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# Human Nature

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## PHRENOLOGY IS NOT BUMPOLOGY, BUT BROADER AND DEEPER.

### BUMPOLOGY EXPLAINED AND EXPLODED.

*This article is continued from last month and concluded, as an extract from that famous and popular work, "Heads and Faces, and How to Read Them," by Nelson Sizer and Dr. Drayton.*

**T**HE force of the idea now presented to the reader will be intensified by reference to Fig. 5, which shows three heads all drawn to a scale from the opening of the ear, and each representing human heads. The central outline is drawn from the cast of an idiot, showing that all the lines from the ear to the surface of the skull are short. The next shown by the dotted line, is the head of a man who murdered his brother; the lines running upward and backward are long, and the head was also broad from ear to ear, but the lines running upward and forward are short, and all the intellectual and moral organs were

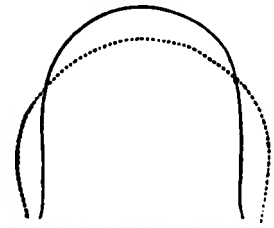


Fig. 6. Back View of Heads. Broad Head. Patch.—Murderer. Narrow Head. Goose.—Liberal Giver.

toward the intellectual and moral region.

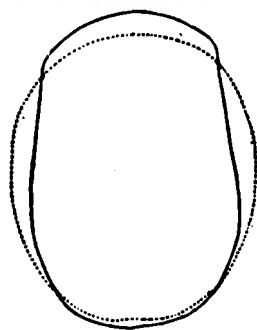


Fig. 7. Top View of Patch and Goose.

In Figs. 6 and 7 we have the outlines of two heads; 6 shows a back view; the dotted line represents the broad, low head of Patch, who slyly murdered his friend for his money. See how the side head protrudes as compared with the other outline, which represents Gosse, a man who gave away two fortunes through liberality and sympathy. Fig. 7 shows a view of Fig. 6, as seen from above, as would be represented in the inside

of the hats of the two men. The head of Patch is short in front compared with that of Gosse, while the side head is shown to be broad, hence the lines from the brain centre vary in length in these two men, thus indicating their diversity of character.

Yet people do not generally look at heads in the light which is here presented. If a man has what they call a high forehead, they do not stop to see how far from the opening of the ear it is; they wonder that he has not a good intellect, if he be a dull fellow. If the head rounds up at the top, they do not stop to consider how high it is from the opening of the ear. We trust that their views

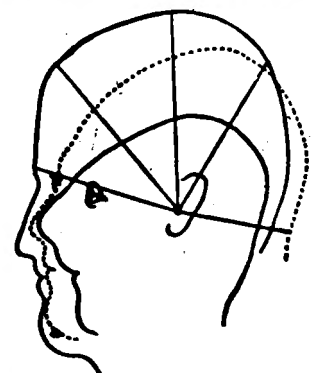


Fig. 5. Idiot, Malefactor, and Poet.

relatively deficient, while the region of passion and propensity was large. The larger head represents an English poet, and the development here is mainly upward and forward

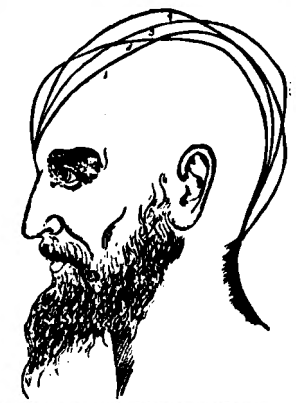


Fig. 8. Four heads of different form. No. 1. Alexander VI., Immoral and Animal. No. 2. Zeno, the Philosopher. No. 3. Philip II., of Spain, Tyrant. No. 4. Father Oberlin, Christian Philanthropist.

will hereafter be modified.

Fig. 8 shows the outline of four

heads drawn to the same face, the ear being the focus from which the radial lines extend; they are accurately drawn to the same scale. The four figures are represented by numbers. No. 1 shows the outline of Alexander VI., once Pope at Rome; it is low in front and at the top, high at the crown, and very great in the backward development. No. 2 shows great squareness and fullness in the forehead, in the region of the intellect; the top head is fairly but not largely developed, and the back head is shown by the inner line of all. That represents the philosopher Zeno. No. 3, to whom the face belongs, is Phillip II., of Spain showing a practical intellect, immense Firmness and Self esteem, and moderate social development; the tyranny of his character is well illustrated by the outline of his head. No. 4, Father Oberlin the Christian missionary and philanthropist, shows the predominance in the intellectual and religious region, but not a very strong social development.

A practical phrenologist in a single week will meet with heads as varied as these, yet people often say "Heads seem so much alike we can not see how it is possible to detect such difference as you describe;" but they do not estimate heads on phrenological principles or they would see difference enough.

### Why He Was a Debtor.

A local preacher, at the conclusion of one of his sermons, said: "Let all in the house who are paying their debts stand up. Instantly every man, woman and child, with one exception, rose to their feet. The preacher seated them and said: "Now, every man not paying his debts stand up." The exception noted, a careworn, hungry looking individual, clothed in his last summer's suit, slowly assumed a perpendicular position. "How is it, my friend," asked the minister, "that you are the only man not to meet his obligations?" "I am running a newspaper," he meekly answered, "and the brethren here who just stood up are my subscribers, and"— "Let us pray," exclaimed the preacher.

## LECTURE NOTES ON THE ANATOMY OF THE NERVOUS SYSTEM

Compiled By  
**DR. C. N. MILLER**

SAN FRANCISCO, CAL.

### NO. 2.

WHITE MATTER OF THE CEREBRUM.

**T**HE white matter of the cerebrum may be divided into four sets of fibers. The first set spring from the cortex, take a direction that brings them to the level of the point of union of the two hemispheres, cross over to the side opposite, and are distributed to homologous regions of the cortex of the opposite hemisphere. These are called commissural fibers; they are supposed to be the connecting "wires" between corresponding portions of the cortex of the cerebral lobes, by the aid of which the two hemispheres can, when necessary, act in unison. These fibers have a direction which, as a rule, corresponds to the capital letter U; they constitute the connecting band of white matter, seen at the bottom of the median fissure when the hemispheres are separated; this band is called the *corpus callosum*. An inferior band of commissural fibers can also be traced, which lies below the basal ganglia. These various commissural fibers form nearly or quite one-half of the white substance of the cerebrum; there is reason to believe that in point of numbers they are sufficient to allow of an anastomosis of the gray matter of the cortex of the two cerebral hemispheres, cell to cell, to the opposite hemisphere, but no further. There they concentrate themselves into bundles, placed close together; some of the fibers are inserted, like pins in a pin cushion into the basal ganglia of the hemispheres from whose periphery they take their origin; others have no anatomical relationship with the basal ganglia

but, in their passage downward, form a sort of capsule for portions of the ganglia, the lenticular portion and hence are called *capsular fibers*. The second set, taken collectively are by some authors called *converging fibers*, because their direction is similar to that of rays of light reflected from a hollow sphere, and they tend to become focused about the basal ganglia; more commonly they are called *radiating fibers*, because they seem to radiate outward from the basal ganglia; again, they are sometimes termed *peduncular fibers*, because they are destined to pass into the crus cerebri; this set of fibers has nothing in common with the opposite hemisphere. Their function is the transmission of impulses of a centripetal and centrifugal variety to and from the cortex cerebri. It is by means of these fibers that sensory impressions received from without are recorded upon the sensory portions of the cortex, and motor impulses are transmitted from the motor regions of the cortex to the muscles of the trunk and extremities. Meynert says the sensory nerve-fibers constitute the feelers of the cortical cells, the motor fibers their tenacles.

The third set of fibers are confined exclusively to the hemisphere in which they are formed. They are supposed to be so distributed to the different portions of the cortex of each hemisphere as to act as commissural fibers for the different cortical centers. These are called *associating fibers or collateral fibers or fibrae arcuatae*; whether they are always distinct fibers, or simply thread-like anastomoses of the processes arising from the cells of the cortex, is not fully determined.

A fourth set of fibers apparently serve to connect the cortex of the temporo sphenoidal lobes with the optic thalamus by taking an arched direction over the ganglion, and then dipping downward to the base of the brain where they turn upon themselves, and pass to the substance of the thalamus; these are called *fornix fibers*. Why they should take this circuitous route in order to establish communications between the basal ganglia and the temporo-spheroidal cortex is not as yet understood.

[To be continued.]



## THE RUDIMENTS OF MENTAL PHILOSOPHY.

### OR A PHRENOLOGICAL VIEW OF THE MENTAL CONSTITUTION OF MAN.

BY HARRY WHITE.

*Farnborough, England, in 8 Chapters.*

#### ARTICLE II.

##### THE BRAIN

**H**OW complex and intricate yet how systematically it performs its functions. What powers are entwined within its delicate structure. What subtle nerves pervade its fibrous nature. Think of the peculiar powers of thought, will, consciousness and intelligence which traverse its *convolutions* or gyri of the cerebrum or brain proper. Think of the volitions which sweep across the intersected *fissures* of the cerebral hemispheres. Think too of the incessant communication between the coronal region and the "cranial" and spinal "nerves." Who knows the peculiar drama of the nervous functions of the brain amid the whirl of thought which flit and rush across its stage. It is the ocean o'er which thoughts traverse. It is the centre of all nerves, the seat of all impressions, the mind's domain. The mind dwells in the brain and is of the brain. The brain is the storehouse of all treasures. It thinks, feels, loves, hates, laughs and weeps. *The brain is the original source of thought*, and yet the genesis of thought is not properly understood. To destroy consciousness you touch the brain. Diseased brain, diseased thought. Thoughts and feelings are correspondent to the character of brain. The peculiar characteristics of animals may be known by the development of their brain. The brain is developed according to the functions requisite for a particular grade of existence. Mind is revealed through

the structure of the brain. The brain is the avenue of the mind and to the mind. What an interesting, important and useful study is the brain. Get to understand the functions of the brain and you stand in a great measure the master of your nature. Not till then can the conscience act as the true monitor of the soul. Psychology is said to be the study of the soul in its respective capacity. What lines of thought psychologist have in prosecuting their studies it is hard to imagine. To attempt to study the mind apart from a physical basis is like attempting to ascend the Alpine heights by simply looking at them. Does anatomy reveal the workings and operations of the mind? Can it trace the mind's path along the complicated convolutions of the brain which vary in size, depth and number. No! it cannot. Mind can only reveal itself through living acting organism. As the brain is, so is the mind. The brain manifests itself by the skull. The skull is formed by the brain. As skin expands according to growth, so the skull enlarges in proportion to the development of the brain. The brain is not properly formed till about the 3rd and 4th year of a child. It does not always remain stationary in adult life. It assumes different forms according to the organs specially exercised.

The size of brain is not always indicative of power, it is however generally admitted by Phrenologists to be so. Size certainly denotes power as it relates to various developments of the mental faculties in the same cranium. Size cannot be the general measure of power. Phrenologists in asserting that size betokens power always modify it by the addition "other things being equal," meaning temperament, health, etc.

Men do not differ in their own personal physiological structure. A person having a physique characteristic of the mental temperament would have a corresponding craniological form. A person having a peculiar

form of head has a proportionate body or rather should have the whole physiology denoting a particular kind of temperament. "Other things being equal," is a very vague indefinite clause; they are not natural conditions. Nature is uniform in her operations and designs. The elephant cannot become possessed of the fleetness of the deer. The oak cannot have the peculiar sensitive nature of the violet. The instances are very rare that a man of a large animal physique has the activity of mind that as a rule characterizes the opposite structure. A bold man has a physique corresponding to his mental traits. The artist has his own physical conformity to the character of his mind, and the warrior his. Characteristics of mind entail physical resemblances. Small shoulders were never designed to carry large heads. We could name a long list of men of genius whose circumference of head did not measure more than 21 ½ inches. Quality is seldom where *quantity* dwells. Weaker, yet wiser! Weight is not a true measure of size. Intensity has the greatest gravity. The average weight of the brain is about 3 lbs, the 1 48th part of the weight of the body. There is a close connection between brain and body. They re-act upon each other. The influence of the mind on the body is shown by the every day phenomena *sorrow* which secretes tears, of sudden emotions which make the heart to dance, of grief which makes the whole frame tremble like an aspen leaf, of disappointment, remorse and grief which greedily absorb obesity.

##### THE CRANIUM.

The skull of a child is composed of more bones than that of an adult. In adults they assimilate into their proper form, when they number eight, which are joined together by sutures. The skull is formed by the brain save certain parts which are the zygoma which is the bone extending in the form of an arch from the temple to the cheek, the mastoid

process immediately below and behind the ear, the occipital bone, the coronal ridge, and the frontal sinus. The cranium differs widely in different classes and nations. The skull varies in thickness in different individuals. The skull of the negro is much thicker than an Englishman's. The bones or peculiar ridges of the skull do not indicate the development of special faculties as is generally supposed. It has been said that the skull is gradually becoming thinner in civilized nations, which is the reason of so many deaths from its fracture.

[To be Continued.]

### "Bumps."

People noted for certain characteristics have certain parts of their head largely developed. For example, when Firmness is very large there will be a prominence on either side of the medium line, located back of a line drawn directly upward from the opening of the ear.

Those who have studied Phrenology know that the character corresponds to these elevations on the head, but superficial observers think Phrenology is bumpology, whereas it is deep and broad and embraces Physiognomy, Physiology, Temperament, Activity, Excitability, Weight, Size of Brain and Body, Texture, Health, Disease, Expression, Heredity, Education, Environment, etc. Length of brain fibre is of great importance, but of greater importance are the topics we have named for consideration.

If Phrenology was confined to the "bumps" on a man's head, it would be no more reliable in the art of character reading than a capital letter in a book. The capital "F" may be the beginning of a *Fool*, or made to spell out the word *Family*. The first letter is necessary but its value depends on what follows.

Human Nature 50 cents a year.

### Fakirs.

In a recent letter to this office by Prof. C. P. Holt, the Secretary and Treasurer of the Jumbo Mining Company in Nevada, he says:

From your account San Francisco is overrun with Fakirs. It makes me wrathful to think that so true and worthy a science as Phrenology should be compelled to consort with such humbugs as fortune tellers and astrologers.

I wish there was not a cent to be gained by associating Phrenology with any fortune telling scheme, or that money could in no way be had from the practice of Phrenology. If such were the case the science would be shunned by the charlatan and espoused by the true scientist.

I will try to send an article for HUMAN NATURE for October or November.

Yours as ever,

C. P. HOLT.

There never was a time when so many fakirs infested San Francisco as at present.

Driven out of other towns by a prohibitive license, they have rushed into San Francisco where they can practice their fraudulent occupations at a quarter of the license elsewhere. The result is a great swarm of Palmists, Astrologers and Fortune Tellers imposing upon a credulous people. The worst of it is these fakirs have tacked on their signs "Phrenology" as another catch penny string to their bow.

They advertise to read palms for 10 cents, as a drawing card, but charge 25 cents to read the head and make a sorry mess of it too.

Of course there are fakirs in Medicine, parasites in Religion, shysters in Law, Fortune Telling Astrologers in Astronomy, and Grafters in Politics, indeed parasites abound throughout creation.

Little fleas have other fleas  
On their backs to bite e'm;  
Other fleas have lesser fleas  
And so *Ad Infinitum*.

Twenty-five cent phrenologists have no love for the science; they practice it for the money there is in it, although they misdirect their consultants, but what care they for that? To the competent, conscientious phrenologist, there is always room at the top where he can command a fair price for his work to the satisfaction of his own soul and the needs of his patrons.

### The Immensity of Space.

"Let us suppose a railway to have been built between the earth and the fixed Centauri," said the lecturer.

"By a consideration of this railway's workings we can get some idea of the enormous distance that intervenes between Centaurus and us. Suppose that I should decide to take a trip on this new aerial line to the fixed star. I ask the ticket agent what the fare is and he answers:

"The fare is very low, sir. It is only a cent each hundred miles."

"And what, at that rate, will the through ticket cost?" I ask.

"It will cost \$2,750,000,000," he answers.

I pay for my ticket and board the train. We set off at a tremendous rate.

"How fast," I ask the brakeman, "are we going?"

"Sixty miles an hour, sir," says he, "and it's a through train. There are no stoppages."

"We'll soon be there, then, won't we?" I resume.

"We'll make good time, sir," says the brakeman.

"And when will we arrive?"

"In just 48,663,000 years!"

Figures such as these enable us to understand in a very feeble way the immensity of space. What an insignificant creature in the universe man is.—*The Sun Flower*.

### Current Exchanges.

"Human Nature"—San Francisco, Cal.—The clever, witty editor has always something bright to tell his readers, and he knows how to tell his story well. He keeps Phrenology to the fore on the western coast, through his admirable monthly. August number contains a portrait of Miss Lillian K. Malcolm, accompanied by a character sketch by the editor.—*Phrenological Journal*.

A golden mind stoops not to show of dress.—Shakespeare.

## HYPNOTISM.

BY HARRY HILL, MEMBER S. F. PSYCHIC RESEARCH SOCIETY.



**I** FIRST became interested in Hypnotism while visiting the British Museum some few years ago. I was very much impressed with what I saw in one of the galleries; it was a bass-relief taken from a tomb in Thebes. The subject, as he would be called by a professor of modern hypnotism, is sitting down; not far from him with hands uplifted, as if he were going to make passes over his subject. This remarkable silent demonstration did impress me. I therefore resolved to investigate the phenomena, and having got out about all I think there is in the subject, I give the readers of HUMAN NATURE the benefit of my experience.

The history of hypnotism is almost like the fables of old. Methods were in use amongst the Egyptians, the Greeks, the Romans and the Hindus, presenting a similarity to the methods adopted by the American professors of this wonderful science.

T. J. Hudson, in his law of Psychic Phenomena, has marshalled a great array of authentic facts, gathered from the researches of Psychological Societies, all of which prove the power of the mind over itself and over the body, and its amenability to suggestion, under the receptive condition of faith. Anyone who wishes to learn the power stored within himself will do well to read the Law of Psychic Phenomena.

Last month I visited the exhibition at Portland, going by boat from San Francisco to Seattle. I got acquainted with a clever young Paulist Priest. He was on his way to the Eskimo Missions in Alaska. He was quite a student of Psychology. In relating

his experience in mission work in San Francisco, I was made acquainted with a few things along the line of suggestion that were entirely new to me. This Priest had saved persons from the evil of intemperance, not only from the liquor habit, but from the still more degrading vice, the drug habit. His cures I know to be along Psychological lines, altogether he cured his subjects by way of a pledge, yet saint and sinner receives the same blessing when the law of suggestion is put in operation. That is the beauty of this God given law. I told the Rev. gentleman that he was a student of psychic power; that the Lord did not help him any more than any other person in successful cures. That I or any other person in possession of the information could save as many people from destruction from liquor, tobacco or drugs, as any preacher of the Gospel. I could see by his expression that he admitted what I said to be correct. The researches of scientific societies along the lines of Psychic Phenomena, endorsed by every evidence of Christ, reveals the fact that faith is a prerequisite to subjection or control of the mind. The best subjects in scientific hypnotism are the strongest minded (who believe through knowledge), and the weakest minded (who believe through credulity); while the creatures of vacillating impulses are hopeless dolts in the hands of the hypnotist. The great apostle Paul was a psychologist, naturally of the highest rank.

The United States is the Kindergarten of the Nations. It is the object lesson, the experimental ground for the world. Her government has now issued a book of 500 pages from the Department of Education at Washington, giving some wonderful statistics along psychological matters. Mr. G. R. Thompson, in an able lecture before the San Francisco Psychic Research Society last week, quoted valuable information from the work. It would be well for the Psychic Research Socie-

ties of the United States to petition President Theodore Roosevelt to go a little further and have the government take up the matter of Psychic Phenomena as investigated by the London Psychic Research Society. Our government could do more for us than any society and the results would be official. We would have then decided the subject of Hypnotism, Spiritualism, Divine Healing, Telepathy by scientists under government supervision. It would be a great thing for our government to take the matter up and settle it for the benefit of the world at large. This hint is a good one and has been originated by California's scientist—Edgar M. Larkin, whose articles in *The Examiner* has instructed readers on scientific subjects. This would be quite an original subject for Mr. Roosevelt to deal with.

Any one who has studied hypnotism can see clearly that the world at best is ruled by imagination. Many people live in imagination. They are controlled by some outside circumstances or person. Some believe that the stars rule them and control their actions; others think that they have Guardian Angels, and are encouraged in that belief; others again think that they are controlled by departed spirits; in that case they have hypnotized themselves into those beliefs.

Believers in Astrology will tell you that a certain star and sometimes the moon has influence over them. If that is the case are not those same subjects even more influenced by a person that understands the phenomena of hypnotism? Most certainly. Self-mesmerism has played havoc with many people, deranging them and sending them to hospitals for the cure of the insane. Criminals condemned to death in France have been handed over to scientists who blindfolded them under the belief that the arteries in the leg were going to be opened, and on removing the bandage the prisoners were dead, the result of receiving and believing a

suggestion. A Russian soldier happened to enter a refrigerator car used by the Japs during the war; the car was not in use, but the soldier was unaware of that fact. Some one closed the door by mistake and when the car was opened the soldier was found dead. He believed the car was cold and that the cold was too severe for him to live through it. He wrote a letter telling of his terrible sufferings from cold and the experience he imagined he was suffering. The fact was, the car machinery was broken down and was not generating cold, but the soldier thought otherwise and died from the result of his mistake in thinking what was not so. The car had only a normal temperature at the time of his death.

It is the positive man that is not influenced, he will stand as a rock, lashed by the waves from every side. He controls his own destiny and is not controlled by any objective suggestion. You get word that a friend has been killed, you feel bad; but in a few days you get word that it was not your friend but a man of the same name; your friend is not dead. It was not his death that made you feel miserable, he was not dead, it was simply your belief that made you ill, not your friend's death.

Hypnotism and its results are based on natural law. Banish from your life all that is disagreeable; dwell on thoughts that are hopeful and helpful. Recall every pleasant experience that has come to you. This will cause your feelings to change, your mind will open to higher impressions, and every victory you achieve will influence others who will become the stronger for your endeavor. Banish fear and invoke the spirit of courage to give you strength. Fear is the canker worm of happiness, it steals away man's better judgment and makes him cringe despondent; worried thought poisons the blood, ruins the complexion, and marks the face with lines; if we hold persistently to our highest ideal of health, strength, courage and happiness, we

become powerful magnets to draw to us and make manifest the things desired. Don't remain in bondage to the drift of circumstances and hypnotic influence of other natures. You came into this world alone and you will go out alone. When you shut out the influence of the erroneous beliefs of the world and study psychology, then you will learn the work set for you in life's voyage of hidden mysteries, and will gain strength and courage to push forward to the hidden realms of usefulness, and with trained fingers you may touch the key of that chorded instrument of law through which is awakened the sleeping potentialities and undiscovered harmonies within. It is every man's duty—his right—to be successful, happy and healthy; to be intellectually cultivated; to realize all the higher moral and spiritual powers which have been given to mankind. Phrenology, true Psychology, will aid you in your endeavors to get the greatest possible good from life. The study of human nature, or consulting its competent advisers, help us to discover much of our destiny in advance, and to assist us in such a way that we may take advantage of the good prospects and also to act carefully under adverse influences.

### Terrance O'Callaghan Writes a Letter to "Allan O'Dale."

611 MERCHANT ST.

San Francisco, Sept. 4, '05.

To Mister Allan O'Dale.

Sorr: Whin oi seed your name in Human Nature oi thought you waz Orish, but I soon discovered you to be a Hinglishman, but phere did you git that name "Allan O'Dale?"

Oi do not pretend to spake good Hinglish, but in the Orish language oi'm hard to bate. I enclose you a pome I wrote, whin translated into Hinglish runs like this; it is original.

Adam and Eve climbed up a tree  
He came down then followed she.

This bates your poutry in Septem-

ber Human Nature.

No wonder your sweetheart ran to hide herself into another room whin she read the lines you sent her. I can give you points on poutry.

TERRENCE O'CALLAGHAN.

ALLAN O'DALES ANSWER.

Shoddyopolis, Hingland,

Sept. 5th, 1905.

To Terrence O'Callaghan, Esq.

Dear Sir: Your esteemed message reached me by wireless telegraph. Hit took my breath away!

Hi knew the Irish to be a race of fighters, but did not know before that they were both discoverers and poets!

You "discovered" me to be a Hinglishman? Wall, I am an Hamerican, an' 'ave been one for 20 years, although I bear the earmarks of the "Hinglish you know," and am proud to belong to the same race that produced a Shakespeare.

But as a poet you are a fraud—Terrence O'Callaghan. "Ould Oireland" has produced some fine poets, but you are a plagerist, Mr. Callaghan, and I will prove it. Mark Twain wrote those lines about the tree climbers.

You ask where I get my name from, as it is Orish, not of Hinglish origin. There you are "off" again. If you knew anything about Yorkshire Dales, you would know that honored and ancient families in Hingland take their name from their own district, to distinguish them from the common herd.

In Hingland there are many Allan's, but only one "Allan O'Dale" or Allan of the dale of Underbank.

Other families of the "blue blood" are known as follows:

"George O'Neds, of Ben Kay Row."

"Rube Turner, of Turney Lump."

"Bills O'Jacks, of Greenfield."

"Tom O'Bills, of Turnpike."

These are only *some* of the ruling families in Hingland who have shined in history as great men, who have been famous in history, and as men who have risen from the ranks and remained to be honored and unhung!

# Human Nature

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The reading matter and advertisements in HUMAN NATURE have educational value and represent progress. Our policy is that nothing objectionable to the intelligent reader will be inserted. Drugs and patent medicines, tobacco, liquor, fortune telling and faking advertisements, and all illegitimate schemes are prohibited in these pages. Our aim is to publish advertisements of such parties only as we believe to be honest and reliable. In answering advertisers, please state that their advertisement was seen in HUMAN NATURE.

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## HUMAN NATURE

**The Science of Health.**

BY J. P. BEAN, LETITIA BUILDING,  
SAN JOSE, CAL.

**H**EALTH is the most valuable of all possessions. Without it, and the capacity for enjoyment which it gives, all other acquisitions are comparatively valueless. Yet people often barter it away for material wealth or fancied pleasure. Once it is lost the loser would give all his wealth to regain it. To restore health has been the study of man since time began.

But he has usually sought in the wrong direction.

There is no short cut, no royal road, no magic method by which lost health may be restored.

As it is always lost through some violation of natural laws, its restoration must be effected through obedience to natural laws. The steps which we take in losing our health must be retraced before it can be regained. The following rules constitute the science of health.

1st. The amount of physical action must always correspond to the quantity of nourishment taken.

2nd. The nature of the nourishment must be adapted to the kind of work performed.

3rd. The hours of rest and recreation must be in the proper proportion to the hours of work.

4th. Grief, anxiety and anger disturb the functions of digestion and assimilation and must therefore be avoided as far as possible.

5th. Stimulants having no food value increase functional activity at the expense of the vitality and must be let alone.

6th. Exercise, bathing, diet and other means of aiding nature to build up and strengthen the system must be modified to suit each particular case

7th. There is no set system or method of treatment which can be

applied with equally good results to any considerable number of cases, hence any "cure all" idea is a fallacy.

8th. Eat, drink, sleep and seek pleasure and recreation in the ways best adapted to your own particular case without reference to what anybody else does or does not do. Live your own life.

Now as to how to decide just what is best, I would say that your course must be largely one of experiment, based, of course, on a fair understanding of the scientific principles governing the functional activities involved.

The "vegetarian," "fruitarian," "meatarian," etc., each has a part of a truth, but none of them have it all, and any one of them who tries to force his particular "fad" or "hobby" on to other people thereby displays his own paucity of broad, general knowledge of the subject. This diet and mode of life may be the best for him, but it may also be the very worst for his neighbor. Of course there are certain limits beyond which none may safely go, but to try to bind any considerable number of people down to any exact rule of diet or general habits of life is foolish in the extreme. Hence a general application of any rule, system or method is impossible. Hence all forms of medication, unless used under the immediate direction of a really skilled therapist, generally do harm rather than good.

That is why the hundred and odd millions of dollars worth of patent "lope" annually consumed by the people of the United States is making a nation of constipated dyspeptics, and thus indirectly causing probably one fifth of the total number of deaths, another fifth being caused by "refilled" prescriptions and those given by unskilled practitioners. The skillful ones give very little medicine anyway. "A little knowledge is a dangerous thing." So also the numerous "systems" of physical culture—all good in certain cases—are

worse than worthless for general application. They simply attempt to make all cases fit one remedy, instead of modifying the remedy to fit each separate case. "Crank" systems of diet are of the same nature. What the people want to do is to get out of their narrow, ignorant, superstitious slavery to facts, methods, systems, and plans, generally originated by cranks, and do a little thinking for themselves. Every intelligent physician, or teacher, or practitioner of physical culture, or mechanical or other means of treating weakness and disease, prefers one who thinks as patient, to a "thing without a head," who hasn't sense enough to understand the difference between rational hygiene and a bottle of "rough on rats." I am sorry to say that the latter class is somewhat largely in evidence in every community. It is they who make rich men of "fake" doctors and patent medicine manufacturers. As the science of health is a large subject I will take it up again in the near future.

---

**Our Students.**

In a professional course of 50 lessons (private and individual instruction) our students are taught the location and function of every organ of the Brain and Body together with their Facial Signs, and signs of Health and Disease, as well as to Read Character on sight.

Those intent on entering the field of Phrenology, are given all the latest information to help make their career profitable in every sense of the word.

Working men, employers of labor, merchants, lawyers, physicians, indeed, men and women in every walk in life, are taking up this course of study, as it teaches them how to understand themselves and others as no other science can. One student writes: "I would not take \$1,000 for my knowledge that your course gave me."

## Shakespeare on Human Nature.

### ARTICLE No. 3.

**I**N THESE articles we intend to show that Shakespeare expressed every condition of the Human Mind, as exhibited through Temperamental Conditions and functioned through the 43 Phrenological faculties, although "The greatest dramatic genius that ever lived" was born in 1564, or 200 years before the eminent Dr. Gall, the founder of the system of Phrenology:

### AFFECTIONAL, SOCIAL AND DOMESTIC SENTIMENTS.

#### AMATIVENESS.

Had I no eyes, but ears, my ears would love  
That inward beauty and invisible;  
Or, were I deaf, thy outward parts would move  
Each part in me that were but sensible;  
Though neither eyes nor ears to hear or see,  
Yet should I be in love by touching thee.

#### CONJUGALITY.

"She is so conjunctive to my life and soul that, as the star moves not in his sphere, I could not but by her."

#### PHILOPROGENITIVENESS, OR LOVE OF YOUNG.

"As a long-parted mother with her child plays fondly, with her tears and smiles in meeting."

#### FRIENDSHIP.

"I count myself in nothing else so happy as in a soul remembering my good friends."

#### INHABITIVENESS, OR LOVE OF HOME AND COUNTRY.

"Tis strange that they should so depart from home."

"I do love my own country's good with a respect more tender, more holy, and more profound, than my own life."

#### CONTINUITY.

"But I am as constant as the northern star, of whose true, fixed, and resting quality, there is no fellow in the firmament."

[To be continued.]

## THE WORLD'S NEED.

BY ELLA WHEELER WILCOX.

SO many gods, so many creeds,  
So many paths that wind and wind,  
While just the act of being kind  
Is all the sad world needs.

### Methods of the Advertising Quack.

A medical correspondent of the New York Times, evidently familiar with the East Side of New York, shows what is behind the mass of questionable medical advertising that forms the staple of a certain class of daily papers.

"Among the vast army of physicians on the East Side," he says, "there is a certain restless, ever-scheming element which cares little for professional ethics and less for the welfare of the community. These are what we may call commercial doctors. Their scheme is to increase their practice by advertising themselves as professors, specialists, visiting physicians, or surgeons to certain hospitals. As they cannot connect themselves with existing institutions on account of their limited and deficient knowledge of medical science, they create hospitals and dispensaries of their own. Seven or eight such doctors make equal investments of about \$50, obtain a charter through some political influence, hire a house, put up two or three big signs with blazing golden letters announcing the professors' hours, and the dispensary is in full blast. Dr. Boaster becomes specialist of stomach diseases; Dr. Upstart takes the nervous specialty; Dr. Skinem surgery. The understanding between these so-called specialists is to write two or three prescriptions for each patient, in order to extort an additional 20 or 30 cents from the poor sufferer, and Mr. Waterful, the druggist, dispenses the same colored aqua and calomel tablets to each and every patient."

Human Nature 50 cents a year.

## Some Health Suggestions.

BY J. P. BEAN, LETITIA BLOCK, SAN JOSE, CAL.

Make it a part of your business to look after your health. You may need it in your business.

Don't procrastinate by saying that you are going to do it sometime. That word "sometime" is too expensive for every day use. It means "never," and will eventually cost you your health, your life—and even your money.

A little time and money spent in building up your health—right now—is a better investment than money loaned at 50 per cent, while neglected health is like money borrowed at that rate of interest. Don't be a 'borrower.'

Keep your appointments. The reputation of being a liar is not a very good asset. It may also get you into trouble and that is bad for the digestion.

Eat according to your occupation. Food and exercise must balance each other.

When you need help in attending to your health secure the services of one who has a scientific knowledge of the human system—who knows what health is and lives according to his knowledge. He who professes one thing and lives another is a blind leader of the blind. Better avoid such "guidance."

A sixteen-year old boy sent in to a cigarette factory 10,000 coupons, having smoked that many cigarettes, and was awarded a prize. Along with the prize the company inclosed this striking sentence: "If you smoke 10,000 more you will win a coffin."

Bill had a billboard. Bill also had a board bill. The board bill bored Bill so that Bill sold the billboard to pay his board bill. So after Bill sold his billboard to pay his board bill the board bill no longer bored Bill.—Yale Expositor.

**Science and Religion.**

This is a new book by Professor Loomis. It shows the harmony of the Sciences, and their relation to Religion; Man and the Universe—the Macrocosm and the Microcosm; or the Progress of the World as Explained by Phrenology.

We strongly recommend this book to our readers. Cloth, 339 pages, illustrated, \$1.50, this office.

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Earth gets its price for what earth gives us,  
The beggar is taxed for a corner to die in,  
The priest hath his fee who comes and shrives us.  
We bargain for the graves we lie in;  
At the Devil's booth are all things sold,  
Each ounce of dross costs its ounce of gold;  
For a cap and bells our lives we pay,  
Bubbles we buy with a whole soul's tasking;  
'Tis heaven alone that is given away,  
'Tis only God may be had for the asking.  
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**NOTICE.**

The San Jose readers of this paper are hereby notified that I have moved my offices from Rooms 110 111, Ryland Block, to Rooms 12, 13, 14, 15 and 16, Letitia Building, adjoining Ryland Block. All readers of Human Nature are cordially invited to call on me at my new offices.  
J. P. BEAN.

**Anatomy and Phrenology a Query.**

One of our prospective students puts the following query:

"Is a knowledge of anatomy indispensable to the art of reading character?"

Certainly not, or the greatest anatomists would be the greatest phrenologists or delineators of character, whereas they appear to know less about the Mental side of man than a common butcher.

Read what Harry White says in this issue. Anatomy does not reveal the workings and operations of the mind. "Mind can only reveal itself through living organism."

Dr. Gall, the founder of Phrenology, was one of this world's greatest anatomists, but he founded phrenology by observing and studying the living organism.

The Rev. W. W. Case, D. D., a popular phrenologist, once humorously remarked: "I don't care if a head be stuffed with sawdust, I can read its character correctly by its shape and contour, texture and temperament."

All knowledge is useful, but if you studied anatomy 2000 years, it would not aid you in reading character.

**Phrenology.**

The following appeared in the Los Angeles Times Magazine for Sept. 17th, under the caption of "Phrenology," in answer to a correspondent: "W. L. Johnston, of 605 South Grand Avenue, Los Angeles, writes as follows:

"Here are some very hard questions and I think important.

"Is phrenology a science?

"Is it an acknowledged science?

"Do you think it is a good way for a person to determine what business he is best fitted for?"

These are not hard questions at all. Undoubtedly, phrenology is a science. It is an acknowledged science, by intelligent people, who have formerly investigated it. Yes, it is undoubtedly an excellent thing for a person—especially a young person—to go to a skilled phrenologist, as he may receive valuable suggestions that will favorably influence his future life. Far better go to a phrenologist than to a palmist or soothsayer. Phrenology is not by any means, as some ignorant people suppose a "feeling of bumps." The skilled phrenologist judges of character, not only from the contour of the head, but also from every feature of the face. Indeed, you may go further, and judge of a person's character by his walk, by his voice, by his handwriting and by any other things. Those who are interested in this subject should obtain a good handbook on phrenology, of which several have been published. Prof. Allen Haddock, of 1020 Market street, San Francisco, publishes an excellent little monthly called "Human Nature," in which space is devoted to phrenology.

**Plaster Busts.**

We have in stock a new supply of Phrenological Busts for students, with key, or descriptive chart for \$1.50. Packed in wooden box and delivered at the Express office \$1.75.

## Vaccination Produces Smallpox, Consumption, Cancer and Debility

BY PORTER T. COPE, PHILADELPHIA  
PHILANTHROPIST.

Instead of preventing smallpox, vaccination is to day the only cause of smallpox in this country, for the virus or poison *increases in vitality* after its return to the natural conditions of temperature and nutrition which it encounters when again placed in the human blood.

Presumably the vaccine used by physicians is prepared under the most "sanitary" conditions, by torturing calves until I can point you to cases where the eyes of the animals have dropped from their sockets *from the agony they endured*. But if you will read the various advertisements of our vaccine manufacturers, what the "dry point" men say about the "lymph" men and vice versa, you will see that the greatest danger of infection exists.

But, mark you, that is not all. In the report of the local governing board of London for 1905 it is admitted that the virus now used is obtained from the deadhouses on the smallpox hospital ships "*because they find it most effective.*"

This vaccine is called "corpse virus," and it cannot be denied that it carries with it the frightful danger of inoculation with cadaveric poison, the most deadly toxin known to science.

No, no. We continue to have a minimum of smallpox in the world in spite of vaccination, not because of it. It is a dreadful superstition that is carrying of thousands of children and vitiating the blood of the entire human race. Burning witches was a charming pastime in comparison to it.

It is the most prolific source of consumption to day. The son of Dr. Edward Jenner, the unfortunate physician who discovered the curse in 1768, died of consumption after

he had been inoculated *by his father*, and Dr. Jenner used only the comparatively harmless horse grease, the discoverer himself declaring against the use of cowpox, to say nothing of the deadly and filthy "corpse virus." *You may put it down that the tremendous increase of such diseases as tuberculosis and cancer is due in great part to the prevalence of vaccination.*

Hon. Sec. Free Library, Dewsbury, England: Thanks for subscription. The margin is too small to spend time, labor and money forwarding receipts for subscriptions to Human Nature. The receipt of the journal is enough.

Dr. Miller, whose second article on the "Anatomy of the Nervous System" appears in this issue, has just been appointed Surgeon in Chief at the Emergency Hospital, City Hall, San Francisco.

We select the proper trades and professions for men, women and children.

An American woman in Japan bought a can of mushrooms, and found the directions translated into English as follows:

"Direction. — If several person will be to eat this in that manner they shall feel satisfied nutrition and very sweet or it can put in the hot water for the half hour and then take off the lid. They shall be proper to eat. It can be supplied without putridity for several years."

There is a sign in the window of a grocery in Fifty third street, not far west of Broadway, that is attracting attention. The sign reads this way: "If you cannot enjoy your breakfast, why not try some of our invalid eggs from the farm?"—Sun.

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## EAT TO LIVE AND BE HEALTHY.

Our bodies are composed of the food we eat, the liquid we drink, and the air we breathe. If we eat improper combinations of food, or a food not adapted to our occupation and environment, we become ill, and no amount of drug medication can possibly relieve us; the remedy lies in a complete change of diet and living.

There is no hard and fast rule for everybody, but each person should be treated according to his or her temperament, ailment and surroundings.

Whatever may be your ailment, you can rest assured that our method of dieting and hygienic treatment will cure you.

Delays are dangerous. If you desire health act at once. Answer the following questions, enclose our fee (\$5.00) in your letter to us, and you will receive advice by return mail.

### Question List.

1. Sex; 2. Age; 3. Married or Single;
4. Weight; 5. Height; 6. Occupation;
7. Complexion, and color of hair and eyes; 8. Condition of teeth; 9. Give your temperament, vital, mental or motive; or, in other words, are you plump and round, or mental and nervous, or are you boney and muscular? 10. Do you sleep well? 11. How do you feel on waking up? 12. State your general feelings and symptoms; 13. Have you disention of the bowels, or are you troubled with gas? 14. Do you suffer with pain? state where; 15. Do you suffer from indigestion, constipation, sour stomach, bad breath, furred tongue, bad taste in the mouth, diarrhoea, colic, chills, dizziness, heart palpitation, numbness, or sick headache? 16. Do you smoke or take alcohol? 17. How is your appetite? 18. State the kind of food you eat, how often, and what you prefer; 19. How long have you suffered? 20. Give all symptoms and other information you can.

We treat each case according to temperament and individual needs, as revealed by Phrenology, or mental and physical conditions.

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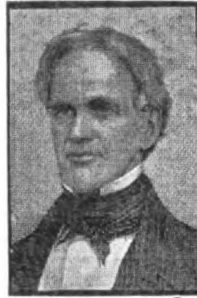
The synopsis tells what noted authors, editors, doctors, physical culturists and reformers think—among them Professor Allen Haddock. Sent for a stamp. In case you can spare a dime and are interested that much, I'll send you a large assortment of Naturopath literature, including my magazine "Naturopath": a catalogue, health foods and supplies, and so forth.

I have studied Phrenology—and believe in it. Let me prove to you Naturopathy is to be equally believed in.

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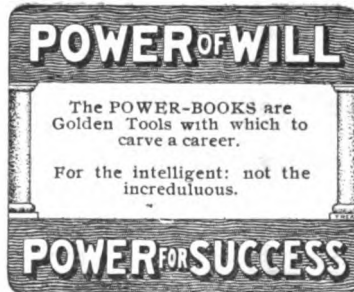
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