

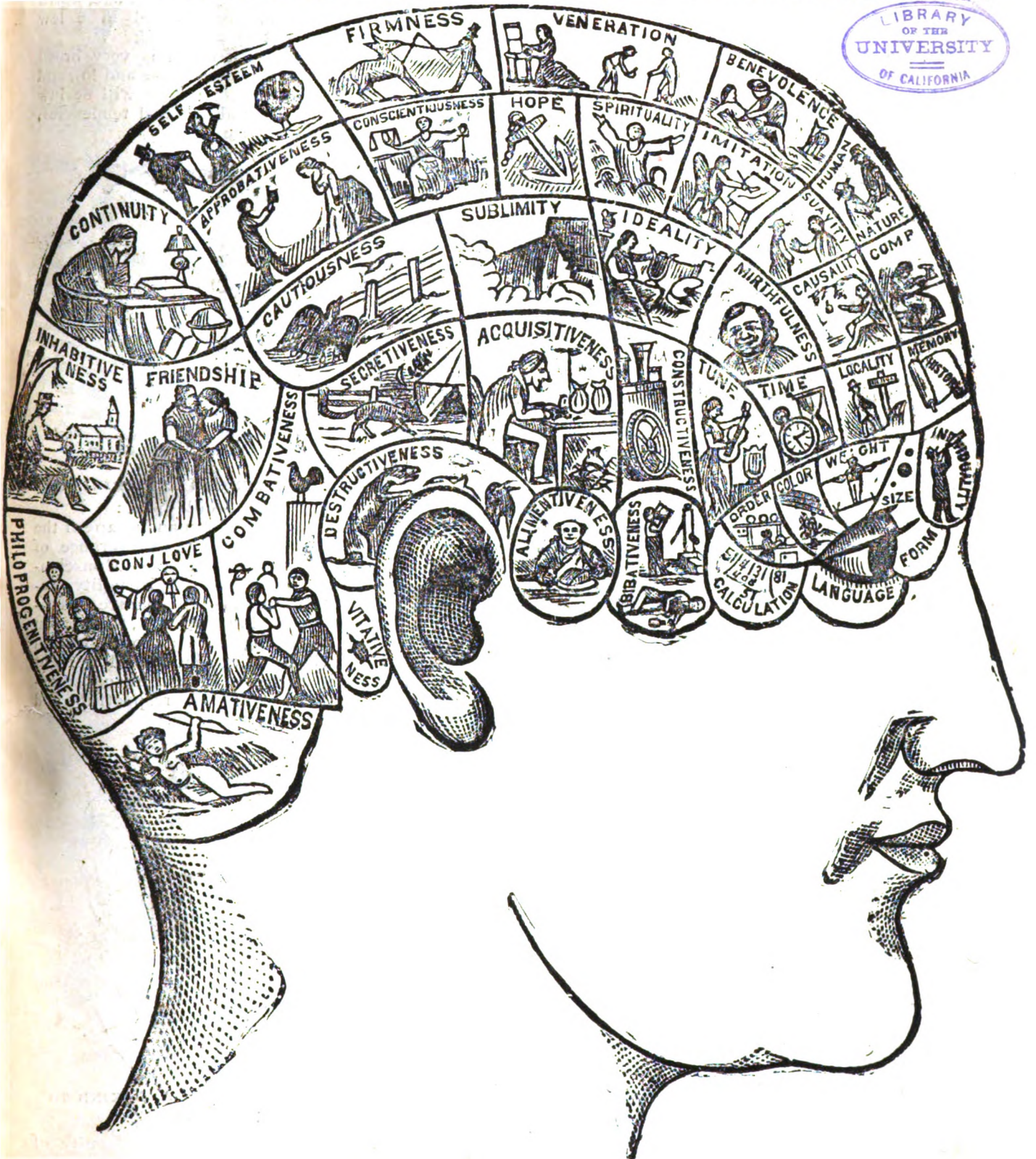
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HUMAN NATURE.

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SYMBOLICAL CHART.

[SEE NEXT PAGE]

Symbolical Head.

The illustration on the first page of HUMAN NATURE this mouth symbolizes the different functions of the brain. No scientist of repute will now deny that the brain is the organ of the mind, or that it is composed of a plurality of organs representing the varied faculties of the mind.

That great scientist and professor of anatomy, Alex Ecker, in his work entitled the "Cerebral Convolution in Man" says:

"That the cortex of the cerebrum, the undoubted material substratum of our intellectual activity, is not a single organ which enters into action as a whole with every *psychical* function, but consists, beyond all doubt, of a *multitude of organs*, each of which subserves definite intellectual processes, is a view which presents itself to us, almost with the force of an axiom."

We offer everyone herewith a few hints for their own observation. Phrenology was founded on observation and observation will prove it. Our proposition is that the shape of the head (brain) indicates character, modified, of course, by texture or organic quality and bodily conditions, as explained in any primary work on Phrenology.

If a man's brains are weak or very small he will be idiotic. See for illustration of Zip the idiot, an inmate of the San Francisco City and County Almshouse.



ZIP, THE IDIOT

Compare the form and shape of the head with one that is normally developed, the latter will manifest a normal state of mind.

When the selfish propensities are large the head is wide and full at the sides, denoting a large development of Acquisitiveness and Secretiveness, or ability to acquire and conceal. This gives commercial talent, without which no one may succeed in commercial pur-

suits.



SELFISH, OR COMMERCIAL TYPE.

Acquisitiveness is represented on first page, illustrated by a miser counting his gold, whilst Secretiveness is symbolized by a fox as a thief in the night prowling secretly and stealthily for prey.

Thousands of students of human science throughout the world observe that all men and animals and birds of prey have broad heads and are proportionately acquisitive and exhibit tact and cunning, are naturally good providers, it is the boy or man with a broad head that is energetically industrious, and looks well after his own wants and needs. The squirrel has a broad head and stores up all the nuts he can gather in summer and autumn for winter use, but the hen has a narrow head. Throw her a handful of corn, and she eats what she needs and then leaves the rest.

This law or rule applies throughout the whole animal kingdom, including man



A GREAT SPENDTHRIFT.

No. three is the portrait of a young man whose father left him \$30,000. He squandered it within a few years in riotous living. The other gentleman (cut no. 2) died at twenty-eight years of age, worth \$30,000, accumulated in a few years at contract work.

When the head is very broad and heavy at the base and low and flat at the top, there will be low cunning and criminal tendencies, as in cut No. 4.



LOW CUNNING AND CRIMINAL TENDENCY.

But if the form and shape of the head shows a preponderance of the moral faculties — Conscientiousness, Hope, Spirituality, Veneration and Benevolence—as represented in cut No. 5, the person possessing such an organization will be strictly moral and upright in character; he will be conscientious, spiritual, respectful and kind to everybody.



CONSCIENTIOUS AND KIND TO EVERYBODY.

So it is with every faculty of the brain. Character corresponds to organization. One who is high at Firmness and Self Esteem with

a low contracted forehead will be as stupid as a dunce and as proud as a peacock, and these traits will be modified in their manifestation by other faculties which may offset them, and herein lies the secret of reading character—no one faculty rules. One large faculty is often offset by another and character must be read by combining organs and judging of quality and temperament.

Startling Inventions.

From the WINNIPEG TRIBUNE.

Electrical engines are now in successful operation in the railroad service and as a result a vast army of railroad men will be thrown out of employment. The occupation of the firemen will be gone, as also the coal heavers, the coal miners, the pumpers, the boilermakers and many others. New brick making machines are in operation in Philadelphia that reduce the cost 70 per cent but also reduce the number of workers required. Machines for making tin cans will turn out 4,000 cans per hour operated by a boy. Each machine takes the place of 80 tinsmiths. They are now in operation in New Westminster, B. C. All leading canneries are introducing machines for labelling their cans. They will label 100,000 cans per day and the occupation of the boys and girls is gone. A machine is being perfected which is a conjunction of the typewriter-telegraph and typesetter by which type may be set by one operator in a number of offices at once. Thus a man may sit in his office in Australia and set up the Australian news in American papers. Even the occupation of the negro is going by, a cotton picker now being in operation.

WIPES OUT MILLS.

A machine for manufacturing bread without the miller or baker is being put into operation in London, Eng., by a company capitalized at \$1,250,000. The raw wheat is poured into the machine, water soaked, converted into a pulp, passing through a mixer, after which the refuse is removed. The other parts of the machine form loaves from one pound up, a continuous roller carrying the same to the bake oven. Only a few ordinary laborers are neces-

sary to operate the machine. Forty men can supply the whole city of London with bread by this new process. Sir Chas. Cameron, of Dublin, and Dr. Otto Hahn, of London, well-known chemists and scientists, declare that the bread is more pure and wholesome than that baked under the present system. The bread can be produced as cheap as flour. Plants will be established in other countries by the company. Of course the small bakery capitalists will be forced into bankruptcy and the millers also, while the workers—well, they will have time to hunt for that prosperity that the politicians are prating about. And the journeymen will be compelled to study the question of collective ownership of the tools of production and distribution.

Child-Culture.

It is amusing to read the newspaper reports of the Society for Child Culture in this City. The members of the Society do not seem to have any scientific idea as to the mental capacities or shortcomings of children. They have no data for judging disposition of children. A scientific phrenologist can, in a few minutes, point out these characteristics and give a reason for peculiar characteristics in any child.

School-teachers, too, must observe the disposition and characteristics of their pupils before they pronounce upon them; even then they fail to give a reason why one child differs from another in temper; or why one pupil excels in geography, yet deficient in spelling; whilst another reverses the order and excels in spelling, but seems stupid in geographical studies. Some children prove to be excellent in drawing, but fail in composition; others vice versa. Others still are excellent in deportment, and some are uncouth and disorderly.

There is a reason for all this difference in children. Phrenology explains the mystery. The time will come when the reason of these variations in children, as in adults, will be better understood, but not until Phrenology is understood by teachers in our public schools.

Phrenology is the poor man's friend—it shows that talents are not confined to "blue blood" or aristocratic parentage.

Points for Physicians.

A large and long ear is indicative of long life. The length and fullness of the lower lobe of the ear indicates a long and full body, a full chest and predominance of the vital parts, but great power of endurance is shown by large Vitativeness, situated just behind the ear above the *mastoid process*. This faculty gives tenacity of life.

Large Destructiveness coupled with large Vitativeness indicates recuperative power or ability to overcome disease, in fact all the organs of the brain immediately surrounding the *Medulla Oblongata* are related to life forces. It seems a great pity that a majority of surgeons and physicians are not aware of these physical peculiarities. If we may judge by the patients they lose, or rather the lives that are lost under their hands—they are certainly unaware what Phrenology reveals.

Recently Judge Garber, who had an affection of the ear was taken to a sanitarium in this city, and the consulting doctors prescribed operating on the member by boring through the *mastoid process*.

Phrenology shows that if this region is shallow and deficient the patient will die under such an operation, for there is situated the citadel of life; but if large, and other conditions are good, the patient will recover. Physicians do not seem to understand this phrenological fact, but proceed in their surgical operations without any knowledge as to the probable outcome of their work.

Judge Garber never recovered consciousness after the operation, and died a few hours later. Surgeons should study Phrenology.

The correct way to get a good phrenological examination is to find a reliable phrenologist, then listen quietly during the examination. A phrenologist should not be disturbed by questions during an examination. Leave all questions until the examination is concluded.

Under all circumstances a conscientious phrenologist is truthful, and does not unduly criticize, neither does he flatter, but tells the truth as he reads it written upon the head, features and temperament.

Health Department.

Celery as Food.

BY DR. T. R. ALLINSON.

Celery is a native of Great Britain, and in its wild state grows in ditches and marshy places, then it is known as Smallage. In its wild state it has a strong smell and an unpleasant taste. By cultivation in suitable soil it loses its harshness and becomes mild and sweet. To make it grow white and soft it is blanched by covering the growing stalks with earth until ready for the table. In Germany the long stalked celery is unknown; its place is taken by celery or celeriac, which is like a swede turnip in shape with a celery flavor.

Celery should be viewed as a flavorer and a remedy rather than as a food. It is poor in nourishment, but contains valuable mineral salts and vegetable acids. Celery is said to be very useful in rheumatism and in rheumatic affections—that is if properly used.

To get the full value out of it the stalks must be well cooked and the water in which they were cooked must also be drunk. Some save the water in which celery is boiled and use it as a cooling drink, while others keep it as a stock for vegetable soup. Celery is good in cases of stone in the kidney, bladder and gall bladder, also in relieving that state of the system due to the presence of lime salts in excess. It is said to be a diuretic. Some consider that it is a soother and helps to cure nervousness. When eating celery it must be borne in mind that it has to be well chewed or it will be indigestible. A little time after it is eaten the wind which rises from the stomach will be flavored by it; this is caused by its volatile principle flavoring the wind, and is not injurious. Those who have a weak digestion should eat sparingly of it well cooked. Persons who dream much or who are troubled with nightmare must avoid it in the evening. To make a supper of it, with bread and cheese, is to court a restless night, and a tired feeling in the morning. It should not be eaten raw later than an early tea, not at a late tea or supper. When eaten at a late meal it is best boiled. A lunch of wholemeal bread and butter, a bit

of cheese, some celery, and a cupful of cocoa will be found very tasty, nourishing and healthful.

COOKERY.—Celery may be eaten raw with bread, or it may be cut up and mixed in a salad. To boil it is the best way of cooking it. Then it is served as a vegetable with plain white or wheatmeal sauce. When boiled it should be taken from the water, allowed to drain and served on toast. The water in which it has been boiled may be used for making the sauce for it or as a stock for soup. Celery is useful for flavoring all winter soups, and adds to their wholesomeness. The coarse stalks which are unfit for the table are good to make a liquor with which to make soup tasty. In summer time the seeds answer the same purpose. A pleasant way of cooking celery is to first boil it until nearly tender, then to dip it in a mixture of egg and bread crumb and fry it in butter or oil; when done it is eaten as a vegetable with other savories. As a relish at a meal it is far superior to cockles, mussels, periwinkles, crabs, shrimps or such injurious tit-bits so often found on the table at tea time.

Monsignor Kneipp on Nourishment.

Everyone has heard of Father Kneipp, the Bavarian priest. His experiences have been related all over the world. This is what he has to say about whole wheaten flour in January number of *Kneipp Journal*:

"There was a time when man ate grains, enjoyed good health, and reached a fine old age. But if anyone ate grains now, and fed on them, he would become a laughing stock. Since great mills have been invented, the nutritive power is no longer got out of the corn. Four or five years ago, a celebrated physician complained that the duration of life had been shortened by the fact that the bran is separated from the flour. The chief strength of the corn lies in its skin, which contains gluten. From the husks to the heart of grain of wheat the nutritive qualities abate more and more in their value. Take off the skin of a radish, then eat the radish, and you will find that it has lost nearly all its savor. The lemon, too, has its

strongest and best juice in the peel. As the greatest and best strength of a grain of wheat is contained in the outer coat, we lose, now-a-days, the best part of it, especially much nitrogen.

Great praise is bestowed on fine flour, the finest assortment of which they call biscuit flour; but it may be truly said that they have cleverly succeeded in bolting out of it most of what is really good and strength giving, and what nourishment still remains in the superfine flour is but poor stuff.

A great doctor has maintained that if a dog were fed on nothing but bread made from the finest flour, and drank with it nothing but water, he would die in forty days; but if the whole grain of wheat be ground, namely, with husks, and he be given the bread made thereof, he would live many years on it. If, therefore, people only buy biscuit flour and prepare therefrom their daily food, how wretchedly fed they must be.

Just make a trial, and have little rolls made by a baker, which we call whole wheat flour, and then try the same with artificial biscuit flour; if you compare the two sorts of bread, you will hardly believe that both were made out of the same corn."

This is just what we have been saying for years; we have been telling our readers that Advent flour, which is made from whole wheat (less the outer, indigestible, woody fibre found in other so-called wheaten flours), is the only flour in the market which contains all the nourishment in the grain without the irritating husks found in other whole wheaten flours; this is the reason we have always recommended Advent flour before all other flour; it is best; it is sweet as a nut; when made into bread or rolls, muffins, etc., it will sit on the most delicate stomach. Readers can get it from any grocer in the City, or on the Coast. It is cheaper than white flour, as it makes more loaves.

Phrenologists should be employed by the State in order to give an unbiased and scientific opinion regarding the mental soundness of criminals or their proclivities, and as to the mental and physical capacities of school children.

Cause of Old Age and Premature Death.

M. Gubler on Arterial Degeneration.

"As age progresses, and under the influence of conditions still imperfectly determined, the inner wall of the arteries, supple and elastic in its normal state, thickens gradually, and becomes indurated in such a manner as to offer, to the exploring finger, similar resistance to that of a bird's feather or the windpipe of a chicken, according as the degeneration is uniform or disposed in circular zones alternately with rings relatively healthy.

"By anatomic examination it is found that the thickening and induration of the vascular membrane is due to the accumulation of a whitey, yellow granulous and fatty substance, but essentially of mineral composition, the greater part of which is represented by the carbonates and earthy phosphates.

"This degeneration spares no one and affects all classes, but in a manner very unequally; indeed, the contrast is something astonishing in this respect between the well-to-do and the working classes, between town and country people, the difference being entirely to the advantage of the first. While among those high in the social scale, supple arteries are to be noted until the approach of confirmed old age, if not even of decrepitude; in the inferior classes, on the contrary, arterial induration often shows a striking precocity. It evidences itself not only in the wane of life, but in maturity and even in youth. In our hospitals, for example, men of 40, 30 and even 20 and under, exhibit the radial arteries already thickened and resistant. In short, while that at about 45 or 50 years confirmed degeneration is the general rule amongst laborers from the country, the deterioration only commences to show itself at about the age of 60 among the higher classes. Whence comes this strange disparity? Is there nothing for it but to ascribe this condition as one more of the baneful effects of alcoholism? No doubt alcohol is a great evil, and it is not easy to put the working classes too much on their guard against its deplorable influence. Still,

there is no need to exaggerate, and for my part I am convinced that modern physicians have not always been able to avoid imputing to alcoholism (so fruitful in dangers to health and life) symptoms the real cause of which they were unable to discover.

"I do not pretend absolutely to exonerate alcohol from all share in this atheromatous and calcareous degeneration. I merely believe I can establish that the poisonous agent is neither the sufficient nor the principal cause of the pathological phenomena under consideration.

"As a matter of fact, I have had occasion to see many subjects of premature arterial induration who have emphatically affirmed their sobriety. Among these there are those whose sincerity can hardly be questioned, and respecting many of them I obtained information entirely favorable: without counting that the youth of some of them made it impossible that habits of drunkenness, which they wholly repudiated, and of which they manifested no other distinctive symptoms, could have existed.

"On the other hand, wealthy people are not exempt from the vice that is attributed (and justly) to the town working classes. I know many gentlemen who never put water in their wine, who drink plentifully of the best wines, yet who remain free from all atheromatous and calcareous degeneration.

"It may be urged, perhaps, that in the higher ranks of society alcoholic drink is taken with the meals, and that, consequently, being mingled with the chymous matter, and slowly absorbed, it is not so liable to reach the hepatic gland or the blood in sufficiently large quantity to work great harm. The habits of the two classes however, from the alcoholic point of view, are not so very dissimilar, and consequently they are not capable of accounting for the profound difference that exists between rich and poor in respect to the precocity and intensity of this deterioration of the arterial system.

It seems to me that the nourishment so different in the cases respectively of each class, poor and rich, country and town, would be able to furnish us with a satisfactory explanation of the facts noted. While the one class live principally on

flesh (their favorite vegetables—mushrooms, treffles, asparagus—are themselves largely provided with the nitrogenous principle), the other class is sustained on vegetable substances, bread, potatoes, cabbages, salads and the pulse or bean species, forming the basis of their food.

"Now, meat and albuminous substances contain very little mineral elements; while cereals are well supplied with them. It is the leaves of plants that possess the function of condensing and retaining in their tissues the mineral matter in solution in the ascending sap, and these organs, in decaying, yearly restore to the soil the earthy salts the plants have received. Such is the physiologic reason for the enormous proportion of earthy matter which the consumption of green portions of plants (and consequently of the pulses) introduces into the human economy, and into that of the herbivorous animals.

"This aliment is principally composed of phosphates and earthy carbonates, which, easily soluble in the liquid acids of the organism, and even in the blood, by virtue of an excess of carbonic gas, are no longer so, either in the alkaline secretions or in the serum of the blood, devoid as the latter is of carbonic acid. These saline or chalky matters, then, accumulating and being precipitated in the liquid secretions of various organs, tend, among other prejudicial conditions, to the formation of calcareous incrustations throughout the system. This tendency has a two-fold action, not only causing the fossilization of the arteries involved, but, by introducing alkaline salts to organic acids, it serves to further alkalinize the fluids of the body and so favor the precipitation of earthy matters.

"If, as I think, the cretaceous incrustations of the arteries have their origin in the earthy matters supplied in a vegetarian regime, concurrently with drinking waters charged with earthy salts, they will be more frequent, more premature, and more serious in chalky districts; rarer, and even absent in siliceous districts."—*The Insignia*.

Nuts and fruits are man's natural diet and are free from calcareous matter. C. P. HOLT.

Puget Sound Department

Love of Approbation.

BY PROF. D. C. SKYMOUR.

This faculty is called the "watch-dog of society." It is the power behind the throne that leads to all etiquette, politeness, decorum, good behavior; also leads to ambition and pride, the desire to excel or win the race. Perhaps no organ of the brain has so much to do with the advancement of the human race, or its evolution from the lower to the higher, as Love of Approbation. It is situated in coronal region of the head on each side of the organ of Self-Esteem, and when very largely developed gives much breadth to the top back-head, and the appearance of the "third story" upward and backward from the ears. Most people confound the function of this organ more or less with that of Self-Esteem—both beget pride and desire for leadership—but the desire for notoriety, for applause, for appreciation, or to be thought beautiful, or fine form, or talented, or ahead of others, all come from "Love of Approbation" being well developed. A child or persons with this faculty poorly developed will show very little pride in their dress, and care but little whether they are at the head or foot of their class; will be untidy in their dress, slovenly in appearance, hair unkempt, hands and face, often untidy, are likely to select menial occupations in life, and fill very ordinary places in the world.

When this faculty is strongly developed it depends greatly how other organs are sized as to its manifestation. If the organs at the base of the brain are large, and the moral faculties weak, the person's ambition and pride will cause him to try to be a leader in foot-racing or racing of any kind; or if Combativeness predominates, with small Caution, will be quite likely to try to excel in the pugilistic arena, or in feats of strength and endurance, exposure and hardihood; and if Secretiveness is small he will always be boasting about the *wonderful things* he has done, the men he has whipped or beaten in contests of various kinds; and if Executiveness is also large,

he will tell of the great hunts he has had, of the many grizzlies, buffaloes, tigers or *even men* he has killed, until, if we believed him, we would wonder where he buried his dead. If Amativeness be large, he will take great pride in reciting his amatory conquests, and the broken hearts he has made, for the trusting souls of some of God's more loving, trusting and better beings. Where the intellectual faculties are large with also large "Love of Approbation," the person will make great efforts in scholarship in order to "show off" what he knows, and will be found trying or "running for office"—anything and everything to get above the "common herd," so as to be looked up to and admired. This combination gives us our army of actors, circus performers, stage singers, variety theatre dancers and all the vast crowd that come before the public as wonderful attractions. All persons with this combination of the cerebral convolutions find great delight in seeing their names on the blazing posters of the bulletin boards and in the handbills, daily newspapers, programs, etc., that are to be seen everywhere. They are hungry for distinction, and crave to be doctors, reverends, professors, generals, colonels, majors, captains, corporals, A. M., L. L. B., D. D. etc., etc., etc., and if the moral faculties are weak, they will use trickery or any dishonest means to gain the goal, but when the moral and spiritual and literary faculties are *well* developed, than the person will have a high and worthy ambition to excel, that he may thus do a great and good work in the world as teacher, leader, author, writer, scientist, public speaker, etc.

With "Love of Approbation" left out of our physical and mental economy, men and women would make very little effort to improve, for they would care very little for the appreciation of the world, or the applause and approbation of an admiring humanity. It enters into every avenue and department of life occupied by mankind. The little child, the budding girl, the coyish sweetheart, the fond and loving mother, the grand dame in the easy chair or grandfather spinning his wondrous yarns or stories of bygone days, the boy with his new boots, the dude with his immaculate cravat, the lady who is a walking jewelry shop or a lapid-

ary's 'moving' collection of diamonds and other precious stones embedded in silks and satins, the political stump orator, the scented and perfumed priest, sitting on velvet-cushioned chairs behind an almost royal pulpit, with a gold-clasped ponderous Bible, within the house of God, costing thousands of dollars, with finely carpeted aisles and upholstered pews which are filled on the "Holy Sabbath day" with broadcloth and satins for others to admire, the fine carriages and costumes on the street, the fine mansions and palatial blocks and costly buildings, monuments, cars, steamers, all ornaments and fine equipments, the race for wealth, for gold, silver, place, renown, learning, beauty, the glitter and tinsel of theatrical and circus life, the pomp and pageantry of royalty, the brass buttons and gold lace and dazzling uniforms of court life, also seen in military and naval parades—all this is the result of the promptings of 'Love of Approbation.' This is the factor coupled with Acquisitiveness that leads to the struggle for supremacy in business. Hence competition, adulteration, cheating, swindling, embezzling, forgery, counterfeiting, sweat-shop, murder, slander, thievery, prostitution, rum-selling, etc. It is the power behind the throne that leads to war with all its horrors. It is the magnet that leads to conquest by sea or land, and to all voyages of discovery, to invention, to study, to improvement everywhere by everybody. It is the principal cause of the red blankets, paint and feathers, tattooed bodies, beaded leggins and moccasins in savage life; the banged, frizzled and curled hair and painted faces, and low-necked dresses and pointed foot-gear and all the rigamarole seen in fashionable life, and the bric-a-brac of "upper ten" homes, with their costly paintings, marble busts, leaping fountains, and jacketed dogs, liveried servants, gold-mounted harness, ribboned cats, and seaside resorts—all these are the result of the workings of Love of Approbation and are the results of "*tricks in trade*," by which the worker and toiler is robbed of *his true part* in what he earns, and the robber lives clothed in "purple and fine linen" to make a fine display, while the other wonders at the dispensation of Providence. Poor deluded fool!

Equality of the Sexes.

BY JOHN F. BERNARD.

"No," says Tennyson, "woman is not undeveloped man." The sexes, though naturally different, are absolutely equal; and the sex problems that perplex legislatures, arise, not from the equality, but from the differences between the sexes. And this equality is not conventional—woman is man's equal by nature, and not by man's permission. This distinction however, has not always been clearly discerned, but was forced into recognition by the evolution of civilization. In the early ages woman was held to be inferior and subject to man.

If the reason for this was the supposition that the struggle for existence devolved on man exclusively, it was as fallacious as the idea (completely exploded by modern political economy) that the farmer is the only, or prime producer of utilities. The Bible treats of woman as being inferior and subject to man. The leading intellects of imperial Rome in the time of Nero, doubted *whether woman has a soul*. In the last century Blackstone extolled the laws of England above all others by specially favoring the female sex, after having asserted the right of the husband to give the wife "moderate correction" by whipping. The spirit of the present time may be caught from a decision of the Supreme Court of the State of Washington, which held:—"The husband and wife, jointly and equally, and not the husband alone, constitute the head of the family." The law arises like an efflorescence out of the very nature of persons and things; and as the sexes differ in their natures, so the laws regulating the sex relation differ, unless experience should decree freedom of sex, as it has decreed freedom of speech and religion, by considerably or altogether withdrawing such matters from the jurisdiction of the municipal law. The phrenologist need have no difficulty in ascertaining the sex differences that determine sex legislation. Human kind are divided into male and female. Man has nothing to do with this, and could not alter it if he tried. Maternity and all that pertains thereto, distinguishes woman.

It is, therefore, easy to understand that she is fine and sensitive and intuitive enough to make her responsive to the requirements of the yet unborn; why her Philoprogenitiveness is large; why her Benevolence is also large. She is gentle besides, which renders her less combative and destructive and firm than man, and less proud. The same distinguishing principle of maternity will also furnish reasons for her tact and smoothness and power of adaptation, her spiritual and worshipping nature, her moral and physical integrity, her special physical developments and states, and so forth. In short, a comparison of the typical and perfectly natural male and female will show that they are not qualified for the same occupations and routine. Yet, as there is a considerable minority of feminine men and masculine women, who have a right to assert and enjoy the individualities Nature gave them, legislation could safely let them do so, without cause to fear a general sex degeneration. In regard to normal men and women, if, as Sizer says, children generally do and should resemble parents crosswise as to sex, boys resembling mothers and girls fathers, it must be presumed that if posterity could choose as to parentage, the boys would choose to have their mothers equal with their fathers before the law.

And this suggests a duty owing to posterity, and the proper policy in sex legislation—equality of the sexes.

Eloquence.

Lavater's picture of Cicero, shows a wonderful intellectual lobe. Webster's intellectual lobe, and particularly its upper part, was immense. A composite of the world's great orators would show a balanced and great organization, a splendid intellectual lobe, and of course, a good development of language. But great language alone will not make one an orator. I know an auctioneer whose language is fully equal to Cicero's; he is indeed, eloquent in his sphere, and in the direction of his other leading faculties, but he is no orator.

The following quotations from the celebrated rhetorician, Hugh Blair, will serve:

1—To show that language alone

does not produce eloquence; and
2—To enable the phrenological reader to arrive at a technical analysis, and resolve it into its elements. JOHN F. BERNARD.

"When you speak to a plain man, of eloquence, or in praise of it, he is apt to hear you with very little attention. He conceives it to signify a certain trick of speech; the art of varnishing weak arguments plausibly; or of speaking so as to tickle the ear. "Give me good sense," says he, "and keep your eloquence for boys." He is in the right, if eloquence were what he conceives it to be. It would be then a very contemptible art indeed, below the study of any wise or good man. But nothing can be more remote from truth. To be truly eloquent is to speak to the purpose. For the best definition which, I think, can be given of eloquence is, the art of speaking in such a manner as to attain the end for which we speak."

"In order to persuade, the most essential requisites are—solid argument, clear method, a character of probity appearing in the speaker, joined with such graces of rhetorical style and utterance as shall draw our attention to what he says. Good sense is the foundation of all. No man can be truly eloquent without it; for fools can persuade none but fools."

"But, in order to persuade, the orator must go further than merely producing conviction; he must consider man as a creature moved by different springs, and must act on them all. He must address himself to the passions; he must paint to the fancy, and touch the heart; and, hence, besides solid argument and clear method, all the conciliation and interesting arts, both of composition and delivery, enter into the idea of eloquence."

"High eloquence is always the off-spring of passion. By passion, I mean that state of the mind in which it is agitated and fired by some object in view. The eloquence which gains the admiration of mankind, and properly dominates one an orator, is never found without warmth or passion. Passion, when in such a degree as to rouse and kindle the mind, without throwing it out of the possession of itself, is universally found to exalt all the human powers. It renders the mind infinitely more enlightened, more penetrating, more vigorous and masterly, than it is in its calm moments. A man, actuated by a strong passion, utters greater sentiments, conceives higher designs, and executes them with a boldness and a felicity, of which, on other occasions, he could not think himself capable. Almost every man, in passion, is eloquent. Then he is at no loss for words and arguments. He transmits to others, by a sort of contagious sympathy, the warm sentiments which he feels. His looks and gestures are all persuasive."

"Hence, the universally-acknowledged effect of enthusiasm, or warmth of any kind, in public speakers, for affecting their audience. Hence all labored declamation, and affected ornaments of rhetorical style, which show the mind to be cool and unmoved, are so inconsistent with persuasive eloquence. Hence all studied prettinesses, in gesture or delivery, detract so greatly from the weight of a speaker. Hence the necessity of being disinterested, and in earnest, in order to persuade."

"It is evident that eloquence is a high talent and of great importance to society, and that it requires both natural genius and much improvement from art. Viewed as the art of persuasion, it requires, in its lowest state, soundness of understanding, and considerable acquaintance with human nature; and, in its higher degrees, it requires, moreover, strong sensibility of mind, a warm and lively imagination, joined with correctness of judgment, and an extensive command of the power of language; to which must also be added the graces of pronunciation and delivery."

San Francisco, Cal., August, 1898

Human Nature

A MONTHLY JOURNAL DEVOTED TO
Phrenology, Physiognomy, Health,
Medical and Social Reform

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ALLEN HADDOCK,

EDITOR AND PROPRIETOR.

C. P. HOLT,

Associate Editor

D. C. SEYMOUR,

Editor Puget Sound Dept

Professor 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.

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Some publishers continue to send papers and magazines to subscribers after their subscriptions have expired, then complain, because their patrons fail to pay for what they never ordered.

This is all wrong, being unjust to patron and annoying to publisher.

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The Woes of a Publisher.

A publisher is not without his troubles. Complete strangers write to him asking a dozen questions which need answering, but correspondents forget to enclose stamp for reply. In addition, they request samples of his exchanges or those publications advertised in his Journal. If he answers the letter or sends sample of his own magazine, the chances are he hears nothing more and his stamp and paper are gone for "nix." If he does not answer he fears he may have lost a customer. When he secures a subscriber at fifty cents for his magazine which costs him nearly that, perhaps the subscriber's interest is aroused and he writes a letter to the publisher, asking certain questions which ought to be answered, but the correspondent is thoughtless and forgets to enclose the stamp, but the publisher's conscience is stronger than his pocket, so he answers the letter and is out another two-cent stamp, paper and envelope

Many well-meaning correspondents are merely thoughtless, asking questions or wanting price-lists, etc., but never think of enclosing stamp for reply, and when these cases happen every day for 365 days during the year, the cost in stamps alone for answers is enough to break a small bank.

We know something of these tribulations at HUMAN NATURE Office. Recently a correspondent complained about not getting a magazine the proprietor advertised in HUMAN NATURE. We had not received the money for it—it was sent to the publisher of the magazine and then a strong complaint was lodged with us. We had nothing to do with it and said so, at which the correspondent was annoyed because we had replied on a postal card.

By the same mail came a photo, accompanied by a long biography of an agent of HUMAN NATURE in one of the Western States, with a request to publish it. The cut alone would cost us several dollars and the setting up and printing subject matter many dollars more, not to mention the wear and tear of patience to read the article, but not one cent accompanied the request, not even a postage stamp for reply. If we do not publish

the biography we shall lose his friendship and patronage. If we should publish it our pages would be stultified: The literary pages of HUMAN NATURE are never sold. Our delineations are made entirely from a scientific standpoint, and not from mercenary motives.

We could probably make considerable money by selling our pages for such a purpose, but as that would be a prostitution of the science, we propose to keep on the same old way and refuse to be bought or bribed to say anything good or bad about anyone for a pecuniary consideration. When it comes to that we will retire from publishing HUMAN NATURE.

We are modest in our requests; all we ask, is that correspondents requiring answers, price lists, etc., shall enclose stamp for reply.

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This science is not a system of

diet, giving rules for eating certain things and avoiding others. Our Creator intended us to keep the *natural* hunger of childhood, which all who live according to the "old way" have lost. In its place has come an *abnormal* appetite which makes slaves of us all. When, through "The New Gospel of Health," the abnormal appetite is lost, we get back *natural hunger*; the stomach calls for nutritious foods; which will be as delicious to the taste as they were in the days of childhood. Your system under this regime will be wholly rebuilt."

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Single copy of *Health*, 10 cts., *Phrenological Journal*, 10 cts., *London Popular Phrenologist*, 5 cents. Send 10 cts. for postage, and we will mail you a sample copy each of the three magazines. Address HUMAN NATURE Office, 1020 Market St., San Francisco, Calif.

A subscriber writes: "I failed to get my HUMAN NATURE for May or June and am disappointed. My paper was marked with a cross, signifying subscription was due in March. You should never stop my paper. If I do not remit on time, I shall do so sometime."

We never "stop" a subscription; it stops itself by dropping out. This subscription was received March 1897. Our mailing clerk wrote the wrapper until March, 1898. On April a final notice of expiration was sent; when subscriber failed to renew, he shared the fate of all others who failed to renew that month; his name was not re-entered in our books for another year. We only keep an annual list. Our business is cash.

Do not write to us, but to the publishers of any magazine you subscribe for through us, if it fails to reach you regularly. By this course you will have the error more quickly corrected.

Books! Books! Books!

Send a one-cent stamp for a Price List of Books to HUMAN NATURE Office, 1020 Market St., San Francisco, Cal.

The Hygeia Distilled Water Co., 420 Eighth St., San Francisco, whose advertisement appears on page 16, furnish the purest and cheapest beverage to be had.

Distilled Water is not a luxury, but a necessity, and equally beneficial to the old and young, the sick and the well. Drink it, that your days may be long on earth and your bodily health perfect.

Why They Enlisted.

I had a curiosity to know the motives that impelled the newly-fledged soldiers who wear the blue uniforms with brass buttons of Uncle Sam, to enlist in his service and to fight his battles against the bull-baiting Spaniards. A day spent at Camp Merritt and another at the Presidio gave me the desired information, and the coveted opportunity of learning the true inwardness of camp life. A soldier is a man with a stomach, and the straight road to a man's good graces is via that vital organ. Laden with oranges, cherries, berries and other luscious fruits, I was the welcome guest at many a tent and in the barracks.

A city of tents dotting the sand plain when viewed from afar looks romantic. A nearer view reveals shirts and stockings and handkerchiefs hung out to dry—blankets and canteens, haversacks and guns, but no pianos nor chinaware.

"Why did I enlist? Well, I'll tell you." Take another orange, said I. "Much obliged," said he. He was a beardless boy, not more than sixteen years of age—there are many such at Camp Merritt. "I lived at home, in Indiana,"—at the word "home" his eyes moistened, but he went on to say—"Father owns a farm on the Wabash, and I had to work hard plowing and planting and harvesting and did not get a chance to go to town only Sundays and holidays. I'd read a heap about Napoleon and his marshals, and about Grant at Shiloh, and the battle of the Wilderness, and how Sherman marched to the sea, and how the soldiers foraged on the enemy, and stole pigs and chickens and had heaps of fun playing pranks on each other, and finally, when the war was over, they came marching home and had a pension; so after right smart of teasing, I got father and mother—" At the word "mother" his voice choked, but recovering, he added—"to let me enlist; and here I am, bound for Manila. I had my picture taken last week with my soldier clothes, blanket, canteen and gun, just as we are in marching order. Here it is—I'm going to send one home to mother"—another choke in the voice—"I reckon the war will be over pretty soon, won't it? Still, I'd like to go to Manila so as to have it said I went there. I'd like

to tell yarns after I got home about the battles I was in, and how we licked the Spaniards." Or how they whipped us, I mildly suggested.

"They can't do that," said a young man with a little down on his upper lip, who had sat silently listening. "Didn't you read how Dewey knocked their ships all to pieces at Manila, and how Schley beat Cervera, and how Shafter and Roosevelt and the Rough Riders knocked them about at Santiago? The Spaniards may be good fighters, but when it comes to shooting straight they ain't in it."

"How came you to enlist," I queried. "For the same reason Bill did," glancing, as he spoke, at the first boy. "You see, me and Bill has always been chums—we went to school together, and used to take our girls to the same circuses and dances and all the doings, and when Bill said as how he'd a mind to enlist, I got my folks to let me enlist, too."

There sat on a bundle of blankets listening in silence and eating peaches a tall man with a heavy mustache. He was much older than his comrades, and I audibly wondered why he was there—thirty-five years had certainly ought to have taught him that war meant fighting. Perhaps he was a patriot and loved his country and felt sorry for the Cubans and indignant at the destruction of the "Maine." I asked him if he knew where the Tennessee Regiment was located, and he offered to escort me to their camp. On our way there he told me his story. He was a prosperous merchant in a little town in Indiana. He had a wife and two little children. He stopped walking and taking from his pocket a photograph of himself with two little boys grouped by his side, said with a husky voice—"They are mine, and here is a letter from my wife which I received to-day. You see she signs herself—'the mother of your children.' Well, poor woman, that is all she could do. I was married at twenty to a girl I loved, and who returned my love with intensity. We lived five happy years together, but we were too much alike—that is, we were both quick-tempered. One miserable evening in winter we quarreled and each said spiteful things to the other, until at last I struck and kicked her, my darling. Oh, my awful

temper! She wouldn't endure to be kicked, and in the cold, starless winter night she waded through the snow-drifts to her father's house. A divorce followed. I left the town, was absent two years, but was uneasy. I wanted to see Julia. I returned, but her father prevented a meeting between us. In an hour of spite I married my present wife, and within ten days thereafter Julia married a man she despised, just to spite me. They left the town, and I did not see her during the ten ensuing years, when one day we met upon the street of my town and all the old love returned—we walked as in a dream, but peace had flown. She immediately left her husband and I became unsettled in mind, and spent sleepless nights and melancholy days contriving ways and means to bring about a happy solution to an unhappy state of domestic tangle. At last one day, when almost wild from worry, I enlisted in the army, not caring what became of me or if I died. It was better than suicide. I gave my business into the hands of my brother, telling him to take care of my family, and if I ever returned, to divide with me. If I never came back, it should be his own; and here I am, I don't care whether I live or die. Spanish bullets have no terrors for me."

We had reached the camp of the Tennesseans and were greeted with a welcome. From Colonel Smith, son of his illustrious father, to each honest-faced private in the ranks, there was a greeting for me of true Southern hospitality, and at every tent I visited in the Tennessee camp I felt the grasp of earnest hands.

I had witnessed their perfect drill at the Pavilion, when they were given a reception by the ladies of San Francisco, but at their tented home they threw off their soldier stateliness and were the unsophisticated Southern chivalry.

These Tennessee boys in blue are the sons of the boys in gray who, thirty years ago, met our other boys in blue at Shiloh, at Chattanooga, at Island No. 10, and who welcomed "fighting" Joe Hooker with a different hospitality as he ascended Lookout Mountain and saluted them with shot and shell above the clouds.

I still had some peaches and pears to divide with the Tennessee boys. As I stood in the sandy

roadway dividing their city of tents the boys came forward civilly and answered my questions respectfully. "I'm glad I came to San Francisco for the peaches and pears," said Joe Keaching. "I reckon there's a right smart chance of getting all a feller wants, ain't there?" and his honest eyes looked straight into my own. "Why did you enlist," I inquired. "O, for the fun of it. Kindred Moffitt and I bunk together, and it ain't so bad, if they would only let us have clean sand to sleep on. We are used to roughing it in the Tennessee mountains." Kindred took another peach and said that Joe was a good feller to bunk with because he never took more than half the blankets. As to his reasons for enlisting, he always went into anything that was risky, fighting bears or moonshining and he would bet Joe wouldn't flunk when they came to meet the Spaniards.

"I'm ready to go to Manila tomorrow," said Jim Hathaway. "I'm tired of these sand dunes. I came out to fight the Spaniards, and I'd like to be off—Jim stood tall and straight. He said he enlisted because he wanted some excitement, and he didn't care how soon the fun began.

Not all the Tennessee boys will go back to their mountain homes to greet their sweethearts and sisters, nor will they ever fight Spaniards at Manila or in Cuba. Some are dead. Their graves are in the Soldiers' Cemetery. The harsh winds and penetrating fogs gave them pneumonia. They are dead. Sweethearts will weep; mothers' hearts ache; sisters will read sad letters of their death and burial—but life is but a battle and a march.

When I reached the Kansas regiment I found the boys from the prairies alike eager for adventure—anything but monotony. The day was hot, and I said so to a soldier standing at the door of his tent. "Yes," he said, "it is hot to-day, but it is better than the cold fogs at night. I almost froze last night because I have no bunk mate and the damp air was chilly." "I wish I was at home to-day," said a young soldier just off guard, "because my sister is to be married to-day." "I'd been married, too," said his chum, "if I hadn't

enlisted." Why did you enlist, said I, expecting another romance. "O, because the rest of the boys enlisted, and I didn't want to be called a spooney. I got a letter from Mary yesterday, and she is all right, you bet."

At the Presidio I was just as warmly received by the regulars as I had been by the volunteers at Camp Merritt. The barracks are more comfortable than the tents, but the soldiers are men just the same. John Ruilalder had a history. This is his second term of enlistment. His father is a Hollander, and the boy at seven years visited Holland with his parents. Afterward they all returned to the family farm home in Iowa. At the age of fifteen years John and his father had a disagreement, and the boy left home, entered the employ of the Hudson Bay Company, fought in the Riel Rebellion, and afterwards spent two years with the Indians on the shores of the Arctic Ocean. Returning to the United States he enlisted at Seattle in the regular army, served his term of three years, and when the war with Spain broke out he re-enlisted because he had just as lief be in the army as anywhere else. It didn't matter where a man spent his life—one place was as good as another."

My next tale of romance came from the lips of an intellectual, manly-appearing man from Texas. I was soon in his confidence—"I will tell you what I have never told to anyone," he said to me, "I enlisted because I was disappointed in love. I loved a beautiful girl in Texas and my love was returned. We were very happy in our dreams of future bliss, but her parents had an ambition to marry her to a rich man, and I was poor. They forbade her meeting me, and in despair I enlisted. That was five years ago. I served my term and not hearing from my sweetheart I re-enlisted, for I did not care what became of me. Last week I received a letter from her. She had learned my address from one of my former comrades. She had resisted her parents, had been true to her love for me and would remain true until death. As soon as I get out of the army we will be married. I have something to live for now."

These were the reasons given why they enlisted.

C. P. HOLT.

One Touch of Nature.

By the bed the old man waiting, sat in vigil sad and tender,
Where his aged wife lay dying; and the twilight shadows brown,
Slowly from the wall and window chased the sunset's golden splendor,
Going down.

"Is it night?" she whispered, waking (for her spirit seemed to hover,
Lost between the next world's sunrise and the bedtime cares of this),
And the old man, weak and tearful, trembling as he bent above her,
Answered, "Tis."

"Are the children in?" she asked him. Could he tell her? All the treasures Of their household lay in silence many years beneath the snow;
But her heart was with them living, back among her toils and pleasures,
Long ago.

And again she called at dew-fall in the sweet summer weather,
"Where is little Charley, father? Frank and Robert—have the come?"
"They are safe," the old man faltered, "all the children are together,
Safe at home."

Then he murmured gentle soothings, but his grief grew strong and stronger.
Till it choked and stilled him as he held and kissed her wrinkled hand,
For her soul, far out of hearing, could his fondest words no longer
Understand.

There was stillness on the pillow—and the old man listened lonely—
'Till they led him from the chamber, with the burden on his breast,
For the wife of seventy years, his manhood's early love and only,
Lay at rest.

"Fare-you-well!" he sobbed, "my Sarah; you will meet the babes before me;
'Tis a little while, for neither can the parting abide
And you will come and call me soon, I know—and heaven will restore me
To your side."

It was even so. The Spring-time in the steps of winter treading,
Scarcely shed its orchard blossoms ere the old man closed his eyes,
And they buried him by Sarah, and they had their "diamond wedding"
In the skies.

—Theron Brown in *Farming World*.

Doctors are weighing the brains of murderers, and find them just as heavy as those of moralists and philosophers; but why do they study dead brains instead of living men? Then again, why do they not realize that the brain is not a single organ, but a plurality of organs, and that it depends whether the organs in the base or apex predominate, whether a man is naturally good or bad. A natural criminal will have a low top-head, or at least the sensual or animal will predominate over the moral and the brain may be larger than that of the moralist; it makes all the difference what parts of the brain are the largest.

WHAT DO YOU DRINK?

NATURE IMPOSES PENALTIES FOR ALL INFRINGEMENTS OF HER LAWS.

Old age, or ossification, is the penalty of ignorance in regard to drinking water.

About 72 per cent of the body is water; then how much depends upon the purity of the water we drink. Undistilled drinking water is to the pure what raw pork is to the cooked. Lean pork, thoroughly cooked rarely proves injurious to health, except in the deposition of calcareous, or old-age matter.

RAW, or half-cooked pork is loaded with danger of every function of life. RAW WATER is equally so. There are three kinds of food which enter the system daily; solids, distilled liquids and raw liquids. All solids contain calcareous or old-age material. The distilled liquids, of juicy fruits are not only free from old-age matter, but dissolve and draw off as much calcareous substance as the solid food deposits. Fruits, therefore, would ward off decrepitude and age were it not for the water which we take. As nature distills her water in her fruits, so man should take lesson and drink only distilled water.

The latter is not only free from calcareous, or old-age matter, but, like juicy fruits, will dissolve and carry off all such matter contained in solid food. Nature sets us great examples and the time is not far distant when raw water will be a thing of the barbaric past.

Now do not make a mistake.

Why does the physician advise the sick and aged to drink distilled water, and why does the Druggist use it in preparing Medicine?

Because it is absolutely pure.

DRINK DISTILLED WATER and let no one persuade you to drink any other kind of water whatever.

The powerful solvent properties of distilled water are well known. As carbonate of lime exists in nearly all drinking water, the careful distillation eliminates this harmful element. As a beverage, distilled water is rapidly absorbed into the blood; it keeps soluble those salts already in the blood, and facilitates their excretion, thus preventing their undue deposit. The daily use of distilled

water is, after middle life, one of the most important means of preventing secretions and the derangement of health. As to diluted phosphoric acid, it is one of the most powerful influences known to science for shielding the human system from the inconveniences of old age. Daily use of it mixed with distilled water, helps to retard the approach of senility. By its affinity for oxygen, the fibrinous and gelatinous deposits previously alluded to are checked, and their expulsion from the system hastened.—*Selected.*

“Remember the Maine”—purpose of a phrenological examination is to determine the NATURAL abilities for certain trades, business or professions. If you follow an occupation for which you have neither taste nor talent, you will be a failure.

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 9:30 a. m. 1:45 p. m.

Leave TAVERN of TAMALPAIS
 1:25, 4:20 p. m.

Sundays

Leave SAN FRANCISCO—
 8, 10, 11:30 a. m. 1:15 p. m.

Leave TAVERN of TAMALPAIS—
 11:10 a. m., 12:33, p. m. (Mill Valley only)
 2:10, 4:00 p. m.

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