



VOL. VI. No. 5. }

SAN FRANCISCO, MAY, 1896.

{ Subscription per Year 50 Cts.
 { Single Number - - 5 Cts.

FROM THE MATERIALISTIC TO THE IDEAL.
POWER OF MIND OVER MATTER,
 Showing the Marvelous Changes
 Wrought in a Man by
 Phrenology.



C. K. JOHNSON, photographed April, 1893.
 MATERIALISTIC.

Readers of HUMAN NATURE will observe a great difference of expression in these two portraits of Mr. C. K. Johnson. One is Materialistic, the other Ideal, yet only three years elapsed between the time when these photos were taken. When the first portrait was made, in 1893, he was engaged in active and successful mining

enterprises, in Colorado. After the demonitizing of silver, when all business suffered, when the mines closed down, and when the crash came in August of that year, Mr. Johnson was drawn into the whirlpool and lost everything he possessed. Soon after, he left Colorado, and went East

almost ruined in health and pocket. In the fall of 1894 he came to California in ill health. November, 1894, he called at HUMAN NATURE office for a Phrenological examination, which disclosed his physical and mental condition, and we strongly advised him what to do. He was under the Doctor's hands, and taking medicine which apparently gave him no relief. He took our advice, "threw physic to the dogs," and began to improve right away. Afterwards he engaged in business as a traveling salesman, and then took a Diploma course of lessons in Phrenology under our instruction, and to-day he is a new and better man than ever he was in his life; full of physical and mental vigor; he feels that it is good to live and to be living is sublime. Look on the first portrait, the expression is coarse and rather sensual; top lip especially so; nose and eyes tell the same story. But it will be seen that he had a practical head, as the Perceptive intellect was large. He was able to protect his own interests, as the self-protective faculties are well developed, which is denoted by the general full-



C. K. JOHNSON, photographed April, 1896.
 IDEALISTIC.

ness of the side-head above and forward of the ears; and that he was ambitious is determined by the fullness and height of the crown, so that the tendency of his mind was in an upward direction. for the moral region is also well developed.

Now look on the other picture taken three years later, in April, 1896. Who will now say that Phrenology is not an uplifter?

The subject of our sketch is one of the most enthusiastic students we ever had, and justly so; and he claims that to the science of Phrenology he is indebted for his health, happiness and prosperity to-day.

His features are more refined now, because his mind has undergone a refining process. He has an earnest and serene look now, because he is both earnest and true to himself, therefore cannot well be false to any man.

He looks more intelligent in the 1896 portrait, because he has gained a vast amount of knowledge concerning himself and the nature of other men; a new world has been revealed to him. He understands men at sight now, and makes more money in his commercial business than he did before, or than he could have done when human nature was to him a veiled mystery. He sees men and knows how to handle them better than he did, as he knows their weak and strong points of character, also his own thoroughly. But Mr. Johnson is so completely imbued with the importance of the science and its power for bettering mankind, for adapting men to special trades, occupations and professions in accordance with their abilities, that he has decided to go out into the world and preach the gospel of Phrenology to every creature.

He says that before he learned from a Phrenological examination and a course of lessons what were his traits of character, he was restless and discontented, and could not decide on what pursuit to follow, and although he is a success as a commercial salesman, he has become so thoroughly impressed and enthused with the sub-

ject of Phrenology that he feels he can do great good to himself and the world by its advocacy, and henceforth, or in a little while, he intends such shall be the field of his operations.

He has just returned from a business trip from New Mexico, and has written a description of "Rueben, the Guide," which appears in another column. We recommend its perusal to our readers.

One word more, when Mr. Johnson called on us for a Phrenological examination eighteen months ago, he could not walk one-half mile without resting. On Sunday, April 12th, he accompanied us on a walking tour through Ross Valley, climbed Mount Tamalpais, down by Redwood Canyon, forward to Millwood Station, nearly twenty miles. At the end of the journey he was ready to challenge us to a mile foot race, and prepared to win it, too.

Moral: Study yourself, your own constitution, both physically and mentally as revealed by Phrenology.

No other science can bless or benefit you so much or bring you so much health and happiness as the science of Phrenology. Find out where you are weak; let drugs alone; obey nature's laws and live, that you may become a blessing to yourself and to the world.

A DUNCE IN MATHEMATICS.

A lady came into our office the other day with her son for a Phrenological examination. His head from the *frontal sinus* all along the median line stood up in a ridge as if a piece of whip-cord was under the scalp. He was finely organized, and had a bright expression on his face, with a full round eye and arched eyebrows that at the outer angle terminated inward abruptly. We remarked: "This young man could learn several languages, or become an orator, but never a mathematician."

The mother replied: "Your statement is positive and wonderful. He knows Greek and Latin, but is a dunce in mathematics. I think teachers ought to be better acquainted with your science."



PROF. HADDOCK

GIVES LESSONS IN AND MAKES

PHRENO-PHYSIOGNOMICAL Examinations Daily.

1. Verbal examination, \$1.00
 2. Verbal examination with Chart, \$2.00
 3. Both above, 1 and 2, including a
Type-written Analysis, very complete, \$5.00
- Photos (verbal), and Delineated in office, .50
Recorded on Chart, \$1, Written Analysis \$2.50.
All pictures returned Free, by Mail.
Children and Family parties one-half price of
1, 2, or 3.

Our WRITTEN Charts are done on the

SMITH Premier Typewriter.



LEO E. ALEXANDER & BRO.

are agents for the machine.

218 Sansome Street, San Francisco.

But all the

Phrenological Examinations

—ARE MADE AT—

Human Nature Office, 1016 Market St.

San Francisco.

Food for the Readers of "Human Nature,"—Physical and Mental.

Your issue of February contained some very suggestive hints as to the diet of the greatest men of all ages, especially in the title. It affords a striking confirmation, too, of the Natural Food System, that neither meat, bread, nor other grain foods are at all mentioned as the main diet of such men as Demosthenes, da Vinci, Raphael and Mahomet; in fact, fruit figures as the chief food with each.

When we find so little progress has in the last century been made in food reform on the non-flesh or vegetarian basis, it ought to raise grave doubts all around as to whether this great reform was not started too much on sentimental grounds. Merely to advocate abstinence from fish, flesh or fowl in our diet, leaves science out altogether as to its positive teaching, and so the vegetarians, in many cases, have floundered from the frying pan into the fire, where they have increased the consumption of cereals by giving up all forms of flesh.

Men like Emerson and Franklin, Greely and Thoreau, were no fools; they were only half on the right track, however, when they went for food reform, as they mainly looked at it from the humanitarian point of view, and were content with the non-flesh system of diet, without any direct or selective guidance from science.

Bread has been reckoned nearly always "the staff of life" with food reformers hitherto. With the Natural Food Society's teaching it has been found to be the main source of disease and the chief promoter of that physical degeneration and depravity that is the forerunner of the worst forms of intemperance and other vices.

If by obedience to the laws of nature implicitly we can gradually, as a race, win back the blessings of the Edenic life, why do we hesitate with such a radical discovery to aid us? I would like an answer from some of those who revere the memory and uphold the writings of the great George Combe, whose "Constitution of Man" was the chief source of my own con-

version to the doctrine that we must expect to reap as we have sown in matters physical as well as moral.

If this great discovery of Dr. Densmore's is to have its complete and full results, it must be by combining a diet of fruit and nuts with meat whilst men live in offices, shops and factories, and have to contend with nineteenth-century competition, and also on account of the degenerate constitution resulting from so many centuries of wrong doing. It is not easy to say so much after working for upwards of a quarter of a century to remove flesh, fish and fowl entirely from the bill of fare of mankind; but loyalty to truth and conscience compels me to declare that simply to teach the non-flesh tenets of the old food reformers would be incomplete.

The natural food system has now had six years' practice and discussion. It is found to harmonize with all the revelations of scientists completely at every point, as well as with the aspiration of the sentimentalist or humanitarian in its ultimate teachings. Nothing explains so clearly why all the diet cures have been so successful in the past, such as the grape cure, the milk cure, the flesh or Salisbury cure, the Banting or semi-starving cure, as each and all were conspicuous for reducing the bread rations to a minimum; and the most successful doctors of to-day are those giving most attention to the details of diet, like Sir Andrew Clarke, Gladstone's late physician. Diseases can also be prevented by right living, and when people wake up to the fact that *all diseases are preventable* they will realize that sickness results solely from sinning against natural law, and that only victims of accident are to be sympathized with.

If your readers could only realize what would be accomplished by simply giving up the least palatable of all their diet and substituting more of the most enjoyable fruits, not one in a dozen would hesitate to make a trial at least for a week or two. Bread and other flour foods are quite unattractive but for the adjuncts with which they are combined. Potatoes, although

severely condemned for their starch by all doctors in sickness, when combined with gravy, or fried in grease, served up with condiments, are most popular of foods for rich and poor, but what are they alone or uncooked? How far are the universal, mortal ailments of consumption and cancer, grip, catarrh, etc., due to the wrong diet of the people, to these unsuspected starchy foods, in fault? Dr. Densmore's food literature is simply sufficient to afford an answer.

It is a snare and delusion for mankind at large, as we can amply prove from the writings of scientific men in England, America, France and Germany, that grain foods formed no part of man's first diet, and that they are unnatural and disease producing.

Will you permit me to add, that having been located since last November for five years at Ballard, Santa Barbara County, fifty miles from that city, on a real number one peach and plum ranch with nearly 8,000 trees in full-bearing condition, I shall be glad to hear of anyone yearning after natural habits of life all around, namely, fresh air, outdoor work and pure food; apples, pears nuts and dried olives form seven-eighths of my diet.

All who send me a stamped, addressed envelope will get the best advice I can give as to starting, whilst our magazine, "Natural Food," and book, "How Nature Cures," can be had at the office of HUMAN NATURE.

W. S. MANNING.

"How Nature Cures," price, \$2.00, sent free by mail; address HUMAN NATURE office. See advertisement on page 15.

Napoleon said to one of his generals: "My head seems to be developing in the frontal (intellectual) region, which I attribute to the intellectual activity of my brain during the campaigns."

Phreno is the Greek term for MIND; *logus*, a discourse. Phrenology then means a discourse of the mind; and as the study of mind is a science, Phrenology is a science.



“RUEBEN, THE GUIDE.”

BY CHARLES KINGSLEY JOHNSON.

I have just been on a business trip to Southern California and New Mexico, and met with quite a character in “Rueben, the Guide,” a negro of repute, and whose fame extends far and wide.

Rueben is an interesting study in negro character, inasmuch as he possesses all the gush and animality of his race, coupled with great shrewdness and intelligence far beyond the average of his kind.

Tourists from San Diego to across the Mexican line find Rueben, the Guide, a trustworthy and hearty friend, and they are few who can look into his sunlit countenance but fall a prey to his “magic spell” of extracting extra dollars from their pockets. He owns the stage and many teams by which tourists and travelers “do” the sights in the southern clime, and by his great business capability, his geniality and sauvity of manners, he has accumulated considerable wealth and has a dark-eyed Mexican girl for wife to share it.

Rueben laughs; nobody ever saw him cry. Does he look sour? No; he is all sunshine; and what a pretty, little (?) mouth Rueben has got, to be sure; but it tells of a whole-souled nature. His strong Vital-Motive

Temperament gives him pliability with strength, and added to his very large Mirthfulness enables him to be on good terms with every one, and at peace with all the world.

His large, Mexican hat prevents an examination of his head; but we can see that the Perceptive group is large, so that he is practical and knowing. His full, round eyes and open mouth show that he is a good talker. His loquacity and agreeableness attracts the attention of strangers especially to Rueben, which admirably gratifies his large Approbativeness; and if we may judge by the distended nostrils, his lungs are good enough to make a loud noise, but his smile is a horse laugh.

His head is too narrow between the ears to be peevish or revengeful. He is not vicious or spiteful, but warm-hearted, social and very friendly, as the full magnetic lips and fulness of the cheeks over the molar teeth indicate.

“Rueben, the Guide,” is a rich man, rich in having a share of this world’s goods, and rich in humor, agreeableness and sauvity of manner; rich in knowledge he possesses of men and their manners; rich in practical knowledge he has gained, not by reading or thinking much, but by practical observation. His very large faculty of Locality gives him such a memory of places, and his large Perceptives such a memory of facts, that he is quite a study as a remarkable guide.

Examinations at Your Home.

You desire to know what your children are adapted to in life. Or you have some friend and would love to give them a nice entertainment; then send for us, and we will come out to your house, if within ten miles of the office, for \$5.00, any evening you wish, except Monday and Thursday evenings. We charge nothing extra for five to ten Phrenological examinations.

Address, Prof. Haddock, 1016 Market Street, City.

DRUGGED AND DELUDED.

“Why is it that the people cannot see that drugs and medicines as means to cure the sick are worse than no treatment? If the masses would get information that would place them in a position to reject the use of drugs and medicines, so-called, as healing agencies, they would take one great and grand step in advancement and improvement.”—*Dr. J. G. Stair.*

“The people cannot see” because they are blinded by medical priests who find it profitable to instill false notions in order that they may thrive. That is the sum and substance of the whole story, so what is the use of mincing matters? What is the use of stating the case in any other way? Drug doctors thrive on the ignorance of the people. We say “ignorance,” and we mean it. No matter how well educated in other branches a man may be if he knows no better than to swallow a drug store by the order of an M. D., he is an ignorant man.

The masses have had information on hygiene poured into their ears that would place them in a position to get well and keep well, yet still they must take drugs for a cure which never cures, but keep them sick; or if by taking medicine a chemical change affords them temporary relief, it leaves them in a worse condition than before.

According to one of our exchanges, *The Harbinger*, from far-off India, the priests of some native tribes cause their people to wear iron caps tightly bound over the head, in order to prevent the growth and activity of the brain, with the result that the religious fanatics become weak-minded or idiotic, so that we presume they can be better managed or controlled by the priests.

It is only a question of degree whether the brains of our people be cramped with an iron cap or cramped with superstition and bigotry; in either case advancement and improvement is impossible as regards to health of body and mind.

There are some doctors we know who are utterly opposed to drugging; but the people have been so educated to believe in drugs as healing agencies,

that honest doctors cannot make a decent living in competition with the drug doctors. One of these "nature's noblemen" told us only last week that as a hygienist he could scarcely make a living; people would have medicine, so he turned back to the old school of drugging, and now has a fine house of his own and plenty of money in the bank, and he advised us to let the people be drugged.

We have a book for sale, imported from London, entitled "How Nature Cures," by Dr. Densmore; price only \$2.00; it tells how to cure by food and hygienic treatment without the use of drugs; therefore, we recommend it to our readers, and advise them once more to let deadly drugs alone. Let the people learn how nature cures by rational methods.

OUT OF PLACE.

Some time ago there came into our office a father and son. The father said: "I wish you to give this young man a Phrenological examination and a chart."

He was a strong, bony and muscular young fellow, about eighteen years of age, and weighing 160 pounds, with dark hair, eyes, and complexion. The muscular and sinewy condition of body was so prominent and the brain and nervous system so much inferior, that we remarked: "This young man belongs to the blacksmith's shop, or at some heavy mechanical labor where strength and constructive skill is required. He is a born constructor, machinist, engineer, etc., but do not, of course, put him to watchmaking, or he will get sick."

"Why will he get sick at watchmaking?" the father interrupted.

"Because a clock hammer is too light for him. He has ingenuity enough, but his strong physical nature needs exercise to carry off the superfluous steam."

His father replied: "That boy is a watchmaker. He has been sick for half a year. The doctors have drugged him until he is worse now than ever."

Turning to the young man, we re-

marked: "How do you feel using a clock hammer?" He answered: "I feel as if I could smash everything before me, and I have to run, swim, and indulge in athletic exercises, but from indolence I got sick, and had to go to the doctor."

Turning to the father, we said: "Take your son from the watchmaker's bench, put him to be a blacksmith, carriage maker or machinist, engineer—locomotive or stationary. He needs heavy constructive work. In commerce, he would fail. At watchmaking, he will sicken and die. He has no literary or legal talent. He is a mechanic, and will keep well and succeed only there."

Our chart was made out accordingly. The young fellow was put into a machine shop near the city front. That was a year ago. His health improved right away. His new occupation is congenial to his nature. He is happy. He passes our office regularly, and always smiles. His father thinks, as he looks now upon the countenance of his healthy boy, that Phrenology is the most wonderful science in the world. It saved his son by showing him his proper occupation.

How long will it be before the world realizes that it is upside down; that men, perhaps through force of circumstances, get into occupations which are not congenial to their nature; but if they knew the secret some way would be opened to right about face. As things are now, it is a case of the blind leading the blind.

That is the whole story; men are out of place; and until Phrenology (human nature) is better understood, and the world acts accordingly, we may not only expect failure, but sickness and death, because from disappointment and failure the mind gets weary and the body sick.

The Phrenological Journal, for April, says:

"HUMAN NATURE grows better. March issue full of spirited talk on life and character. Professor Hadlock's Phrenographs are crisp and pointed."

SICK MEN AND WOMEN.

We are effecting great cures by mail. (Distance no object.) Send us a portrait and leading symptoms, and we will put you on a natural bill of fare that will cure you.

Doctors pour drugs down the throats of their victims, or feed with milk and whisky to keep up the strength (?) which is all wrong. The fact is, we all eat too much; nature cannot throw off the load. Sick men and women who cannot assimilate their food need hygienic treatment; no drugs, no whisky.

We insert the following extract from a letter, not for the love of approbation, but to show that our method is successful:

"I thank God that he has sent you and your beautiful science to my rescue. You have restored me to health and happiness. May God bless you, and prosper your science. Your advice to me has been worth more than all earthly things. I am deeply grateful to you."

Modesty prevents us publishing more of this gushing letter; we get many such; but a sick man made well ought to be grateful. Our excuse for publishing this excerpt is to show that we can and do cure, not by drugs or whisky, but by proper feeding and hygienic treatment.

There would be no money in healing the sick if doctors adopted our simple plan, because people get well, and keep well, which they can never do by drugging.

Our plan is simple, and based on nature, therefore effectual, and costs less than a visit to a doctor or drug store.

With proper food, suitable for the ailment, plenty of water inside and out, with directions how to secure a tranquil state of mind, and nature does the rest.

Let those who still believe in drugs suffer; we can only pity them

HOW NATURE CURES.

Dr. Densmore's great work, "How Nature Cures," which is creating such a sensation everywhere, is for sale at HUMAN NATURE office. Price \$2. Postage paid to any address.

Health Department.

WHOLESOME COOKERY.—BREAKFASTS.

FROM DR. ALLINSON'S ESSAY.

As breakfast is the first meal of the day, it must vary in quantity and quality according to the work afterwards to be done. The literary man will best be suited with a light meal, while those engaged in hard work will require a heavier one. The clerk, student, business man, or professional man will find one of the three following breakfasts suit him well:

No. I.—Wholemeal bread six to eight ounces cut thick with a scrape of butter; with this take six to eight ounces of ripe, raw fruit, or seasonable green stuff; at the end of the meal have a cup of thin, and not too sweet cocoa, or a cup of cool milk and water, or even a cup of water that has been boiled and allowed to go nearly cold. An egg may be taken at this meal by those not costive and luxuriously inclined. The fruits allowed are all the seasonable ones, or dried prunes if there is a tendency to constipation. The green stuffs includes watercress, tomatoes, celery, cucumber and salads. Lettuce must be eaten sparingly at this meal, as it causes a sleepy feeling. Sugar must be used in strict moderation. Jam, and fruits stewed with much sugar, must be avoided, as they cause mental confusion and disinclination for brain work.

No. II.—Three to four ounces of coarse wheatmeal or crushed wheat, coarse oatmeal or groats, hominy, maize or barley meal may be boiled for half an hour with milk and water, a very little salt being taken by those who use it. When ready the porridge should be poured upon platters or soup plates, allowed to cool, and then eaten with bread. Stewed fruit may be eaten with the porridge, or fresh fruit may be eaten afterwards. When porridge is made with water, and then eaten with milk, too much fluid enters the stomach, digestion is delayed, and waterbrash frequently occurs. Porridge absorbs at least twice its weight of water in cooking, so that four ounces of meal will make at least twelve ounces of porridge. Sugar, syrup, treacle or molasses should not be eaten with porridge, as they are apt to cause acid risings in the mouth, heartburn and flatulence. In summer, wheatmeal and barleymeal make the best porridge, and they may be taken cold; in autumn, winter and early spring, oatmeal or hominy are the best, and may be eaten lukewarm. When porridges are eaten no other course should be taken afterwards, but the entire meal should be made of porridge, bread and fruit. Neither cocoa nor any other fluid should be taken after a porridge meal, as the stomach becomes filled

with too much liquid, and indigestion results. To make the best flavored porridge, the coarse meal or crushed grain should be stewed in the oven for an hour or two; it may be made a day before it is required, and just warmed through before being brought to the table. This may be eaten with wholemeal bread and a small quantity of milk, or fresh or stewed fruit.

No. III.—Cut four or six ounces of wholemeal bread into slices, put them into a basin and pour over them about half a pint of boiling milk or milk and water; cover the basin with a plate, let it stand ten minutes, and then eat slowly. Sugar or salt should not be added to the bread and milk. An apple, pear, orange, grapes, banana, or other seasonable fruit may be eaten afterwards. No other foods should be eaten at this meal, but only the bread, milk and fruit.

Laborers, artisans, and those engaged in hard physical work may take any of the above breakfasts. If they take No. I., they may allow themselves from eight to ten ounces of bread, and should drink a large cup of fluid afterwards, as their work requires a fair amount of liquid to carry off some of the heat caused by the burning up of food whilst they are at work. If No. II. breakfast is taken, six to eight ounces of meal may be allowed. If No. III. breakfast is eaten, then six or eight ounces of bread and three-quarters of a pint of milk may be taken.

N. B.—Women require about a quarter less food than men do, and must arrange the quantity accordingly.

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

THE VALUE OF BRAN.

We gave a hint in our last number showing the value of bran as a nervine and brain food.—how the miller hulls the wheat, that is, he strips the grain of its covering—the bran, in order to get a white flour, because the people prefer a white-loaf bread, you know, for is not white purity itself? Who but cranks eat brown bread? Then we told how the chemist, knowing the value of the grain covering cast out by the miller, takes this bran, makes a decoction of it, finds it a wonderful remedy for the nerves and brain, and sells it as "maltine" at \$1 per bottle.

Now, facts are stubborn things. It is a fact that persons, young and old, who live largely upon food made out of wheat when the bran has been separated from the flour, are constipated, purely from a want of natural

action of the bowels, and Dr. Jackson writing on this subject says:

"Whenever these people have stopped taking food made of bolted wheat flour, and have gone to eating food made of unbolted flour, their constipation has lessened, the action of the lower bowel increases and after a while becomes natural; and when constipation gives way to a full movement, this reflects, sometimes, entire and complete relief over the whole brood of ailments which had made their lives wretched."

Now, Advent flour, made by the Del Monte Milling Co. of this city contains not only all the bran coverings of the grain, so that those who use it get cured of nervousness and constipation, and all the train of evils caused by constipation, but they secure also all the gluten there is in the whole grain, and hygienists know the value of gluten as nourishment.

Let anyone live on tea and white bread alone, and he will soon have a "tired feeling," or sinking at the stomach from lack of nutrition, and if he persists in living on such an innutritious diet, he will ultimately die of starvation, as did an old miser in this city some time ago.

Dr. Jackson, in speaking of wheat, goes on to say that "Wheat is made up of three distinguishing constituents: First, its outer covering which is *innutritious*; second, its inner covering which is nutritious—of a glutinous quality; third, its inmost part which is almost purely starch."

The first covering spoken of by Dr. Jackson as "innutritious," does not obtain in Advent flour. The Del Monte Milling Co., by specially built machinery, remove the outer or innutritious covering, and supply a flour that contains all the nutritious elements of the whole grain only; this is the distinguishing difference between the Advent flour made by the Del Monte Milling Co. and the whole-wheat or so-called Graham flours made by other companies, which grind up the whole grain, including the first covering so objectionable and irritating to those with delicate stomachs. Bread made from Advent flour digests easily.

VACCINATION A DELUSION AND A SNARE.

The American people are not thoroughly awakened to the evils of vaccination; indeed, whole nations are in the hands of Medical Priests who tinker with the bodies of the people, ruining health and lives.

In England they are thoroughly aroused on this subject, and whole communities there are trying to abolish compulsory vaccination, which is polluting their blood and sending hundreds of thousands annually to premature graves.

It is proved now beyond a doubt that vaccination is a curse and not a preventive against small-pox.

In the great epidemic of 1871-3, after thirty-three years of vaccination in Great Britain, the compulsory laws being enforced with brutal ferocity, over 40,000 persons died; over eighty out of every hundred victims of the great scourge had been vaccinated. In Prussia over 120,000 died, of whom fully eighty per cent had been vaccinated, and thirty per cent revaccinated. In Berlin 2,240 vaccinated children under ten years of age were attacked, and 736 died.

Similar results obtain in America, but those who are not destroyed are left with rotten teeth. There is scarcely a man, woman or child within the reach of the Medical Priest with a sound tooth in their heads to-day.

The vaccination laws are the most unjust and detestable of any which have come down to us from medical priest-ridden, European nations.

Everyone should learn about this monster evil by reading the *Anti-Vaccination News*, a monthly advertised on our back cover.

Thousands of deaths here, as elsewhere, occur as the direct result of vaccination, but doctors never sign the death certificates as such, but of some other disease the cow-pox has developed.

Vaccination paves the way for lingering diseases, and casts a perpetual blight on innocent babes.

Thousands of doctors now condemn

vaccination as a delusion and a snare.

Dr. Crookshank, of London, is an able and honest man who has made a thorough investigation of vaccination to get at the truth, and he condemns the system.

Indeed, when our readers understand that cow-pox is a corruption engendered in the animal, similar in every respect to syphilis in man, they will become utterly disgusted with the process, and will no longer wonder why the majority of the people in all civilized (?) countries are sick, or doctor-craft thrives, and the medicine man waxes fat.

A TALE WITH A MORAL.

Dr. J. W. Chapin, who has been lecturing and giving examinations during the last six months in northern Iowa and southern Minnesota, sends in another list of subscriptions from the latter State, where he seems to be doing a successful business.

Every traveling Phrenologist ought to make it his business to get subscribers to HUMAN NATURE. The more subscribers the more readers, and more the light is spread the better it is for every Phrenologist. The greatest obstacles to a traveling Phrenologist is ignorance and bigotry—they are twins. HUMAN NATURE throws on to the screen the search light of science, when the grim figures—ignorance and bigotry—return to the depths of hell. They cannot bear the light of heaven.

Moral: Send in subscriptions to HUMAN NATURE, spread the light, and it will bring you business. Show your friends a copy.

Some one asked Charles Dickens which of his own novels he thought the best. Dickens replied: "If there is one child I love more than another, his name is David Copperfield."

Men and women with very small heads (brains) are always suspicious and jealous minded.

Lust breeds disgust, and disgust results in crime.

"DEMOLLOGY."

In order to clear out this, the latest work of Dr. A. O'Leary, a well-bound book of 320 octavo pages, we now offer one year's subscription to HUMAN NATURE free to every purchaser. The price of the book is \$1.50, postage paid to any address. You may send HUMAN NATURE to any of your friends as a present, if you wish.

"Demology" deals with the ethics of Love, Courtship, Marriage, Divorce and Stirpiculture. It is not a medical book, although it embodies the results of long and wide experience in the practice of medicine, and public lectures on the themes discussed. Table of contents mailed for a postage stamp. HUMAN NATURE office.

"Cranion," the editor of *The Popular Phrenologist*, London, says:

"HUMAN NATURE (San Francisco) is a monthly journal devoted to the interest of Phrenology in the Western States, in the land of stars and stripes and Monroe doctrine.

"Its editor possesses the usual go-ahead spirit of our Yankee cousins, and deals trenchantly with such opponents as have the temerity to look it in the face.

I wish our Trans-atlantic contemporary increased success."

"MERIT WINS."

MECHANICS' INSTITUTE OF THE CITY OF SAN FRANCISCO, CAL. TWENTY-EIGHTH INDUSTRIAL EXPOSITION, 1895.

CERTIFICATE OF SUPERIORITY.

—HIGHEST AWARD—

In accordance with the recommendation of the Examining Judges, this certifies to the superiority over all in competition, of the Caloric VITA OIL exhibited by DR. BARLOW J. SMITH.

(SEAL) A. J. HALLIDIE, President.

E. A. DENICKE, Recording Secretary.

See Ad, Page 16

PALMISTRY.

We have just received from London 24 copies (only) of James Allen's new book on Popular Palmistry, which is well written and illustrated. It is the clearest and most concise book ever published on the subject.

The author states what Palmistry can do, and that "The Palmist" cannot tell you what is going to happen to you next week or next month. To attempt it is to be dishonest, and is entirely outside the province of "Palmistry." Price 30 cents. Free by mail. HUMAN NATURE office.

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., May, 1896.

PHRENOLOGY IN ENGLAND.

Phrenology is booming in England. "Coombe's Constitution of Man" has been published by Cassell & Co., London, for use in the schools, in a cheap and popular form at one shilling. The American edition is \$1.25. More than two hundred and fifty thousand copies have been sold in this country alone.

Two Phrenological annuals have been issued for 1896; one by the British Phrenological Association, of Chancery Lane, and one by L. N. Fowler & Co., London; fifty cents each; also a penny monthly, *The Popular*

Phrenologist, which is ably edited by "Cranion," and published by Nichols & Co., London. We accept orders for it at fifty cents, or for any of the above-mentioned papers, which will be sent on receipt of amounts at HUMAN NATURE office.

We are importing the English edition of "Coombe's Constitution of Man." We shall have it for sale at fifty cents on or about May 30th.

The Phrenological Centennial.

EDITOR HUMAN NATURE,

Dear Sir:—In the February number of HUMAN NATURE you ask: "What do our friends say in regard to the Centennial Convention?" I am a friend, and say conventionize the Centennial by all means, and do it in a way that will be of the greatest benefit to humanity, whether it be by one general Convention, or by two or three.

What is needed is to educate the people in the science of Phrenology, for no honest man will deny it before he has studied it, and no honest man can deny it after he has studied it. Will not two or three Conventions be of more benefit than one general Convention, because more people will be able to attend?

Some of the Professors and lecturers of the Pacific Coast would probably be able to attend the Conventions held in the Eastern States; but very few who are not itinerants would find it convenient, or even possible, to journey so far to receive the benefits of the Centennial; and in order to educate people they must be present at the Conventions.

It will require a vast amount of time, labor and sacrifice on the part of some—all conventions do that—and this will in a larger degree; but never was there any educational movement which did not.

Let the Pacific Coast have a Convention, and if possible at a different time from any which are to be held in the East.

Yours sincerely,

L. B. PETERSON.
Ferndale, Cal., March 27th, 1896.

HE SKIPPED.

He is a man with one eye, and tramps from town to town. He knows probably as much about Phrenology as a chicken knows about mathematics.

Some time ago he entered the office of the station agent at Boulder Creek and wanted to give some one a Phrenological examination. Said he, "I come from HUMAN NATURE office, 1016 Market street, San Francisco."

"Oh, you do, indeed," replied Mr. Dye, the young man addressed, "why, Prof. Haddock is my father-in-law." The man with one eye skipped.

OUR LESSONS BY MAIL.

Of course, there is no method of teaching equals personal instruction; but we have prepared an unique course of lessons to be sent by mail to those students who are unable to come to our office. They are type written, and a practical Phrenologist who is taking a mail course, says in a letter just received

"Your lessons are O. K. They get into the smaller details more than I have seen in books that I have read."

Our lessons **TEACH HOW TO READ CHARACTER**

**Third Edition of Haddock & Holt's Delin-
eator Now Ready.**

We have just issued a third edition with new features added.

At the foot of each page are paragraphs showing how to *Cultivate* and *Restrain* each faculty. Price: 25 cts. or by the dozen 12½ cts.; by the hundred, 11 cts. each; postage or express paid on receipt of cash

We call the particular attention of Phrenologists to this Chart, which is the best extant. HUMAN NATURE office.

When a sample copy is sent, it is as an invitation to subscribe, at fifty cents per year.

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

GLEANINGS.

Prof. English gave us a hurried call on his way eastward. He has been laboring recently with success in Southern California. He is an able exponent of Phenology.

Prof. Seymour writes us from his home in Port Angeles that he is about to renew his efforts in the lecture field, having taken a short rest at home. Thirty years in the field is his record, and each year getting better.

Prof. Farris is doing good work in Kansas. He reports good success.

Prof. Reynolds is winning laurels in the field, just as we predicted he would when we presented him with his diploma. He had long been a student of human nature, and is very competent. The *Martinez Gazette* and *Concord Sun* of the town where he has recently labored, give him high praise for correctness of delineation.

Our last evening class was a good success, both in point of numbers and results. It concluded in February, having run 26 weeks.

On Thursday evening, April 9th, we commenced another class, not so large in numbers, but select in mental attributes.

In the latter sense it is *multum in parvo*. In the former regard much cannot be said, only if we had about 90 more members this time we could then boast of a class 100 strong !!!

A correspondent encloses 25 two-cent stamps, all stuck together. He had evidently taken pains to lick every stamp and stick them on his letter. *He* ought to be licked.

We prefer Postoffice or Express Money Orders instead of stamps, but accept the latter when free and uncut, when a money order is inconvenient to get.

When writing to this office friends will confer a favor by sending us addresses of *thinking* and liberal minded people to whom to send sample copies of HUMAN NATURE.

CAPTIOUS CRITICS.

Sensible men in other respects, but only half informed regarding the science of human nature, sometimes make statements that appear ridiculous to practical Phrenologists. For instance, a gentleman said to us one day: "Your Phrenological theories are beautiful enough, but where does the practical part come in?"

We had thought that every man who had read or heard anything about Phrenology knew that the *practical* part of it was in pointing out one's ability to follow certain trades or professions with success by reason of being naturally adapted to them, also indicating general mental and physical powers and weaknesses.

Another gentleman said to one of our students the other day: "I differ with you in regard to Phrenology, because I know men with large heads who are foolish, and others having small heads quite smart."

Our student, who is a very candid man, replied: "If you but knew the A B C of Phrenology you would know better than to think size alone is a measure of power. Your remarks expose your own ignorance of the science; hadn't you better inform yourself on the subject before expressing an opinion, and exposing your ignorance?"

"Then," said the gentleman, "if you do not judge by size and bumps on a man's head, how do you read character?"

Our student labored with the gentleman, striving to show that Phrenology is not "bumpology," but with indifferent success, because such critics are generally stupidly ignorant of the first principles of our science. They generally make themselves ridiculous when criticising a science before becoming informed of its teachings.

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.

Show Your Friends "Human Nature."

Will our subscribers kindly show their friends "HUMAN NATURE. It is a good plan to secure subscribers. HUMAN NATURE is a success; its circulation is increasing, and just as soon as we can afford we shall enlarge it to twenty pages, but still keep it at fifty cents per year. Some good things are in store for our readers.

The following cranial measurements of Otto Hahn, of 1008 Market street this city, will prove interesting, as showing how his head has grown in three years and seven months while attending school:

	Aug. 26, 1892, Age, 14½ years.	March 26, 1896, Age, 17 years.
Circumference.....	21¾ inches	22½ inches
Diameter.....	5¾ "	6½ "
Social.....	4¾ "	4¾ "
Intellectual.....	4¾ "	5½ "
Weight of Body....	105 lbs.	135 lbs.

NATURAL FOOD LITERATURE.

The following leaflets and pamphlets issued by the Natural Food Publishing Co., London, are at present for sale at HUMAN NATURE office; the whole bundle for 25 cents; no extra charge by mail.

1. Fruit as Food.
2. The Food of Paradise.
3. Curative Action of Regimen.
4. Anti-Cereal Cookery Receipts.
5. What is Denismorism?
6. Dr. Allinson and Dogmatism.
7. Sample copy of *Natural Food* monthly.

We strongly advise our readers never to trust a physician with the cure of their body who denies Phrenology. Such a doctor is certainly not safe, and liable to kill more than he cures. A physician unacquainted with the laws of mind as revealed by Phrenology, could not doctor a dog of ours.

PHRENOLOGY.

"The editor of this magazine has no hesitation in pronouncing Prof. Haddock one of the best delineators in this country. He is also editor of HUMAN NATURE; subscribe for it, 50 cents per year. Tells all about the science of Phrenology and many other interesting subjects."—*Calderwood's Magazine.*

Subscribe for HUMAN NATURE; 50 cents per year.

THE COMING CRISIS.

By the above title I have no reference to any impending cataclysm of nature, when the earth shall be turned upside down, the poles reversed and the inhabitants of the globe dumped into space. On the contrary, the indications are good for the continued revolution of our planet on its axis and around the sun with its accustomed regularity for another million years or so without a break, except an occasional Dakota blizzard, a Kansas cyclone, a California earthquake, or a down east thunder shower.

Nature seems to be all right and attending strictly to her business of evolution, to which she has evidently been devoting her energies ever since she and old Father Time went into partnership in the year One, and there seems no immediate danger of a crisis in her affairs. However smoothly Mother Nature may be getting on in her transactions, it is every day becoming more and more apparent that her human children on this planet are nearing a critical period in their career, and unless some radical change is soon made in the management of affairs there will be such lofty tumbling enacted within the next eight or ten years among the plutocrats as will make the owls in the woods look sideways and astonish the folk on the other planets who chance to be oggling us with their telescopes.

Matters cannot go on as they are forever. There is a limit to human endurance. The rich cannot continue to get richer and the poor poorer indefinitely. There must be a pause somewhere. Machinery is fast taking the place of hand labor, so that one man or boy, with a cunningly devised machine can do the work of twenty men who work in the old way by hand. Then with the advent of the machine out goes the laborer to take his vacation and starve.

The machine is all right, the more of them the better, if everybody could receive the benefits accruing therefrom, but it so happens that the capitalist monopolizes the machine and has no further use for the erstwhile laborer. Take for example the type-

setting machine. Since the days of Franklin, and until within a few years, the business of a compositor was a lucrative one, and one which required long years to learn. Now comes the wonderful machine that takes white paper into one end and delivers it printed and folded at the other end with a speed and in quantities with which the old hand method bears no comparison. Then it happens as upon every morning paper but one in San Francisco (and the same is true of all dailies in other cities), that the poor compositor who has reached middle life and knows no other trade, is set adrift to tramp and starve, and his wife and children to perish with him. What is true of printers is true of nearly all other trades. The following clipped from the *San Francisco Chronicle* (which paper, by the way, is printed on the machine above mentioned, and whose compositors are thus superceded) shows what becomes of the poor laborer thus ousted:

THE SHELTERLESS POOR.

"Any one whose business or curiosity leads him about San Francisco in the small hours of the morning cannot but take note of the many people who are wandering in the streets or drowsing in dark corners, but who do not seem to belong to the vicious or degenerate classes. They are evidently persons who are out from necessity and not from choice—the worthy poor and homeless, who are unable to earn more than enough to feed them, and who are too proud to beg. They go tramping about all night, now and then getting a nap away from the eye of the police, but ever discouraged, wretched and hopeless. Some of them—not a few, indeed—end their miseries in the lethal sinks of the bay.

In most of the large cities of the world the public provide shelter for such as these unfortunates, New York giving them asylums in the stations of the police. But some men who have been overtaken by the storms of fortune abhor these stations and prefer to suffer in the street. They feel that they become paupers by record, as well as objects of suspicion, by appealing to

the police for aid. Others fear that they may be sent to jail as vagrants and if they have mouths besides their own to feed, that fate would, in spite of the shelter and food provided them, be in the nature of a calamity.

What, then, should be done for these unhappy wayfarers? In San Francisco but one place is open to the shelterless at public expense, and this is the City Prison. Yet a man or woman cannot go there too often without being classed as a vagrant. On the water front the Salvation Army has one asylum or more, but the accommodations are small, and each applicant must have his turn. Not all can be cared for, and many must still trudge their weary beat through cold and wind and rain waiting for a morning which, when it comes, may have but the scantiest cheer to offer."

The army of the poor is daily receiving new recruits. Our middle class are fast disappearing; soon there will be but two classes—the rich, *very* rich, and the poor, *wretchedly* poor, who must constantly "move on." The broad fertile acres of America have been gobbled up by the plutocrats, who hold them by the thousands untilled and forbidden to the foot of the poor man; every avenue of an honest livelihood is fast being taken from him, and his future seems gloomy, indeed.

The despairing ones seek relief from their sufferings in suicide, but there remain a multitude of brave, earnest souls, who will not submit to be thus subdued, and when they are thoroughly aroused and realize their numbers and powers, if they don't knock the props from under this detestable competitive system, it will be because there is no God in Israel and I am no prophet.

C. P. HOLT.

THE FETICH.

The Mayor of Chicago issued a proclamation, May 14th, 1895, requiring all persons to be vaccinated. The proclamation concludes as follows: "All persons within the City of Chicago are hereby notified and required to be vaccinated within ten days from this date. Any person who fails to comply with this order will be prosecuted."

Shades of the revolution to the rescue!

"Give me liberty, or give me death!"

SHALL WE STRIKE OUR COLORS ?

Haul down our flag and surrender our motto and principles declared on page 8 of every issue of HUMAN NATURE ?

This is what some of our critics would have of us, while other readers with broader minds, write words of approval and encouragement.

That modest article which I wrote for the March number of HUMAN NATURE entitled "Freedom," has called forth all sorts of criticisms pro and con from our readers. One critic writes that it must have been written for political effect, another that the article is all right, but is in the wrong place. "All such ideas should be left to Socialistic and Anarchistic papers to discuss, and the pages of HUMAN NATURE devoted exclusively to the expounding of the principles of Phrenology." Another subscriber says that the article in question had the true ring, and he hoped to find more of the same sort forthcoming.

It is hard to please everybody. Some folks would find fault if they were sentenced to be hung, and like the Irishman, would want the rope "placed under their arms, being ticklish about the neck." It seems that there need be no misunderstanding regarding the scope of this magazine. Its name is HUMAN NATURE, and at the head of page 8 every month it is stated that it is a monthly journal devoted to Phrenology, Physiognomy, Health, Medical and Social Reform. That ought to settle the whole question as to whether the subjects treated in its columns shall be confined to the discussion of the location of Phrenological organs, temperament, etc., as applied to character, or if, as its name and motto implies, everything which tends to the weal or woe of Human Nature, from the birthing of a baby to the election of a President, shall receive a ventilation. Prof. Haddock and I held a council of war and discussed the ins and outs of this subject, the result of which is that we firmly believe the majority of our

subscribers are intelligent, progressive men and women, and take the broad view that we must either discuss any and every subject pertaining to Human Nature, or take in our sign, and quit our pretensions to breadth of mind, and change the name of our magazine to the Monthly Penny Whistle, and get down to the dead level of inanity and pusillanimity.

Speaking for myself, I am opposed to hauling down our flag, and during this incarnation I shall decline to assist in editing the Penny Whistle, and so long as that motto stands on page 8, and I am associate editor of HUMAN NATURE, I shall write as the fit takes me, upon all sorts of subjects, and say what I think about plutocracy and democracy, of working babes in tobacco shops, and of sending missionaries to Booraboora to preach ignorance to the heathen. There are plenty of subjects which are of interest to HUMAN NATURE, and they will get ventilated in this magazine so long as that motto stands, and those who don't relish what is said, can skip it. This is a free country. Those who have no shoes can go barefoot. There is no law compelling any one to read what displeases them, but for the present our flag is nailed to mast head, and will be kept flying. C. P. HOLT.

REVIEWS.

By C. P. HOLT.

How Nature Cures, by Emmet Densmore, M. D.—Probably no work on health and how to live to a good old age, ever created so wide-spread interest as this unique volume by Dr. Densmore. He makes some statements which are astonishing to most people, but he backs them up with proof.

He says that bread, instead of being the staff of life is the staff of death. Only to think of the broken reed upon which mankind has been leaning ever since they quit the horticultural business in the Garden of Eden, ever and ever so long ago. Bread the staff of death, indeed! White bread, brown bread, rye bread, oatmeal cakes, yea, all sorts of bread and cakes are tabooed henceforth and forever, if we want to live to see the June of our one hundred and twentieth birthday, which this author says is our

birthright. No longer may it be said that a man shall "earn his bread by the sweat of his face," but he shall pluck fruits and crack nuts, for in this book it is stated that man is close kin to the anthropoid ape, and like his first cousin, his natural diet is fruit and nuts. What good news this will be to the overworked housewife, to be sure, who is ever a slave to the cook stove; instead of toiling and melting at her task of compounding, frying, baking and stewing, her daily task will be only to prepare luscious fruit and crack nuts and jokes with her family and friends.

However, it is not only against cereals that Dr. Densmore wages war, but against drugs and bad air, impure water, alcohol, tea, coffee, tobacco, and general uncleanness. He tells us how, when and where to take baths, water baths, air baths and sun baths. In fine, he tells us how nature cures, and so well does he write his thoughts, and so strong his proofs, that everybody should get the book, practice its teachings, and renewing youth at three-score-and-ten, and keep on seeing the sun rise until the age of one hundred and twenty years. This book can be had at HUMAN NATURE office, No. 1016 Market street. Price, cloth, \$2.00.

Hope and Home is a monthly four-page paper, devoted to Proportional Representation, and is something on the Single Tax line of thought. Alfred Cridge publishes it at 425 Montgomery street, San Francisco, and the price is 25 cents a year.

The Journal of Hygieo-Therapy, published by Dr. T. V. Gifford, Kokomo, Ind. \$1.00. The March number of this radical medical reformer is a good one, especially is the article "Eating in Relation to Sleep," by the editor, to be commended. The sturdy blows this magazine deals at the oppressive compulsory vaccination laws are just, and effective.

The Esoteric, a magazine of advanced and practical esoteric thoughts, published monthly at Applegate, Cal. \$1.50 per year. Those who hunger and thirst after the "true inwardness of things" will get their fill from the pages of this magazine, but one must be well posted in the mysteries of occultism to be able to grasp the greatness thereof. I confess that it gets the better of me, and sets my head whirling whenever I tackle its problems, but then I am of the earth, earthy, and am not built on the mystic plan, while others who take kindly to such things, seem to see right through its knotty propositions as easily as a Phrenologist can penetrate the hidden motives of the patron who tries to beat him out of the price of an examination. The *Esoteric* fills a niche, and we welcome its monthly visits to our office.

FROM THE LECTURE FIELD.

BY PROF. D. C. SEYMOUR.

I recently gave a course of lectures at Dungeness, on the Strits of Juan de Fuca, Washington. Dungeness is a pretty and smart little place in a farming and dairy country among the giant, evergreen forests of the Pacific Coast. The ever snow-capped Olympic Mountains with their frowning precipitous sides and dark, abyssmal depths of their gorges and canyons and almost impenetrable forests, wall in the little valley on the south, while to the north lies the beautiful harbor and the Straits of Fuca. Dungeness is about half way between the Pacific Ocean and Seattle and Tacoma on the east. A more picturesque and beautiful place in which to live would be hard to find, with a climate almost unrivaled for evenness of temperature and salubrity. One might suppose that away in the northwest corner of the United States, and almost in the land of the setting sun, we should find a wilderness inhabited by "Lo, the poor Indian," but not so; I found the people cultured and refined, entertaining very progressive ideas, and although the weather was very stormy every evening that I lectured in Dungeness, yet I was greeted with large and appreciative audiences, enthusiastic in applauding the sentiments I tried to make plain, that if every child was taught the principles of Phrenology, and through an examination by a competent Phrenologist shown his strong and weak points of character, and the business, trade or profession to which he was best adapted stated to him, his life would prove a success, and happiness would fill the world, for all would be in congenial places, and each home another Eden; every child would be well born, stamped with the fires of genius. Each idiot, lunatic, pauper and failure in life are but finger-boards standing along the highway of life, showing we are treading the trial of ignorance that leads on to misery and

failure for the great, groping mass of struggling humanity. Phrenology is the one polar star whose magnetic rays shall yet illumine the world.

Big Heads and Average Size.

Seeing Prof. Seymour's excellent article on "Heads, Large and Small" in your Journal, HUMAN NATURE, of last month. I feel inspired to follow it up with one of the same nature, with apologies to Prof. Seymour for doing so; and I agree with him that it is a fact that men who have controlled human action and thought, and have left their impress on the world, had, in the majority of cases, average sized heads in circumference. It does not take, as has been supposed by many Phrenologists and others outside of the science, "large heads" to control the destinies of the nations in times of peace or trouble. Take, for instance, a list of names of men who have become great, eminent or famous in history, such as Washington, Gambetta, Lincoln; or in philosophy, Des Cartes, Spinoza, Emerson. In science, Sfr Francis Galton measured the heads of twenty-one eminent scientists, out of which number thirteen had heads below twenty-two inches in circumference, and these thirteen were men of great energy. In poetry and prose literature, such as Lord Byron, Shelley, Pope, Keats and Charles Dickens, Charles Lamb, Dante, Holmes, Henry George; or in mathematics, Laplace, Des Cartes, and the famous prodigy, Zerac Colburn, etc.; in art, Raphael, Fuseli, and a host others in different fields of human industry, it would be tedious to mention; and it will be remarked here that all of these individuals possessed, without exception, large, massive *frontal* heads, large enough for finely developed heads measuring from 23½ to 25 inches around; again, they all possessed a fine temperament and quality of physical as well as mental organization, which is indicative of superior mental powers. It is here a question of quality rather than quantity.

JOHN S. PRIOR.

Berkeley, Cal.

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.

Books.

Books.

Books.

WE RECOMMEND ALL, OR ANY OF THESE BOOKS TO STUDENTS OF PHRENOLOGY.

SENT BY MAIL, POST-PAID, ON RECEIPT OF PRICE.

Lecture before students of Cal. Medical College, on "How to Read Character" (Prof. Haddock.) Paper, 10c.
Constipation Cured Without Drugs. (Prof. Haddock.) Paper, 10c.

WORKS OF GEORGE COMBE :

System of Phrenology. \$1.25
Constitution of Man. \$1.25
Lectures on Phrenology. \$1.25
Moral Philosophy. \$1.25
Capital Punishment. 10c.

WORKS OF O. S. FOWLER :

Phrenology Proved. Illustrated, etc. \$1.25
Self-Instructor. Cloth, \$1.00
A Home For All. Cloth, \$1.00
Synopsis of Phrenology. Paper, 10c.
Memory and Intellectual Improvement. Cloth, \$1.00
Self-Culture and Perfection of Character. Cloth, \$1.00
Physiology, Animal and Mental. Cloth, \$1.00
Education and Self-Improvement. Cloth, \$3.00
Maternity. Cloth, \$1.00
Love and Parentage. Paper, 40c.
Matrimony. Paper, 40c.
Amativeness. Paper, 25c.
Human Science. Cloth, \$3.00. Leather, \$3.75
Creative and Sexual Science. Cloth, \$3.00. Leather, \$3.75

WORKS OF L. N. FOWLER :

Marriage. Cloth, \$1.00
Lectures on Man. Cloth, \$1.50
How to Learn Phrenology. Paper, 15c.
Revelations of the Face. Paper, 15c.
Phrenological and Physiological Register. Paper, 15c.
Improved Phrenological Bust. Porcelain, large size, \$5.00

WORKS OF S. R. WELLS :

Wedlock. Cloth, \$1.50. Fancy Gilt, \$2.00
The Phrenological Miscellany. Cloth, \$1.50
How to Read Character. Cloth, \$1.25. Paper, \$1.00
Wells' New Descriptive Chart. Paper, 25c.
New Physiognomy. Cloth, \$3 00

WORKS OF PROF. NELSON SIZER :

Choice of Pursuits. Cloth, \$2.00
Thoughts on Domestic Life. Paper, 25c.
Character Reading. 10c.
Forty Years in Phrenology. Cloth, \$1.50
How to Teach. Cloth, \$1.50
Harmony of Phrenology and the Bible. 10c.
The Perceptive Faculties. 10c.
Heads and Faces. Paper, 40c. Extra Cloth, \$1.00
Human Nature Library. 10c. each
Self-Reliance or Self-Esteem. Single number, 10c.
The Choice of Occupation. Paper, 10c.
Inventive Genius. Paper, 10c.
Right Selection in Wedlock. Paper, 10c.
How to Educate the Feelings. Cloth, \$1.50
Catechism of Phrenology. Paper, 50c.
A Debate among the Mental Faculties. Paper, 10c.
Approbativeness. Paper, 10c.
Resemblance to Parents. Paper, 10c.
Catalogue of Portraits. Paper, 25c.
How to Study Strangers. Paper, 70c. Cloth, \$1.50

WORKS BY HENRY S. DRAYTON, M. D.

Brain and Mind. \$1.50
Vacation Time. Paper, 25c.
Human Magnetism. Cloth, \$1.00
Nervousness. Paper, 25c.
Heads and Faces. Paper, 40c. Cloth, \$1.00
Indications of Character. Paper, 25c.
How to Study Phrenology. Paper, 10c.
The Amateur Phrenologist. Paper, 10c.
Physical Factors in Character. Paper, 10c.
The Servant Question. Paper, 10c.
Conscientiousness. Paper, 10c.
The Complete Man. Paper, 10c.
Self-Study. Paper, 10c.

THE WORKS OF R. T. TRALL, M. D.

The Hydropathic Encyclopaedia. Cloth, \$4.00
Home Treatment for Sexual Abuses. Paper, 50c.
Sexual Physiology. Cloth, \$2.00.
The True Healing Art. Paper, 25c
Digestion and Dyspepsia. Cloth, \$1.00.
The Mother's Hygienic Hand-Book. Cloth, \$1.00.
A Health Catechism. Paper, 10c.
The Hygienic Home Cook Book. Paper, 25c.
The True Temperance Platform. Paper, 50c.
The Alcoholic Controversy. Paper, 50c.
The Human Voice. Cloth, 75c.; paper, 50c.
The Scientific Basis of Vegetarianism. Paper, 25c.

The Bath. Paper, 25c.
Water-Cure for the Million. Paper, 15c.
Diseases of the Throat and Lungs. Paper, 25c.

WORKS OF DIO LEWIS, M. D. :

New Gymnastics. \$1.50
Weak Lungs. \$1.50
Our Digestion. \$1.50
Chastity. \$2.00
Our Girls. Cloth, \$1.00
In a Nutshell. 75c.

MISCELLANEOUS.

The Face as Indicative of Character. 60c.
The Mind in the Face. Paper, 40c.
A Manual of Phrenology. Cloth, 60c.
Familiar Lessons in Phrenology. Paper, 15c.
Phrenology Vindicated. Paper, 35c.
Orthodox Phrenology. Cloth, 50c.
Expression. Cloth, \$1.00
Comparative Physiognomy. Cloth, \$2.50
The Science of Mind Applied to Teaching. Cloth \$1.50
Short Talks on Character Building. Cloth, \$1.00
The Temperaments. Cloth, \$1.50
Where Is My Dog. Cloth, \$1.00
Phrenological Bust. Plaster, large size, \$1.50 & \$3.00
Phrenological Chart. Colored, to hang on the wall, \$1.00
Phrenology a Science. Paper, 10c.
Phrenology and the Scriptures. Paper, 15c.
How to Study Character. Paper, 50c.
What is Phrenology? Paper 10c.
Human Nature. Cloth, \$1.00
Faculty and Organism. Paper, 10c.
The Will. Paper, 10c.
Phrenology; Its Principles, Proofs, etc. Paper, 10c.
Phrenological Illustrations.
The Human Brain. Price, \$5.00
Cast of the Human Brain. Price \$1.00
The Value of Phrenology. Paper, 10c.

We will send by mail, post-paid, any book published in the United States at publisher's price. Send publisher's name with order. Address,

ALLEN HADDOCK,
Phrenologist and Publisher,
1016 Market St., S. F., Cal

WILEY BROS.,

New and Second-Hand

FURNITURE,

For Cash or Installments.

Upholstering in all its Branches.

931 Mission St., bet. 5th and 6th.

NEW BED ROOM SETS

7 PIECES \$15.00

NEW BEDS WITH MATTRESSES

FOR \$5.50

Smith's Weekly

and the San Francisco Weekly Call will be sent to you, or anybody else, a full year for

\$1.

SMITH'S CASH STORE

414, 416, 418 Front St., S. F.

That Busy Big Department Store.

TIVOLI CAFE,

BAKERY

—AND—

ICE CREAM PARLORS

16 and 18 EDDY STREET,

San Francisco.

The most popular Coffee House in the City.

G. C. LARSEN, PROP.

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.

One pound of Kaffee equal to Two 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.

Phrenological Journal and Human Nature, both for \$1.25.

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

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

"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.

"Human Nature Explained," \$1.50 Human Nature, one year, 50 cents. Both for \$1.75.

Please send in your subscription at once to 1016 Market Street, San Francisco, Cal.

"THE NEW MAN."

PROF. P. BRAUN,
EDITOR AND PUBLISHER.

Subscription 50c. a Year, or Three Copies for \$1.00

Address,

"THE NEW MAN," Beloit, Kan

MEDICAL ADVICE.

An experienced physician; holding diplomas from the best colleges in the United States, with a thirty-seven years' practice and good record in San Francisco, *who does not travel*, desires to inform the readers of HUMAN NATURE that he is in thorough accord with the sentiments expressed in this magazine as opposed to the terrible drugging system practiced by the medical profession generally.

He is prepared and thoroughly qualified to treat patients personally or by letter, on the most progressive and scientific modes of cure by rational means and hygienic rules.

All letters in the first instance should be addressed Dr. Barlow J. Smith, care Human Nature office, 1016 Market Street, San Francisco, California, enclosing a two-cent stamp for reply.

.....READ.....

"NATURAL FOOD"

A Magazine devoted to Health and the Higher Life.

A Monthly Journal, the organ of the Natural Food Society, founded in 1890 by Emmet Densmore, M. D. It espouses a system of dietary on entirely new principles, which is at once more practical, enjoyable, scientific, and æsthetic than either orthodox vegetarianism or the ordinary fare.

Advocates rational living; deprecates the present general disregard for all the known and unknown laws of health and hygiene. Contends that the natural life of man is about 120 years, and that "life is not to live, but to be well." Deals also with questions of clothing, rest, sleep, exercise, and the higher ethics of life.

No one can afford to miss its important teachings.

"Always interesting."—*The Health Monthly*
"Full of suggestive and stirring thoughts; really a pioneer of the new age."—*The New Age*.

"Of all our exchanges none are more appreciated than NATURAL FOOD, its articles are well written and correspondence always interesting."—*Human Nature*.

Published in an improved and enlarged form. Price 10 cts., or yearly subscription, post free, 50 cts.

To be obtained from EDITOR NATURAL FOOD, Rowerdenan, Merton Park, Surrey, England, or Prof. A. Haddock, Phrenologist, 1016 Market St., San Francisco, California.

Are You Making the Most of Yourself?

There is one magazine which will help you to **SUCCEED** by teaching you to **know** and **appreciate** yourself. The **Phrenological Journal** is a wideawake, up-to-date exponent of Human Nature.

Are You Using **THOUGHT** and **TACT** in Bringing Up Your Children?

The **Child Culture Department** helps mothers and teachers to study the characteristics of **each child** as a guide to its proper development. Send ten cents for sample copy of the **Phrenological Journal** and catalogue of helpful books.

FOWLER & WELLS CO., Publishers,

27 East Twenty-first Street, New York.

HOW NATURE CURES.

—COMPRISING A—

New System of Hygiene and Natural Food of Man,

—BY—

EMMET DENSMORE, M. D.

416 Pages, Large Type, Fine Paper, Well Bound in Cloth, Price \$2.00.



“The Horticultural Review” says:—“Dr. Densmore is to be heartily congratulated upon the production of this valuable work; it is destined to play an important part in the great question of hygienic reform, and anyone who studies its teachings should not only be able to avoid many of the ills flesh is heir to, but enjoy sound health, and prolong life without the aid of drugs in any shape or form. With this book, none—with any sort of a constitution at all—but a fool need seek the aid of the ignorant ‘medical druggier,’ and to all who value their health, and wish to enjoy the benefits and pleasures of this beautiful life as long as they can, we commend this superb guide.”



THESE BOOKS WERE IMPORTED FROM LONDON, AND WE HAVE

ONLY TWENTY IN STOCK. FIRST COME, FIRST SERVED.

POSTAGE FREE BY MAIL.

HUMAN NATURE OFFICE, 1016 MARKET ST., SAN FRANCISCO, CAL.



DR. JORDON & CO.'S

—GREAT—

Museum of Anatomy

Go and learn how wonderfully you are made and how to avoid sickness and disease.

Museum enlarged with thousands of new subjects.

ADMISSION, 25 CTS

Consultation Office, 1051 Market St.

HAMMAM

—FINEST—

RUSSIAN and TURKISH BATHS.

OPEN DAY AND NIGHT.

Sole Right for the Pacific Coast for Lippert's Patent.

Carbonic Acid, Steel Brine Baths

—ALSO—

Electric, Sulphur and other Medicated

BATHS

ELABORATELY EQUIPPED FOR BOTH LADIES AND GENTLEMEN.

11 and 13 GRANT AVE., San Francisco.

CHAS. SLADKY, Prop.



WORLD'S BEST

—FOR—

MAN or BEAST CONQUERS ALL

PAIN

RUB IT ON FOR

RHEUMATISM, NEURALGIA, SPRAINS, BRUISES, MUSCULAR SORENESS, CRAMPS, LUNG COLDS AND SORE THROATS.

Registered, Jan. 1st. 1880. For Sale by DRUGGISTS, or sent by EXPRESS on receipt of price. 50c., large bottles, \$1.00

CALORIC VITA OIL CO., 1513 Buchanan St., S. F. Cal. Won First Prize. Mechanics' Fair, 1896. Try It.

NO MORE HARD TIMES
Barrels of Money to Loan.

Uncle Jacobs,

613 Pacific Street.

I. & G. JACOBS, Proprietors.

S. C. C. C.

• STEARN'S •

Celebrated Cough Candy.

Nothing Like It. Works Like a Charm.

1006 Market Street, San Francisco.

The Anti-Vaccination News and Sanatorium.

Subscription Price, 50 Cts. per Year.

Published Monthly, as an adjunct to the

"Anti-Vaccination Society of America."

\$1.50 entitles the Sender to the Society's Illustrated Chart, 16 x 22, and a year's subscription to the *News*.

Address,

ANTI-VACCINATION, 19 Broadway, New York.

—\$ FOR \$—

LAMPS, CROCKERY

—AND—

Household Goods,

—GO TO—

JANTZEN'S

717 Market Street,

Near Third Street, San Francisco.

LOW PRICES REIGN HERE.

J. H. PETERS, PHOTOGRAPHER.

914 MARKET STREET,

Bet. Stockton and Powell Sts., San Francisco

CABINET PHOTOGRAPHS

Only \$2.50 and \$3.00 per dozen.

FIRST-CLASS WORK GUARANTEED.

READ THE TEMPLE OF HEALTH

Devoted to the True Science of Living.

Monthly, 25 Cts. per Year. Sample Copies Free.

San Diego, California.



DOVE & TAYLOR

BOOK AND JOB

PRINTERS

2018 MARKET STREET

NEAR GOUGH

WE PRINT

"HUMAN NATURE"

San Francisco