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FOX



FOXLEY

FAMILY RESEMBLANCES

Man is the product of evolution. It was a long, slow process that brought him to his present state of imperfection. He is still evolving, and will continue to evolve quite a while yet, unless some unforeseen calamity erases him from the face of the green earth.

Scientists have not yet ciphered out which was first, the egg or the chicken; nor have they succeeded in determining what life really is, nor where it came from. They have made some shrewd guesses on these lines, but nothing definite has been proven.

However misty the origin of life may appear, and whatever mystery may enshroud the history of man's soul, his physical advent upon this planet and his gradual unfoldment from the lower order of creation to his present state has been clearly ascertained and fully demonstrated by Darwin, Tyndall, Huxley, Spencer, Le Conte, and many other scientists.

We have only to watch the human embryo from conception to birth, to perceive the stages through which it passes from fish to human.

Boysen has very tersely expressed this thought in the following lines:

A sacred kinship I would not forego
Binds me to all that breathes,
I am the child of earth, and air, and sea;
My lullaby by hoarse silurian storms was chanted.
This constant changing form of plant,
And bird, and beast, unceasingly
The toiling ages wrought to fashion me.

It being settled that man is not a special creation, but has evolved from the lower animals, it becomes evident that he must resemble his progenitors, and such is the case.

Every man, woman and child looks, and in some degree acts, like some animal.

Some men have heads like sheep, and do their fighting with their legs. Some women have poodle-dog faces and are satisfied to wear collars and

bright ribbons, and if well cared for will make nice pets. Others are like cats, and purr softly when stroked the right way, but have claws concealed for offenders. They are treacherous. Other women are like the bird of paradise, beautiful, angelic. There are many such.

Some men are like bull dogs in head, feature and character.

Daniel Webster resembled the lion in face and voice. When aroused he was a terror to his adversaries.

The Duke of Wellington and Napier each had a nose like a bird of prey; they were courageous warriors.

Napoleon was kin to the fox with some of the lion, and a good deal of the cat in his nature. His face and character were in harmony with his descent.

The personages whose portraits illustrate this article are cousins.

They bear a family resemblance to each other in feature and disposition, and each will bear watching.

Secretiveness is the brain organ which makes them akin, they are both full at the side head and have pointed features and half closed eyes. The brain has its poles in the face.

Neither has enough conscientiousness to give him a heart twinge when stealing chickens or cheap customers. If they had large conscientiousness combined with large secretiveness they would not look as they do, nor act so cunningly and conscienceless. They would not be fox and foxey then, but resemble some other animal, perhaps a monkey, may be a donkey.

We cannot deny our relationship to our animal brothers, the family resemblance is too pronounced. However, through evolution we shall reach a higher goal and leave the animal behind. Man is immortal.

C. P. HOLT.

A Discussion.

BY JOHN F. BERNARD.

The following is the gist of a discussion which took place recently between some attorneys on the subject of the lawyer's equipment for success.

SMITH.—President Jordan of Stanford University, who said there are only three or four really good attorneys in San Francisco, thinks there are too many in the profession who have little general education, particularly in the higher branches, and that young men should be prepared for such a learned profession by receiving a thorough collegiate course, omitting only such branches as are obviously unnecessary for a lawyer to know, and that this should be soon followed by an equally thorough legal education.

BROWN.—Yes, that is true, and accords with the statistics and with the great weight of opinion of the profession, notwithstanding some eminent exceptions both as to the requirement of a preliminary college education and as to the period of life when the legal course should be taken up. You all know that Samuel Miller, for twenty-five years the greatest judge on the supreme bench, and Benjamin Butler, one of the leaders of the bar, and Charles O'Connor, the greatest lawyer of his time, had no college education; and numerous are the instances of eminent lawyers who began the study of the law later than the great majority, and later than is advisable. Still Professor Jordan's position is right.

BAXTER.—Quite right indeed, so far as it goes; but a thorough college education followed by an early and thorough legal education will not alone make any and every person an eminent lawyer. There are natural qualities, both of character and of intellect, that are not developed in the schools and colleges. A college education *cultivates* the intellectual faculties, but does not and cannot *develop* them to any great extent if any of them are wanting; and character and physique are not within the scope of a college education—these must be inherited or cultivated out of school. These are required in a lawyer—force, pride, prudence, morality, stability, presence, quality, strength, health, and so forth. A young man, with

weak reasoning faculties, may go through Logic, and thereby highly cultivate his reasoning faculties, such as they are, in the science and art of right reasoning; but his course in Logic will not develop his reasoning faculties to an equality with those of Webster, Newton or Bonaparte, or even lawyers of ordinary reasoning power. If a young man has good natural reasoning power, he is in that respect qualified for the law; and if then he goes through Logic, he will be enabled to reason unerringly and refute the fallacies of the tricky or the ignorant.

JOHNSON.—The fact is we must first look to a young man's natural qualities before we determine upon his future vocation. We must consider the matter of heredity. A genius for any calling comes first by inheritance from the parents. The influence of the mother is great and most men resemble their mothers and most women their fathers. Such are surprised that a lawyer's son despises the law and becomes a machinist; while investigation would show that his mother also despised the law, and her father was a blacksmith. The boy might have been a blacksmith but for the modifying influence of his scientific father. If a young man inherit the qualities of a lawyer, he should then follow the suggestions of Dr. Jordan. If, besides, his father was a lawyer, and his mother was a lawyer's daughter, he will inherit a power and tendency that will very probably give him an advantage over those who are lawyers in the first generation.

STONEBLACK.—All true, but still insufficient. You forget the clientage. There must be an unusually large field to work in. The chances for eminence are against the able young lawyer who locates in Petaluma; while he might attain the highest eminence in New York City. The difference between Lord Russell of London and Joseph Choate of New York, and those of a lesser degree of success may after all be only a difference of locality and opportunities. An able young lawyer who inherits a fortune will distance the one who has not a dollar, and may also find it easier to follow the line of integrity. A man's circumstances are a part of himself. It is an immense advantage to have chummed at college with

one who afterwards becomes proprietor of a colossal newspaper. What concerns and fortunes are made and unmade by the press! What a significant circumstance that the great Lord Erskine was a relative of the great Lord Mansfield! He was a great lawyer; but where would he have been had he located in Milpitas, an unknown young man? What a great advantage to have a father in active commercial life, with hosts of friends, over another whose father died a laboring man? Those who have risen through and above such disadvantages were either great men, and few, or else had offsetting advantages, such as a location in a new territory, like California in the early days. Still, Dr. Jordan is right so far as his statement can be reasonably extended.

Born Immoral.

A man recently brought to our office his fourteen year old son for a Phenological examination. The boy had a week retreating chin accompanied by a heavy base brain, especially large in destructiveness and combativeness but exceedingly small in caution, conscientiousness and the entire moral group.

It was our duty to warn the boy against evil companionship while young; drinking whisky or indulging in bad habits, and to admonish the father to be watchful of his boy or he would surely get into the penitentiary.

A boy with such a criminal type of head is unfortunate, but not to blame for his organization, having had no control over his own birth, he had no choice of brains or body and had to accept such as his parents or nature gave him, yet he will surely drift toward crime.

His father had every appearance of a heavy drinker and of being a sensualist and that is the way nature visits penalty for outrages committed against her. She destroys the progeny.

The Allopathic doctor gives large and poisonous doses to kill disease and cure the patient. He is very successful in killing the patient.

A teacher of Psychology without a knowledge of Phenology is like an instructor of Physiology without a correct knowledge of the bodily functions.

Scientific Principles of Phrenology.

TEMPERAMENTS.

A thorough knowledge of the temperaments is requisite in delineating character.

If it were possible to find two persons alike in every other respect but with temperaments differing, the character of each would differ from the other. The fat man and the thin man are dissimilar because of difference in temperament, and the angular or muscular man is unlike either the others for the same reason.

Study the temperaments.

HAT MEASUREMENTS

Hat measurements are not conclusive or accurate indications of character. It is amusing to read the nonsense written in the newspapers and magazines on the hatter's conformation, as indicating character.

The hatter's conformation only registers the uncomplimentary part of a man's head, or just where the hat fits. It takes no cognizance of how much brain there is above or below the line. This makes a great difference in the manifestation of character.

If the conformation shows great width between the ears and a shallow back head, there will be energy and force of character, and an absence of sentiment; but we cannot judge by this outline whether the man is moral and conscientious, which he will be if the forehead is high, the top head full and elevated accompanied with good elevation and width at the crown in the region of conscientiousness and the moral sentiments; whereas, if the forehead is low and the top head the same he will be unkind, mean, unmerciful, cruel and consciousnessless.

BUMPS NOT IN EVIDENCE.

Another delusion is the bump theory. The only scientific way to judge character is to note the distance from the opening of the ear forward to the root of the nose and compare the relative distance from the same starting point to the occipital projection, also the diameter of the head and relative development of the various parts of the upper part of the head always from the opening of the ear. These measurements can be accurately taken by tape and callipers. As is the length of brain fiber from

the medulla oblongata to the cortex such will be brain power. "Bumps" have no significance, if the head were as round as a billiard ball and entirely without a "bump" there would be character; Character corresponds to form and shape of brain.

LOCATION OF BRAIN IN THE SKULL INDICATIVE OF CHARACTER.

Everything depends on what part of the brain is developed. A man with a very narrow forehead, but a heavy base brain, will be narrow minded, sensual and emotional; and if he is very high at the crown, tyrannical and unreasonable. If his forehead be high and broad, and base brain small or shallow, he will be thoughtful, kind and quiet, but if the back head be rather small he will be peaceful, noncombative and probably cold, and if he be low at the crown, humble and a follower rather than leader.

If the sides of the head are large, giving width and fullness over and above the ears he will be selfish, or at least look well after his own material interest, but if the head be very narrow he will be more or less indifferent to money matters and commercial life will not be so congenial to him as the man with a broad head.

SIZE OF BRAIN NOT ALONE A MEASURE OF POWER.

An elephant has a larger brain than a man but has not his intellect nor his moral sense, because the brain of an elephant is more related to the body, being nearly all around the *medulla oblongata* and possessing none of the higher lobes found in man.

Many a fool has a larger brain than a philosopher.

"Size is a measure of power when other conditions are equal," is a well known principle of phrenology.

A large brain in conjunction with a large body is more powerful than a small brain with a small body under similar conditions. For instance, take two bars of steel of the same quality and temper, one bar is five feet long and five inches thick all through, the other is two feet long and two inches thick. The former is stronger because it is larger, but if it were made of pig iron or common cast iron, the latter would be stronger because of better quality although much smaller. Quantity always yields to Quality.

THE WHOLE MAN.

In order to judge character correctly, the whole physical structure must be taken into consideration, from the crown of the head to the soles of the feet, and as to whether the subject possess good health or not is of greatest importance, the condition of body and its relation to brain is of as much importance in estimating character as a steam boiler is to the engine—the conditions must be understood.

EACH ORGAN HAS A MEMORY OF ITS OWN.

Memory, so-called, is not confined to Eventuality or any one organ—each organ has a memory of its own. Eventuality remembers events, facts and incidents, and is often referred to as the faculty of memory, but Tune remembers tone or sounds and Time remembers duration of time and dates. Color distinguishes and remembers the shades of color; indeed, every nerve centre of the brain has a memory of its own.

The organ of Eventuality, in addition to its power to remember events, possesses the function of collating the facts gathered by other organs and holding them in reserve for use in time of need.

While each organ has a memory of its own peculiar to itself, yet it requires a well-developed brain organ of Eventuality to utilize its facts. Hence it is noticeable that persons with the organ of Eventuality small have weak general memory.

Absent-Minded.

A well-known professor became so much interested in his subject that he kept his class fifteen minutes past the dinner hour, whereupon the students bought an alarm clock. The next morning they placed the clock on the professor's desk and set the alarm to go off at twelve noon. Twelve o'clock arrived and the alarm went off with a crash and the boys set up a yell of applause. The professor waited until the alarm and applause were over and then said:

"Young gentlemen, I thank you for this little gift. I had forgotten that it was my birthday. An alarm clock is something my wife has wanted for some time." Then he went on with his lecture and kept the boys from dinner until half past twelve.

Health Department.

A Valuable Discovery.

Ten years ago Edwin H. Pratt, M. D., professor of surgery in a Chicago medical college discovered a lost principle in the realm of physiology, the application of which was known to ancient civilized nations, and is even now practiced by the "untutored savage." This discovery was that physical and mental disease is caused by obstructions to the circulation of blood, chiefly, if not always, existing at the focal nerve centers at the lower orifices of the body. From his discovery, promulgated in the medical journals, a school of practice was inaugurated that is known as "Orificial Surgery." Every person can, with an explanation, of the system, diagnose his own case and apply the remedy as well as a physician, who might feel bound to surround a simple case with mystery and exact large fees for treatment that the patient could better perform.

In by far the majority of cases dilation of the sphincter muscle will renew the action of the nerves and produce healthful circulation, curing colds, constipation, indigestion, insomnia, rheumatism, sunstroke, paralysis, and most diseases due to defective circulation.

The wonderful cures performed through instantaneous blood circulation by the dilator, calls for a better understanding of this principle. Of course the dilator wonderful as it is and as marvelous as the cures it effects is not a panacea for all the ills with the human race is afflicted. It will not instantly fill an empty pocket book nor satisfy the cravings of a hungry wood-chopper, neither will it supply blue ribbons and peacock feathers to deck my lady's last years hat.

It will not cure the last sickness.

The thing it will do is to restore a normal circulation to the blood and through that means cure many a man and woman that drugs were killing. The dilator is a valuable discovery.

Advent Flour is Pure, White Flour Bread is Bleached with Alum.

A startling discovery has been

made in this city. A baker confesses that he uses alum to make his bread white, he told a friend that foolish women demand *white* bread and he must meet the demand.

This practice of using alum is common in every city. It was used in London twenty years ago.

Makers of plaster casts use alum to harden their glue molds. If $\frac{1}{2}$ a teaspoonful of alum will enamel 6 square feet of mould how much will it take to harden the bowels of a human being?

How long will it take users of white flower bread bleached with alum to get constipated and sick?

Did you ever use any Advent flour bread? It is brown and sweet as a nut, and satisfies the hunger better than bread made from any other flour, because it contains all the nourishment in the wheat, while by a new patent process of manufacture, the outside woody indigestible fibre covering the grain is entirely overcome, hence bread, cakes, mush, puddings, etc., made from the Advent do not irritate but sooth the alimentary canal.

One thing more regarding Advent flour. It contains all the phosphorus to be found in the full grain, while white flour loses every particle of this essential element in brain structure. A German philosopher has said "No phosphorus no thought," and Miss May Yates of London, an eminent specialist and authority on this subject says "Phosphorus is the essential element for mental development" and goes on to show how *white flour* being robbed of all the bran (which contains the phosphorus) is entirely devoid of this brain nourishment, that it is a tax to the digestive system to digest it and when digested it is only podding, without a particle of sustaining power.

The Advent flour made by the Del Monte Milling Co. which can be had at any of the groceries, and bread made from it at the restaurants by asking for it, is the only true whole wheat flour in the market.

Uric Acid,

IS IT THE CHIEF CAUSE OF DISEASE?

Fifteen years ago Dr. Haig commenced to make clinical research

concerning the cause of headaches, from which he suffered severely, and having discovered that an excess of uric acid in the blood produced the same, he was led to investigate the action of this poisonous substance on the constitution.

Having proved that excess of uric acid accompanied headache and mental depression, and that animal food contained a large amount of this substance. Dr. Haig abstained from meat altogether and found the headaches to cease and the uric acid in the blood to be diminished. In consequence of this he has now been an abstainer from flesh of all kinds for the past twelve years.

When the blood is alkaline it can retain in solution a larger amount of uric acid and the elimination of this noxious poison is thus made possible by means of the liver and the kidneys. If the acidity of the blood is increased by acid food or drinks, uric acid at once becomes *precipitated* in the capillaries, joints and tissues, causing headache, gout, and other troubles.

By carefully continuing a diet which is free from uric acid Dr. Haig was able to reduce his headache from one a week down to one in eighteen months. He found it wise to avoid tea and coffee as well as animal foods, for the simple reason that the zanthin which is contained in the theine and caffeine, although not uric acid itself, yet has somewhat similar effects upon the constitution. He quotes the experiments of Dr. W. J. Morton, of New York, upon himself, in demonstration of the fact that a liberal consumption of tea produces a rapid increase in the amount of uric acid in the system, and we commend this fact to the consideration of those who, whilst endeavoring to follow a hygienic diet, sometimes suffer from dyspepsia and similar ailments, probably owing to their ignorance of the fact that tea and coffee are poisons.

Another important fact which Dr. Haig points out, is that a sufficient supply of nitrogen is a prime necessity of nutrition. When, however, uric acid is taken into the system the assimilation of nitrogen becomes difficult, whereas by following a uric acid-free diet, nitrogenous food can be in most cases easily digested.

The Temperaments.

BY PROF. JOHN T. MILLER,
in the *White and Blue*.

The word temperament comes from the Latin word *temperamentum* and signifies a mixture or arrangement of qualities or parts. Applied to physiology it indicates an unequal development and activity of the organs of the body.

The ancients distinguished four temperaments, the sanguine, the phlegmatic, the lymphatic and the melancholic. These were based on the predominance of the four supposed humors: blood, lymph, yellow bile, and black bile; each of these being caused in turn by the prevalence of some one of the four supposed elements—fire, air, water, earth.

The classification usually adopted by modern medical writers is that of the nervous, the sanguine, the bilious, and the lymphatic; just as the cerebral, the circulatory, the muscular, or the digestive system seems to predominate.

The nervous temperament, when well developed, is manifested by a relatively large head, delicate or sharp features; small bones and muscles, and fine hair and skin.

The sanguine temperament is known by broad shoulders, full chest, florid complexion, blue eyed, light hair, and a general smoothness of form and features.

The bilious temperament is denoted by large, full muscles, dark hair and eyes, dark, brown or yellow complexion, and an angular form.

The lymphatic temperament is indicated by a general fulness or rotundity of the body, the abdomen being more strongly developed than the chest, and the skin having a dull, pale appearance. It is more of a diseased than normal temperament, and persons so constituted are inclined to quietude if not to decided inactivity.

The nervous and sanguine are the active temperaments, and persons in whom they predominate are apt to wear out than rust out.

For the physician the above classification may have some advantages, but for the study of human nature and for physical development, the anatomical or physiologic classification, based upon three grand systems of organs in the body, is much better.

A predominance of the motor organs, the bones, ligaments and muscles, gives the motive or mechanical temperament. Where the organs of nutrition, the stomach, lungs, heart, liver, etc., predominate, the vital or nutritive temperament is indicated. A predominance of the cerebro-spinal nervous system indicates the mental or nervous temperament. Where all the organs of the body are equally developed the person is said to possess a balanced temperament. This is the most desirable and should be the aim in education.

Some of the leading physical and mental characteristics of these temperaments are given below.

MOTIVE TEMPERAMENT.

Large bones and strong firm muscles. The bones are long, the joints large, and the cheek bones rather high; the whole structure indicates strength and solidity rather than speed or agility. The mind acts slowly but is usually accurate. When the thoughts are expressed they are not clothed in flowery language. They appeal to the intellect rather than to the emotions. Children of this temperament are usually required to put forth more effort in their studies than their precocious school-mates. Many such pupils have been discouraged and driven from school by teachers who could not sympathize with them in their struggles. They are like winter apples; it takes them a long time to mature, but they finally repay all trouble and patience. Their persevering disposition adapts them to scientific, mathematical, and mechanical studies and pursuits. Some of the world's greatest scientists have this temperament, modified by the mental, and it is strong in most persons engaged in manual labor.

VITAL TEMPERAMENT

This corresponds most nearly to the sanguine of the pathological classification, but in the vital temperament, color is not considered. The abnormal or diseased form of the vital is the lymphatic. In the vital the bones are not so strongly developed as in the motive, the person is shorter, and has full tapering muscles. There is a greater tendency to adipose tissue than in the motive, and consequently the muscles are not so firm. The hands and feet are

relatively small: The cheeks are full and the whole body is well nourished. Persons thus constituted are active physically and mentally, but are probably not so often found among those who burn the midnight oil. Shakespeare did not have this form in mind when he made these remarks about Cassius:

"Would he were fatter, but I fear him not:
Yet if my name were liable to fear,
I do not know the man I should avoid
As soon as that spare Cassius.

* * * * *
Such men are never at heart's ease
While they behold a greater than themselves,
And therefore are very dangerous."

Persons possessing the vital temperament strong are emotional, sociable, good entertainers, and are inclined to business, literature, especially prose, and to some of the professions, such as music, rather than the sciences. During childhood and youth they are versatile, and in school prepare their work much more easily than do their larger but less active companions, but it often happens that they forget quite as easily. On the whole they are hopeful, look on the bright side of life, and scatter sunshine wherever they go.

MENTAL TEMPERAMENT.

The abnormal form of this is the nervous. The mental temperament is indicated by a slight body, and a head relatively large. The face is oval, the forehead high and broad, and the features are delicately cut and expressive. Persons of this temperament are better adapted to work requiring rapid action than great strength. They usually supply in quality what they lack in quantity. They are more inclined to mental pursuits than manual labor, and especially fond of music, poetry, and the fine arts. They are found in the various professions and in trades where speed rather than strength is required.

Imagine a person with a strong motive system making watches and his little nervous friend at the anvil as a blacksmith. Such is surely not the "eternal fitness of things," and still we see cases equally ridiculous in real life.

Children of the mental temperament should have much opportunity for physical development early in life. Precocious children are nearly always in this group. The fond parents have for them the highest anticipations, and in im-

agination, see them among the leaders of the world. Too often these bright hopes are dashed because the children have not the vitality to carry them through. They are often mental prodigies and by careful training might become healthful, useful citizens, but we sometimes forget that the rule is, "A strong mind in a strong body," and try to educate the intellect regardless of the condition of the physical organs.

The tendency of education at present, especially in cities, is toward the development of the mental or nervous temperament. We must look to manual labor and other physical exercises in the home and school to counteract this. In our country towns there is no danger at present, because there is an opportunity for physical development during the summer months.

In theory the who'e child goes to school, but in practice it is mainly the intellect that is developed. Children of a strong mental development should not be urged in their studies, and the results would be as good, or probably better, if they were not enrolled in school until a year or two later than other pupils. Let us stop and consider how we treat a nervous race-horse or trotter. This temperament is as conducive to health as the others; the only danger is in an extreme development. The balanced temperament is probably the best and should be aimed at in physical development.

The temperament that we inherit may be modified by climate, occupation, food, and other environments. We ought all to study our temperaments. The teacher will find the knowledge valuable as a guide in the treatment of the many individualites placed in his charge.

Let the students of history compare some of the ancient nations and observe the influence of physical development in their history. Compare the Persians and the Hindoos, the Spartans and the Athenians, the early Romans and the Romans under Greek influence, the Teutons and the Romans at the downfall of Rome. Compare the physical developments of Martin Luther and Philip Melancthon and the part they took in the Reformation, and you will at once see the influence of the body has upon the mind and vice versa. It will

also be profitable for students of literature to compare, temperamentally, the characters they study.

In selecting an occupation it is well to take into consideration temperamental adaptation, and often in life this knowledge will be valuable. In the whole curriculum of human nature there is no study more interesting or more profitable than the study of temperament.

Noted Men.

BY JOHN F. PRIOR.

General Aguinaldo the famous Filipino insurgent leader is of average height (5 feet, 7 inches) and weight. He has a large head coupled with a wiry constitution.

His organic quality is high and his hands and feet are small.

The Perceptive, Selfish, and Domestic groups of organs are the largest in his head, the reasoning organs are full and the moral average. He has been ranked by some of the eminent men of today as one of the real great men of the century. He is ranked along with Bismarck, Napoleon, etc.

Senator Hoar is a man of the old type of statesmen, large-bodied and large brained. He has strong convictions. His head is well developed in all parts. He is an excellent illustration of Phrenology. Senator Hoar has been ranked by some aequal to Webster, Clay and other great men of this century.

Mr. Choate, the most eminent lawyer of to-day, is a tall man with a tendency towards leanness. He has a well built body upon which rests a very large head, especially in the frontal region. He is deemed the superior of all lawyers of this age.

General Miller is a magnificent specimen of manhood, tall, erect, commanding, muscular limbs and large chest. He has a large finely formed head and a fine mental-motive temperament. He is a capable military commander. He is self educated, having risen from the ranks. He is the idol of the infantry, and a model soldier.

Admiral Sampson looks like a professor of a collage. He is 5 feet 11 inches high. He is somewhat thin and has a nervous or-

ganization, the mental predominating. His head and face are of the classic duck contour. It is partially owing to his ability that our navy has such good discipline. History furnishes few illustrations of naval officers who excelled in manouvers of war as does Sampson.

Col. Smith of the first California Volunteers is 5 feet 8 inches high. He has a full sized head of the round type. He is a man of great personal bravery and tact, and an excellent officer. His temperament is mental-vital with the motive ranking last. He has great endurance and perseverance.

The Doctor's Story.

Mrs. Rogers lay in her bed,
Bandaged and blistered from foot to head
Bandaged and blistered from head to toe
Mrs. Rogers was very low,
Bottle and saucer, spoon and cup
On the table stood bravely up;
Physic of high and low degree—
(alomet, catnip, boneset tea—
Everything a body could bear,
Excepting light and water and air.

I opened the blinds; the day was bright,
And God gave Mrs. Rogers some light,
I opened the window; the day was fair,
And God gave Mrs. Rogers some air.
Bottles and blisters, powders and pills,
Catnip, boneset, syrup and squills,
Drugs and medicines, high and low,
I threw them as far as I could throw
"What are you doing?" my patient cried;
"Frightening Death," I coolly replied.
"You are crazy!" a visitor said,
I flung a bottle at her head.

Deacon Rogers he came to me;
"Wife is comin' round," said he,
'I re'lly think she'll worry through;
She scolds me just as she used to do.
All the people have poohed and slurred—
And the neighbors have had their word;
'Twas better to perish, some of 'em say,
Than be cured in such an irregular way.'
"Your wife," said I, "had God's good care
And his remedies—light and water and air
All the doctors beyond a doubt,
Couldn't have cured Mrs. Rogers without."

The deacon smiled and bowed his head;
"Then your bill is nothing," he said,
"God's be the glory, as you say;
God bless you, doctor, good-day! good-day!"

If ever I doctor that woman again,
I'll give her medicine made by men.

—Medical World.

The Evolution of Man.

BY LEWIS G. JANES, M. A.,
in the *Phrenological Journal*.

As a philosophical theory, the doctrine of evolution is almost as old as human speculation. It was inculcated by the Ionic philosophers, and in ages before them it constituted an important feature in the teachings of the Hindu sages. It seems to have been accepted in a modified form even by the early Fathers of the Christian church. As a scientific theory, however, its origin is distinctly modern. Prefigured in the writings of Swedenborg, La Place, Kant, Goethe, and Erasmus Darwin, it was first proclaimed as a universal method of nature and a rational foundation for philosophy by Herbet Spencer; and the law of natural selection as a chief factor in the origin and development of species was simultaneously discovered, about forty years ago, by Charles Darwin and Alfred Russel Wallace.

Darwin and Wallace did not hesitate to apply the principle in explanation of the origin of man as well as of the lower biological organisms; and Spencer, in his "Synthetic Philosophy," with a wealth of material derived from the special sciences, has shown that the law of evolution holds good also in the development of mind and the growth of societies.

It is not the purpose of this article to attempt even an imperfect statement of the argument whereby these great thinkers, and others who have supplemented their investigations, have established the doctrine of evolution on an impregnable basis of sound logic and scientifically demonstrated fact. This would be too large a task to undertake within the limits of a brief discussion. It is unnecessary, since the battle for the evolution hypothesis has been fought out, and the doctrine is now universally received by the scientific world.

* * * * *

Two primary factors enter into the entire process of biological evolution: the organism and its environment. The centre-stance and the circum-stance. The earlier school of evolutionists emphasized the latter, and gave to the entire process a fatalistic character which is not warranted by maturer

thought and closer investigation.

Nature seemed to be gaining its end by sheer brute force and the "struggle for existence" was interpreted as an aimless and immoral process.

We now begin to see that this conclusion is not justified by a full understanding of the scientifically demonstrated facts. While the later thought recognizes even more strongly the importance of the environment, it emphasizes no less the function of the psychic or dynamic factor in determining and transforming the environment. Even in the earlier stages of biological evolution, the outcome of all progressive changes is seen to be a fuller and completer life. Those organisms best adapted to existing conditions—not statically merely, but dynamically; those most capable not only of living, but of progressing toward a higher life—are the ones which have the best chance of surviving. Those not adapted to these conditions are gradually eliminated. When the organism has risen to the plane of sentience and consciousness the operation of the law is manifestly beneficent. It secures a maximum of happiness, a minimum of unhappiness, the greatest possible pleasure and the least possible pain, all along the path of evolution.

In sentient organisms, progress toward a fuller and completer life is assured largely by the formation of habits. All unconscious and involuntary movements are along the lines of least resistance. When these actions prove favorable to the development of the organism they are repeated and become habitual. This is also true of the earlier volitional activities. In its primitive stages this process is almost surely mechanical. With the growth of sentience, the will naturally co-operates in seeking those avenues of effort which lead to the fullest and most unimpeded expression of the life-forces. With man, the added factor of self-consciousness, self-direction, and choice supplements the mere mechanical principals that hold sway in the lower range of biological evolution, and becomes the most important of all the operating agencies.

We are just beginning to comprehend the fact that man himself is the chief factor in his own evolution. Man, some one has said,

is the only animal capable of creating an ideal. The less developed consciousness and sentience of the lower animals impels them to blind and empirical efforts for sustenance and comfort. These efforts, frequently repeated, become habits or instincts; and animal activities are thus normally almost purely automatic. Man, on the other hand, can create ideals which inspire him to new and original activities. He reaches one goal only to see another, far ahead, and toward this he must now push his way. Every new habit rightly formed, thus becomes the opportunity for further progressive effort. While the aggregate of habits and instinctive activities, therefore, is probably greater in man than in any of the lower animals, normally constituted human beings never become wholly automatic in their actions. Man always remains a progressive animal. The lower orders of living beings strive simply and almost blindly to adapt themselves to the existing environment. They never conceive of ideals yet unattained, nor imagine the possibility of transforming their environments. Man largely creates his own environment. By his own volition he establishes conditions which may either greatly promote or greatly retard his subsequent advancement.

Philosophical, religious and ethical ideals, therefore, become important helps or hindrances to human progress. Purely speculative theories are quite as apt to hinder as to help. A gross materialism leads to fatalistic conclusions and thus paralyzes and inhibits effort. An extreme idealism builds castles in the air, and encourages effort in impracticable ways toward unattainable ends. Human energy is sadly wasted in unprofitable struggles for the improvement of individual and social conditions under the influence of such unwise ideals. What the world needs as an incentive and aid in human evolution is scientific and practicable ideals for the direction of its efforts. Our attempts at social reform and individual regeneration often fail because they do not recognize the fact that functional development must keep pace with the emotional prompting and intellectual striving. The mind has to create for itself organs and avenues for its various activities.

San Francisco, Cal., March 1899

Human Nature

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Phrenology, Physiognomy, Health,
Medical and Social Reform

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ALLEN HADDOCK,

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C. P. HOLT,

Associate Editor

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A Letter From Rev. Corroborative Evidence. E. S. Miles.

HYDE PARK, N. Y., Jan. 17, 1899.

I seem to have inherited headache, suffering terribly at times, have from one to three per week, lasting from one to three days. Awful pressure in chest, gas, sour stomach, "heartburn" so as to necessitate arising at night, at times "water-brash."

After an unusually severe headache one Sunday, a friend gave me "The New Gospel of Health" to read. As soon as finished, believing it sound "doctrine," I began to practice it and now after more than four weeks am amazed at myself. All the former distresses are gone. No headache. I am almost afraid to congratulate myself, for it does not seem possible. Often I've gone through my Sunday services not feeling able to stand. Patent medicines "galore" I've tried. I am more thankful to God than I can express. Appreciate the kindness of friends who try to help each other and am anxious to do all I can to get Dr. Dewey's books and system before the people.

Respectfully,

(REV.) ELMOND S. MILES.

Resemblances Between Men and Animals.

We have some fine illustrations of men and animals for sale at the low price of 50c. per pair. They are done in india ink on card board, size 11x14 inches. These illustrations are very useful to students, amateurs and professional lecturers. We have also portraits of the model merchant, mechanic, physician, artist, musician, book-keeper, salesman, stenographer, etc., same style. Price, 25 cents each.

Dr. Burke's San Francisco office is at the California College of Osteopathy, 603 Sutter St., where he may be consulted on Tuesdays and Fridays of each week from 11 A. M. to 4 P. M.

Nature is the great healer.

What beautiful testimonials the quacks write in their own offices!

One science never conflicts with another. Nature is everywhere, and at all times consistent with herself. Vivisection is horrible, but Dr. Ferrin, the noted anatomist, made experiments upon pigeons, rabbits, and other animals, causing him to conclude as follows:—

"The application of the results of experiments on the brain of a frog, or a pigeon, or a rabbit, without due qualification to the physiology of the *human* brain is very questionable and may even lead to conclusions seriously at variance with well established facts."

This seems strongly corroborative of the principles of Phrenology, but the learned and candid doctor goes on to clinch the nail he has driven in the following unmistakable language:—

"The development of the frontal lobes is greater in man with the highest intellectual powers, and taking one with another, the greatest intellect is characteristic of the one with the greatest frontal development."

However, to make assurance doubly sure, Dr. Ferrin says:

"The phrenologists have, I think, good grounds for localizing the reflective faculties in the frontal regions of the brain, and there is nothing inherently improbable in the view that frontal development in special regions may be indicative of the power of thought and intellectual capacity in special directions."

This is splendid testimony by the first and foremost living experimental anatomist. It is what Dr. Gall told the world 100 years ago, but it cannot be too often repeated.

Dr. Ferrin has conceded the frontal lobes to the phrenologists. These embrace fifteen faculties. There are 27 more claimed by Phrenology in the remaining parts of the brain, which have been discovered by observers after many years of research and corroborated in hundreds of thousands of personal examinations. All progressive scientists and anatomists agree with Dr. Ferrin and phrenologists that the location of the brain in the head determines its function.

Go !

All admirers of Walt Whitman will be glad to learn that the able lecturer and associate editor of the *Coming Light*, Edward P. Payne, will deliver a course of three lectures upon Walt Whitman's poems at Ceres Hall, 621 O'Farrell Street, San Francisco, at 8 o'clock P. M. as follows:

I The Chanter of Personality, on Monday, Feb 27th.

II This Puzzle, the New World, on Tuesday, March 7th.

III Germs of a Greater Religion, on Tuesday, March 14th.

50 cents for the course — 25 cents single lecture.

FINER FORCES OF NATURE.

The human body exists of visible and invisible substances; the former impress the senses of feeling, touch, sight, smell and taste; but the latter do not make themselves felt to the outward senses; yet they are as real and permanent in every living person as the flesh and bone of the body. The magnetic aura of a large cerebellum enables a public speaker to control his audience.

Who has not seen the lightning spark in the eyes of the orator, actor or lover when inspired with the subject of his theme?

The finer forces of nature are as real as substances in concussion.

Who has not felt either an agreeable or disagreeable sensation come over him at times when first ushered into the presence of a stranger?

To sensitives, when these impressions are disagreeable and antagonistic, the effect on the mind is as severe as a blow on the body.

It is this condition of sensitiveness that enables the mind reader to enter the atmosphere of his subject, and read his or her character and thought.

Medical Jargon.

The way jurors are confused by the testimony of medical men is illustrated in the Brandes murder case now in the courts of Oakland.

Dr. Buteau was on the stand. He attributed the girl's death to meningitis, due to concussion.

An inquisitive juror asked the doctor to give the plain English for meningitis.

The doctor proceeded to translate into another form of medical language which made the confused juror more confused. Then a discussion arose between the lawyer and doctor as to the "anachroid" or "arachroid" but the "medical jargon" confused the jurymen more and more.

"The pleura is the skin that covers the lungs, is it not, doctor?" asked Lawyer Bennet. The doctor resented this meddling with medical terminology and vouchsafed the answer that "the pleura has none of the functions of a skin."

"There was some emphysema, that is rupture of the lungs" said the counsel.

"Emphysena is not rupture" said the doctor, "it is a chronic distention of the lung cells. The man who plays a wind instrument may have distention of the cells, which would be emphysema if it assumed a pathological permanence."

"You say the wounds caused meningitis doctor" quoth the lawyer, and the doctor replied: "There was a condition of traumatic meningitis."

"What is traumatic?" asked juror Melvin, and the doctor answered, "Caused by a blow."

Thus the whole day was wasted by medical jargon and nobody the wiser at the close.

Saw His Dead Son in a Vision.

REMARKABLE CASE OF CLAIRVOYANCE IN ITALY.

The Rome correspondent of the *London Mail* relates an interesting case of clairvoyance, the truth of which he vouches for. A short time ago a young man named Livio Cibrario, who was a member of an ancient family of Turin, met death in a crevasse of the Rocciamelone in the Maritime Alps. On the night of the accident, Count Cibrario, father of the young man, who knew nothing of his son's expedition, aroused the family and said that he had just seen his son in a vision, with blood flowing from his head, and heard him say, "Father, I slipped down a precipice and broke my head and I am dead, quite dead." In spite of the attempt of the other members of the family to persuade the old Count that his vision was nothing

more than a very bad dream, he insisted that it presented an actual occurrence, which, indeed, was confirmed the next day. As an interesting fact, the correspondent adds that the Count is a quiet person who has never suffered from nervous disorders or been interested in Spiritualism.

Are Animals Immortal?

Rev. Forbes Phillips believes that animals exist after death but he evidently bases his belief more on his likes and dislikes than on science, as he declares that he would rather meet in heaven some animals than some people he has met on earth.

Animals are entirely deficient in the Spiritual region of the brain, therefore cannot manifest any spiritual feeling.

Man alone is distinctively a religious and spiritual being. Animals have no spiritual conception because devoid of those higher lobes of the brain devoted to spiritual functions.

They are gifted with feelings, sentiments, perception and reason only a little inferior to the lowest order of man, but the dividing line between the human and the brute is in the Spiritual nature.

Rev. Philip Forbes errs in thinking that because animals manifest intelligence, and some of them have higher instincts than men, they must therefore be immortal. Intelligence is not proof of immortality.

The same author also says:

"Our dumb friends suffer here. Surely there is compensation or reward for the loyalty, their faithfulness, their courage and the higher faculties they manifest."

What "higher faculties" have they? None above the animal plane. Man alone is possessed of those "higher faculties" that places him in communication with a higher and spiritual life.

BE WISE.

Pimples and eruptions of the skin are the result of impure blood. The remedy will not be found in drug treatment, but in opening the pores of the body by the hot air or vapor bath. Send for our our \$5 Bath all complete and you can take a dollar Turkish bath in your own home at a cost of five cents.

Shades of 1776!

George Washington, where is your little hatchet? Benjamin Franklin bring your kite. Thomas Jefferson expound democracy. Thomas Paine declare once again the rights of man! Patrick Henry again let your voice be heard ringing clear, "Give me liberty or give me death!" Adams, Hancock, Warren, all ye shades of '76 come back to us. Your children's children have forgotten your precepts wherein you declared, "We hold these truths to be self evident, that all men are created equal, and are endowed by their Creator with certain inalienable rights, among which are life, liberty, and the pursuit of happiness." Furthermore, "All governments derive their just powers from the consent of the governed." Your posterity have forgotten these ringing words which on the 4th day of July, 1776, from your hearts and pens went ringing round the world, carrying terror to the hearts of tyrants.

America, the land of your love, your country and ours, still bares her green hillsides to the genial sun. Her farms and fields are still rich with fruit and grain. Her mountain peaks lift their hoary heads into the skies as they did a hundred years ago. Her rivers move on in majestic sweep as when your eyes looked upon them.

Lexington, Bunker Hill, and Yorktown have yet in their sands the precious blood you gladly spilled for freedom's sake.

All nature remains the same as when for liberty you pledged your lives and sacred honor.

The flag you first threw to the breeze of heaven, "the red white and blue" with many a star added to its constellation, still floats an emblem of the republic you established among the nations of earth.

Since your day great changes have taken place in the land you bequeathed to us. Clouds darkened our skies, and in blood drawn from the veins of heroes a generation ago we blotted from our fair land the black-man's slavery, and we placed beside your sainted names those of Lincoln, Grant, Sherman and a host of other heroes whose lives, like yours were given to freedom and America.

When the sunshine again

pierced the war-clouds rolling dun we fondly hoped our ills were past, but a greater calamity awaited us.

The head of the serpent, "tyranny," was scotched but not crushed, and he appeared in another guise, and under the name of monopoly defrauded the people.

The rapid advancement of scientific improvement and the marvelous inventive genius of our citizens perfected the discoveries of Stevenson and Franklin. The lightning the latter drew from the skies speeds around the world, courier of national decrees or bearer of kindly messages to absent friends, while the steam engine of the former has revolutionized commerce, and harnessed to the rattling car hastens across our continent with the speed of the wind or rushes our battleships and steam propellers through storm and wave an astonishment to Neptune and a marvel to the denizens of the deep.

Our farmers no longer harvest wheat with a sickle but with a gigantic harvester, with which one man does the work of twenty. All our industries are carried on by the aid of machinery owned by capitalists, who own and control the wealth of our land.

There is no longer a middle class; only the rich and poor, and the poor far outnumber the rich. A few nabobs have possession of our land while the many have not where to lay their heads.

Not satisfied with obtaining control of the soil of our continent and the liberties of the poor of our land, these monopolists have recently plunged our country into a war with Spain under pretense of philanthropy and freeing from the tyranny of the cruel Spaniards the struggling Cubans.

With our mighty battle-ships, huge guns (two of which in your day would have sent King George's little-tubs and Hessian soldiers to Davy Jones' locker before they could have made a landing) we made short work of the Spanish dons and sent them howling home to Spain. But oh! Shades of '76! when victory perched upon our banners, unlike France and Lafayette, who aided you to break the English fetters, we only stepped into the wicked Spaniard's shoes and under the pretense of philanthropy and in the name of "expansion" robbed the far off Philipinos of their

lands and homes, and became their task-masters. And now with shot and shell we are slaying men in the far off Orient who plead and fight for freedom to govern themselves as you fought in the days of '76, while all the world looks on in astonishment at our inconsistency and injustice.

Not all our people are thus implicated. Our rank and file are as true to sacred liberty as were you at Valley Forge. It is the monopolists who, drunk with greed, have usurped power in our fair land and brought ruin and disgrace upon our starry flag. Shades of '76 come back, and guide our ship of state. Teach that justice and liberty are for *all* men, be they white, black or brown.

C. P. HOLT.

Goddess of Liberty, Look Near By!

Goddess of Liberty, listen,
Listen, I say, and look
To the sounds and sights of sorrow
This side of Sandy Hook.
Your eye is searching the distance;
You are holding your torch too high
To see the slaves who are fettered,
Though close at your feet they lie;
And the cry of the suffering stranger
Has reached your ear and your breast,
But you do not heed the wail that comes
From the haunts of your own oppressed.

Goddess of Liberty, follow,
Follow me where I lead,
Come down into the sweat-shop
And look on the work of greed;
Look on the faces of children
Old before they were born;
Look on the haggard women,
Of all sex-graces shorn;
Look on the men—God help us—
If this is what it means
To be men in the land of freedom
And live like mere machines.

Goddess of Liberty, answer;
How can the slaves of Spain
Find freedom under your banner
While your own still wear the chain?
Loud is the screech of the eagle,
And boastful the voice of you drums,
But they do not silence the wail of despair
That rises out of your slums.
What will you do with your conquests,
And how shall your hosts be fed,
While our streets are filled with desperate
thongs,
Crying for work or bread?

—Ella Wheeler Wilcox.

He who has not and does not love some sweet, pure, and beautiful woman, knows not the highest and holiest joy.

The Literary Grotto.

REVIEWS.

BY C. P. HOLT.

THE GOLDEN AGE COOK BOOK.

BY HENRIETTA LATHAM DWIGHT

The Alliance Publishing Co.,
New York. Price \$1.25.

This book gives recipes for cooking all sorts of dishes without the flesh of cow, sheep, hog or any other animal that walks the earth flies in the air or swims in the sea.

As a whole it is a good thing, but it is funny in the extreme to find the author of a bloodless cook book giving instructions regarding the best method of making a "Mock Fish Soup" "Mock Fish Croquettes," "Kpaghettina Chops," "Mock Meat," "Mock Cod Fish Balls," "Mock Chicken Croquettes" etc., etc.

The idea of imitating the filthy flesh pots is the extreme of absurdity. If the lady cook wishes to mix up a hotch-potch of mushrooms, dandelions, turnips, and cabbage, sweetened with honey and thickened with graham flour; let her proceed to do so, giving it some such name as Paradise Pudding or Millenium Duff, but in no wise adopt the nomenclature of the flesh eaters when christening her dishes.

Aside from this foolishness the book is a valuable treatise upon bloodless cookery. The "Angel Cake" must be heavenly, if the flavor bears out its celestial title.

There is an instructive preface to the book and valuable "Comparative Tables of Vegetable and Animal Foods," quite to the advantage of the former.

HILDA'S HOME.

BY ROSA GRAUL.

M. Harmon & Company, 1394
West Congress street, Chicago.
Cloth, \$1.00. Paper, 50c.

I had read in Lucifer a good deal about this book, and when it reached my table I laid aside my pen and typewriter and settled down in my hard-bottomed chair for a good look at the modern "Uncle Tom's Cabin."

I read on and on, page after page, all the time wondering when the thing would get interesting. I struck "bed rock" at last in a

letter "Wilbur writes to Imelia," the following is the closing paragraph.

"There must and will come a time when the full glory of a free love will be understood and enjoyed. So look up to the goal in view; bravely work on, and remember there is strength in the knowledge of unity of thought and purpose of those who work in a like cause, even though your friends with their supporting love are distant Remembering as ever, loving you with a love that is absolutely pure; I am yours for truth of purpose, and for the best of humanity. WILBUR."

From this page onward to finale the reader pans out any quantity of just such dust. There are many characters in this story who seem to have no character worth mentioning; they hold to some very loose notions and act accordingly.

There are a good many babies born out of wedlock, which is in perfect harmony with the genius of the story.

Monogomy and civil marriages are tabu, as old fashioned, and out of date. In the last chapter there is a description of Hilda's home from which the following is a specimen paragraph.

"The world at large knew not the full meaning of this home as yet. The world is yet too completely steeped in superstition and ignorance to have permitted its existence had the full meaning been known. The "Hunter Co-operative Home" it had been called, and thus it was known to the world. It was known that babes had made their advent therein, but none but the initiated knew that marriage as an institution was banished from its encircling walls."

The story has no literary merit whatever, and as for the moral, let everybody judge for himself. I confess to disappointment. I don't like it, but this is a pretty good reason why many other people will just dote on it.

Society is in bad shape enough, but promiscuous free love will hardly purify it

HUMAN NATURE EX-PLAINED.

BY N. N. RIDDLE, PH. D.

I reviewed this book once before in HUMAN NATURE and will only call the attention of students

of the *genus homo* to its pages by suggesting that they procure a copy of the book and study it. Once reading its pages will not suffice.

It is philosophical and scientific, giving a complete analysis of the phrenological organs and their location in the cranium. It does more than this, it goes deep into man's spiritual nature and explains many mental phenomena hitherto in doubt.

It is for sale at the office of HUMAN NATURE. Price, \$1.50.

Manhood Wrecked and Rescued.

BY REV. W. J. HUNTER.

For sale at HUMAN NATURE Office, 1020 Market street, San Francisco, Cal. Price \$1.25

This book is a strong protest against the vices of the day, and depicts in strong language and vivid colors "the evils arising from the pernicious habits young men fall into; those peculiar to sex and the use of tobacco, opium, morphine and alcoholic liquors. The author has little faith in drugs. I wish he had none in the flesh of dead animals, which he prescribes for patients.

Rest.

Let us rest ourselves a bit.
Worry? Wave your hand to it,
Kiss your finger tips and smile
It farewell a little while.

Weary of the weary way
We have come since yesterday,
Let it fret us not, in dread
Of the weary way ahead.

While we yet look down—not up—
To seek out the buttercup
And the daisy, where they wave
O'er the green home of the grave.

Let us launch us smoothly on
Listless billows of the lawn,
And drift out across the main
Of our childish dreams again.

Voyage off beneath the trees,
O'er the field's enchanted seas,
Where the lilies are our sails,
And our seagulls, nightingales.

Where no wilder storm shall beat
Than the wind that waves the wheat,
And no tempests burst above
The old laughs we used to love.

Lose all trouble—gain release
Languor and exceeding peace,
Cruising idly o'er the vast,
Calm midocean of the past.

Let us rest ourselves a bit.
Worry? Wave your hand to it,
Kiss your finger-tips and smile
It farewell a little while.

—James Whitcomb Riley

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The above cut illustrates a portable, hot air bath which folds into two inches thick, and is the most convenient and effectual bath ever invented, the results of which are equal to those obtained in the sanitariums, the public Turkish baths or the Russian baths.

A fine spirit lamp accompanies the bath by aid of which either hot dry air, or hot vapor can be used, and the bath taken in the home and at a cost of a few cents. The price of this bath is so low as to be within the reach of everyone, and if used will beautify the complexion, retain health and restore it when lost. Apply at once for one of these Baths. Price \$5.00. Agents wanted. Address, Human Nature Office, 1020 Market St., San Francisco.

Avoid Drugs.

If those who are ill will write to us enclosing a stamped envelope for reply, we will do what we can—and that is much—to place them in a position to be completely cured without the use of drugs.

ENCLOSE STAMP.

All letters addressed to HUMAN NATURE Office in which stamps are enclosed, receive prompt answers. All others go into the waste-paper basket. Enclose stamp for answer.



This is a picture of "The Missing Link," alias "The Circulator," alias the "Dilator." No matter what name it is called by, it is a marvelous instrument in curing all diseases arising from impaired circulation. It acts upon the terminal nerve centres and relieves congestion. All diseases of the nervous system are quickly cured by its use. Sent by mail or express as desired to any part of the world. Price only \$3.00.

Massotherapy,

What is that? It is a marvelous method cure for dyspepsia and too many other ills to name. The picture here given is that of little rollers set in a frame and held in the hand and propelled over the part of the body requiring cure and development. By use of this



muscle roller the patient can massage himself.

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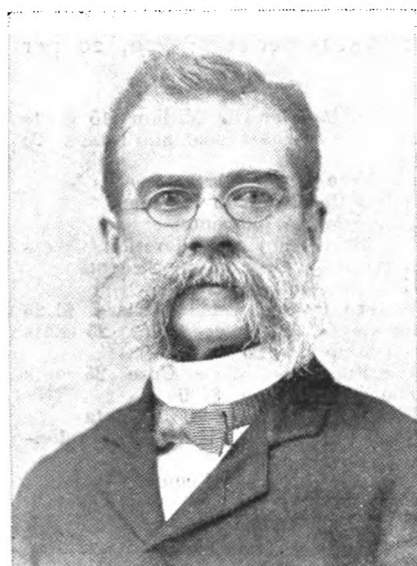
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