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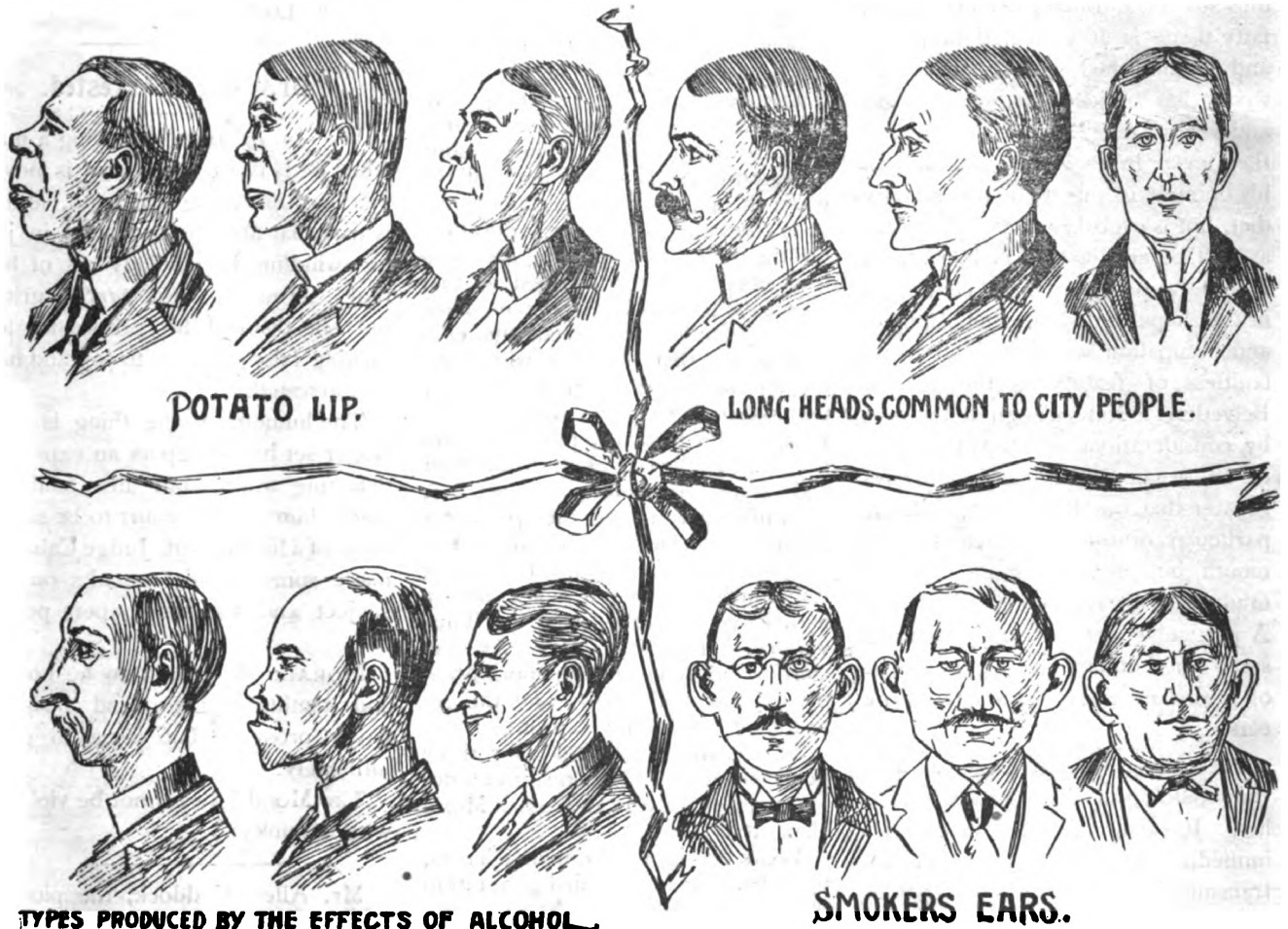
ALLEN HADDOCK, EDITOR AND PHRENOLOGIST, 1020 MARKET STREET, SAN FRANCISCO, CALIFORNIA

EFFECTS OF FOOD AND HABITS

— ON —

FEATURES AND CHARACTER, THROUGH SEVERAL GENERATIONSH

BY W. FANCONBERG.



POTATO LIP.

LONG HEADS, COMMON TO CITY PEOPLE.

TYPES PRODUCED BY THE EFFECTS OF ALCOHOL

SMOKERS EARS.

MR. FANCONBERG'S IDEAS ON NEXT PAGE

FOOD AND FEATURES.

THE extraordinary effect of diet and climate on the face is, writes Mr. W. Fancenberg in the "Strand Magazine," only just beginning to be understood. Many have been struck by the extraordinary bodily and physiognomical changes which have been effected in European families resident for two or three generations in America, and in a less degree in Asia, Africa, and Australia. A blue-eyed, florid-faced Yorkshireman, with his apple-cheeked bride, goes out to New York. They plunge into a life of activity; a revolution is wrought in their diet and habits of life. Their children show a striking divergence from the appearance of English children; The climate affects the epidermis as well as the nerve centres. Certain facial muscles relax, others become tense; fatty tissue is accumulated in places and is diminished in others. A recent writer has noticed the greater chin and jowl of Americans, which marks them even in early infancy, and in his opinion is due to a too starchy diet, but is probably a climatic result as well, as are the thicker hair fibres. If there were no adverse conditions in the shape of disease, diet, climate, and occupation we should all be as faultless of feature as the Apollo Belvedere. Nature is guided always by considerations of utility; a sense or an organ that is used is always greater than one that is not used. A particular orator may have a small mouth, but successive generations of orators will always have large mouths. A particular musician may have a small ear, but successive generations of musicians will always have large ears.

After disease the greatest factor in the moulding of the features is alcohol. Its action is often direct and immediate, but its results are chiefly transmitted to the next generation. The children of dipsomaniacs or persons of intemperate habits whose feature are of perfect shape display

most peculiar facial aberrations. In Dresden, an intemperate couple, who were distinguished on both sides of their respective families for their long chins, gave birth to six children all of whom had absurdly short and retreating chins. But in no other respect was the vice or disease manifested. In another case, where strong hair and bushy eyebrows were the rule, sons and daughters grew up singularly deficient in hair and eyebrows. If Nature's laws continue to be violated, the third generation would probably suffer very severely in face and physique. But, on the whole, as might be expected, the burden of inebrity, so far as the features are concerned, falls chiefly on the nose. Investigation has revealed also that different liquors produce quite different effects. Thus, there is the whiskey, the gin, the port wine, and the beer nose, amongst others.

The action of certain foods in influencing the formation of the features has been watched with highly interesting results. The growth of the chin has been discovered to bear a very striking relation to the amount of starch consumed, and particularly when the starch takes certain forms or is combined with other properties. On the other hand, nothing seems to have been so clearly verified as that alliaceous plants, such as onions, have a strong tendency to relax the chin tissues, so that families who have largely subsisted upon onions for generations, frequent among the Basques, for instance, possess a form of chin wholly different from other and starch-consuming people. A flesh of greatly mixed diet promotes angularity in the face generally, while the nourishment obtained from a single article, commonly of a starchy nature, coarsens the features. Thus we have the potato lip. As too starchy diet develops the upper lip at the expense of the nose, and the result is a too combative spirit.

The effect of alcohol after three generations of tipplers, result in a degeneracy of features and loss of Moral character.

Weak eyesight and outlandish ears, the inheritance of a third generation of smokers.

City people live on a mixed diet, possess long heads and great diversity of talent and character.

Calls Dr. Boger Down.

D. Calhoun of 96 Chenery street, writes to the Daily News concerning some of the statements made by Dr. Chas. F. Boger of Chicago, who at the banquet of the Credit men's Association talked upon the subject of phrenology.

Mr. Calhoun is interested in this subject and states that Dr. Boger showed ignorance of his subject. "No reputable phrenologist," says Mr. Calhoun, "uses the so-called bump system in character readings, as phrenology is not bumpology. A thorough knowledge of anatomy, physiology, psychology and a naturally intuitive mind is required in the correct study of analysis of character. Good phrenologists are not to be found every day. There is no such thing as a bump of honesty." —S. F. Daily News.

"Dr." Boger Arrested.

We don't believe in kicking a man when he is down, but there is never any harm in telling the truth, and it is true that Mr. Boger landed in jail for swindling his landlady out of her rent. True she held *part* security, but she disliked his propensity for making false promises to pay and had him arrested.

The humour of the thing is this: Boger set himself up as an expert in detecting *liars*, but his landlady made him out in court to be something of a liar himself. Judge Cabanis made some caustic remarks on the subject and the newspapers poked fun.

MORAL: It is best to be honest and truthful. Liars and boasters never prosper, but come to grief ultimately.

The Moral Law cannot be violated with impunity.

Mr. Allen Haddock, the pioneer Phrenologist, has his time more than full with Phrenological and editing work.—Phrenological Journal.

Astrology and Astrologers.

BY MAGNES JENSEN,
CAMINO, EL DORADO COUNTY, CAL.

ASTROLOGY has long been misrepresented and misused and is therefore in disrepute among thoughtful people. As conditions are at the present time no absolute proofs can be given to support its claims; nevertheless it is high time for some disinterested explanations.

Generally, when a person consults an astrologer, he applies for a "horoscope" and obtains a crude, bungled, disorderly arranged map of the heavens, cast for a given or conjectural hour, with a written delineation or so-called "life reading", which he terms his "fortune." This disrespectful attitude would be quite proper if astrology was merely a sort of tea cup divination; but it is, or rather it ought to be something else and more, or it ought not to exist at all. Astrology purports to divine a person's abilities and disposition and to forecast planetary periods, describing the nature of events to be expected. The question is: Can this be done? As to disposition and talents, it is quite unnecessary to attempt to describe these from the position of distant planets and the horizon and meridian fixed for a doubtfully recorded, or as it often is, conjectured hour of birth, for this can all be done readily and more satisfactory by other means. Is it desirable that we should have knowledge of the future? And does it behoove us to take advantage of Nature's laws in this as we do in other respects? The answer is, presumably: Yes! Then here is where astrology, if thoroughly understood, would be a welcome supporter of human comfort; but the modern astrologers are utterly incompetent to cope with the task assigned to them.

The underlying principles upon which the system of prediction is based may be made clear to many, when it is properly illustrated, though

the medium by which planets influence is not known. Good results depend, of course, mainly upon a correct application of that system and upon the recognized nature of the planets. From personal, yet short experience, the writer is convinced that the recorded nature of most of the planets is correct in a general sense. The most important promoters of events are the "primary directions", so named because they are measured on the line of the equator and by the rotary movement of the earth in analogous comparison with the earth's second or annual movement (geocentrically speaking, the sun's apparent motion), so that all the directional aspects which cover a life time evolve in the course of a few hours from the natives birth, that is, the moment when the first breath is taken. Considered as subordinate to the primary are the "secondary directions" and the "transits." The calculation of the principal primaries depends upon the true knowledge of the moment of the birth and to such an extent, that an error of but one minute will alter the time they are due as much as three months, to say nothing of the laborious calculation they involve, so that it is safe to infer that no astrologer, who makes a business of the matter, can afford to handle them at all. Indeed, the prophetic spirit of a mystic is so seldom compatible with the dry exactness of a mathematician that one mind is not likely to do justice to both phases at once, even if conditions otherwise are favorable. But the truth is not being realized, such works only are in demand as will flatter seekers after mysticism, hence the natural consequences: The professional astrologers, who are always willing to evade difficulties, build illustrious conjectures on almost anything, when it is merely sufficient symbolical to flatter the fancy and vary the vocabulary; or they invent some silly substitutes suited to degrade themselves and deceive their fellowmen. A few earnest students, however, attempt to calcu-

late primary directions and generally succeed well enough from the dubious data obtained; but when "equating" will invariably apply some erroneous method wholly inconsistent with Nature; the only true method, the "Placidian", is not urged in the best of the text books and is not even mentioned generally. In fact, the mathematics of astrology is treated in such shameless manner that it must repulse all scientific investigators. A method is often employed in finding the true moment of birth when this is approximately known, namely, to trace back to it from dates of events; but this is exceedingly deceiving and especially so to the bewildered student, who should have nothing but the absolute reliable data to work from. The professional astrologer, however, knows only too well that such attempts are thankless and that any extensive figuring based on some uncertain data is simply absurd and therefore he relies on the transits alone for his predictions. Transits are much less dependent upon the exact moment of birth and are very easy to make business on, as he needs merely to look in an ephemeris and follow the passage of planets over important places in the horoscope and then to look wise and say something. But how unsatisfactory for any earnest person who wants something to rely on! Then, suppose you knew your time of birth to within one minute and was anxious to satisfy your curiosity or from noble motives desired to know the future and to this end employed a competent computator (if such could be found) for many days or even weeks, would you then obtain a tolerable satisfaction? In all probabilities—No; for the science has been left in obscurity, bereft of sympathetic aid from those who could help. Its text books are mostly copies from old Ptolemy, to whose questionable doctrines have been added reckless, hasty deductions with or without the confirmation of their authors' experience, mainly in order that they may

make a good show on the market.

There is also another serious obstacle to reflect upon and this is, that among the many principal directions, which may be calculated, there must always remain an indefinite number of minor ones to interfere, so that life is too short for any one to go into minute details in one single nativity.

In spite of all these difficulties natal astrology reveals to the diligent student a few quite distinct truths, which are proofs of its essential possibilities as a useful science in predicting probabilities; but an exact science it can never become. However, in its present state of corruption and confusion it is worse than useless for any practical purpose and must always remain on a base level as long as there is no demand for anything more real. We shall have to wait for the time when truly scientific men shall by way of reason and popular sentiment give it their close attention; when midwives and parents are induced to record true moments of births and also dates of marked events, thereby furnishing mathematical students with the much needed data to study from; when astronomers shall lend a willing ear to sincere upholders of this old and persistent belief, then it may at last be hoped that justice will be done to an essentially reasonable inquiry, which promises to reveal so much to human interests.

The scoffing arguments advanced by astronomical opponents are not sufficient to overthrow any of its fundamental principles. That no explanation can be given as to the *modus operandi* of planetary influence is true; but the science of hypnotism was not rejected eventually for a similar reason and is now in practical use by eminent physicians the world over and for the benefit of humanity, yet without the explanation of its *modus operandi*. Is it scientific to sneer at astrology on the pretence that we have no good theories which may explain planetary "influence?" The law of universal oneness means

also universal correspondence and is self evident. The encyclopedias argue with deplorable absurdity that the heliocentric system, founded by Copernicus, gave the death blow to astrology. All spherical operations and planetary positions having bearing upon the earth must necessarily always be geocentric. This is self-explanatory.

Modern astrologers, who are always ready to sow and reap amongst the credulous, have invented a heliocentric astrology which, by the way, must be of special interest to the inhabitants of the sun. The old geocentric system, which regards the earth as center, indicates precisely the earth's place relative to the heavens and is, of course, the only conceivable system for astrological purposes.

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."

EUREKA, Cal., Mar. 4, '06.

DEAR PROF. HADDOCK:

The March number of Human Nature has been received, also the bundle of five extra copies, for which I thank you. I have addressed a copy to Miss Annie S. Hall, Cincinnati, Ohio, and I truly hope that she may have the pleasure to read just what I think of her. More could be

said against what she advocates, as for instance, ten thousand anxious mothers walking the floors of as many homes, thinking of the possibility of the secret dose of poison the family physician may give the little one on the morrow, feeling that what he cannot cure, he can kill! But let the matter rest where it is for a time.

Why is it we are not favored with a few words from Prof. Holt? I would like to read an article from his pen often, for I learned to like him from the time that he wrote his defense of a belief in conscious life beyond the grave, and of the possibility of communication with those who have gone before. Surely this life would be a mockery, did it end with the grave. Why labor to improve the mind that must fade to nothing at the grave? My mind refuses to believe that such a wonderful piece of handiwork as we recognize the human mind to be, suffers annihilation at the brink of the grave. As no man has seen God at any time, neither has any man seen the real man. We have only seen the outer form, the shell out of which the chick is yet to come. Therefore what we call death is really a second birth, after which the mind is given greater freedom to expand and grow into a beautiful tree of knowledge and wisdom.

Wishing you much success, I am
Yours very truly,

FRANK REED.

DEAR MR. REED.

Our friend, Prof. Holt, is too busy with *material* things at present; he is riding the baby elephant *Jumbo* and evidently enjoys the performance. This Nevada Elephant is not stuffed with straw, as was that one in Wombwell's Menageria, but with yellow metal; and Prof. Holt is there to see that the big animal does not get constipated, neither afflicted with diarrhea. The Professor promised us an article for March number, but it did not materialize. Let us see what he will do when he gets this *pill*. [EDITOR.]

THE RUDIMENTS OF MENTAL PHILOSOPHY

OR A PHRENOLOGICAL VIEW OF THE MENTAL CONSTITUTION OF MAN.

BY HARRY WHITE.

Farnborough, England, in 8 Chapters.

CHAPTER VIII.

THE INTELLECTUAL FACULTIES.

Are closely allied to the moral. The moral and intellectual are one in their harmonious combination. The moral and intellectual have an altogether distinct mode of function to the animal. Their operation, manifestation, and object of gratification consist in a different domain to the purely animal.

COLOUR.

Deals with the lights and shades of bodies, shades of tint. It gives susceptibility to luminous impressions, derives its gratification in illumination and embellishment. *Ideality* gives the *sense* of beauty. Colour gives æsthetic *perception*. It gives the power of producing astonishing effects of beauty from simple compounds of colour. It interests itself in the domain of *vision*.

LOCALITY.

Treats of swiftness, the velocity of moving bodies. It gives cognizance of space, distance; power of ascertaining the situation and extent of countries, power to determine the longitude of places, or to direct courses with correctness and safety.

FORM.

Gives constructive ability, memory and perception of form. It gives the power of mechanical application and the ability to identify appearances. Phrenologists say that its sole function is to give memory of faces which theory must be absurd. If man has a distinct faculty to enable him to remember faces, or persons he may not

have seen before; he must have as many distinct faculties as there are distinct objects of sight. They consequently attribute *Constructiveness* to the mind as well as *Form*. Perception of form must imply the power to construct. The functions of the organs do not clash. Each organ can only *act* as it perceives and is rendered cognizant. The organ that gives a particular kind of perception, gives the corresponding power of execution. Memory must have relation to practical ability.

ORDER.

Gives method, systematic action, dispatch, readiness, adjustment, neatness, power of arrangement, and a disposition to do things according to rule.

TIME.

Gives promptness of decision, precision, moral promptness in crisis, presence of mind, promptitude, cognizance of the order of succession of sound, perception of alternate succession, an accurate calculation of time.

TIME.

Gives perception of melody, tone, and sonorous vibrations. It treats of sounds in general, and of modulating them. Gives a fondness for music and heeds the correct accentuation of words.

INDIVIDUALITY.

Gives particularisation. exactness in the presentation of ideas, minuteness. It treats of unison and units. It treats the matter-of-fact instinct. Gives inquisitorial power of observation. It deals in facts rather than theories. Its purpose is to give a practical tone to theorisation.

NUMBER.

Gives calculative power, memory of figures. It treats of quantity, number, multitude, plurality, variety, statistics, mathematical problems.

SIZE.

Gives the power to determine the size of figures and bodies, measurement, proportion, the quantity of matter, gives cognizance of bulk and

magnitude. It interests itself in weights and things of immensity.

WEIGHT.

Has no direct influence over *muscular* control of the physical system, as this is the function of *amativeness*, but it *practically applies* muscular force. It gives the sense of contact and pressure and the power of judging the relative intensity of resistance. It treats of the density and compressibility of bodies and their specific gravities. It gives a precise estimate of weight.

EVENTUALITY.

Takes cognizance of the effect of laws, and of political, scientific and commercial relations. It deals with the uniform associations of occurrences. Gives the historical faculty and universality of observation. It takes cognizance of things in their wide range and receives them in their uniformity of aspect.

LANGUAGE.

Gives the power of expression *whether in deportment or word*. Its function is closely allied to the disposition to imitate the gestures, words, and peculiar characteristics of persons. It gives fluency of words, a command of language, linguistic power. It disposes to communicativeness and talkativeness.

COMPARISON.

Deals with effects and experimental philosophy. It reasons by induction from phenomena. It gives analytical ability, discursiveness. It deals with illustrations, metaphors, similes, propositional arguments. It judges of the essential distinctness and similarity of the properties of bodies and things.

CAUSALITY.

Treats of moral philosophy, the phenomena of causes. It gives power of discerning the primary cause of things. It gives a love of knowledge and wisdom, fondness for study, power of dealing in abstract and metaphysical studies, power of invention and origination.

Phrenology does not teach the laws

of health. It has a close relation to Physiology but it is a distinct branch of science. Phrenology has nothing to do with the laws of health, only in so far as it relates to the mind. Phrenology certainly has to do with the moral laws of health, in that it reveals to man the laws of his nature, but the physiological aspect of health, it has nothing whatever to do with. It seems absolute folly for Phrenologists to associate with their works "health registers" as if physics were a particular branch of the study of Phrenology. A despondent man is likely, through excessive anxiety, to lower the tone of his physique, the cause of which despondency, a Phrenologist could point out, but the effect, which it might have upon the physical system has to be dealt from a different standpoint.

PHRENOLOGY *versus* PHYSIOGNOMY.

The two sciences if Physiognomy can be classed among the sciences, are totally distinct in their principles. Physiognomy simply teaches that there are certain lines on the face and certain peculiarities of facial form which tend to reveal character. It does not define the special purpose of each distinct line or feature. It has no definite rule in the principle of its teaching. There can be no character in the face because there is nothing in the face that can give it. If the face be simply the medium whereby character reveals itself, we have nothing further to say, it has however to be proved in what form and under what mode character acts upon the facial features.

The April number of the Phrenological Journal contains a "Character Sketh of General Porter," also an editorial which is an answer to an article which appeared in the Brooklyn Eagle; "Memory," "Scientific Elocution," "Phrenology the Best of All," and an illustrated article by Prof. J. M. Fitzgerald, on "Temperaments" is also a very useful and readable article.

An Interesting Letter About Nevada.

RENO, NEV., Mar. 3, '06.
FRIEND HADDOCK.

As Nevada is at present very much in the public eye on account of the fabulous richness of its new mines, perhaps I could not do better than to give your readers a few items on conditions here, as I see them. In the first place I will say that I like Nevada. Its people are of that friendly, cheerful, optimistic sort to make a fine country of almost any habitable place. About a dozen years ago I spent several weeks in the principal towns of Nevada, and though it was at a time when the assassination of silver had left the leading industry of the state practically paralyzed, the people were wonderfully cheerful and hopeful. Even in the big mining camps like Virginia City, where the disaster was most felt, the people were plucky and optimistic. They said, "We know that our state has mineral resources undreamed of by the rest of the world, and we will find and develop them and make Nevada far better than in the palmy days of the Comstock. And their hopes are being verified; and it now looks as if even the great record of California as a mineral producing state, will soon be eclipsed by the output of Nevada's mines. The whole state seems literally sprinkled with rich mineral deposits, and I predict that not a few but many Comstocks will be developed within the next few years. But it is no place here for a man without some capital. The water rights of the State are practically all taken up and without water mining is difficult or impossible. Expenses in the mining camps are high and the prospector has many hardships to face, but the lure of ore mining into the hundreds and sometimes the thousands per ton, tempts many to brave the terrors of the arid desert. As for the health conditions, people with lung troubles often improve, but the

high altitude and bracing climate aggravate nervous diseases. A most diabolical combination of neuralgia and rheumatism is often met with here. The doctor who tackles one of these cases usually advises a change of climate. Pneumonia is a most fatal disease, the death rate being as high as 25 per cent of cases. This may be partly due to the fact that the people are so active and energetic on account of the stimulating nature of the climate, that they wear out their reserve nerve force and when attacked by acute disease have but a small stock of vitality with which to resist it. In some cases the nervous exhaustion is due largely to long exposure to other kinds of stimulating influences.

Though gambling is licensed and a dozen or more big gaming houses are running full blast, and saloons are much in evidence, there is a surprisingly small number of cases of "drunk and disorderly" and general disturbance of the peace. A few days ago the serenity of this block was somewhat disturbed by the following incident. A well known sporting character got into an altercation with the barkeeper in a saloon, went and got his "gun" and came after that "barkeep" with "red fire" in his eye. A few minutes after the "dead wagon" backed up to the door of the saloon and the remains of the sanguinary minded gent were removed to the undertaking parlors. One peculiar feature of the case was that the pistol used by the man who "got it" was 41 calibre while that wielded by the barkeeper was a 38, and the bullet found in the brain of the diseased was of 41 calibre. The barkeeper frankly admits the killing, but the facts would suggest the idea that both men were wretchedly poor shots, the deceased so much so that in trying to shoot his adversary he killed himself, while there is nothing to prove that the wound in the barkeeper's leg was not also self-inflicted.

Moral: Don't fool with guns—they're dangerous.

As I have already exceeded my limit of space, I will draw this rather rambling epistle to a close. More anon.

Your friend,
J. P. Bean. 311 Sierra St.

Helpful Nuggets Toward Self-Improvement.

BY G. D. ERWIN, SAN FRANCISCO, CALIFORNIA.

IN TWO PARTS—PART TWO.

A typographical error crept into the last paragraph of my first article. I beg now to repeat the paragraph in its corrected form in *italics*:

"The recognition by the human mind of the universal and eternal law of cause and effect was epoch making in human evolution, as it is exceedingly influential in the history of each individual. It is the transition from darkness to light, from want to wealth, from helplessness to power. *By its light the slave of chance becomes the master of destiny.*"

What then, can we each best do, in this age of turmoil and contention, should be the aim of every young man and woman to ascertain. Many persons though not endowed with talent for a high pursuit, crave earnestly the pleasures and emoluments of pursuits for which they have little or any capacity and in which, of course, they can desire no high degree of success. To be a good faithful does and secures success in the doing, should be the object of effort. It is better for a man to be a first-class carpenter than a poor preacher, for success in its best sense is the measure of merit.

What then can each person do which will be the most useful to the world and bring to himself such remuneration as will be necessary for his support, comfort and happiness? And to such questions we would answer that the doctrines of Phrenology, if properly applied, cannot fail but to place each and all in their proper sphere in which to make a pleasant and profitable existence. The time has gone by when by a shrug of the shoulders or a shake of the head, a repulsive wave of the hand or the bigot's argument, can set aside a subject that claims to make clear the most important fact that can attract the world of thought. If the claims of Phrenology be true, if a

living character can be studied by the organization of its brain, if a mother can know as she fondles her little one whether there lurks fire in its mental organization that is likely to make her trouble and bring disaster to the object of her affection, if in the brain can be read the talents which shall distinguish their owners and bless the world, if traits can be seen before the tenth year that shall indicate the orator or the engineer, the writer, the philosopher, the historian, the teacher, the artist, or divine, ought not the public to understand it in order that the generations that follow should be early guided in moral and intellectual culture, and in the management and training of the propensities, so that each child of the future shall be made the most of and thus the race be lifted into usefulness, virtue and honor?

One says, "I would be a lawyer." And to such an one we would say, "Do you know how much you propose to yourself? Can you master the knowledge which the legal profession requires? Have you the courage to meet the opposition which is incident to that profession? Have you the memory to hold the knowledge required? Have you the quick perception to seize upon facts and appropriate them to your use on the instant? Have you the breadth of thought, the philosophical capacity which will enable you to comprehend the arguments of others or to meet them successfully? Have you the fluency of speech which will enable you to express your knowledge, your feelings or your arguments with facility and point? Do you read the human mind so as readily to understand a witness, a jury, or an opposing attorney? Have you such a balance of all these qualities that you can appeal to every feeling, social, moral and sympathetic in judge, jury and audience? Have you enough Conscientiousness to meet all manner of temptation successfully, to judge of the right, the true, and follow it? If you have all these qualifications be a

lawyer and you will be a good one.

Then, who can say without prejudice that the science which can successfully place each and all in their several and natural capacities in which to make the most in every sense of time and talent, is not the one of all sciences to which mankind in general should appeal.

The short span of life allotted to humans is not of sufficient length to allow experimenting in the different fields of employment in order to find the one for which we have a natural adaptation. Nor was it intended by nature to be so, since she has so wonderfully constituted every human being with faculties capable of determining the qualifications of each, for some particular mission during our existence, thereby lessening the worry and care of those who avail of the doctrines of Phrenology.

The Phrenological Journal for March is up to its usual standard. Among its good things are "Do Animals Think," "The Sphere of Phrenology," "What The Papers Say," "A Practical Demonstration in Phrenology" by the Editor. "Interesting Advice on Light Eating" is worth the whole year's subscription. "Large Heads Not Always the Best" is worth reading. In "The Study of Character from Photographs" Miss Fowler says: "It has been stated by some persons who do not know sufficiently of the business of reading character from photographs that this work cannot be done satisfactorily," but she gives some strong facts and positive proof that it can be and is done daily by conscientious delineators.

We find some men very well enlightened on many subjects but who are thoroughly in the dark regarding their own nature and a knowledge of human nature in general, therefore skeptical on the science of Phrenology, illustrating the old saying that "Prejudice is the mother of ignorance."

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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.

Please send circumference of Head, Height and Weight of Body, Color of Hair, Eyes, Complexion, Health, Education, Occupation, Married or Single.

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, WIS., 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. APPELBY.

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 Gallican 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
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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.

PHRENOLOGICAL DELINEATION

OF

MRS. M. J. K.

BY ALLEN HADDOCK.

YOUR weight of 162 pounds, with a predominance of the Vital Temperament, shows that your body and brain are well nourished, and that your cup of Vitality is full. But you have arrived at the time of life now when you need be careful about your diet. You are no longer building up, nor have you offspring to nourish in addition to your own system, hence you must resist the temptations of the table, or so-called good (?) living, or you will suffer.

Already there are strong indications of an overtaxed stomach and liver. The latter organ is becoming sluggish as a result of overwork.

You should avoid, or eat very sparingly, all starch foods for the present. These are potatoes, new bread, mushes, or foods made from wheat and oat meal, as they are too fattening, and can only be digested by young people, or by vigorous digestive apparatus and by those who live much out doors.

Your stature of 5 feet 6 inches is too short to carry 162 pounds. If you weighed 140 pounds it would be sufficient, and you would think clearer, feel stronger and possess more physical as well as moral courage, to dare and do.

Prepare then to eat less, and eat for awhile more *thinning* foods in combination with foods that nourish. The thinning foods are the *acid* and *sub-acid* fruits and vegetables. These are lemons, tomatoes, rhubarb, apples, oranges, etc., etc. Take them in any form, raw or cooked, as you like them best.

The *nourishing* foods are lean beef, lean mutton, poultry, game fish, birds, pigeons, etc.

The quickening foods are obtained in the flesh of all *quick* animals as the

hare, and of birds that are active on the wing.

The laxatives are *sweet* fruits—figs, dates, prunes, etc., raw or stewed.

You need a choice of all the above foods. All fruits are good for *you*. On legs of mutton and well-cooked peas as the principal diet, you could, in six months, reduce your weight 20 pounds, and be stronger, less sensitive, have more courage to go ahead, and see your way better than you can now, and all is not dark yet, for your mind owing to the large brain organ of Hope, is optimistic.

Mentally, you inherit the optimistic and intuitive traits from your mother, they are more feminine than masculine traits. The intuitive faculties *divine* the truth and "*get there*" by short cuts. This is why your first impressions are correct nineteen times in twenty, whether it be of persons whom you meet or propositions set before you.

Although your type is of the intellectual stamp, and your faith subject to the crucible text of reason; sometimes you appear to know your impressions of people and things are correct without always being able to explain why. This peculiarity of mind arises from a higher conception of truth than the highest intellect affords, and this is your mental condition, although you may be classed as of the intellectual type, and were the conditions favorable in your youth, together with the necessary training, you would have done well as a writer, author or teacher.

You are a critic, and would have excelled as a critic of books or of art.

Owing to your physical and mental organisation you would have done equally well as a nurse or physician. Your soothing nature and intuitive disposition as to the motives, wants, needs, and desires that impel others eminently qualify you (with the necessary training) for the professional art of healing.

But you wish to know what you

can accomplish the best now; or in what line of business or occupation can your natural talents be best applied?

That is the vital question.

Well, your head is too thin and narrow in the region of Acquisitiveness for mercantile life. It is not of the commercial type; that is to say, you are not a born merchant; you would find neither patience nor pleasure in buying or selling goods on a five or ten cent basis. Your mind runs in higher groves, or on a larger scale; you could handle property and make profit in real estate speculations; you possess the speculative spirit, but have heretofore (owing to nervous fear) hesitated too much; you have not felt sure of your ground; you have felt the probability of failure, the responsibility has appeared too much to undertake, and the fear of loss too great. But remember, "Nothing ventured nothing won."

I feel perfectly safe in saying this, that just as soon as you get a little leaner and less sluggish, your mind and body will be stronger and more active; if you, during the next six months, eat *less* of starchy and fattening foods, and more of thinning and nourishing foods as directed in the fore part of this analysis, then you will be thoroughly nerved and braced up to successfully undertake the business of buying and selling property, and other speculations, for you not only possess the speculative and intuitive spirit, but have excellent and practical judgment as to material values, for you inherit the perceptive and discriminating qualities from your father's side of the house (as these traits are prominently masculine) and which were also possessed by your mother. As you have inherited these traits from both parents, in the same ratio as you have inherited the conditions of longevity I judge from your brain organ of Vitativeness, that your parents and ancestors reached the ripe age of 70 to 80 years.

Your head measures 23 inches in

circumference; this is $1\frac{1}{2}$ inches larger than that of the average woman; the *quality* of your organisation is good, and as the intellectual portion of your brain is well developed, you are *capable* of accomplishing more than the ordinary woman, therefore I see nothing to hinder you in the accomplishment of your undertakings, if within reasonable bounds.

Some of your brain faculties are so large, they are apt to dominate you and may prove a hindrance. Your intense love of your own children fills you with such anxious care as to disturb your nervous system, and your Approbation is so active that it has made you too susceptible to public opinion, or caring too much what others may say or think about you.

In future throw off such thoughts, reconcile your acts with your large Conscientiousness, and you will cease to care and worry over such trifles. Your children are probably old enough to look after themselves, and other people care more for their own welfare than for yours; so it rests with you to work out your own salvation.

You will find a correct register of the strength and weakness of your brain and body in the book chart accompanying this analysis.

TACOMA, Wash., Feb. 14, '06.
PROF. HADDOCK:

Dear Sir:—Enclosed please find \$1.50 for Sizer's book "Forty Years in Phrenology." * * * * * We had here some very instructive lectures by Katherine Blackford, M. D. I heard some good ideas expressed in a science named Vitosophy, but they seemed to me to be thoroughly covered by Phrenology, so I will stick to the old name—Phrenology, and I wish you the greatest success for your consistency as a true standard bearer of the true science of Phrenology. I see the people are coming to recognize its great principles.

Human Nature 50 cents a year.

Lincoln and Education.

BY W. P. CUTTER, SAN FRANCISCO, CAL.

HAVE you read the editorial in the Sunday Examiner of February 18th on "Lincoln and Education?" A good editorial it is, written for a purpose, and ingeniously constructed. After reading it one is ready to retire to a log cabin with Bunyan, Aesop, Robinson Crusoe and Shakespeare, and at once begin the construction of a great and noble character.

But no Lincoln was ever made by rule or scheme. Men have studied Bunyan and Shakespeare and Burns who could never write the "Gettysburg Speech."

For every Jackson, Clay or Lincoln who emerges from the woods there are thousands who never get out into the clearing.

We are told that "Self taught he (Lincoln) made his brain superior to that of the best educated men of his day." The statement is inaccurate. It is unscientific and untrue. He did not make his brain at all. He was absolutely innocent of any designs on his brain; or his evolution, or his destiny. With the innocence of a child he played at the game that absorbed his interest. He did not teach himself because he did not know how to do it, and never thought of trying to do it. He learned as the trees grew, as the rivers ran and the birds sang—because it was his way. He was ever true to the instinct that led him through the pleasant fields of thought, and it was by instinct that he was true. No introspection, no self constructed ideal was here.

He read Bunyan and Blackstone, because he loved the wisdom, the thought that came into his soul from their pages. They were simply media between himself and the infinite world of thought.

Pleasure, business, or money had no charm for him. He was enamored of thought. He stored up

wisdom; the opportunity came; he became great in the eyes of men; without popular manifestation he would have been just as great.

The admiration of the world did not make Lincoln great. The world praised him because he was great. He was great before the world heard of him. He would have been forever great if the world had never known him.

Countless thousands of men and women have been noble in purpose, and beautiful in character, and grand in achievement, of whom the world never heard. Here is a glorious truth for mankind. Nobility of character exists in reality. Spectacular success has been taught quite long enough. It has been taught until the popular ideal has become debased, and a golden image has supplanted the true divinity. Time is ripe for the truth. To attempt to mould the *individual in a pattern made for somebody else* will hardly induce growth. Growth cultivated for display or gain will be unnatural and result in decay.

Mr. Lincoln's success was the result of natural ability born in him. Intuition and Conscientiousness gave him knowledge of himself and fidelity to himself. The great slavery contest brought him into prominence.

Science has not wrought in vain. Phrenology reveals the natural endowments of the individual that he can intelligently cultivate his gifts. Success will be found in faithfully cultivating the true self. Failure will follow the attempt to be something that nature never planned, to attain a false ideal. Success may never be found in trying to be a Lincoln, if you were born a financier or a mechanic.

Then let the children and young men, and older men and women, learn their native gifts and cultivate them, which they can by studying themselves Phrenologically.

Human Nature 50 cents a year.

Classification, Analysis, and Definition of the Temperamental Conditions Phrenological Organs and Mental Faculties.

BY BENJAMIN SHORT, BRISTOL, ENG.

CHAPTER FOUR.

Perceptive, Knowing, and Literary Faculties.

INDIVIDUALITY.

Perceptive power, observation, desire to see and know; ability to individualize ideas, objects and persons. *Excess*—Unbecoming curiosity and inquisitiveness. *Deficiency*—Lack of observing power and practical knowledge.

FORM.

Memory of shapes, outlines, and faces; talent for drawing, cognizance of resemblances. *Deficiency*—Inability to remember forms and proportions.

SIZE.

Ability to measure by the eye; judgment of distances, parallels, and magnitudes. *Deficiency*—Inability to judge of magnitudes and bulk

WEIGHT.

Sense of force, gravity, motion; ability to ride, climb, balance, and direct muscular motion. *Deficiency*—Want of judgment in respect to the laws of gravity; inability to keep one's balance.

COLOUR.

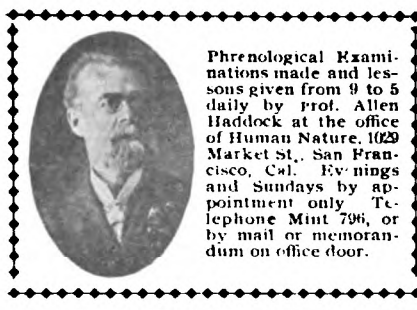
Perception of colours, ability to remember and arrange them harmoniously. *Deficiency*—Colour blind.

ORDER.

Neatness, system, method, arrangement, ability to do things after a plan, and work by rule. *Excess*—Too exact and particular in arranging and doing things. *Deficiency*—Want of system, slovenliness.

CALCULATION.

Quickness in figures, mental arithmetic, appreciation of numbers, and a knowledge of their power in mathematics, business, estimates, or machinery. *Excess*—Too exact and mathematical. *Deficiency*—Inability to comprehend the power of numbers.



Phrenological Examinations made and lessons given from 9 to 5 daily by Prof. Allen Haddock at the office of Human Nature, 1029 Market St., San Francisco, Cal. Evenings and Sundays by appointment only. Telephone Mint 796, or by mail or memorandum on office door.

Imported Books.

We have imported from England another stock of good selling books.

20th Century Physiognomy, 50c.

It contains no illustrations, but it explains Physiognomy in the form of question and answer, in a concise and instructive manner. It is the best treatise on Physiognomy we ever saw.

Phrenological Text Book, 25c.

This book in 64 pages, gives the Outlines of Phrenology, embracing Skull, Brain and Temperaments. It gives the Location and Function of the Phrenological Organs and instructions how to cultivate and restrain the same.

Character Reading from Hand Writing, 25c.

Describes individual characteristics as revealed by various types of handwriting. Study it and become your own character reader and that of your correspondents.

Hand Physiognomy—Shows how to Read Character by the Hand, 25c.

This book covers the ground neatly. The illustrations and letter press describe the Elementary, Spatulate, Square, Conical, Philosophical, and Psychical Types of the Hand, together with key to Map of Hand.

All the above books we keep in stock. All the works advertised in the books, we supply to order, direct from England to buyers.

Although Mr. Bean's letter is addressed to the Editor personally, it was written for publication, and in the usual racey style characteristic of the author. Our readers will peruse it with their usual interest.

Secret of Mind Development.

BY FRANK REED, EUREKA, CAL.

IDEAS and impressions are the tools the mind works with. Known facts are the weights and measures with which the mind proves or disproves the correctness of new theories. In order that the mind may expand and grow, every fact must be permitted to weigh its full ounce and no more. And in order that the mind may not be hindered and cramped, in its efforts to discover new facts, the old and known facts must be allowed to weigh their full pound and no less. We cannot destroy a fact, though we may stunt the mind's growth by refusing to see it; and we may do the same thing by trying to make a supposed fact prove an impossible theory.

We quite frequently meet with men who desire a certain theory to be made to appear as truth, regardless of the evidence that it is not, as though any good could come from a belief in falsehood.

We can no more make a false belief a fact, except the fact of its own falseness, than we can make something out of nothing. And contrariwise, we can no more destroy a fact that is known to exist, than we can annihilate the granite boulder of a thousand tons weight. In order to get the best results out of life and the greatest degree of happiness, we must receive all known facts at full face value, and reject all disproved theories as we would a case of small-pox. Thus and thus only can the weak mind be made stronger, and the strong mind made better.

We cannot safely stretch an inch to the dimensions of a mile, nor contract a mile to the narrow limits of an inch. Our minds will suffer in exact proportion as we try to do these unnatural and impossible things. Prejudice is poison to the human mind. Turn from it as you would the deadly fangs of a fifty-foot rattlesnake. Prejudice in the end bites like an adder and stings like a hat full of yellow-jackets. It cramps and pinches the brain till its value as a thinking machine is null and void.

Comparisons Are Not Always Odious.

The articles on "The Rudiments of Mental Philosophy" by Harry White, conclude with this number. There is always something characteristic of the race in English authors. We sum it up in one word—**SOLIDITY.**

American writers may not be so solid, but their articles are more sparkling, full of electric fire and racey.

He is Well and Doing Well.

CARMEN, TEXAS, Mar. 15, '06.
PROF. HADDOCK,

Dear Friend and Teacher: Enclosed please find \$5.00 in p. o. s. for charts. Mail them to my next town, Dublin, Texas. I am well and doing well, and trust you are the same, with my best wishes for the good success you deserve.

Your earnest student,
NED WALKER.

The analysis of Mrs. M. J. K., which appears in another column, contains some useful hints to the general reader. At the conclusion of our delineation, the good lady remarked: "You have described me correctly, and better than my friends know me, or better than I know myself. I appreciate your advice and recommendations a thousands times more than the cost." Mrs. K. is a lady of means, and possessing as she does a good intellect, she will profit by our delineation.

The book "Human Nature Explained" explains Human Nature. Read table of contents on another page, and note our great offer for subscriptions to this journal.

Combe's "Constitution of Man" is the greatest philosophical phrenological work ever written. We have it for sale in cloth binding \$1.25.

Human Nature fifty cents a year.

SPECIAL NOTICE!

THE EDITOR will be pleased to receive the names of thinking persons 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.

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.

The Phrenological Journal for March says: "Human Nature, San Francisco, Cal., contains very important articles and is always abreast of the times. Its Editor is a fearless writer when the truth has to be vindicated and right principles defended.

Mr. Magtes Jensen, in this issue, puts "Astrology and Astrologers" in a new light. We know Mr. Jensen personally, and can say that his article carries with it the conscientious spirit of his personality. He is a truthseeker.

"Helpful Nuggets" in this issue is by one of our old students Mr. G. D. Erwin.

Our Advertisements.

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.

Regarding Sample Copies.

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

He Received Light, He Saw and is Delighted.

RUSHFORD, Minn., 9th Mar. '06.
DEAR PROF. HADDOCK.

I have received and read your Human Nature for six months, and can say that I have been changed from a skeptic to an earnest believer in the science of Phrenology. I will probably make up my mind to make Phrenology my life study. I am delighted with it.

A SUBSCRIBER.

He Dieted and Got Sick.

"I began to diet myself a year ago, and got thin and quite sick," wrote one of our consultants four months ago. Asked what he had been eating, he replied "principally oranges, apples and other fruits, but oranges in large quantities."

The result was his system became permeated by too much acid. No wonder he grew thin and sick.

We cut him off from all acids, recommended two quarts of milk daily, together with other nourishing foods. He now weighs his usual weight, and is healthier and stronger than he has been for years.

Writing from Blackpool, England, Albert Elliss, the famous author of many books we sell, says: "Fakers are at a discount here. The only people who do anything are fairly well up in the profession." Same here in America and San Francisco in particular. Those who prostitute Phrenology and libel Phrenologists by faking, appear to flourish for a time like a green bay tree, but they always come to grief.

We have just received a copy of The Oakley Eagle containing a photo and our delineation of Mr. Alva A. Tanner, which appeared in Human Nature.

Human Nature fifty cents a year.

The Lost Atlantis.

BY FRANK REED, - EUREKA, CALIF.

WERE they ever found, is a question we may well ask ourselves. This speaking of going from planet to planet, of meeting and contending with wind and electric currents, and of some spirits making the trip in a few hours, and then to hear the writer declare in that smooth, easy way, "I have known of cases where it took two years to complete the journey," is quite enough to make a dog belch up his breakfast. In the first place, there never was an Atlantis, and in the second place there are no air currents to be met with in interstellar space. This wonderful land was situated somewhere in the Pacific ocean, its king had a face as bright as our sun on a clear day. As likely a story as that the moon is made of Limberger cheese. Progress is upward and onward, not backward and downward. The world to-day enjoys a greater degree of light and a greater variety of luxuries than at any former period in its history. Were this not so, wherein would lie our hope?

"Tutelar Gods and ancient spirits." Continents came up like mushrooms, civilization was at its height of glory nearly 26,000 years ago, and perhaps this is nearly the exact date this medium had in mind, perhaps the figures were seen in some show window down street. If this were all so, we could have no faith in the future of this world. Should the supposed medium had the good sense to write down her day-dreams and branded them as such, it would not be necessary to scold her for her work. But she has the impudence to tell us that spirits did the writing. If they did, it is justice to say that they are first-class fabricators, though we might as well say liars, and be done with it. It is a brazen piece of assumption to ask the spirits to lend their names to the pen pictures of a morbid imagination. Even if the

medium did suppose her writings the work of highly organized spirits, she could let the work get cold, examine it, and see the ear marks of a morbid imagination. And even though the spirits had a hand in writing such works, it is evident that they are of a low order, and consent to do this kind of work for the purpose of deceiving those who are easy victims.

The book before me is equalled by one other book I had the misfortune to read, some years ago; it too claimed to be the work of spirits, and went on to point us to the lower animal world, to tell us of the harmony and the peace to be found in that world, with not one single discordant note to break the harmony. That might work all right till the cats took it into their heads to keep you awake some night, and give you plenty of time to think over the matter and see what a first-class liar and humorist the spirit must have been, to point to the kingdom below man for harmony, instead of to the one above him. Nature is not like a crawfish, she does not crawl backward; there is more harmony among men than among aligators and crocodiles, and more still among angels than among men. You see the point. Close your ears to lying spirits.

Miss D— H— writes:

CUSTER, MICH., Dec. 6, '05.

PROF. ALLEN HADDOCK,

San Francisco, Cal.

Dear Sir: I failed to receive a marked chart with your analysis of me from photos, but two of my sisters obtained very satisfactory delineations from you, consisting of type-written analysis and marked chart, for the same price, five dollars; both delineations were made from photographs. Kindly send me your marked chart.

Respectfully yours,

[Miss H— received her marked chart later on.]

Human Nature fifty cents a year.

How to Read Character.

BY J. B. KESWICK, ILKLEY, YORKS,
ENGLAND.

Phrenologist and Physiognomist.

Mr. Keswick gives the following NEW Physiognomical signs and definitions, not found altogether in the text books:

SIGNS OF CONTENTMENT.

Full cheeks and placidity of countenance indicate contentment generally, especially if the aspect is cheerful.

ANIMAL IMITATION.

A wide mouth, in a narrow face, may safely be defined as indicative of this.

RELISH FOR WATER.

A rounding or puffy fullness of the cheeks; from one-half to three-fourths of an inch outwards, backwards, and slightly upwards from the mouth is that part of the face where the love of liquid first manifests itself.

PHYSICAL HOPE.

Full, moist eyes, plump cheeks, large necks, and an elastic, springy step can be relied upon as signs of physical hope. The sunken, dull eye, hollow cheek, and drooping corners of the mouth are physiognomical indications of a gloomy nature.

APPETITIVENESS, OR DESIRE OF FOOD.

Width and general fullness of the cheeks opposite the molar teeth and a large mouth are never-failing testimonials of good sustentative propensities.

RETALIATION.

This disposition being stronger in the dark races and animals than in the light, we conclude that persons are retaliative relatively in proportion to the depth of their color.

SOPHISTRY

throws itself forth on the facial lineaments by giving them a smooth and round expression.

PHYSICAL COURAGE.

The width of nostril, short neck, large thorax, and eyes set directly in front instead of outside of the head, are indubitable indications of physical courage; while timidity is physiognomically recognizable by a long, slim neck, large eyes set on the sides of the head rather than in front, and narrow, long ears.

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.

ADDRESS:

PROF. ALLEN HADDOCK,

1020 MARKET STREET

San Francisco - - California

COUPON

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San Francisco, Cal.

GENTLEMEN :

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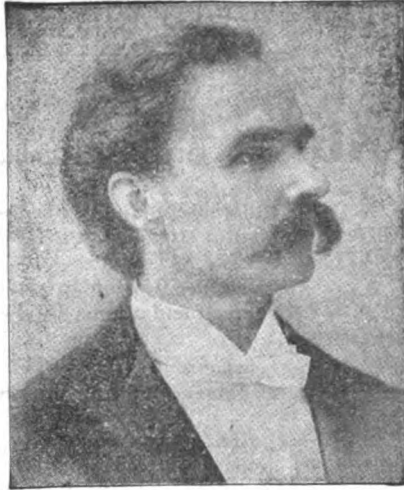
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