

NOV 1 1905

Human Nature

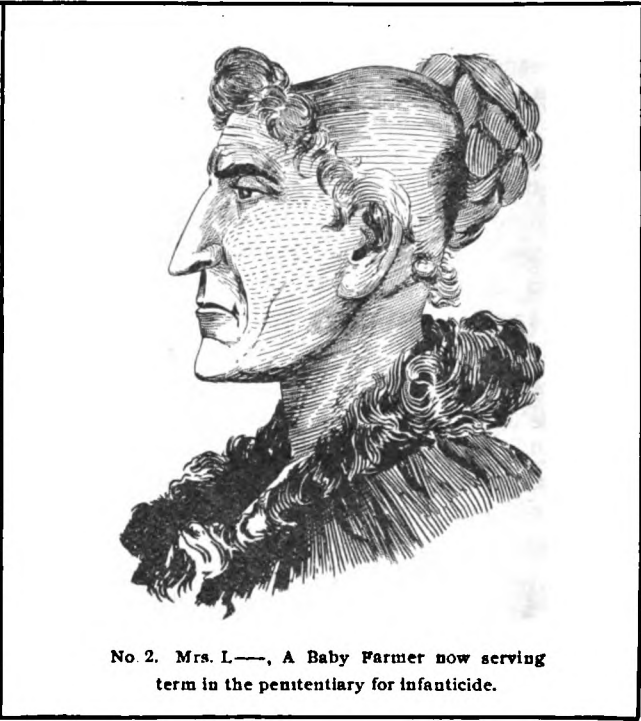
VOL. XVI, No. 183.

SAN FRANCISCO, NOVEMBER, 1905.

{ Subscription per Year, 50 Cents
Single Numbers, 5 Cents.

ALLEN HADDOCK, EDITOR AND PHRENOLOGIST, 1020 MARKET STREET, SAN FRANCISCO, CALIFORNIA

OUT OF BALANCE.



No. 1.

No. 2.

SOME time ago Mrs. M—, attended by her husband, came to us for consultation and advice. We called attention to the large amount of brain behind the ears, indicating that the affections controlled the intellect, and that in case of family bereavement, unless the feelings were subdued reason would be dethroned.

It appears she had lost two children and became an inmate of an asylum for two years. We strongly advised her not to let the heart rule the head, but take her loss philosophically, and be reasonable for the sake of her husband and her remaining children. She has conquered and is now a blessing to her family.

IT will be noticed that Mrs. L—, the Baby Farmer, has a very small back head. She is devoid of a mother's love for child'ren, and took up baby farming for pecuniary profit. After receiving the adoption fee she would starve the foundling to death. The upper part of the forehead is "villianously low" showing a lack of Benevolence and Kindness, while the crown of the head is very high at Self Esteem and Firmness, indicating the tyrant. Her conduct to old and young was unmerciful. Her dry hard mouth and sharp nose corresponds with the head and betray the owner as a heartless woman, a scold with an implacable temper and almost a moral idiot.

Advertising Physiology.

Printers' Ink.

SCIENCE has nothing quite so wonderful as the advertising physiology upon which adwriters build health arguments for the breakfast foods. Patent medicine physiology, which is often derided, may be called tame in comparison.

Not long ago in a magazine ad for the Post products the following information was set before the public:

Hot to cool. A person can keep the body 8 to 10 degrees cooler in hot weather by sensible breakfast. Try a little fruit, 2 pieces of very hard toast, a cup of well made Postum and a dish of not more than 4 teaspoonfuls of Grape Nuts and cream. You can enjoy any kind of weather and feel well nourished. "There's a reason."

Now, had the man who wrote that simply taken the trouble to look into the encyclopedia under the heading "Temperature of the Body in Health and Disease" he would have learned what no doubt thousands of his readers know—namely, that the normal temperature of the human body is uniformly ninety-eight and four-tenths degrees Fahrenheit; that a variation of one degree either way means a variation of ten pulse beats; and that if there is a persistent variation above 99.5 or below 97.3 some form of disease is certainly indicated. If this "health breakfast" were capable of accomplishing what it is advertised to do the persons who ate it would be entertaining subjects for a clinic.

It was another breakfast food adwriter who assured his readers that the food he advocated contained an abundance of starch, more than any other breakfast food, in fact, and that "this rich starch, changing into gluten in the stomach, nourished the blood, the brain, the muscle." The advantage of this food above all others, furthermore, was its wonderful digestibility—for which reason the person who partook thereof was able to transform all the starch into

gluten (even the most delicate stomachs, etc.) This is pretty, of course. Yet starch and albumen are two entirely different substances, neither of which can be changed into the other. What this adwriter had dimly in mind was the conversion of starch into glucose in the stomach, and which sounds better under its other name of "grape sugar" in a breakfast food ad.

Physiological advertising arguments are, in the case of breakfast foods, rather dangerous things. For all breakfast foods are made of wheat and other grain, and therefore the real physiology of one is the physiology of all. Hard wheat contains a higher percentage of gluten than soft wheat, which may be an excellent component for some stomachs. Other stomachs are benefited by a large starch component. Breakfast food physiology may be picturesque, but nine times in ten it is imaginary. With hundreds of thousands of school children studying physiology in our public schools it would be far safer for the breakfast food advertising man to confine himself to the "rich nutty flavor" which all breakfast foods have. Health arguments are admittedly effective in advertising, but the food value of wheat is general rather than specific.

Advertising physiology quite as fearfully put together figures in other food advertising, such as that of cocoa, chocolate, meat extracts, baby foods, vegetarian specialties, meats, etc. It is also a regular standby of the toilet powder and tooth paste adwriter, the soap man and others who make things which are good for one's outside. In this section there are often real physiological arguments, as that for a soap which has no free alkali. Shaving soap, for example, is "cut" with potash instead of lye, and when applied to the skin there is no free alkali to transform the skin oils into soap, leaving the cuticle dry and harsh. And because shaving soap also leaves the oils in the hair uninjured it is excellent for shampoo purposes. These are physiological truths, and the adwriter could employ them to good advantage. But physiological lies are dangerous. Too many readers of the magazines and newspapers nowadays have a knowledge of elementary physiology.

He Gained Twelve Pounds in a Few Weeks.

When common sense is applied by the patient, with vitality enough left to build upon, our patients make wonderful progress. The following letter speaks for itself:

CARTERS, CAL., Oct. 1, '05.

To Prof. Allen Haddock,

1020 Market St., S. F.

Dear Sir:—I have greatly improved since following your advice, although in regard to fasting I did not follow even in spirit further than restraint to the amount eaten. I am cultivating a *natural* appetite. I never realized how much like a hog I had been until acting upon your suggestions. I had tried to let instinct decide what was best for me to eat, but my appetite was indeed *perverted*. Now, under your advice as to *what to eat* and *what to avoid* during my illness, I am feeling good—stomach and bowels are working correctly without special care, and I feel stronger and do more hard work. I have gained twelve pounds in the last few weeks, and my friends tell me I do not look like the same man. * * * * *

E. M. SCANAVINO.

The above letter concludes with a few questions, but what we desire to impress upon the reader is the fact that nearly all the ills that afflict mankind is due to the errors of eating. This statement accords with that of the highest authorities in the world on health and disease, and that the remedy is not in the domain of drugs, but in correct living.

The great majority of hygienists may know the essentials of food, but few are not cognizant of the importance of Temperament, and make the mistake of prescribing to the fat, lean, nervous, boney and muscular alike. We make no such mistakes, hence our patients all get well. See column 3, page 11.

THE PATHETIC AND COMICAL HISTORY OF ALLAN O'DALE

(ALLAN OF UNDERBANK-DALE)

CHAPTER XI.



A BIT OF SHODDYOPOLIS.

STAMPS FOR BEER

“**J**ERRY!” said boozer Ned to the saloon keeper, “Jerry! I am dry as a pickled herring and need something to sup; but I have no money. Will you take two stamps for a pint of beer?” The landlord being an obliging fellow, replied that he would, and deposited a pot of beer in front of the boozer who crooked his elbow, lifted the pot to his mouth and let the contents run down his throttle at almost one gulp.

“Give me the stamps,” said the saloon keeper. “All right,” replied Ned, as soon as he recovered his breath; then lifting his foot he gave a heavy and hard stamp on the floor, and counted “ONE!” but before he could hit the floor again and count TWO, the bar tender had Ned by the collar and threw him out of door, where he sprawled on the sidewalk dazed by the encounter. It was the “chucking out” process I had witnessed during a conversation with a friend I had met in the street. I did not learn of the incidents that had happened inside until later. It was the fag end of the Christmas holidays in 1871, when patrons of the saloons having spent their money, devised schemes to obtain more drink, and became unruly and obstreperous when they were thrown out into the street.

A REFORM MOVEMENT.

I saw that working men after their hard days work needed rest, and sought the saloon for recreation and social intercourse because there was no other public resort. I had heard and read of the working men’s club move-

ment, of its success in London and the provinces, and at once realized the necessity of such an institution in Shoddyopolis.

With this object in view I at once wrote a letter to *The Reporter*, a leading local paper, advising the establishment of a “Public House Without The Drink,” where the working classes could assemble for social intercourse and pleasure, without the contaminating influence of the saloon.

The appeal was successful. About twenty reformers met at my house, one gentleman contributing ten pounds, or \$50, toward the organization. In three weeks the club was established with a roll call of nearly 400 members. I do not remember the exact number now, although I was elected Secretary at the time.

A reading room and library was established, billiard tables and smaller games were provided, lectures, concerts, and “free and easy” entertainments were given. These attractions kept quite a number away from the drinking resorts for awhile; but at last the members began to fall off somewhat, when the committee resolved to introduce a refreshment counter, where beer and liquors can be had for consumption on the premises.

The club has now (1905) been established 33 years, and according to all accounts it is one of the best conducted and among the most successful institutions ever established for the entertainment and moral improvement of the toiling masses in England to-day.

I have been engaged in many reform movements, but in none have I been prouder of results.

In social and political reform movements, I have often expressed myself in very radical terms, or in terms not always endorsed by the gentlemen who kept open the columns of *The Reporter* for the expression of my views, but Mr. Yates, whom I look upon as my journalistic father, tolerated my radicalism and has stood by me all these years, and in spirit still stands by me “Down by the Golden Gate.”

HUMAN NATURE



BY C. P. HOLT.

THERE is character in everybody and in everything, and he who knows how to decipher the indications can read the character of anybody or anything. The editor of *Human Nature* expresses himself as being convinced that character cannot be read by bumps. (Not by bumps alone. Ed. of H. N.) This may be true of the folk and things he essays to read, but I know something that possesses strong character which must be read by bumps, and I have just returned from a two weeks' struggle with the creature.

It is the Desert Range. It is *all* bumps, and such monstrous bumps as would astonish and discourage any town-bred phrenologist I have ever met, who should attempt unattended, and singlehanded, to read its character by radiation of fiber from the medulla oblongata.

Professor Larkin, the noted astronomer, said the other day that he had been studying the moon for twenty years and had become familiar with the mountains, gulfs and caverns of that orb, as revealed by the telescope. Recently he had visited Nevada and was convinced that if a man should go up in a balloon and look down upon Nevada, he would behold characteristics and scenery similar to that which the telescope reveals to him who looks upon the moon. The moon is all up-hill and down-hill, and so is Nevada. Bumps? Well, the moon and Nevada are both made of bumps, and it is by their bumps that their character must be read. These bumps are styled mountains and they are as rough and as bald, and as innocent of covering as is the cranium of Mr. Rockefeller, the standard oil magnate.

If the reader will consult a map of Southern Nevada and South Eastern California, he will notice dots and dashes, which are designated as

mountain ranges, named "Grapevine range," "Funeral range," "Panamint range," etc., and between these ranges we will see white spots named valleys and deserts, as "Penoyer valley," "Kawich valley," "Death valley," etc. And he will notice dots marked water holes. He will also note white areas named on the map deserts as "Desert Range," "Amargoso Desert," etc. This all looks easy on the map, but if the reader values his ease and bodily comfort more than information and adventure, his best way is to stay away from these ranges, valleys, deserts and water holes.

I have lived on the desert a good, long while, but not having explored its extreme southern boundary, I took my canteen and blankets a few weeks ago and with a team of mules and a prospecting companion headed from Goldfield to the southward. We were equipped with forage for the mules and big water barrels filled with water for man and beast; we had also picks and shovels, and grub for ourselves. My grub differed from the grub of my companion, in that his grub consisted of the regular prospector's menu—Bacon, beans and slapjacks, while my provision box was stored with dried fruit, canned fruit, fresh fruit, nuts of all sorts, and zwieback, and other cereals thoroughly cooked.

On this diet I managed to keep pace with my stalwart companion of many fewer years on earth than myself. I have traversed the desert lands of the southwest, and Alaska's tundras, far and away, many a day on this delicious and healthful diet. I missed my accustomed ration of distilled water, for one cannot carry a distil on a prospecting trip, so I drank alkali water and came back with sore lips.

It was mid-day when we said "get up" to the mules, and away our circus started. Many months confinement in the office had whitened my hands and bleached my face, but I put on no gloves nor carried an um-

rella, but bared my cuticle to the orb of day and before the second day waned my nose was peeled, my hands blistered, and my pretty phiz a sight to behold. Old sol had no mercy upon me, and I defied his firey glances. Was that September sun hot on the desert? Well, if hell is any hotter I prefer heaven. Still neither my companion nor I murmured at the heat nor the dryness. Dry? It was dry all about us, as dry as a contribution box. Not a drop of rain had fallen on these desert wastes since last March, and the hoofs of our mules kicked up the dust, composed of disintegrated porphyry and borax, in clouds which we breathed into our lungs with gasps, and we kept our lips glued to our canteens, vainly striving to quench our thirst. We did not neglect to water the mules, that was what our water barrels were for.

It was a long stretch of desert before us, and no vegetation on the landscape, except the gray sage brush, which manages to survive the dryness by a miracle unsolved. We passed through canyons so narrow that the wheels of our wagon touched each side, and climbed mountains that were dizzy, until we reached the "summit." Then the sun went down and the moon came up, and we said "whoa" to the mules, and after the beasts were cared for, and my companion had eaten his bacon and bread (I never eat supper just before retiring), we spread our blankets on the dry, sandy ground, and lying upon them, slept the peaceful sleep of the prospector. At crack of day we were up, and as soon as we had fed the mules and my companion had breakfasted (I never eat breakfast), we resumed our journey where we left off. We were now fairly out on the desert, with mountains all around us. Bare and hoary mountains, towering one above the other, *bumps* on the desert, and filled with precious gold and silver. Again the firey sun un pityingly beat upon us; poor mules! I was sorry for them, but on-

ward we must go.

The air was a furnace, it skimmed and glistened in that heat like hades. It was a dry heat, that was our salvation; 117 deg. of heat *must* be dry to be endured. How I wished for a whif of the fog of San Francisco! These deserts are alluring, they are deceitful; nature lies to you; she knows you are hot and dry, and want to swim, and so she shows you a very refreshing lake just a mile ahead, and she keeps that tantalizing lake a mile ahead, all the long sweltering day. That lake keeps just ahead of you until bye and bye you come up to a dry borax lake, half a mile long, across which you pass, galloping the mules over the smoothest and hardest of asphaltum, only it is not asphaltum, but hard borax. Silence reigns on this treeless, sandy, borax encrusted desert; and on we push, for we must make the next water hole before dark. The third night out we struck "Mud Springs" where good water is to be had and where we had some mining claims. Two days we spent tramping over the mountains of this district, while the mules rested in the corral. If you never searched for discovery monuments and corner stakes you know nothing of climbing desert mountains with a pick on your shoulder. My companion and I did some tall climbing and descending mountains, where we found ourselves now up in the clouds and the next hour down in the depths of the canyon. With our picks we investigated the character of these mountains and found the revelation golden. Bright and early of the third day at Mud Springs, we were up and off for Bull Frog, with mountains of gold all around us. At noon we gee-hawed into Bull Frog, and saw the mountains being honeycombed by miners and tents and adobes whitening the landscape. Water too, was here, that precious liquid that even the old bumper sighs for, when hot and thirsty. We filled our water barrels and started across an arm of the

Amargosa desert which stretches over a hundred miles to Las Vegas. We reached a point on the desert that was not on the map, and we were out of our reckoning. Lost on the desert! That was what had happened to us. We had taken the wrong road. When darkness of night came upon us we camped on the desert, and slept sweetly with the stars looking down uncaring. When the first gray streak of dawn came, up we got and looked about us. My companion mounted a mule and started up the road on an investigation. In one hour he was back and announced that Willow Springs was only a mile away. We spent three days in this vicinity, climbing the impossible mountains and finding monuments and picking samples of rich golden ore. Oh, but those three days of scramble were laborious but exhilarating. We were close onto Death Valley and looked into its depths, where the skull of many a prospector bleaches ghastly unseen, and unknown. We looked into Funeral Range, and the Panamint. I rode bare back a mule until the mule could not climb further, then I made my weary legs do duty to the top of the mountain. We were reading the character of the desert by bumps, and we got a thorough delineation of the rocks and the dirt.

There was gold there in plenty, as the assays showed later on.

Did we see anything alive? Oh, yes. We saw at the springs and at the water holes snattle-rakes and such denizens of the desert and mountain as crawl, but few creatures that walk, and none that fly.

I am opposed to taking the life of any living creature for the pleasure of killing—except *SNAKES*. I just *hate* snakes, and we killed rattlers galore. I have a grudge against the serpent. I suppose the primitive man had a hard tussel with serpents and we civilized men have inherited our hatred of the serpent. On the dry, bare desert the creature that lives, dies of thirst.

When we had explored the desert and the mountains and found the golden specimens we came back laden with rocks and experience.

We had explored the Desert Range.

Free Trade in Thoughts.

WHEN you conceive a good thought give it freely to the world for the world's good and for your own good for that matter, as you will be repaid by other good thought vibrations that come to you. Dr. Burke often expresses our opinions on various subjects through his magazine, and in none more so than in a brief editorial in his October number of *Health*, quoted below:

"I am always greatly benefitted by the trees, the plants, the flowers, the sunshine, the starry heavens, the pure air, the pure foods, and by trading thoughts with people. Most all of the magazines I read are more than good, especially the exchanges. I get much good from them all. I like to trade thoughts with others. It is one of the processes of growth with me. Not that the thoughts I get from others is my growth, but they are conditions that help me grow. It is something like when Bishop Potter stood in the rear of a large group of bishops at the Pan-American Episcopalian Conference at Washington. Near him, looking on calmly, stood two newsboys. The Bishop heard one of these newsboys say, "Hey, Jimmie, dis meeting of all dese parsons, what's it fur?" The other boy replied, "Oh, dey gets toggeder once a year like dis to trade sermons."

There is more truth in this than most people are aware. We trade sermons, articles thoughts, etc., far more than one would think, for one is an aspiration to another. How senseless it is, however, to even try to copyright truth! You can no more do it than you can copyright your discovery of a planet. It does show how selfish and greedy you are, when you attempt it. Not much of the spirit of good-will and free-gift about it. It is Self, full-blooded and full-grown.

These ear-marks of "copyrighted" should come off of every book and magazine published, and it should even go so far as to ask one and all to pick it up and publish the good everywhere. You do trade thoughts, whether you are conscious of it or not; so why not be what you are, and not try to cover up yourself under the garment of "copyrighted!"

LECTURE NOTES

ON THE

ANATOMY OF THE NERVOUS SYSTEM

Compiled By

DR. C. N. MILLER

SAN FRANCISCO, CAL.

No. 3—CONCLUDED.

CEREBRAL CORTEX.

THE convolutions of the brain apparently obey some fixed law as regards their development, distribution, and the microscopical characteristics of their cortical layer. In old age, alcoholic poisoning, paralytic dementia, melancholic delirium, etc., there may be found a sinking of certain convolutions and an atrophy of the cortical layer.

The convolutions present all varieties of configuration. Even in homologous regions of the brain the convolutions are seldom or never the same. This statement has a medico-legal value, asymetry not being conclusive evidence of existing disease or congenital defect.

The color of the cortex differs with age and the race. It is darkest in the dark races. It is uniformly grayish in infancy, of a somewhat rosy tint in early childhood, decidedly vascular in the adult, and in old age there is again loss of vascularity, and it assumes a yellowish color.

The thickness of the cortical substance varies in different regions of the brain, being thicker as a rule in the anterior parts. Its average varies from two to three millimeters or a little over 1-16 of an inch.

A careful examination shows that the cortical substance is composed of various layers or zones of unequal transparency. The microscope further reveals:

1st. An immense number of

pyramidal-shaped cells, each of which seems to point toward the surface of the brain, as if attracted toward it like needles, so magnetized as to always point to the poles; these are the nerve-cells.

2nd. They are disposed in regular strata, parallel with the surface of the convolutions, and placed successively upon each other.

3rd. The cells grow larger as the distance increases from the external strata inward.

4th. These cells give off branching processes which anastomose with each other, thus constituting a sort of continuous structure over the whole area of the convolutions; by means of these small, thread-like processes, the cells are probably enabled to communicate vibratory molecular movements from one to the other, while some are means of communication between the nerve-cells and nerve-fibers.

5th. There is also found an intercellular substance, serving to cement the cells, to maintain them in a fixed position and to furnish a passage for their vessels of nutrition; this is the *neuroglia*.

In some parts of the cortex, six layers of cells may be discovered. Since the structure of the cells differs in the various strata, it may be assumed that each zone may be thrown into a state of nervous activity independently of the others. But since the connecting processes of the cell elements unite the various strata, it would seem to indicate that under certain conditions, the various zones of the cortex may be associated in their action.

From facts discovered by careful research, a general scheme of the nervous system may be constructed as follows:

1st. The central gray matter of the spinal cord; this has no connection with the higher senses. It is capable of the simplest kinds of reflex acts, as seen in the movements of a beheaded frog, and may be taught to control automatic muscular move-

ments, as in playing scales upon a piano; this it can do without any intervention of the higher ganglia.

2nd. The Basal Ganglia, and possibly the Cerebellum; these are of a higher order in point of construction, they are connected to the nerves of special senses as well as to those of the spinal cord, they are capable of exciting not only reflex but complex actions in obedience to impressions received from without; and in response to visual impressions and those of hearing, seem to have an important control over the maintenance of equilibrium, or co-ordinated muscular movement.

3rd. The cerebral cortex; this is a ganglion of the highest order, here the mental activities are seated, also the function of elaborating and storing of sensory impressions of all kinds, and transforming them, at the proper time, into appropriate motor impulses; here also volition has its seat, giving to the physical organization its individuality; here the living forces of the soul are marshalled and organized, and the problems respecting the relations of our corporeal and mental being are solved and carried into execution.

In the highest civilization the book is still the highest delight. He who has once known its satisfactions is provided with a resource against calamity. Angels they are to us of entertainment, sympathy and provocation — silent guides, tractable prophets, historians, and singers, whose embalmed life is the highest feat of art; who now cast their moonlight illumination over solitude, weariness and fallen fortunes.—*Emerson*.

The Universal Improvement Society, Seattle, Wash., has changed its name to the "United Manculture Society." The new name clearly expresses the objects of the society. It is a society established for the promulgation of Phrenology and all it embraces for human culture and mental and moral improvement.

MIND.

BY FRANK REED, EUREKA, CAL.

IN TWO PARTS—PART I.

IN November, 1904, number of Human Nature, Dr. P. Braun, of Omaha, Neb., declares that intelligence is primary, which, to my mind, means the same as to declare that mind is primary, that it is a thing of itself, complete and apart from all other substance. I still hold to the idea that mind or intelligence is a form of manifestation, and that it is just as truly dependent upon organs and functions that are distinct from itself, as is the musician dependent upon an instrument of strings and notes, to produce the tones of music, or the singer upon vocal organs in order to enable him to sing. Dr. Braun says that intelligence can manifest, but it is not a form of manifestation. "But thought is" a form of manifestation, and when the Doctor admits this, he admits all that need be asked. To think requires that there rise in the mind a succession of mental images, and these images are as real and as tangible to the mental eye, as is the reflected image of yourself in the looking-glass to the physical eye. Bear in mind the fact that the image you see of your elf in the glass is not tangible to the sense of touch, or to your finger nerves, but it is tangible to your eyes, and this is just what is here claimed for mental images, they are as tangible to the mind or to the eyes of the soul, as is the image in the mirror to the physical eyes. It is not possible for my mind at this time, to recognize the slightest degree of intelligence where there is no mental action or thought manifestation. The river silently and unconsciously to itself flows on to the ocean; by a law which we understand in a measure, it is bound to a certain channel and timed to a certain speed; it is as unconscious and indifferent to its actions, as is the great redwood giant that is felled by the

woodman's axe. The river's consciousness, no less than the tree's, is focused in the human mind, just as the various sensations of the physical body are focused in the brain or mind center. Any message that fails to reach the mind, over one or more of the five physical sense system of wires, is never known to that individual. And if so in the case of one individual, it is not unreasonable to suppose that if no organic or organized being observes a thing or a happening, that it is never known. If a tree falls it shakes the earth immediately around it, but if no one sees it fall or hears it, or ever sets eyes on it after it has fallen, then its falling is never known.

I am willing to admit intelligent design in nature, but cannot admit that the organless force that works through inorganic nature, is intelligent or conscious of its actions. That same force becomes conscious when it reaches the spiral round of man's brain. It is conscious in a smaller degree in the brain of the lower animal, but is not conscious in the vegetable and mineral world. In the language of some wise observer: "Spirit is dead in the stone, sleeps in the vegetable, dreams in the animal and wakes in man." Just as no sound issues from the vacuum, so no intelligence can come from inorganic nature or from inanimate things. It is the mental or spirit image of things that is intelligent, and not the things themselves. All that the mind of man observes on the earth beneath or in the heavens above, is nothing more than the outward form and not the things that nature will preserve for time and eternity. The mental tree and the mental river, the field of waving grain and the snow-capped mountain, the billowy ocean and the tossed ship, these as mental images are endowed with life and intelligence, as much so as any mental images we have, and man's whole intelligence is made up of the impressions he receives while journeying through this life and that to follow

on higher planes, and this to go on untill all nature becomes an open book to him. We are a part of nature, we are the eyes, ears and nerves of nature, she becomes acquainted with herself through our physical and mental organs and through those of the lower animals. Is this fact not plain? Do you for one moment think the tree is conscious of its growth and decay, or does it feel the touch of the woodman's axe? Hardly. For if such be the case, then man is placed by nature in the most awful or horrible position of any creature that ever breathed the breath of life. Could nature feel, think and enjoy through the fiber of trees and the hard flinty substance of stone, what think you she created man for?

(To be Continued)

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.

Workingmen, 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."

The following picturesque "want" appeared in the London *Daily News*:

LADY requires (end of August) Two competent Persons to undertake entire duties, as Cook (plain) and House-parlor Maid. Ladies not objected to.—A. B. etc.

Human Nature

A MONTHLY JOURNAL

—DEVOTED TO—

Phrenology, Physiognomy and Health.

ALLEN HADDOCK....Editor and Prop.

One Year, in Advance.....50 Cents

Single Copy..... 5 Cents

Back Numbers, per Copy.....10 Cents

Entered at the Postoffice at San Francisco as
Second-Class Matter, September 29, 1890.

SAN FRANCISCO.....NOVEMBER, 1905

PROF. 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. Foreign subscription two shillings and six pence received as one year's subscription, or 50 cents for United States and Canada.

Bank checks not accepted.

When this square is marked inside with an X your Subscription has expired, when the paper stops, and is only re-entered by request. Kindly renew at once.

Back Numbers.

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 5:00 P. M. Evenings and Sundays by appointment only. Phone Mint 796

Will city subscribers kindly call in the office to renew or subscribe?

HUMAN NATURE is 50 cents per year. The following magazines are \$1.00 per year: *Phrenological Journal*, *Human Culture*, *Character Builder*, *Health*, *Suggestion*, and *Health Culture*.

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

To Subscribers.

When your subscription expires please RENEW or the Mailing Clerk will not enter your subscription, only by request.

Please don't send postage stamps for books, or subscription IF Post Office or Express Money Order be available. If a money order is not convenient two cent stamps are accepted up to fifty cents.

HUMAN NATURE

OUR MAIL COURSE

TEACHES HOW TO READ CHARACTER, in 27 Type Written Lessons, \$5.

OUR PROFESSIONAL COURSE

Consists of Fifty Lessons for Fifty Dollars. Lawyers, doctors, merchants and working men of all trades and men and women in all departments of life, are realizing the great necessity of understanding the character of those with whom they come in contact. All successful persons are successful not alone because they are working in the direction of their talents, but also because they understand human nature.

Our course of practical lessons teach how to read character as no other system can.

Your Abilities Described From a Photograph.

We have had more than a score of year's experience in describing character from photographs, and been the means of directing thousands into occupations in which they have succeeded, because they had talents for the work assigned them as revealed by Phrenology.

We can describe the type of person you are adapted to marry according to the law of selection and affinity, as explained by temperament, texture, etc.

Send us your photograph together with a few lines of your own handwriting, present occupation, education and whether married or single, and state of health.

Readings, brief statement, \$1.
Brief statement and marked chart, \$2.
Complete written analysis, \$5.
Allen Haddock, 1020 Market st., S.F. Cal.

Reading Character from Photographs.

A Phrenologist is also a Physiognomist or he is not a good character reader; if he understands his business he can read character from photographs.

We could fill our paper with testimonials. The following is of recent date; it is modest, straight to the point, and by an intellectual school teacher:

BOYCEVILLE, OHIO, Oct. 10, '05.
Prof. Allen Haddock,
San Francisco, Cal.

Dear Sir:—I received your delineations of my children's character. I am well pleased and feel that I have received many times my money's worth. Please accept my thanks for same, and find enclosed a money order and photograph of myself for delineation.

Yours sincerely,
MRS. C. APPLBY.

Human Nature Books

To meet frequent inquiries and a growing demand from Phrenological students, we give the following list of books which may be read with profit by those seeking thorough information upon the Gallian philosophy.

Self Instructor—Fowler.....	\$1.00
How to Read Character—Wells.....	1.25
How to strengthen the Memory— Holbrook.....	1.00
How to read Character in Hand- writing—Firth.....	.50
Heads and Faces, How to Read Them—Sizer.....	1.00
Home Cyclopaedia—Foote.....	2.00
Lectures on Man—Fowler.....	1.50
Lectures on Phrenology—Combe ...	1.25
New Model Manakin and Key— Tiers.....	10.00
Phrenology Proved and Applied— Fowler.....	1.25
Phrenology and The Scriptures— Rev. Pierpont.....	.25
Science of Mind Applied to Teach- ing—Hoffman.....	1.50
Science of Life (Sexual Science) —Fowler.....	3.00
Studies of Mind and Character— Drayton.....	1.00
Uncle Sam's Letters on Phrenology —Uncle Sam.....	.25
Wedlock, or Right Selection of the Sexes—Wells.....	1.50
A Child of Light—Riddell.....	2.00
The New Man—Riddell.....	.25
Human Nature Explained—Riddell	1.50
Health in the Household—Dr. Dodds	2.00
A Manual of Mental Science— Fowler.....	1.00
The Temperaments—Jacques.....	1.50
New Physiognomy—Wells.....	3.00
Brain and Mind—Drayton & McNiell.....	1.50
The Constitution of Man—Geo. Combe.....	1.25
Choice of Pursuits—Nelson Sizer....	2.00
Hydropathic Encyclopedia—Trall... 4.00	
Human Science—Fowler.....	3.00

An extended Catalogue of books mailed to any address on receipt of postage stamp.

We have the only agency in America for many of the British books advertised in another column.

Address 1020 Market Street, San Francisco, Cal.

THE RUDIMENTS OF MENTAL PHILOSOPHY.

OR A PHRENOLOGICAL VIEW OF THE MENTAL CONSTITUTION OF MAN.

BY HARRY WHITE.

Farnborough, England, in 8 Chapters.

CHAPTER III.

PHRENOLOGY—ITS HISTORY.

THE term Phrenology according to its etymology should signify mental philosophy. It is derived from Phren mind and logos discourse, meaning a discourse on the mind. It has been applied on account of external elevations of the cranium, corresponding to the manifestation of the various passions and capacities. Mental Philosophy in its general acceptation is to be understood as indicating an investigation of the phenomena of the mind, treating of the mental laws.

The discovery of the phenomena of the mind as presented by Phrenology was first made by Dr. Gall, a physician of Vienna. He was born at Tiefenbrun, in Suabia, on the 9th day of March, 1757. The brain has been supposed by several of the inspired authors to be the product of the various passions, Daniel especially lays peculiar emphasis upon the peculiar organization of the brain. He speaks thus "Visions of my head."

The idea that the human passions originate from the special functions of the brain has from time immemorial been generally adopted. Pythagorus who flourished 500 centuries before the appearance of Christ, taught that from the brain proceed pleasure, sport, grief and laughter. Plato, Halier, and several other renowned physiologists and physicians taught the same theory. Albert Magnus who lived in the 15th century, mapped the brain into several

departments, assigning to each a special faculty as his speculative fancies dictated. Previous to the appearance of Dr. Gall no further light was shed upon the peculiar functions of the brain. He reduced into one grand system the scattered discoveries of his predecessors. He systematised their teaching. He taught as his predecessors that there is a constitutional diversity of talents and dispositions. He taught further that there are particular cranial developments which correspond to the general faculties. That there is a precise connection between development of brain and character. We cannot pretend that Dr. Gall was the first to proclaim all the principles of the initiatory teaching of Phrenology, but it was he who made it credible by his expositions. To Gall therefore is due the honor of having given a practical basis to one of the sciences which shall ultimately take the lead of all others. It occurred to Dr. Gall that people with different dispositions had altogether different cranial developments, that a peculiar kind of mental organism gives rise to a peculiar kind of character, that persons having power to give correct recitations and learning by heart with facility, had large prominent eyes from which he inferred that if words were made evident by an external size, it might be so with other faculties, and thus was he led to ascertain the majority of faculties now attributed to the mind. The observations of Dr. Spurzheim, who was born in 1776, tended to emphasize those of Dr. Gall. Upon these two authorities Phrenologists mainly rely. Phrenology was first introduced into Britain about 70 years ago, when it was denounced as being absurd. It had however a more favorable reception by the scientific world. Drs. Gall and Spurzheim were rather strongly attacked by Jeffrey through the Edinburgh Review. Mellermeid guaranteed the expenses of Gall's and Spurzheim's works, which was a great impetus to the promulgation of

its principles. The Rev. Dr. Walsh influenced the formation of a Phrenological Society in Edinburgh in 1820. A Phrenological Society had been formed in London this year. Professor Combe has added valuable additions to the Phrenological theories. He has made himself a name which will live as long as Phrenology. Mr. L. N. Fowler, of London, late of New York, has done much towards diffusing a knowledge of the science of Phrenology. He too has ably defended the science in some of his lectures. He has announced his discovery of other organs besides those enumerated by its original founders. There has been no practical discovery of any consequence since the time of its original promulgation.

ITS PRINCIPLES.

Phrenology teaches that there are a variety of organs in the mind, that there are various faculties in the mental constitution of man, that there is a correspondence between special parts of the brain, and peculiar qualities of mind and character, the former is called development, the latter manifestation. Each organ has its own appropriate function and development; its use and liability to misuse. The various faculties of the mind are modified by the respective capacity of each particular functions that have a relative assimilation to each other have an allied position. All faculties may be improved by exercise, but all organs cannot be made to develop by culture. Men cannot twist their natures about at will. To excessively exercise a weak faculty in order to develop it would impair rather than increase its power. Some faculties in the same person are capable of being developed while others are not. It depends on how far it may have an immediate relation to the genius of the individual. The faculty that may not be capable of development in one individual may be in another. Every man is obligated to use those special talents

which he may have, but it is not essentially obligatory to bring out of oneself that which is not naturally a main feature. Each organ is in itself good. The intellectual and moral faculties may be misused but they cannot be abused, while the animal propensities are very liable to be. Man is more subject to the power of his animal nature than his higher. He gradually emerges from his animalism by civilization and religious influences. It is not however to be argued from this that man possesses a higher character of craniology. Characteristics of mind reveal themselves in the structure and formation of the skull. Every person has the same number of organs, which is generally supposed to be 42. Each organ has its opposite to counterbalance. What a wonderful harmony issues from the combined diversity of the various faculties. What harmonious union in the variety! No indiscriminate division. The position of each organ is the most appropriate for its function. It has a fixedness and definiteness of position. The relative development of each respective faculty does not indicate character but the mental organization on the whole. The brain is not a single power which must necessarily concentrate itself in one special mental operation at a particular time. It acts upon multitudinous objects for definite purposes at the same time. The faculties are double, there being an organ of the same character in each hemisphere. The various organs are classified in three divisions, the animal propensities, moral sentiments and intellectual faculties. One of the main reasons why Phrenologists err in their estimate of the character is the want of logical deduction as to the modification of the various faculties. A man may have large "hope" and yet not be of a hopeful nature owing to the influence of other powers.

Human Nature 50 cents a year.

SPECIAL NOTICE!

THE EDITOR will be pleased to receive the name of a thinking person who may be interested in any of the subjects discussed in this magazine. A Sample Copy will be sent. 1020 Market Street, San Francisco, Cal.

Some Objections to the So-Called New (?) Thought.

BY JOSEPH H. ALFONSO, P. PHD.

THE new thought so-called is a misnomer, for it is one of the oldest exploded thoughts the world has record of. Its origin is to be found in the evanescent maze of a mythical Oriental Philosophy milled with age, modified and served to suit the taste of the American palate. Its feet resting in the air, a method of thought that pretends no care, without even a definition fair. Any system of thought, in order for it to have a solid foundation to rest upon, must have a definition that will, at least, give some idea of its scope. A definition that must square itself with "modern science and modern thought." Failing in this any premise, that disregards the factors of human experience and organized knowledge, falls to pieces.

The higher its flights, though beautifully embellished by vaporish rhetoricians and self imagined literary lights, the greater are the number of its fragments. It becomes nothing but a hodge podge mass of jumbled phrases and contradictory words, resting upon an atmosphere of nonsense and insanity. An atmosphere so rarefied that it will not even float a feather, though the clouds of ignorance and superstition be thick beneath.

In a brief essay of this character, it is impossible to elaborate upon learned disquisitions concerning mind and matter, and the learned (?) idealism of the new thought.

A few sharpened prongs of dialectical reasoning will take care of all

the ologies contained in this new fad.

If there is anything which has been instrumental in the undoing of this foolish "thoughtology" it is its rank individualism. Its votaries seem to forget that the group or groups (as is well known to students of Social Science and Political Economy) is the all important factor in society in determining the nature of our material, intellectual, moral, aesthetical and spiritual environments. The way that we do our thinking; the methods and aims of education, jurisprudence and the interpretation of its multifarious departments, the administration of the various governments in the past and present; in short all scientific, philosophical and religious systems, every sub-division of human activity, are all determined, molded and hewn into shape, by the manner in which wealth is produced and distributed.

It has been so ever since man abandoned the primitive cave, club and stone saw for a better abode and more effective tools, the ox-cart and canoe, for the iron horse and the queen of the seas.

Let us ponder and reflect over this gem: "I will be what I will to be." The easy victim of the new (?) thought reads it, hears it, swells his chest from 32 to 59 inches, throws his shoulders back, throws his empty head in the air, and believes it. Ye Gods! what a travesty upon reason. And yet they tell us we are living in the twentieth century. Let us carefully weigh a few facts and consider. Assuming that you are a merchant, one of 15,000 others, in a community where only 2500 are needed, would the assertion "I am prosperity, I am a great merchant, I am a wonderful magnate" bring you customers?

Would making up their minds bring much needed coin to the empty coffers of hungry retailers? In case of a strike when almost every line of business is stagnating, would

these assertions prevent failures? Would they make money circulate in a community where the people only get 14½ or 20 per cent of what they produce?

Would the NEW THOUGHT, OR ANY OLD THOUGHT, prevent the warehouses of the land from being choked to almost suffocation with unsold commodities? Would it prevent the productive power of machinery from increasing, as inventions progressed? Would it expand foreign markets, prevent panics, and save the small producer and factory owners from being gobbled up by the concentration of capital?

NO! A MILLION TIMES NO!

Finally, would it put brains into the craniums of chattering idiots, loud-mouthed phrase-mongers? Would it convert them into Edison, Teslas, Wagners, Mozarts, Ingersolls, Emersons, Morgans, Rothschilds, Schwabs and Rockefellers? In plain words: Would this so called New Thought (?) Philosophy, with its cant phraseology and vapid affirmations, create brain tissue, deep convulsions, full of grey matter, where there is not even the vestige of a brain organ to build on?

Would it give a man strong reasoning powers, when he is totally deficient in Causality and Comparison, those star-lit empresses of the mind?

The researches of such eminent scholars as Gall, Spurzheim, Hollander, Ferrier and Gates, into the localization of brain function, as well as the work of Marx, Loria, Lewis Morgan, L. F. Ward and Herbert Spencer, give the New Thought its death blow.

Yes, indeed, a man can become truly great, providing a good brain, its manner of thinking, its capacity for work and the opportunity blend together. Otherwise a multitude of new thoughts would not prevent him from becoming an insignificant minute cog in the great world-wide industrial organism of the age.

Philosophies are like men, the creatures of their respective environments. The sum total aggregate of circumstances that prevail in any society, produce systems of philosophy that are their local and inexorable reflection. Furthermore, philosophers, like poets, are born, not made.

PHRENOLOGICAL Examinations made and lessons given from 9 to 5 daily by PROF. ALLEN HADDOCK at the office of Human Nature, 1020 Market St., San Francisco, Cal. Evenings and Sundays by appointment only. Telephone Mint 796, or by mail or memorandum on office door.

Shakespeare on Human Nature.

ARTICLE No. 4.

IN 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:

EXECUTIVE, PROPELLING, AND SELFISH PROPENSITIES.

VITATIVENESS.

"They love to live that love and honor have."

"The time of life is short,
To spend that shortness basely were too long."

COMBATIVENESS.

"I dare do all that may become a man,
Who dares do more is none."

DESTRUCTIVENESS.

"Dispatch all business and begone."

ALIMENTIVENESS.

"To make our appetites more keen,
With eager compounds we our palate urge."

"Oh that men should put an enemy
into their mouths
To steal away their brains."

ACQUISITIVENESS.

"But in the way of bargains, mark
ye me,
I'll caul on the ninth part of a hair."

SECRETIVENESS.

"Give thy thoughts no tongue,
Nor any unproportioned thought his
act."

"Who shall be true to us
When we are so unsecret to our-
selves?"

CAUTIOUSNESS.

"Let's teach ourselves that honorable
step,
Not to outspout discretion."

APPROBATIVENESS.

"Good name in man or woman dear
Is the immediate jewell of their souls;
Who steals my purse steals trash—
'Tis something,—
Nothing.—'Twas mine, 'tis his, and
has been slave to thousands.
But he that filches from me my good
name,
Robs me of that which not enriches
him and makes
Me poor indeed."

SELF-ESTEEM.

"But you have that in your counte-
nance,
Which I would fain call master—au-
thority."

"Be thou familiar but by no means
vulgar."

FIRMNESS.

"Our bodies are our gardens, to the
which our
Wills are gardeners; so that if we will
plant it
With nettles, or sow lettuce; set hys-
sop, and weed up
Thyme; supply it with one gender of
herbs, or distract
It with many; either to have it sterile
with idleness
Or manured with industry; why the
power and
Incorrigible authority of this lies in
our wills."

CONSCIENTIOUSNESS.

"True as truth's simplicity,
And simpler than the infancy of truth."
"There is no shuffling, there the ac-
tion lies
In its true nature,"

HOPE.

"True Hope is swift, and flies with
swallow's wings;
Kings it makes gods, and meaner
creatures kings."

"Hope to joy is little less in joy
than hope enjoyed."

SPIRITUALITY.

"Still yet there is a credence in my
heart,
An esperance so obstinately strong,
That doth invert the attest of eyes
and ears;
As if those organs had deceptive
functions,
Created only to calumniate."

VENERATION.

"This gate
Instructs you how to adore the heav-
ens, and bows you
To morning's holy office."

BENEVOLENCE.

"For charity itself fulfils the law,
And who shall sever love from
charity?"

"The quality of mercy is not strained;
It droppeth, as the gentle rain from
heaven,
Upon the place beneath;
And earthly power doth then shew
likest God's,
When mercy seasons justice."

There are two distinctive sorts of
courage—physical and moral. Some
possess both—oftentimes, however,
only the first-named kind. Physical
courage is the courage that manifests
itself conspicuously when all goes
well, or manifests itself where no
judgment is involved. It is what the
Frenchman calls *elan*. Moral cour-
age is always akin to endurance,
patience and perseverance. It in-
volves primarily the faith in one's
self, and it is that what sustains con-
viction and a belief in the face of all
adversity. Moral courage is always
in harmony with sound reason and
the "small voice" within.

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.

Shameful Post-Cards and Pictures

The exhibition of indecent post-
cards and pictures in the stationers'
windows of San Francisco is shame-
ful—the illustrations are obscene.
Why the police do not put a stop to
the traffic is surprising.

These vile exhibitions attract child-
ren on the street and corrupt the
morals of old and young. The sale
of indecent pictures should be pro-
hibited.

We have some beautifully colored
and uncolored California postal cards
for sale—25 cents per dozen; but
they are magnificent views of San
Francisco and of places "Down by
the Golden Gate," and as works of
art they are a treasure. To be had
at this office.

Science and Religion.

This is a new book by Professor
Loomis. It shows the harmony of
the Sciences, and their relation to Re-
ligion; 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.

Our Advertisements.

The reading matter and advertisements
in HUMAN NATURE have educational
value and represent progress. Our policy
is that nothing objectionable to the in-
telligent reader will be inserted. Drugs
and patent medicines, tobacco, liquor,
fortune telling and faking advertise-
ments, 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 re-
liable. In answering advertisers, please
state that their advertisement was seen
in HUMAN NATURE.

Regarding Sample Copies

When a sample copy is sent it is an in-
vitation to subscribe. HUMAN NATURE
will pay you twelve monthly visits for
50 cents. Many of our subscribers now
remit \$1.00 for two years. Or you may
name two of your friends to whom we
can forward HUMAN NATURE FREE,
including yourself, one year for one
dollar.

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 com-
binations of food, or a food not adapted
to our occupation and environment, we
become ill, and no amount of drug medi-
cation 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 tempera-
ment, ailment and surroundings.

Whatever may be your ailment, you
can rest assured that our method of diet-
ing 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 mo-
tive; 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 feel-
ings and symptoms; 13. Have you disen-
tion of the bowels, or are you troubled
with gas? 14. Do you suffer with pain?
state where; 15. Do you suffer from in-
digestion, constipation, sour stomach,
bad breath, furred tongue, bad taste in
the mouth, diarrhoea, colic, chills, dizzi-
ness, 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 tem-
perament and individual needs, as re-
vealed by Phrenology, or mental and
physical conditions.

ADDRESS:

PROF. ALLEN HADDOCK,

1020 MARKET STREET

San Francisco California

Our Great Offer for Subscriptions!

These offers apply to NEW as well as RENEWAL SUBSCRIPTIONS

If your subscription has expired send us 50 cents and we will mail you Human Nature from now on to the end of 1906

Human Nature is 50 cents per year. The following magazines are \$1.00 per year: "Phrenological Journal," "Human Culture," "Character Builder," "Health," "Suggestion," and "Health Culture."

You may order any one of the above journals and Human Nature, one year, for \$1.25

Or any TWO of them with Human Nature \$2.00, or THREE with Human Nature for \$2.75

3 Special Offers

No. 1

"Human Nature," one year.....	\$.50
"Suggestion," one year.....	1.00
"Suggestion" is a journal for the New Psychology, for Health, Happiness and Success. Send two cents for postage for sample copy.	
"Auto-Suggestion," What it is and how to use it for Health, Happiness and Success; 192 pages; cloth and gold.....	.80
Total.....	\$2.30

I will send the above combination for.....**\$1.75**
Foreign subscribers must add 75 cents for postage.

No. 2

Dr. Burke's "Health's" Magazine \$1.00, and "Human Nature" 50c.
Both during 1906 for \$1.00

No. 3

Vaught's "Human Culture" Journal \$1.00, and "Human Nature" 50c.
Both during 1906 for \$1.00

All the special inducements on this page close Dec. 31st

Address

Allen Haddock

1020 Market Street, San Francisco, Cal.

PSYCHIC MANUALS

BY R. DIMSDALE STOCKER
FIFTY CENTS EACH

I. TELEPATHY

Mental Telegraphic Communication

WHAT IT IS AND HOW IT IS DONE
TABLE OF CONTENTS:
Chap. I—What is man? His Soul-Life.
Chap. II—The Rationale of Telepathy.
Chap. III—The Nature of the Mind.
Chap. IV—How the Mind Acts.
Chap. V—Telepathy Applied.
Chap. VI—Instances of Telepathic Communications.

II. SOUL CULTURE

Self Development.

WHAT IT IS AND HOW IT IS DONE
SECTION I—Life's Inequalities: Their cause and Cure. (Past)
SECTION II—The Mystery of Being: The remedy of "YOGA" (Present)
SECTION III—The Predictive Art: The Rationale of "Fortune Telling" (Future)

III. CLAIRVOYANCE

Clairaudience, Psychometry and Clair-sensience

WHAT IT IS AND HOW IT IS DONE

IV. MENTALISM

Or. Mind and Will-Training

WHAT IT IS AND HOW IT IS DONE

V. PHRENOLOGY

Auto-Culture and Brain-Building By Suggestion.

WHAT IT IS AND HOW IT IS DONE

VI. HEALING

Mental and Magnetic

WHAT IT IS AND HOW IT IS DONE

"Men Are Animals"

—says Nature Cure.
"Men are Gods"—says New Thought.
"Men are Both Animals and Gods"—says NATUROPATH, and treats them accordingly.

There is only one book in the world that combines healing of body, mind and soul. That book is "RETURN TO NATURE"—the manual of NATUROPATH.

Here you will find ALL the means of self-cure—sun, air, water, food, magnetism, exercise, rest, AND ALSO aspiration, idealism, awakening of instinct, faith and self-expression.

After you have tried Physical Culture, Diet, Suggestion, Hydrotherapy, Osteopathy, Mental and Divine Science, to discover that NONE QUITE SATISFIES, then investigate "RETURN TO NATURE" as interpreted by NATUROPATH.

One book covers all cases, from Colds, Catarrh and Indigestion, to Rheumatism, Paralysis, Consumption and Sex Disorders. Over 800 pages, illustrated, cloth bound. Price \$2.00; paper cover \$1.00 with a year's subscription to "Naturopath" 50c. extra.—if you're convinced and helped; not a cent otherwise.

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.

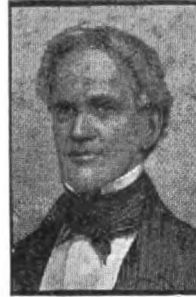
I have studied Phrenology—and believe in it. Let me prove to you Naturopathy is to be equally believed in.

BENEDICT LUST, N. D.

124 East 59,

New York City

"By universal consent HORACE MANN the educator of the 19th century."—Dr' Winship editor of the Journal of Education.



HORACE MANN

HORACE MANN built upon the Science of Phrenology the most perfect system of education the world has known. He said: "I look upon Phrenology as the guide of Philosophy, and the handmaid of Christianity. Whoever disseminates true Phrenology is a public benefactor."

THE CHARACTER BUILDER

is built upon Phrenology, and explains that science. It is adapted to old and young. Everybody needs the CHARACTER BUILDER.

Edited by John T. Miller, D. Sc., Professor of Physiology in the D. S. University.
Subscription price \$1.00 per year.
Sample copy 6 cents.

Address
HUMAN CULTURE COMPANY
Salt Lake City, Utah.



Personal Magnetism

A good book for students of Human Nature.

It is an energy maker and a brain brightener for all those that wish to develop their Psychic Power.

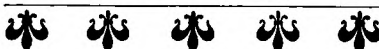
If you are interested in Occult Science, New or Old Thought, you will find it O. K.

When you are in possession of the information the book contains, you will be able to hypnotize yourself and others as well.

Sample copy free. If you got a stamp handy send it along. If not, we will send you a book anyhow.

PACIFIC BOOK COMPANY

120 Sutter St. San Francisco, Cal.



COUPON

SMITH'S CASH STORE, Inc.
25 Market Street,
San Francisco, Cal.

GENTLEMEN :

Please send to my address a copy of your Price List, also your booklet on Co-operation, explaining your offer in regard to special discounts, wholesale rates and dividends to prospective investors. I understand this places me under no obligation whatsoever.

Name

Postoffice

State.....



GEORGE S. DOVE CHIROPRACTIC

(KIRO-PRAK-TIK)

THE NEW

ADJUSTMENT CURE

CHRONIC AND NERVOUS DISEASES
A SPECIALTY

917 MARKET ST., S. F. CAL.

Hamмам FINEST Russian and Turkish Bath.

OPEN DAY AND NIGHT
Sole Right for the Pacific Coast for
Lipper's Patent
Carbolic Acid, Steel Brine Baths
Electric, Sulphur and other Medicated
Baths.
Elaborately Equipped for both Ladies
and Gentlemen.
11 & 13 GRANT AVE., San Francisco
K. BURNS, Proprietor.

Telephone Folsom 3123

J. H. WILEY
931 MISSION ST. NEAR 5TH
San Francisco
Dealer in New and Second Hand
Furniture. Carpets
BEDDING, STOVES, Etc

First-class Upholstering Done to Order
Mattresses Made Over and Returned the
Same Day.

M. A. C. CHRISTESEN, Telephone
Proprietor. South 862

Branch
Coffee and Lunch House

No. 26 FIFTH ST., S. F.
Opp. Metropolitan Hall; cor. Mint Ave.
N. B.—Parties and Socials supplied
with Coffee and Cream at reasonable
rates.

Holler

The Popular Photographer *
8 Sixth Street, San Francisco.
Fine Cabinet Photographs from \$1.00 per dozen
upwards.
A Crayon Portrait Free with every dozen Cab-
inets from \$2.00 upwards.
CHILDREN'S PHOTOGRAPHS A SPECIALTY

PALACE BATHS

Physicians recommend warm salt
water bathing for rheumatism, nervous-
ness, neuralgia, numerous other ailments.
Tickets 25c; 6 for \$1. Also electric salt
water baths; tickets 50c. 717 Filbert
street. North Beach car lines.

THE MAGICAL USE OF PERFUMES
is fully explained in my neat little
pamphlet. Only few hundred copies
left. Send ONE DIME quick and secure
a copy of this wonderful book.

PROF. BARTOUNE
UNION CITY MICHIGAN

**YOU CAN LEARN TO
READ PEOPLE**



AS YOU READ A BOOK
BY MEANS OF
**Dr. Lundquist's
Correspondence
Course in Scien-
tific Character
Reading, for
Home Students,
Travelers and
Busy People.**

Send ten cents for circulars and sample copy
of HUMAN CULTURE, a \$1.00 monthly which
treats of the laws of life, love, talent, money-
making, character reading, self-improvement
and soul culture.

HUMAN SCIENCE SCHOOL
130 DEARBORN ST. CHICAGO, ILL

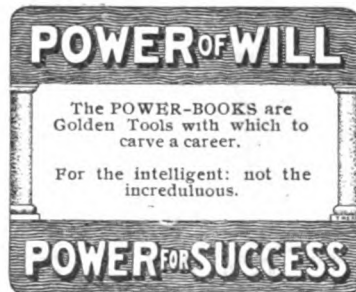
HEALTH

A Monthly Magazine devoted to the
cause and cure of diseases. Price, \$1.00
per year.

Teaches hygiene, diet, *mechano-ther-
apy* hydro-therapy and common-sense
methods of getting and keeping good
health. Directs attention to unrecog-
nized gluttony and superstitious faith in
the power of drugs to cure. Considers
disease a penalty for disobeying Nature's
laws, and advocates Nature as the real
healing power.

Edited by W. P. Burke, M. D., at
DR. BURKE'S SANATORIUM
Burke, Sonoma County, Cal.

HAMMAM
...TURKISH BATHS...
50 Cts
Cor. Pine and Kearny Streets
SAN FRANCISCO



Search where you like, and pay all kinds of prices, you will not find superior methods to these.
You are invited to send stamp for my neat 32-page booklet "Golden Power," which gives illustrations
in colors of these magnificent works, and a detailed analysis of each of their 58 vital chapters that
cover 900 pages. Remember: **BACKED BY WORD, BOND AND HONOR.**

A. L. PELTON, Dept. H MERIDIAN, CONN,

PUBLICATIONS

Why you should read the
Phrenological Journal

Because it is a bright, up-to-date expo-
nent of Human Nature.

Because it will help you to understand
yourself and others.

Because it exposes to view the mental
machinery of public men and women.

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

Because it will interest you intensely,

Single copy, 10 cents; one year, \$1.00;
mailed free. Address 24 E 22nd street
New York.

Tivoli Cafe...

and ICE CREAM PARLORS
16 and 18 Eddy Street
San Francisco
The most popular Coffee House in the
city.
G. C. LARSEN, Prop.

A New Rate

For Accepted Advertisements in

Human Nature.

This magazine, now in its 16th year of
publication, has a splendid circulation in
San Francisco and all throughout the
United States, Canada, Mexico and for-
eign countries.

Full page.....\$15.00 | Half page.....\$8.00
Quarter page.. 4.00 | Per inch..... 1.00
25% extra for page 16

Address 1020 Market St., S. F.

THE POWER BOOKS

BY FRANK C. HADDOCK, Ph. D.

THE POWER-BOOKS clearly state over 1050 de-
monstrated laws, exercises, and methods for
rightly developing and using *Brain-Power—Self-
Mastery—Courage—Leadership—Finest Health—Fi-
nance—Ability—Master of Moods—Intellectual Force—
Control of Emotions—Exquisite Modes of Conduct—
Prevention of Nervous Waste—Thought Control—
Memory—Practical Ability—True Magnetism; they*
are really the Science of Practical Human Conduct.

SAN FRANCISCO BUSINESS COLLEGE

738 MISSION STREET



The Best School at Any Price.

This College has had a steady growth for years. It is now the **LARGEST IN THE WEST**. It is not because of lurid advertising, nor catch-penny schemes, but because of the high character of our work. Our pupils get positions and **HOLD** them, because they are properly prepared.

LOW RATES TO PORTLAND

—FOR—

THE LEWIS & CLARK EXPOSITION

Train leaves San Francisco every day at 8 A. M. for Portland and the Lewis & Clark Exposition.

\$25 ROUND TRIP

Tickets good for ten days, returning on any regular train, or return may be made by steamer without extra charge.

21-day and Special Tour Tickets on sale. For full particulars, see agent

SOUTHERN PACIFIC

San Francisco Office:
613 MARKET STREET

Oakland Office :
12 SAN PABLO AVENUE