 A prominent physician adds his testimony to the value of Phrenology in his medical practice. See page 4.



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SAN FRANCISCO, MARCH, 1896.

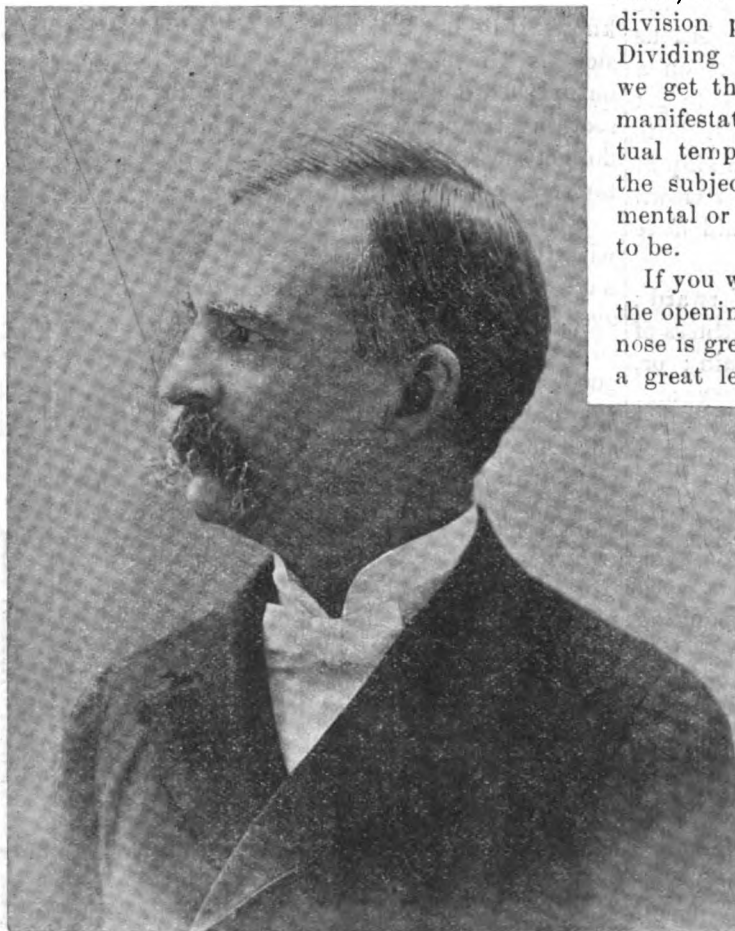
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A PHRENOGRAPH OF REV. C. O. BROWN.
(FROM A PHOTO.)

The following recently appeared in *The Wasp*. It may be necessary to explain to our distant readers that the subject of this sketch is now being tried by a Church Committee for immorality. *The Wasp* refers to Dr. Brown's "bumps;" of course, this is no more than pleasantry in a comic magazine.

[Deeming a scientific phrenological analysis of the Rev. C. O. Brown's character a matter of the deepest interest at this moment, when the Doctor's real status as a saint or sinner puzzles so much of the population of California, *The Wasp* had the reverend gentleman's photograph submitted anonymously to Professor Haddock, the recognized local authority on bumps. The Professor's summary of what he read in the photograph is appended. The scientific verdict is all the more interesting, as the identity of the person's photograph offered for examination was most carefully concealed. It might be thought that the Professor, having seen prints of Dr. Brown in the daily papers, could have recognized the photograph. This, however, would have been an impossibility. Dr. Brown could not have recognized himself from the daily newspaper portraits. We have to look in *The Wasp* for pictures that are pictures]

I certainly do not know who this photograph is said to represent. If we may judge by the volume of brain he possesses, by the sharpness of the



features and by the high—rather high—quality of organization, I would say that he is a public man. I am afraid, however, that I cannot do that full justice to the character by having only one view, and a side view at that, to judge from, as the diameter of the head and expression of the face are two very important factors in estimating character.

Taking the opening of the ear as a center of measurement, we observe that the intellectual division predominates over all others. Dividing the face into three divisions, we get the same result, also a strong manifestation of the mental or intellectual temperament; hence, I infer that the subject is engaged in some active mental or intellectual pursuit, or ought to be.

If you will observe, the distance from the opening of the ear to the root of the nose is great: that is, it shows there is a great length of brain fiber running

from the center, or *medulla oblongata*, and the lower forehead is well developed, exhibiting large perceptive faculties or power of gathering facts and using them to practical advantage; it is certainly a practical head, and according to the height and width, he possesses also a keen analytical turn of mind, and a mind or brain of great reach and power.

Unfortunately, he is low at the crown, denoting small self-esteem, firmness, and only moderate conscientious-

ness. Hence he lacks dignity of character, stability of purpose, with not as keen a sense of right and wrong as one could wish; that is, if he is a lawyer, he could take either side of a case without any great scruples of conscience, although, no doubt, he has great reverence for truth and is of a kindly disposition; nor do I think his mind runs on the dollar. He will shrink or "wilt" on occasions when a man with larger self-esteem would stand erect. He is too democratic, if anything, and inclined to lower himself—bring himself too much on a level with those who are not his equals. He is easy to approach—too much so perhaps for his own good, and should cultivate higher self-esteem and stand on his dignity. Otherwise he has a noble head and face, and is a man of knowledge. The greatest men are often as simple as little children, while men with little and narrow, contracted forehead and high crown are natural bullies.

The wings of this subject's nose are dilated, indicating a keen, ambitious and sensitive spirit. He is set on a keen edge, and liable at times to get excited, or "fly off the handle," to "lose his head," or drift like a ship at sea without a rudder. A higher crown (firmness and self-esteem) would have made him more stable.

The chin is sufficiently forward; it denotes a corresponding fullness of the cerebellum, or base of brain; or, in other words, large amatory and creative faculties. A large and active cerebellum is what fire is to the boiler; it is really the reservoir of life and magnetic force, and no man ever amounted to anything when weak here. I always like to see a good base of brain with a corresponding full chin. It denotes physical and mental strength; but when too large, when the passions are stronger than the restraining organs, then they are liable to run away with him, and lead him into trouble.

If you draw an imaginary line from the opening of one ear, over the crown to the other ear, you cover the region of firmness at the apex. Now ob-

serve how the head rises on the center top or line of meridian. See how large are veneration and benevolence. This is a man of profound reverence and kindness. I can no more doubt this than I can that light emanates from the sun. Draw a line, say two inches backward from the top of the ear, you are on combativeness; it is evidently sharp and well developed. *We do not look for "bumps;" that is a popular fallacy, a delusion;* but character corresponds with brain development, and that is why we know the subject is combative to a degree, but he lacks staying power or bull-dog grit.

If you were to ask me what phrenologists are often asked, what is he good for? I would reply that he is a gentleman that could readily adapt himself to any profession or station in life. He is versatile, as only moderate continuity indicates, and ought to be a man of universal knowledge. He would make a clever lawyer, but may be a preacher for anything I know. I do not believe he is a physician. The best physicians, that is, natural born healers, have a more soothing temperament, and generally do not possess such active brains as lawyers or ministers.

Had he possessed a higher crown with that massive intellect, I would have placed him as a railroad manager. He would make an excellent editor, and ought certainly to be a good speaker and scholar. Whatever and whoever he is he will, by the sheer force of his intellect, make himself felt in any community.

ALLEN HADDOCK,
Phrenologist.

There is a principle which is a bar against all information, which is proof against all argument, and which cannot fail to keep a man in everlasting ignorance; that principle is contempt prior to examination.—*Dr. Paley.*

We shall have something to say about Cathode rays, the new scientific discovery, in our next.



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DISPOSITION, FRIENDSHIP AND GENEROSITY.

Written for HUMAN NATURE by JOHN L. CAPEN, M. D., Philadelphia.

These are traits of character that harmonize admirably with each other, and when well blended they give intensity and loveliness to the character; but they may often be found distinct and sharply defined.

Sweetness of disposition is caused almost exclusively by good health and the temperament.

When there is a slight predominance of the sanguine, with enough of the lymphatic to give patience and contentment, the brain being sufficiently active to make mental movements easy without being too intense, there is a very fine condition for an agreeable disposition, either when the person is in repose or when aroused to a high degree of activity.

A man with such a temperament may have a very selfish head and still be very agreeable, except when his interests conflict with those of another, and even then, if his Self-Esteem be great, and his victim feeble, he may smile when he smites.

If we add to the above temperamental conditions ideational qualities of Approbativeness and Suavity, an effort will be made to perpetuate the show of good qualities, and such a man will bear some hard trials of temper without flinching or becoming offensive, yet he may be no less selfish than he was before, while he has much greater power (provided he be a man of general power) to influence others in his own behalf.

If he have large Self-Esteem, Acquisitiveness, Destructiveness and a fair intellect, he may be a very able salesman who can sell to any one who has slightest idea of buying, and though the customer soon knows that he has been cheated, he feels no resentment, and will buy again the next time the salesman calls.

The ladies are as easily moved as are the merchants, and they find him so persistent and agreeable in his advances that they marry him "to get

rid of him," and so it is said that he has a wife in every town and city at which he stops for the sale of his goods.

A good disposition is an excellent basis for a higher character, but for that we must look to the head, and not to the face alone.

FRIENDSHIP WITHOUT GENEROSITY TOWARDS OUTSIDERS.

"Benevolence" alone, however large, will not suffice to give an extensive liberality. Benevolence bears a point of resemblance to a magnet, and draws best at short distances.

There is a typical form of head very commonly met with that is large and high in front, greatly elongated behind the ears, and quite low in the crown. When a head of this type is very strongly marked, there will be large "Benevolence," Inhabitiveness, Philoprogenitiveness, and if the back-head be wide as well as long, Adhesiveness will also be large; but frequently the back-head will be found slightly flattened—Adhesiveness being only full. The other feature of this type of head is that the crown is low—Self-Esteem being moderate. To make the character more strongly marked, let Approbativeness, Hope, Spirituality and Veneration be also moderate with quite large Cautiousness. This person will be very sympathetic,—will have a very unselfish nature towards friends, and will be very self-sacrificing on their behalf, and yet not be known as a benevolent person. If this man have large Acquisitiveness, his economy will be very great, and may give him the reputation of being a miser, while his neighbors find him friendly and never unduly selfish. In a well-marked case that came to my knowledge, a man of wealth who would lend money to his honest neighbors and refuse to accept the offered interest, passing a neighbor's corn field in which was a scare-crow, got over the fence and examined the hat, and finding it better than the one he wore, made an exchange, leaving his own to do duty for the farmer.

There are many Phrenological illustrations of the adage—"Extremes meet;"—many interesting paradoxes; and here is one: A man with a large domestic brain and great Self-Esteem and Firmness with moderate Benevolence will be clannish, proud, strong in his prejudices, and narrow in his sympathies, but selfishly and overbearingly generous to his friends. In this case, as well as in the last, there is a certain quality of exclusiveness while the characters are antipodal. In the one case diffidence and lack of ambition make the exclusive while in the other case exclusiveness is caused by pride. The study of selfish generosity and politeness is very interesting and instructive, but we have space here merely to hint at its influence.

The friendly head represents a person with whom one may live in comfort and always find obliging, if treated justly; but it also indicates suspicion and distrust towards all those who have once given provocation. All such persons require frank and open treatment, and, under it, are docile and very unselfish.

The generous man must have two distinct characteristics: he must be sympathetic, and must feel rich.

Our friendly person is sympathetic, but feels poor, and cannot, therefore, afford to be generous, although he (or, more commonly, she) will do everything for a friend.

To give a sympathetic nature in addition to a high front head—large in benevolence—the temperament should be active and the quality of the brain fine. There must be thoughtfulness, gentleness, and a moderate degree of excitability in the temperament for ordinary cases; but some kinds of benevolent work require great courage and independence.

To make a man feel rich, a very different combination is required from that which we found in our friendly person. External conditions alone will not suffice.

When "Billy" Gray, of Boston, was asked how much money it takes to make a man rich? he replied, "A little more." This will not serve our

Phrenological purpose. Our man must be rich now, with or without money, or he will never be.

Good health is very essential, although not in all cases absolutely indispensable. A sufficient degree of the sanguine in the temperament to give excitability to the brain's action is desirable, and there should be full or large Self-Esteem, large Hope, well-developed Veneration, Spirituality and Benevolence, and these will complete the catalogue of all that is requisite, provided there be no serious defect in the head or temperament.

The conscientious student of character will keep in mind the fact that every portion of the brain has its influence in every mental operation, and that the whole must be considered before the effect of any part can be understood.

How is it then that very incompetent men who have neither thought deeply, nor observed closely, do frequently make what is suggestively called "hits?"

There is a tendency towards homogeneity in the evolution of the organization, and although each individual inherits from a numerous, remote and near ancestry heterogeneous qualities, they often become so well blended that one prominent feature will have a striking effect upon character. Therefore there is a possibility of making a superficial success of character reading by a charlatan who knows very little about the subject and who is unable to give intelligent advice on any of the great topics of life. It is this that has caused candid, but illogical, persons to say that there may be something in Phrenology, but it is not reliable, as if Nature in the development of man had done something very imperfectly.

PRINCIPLES BEFORE MEN.

Let us be logical, or, at least exercise common sense in dealing with principles. When a professing Christian goes astray, it is the man and not the religion he has disgraced that should be arraigned. Free-thought should not be held responsible for the shortcomings

of its advocates. So it is Phrenology should not be condemned because some pretender to the science has chanced to err in reading character. The science was correct; the man a charlatan. Principles before men.

A Prominent Physician on Phrenology in Medical Practice.

DEAR HUMAN NATURE:—As a Physician and Phrenologist I wish to add my testimony to the value of the science in medical practice.

A year ago I was called to the bedside of a young lady laboring under nervous prostration and hallucination. Her friends gave me no clue to the cause of her condition. I placed my hands on her head, and found undue heat and congestion at Spirituality, and at once found the trouble. She admitted visiting fortune tellers and spiritual mediums who had inflamed her imagination. I remonstrated with her on her folly, applied cold applications to the region of brain affected, and with other treatments restored her to health. Had I not known anything of the science of Phrenology I could not have restored her mind and body.

Another recent case: A child was periodically ill without apparent cause. I examined the child Phrenologically, and found the moral traits with large Benevolence predominating. My remarks were: "Here you have a child with an angelic disposition, yet she is irritable and cross; some one irritates her, scolds her, and she is so sensitive that she becomes sick. Take her to your heart and nurse her without over-indulgence." A nurse was responsible for the child's sickness. My advice was followed. More than a month has elapsed, and the child has not been ill since. The mother is delighted at the results of kindness, and is loud in her praise of a science that has saved her darling.

One more: A young man called to consult me. Placing my hand on the cerebellum, I exclaimed "What have you been doing?" He replied: "I came to see you on that subject." There was no outward sign of his con-

dition, yet he was ruining himself by a vile habit.

The more I learn of Phrenology the more I see its value in medical practice.

CHAS. S. MORTEN, M. D.

368½ Finney Ave., St. Louis, Mo.
Feb. 1, 1896.

Another Physician Writes from Lodi, Cal.

PROF. ALLEN HADDOCK, *Dear Sir:* Please send Sizer's book, "How To Study Strangers by Temperament, Face and Head." Paper, 75 cts.

Though I do not claim to be a Phrenologist, I have studied it some, and regard it as invaluable to the physician.

The claim that the action of drugs is so uncertain is, in my opinion, very often due to an utter lack of ability on the part of the physician to take into consideration the personal characteristics of the individual patient. In order to do this once, he must be familiar at least with the principles of Phrenology.

The charge that Phrenology and anatomy conflict is, as far as I am able to judge, utterly without foundation; but, on the contrary, I regard it as invaluable in the study of anatomy and physiology as applied to psychology. With best wishes,

Yours respectfully,

W. M. MASON, M. D.

Graduate of the California Medical College. Class of '91.

[We have always held that Eclectics are more progressive than any other class of physicians, and it is true they are. Dr. Mason is an Eclectic Physician. ED.]

PHRENOLOGICAL CENTENNIAL.

As stated in previous issues, this is the Centennial year of Phrenology. It is just 100 years since Dr. Gall, the founder, gave his first lecture, who, after 30 years of personal observation and hard study propounded a new mental science, which will abide for all time, as it is founded on nature.

There are many Phrenologists in this country who are too far apart to

form one convention, yet all are desirous to celebrate. The solution of the problem, "How to do it," lies in having several centers of meeting. It is desirable to have a Convention of Phrenologists—professional and amateurs—located on the Pacific Slope, and there is no place that can lay so much claim for a Convention on the Coast as the metropolis—San Francisco.

Let us hear from all who can attend, or send papers to be read, whether professional or amateur, stating most convenient date this year.

In writing, please state special subject of the paper to be read. No paper should be longer than twenty or thirty minutes reading.

It is our intention to publish a Centennial number in which the subjects treated upon will be printed in HUMAN NATURE.

It costs money to print a magazine, so each contributor will be expected to take a number of copies to cover cost of printing his article, which he can circulate among his friends.

Let the subjects for discussion be Human Nature in general, or how humanity can be elevated. Writers may deal with the passions, and show the use and abuse of the moral faculties, and how they elevate. Where is the devil in man? Where is the angel? Benefits of Phrenology to the world; Phrenology in the school, the pulpit, the medical college, in the home and society, etc.

A. O'Leary, M. D., on Dr. Holmes and Napoleon.

From a letter just received from Dr. O'Leary we make the following extract, which, no doubt, will prove interesting to our readers; he says:

"I was much interested and amused at your article on Buck McCarthy. If he comes across the article, I fear he will some day "gill" you, too, and yet I think you tell the truth about him.

"The trouble with Dr. Holmes was, he was never satisfied with what Phrenology said of his head, for it was like himself—not large, nor great but small and fine, like a gold dollar; good what there was of it, but not enough. * * *

"I had a talk with Dr. Holmes once, and he very frankly admitted the general principals of Phrenology, but denied its details. I perceived he felt dissatisfied with his own head. He mentioned several that had small heads who had accomplished much. It was in 1856, so long ago that I have forgotten the details, but I remember he mentioned Emerson as having an under-sized head. I met Emerson later, and noticed his head was a good size. He mentioned also Napoleon as having a small head.

In 1867 I saw several of Napoleon's hats that are still preserved. Every Phrenologist watches hats as well as heads. His were all much more than ordinary in size."

Here we have the secret of Dr. Holmes' opposition to Phrenology. The science, as he comprehended it, did not compliment him. He evidently did not know that Phrenologists lay very great stress on *quality* of organization. Size alone does not determine power. It is a fundamental principle of Phrenology that "Size is a measure of power when other things are equal." Quality and activity, etc., are very important considerations.

We had a motorman in our office one day with a head measuring 24½ inches in circumference; he was dull and weak.

The very same day a lady came for examination with a head measuring less than 21 inches, but her quality of organization was fine, activity great; she was smart and intelligent; she had not the brains to set the world on fire, but as a writer for one of our magazines she was brilliant as an electric flash-light.

Long ago we came to the conclusion that opposition to Phrenology could only come from either ignorance of Phrenological principles, or the science did not flatter the objector.

One opponent we know says that large bones are a sign of Conscientiousness; that the shape of the head or brain has nothing to do with it. Of course, he is a large-boned man, and where Phrenology locates Conscientiousness he is found wanting; and his whole life and character corresponds. Phrenology reveals him as a rascal, and he does not love the science at all; but if large bones

were a sign of Conscientiousness, then San Quentin prison is full of Conscientious men, and all small boned men are conscienceless.

Phrenology alone reveals man's nature, and shows him up to the world in his true colors.

When these facts in nature are universally understood, just and honest men will get their dues.



Send us Two Views of Your Head and Face.

State height, weight of body, size of head, measuring by tape around and a little above ears in inches. Height over crown from opening of ear to ear in inches.

Send color of hair, eyes, skin, education, present occupation, name and address, and enclose \$1 for a marked, printed chart, or \$2.50 for a correct, type-written delineation, and we will describe your character and disposition, your leading traits and talents; indicate your natural occupation, trade or profession, and temperamental adaptation in marriage; which organs to cultivate and which to restrain, together with best advice on health and morals.

Catoosa County, Georgia, claims the unique distinction of not having a drug store within its boundaries. From this fact the residents argue that it is the healthiest part of the State, "if not the world."

Please give us your orders for books and the *Phrenological Journal*. You get them at the same price and the orders leave us a little commission which enable us to carry on our work.

Health Department.

MEDICAL ESSAY.

FROM DIET AND DIGESTION.
(CONTINUED.)

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

An appropriate conclusion of these articles on diet and digestion must be the consideration of the question about variation in food. Most writers, both medical and otherwise, argue that man needs variety, and they say that such change is almost a necessity. I will now combat this, and show from analogy and experience that the less change the better for us in every way. Firstly, we will descend to the lower animals and lower orders of evolution or creation, and we find various creatures living entirely on one article of food, and never varying, unless circumstances make them. Thus we notice that the carnivorous animals keep to flesh eating, and are not particular as to the animal, as long as it is food; cows, horses, sheep and donkeys keep to grass eating, and do not break into fields to get variety, though they will eat turnips, carrots, and potatoes if given to them; birds keep to caterpillars, slugs, worms, and grain, whichever come easiest. When we descend lower down in the scale we find that each plant or tree has its particular insect; thus some moths live on nettles only, some on currant bushes only, some on ash trees, some on oaks, and some on beeches, and these insects never forsake their particular choice, provided there is plenty of that. We even find that on the same tree some live on the leaves, some on the bark, and some on the roots, and they keep to these special parts and do not infest others. We thus can argue from comparison that every insect or animal has adapted itself to one kind of food, and is content with that, and thrives best on it. We find evidence of the same thing amongst mankind in some few cases where isolated individuals have kept to one kind of diet only, and that food has

been a proper one. These persons have lived to a good old age, and been free from disease. Dr. Felix Oswald mentions the case of a Russian malefactor who was put in prison at the age of twenty-two, and given black bread and water only, and he was not released until ninety. If we examine the records, too, of persons who have lived to a good old age free from illness, we find their food has been very simple—potatoes, bread, Indian corn, or fruits and bread having been their sole food. Misers and hermits bear me out in this. Their food is what some would call "dreadfully monotonous," but is very healthy notwithstanding. Now, persons who complain that they have no variety must content themselves with the knowledge that such is best, and that their trouble is really a blessing in disguise.

Secondly, we must consider simplicity of diet from an evolutionary or adaptation standpoint, for we find that, when animals or men are confined to one class of food only, their organs and structures adapt themselves to that in time, and so they thrive best on it. When we examine the mixed and varied foods that civilized men eat, we must know that we can't have the best health, as so many foods act differently on the various organs; we can't properly adapt ourselves to one class of substances, and so are never in good condition. It is like workmen: keep them to one kind of work only and they become very skillful at it; but let them do a little of everything and they do nothing particularly well. Thus persons who live on meat only secrete one kind of gastric juice; those who live on fruit and grain secrete another kind; but he who tries to live on both, mixes the two and gets neither of the best. This is an argument for a non-flesh diet that is rarely used, but it is a powerful one nevertheless, believing, as I do, that man has no right to flesh eating. I argue that a diet of fruits, roots and grains is best for us, and if we keep to a few of these and have them constantly, our systems adapt themselves to such, and we get on well. But if we chop

and change about from one food to another, and continually tax the various organs with unaccustomed work, we find that they can't act well.

MORAL:—Keep to a non-flesh diet, or begin to adopt it, and when you have done so, keep to as few fruits and grains as possible, cook them in the simplest and most wholesome way, interfere with them as little as possible, and then good digestion with health must be yours. Take the motto of Pythagoras for your own; it is "Do what is right, and custom will make it pleasant."

THE VALUE OF WHOLE-WHEAT OR ADVENT FLOUR BREAD.

In a lecture at Free-Trade Hall, Manchester, Dr. Richardson called attention to the nutritive qualities of whole-wheat bread in the following language:

"In a leg of mutton we have ten per cent of albuminoids, or flesh-forming substance, and eight of fat, or heat producing substance. Let us compare that with wheat as a vegetable substance and we have in the solid matter of wheat eleven per cent of albuminoids or flesh-forming substance, and seventy per cent of heat-producing substance, or starch, with a little fat. Wheat is, then, much more valuable than the leg of mutton."

Dr. Richardson merely substantiates a well-known fact that whole-wheat bread is invaluable as an article of food; but only the well-informed are aware that white-flour bread is not "whole," but maimed, being seventy per cent starch without a particle of albuminoids or flesh-forming substance which is found in the bran. White flour contains no bran, therefore no flesh-forming, but only heat substance. Advent flour is the whole wheat, less the outer indigestible shell found in Graham and other whole-wheat flour, which irritates delicate stomachs. The absence of these irritants in the Advent, and the ease by which bread or mush, cakes, etc., made from Advent are so easily digested, proves that the Advent is superior to all other flour in

the market for either invalids, children or grown-up, hearty people.

Dr. Jackson, hygienic physician, Sanatorium, Danville, New York, in a pamphlet recently published, in speaking of whole wheat, says :

"Of all the grains known to man there is no other so good for human food as wheat. A proof of this is indirectly to be found in the fact that within that belt of the earth's surface where this grain grows, there the best organized, most influential and highly civilized beings dwell. The 'potential energy' which this grain contains is more valuable to the development of a high order of bodily and intellectual vigor than any other grain, and when eaten aids to the promotion of the largest measure of physical strength and intellectual and moral resource."

Further on he goes to show that the strength of the wheat is in the bran, but this bran is given to the cattle, only the white or starch substance of the wheat being retained for man's food. This is all wrong, and we advise our readers not to eat white bread at all, but bread made from the whole wheat, the best of which is the Advent. It is baked just as other flour is baked into bread; no difference in raising or baking. If you do not bake bread at home, then order it from your baker or the restaurant.

—◆◆◆—
QUITE EXCUSABLE.

An exchange, says the *Youths' Companion*, reports that the teacher of a city school received the following ample apology from the mother of an absentee :

Dear mam, please eggscuse Willy. He didnt have but one pair of pants an I kep him home to wash them and Mrs. O'toole's goat come and et them off the line and that ought to be eggscuse enuff goodness nose.

Yours with respect.

Mrs. B.

—◆◆◆—
Subscribe for HUMAN NATURE, only 50 cts a year.

MENTAL PICTURES FROM THE PAST.

No. 3.—**ICONOCLAST.**

"Boys," said our Sunday-school teacher in the early sixties, "A wicked man has come to town; his name is I-Come-For-Cash; keep away from him."

We made it up with one of our companions, however, to go and see this "wicked man." We knew he could get none of our "cash," for we had none. Evening came and we repaired to the Druids' Hall, when presently a tall and beardless gentleman bounded on the stage and began to speak. His words electrified the audience. For two hours he held the people spell-bound with his magic tongue. Some one questioned his sincerity, and charged him with lecturing for money, whereupon Iconoclast, in a reproachful tone, told how, to keep an appointment, he had tramped sixteen miles through a drizzling rain without a penny in his pocket to pay railroad fare or even buy a cup of coffee.

We did not understand men Phrenologically then, but in years later noticed that Iconoclast had a narrow head, and long, like other reformers; that he was not a money-maker, principles being dearer to him than pelf.

With his religious, or rather irreligious, views, we never concurred, but as a patriot and orator, he carried the masses with him. No man had more bitter enemies or stauncher friends than Charles Bradlaugh, who, twenty years ago or more, dropped the name of Iconoclast.

About 1870, Bradlaugh was announced to speak at a public meeting, when a fanatic with an apish face announced by poster that "Bradlaugh the Gorrilla is coming!"

At the close of the speech, the author of the placard mounted the platform to speak in opposition, whereupon Bradlaugh stepped forward, and politely said :

"Ladies and Gentlemen, the Gorrilla has come," and the audience broke out into incontrollable laughter. Bradlaugh impeached the Royal

family, the House of Lords and the land owners of England, who, he said, were sucking the life's blood of the people. He was struggling for a seat in the House of Commons, and had twice suffered defeat at the polls, from which he was smarting keenly.

Calling upon the audience to hold up their hands who were in favor of Bradlaugh and a Republican form of government as against a Monarchy, nearly every hand went up followed by wildest cheers and enthusiasm; but listen to his rebuke :

"Ah! you cheer me now, but desert me at the polls."

Eventually he was elected; then the House refused him admission because he denied the oath.

Four times he was elected, and after years of struggling, which broke his heart, he was seated at last; but his energies became exhausted, his life went out; thus one of the greatest reformers of the world died in his prime. Charles Bradlaugh, M. P., stood for the rights of man, and he was honored in no part of the world more than in America.

—◆◆◆—
Vegetarians on the Wheel.

Theodore Kragness and his brother Eddie called at our office twice, having ridden on a bicycle from Minneapolis to San Francisco in 38 days, being a distance of 2,856 miles, but they rode really over 3,000 miles, and had to walk considerable during four snow storms, the snow being eighteen inches deep on the Wasatch Mountains, Utah.

The trip was taken to demonstrate the staying power of a vegetarian diet, both men living entirely on whole-wheat wafers, Graham biscuits, gluten biscuits and fruit crackers. Each man carried blankets, cooking utensils, etc., weighing about 30 pounds, together with 30 pounds of food, generally gave 60 pounds of baggage. Considering the hard roads, and that they travelled in the depths of winter, the sustaining power of vegetable diet is clearly demonstrated, as both men looked hearty, and well, and rugged after the perilous journey.

HUMAN NATURE

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

Entered at the Post-Office at San Francisco as
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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., March, 1896.

EVENING CLASSES.

Our Thursday evening class has closed after a very successful session of six months. Those who have not graduated are taking 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.

PROF. SEYMOUR.

We regret that Prof. Seymour's usual contribution arrived too late for this issue. It will appear in our next.

DO HEADS CHANGE ?

We are often asked: "Do heads change?" We reply that everything changes, whether animate or inanimate. Rocks do not change their form so quickly as trees, but they change. Running brooks change their course, and all nature changes gradually. A young man at twenty, weighing 125 pounds, may at forty weigh 250 pounds, and every part of his body and brain has changed somewhat; his expression varies according to the impressions made on his brain, and his brain changes the shape of his head, although partaking of the same identical formation or original structure, it has been modified according to the habits he has lived, the food he has eaten, and the thoughts he has thought.

On July 4th, 1885, over ten years ago, a man came to us for a Phrenological examination. We indicated certain traits of character that were developing, and warned him of certain dangers. Following year he came again on the 4th of July, and we saw a marked improvement.

Every year, on the 4th of July, he has undergone a Phrenological examination, and every year we marked an improvement, until to-day he is so entirely different from what he was that his friends have congratulated him without knowing the reason why. From a common laborer the subject has raised himself to a position he never could possibly have attained without the knowledge he obtained as to his own weaknesses, and how to rectify them, and his powers, how to utilize them to advantage.

No other system of mental philosophy can point out the particular characteristics of any one individual as this man-revealing science, or trace out the law of cause and effect in relation to mind, brain and body.

Scientists may guess, philosophers grope, but without Phrenology they can never, no never, understand human nature.

When teachers get hold of it it will be taught in the schools. Preachers are now becoming alive to its import,

but politicians probably do not want it, because it would "turn the rascals out."

MOTHERS

You desire to know to what occupation your boys and girls are best adapted. Prof. Haddock can give them, for you, a complete Phrenological examination, so that you can train and educate them for their proper sphere in life in which they can succeed.

Some mothers, with more love and ambition than wisdom, wish their children to enter fields for which nature never intended them, and fail.

Put your boy to that trade, occupation or profession his talents mostly favor, and he will succeed. A Phrenological examination is the only practical method by which this can be determined. A Phrenological examination is a revelation.

What an Old, Tried and Popular Lecturer Says About "Human Nature."

I consider that, when looked at from all standpoints, HUMAN NATURE is the most progressive and practical journal on Phrenology now published, and in proportion to its circulation, is making converts to truth faster than any monthly publication, upon any subject, published in America, and every lover of the human race can do excellent missionary work by calling the attention of all classes to HUMAN NATURE, that its circulation may be increased, so it may reach the homes of ten of thousands. In paying this compliment to HUMAN NATURE, it is with due deliberation, having considered carefully, for twenty years, from ocean to ocean, the needs of our people.

Long may the banner of HUMAN NATURE wave to bless mankind, is the prayer of

Yours truly,

B. F. PRATT, M. D.

Plainville, Ohio.

Subscribe for HUMAN NATURE; only fifty cents a year.

REPUTATION.

Reputation is what is known of a person, especially the character, by report.

The cost, the value, the worth of a priceless reputation can be estimated by none, says *The People's Reveille*.

We may work, toil and labor with might and main from youth to old age until we have hoards of treasures, but what is the value of all this without that priceless reputation.

The speed of gaining or losing a reputation may be likened to the soul—we may be coming from darkness to light, but if we make a single misstep, alas! what is the result—down, down, down to an eternal doom.

Without this priceless jewel we stand despised, debased and shunned; no place in society, no joys, and above all, not a happy home. If injured and lost, who will repair it, and if stolen, who will return it?

The greatest thief in existence is the one who steals that priceless jewel; for what doth it profit him?

Where do we find a good reputation? In the drunkard's home? In a gambling den? In the life-destroying saloon? In a thief's retreat? No, in none of these, but in the grand and noble mind of the philanthropist.

What would be the value of our government without this valuable foundation? Who are those who are placed in public office? What a great thing it is to have a good reputation. What is the value of all riches without it? Without reputation, birth has no distinction. "A good name is rather to be chosen than great riches."

When a sample copy is sent, it is as an invitation to subscribe, at fifty cents per year, with a dollar lesson "How to Hypnotize," free, as a premium,

If we have no agents near you to collect your subscription, if you intend to subscribe, kindly send at once to Allen Haddock, 1016 Market St., San Francisco, Cal.

The article mentioned in our last issue on "Hypnotism," by Prof. Wm. Mason, is unavoidably left over until next month.

PHRENOLOGY AT THE Y. M. C. A.

On Thursday evening, February 5th, the new and capacious auditorium of the Young Men's Christian Association of this city was filled to its utmost seating capacity with an intelligent and appreciative audience gathered to listen to a lecture upon "Human Nature Phrenologically Considered," by the eloquent and popular preacher, Rev. W. W. Case, of the Howard Street Methodist Episcopal Church. The lecturer, by the aid of diagrams, busts and skulls, scientifically demonstrated the principles of our science, receiving from his audience many tokens of applause, as his nails were driven and clinched. Not the least interesting part of the evening's entertainment was devoted to delineation of character by the Doctor, who thus thoroughly established his ability to accurately read character. Thus we see that Phrenology is becoming what Horace Mann, the great educator, long ago said it was, "The handmaid of Christianity."

RUB IT ON THE SPOT.

Dr. Smith's Caloric Oil received highest honors at the 28th Industrial exposition, San Francisco, 1895. As a family, pain-curing and healing remedy its stands unrivalled.

For the benefit of distant clients, it is put up and sent free by mail, in cans, properly sealed, for 30 cents; five times larger for \$1. You "Rub it on the spot." See advertisement on page 16.

PROF. HADDOCK,

Dear Sir:—Enclosed is fifty cents for HUMAN NATURE another year; also send me "How to Hypnotize," as per your offer. I am still seeking light and knowledge on Phrenological lines. I believe it one of the greatest and most valuable of all the sciences. HUMAN NATURE is very helpful to one. I do not want to be without it. May the good work go on.

Fraternally,

T. W. BUTLER,

Pastor First Congregational Church, Everett, Wash.

A TRUTH.

"The public intelligence in regard to Phrenological principles is awakening from its sleep of ages. Now is the time to be on the alert. We must be ready to meet the public as they approach us. They will soon demand of us the treasures which hitherto they have scarcely deigned to notice. As soon as the general community realizes the value of our science sufficiently to give it official recognition in the colleges and schools, practical Phrenologists, editors and authors will be deluged with work. Let us prepare for the good time coming in every possible way."—*Phrenological Journal* for January, 1896.

Prof. Jones, of the Santa Clara County Teachers' Institute urges a careful investigation of the characteristics of each pupil. He says: "Child study on Psychological lines is something new." Had he used the word "Phrenological," he would have meant the same; but "a rose by any other name smells just as sweet."

We strongly recommend all teachers to read "The Science of Mind Applied to Teaching," by Hoffman; price, \$1.50.

Prof. Hoffman is an old and experienced teacher himself, and bases his success as a teacher on his knowledge of Phrenological science. He analyzes the mental abilities in a masterly manner.

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.

QUESTION:—Why is it that students in taking our course of lessons grow so enthusiastic, appear so cheerful, and become so self-confident?

ANSWER:—Because a new world is revealed to them; they begin to know who's who. They feel cheerful because they now find something to live for. They grow more self-confident because they are no longer in doubt as to their own mental power and weakness. They know themselves as well as others.

MORAL:—Whatever occupation you follow, it will pay you to take our course of lessons.

FREEDOM.

The average American citizen takes great pride in the fancy that he is a freeman, and is quick to resent any suggestion that he is not an American sovereign, one of the law makers under the stars and stripes; and when the Fourth of July rolls around, or Washington's Birthday is ushered in with flags and bunting, he gets eloquent while drawing comparisons between American republican liberty and European monarchal slavery. He makes the mistake of a generation. Half a century ago, the United States of America discounted the world in liberty. Every citizen was then a sovereign; to-day, the impecunious American citizen is a ruler only in his mind; as a matter of fact, he is a slave, or a tramp, depending on whether he has a temporary job or is looking for work. Out of the 64,000,000 inhabitants of this glorious Union, 2,000,000 own, or have grasped all the means of production and distribution of wealth, and all the wealth itself, leaving the other 62,000,000 abject slaves. This don't sound well, but for proof, we have only to count noses.

Who hold the great railroad lines, the telephones, the steamships, the factories, the mercantile establishments? Who operate the banks? Who deal in stocks, and who own and hold the millions of acres of land, and, like dogs in the mangers, neither till it themselves nor permit others to do so, except by their sufferance and to their profit? Who own and operate the mines of coal and precious metals, the 62,000,000 of moneyless citizens, or the 2,000,000 of capitalists? Time was, even in our own day and generation, when in the old Bay State, a man worth \$5,000 was a well-to-do citizen, and one with \$10,000 to his credit was accounted rich, while the few who could reckon their possessions at \$30,000, were nabobs. The largest of these sums would not be pocket money for a week for our bloated capitalists of to-day.

In those good old days there were three classes—the rich, the middle class, and the poor. Now the middle class are fast disappearing, the days of the small merchant are numbered, and so of the single-handed citizen. In the old days, small stores of general merchandise flourished at every cross-roads, and in all the streets of cities, merchants with small means prospered. To-day, gigantic compartment stores are erected by capitalists where can be bought for the least money anything from a child's toy to a church organ, thus ruining the trade of the small merchant, and driving him into wage slavery. In the good old days, the shoemaker "whipped the cat," that is to say, worked from house to house, or established his shop on the village street, and prospered; to-day he is the wage-slave of a large corporation who grind him to the lowest pay, to operate machines, or in case he rebels becomes a tramp.

The old-time farmer owned the acres he tilled, and was esteemed the backbone of the Republic; to-day his farm is under mortgage to the capitalist, and soon he too will become a wage-slave, or a tramp.

What is a wage-slave? you ask. He is what his name indicates, the honest man who is not up to tricks, and so has got left in the capitalistic race.

The man who is compelled to labor for others in order to keep from starvation, and who must obey the behests of his employer even to voting the ticket demanded of him at the polls or be discharged from his job which a crowd of other hungry hirelings stand ready to take as soon as he quits work, is a slave, than which there can be none more miserable. His only liberty consists in the privilege of changing masters, if so be he can find one who wants him. Without a master (employer is the polite term) he starves; *with* a master he ekes out a miserable existence in toil. The infernal capitalistic system leaves no choice for the honest poor man but slavery or starvation. Oh, yes,

there is one other: he may become a tramp, and "move on," and, like the wandering Jew, find no place for the sole of his foot to rest; and like the gentle Nazarine, no place to rest his weary head.

This is now become a mighty free country; if you have no shoes, you can go barefoot; if you have no food, you can fast; but to get an honest, decent living by the sweat of your brow, or the skin of your teeth, is impossible. There is only a nickel's difference between the man who works and the man who plays, and the man who plays gets the nickel; the tramp excepted; he gets kicks and curses, but, after all, he is the only impecunious sovereign in America, and his name is becoming legion.

Wage slavery is a menace to the Republic. One or the other must go down, and it wont be the Republic. With wage slavery goes capitalism, not by bullets, let us hope, but by votes.

There is a presidential election on the tapis this year. Soon the torchlight parade will put the moon to blush, and amid booming cannon and beat of drum will be heard the stentorian voice of the stump orator bellying for protective tariff, free coinage, free trade, free everything but free men. All sorts of panaceas will be prescribed for hard times, and all sorts of promises made before election to be broken afterward. The bird of liberty must be a stupid owl if she gets fooled this year by chaff. There is but one issue, viz., the overthrow of capitalism by votes.

The wage slaves are in the large majority; they have a remedy for their woes, the franchise. Let them remember that in union there is strength.

"Who would be free, themselves must strike the blow."

Let them unite in

"A long pull, a strong pull, and a pull altogether,"

and win freedom.

C. P. HOLT.

While ransacking my memory's chamber recently
for poetical gems, there came glittering to the light
this brilliant : C. P. HOLT.

DESTINY.

" 'Twill be all the same in a hundred years,
What a spell-word to conjure up smiles and
tears !

O ! how oft do I muse 'mid the thoughtless
and gay

On the marvelous truth these words convey.
And can it be so ? Must the valiant and
free

Have their tenure of life on this frail decree ?
Are the trophies they've rear'd and the
glories they've won

Only castles of frost-work confronting the
sun ?

And must all that's as joyous and brilliant
to view

As a mid-summer's dream be as perishing
too ?

Then have pity, ye proud ones ; be gentle,
ye great !

O, remember how mercy heseemeth your
state ;

For the rust that consumeth the sword of
the brave

Is eating the chain of the manacled slave,
And the conquerer's frowns and his victim's
tears

Will be all the same in a hundred years."

" 'Twill be all the same in a hundred years !
What a spell-word to conjure up smiles and
tears !

How dark are your fortunes, ye sons of the
soil,
Whose heir-loom is sorrow, whose birth-
right is toil !

Yet envy not those who have glory and
gold

By the sweat of the poor and the blood of
the bold ;

For 'tis coming, howe'r they may flaunt in
their pride,

The day when they'll moulder to dust by
your side.

Death uniteth the children of toil and of
sloth,

And the democrat reptiles carouse upon
both ;

For time as he speeds on his viewless wings,
Disenamels and withers all earthly things ;

And the knight's white plume, and the
shepherd's crook,

And the minstrel's pipe, and the scholar's
book,

And the emperor's crown and his Cossacks'
spears

Will be dust alike in a hundred years !"

" 'Twill be all the same in a hundred years !
O ! most magical fountain of smiles and
tears !

To think that our hopes, like the flowers of
June,

Which we love so much, should be lost so
soon !

Then what meaneth the chase after phan-
tom joys,

Or the breaking of human hearts for toys,
Or the veteran's pride in his crafty schemes

Or the passion of youth for its darling
dreams,

Or the aiming at ends that we never can
span,

Or the deadly aversion of man for man ?
What availeth it all, O, ye sages, say !

Or the miser's joy in his brilliant clay,
Or the lover's zeal for his matchless prize,

The enchanting maid with the starry eyes,
Or the feverish conflict of hopes and fears,

If 'tis all the same in a hundred years ?"

" Ah ! 'tis not the same in a hundred years,
How clear-so-ever the case appears ;

For know ye not, that beyond the grave,
Far, far beyond where the cedars wave

On the Syrian Mountains, or where the stars
Come glittering forth in their golden cars,

There bloometh a land of perennial bliss
Where we smile to think of the tears in this !

And the pilgrim reaching that radiant shore
Has the thought of death in his heart no

more,
But layeth his staff and sandals down

For the victor's palm and the monarch's
crown,

And the mother meets in that tranquil sphere
The delightful child she had wept for here,

And we quaff of the same immortal cup,
While the orphan smiles and the slave looks

up ;
So be glad my heart, and forget thy tears,

For 'tis not the same in a hundred years !"

—Anon.

PROFESSOR ALEXANDER.

This popular Phrenologist delivered a short course of instructive and entertaining lectures last week at Hamilton Hall, Oakland. His audience was composed of cultured people, and judging from the applause which greeted the Professor's happy hits and dry humor, they were delighted with his efforts. Professor Alexander and his manager, Mr. Clarke, are courteous gentlemen, and their efforts in disseminating the principles of Phrenology and keeping its standard high, are worthy of commendation and emulation.

Mrs. Alexander and the baby are the inspiring factors in this lecturing company. The former a lady of refinement, and the latter a sweet little bundle of prattling humanity.

Prof. Alexander went from Oakland to Portland, Oregon, and intends to lecture in British Columbia the coming spring, and thence to England. May success attend his efforts. We bespeak for him the attention and the patronage of our readers on the lines he may travel. C. P. H.

BOOKS AND MAGAZINES.

REVIEWED BY C. P. HOLT.

"Dyspepsia, Its Cause and Cure." by John W. Taylor ; L. N. Fowler & Co., London, Eng.

Every one of the ninety-seven pages of this book contains food for thought, such as should be partaken by every person who has a stomach. It is thoroughly scientific, but not dry. There are tables giving food values and hints on diet, bathing, sleep, exercise, etc., which are invaluable to every one who desires to be "healthy, wealthy and wise."

"Popular Palmistry," by James Allen ; L. N. Fowler & Co., London, Eng.

A good motto for this little book would be *multum in parvo*. It is decidedly the clearest and most comprehensive work on the little-understood theory of Palmistry ever issued from the press. The author has freed the subject of which he treats from much of the mysticism found in other books on palm reading. Character is displayed in every inch of a man, including the hand and even the foot ; but Phrenology delights in giving a reason for every assertion it makes, while Palmistry, *per se*, is fond of making declarations without proof. This book gives some evidence to support its claims, which is commendable. The first pages are devoted to Chiromnomy, or character as shown by the palm. The second part of the book treats of Chiromancy, or the study of destiny as shown by the hand. Character and destiny are interwoven, so that if we can read the character of a person, we may by that also on general principles forecast his future to a limited degree, though not in detail, this our author makes clear.

The Phrenological Journal for February is up to its usual excellence. There are three portraits of Sarah Bernhardt, and a phrenograph of this actress by Dr. Edgar Beall, also one of Mrs. E. L. Dearborn, a psychist, illustrated by a bust portrait and a picture of her hand. The Phrenographs of Dr. Beall are always interesting reading. "Thumbs and Fingers," by Prof. Chas. Todd Parks, shows what character may be found in thumbs thick, thumbs thin, and, as children say in play, "thumbs up, thumbs down, and thumbs wigwag." Prof. Nelson Sizer, in his usual happy way, instructs mothers in "Child Culture." Prof. John Shull has an article of merit on "Conditions of Happy Marriage." The article on "Alcohol as a Medicine," makes plain that there is no medicine in the "pesky stuff," and that it should be administered to only sick alligators. There is much in this number of the *Journal* that should be read by every-body.

HOW MUCH IS A PHRENOLOGICAL EXAMINATION WORTH?

To some people a Phrenological examination is worth nothing; they fail to utilize the knowledge revealed to them of their own powers, or to cultivate their own weakness.

To Mr. George P. Wetmore, President of the Cushing-Wetmore Co., 508 California street, this city, a Phrenological examination has been worth something. Two years ago when he came to us for a Phrenological examination, we pointed out to him his clever abilities for architecture and for managing building operations, etc., but found Acquisitiveness so small that he set no value whatever upon money, and an utter carelessness as to providing against future wants, being the result of small Cautiousness, and advised him how to cultivate both faculties.

A year ago he came for another examination and chart. We did not recognize him, but our class was sitting, so we examined him before the students, and told him the same story. The students examined him with the same result.

He has just been again. His moustache was shaved off; he had grown stouter, and we had not the faintest idea of ever having seen him before, as his appearance had greatly changed and he acted the part of a stranger perfectly well.

We found greater activity of Acquisitiveness and Cautiousness, and told him that he had evidently been saving and economizing of late. This was his reply:

"You have examined me twice before, and I have profited greatly by your advice. First examination, I was in the receipt of a splendid salary, but could not save a dollar; now I have three pieces of property in this city paid for, all mine. Your examinations have been my salvation. I am dead in love with the science, and shall come and see you again, but with a new face, if I cannot bring you a new head."

In Mr. Wetmore's case, a two-dollar examination with chart has been a very profitable investment.

THE GOSPEL OF HATE.

There remains in the minds of the common people of this country considerable ancient prejudice against England.

Since the revolutionary war our school books have been full of revolutionary literature. The fiery speeches of Patrick Henry and other American patriots have held England up as a tyrant. Newspapers keep up the irritation by misrepresentation and bombast. This leads to no good. Therefore we take pleasure in submitting the following lines clipped from a Kansas paper.

THE GOSPEL OF HATE.

Hate England? Hate our kith and kin
That speak our common mother tongue,
The speech that Hampden thundered in,
The tones that Burns and Milton sung?

Hate England? Hate our ancient home,
Whose every acre knows a story,
From Caithness' crags to Cornwall's foam,
Of Keltic pluck and Saxon glory?

Hate England? Hate the land of Vane,
Of Cromwell, Chatham, Wellington,
Of Wesley, Howard, Mill and Bain,
Of Dickens, Scott, and Tennyson?

But who is this that preaches Hate?—
I think we know the accents well—
The fallen archangel of our state,
The scoffing civic infidel,

Who built a great renown of spite,
Who called the Christian statesman, fool,
Who based his law of right on Might,
And cast away the Golden Rule.

So, while the bells of Christendom
Tell earthly homes and empyrean
That Christ, the Prince of Peace, is come,
The lowly, loving Galilean,

A new Messiah clears his throat,
Bad tidings of great woe to tell,
And utters with discordant note,
The Gospel of the Reign of Hell.

While thoughtless followers, mid the murk
Of promised war, revise the strain;
Peace e'en to the unspeakable Turk,
Good-will to all but Englishmen.

Hate bullying? Aye; hate greed? Amen!
Hate tyranny and wrong? Forever.
In Britain or American;—
But hate all England? Shame! No, never!

Hate lust for land, and hate no less
The greed that seeks its gain in gore;
Stand fast, as England's taught us, yes,
Against aggression evermore.

LESSONS IN THE ART OF CHARACTER READING.

If you wish to know how to Read Character, come to our office; we are ready to teach you.

Our method is simple; we do not confound you with medical or technical phrases, but teach Nature's great truth's as revealed by the science of man.

Some of our former students had "read up" a great deal and conceived false theories. We had these to remove. Much better students are they who come with a mind open to receive the first light from a teacher. It is surprising how some students without any previous experience have grasped the fundamental principles of the science in a few lessons, so that they could before the course was through, give remarkably correct examinations.

Business men are taking up the subject of character reading; it enables them to know whom they are dealing with.

One of our students formerly relied on his "intuition." He lost \$300 by it. After taking a course of lessons, he saw where he had made a mistake, and saved himself \$500 by knowing just how to take another customer. This gentleman is a wholesale merchant in San Francisco.

Lawyers, ministers, teachers, business men, workmen, and every class of men and women may profit greatly by this knowledge of human nature.

For the modest outlay, it affords more real pleasure than any other science, as it relates to man and reveals his nature.

Those desirous of taking up a Diploma course for professional work, will receive, in 45 lessons, considerable practical work in personal examinations, and a Diploma or certificate which is recognized by all Phrenological societies in the world, and the public everywhere.

Our students have the free use of Jordan's Museum as well as our own charts, skulls, diagrams, portraits, etc.

Small Course, 8 lessons, . . . \$10.
Middle Course, 22 lessons, . . . \$25.
Diploma Course, 45 lessons, . . \$50.

Each lesson takes one hour. Some students take two lessons per day, others one, others still only one per week. In these *private* lessons, students may choose their own time.

IN THIS AGE OF AGES, TO BE LIVING IS SUBLIME.

RALSTON KAFFEE

IS • THE • LONG-BOUGHT • BREAKFAST • AND • SUPPER • BEVERAGE.

for children and for adults who find tea and coffee injurious.

It contains the aroma but not the poisonous alkaloid of coffee, IS HIGHLY NUTRITIVE, EASILY ASSIMILATED, ABSOLUTELY PURE AND A PERFECT SUBSTITUTE for Tea, Coffee, Cocoa and Chocolate.

IT'S LIKE MOCHA COFFEE.

Put up only in One-Pound Tin Cans, Full Weight.

80 Cts. lb. Ask Your Grocer For It.

Two pounds of Kaffee equal to Three pounds of Coffee.

Free Samples at Office.

None Genuine Without This Trade Mark.



"Pure Gluten" Flour is the Real Staff of Life

and the most valuable single article of food known to chemical science. Freed from starch and the outer bran coats it is easily digested and assimilated; rich in nitrates and phosphates, it is highly nutritive, and the best bone, muscle, brain and nerve builder. A perfect substitute for meat. One pound contains more nutriment than three pounds of beefsteak

A SPECIFIC for Diabetes and Bright's disease, a NECESSITY in nervous and wasting diseases, a DELICACY for the well.

For infants, invalids, brain-workers and athletes it has no equal.

Makes delicious mush in one minute; and may be used for all the purposes of ordinary flour.

12½ cts. a pound, in 10 pound sacks, C. O. D., free of expressage in S. F. and Oakland.

WHAT DO YOU DRINK?

Raw Water, an Aquarium! Boiled Water, a Graveyard! Distilled Water, Purity Only!

Chemically pure distilled water, in 5 gallon lots, and upwards, at 10 cts. a gallon, C. O. D., free of expressage in S. F. and Oakland. Telephone and postal orders promptly filled.

The Ralston Health Food Company,

Room 522, Central Bank Building, Broadway, cor. 14th St., Oakland, Cal. Telephone, San Francisco Depot, 203 Sutter St., above Kearny. Telephone, Main 113.

NOTE.—A deposit of \$1.00 required on demijon.

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.

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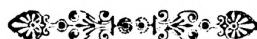
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