

Opponents of Phrenology who prate of "bumps" are either ignorant of the subject of which they treat, or do so in derision, and have some selfish object in view. Read "Phrenology and Its Traducers; the Press and the Public," on page 5.



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## A CONTRAST.

This portrait of Dr. Holmes' is a pen and ink sketch from a half-tone engraving, hence not quite as correct as a sun print.



DR. O. W. HOLMES,  
A MODEL PHYSICIAN AND POET.

The portrait of Buck McCarty, king of the Chicago stock yards, is from a sketch in the *New York Press*, drawn from life.

See the difference in the form and shape of these two heads and faces. Buck, who would make a good pirate, has a narrow and contracted forehead with a very high crown; this means that he is not only unreasonable, but conceited in his own way; it is a most dangerous type of head—a crimi-

nal type—because there is such a deficiency of the moral faculties that he knows no moral restraint whatever; nothing would keep him back from carrying out his purpose once he made up his mind to do a thing; and that he places a very high estimate on and has the fullest confidence in himself, is evident by his exceedingly large Self-esteem.

Look at his hog-like neck, and the rolling chunk of fat under his chin. "What a hog!"

In contrast, look at the superior intellectual lobe of Dr. Holmes' with a much lower crown of head, and at his benign face; it exhibits a calm, placid and thoughtful expression, indeed, he was a genial man, a man of great purity of soul. Both men look just like their respective reputations—bad and good. One was a poet, the other a bully. One exhibits the face of a man; the other wears the face of a man-brute.

We always felt annoyed at Dr. Holmes' unfair criticism of Phrenology, but then he was of the old school, 84 years of age when he died, before which he greatly modified his views, which proves he was more honest than some of the yet still opponents of Phrenology, who not only betray their entire ignorance of the science, but others knowingly and intentionally misrepresent it. We know why Dr.

Holmes was an opponent, although a "professor of anatomy," and why other professors of anatomy believed in and appreciated Phrenology. There are many eminent anatomists, as Gall, Spurzheim, Andral, Elliston, Caldwell, Macartney, Brousseau, Vimont,



BUCK MCCARTHY,  
A MODEL PIRATE AND BULLY.

Andrew Coombe, Reil, Georget, and a score of similar men, all eminent anatomists, who investigated and adopted the discoveries of Gall.

Dr. Holmes opposed Phrenology because of cranial difficulties (now overcome and better understood), and because he had not the mind instrument for judging character, and that is plain enough to be seen by those who can read the signs; hence, as Phrenologists, we ought to be charitable.

It takes something besides perceptive intellect to be a Phrenologist.

One needs Human Nature better developed than is found in Dr. Holmes, and a little more of Causality and Comparison than he seems to have possessed, to give originality. The forehead is wide enough at Ideality, Mirthfulness, etc., but really it is not a radical or progressive head after all; and his middle face is too short. He certainly did not possess that caution and sagacity which would have been his lot had the middle face (and the corresponding sections of brain) been better developed; but then the world would not have been enriched with the literary gems that bear his name.

Chicago's "Buck" McCarthy has won a fame extending far beyond the limits of his city. It is said of him by a writer in the *New York Press* that he can lick any member of the Chicago Board of Aldermen in any sort of a fight except a fair fight. He can "do" the Mayor with one hand. He says that he didn't "gouge" Alderman Lammers of the Fifteenth Ward, but only "gilled" him. If he had "gouged" him Lammers probably would have gone to an undertaker's instead of to bed. The difference between "gouging" and "gilling" is technical, and may be new to New Yorkers. In the Chicago stockyards it is among the commonplaces. Since his argument with Lammers, who is at the point of death, "Buck" has explained that there is a fine distinction between "gouging" out an opponent's eye or a piece of his flesh and running a thumb into his mouth and ripping open his cheek, which is known as the fine art of "gilling." He is free to admit that when a man is only in need of a mild licking and is easy to "do," that "gouging" may be an unfair superfluity. "Gilling" is always allowable. In politics "Buck" has been both a Republican and a Democrat, and wouldn't object to being a Prohibitionist if there was anything in it.

"Buck" is the king of the stockyards, Chicago's greatest institution.

He is an apotheosis of the stockyards, and therefore an apotheosis of Chicago. In height he is 6 feet 2 inches, in weight 250 pounds, in age fifty years, and he is equal to a quart of whisky a day and can run a hundred yards in 11 seconds. He earns his living as a hog buyer and a politician. His head is pear-shaped, with narrow forehead, great rolls of flesh under his chin, hoglike neck and glittering, little, hoglike eyes. Constant association with hogs has made him porcine. From the rooting of the hog he learned the value of kicking an opponent in the abdomen and at "gilling," and from the manner of the hog's feeding the value of "gouging."

"Buck" is creative, and some of the original methods of fighting in vogue in the stockyards district began with him. Pulling an opponent's coat over his head is distinctly a McCarthyite method.

"Aw, say," said McCarthy, "I didn't 'gouge' him. I only 'gilled' him. He got me finger in his teet. Den I seen he wanted a fight, an', Be-jees, I gin it to him, an' gin it to him hard. I didn't even gouge him a little bit. I only gilled him, an' Be-jees, he squealed like a stuck pig, eh, boys? Say, dere's udders."

#### Centennial of Phrenology.

The consensus of opinion, so far as we have been able to gather from the various Phrenologists and friends of Phrenology up to going to press, is that it will not be practicable to hold a National or International Convention, the distance being too great, and that every Phrenological Society do their best to celebrate in their own towns and places.

*The Phrenological Journal* suggests three conventions: one in the East, one in the West, and another on the Pacific Coast.

*The Phrenological News* thinks Chicago is the most likely place for a National Convention. We felt inclined to the same opinion at first, but now think that a Convention in Chicago is only practicable after a National Union is formed.

Phrenologists must unite, if only to purge the profession from quacks; but it must also have a Convention or Conventions. What do our friends say?



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## FROM THE LECTURE FIELD.

## THE CENTENNIAL OF PHRENOLOGY.

BY PROF. D. C. SEYMOUR.

One hundred years ago, or in 1796, Gall and Spurzheim gave to the world the greatest discovery that had ever been made, viz., the functions of the different parts of the brain. After long years of hard study and experiment, they had unraveled the mysteries of the dome of thought. Little by little had they, so to speak, explored these darkened chambers of the human soul, commencing down deep in this cellar-kitchen of "this house not made with hands" (the cerebellum) the base of the brain, where the thoughts generated, of love of and tenacity to life, and physical enjoyment, also all thoughts of the opposite sex, and the love and mating instinct (Vitativeness and Amativeness). A little more study, and the fountain from which springs courage, self-defense, pluck, energy, severity, executive ability, policy, sagacity, love of conquest, and leadership, and power, love of feasting, drinking, accumulating, contention, love of home, offspring, friends, etc., was discovered and located, and the first story of this mental house in which we all live, was illuminated by the electric hand of science. It was shown for the first time that from the base of the brain comes the pent-up fires, forces, passions and appetites of the human economy, and that by careful measurement of the head, and close calculation, these qualities could be estimated and the character closely approximated. Further study of this great tablet of the mind revealed the fact that the lower animals had these same convolutions of the brain, and the same feelings, passions and appetites as the human family. Now add Language, Individuality, Memory and all the Perceptive group, also Cautiousness and part of Approbativeness, and we have all there is of the animal brain. If we humans were robbed of

our aspiring, religious, moral, spiritual and reflective faculties, our heads would average very little more than two inches in height above the ears, with a gradual slant from the superciliary ridge (eyebrows) to the point two inches above the top of the ears, making nearly a *fac simile* of the Flathead Indians; thus would we have the same facial angle (shape of face and head) of the lower animals. Increase the length and breadth of the human jaws, thus throwing forward the lower part of the face (and this we find in the African and the wild man in all parts of the globe) and we then have the animal preponderance. As man civilizes and educates, the lower part of the face recedes, and the upper part advances forward and upward. In the study of Anthropology and Paleontology we find that primitive man when he was nude and dwelt in caves and hollow logs, and ate his food raw, had just this type of animal head and face. All our esthetical, classical, noble-looking and beautiful men and women come from culture and the refining processes of education and civilization; this develops the upper and reflective portions of the brain, and transforms slowly, but surely, from the human animal to a being of a higher order. Every grand, new idea we get, or give to another, first makes us higher, and purer, and better, develops the nobler and moral part of our nature, and builds up our upper and frontal brain, thus giving us better control over the lower part of our nature, and puts us a little more on the plane of God and the angels. We also do the same for others when we give them our best thoughts. Thus are we all building up or tearing down the great army of human brotherhood. We are all helping to send frail humanity either towards heaven or hades. Immoral and vulgar or selfish thoughts, expressed or inexpressed, carries us and our neighbors on towards the plane of vice, crime and ruin, and soon can be seen in the changed features and expression of the face. The brain behind the face (like the works of the watch behind

the dial) is the real power behind the throne. The face of the watch or the person, would tell us nothing if there were no works behind them; hence, Physiognomy must always stand behind Phrenology in reading character. The workings of the brain not only shapes and forms the brain, but is the divine artist that gives the features and expression to the face. The fool or the bigot who says there is nothing in Phrenology, that Physiognomists alone are capable of reading character, had better study well the ancient proverb: "He that cannot reason, is a fool. He that will not reason, is a bigot. He that dare not reason, is a coward," and we would add, he that will not tell the truth about the relative value of Physiognomy and Phrenology, is depraved, and should reincarnate as soon as possible back into the lizzard and turtle, and evolute up to manhood again, and likely he would be honest, and tell the truth next time. The so-called Physiognomist that teaches what he knows to be false for the sake of the lucre there is in it, should be compelled to quit robbing people, and be forced to retire to some lonely island, like Robinson Crusoe, and there live alone until he repents of his sins, and then try to come up higher, and dwell in the higher life.

The skull of the person exactly corresponds in shape to the form and shape of the brain inside; thus Phrenology is the science of reading and formulating the character of a person by the shape and form of the head. If all persons were bald, then all could see the vast difference in the styles and forms of heads, then all could easily become Phrenologists. But Nature's artist has done her work well; she invariably covers up deep her most wonderful productions. The germ or seed is always hidden away inside many coverings. The precious jewels and metals are buried deep in the bowels of mother earth. Electricity, the potent, moving power of the universe, lies hidden and latent in the vast fields of matter, but at a touch of the hand of science, it sets the mechanical world in motion, and

with lightning speed, seizes the newborn thought from the womb of some human brain, and scatters it all over the planet. So can the mental scientist, with callipers and tape line, go beneath the brain's natural wealth of covering, so carefully hidden away and protected, and unfold the capacity and power of any and all convolutions of said organ, and thus predicate the true character.

Yes, craniology, as Dr. Gall called it, was the greatest discovery ever made by mortal man. All other discoveries and inventions were on the material plane, were the result of experiments in the field of crude matter without thought or the power to set itself in motion simple, inert matter; but Gall, with scalpel and knife, invaded the home of the soul, the temple of the mind. He carved deep and wide in the convolutions and grey matter of humanity's thinking machine. He was traveling the mysterious corridors of Heaven's greatest handiwork, and unraveling the divine web of thought. He was at work in the laboratory of the home of mind, and bringing to light the power that measured the distance to the stars, and discovered their wondrous motions. He had found, as by enchantment, the force that was educating and civilizing the world, ever making new discoveries and inventions for the evolution of humanity. Yes, Dr. Gall was the master-mind, and greatest genius, and most inspired of all men that have ever lived in the eons of time. Let us all celebrate the one hundredth anniversary of his great work.

The *Examiner*, of November 3rd last, published a long article by Dr. Forbes Winslow, of London, on two murderers, Durrant and Holmes. The article was entirely Phrenological; but the Doctor had not the honesty to say so, or he is blind to the science. At best, it was a tame affair, and shows he does not understand the combination of the faculties as Phrenologists understand them; but then he used some very long and unintelligible terms, so the "dear public" gulped it down as scientific!

#### THE "PHRENOLOGICAL JOURNAL."

When Fowler & Wells Co. introduced new blood into the firm by the initiation of Dr. Edgar C. Beall as Editor of the *Phrenological Journal*, the magazine began to glow with a new life. His "Phrenographs" appeared to us as something marvelous. His description of the character of Thos. C. Platt (April, 1895), to our mind revealed traits of character almost beyond human ken; certainly, none but a Phrenologist, and a first-class one at that, could get so deep into one's soul as Dr. Beale seemed to do with Platt. Other delineations have followed that show the master-hand, and students may be of the opinion that he has excelled himself since then; be that as it may, if our readers desire to see a specimen of this master's work, will they please read the advertisement on the top of our fifteenth page, and act accordingly.

Just before going to press, we have discovered that the *Phrenological Journal* is to be reduced to \$1 per year. We really do not know how they will be able to afford such an excellent magazine at the price; but the managers are "level-headed" business men, and they say their aim is to toe the 100,000 circulation mark. We know from experience that a reduction in price these times will increase the circulation. When HUMAN NATURE was \$1, it had only eight pages. It was a bold stroke to increase it to sixteen pages and reduce the price to fifty cents; but the increase in circulation has justified us in the policy. Liberality begets liberality, and we know the *Phrenological Journal* will win. Things look brighter than ever now for Phrenology. This Centennial year will mark an epoch in the history of Phrenology never equalled since the time of Gall.

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## PHRENOLOGY AND ITS TRADUCERS; THE PRESS AND THE PUBLIC.

One of the most wicked attempts to misrepresent and ridicule Phrenology and Phrenologists through the public press in this city, in order to sell a silly work on Physiognomy, was made through one of our leading papers some time ago. Evidently the motive was to lift up the work on Physiognomy at the expense of truth—at the expense of Phrenology—because the latter part of the article exposed the motive by vaunting the author of the work on Physiognomy to the skies.

Evidently this famous (?) author has changed the base or his operations, also his tactics, for recently we found the following in the *Morning Call*, being an attack on "Phrenology and Its Advocates." This time the Physiognomist and his book is kept in the background; after his assault on Phrenology he may show his hand by and by.

We call particular attention to the way the paragraph reads; it is put in as if the Editor of the *Morning Call* had written it himself:

### PHRENOLOGY—ITS ADVOCATES.

Dr. Oliver Wendell Holmes, the late famously wise professor of anatomy and physiology at Harvard University, on pretentious phrenologists and phrenology:

"Can you tell how much money there is in a safe which also has thick double walls by kneading its knobs with your fingers? so when a man fumbles about my forehead and talks about the organs of individuality, size, etc., I trust him as much as I should if he felt of the outside of my strong box, and told me that there was a five dollar or ten-dollar bill under this or that rivet. Perhaps there is, only he doesn't know anything about it.—"The Professor at the Breakfast Table," by Dr. O. W. Holmes, Boston, 1883, page 251.

J. Stanley Grimes, the greatest of phrenologists, in his "Phrenology," Boston, 1850, page 99, truly says: "Phrenological examinations have degenerated into the merest quackery. \* \* The fortune-teller \* \* really tells more than any of our most boasting phrenologists without half their egotistical pretensions to science."

These facts are quite applicable to-day.

We care not whether he is a "professor of anatomy" or a street sweeper, a man who makes a comparison like the above is ignorant of Phrenological principles in assuming that Phrenologists judge of character by "knobs" on the head.

The instigator of the publication of this article is not honest enough to state that Dr. Holmes partially repented his unfair criticism of Phrenology.

Dr. Edgar C. Beal, commenting on Dr. Holmes' misconception of Phrenological principles, in the *Phrenological Journal*, Dec., 1894, says: "We are glad to say that in his later utterances Dr. Holmes modified his opinions of the subject very much."

Dr. Holmes' remarks, as printed in the *Call* is the old "bump" delusion over again, and Dr. Beal goes on to say in another place:

"This old "bump" idea is always brought forward by people who are ignorant of the subject."

"No man will use such an expression who knows the real teachings of Phrenologists. *Spurzheim explained more than half a century ago the principle of measuring the brain centres by the diameter of the head at different points, and by the expansion of the opening of the ear.*"

"People have taken up the misconception which was formed during the first years of Gall's labors before the public, and it has been transmitted from generation to generation among those who have scarcely even seen a standard Phrenological book."

Dr. Holmes was about 84 years of age when he died. He wrote the paragraph (which is not to his credit) many years ago.

With regard to the quotation from Stanley Grimes, who, like George Combe, was as eminent a Phrenologist as he was a lawyer, Prof. Grimes had a contempt for those so-called Phrenologists who merely for the sake of gain degraded a science for which he had the noblest reverence. But Prof. Grimes did not condemn principles, only *some* of the practitioners; then why distort and publish paragraphs of Grimes' to injure Phrenology and Phrenologists? Are there

not bad men in the medical profession? Yea, even in the pulpit itself occasionally?

But these quotations from Grimes are given without the context, which is dishonest, just as dishonest as for us to say the Bible says, "There is no God;" but if we read the whole paragraph, we get the whole truth: "The fool hath said in his heart there is no God."

Whoever he is, we denounce the writer of the article in the *Call* as a rascal; he is a dishonest man, who, instead of publishing such scandalous misrepresentations, ought to hide his head in shame.

We cannot afford to pay a dollar a line in reply to his reading advertisement; but we have a Journal of our own, and herewith brand him as a liar and a coward!

In conclusion, let us say to other opponents of Phrenology who prate of "bumps," that they are either ignorant of the subject of which they treat, or have some selfish object to gain; in either case, a wrong is done to truth, which, in the end, must prevail. Some persons, of course, remain in ignorance, and are misled; but as there are tons of Phrenological literature now published every year, and millions of people reading, and are interested in this literature, and the demand for knowledge which will reveal man's nature is still growing greater, the time is near at hand when men who prate about "bumps" will be looked upon as fools exposing their own ignorance of a subject with which nearly everyone else is more or less acquainted.

Let each man think for himself, or he will never progress. Let him consult standard works on Phrenology—modern works—he will be surprised perhaps to find that the science is *not confined to the head alone, but takes in the whole man*, and that the "bump" idea is a delusion.

In order to realize the true relations of Phrenology to Physiognomy, we ask our readers to carefully study Prof. Seymour's article in this issue on "The Centennial of Phrenology," and we think they will agree with us that HUMAN NATURE tells the truth, and no man ought to be afraid of the truth.

## Health Department.

### MEDICAL.

#### DIET AND DIGESTION.

The pancreatic juice is a fluid that mixes with the contents of the bowels below the bile duct; it is secreted by the pancreas or sweetbread, and its use is to continue the digestive process. This is a very important fluid, and finishes the process that the others began. It acts on starch, changing it into sugar; like saliva, it dissolves nitrogenous matters like gastric juice, and emulsifies fats, like bile. Were it not for this secretion many of us would starve, as those who have ruined their stomach and liver by the free use of intoxicants, tobacco, tea, coffee, hot fluids and poisonous drugs are saved from death by this juice digesting the food which the stomach could not. By the wise forethought of Nature those foods that pass our stomachs undigested must yet undergo another process before they are allowed to pass out of the bowels. Later on the food is acted upon by the succus entericus, or intestinal juice, which further assists in the digestion of anything that may have escaped the other fluids. When the chyme escapes from the stomach in the consistence of a thick gruel, it is exposed to the absorptive or suction action of thousands of little points or projections, called villi, which take from it all the nutriment they can for our systems to use. In consequence of this action the food becomes more solid-like as it gets away from the stomach, until it passes from the bowels in quite a solid mass. The bowels themselves contain muscles in their walls which contract and gradually force the food along from the stomach to the fundament, where it is expelled. When wind is formed in the bowels and distends them, and gets into some coil of the bowel and can't get pushed along, it causes intense pain, which is called stomach ache or colic; this is often relieved by rubbing the bowels with the hand, or by exercise, which pushes the wind on; for great relief is always experienced if it can be dispersed upwards or downwards. The length of the intestines is about 30 feet, and it takes our food nearly forty-eight hours to pass through this distance. The inside of the small intestines is lined by projections of the bowels. These are for a double purpose—to prevent the food hurrying along too fast, and to give more surface for the absorption of the nutri-

ment. Gases, wind or flatulence, form in the bowels for two reasons: first, because germs of various kinds are always swallowed with our foods and set up fermentation and the formation of gas; secondly, the digestive juices break up some of the foods, gases form, and distend the bowels. The internal rumbling that some people suffer from, especially ladies, is due to the falling of fluid from one coil of the bowel to the other. Those who suffer from it are in nearly all cases consumers of tea and coffee. These fluids are not readily absorbed, and so cause this noise as they get pushed from one coil of the bowel to another.

The fæces or motions should consist only of innutritious matter which the bowels cannot digest; practically, much of our food passes through the bowels unacted on, because we do not chew it, because we eat too much, and so can't digest all we eat, or because we take injurious things with our foods that prevent them being digested. When I lived on one pound of wholemeal and water daily, I digested 14 ounces of every 16 ounces of meal that I took, which I believe to be the best digestive performance on record. Usually we pass away at least one-fourth of the food we eat, and it does us no good. The body is nourished by the amount we digest and absorb, and not by the amount we eat; those who eat little, but get all the available nourishment from food, are better fed than those who eat much and only digest a part of it. This explains a fact I have often noticed, that by reducing the amount of food some people eat, I have enabled them to put on flesh. If we do not overtax our digestive organs, they will serve us well, and last us as long as we live; but if we cram too much, we wear them out and come to grief ourselves.

T. R. ALLINSON, L. R. C. P.

(To be continued.)

#### WHOLEMEAL AND WATER.

In another column our readers will find an article on food, and what great men subsisted upon. We are not in favor of eating locusts or grasshoppers, although John the Baptist loved the former and the California Digger Indians consider the latter a rare treat indeed, nor have we tried frogs, although many Frenchmen in San Francisco (judging by the number of frogs in the windows of the French restaurants) enjoy them as a great delicacy. But on reading the article we have mentioned, our read-

ers must become convinced that Dr. Allinson proved beyond doubt the sustaining power of wholemeal; his strength increased, his eyesight improved, and his nervous system responded quicker, and altogether he was in better form after a month's trial. If he lost in weight and breathing capacity, he gave the reasons why, and he doubts that any man could have performed the labor he had done on "white flour and water," and the reason is not far to seek.

White flour being only starch, the inner portion of the grain, which is white, has no sustaining power at all. Starch only gives heat, not strength; at least, in white flour there is no phosphorous to nourish the brain and nerves; and were it not that our people could obtain phosphorous in some other form of food, they would be as thoughtless and as inert as the Chinese who live principally on rice (all starch).

With wholemeal, such as the Advent, which is the best—far the best wholemeal on the market to-day—a person can live and be healthy in body and brain, for the simple reason that the Advent contains all there is in the whole grain, which goes to nourish brain and body.

Intelligent people realize that to eat any other bread than that made from the whole grain of wheat is a violation of nature. A whole grain of wheat contains the same number of ingredients in proportionate quantity as does the human body, which is 14.

White flour bread being shorn of bran is entirely deficient in these nourishing ingredients, hence white flour is innutritious, and whole flour bread alone is "the staff of life;" the *par excellence* of all wholemeal flour being the Advent. Advent flour is the best. Our readers may get it from any grocer on the Coast, and now customers demand it from the bakeries in bread.

Was it Leibig? it was a German chemist, however, who gave it as his opinion that persons whose main diet was white flour bread and tea, actually starved and felt a void—a desire for something stronger—a craving that led to the consumption of intoxicating beverages as a stimulant, and that if these persons would change their diet to wholemeal bread instead of white bread, such longings would naturally cease; hence, he argued that the consumption of white flour bread led to drink, and drink to crime.

Moral: Eat bread made from Advent flour.

## OUR EXCHANGES.

REVIEWED BY C. P. HOLT.

*The Phrenological Journal and Science of Health* for January, 1896, leads with a phrenograph of Dr. M. L. Holbrook, the eminent hygienic author and lecturer of New York. It is from a personal examination by Dr. Beall, and shows many points of agreement between well-known facts of Dr. Holbrook's career and the developments of his brain. Another phrenological description follows of the same man made by Prof. L. N. Fowler forty-two years ago. Written so many years apart by two men, neither of whom saw the work of the other until after his own was made, they afford very interesting material for comparison. Prof. C. T. Parks explains some striking peculiarities of eminent women, especially as regards their manner of holding the hand. Two drawings are given showing a strong and weak thumb. Mrs. C. F. Wells gives an account of her famous brother, the late Prof. O. S. Fowler. Many will be interested in a portrait of John W. Hildreth, the boy train-wrecker, also an imprint of his hand from which the editor, without knowing whose it was, gave a reading. A sketch of Harry T. Hayward, the Minnesota murderer, with a table of measurements of his head will attract attention in the Northwest.

Dr. H. S. Drayton continues his valuable series on "Practical Psychology." Prof. Nelson Sizer describes "Household Pets" in the Child Culture Department. The contributions on hygiene present the usual variety, and the editorial pages are especially strong. Dr. Beall replies to a distinguished medical opponent of phrenology, and demonstrates the utter fallacy of the objector's position. Reduced to \$1 per year. Orders received at HUMAN NATURE office.

*Natural Food*, London, England, is a monthly Journal devoted to "Health and the Higher Life;" its specialty being the advocacy of what has become known as the Densmorian system of diet; "The central feature of which consists in abstention from bread cereals, pulses, and starchy vegetables, and in the substitution of food fruits." It is a radical reform journal, and well edited. If people would read and practice its precepts the medicine man would soon have to go out of the pill business. Hasten the day.

*Lucifer, the Light Bearer*, Topeka, Kansas, is a four-page weekly paper devoted to the elevation of men and women to the heights of freedom and purity. Its specialty is "Sexologic Science;" and for earnestness of purpose and sledge-hammer blows against giant wrong, it just discounts any

printed sheet on this sin-cursed planet. Some of its utterances may shock the purient prudens; but they are stern truths upon which light should be thrown.

*The Temple of Health*, San Diego, California, is a wide-awake, up-to-date, eight-page Health Monthly, edited and published by that veteran in reform, Dr. J. M. Peebles. Every sentence in every number sparkles with truth. To read and practice its precepts is to take a lease of a long life—a century at least.

*The Searchlight* is a racey, woman's paper, run by women for Woman's Rights. The first page, Jan. number, contains the portraits of six prominent business and professional ladies of San Francisco.

*The Metaphysical Magazine*, 503 Fifth Avenue, New York, devoted to occult philosophy and scientific research, is a good thing. When you are tired of struggling with the physical, try the metaphysical, it will relieve the tension and open your eyes to a new world. In the January number of this magazine, the article on "Hypnotic Suggestion and Crime" suggests thought, and the short story, "My Lover's Good Bye" makes us wonder if there are not a few facts regarding life yet to learn.

*Foot's Health Monthly*, New York. This exchange was always eagerly looked for as the months came rolling on; so it can be readily seen that it was with sad eyes that we read on the first page of this magazine for Jan. the words "Good Bye," announcing the discontinuance of the "Monthly" after twenty years of publication without a break. We shall miss its cheery face upon our table, and are loth to lose the information which its pages yielded to us, and are sure that all kinds of reform will have a "harder row to hoe" without its help. Dr. Foote, Sr., and Dr. Foote, Jr., did yeoman work in the monthly; it is really too bad that they felt compelled to subside. The hands of both editors of HUMAN NATURE are extended for a parting shake. Good bye, old friend, your shade still lingers.

*The Phrenological News*, Chicago, for Jan., contains some very good articles: "A Phrenological Interview" and a Variety of Fools," the latter is a spicy and humorous sketch.

*Journal of Hygieo-Therapy*, Kokomo, Ind., is always good in showing the true mode of living for health. Ella Young contributes excellent articles in every number on Phrenology.

*Journal of Hygiene and Herald of Health*, New York. This is one of the leading Health Journals in the United States. It is brim full of health notes and scientific thoughts each month. January number

contains an excellent article on the "Hygiene of the Heart" by the Editor, Dr. M. L. Holbrook.

*California Medical Journal* for January contains the transactions of the Eclectic Medical Society meeting in November last, during which were delivered some excellent addresses. A fine half-tone engraving of the President, Doctor D. Maclean graces the front page, and portraits of several other officers adorn the number. Some excellent articles on the nature of various diseases are well worth reading.

*The Phrenological Annual*, for 1896, published by Fowler & Co., London, is now ready, and greatly enlarged. It contains some sparkling gems for the Centennial year of Phrenology, with a frontispiece of L. N. Fowler in his study and "Sparks From Our Mental Workshop," "Gospel of Phrenology," "Acquisitiveness in Thieves" "The Eskimo," "Love of Approbation," "Phrenology in Africa," some character sketches, and the whole illustrated with 70 photos and engravings, and the price is only 25 cents. Order at HUMAN NATURE office.

*The Hesperian* is a Western Quarterly Magazine which keeps us to good work, or, at least, inspires us with a desire to cultivate a good style of writing and a thirst for the highest grade of literature. The current number contains a sketch of the life and works of Alexandre Dumas, Fils, and one of William Wetmore Story; the whole so well expressed that we rise from its perusal with a sigh for more in the same vein. Three months is too long to wait for the visits of the *Hesperian*. We wish it were a monthly.

First number of *The School*, published at 308 Post street, this city, lies on our desk. It is an excellent magazine, same size and price of HUMAN NATURE. It represents the educational institutions of California, and ought to jump into popularity at once, both with the teacher, pupil and public. The pupil for the first time, perhaps, has a chance to "air his views" in a magazine, for its columns are open to him as well as the teacher, and the "dear public" is catered to without any loss of dignity.

*The School* offers a Phrenological examination by Prof. Haddock as a premium for a certain number of subscriptions. We have many good wishes for the publication, and trust that now Phrenology has been embraced by *The School*, it will not be long before it will be introduced into all schools.

Subscribe for the HUMAN NATURE; only fifty cents a year.

# HUMAN NATURE

A Monthly Journal devoted to  
Phrenology, Physiognomy, Health,  
Medical and Social Reform.

Entered at the Post-Office at San Francisco as  
Second-Class Mail Matter, Sept. 29, 1890.

50 Cents per Year, Single Copies 5 Cents.  
—IN ADVANCE.—

**ALLEN HADDOCK,**

EDITOR AND PROPRIETOR.

**C. P. HOLT,**

ASSOCIATE EDITOR.

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 Post Office at San Francisco, Cal., or through an Express Company, and made payable to Allen Haddock. Do not send checks on local banks. If money orders are inconvenient, send 2-cent U. S. stamps.

When this paragraph is marked with a blue pencil it means your subscription has expired, and if not renewed H. N. will be discontinued.

When renewing, if any books, etc., are required, please write on separate paper, stating title, price and your full name and address.

HUMAN NATURE will be sent only during the time paid for. Back Numbers 10 Cts.

San Francisco, Cal. - Feb., 1896.

## EVENING CLASSES.

Our Thursday evening class has just closed after a very successful session of six months. Those who have not graduated will take a few private lessons in order to obtain certificate.

We shall begin another class just as soon as a sufficient number of students are obtained. If you intend to join, please send in your name and address at once.

A long article by Dr. Capen, of Philadelphia, also an article on Hypnotism by Prof. Wm. Mason, are unavoidably crowded out this month.

## MENTAL PICTURES FROM THE PAST.

### No. 1.—ALFRED AUSTIN.

Less than twenty years ago, when a neighbor announced himself as a "Disraelein candidate for Parliamentary honors," the electors laughed him down as a dizzy Tory."

We can see him now addressing a motley crowd in the open air, who jeered him about his knee pants and leggings, and told him to "go home to his mamma." He was, of course, defeated. "Defeated, but not disgraced," he said, and gave himself up to writing poetry.

Alfred Austin is now the Poet Laureate of England, and a better poet than politician.

We have often wondered since he won his laurels whether the circumstance we have related above was the "turning point" in his life, and whether the jeering had anything to do with moulding him into his present *natural* shape.

### No. 2.—LINCOLN.

When Lincoln proclaimed the emancipation of the slaves, all England rejoiced; men threw their hats up in the air on receiving the news, and clasped hands with each other for joy.

We were only young then, but we shall never forget the enthusiasm displayed by all lovers of liberty and freedom on that occasion.

Prejudiced historians say that England was with the South, but they mistook the cry of the aristocrat for the voice of the people. We know that the common people were always at one with the North for liberty, freedom and progress.

There is no feeling in England against the United States. American Jingoism may say there is, but we have lived there for forty years, and ought to know.

Henry Norman, the famous international correspondent, said the other day in New York: "You cannot get up in England anywhere a feeling against the United States. Such a thing as hatred of the United States has positively no existence."

Mr. Norman speaks the truth. The English have too many "cousins across the sea" who speak the same tongue, and who are imbued with the same spirit of Christian love, than to harbor feelings of hatred as some here would have us believe.

"The present generation of Englishmen know nothing of the wars of 1776 and 1812," says Ambrose Bierce in the *Examiner*, and humorously remarks that the English "think the Fourth of July is the anniversary of the marriage of George Washington to Pocahontas." This is a very good joke, but it exactly hits the nail on the head.

Bierce also thinks that our school books, in so far as they relate to the war of Independence, ought to be included in the "Complete Works of Ananias," which is another way of calling our school-book historian a liar!

Let us have "Peace on earth and good will to men." The following lines, by Wm. Watson, one of England's poets, breathe lofty sentiments toward us:

O towering daughter, Titan of the West!  
Behind a thousand leagues of foam secure;  
Thou toward whom our inmost heart is pure  
Of ill intent, although thou threatenest  
With most unfilial hand thy mother's  
breast;  
Not for one breathing space may earth endure  
The thought of war's intolerable cure  
For such vague pains as vex to-day thy rest,  
But if thou hast more strength than thou  
canst spend  
In tasks of peace, and find'st her yoke too  
tame,  
Help us to smite the cruel, to befriend  
The succorless and put the false to shame.  
So shall the ages laud thee, and thy name  
Be lovely among nations to the end.

## "HUMAN NATURE" ADMIRER.

PROF. HADDOCK, *Dear Friend*:—  
The January number of HUMAN NATURE is received with thanks. It is, in my opinion, an excellent number, well worth all the enthusiasm that an agent may experience in its extension. I greatly admire the indignation expressed for the abomination of the Vivisectionist, and also the earnestness of the advocate for a more humane treatment of crime than capital punishment.



I admire the tone of your Journal, because it is frank and hearty, and not of the truckling nature of policy. All honest men who cannot agree with all you say, can, at least, agree to disagree in peace and friendship.

Thanks for my little share in C. P. Holt's good wishes for the New Year, and may the present year bring about an ample harvest of subscribers, new and old, for HUMAN NATURE, and please add my name to the number and oblige,

Yours fraternally,

JOHN L. CAPEN, M. D.

Philadelphia, Jan. 6th, 1896.

**OUR GREAT OFFERS FOR 1896.**

Our one-dollar lesson, "How to Hypnotize," free with every subscription.

Phrenological Journal and Human Nature, both for \$1.50.

"Plain Home Talk," \$1.50. Human Nature, 50 cts. Both for \$1.75.

"Demology," \$1.50. Human Nature 50 cents. Both for \$1.65.

"How to Study Strangers," cloth, \$1.50. Human Nature, 50 cts. Both for \$1.75.

"How to Study Strangers," paper, 75 cents. Human Nature, 50 cents. Both for \$1.10.

"Human Magnetism or Hypnotism," \$1.00. Human Nature, 50 cts. Both for \$1.25.

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*Our one-dollar, type-written lesson, "HOW TO HYPNOTIZE," is by a celebrated English hypnotist, and copyrighted. We give or mail it FREE to all new or renewal subscribers to "Human Nature," only 50 cents per year.*

**LESSONS BY MAIL.**

In response to inquirers from Michigan, Pennsylvania, Iowa, British Columbia and other places, who are anxious to take up the study of Phrenology and Physiognomy, but too far away from any college, we have prepared a NEW Series of Lessons by mail. Particulars sent on receipt of a self-addressed and stamped envelope.

**A FAMOUS PHRENOLOGIST.**

Students of human nature will be pleased to learn that Mr. A Stewart Clarke, manager for Prof. W. G. Alexander, the distinguished lecturer and Phrenologist of New York, has completed arrangements for a course of lectures to be delivered by the Professor at Hamilton Hall, Oakland, beginning on Monday evening, February 10th.

The Professor is said to be the ablest, best known and most successful lecturer in the Phrenological field of to-day. He has been lecturing for the last three seasons in the larger cities of the Eastern States and Canada, and brings with him testimonials of the highest character, both personal and from the press.

**Spirit Power the Primary Impellant of Thought.**

Kindly allow me, as a professional Phrenologist of many years' practice, to give the following definitions for the benefit of HUMAN NATURE :

Phrenology is a science, defined by Webster as the science of mind, and, as a science, establishes the art of craniological and physiological examination; thus, a knowledge of the "science of mind," known as Phrenology, renders the discovery of the philosophy of it, as suggested in *Zell's Encyclopædia*, "The most important of all discoveries;" and that, as a true philosophy, will show us the causes and effects of the thing philosophized upon, we find that the existence of Mentality makes possible the display of intelligence, or wisdom, as its final effect.

As to impellants, or causes of thought, he defined the mind as an aggregation of thoughts; and thoughts, as the result of impressions made on the brain by the motor nerves, of which result we become conscious through the sensory nerve lines; the nerves, in turn, being caused to act by such spirits as are in us, spirit power being the first impellant in the production of thought.

R. A. SCHELLHOUS,  
Selma, Iowa.



**Would You Like to Know What You are Good For ?**

Some men say they are "good for nothing;" they don't know themselves. We are all good for something. You may be a carpenter, and have the "stuff" in you to make a preacher, just so sure as some preachers would make better carpenters. Only those who are in the right occupation succeed.

Are you married? If not, perhaps you ought to be. Send us two separate views, one full-face, the other a profile, and we will return them with chart or type-written delineation and advice as to health, temperament, marriage adaptation, etc.

State your

Height.....

Weight of Body.....

Size of Head, measuring by tape around and a little above ears  
.....inches

Over Crown from opening of ear to ear  
.....inches.

Color of Hair.....

Eyes.....

Skin.....

Education.....

Present Occupation.....

Name.....

Address.....

Fill up above list, enclose the two photos with \$1 for marked, printed chart, or \$2.50 for type-written delineation; send them to us by mail, and we will return photo with delineation.

HUMAN NATURE Office, 1016 Market Street.

## THE FACTS AND WHEREFORES.

Mr. E. G. Bradford has read what I said in the December number of HUMAN NATURE about Buchanan's Anthro-nonsense, and don't like the medicine, so he has sent us the following letter for publication, just to show the public that he disapproves of my mode of treating the patient. My comments follow his letter, and are offered only as explanation, and I hope will be found sufficiently lucid to end the unpleasant controversy. Here is his letter. :

EDITOR OF HUMAN NATURE, Sir:— Referring to the article by Mr. Holt in your last issue, in reply to mine on Prof. Buchanan's system of anthropology, permit me to say that whatever the facts in the case, (a) Mr. Holt's language is not such as is best calculated to educe the truth in a discussion of this kind. Villification is not evidence. I have never met Prof. Buchanan but once in my life, and have no axe to grind in the matter. My remarks were based entirely upon such of his productions as have come into my possession from time to time.

The only way to settle this question is by an unprejudiced appeal to the facts themselves—not upon your authority, or mine, or that of some other man. (b) Prof. Buchanan may, or may not, be egotistic, but certain it is that the path of pioneers and innovators is no easy one, and in a constant struggle with indifference or opposition, some natures are irresistibly urged into a defiant self-assertiveness. However, any man has a right to proclaim what he believes to be the truth, even though it does conflict with prior and supposed "established" doctrines. But aside from this. (c) Prof. Buchanan's knowledge of anatomical, physiological, and allied sciences, is known to be both extensive and accurate. Moreover, his merits as a scientist and author have been conceded by many eminent thinkers.

(d) I have not a copy of the *Anthropologist* by me, but if I am rightly in-

formed, the prediction mentioned was intended to apply to certain changes in the future of our country, based upon the law of periods, and did not refer to the special testing of individuals.

(e) I must say that I am amazed that Mr. Holt should have referred to the Rev. Dr. Rauch as an authority in this connection. His "Psychology" is a creditable work on familiar theoretical lines, but "Cerebral Psychology" and "Sarcognomy" are founded on experimental investigation. Buchanan is to Rauch what phrenology is to ancient metaphysics. The only reference to phrenological science that I can find in this author is on page 171, where he says: "The want of a good psychology in Gall and Spurzheim misled them, and their errors are exposed in a masterly manner, with all due acknowledgement of their merits, by Prof. C. Hartman in his *Geist des Menschen* from page 255 to 291, etc."

E. G. BRADFORD,  
Brooklyn, N. Y.

December 23, 1895.

(a) Horace Greely once said that a "hoe is a hoe and not a long handled garden implement." I like to call things and people by their right names, and I tried to do so in the case in question.

A lawyer, in criticizing his opposing counsel, said that he was unfit to carry swill to swine; whereupon, he was rebuked by the Court, and commanded to retract, which he proceeded to do by saying: "I beg your honor's pardon and take back what I have said about the gentleman. He is certainly *quite* fit for the menial occupation of carrying swill to hogs." On the same terms, I will take back what I have said of Prof. Buchanan. I have no hard words for that gentleman. It is *truth* I am after. I tried to make this plain in my December article, when I explained that Prof. Buchanan had assumed to have made discoveries of organ locations contradictory to those of Dr. Gall. Now, it so happens that I was taught the Gallian system of

location, at the American Institute of Phrenology (my *alma mater*) while my confere, Prof. Haddock, was taught the same system by Prof. L. N. Fowler, under whom he studied in England; besides this, nearly a quarter century of practice has, to our minds, proven this system to be correct, insomuch that we have taught scores of students these locations, and advocated the same from the lecture rostrum and in the columns of HUMAN NATURE. When Prof. Buchanan, in the June (1895) number of HUMAN NATURE, asserted that these locations were erroneous, I hastened in the July number of HUMAN NATURE to ask him to give his reasons for the faith that was in him, to prove his assertions, so that we could at once "right about face," and thereafter teach the truth as it is in Buchanan; but the great discoverer (?) vouchsafed not a word; and so the case was going by default until Mr. Bradford appeared as attorney for the defense. Letters from the readers of HUMAN NATURE and from our former students came pouring in upon us asking us to explain the disagreement. They had been taught that the organ of Parental Love is located in the posterior part of the cerebrum just above the cerebellum on the median line; but now comes Prof. Buchanan crying: "not so; behold, the organ of Parental Love is on the top of the head."

Then our students take another peep at Sarcognomy, and are told that the organ of vitality is located on the upper part of the thigh, just were the angel smote the patriarch in that famous, Biblical wrestling match. Then they look reproachfully upon their teachers, and ask, who is right, Buchanan or Gall? It was to get at the truth of this matter that I requested an explanation of Prof. Buchanan, and although my language was not altogether classical, it was good Saxon, and as nearly to the point as I could sharpen it.

(b) It is clear that Mr. Bradford is unacquainted with Prof. Buchanan, or he would not for a moment hesitate to

express his admiration for the sublimity of that gentleman's egotism, which towers above all earthly things, until the man in the moon looks down upon "Iago the boaster" and laughs while the Professor tells of the monuments that will be raised to his memory when he shall have "shuffled off this mortal coil." Great men are humble, never egotistic. Humbolt, Herschel, Newton, Tyndall, Huxley, were modest in their greatness. Opposition strengthens bravery in great men, and much thought makes them modest. I have not denied Prof. Buchanan's right to proclaim what he believes to be true; but I demand proof before accepting his assertions.

(c) I have never questioned Prof. Buchanan's anatomical knowledge; but if "his merits as a scientist have been conceded by many eminent thinkers," it is equally certain that they are denied by very many other eminent thinkers.

(d) The *Arena* for August, 1890, and the *Anthropologist*, for September, 1890, contained the prophecies upon the fulfilment of which Prof. Buchanan staked his reputation as a scientist. I quote verbatim:

"Victoria will have an apoplectic shock and comatose condition, in which she will pass away in 1891, if not this year. The Prince of Wales will abdicate after a short reign, and ten years will end his life.

"The Pope and Czar Alexander of Russia will die within two years; the latter, by violence. Three years or less will end the life of the present President and Secretary of State of our country."

If I understand my mother tongue, according to these prophecies, Victoria, and the Pope, ought to be with the angels, now, hile ex-President Harrison, instead of making preparations to marry his late wife's neice, should be playing on a golden harp in the New Jerusalem. I don't know where his Secretary of State should be, but certainly very dead. It is evident that our great scientist will find little profit in posing as a prophet. Wiggins can discount him, and Mother Ship-

ton could have given him two points and beat him at his own game.

(e) I hope Mr. Bradford has recovered from his amazement ere this time, because when I referred to the work of Rev. Rauch in "Psychology; or, a View of the Human Soul." I wrote with the book open before me, and mentioned it to show that Dr. Rauch was in the Psychological field ahead of Buchanan, and anybody who will read his books will certainly get some truths in Psychology proven, which is more than can be said of Buchanan's Sarcognomy. I cannot agree to the comparison made by Mr. Bradford, because Buchanan's Sarcognomy is far from being "founded on experimental investigation." On the contrary, it is a tissue of assertion without scientific proof.

Regarding the quotation from Rev. Rauch's book, made by Mr. Bradford; both Rauch and Prof. Hartman are excusable on the grounds of limited facilities for knowing Gall's system in its entirety, it being new at the time they wrote. Dr. O. W. Holmes said some silly and scurrilous things of Phrenology about that time; but when he had lived longer, and learned more of Gall's principles of Phrenology, he expressed his regret at having been so mistaken. But what excuse shall be found for such a man as Prof. Buchanan who has lived to see almost the dawn of the twentieth century, and to behold on every hand throughout the civilized world the triumph and firm establishment of the principles enunciated by Gall, including the location of organs, and in the face of ten thousand times demonstrated facts, assumes that the Phrenological thinkers and students of the nineteenth century were deluded upon the vital point of location of organs, and when proof is demanded keeps silence? There is *one* excuse for him: He did not make himself, and is not responsible for the stupendous vanity born into his organization, which is never satisfied, but constantly urges him to beg for praise, and, in order to obtain it, he assumes to have made discoveries which have no ex-

istence except in his egotistic brain. This weakness has probably impelled him to assail Gall's system of Phrenology, that a monument may be erected by an admiring world to the honor of the great scientist and discoverer, Buchanan! But what am I saying? Buchanan is practically dead since 1842. *Requiescat in pace.*

C. P. HOLT.

### "DEMOLOGY."

This term may seem rather obscure, but there is no mistaking the meaning of the author of this unique and truly valuable book. Its 317 pages bristle with information and are aglow with thoughtful suggestions of the greatest importance to every man and woman who desires to learn and practice the better way of living and loving.

There is a central idea upon which Dr. O'Leary (the author) dwells at considerable length, to which all readers of this book may not subscribe, and in lieu of which a writer in the current number of *Lucifer* offers "The production of an artificial perineal hypospadias for men," and for women "an equally simple operation which was described in the British medical journals in 1891."

It is not necessary that we agree with an author in all his conclusions; but it is of the greatest importance that we keep abreast of the times in knowledge of ourselves and our relation to our fellows.

In "Demology" are facts and truths which everyone should know, and to that end it is kept on our shelves (though going fast); its price is \$1.50, and worth many times that sum.

To subscribers we offer "Demology" and one year's subscription to HUMAN NATURE for \$1.65, thus, practically giving our Magazine FREE to all purchasers of the book, 15 cents only being added for postage.

The way to understand human nature, is to read HUMAN NATURE.

## PHRENOLOGY CONFIRMED.

*Recent experiments on the Brain*, during the last few years, have demonstrated that on the surface of the brain cortex, so-called, there are definite, circumscribed centres or "active spots," which, on being excited by mild electric currents, come muscular movements.

When other portions of the cortex are excited by the current, no muscular movements appear. These experiments were first made by Hitzig, of Berlin. These were confirmed by Ferrier in England, and in this country (America) by various observers, and by myself.

Physiologists do not yet agree as to their import. So far as they go, they are in harmony with the views of Phrenology now held among scientific men. The general doctrine of the localisation of the faculties in the brain is gaining ground every year. —GEO. M. BEARD, A. M., M. D., in the *New Cyclopædia*, page 96.

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**Food for the Readers of "Human Nature."**

In printing Dr. Allinson's articles in HUMAN NATURE we have created an interest in FOOD, and the question is often asked, "What is best to eat?" We should say that depends on the "eater." According to the *Globe Democrat*

John the Baptist ate locusts and wild honey.

Peter the Great filled himself with baked goose, stuffed with apples.

Frederick the Great was satisfied with salt beef or pork and cabbage.

Henry VIII. could always eat himself stupid on a haunch of venison.

Moore hated onions. He said that a man who would eat onions would steal.

Fielding said that tarts made with currant jelly always reminded him of heaven.

Alexander the Great, when on a campaign, ate the rations of a common soldier.

Macauley said that no man need

ask for better food than plain roast beef and baked potatoes.

Pius IX., during most of his pontificate, ate only an egg and a bit of bread for breakfast.

Kaulbach enjoyed kraut and pork. He once said that "cabbage and German go together."

Rare Ben Johnson asked no better treat than a pork pie with an abundance of Canary wine.

Locke said that the proper breakfast for a studious man was a bit of fish and a piece of bread.

Michael Angelo, during the greater part of his life, lived on the plain food of an Italian peasant.

Walter Scott liked venison better than any other meat and potatoes better than any other vegetable.

Demosthenes, when preparing for a great oratorical effort, lived for several days on dried figs and wine.

Murillo said that no man could eat coarse food and have the soul of an artist. His own diet was generally very plain.

Leonardo da Vinci was immoderately fond of oranges. With this fruit and bread he would at any time make a meal.

John the Evangelist, according to tradition, was so abstemious that a handful of barley was all the food he needed for a day.

The Duke of Marlborough ate beef. He said on one occasion: "No soldier can fight unless he is properly fed on beef and beer,

Mohammed was abstemious. A handful of dates and a mouthful of water were all the food he required for a day of hard riding.

Francis Bacon was plain in his eating tastes. Splendid banquets were provided for his guests, while he himself ate of one or two simple dishes.

Vitellius, the Roman Emperor, was the most noted glutton of his time. He would eat all he could possibly hold, then take an emetic and begin over again.

Raphael lived principally on dried fruits, such as figs and raisins, eating them with bread. He had a theory that a meat diet was not good for a painter.

Napoleon was not at all choicé about his eating. When he seated at the table he would begin at once on everything that was nearest, and in ten or fifteen minutes had made his dinner.

Cicero ate very little, and of the plainest food. He had a theory that any disease could be overcome by fasting, and often abstained from food for days at a time, drinking only water.

And we may add for the benefit of the readers of HUMAN NATURE, that on January 5th, 1889. Dr. Allinson wrote to the *London Echo* as follows: THE END OF DR. ALLINSON'S MONTH ON MEAL AND WATER.

"I have just finished my month's trial diet of wholemeal and water; by the time this is in the hands of the public I shall be on Vegetarian diet as usual. A month of simple diet has got my palate used to plain fare, and I relish it and enjoy it. Were it not for the former knowledge of savoury foods, I should never crave for them. I will now sum up the results of the experience. My weight has decreased 8½ lbs. from the first, which I lost in the first week in trying to live on one pound of meal a day. My strength of grip has actually increased, and I could squeeze 6 lbs. more with my right hand and 5 lbs. more with my left than when I began. My breathing capacity is less by a few inches; this I blame to want of exercise this Christmas week. My sight has improved a little, my nervous system responds to reaction quicker, and I am altogether in better form. I have worked as usual every day, and found my capacity for mental work much greater. My food has cost me under twopence a day, and it shows on how little a person could live at a pinch. This experiment also shows the great value of wholemeal or wheat as an article of food. I doubt very much if a person could do what I have done on white flour and water. I find, also, that it requires about one and a half pounds of wheatmeal a day to keep me in good working order—doing my ordinary work and walking six miles a day. I have not had any pimples, blotches, or eruption since I went on the diet."

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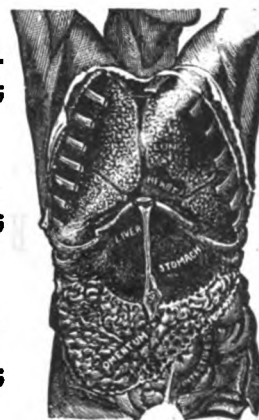
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