter city she was a member of the "Writer's Club", the "British Association of Science" and the "Anthropological Institute." In New York she is a member of the "Woman's Press Club" of which she is chairman of the "Legal Aid to Women Writers;" "The West End Women's Republican Club", the Women's Club of Orange, New Jersey", etc.

#### HER ANCESTORS.

She is descended from John Folger, who died in 1666, on her mother's side, and is related to Benjamin Franklin, whose mother was also a Folger from Nantucket. On her father's side she is the seventh lenial descendant of William Fowler from Lincoln, England, and is also descended from John Fowler of Guilford, Conn., who died in 1676. Her great-grandfather Fowler, Eliphlet Fowler, fought in the revolutionary war, and is a descendant of the Fowler family, whom Richard Coeur de Lion granted a special crest—the Owl, to a member for his bravery, vigilance and foresight in the battle in the twelfth century.

She travelled with her father throughout the British Isles and helped him with his professional work in the Fowler Institute, and in his private office in London, and edited the English Phrenological Magazine for a number of years.

On again coming to this country in 1896, she commenced at once to assist Professor Sizer and Mrs. Wells (her aunt), in their work at the American Institute of Phrenology, New York City, and aided them in editing the *Phrenological Journal* and in lecturing before the Institute, besides carrying on her Phrenological and literary work.

Since 1897 (on the death of Professor Sizer), she has been the chief editor of the *Phrenological Journal*.

#### THE STUDY OF PHRENOLOGY.

Probably at no period of the world's existence has Phrenology been so thoroughly accepted as at the present day, and, according to the evolutionary theory, such would be the case, as scientists to-day are working along the lines established by Dr. Gall one hundred years ago. All experimenters with the Galvanic Battery or electroids are seeking to prove the localization of function, and it is rational to suppose that as Phrenology presents the best theory of localization, that in time the deductions of scientists will merge on to the lines of the Phrenologist in all the centers that have yet been located.

Evidence comes to us that Phrenology is becoming more and more accepted through the establishment of cerebral centers.

Since the American Institute of Phrenology was started in 1866 and established by special charter, students from all parts of the world have been coming to it year to year. Upwards of fifteen hundred to two thousand students have received instruction therein, including the London and Melbourne Institutes, which are affiliated to the parent Institute. All the students have had an undeniable influence as they have passed out into the world, in bringing converts to the subject.

Phrenology is used more and more among our business men that at any other period of the history of commerce. Heads of business firms consult us when they are engaging new hands or employees in their work. Men going into business and seeking partners are equally anxious to obtain advice concerning the adaptability of themselves and their partners. More confidence is being placed upon the judgment of expert Phrenologists in regard to these matters.

The following is from a newspaper article, and as it brings out some important facts, we publish it in full:

"In seeking an interview with Miss Fowler, she told us a few facts concerning her work.

"Incidents connected with the success of students who have come back and reported to us of their success in life after following our suggestions would take considerable time", said Miss Fowler, "but we will give you some of the most recent facts that have come under our notice. Only yesterday a graduate of our Institute brought his son to us to know whether his conclusions were right in regard to the occupation he had decided upon for his son. The father was a man who had used Phrenology in building up his business, and in understanding his fellow officers on the Board of Aldermen of which he was connected, and he had faith that Phrenology was a director in placing his son in the right position in life. We told the father that the lad had capacity as a civil engineer and draughtsman, and that if the lad were our boy we would put him in a school of technology, where he would be prepared for such a line of work. This suggestion corresponded with the father's estimate of him, for the lad has already shown an inclination for design and engineering. During the Spanish-American war the lad had worked out plans for fortifications, and collected the boys around him in sufficient numbers to build a fort; further he was always working out designs of bridges and railroads in his spare time, which showed that he had particular taste in this direction.

"A few weeks ago a father brought his boy to us who presented characteristics of a keen calculator. We told the father his son ought to be connected with some large railroad enterprise, as the lad possessed remarkably active perceptive faculties, large Constructiveness and Calculation. At the close of the examination the father said he had often been

surprised that his son was constantly calculating the schedule of trains on an important railroad. He would of his own accord map out the trains for a certain district, make due allowance for the stoppage of trains at certain stations, and calculate how long a journey would take, and when the train would return; not only with one train but with many. This is not an easy matter for even an expert to arrange, as we have been told by those who do the work, but this lad seemed to take a delight in just this kind of work."

When asked if she thought that a child of six years of age was too young to have her character delineated, she mentioned several interesting facts in connection with her work, showing that if young children are examined great benefit will result if the advice is carried out concerning the right education, training and future development of the child. In other words she said, "I like to examine a child as early as possible, so as to help the parents to conserve the energy of the little ones, both at home and at school, and it will enable them to know what they may expect in the future "

A mother brought her three-and-a-half-year-old little girl to Miss Fowler for an examination, and the mother asked if she were too young to be examined. On Miss Fowler's replying that she liked to examine even babies when allowed to do so, the mother said, "I would like you then to examine my baby's head. She is out in the carriage waiting for me, and I will have her brought in." whereupon both children were examined, and the mother acknowledged that she had received many hints that would help her in the bringing up of her children.

Miss Fowler told us that she had examined and placed young men in nearly every college in this country, pointing out just where their strong and weak points were.

When asked if she thought that Phrenology was being generally ac-

cepted by business men, she replied, "Our experience goes to prove that business men and women are willing to depend upon the judgment of an expert Phrenologist. I have been asked to examine over fifty clerks in one firm, ranging from bookkeepers, typewriters, confidential secretaries, shipping clerks and agents, while in other firms I have also selected similar candidates for their work. Some firms have asked me to select business partners for them, while I have also examined governesses to send to parties abroad."

Miss Fowler has interviewed a large number of prominent men and women, many of whom have been interested in the principles laid down by Dr. Gall, while others she has converted to a belief in the science through a delineation of their characteristics."

Miss Fowler's experience is like that of our own, and of every other practical and conscientious Phrenologist, anxious to benefit the patron.

### Anent New Thought.

#### INTERESTING CORRESPONDENCE.

Our July and August numbers created world-wide comment regarding our criticism of New Thought theories. They are coming in from Canada, England, and even Mexico; but we quote only a few near home that are very instructive:

W. T. Probsfeldt, Seattle, writes: "It is refreshing to see how you prick some of the bubbles and theories of the New Thought cult. It is time that some one refuted the false claim that a man can do anything he desires to do regardless of ability."

Another correspondent is not only more elaborate, but throws the Phrenological search-light into some very weak places in New Thought.

"I am glad you gave vent to your ardor on the New Thought theories, for really it is astonishing how little common sense they show. They mystify things so much by talking about the Soul, and by thinking that the power lies in the personal Ego

through affirming "I am Power", "I am Wisdom", "I am what I desire to be", etc. I agree with the New Thought doctrine in keeping the mind bright with enthusiastic hope for the future, but I believe the affirmation should take the form as follows:"

#### A PHRENOLOGICAL AFFIRMATION.

"I will try to make the most of myself. I will make the effort to cultivate the weak powers of my organization, and, God helping me, I know I shall succeed." But to *deceive* one's self into saying "I am what I desire to be" seems too ridiculous for common sense people to believe. You waxed humorous in the "Man of Straw" and "boquets." What will Mrs. Towne say to that in *The Nautilus* ?"

In reply to the query of our correspondent, Mrs. Towne said nothing in August *Nautilus*. She kept "mum" remembering probably the old adage that "A still tongue makes a wise head."

Here is a razzle dazzle letter. His comments on Prof. Holt's article in August number are to the point:

"The ardent and *thinkingless* (to coin a word) of the New Thought cult will find in Prof. Holt's article "Mistakes of New Thought", a long line of barbed wire fence that it will be difficult to climb over without tearing their wardrobe and pricking their anatomy."

Let them try. They will not try. There is no answer to his conclusions drawn from self evident predicates. They will flounder around and restate their silly "affirmations" just as before."

"Phrenology is too straight, too clear in its declarations, and far too revolutionary in its teachings to suit the New Thinkers and the razzle dazzle-headed majority."

"The masses demand mystery and something too utterly too, too."

"Sensible people are not to their liking; it requires brains to think of which they have a dearth."



**"As the Twig is Bent so the Tree is Inclined."**

IT IS not every day we make a delineation of a little girl possessing such excellent talents, yet so shy as the child described below.

Yet if the little twig be trained as a tender and fruitful vine ought to be trained—if she be taught to be self-reliant she will accomplish much, because she is not only ambitious to shine in the world, but she possesses rather extraordinary talents in several directions, any of which if wisely directed will prove profitable in more ways than one.

A correct phrenological examination when young is a great help in giving proper direction to one's capabilities.

MISS G. D. AGE NINE YEARS.

Considering her age, this child is well developed both physically and mentally.

She possesses excellent mental ability and is capable of becoming a good scholar.

That means to say that she is capable of more accomplishments than the average child, but unfortunately she is too shy, or timid, lacks self-esteem or self-confidence, and shrinks in company, which is a great drawback, that can however be overcome by proper training.

She is too self-conscious—cannot forget herself; in other words, her brain organ of Approbation is too large and overactive, and her Self-Esteem is too small, she is ambitious, almost over-ambitious to excel, but lacks that self-possession to go ahead in the face of apparent—only apparent difficulties; so if this defect be not remedied now, then when she grows older, and ready to take responsibilities others of inferior ability but more "cheek", will obtain positions in life that belong to her by virtue of superior ability.

Her retiring disposition and fear of undertaking responsibilities are not altogether mental; but partly from a

highly strung and oversensitive nature; indeed she is painfully sensitive and nervous, especially in company. Her fine quality of Organization and rather weak nervous system accounts for much of her embarrassment.

PHYSICAL TREATMENT.

*Here followed a dietary to fit the case.*

If this plan be followed for three months you will see a mighty change for the better, the brain and nervous system will be strengthened and fortified.

MENTAL TREATMENT.

It is advisable to make her understand and feel that she is superior to common stock.

This may appear to her guardians as uncharitable, but it is not. Mental defects like this require heroic treatment. She can be kind and modest enough, yet still cultivate a feeling of superiority and preserve self-confidence and dignity of character without feeling contempt towards the more unfortunate.

Her large Conscientiousness will keep her in the right track. She possesses a keen sense of justice, and will draw broad lines betwixt right and wrong.

With the exceptions named her mental organism is well ballanced, and there exists considerable harmony between body and brain.

Her head measures 21 inches, and this is large for a child nine years of age; her body is also strong enough to supply all the needs of the brain, and her Organic Quality being high the tendency of her mind will be upward rather than downward.

Judging by the width and fullness of the head at the sides she will be industrious, economical and saving; when she makes a purchase she will see for herself that she gets her money's worth. She has a good sense of values. Men and women of this type succeed well in commercial enterprises.

Give her a good education, and if necessary let it be a commercial one. She can absorb it. She possesses the organ of Calculation in a rare degree, also the organ of Form, etc., so she can become an expert accountant, a bookkeeper, stenographer, etc.

Her higher possibilities, however, lie in the professions of Music and Literature, or she would make an excellent Elocutionist. Language and memory of events are excellent, so is her analytical ability; for this reason mainly she could become a good journalist or magazine writer, and when her self-confidence has increased she would make an efficient school teacher or teacher of music.

My advice to you is, by all means let her feel her own responsibility. Do not do too much for her. Show her that self confidence is half the battle, and that people with inferior talents and self-confidence accomplish more than do those possessing superior talents and a lack of Self-Esteem.

I have marked her chart as capable of becoming a nurse, matron and physician. These callings however call for persons with more animal magnetism and lesser brain activity. She certainly is mentally and physically equipped to follow any of the last named vocations, except the most successful physicians are more soothing and restful and have less mental activity. Otherwise she possesses all the mental attributes.

Her eyes are of the "intellectual type", grey, so she really is best adapted to follow intellectual pursuits.

Continuity or Concentration is rather small, but her intellectual faculties being active her attention will be concentrated on intellectual work and things requiring mental effort.

For general proclivities, strength and weakness of character, talents, etc., see marked chart.



### Man and His Natural Capabilities.

**T**HE following delineation is a good lesson in character reading; it goes to show that if a man follows a calling in harmony with his natural capabilities, he will obtain happiness and prosperity; but if he goes blindly to an occupation he *thinks* he can succeed at, but for which he has not much talent—in other words, if he follows a foolish and mistaken *desire*, he will fail, become the victim of misery and “bad luck.” Bad luck is often the result of bad judgment.

Nothing but a Phrenological examination can determine the sphere to which you belong, and in which you may hope to succeed.

#### DELINEATION OF MR. V.—K.—

“You possess a remarkable constitution; your strong, boney, muscular system is well knit together, and your vigorous body of 191 pounds, together with a large head measuring 23½ inches, endows you with considerable power, both physically and mentally.

But you are not a great Thinker, you are an Observer; you see things; yours is not an inventive or creative turn of mind so much as it is that of a practical. Your Perceptive intellect is immense; nothing passes your observation, you have an uncontrollable desire to see things and can hardly rest satisfied until all is known, you notice things in detail, you recognize persons you have not seen in many years, and very soon become thoroughly acquainted with places and localities.

Whatever is your present occupation it should be connected with your strong powers of observation. Men of your stamp make the best navigators, prospectors and explorers. You are exceedingly fond of travel, but your large Love of Home is nearly as well developed, so you are also fond of home as well as travelling. I am of opinion that you would do better on a coasting vessel

than a deep sea ship, but you would do equally as well as a prospector or miner, or in mechanical engineering, because your Construction is quite large. As a matter of fact, however, I name carpentry in preference to any of the trades where metals play a part; I do this simply on account of color; although good construction like yours, and possessing such large Perceptive faculties, you may do equally as well in mechanical engineering, but as a rule dark-haired and dark-complected people having more iron in their blood, have more affinity for metallic substances than blondes, and that is the only reason I name you as better adapted to work in wood than metals. Therefore as a carpenter, house, boat or ship builder you have excellent adaptability, but you are too heavy for a cabinet maker or wood carver.

In landscape gardening you could do well, you possess considerable taste and sense of the beautiful, but it is seldom that persons of your complexion are good judges of color, they lack coloring matter. I do not consider you an extra judge of flowers, but in laying out beds, or lakes, reservoirs of water, erection of wooden bridges, or laying of pipes, in fact doing anything on the ground plan, such as making and macadamizing roads or sidewalks, paths, etc., you possess most excellent abilities.

You may have had no experience in handling live stock, but with your type of head I consider you would be quite a success as a live stock dealer, although you have not a commercial type of head.

As an engineer, especially locomotive engineer, or expressman, your large development of Locality would aid you immensely. Your wonderful memory of locality and places ought to be phenomenal, and I am inclined to think with such a development of the faculty as you possess, you were never lost in your life, and can find your way about anywhere through forest or desert

without a compass. You are a veritable pathfinder and would follow a trail anywhere.

I have put a blue mark around the vocation in your chart-book that you are well adapted to follow; but to the best vocations I have added a star. It is possible you may have been able to stay mainly at one trade or occupation, but the faculty of Continuity is rather against such a proposition. It is small and inclines you to a love of change, or have too many irons in the fire at one time. That and large Locality tempts one to become restless, but in any event the faculty of Continuity needs to be cultivated, and to do this successfully is to leave nothing unfinished, and carry out all the purposes you have set to carry out.

Cautiousness also needs developing. You must be more on your guard against accidents and dangers ahead. You can see danger if there be any, but you are inclined to be less watchful and careless of results.

You have not quite sufficient faith in the spiritual or the unseen, but your Veneration is quite large, so although you may not be a religious devotee yet with your large faculty of Veneration you respect the opinions—the religious opinions of others. You are a sober-minded man, not given to childish humor or mimicry; being original rather than imitative, what you do bears your own trademark; you are certainly original, although you can do anything you have seen done in the line of construction; that ability comes from the power of observation and not from imitation.”

*At the close the gentleman said: “You hit me off exactly, both in character, disposition and talents; even to the successful occupation I follow.”*

### Crowded Out.

Some reviews, editorials, and several contributed articles by Reed, Bean, Cox, and Moyer, are crowded out of this issue. They will appear next month.

## A Balloon Punctured.

BY C. P. HOLT.

A pesky, prevaricating physician; nameless and in desperate straits, or else to test the gullibility of the average flesh-meat eater, wrote some fiction about vegetarianism and consumption, which was first published in the *Sunflower*, and thence, last month, copied into HUMAN NATURE. The former is a spiritualist paper, the editor of which is supposed to treat upon topics in a way that will lift mankind out of materialism, and teach humanity to make their bodies fit temples for the indwelling spirits. The way he goes about his task, in the article under discussion, is to make bloody feasts a panacea for consumption, and the carcasses of dead animals a passport to the "Summerland." The latter publication is "Devoted to Phrenology, Physiognomy and Health," with an editor at its helm who for two decades has given his life and energies to the upbuilding of the only science that in its logical sequence teaches correct living. For his splendid efforts in advancing the science of Phrenology, this editor deserves all praise, and yet this champion of a healthy body and brain, by reason of inheritance through a long line of English flesh-eating ancestry, became embued with the sanguinimity of a bloody diet which seems to have dulled his otherwise good reasoning powers, so that he utterly fails to discern the logical sequence of the phrenological axiom which asserts that men act in accordance with their organization and environment, hence the most direct method to degrade them, make them gross, sensual and ill, is to feed them upon the bodies of beasts, and that the road to health does not lie through the golgotha of the slaughter house, but rather past the elysian fields, where bloom flowers in rich perfume, and where ripen the luscious fruits of Eden. Alas, that these, our guides to

Buelah land, should be chained to the putrifying carcasses of our murdered dumb relations.

So grotesque are the assumptions of this unnamed physician that it is difficult to decide whether he be not indulging in pleasantries, rather than seriously talking, when he says that

"Vegetarian or herbivorous animals are the ones that get consumption." "Everyone knows how prevalent is consumption among cows. Well it is still more prevalent among monkeys. \* \* \* Take on the other hand the carnivora or flesh-eating animals, consumption is rare among them. Lions, tigers and leopards die in their zoos from every other disease but consumption as a rule."

"Among mankind the greatest eaters are butchers. A butcher may eat a pound of underdone steak or a half dozen juicy chops three times a day. That is why he is so ruddy and gay. You never saw a pale, gaunt, morose one. But among our vegetarian friends the pale, gaunt, morose type prevails. \* \* \* Three of my consumptive patients were well enough till they adopted the vegetarian tad. Consumption didn't attack them 'till they left off eating meat."

I commend to this unnamed and unknown physician the golden words of Josh Billings:

It is better not to know so much, than to know so much that ain't so.

The fact is that Vegetarian animals are not, when in their wild state, liable to consumption. Did an unnamed physician ever see a consumptive deer or bison or elk in the forest or upon the prairie? It is the domesticating of the cow and feeding her upon slops and confining her in close, unventilated stables that breeds consumption in her body.

A wild monkey is not consumptive, but the records of all showmen from Barnum to Dan Rice, show that lions, tigers and leopards, do die of consumption in confinement. However, it is only civil to enlighten this benighted, unnamed physician, by informing him that the lower apes (the monkeys) are not strict vegetarians; they eat insects and are not averse to flesh meat but the anthropoid ape (man's first cousin) is strictly frugivorous. Huxley says that

"there is greater difference between the lowest ape, or monkey, and the highest anthropoid ape (the Champanzee, Orang Outang and Gorilla) than between the anthropoid ape and man."

Did an unnamed physician ever see a consumptive gorilla in his native jungle?

If cows are consumptive what nice food their putrid carcasses must make for unnamed physicians and other

flesh-meat eaters. Why not eat the healthy lion, tiger, leopard and turkey buzzard! Why indeed!

The butcher who is so "ruddy and gay" and who eats his "juicy" ptomain chops three times a day, selects the consumptive cow for his filthy, gory feast, with all her disease-laden germs of tuberculosis. How juicy to be sure! Why does he not eat cat, dog, tiger and carrion crow? He does eat hog, which is as bad and as nasty as a vulture. The ruddiness of the butcher is inflammation, as is the rum blossomed nose of the whiskey bum; and his gait is the hilarity of the tiger, surfiated with the blood of his victim. He is gay so long as everything pleases him, but when crossed he is a bull dog for cruelty. He is drunk on blood; he is a bloody bummer. Statistics prove that more murders are committed by butchers than by men of any other calling, and in England a butcher is not permitted to sit upon a jury which tries a man for his life. Neither should a man who eats bloody meat. It is notorious that butchers are short lived and prone to consumption and fevers and all diseases of an inflammatory nature. I commend to this unnamed physician the most valuable book of Alexander Hais, M. D., F. R. S., entitled "Uric Acid as a Factor in the Causation of Disease." Dr. Hais is one of the most celebrated physicians of the twentieth century, and not an unnamed physician. In the work mentioned Dr. Hais says:

"For my part, and as one of the results of this research, I am inclined to believe that mankind are trying to make themselves carnivora, when nature intended them for frugivora, and that they will presently wake up to the fact that they are even now paying an enormous price in the shape of mental and bodily disease for their follies."

It is slander, without a shadow of truth, to designate vegetarians pale, gaunt, and morose. They are the healthiest, strongest and most enduring people on earth, and time after time in athletic tests they have bested flesh-eaters in every trial of strength, speed and endurance. A bloated abdomen and an inflamed face are not indices of health, not if the court

knows himself, and he thinks he does.

When next this unnamed physician essays to enlighten the world, let him choose a subject with which he is acquainted; "how to dose deluded dupes", for instance, as witness his three consumptive patients who became consumptive after taking his pills and bottled nastiness.

Vegetarianism producing consumption, indeed! Ananias couldn't beat that fib. It's just the other way; hog and cow eating is what fills men's bodies with nastiness, of which consumption is the result. All New England is filled with consumptives, and so is England, France, Germany and Labrador, each victim coughing the cough of rottenness, engendered by diseased, putrid flesh, eaten by the advice of an unnamed physician, up in a balloon.

### Luck.

Is there such a thing as luck? Do events happen without being intended or foreseen? or from some cause not under human control, or which can not be previously known or determined by human skill or power? If so then there may be something in luck. Shakespeare says: "There is a divinity that shape our ends rough hew them as we will;" let us remark whilst some of our students are considered "lucky", we notice their luck comes by working for their object. For instance, on July 14th we had a pleasant call from one of our former students. He took our professional course two years ago and went north. We refer to Mr. C. D. Taylor, a prospector from British Columbia. After the course he went prospecting in Nevada. In a few months he "struck it rich" by locating several gold mines, one of which brought him *half a million cash down*, with another half a million in sight. He had prospected for seventeen years with indifferent success.

Dr. Eilersficken kills the germ and drinks the milk in the coconut.

### Heredity.

BY N. N. RIDDELL, PRACTICAL PHRENOLOGIST,  
CHICAGO, ILLINOIS.

Where the laws of Heredity are properly applied, offspring are usually superior to parents.

1. Generation determines the natural strength and tendency of all physical, mental and moral qualities; education develops and modifies; regeneration transforms.

2. The physical and mental constitution, talents, virtues and vices of parents are usually transmitted most fully from fathers to daughters and mothers to sons.

3. Traits acquired in one generation often become hereditary in the next. As a rule those functions of body and mind most exercised by parents dominate in the child.

3. Hereditary family traits, both good and evil, may be greatly modified by prenatal influences.

5. It has been demonstrated that a natural talent for business, mechanics, science, music, art, literature, moral purity, or any other quality possessed in a moderate degree by the mother, can be greatly increased in her child, by the persistent exercise of the desired trait during gestation.

6. The natural disposition of a child is often greatly influenced by the mother's mental and moral states before its birth. All morbid emotions—anger, jealousy, gloom, worry, fear—are very detrimental; while joy, mirth, hope, faith, kindness, pure thoughts and holy desires are highly beneficial.

7. Unchaste parentage makes vice natural in offspring.

8. Alcohol is the chief cause of degeneracy. Eighty-two per cent of the offspring of habitual drunkards die in infancy, are defective, or become dependent or delinquent before the age of fifty.

9. Tobacco weakens creative power. The offspring of those who

use it immoderately are often inferior in body or mind.

10. *Regeneration* transforms the natural man. Those who are born of the Holy Spirit and are obedient to His will are freed largely from both hereditary and acquired evil tendencies.

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.

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

### Avoid Technicality.

We always advise our students to avoid technicalities, to speak in simple, homely style, and be natural. Patrons do not always understand what an examiner means when he says "Your Philoprogenitiveness is large;" but if he should say "Your love of children is as strong and intense as that of a devoted mother", then the subject under his hands would know what he, the examiner meant. The following is very appropo from *Printer's Ink*:

The late Herbert Spencer defined evolution as "a change from an indefinite, incoherent homogeneity to a definite, coherent heterogeneity, through continuous differentiations and integrations." Such lofty language may be all right for a philosopher speaking to a highly cultured audience, but for the modern advertising man it is as out-of-place as it would be for a clerk to wear knee breeches and a powdered periwig while waiting on customers in a grocery store.

Our July and August numbers struck New Thought dreamers dumb. Their pens are dried up and their tongues—"mum."



# Human Nature

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**P**ROF. HADDOCK is the author of and accepts responsibility for all unsigned articles and paragraphs. The moral responsibility for signed articles devolves upon the writer whose name is attached.

### MONEY ORDERS

We hope our friends will remember that all money orders, American or International, must be drawn on the Postoffice at San Francisco, Cal., or through an Express Company, and made payable to Allen Haddock at 1020 Market street. Two shillings in British stamps received as one year's subscription, or 50 cents for United States and Canada.

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

Our office hours are from 9 A. M. to 5:30 P. M. Other hours only by appointment. Phone Mint 796

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HUMAN NATURE is 50 cents per year. The following magazines are \$1.00 per year: *Phrenological Journal*, Chicago, *Human Culture*, Salt Lake, *Character Builder*, Dr. Burke's *Health, Suggestion*, Chicago, and *Health Culture*, New York.

You may order any one of the above journals and HUMAN NATURE, one year, for \$1.25, at this office.

### Notice to Patrons.

Our Prof. Dove is in the office every evening from 5 to 9 o'clock, and every Saturday and Sunday from 9 A. M. to 5 P. M. He will receive subscriptions to HUMAN NATURE, sell books, make examinations, or give lessons in Phrenology and Physiognomy.

## FOOD AND BODY.

Nothing more sure than that the body of any organized creature, be it man or monkey, is composed of the food consumed; even milk is flavored with the turnip when the cow is fed on that vegetable.

The inhabitants of mountainous countries are boney because the water and vegetable products of the hills are charged with bone forming substances, lime, etc., more than are found in the valleys below. Feed a child on food deficient in lime, and it will be subject to rickets. Nor will slacked lime or that sold in the drug stores supply the deficiency. It must be administered in the organized form as nature provides it, either in the running brook or through vegetation. The Vegetable Kingdom is the link or stepping stone from the Mineral to the Animal Kingdom.

The flesh of all animals is flavored by their food. This accounts for the delicious flavor of canvasback and redhead ducks. Both eat of the wild celery at the water's edge, the former taking the roots, the latter the tops.

### OUR MAIL COURSE OF LESSONS

in Phrenology, Physiognomy, etc., or the art of reading character consists of twenty-seven type-written lessons, \$5.00. If sent at the rate of two or three per week, followed up by questions and answers, the reading of photographs by the student, with corrections by the teacher, until the learner be thoroughly grounded and earns the diploma, \$25.00.

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Students coming from the country, taking two lessons per day, can get through in one month.

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## HOW TO ATTAIN TO LONG LIFE.

It is, perhaps, a commonplace to say that strict attention to the digestive system and to the proper kind and preparation of food is most necessary to the promotion of longevity. A recent authoritative statement, however, is insistent upon the point, and also upon the advice that great moderation ought to be practised in the amount of food taken, especially of flesh-forming foods. Few people know what a small amount of food is required to maintain health, especially in advanced age. This is borne out by Sir W. Temple, who states that "essentials among primitive people are great temperance, open air, easy labour, little care, simplicity of diet \* \* \*"; while Dr. Cheyne and Sir H. Thompson have averred that as age advances the quantity of food should be gradually lessened. Much could be adduced in support of the contention that thinkers, as a rule, live long; or, to put the proposition into more general terms, exercise of the mind tends to longevity. Herbert Spencer has died in his eighty-fourth year, Darwin reached his seventy-third, Sir George Stokes his eighty-fourth, Carlyle his eighty-sixth, Tyndall was accidentally poisoned at seventy-three, but might have lived several years longer, Huxley was seventy when he died, Gladstone in his eighty-ninth year, Disraeli in his seventy-seventh, Newton lived to be eighty-five, and Lord Kelvin is still vigorous in research in his eightieth. The brain is the center and seat of life, what Gall called the central battery, and its stimulation undoubtedly strengthens the forces that make for vitality. Moderation in all things is the secret of attaining long life—moderation in eating, drinking, thinking and working. Excess in any one thing cuts life shorter.

### HOLD YOUR BREATH ONE MINUTE.

We have decided to almost give away an accumulated stock of books, pamphlets, etc., no two alike. We need the shelf room. Here is the list:

Plan of Creation, by Frank Reed.....25c.  
Phrenological Annual for 1903.....25c.  
One Human Nature Library.....10c.  
Five other 10c. books, all different...50c.  
One Health Magazine (Dr. Burke's) 10c.

Total.....\$1.20

For 40 cents, postage paid. This office.

Under Christianity the people are free—I mean those who live within the pale of the Moral and Divine Law. Outside the Law they are not absolutely free, but slaves to their proclivities and passions.

GEO. S. DOVE.

### The Treatment of Disease by Common Sense vs. the Germ Theory.

BY F. B. C. EILLERSFICKEN, M. D.  
SAN FRANCISCO, CAL.

The object of this article is to point out the fallacy of the germ theory. The medical profession is making fearful blunders in the healing art, by hunting after the "bug"—what they call "a disease germ," which is supposed to be somewhere located in the patient's body; which the medical men are trying to kill by some poison or mineral, and is resulting in the destruction of health of thousands, yea millions of people, is this not sufficient proof that there is something sadly lacking? (that is common sense in the present medical system). All these different schools of medicine although opposed to each other, according to the method of practice, are hunting after the disease germ and trying to kill it; even the Osteopaths have lately come to the conclusion that they must hunt for the germ first, with the microscope, and by chemical analysis before they can intelligently treat the so called contagious diseases as consumption, typhoid fever, smallpox, etc.

But why is it that all the doctors hit at random, and every one of them diagnoses the same case for a different disease? And why do Christian Scientists, trance healers so called and others who are ignorant of the condition of the body cure 45 per cent of what the duly qualified physicians have pronounced incurable? But by laying all prejudice aside, let us see what "Virchow", the great pathologist, says about disease: "The cells of the organism feed themselves. The absorption of matter into the interior of the cells is an act of the cells themselves. Germs, or infirmity organism found in disease are the product of decaying organic matter—sugar, oil, albumen, etc., that has left the vital course, and is finding its way to some orifice of the body, it ferments, disintegrates and becomes nonfunctional. Here we

have the cause of a large class of microbes. They are the product of *decaying matter*, caused by a lack of certain cell-salt, which produces a disturbance in the molecular chain of mineral workmen in the body, and thus leaves certain organic matter to be gotten rid of."

Now if these salts which are lacking are not supplied in the food we eat, the air we breathe and the water we drink, there will be a call on the other cell-salts by the vital force, which will cause a deficiency in this direction also, and the medical attendant will call it a complicated case, and claim that there are two different disease germs present, and administer poison according to the symptoms present. Now if in addition to this poison the proper food is supplied upon which the vital cells feed themselves, and the patient recovers, the drug and not the food gets the credit; but if the patient dies they say it is the providence of God, when in fact life was killed by poison which produced an over exertion in the cell-salts, in the effort of getting rid of the drug, and the cells become exhausted, and result—death.

From the foregoing we have seen that there is nothing foreign in the system what can be called a disease germ, that has to be gotten rid of, but these degenerate cells show a lack of proper food which has to be supplied in natural condition, and the chemical action of the digestive juices in the body on the food will set the atoms of the cell-salt free, and thus the cells are enabled to feed themselves; but the introduction of the same salt in mineral form would have no result on the body, because the vital element so necessary to the body is absent.

For example, in a case of typhoid fever, there is a lack of Kali Phos, (Pottassium Phosphate) and Ferri Phosphate (Phosphate of Iron), the best we can do is to supply it in lemonade without sugar, and in two to three days the patient will be well, if, in addition to the lemonade, we

let plenty of fresh air into the room, and give the patient a sponge bath at the temperature of the body; but should we administer tincture of iron, and pottassium phosphate from the drug store, the patient is liable to die, where by the first method he will surely recover.

Therefore it is not medicine we need, but the understanding of the laws of nature, Hygiene and Diet.

### An Affirmation.

#### What's the Use of Lying About It?

We find this affirmation in a New Thought journal:

Repeat this with great deliberation at least one dozen times, then place your hand on the pit of your stomach, and say: "I am vitalized with the vitality of the Spirit. *The substance of this body is not material, but spiritual, and that substance now goes to every part, vivifying, strengthening and building this body in the image and likeness of Christ.*"

The italics are ours. Its a lie to say the body is not material; the body is the *material* instrument of the spirit. So what is the use of talking? The purpose or intention is *good*, but the end does not justify the means. Truth can be taught under the light of truth, and not by deceit. We know the intention of New Thought advocates to be good, but owing to a lack of knowledge of man's true nature as revealed by Phrenology, they guess or imagine that man's nature is all spiritual. Every New Thinker ought to try to sit on a red hot stove. That might teach them a *practical* lesson. It is possible to build the body "in the image and likeness of Christ"—no doubt about that. Some could do it in twenty years, they are so well balanced. Others could not reach that state in 200 years, they are too far off, or too low in the scale.

If our friends, the New Thinkers, would *study man*—study Phrenology, they certainly would not make so many blunders. They mean well, we give them credit for that, but they mix so many errors up with truth that ordinary readers fail to discern truth from error. Unless one understands the nature of the grain he finds it hard to tell the chaff from the wheat.

### Don't Eat Sand.

BY HARRY ROCHE, ATCHISON, KAN.

The fact that some one has been eating sand, and recommends sand for indigestion, should not induce people to try it. If grape seeds which are very slippery, find lodgment in the appendix, and make so many surgical operations necessary, what would sharp particles of sand do?

If you want to scour out your insides, take a cupful of bran in boiled milk just before going to bed, and you will never want anything stronger.

I know of two men who ate glass in public exhibitions for years. They digested the glass and had good health, but I followed both to the surgeon's table and their early grave. It was found that the stomach and intestines were so full of glass there was no help for them.

Some old people tell us they have drank whiskey all their lives, and they attribute their longevity to this, but the fact is they would have lived longer without whiskey, for no man can drink whiskey without its hardening the blood vessels, which should be very elastic, so they can stretch with each heart pulsation. When they are pickled with whiskey, they won't stretch, and they throw the blood back into the heart and injure that organ, but worst of all is the detrimental influence upon the nerves; the finer nerves actually disintegrate.

How people can do such ridiculous things and abuse nature's laws, does not seem so wonderful when we consider what the body is capable of doing. The greatest tonics known to the medical profession are the most deadly poisons. When they give these in very small doses the heart beats faster, and the blood circulates better in its effort to get rid of the poison, and in this act we are nourished better.

In the treatment of snake bites,

doctors do not use any drugs. There is no drug known that will counteract snake poisoning; they give stimulants to help nature throw off the poison, and in this she does most heroic work. A very large rattle snake, it is claimed, will inject as much as a teaspoonfull of poison when it bites, and a very small snake will inject enough to kill fifty men, if it were allowed to remain in the body, but nature in her wonderful function comes to our rescue.

A great many people are led astray by foolish recommendations of others. Read the medicine advertisement, and note the recommendations. It is a well known fact that what some people can take and get well, is poison to others.

Because some one can have good health, and eat sand or glass, or drink whiskey, is no reason why others can do so.

Nature's tonics are fresh air, deep breathing, exercise, wholesome food chewed in the mouth as long as there is any taste in it, a clear conscience, healthy thoughts, and common sense. All other stimulants are dangerous to most people, and work destruction in many.

What fresh air alone will do is shown by the following: The average normal number of red blood corpuscles, cubic millimeter, in the body is five million. It has been shown that two or three weeks' residence in high mountains will cause an increase in the blood of from two or three million red corpuscles.

#### Regarding Sample Copies.

When a sample copy is sent it is an invitation to subscribe. HUMAN NATURE will pay you twelve monthly visits for 50 cents. Many of our subscribers now remit \$1.00 for two years. If you desire you can send \$1.00 for one year's subscription. We don't object. Or you can name two of your friends to whom we can forward HUMAN NATURE FREE, including yourself, one year for one dollar.

### NEW EVENING CLASS.

Our Prof. Dove, who is an efficient teacher, and to whom we have assigned the Evening Class work, is ready to receive pupils.

Please call in any time between 9 A. M. and 9 P. M., or send notice of your intention to join the class.

Time of instruction will be from 8 to 10 two evenings per week. This is equal to 20 lessons. Terms for course only \$5.00.

The class is open for both ladies and gentlemen. Business and professional people and the working classes find a course in character reading very helpful; it enables students to understand themselves as well as those with whom they have dealings. Students of Phrenology and Physiognomy know who and whom not to trust; they read men and women as an open book.

#### Alexandra Wall Charts.

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.

#### Physiognomy.

The 20th Century Physiognomy contains no pictorial illustrations, but it is the best work on the subject we ever handled at the price, 50 cents, at this office. The subject matter is condensed, precise and descriptive to a rare degree.

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Since the first edition was published, we have sold 100 copies of Dr. Dewey's great work "The True Science of Living," at the publisher's price, \$2.25.

Mr. Geo. W. Bailey has "boiled it down" into a pamphlet of 20 pages and dedicated it

"To the healthiest of animals, the wolf, that seldom has a "square" meal, never eats regularly, and only eats when hungry; and to the most useful of animals, the horse, that "you may lead to water, but can't make drink."

It is a message to over-fed and sick humanity, the pith of Dr. Dewey's exposition of "Nature's Law of Hunger." It shows how

"Most people dig their  
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and how "Nature Cures Without Drugs." We have it for sale. Price only 10 cents, mailed.

**Treatment of Disease by Suggestion.**

This world is slowly turning aside from the drug method of healing and looking forward to other means of curing disease.

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The teacher of this science is able in his practice to quiet the nerves and brain of an overwrought patient, and many so-called "incurable" disease and habit are permanently cured by Suggestion.

Suggestions, of course, direct to a pure life, and include correct Diet and Hygiene, and a healthy state of mind and body. GEO. S. DOVE.

"Wedlock, the Right Relation of the Sexes," by Wells, is a handsome, 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.

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

**Food, Body and Mind.**

The following gems of thought written by Dr. Burke are culled from his calendar for 1904. They originally appeared in his Health Magazine, for which we take subscriptions, \$1.00 per year, or when clubbed with HUMAN NATURE, \$1.25.

Food for your body must be digested and carried to the points of demand in your body or it becomes poison.

It is during the hours of sleep that Life, the builder, places the material for repair of waste that our food furnishes in the worn places of our bodies.

Individual needs should be the basis of demand. Hunger and disease are individual manifestations of needs in each case. When one is ill treat *him* not the myth—disease.

It is the province of foods, not of drugs, to keep the body in a state of repair. Proper food, administered in a response to the call of Nature. A poorly nourished body means an impoverished soul.

Actions are thoughts becoming manifest. Thought is a function of the mind, and food nourishes and stimulates the brain. So the quality of our thought depends partly at least on the quality of our food.

Meat, particularly Salisbury steak, is one of the most easily digestible foods, and is non-fermentable. Meat should form the basis of nearly every one's diet.

Thought does not produce hunger. Hunger is the voice of the builder, calling for material; and as the need arises supply the demand. Thought does not produce the sensation of heat nor cold. It recognizes the condition and co-operates with the inner voice by supplying the means of relief.

Success in anything lies along the highway of attention to detail. Little things. Health is impossible without attention to the details of hygiene.

The principle in true dietary is to select, adapt, combine, and proportion foods which are wholesome to each individual. Take into consideration the age, occupation, climate, temperament, health, and the season of the year.

As the plant grows dependent upon the equilibrium of its component parts, so the human plant must have the vitalizing nourishment of all its attributes, mental, moral, physical and spiritual.

**Says We "Stopped His Paper."**

An esteemed friend and old subscriber complains that we "stopped his paper." We did no such thing; our subscription list is like grandfather's clock, if not rewound it stops. We did not know his paper had stopped until his letter reached this office. He subscribed March, 1903. As notice of expiration would be given in February, he would get March and April numbers, then if he did not renew or "rose to explain", he would be considered *dead* with the April issue.

We never care to look on the face of the dead. It creates painful sensations, especially when one like our friend, arising in his ash clothes crying in sepulchral tones, "Haddock, where are you? I'm coming; I'm not dead yet." Yet our friend is as dead as a door nail and don't know it. Fifty cents will revive him for a whole year. Cheap!

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.

Dr. Burke in this issue says that meat should be eaten by every one. Prof. Holt says nay! You are at liberty to believe either, just suit yourself. That is the only fellow to be considered in *your case*, at any rate.

Our friend and former pupil of the Evening Class hits the nail on the head in "Don't Eat Sand" and puts a query to the father of the "Sand Cure." We are wondering what Prof. Windsor will say to it.

Our assistant, Prof. Geo. S. Dove, has won a good reputation in the cure of disease by Suggestion. He is a healthy man, however, and he "looks it."

### To Parents of School Children.

If your boy is deficient in the brain organ of Acquisitiveness, don't try to make a merchant out of him, he would fail in a commercial business; or if deficient in Constructiveness he could not succeed in mechanical construction work.

To succeed in Law or Literature requires a predominance of the Intellectual faculties and a prevailing Mental Temperament; or in music the organ of Tune well developed together with "a good ear" for tone.

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This offer is for children under 12 years of age, and for Saturday's only.

### Character from Photographs.

In a personal examination at the office we never ask a question until the examination is closed, but in sending your photo for delineation please give circumference of head, weight and height of body, color of hair, eyes and complexion, occupation, education, state of health, symptoms, age, married or single. Terms for brief written statement \$1.00; with marked printed chart \$2.00; elaborate typewritten analysis \$5.00.

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