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SICK.

O, what a nose! The man looks like a fright. His hair is unkempt, his nose is swollen at the end, his face is covered with blotches, his eyes are like two gimlet holes in a pumpkin, his mouth is skew-angle, and his lips, dry and cracked, hang flabby above his scraggy chin, like moss on a board fence.

What is the matter with the fellow? Is that the way they made him? Oh no, he arrived on earth all right, and was as sweet a little baby as a fond mother and maiden aunt ever kissed. He doesn't look very kissable now, does he?

His father was a down-east farmer, and when the baby was weaned—the idea of such a bloater having been a baby!—as I was saying, when he had cut his teeth and was big enough, he ate a simple diet of bread and milk and such things as farmers eat. He went to school, played "tag" and "I spy" with the boys, hoed corn and went barefoot. That is the way he grew to be a healthy, smart young man of twenty-one years.

If he had remained a farmer and been temperate in his habits, he would have been healthy and smart to-day, instead of being sick and stupid. But no, nothing would do but he must go to the big city and make his fortune, the same as Vanderbilt and Gould,

Jim Fish and other rich men did when they were youngsters. Well, the city was all right if the boy had retained the habits of temperance and frugality he had practiced on the farm, but no sooner did he get well settled down to book-keeping in the big, wholesale house where he had secured a situation, than he entered "the swim"—that is to say, he fell into the ways of dissolute young men, kept late hours, took "a nip"—short for whiskey—now and then, smoked cigarettes, and, besides eating three square meals of all kinds of restaurant and boarding house rations, topped off at midnight with a hearty supper of roast beef, lobster salad, raw oysters and nick-nacks, washed down with champagne.

That's what's the matter with his nose to-day.

That's what's the matter with everybody else's nose that is swollen and red, and it is what ails nine-tenths of the folk that are laid up with rheumatism, gout, eczema, dyspepsia and the other ills afflicting the human race and making the drug store happy. They eat too much, too often and the wrong kind of food. They drink the wrong brand of wine and ale—it should be "Adam's ale"—they over-work, over-everything, but sleep and pray—I don't know much about praying, but put that in to make it rhyme—I

guess it wouldn't hurt them to pray occasionally, "Deliver us from evil," for they are "Prone to evil as the sparks fly upward."

They are sick and it is a great evil to be sick. When we are sick we can't think straight, and no matter how large and fine a brain we may possess, if we are ill, it won't tick. Carlyle had a splendid brain, but he also had dyspepsia, and was as cross as a setting hen, and led his poor Jane such a life as made her miserable.

Alcohol is made by fermentation. The stomachs of many people are first-class distilleries caused by eating fermentable foods. Don't do it, that is what made this man's nose big and red at the end.

C. P. HOLT.

Should there be a Law to Regulate the Practice of Medicine?

(NEGATIVE ARGUMENT)

BY CHAS. N. MILLER, M. D.
In *California Medical Journal*.

In upholding the negative of this question, I shall endeavor to establish the four following propositions:

1st. A perfect system of medical practice has not, as yet, been developed, the truth in medicine is unknown; and it is subversive of morality and good government to uphold by law, that which is false and erroneous.

2nd. Such a law, by pretending to decide for each individual whom only he should employ as medical advisers, prohibits in its sphere of action, the freedom of the will, and restrictions of this kind are antagonistic to the spirit and most cherished declarations of our government.

3. Such a law promotes the worst forms of quackery, and therefore encourages all the evils it claims to suppress.

4th. The real intent of such a law is not to shield the people, but to protect the medical profession of the so-called regular school, who are the exponents of a system of practice that is founded upon error and superstition; a system which is too weak to live by its own merits, and can only be kept in existence by legal enactments.

First, then, to establish the

proposition that the truth in medicine is unknown, we have but to refer to the various theories of cure, as expounded by the different schools of medicine.

The basic principle of Homeopathy is, that "like cures like," while Allopathy is founded upon the law of contraries, and Eclectics claim that "for every evil there is a remedy," and after the patient is cured, they can always tell just what remedy was needed. Now, which is right? Had you the power to do so, would you license only Homeopaths to practice medicine? No, for they may be wrong. Well, would you give that power to Allopaths only? No, they may not be right. Would you permit only Eclectics to practice medicine? No, all are too good Eclectics for that. Well, if it would not be safe to allow either school to practice medicine, to the exclusion of the others, then by what sort of justice do you license the three together to practice medicine, forbidding all other schools? Do three wrongs make one right?

Where then, shall truth be found? Does it abide with the Homeopath? Ask the Allopath. Does it abide with the Allopath. Ask the Homeopath. Is it to be found only with these two? Ask the Eclectic.

The theory of the treatment as taught by homeopathy, for instance, is diametrically opposed to that of allopathy. If one points to the zenith, the other points to the nadir. If one looks to the east, the other looks to the west. They are both pursuing the truth, for they are travelling in opposite directions. I do not say that in theory or practice, either school is right, but I do say that one of them must be wrong.

Now, would you license the wrong for its own sake? No. Well, would you license the wrong, that you may uphold the right? Shall we do wrong that good may follow? Admit that principle, and I may rob a stage coach, if I devote the proceeds to the building of a church. Do wrong that good may follow, and law and order are at an end. * * * *

If I be a free man, what right has the government to interfere with my private life, to say who shall be my baker, or butcher, or grocer, or carpenter, or milliner, or shoemaker? If the govern-

ment has the right to say who shall give me medical advice, it has also the right to say who shall give me spiritual advice. If a man cannot be trusted with the care of his body, he certainly should not be trusted with the care of his soul. Once admit this entering wedge of governmental interference in the affairs of the individual, and it can be driven by the enemies of free government until the fabric is rent asunder. Americans should tolerate no such nonsense, but resist every encroachment upon the freedom of the will; never forgetting that "the price of liberty is eternal vigilance." * * *

Our last proposition is, in brief, that the medical profession of the dominant school are seeking favors of the people but deserve none.

That the intent of such a law is to protect the said medical profession, is so self-evident as scarcely to admit of argument; but suppose that not to be the case; suppose the doctors are trying to protect the "dear people" by the law, what then? It looks very much like providing hawks to protect chickens, or wolves to protect sheep.

For three thousand years the doctors have maintained an all-powerful influence over the mind of man. For three thousand years the world has looked to them for precept and example in matters pertaining to their physical well-being. How have the doctors improved their opportunities?

This day, Jan. 1st, 1899, upon which the sun has just set, has seen a more total disregard of the laws of health than any other day since time began. Upon no other day has there been so much tobacco smoked and chewed: upon no other day has there been so much swilling of beer, wine, whiskey, brandy, gin and rum. Upon no other day has there been such a slavish obedience to the dictates of fashion. Never before has there been such a slavish obedience to the dictates of fashion. Never before has there been such an alarming prevalence of drunkenness, dyspepsia, catarrh, scrofula, consumption, nervous disease and insanity. Never before has there been so many hospitals, public and private; so many homes for the inebriate; and so many insane asylums; and never before have they been so crammed with

patients. Think of it! California with less than a million of inhabitants has five large asylums for the insane, filled to overflowing, and a home for feeble minded children with over five hundred inmates.

Three thousand years of doctors, and the majority of women are in poor health; statistics show that half the entire race die before reaching maturity; and only one person in ten thousand lives to old age.

That is rather a poor showing for three thousand years of doctors! How was it before we had any licensed doctors? Who ever looked at Methuselah's tongue?

Who ever told him he had a strawberry tongue or a beef steak tongue, or a long pointed tongue, or a tongue with a nasty white coating? Who ever took the temperature of Achilles? Who ever applied the sphygmograph to Sampson's wrist? or who ever tested the urine of old Goliath of Gath? Was that a day for

"Needles and serum, powders and pills,
With nothing sure, but the doctor's
bills,

Physic of high and low degree,
Calomel, catnip, and beneset tea?"

Oh, what bosh! There were giants in those days, but on all the face of the happy, green earth, there was not a single diploma; nor a license to practice medicine.

Are doctors essential to the world's happiness? Let us hear what some of the medical authorities have to say for themselves:

Said the most accomplished medical scholar which the medical profession has ever produced, John Mason Good, M. D., F. R. S. "The language of the science of medicine is a barbarous jargon."

Sir John Forbes, M. D., F. R. S., of London, has testified: "Some patients get well with the aid of medicine; more without it; and still more in spite of it."

Dr. Frank, an eminent English author and practitioner:

"Thousands are annually slaughtered in the quiet sick room."

Prof. Jameson of Edinburgh: "Nine times out ten, our mis-called remedies are absolutely injurious to our patients."

The great Dr. Baillie of London. "I have no faith whatever in medicine."

Dr. Evans, Fellow of the Royal college, London: "The medical practice of our day is at best a

most uncertain and unsatisfactory system; it has neither philosophy nor common sense to commend it to confidence."

Dr. Bostock, author of the History of medicine; "Every dose of medicine given is a blind experiment on the vitality of the patient."

Sir James Johnson, M. D., F. R. S., editor of the London Medico-Chirurgical Review: "I declare as my conscientious conviction, founded on long experience and reflection, that if there were not a single physician, surgeon, man-midwife, chemist, apothecary, druggist, nor drug on the face of the earth there would be less sickness and less mortality than now prevail."

Our own Dr. Oliver Wendell Holmes said: If all the drugs of all apothecaries' shops were thrown into the sea, the world would be the better for it, though I should pity the fishes."

The medical profession have done nothing to render possible that grandest of all mandates, "Man, know thyself." They be-fog the study of physiology and anatomy with an impenetrable maze of technicalities. Outside of those who have tried to master "the jargon of medicine," not five persons in San Francisco can name even the bones of the skull. (We are not all numskulls). No tailor can give the origin and insertion the sartorius muscle. No carpenter can tell aught of the external or internal maleolus. No blacksmith can locate the os incus, no rail-splitter can describe the sphenoid bone. Are there a dozen persons in all California outside of the medical profession, regardless of their age, sex, calling, religious belief, or previous condition of servitude, who can describe and give the function of the "levator labii superioris aequae nasi," or the "iter e tertio ad quartum ventriculum," or the "additamentum suturæ lambdoidalis?"

From the language of our textbooks on anatomy, one would suppose that God never made an American; one would suppose that the world had not turned around for a thousand years.

The medical profession write their prescriptions in unknown and mysterious characters. Big business! For learned men and

women of the nineteenth century, that's big business!

"They resort to the trick of deceiving the sick,

With their poisonous powders and pills,
Cathartics, emetics and diaphoretics,
Hydrargyrum, jalap and squills."

Who can the more successfully restore a weak man to health and vigor, and keep him physically at his best, the Surgeon General of the United states, or Billy Muldoon? Who are doing the better work in teaching the laws of health, medical associations or athletic clubs, doctors or trainers for prize fights? Physicians are frantic in their efforts to suppress microbes, but their frenzy is not so apparent when it comes to suppressing the two great enemies of the public health, the brothel and saloon. I have yet to hear a paper read upon that subject before any medical association. There are five medical colleges in San Francisco, and it is dollars to doughnuts that their presidents are all in poor health.

If this be so, and if Garret Cochran, the athlete, should announce his ability and willingness to restore them to a high state of health for a consideration, he would be liable to a fine of five hundred dollars and a year's imprisonment.

It is said that there is reason in all things, and you will see this is especially true of a Law to Regulate the Practice of Medicine; nit.

Geometry teaches that if one straight line meet another straight line, two straight lines meet. The proposition is not disputed for its truthfulness can be demonstrated.

What proposition in medicine stands undisputed? What is this thing you call medical science? What does it look like? Has it size, shape, form or comliness? Can you measure it, or weigh it, or prove its existence in any way?

I would let "medical science" and medical law be buried in one common grave, wide and deep; and above them let there be heaped the clods of oblivion, and there let them lie until there shall be resurrected a medical science that shall teach that "obedience to the laws of health means life, and disobedience means death." When medical practice is founded upon that kind of medical science, it will not need to be regulated by law.

Health Department.

Science vs. Guess-work.

The *Scientific American* of November 3, 1894, voices the *Electrical World* of September 8, 1894, and gives a universal remedy for disease, which must sooner or later attract the attention of all thinking people. The subject treated is "Suspended Animation," from electric shock and drowning. But when we consider that all disease is nothing more nor less than suspended animation, or suspension of the natural functions of the body to the full extent of the difficulty, we wonder that others do not pick up this lost science, or from lip to lip the suffering host of intelligent readers repeat the joyful news, as down through the ages it has been preserved without printers' ink. Races of giants have populated the earth, and like all natural tribes maintained the vigor of health by observing the self-same law of life. After catering to much of the exploded nonsense of the present age, which might well have included all drug medication, these leading journals strike the keynote of cure in the following.

"Should all of these methods fail to elicit any response or arouse any signs of life, recourse may be had to another method of stimulation, by exciting the dormant nerve centers. I refer to forcible stretching of the sphincter muscle controlling the lower bowel."

To say nothing of the valuable lives saved from electric shock and drowning, the paralyzed have been brought to life, the rheumatic relieved of pain; Bright's disease, asthma and heart failure done away; dangerous croup cured in five minutes; suffering women saved from their torture; headaches, stomach and bowel troubles cured; cold feet made warm, and numerous other demonstrations of one central disturbance, done away in San Francisco by following the plain directions of the *Scientific American*, except that a metallic dilator with expanding fingers, more convenient than the natural ones, was used on all occasions.

Notwithstanding these startling cures have been performed by this simple instrument, called the "Missing Link," it is not claimed

that it will do more than the human fingers if properly used. But as it is delivered postpaid to any part of the country for \$3, it is hardly worth while to hire another for that which can be better performed by one's self. Towering above all the so-called remedies for disease is one important fact which cannot be ignored, viz: Health is dependent upon a free circulation of blood, and obtainable only by either a natural or an artificial dilation of the sphincter muscle.

Semola.

Semola is a combination of cereals combined on scientific principles, with a view of producing food which will be more pleasant and appetizing than any now on the market, and at the same time afford a maximum of nutrition.

It is more easily digested than almost any other food on the market, and consists very largely of wheat.

Semola is put up only in 2lb. and 4lb. packages, and not in sacks or barrels.

MORNING MEAL.

Is made from the choicest selected Sonora Wheat.

It is carefully cleaned and scoured and all the woody fiber of the berry is removed.

This wheat is then steam cooked and rolled out in thin flakes, then carefully dried and packed in 2lb. packages.

It is particularly good for children and elderly people, and is a very appetizing breakfast dish for anyone. The mush or porridge is more nutritive than that of any other Rolled Wheat in the market.

It can be used in many ways, such as in puddings or with fruit. It is sold only in 2lb. packages.

CREAM FLAKE OATS

Cream Flake Oats is what the name would indicate, the cream of oats, flaked. No oats are used in the preparation of this article unless they are the very best that grow. No pains or expense are spared in obtaining only the choicest of the crop from any portion of the coast, where the best oats grow. They are first cleaned of all foreign matter and are then cooked in a dry heat for about four hours, after which they are steam cooked, then rolled on steam rollers, and are again dried

before being packed. They are packed only in 2lb packages and not sold in any other shape.

These oats have a sweet nutty taste that is peculiar to them, no other oats being like them in that respect. They are highly nutritious and palatable, and where used immediately become the favorite cereal food.

DEL MONTE SELF-RAISING BUCKWHEAT FLOUR

Is manufactured by the Del Monte Milling Co. out of the choicest buckwheat that can be obtained anywhere. It is guaranteed to be pure. The chemicals for raising are of the purest, and are scientifically combined. With this preparation no trouble is had in making the most delicious Buckwheat cakes, as the former practice to set the buckwheat for raising over night is done away with, and if the directions are carefully followed, cakes far surpassing the old style can be had in a few minutes.

Great Men Compared

BY JOHN S. PRIOR

In relation to the science of Phrenology and character delineations of eminent men, living and dead, comparison is essential as a gauge to estimate the degree of their relative greatness, or intellectual status among men or nations, past and present, although the intellectual greatness of the past was not equal to that of the nineteenth century; yet it is well to compare individuals of eminence of this century with those of previous ages, because so far, it is the sum total of the past, through ages of evolution.

Scientifically and historically speaking, such comparisons are necessary as practical guides to the readers of men, in their dealings with their fellows, and to the scientist and historian in their scientific and historical estimations of men.

To illustrate this principle, the following comparisons of some of the great men who have figured in the history of the world, are submitted.

Admiral Dewey, America's most recent hero, is 62 years old, 5 feet 6 inches high, and probably of the average weight. He was taller when a young man, measuring about 5 feet 8½ inches. He

Character Sketch of Dr. J. L. York

BY PROF. WM. MASON

Dr. York possesses a large brain, his head measuring 23½ inches in circumference, being 1½ inches larger than the average of men. It measures 14½ inches from the root of the nose to the occipital spinalis, and from the opening of one ear to the opening of the other over the top of the head, 15 inches. He is gifted with that power which makes the magnetic orator. The face itself is strong, proving the old adage, "A strong mind behind a strong face." There is a great character in the face, and

questions from the side of experience. The greatness of his intellect lies in his large Perceptives. Reason, Justice, Comparison, Human Nature, Individuality, Firmness, Self-Esteem, Combativeness, and Constructiveness, Time, Order, Causality, Veneration, Benevolence and Language all well developed.

The doctor is strongly built, with a broad, deep chest, large lungs, large heart and all the vital organs fully developed. He is of the mental-motive-vital temperament, and like Martin Luther in mind and body. In religion he would be a leader, the first string to a fiddle, and his voice would be heard above all others. His Combativeness and Justice would pro-



has a fully developed head, and the organs of Human Nature and Firmness large, strong Perceptive Intellect, and a good development of the base brain. He is the equal, if not the superior, of Lord Nelson, who possessed a somewhat similar phrenological development, although Lord Nelson was a taller man.

Mr. McKinley is 5 feet 7 inches high, and weighs about 230 lbs. Major McKinley of the Rebellion was a much taller man.

It is stated that when a young man, he was 5 feet 10 inches in height, and wore his hair long. His intellect is well developed. Cautiousness is a large organ in his head. Mr. McKinley compares favorably with Prince Hohenloë, the present Premier of Germany, who also has Cautiousness largely developed, and who thinks and plans very carefully before action.

General Kitchener, now known as Lord of Khartoom, is a tall and large man, of over 6 feet in height. He has a good head with large perceptives and great destructiveness, indicative of executive ability and energy. He has associated so much with Arabs, that he now somewhat partakes of that type of man, and his sympathies are with his adopted country.

Lord Kitchener compares not unfavorably with Field-Marshal Edhem Pasha, the Turkish conqueror of Greece, although the Pasha has the larger head and is slightly stouter in build, still there is a similarity between the mental constitutions of the two men, sufficient to warrant a comparison.

The War Spirit.

I hate that drum's discordant sound
Parading round and round and round;
To thoughtless youth it pleasure yields,
And lures from cities, farms and fields,
To sell their liberties for charms
Of tawdry lace and glittering arms,
And, when the ambitious voice commands
To march and fight and fall in foreign
lands.

I hate that drum's discordant sound
Parading round and round and round
To me it speaks of ravaged plains,
Of burning towns and ruined swains;
Of mangled forms and broken bones;
Of widows' tears and orphans' moans,
And all that misery's hand bestows
To swell the catalogue of human woes.

—Thomas Paine

not a harsh line.

It is a face that a child could look into when in danger, and receive its drooping hopes. Justice is chiseled on the face by Mother Nature. Look at the mouth and make a comparison with Sartolli's. Dr. York does not have those tight, thin lips which denotes secretiveness, nor does he have the cunningness of the fox, nor the craftiness of the politician. He is not politic. If he were, he would not be fighting wrongs that afflict mankind.

He believes there is no subject too sacred for investigation. For thirty-five years he has been before the public as a reformer. He has a practical head, and looks at

the under dog in a fight. He does not believe that he is accountable to any set of men. His own mind is his own counselor and he has a strong will to execute it.

His reasoning is so clear that a child can understand him. That is why the plain people hear him gladly. Mirthfulness comes into play and his good humor is partly the cause of his great success as an orator. Constructiveness, Ideality, Sublimity and Imitation are large. If the doctor had devoted his life to the science of Phrenology, he would have been near the top rung of the ladder.

Forty years ago, while under the hands of Prof. O. S. Fowler for

a public examination, Prof. Fowler said to him:—If you are not an orator you ought to be one. Your organism tells me that you were born for one.

This again proves that the science of Phrenology is true. Phrenology in the hands of a competent examiner puts men and women in the right place. He would have been a success in mechanics, or in overseeing large bodies of men where great constructive genius was required.

He cares not for praise or blame. He drives his argument home in a logical, sledge-hammer style. One must be convinced with his earnestness and sincerity. He will not compromise where principles are at stake, he would be a martyr for truth.

Dr. J. L. York was born in the state of New York, A. D. 1830, married at 18 years of age, and last winter celebrated his golden wedding at Seattle, Washington. In his youthful days he had black hair and eyes, and in height he was about five feet, eight inches, and about one hundred and sixty pounds in weight.

Balanced Temperaments

In well balanced temperaments the head, face and body are neither round nor square, nor pyriform; but there is a general harmony of organization, which means harmony of character and disposition, with no particular or special aptitude or endowment to be a genius; but with ability to succeed in almost any sphere of life, not as a meteor in its flight, but calmly fulfilling life's duties.

Some men in whom the three temperaments are equally blended, as for instance, John Wilson, or "Christopher North," have become known; but are unlike other strong characters in history, as Lincoln, Gladstone, Webster, Bismark, etc., who had strongly predominating temperaments.

George Washington had very evenly balanced temperaments. He stands out boldly in the world's history, because of his great intellectual and moral endowments, coupled with evenly balanced temperaments which were required at the time of our American Revolution.

If General Egan, with his combative, revengeful and impulsive nature, had been at the head of affairs instead of an evenly balanced man like Washington, the Colonies would not have won freedom from the oppression under which they groaned.

It needed a man at that time with evenly balanced temperaments; one who was neither too precipitate nor too slow, but who had Mentality enough to insure good intellect, Vitality enough to warrant a well-nourished brain and body, and Motive enough to give, strength, force and courage to act. Such a man was George Washington.

Martha Washington also possessed evenly balanced temperaments, which was the great cause of harmony and attraction between herself and husband. While Washington was the father of his country, his devoted wife proved herself to be entitled to the appellation of mother of her country, for her influence was great and always good over her husband.

Madame De Stahl is another historical example of evenly balanced temperaments, and because of her high sense of justice, gave the great ambitious Napoleon no end of trouble. Evenly balanced temperaments, accompanied by high intellectual attainments, always wield great power.

Quack Advertisements.

Human Nature could fill its advertising pages with quack advertisements, and make money as do the daily papers, but some of our readers would be deceived into buying pills and poisonous drugs that would injure them, and our conduct in accepting such advts. would, to say the least, be inconsistent with our declared principles of "Medical and Social Reform."

It is amusing to read the quack advts. in our newspapers every day; these advertisements begin to describe symptoms or make remarks that are quite philosophical, then wind up by calling attention to the fact that health can only be restored by using a certain preparation by Dr. Dose-em & Co.

Every quack claims for his nostrum all the virtues of health giving properties; none advise the people to live temperate lives, to

eat moderately and discriminate in the food they eat, breathe fresh air and live pure lives.

These advertising doctors want to sell their vile compounds and are successful in doing so—they grow rich out of their dupes.

Millions of people still cling to the belief that there are "specifics" for any ailment, and they keep on buying this and that medicine until they become poor in pocket and worse in health.

One of our pupils travelling in the Northern part of the state told us of a farmer he stayed with one night who had on his shelves over thirty different kinds of patent medicines he had purchased through advertisements, during the last two years, he had consumed them all and was worse off in health than he was when he began to take the medicine; it is to this it always comes at last.

Drugs are impotent to cure. Nature heals, only give her a chance. She can be assisted by hygienic living, not otherwise.

The Better Way.

There is a better way than whipping a horse to make him drag a load up hill; a more sensible way is to ease the load. This can be done with our bodies through the bowels or pores of the skin.

The Vapor Bath Method is sensible, and water injected into the bowels is a safe method, or starting the circulation of the blood by the Dilator.

Science has demonstrated that the excitation of the terminus of the nervous system by dilation, causes the blood to be sent tingling through the arteries and veins at such a rapid rate, that all diseases seem to be thrown off, the system being relieved and invigorated at the same time.

While wonderful cures are effected by the methods we have named, it should be remembered that these are only aids. Nature cures—there is no other mode of cure. Millions die annually under the hands of the drug doctors, who would live if given a chance. Arsenic will whip the liver into a frenzy in order to rid itself of the poison; the whipping process stirs up the liver and that is the only "efficacy" of "liver pills," which always contain arsenic, and their extensive use produces weakness, ending in death. Don't take them.

Phrenology and Food Reform.

BY JAMES ALLEN.

In the *Phrenological Annual*.

Every phrenologist worthy of the name is a reformer at heart, and every student of Phrenology is on the way to become such. It cannot be otherwise, for phrenological science, by its very nature, necessitates reform; not political, social or any other external reform, but that true and simple reform which embraces all others in its universal sweep, namely, *Self-Reform*. I have known many who have taken up the study of Phrenology, but I have not known one who was not at the same time irresistibly impelled toward self-improvement, both physical and mental.

It is the business of the phrenologist not to reform the world, but to show each man how he can best reform himself; and it is a process of reform that embraces the whole man.

The phrenologist, in his study of character and its varied manifestations, recognizes the all-important fact that the mental and physical processes are so reciprocally interwoven as to be practically inseparable. A physical disorder of any kind will powerfully affect the character; and, inter-actively, good and evil attributes of mind will tend to produce bodily health or disease. It is the forcible recognition of this fact that impels every student of Phrenology to a close examination of all facts, bearing, not only upon his mental powers, but also upon his physical processes. For this reason every phrenologist is a hygienist, for the study of Hygiene is the inevitable concomitant of Phrenology.

At present food reform is to the fore. It is one of the questions of the day, and no phrenologist can afford to neglect the consideration of the newest facts bearing upon this subject, for it is a subject that touches the phrenological profession more nearly than any other, perhaps excepting the medical profession. When delinquent character, the phrenologist invariably touches upon the phys-

ical condition of his subject, in order to explain its bearing upon the general character, pointing out disease, or latent tendencies to disease. Every phrenological chart of standard value contains a "Food Table," the object of which is to guide the subject in the selection of a diet suitable to the development and improvement of his physical and mental powers. Dietetic reform is, therefore, an important side-branch of the phrenological profession, and it behooves every student of Phrenology to carefully and dispassionately examine the claims of the food reformers.

There are various schools of food reform, with, naturally, a certain degree of contention between them, some denying the claims of others. But upon this subject the phrenologist cannot afford to be prejudiced, its issues being, not only to his profession, but to the whole of humanity, of such vast importance. In his own profession he relies upon natural facts and their application to human experience, knowing that in relying upon facts easily demonstrable he is standing upon a rock. Let him do likewise in regard to this subject of food reform. Let him *examine all the facts*, and then take his stand, and base his professional practice upon those facts that are most in harmony with nature, science and human experience. The result of such a course will almost invariably be the adoption and advocacy of a *bloodless diet*. I make this statement boldly knowing (not only from observation and personal experience, but from the array of startling facts which the advocates of a non-flesh dietary have marshalled), that I am standing on impregnable ground. So remarkable are these facts, so logically undeniable and so wide and comprehensive in their range, that it is next to impossible for any but the narrow, prejudiced and the slave to appetite, to rise up from a careful study of them unconvinced. It may be said that scientific facts are sometimes belied by practical experience. So much the worse for such facts. The facts favorable to a non-flesh diet have been, and are, born out and thoroughly established by the practical experience of thousands of human lives; and year by year this truth is being

made more manifest. Abstainers from flesh, in spite of the fact that many of them commenced the reform in the hope of eradicating, by its aid, some stubborn bodily ailment (a hope in many cases speedily realized) enjoy remarkable immunity from disease. Drunkenness is unknown amongst them, for it is impossible by subsisting on the pure products of nature to develop or retain any craving for spirituous liquors; the recent performances of athletes who were trained on a non-flesh regimen, prove conclusively that it is conducive to the greatest enduring power; and if mental activity is any criterion of its efficacy, its clarifying power cannot be gainsaid, for, considering the comparatively small army of abstainers from flesh (I refer to Christian countries), their mental activity and lucidity, judging from the quantity and quality of their literary work, is almost phenomenal.

Many of the very highest scientific authorities have condemned flesh-eating, and the latest discoveries in all those sciences which deal with the structure, or the complex nature of man, reveal the truth that the eating of flesh is a direct violation of all the laws, spiritual, psychical and physical, of man's being; hence physical disease and the more deeply-rooted diseases of mind and soul abound. Phrenologists in the past, particularly the Fowlers, have laid great stress on the fact that the eating of flesh stimulants inflames the animal propensities and blunts the finer moral, spiritual and intellectual perceptions. This fact alone ought to be sufficient to stimulate the mind of every phrenologist to sift this subject to the bottom.

In this brief article I have only been able to touch the fringe of this subject. The facts to which I have referred the reader may find in the numerous publications of the various Food-Reform Societies; but let him acquaint himself with the very latest, as rapid strides are being made in this direction, and new facts are being continually brought to light.

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San Francisco, Cal., February, 1899

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ALLEN HADDOCK,

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O. P. ROLT,

Associate Editor

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BY GEO. SUMNER WEAVER, D. D.

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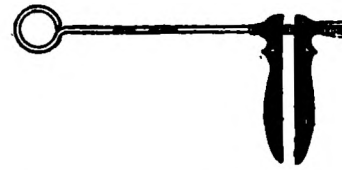
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Water and Alcohol.

According to recent experiments the effect of alcohol on plant life is remarkable. Onions set in water grew to 6½ inches in height in 27 days; those in 5 per cent alcohol, 4¾ inches; those in 10 per cent alcohol 3¼ inches; while half water and half alcohol kills them at once. Microscopic examination also showed an unhealthy condition of the vegetables exposed to alcohol. Potatoes and wheat also suffered in growth when subject to alcohol. Alcohol destroys the cell life in the grain at once, it never revives, and plants lose color and die.

A turtle dosed with whiskey died with congestion of the lungs and a pigeon expired in three weeks from gangrene of the stomach and exhibited a skin similar to a drunkard's. Whiskey put into a drop of water, instantly kills every form of animalculae and shrivels up their bodies, and it has a similar effect upon the human system, destroying cell life in men, animals and plants. This proves that lessening the amount of water in the human system interferes with cell life and causes diseases. Drinking pure distilled water is beneficial to health.

It should not be forgotten that "Plain Home Talk" is to be had for only \$1.50, or with HUMAN NATURE one year, \$1.75.

Dreadful Drug Doctors.

There is a danger to which every man, woman and child is exposed, and against which riches, poverty, or environment offer no resistance—a danger which, like the pestilence, “walketh in darkness and wasteth at noonday”—a danger which menaces the human race in all lands, civilized or savage, sowing broadcast suffering and death. It is doctor-craft. The savage has his medicine man in whose incantations he places implicit reliance to relieve him from the ills of the flesh, while his civilized brother, no less confiding and quite as childishly superstitious, supports an army of drug doctors, to prey upon man and beast, to render their lives miserable and cut short their earthly career. These doctors are revered as being more than ordinary mortals, carrying the keys of hidden mysteries and entrusted with an enchanted wand which the sufferer from disease has only to touch to be healed of his infirmities. To them are given power over the bodies of men and animals, and to question their wisdom or motives is an unpardonable sin.

It is marvelous to observe the confidence reposed in the doctor by men who are keen and sharp witted, and who have an eye open to windward for any kind of trickery in other men than doctors. No sharper with his little confidence game ever gets them in his toils, but the hour they fall ill, they send for the prince of sharpers, the doctor, and yield implicit faith to his machinations. There bodies and those of their loved ones are given over to the tender mercy of the medicine man, to do with them as pleases his mysterious majesty. Then it is this man of mystery proceeds to dose, experiment and cut and saw to his heart's content and the filling of his purse. If the patient, by reason of a strong constitution, survives the ordeal and recovers, the doctor gets the credit of the wonderful cure, but if he dies, it is the decree of Providence. “The Lord giveth and the Lord taketh away, blessed be the name of the Lord.”

These men of science (?) being lords of creation, subject animals to excruciating torture by vivisection in the pretended interest of science. The following testimony published by the *Illinois Anti-Vivi-*

section Society will serve to illustrate the true inwardness of these doctors' deviltry.

“It is so short a time since public attention has been directed to the practice of vivisection that many do not know what it is, and others will not believe its horrors are perpetrated in our own country. Vivisection is the cutting up of animals, and includes many other modes of torture, such as suffocating, starving, baking, freezing, dissecting out different internal organs, etc., etc. It is carried on in nearly all Medical Colleges and Universities in Europe and America, and it has been introduced into many private and public schools, principally at the North, in which animals are dissected alive before classes by teachers, both men and women. Vivisectors deceive and quiet the public by claiming these horrible acts are “for the benefit of mankind” and in “the interests of science,” but read the following with this thought in mind and see if there is anything that in the remotest way could be of use in the treatment of human beings.

According to the published records of the vivisectors, in books, pamphlets and medical journals, from which, mostly, we obtain our information, up to October 1894, they have been engaged in baking dogs, cats, rabbits and other animals, and birds, in ovens made especially for that purpose with glass sides so all the agony can be seen by the tormentor as he stands with book in hand and makes notes of his victim's actions and breathing, as death approaches. They have roasted them in both dry and damp heat, sometimes with the heads out so their temperature could be taken as it rises.

Vivisectors, according to their own published testimony, have skinned animals alive and wrapped them in different substances, covered with oil and varnishes to see how long they could live without a natural skin. They dip others in boiling oil, and water, and still others they rub with inflammable substances, like turpentine, and set them on fire; they starve animals and feed them on unnatural substances, like pebbles, earth and the vilest filth; pour melted lead into their ears; make holes in their stomachs and pour in boiling water; break their bones by blows from heavy mallets and stone bottles, and bruise the flesh so thoroughly the bones can be drawn from it; dislocate the limbs and confine the dogs for months in plaster casts so the joints will heal permanently stiff; cut holes in the skull and wash out the brains—put in the brains of other animals, or tear them in pieces, so that as one vivisector said, “they looked like newly-hoed potato fields”; divide the back bones of large animals, like horses, mules and kine, with a chisel and destroy the spinal marrow by running wires through it, or lay it bare to be stimulated by passing electricity over it which causes the most indescribable agony. The nerves are also separated from the surrounding flesh by carefully picking it away and in this state experimented on with electricity, acids, heat, etc., etc. Internal organs are cut out, like livers, kidneys and stomachs, and in the latter case organs of other animals put in, and the one operated upon made to vomit.

Vivisectors, according to their own published testimony, freeze animals to death, suffocate them by slow drowning and

plastering up the mouth; they inoculate them in the brain, eyes, ears, with dreadful diseases like hydrophobia, and inject drugs, poisons of snakes, powdered glass, and vile substances under the skin to produce ulcers and abscesses which keep the poor creatures in fearful agony for months before they die; they are also compelled to breathe corrosive gases which make the lungs and all the air passages a mass of raw flesh.

Dr. A. M. Phelps, of New York, twisted and bound the legs of dogs in unnatural position; forced the leg on one dog over its back, binding it, and sealing it in plaster of paris; kept it thus 145 days.

Great excitement was caused in 1892 by the dissecting of living horses without anaesthetics in the University of Pennsylvania. The existing laws of Pennsylvania provided no punishment for cruelty done by “scientists.”

The agitation against vivisection commenced in Europe in 1874. There are now in operation there sixty-three anti-vivisection societies and branches.

If anyone who reads this truthful account of the demoniac treatment of our helpless dumb brothers by these scientific (?) devils tries to quiet his outraged feelings of humanity by thinking that through this torture of animals science is furthered and knowledge gained which will benefit diseased humanity, they are mistaken, for we have the testimony of the highest authority that not a new fact or principle in science has been gained by all this suffering, and if they fancy that these medical inquisitors confine their experiments to animals they are again woefully mistaken.

The lifework of the drug doctor is to experiment upon his patient: First, he tries one drug and watches its effects, then another is substituted, and then another until the patient either gets up or dies; he generally dies. These statements are facts, as witness the following clipped from the *San Francisco Chronicle*, of January 27, 1899

HORRORS OF THE FREE HOSPITALS IN VIENNA.

Patients Inoculated in the Interest of Science Because They Are Cheaper Than Animals.

London, Jan. 26.—The Vienna correspondent of the *Morning Leader* says: It has been discovered that the physicians in the free hospitals of Vienna systematically experiment upon their patients, especially new-born children, women who are enfeebled, and persons who are dying. In one case a doctor injected the bacilli of an infectious disease from a decomposing corpse into three women and three newly-born children. In another case a youth, who was on the high road to recovery, was inoculated and he died within twenty-four hours.

Many dying patients have been tortured by poisonous germs and many men have been inoculated with contagious

diseases. One doctor, who had received an unlimited number of healthy children from a foundling hospital for experimental purposes, excused himself on the ground that they were cheaper than animals.

Just think of it, ye men and women who place such childish faith in drng doctors. Human beings "cheaper than animals!" It would be a good thing to give that doctor a dose of his own medicine. If Vienna were the only place where the doctor's inquisition flourished, we might feel safer, but their thumb-screws are in every town and hamlet in the civilized world. Doctors fill our veins with filth and pus from the diseased udder of a tuberculosis cow, or the lymph from a rotten calf, pretending that vaccination will cure small-pox, they form trusts and enact laws compelling us to submit to their behests. They place our mothers, sisters, sweet-hearts and wives upon the operating table and unsex them, cut their beautiful bodies into unrecognizable deformity, ending in life-long misery and death. They enter our homes and learn the secrets of our domestic lives and use that knowledge to our shame and degradation.

The drug doctor is a dangerous demon who tortures and kills men, women and children because "they are cheaper than animals." Beware of him!

C. P. HOLT.

The Lesson of Fate.

There is a destiny that shapes our ends, rough hew them how we may.—*Shakespeare*

Along the tempestuous coast of Hatteras are strewn the wrecks of untold fated crafts that left their home ports with sails bent to a gentle breeze.

The boat that enters the rapids above Niagara will helplessly glide to its doom, and with its occupants be hurled from the crest of the falls to the rocky caverns below.

These but typify the voyage of life.

Man that is born of woman is of few days, and full of trouble: he cometh forth like a flower and is cut down: he fleeth also like a shadow and continueth not.—*Bible*

What is more helpless than the human infant? Where did it come from, whither is it going?

Alexander, Caesar, Napoleon

were once puleing babes; they attained to earthly greatness. Where are they now?

The mortal bodies of myriads who have acted their part on the stage of life lie buried in the bosom of mother earth; the immortal souls that tenanted those bodies have flown — whither? The places that once knew them know them no more. Other men and women struggle and jostle each other on the same thoroughfares which their feet once pressed.

If each mortal had held the reins of destiny, such would not have been the history of man.

Man proposes
God disposes

Had Rameses I decreed and his fiat been obeyed, there would have need been no pyramids.

With Caesar's will omnipotent no Brutus would have raised a hand.

Could that modern man of destiny, the great Napoleon, have governed his star, Grouchy would have intercepted Blucher and the tide of battle at Waterloo turned to greet the victorious eagle of France. There would have been no exile upon St. Helena, and the map of Europe would be different to-day.

The destinies of men and nations depend upon the little word of two letters—IF

Henry Ward Beecher's father once said to his son, "Henry, when I was a young man I courted Hannah Wiggins, but instead of marrying her, I married your mother. Now, Henry, if I had married Hannah Wiggins instead of your mother, would you be you, or who would you be?"

This was a conundrum that even so astute a mind as the silver tongue preacher's failed to solve.

There is not a man or woman walking the earth to-day, who would not make radical changes in their environments if powerful enough to do so. It is fate that rules us, and at her behest we act, like drifting sea weed, we move with the ebb and flow of life's tide.

We are forced into our earthly bodies, and as summarily ejected therefrom. We were not consulted pervious to birth, whether we would be rich or poor, wise or foolish, black or white, male or female, good or bad, or where our birth-place should be, or in which century; whether it should upon

earth we should first see sunlight, or on some far off, whirling world, in infinite space, but one day we awoke to consciousness in the bodies we now possess, and ever since that hour we have acted in accordance with that organization and our environments. Heredity and ante-natal conditions moulded our organization, and while we, as egos inhabiting the body, act as a centerstance against circumstance, yet are we powerless to rule circumstances.

We are confronted in our pride by the earthquake shock, the ocean storm. Rock-built cities, which are laboriously reared by the hand of man through the centuries are leveled an an instant by one heave of an earthquake. Navies which taxed the genius of busy brains and hands for years are utterly destroyed by the breath of one feverish ocean gale.

Let us then be humble, patient and charitable toward our fellows.

"Think gently of the erring,
Ye know not of the power
With which the dark temptation came
In some unguarded hour.
Ye may not know how earnestly
They struggled, or how well,
Until the hour of weakness came,
And sadly thus they fell.

"Think gently of the erring!
Oh, do not thou forget,
However darkly stained by sin,
He is thy brother yet.
Heir of the self-same heritage,
Child of the self-same God.
He hath but stumbled in the path,
Thou hast in weakness trod.

"Speak gently to the erring,
For is it not enough
That innocence and peace have gone,
Without thy censure rough?
It surely must be a weary lot
That sin-crushed heart to bear,
And they who share a happier fate
Their chidings well may spare.

"Speak kindly to the erring!
Thou yet may'st lead them back
With holy words and tones of love
From misery's thorny track.
Forget not thou hast often sinned,
And sinful yet must be.
Deal gently with the erring one,
As God hath dealt with thee."

Suns may rise and suns may set, men may come and men may go, all things are ruled by fate, which in its last analysis is God. He is the "Destiny that shapes our ends, rough hew them how we may." Not a personal God upon a great white throne beyond the milky way, but the Infinite Life of all things, the Alpha and Omega of the Universe. The lesson of Fate is charity.

C. P. HOLT.

SELF ESTEEM

BY JOHN F. BERNARD.

Many whose brain organ of Self-Esteem is small make disparaging comments about those whom Nature has endowed with more of that faculty, while she has withheld from them other qualities which the commentators deem to be the essential foundations of pride; and they thus drop into the fallacy that such persons have no right to be proud, for the reason that they are otherwise deficient. Thus, A, who worships Mammon, cannot understand why a certain pauper should be proud and forward and as conspicuous as any millionaire. B, who is indifferent as to wealth, but who worships Genius, may admire that same pauper, while he cannot understand why Fowler's "Conceited Simpleton" should hold up his head so confidently, particularly in the presence of a grand intellect. C, a laborer, who is indifferent as to wealth and genius, but who worships physical prowess and force of character, may admire the pauper and the simpleton, and yet not understand why a feminine and effeminate dude should be so exasperatingly "stuck up." The mistake which these, and others likewise deficient in Self-Esteem, make, is in supposing that pride of self is and should be, only a result arising from something, possessed or done, which is laudable in the estimation of the observer (thus confounding Self-Esteem and Approbativeness). But Self-Esteem is *sui generis*. It may be found in every variety or combination; and no other faculty or combination can take its place. It is not narrowed or confined by any qualification of age, sex, color, condition, education, dress, wealth, beauty, but may be found not only in millionaires, geniuses, generals and statesmen, but equally strong in beggars, idiots, insane persons, negroes, dudes, criminals, drunkards and children. Its manifestation in those who are undeveloped or unbalanced, is not a false pretending to anything not possessed, but is a bold assertion of pride in self, notwithstanding all deficiencies. It confers a just pride in one's own combination just as and such as it is. A person having large Self-Esteem,

may be despicable; but he is so for his deficiencies, and not for his Self-Esteem; and he would be still more so if he lacked Self-Esteem.

The statement that this faculty does not permit its possessor to lower himself is readily and fully comprehended by those who have it large; but those who are deficient in it need also an explanation as to the standard below which the faculty will not permit its possessor to lower himself. The standard of those who are deficient in Self-Esteem, and the one to which they would naturally suppose (for lack of such an explanation), the reference is made, is an extraneous one, any standard but self, be it an ideal, a historical character, or an ordinary acquaintance admired above self and copied as a model; whereas, the standard of Self-Esteem is self. The standard below which the faculty will not allow its possessor to lower himself is not Caesar or Webster or Shakespeare or Chesterfield or Sharkey, but that certain combination of human faculties which constitutes "self." The greatest development of Self-Esteem I ever saw was in a laborer, who had the typical Motive Temperament, with low quality. He divided mankind into two classes:—honest laboring men like himself, with the Motive Temperament and low quality, and all the rest whom he contemptuously classed together as "dudes and the white shirt brigade," and, from deep conviction, and not mere theory, he spoke of as being too lazy to earn an honest livelihood by manual labor, and crushing the poor laborer, the noblest work of God. This man's Self-Esteem would not let him lower himself; but the standard was himself and his class, the Motive Temperament and low quality. He saw me reading Shakespeare once, and said "Why John, wasting your time on such trash?" He would consider it a lowering of himself to even think of acting in a manner which would be characteristic of a man of fine quality. Yet a man of fine quality, with large Self-Esteem, would be equally true to himself, and would consider it a lowering of himself to act in a manner which would be characteristic of a man of low quality. And so of each and of all the elements of one's combina-

tion. Self-Esteem urges a man to follow the bent of his own combination; and, if his own intuitions are not sharp enough to prompt him truly, he will receive advice and suggestions based upon his own combination. For instance, a typical superintendent of mines married a woman who had a great admiration for showy actors. He felt snubbed, took to drink, and became wayward and unmanageable, till one day he met an able phrenologist, who pointed out his true bent as a mining superintendent, gave him to understand that a mining superintendent is as good as an actor in the estimation of the world, if not in that of his wife, and clearly explained that he had only one obstacle to overcome to win success and *self respect*, and that was drink.

Once the man got it into his head that drink was making him untrue to *himself*, he dropped it like an unworthy associate, and became himself again. The first and best start in cultivating Self-Esteem, is to be set aright, by an able phrenologist, in the matter of one's proper vocation, geographical location, marriage adaptation, and so forth, all based on one's own combination. This gives the surroundings and associations most favorable for its cultivation.

Learn to Read Character.

If you wish to learn a science that will enable you to read men and women as an open book, or if you desire to earn money and fame by practicing Phrenology, the opportunity is now offered you at slight cost to receive instruction in classes, privately or by mail. Either of these methods will fit you to read character. Apply at once for prices of tuition to Allen Haddock, 1020 Market Street, San Francisco.

An Expert's Testimony

The scathing arraignment of the medical fraternity from the caustic pen of Dr. Chas. W. Miller on page 2, of this issue of HUMAN NATURE, entitled "Should there be a Law to Regulate the Practice of Medicine," ought to be written on the sky. The entire system of drug medication is killing.

THE VEGETARIAN

—A FIRST-CLASS—

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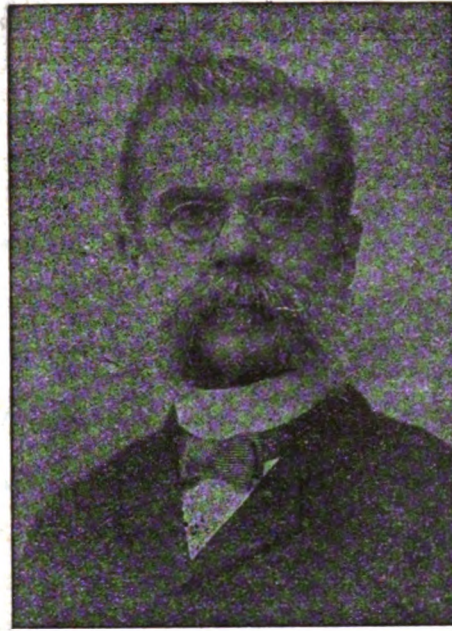
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