

1971
1972
1973



Faithfully yours
F. J. S. Caranagh.

CAVANAGH'S PHRENOLOGICAL CHART.



BEING AN

EXPLANATION OF THE MENTAL FACULTIES AND GUIDE TO
IMPROVEMENT. THE GREATEST, MOST NATURAL,
INTERESTING, SIMPLEST, RELIABLE AND
VALUABLE SYSTEM OF
SELF HELP
EVER DISCOVERED.

"My guide, philosopher and friend."—*Pope.*



This is Truth, though at enmity with the philosophy of ages.

Prof. (Dr.) Francis Joseph Gall,
Discoverer of Phrenology.



BY

PROF. FRANCIS JOSEPH CAVANAGH,

PHRENOLOGICAL SPECIALIST.

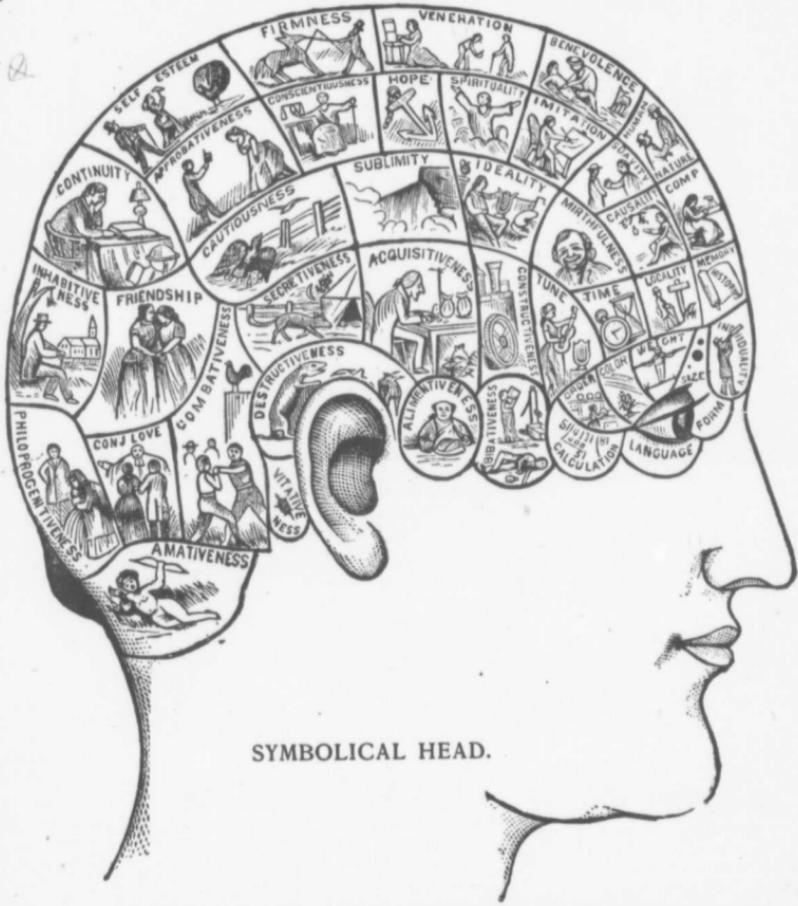
ELM STREET, TORONTO, CANADA,



ESTABLISHED **20** YEARS.

BF871
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1903

x x 2



SYMBOLICAL HEAD.

This Chart gives a Delineation of the Character, Talents and Present Condition of :

.....

.....

.....

TIME WILL PROVE ITS TRUTH.

WHAT IS PHRENOLOGY?

T IS A SYSTEM OF MENTAL PHILOSOPHY practically applied and proved by facts which cannot be denied. We are all cognizant of the truth that EVERY HEAD DIFFERS from every other in some way, either in length, width, height, size or shape, and in character, talent, money getting ability, etc. We do not, as some believe, look for hills or hollows, or "bumps," but measure the head in different directions and estimate the length of fibre, or distance from the Basilar Centre of the Brain (*The Medulla Oblongata*), compare the strength of the different groups of organs as to the influence they exert on the character, etc., etc., and give advice how the mind may be rendered more harmonious in its action by restraining the strong and CULTIVATING THE WEAK ORGANS.

I have **3** forms of Examinations, viz.:

1st.—A plain oral description .

2nd.—To mark a **CHART** of the organs, showing the strength and weakness of each, and what to cultivate and restrain. Everyone who values improvement, success or happiness should get their head examined. "Charges as usual, within reach of all."

3rd.—Includes the second, with

MY SPECIAL ADVICE,

for which I must have your solemn "word of honor" to keep confidential, SECRET.

Some years ago, I with a large number of doctors, etc., took a course of important PRIVATE lectures in the Y.M.C.A. Hall, Yonge St., Toronto, and HAD TO SIGN A

Bond for \$1,200

to keep what I learned a SECRET, and even the books got there are marked on, and in with WARNINGS, not to be shown to anyone. You won't have to sign a bond or pay me half that amount, but only a reasonable FEE, according to what I think YOUR shape of head, character, worrying, brooding, lack of hope, will-power, etc., nature, or your talents, mechanical, managing, artistic, musical, designing, organizing, inventing, improving, etc., power is worth.

These priceless, in value, health, etc., hints have taken me many years of earnest, exhausting investigation, and GREAT EXPENSE to find out. To some persons they are worth thousands of dollars, and to a large number they mean help for, or better preservation of eyesight, hearing, heart, lungs, brain or nerves, or increased YOUTHFULNESS, energy, CONCENTRATION power, lessened tendency to constitutional awful WORRY, fears, insanity, suicide, impaired will, drunkenness, rheumatism, neuralgia, headaches, unreasonable overcautiousness, weakened faculties, etc.

*** There are, among all classes, doubters, skeptics, and those who lack common sense business enterprise, who won't even try a thing themselves, but discourage (and worry) others, often from grasping perhaps the greatest opportunity of their life. Don't let such persons influence you.

☛ To those who are very Cautious, who want to be sure of getting some value, before they spend their money, I need only refer to **my record of 20 years**; and to the many persons who have become well off, or distinguished through my advice, also that I succeeded with various, most valuable, useful designs, originations, discoveries and inventions.

(● I possess copyrights, English and Canadian Patents ●)

and the WONDERFUL AUTOMATIC—Hernia—TRUSS. By this invention alone—ask any doctor—I have surpassed the GENIUS of all inventors for ages, and succeeded—with a long believed to be impossibility—where the GREATEST PHYSICIANS and SURGEONS gave up, absolutely failed for 19 CENTURIES. This extraordinary invention is different from, more powerful than, and superior to all others of its kind.

☛ My discoveries will greatly aid mankind on the consumption, insanity and cancer problems. I can fittingly use here the words of Mr. Balfour: "He called upon the public not to show impatience at the slow march of discovery upon a matter which had, after all, defied the *greatest physicians of the world* up to the present time."—See *Mail and Empire*, 2nd Aug., 1903.

My experience has been gained in various positions and situations, from the Civil Service to the battle field, insane asylums, colleges, hospitals, prisons and in many parts of the world.

Thanking the public for their kind and liberal patronage, and hoping for a continuance of the same,

I am, etc., sincerely, for your welfare,

F. J. CAVANAGH.

PROF. O. S. FOWLER'S STENOGRAPHER SAYS.

Many attribute their success in business, mechanics, the arts, and inventions to Prof. Cavanagh. He can produce probably more testimonials from inventors, and competent authorities than any other phrenologist. I regard him as thoroughly competent, and I had a long experience as stenographer with that world-renowned phrenologist, Prof. O. S. Fowler.

CHARLES H. CLARK,

Sentinel, July 12th, 1888.

Late Editor *Toronto News*.

PARIS, June 11th.

It is believed by prominent members of the Ecole d' Anthropologie, that Victor Hugo's brain equalled in size that of Cuvier's, one of the largest on record. In connection with this subject Dr. Laborde's report on Gambetta's brain is interesting. He says it was of *exceptional* size, and that the convolutions were *especially developed* in the region assigned by phrenologists as the *centre of lingual powers*.—*Mail*, June 12th, 1885.

N.B.—Dr. Laborde is one of the most influential physicians in France. Note the importance attached to his statements there.—See 31st January, 1903, *Telegram*.

SOME of the subjects who had never seen the Professor before ascending the stage, were astonished to find him not alone delineating their mental character, but stating also what diseases and weaknesses they were suffering from.—*Orillia Packet*.

PROF. CAVANAGH has predicted success for numerous persons in various walks of life, and these individuals head the list in that particular sphere in which they have expended their energies.—*The World*, 21st May, 1891

MANY parties (names given, evidence incontrovertible), say he saved them from serious illness, or effects of strain or over exertion by warning them regarding their condition, which upon consulting their family physician they found correct.—*The World*, Toronto, June 23rd, 1888.

His public (blindfold) test examinations are truly marvellous and have created astonishment and admiration throughout the country.—*Toronto News*, Nov. 25th, 1886.

PROF. CAVANAGH, in addition to explaining character, what suited for, etc., tells condition, weakness, injuries of *body* and *brain* by *merely* feeling the head. *We have had clear proof of this.* His skill is certainly astonishing.—*Collingwood Enterprise*, August 11th, 1887.

BESIDES delineating character, *marriage adaptations*, etc, he can discover *bodily states* and *injuries*, such as *fits*, *kidney* and *heart* disease, hernia and liability to *insanity*, as well as *other* weaknesses. Many were informed of weaknesses and injuries of which they were before ignorant. He certainly has a wonderful knowledge of the human brain and *its influences*.—*Newmarket Era*, Oct. 29, 1886.

PROF. CAVANAGH visited the Insane and Idiot Asylums here and described the peculiarities and talents of the inmates, told the subjects they were insane on, and gave details which astonished even the keepers, etc., etc. His Phrenological skill is certainly extraordinary, and he has done, and is doing more business than any and all other Phrenologists who have visited here put together, and we can endorse the statements of crowds who have patronized him, and heartily commend him as a scientific, conscientious and capable Phrenologist.—*News Letter*, Orillia, Nov., 1885.

PROF. CAVANAGH paid us another visit, the first since two years ago. As usual he was largely patronized, and his lectures well attended. No Phrenologist who visited here has received such liberal patronage. We who have had *absolute* and *undeniable proof*, combined with *evidence* of hundreds who have listened to him, can heartily recommend him as thoroughly efficient, and certainly ahead of any Phrenologist we have ever heard.—*Uxbridge Journal*, Thursday, Sept. 2nd, 1886.

PARTIES thrown on their own resources (by having a phrenological sounding), need not drift into whatever seems to offer, but can go at what they will be almost certain to succeed in. *Don't be skeptical* and refuse to believe what you never tested. This gentleman is highly recommended and can get prominent citizens who will certify to the value of his services.—*Brampton Conservator*, May, 1885.

NEW DISCOVERIES IN PHRENOLOGY.—Professor Cavanagh has now positive evidence of the value of his services. Many *declare* he has been the means of

their *Inventive genius* being developed. He published names of many well known *inventors*. We sincerely recommend him to all.—*Canadian Advance*, Feb. 29, 1888.

He has gained experience in several countries.—*Tribune*.

Prof. Cavanagh is a scientific, conscientious and capable Phrenologist.—*The News*, Nov. 22nd, 1884.

LOUIS P. KRIBS (this notice given by) had his head examined by me many years ago—once was on *The Barrie Advance* (same as that now noted journalist Mr. Hinds, who, when a school boy, purchased a chart from me, advising him that he would excel in composition, and marking him in the chart for a journalist)—became Editor of *The Toronto News*, and one of the most interesting, brilliant writers (Pica) in Canada.

PHRENOLOGICAL DISCOVERIES.—We take great pleasure in recommending Professor Cavanagh, the *Scientific Phrenologist*, and adding our testimony to that of the *many inventors* who have become such *through his advice*. His skill in delineating character and mental manifestations, and explaining *bodily* states and *weakness* is simply wonderful. He deservedly merits his excellent reputation, and has already made his mark in the world.—*Truth*, March 3rd, 1888.

A SUCCESSFUL PHRENOLOGIST.—Many well known in this City eulogize Prof. Cavanagh for their inventions. Testimonials saying "through his advice" they succeeded in inventing one or more machines, etc., are frequently published. Physicians, lawyers, clergymen, etc., and the press speak highly in his favor. *The News* has often favorably noticed his successes, having known him for years, and many times severely tested him. We take pleasure in again recommending him as skilful, reliable, and certainly worthy of public patronage.—*The Toronto News*, Thursday, June 7th, 1888.

PROF. CAVANAGH has made a life long study of this subject, and his advice has started many men and women on the high road to success and fortune in all lines of business. A call on him will not fail to prove beneficial.—*Labor Reformer*, June 23rd, 1888.

BIRCHALL SAYS IN HIS BOOK:

"Several professors of the phrenological art were in Oxford, and the latest that I have met is Professor Cavanagh, of Toronto, a gentleman well known in scientific circles. I append the *resume* of his examination of my cranium. If there be any truth in phrenology, then I have at least one or two good points, but many shake their heads sadly and think such methods savor of the mysterious Black Art."

No ordinary murderer would have gone to Princeton to identify the body, and if Birchall did it he must be a man of Iron Nerve. *But he is not*. He is *weak* and has little cunning. *That is the opinion* of those who know him well.—Copied from *The Toronto News*.

The public are well aware MY CHART RECORDED HIM as being *secretive* (cunning) not *weak* (but strong), and having AN IRON WILL which would endure to

the very last in spite of everything, thus showing that I KNEW MORE OF THE MAN than those WHO KNEW him for A LIFE TIME.

THE phrenological chart of Prof. Cavanagh, which Birchall incorporated in his story as published in the *Mail*, shows his destructiveness was large, and this, in conjunction with his firmness, which was abnormally large, showed that he had an iron will which would endure to the last. This estimate of the man events have shown to be absolutely true.—*Toronto News*, Nov. 14th, 1890.

THE manner in which Birchall behaved throughout was in remarkable keeping with the phrenological description given of him by Prof. Cavanagh. Those who were curious to read the professor's chart *could not help* being impressed with the coincidence between the traits of Birchall's character, as shown in his singular career, and the propensities noted by the *phrenologist*.—*Toronto Mail*, Nov. 15th, 1890.

"I THINK that autobiography contains internal evidence that he committed the murder for which he died, as well as evidence of other shocking moral defects. I think had he escaped with this murder undetected, he would probably have become one of the worst criminals of any land or age."—*Rev. Dr. Stafford* on Birchall's Book.

PHRENOLOGY is true! It is nonsense to assert the contrary in the face of such overwhelming evidence in its support. The character given Birchall by Prof. Cavanagh could not be more accurate. Add this to the professor's other triumphs and he may fairly be entitled an Expert in this line, who has never been surpassed.—*The Empire*, Nov. 14th, 1890.

BIRCHALL'S PHRENOLOGY.

THE fact can no longer be ignored that the system of character reading established by the phrenologists is worthy of the highest admiration. Birchall's chart—no one can deny—is in exact accordance with his known character, propensities and talents. Prof. Cavanagh, who examined his head, may justly be termed one of its greatest living exponents. Read Prof. Fowler's phrenology, firmness 7 and destructiveness 6, which organs Birchall had thus marked, and it says, has that iron will which endures to the last.—*Telegram*, Nov. 14th 1890.

BIRCHALL'S HEAD.

THE phrenological chart which Birchall published in his biography is really interesting and instructive, as it furnishes another absolute proof of phrenology. There is nothing *vague* or *indefinite* about it. It depicts with an accuracy *truly astonishing* the marked character of the man. Phrenology is a science productive of great good, and it is most unreasonable to deny it when so many facts in proof of it stare us in the face. If further evidence of its reliability were necessary, Prof. Cavanagh's examination of Birchall's head would supply it.—*Toronto News*, 14th Nov., 1890.

THE Editor of the *Economist* in a leader says: "We also procured Prof. Cavanagh's written statements. Not for one hundred dollars (\$100) would we be without the information he has imparted. His delineations exhibit extraordinary metaphysical acuteness, astonishing intellectual penetration, a subtle power of analysis, a minuteness of detail, and refinement of reasoning remarkable in *so young a man*."

WITHIN the last few days the truth of Phrenology has been strikingly manifested in the case of Reginald Birchall. It transpired that "Birchall," like many other noted characters, received a phrenological chart from Prof. Cavanagh; which chart is now a part of the story of his life. Prof. Cavanagh's delineation was exact in even every little detail; and Birchall's amazing coolness and magnificent fortitude to the last fully proved the statements of the Phrenologist. It is thus plainly shown that the Professor knew more of the man than his friends who knew him for a life-time. Facts of this kind are of such a substantial nature and frequent occurrence that there is no possible grounds for contradiction, and we must arrive at the conclusion that the science is reliable and certainly worthy the assistance of all lovers of progress.—*Toronto World*, 22nd Nov., 1890.

WE are acquainted with no other phrenologist or writer, living or dead, who can depict the intricacies of human character with so firm and masterly a hand, who can detect with so unerring a skill one's talents and peculiarities, or follow with so close an intuition the subtle windings of the deepest affections as Prof. Cavanagh, the Toronto Phrenologist.—*Toronto World*, 20th Nov., 1890.

PROF. CAVANAGH has stood the test of time. We have before and can again recommend him as *strictly truthful*, outspoken and conscientious.—*Evening Star*, 13th May, 1893.

THE FAMOUS PHRENOLOGIST.

PROF. CAVANAGH is a born reader of human nature. He discovers and describes one's best and worst characteristics with ease. The man is a natural detective with the cultured intuition of a great physician.—*Chicago Herald*, 12th Sept., 1893.

A CANADIAN HEAD-READER.

PROF. CAVANAGH is a phrenologist of rare merit, whose delineations of the powers and peculiarities of individuals show him to have a master mind and a sagacity and instinctive knowledge of those he meets which is phenomenal.—*Chicago Evening Post*, 11th Sept., 1893.

PROF. CAVANAGH will rank in history with such men as Gall, Spurzheim, Combe and Fowler, as one of the greatest phrenologists. His sagacity has not only proven correct, but his advice has brought in its train lasting results of high utility, which have secured him the gratitude of thousands. He commands men's confidence by deserving it, and wins respect by his candor, firmness and courteousness.—*Saturday Night*, 30th Sept., 1893.

PROF. CAVANAGH is a genius at discerning character from photos. Bring him some of your friends' pictures and he will surprise you.—*News Letter*.

HE DESERVES SUCCESS.

FOR marvellous intuition, foresight, untiring patience, sterling worth, *conscientious* dealings and discharge of duties, Prof. Cavanagh deserves unstinted praise. This paper has on various occasions recommended him, and does so again with heartfelt pleasure. The thousands who have patronized him, as well as the principal press of the Dominion pay a tribute to his great genius.—*Toronto News*, 12th Nov. 1892.

AN EXTRAORDINARY CHARACTER.

ATTENTION is directed to the immense mass of astonishing and convincing evidence as presented by Prof. Cavanagh. This wonderful character delineator and discoverer of genius in those so gifted, has year after year steadily accumulated proofs of his marvellous foresight, which no sane man will deny or fail to appreciate.—*Telegram*, 25th Aug., 1894.

A MODERN GENIUS.

PROF. CAVANAGH, the phrenologist, may be justly so termed; he has a long record of successes. There are in Toronto alone about *half a million dollars'* worth of inventions made by those whose heads he examined. This young man exhibits a foresight nothing short of marvellous, and his friends heartily wish him a future as pregnant with successes as has been his past.—*The Globe*, 13th Dec., 1890.

PROF. CAVANAGH has resided for years in Toronto, and is regarded as a scientist advanced and original in discovering genius. His honesty, straightforwardness and penetrating instinct has won him scores of friends and the admiration of great numbers. He is unique at discerning character even from photographs.—*Telegram*, 17th Feb., 1894.

MANY parties in Orillia and the surrounding towns have profited immensely by the wondrous physician-like intuition of Prof. Cavanagh, the Toronto phrenologist. He has saved numbers from serious affections of mind and body (some even from surgical operations) by warning them in time, and they have been attended by local physicians. Prof. Cavanagh is the originator of periodical examinations by surgeons.—*Orillia Packet*, July 15, 1892.

IN many of our townfolk apparently healthy he discovered ailments, and, as usual, recommended them to consult their family physicians or well known specialists. We are personally acquainted with these people, and can recommend Prof. Cavanagh as one endowed with an unusual and astonishing sagacity.—*Oakville Star*, 10th August, 1893.

BEFORE Prof. Cavanagh for two generations back the names of only four phrenologists on this continent enjoyed international reputation, the Fowlers, Haggarty and O'Leary. Three are said to have crossed the Stygian river. Prof. Cavanagh is still in the prime of life, and pronounced by press and prominent educationalists, the foremost phrenologist in this country to-day. His host of Chicago friends were indeed pleased to renew his acquaintance.—*Canadian American*, Chicago, Sept., 1893.

PROF. CAVANAGH is a man of great natural ability whose earnest endeavors to promote the welfare of humanity is now at least continentally acknowledged. He is a sound, logical, forcible, exhaustive and highly intelligent speaker; probably the greatest master of the science of modern times, and of a penetrating keenness of intellectual discernment positively astounding. There are now many factories, (two of them in this town) which are engaged in manufacturing the inventions of those to whom he has given counsel. He has created a reputation for honesty, probity, generosity, steadiness, firmness of purpose and unflinching perseverance. He has the courage of his convictions, and no matter how good or how bad one may be, he portrays their deficiencies as glow-

ingly as their capabilities. We have many times tested and often recommended him, and now do so again. He is endorsed by the leading press of the country.—*Orillia News Letter*, July 22nd, 1892.

WE HAVE found Prof. Cavanagh a thorough gentleman, a liberal advertiser and current cash customer.—*T. A. Bellany in The Sun*.

AN examination of the head is sometimes a revelation. Prof. Cavanagh has a host of famous people to endorse his marvellous talent in reading character.—*Telegram*, 24th March, 1894.

PROF. CAVANAGH has been here nearly a month and has proved himself remarkable as a judge of character and reader of abilities. Many in this town—who will certify—say they would not part with his information for a hundred times its cost.—*Shelburne Free Press*.

WE beg to call attention to Professor Cavanagh's wonderful proofs of his genius, in another column. This gentleman has proved his worth through the long years, and has done more for phrenology in Canada than any man of modern times.—*Telegram*, Sept. 15th, 1894.

WE ARE pleased to have made Prof. Cavanagh's acquaintance. He has travelled over both hemispheres, can adapt himself to circumstances most readily, is an excellent conversationalist, and perhaps has no equal in the science of phrenology in America. Gentlemanly and jovial, if any of our readers feel dejected and can make it convenient to call on the Professor, we will warrant that he can not only give them good advice but send them away in buoyant spirits and happy. If we allowed him to have his own way he would print two pages of advertisements instead of one.—*Owen Sound Weekly*, 24th April, 1891.

ABOUT INSPECTOR MORGAN.

SOME time ago Prof. Cavanagh was requested to examine the heads of two men by a leading gentleman of Orillia. So perfect was the disguise and acting of one of the two countrymen that the Professor was deceived. However, he said of one of them if he received the necessary education would make a truly excellent scholar, because he was gifted with splendid brain power, and would not only be able to acquire, but teach languages, etc. The supposed farmer was J. C. Morgan, Esq., Inspector of Public Schools, a well-known brilliant musician. The joke turned out a triumph for the Professor in place of a defeat.—*Orillia News Letter*.

I HERE express my sincere thanks to the various Canadian, United States and English papers which have so kindly commented upon my humble efforts.

I THINK I am stating only the truth when I assert that the combined devices, appliances, and inventions—from surgical appliances to bicycles, etc.—which have been made by those whose heads I have examined and by myself, some of which can be purchased throughout Canada and the United States, and others recommended by builders, architects and insurance companies, are worth

MILLIONS OF DOLLARS.

I can give the names and addresses of many inventors who are willing to testify as to the great value of my phrenological advice.

ASK Mr. Butler his opinion of phrenology, he is the inventor of the celebrated

RAILWAY CROSSING ALARM.

N. B.—This splendid contrivance, which is NOW IN USE on the railways, supplies a long felt want. It rings an alarm at the crossings when the train is hundreds of yards distant, and the saving of life through this can be easily imagined. How many lives have been sacrificed at our own crossings here for want of a like protection?

MR. SAULTER, 23 Adelaide Street, whose inventions are in all the hardware stores of Toronto, and throughout Canada and the United States, ask him about phrenology.

SEE MR. RONAN, inventor of the *Chainless Bicycle* and Improved Bicycle Head, great machine chuck, wonderfully powerful gasoline and air MOTOR.

\$100,000

was the price for patent right in U.S. for this alone. This is the motor which was so much admired by that gentleman of extraordinary legal acumen, and practical judgment, HIS LORDSHIP JUDGE McDUGALL. Ask some of our best and richest mechanical men about this triumph of a great inventor. Reader! test the truth of what I state in these pages and thus help Phrenology and the reason, understanding and inventive power of mankind. Brains rule the world, give us many comforts, as well as make humanity better off.

ALSO ask Mr. Lochrie, Bloor Street, inventor of the celebrated *Antelope Bicycle*, and maker of the accurately balanced, strong and light, racing sulkys, to which some of the fastest horses have been attached. Remember their great exhibit at Toronto Industrial Exhibition. Also ask Mr. Lochrie, Bloor St., about his phrenological chart.

C. W. DENNIS, Esq., Yonge Street, inventor of the *Model Washer and Bleacher*. This is to certify that Prof. Cavanagh examined my head some time ago, delineating not only mental capabilities, but even physical conditions. He described my inventive powers, with what truth numbers can now attest.

(Signed) C. W. DENNIS,

Inventor of the *Model Washer and Bleacher*.

MR. WILKINSON, inventor of the *Wilkinson Ploughs*, now acknowledged to be one of the best ploughs in the world. All farmers know its great value. Ask him what he thinks of phrenology.

THE INVENTOR of the Threshing Machine Self-Feeder, and Band Cutter was previous to being examined by me working for \$5.00 per week in the Gale Manufacturing Co., Bay Street, Toronto. This is the invention which does such great work on many farms, and makes so much easier the handling of the abundant, the vast harvests of Manitoba, and the North-West.

*** "Like time and tide, harvest waits for no man. He who has one to take off must be at it early every fit day, and must not spare himself while there is daylight, or sometimes even moonlight. A little strenuous living at this critical period may be worth more than all his exertion in the other ten of the twelve months. To put off for a day the work of drawing in may render useless all the labor that has been spent on the crop."

Mechanicians have greatly enlarged that part "by their inventions." At the present time a boy or an old man with a team can cut and put in sheafs as much grain in a day as six stout harvesters could similarly dispose of thirty years ago.

The farmer still has to work, and laborious is his task, but the toil has been reduced by machinery.—See *Mail and Empire*, 3 Aug., 1903.

EIGHT years ago, Mr. O. Root, jr., took a position as *motorman* on the Metropolitan Railway. He advanced to conductor, receiving clerk, timekeeper, foreman, division superintendent, assistant general manager, and now, at the age of 29, has become general manager.

CHAS. P. STEINMETZ (a cripple), the chief electrician of the Edison Co., was twenty years ago a steerage passenger. To-day he is the *foremost living authority* on electricity, and draws the *largest salary* ever paid to any man in his line, \$40,000 a year.

HUGO BERTSCH has created a furore on two continents by the acceptance in Germany of a *book* he has written. This toiler has been placed on a level with the greatest romanticist of his country. He went to his daily work at seven in the morning, and toiled till the same hour in the evening. Night after night he came home weary, but kept writing for his book just the same. Long after his wife and children had retired, this man, with a purpose, *determined* to realize his end in view. See *Fairplay Magazine*, 18th April, 1903.

*** If you are interested in the power of good phrenological advice and encouragement, read the *Toronto News* and *Telegram*, in which I've published, often week after week for years, very interesting facts about phrenology, and those who have become clever, healthier or distinguished through my advice. But should you want to get detailed, better written—with dates, etc.—facts about some of the best known and greatest men, inventors, actors, mechanics, manufacturers, artists, singers, musicians, and exceptionally successful business men of to-day, read *Success*, the *New York Young Men's Journal* (edited by the now widely acknowledged brilliant Grenville Kleiser, whose head I examined nearly a score of years ago) and the great *phrenological journal* of FOWLER & WELLS.

Also read my write-ups of B. B. Osler, Paderewski, Rafael Joseffy, Nicholas Flood Davin, Dr. Buck, of London Insane Asylum, etc., etc.

Can refer you to well known physicians in Toronto, some of whom were only boys when they had their heads examined by me. Can name you also well-known lawyers, dentists, milliners, artists, hospital nurses, lady physicians, druggists, Salvation Army officers, ministers, priests, and business men. The character, talent, and social standing of various personages I refer to place them above the possibility of a bribe.

I EXAMINED—and have the head measurements of—the greatest wire walkers of modern times.

S. J. DIXON,

who walked across at

NIAGARA FALLS,

and the awful gorge at the Whirlpool Rapids, on a 3-4 inch cable, had a head conspicuously developed around the eyes. He was a splendid shot, a clever horseman, notably good hearted, and notoriously courageous, one of the very best photographers in Canada, and, to use the words of Staff Sergeant Ashall, "one of the quickest artists to accurately pose a large body of men."

CLIFFORD CALVERLEY,

who also crossed at Niagara Falls, has a smooth head around the ears and uncommonly well formed around the eyes. He is an intelligent, agile and courageous young man, and learned to walk the wire with about two months' practice. The *Toronto World* said that Dixon's performance outshone Blondin's as the electric light outshines the penny dip; and as Mr. Calverley went over at Niagara much quicker than Dixon—in fact, quicker than anyone else ever did it—you may have some idea of his skill and astonishing performance.

Blondin has walked probably hundreds of miles on a rope, and is in good condition at seventy-two. He has not made another trip—that I have heard of—so daring as that across Niagara Falls, and never surpassed the fame he won by that perilous journey. "Thank God it is over," said

THE PRINCE OF WALES,

when this novel and astonishing feat was accomplished.

CANADA'S Great Life Saver, the well-known hero,

CAPT. W. D. ANDREWS.

Years ago I examined his head, and the first words I said in speaking of his courage were: "quick to think, prompt to act." His daring deeds in situations of extreme peril, would strike terror to the ordinary man

EXPLANATION OF TERMS AND FIGURES.

THE scale for marking the relative strength and activity of the different conditions of the body and faculties of the mind is from 2 to 7. Figure 2 indicating small; 3, moderate; 4, average; 5, full; 6, large; 7, very large.

The + (plus or more) placed by a figure, shows that it is *larger* than it is marked, yet not so large as to require the next larger figure; the sign - (minus or less) that it is not quite as much as is marked; this \frown mark by a faculty signifies that it should be cultivated and increased in activity and size; this \smile mark that you should restrain, watch or properly direct it.

2. *Small* denotes a feeble activity, yet capable of service, when sustained by the other organs.

3. *Moderate*. This term implies a tone of function capable of much effort but not command; is only awakened by motives from abroad to venture and undertake operations on its own account. It is moderate in all things; if anything, falls short of, rather than gives thorough satisfaction.

4. *Average* is used to denote par. It indicates a good but not an energetic organ; one that has a fair influence in the mental council, but it never will be a predominating power unless continually excited to action.

5. *Full* expresses an energetic organ; one that has influence, but not authority; one which can urge, persuade, but not command, the will or understanding. Yet several full organs in one region of the brain would by concert and combination control the character to a *great* degree. The more organs in each head we mark full, the *more symmetrical* that head is made; the more harmonious their functions; and consequently the more uniform will be the character of the individual. Full is the size from which all functions should be studied; it expresses neither deficiency nor redundancy, but plain, useful, and harmonious activity.

6. *Large* proclaims a powerful function, one which is capable of distinguishing and self-directing conduct. Several organs large, with a proper temperament, makes talent, or ability to urge the whole mind up to great effort on specific subjects. Large organs generally act in combination to make character.

7. *Very large*. This term is placed equi-distant from average with small, and is directly opposite to it in influence, while both are *unnatural*, and cannot be safely trusted in the character. It expresses a function which is liable to govern the smaller faculties, giving tone and direction to the character and talents; easily *excited*; *powerful in action* and quite liable to abuse, excessive use, and certainly to temporary derangement.

"The difference between SUCCESS and FAILURE often depends on how a man (or woman) uses his spare time."

PROFESSIONS, BUSINESS, TRADE OR CALLING, AND
POSITIONS OF DISTINCTION.

Acrobat	Bank Porter
Actor	Bank Teller
Actress	Banker
Action Regulator	Baker Merchant
Action Finisher	Barber
Accountant	Barrister
Accountant's Assistant	Bandmaster
Advance Agent	Band Saw Operator
Advertisement Writer	Bartender
Advertisement Designer	Baseball Manager
Advertisement Solicitor	Baseball Pitcher
Advertisement — wall, etc. —	Beekeeper
Painter	Bicycle Livery
Agent	Bicycle Maker
Agent for Pianos.	Bicycle Repair Shop
Agent Agricultural Machines.	Bill Distributor
Agent Show Business	Bill Poster Contractor
Agent Sewing Machines	Billiard Table Maker
Agent Various Machines	Billiard Hall Keeper
Aide-de-Camp	Bird Store Keeper
Alderman	Blacksmith
Ambassador	Blacksmith Shop
Ammunition and Cartridge	Boarding House Keeper
Maker	Boat Builder
Anatomy (Lecturer on)	Boat Designer
Apiarist	Boiler Maker
Artist	Botanist
Artists' Color Store	Book Folder
Architect	Book Reviewer
Architect's Assistant	Bookbinder
Assistant in Florists	Bookkeeper
Assistant for Gardener	Boot and Shoe Dealer
Assistant for Milliner	Boot and Shoe Machinist
Assistant in Bookbindery	Boot Upper Sewer
Asst. in Flour & Feed Store	Brassfounder
Assistant for Carpenter	Brassfinisher
Assistant in Boot Store	Brakeman
Assessment Commissioner	Brickmaker
Athlete's Trainer	Bricklayer
Attendant in Confectioners	Broker
Attorney	Brush Maker
Automobile, etc., Manufacturer	Buffer
Auditor	Bugler
Auctioneer	Builder
Asylum Warder	Bursar
Background Painter	Busheller for Tailors
Bailiff	Business College Teacher
Baker	Butler
Bank Clerk	Butcher (retail)
Bank Manager	Butcher's Shop Hand
	Button Hole Maker

Bouquet Designer and Maker
Buyer
Buyer of goods

Cabin Boy
Cabinet Maker
Cabman
Cake Baker
Canvasser
Cap Maker
Captain (Sea)
Captain for Steamboats—on the
Great Lakes—like the Toronto,
Corona, Kingston and Chip-
pewa vessels
Captain (Mariner)
Captain (Infantry)
Caretaker
Carpet Layer
Carpenter
Cartage Agent
Carver
Carver for Hotel
Carriage Trimmer
Cashier
Cash Register, etc., Agent
Cavalryman
Chauffeur
Chemist
Chain Maker, Jewellery
Chain Maker, Ships, etc.
Chartered Accountant
Chief Justice
Chief of Detectives
Chief of Police
Chief of Fire Brigade
Chief of Provincial Police
China Painter
Chiropodist
Children's Governess
Chocolate Dipper
Choirmaster
Church Sexton
Civil Engineer
City Traveller
City Guide
City Engineer
City Commissioner
City Surveyor
City Electrician
Cigar Manufacturer
Cigar Store Keeper
Cigar Maker

Circus Owner
Clerk
Clerk, Drug Store
Clerk, Junior
Clergyman
Clothing Store, Wholesale
Clothier's Store Man
Clerk, Newspaper office
Cleaner of Offices
Coat Maker
Coal and Wood Office Keeper
Coachman
Coal Oil Peddler
Coal and Wood Yard Business
Coach Painter
Coach Builder
Coach Painter's Help
Colonel
Colonial Secretary
Collar Ironer
Collector
Companion for Aged Lady
Commander in Chief
Companion for Wealthy Lady
Commercial Traveller
Comedian
Commissary Officer
Compositor
Composer
Confectioner, Wholesale
Consul (for Capitals, etc.)
Congressman
Confectioner
Contractor
Contractor's Assistant
Conductor
Copyist
Cook
Cork Cutter
Cook, Professional
Cookery Lecturer
Coffee House Keeper
Core Maker
Correspondent
Corner Grocery Keeper
Corset Maker
County Constable
Cowboy
Crayon Portrait Artist
Crockery, Glassware, etc., whole-
sale
Crockery and Glass Store
Criminal Lawyer
Cutter for Dressmakers

Cutter
Cutter for Tailors
Cutlery, etc., Store
Customs Official
Custom House Clerk

Dairyman
Dealer in Bankrupt Stocks
Debater
Decorator
Decorator of China, etc.
Decorator's Assistant
Dentist
Dental Lecturer
Delegate
Demonstrator
Deputy Chief of Police
Descriptive Writer
Designer
Designer of Toys
Detective
Deputy Assessment Commissioner
Deputy Minister of Public Works
Diamond Cutter
Diamond Setter
Die Maker
Dramatic Critic
Diplomatist
Diver
Dining Room Girl
Dining Hall Keeper
Dyeing and Cleaning Establishment
Driver of
Drill Instructor
Dressmaker
Dressmaker's Help
Draughtsman
Draughtsman's Assistant
Drawing Teacher
Director
Druggist
Druggist, Wholesale
Drygoodsman

Editor
Electrician
Electrical Apparatus Maker
Electric Wirer
Electrical Worker

Electrical Supplies Establishment
Elocutionist
Emmigration Lecturer
Engineer (Mining)
Engineer (Mechanical)
Engineer of Canals
Engineer (Marine)
Engineer, Locomotive
Engineer, Stationary Engine
Engineer's Help
Engraver
Estate Agent
Estate Office Clerk
Evangelist
Express Official
Examiner of Goods
Excavating Contractor
Express Messenger
Explorer
Expressman
Express Agent
Express Office Clerk
Experimenter

Factoryman
Fancy Ironer
Fancy Worker
Fancy Goodsman
Fancy Store Keeper
Farmer's Helper
Farmer
Fire Brigade Man
Fireman
Fisherman
Flat Filer
Florist
Flour and Feed Storekeeper
Forewoman
Foreman
Foundryman
Foreman Printer
Fruit Grower
Fruiterer
Fur Cutter
Fur Sewer
Furrier
Furniture Store Keeper

Gardener
General
General Mechanic
General Storekeeper

General of Commissariat
General Officer Commanding
Gent's Furnisher
Gilder
Glove Maker
Glass Blower
Gold Beater
Government Inspector
Governess
Governor-General
Governor of Gaol
Governor of State
Groom
Grainer
Grain Merchant
Grocer, Wholesale
Grocer's Clerk
Grocer
Gunner for Man-of-War
Gun Shop and Athletic Goods
Gunsmith
Gymnastic Instructor
Gymnast

Hair Dresser
Hairdressing, etc, Establishment
Hardware Merchant
Handyman
Harnessmaker
Hatter
Health Officer
Head Porter
Head Waiter
Historian
High Chimney Builder
Home Made Bread Baker
Hotel Clerk
Hotel Handy Man
Hotel Housekeeper
Hotel Keeper
Hotel Porter
House Painter
Household Visitor to repair
linen, darn ,etc.
House Painting Contractor
Housemaid
Horse Collar Maker
Horsetrainer
Horseshoer
Horological Institute Proprietor
Hospital Nurse
Hostler
Housekeeper
Hunter

Humorous Vocalist and Enter-
tainer

Ice Cream and Oyster Parlor
Ice Boat Proprietor
Indian Trader
Interior (House) Designer and
Suggestor
Instrument Maker
Inspector, etc
Insurance Inspector
Investigator
Inspector
Immigration Representative
Inquiry Clerk
Invalid's Nurse
Insurance Agent
Iron Worker

Janitor for
Jeweler
Jig Sawyer
Journalist
Job Printing Establishment
Jockey
Judge
Junk Dealer
Justice of the Peace

Keeper of Apartments to Let
(and if energetic enough could
do something besides in your
spare time)
Kindergarten Teacher
Knitter

Lacrosse Player
Lady Reporter
Lady Collector
Ladies' Hair Dresser
Ladies Tailoring Establishment
Lather
Lathe Hand
Land Agent
Landscape Painter
Landscape Gardener
Laundress
Laundry Keeper
Law Courts Stenographer
Law Clerk
Lawyer
Law Stationers

Leader of Opposition
Leader of Orchestra
Leather Good Manufacturer
Lecturer
Lecturer, Entertainment
Lecturer, Educational
Lecturer, Emmigration
Lecturer (Government, Agriculture, etc.)
Letter Cutter in Stone
Librarian
Librarian's Assitant
Lieutenant-Governor
Lithographer
Little Miscellaneous Store
Lineman
Linotype Operator
Liquor Store Keeper
Livery Stable Keep'er
Locksmith
Lock and Key Shop, etc.
Local Preacher
Locomotive Fireman
Locomotive Blacksmith
Lodging House Keeper
Lumberman
Lumber Buyer
Lumber Foreman
Lumber Camp Cook
Lumber Merchant

Machinist
Machinist's Help
Machinery Establishment
Magistrate
Mail Clerk
Major
Maker of Rifles and Maxim
Guns
Manager
Manager of Hotel
Manager of City Mission
Manufacturer
Manufacturers' Agent
Manufacturer of Novelties
Manageress
Mantle Maker
Manager for Department Stores,
etc.
Marine
Market Gardener
Marshall
Mason

Matron
Matron's Asisstant
Mathematical Specialist
Mattress Maker
Mayor of a City
Mechanical Dentist
Member of Parliament
Mender in Laundry
Merchant
Merchant Tailor
Messenger
Miller
Milk Business
Milliner
Miner
Minister of War
Minister of Marine
Minister of Finance
Minister of Telegraphs
Minister of Public Works
Minister of Militia
Minister of Justice
Minister of Police
Minister of Railways
Minister of Public Works
Minister of Interior
Minister of Agriculture
Minister of Education
Missionary
Modeller
Moderator
Mother's Help
Motorman
Moulder
Mounted Policeman
Music and Piano, etc, Store
Musical Instrument Maker
Musical Critic (Writer)

Naturalist
Newsboy
News Agent
News Stand Keeper
Newspaper Proof Reader
Nurse Girl
Nun
Numismatist
Nurseryman

Oarsman
Oil Finisher
Office Girl
Office Boy
Orderly Clerk

Organ Maker
Organizer
Organ Tuner
Originator
Ornamental Baker
Ornithologist
Optician
Optical Goods Maker
Overseer
Oyster Bar Keeper
Oyster Pail Maker

Packer of Goods
Painter, Historic
Painter's Help in Shop
Pants Maker
Pattern Maker
Paper Hanger
Pawnbroker
Philatelist
Photographer
Phrenological Classifier of Con-
victs in Jails and Prisons
Physician
Piano Tuner
Picture and Art Store
Picture Frame Maker
Pilot
Plasterer
Plasterer, Modeller Contractor
Plumber and Gas Fitter Con-
tractor
Plumber
Plumber's Assistant.
Police Captain
Police Matron
Police Sergeant
Police Court Clerk
Police Inspector
Policeman
Political Lecturer
Politician
Polisher of Pianos
Portrait Colorist
Portrait Painter
Porter
Poultry Raiser
Postmaster
Postmaster General
Preacher
President of a Bank
President of a Nation
President of a Literary Society
Presser
Pressman

Prime Minister
Prison Warden
Private Detective
Principal of a College
Professor of Pharmacy
Priest
Produce Dealer
Professor Mineralogy
Professor
Proof Reader for Translations
and Special Literature
Proof Reader
Provincial Detective
Provincial Engineer
Postman
Provision Dealer
Publisher
Pullman Car Porter
Purser

Quilt and Fancy Work Estab-
lishment
Quilt Maker

Railway Contractor
Railway Constable
Railway, General Manager
Railway Superintendent
Railway Station Agent
Railway Telegraph Despatcher
Rancher
Razor Sharpener (Expert)
Reeve
Repairer of
Reporter
Representative
Restaurant Keeper
Retoucher
Revolver Shot
Rifleman
Rivetter
Rope Maker
Roofer
Rubber of Varnish
Rupture Specialist

Saddlery, etc., Shop
Sailor
Saleswoman
Salesman
Saloon Keeper
Saw Maker
Saw Filer
Screw Maker

Scene Painter
 School Inspector
 School Teacher
 Science Master
 Scout
 Sculptor
 Secret Service Officer
 Second-hand Store (Valuable old
 Furniture, Pictures, etc.)
 Secretary
 Secretary for Scientific Man
 Secretary for Physician
 Secretary for Phrenologist
 Secretary for Architect
 Secretary for Contractor
 Secretary for Real Estate
 Agent
 (A competent secretary is an
 eye, temper, etc., and brain
 saver)
 Secretary for Governor of
 Prison
 Secretary for Literary man or
 woman
 Seamstress
 Sewing Machine Operator
 Sergeant
 Senator
 Sexton
 Shampooer in Baths
 Shaving Parlor Proprietor
 Sheriff, High Sheriff
 Shirt Maker
 Ship Builder
 Shipper for Wholesale House
 Shoe Shine Parlor
 Shorthand Writer
 Shoemaker
 Showman
 Shooting Gallery
 Sign Painter
 Small Carpenter Shop
 Small Clothing Store
 Small General Store
 Soldier
 Solicitor
 Speculator
 Specialist for Eye and Ear
 Specialist for Throat and Nose
 Specialist Skin Diseases
 Specialist Bone Setting
 Specialist Diseases of Chest
 Specialist Diseases of Women
 Specialist diseases of Children
 Specialist Nervous Diseases
 Specialist in the treatment of
 unimproving children.
 Spinner
 Spinal Instrument, etc., Maker
 Sporting Editor
 Song writer
 Stage Manager
 Stove, etc., Store
 Steamship Agency
 Steamship Stoker
 Steeple Builder, Repairer
 Stage Carpenter
 Statesman
 Stamp Collector
 Stationer
 Stationer's Assistant
 Steward
 Stereotyper
 Steamfitter
 Stewardess
 Stevedore
 Street Car Superintendent
 Street Car Roadmaster
 Street Car Conductor
 Street Commissioner
 Street Corner Cook Shop (with
 Cooked Vegetables, etc., in
 bulk, for Householders and
 Working Men's Families)
 Stove Repairer
 Stock Dealer
 Stock Breeder
 Stonecutter
 Stock Jobber
 Stove Moulder
 Stockbroker
 Sunday School Superintendent
 Superintendent
 Superintendent Insane Asylum
 Superintendent of Reformatory
 Surgical Nurse
 Surgeon
 Surveyor
 Tanner
 Tailor
 Taxes Collector
 Taxidermist
 Tea Merchant
 Teacher
 Teacher of Physical Culture
 Teacher of Languages
 Teacher of Dancing
 Teamster
 Telephone Clerk

Telegraph Operator	Vest Maker
Temperer	Veterinary Surgeon
Tent, etc., Manufacturer	Violin Maker
Theatrical Director, etc.	Volunteer
Tie Maker (Gents)	
Ticket Taker	Waggon Maker
Ticket Seller	Waiter
Ticket Office Clerk	Waitress
Tight Rope Walker	War Correspondent
Timekeeper	Washerwoman
Tin Worker and Stamper	Watch Case Maker
Tinsmith	Watchmaker and Jewelry Mer-
Tobacconist	chant
Tooth Extracting Specialist	Watchman (Night)
Tool Maker	Watchmaker
Town Solicitor	Weaver
Town Clerk	Wedding Dressmaker and Len-
Tragedian	der
Trapper	Weekly Payment Store
Trip Hammer Worker	Whitewear, etc., Manufacturer
Trunk Maker	Wheel Tapper (Railway)
Tuck Pointer	Wines and Liquor, Wholesale
Turkish Bath Proprietor	Wine Clerk.
Turner	Wire Walker
Typewriter	Wire Worker
	Wigmaker
Umbrella, etc., Store	Window Cleaner
Undertaker	Window Dresser
Undertaker's Help	Woodenware Maker
Upholsterer	Worker in Wholesale Drug
	Store
Valet	Wrangler
Valuator	Writer
Valuator for Household Furni-	Writer of Stories
ture	
Varnisher	Yacht Builder
Varnish, Rubber of	
Vegetable and Fruit Pedler	Zinc Worker and Cornice Maker

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YOU had best work in some office, establishment, shop or factory, for 6 months, 1 year, 18 months, 2, 3, 4 years, until you get stronger or learn a great deal more about the world.

THERE are other employments of a miscellaneous nature you can engage in, which circumstances may place at your option or compel you to follow.

THERE is a tide in the affairs of men which, taken at the flood, leads on to fortune; omitted, all the voyage of their life is bound in shallows and miseries.—*Shakespeare.*

A CERTAIN writer thus remarks, when there is a great strength of argument set before us, if we refuse to do what *appears most fit for us*, till every little objection is removed, we shall never take one wise resolution as long as we live.

■ A BRAIN like yours, if properly cultivated, should generate good ideas upon improvement, and if enterprising you will write them in a book for future thought. By so doing you may profit much, as the exercise will tend to make more active your intellect for devising. I would advise you to apply your mind studiously to

VISIT shops, factories, mills, machinery works, etc., and endeavor to pick up new ideas or improve upon or add to the old. Peruse the *Scientific American*, *Power*, electrical and such journals. Read up accounts of the various devices, designs, improvements and inventions, and you will learn how many persons easily became much better off (mankind lastingly benefited), sometimes that thousands and even hundreds of thousands of dollars have been earned through improvements and inventions; a large number of them being very simple indeed.

NOTE.—You should do well at what I mark you as fitted for, provided health, vital temperament, energy, eyesight, etc., is all right, (accidents, etc., excepted,) and you use reasonable self control.

Practice	Running	Practice	Modelling
"	Jumping	"	Artificial Flower Mak- ing
"	Walking	"	Bowling
"	Fencing	"	Billiards
"	Wrestling	"	Foot Ball
"	Rifle Shooting	"	Club Swinging
"	Revolver Shooting	"	With Home Exerciser
"	Air Gun Shooting	"	Dumbbell Exercises
"	Dancing	"	Basket Ball
"	Singing	"	Push Ball.
"	Drawing	"	Striping
"	Card Painting	"	Elocution
"	Figure Painting	"	Sign Writing
"	Animal Painting	"	Carving
"	Landscape Painting	"	Descriptive Writing
"	Flower Painting	"	Pyrography
"	with Oil or Water Colors	Learn to play the	Clarionette
"	Microscopic Writing	"	" Violin
"	Penmanship	"	" Cornet
"	Card Writing	"	" Piano
"	Caricature Sketching	"	" Saxophone
"	Miniature Painting	"	" House Organ
"	Skating	"	" Church "
"	Rowing	"	" Piccolo
"	Bicycle Riding	"	" Mandolin
"	Boxing	"	" Guitar
"	Gymnastics	"	" Banjo
"	Fancy-work Making	"	" Harp
"	Gardening	"	" Concertina
"	On the Punching Bag	"	" Flute
"	Hand-ball Playing	"	" Trombone
"	On Parallel Bars	"	" Violincello
"	Lacrosse	"	" Drum
"	Cricket	"	" Zylophone
"	Golf	"	" Bugle
"	Tennis	"	" Oboe
"	Croquet	"	" Mouth Organ
"	With Skipping Rope	"	" Accordeon
"	Art Needle Work	"	" Autoharp

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OPINIONS OF EMINENT PROFESSIONAL MEN.

If the opinions of eminent professional men, both in Europe and America, in regard to the truth and utility of phrenology be of any account, the following names should have some weight with unbiased readers: —

Sir G. S. Mackenzie.
Robert Hunter, M.D.
Prof. James Shannon.
C. Otto, M.D.
Rich. D. Evanson, M.D.
Prof. Silliman.
Joseph Vimont, M.D.
Rev. Thos. Chalmers, D.D.
Rev. P. W. Drew.
Prof. R. H. Hunter.
Hon. John Neal.
Rev. Henry Ward Beecher.
Dr. John W. Francis.
Dr. J. V. C. Smith.
Dr. McClintock.
Dr. John Bell.
Prof. C. Caldwell.
Prof. G. S. Morton.
Prof. G. S. Harvey.
Dr. Boardman.

Dr. Hall.
Prof. Geo. Bush.
Judge E. P. Hurlbut.
Hon. W. H. Seward.
Hon. Amos Deane.
Rev. Orville Dewey.
Rev. John Pierpont.
Hon. S. S. Randall.
Allen Pringle, Esq., one of the most practical and cleverest writers in North America.
His Lordship Chief Justice Rose, acknowledged to be one of the greatest, most conscientious and painstaking Judges Canada has ever produced.
John M. Carnochan, the most distinguished surgeon in the United States. Hundreds more could be added.

THE amplest knowledge has the largest faith.

THE well-read man knows how numerous now are persons once in very humble circumstances who have risen to distinction and that phrenology has helped a great number.

I CRITICALLY examine a *young head* for a *prophecy*, and scrutinize an aged one for a record.—*Cavanagh*.

THE highest and most profitable learning is a knowledge of ourselves.

A MAN should read along every line and gather hints for his own benefit from *any* source.—*Napoleon*.

THERE is no safety in ignorance. Knowledge is the greatest light and power in the world, and in knowledge only is there protection. *Dr. Pancoast*.

KNOW WHAT YOU ARE SUITED FOR, ETC.

If you will be good at law, medicine, business, or trade, at skating, running, rowing, fencing, general athletics, rifle shooting, dancing, singing, music, book-keeping, painting, shorthand, engraving, engineering, watch-making, composing, inventing, designing, as an author, telegraphy, type-writing, contracting, or any profession or calling.

★★ If you are troubled with low spirits, want of confidence or energy, or cannot sleep well; if annoyed by alarming dreams, or troubled with a dread of the future; if often thinking fearfully upon your condition, or about any one subject, or have a dull feeling or pain over *the eyes, or in the top or back* of the head; if languid or lack the perseverance you should have, or that to understand reliably you have to read papers, letters, etc., *over and over* again, or if you find it difficult to pay attention—which is a serious symptom—these and various other conditions are often explained by an examination of the head.

If you are often unhappy, or in dread of death, being buried alive, or of any disease, or of getting married, or of expected responsibility or poverty, future misery, or have an uneasy *conscience*, or think you'll become insane, or troubled with HEADACHES, get the *help of my science* now.

Be sure you get my book on "Head Troubles and Their Causes," which has done so much good to many. It is now out of print (rare), and will cost you a few dollars, but get it, or my extracts from it. All parents and those troubled in any way with their head, should possess the knowledge in this book.

I have frequently been the means of saving many from serious illness or even a surgical operation, or relieving them of great mental anxiety by *warning them in time*, and have conclusive evidence in proof of my statements from physicians, and those thus benefited.

TO THE MARRIED.

If there is often some disagreement between you married folk, call on me and I will give you helpful scientific advice. *There is a great difference* (in characters and dispositions, in brains of many wives and husbands) *in heads*. Look for yourself.

You can learn many things from me in a few minutes, which otherwise might take you years—and then perhaps too late—to find out.

★★ EVERY person should have their

MARRIAGE ADAPTATIONS

explained to them by me. If you only knew how much I can often see, find out, from a person's photo you would have your wife, child, or husband's photo scrutinized by me right away.

No one can find out for you as thoroughly and accurately the *real character* of any man or woman like the competent phrenologist. If your husband has a head in size and width like a *boy's* he will be deficient in normal fortitude and power. If your wife has a head similarly like a *girl's*—no matter how fine an appearance and figure she has—she will be more or less of a girl in character with lack of full reasoning, energetic and will power. So you who are married to such don't expect too much, and patiently put up with the shortcomings of inferior developed mentality. With such heads you will sometimes be surprised at an unaccountable lack of common sense.

ACTIVITY.

MEANING.—A physiological condition resulting from a good circulation, and a fine and ample development of the nervous and muscular tissues. Dixon who crossed Niagara was a grand illustration of this.

Very large, 7.—Is very active, agile, quick motioned and wide-awake.

Large, 6.—Are supple jointed—except where muscles have been too much exercised or affected by hard work, etc.—you are a capably active individual when really interested in anything, if intelligence and energy are normal.

Full, 5.—Requires a motive to arouse mental and physical energy; and can then be very efficient. Don't forget the fact that the finest things in Nature move with as much celerity as gracefulness. Men as well as women in whom mentality is active, have the gift of moving with unconscious ease, and thus have time for many things, and often accomplish so much as to be an example and surprise to many.

If you really want to improve, get into better physical and mental condition, so that you will be *more active*, your system work easier, I can give you private

INSTRUCTIONS OF GREAT VALUE,

which will certainly assist you. A few dollars' expense is as nothing compared to the benefit you can derive from this knowledge.

"The greatest happiness comes from the greatest activity."—*Bovee*.

It is said that sugar makes energy, but is also bad for those with weak kidneys. I know what really generates energy, but it isn't sugar. I can convince you of the correctness of this assertion if you get my *special* advice, or complete instructions.

Average, 4.—Requires urgent motives to arouse energy and activity. Need to be often told "hurry up, you're spending too much time on that, stir yourself, etc." You should never forget that motion is life and too much rest, stagnation, weakness. A change is often better than a rest. You are only fit for daily—not business or professional—work.

Moderate, 3.—Is too passive and indolent, mentally and physically. You work slowly, write slowly, and if in health, need something like inconvenience, suspense, anxiety or suffering to stimulate you. You wouldn't do for the fire brigade, cavalry, navy or electrical work.

Small, 2.—Are listless, spiritless, half-a-sleep about everything.

TO CULTIVATE.—*Your tendency is to be too slow.* Remember you can work much *faster* and just as efficiently if you try, the more you try the more you improve, and the more active *you will* become, thus *saving* much valuable time, and conferring a *benefit* on yourself. In time of emergency this very activity might enable you to win a fight, catch a train or boat, keep an appointment, escape from a house on fire or something else important. Remember you move and work slower than you should, as if you had plenty of time to spare or didn't value it, and you'll often use other people's time more than you should. Some have told me that they got better results, the faster they worked. You can help nature and nature will then help you.

TO RESTRAIN.—You must not be so restless, as by being so you keep yourself in poorer condition than is normal, besides being so stirring is very fatiguing to the heart, and irritates the nervous system.

MENTAL TEMPERAMENT.

The brain and nervous system, that part of the organization employed in the generation and exercise of thought and which is the seat of feeling, sensation, etc.

Very Large, 7.—Has extraordinary ability to *generate* thought, feeling, (and emotion, if social faculties normal). There is more mental energy (or as it were radium-like substance) in your brain than in the great majority of humanity. It don't take you long to get up full steam mentally.

Large, 6.—Has reliable mental power and clearness of thought, if health, self control, and activity good, and head of normal size, etc.

Your mental strength is very much depleted, yet you look—to most eyes—no different to the majority of persons. About the only tell-tale signs a sharp observer would notice will be the—at times—clasp of the thumb by the closed fingers, or the frequent tightly closing of the first, irritability, nervousness and absent-mindedness.

If you think that you can't learn satisfactorily, or get a good education, just remember that brain action is much slower to improve than muscular development, and that it takes many persons two or three months to get in the way—habit—of studying real well. Mr. Owen, the talented university professor, was only the son of a poor man—as related in the *Toronto Evening Telegram*—yet he succeeded in becoming a college professor within six years. Judging from comparison, Reason will tell you that your brain can do something valuable, especially when you are encouraged by this and many other well known, reliable examples. After a while study will become easier for you, and thus a less harder tax on your system.

Full, 5.—Has good ability to think, study, and write, which certainly can be highly cultured, if brain, etc., normal.

You would not suit for any calling or profession requiring much brain work, or frequent long-continued important speaking. You are not, and never will be, fitted for such, because the energy reservoirs of your brain are only average. A whole day of muscular labor will not produce as important changes of tissue as three hours of hard study, and I believe that much long-continued serious speaking will affect one similarly if not more severely. There is no method more sure and satisfactory and which will give parents and others a knowledge of a boy or girl's mental power and real character than a phrenological examination.

Average, 4.—Requires an effort to think, to feel intensely and clearly. You may have plenty of anxious thoughts, but that is worrysome and not profound thinking. Education can greatly improve your intellectual faculties. Always remember that



“He who has an empty head has an empty pocket.”

Moderate, 3.—You have not a strong intellect, are not a capable thinker, and must positively read and study regularly to make it more efficient. If you neglect your brain your brain will neglect you.

Small, 2.—Are dull, cannot think reliably, and need to act under another. No matter how much health or strength you possess, or what assistance is given to you, will never be capable mentally.

To CULTIVATE.—Read, think, study, (when well enough), and get what help you can from the intellectual and well informed.

To RESTRAIN.—Do not use your brain so much. Remember that to have an even-working, reliably balanced organization, you should exercise each part regularly; muscles as well as brain. Reasonable regular meditation improves the whole organization, but almost continual thinking and head work every day and evening makes you—for time being—weaker and slower physically, leaves you seriously deficient in nerve, life reserve power, endurance, etc. It takes but little to start your brain working and when once started you don't know when it will cease, so avoid—when you should—risking what may arouse it to action.

VITAL TEMPERAMENT.

It includes the entire system of internal organs located in the thorax and abdomen, namely, the heart, lungs, stomach, liver, viscera, etc.

Very Large, 7.—Possesses an excessive amount of vitality, animal life; can recuperate readily when exhausted, and generate the life-principle, provided you have sustained no lesion, etc.

Large, 6.—Has a great amount of vital power; can sustain trying ordeals which exhaust vital energy. If hope, etc., good, you thoroughly enjoy life, and except Self Control strong, can be tempted by pleasure. Beware of high living or of often hurrying through business for prospective enjoyment.

You are a more perfectly developed and healthier woman than the majority of ladies, you have that great requisite for a strong heart and lungs, namely, a well-formed chest. You have more *personal magnetism* in your organization than most folks, and many a glance of admiration and feeling of respect and affection your presence will arouse (often unknown to you) in the minds of men. You could make an impression on some persons that would not be forgotten for years. Such women as you are have made, are making, husbands clever, patient, contented, inspired, and well off. You should do much—maybe a great deal of—good in the world, if you are true to my *special advice* hints.

“A woman's rank lies in the fullness of her womanhood, therein alone she is royal.”—*George Eliot*.

“Let France have good mothers, and she will have good sons.”—*Napoleon*.

You are a stronger man, better built than the majority. Women, as well as men, admire strength and power. Even if you are poor—in means—you should become well off if you do as my *special advice* directs

Full, 5.—Has, if not anæmic, good vital power; can sustain the ordinary labors of the day, but should avoid getting tired out, either by mental or physical exertion.

Average, 4.—You have a fair share of life force, but thoughtfully endeavor to increase it. Should not be compelled to bear much or continual fatigue or to stay up late at night.

Moderate, 3.—In your present state it would be serious for your mental and physical welfare if prostrated by illness or accident (and at no time are we safe from extra exertion). 1st. Because your vitality is greatly decreased. 2nd. You would be deprived of your accustomed activity, and your appetite would fail accordingly. 3rd. You are easily tired now, and if you persist in studying or reading much, working hard or long hours, a serious culmination will result. Consult a physician.

Small, 2.—If the hibernating bear were to retire for his winter sleep in a similar condition to your present state, no Indian or hardy backwoodsman who ever roamed the wilds of this vast Canada would ever see him gaze at his shadow on the snow, or to quote from Edgar A. Poe's "Raven," see him cast his shadow on the floor, for his soul from out that shadow would be lifted nevermore; he would have retired too thin.

★★  Most nervous, or easily tired persons, and those with a bad memory, etc. should get my *Energy helping hints*—which have taken me years to discover, —and have benefited so many. You must solemnly promise to keep these hints *secret* according to agreement.

Conserve your energies. If you work hard in your present state or often overwork or stay up late at nights or apply yourself frequently and for hours to mental or very particular labor, you will feel the effects of so doing, through deficient energy or nervous exhaustion, if not soon, to-morrow, or the day after, you will also be easier irritated, depressed, more likely to catch cold, or your memory become weaker.

TO CULTIVATE.—Be more careful regarding diet, sleep, air, exercise and life-laws. No matter how early you get up in the morning, be sure you go to bed early, as much before 12 p.m. as possible.

TO RESTRAIN.—Use your judgment about eating, profit by your stomach experiences. Be guarded concerning stimulants or much drink of any kind.

MOTIVE TEMPERAMENT.

Meaning.—This includes the osseous and fibrous parts of the system, or the bones, muscles, tendons, and sinews. It constitutes the frame-work of the system and endows with muscular strength.

Very Large, 7.—The osseous and muscular systems are very strong. Can endure severe trials and hardships if healthy, and seldom becomes weary.

Large, 6.—Very strong bones and muscles. Can endure great fatigue and exertion, provided health and vitality are good.

Full, 5.—Can work efficiently, if in health but should not overstrain the powers.

Average, 4.—Have a good frame, should learn to endure the hardships of life, but must be very careful not to over-do the powers of the body or mind.

Moderate, 3.—Cannot make great exertion without feeling fatigued. Easily injuriously affected by hard work.

Small, 2.—Is hardly able to move about, or put forth effort without being tired.

To CULTIVATE.—Take regular, suitable physical exercise in moderation.

To RESTRAIN.—Cultivate the brain and nervous temperament as a balance to your muscular system.

THE bones require exercise to make and keep them healthy.

AMATIVENESS.

SEXUALITY.—Love for the opposite sex. That peculiar natural and unconquerable feeling of attraction to and admiration of man for woman and woman for man. This organ is greatly affected by the temperament, state of health, by anxiety, overwork, frequent irritation, or intemperance. The universal want of scientific knowledge and advice about this faculty is the greatest curse which affects humanity to-day. Truth is pure, and all should know it. Lack of mental energy and most crime is amongst the ignorant.

7. You are one who has very strong—perhaps too much of this—affection for the opposite sex, think a great deal about them, and must be continually upon your guard against temptation. Would be very unhappy, couldn't remain in normal health, and often be not in your sober senses, right state of mind, if compelled to live without a conjugal companion. Never have your head—like Samson's was—shaven, nor your hair cut—like a convict's—very close to the scalp. It would be better for most men's hair—particularly the soldier and the sailor—if they wore it platted like the sailors of *Nelson's* time. We would then have better artillerymen, man of war gunners, and positively—among the rank and file— *superior riflemen* upon which LORD ROBERTS and that man of splendid forehead, conspicuous constructive faculties and inventive ability, LORD DUNDONALD, say so much depend on in the future.

The majority of men who frequently wear their hair clipped very short (an unnatural and senseless practice, what is the hair for?) cannot retain permanently their keenness of vision, nor their hearing either. I have studied the head most thoroughly for years, and MY DISCOVERIES concerning it are worth.

MILLIONS OF DOLLARS

to the *army* and *navy*, alone, besides being of inestimable value to educationists, and humanity, generally.

Don't neglect to read my plain spoken opinion and extracts on marriage.

Ignorance is the real "Curse of God." There would not be—through this organ—so much awful misery, appalling disease, the contagion of which threatens everyone nowadays if the people had been sensibly informed centuries ago about this subject. If there was judicious instruction on this question, there would be more purity of thought, less crime, wrecked lives, failures, fewer suicides and insane. Let us believe that the whole of truth can never do any harm to the whole of virtue.—"WENDELL PHILLIPS."

No safety in ignorance, knowledge is the greatest light and power in the world, and in knowledge *only* is there protection. DR. PANCOAST.

6. It is your nature if healthy and a *normal man* or *woman* to love and desire to be loved by the opposite sex, and the ardor of your affections in this respect is much stronger than the average. You would be fond of a suitable conjugal partner, and health, etc., being equal, should be very happy married. Life seems not half worth the living if your affection in this respect is not satiated. You believe in loving and being loved, and no matter how brilliant your talents, or what your means or circumstances are, you will not be entirely happy except you have some one to expend your affection upon, and who will reciprocate yours. No mature man can remain as good every way without a wife, and a woman is better with an indifferent kind of a husband than none at all. For the most of humanity to retain health and sanity the laws of physiology *must* be obeyed.

"Happiness will make even the wicked good."—*Victor Hugo*.

6A. If in normal condition your eyes are fuller than in most of those similar to you in appearance. Your eyelashes (and moustache ends) curl upwards and your hair crackles with natural electricity—which you can see in the dark—when you comb it. If such as you have to live a single life, and occupy a very responsible position or do much brain work you will be often weak in concentrative and patience power, and frequently suffer from—cerebellum congestion, irritability—libidinous imagination, erotic thoughts, dreams,—

But shapes which come not at our earthly call
Will not depart when *mortal* voices bid.—*Wordsworth*.

can't stop thinking moods, lapses of self-control in some way, through a tired out organ of firmness or will power, and—uncomfortably—feverishly like—increased bodily temperature. There's an allowance made for misdemeanors, or crimes caused through bad temper, ill health, starvation, etc., there's a limit to patience, but this reason or excuse won't be—or hardly ever is—accepted regarding sexual mistakes. More causes, and I know some apparently simple, harmless ones—affect unfavorably the brain—than anyone has yet—I think—found out. Dr. Brown Sequard mentions a patient, who if he balanced his body on the right toe would become violently insane. Even uncomfortable boots will affect the nervous system, eyes, etc. We are wonderfully organized, and the brain—many causes of—so called sin—not understood. Never forget that a main cause for a vast amount of unhappiness, weakness, divorcees, etc., as known to physicians and phrenologists, and shown by court records is ignorance of sexual laws. If everyone knew what they ought to be humanely and frankly informed of there would be less immorality, depravity, crime and misery. Says the Rev. Robert Hall, "I am persuaded that the extreme profligacy, improvidence

and misery, which are so prevalent among the laboring classes in many countries, are chiefly to be ascribed to the want of education." You should earnestly try to cultivate to a high state of efficiency your eventuality memory as a protection, for you can no more prevent—at times—amative desires than you could the feeling of hunger. It is simply impossible for the majority of men to sustain normal health of body, and proper efficiency of mind, and will power, if they have to live a single life.

"Woman's moral support is as valuable to a man as his material support is necessary to her."

5. If you are a natural individual and health good, friendship and benevolence fully developed, you can love devotedly and warmly—at times passionately—but if nervous, often irritated, overworked, or constitution impaired, you will be weak or indifferent in this respect.

"Without *good company*, all dainties lose their true relish, and, like painted grapes, are only seen, not tasted."—*Massinger*.

4. Have a fair degree of this love, can appreciate a conjugal companion if it is properly placed, your affection nurtured by kindness, and due consideration made for you. Will have about average strength of this faculty, but if you do *not* truly love, or your companion acts disagreeably, or your health is uncertain, or if troubled with neuralgia, anaemia, headache, or a weak heart, this faculty will often be unsatisfactory. You don't understand men or women like No. 6, and the occipital part of your head is the key to the cause. It is so marked in contrast to 6 that any sculptor, moulder, carver, artist, or barber, can notice it if attention so directed. Phrenologists only want their science tested to convince people of its accuracy, and great value to humanity, especially as concerns this vitally important factor in mental strength, weakness, lapses of a faculty, impaired will, crime and insanity. It is simply impossible for anyone who has become very weak amatively to be normal in endurance, because the basilar part of the head has shrunk.

3. In your present state the love faculty don't cause you much contemplation, and if never stronger than now, you won't be broken-hearted for or miss the companionship of the opposite sex. Have not that warmth of heart a strong man or woman is endowed with, won't inconvenience yourself greatly for them, or make much allowance for their failings, or be as lenient regarding their feelings as one marked 6. I would advise one with Amativeness 6, good health and constitution, not to marry one like you.

2. One who would marry you in the expectation of strong conjugal affection would be greatly disappointed. You manifest little strength of the feeling Amativeness 6 imparts, and should be very careful whom you marry. Except you wed some one not strong in this faculty I'm afraid you will be very miserable instead of happy.

TO CULTIVATE.—Remember this world is one of trial and almost continual struggle, and if you earn the love of a suitable companion, will have one to counsel with and assist you in time of need; and when depressed cheer you up and encourage you. Bear in mind the *finest specimens of the human race*, most of the greatest men intellectually and physically, were and are very strong in their love for the opposite sex. The man who does not love is imperfect, the woman

who cannot love and appreciate a suitable conjugal companion, is untrue to her nature, or physically impaired, and *no normal individual* is as healthy or happy if compelled to live single. Be as polite, obliging, and agreeable as you can, don't be too severe about what you regard as faults or imperfections, always try to please and don't *be too easily offended*. Cultivate the friendship, mingle with the healthy and good humored of the opposite sex, be less fastidious and distant towards them, yet you can be discreet, moral, careful and reasonable. If a husband or wife, be very thoughtful of and forbearing to your companion, endeavor all in your power to avoid behavior which will cause anger or unpleasantness, and by being anxious to add to each others' comfort you increase your own happiness and lessen the chances of affections being alienated. Want of suitable companionship is one of the causes of many persons periodical awful headaches, for which they—for years in vain—take so many drugs or *poisonous headache powders*.

To those contemplating marriage, or unhappily married, or don't understand each other, I recommend certain books I keep for sale, which you should not be without.

TO RESTRAIN.—Endeavor to restrain your thoughts upon the Amative subject, as so thinking arouses your emotional nature, exhausts the brain, greatly reducing the energy power and quality of energy—of all the faculties, causes inability to study, inattentiveness, unsatisfactory sleep, frequently leads to discontentedness, lessened ambition, conscientiousness, increased dishonesty, absent-mindedness and forgetfulness, with their frequent risk to the public of accidents, serious or fatal mistakes, great fires, explosions, mining disasters, steamship and railway collisions, etc., and the commission of appalling crimes. Avoid stimulants, alcohol, morphine, cocaine, etc., trashy novels, or conversation calculated to affect this faculty.

“*You*” should never take shower baths, nor daily or frequently cold baths. They only temporarily reduce heat, and will in time affect injuriously your nervous system. I give this advice to *you* only after years of investigation. Look around upon every side, and be warned in time by the awful misery and disease, contagion from which no one is immune, blighted lives, ruined hopes, and unhappiness, caused by improper exercise or derangement of this powerful faculty*

★★ Avoid eating a full meal late at night, also indiscriminate eating between meals and overeating and too much meat. Don't drink frequently copious draughts of cold water, ice water or new milk. Be sparing also in the use of ice cream, as these things leave your system hotter-afterwards and easier heated up by exertion; they are extremes. If you are in earnest in care of your Amative faculty you will do all I've advised and thus lessen risks of its being irritated or deranged. Frequent headaches, greatly increased brain temperature, falls, blows, sunstroke, excessive overwork, study, long continued nervous strain, hardships, often affect the Amative faculty. Extremes of immorality is (un-reasonableness) temporary derangement, or insanity. Phrenology has proved that “one brain organ” can go wrong, yet others remain normal; that a person can be temporarily deranged (or insane) on one subject, yet perfectly sane on other subjects. I've been entrusted with the confidence of a large number of

men and women, highly educated and otherwise, and from what I've learned I can honestly say that the condition of people—as regards this faculty—is alarming.

★If you find it almost impossible to keep free from thoughts about this subject special advice must be sought. Part of my special advice alone—which many long established prominent Toronto physicians can prove by their books—has been of great value, and numbers have been cured of serious ailments through following it. Trouble of this kind if neglected may cause very serious results to your mind or body. If you doubt my warning, read F. N. Otis' books, *Storer on Insanity*, etc.

PHILOPROGENITIVENESS.

Fondness for children. The fatherly and motherly instinct. Love of pets.

7. Should be a devoted father or mother, except moral faculties weak. Would not like to be without children, will think a great deal of them, must have pets of some sort.

6. Love for children (or pets) is strong, but if nerves weak, or consider yourself deficient in strength or means to properly support or look after them, you will dread rather than desire (or perhaps not want) a family.

“Blessed be the hand that prepares a *pleasure for a child*, for there is no saying when and where it may bloom forth.”—*Douglas Jerrold*.

Warn your children of the animality, dishonesty, and lawlessness, of vandalism. Tell them to value beauty, carvings, pictures, books, order, etc., and to keep from companions who respect not such, or are coarse speakers. Boys do a great deal of damage thoughtlessly these days, also cause fires, accidents, etc. Just read the daily papers re such.

Don't be so uselessly—and irritatingly, harmfully to yourself—anxious regarding or worry so much about your children, or their prospects—how they will get on in life. Never forget that

“God's responsibility *begins* where man or woman's ability *ends*.”

5. You can be kind to and careful of children, especially your own, but would not like to be much troubled by or have many of them to provide for.

“Motherhood is the grandest thing in nature.”

4. If your love has been exercised through associating with interesting children you can be affectionate, but have not great love for or much patience with them; except Benevolence strong.

3. Have only a limited love for children, will not think of or interest yourself much about them, are likely to be too exacting, harsh, and cross with them.

2. Are no lover of children, will treat them unreasonably and unkindly, should not be with or have charge of them.

Those who through 7 Cautiousness fears, or weakened hope, shirk the responsibilities of married life, will have other and more severe responsibilities, troubles without the joys, and die sooner than they otherwise should. Many husbands and wives would not be seriously impaired in health (brain) and suffer so much as they do to-day, were it not for the 7 Cautiousness, etc., fears that have governed them. Phrenology is one of the greatest helps, and removers of fear, useless, dangerous worry, from mankind. Parents who understand this science will have better and more intelligent children. Spend money on books I advise and you will be well repaid.

TO CULTIVATE.—Think! would you like others to be harsh or distant towards your own children? Do unto all children as you would have others do unto yours, the innocent little ones whose reasoning faculties and senses of right and wrong are not yet developed, and who *cannot for long* fix their attention, you surely cannot expect much from them. They can only give you in return for your trouble, unalloyed affection and an example of innocence and purity; and unless you become like these little ones you can never enter the kingdom of heaven.

TO RESTRAIN.—Endeavor to repress your fears for the safety and well being of children. Don't imagine noises to be serious falls, or their cries, cries of pain, or wondering if they are in mischief, danger, or will be brought home sick, injured, with some cause for annoyance, alarm or grief. In short don't bother your head so much, be so fidgety about, or "cautioning them so often." They'll have to take their chances like other children. Your parental anxiety is a useless waste of strength, and a cause of much exhausting irritation. Remember your childhood days' risks, escapes, and the trouble you caused your parents. If one dies, remove everything calculated to renew your grief, and endeavor not to think of or talk about it. Be more firm in speaking to your children; don't allow them to soil or injure furniture or clothes, and consider the feelings of your friends when they are noisy or troublesome. Remember everyone don't care for children as you do, and if you don't check and direct them now, they are certain to suffer some time, perhaps very severely, through their misbehavior for which you may be to blame.

FRIENDSHIP.

Love of kin and company. Desire for Society. Attachment.

7. Has very strong social feeling, does not like to be or live alone. May risk or sacrifice too much for friends.

6. If benevolence 5, moral organs average, is very companionable, warm hearted and much attached to those who earn your esteem. If amativeness and health good, should have ardent affection, and will likely experience love monomania, romantic imagining early in life, similar to an individual laboring under the excitement of great fear or irritability, and if you give way to these feelings everything will be—for the time being—forgotten, with risk of serious or perhaps life-long regrets for you. The most affectionate are subjected to many cruel tests of self-control. If you frequently indulge in amative imaginings, you will sometimes become exasperated to a *frenzy*, leaving yourself an easy victim to an infatuation, and should temptation and opportunity occur simultaneously will sin in some way. Weakened will power, lessened studying ability, inferior education,

indolence, intemperance, lack of energy for normal ambition, courage, etc., and the bright prospects of life may be—as it has so often been with some of the best, talented men and most beautifully developed women—ruined through *one mistake*. This is plain, unvarnished, pure truth, so meditate upon it *now*, and take no chances with temptations.

■ A perfect knowledge of human nature is in the prayer "Lead us not into temptation." No man and no woman ever resists temptation, after it has begun to be temptation. It is in the outworks of the habits that the defence must lie. See "Thrift," by Samuel Smiles, "Temptations to Crime," page 195.

"A brother's sufferings should ever claim a brother's pity."—*Addison*.

5. Like company and enjoy society, but if ambition and caution strong will not be disposed to neglect business for company's sake.

These are the days when many persons are misunderstood (and spoken incorrectly, harshly about, especially by the ■ supersensitive, and supersensitiveness means more or less unreasonableness, lapses of thoughtfulness, and considerateness). There are a great number nowadays who look and act unsocial, but who are not so, but they have so much to think about, endure, suffer in some way, attend to and pay for and not enough money to do it properly with that they are often fretted, in suspense, and too tired to talk, to write or answer letters, or visit or desire to be visited by even their most esteemed friends.

4. Has only a fair amount of friendly feeling, and can work or live alone easier than one marked 6 or 5; your sentiments are easily weakened in this respect.

★★★ You haven't much faith in many friends, little or none in relatives. *Feel* that there are but few who would help you (or your family) in time of need, are likely to treat with contempt unfavorable stories you hear about others from such sources. If most relatives were more charitable and less gossipy there would be less domestic estrangements. Never repeat a story, or even mention a name or anything concerning some relatives in any letter you write.

3. You are slow in making friends, your affections in this respect easily alienated. People are not mistaken in thinking you cold, distant, and unsocial.

2. You have not much friendly feeling, don't care for society. If selfish are likely to die unwept, unhonored, and unsung.

TO CULTIVATE.—Go more into society; be less distant or exclusive. Don't keep so much to your apartments; try to be as companionable as you can. Be kindly mannered to all, and try less to find fault.

"The only way to have a friend is to be one."—*Emerson*.

Almost all the advantages which man possesses above the inferior animals arise from his power of acting in combination with his fellows, and of accomplishing by the united efforts of numbers what would not be accomplished by the detached efforts of individuals.—*J. S. Mill*.

TO RESTRAIN OR PROPERLY DIRECT.—Remember, your friendly feeling being strong you may like a person who is unscrupulous, and should be very careful with whom you associate, deal with, or confide in. Don't give a vote, make a promise, sign a bond or note, simply through friendship. "Size up" your friends and be as sure as you can that no one is trading on your friendship. In your business dealing with anyone, *be business-like*, be guided by reason, experience and observation, and not fooled by affection, for although you may be kindly disposed, you *don't* know how the other party or parties feel. Many a man has been ruined through obliging or trusting friends too much.

INHABITIVENESS.

Patriotism. Love of Home and its Associations.

7. Is very fond of home, place and country, dislikes moving or changing your abode. Likely to suffer much from home-sickness if compelled to remain abroad or without a home.

6. Experience a satisfied and comforting feeling if you possess a happy home. Will endeavor to have it properly furnished. You love—if other things are equal—wherever you settle. You should read, learn how to manage economically early in life, as moving often would be a kind of heart saddening, discouraging affair in your case. If at all possible don't work in a sunless shop, or office, nor live in a house where the sun don't shine full on, some part of the day. Where there is insufficient light there will be damp, with its partners, gloom, melancholy, and what such cause. The more lightsome your home the better you'll be.

5. Love your home, feel pleased with its comforts and associations, but can when necessary change from one place to another.

4. If you have the means can regard many places as home, but won't be too liberal in your expenditure upon the house.

3. If locality large you like to see new places. It does not take much to make you change your camping ground.

2. You often like a change of scene and are not bothered with homesick feelings.

TO CULTIVATE.—Think more of home, and remember that by being industrious and careful regarding it you are securing a haven of rest for a time of grief, accident, etc., to which we are all subject.

TO RESTRAIN.—Don't stay too much in the house. Get away from it oftener, and travel or seek change of scene occasionally. You will thus be less liable to homesickness, and will gain more experience of the world and its various phases.

CONTINUITY.

Power of Concentration organs, application, ability to apply the mind intensely and steadily to one process of mental action, attention, efficiency.

7. Often think too long upon the same subject, have—if normal—great or unusual power of application and like to finish one thing at a time. May be often absentminded, and like many inventors and noted personages can literally be oblivious to almost everything but the task engaged upon, or what interestingly or annoyingly thinking about.

Are a person of “*moods*,” your danger as well as power is when you are in a certain *mood*. Will at times go to extremes, endanger your health, brain or eyes. Prone to—at times—act unreasonable, and if your dislike or temper is aroused be too severe. Many with this development are subject to uncontrollable impulses when “the fit” takes them, or the “spirit moves them,” are completely governed by it. Such as you should beware of overdoing, overwork, stimulants, and often review in your mind your regrettable experiences and be afraid of giving way to irritability as you would be to risking infection or disgrace.

You will have not only *weak moments* but weak hours mentally and physically many a time (when you won't be just your right self) with the serious risks such entail to bodily health, moral rectitude, and mental efficiency. **Beware!** It has been the time of intellectual exhaustion, strained, semi-poisoned, abnormal, unusual states of mental material, when the *brain couldn't work right*, that has unfavorably affected the reputation; disgraced or ruined so many really—when in normal condition—honest, pure minds, talented, intellectually powerful, great or brave women and men. Usually no allowance is made for those who make moral mistakes though committed while *temporarily deranged*, but unreasonable, unscientific, pitiless treatment and ingratitude is meted out to them, often causing the end of their career in a life of misery, insanity, or suicide. *A single mistake*, failure of the mental apparatus—or the switch or brakes of it—to work right will cause all this.

6. You can dwell long upon the one thing, and apply your mind very thoughtfully to anything you are interested in, health, etc., being equal.

5. You have good concentration of mind, and with activity and firmness large can be patient and thorough, but are not tedious if nervous system normal.

4. You can fix your attention—if nervous system healthy—upon a subject, or change from one thing to another without difficulty.

3. You like variety, are likely to leave many things unfinished, and be troubled with wandering thoughts.

2. It is very difficult for you to be thorough, you are too easily tired by anything tedious.

Your Concentration is weakened. Energy or motive-life-power is much under par, now, consequently no matter how large your “Continuity” organ is marked, it cannot have its usual normal, all-round strength on this account, no more than a strong man who is tired could.

To CULTIVATE.—Pay strict attention to whatever you are doing. Don't allow your eyes or mind to wander, and look over thoroughly any work you do, and you will thus become more patient and thorough, be better informed, and less likely to leave anything undone or make mistakes.

TO RESTRAIN.—If Activity 4 or 5 don't be so slow and tedious about your work. Remember time is life, and don't use so much in your endeavors to do everything of the same kind at once. Try and turn your attention more rapidly from one thing to another.

Do not let your mind dwell too long upon any subject, as so doing strains the blood-vessels, too much increases the intercranial circulation, brain temperature, and overworks the heart.  I warn you to regularly give a liberal rest to the part you most use, whether brain, voice, eyes, etc.

VITATIVENESS.

Constitutional power. Love of existence. Tenacity of life.

7. Your ancestors have probably exceeded 90 and 100 years of age, your constitution is (or was) uncommonly good, should live to old age, rupture and accident excepted.

6. Your constitutional power is first-rate, you should be less liable to suffer from disease or illness and recover from them quicker than most people and if you live reasonably should wear well and last long, accidents, etc., excepted.

You've a strong constitution and capable organization, but like a good horse that has done a lot of travelling or work, it is tired, and needs, now, plenty of time (and good regular meals and sleep) to rest, recuperate, store up more energy, radium-like or life power. There is not enough nerve force in you at present, and you are unfit for much study, long-continued application or hard work; and if you persist in studying, or working, etc., as is usual for you, you still further wear tissue, now badly in need of repair, and risk the weakening or giving out of some part. "A good horse gone lame is not much use."

5. Your constitution is much better than the average, and under favorable circumstances you should not have as much sickness as the average person. Your health foundation is (or has been) much superior to most folks. Physiology teaches us that all organs are made to be used, abuse of or neglect to properly exercise any organ weakens and may kill it. The machinery of the body then can't work right because one part is worn out. The more physical sins you commit the sooner you die.

4. You should be careful and not impose upon your constitution. If you escape over-exertion and much mental anxiety you may live to a good age, but frequent irritation, worry, hard work or being too much indoors will soon debilitate you. If you overload or improperly treat your stomach you risk sudden and serious trouble, or complications.  Beware of exercising just before going to bed or of giving in to irritability or excitement late at night. I warn you to seldom eat to-day's fresh bread, fine white bread. Fine white bread has been mentioned as one cause of increasing appendicitis, most people are badly in need of coarse flour (brown) bread. Recline occasionally for a few minutes during the day, it will be a relief, a rest for your heart, and do you good.

★★★4A. In your present condition, long continued intellectual or emotional effort, whether in hard study, writing, very particular work, irritability, or through your affections, will make a serious draught upon your vitality, and leave you unfit for any unusual exertion, hard work, excitement or worry, and a fit subject for trouble with your weakest part, derangement or sickness.

3. You are not at present (you may have been) one who can endure a great deal in the way of hard work, close application, much irritation or tax on your patience, and if you do so under pressure you surely invite nervous or muscular exhaustion, perhaps typhoid fever, rupture, mental derangement, consumption, cancer, insomnia, paralysis, stomach trouble, catarrh, affected eyes, heart failure, or fatal illness. Your nervous system badly needs repairing.

2. You have little power to resist disease and cannot expect to live long, should straighten up your affairs and make your Will. ■■■ Don't forget that a few thousand dollars—if you possess such—bequeathed to Prof. F. J. Cavanagh, Phrenologist, of Toronto, will do more good to humanity than in any other way you could think of. Remember the Henderson bequest and how much good was done through it. You should often think of this, and make up your mind to do likewise. Do it now.

To CULTIVATE.—*Don't use strength* that should be reserved for the *future*. Never when wearied, sleepy or in need of rest engage in anything strength expending; or able to think, work, apply yourself, or endure for a period—your experience will teach you about how many hours or how long that period is—and if you exceed your limit serious mental or physical exhaustion may result. If you feel tired (peculiarly nervous or weary) in mind or body endeavor to rest, avoid late hours, sitting in draughts, being too much indoors, and giving in to irritability, don't despair, and by resisting the *fear* of disease, you will help to conquer it. "There is a limit where the intellect fails and breaks down."
—*Kant*.

■■■ "A valuable hint" for *you* is to so manage your affairs as to get those preservatives of the nervous system and brain, namely, frequent half-holidays, regular day off when possible. Through want of knowledge regarding the great value of such, large numbers of business and professional men and women, as well as other workers, have permanently injured their brains, heart, and nerves, and dulled their sense of enjoyment now and for the future. Children, and many, perhaps most, working men, are happier than the majority of the rich, because their nervous system, sleeping, and eating power, is superior. Don't make the mistake of neglecting your body and mind for work or business sake. Work hard, but take at least the same care of yourself that you would have to of a valuable machine or race horse. "Bad management in some way helps to leave so many as miserable as they are."

To RESTRAIN.—Death is natural, you should regard it as such, and by being honest, industrious, and humane, be better prepared for it. You have a horror for the ghastly paraphernalia connected with funerals and the tomb. You con-

template the hollow square of six feet of earth with a feeling almost akin to despair, and must cultivate a more resigned and braver mental state or your life will often be most miserable. Avoid thinking about it and you'll be more content to accept the inevitable.

COMBATIVENESS.

Courage, boldness, resistance, spirit of opposition, gameness. Courage is a true and necessary principle.

"Courage," says Dr. Johnson, "is a quality so highly esteemed that it is respected even when associated with vice."

7. Is very courageous, fond of opposition, brave spirited, forcible, hard to defeat.

6. Has first-rate courage, a strong spirit, and should be steady, cool, and collected in time of emergency or danger. You'll feel a peculiar exhilaration on the battlefield, or where danger is.

5. Are not timid or weak in force, and when backed up by Firmness 6 or other organs, have a motive to work for, or a cherished ambition to attain, can show forth excellent courage and be a most satisfactory worker. There is a lot of dash in you in time of emergency.

"In every work that he began . . . he did it with all his heart and prospered.—2 Chron. XXXI, 21.

4. You have a good degree of courage (very efficient at times in connection with large Benevolence, parental love, friendship, acquisitiveness, veneration, approbateness, self esteem, firmness or normal amativeness), but the manifestation of it will depend upon circumstances. If a healthy man, a term on a Canadian farm, a period in a lumber camp, or the army, would enliven you up and make you have more push. If a girl, or young woman, six months in some energetic situation might do you good—if you are healthy. You are too prone to put off work, repairs, etc., till another time which could be done now. "Whatever you win in life *you must conquer by your own efforts*, and then it is yours—a part of yourself." Anything a little hard which we learn or succeed in doing is the "overcoming of a difficulty," and this helps in the mastering of other difficulties, etc. Fortune favors the industrious, Heaven helps those who help themselves. Never be afraid to act conscientiously courageous. You safely follow a *natural law* then, be the consequences what they may.

If you've a good—Eventuality—memory, and firmness 5 or 6, and carry a *blackthorn* you'll have an easier mind on the score of danger, and on many occasions efficient courage. Some may advise you to speak softly and carry a big stick, a billy, or a six-shooter, but just take my advice, with which there's less risk. A few lessons in boxing or fencing would be money well spent, and teach you to keep cooler, as boxing has taught so many to govern their temper.

3. You do not face work, difficulties, or contentions, with enough spirit, are too easily affrighted by them, and *severely affected in mind* if threatened with danger or trouble. "Extreme fear can neither fight nor fly, but coward-like with trembling terror die."

3C. Your voice lacks the vigorous (manly or womanly) intonation it should have, and an (effeminate or complaining) grieving tone at times will often betray your fretful or timid state of mind.

3C. 7C. If there was as much *danger*, etc., in the world as such as you imagine, progress and advancement would be *unnaturally* interfered with; but fortunately there is not. Just observe how many soldiers escape actual wounds or fatal injuries and the good condition the majority of policemen are in, and how long many of them live. Most of your fears (and the unhappiness such cause) are groundless. Use your observation and memory, and reason, upon this and you will not be as often frightened nor worried.

2. Have poor courage, too easily frightened, and will certainly need advice from others in time of danger, difficulty, debt, or sickness. If a man you'll be an obedient husband. If a woman may be too good to be good for anything.

★★★ If you want to get the full benefit of *my advice* you must exercise often—in a thoughtful manner—what courage you possess. Courage is a principle, a factor in health and success. *One* faculty weak, *one* factor not properly used and you can never be what it was possible for you to be. Many blame phrenology for not helping them, but it is themselves through *mental laziness* and inactive courage that is at fault, not this science. Enquirers, read about the great help it has given to so many now distinguished or rich men and women. Don't take my word, investigate for yourself and then pluckily follow their example.

TO CULTIVATE.—Think more philosophically about danger or trouble, bear in mind the fact, that it as a rule turns out *not* nearly as bad as you expected, and that the condition of your brain, especially if Causality 3, or Caution large or Hope 3, makes you more afraid than you should be. If you want to get out of a difficulty, or face a danger, you must be brave spirited. If you give in to *fear* you lessen your chances, won't fight or use your powers with the energy you are capable of, get more confused, may cause loss, an accident, perhaps break valuable property, lose your life and that of others.

“Courage in danger is half the battle.”—*Plantus*.

Bismarck—not an Irishman but—a powerful minded, remarkable man, an iron-willed good old German, says that “without fighting there is no life.” Without our internal conflicts we should eventually come to the condition of the Chinese.

TO RESTRAIN.—Remember you are too easily made angry, and getting so is not reasonable. Sensible men and women will have a contempt for and shun you, you will have few friends, and these you are likely to lose by your quarrelsome disposition. Besides you may get disfigured for life, or badly injured and are never certain of peace. Say to yourself, “is it worth my while to notice so and so, will it pay, what am I to gain, will I risk much for perhaps nothing, and sometimes people—even one's own—never forget, even if they forgive a hasty action, or unfeeling remark, although uttered under the influence of anger. A quarrel is like a strange road, one never knows where it will lead to.” A kind of guerilla warfare for years, anonymous letters, treacherous attacks, etc., may result from it.

DESTRUCTIVENESS.

Executiveness, energy, force, severity, thoroughness, nerve to endure, if one is a normal individual.

The most capable and all round powerful men and women have heads well filled in or bulged around and over the ears, are not narrow but wide headed. See the heads of President Roosevelt, Hon. John D. Long, Secretary of Navy, Sir Wm. Van. Horne, General Manager Hays, of the Grand Trunk Ry., the Surgeon General United States, Sir Frank Smith, the Right Hon. Sir Wilfrid Laurier, Premier of Canada, the Governor General, Lord and Lady Aberdeen, Sir Richard Cartwright, Prof. Goldwin Smith, one of the greatest intellects in the world, who taught our King Edward VII. history, the man who speaks as he believes, also is not afraid to speak as he believes, who willed his brain to Cornell University for the benefit of beloved science.

7. Is very hard minded, can endure or cause pain, gaze on scenes of bloodshed and violence with greater ease of mind than the majority, and should be able to go through a great deal of work or severe trials, remarkably well, health, etc., being equal. You put great force into your actions, and if a normal individual you will—when interested in anything—be unusually energetic. If anger fully aroused you could fight with an impetuosity bordering upon ferocity.

“The truly valiant dare everything except doing any other body an injury.”
Sir P. Sidney.

6. Executive and strong spirited, can be very severe, angry and indignant, and is possessed of a temper which, if you are irritated or annoyed may at times manifest itself in harsh, contemptuous, unfeeling, or improper language, and in violence if really provoked. (This, of course, is modified by religion and practiced self-control.) You should remember—when anger is aroused—Judge McDougall's courageous and humane words, “Even if you find a burglar or intruder in your house you are not justified in using any more force than is actually necessary to subdue him.” There is in you capable—protection—temper power for time of necessity. Temper intelligently used is alright. Every one with proper force of character has a temper. It is the misuse of it that is wrong.

He who can suppress “a moment's” anger, or troublesome thoughts, may prevent a day of sorrow, or regrets of years.

5. Has good propelling power, and if aided by large firmness or other faculties, can be very forcible and effective.

4. Shrink from the sight of blood, violent occurrences peculiarly affect you. You don't like to see or read about scenes of horror, are not energetic enough, and take life too easily, likely to neglect, necessary for health, regular exercise, are too timid. Would never do for a dentist, hospital nurse, surgeon, or locomotive engineer.

3. Will probably faint if you see one wounded. You shrink from pain or causing it, and will suffer much if harshly spoken to or dealt with.

2. You sadly lack energy and force, a good punch, a fright, shock, or a fall would jar, or knock the life out of you.

TO CULTIVATE.—Be more energetic and stern. Exercise your nerve more. If you have to withstand cold, hardship, get teeth extracted, cause pain, or attend the sick, wounded, or dying, don't give in to the feeling of weakness, dread or horror, but endeavor to throw more force into your voice and actions, and you will improve in this respect. Try to recollect how many have borne suffering with fortitude, and that suffering, etc., often brings good results and great peace of mind when it has passed away.

TO RESTRAIN.—Remember that your indignation is easily aroused, are prone to anger and a violent temper, except self-control strong, if deceived, often disappointed, or irritated. Try to recollect this sentence "put yourself in his or her place," be more considerate and you'll have less trouble to contend with in the long run, cause less sorrow to others and have less to regret—remember it is often more dangerously expensive to avenge wrongs than to bear them—when you have to reprimand do so in a thoughtful and cool manner. The person with an irritable or violent temper stands in the shadow of prison, electric chair or the gallows.

ALIMENTIVENESS.

Sense of hunger and thirst, appetite.

7. Have a vigorous appetite, often eat more than is necessary, thus clogging body and mind and generating cause for future trouble. Prof. Fowler says that such as you will feel better by omitting a meal daily, and in its place drinking a sufficiency of cold water.

6. Are a hearty eater, highly relish your food, and have a keen appreciation of a well set table. You should make "a habit" of always getting up from the table feeling you could easily eat more. Too many persons make themselves dull-like after a meal through eating more than needed. Pliny says that if Cæsar over-ate he fell into a lethargy resembling a fainting fit. Always try to *remember* that better and quicker mental work can be done on an empty stomach than on a well-filled one. We never regret having eaten sparingly.

★★★ Thoroughly grind your food when eating, which greatly benefits, as it leaves less work for the nervous force in digestion, and helps to preserve the fullness of the face.

5. When in health have a good appetite, yet are not a gourmand, but enjoy your food and eat to live, not live to eat. "Plenty of porridge and milk will do more for the physique of a nation than the most up-to-date physical drill."—*Prof. Laurie*, of Edinburgh University.

4. Your appetite at present is barely sufficient for your wants, are not a greedy eater. Digestion is greatly affected by the state of mind or body.

3. You probably know much about indigestion or dyspepsia, are very particular about your victuals. Follow advice given and you'll improve your appetite, and as your health improves so will this organ.

2. You have hardly any relish for food, and your digestive organs are very weak.

If you want to avoid an uncomfortable condition of body which militates against mental efficiency, you'll study your diet list, and have your summer meals more or less different to your winter ones. Gen. Phil Sheridan used to say, give me the man with the good appetite, that is the one who can fight. Never eat carelessly. I have read that Napoleon lost the battle of Leipsic by eating too fast.

Be very moderate in the use of the now common peculiar *red* colored tomato catsup, also pickles, etc., on account of the inferior, injurious to the teeth and stomach (so-called) vinegar, etc., they contain. The government should set a standard for vinegar, and such goods, also for tea. Good tea—a comfort—the safest drink for the soldier, better than continual whisky or beer imbibing, and because bad tea is very injurious, a slow poison, and a serious—fraud on—injury to the working man, mechanic, and the poor. "Tea drinking is blamed for causing an increase in lunacy in Ireland."—See *Telegram*, 27th Oct., 1900.

★ If often irritated at home take your meals at—even a cheap—restaurant, so doing will repay you in another way, and there'll be less unpleasantness. "In food or sport or life preserving rest to be—often—disturbed will madden man or beast."

TO CULTIVATE.—Remember that if your appetite is not good you cannot remain strong, or do as much work either mentally or physically. Chew your food slowly and thoroughly before swallowing, don't hurry through your meals or engage in severe toil or mental exertion immediately after, and your food will be the easier digested. If your teeth are decaying or imperfect have them attended to by a dentist without delay, but select your dentist as carefully as you would a physician and you'll have less to regret in the case of yourself or family. This is a valuable hint.

TO RESTRAIN.—Don't think about inviting dishes, use your judgment to decide how much you shall eat. Be sparing in the use of stimulants or high seasoned foods. A fast occasionally may benefit your digestive organs by resting them. Allow not nature more than nature needs.

ACQUISITIVENESS.

Desire to accumulate and possess. Disposition to hoard and trade money getting influence.

7. Are very economical, love to accumulate and possess much, are likely to be penurious or close-fisted if Caution 7, would do a great deal for money, and be tempted by it if your moral organs are only average. Will probably foolishly—not philosophically—overwork and cause others to overwork. It greatly pleases you to be earning plenty, but you are quite likely—like any number of wealthy business men—to sacrifice your health of mind or stomach in your pursuit of riches.

"Money—not for to hide it in a hedge,
Nor for a train attendant,
But for the glorious privilege
Of being independent."—*Burns*.

★★★ Are likely to die prematurely because you think too much about business, don't rest enough this part of your brain. No man is stronger than his stomach or weakest—vital—organ. It is very hard to get you interested in anything outside of what you just feel disposed to think about, hard to get you to pause and survey your position, state of constitution and consequently words are almost wasted upon you re getting you to follow thoroughly a physician's advice or my instructions, or to get you to pay liberally for knowledge which would greatly aid you.

6. Are fond of money, will try to get full value for it, make close bargains and economize, except you are melancholic, disheartened by failures, unreciprocated affections, or that through feeling the need or amusement or recreation you spend all you can afford, or what some people may think more than you should. When people are fond of dress, company, amusement, etc., they will often spend more than is reasonable, in proportion to their income. Try to earn a reputation that "you are a man—or woman—of your word." Never lose sight of the fact that one overcharge, one mistake through *forgetfulness* will make many lose confidence in your reliability and hurt your business.

6A. A great deal of amusement, games, excursions, etc., will be missed by you on account of what such costs. Much valuable, comforting, or self-protecting, or health-helping information will also be missed by you to your severe regret or disadvantage when wiser, in later life.

5. Are not miserly, and if Caution and Courage good, will spend carefully and work hard for proper remuneration. Think over all your affairs, expenses, etc., frequently, be thoughtfully economical. Make an effort to save something—no matter how little—weekly. *Begin now*. Remember that it is the first \$100 that makes quicker the getting of the \$1000, and the first thousand has been the foundation of many a fortune. ■ If you haven't much money you haven't—in some ways—necessary worldly influence. If people know you possess but little, are comparatively poor, they will think you are lacking in skill, ability, competence or are not of much use. Please remember that much of your success in life depends largely on your ability to be economical, to save. Even a few dollars put by will enable you to get a badly needed rest, change, and save you—sometimes—a dangerous to your health period of worry. "The one short of money risks being in the power of someone."

4. Are willing to work for money, but will like to get the good of it as you go along rather than stint yourself by hoarding it up, except Hope depressed or Caution 7. Think of saving as well as earning. Never treat money affairs with levity—money is character.—*Sir Bulwer Lytton*.

3. You like money to spend, don't value it as you should and will part with it too easily. Try to manage your income or salary so as not to be unprepared for future expenses, etc.

2. You spend thoughtlessly and are likely to be often in debt if your Hope is large.

TO CULTIVATE.—You must remember that money is very hard to get or borrow, easy to part with, and if you are not careful when you are earning, it may be a serious affair to you any time, because you never know when health may fail or accident lay you up, or some urgent emergency demand expenditure. If your Vitativeness and Vital Temperament is only 4 you will need money for both doctor and dentist, and if you have not the wherewith, what will be thought of or become of you?

TO RESTRAIN.—Do not be so close-fisted with money or necessaries. Be more liberal in your dealings and less exacting. Think less about money and try to enjoy your earnings. When money makes the man the loss of it unmans him. If you've proper sense or experience you'll know that too cheap means something wrong, signifies unreasonable, avoid too cheap clothes, boots, etc., also too cheap lawyers, doctors, phrenologists, or workers in any line, get the best you can afford and you'll secure something good, satisfaction, most of the time. It is worth paying for to have more wear, safety, less loss of time and irritation. *Good prices, big wages* encourage the best of everything in these days of so much inferior articles, bad work and criminal negligence.

THEY are as sick that surfeit with too much as they that starve with nothing.—*Merchant of Venice*.

SECRETIVENESS.

Tact, cunning, suspiciousness, diplomacy, adapted to control of feelings, etc.

7. The strength of this organ will enable you to exercise craft like the Russians, or Napoleon or Parnell-like, under almost all circumstances to keep a placid countenance, either when your feelings are racked through censure or pleased by adulation. You can stealthily tread like the cat or Indian, and possess a great amount of tact, cunning, policy and power of reserve. Are able to—if necessary—act the falsehood in the mask of truth, and will not always in direct language utter a lie, but can make one believe it. You may not impose upon people by words, but can be an adept at deceiving by the artifice of your address. Intelligence being equal you have much shrewd generalship or diplomacy.

6. Are guarded in the expression of your feelings or views and don't always tell the whole truth. Can, if occasion demands, practice humbug or evasiveness, act innocent if guilty, or seem otherwise than you feel. It would require a close observation and patient investigation to expose what you earnestly endeavor to keep others in ignorance of or hidden. Folks who know you will often say I didn't mean anything wrong, I never intended so and so, when I looked at you, or that party, or wrote that letter, or told what I did, or spoke in that manner.

5. Are efficiently suspicious, can keep your own counsel, exhibit strong policy and tact when you have a purpose in view.

4. Are rather candid, and except when excited, can restrain your feelings about important matters. Would not make a good diplomatist. Often lack tact and alert suspiciousness. Frequently too outspoken and often troubled about the way you've expressed yourself, or made remarks. You should never forget that you can't trust most folks. If Amativeness active you will be too believing in and too soft with the opposite sex. Strive hard and often to make alert this faculty, and also your Observation and Eventuality organs. Will often be taken up wrong, you usually say too much if annoyed, excited, or making a deal, as Judge McMahon once remarked in a certain case, said he, "this person is like a sieve, open, so candid as not to conceal anything."

3. Are not reserved, your friends know a good deal of your virtues and faults, are too communicative.

2. Rather too plain and direct, don't suspect other's motives enough, show your feelings too easily.

TO CULTIVATE.—Be careful whom you confide in. Remember many are too ready to repeat what you say. Cultivate more linguistic self-control, especially under the influence of excitement. Think over your expressions before you utter them, and be more suspicious and doubtful of people.

TO RESTRAIN.—If you are so reserved many will form a wrong estimate of your character and disposition, think that you don't like or want to be sociable with them, or that you wouldn't accept anything from them, are doubtful of their honesty or purpose, or that you are not grateful for what they have done for you. Bear in mind how often you have been mistaken concerning people's intentions towards you, or what you thought they have said about you. If a commercial traveller, banker, speculator, salesman, etc., you will often think that those to whom you are talking, representing anything or trying to sell to, are doubtful of your veracity or suspect you are actually lying. You closely watch facial expressions, and if you thus bother yourself about what people may think while you are endeavoring to do business with them, you will lose a great deal by it in many ways. 1st. You will feel less confidence of a hopeful result. 2nd. You will be unduly sensitive, and this is discouraging and irritating. 3rd. Your mind being distracted, your memory will not be as suggestive. 4th. You will have less enthusiasm and patience, may often lose a good order or customer, and will—as you can easily understand—defeat rather than promote the object you have in view.

CAUTIOUSNESS.

Carefulness, watchfulness, prudence, guardedness. The faculty which imagines so much possible trouble, accidents, misfortune (about business affairs, children, etc.).

7. You are very cautious, guarded against carelessness, infection, uncleanness or accident, are particular about what you eat, the safety of boats, vehicles, elevators, gratings, walls, scaffolding, machinery, windows, doors, gas, fire, etc., take all necessary, often unnecessary precautions to guard against danger or trouble, have peculiarities and frequently experience acute anxiety or fright about health, business, children, etc. The action of this faculty, 7, affects all the others, and has—or will have—a great influence upon your career. This is the faculty which is so conspicuous on the *heads of the insane*, the easily worried, the epileptic, the somnambulist, etc. You could be made subject to phreneticness. Long continued suspense about anything unfavorable concerning your ability, morals or reputation, might cause panic of mind, unreasonable conduct, derangement, or suicide.

★ You will never meet with—wouldn't have time to attend to— one-third the trouble you often anticipate.

The habit of worrying is largely a *physical infirmity*; it is an *evidence of lack of harmony* in the mental system. The well-poised soul never wobbles or hesitates.

Enough vitality has been wasted *in useless worry to run all the affairs of the world*. Violation of natural laws causes weakness, this unhappiness, and most of the worry in the world.

Read the lives of famous men and women, and the pursuit of knowledge under difficulties. Frequently make a practice of saying to yourself "nothing happens by chance," and I will not wilfully think so much of what is troublesome, annoying, or hard to bear. I know that accidents have often been the cause of great good to the world, and that sickness and suffering has brought to humanity most valuable results. Try to improve your Eventuality memory, and remember these statements. Often observe and think of the beauties of nature, etc., and you won't worry so much, and will become more resigned. Try to live a day at a time. Do your duty, then let the future take care of itself.

6. Very careful in your actions or about coming to a decision, are always trying to be on the safe side, and endeavor to be prepared for the expected future.

5. Are careful, particular about what you do, if reasonably healthy, but under the influence of impulse, excitement through pathological conditions, or an irritable temper, you will often act indiscreetly.

5A. Intelligence, etc., equal, you won't be as weakened by trouble or as often laid up by indisposition, nor as seriously affected by ailments or sickness as the majority, because you don't feel *fear* as much or be often bothering your head about unfavorable consequences, you haven't the alarming *imagination* or superstition frightening mind too many possess, you can't be upset by threats or scared like many with 6 and 7 Cautiousness. You want to see the giants before you let your fright apparatus work.

8. You have a development of this organ which shows you are cautious, particular and watchful, that you do not often make mistakes about what you have had experience with. Your memory of various occurrences, etc., aids this organ, but your head does not manifest the width of those large in this faculty, still it will likely operate for you in a capable manner, yet under the influence of irritation, sudden emergencies, or excitement, you are likely to act suddenly, not thoughtfully enough, and often imprudently hasty.

4. Your head is smooth or narrow at this organ, and you don't feel the emotion of fear or be bothering your head about possibly dangerous or unfavorable consequences. Have a good share of discretion, but through various causes may act hastily or recklessly. If your temper is quick or bad may act desperately, and no doubt you have some mark, scars, sprain or wounds, as a reminder of your adventures.

3. Seriously lack enough caution, will do many things indifferently, likely to meet with and cause many troubles and accidents.

2. Is reckless, heedless of results when excited, likely to be severely injured or meet a sudden death.

Mistake or conduct which cause folks to say, "Oh, he's careless, not cautious enough," is not always deficient development, but is through a lack of energy or through forgetfulness. Even good managers may make bad mistakes, be hasty, irritable, etc., through worry, overwork, or lapse of memory (memories) to which so many are subject these days.

To CULTIVATE.—You must be more cautious and less impulsive or hasty. Regarding any proceeding or undertaking count the chances against rather than for you, and remember how much you have lost, or may lose through want of proper reflection and precaution.

To RESTRAIN.—You should remember that this organ is too active, and easily made alert to expected trouble, unfavorable, disappointing or unfortunate results. You are too nervous about whatever concerns you, that may go amiss, and nervousness indicates an excitable condition, weakness; the one who is thus is often at a serious disadvantage. You should try and cultivate a more indifferent to-what-may-occur-state, and when you know you have done or are doing your best, make up your *mind* and say determinedly, "I won't allow myself to be bothered so much, I won't think so fearfully about it." *Don't Give into fear* so much, resist it, then try to remember all you have to be thankful for, and that *God* helps those who try to help themselves, also that fortune has many times favored the brave, and troubles only last for a while. Many of the best characters have suffered the most. Imagining trouble, brooding over your difficulties is wasting energy and lessens your reasoning capability, and you are likely to become—just now—absentminded and cause mistakes or further trouble. Don't be so all-the-time over particular about this, so anxious about that, or so solicitous about something else. Break the practice of whatever you are in the habit of so often thinking anxiously, wondering fearfully about. You'll likely come through your work, difficulty or trouble much better than you expect. Face your situation with a braver heart, difficulties lessen when boldly taken hold of. You really cannot know how much you can do, or how lucky you'll be until you try hopefully and persistently.

APPROBATIVENESS.

Desire to excel, be popular, famous, or distinguished, etc.

7. If health and nervous system good, are of a very ambitious nature, desire a position of importance, will; if Hope or Combat good, strive hard to attain prominence. Love to be commended for your labors or accomplishments,

easily made *think* most annoyingly by adverse criticism, rude remarks, or calumination. Use your (firmness) will power to resist getting much worked up about slander, temper your dislikes of persons—which are often most implacable, some of them lasting for years—with Reason and memory. Coercion, or frequent opposition and obstinacy is likely to characterize your dealings with those you've taken a dislike to and may—unknown to you—be seriously against your interests—curb your dislikes, look out for jealousy, it could be easily aroused in you.

6. Like to have a good personal appearance, be considerably regarded and appreciated for your merits, etc. Are rather easily susceptible to slights, or to imagine an insult is intended. If Continuity large, Hope weakened or Caution 6, what affects your sensitiveness will prey on your mind for hours, maybe at intervals for days.

■ You are likely to often sacrifice your interests to your feelings, by allowing your displeasure, etc.—when dealing with a troublesome or patience-taxing individual—to show in your face, voice or manner. This is an expensive, unpleasant and *success delaying* weakness you should practice to overcome.

5. Are encouraged by praise, like to have a good reputation, but won't strive extra hard simply to gain the favorable comments of others alone.

4. You are no follower of fashion nor extra fond of outside show, you study the comfortable more than showy.

3. Despise flattery and think much style or show silly, are likely to lack polish in your conversation and be too plain mannered.

Have a distaste for etiquette and the fashions, are too coarse and lack normal sensitiveness.

TO CULTIVATE.—Think how much you can gain by being more desirous of fame, notoriety or position. Read the lives of self-made men and women, distinguished characters, some born very wealthy and need not work or toil, still through ambition to get a name or reputation or the respect of their fellows, or do good, they strove hard, benefited the world and posterity, which all who are loving and have the welfare of humanity at heart should also do. By striving to accomplish something you benefit yourself by keeping your brain active, will, in case of necessity, be better off and can get through more work, study or business in a shorter time, you help your prospects or your finances, gain more friends and enjoy more comforts, besides having the satisfaction of knowing your powers and helping the advancement of the world.

TO RESTRAIN.—Rarely necessary to restrain this organ nowadays, but don't run unnecessary health or other risks for outside appearance, fashion or live beyond your means. Should often examine your books and affairs. Be industrious, avoid gossips, make no hasty comments, or retaliations. Thing 2 times before you write a complaining, indignant or abusive letter, or work too hard for (uncertain) fame sake alone.

SELF-ESTEEM.

Dignity. Love of liberty. Self-respect. Desire to command.

7. Is very dignified, independent, thinks a great deal of yourself and achievements, is proud, high-spirited, hates dictation or restriction, will want to be foremost or a leader of some sort. Cherish freedom and would sacrifice a great deal for it. Successful men and most handsome women have enemies.

★★★ Your self reliability will often save you a lot of delay, trouble or suspense, asking or waiting for the advice of others. Men and women who take promising chances—are willing to take a chance—and the successful have good self confidence.

The men who succeed best in public life are those who take the risk of standing by their own convictions.—*Garfield*.

It is confidence in one's ability that enables a young man to take risks without which great things can never be accomplished.—*James J. Hill*, the Millionaire Railway Magnate.

6. Like to manage your own affairs as best suits you, may often ask advice but generally please yourself. You want to experience and observe life in your own way and without restraint. Don't relish being dictated to, bound down, or interfered with.

☛ You should if you do as I've advised in *my special instructions* become greatly improved, stronger, and have a better memory (accidents, etc., excepted, you may become comfortably off or rich). No scientific man can deny that the power is in your brain.

5. Have a strong degree of independence, are not too proud, prefer a leading place but can follow another without friction. You should select and regularly read some good books, biographies, etc. Study real hard for *short periods*. Make up your *mind* to commit to memory, understand fully some things. *Intense study* develops intellectual manhood and womanhood. It is the real road (exercise, etc., not being neglected) to such. Experienced brains govern the world. Systematic thorough (within your mental reach) study improves the brain organs, grasping and solving problems, keeping at things until you learn the truth, etc., develops tenacity, and that essential to natural dignity, feeling of mastery and independence. By proceeding as I here advise you are only doing what has made the greatest men and women what they are. "Never belittle your acts. People are very apt to take you at your estimate of yourself."

★★★ Many persons—nowadays—with even 6 Self-Esteem have it weakened to No. 4, just the same as many fine big men and women through some cause are not as strong as many two standards smaller than they. It would take a long time, months or maybe years to fully convince such as you that you were a really talented individual, or had a splendid or valuable reputation, and make you act the part with that dignity and thorough self confidence and composure

which increases the respect and makes more satisfied the confidence of your patrons or clientele. You may in time believe in yourself as you ought when you often see, or read about proofs of your skill, and when a large number of persons tell you of your competence, talents, or repeat examples, or give illustrations of what good you have done, the value of your advice, or allude to your success.

"You require to be deeply penetrated with a feeling of your power, and of the dignity which surrounds a free man."—The Great Napoleon.

"*Self-distrust* is the cause of most of our failures. In the *assurance of strength* there is *strength*, and they are the *weakest, however strong*, who have *no faith* in themselves or *their powers*."—Bovee.

★ Are likely to be thought lacking in, or spoken about as deficient in proper dignity of character, not having enough workmanship pride or appearance consideration. This will militate against your interests as an artisan, teacher, business, or professional man or woman.

4. In some matters you will show good self-esteem, but feel too inferior usually, and not as independent as you should, and will thus often be at a disadvantage. Familiarity breeds contempt. Are deficient in—various ways—what some folks term cheek, and the practical man of the world calls nerve. "You need brass as much as gold."

That most extraordinary brained man Shakespeare, on whose judgment of humanity we can so well rely says, "It is not in our stars, but in ourselves, that we are underlings."

3. Too humble-minded, think almost every one is as good as you, or can with practice do most of what you can do. ■ Your skull is imperfectly formed depressed, or flat like here. You'll never attain a position of importance, much less distinction, you haven't brain enough at this organ and lack normal pride; are only fitted for a menial situation. Money would be wasted in educating such as you for a responsible calling.

2. Don't believe in yourself, allow others to dictate to and crowd you out or aside.

TO CULTIVATE.—Place a due estimate on your powers of mind and body, remember how often you have lost good opportunities for want of proper faith in yourself, bear in mind that others won't respect you if you don't respect yourself, and you will never do as well in life if you don't reasonably estimate your capabilities.

★★ ■ Don't be backward if you are a willing worker to ask for increased salary when opportunity presents itself, or better prices for work, good, or adequate fees for your services. The earnest laborer is worthy of good pay. If you don't hopefully strive for your due and rights you will seldom get them.

"The great man always charges his own price for his thoughts and always receives it."

TO RESTRAIN.—You incline too much to be arbitrary and domineering, overrate some of your powers, have too much contempt for many, will do yourself harm and lose a good deal if you are not more humble spirited and reasonable in this respect. The world can do without the best of us. "The path of glory leads but to the grave."

An experience of poverty, hardship, much pain, or long continued suffering or worry would probably do you—as it has many—a great deal of good.

FIRMNESS.

Power of will. Decision. Stability. The helm, and brake to the other faculties. The repressor. The main element in self-control.

7. You possess excessive will-power, are very stable, unchangeable, and can neither be coaxed nor driven. With Destructiveness large, manifest that determination and energy which removes or destroys whatever interferes with your plans or impedes your progress, and have that "iron will" which endures to the very last. "An intelligent man of strong will has great power within him. You have a ridge on top of your head. Most modern women's heads are flat-like here, many have an easily felt depression," and the majority of them are unable to part their hair (exactly in the centre), the same as women could many years ago; another cannot be denied evidence that heads have altered, deteriorated.

6. If in health, has first-rate will-power, is determined, and when you make up your mind and are sure, can stick to it. This is the organ which acts to the character like the helm to a vessel. No matter how perfect an ocean liner may be it can't be depended upon if *one part*—the helm—is weak or injured; and no matter how well shaped or large a head may be, the individual will be unreliable if his *one organ* of firmness is only average or weakened. The truest wisdom, says *Napoleon*, is resolute determination. It is a very valuable principle to be determined and to insist on your rights, but please remember that it is also, sometimes, very kind to forego rights.

WHAT, says John Hunter, the first of English surgeons—originally a carpenter—is there a man whom difficulties dishearten, who bends to the storm? He will do little? Is there one who *will* conquer? That kind of a man never fails.

The value of self-control as a hygienic agent is very great. It prevents waste of vitality in feeling, emotion and passion. It helps to give one a mastery over pain and distress, rather than it a mastery over us.

5. Perserving enough for the ordinary duties of life, and when assisted with large faculties can be firm in asserting or performing your duties, etc. Try most earnestly at times to realize the importance of a strong, quick-acting *will*. The world has a lamentable percentage of weak willed and incompetent persons nowadays, and that in spite of every known method of improving humanity. These persons hamper the progress of everyone else and are the cause of so much intemperance.

If you want to be as happy—and in good trim to resist temptation, etc.—as is possible in this world, you must thoroughly drill yourself in Self Control, otherwise you will be often unsafe, worried, and miserable. No man, or woman, fails of success, who conquers self. "*Self conquest is the greatest of victories.*" —Plato.

4. Are generally pliable, uncertain about deciding, and too liable to conform to, or allow circumstances to master you. Will never make a thorough student except Temperament and the other faculties very favorable, and if your nervous system is out of order, will have very varying states of mind, and cannot be fully depended upon by friend or foe. Should not indulge in betting, gambling or strong drink, and must positively keep out of temptation. Should often search your eventuality for what will power has accomplished.

"How oft the sight of means to do ill deeds make ill deeds done."—King John.

3. Are too easily persuaded, unsteady in your purpose, and give in to difficulty or fears too quickly.

2. Are very unstable, fickle-minded, and cannot be depended upon by anyone.

TO CULTIVATE.—Keep fresh in your *memory* that you have not been, are not now as determined as you should and can be. To increase this faculty consider carefully your condition, circumstances, and what you have lost, the *many* annoyances and *anxieties* you have been subject to, what risks you have run, could have *avoided*, or what you might have been or gained, if you only had been determined, exercised "will" enough. Always have your watch or clock a few minutes fast, try to be—like Lord Nelson and successful men—a little ahead of your work or appointment time. *Punctuality* will cause folks to have more confidence in you.

TO RESTRAIN.—Do not be too set in your own way. At least *listen* to counsel from others, and carefully consider it. Give it some thought. There is at times too much obstinacy or "no surrender policy" about you, and that don't pay in the affairs of everyday life. Not to give in on certain occasions looks like shylock behavior, lack of good judgment or considerateness.

HOPE.

Joyful expectation. Confidence in the future, enterprise. Anticipation. Building castles in the air. An energy helper.

7. You indulge in unreasonable expectations. Too much seems possible for or in store for you; are very enterprising and likely to be misled by this faculty.

6. You look at the better and brighter side of things, are cheerful, sanguine, will attempt much, expect your affections to be most satisfactorily placed, fully reciprocated, and your wishes realized. If your reason is only 3 or 4, head or caution of average size, you will likely repent many foolish actions. You often experience *joyful* sensations which really increase energy and assist your efforts.

5. Are encouraged and stimulated by bright prospects, and if health, etc., good, will be quite enterprising, but will not run much risk except you have first rate grounds for advancing. You should profit much by this development. An intense anticipation itself transforms possibility into reality; our desires being often but the precursors of the things which we are capable of performing. On the contrary, the timid and hesitating find everything impossible, chiefly because it seems so.

You have a good degree of hope and joyfulness when you are well and things going smoothly, especially if you are making enough money, but you haven't the all round enterprise and expectancy of success that you should have in proportion to your powers, and will be rather hard to convince of your possibilities and get you to spend the amount you should upon books or knowledge, and you will thus unfortunately miss more of a helpful nature than you have any idea of. Endeavor to fully realize that it is 6, Hope, intelligently directed (or hope made many degrees more active by following my *special hints*) that makes clever, unusually capable, or rich so many persons.

4. Not by any means as enterprising as you should be, are hard to elate or make enthusiastic except a person can almost demonstrate to you the way you will succeed.

3. Too prone to look upon the unfavorable and darker side of life, are frequently depressed in spirits if not congenially occupied or where amusement, family, or friends are, and will likely lose many valuable opportunities, through thinking too little is in your favor. Except health and vitality are real good you will often suffer from depression of spirits, and a peculiar dampening wearisome anxiety which makes you most dejected, so that you cannot thoroughly enjoy anything. If you are injured, weakened, or suffering from illness, it will be remarkably difficult to make you believe you are not worse than you really are, and this *unreasonable* belief will make you less sanguine of a benefit or cure, and you moreover will not try as you should certain rules, appliances, or remedies. The physician who attends such as you—no matter how intellectual you are—will need sound judgment and plenty of patience. This "condition of Hope" makes you sceptical about favorable results. You likely don't seize your opportunities, nor work nor study in your spare time as capably as you should and could do. Impress on your memory that

"A light heart lives long."

2. Your mind dwells too often upon cares and obstacles, and such contemplation will make you absentminded and lessen your sleep, you believe difficulties worse than you find them, and won't venture any more than you can clearly see or must. Suspense or disappointments cause peculiar or despairing thoughts, and may temporarily derange your mind. If your nervous system is impaired your desire to live may lapse and you abandon effort any time if often irritated, suffering, disappointed, lonely or worried. Through being so easily discouraged, sometimes (when not as well as usual) more quickly than others, you won't hurry, often be late for an opportunity, amusement, etc., and thus miss much of value, importance or recreation. A strong willed person can influence you for evil or good.

“The life that is worth living is worth working for. What a wretched existence is that of a man who seeks to shirk the burthen laid on us in this world! It is equally ignoble whether it is a man of wealth or one who earns his bread by the sweat of his brow.”—President Roosevelt.

It will be difficult for even me to persuade you to fully follow my advice, and be as enterprising as you could be.

He that is giddy thinks the world turns round.—*Taming of the Shrew.*

(And you imagine things, difficulties, etc., are as discouragingly serious as you—in your present state—understand them.)

TO CULTIVATE.—You should endeavor to be more hopeful of success, and your powers both mentally and physically. You won't use your health and opportunities as you should and could, if you don't improve this faculty. Hope keeps many an eye bright, tongue civil, disposition cheerful and resigned, many a countenance attractive and happy. But for the action of this organ the career of thousands would be a failure, and brilliant successes rarer in all lines. Look more on the bright side of life, and if you fail, try again and again, and bear in mind that we can accomplish very little, if we have not hope. You are too easily discouraged, remember this, struggle longer and anticipate the more prosperity, and you will increase this faculty.

TO RESTRAIN.—Remember how uncertain things are in this life, and how little you can depend upon others. Don't be too enterprising or speculative. Make no thoughtless promises, and carefully consider all you do, and never act upon the buoyancy and impulse caused by this faculty except you carefully consider everything.

VENERATION.

Feeling of adoration for the Supreme Being. Respect for religion, superiority, greatness, age, and antiquity.

7. Has extraordinary reverence for a higher power, true greatness, honorable old age and antiquity.

6. Has a great respect for religion (if so educated) and what you consider worthy either in achievements or age. Beware of superstition, antagonism to physiological laws or science. Try to remember, always, that each of us are—more or less—constituted—mentally—different, and that to coercively endeavor to make anyone think as you think is a gross insult, an attack upon mental liberty. If you do so you tread upon dangerous ground, and not alone outrage the feelings of the one concerned, but insult the best and most reasonable minds. The human brain is a congeries of organs, some large, others average or weak, thus one person has strong and another inferior understanding, arithmetical ability, color sense, musical talent or Veneration, etc. Everyone cannot see as you see, nor be as inspired as the poets were, nor have the courage of the patriot or soldier, nor believe as you believe. Moreover, never forget that *Christ* declared that *God's care* extended to the whole human race, without being limited by language or color. Every man, of every race, *Christ* taught was a child of *God*,

so don't allow your religious enthusiasm to overcome your Reason, Benevolence, Common Sense, and Experience. Poor humanity has suffered enough already through the religious question. We want more of the independent pulpit. *Christ* (who as a youth astonished the doctors in the temple with his wisdom) no normal man believes was ever at the head of any institution for the *suppression of knowledge*.

"True Christianity will gain by every step which is made in the knowledge of man."—*Dr. Spurzheim* (Associate of *Dr. Gall*, discoverer of *Phrenology*).

 I have made a most valuable *discovery* in the

PICTURE OF CHRIST.

(different engravings of him) noticed a sign of extraordinary power, and the *same sign* exists (only in a much lesser degree) in the most famous personages of ancient times, and in *Napoleon Buonaparte*, whose executive ability is almost without a parallel, and the greatest men of the present day. This *sign* can be detected at once by anyone, when I point it out. If this *fact* had been observed and studied by physicians we would have had a superior race to-day, fewer *insane*, or inferior physiqued persons, and more health, talent, and happiness in the world.

5. With a religious education can be devout and zealous. If Conscience firmness and Benevolence are strong are capable of being a really good Christian. With 7 Caution will pray often and most earnestly.

If anyone is so ignorantly impertinent as to dictate to you about your belief, or show bigotry* towards you, have little to do with such, and don't trust them. Your opinions are sacred to yourself.

Men reach God by *realities* and not by formalities. The religion of Jesus —was—is a religion of personal endeavor.

Let your *conduct* be *your religion*; then there will be no need to quarrel about what sect you belong to. REASON tells us that "What we are is of more importance than what we believe."

THE GUAGE OF SUCCESS.

We have nothing to measure permanent success by save *conformity with God's will*; and we have nothing by which we can estimate how *character* will endure and how deeply it is rooted save *conformity with the nature* of God. If a man believes in *God*, in one Supreme Being, who rules and orders all things for just, holy, and wise ends; if he is in sympathy with the nature and will of God, and *finds his truest satisfaction* in forwarding the purposes of God, then you have a *guarantee* for this man's continuance in good and of his ultimate success.—MARCUS DODS, "Great Thoughts," a well-known religious journal, Dec. 5th, 1896.

★★★ You shouldn't pray much when very tired, just after you are awake, or late at night. There is a time for everything and you can pray regularly at appropriate times, better pray then and well, than try to do so when unfit. Read Winslow and Dr. Hammond on the brain, also Hannah Moore's—the poetess—practical piety.

4. Are not of a very religious turn of mind, except through a love for mankind, special circumstances or through conversion.

3. Are neither sufficiently respectful nor devout, may often give offence through appearing careless of due respect to those whose station, achievements, inventions, discoveries, scholarships, etc., entitle them to it. Only the providence of the Almighty could make such as you religious.

2. You have no piety, no feelings of adoration and little respect for religious observances or authority. If moderate in Benevolence, Conscience and large in Destructiveness, will be a selfish, lawless desperate character.

★ BIGOTRY, that horrible reminder of the dark ages, the enemy of (man's greatest faculty, Reason) progress, that indication of unreasonableness, inconsistency, misrepresentation, injustice, cruelty, selfishness, senseless intolerance want of enlightenment, and the highest order of *understanding*, foresight, inventiveness, and lack of consideration for others. *Bigotry* has done more harm to religion than anything else. (Keeps great numbers from going to church) or believing in Religion, and has arrayed against creeds some of the most powerful minded *scientific men* with their vast influence upon humanity at large.

Everyone is degraded, whether aware of it or not, when other people, without consulting him, take upon themselves unlimited power to regulate his destiny. — *John Stewart Mill*.

TO CULTIVATE.—Be more respectful in your manners to parents and those in authority. Whatever religion you are an adherent of be attentive to your devotions, there is nothing that will give you the same fortitude and courage to face and overcome the temptations and difficulties of life, nor impart the same peace of mind and consolation at death that reasonable religion will. You will gain in a worldly as well as spiritual way by cultivating this organ.

TO RESTRAIN.—Rarely necessary to restrain this organ. Use reason, benevolence and conscientiousness with it ~~it~~ never be *bigoted* or prejudiced against anyone on account of his or her belief. Don't brood over religious descriptions of future punishment or allow your fears to overcome your Reason. Don't worry about Death. *God* understands us poor mortals, and he has abundance of charity as well as justice. A good and industrious life is the best prayer. There is too much *fear* (fear that great misleader, factor in *insanity*) and not enough liberty in the Church. Where liberty is restricted, doubt, misunderstanding, and trouble enter. Limited mental liberty is coercion. There should be a "unity of churches." I predict (and many of my predictions have come true) such will take place sooner than anyone has an idea of. *God* is for all. Nothing can kill *truth* or harm true religion, and real religion means *love*, justice, tolerance and absolute freedom for everyone.

BENEVOLENCE.

Kindness, charity, liberality, tenderness. Kindness is a—natural—true principle.

7. Are very kindly disposed, charitable, very thoughtful of, and have a tender heart for the wants and sufferings of others, if health and nervous system normal. This faculty will assist your conscience and help to keep you from much that is wrong or cruel. It will prompt you to do and say much favorable to others. If used impulsively may cause you much regret. If Reason or Secret about average use your eyes before you act, speak or lend.

“Great hearts alone understand *how much glory* there is in *being good*.”—*Michelet*.

6. Will help your fellow men and women with advice, time, and—if you think you can afford it—even money. You desire to benefit others. (Of course very large selfish organs or dissipation modify this).

5. In connection with large Friendship you will be very good-hearted and obliging to those you like, but to others you are not extra loving. If your sympathies are aroused you can be very kindly disposed and liberal.

4. Can be kind to those you love, but it is easy to arouse your dislike. You will not be very charitable, considerate or humane, and if Destructiveness large, or a high backhead, will have a dangerous temper if provoked. Most of us must work and obey. You take blunt orders or reprimands as if unkindly intended and will have revengeful thoughts which, if you give in to them, may cause you serious trouble, expense or crime. Make up your mind *now* to cultivate kindly forbearance or you will have many enemies and an embittered life. Never carry a concealed weapon. If you do you'll often think of it, and may use it with penitentiary results.

“It is better to take many injuries than to give one.”—*Franklin*.

3. You have a head low at this part, are very severe—may be polite and apparently harmless, but would show little mercy and much brutal temper if your anger was aroused. Will often in temper, etc., overreach yourself, with painful or regrettable results. Frequent revengeful *thoughts* keep one in a state of irritation, waste energy, retard intellectual growth, or nourishment of some part is interfered with.

2. You are utterly selfish, ungrateful, and lack sympathetic feelings, no matter how polished your manner or fair your face.

TO CULTIVATE.—Be kind to everyone, help in any way you can, you never know yourself when you may need sympathy or a friend. Look around you and see how many there are delicate, sick, or in need. Visit the Poor Houses, Children's Hospital, Home for Incurables, General Hospitals, Houses of Providence, etc. Save your old and worn wearing apparel for the needy. Subscribe liberally as you can to your church and charitable objects. “The Lord loves a cheerful giver,” and “charity covereth a multitude of sins.” Never add to another's burden by indolence, carelessness, or an unkind word, and be charitable and considerate to all. Let “that kindness I to others show, that kindness show to me,” be your motto.

Merely to him that shows it is the rule.—*Cowper*..

I may add I've heard it said emphatically that no good—charitable—act is lost. One kind deed is worth a million of orthodoxies, was a favorite saying of "Canon Farrar."

The truly generous is the truly wise; and he who loves not others lives unblest.—*Horace*.

TO RESTRAIN.—Be careful whom you are generous with. Think of self and family, and do not promise, lend, or give impulsively when your sympathies are highly aroused. Think of the fate of many who have been ruined through being too sympathetic, and use your "Firmness" and reason with this faculty.

CONSCIENTIOUSNESS.

Sense of justice. Disposition to do right. Moral principle. Moral courage.

Conscience does make cowards of us all.—*Hamlet*.

7. You will strive hard and even undergo personal inconvenience or loss to do what is right, you love truth and justice, and feel keenly moral obligations.

6. Mean to be strictly honest and upright, hate anything unjust or dishonest, are exacting about what is right, and will try to be moral and honorable; but if your Amativeness, Secretiveness, Destructiveness or Acquisitiveness is 6 or over; your Benevolence or Veneration 3, 4 or 5, your conscience will not be able to always keep you free from misdemeanors or errors; you will have to watch and pray that you enter not into temptation.

This faculty will compel you to speak, and act, in the way you think is right; even at loss, trouble, or great risk to yourself. Whether tired, angry, or unjustly used, you'll be "a most determinedly," painstaking,—even when weary, exhausted, or suffering, risking your health, etc.—worker. What such as you do MUST be done right. People will instinctively trust you. The MAGNETISM, telepathy of this well developed—brain—organ makes them.

5. Wish to be consistent and upright in your dealings; will not give in to temptation without a struggle, but if the selfish faculties are the same as spoken of in 6 Conscientiousness, you are likely to be—if placed in temptation—overcome at times by your propensities, desires or temper. There will be "much of the end justifies the means about your policy."

4. There are many who have not a strict conscience who get along apparently free from any serious misdemeanors because they are not subjected to many trials or temptations. The kindly man or woman will not purposely wrong another, and you may do your duty well, but will often err in some way. Must be particularly guarded about your large faculties, whether your Acquisitiveness, Approbativeness, Destructiveness, Secretiveness or Amativeness. You may doubt it, but I tell you candidly that with this development if you meet with much trouble, overwork, disappointment, or think you are slighted or not appreciated will be likely to often not do your duties as well as you should, speak untruthfully, or act in a manner not strictly honest or honorable. Dr. Johnson says, "Every man is a rascal as soon as he is sick," and I have known persons

greatly changed through suffering and trouble, because their nerves and temper were altered. "You see the right, yet often dally with the wrong."

3. Your sense of right and wrong is poor; you may be good-hearted or friendly, but will not hesitate much to say and do what is untruthful, immoral or dishonest.

2. If Acquisitiveness, Amativeness and Secretiveness large, Benevolence 5 or 4 will be untrustworthy, and if tempted, will not hesitate to lie, steal, cheat, or do many actions of an immoral or criminal nature, would commit robbery with violence.

Man, perfected by society, is the best of all animals; he is the most terrible of all when he lives without law, and without justice.—*Aristotle*.

TO CULTIVATE.—Be penitent for your misdemeanors, omissions, untruthfulness and unworthy actions, and remember the promise, "If your sins be as scarlet I will make them whiter than snow." Keep from idle, frivolous, or doubtful companions and do not risk temptations. "He that loves the sword shall perish by it." Act scrupulously honest and upright in all things, and you will become stronger in your moral forces, and the ease of mind this will impart will make your life a happier and more useful one, and you will be free from much remorse in the future. Remorse—no matter what your wealth—will make your life a misery. Ask any criminal or prison chaplain.

TO RESTRAIN.—Remember it takes many grades to make a world such as ours is. Be less censorious and exacting, at the same time just to all, irrespective of creed, nationality or opinion.

CONSTRUCTIVENESS.

Contrivance, ingenuity, versatility of talent in business, the arts, poetry, music, literature and mechanics.

7. Should be either a natural mechanic or clever worker, thinker, or writer, easily understand machinery and the use of tools. This faculty aids in writing, planning, devising, and poetry, and but *few persons in a thousand* have it as high as 7. This development is something to be proud of and should be very valuable to you. Just compare the sides of your forehead with the most of humanity.

6. Should be decidedly ingenious, clever with pen or tools, or capable in some way, will find out easy ways of doing many things. With large calculation this faculty has been the means of making a competence for a great number of persons. Live sensibly, read enough, and you should have helpful thoughts, and remember that "great thoughts, like accidents, come unawares."

"It is only a matter of time, of some years, until the hopefully industrious will be usefully competent, or very clever."—*Cavanagh*.

"As you grow ready for it, somewhere or other you will find what is needful for you in a book or a friend."—MacDonald.

5. With large perceptive faculties you can use tools quite efficiently, and if you have the necessary patience should be very clever. You have good constructive ability, but it must be made active by mechanical employment, or aroused by your interest in something. If perceptive faculties, imitation, and vitality are fully developed and application strong, you can become a good mechanic, and may be able to devise, write, etc. David Wilkie (the celebrated Scotch painter) was once told by Graham, the master of the Trustees' Academy at Edinburgh: "If you have genius, industry will improve it; if you have no genius, industry will supply its place." "So," said Wilkie, "I was determined to be very industrious, for I knew I had no genius." "Reading the Will," "Distraining for Rent," "The Penny Wedding," and other well-known pictures show how Wilkie valued and appreciated the above advice.

I could give you numerous examples of how industriousness has wonderfully developed, improved many, and raised them from obscurity and poverty to fame and wealth. Don't forget you can remarkably improve—that help to all other organs—your eventuality memory, which will also help this organ. Practice is what makes perfect, and keeping persistently (hopefully) at anything, will cause good results.

"All human power is a compound of time and patience."—Balzac.

Endeavor to remember that great works are performed not by strength, but by perseverance.

"Help thyself and God will help thee."—Herbert.

"To know how to wait is the great secret of success."—DeMaistre.

4. If you follow a mechanical line of business, choose a plain branch of work, and be sure you measure everything carefully and go by rule.

3. You would be a failure as a mechanic, don't attempt to learn either carpentry, cabinet work or machinery. Your development of this organ is similar to the aborigines, and your methods crude.

2. You are clumsy with tools, will spoil work, be observantly careful always or you may seriously injure yourself, are absolutely unfit to operate any machine.

TO CULTIVATE.—Practice using tools, try to make something, observe closely all kinds of work and machinery. Whatever you do try to be exact and skillful.

-TO RESTRAIN.—Exercise your other faculties more, and don't spend so much time thinking about or working at mechanical affairs. Don't spend money on or attempt inventions like perpetual motion.

IMITATION.

Ability to copy, act, imitate, mimic. Power to adapt one's self to different kinds of work and spheres of life.

7. You have first-rate ability to copy, imitate, and adapt yourself to circumstances if in health. Other conditions equal possess dramatic, etc., ability.

6. You can learn much from the actions of others and should have good ability to write, copy or mimic.

5. With good perceptive faculties and health, you can easily learn to do much that you see others do. This faculty marked 5, is capable of being made very efficient.

4. You may imitate or gesticulate under exciting circumstances, but are not really good to copy or mimic.

3. You would never make a good actor or actress, are only poor to copy from a pattern.

2. You have your own way of doing things, will take you a long time to change your methods.

To CULTIVATE.—Endeavor to copy, draw and imitate. Watch how people act and try to conform to circumstances.

To RESTRAIN.—Do not imitate or copy so much from others. Maintain more of your own personality and don't be so much of a mimic.

IDEALITY.

Poetical sentiment and imagery, refinement, love of literature and art. This is the faculty that chastens our thoughts and inspires us to improve and beautify.

7. Has a very refined mind and love for the beautiful, a vivid imagination, and the highest conceptions of beauty, poetry, and perfection.

6. You are fond of art, the exquisite and chaste, oratory, poetry, and all that is beautiful in nature if you are in a normal state. Likely to have—if you can gratify them—some expensive tastes.

5. Your taste, refinement, and love of the beautiful, poetic, and artistic should be really good, you like ornament, improvement, and advancement. If Constructiveness, etc., good, can become a good writer.

4. You like the neat, clean, and practical, rather than the stylish which may look well, but lacks the necessary durability.

3. You don't care for poetry or oratory and your personal language will be devoid of embellishment.

2. You are defective in taste and refinement, unpolished in speech and commonplace in your behavior.

To CULTIVATE.—Cultivate a love for the ornamental as well as useful. Read poetry, and admire the beauties of nature and art. Be as neat in your arrangements as possible, avoid low conversation, habits and associates.

To RESTRAIN.—You are too particular and fastidious in your tastes. Likely to lose and suffer much through being so, and must be more practical and less inclined for the beautiful and ornamental.

MIRTHFULNESS.

Wit. Sense of the absurd and ridiculous. Fun, humor, repartee, gaiety.

7. Are naturally quick witted, your sense of the ridiculous in very keen, easily make and take a joke, laugh heartily, and want plenty of amusement. No matter how seriously you look are a natural born fun maker.

6. This organ will aid you in writing and speaking, you are fond of the ludicrous and amusing, and will if your mind is easy and health good be lively company.

★★ The individual who is always too serious, rarely exhibits much fun or youthfulness, doesn't increase as is possible the happiness of a home, is not always welcome as company, seldom a favorite with the opposite sex, and no wonder, because lack of good humor often indicates lack of hope, vigorous spirit, moral courage, optimism, enterprise, companionability and enjoying power; makes many suspect oh! he—or she— lacks the appreciative nature, would be often surly, jealous, discontented, uncertain tempered and hard to please.

5. Not particularly witty, but enjoy a joke and such journals as *Punch*, *Judge*, *Puck*, *Ally Sloper*, etc., and fun, amusement and pleasant company.

4. You don't see much to laugh at in jokes except they are very plain. Likely to be too serious in your manner, and are not as jovial as you should be. It is good to see people look pleasant, often smiling. Compare the face of the sour-visaged, starey-eyed woman with the pleasant featured matron. Good humor makes all things tolerable, says Henry Ward Beecher.

3. You don't care for or don't go into enough lively company, are too straight-faced and glum.

2. You seldom laugh or perceive wit, and regard much joking as silly or foolish.

To CULTIVATE.—You should exercise your wit and mirth and have a good supply of humorous books, indulge in games and sports, and this will circulate the blood in other parts of your head than those continually employed in business or worry. If you don't laugh more and are so serious in countenance the muscles will set so and you will be unable to change your expression to pleasantness. Test what I say by having your photo taken.

TO RESTRAIN.—Don't be looking around so much for something to laugh at, or make fun of. Don't tease, it only exhibits your restlessness of mind. Try and observe the correct and proper, and not merely that which is ridiculous.

"Never risk a joke, even the least offensive in its nature and the most common, with a person who is not possessed of sense to comprehend it."—*La Bruyere*. Remember also, that frivolity never cements friendship.

INDIVIDUALITY.

Power to see clearly material things. Desire to examine, scrutinize, and notice peculiarities and defects. An accurate knowledge getting faculty. Knowledge increases your mental self-reliance.

7. You are a really powerful observer, not much will pass unnoticed by you, a great deal that others don't detect is seen by you. If Language 5, Comparison 6, you will have first-rate power to appropriately describe persons and things. Intelligence equal, you can detect at a glance the tired, the irritable, or disagreeable, sarcastic or "dislike you, etc.," expression on faces, also indifference, carelessness about work, or when things are doing for you. Reason and Secretiveness capable, veiled impatience, hypocrisy, etc., are noted very quickly by you.

6. You understand much about practical things simply through being a strong observer. You should have a mind well stored with facts and food for reason, and conversation. You take a delight in viewing whatever interests you, note features and actions, and if musical ability 5, even voices. You want to see the ins and outs of everything (as is often remarked), at times your curiosity may get the better of your Reason and Cautiousness with risk of suspicion or trouble to you. Books and experience have not taught and cannot teach humanity everything. This faculty has discovered a great deal of scientific, medicinal, surgical, improvement and mechanical value. Some of its discoveries no wealth could repay the loss of.

5. Regarding whatever interests, you can see very well, but are not a very acute observer, except in combination with other organs. Much will escape your notice that it would have been to your interest to detect.

★★ For goodness sake use your eyes more efficiently on the roads, before crossing the street, when driving, rowing, getting on or off trains, street cars, at work, etc., or when riding a bicycle. Forgetful persons abound everywhere nowadays, with accidents, etc., lurking in their train.

4. You would not sacrifice much money or put yourself to a lot of inconvenience to see things, and you forget a great deal of what you see, and lack the curiosity of 6. When buying things, etc. (on account of the prevalence of forgetfulness), you had better often ask to see—and use your eyes thoroughly upon—what you are purchasing.

4B. You will meet with (easily avoidable to No. 6) mishaps, accidents, etc., and cause them to others, will often get hurt, cut, perhaps run over, knocked down, also slip, fall over things, etc. Will be—in your way—often *unfortunate*, because of a lack of proper development of this faculty; just the same as No. 3 Calculation will often miss money opportunities, be overcharged, humbugged in money affairs, so-called bargains, deals, etc., or, as 4 Will Power, will be often unfortunate, in serious danger through want of enough resolution, self-control; or as is so common, re most folks nowadays with ~~■~~ an impaired Cerebellum (Amative faculty), lamentable mental want of tone, courage, energy and memory, and the unhappiness, annoyance to others, waste of energy, an unreliable memory entails. Stick an unretouched photo of yourself in your pocket, dot it between the eyebrows and write on edge of it, misfortune, loss, trouble or a—perhaps fatal—fall awaits me if I *forget* to observe quickly.

3. You are a poor observer and cannot remember or give good descriptions of persons, places or things.

2. Look around you more or you may get injured, break things, or be run over in the streets.

To CULTIVATE.—Wherever you are, or whoever you meet, observe closely, and don't be content with a passing glance. You will find a great deal to interest your thoughts, if you are more minute in observing.

To RESTRAIN.—Don't let your attention be so much distracted. Think more about the cause, or creation of things, and look around less.

FORM.

Observation of shape, recollection of faces, family resemblances and expressions. With this *one* faculty weak we could have no reliable artist, surgeons or detectives, etc.

7. Eyesight, vital temperament and nerves being good, you should have a remarkable memory of shapes, forms, outlines and faces, quickly detect any deviation from symmetry, peculiarities in shape of features, animals or things.

6. Seldom forget forms or persons' faces, are an admirer of handsome faces, figures, statutory, etc., will often recognize those who have forgotten you, with practice can become a good speller and reader, if Language 5.

5. Can recognize those you have met very well, in fact if you impress upon your memory, will remember some of them for years, Individuality, and Vitality being 5.

4. Your memory of casual faces and forms is not reliable, may work well by eye from a pattern or form, but not memory, will probably have to wear spectacles before you are forty. If Vitativeness only 4 perhaps long before that age. Likely to often have persons think you are unsocial, ungrateful, or stuck up, as the saying is, or have some misunderstanding or trouble (mistaken identity) through forgetting people, having an unreliable memory of faces. ■■■ Phrenology is the only system which has understood rightly (and classified) the memories. If you wish to keep what eyesight and the memory of faces you have, cultivate cheerfulness. ■■■ Eyes are wage earners, anything short of perfect sight diminishes your earning powers, chances of improvement, and lessens your mental—reading, etc.—pleasures.

3. You are very narrow between the eyes, cannot remember or call to mind casual faces a few days, sometimes a few minutes, after seeing them, must be very careful of your eyesight. Don't read lying down or in an imperfect light, nor much when you are tired or after long continued application. Don't sit in a draught. Never wash your face—when perspiring—in very cold water, wait until you are reasonably cool. Seldom use soap on your eyes. Don't wash your neck only when really necessary. Be very particular as to the comfort of your boots, always wear *broad heels*. A heavy fall if your head struck hard might blind you as it has others.

2. You may recognize your father or mother, members of your family or old acquaintances, but you will not remember many faces, some not from one day to another. Your eyesight, I think, would be easily weakened.

NOTE.—I am greatly opposed to anyone wearing glasses because he or she thinks they need them. You should consult an Oculist and ascertain the condition of your eyes before taking such a serious step.

TO CULTIVATE.—Look closely at the shape of everything. Learn some botany, natural history, and especially studies which involve configuration. Look critically at people and observe eyes, nose, chin, mouth, forehead, etc., so that you may have something to aid your remembrance of them. A man should never keep permanently shaven *his upper lip*, the *back* of his neck, nor any part of his head if he values his sight. No married woman should wear pads in the hair or use a *hair dye*. Druggists are very intelligent, many of them have pharmacy on their fingers ends. They should be the healthiest and strongest men in creation on account of all the cures they control. Ask your faded, thin-haired apothecary or one of the various bald-headed druggists his opinion of hair restorers, "I know they in course of time seriously injure the—brain and—sight."

TO RESTRAIN.—Don't waste time on inferior things, or what won't pay, regarding the exactitude of form and configuration. Be careful what remarks you pass upon clothes, the fit of her dress, bonnet, etc., or upon pictures, people's work, figures, or their faces.

SIZE.

Ability to measure by eye, to judge of the fitness and adaptation of parts.

7. Has an excellent eye for proportions, can judge of size, bulk, and distances almost exactly by eye.

6. You should be a very correct judge of proportions, the size or weight of anything or about how much certain utensils will hold, etc.

5. With the necessary practice you should judge very fairly of height, distance, width, and bulk.

4. In order to work with accuracy and avoid mistakes, you require rules and lines.

3. You are a poor judge of sizes and distances.

2. You don't notice, and are a poor judge of bulk, quantities, and sizes.

TO CULTIVATE.—Guess the size of men, animals, and things. Judge the distance from one place to another. Guess how much certain articles weigh, and exercise this faculty when you can.

TO RESTRAIN.—Do not allow disproportion and inaccuracies to disturb you so much.

WEIGHT.

Perception of the laws of gravity. Ability to ride, shoot, balance. Sense of force and resistance in machinery. Muscular control.

7. You should be able to walk a tight rope or wire cable, judge remarkably well of the laws of gravity, ride, shoot, fence, skate or ride a bicycle with accuracy. Dixon, who crossed Niagara and the awful gorge at the Whirlpool Rapids, I marked 7 in this faculty, and it was aided by Activity 7. Calverley, who walked across at Niagara on a three-quarter inch wire cable quicker than anyone, has splendid perceptive faculties; "Weight" is very active; he is courageous and endowed with an intellect which will enable him to turn his hand to many things.

6. You have first-rate muscular control, and should be able to keep your equilibrium very well on heights, the sea, and use a rifle, or ride well, if amateness and nervous system not out of order and Activity good.

5. If Constructiveness good you should understand much regarding leverage, machinery, and possess good balancing power, and if other conditions are equal you should with practice be respectable at what is marked for 6.

It is the impairment of this faculty which has caused so much faulty construction in scaffold building, with its many serious or death dealing accidents; also the cause of so many being hurt by falls, on the pavements, on stairs, off boats, street cars, and railway trains.

4. You can capably control your muscles, be quick upon your feet, or use skates well with practice, if Activity good, but must be very careful upon heights, water, about machinery or slippery places, or coming down stairs, getting on or off boats, street cars, or railway trains. The influence of much travel on the latter may unfavorably—though not suspected by self or physician— affect your head and nervous system.

3. You are easily made dizzy upon a swing or height, are unsafe in winter without rubbers on your feet. You are not the one I would select to hold anything at a high altitude or dangerous position, or to empty powder, handle nitroglycerine or acids, operate a circular, band or jig saw, nor any machinery, nor to cut particular articles, attend to wounds, or anything which if your hand shook might break, scratch, cause damage or explosion. You should always have some sticking or court plaster, finger stalls or needle and thread handy.

2. Your muscular control is poor, you often fall, and if fat or lazy may get seriously injured.

TO CULTIVATE.—Learn to walk rapidly and gracefully, practice horse or bicycle riding, learn to use the foils, skate, climb, throw quoits or *play hand-ball, alleys for which should be erected in every town.* The best athletes set great value on hand-ball as an all-round exercise. It is a really grand game, and young men—and women too—are deprived of pleasure and health through so little of it being played in this country. Hand-ball courts would be a paying health investment everywhere.

TO RESTRAIN.—Do not walk on narrow or dangerous places, as much as you would like to. Be careful and avoid awkward positions if doing gymnastic work,—the strongest or most agile are often deformed, crippled or seriously strained, through imposing upon their muscles,—also remember persons often lose their lives by ambitiously attempting extraordinary and useless feats, read accounts of the Matterhorn, etc.

COLOR.

Perception and recollection of colors. Taste for mixing and arranging hues and shades.

7. Has a great memory of colors and shades. Fond of mixing and arranging them. Should be a natural color critic.

6. With perceptive faculties and Ideality well formed should not only be a good judge and recollector of colors, but should be able to tell the color or hues which suit fair, brunette or dark people, shades, etc., which match and look well together. "Color means more to humanity than probably anyone has yet discovered."

5. Your judgment of colors and their various blendings is good, and you can become a good mixer or judge of them, except this sense has been affected by deficient Vital Temperament, weakened amativeness, nerves, illness or accident.

4. You are not enthusiastic about bright or peculiar colors, like to see a good arrangement of them, but don't think much about them. If your health is uncertain you can't rely upon your sense or recollection of colors.

3. Your memory of colors is moderate; you may notice form, shape, and beauty, but you don't closely observe, and will easily forget colors. Can tell very little about them at night.

2. Can hardly tell blue from green, or black from blue at any time. 4, 3 or 2 should *not* be employed as a *signalman* or *lookout*.

TO CULTIVATE.—Observe the color of the eyes, hair, ties, dress, beautiful flowers, etc., more, and be thankful that you can enjoy the glorious variety presented to your eye, which thus relieves your vision of monotonous sameness. Get a card with samples of paints or ribbons on it and repeat the names of *each* color, look at them often, hang up where you will frequently see them. There are about 40 men in every 1,000 who are more or less color blind, and hardly five women among the same number.

TO RESTRAIN.—Pay less attention to, and don't be so exacting or particular about colors.

ORDER.

Method, arrangement, neatness. Desire to work with regularity.

7. You are one who notices disorder probably quicker than anything else. Are made fidgety and nervous by untidiness, uncleanness or carelessness. Will likely overdo and be too precise, so much so as to be frequently irritated.

6. You want everything in its place and a place for everything, and will save much time and worry by your regularity. Will, if Activity and other conditions good, be very particular about how your work is done by others or yourself.

5. You are orderly and like to see things well arranged, and will be annoyed if things are not as they ought to be, but you won't be extra nice or fastidious. Deficient self-control, which means lessened energy and order, keeps most persons from improving. This *one* faculty weak makes many failures. You will need to use your will power often with this organ. A little leak will soil, often spoil forever, some things, a lost sprocket screw will stop, render useless the whole bicycle. *One* weakened mental or body organ (often temporarily so) may ruin the prospects of a life time. Mankind is not properly understood yet, even by those most acquainted with and most merciful to him—or her—namely, the doctor and the lawyer. "Phreno-physiology is man's best friend."

4. You can appreciate order and like things on time, but are liable to be more careless than is to your interest, and thus lose much in many ways.

3. Are irregular in your methods and likely to have things too often in confusion, or leave them where they will be broken, rusted, or people fall over them, so that their tempers, as well as your own, are sorely tried. If a husband, don't be so lazy and inconsiderate of your wife. If a wife, listen to what Cobbett says, "Love cannot live for more than a month or two in the breast of a man of spirit towards a lazy woman." Many a good husband is made disheartened or indifferent to his home through a slovenly, careless, or irregular-working wife.

2. You can usually write your name in the dust, and lose much time looking for things. Much is wasted, spoiled, or becomes badly out of repair through your carelessness or procrastination. May be orderly if you are compelled to be so, not otherwise. You wouldn't do to work in a drug store, crockery shop or cartridge factory.

TO CULTIVATE.—Bear in mind that without order we would not be secure, that you not only cause yourself trouble, but lose much from carelessness and leave yourself and others subject to—perhaps fatal—accident. It is not conscientious to be indifferent to the welfare of your employers, and if any of their belongings suffer damage through neglect you are responsible for same. Think of what you will avoid and save if you are only regular in your habits and punctual in your duties. Endeavor to realize what order and having things ready on time really means.

TO RESTRAIN.—You should remember that average men and women are not by any means as pushing as they should be, that they will be careless or thoughtless occasionally, and that you cannot always expect things to go smoothly and as you would like. It would be unreasonable to expect such. I won't assert it cannot be, but I say certainly things will not suit you a great part of the time.

CALCULATION.

Knowledge of numbers and their power in mathematics, in machinery and business estimates. Quickness in figures.

7. You should be a remarkably rapid and correct arithmetician. Unusually clever if Constructiveness is large.

6. You should calculate most efficiently, and if Eventuality is good, be first-rate at mental arithmetic, that is if your weight—avoirdupois—and lung power are sufficient for your brain. With reasonable experience you'll be a clever judge of work you're used to, and can tell about how long it ought to take to do certain things, and about the right price—value—to pay, thus saving delay, time, trouble, and extra expense through the forethought this (1) faculty makes possible for you.

5. If you receive the necessary schooling, health and vitality being equal, you should be an intelligent arithmetician.

4. If this faculty is regularly exercised and Memory efficient, you can become good at figures, but cannot expect to be an accountant, teller, or clever bookkeeper.

3. You frequently make mistakes in your computations, don't like figures, and will be only a passable calculator of them, and through this weakness may often be ill prepared for future expenses or a maturing note or debt.

2. It is possible, if you constantly exercise this faculty, that you may master the multiplication table.

To CULTIVATE.—Think more about numbers, add, multiply, subtract, divide and practice arithmetic frequently. Think about how much you should put by for repairs, and what is wearing out, etc. Be particular about your accounts, pay cash for what you want if possible, do not run up bills. Ignorance of arithmetic causes much loss, inconvenience, and poverty.

To RESTRAIN.—Don't think or talk so much about figures and counting.

LOCALITY.

Geographical talent. Desire to travel. Memory of places and where you saw things.

7. You have a splendid memory of places. If in health are very fond of travel and scenery, rarely forget where you saw or left anything. I have known worry or intense brain work to temporarily suspend the action of this organ, so that a person of reliable observing power and memory would fail to pay attention to signs, forget them, take the wrong road, or if woke up at night not be able to tell—in the room—where the door or window was without lighting a match.

6. If able to afford it you will endeavor to travel or see the world. Appreciate descriptions of places and tales of travel. Can find things if in their accustomed places, dress yourself neatly or hitch up a horse in the dark.

5. Has a good general memory of places, but to keep them clearly in your mind must carefully observe special features. If you don't do so, you will likely be put to much trouble, especially if your nerves have been strained.

4. If you visit places frequently you will impress much upon your mind, but if travelling, should watch for landmarks, secure a guide or purchase a map.

3. Your memory of places is only commonplace, easily get turned around or forget the points of the compass.

2. You easily mistake your way, may take the wrong road and lose your life. Don't go far from your accustomed haunts.

To CULTIVATE.—Try to call to mind the appearance of places you visited; notice when you travel the signs, landmarks, and turns in the road, and charge your memory, whereabouts on a page, accounts, or ideas are, or where you saw certain people or things.

To RESTRAIN.—Think of the many inconveniences and risks in connection with continual travelling, and that you will not be well and reliably known, in important places, if you rove around so much. Think oftener of the pleasures of home and try to be more settled down.

EVENTUALITY.

Memory of events, general news, stories. The recorder of your experience. The reminder. The library for the use of other faculties. The alarm or warning clock of the brain.

7. You should have a remarkably retentive memory, seldom forget anything of interest or importance, and if this is cultured, you should have a faculty like an Encyclopædia Britannica.

6. Your power of recollection is or should be so strong that it will retain almost everything of importance which occurs to you. You should be well informed upon general affairs. ■ Any one who has a powerful memory possesses a great protector. It has more influence upon one's character than most persons suspect. If you've had a wide experience or much suffering you'll have some wisdom stored in your head.

5. For anything you like or are interested in your recollection should be good. This development can be most efficiently cultured, and if language and health good you should converse or write very capably. ■ *Napoleon Bonaparte's* extraordinary memories made him respected, feared, also so popular with his soldiers and other persons. During my travels I visited *St. Helena* where he was exiled, have much of interest concerning him, books and many splendid pictures, and some rare engravings of his head after death, also bust of him before and after. Every normal man—if he gets my simple, original and most valuable "*Memory Culture Hints*"—can cultivate a part of *Le petite Corporal's* memories. Those with *good memories*—particularly those of *Eventuality*, faces and names—have a great advantage nowadays over most persons, and possess real aids to—expediting work, avoiding mistakes, some accidents, saving time, trouble—making friends and achieving *Success*.

Anæmia, inferior chest development, or breathing power, or weakened amativeness seriously impair this memory.

4. Whatever has made a strong impression, such as wounding your feelings, any great loss, pain, danger or trouble, you can recollect, but will experience inconvenience, occasional heartache, angry looks, blame, excitement, breathless hurry, many runs up and down stairs, often have to turn back for something forgotten, omit to do this, forget to say that, etc.

3. In your present condition it is probable you will have and cause many an inconvenience, likely loss or danger, through weakness of this faculty, are not—in your present state—a good relater of anecdotes or experience, and frequently forget appointments, instructions, parts of orders and much that you have heard, read, or that would have aided, protected you, helped your judgment and made you more contented and better. You "can't think of," call to mind many of your lessons learned from suffering, trouble, etc., and will thus be at a serious loss often. ■ The one with a poor memory has a lamentable deficiency, and is a menace to the community. Lapse of this faculty causes terrible accidents, mining disasters, railway collisions, etc. Watch the daily papers for accounts of such.

2. Will likely often suffer loss through forgetfulness, and may cause accidents, etc., to yourself and others.

"A man without memory is a madman or an idiot."—*Seneca*.

"A sound discretion is not so much indicated by never making a mistake, as by never repeating it."—*Bovee*.

"To have faults and know them, and not to reform them—this is indeed failure."

TO CULTIVATE.—Repeat in your mind what you have learned long ago,—so doing will help to resuscitate other knowledge—or what you have heard or read. Read the newspapers, history, mythology and essays, write notes, then try to recall, look over part of them at a time to aid this faculty. Appropriate a certain time or hours to particular things, go to bed, get up, and fulfill appointments as regularly as you can. Impress upon your mind important events, battles, storms, states of the weather, fires, changes, births, deaths, etc.; also keep a good almanac, and often count back for certain days. Look around you, use your eyes to see if you have left anything here, there, up or down. You can improve your memories of events and dates by so doing as I advise.

TO RESTRAIN.—Read less and don't let your mind be filled up with matters relating to your troubles. Put some of the time you spend on this faculty to other ones.

MUSICAL ABILITY.

Memory of sounds and voices, preception of harmony and melody.

7. You should be a great critic and judge of the harmony of sweet sounds, are passionately fond of music and should easily become eminent as a musician.

6. If your brain is in a normal state (not impaired by falls, dissipation, fright, shock, frequent fears, low spirits, worry, privation, unhappiness, excess of water using (bathing), some weakness, or inadequate self-control, blows, abuse, drugs, ill treatment, insufficient food or sleep when young), your physical condition, digital flexibility and power of application good, you should be an efficient player of musical instruments, and get more tone or melody out of them than most folks.

.....

5. Health, Vitality, Activity and Self-Control being good, with the musical ability you possess, will enable you ~~to~~ if you properly apply yourself—to become a respectable performer.

◆● LISZTS' great skill with the piano was in part due to his immense industry. For years he practised ten hours a day. Madame Nordica says, "work practice for five hours and you will get results." Mr. J. D. A. Tripp told me that he has practised for more than five hours daily.

4. Will, if in a normal condition, enjoy music, but the degree of skill you can attain in its performance depends upon health, *memory*, activity, and the time you spend on it.

3. Your musical ability is very limited indeed. You could, if your muscles are strong enough, turn a hand organ or toll a bell.

2. Can hardly tell one tune from another, and no matter how intelligent you are, or how good your health or education, can never learn music. Part of the youthful days of many have been rendered wretched and their nervous systems injured through forcing music upon them, "for which they had no talent, perhaps *couldn't span* an octave, or lacked the necessary vitality and power of concentration, attention."

If a *Singer*, never drink Tea at Dinner, nor late at night. *Beware* of—real poison cheap Teas—very *strong* Tea. The whites of two eggs—and a pinch of salt—well beaten and mixed with cream, is a very strengthening drink for singers. *Worrying*, often thinking anxiously, has a peevish, effeminate or unmanly, or unwomanly *sexless like* effect on the voice. ■■■ I have positively relieved the "worrying habit" in many, thus making efficiency, greatly increased power, or *Success* more certain.

Those who have many hairs in the ears should not have them clipped as some ignorantly do, only remove the most noticeable ones. They are a protection.

★★★ If you are in earnest to do well, greatly improve, or succeed, as a musician, composer, pianist, leader, or *singer*, you must get my *Hints to Musicians*, which are of *vast value* to the musical profession.

NOTE.—That I have advised to the practice of music, vocal and instrumental, many now successful performers, is well known, which is another positive proof of the value of Phrenology to Music. All real musicians and singers should aid this great help to humanity, Art and Science.

N.B.—Some say, I have no musical ability, yet can remember—from hearing once played—parts of tunes when they hear them again, maybe six months afterwards. There must be a good memory of sounds or tunes in their brain, otherwise they could not recognize them when repeated. Many could acquire a knowledge of music that would be very gratifying, but, like the man with large arms who has not cultivated his strength and is not strong, they are not capable in this direction because they have not had the necessary practice. The majority wouldn't practice. Most folks don't practice enough.

TO CULTIVATE.—Practice music, either vocal or instrumental, it will do you good, aid you in society and times of loneliness, make you a more entertaining companion, and besides stimulating imagination will make your spirits more cheerful, relieve your mind for a while from business cares or anxiety, soothe the nervous system, thus benefiting your health and adding to your happiness.

TO RESTRAIN.—Don't let the ecstasies of music be so continually floating through your thoughts, abstain from humming, singing, whistling, or lilting tunes so frequently, or you will lose far more than gain. Don't allow yourself to be so displeased by discords. Avoid hastily or discouragingly criticising anyone.

LANGUAGE.

Power to express thoughts, feelings and emotions by words. Expressiveness in language, art or music. Vocabulary capability.

7. You should, if your forehead at Ideality is well formed, have an excellent command of words, repeat almost verbatim, and make a fluent, accomplished speaker.

You are likely to often say or write too much, which is not only useless but harmful, as most folks are easily wearied by long letters, sermons, and many details nowadays and can't remember much more than the substance of affairs, so be plain spoken and more to the point and you'll save time, trouble, and much energy and accomplish more.

6. Should memorize, with proper study, pages of what interests you, and with either the tongue or pen be competent to express your sentiments, or ideas, and describe what you have seen, if health and vitality are good.

5. You should have, if Eventuality and Perceptive Faculties are good, a really capable command of words, and write or speak in a competent manner.

4. You have not a ready command of words, hesitate for want of appropriate ones, and will often make mistakes in spelling, except health and vitality very good. Much useless talking or reading will weaken you more than you think. What is *useless* is *wrong*, and what is not right always has some bad effect.

3. Will write better than speak, are not able to communicate your ideas fluently or rapidly. You will need a lawyer or representative in case of need to speak for you. Your speech is like a tangled chain; nothing impaired, but all disordered.

2. You don't talk or commit to memory easily, and can hardly be understood from your inferior manner of expressing yourself.

TO CULTIVATE.—Enunciate your words distinctly and use a good dictionary, talk about any subjects you know something of, read up history and anecdotes, relate about them as well as you can, and if interested in literature, science, politics or religion, speak upon such subjects when opportunity arises.

TO RESTRAIN.—Don't use so many words or obscure your ideas with so much embellishing. Think deeper and make sure you have good thoughts before you give them utterance. Don't speak unnecessarily, in fact, talk less, because excessive speaking injures the throat, overworks the intercranial veins, and too much increases the temperature of the brain, it wastes thought-generating material, as well as valuable time. The one who does a great deal of frequent long continued mental work and in addition frequent hours at a time of speaking, risks leaving himself in a pitiable state mentally and nervously. Is likely to become rattled, use wrong words or write them. Even the eyes become unable to endure the usual lights, will often need a shade on the lamp.

If you would be pungent, be brief; for it is with words as with sunbeams—the more they are condensed the deeper they burn.—*Southey*.

LIFE, however short, is made still shorter by waste of time.

CAUSALITY.

Reasoning power, originality, forethought, comprehensiveness of mind, judgment, understanding. Man was created to think, reason. The greatest thinkers have been stronger in some ways and more active than the vast majority of people. Reason, understanding, has made the world as good and free as it now is. Intelligent, practical thinking makes great men and women. The honest, powerful and independent thinker is the greatest work of God. Oh, woe for those who trample on the mind, that fearful thing! They know not what they do, nor what they deal with.

7. You should be able to calculate with great certainty what effects or occurrences will be produced by the application of particular means, clearly perceive the force of arguments, be able to explain or clear up abstruse points and difficult subjects, and would be conspicuous for sagacity, penetration, originality and sound judgment.

6. Should have first-rate intelligence, plan, manage and foresee to excellent advantage, be capable of giving sound advice, and with the necessary practical experience, understand the vicissitudes and uncertainties of life. Are philosophical, a good reasoner, and with reliable *memories* and suavity can successfully influence people. Have unusual powers of persuasion.

5. If healthy and active, with large Comparison, Perceptive organs and even an average sized head, should be a very good reasoner. Plan and manage—if Order good—so as to get along well and escape many mistakes. If Secretiveness is large you can lay plans well, and be very shrewd and tactical.

“Those that think must govern those that toil.”—*Goldsmith*.

4. Can plan and look ahead well—if Eventuality is 5 and Constructiveness and Continuity 6—through being exact and patient you will arrange your affairs so as to get along very satisfactorily, and may pass for being much stronger mentally than you really are. With good vitality you can be very clever.

3. Are not a good reasoner, don't like nor never will be suitable for nor succeed in a complicated business where you have to reason and manage; except Constructiveness 6 or 7 and brain very active, no matter what your health, education or circumstances are, in spite of the opinion of ancient philosophers and some so-called eminent men of the present day, who say we are all born alike and what one can do so can another, if he or she have as favorable circumstances and education. Be patient, temperate and hopeful and your judgment will improve as you grow older. If your head is only 19 inches around you are a partial idiot.

THE POWER OF THOUGHT.

Thought, though unseen, is all powerful; our bodies are its slaves. No man living can foretell all that is possible for a properly matured brain—not necessarily a large one—to accomplish.

3C. Reason. Although you are so capable looking you have not the *bulk of brain* to make a civil engineer, contractor or manager, and it would be impossible for you to become a really great lawyer like Hon. Mr. Blake, Luther Laflin Mills, Dalton McCarthy, B. B. Osler, Mr. Blackstock or Mr Lount, but you can be very clever in the ways I've recommended.

Read some sensible books regularly. Books inspire, and are never failing friends. *Hope*, and often build castles in the air about how much you would like to improve, what you would wish to become. Get my *special advice* and learn some valuable truths, also hints about an individual I'm well acquainted with, who was once almost a partial idiot in some (organs) ways, but who always wished to help others, was ambitious to improve, possessed unusual hope, resolutely willing to do his best. He finally became a well known scientific man, made wonderful discoveries and some great—most valuable—inventions. Surely you can also greatly improve. You should frequently think about those who have risen from poverty, obscurity, to the highest positions, in spite of great difficulties and sufferings. Have faith in *God*, be charitable, work hard, be rigidly honest, do your best, patiently, and you'll certainly progress.

2. Are almost an idiot so far as reason is concerned, easily confused mentally, often frightened about many things because so slow to think or unable to understand; can't play chess or checkers. Intoxicating liquors, likely tobacco also, would quickly affect your head. Have weak judgment and will be frequently imposed upon.

To CULTIVATE.—Endeavor to think more about what is the cause of most phenomena, and take time to consider the best way to plan, arrange, and manage, study some grammar, geometry, and philosophy, and never engage in anything important without taking time to carefully consider and getting another's advice. Don't be afraid to think. No one has a right to say to you or me this far shall you go and no further. There is no prescribed limit to thought. The best of all we have got in science, art, invention, improvement, etc., has come to us first in the unseen form of thoughts. The more you read and *think* sensibly, the more refined and farther removed from the animal you become. Patronize the baker who makes good coarse (brown) bread. Eat enough fruit and often consult the best needed guide for such as you, your chart.

To RESTRAIN.—Engage more in the practical and real, don't be meditating and thinking so much, as by so doing you weaken your observing powers. If the faculties of Reason had not been coerced, had been allowed full scope, I know that so much mental weakness, physical impairment, so many invalids, suicides, insane, and so many always ailing would not have been. It was through this faculty aided by my perceptive powers that I discovered so much of priceless value to humanity.

COMPARISON.

Power to classify, illustrate and reason from premises taken or understood. Ability to discern new truths. Knowledge of, or the truth concerning some things couldn't be discovered were it not for this (1) faculty. Try to realize the very serious import of this fact.

7. You have extraordinary ability for comparing and analyzing. Illustrate with great clearness from the known to the unknown, discover the deeper analyses which pervade nature and have extraordinary power of discernment. Are a really great critic.

■ This is the organ which with intuition (6) and healthy perceptive faculties that (notice and understand form, size, weight, color, orderliness, and calculation) makes some physicians such wonderful judges of temperament, and so unusually successful as in diagnosers of disease. Other conditions equal and a capable eventuality memory various doctors I know of are most valuable men.

6. Have an excellent talent for comparing, expounding, explaining and criticising, employ similes and metaphors well. Should be able to illustrate and put your points clearly, frequently employ figurative expressions, make nice discriminations, readily detect fallacies in arguments and improprieties in the use of words. If your head is only about the average kind the next paragraph 5 will be more appropriate for you.

5. Have strong ability to analyze, to compare and illustrate concerning anything you make a specialty of, have had much experience with, or fully understand. You can be a good practical explainer and critic, if health and vitality sufficient.

4. Will require to fully understand what you wish to explain or illustrate to give it clearness of expression. You are not a good critic of literature, and can only do well in explaining material practical subjects.

3. You may understand what you wish to communicate, but would require a great deal of practice to make you a correct expounder. Will never be a fluent critic.

2. The convolutions of your brain at Comparison will not be conspicuous for their size or depth. You are very inferior in discernment or discrimination.

To CULTIVATE.—Try to explain anything you speak or write about in as concise, plain and clear a manner as you can, minutely observe differences and distinctions, study logic, natural history and metaphysics.

To RESTRAIN.—Do not use so many similes, metaphors, and illustrations. Be less critical, we can find some fault or imperfection in most things or subjects if we want to.

INTUITION.

Pereception of and ability to estimate a person's character, disposition and temperament by sight. The *feeling* that you can or cannot be in harmony with or trust certain people. Understanding from one's make up their constitutional power, organization, whether coarse or fine, and if warm hearted or cold natured, and how to manage, speak to, or deal with them.

7. Have a remarkable insight into the temperament, character and disposition of those whom you employ, deal with, are interested in, or give advice to. Possess a peculiar species of understanding or a

6TH SENSE

which interprets the expression of faces. The kindly natured, courageous, refined, the hopeful, cold, unsocial natured, or the vigorous, healthy, or real *manly* or *womanly*, lovable, hypocritical or selfish are intuitively understood by you, army surgeons and some of our best physicians and phrenologists, men like *Nelson, Sizer, O'Leary, Hagarty, Galbraith, L. N. Fowler and O. S. Fowler*. You should be a reliable judge of physical development. Health and perceptive faculties, etc., being good, with the necessary education, are a natural born physician, statesman or detective.

6. Form a very correct estimate of those you meet from appearance, if vitality good, know about how to approach or deal best with them, but must of course expect to often make mistakes, as the temporary states of mind alter the features and affect the movements correspondingly. Can much improve your judgment in this respect by paying attention to the temperament and habits of people. Should never trust implicitly anyone—woman or man—whom you think is indiscreet, unsuitable, unreliable or deceitful. Worry, impaired amateness, etc., often reduce this faculty in power to No. 4.

5. Can form a very good idea of what a person's disposition or character is like if perceptive faculties are well formed. Never be partial or impartial, bigoted or prejudiced toward anyone on account of their religious or any other belief. Don't let such influence your sagacity. Be decidedly careful in your conversation or behavior before those you are doubtful of. There are some persons, women as well as men, that you should have none but the strictest business dealing with, and others that no prospect, price, friendliness, or fee should tempt you to have anything to do with. "The leopard cannot change his spots." The Harpy Bird of Prey is always the same.

4. About marked characters, that is those who are very irritable, unsocial, unfriendly or rough, you can form a very fair estimate of, but those who are deep, cunning, or have strong self-control you can poorly estimate, and are likely to be deceived by, or form an erroneous impression of. It would be an excellent arrangement for such as you if all good, reliable folks were handsome, and the bad, etc., ugly. Be very careful or don't make unnecessary (even courteous) remarks to or comments about those who seem to you always distant or that you really don't know much about. This is the safest policy nowadays when so many per cent. of the population are tainted with disease, amatively weak, which lessens intellectual, memory, hope and civility powers. Great numbers are nowadays more or less abnormal in some way, and their heads convincingly proves this to be so.

3. Your sagacity and foresight except about those whose peculiarities are conspicuous, is limited. Can be hoodwinked and duped by a plausible manner and artful behavior. Some persons are as deficient in this faculty as idiots are in reasoning organs.

2. Are easily deceived by hypocritical acting, will think one disagreeable when only temporarily annoyed, or agreeable when only in extra good humor, or acting so for a purpose.

TO CULTIVATE.—Look critically at all you meet, man, woman or child, and study their expressions and movements. Don't place much confidence in anyone thoughtlessly, and try to remember the appearance, looks, etc., of those you know to be unreliable, very selfish, revengeful, ignorant or untrustworthy. Read the books I can recommend on physiognomy, psychology and phrenology if you want to be often spared from annoyance, loss, quarrels, misunderstandings, perhaps blackmail, disgrace or serious trouble.

To be a poor reader of your fellow men and women is a serious handicap, and a few dollars expense should not deter you from getting what knowledge you can on face and head reading.

TO RESTRAIN.—Don't be so anxious to learn one's character or peculiarities. Make due allowance for their good qualities. Many of us are more sinned against than sinning.

SUAVITY.

Attractiveness of manner, blandness, gentility of deportment, and kindness of expression.

7. Have an ease and gracefulness of manner that only those who are naturally agreeable can assume. Will be listened to by people, and you will listen to them in a manner more forbearing than is general, and as a result will be spoken kindly of as a lady or gentleman of more than ordinary culture and merit.

6. If not irritable or sourly affected by the cares and infirmities of life are kindly toned in voice; courteous in conversation and will say whatever is necessary in business or otherwise in an agreeable, civil featured, or often smiling, acceptable manner, which will ensure you a hearing, respect, or sympathy much quicker than is common. You can attract much patronage, win the esteem and gain the confidence of many through the action of this faculty. "It sometimes will do for you what money could not." Natural agreeableness influences favorably most persons.

5. With health and an easy mind will be agreeable, pleasant in your speech, and converse with others in a civil and courteous style. If you have an order to enforce, or something unpleasant to communicate, can do so in a manner less offensive or anger-provoking than is common.

4. Are a plain, civil speaker, but by no means over suave, and if out of sorts or irritated will be off-handed in your replies and speak in a manner abrupt, blunt or unpolished. You often unpleasantly ruffle one's feelings, perhaps without knowing it, so be on your guard.

3. Your tone of voice is common. We hear it in the crowded streets or markets. It makes one think I must be careful in speaking to this person, as he or she is disagreeable, disrespectful or uncourteous, and must have been ill-bred or badly brought up. People will avoid you.

2. Your countenance, through deficiency of suavity, is distrust-breeding and repellant rather than attractive or pleasing—your smile is a sarcastic leer, and your physiognomy has the blemish of disagreeableness upon it.

To CULTIVATE.—Endeavor to *feel* and act more agreeable; for if weak you will be despised, imposed upon, treated harshly and often disobliged or inconvenienced; if strong you will be hated, disliked, spoken ill of, and your company avoided; you will repel rather than attract, so will it pay you to be irritable, cross, unpolite or hasty? Remember what you lose in custom, society, health, ease of mind and happiness through not being suave or polite enough.

“Good manners are a part of good morals.”—*Archbishop Whately.*

To RESTRAIN.—Scrutinize carefully those you are brought in contact or have dealings with, and don't be too polite or many will try to take advantage of your kindness of manner. Put on a little more dignity.

I FORGOT THE DIRECTIONS.

Did you get the map-chart—No!

Many persons get a very important for them—but they don't realize it—phrenological examination, but *forget* most of it, and then weeks or months after say, oh! I had my head read and it didn't do me any good. They *neglected* to get a chart and study it out. You might as well get directions for a long journey through an unknown district and not take a map which was offered you. You forget the directions, and then blame the director.

MY CHARTS.

PRIVATE.

There are some paragraphs in my charts that I only draw the attention of the one examined to, or mark so that *they only* will know of it, thus *keeping secret* from any who read it some thing that might unpleasantly reflect upon the character, courage, temperance, honesty, amateness, self-control, etc., of the owner.

■ A vast amount of most accurate, encouraging, valuable, helpful to humanity advice and hints has been nullified through the opponents of phrenology, the doubters and pessimists, who give you nothing in return for what they hinder you trying, or partaking of. It is well known that a few words of encouragement at the right time will help most folks; save a man from perhaps drink, suicide, crime or disgrace, aid the student to pass an important examination, and the quicker enable a boy or girl to learn, or stimulate a man or woman of ability, but who—like many now famous persons were once—are lacking in Self-Confidence. The real phrenologist encourages and tells you how to improve—if you get a reliable chart—your memories and other faculties, how to cultivate and restrain your powers. What other character reader ever done this like the Craniologist? None! the public will quickly admit. The lazy-brained, the ignorant of all that phrenology has done for humanity and the insane, the pessimist, the discourager

will dishearten you, make you lose time, retard your chances, and do you no good, but a great deal of harm. These people falsely reason. If they were well read enough and normal minded they would know that effort in any way improves, that hope stimulates, and practice makes perfect, and thus say, well, give it a trial anyway. We do you—anybody—good, no harm, and aid you with the greatest system—if you take proper interest in it—of self-help, Nature's own, ever discovered. A well known Toronto physician—an opponent of phrenology—said, in excuse for Prof. Cavanagh's wonderful success: "Oh! he inspires people with Hope." A good excuse anyway.

DANGEROUS KEEPING YOUR HAIR SHORT.

No policeman, stout person, aeronaut, military balloonist, torpedo or SUBMARINE BOAT officer, detective, prison guard, soldier, sea captain, steersman, fire brigade man, electrical worker, lineman, steamship fireman, stationary or locomotive engineer or fireman, or railway manager or superintendent, signalman, motorman, maker or handler of explosives, miner, prisoners, or the insane, should have their hair continually cut very short. Everyone troubled with headaches, neuralgia, epilepsy, fainting, or weak spells, heart trouble, apoplexy, rupture, catarrh or throat trouble, should keep their hair of reasonable length. Don't allow anyone to turn you from this natural, safe and most valuable knowledge which has taken me many years to discover the importance of before putting it in print. I know that there are exceptions to every rule, but if we were to allow such to discourage us, we would often be in ignorance of valuable truths. Don't allow what you hear about some eastern people shaving their heads, or arguments re bald heads, etc., to nullify my suggestion. Many who have continually kept their hair shingled have had some bad luck, or caused some trouble, explosion, or accident later on. (This assertion will be found in many cases sadly true).

TO RAILROAD AUTHORITIES AND LLOYDS SEA INSURANCE CO.

I'm not superstitious, but know that ( whatever is unnatural, goes against nature) violates a physiological law, will cause—abnormal changes—sooner or later bad luck. To follow my advice is to be natural and there's no expense or risk attached to it either. I assert most emphatically that the majority of those who frequently keep their hair cut very close cannot retain—permanently—their normal acuteness of smell, hearing, or sight; and moreover, cannot be as steady handed, or surefooted, and will be more subject to rush of blood to the head, easier affected by the close atmosphere of engine rooms, submarine boats, etc., effects of the sun, sunstroke, dizziness and nervousness.

THE AMATIVE OR LOVE FACULTY.

If the phrenologists had done no more good than to explain the meaning of the amative or love faculty, warn youths about, and tell them how to restrain it they would have done—in this way alone—a valuable and merciful service to humanity. God has made everything for a useful purpose, but with many not properly informed persons this faculty, and in those in whom it has been—often only temporarily—deranged, it has been referred to as if accursed. That kind of argument and treatment of people is useless and cruelly harmful, as the prisons, many ruined lives, suicides, drunkards, and the insane asylums convincingly prove. Education, enlightenment is what the people want now. Silence, the

policy of ignorance and fear, has been tried too long, and with irreparable for vast numbers results. Those who are physiologically ignorant of all they ought to know regarding the amative faculty, are almost all the time in some danger through it. Don't take my word for this; ask any reliable doctor. Innocence and ignorance are the principal victims of this faculty, which is a source of danger to the majority of homes, causing most of them some trouble, expense, sickness or disgrace. It often has, and yet can, does, spoil the prospects, or ruin the reputation of great numbers, and this too often is the result of one thoughtless period of life, one mistake, and yet people have been forbidden to talk about, or seek information, learn the protecting *truth* that would save them from weakness, disease, failure as a student, etc., etc., or perhaps a blighted life. This *one* faculty (through ignorance of its effect on the brain) has caused more talented persons to become failures, dissipated, cigarette fiends, criminals, suicides and insane than all other causes put together. Hardly any reason or probably cause of wrong-doing re this faculty holds any weight with the judges of it. No allowance is made for the man or woman they see (but they cannot see the exact condition of the real human being, the brain). No argument has proper weight against the offence, whether it has been the result of early ill-usage, drink, ● narcotics, or adulterated food, sauces, etc., or heat (sun) stroke, fits, privation, overwork, etc., or a blow on the head, which, like a severe fall, has so affected the brain of many as to cause blindness, or periodical trouble. The amative faculty in one way or another has been the chief factor in most kinds—all kinds—of crime, from wars to embezzlement, abscondings, etc.

The first great requisite is absolute sincerity. Falsehood and disguise are miseries and misery makers.—*Coleridge*.

Happily for mankind the "dangers of knowledge" are now so little dreaded in comparison with the certain evils of physiological ignorance, that while the number of objections against its general diffusion is every day becoming smaller, the number of its advocates is increasing in tenfold proportions, especially among the "highest class of minds."—*Dr. A. Combe, physician to the King of the Belgians and also to the Queen in Scotland*.

Friendly counsel cuts off many foes.—*Henry VI., Part I.*

The greatest homage we can pay to truth is to use it.—*Emerson*.

● Narcotics : See the *Mail*, 12th June, 1903, about a resolution calling upon the Ontario College of Pharmacy to take action in petitioning the Government to pass an act placing the sale of narcotics on the same basis as that of spirituous liquors, on account of the growing abuse of these drugs. It was asserted that in the State of New York over 500,000 people were victims to the "dope" habit.

He who does not love all truth loves none ; he who does not constantly feel himself a slave of truth, bound to serve it, to bear witness for it, to suffer, if need be, in its cause, will never amount to anything.—*De Casparico*.

The diseases of society cannot no more than corporeal maladies be prevented or cured without being spoken about in plain language.—*John Stuart Mill*.

Ignorance is the curse of God. Knowledge the wings wherewith we fly to Heaven.—*Henry VI., Part II.*

The metal heel plates invention, pieces of metal to put on bottoms of boots, was worth

\$250,000.

The cuff button lever inventor got

\$20,000.

An invention made by a laboring man, examined by me, brought in

\$12.00 per day.

The coiled wire on the water hose, the steam drill, the steam plow, the device for digging trenches were all devised by *laboring men*, by men interested in their work. See *Fair Play and Success Journals*, April, 1903.

I have discovered a method by which anyone can tell—can see—if an individual is endowed with musical ability. (Provided, of course, the inspected party is in a normal, healthy state). This degree of skill has never been attained before by anyone.

The artists named here have the signs of unusual musical ability :

PATRICK SARFIELD GILMORE,

“ There is not a band musician, high or low, who would not take off his hat to him,” says

JOHN PHILIP SOUSA,

already a prince in the realm of music, when Gilmore was king.—See *Munsey's Magazine* for January, 1895.

De Koven	MADAM NORDICA,	Emmett
Faure	VICTOR HERBERT,	Strauss
Gilbert	ADELINA PATTI,	
Sir A. Mackenzie	MR. TORRINGTON,	Damrosch
Anderson	MISS YAW,	Stepanoff
Torrance	MR. TRIPP,	Gounod
Rundle	MISS AUS DER OHE,	Chopin
Reynolds	PADEREWSKI,	Tosti
Wybrow	REMENYI,	Ole Bull
Bletsoe	EDWARD LLOYD,	Gleason
Kelley	PROF. BOHNER,	Arditi
Blachford	BLACHFORD CAVANAGH,	Campanini
Molloy	EDDIE REBURN,	
Hahn	PETLEY,	Blind Tom
Mascagni	JENKINSON,	Davies
Bartlett	K.C.KERR,	Santley
Schumann	MADAME SEMBRICH	Sir Arthur Sullivan
Balfe	MADAME MELBA,	Florizel
Schubert	TERESA CARRENA,	
	JOSEFFY,	Moszkowski

The black Patti	MME. CALVE,	Cullen
Fletcher	MADAME ALBANI	Waldron
Jarvis	ENGENE COWLES,	Armstrong
Hughes	WATKIN MILLS,	Glionna
Dawson	BRIGNOLI	Blight
Parks	BRAME,	Gowan
Stapels	MARK HAMBURG,	Leschetizky
Mme. Roger-Mielos	SEIVIKING,	Brooks
Maurice Grau	MADAME TREBELL,	Gliddon
Forsythe	YSAYE,	Duss
	KUBELEK,	
Bandmaster Rogan,	LISZT,	
H.M Coldstream Guards		

and others that I have not space to name. I intend in the near future to make my discovery known to the world. Phrenologists have always been unable to tell "Tune" correctly. I reason thus, every effect must have a cause. My discovery is based upon common-sense grounds. This is not my only secret. "I have others," which are of great value to physicians.

Prof. Cavanagh, the marvellous phrenologist.—*Toronto World*, May 11th, 1895.

Prof. Cavanagh as an observer is astonishing, as a phrenologist, a wonder, and—seemingly—unequaled; the fruits of his work during the last twelve years abundantly proving this.—*Toronto Evening News*, May 13th, 1895.

Prof. Cavanagh has for years astonished people by his remarkable "intuition or sagacity," and still continues to do so—*Telegram*, May 11th, 1895.

The true test of a great man—that, at least which must secure his place among the highest order of great men—is his having been in *advance* of his age.—*Brougham*.

AGAINST DRINKING AT MEALS.

The reason why drinking should not accompany eating, but be indulged in before or afterwards, is, in the first place, because liquids are foods as well as solids, and repasts must be kept as light as possible at all costs. But there is another reason. Dry repasts, if light, lead to a loss of flesh, whereas the same quantity of food, if it include liquids, is devoid of this effect. It is not easy to say why this should be so; but the most probable explanation is that when only solids are eaten, the juices of the body are called into action to a larger extent than otherwise, in order to further the process of digestion, whence a sensation of thirst is usually experienced. The body has thus lost more than the ordinary quantity of water, and if this loss be not compensated by drinking it will be replaced by the body itself, which will draw upon its superfluous fat for the purpose. The fat is decomposed into its elements, and combustion takes place. This process commences about an hour after eating, and if drinking be deferred until then it may be indulged in afterward with profit, inasmuch as it promotes the very process which half an hour earlier it would have prevented. But in any case, and at all times during the cure, liquids must be taken with as much moderation as solids.—Good Housekeeping.

TO ALL FAIR-MINDED MEN.

In adversely criticising phrenology or hearing some harshly speak of it, kindly keep yourself from being prejudiced. Remember that *human knowledge is limited*, that the best and cleverest persons make mistakes, and that there are (through some cause or other) *exceptions to every rule*. For the sake of progress and science, which has done such great good to humanity, be strictly just, and "do as you would be done by" if you were a lover of phrenology. We only ask for fair play and no favors.

There are many who dislike phrenology, but they won't tell you all the reasons why. Others have false religious scruples which hindered so unreasonably and brutally in the past, Investigation, Science and Invention, as well as phrenology.

TO THOSE WITH 6+ OR 7 CONSTRUCTIVENESS

Experience and other conditions equal you can have made, designed, manufactured, invented and finished for you many things in your brain—mind—workshop. Your constructive *imagination*, mental outlook is (or will be with training) unusual. The majority of great artists, musicians, architects, designers, composers, writers, literary folks, inventors, thinkers, and business men like *Mr. Andrew Carnegie*, who rose from a poor boy, is now one of the richest and best known philanthropists in the world, have this (portion of the head, temporal region) organ remarkably full, the great width there amounts to a swollen like appearance. A delineation of his head appeared in the *Phrenological Journal* of April, 1890, now many years past.

PRESIDENT MCKINLEY'S DELINEATION

was in the *Journal* of 1890 also. I had it printed in the *Toronto News and Telegram* (see News, 7th September, 1901), after he was shot by Czolgos. Note how true these extracts from it (understand, **this first appeared in 1890**):—

"The height of his head indicates firmness, dignity, self-reliance and ambition. He has *power* to lead and guide, also to please people at large."

"Take the head as a whole, it is uncommonly large, not only in its *circumference*, but in its length and depth, as well as height."

"Should not wonder if he were a man of really wonderful social magnetism, at once inviting the cordial respect of all with whom he comes in contact."

"Wherever he may be he should be known for force and power."

"He looks as if he could move among men of might and be *the peer of any*, commanding the respect of all."

I have the whole of this delineation as it appeared, date, etc., at my office. Reader, does not the above prove most wonderfully that shape of head is a really valuable science. In this book there isn't space enough to contain even the names of now famous men and women whose delineations appeared in the *Phrenological Journals*, and also in *The Globe, Mail and Empire, World, Toronto News, Telegram*, etc. I have a delineation of *His Majesty King Edward VII.*, which was published many years ago when he was Prince of Wales, and which foretold then some of what has now so gratified the people. This is another most valuable evidence in favor of phrenological science.

WARNING TO MUSICIANS.

Never when washing yourself use soap on the ears, except when actually necessary. Never syringe them (as some often foolishly (a cleanliness idea) do), except so ordered by a physician.

Never allow any water to enter the internal ear (part of which I can prove is conspicuously different in the *greatest musicians and singers* from that of the average man or many naturally deficient in acute hearing or *sound*, melody, understanding). This *fact* has never been—as far as I know of—found out until I discovered it. I have letters from *Nelson Sizer, Esq.*, of the *Fowler & Wells Institute*, of New York, one of the greatest phrenologists, and he acknowledged that he didn't know it until I revealed the *secret* to him. If your eye was as often affected by soapy water inside (the lids) as the internal ear is, you would soon have trouble. No matter how good your sight power—in the brain—is, it could not work properly if the eye was impaired, and so with the (ear) organ which conveys all the most delicate, infinitesimal sound waves to the brain. Large number of clever men, most beautiful and proportionately developed women, and unusually capable most promising boys and girls, who should be either most talented pianists, organists, cornetists, violincelloists, flautists or violin players, and who are most ambitious to be famous, have had their hearing, musical powers weakened, impaired, deteriorated or ruined through ignorance of what I here state. If you don't want yourself to be another victim added to the great army of incompetents or failures, pay attention to my *beyond all price warning*. If you neglect this plain, reasonable caution, you may sooner than you expect it be reduced for a period, maybe for years, or a lifetime, to endure the awful inconvenience and risks resulting from impaired hearing, or the horrors of perpetual silence. ²⁷Also understand that the practice of medicine, as concerns ear troubles, has been very unsatisfactory to the majority of people. I have known expenses for doctors' treatment, etc., to reach as much as \$400 for one person. My hints may save some this amount and hearing also.

☞ Beware of much tobacco smoking. Du Maurier, the author of *Trilby*, says music has always been a great delight to him, and that once he could sing well, but he added, "I have spoiled my voice by smoking cigarettes."

Never put your head under the tap, nor have cold water poured over it.

Never take a *shower bath* (except you wear a rubber cap). This form of water using has produced lamentable consequences, so far reaching and serious that probably no one has even suspected *all the evil* it has produced. It destroys the lustre, and in time the hair of the great majority who use it. It is particularly injurious to the hearing. Many may say it hasn't hurt them; but they will find out sooner or later—the same as various athletes, musicians, etc.—that nature won't be frequently abused without retaliation. The bill of damages must be paid some day.

If you desire to be popular, pretend to see others as they would wish you to see them, see them as they are and they will detest you.—*Catholic Register*.

MRS. FRANK LESLIE

says: "To tell a disagreeable truth when it can be avoided is either churlish and unamiable, or is one of the greatest proofs of love and trust that can be given."

A man who will not lie to a woman will not lie to anybody.

TRADES AND PROFESSIONS.

Many persons labor under a seriously wrong impression about what their sons or daughters can do, and many boys and girls are put to trades, etc., who can never reach a competence at such. Some try to learn what requires—like a gymnast, first-class waiter, telegraph operator, physical culture teacher, etc.—unusual suppleness of joints, speed power, and energetiveness, and they fail, are discouraged, and their self-confidence weakened. You might as well expect to train a mastiff to run like a greyhound, or a draught-horse to be as light of foot as a racehorse as to expect some of mankind to be competent at various things. The old-fashioned and injurious belief still prevails with many that any healthy person can do what another has done if he or she looks apparently capable and gets the same training. The only ones who have ever really helped the public to settle that important "what are you fitted for" question satisfactorily have been phrenologists. No other is able to do so, and yet phrenological science has been most bitterly and unfairly opposed, but as it is a science of the "signs of nature" and *truth* itself it is unconquerable, it is good, and will triumph in the near future.

Your energy is inadequate for your powers, just the same as a splendidly built and furnished house would be at a disadvantage for want of enough (furnace) heat. If the furnace was not generating sufficient energy (heat) the whole concern would suffer for want of it, or like a well-equipped factory without adequate motive power its machinery would not do the amount of work it was capable of like as if it had full power. So the same with your organization. It is said—with much truth too—that the difference in men re talents is not so much, but in energy. Plenty of persons have talent and knowledge but cannot do enough with them for want of strength (energy). To increase your energy and improve your physique (figure) you should carefully follow my confidential instructions or *special advice*, health, energy improving *hints*. By practising these valuable instructions you must improve because you follow reason, natural laws.

You *must not* in your present state—or when you become as you are now, nervously run down—often concentrate your mind or write or read as much as is usual with you, as so doing is dangerously weakening. Be sure to follow this advice patiently at or after meals or late at night or early in the morning. If you don't do as I advise you are simply wasting the power that is keeping you alive.

BRIEF DIRECTIONS ABOUT ENLARGING THE CHEST.

Stand erect with your head almost in a line with your spinal column. Put your palms together with your arms extended in front of you, then throw them backwards and forwards—nearly level with your ears—for a couple or more minutes, two or three times daily. Keep your mouth shut, and breathe through your nose.

DEFICIENT CHEST.

There seems to be good reason for the increased interest in athletics and the various kinds of physical culture fads. It is reported that out of twenty applications for enlistment at the United States rendezvous in Portland, only one was accepted, deficient chest being the main trouble.—*Telegram*, 10th Jan., 1891.

ARMY RECRUITS.

In 1894 13,020 English army recruits were rejected for "various ailments," and 11,958 for "want of *physical* development."

"The recruiting statistics of this country reveal a serious condition of physical degeneracy."—Lord Roberts, London, England.—2nd Nov., 1902, *Mail*.

THE CHEST.

is flexible, expansive, or compressible. It can be *enlarged* or diminished at one's will. The flexibility of the chest continues with many and most persons to old age. So formed is the chest, that any person desiring a fine full one can have it.—Dr. Fitch.

Mental emotions, grief, fear, despondency, incline to depress all the energies of the system, in which the lungs must participate, and so much suffer. * * *

The difference in the strength of different men is immense, and the difference in the *size of the chest* forms a very striking characteristic in such cases. *

Sampson, the strongest man in the world (bar Sandow), his chest measures 36 inches, expanded 55 inches, 19 inches expansion.

A vast many cases of Heart Disease are produced by a contraction of the chest, so that the heart has not room to play. I have often cured (seemingly fatal) diseases of the HEART by ENLARGING the size of the chest. * * * *

"The simpleton's pulse beat only half as fast and not half as strong as the others. I had made thousands of similar observations, and had often said that Benton (the eminent congressman), owed his talents more to his chest and habits than to the size of his brain.—*O. S. Fowler*.

A perfect and noble chest is the basis of all good health.—*Dr Fitch*, the great lecturer on consumption.

WON FROM A THOUSAND.

Some months ago permission was obtained from the Public School Board to present a Gold Medal to the pupil in the Public Schools who should pass most successfully in the study of Physiology and Temperance. The questions were prepared by a committee of the Canadian Temperance League at the request of Inspector J. L. Hughes. There were

MORE THAN 1000 PUPILS

studying the temperance text books, and the one who succeeded in carrying off the medal was

MISS NELLIE MAGINN.

It was presented to her by Mr. J. S. Robertson, who said she may yet become a second

FRANCES E. WILLARD.

This young lady's head was scientifically measured and examined, PREVIOUS TO HER WINNING the medal, by PROF. CAVANAGH, and her capabilities regarding the study of Physiology, etc., definitely stated. She possesses a

BEAUTIFULLY SMOOTH HEAD,

her hair is fair, and of that silky fineness which is *indicative* of a *fine brain*. She is very proportionate, and unusually well developed in the faculties of "Language" and "Form." She has a handsome and evenly developed forehead, highly arched eyebrows, large, expressive eyes, and uncommonly well moulded features. There is a pathos and depth of feeling in her composition, which shows her benevolent nature, and proves her capability of Individuality or observation. Her picture and press comments have appeared in the *Mail, Globe, Empire, Star, Telegram, Hamilton Templar* and London and Montreal papers.

A MOST VALUABLE DISCOVERY

—whether you believe in Phrenology or not—made by

Prof. Cavanagh,

the Phreno-Physiologist.

Those who have the most supple joints—other conditions equal—are the most perfectly organized, and can be the most active, move, and think the quicker. If any supple jointed person is easy going or slow moving it will be found that they are weak in some mental organ, such as firmness, will power, or hope, or deficient in *Energy*, or troubled with some physical ailment. Their machinery is mechanically perfect, but they are deficient in *Energy (life) motive power*, and thus are slow. The most talented, capable men and women—as a rule—are the supple jointed.

HAND BALL ALLEYS.

Every institution, college, school, prison, reformatory, every town, village, hamlet, military barracks or post, every city and various wards of a city should have hand ball alleys. They afford one of the best all-round, sensible means of healthy exercise and exhilaration to be found. The eyes, neck, chest, abdomen, hands, arms, limbs, and feet are vigorously used in a game of handball. It can be played nearly all the year round, is a most effective and inexpensive help towards keeping a man or woman, boy or girl in good condition.

Worry will affect your stomach, lessen your appetite, zest for food, digestive power, aggravate your ailments, weaken your weakest parts. *Worry* is a kind of cowardice or madness and is very exhausting. It (like frequent irritation, and privation of some bodily need) may cause one to often act hastily, cruelly, or cause crime by driving a person to distraction.

Anxiety is the poison of human life.—*Blair*.

The anxiety, however, which Nelson endured affected him so deeply that he said it had broken his spirit forever.—*Southey*, 257.

You cannot be nor grow as strong minded, strong willed if you allow yourself to be easily made disagreeable or irritated. Of course like many have, you will probably grow out of this state. A great deal of your usefulness, peace of mind and your happiness, as well as normal tone of voice and business success depends on your will power and *memory* in this respect. Follow to the letter my special advice.

NOW.

Remember, young friend, in thy earliest youth,
That no moment will ever return ;
That if thou wouldst drink from the fountain of truth,
And the sweets of that fountain discern,
Thou must strike for true knowledge, true wisdom *to-day*,
With a spirit that never can bow ;
Though the future its radiance may shed o'er the way,
Yet the moment for action is *now*.

E. T. Bush.

SELF-CONTROL.

A man who has a strong mind can bear to be insulted, can bear offences because he is strong. The weak mind snaps and snarls at a little.

The best recipe (best, I say, to work, and best to take) is the admonition of a friend. It is a strange thing to behold what gross errors and extreme absurdities many (especially of the greater sort) do commit, for want of a friend to tell them of them, to the great damage both of their fame and fortune.—*Bacon*.

A fool is the most easily offended of all people, for fools are the most jealous of their dignity.

I meet many with really capable heads, but who are weak in hope and lacking in adequate energy for all their brain organs. Their powers are weakened, and yet they will remain so and in misery in spite of the fact that all the money they need to spend for special advice and books is only a few dollars, and such would help them for life.

A good start, a foundation is the main thing. Anything you get of value in this world usually must be paid for, and you have to make an effort with it or remember it well also. Any number of persons could be made healthier, happier, and better off if they could be only persuaded [redacted] to start and keep persistently trying, the same as the most successful men and women have had to do.

SELF-FORMING POWER.

Dr. Channing says of all the discoveries which men need to make, the most important at the present moment is that of the self-forming power treasured up in ourselves. They little suspect its extent, as little as the savage apprehends the energy which the mind is created to exert on the material world. How it *slumbers in most men unsuspected*, unused.

Every man must buy experience, and the first fees are heavy.—*Bulwer*.

We are, in our search for happiness, like an absent-minded man looking for his hat, while all the time it is on his head.—*Sydney Smith*.

A wise man will make more opportunities than he finds.—*Bacon* (Essay III).

They that will not be counselled cannot be helped. If you do not hear reason, she will rap you her knuckles.

[redacted] What is really best for us lies always within our reach, though often overlooked.

The President of the great

INDUSTRIAL EXHIBITION, TORONTO,

MR. McNAUGHT, says : " Every man owes a duty to his country in the way of public service. I have tried to fulfil mine as I saw it."

Mr. James Hill, the great Railroad Magnate and millionaire, was born on a farm in *Rockwood, Ont.*, left school when between 14 and 15 years old, and never was inside a schoolhouse again. He says an education comes frequently with contact with the world. *Be satisfied to start in a small way.* I was born on a farm. That is a good beginning, for it means a sound body as a rule. In other words it starts a chap right. That's half of the battle. I might say it is everything, because a *bad start* means a big handicap in the race; be alert, [redacted] keep abreast of the times and grasp opportunity when he passes.

Thirteen years ago *President Vreeland* was digging gravel, making \$1.50 a day. He now personally manages one of the greatest railway systems in the World.—14th April, 1900, *Telegram*.

NEVER REALIZE THEIR POWER.

A great many men and women never—at least until their energies and memory begin to fail—realize the power they possess. Let me decipher the signs nature has formed on your head before it is too late for you. A gentleman who had one of the largest stores in Toronto, but failed, came to me—more out of curiosity, probably, than anything else—for counsel. He got it, and is now at the head of a

\$5,000,000

company in Toronto. You can get his name from me any time. You all know it now. His son also became very clever in a certain line through my scientific and *special advice*.

I examined the inventor of

THE CASH REGISTER

many years ago.

 Please remember that I can give names, etc., to convince you.

TRIFLES MAKES FORTUNES.

Paying attention to the most minute details often makes fortunes.

SEVEN HUNDRED THOUSAND DOLLARS

was made by the inventor (*thinker of, he thought of it*) attaching a piece of elastic to a ball for children to play with.

The little steel balls for cutting through stone in quarries—Invention was worth

\$1,000,000.

EVERY CHILD'S HEAD

should be measured. Leaving aside the question whether phrenology is true or not, every child's head should be measured, 16, 17, and 18 inch in circumference heads are usually those of congenital idiots. The smaller the cranium, the less the brain, mind power, and the more limited the power of concentration. Children with small heads 20 inches around and less, have only power of attention for short periods to lessons, doing anything particular, or for practicing music. Nothing is gained, but harm done them, if they are made to study, practice, etc., for long periods. It is cruelty to force such, and may make them dread, hate study, with the risk of being permanently impaired in some way.

THE GENUINE PHRENOLOGIST.

The Genuine Phrenologist has always done good, he has advised and encouraged youth in a way that no other teacher could do, by his knowledge of human nature through understanding the mental faculties so well. He has taught vast numbers to observe and think in a way never known to them previously. He encourages boys and girls, men and women, to *use their brains*, cultivate their memories, learn patience, develop courage, will power, etc. He stands for mental improvement and a good physical system, foundation. Opponents of head reading don't seem to remember these things, but try to destroy a young science of great value to humanity. Will you help the children's mental improvements, memories, by helping us?

\$1,000,000 FOR CHARITY.

BOSTON, March 29.—R. C. Billings dry goods merchant, left an estate worth \$2,636,411 when he died, and gave \$1,000,000 to charities.

It is to me—a great wonder that in spite of all Science and Invention has done for humanity, that such immense sums usually go to charity, in place of some of it being given to the Government to aid deserving scientific men and inventors, who have what—after being examined by experts—is acknowledged to be of great—and should soon be put to use—value. Science has given to the world chloroform, but what occurred to the discoverer of it? What has been the life of many—even modern—great men, what has been their privations and end? To men of wealth I say give most of it—when making your will—to the government. For science, to aid the thinker, writer, and inventor, and the whole world and posterity will benefit by it.

WHY I OMIT SOME FACULTIES.

Students of Phrenology may wonder why I leave out the organs of conjugal-ity, Time, Spirituality, and Sublimity, but it is because I am very practical and exact, and mark nothing that is not positively certain. All the organs named in this chart can be easily located in the majority of heads.

F. J. C.

MENTAL OVERSIGHT.

Many a person gets seriously hurt, cut, or meets with permanent injury or a fatal accident through want of adequate energy for the faculty of observation. If there was abundance of mental energy in everyone there would be almost adequate efficiency of faculty power for everyone according to their station in life. A man may make a mistake through a physical oversight, and people say: Oh, he didn't *notice* it; it can't be helped. But if he make a moral mistake, everyone is down on him, without excuse, as if he did so premeditatedly or deliberately. It is possible for part of the brain to stop working, get a *cramp*, or *sleepy feeling*, the same as the hearing ceases when a ringing noise comes in the ear, or the eyes can't endure—as after a lot of headwork, talking, worry, or being very tired—much light, or as when a person is interrupted, and then says on resuming the conversation: What did I say last? *I can't think* of where I left off. Many a capable swimmer has lost his life through a cramp; many a good boy and girl has gone wrong; many a man and woman been disgraced for life or ruined through a momentary failure to work of Reason, Memory, Conscience or Will Power.

AN EVIL INFLUENCE.

I know of a powerful influence (discovered by me after years of patient investigation) that will affect any one—no matter how intellectual, strong, or pure minded they are—in some way. Good resolutions and prayers—as many of both sexes who have always been good and only want to be good, moral in every way—have told me—seem powerless against its effects. Insanity experts know that some moral, honest persons are so afflicted with immoral, dreadful thoughts that they feel like committing, or do suicide. (Read Winslow on Insanity.) This *influence* is a main cause of so much physical and mental—in some way—weakness and increase of insanity. It has made, and is still making, great numbers of boys and girls bad, normal-brained women, harlots; an honest man a libertine, a criminal, and has been the cause of many men becoming irrational, condemned to penitentiary and the lash. It helps to make many thieves, kleptomaniacs—shop-lifters, though well-to-do—and sends numbers of respectable persons into the ranks of crime (different prison officials have told me that they believed many of the prisoners were insane). How often do we read of persons in the dock being apparently unconcerned, evidently—as the papers again and again say—not realizing the enormity of their offence. When many of them are asked for an explanation they reply: I wasn't in my right mind; I don't know why I did it, etc. There is a cause for everything, and every effect should be most thoroughly, in every way that human ingenuity can devise, investigated. The discovery of this influence (which will save many thousands from insanity, immorality and crime), is another evidence of the outrageous injustice perpetrated on mankind by a certain class interfering with and doing all in their power to keep men from using their reasoning powers, investigating, experimenting, and finding out causes, and a cause exists for everything. The majority of cases of so-called immorality, and a vast amount of no-reason-known for crimes and suicides is the result of this influence, which, in the near future, I hope to publish details of in book form.

N.B.—On account of this influence, to which most folks are now subject, I would not guarantee the honesty, freedom from temptation, of any boy or girl, man or woman.

Influences are everywhere at work which, unless sedulously guarded against, are sure to produce physical deterioration, and with this is sure to come intellectual weakness.—*Dr. Clark and Dr. Bourinot.*

THE TRADELESS MAN.

PARENTS WHO PERMIT SONS TO GROW UP WITHOUT SPECIAL TRAINING.

When the first severe weather of the present winter struck London the despatches from that city chronicled much suffering among the poor and an unusually large number of men out of work. Many of the unemployed were stated to be men discharged from the army because of the return of peace in South Africa.

The facts were stated in such a way as to lead to the inference that British employers were somewhat heedless of the special claims of men who had risked their lives in their country's cause. According to the statements of a society formed to secure employment for discharged soldiers, given in despatches, such inference against the patriotism of British employers was not well founded.

This society states that employers show a *preference* for men who have *served in the army, if only they know something about some trade*. It states that its books prove that there is no lack of work for men who have even rudimentary training in some occupation calling for *more than mere muscle*. Of *unskilled laborers*, there are *ten* for every place, but for men even *slightly skilled work is going begging*.

In these facts there is a *lesson for boys* and their parents in America as well as in Great Britain. As civilization advances, as the waste places of the earth are made to blossom, as population increases, there is less and less proportionate demand for the man who has merely his hands and no special knowledge of how to use them. There is *less and less demand* for the *tradeless man*.

The *time was* in this country when there was a great deal of work to be done for which little more than *muscular strength* and a willingness to use it was required. But *those times are rapidly passing away*. Muscular strength is still a good and necessary thing. Without it there *cannot be good health*. But more is now increasingly demanded, and that is the *knowledge* of how to do *some particular thing* at least reasonably well.

The *parents* who permit their *sons* to grow up—the boys who permit themselves to start out in the world—*without that knowledge* are laying up sorrow for the future. *Beaten in life's race* from the start is the *tradeless man*.—*Chicago Inter-Ocean*, 8th January, 1903.

To send an uneducated child into the world is injurious to the rest of mankind; it is little better than to turn out a mad dog or a wild beast into the streets.—*Paley's Moral Philosophy*.

HON. G. W. ROSS,

Says compulsory education is a natural complement of free schools. Illiteracy is the parent of pauperism and crime. A commission appointed in New York, had reported that in France one-half of the population were unable to read or write, and ninety-five per cent. of the crime committed was by the illiterate class.

NO REGULAR OCCUPATION.

More than four-fifths of the murders in the United States last year were by men who had *no regular occupation*. See daily papers.

All who would live long should have occupation and a purpose in life, and they'll be happier with a suitable trade or profession also.

We come into this world to play our part ;
Thrice happy he who has performed it well.

ABOUT VALUABLE PAMPHLETS.

Cases are being placed in the Archæological Museum at the Education Department, for the accommodation of the Ontario Historical Society, which is assuming pretentious proportions now.

"Yes, we are *getting some valuable books now*," said Mr. David Boyle, the secretary, "but some of our papers and pamphlets are more valuable. Do you know, *there are little pamphlets in existence in Ontario to-day that are worth \$15 or \$20.*"

"For instance."

"Well, take the case, about 17 years ago, of the school teacher, named McGraw, out near Lambton Mills. He published a pamphlet lampooning all the semi-decayed aristocracy, of which there were many representatives in the countryside. The *edition was all bought up and destroyed* by those who were attacked, but *a few got away, and are now valuable*. A man once gave me a copy. *He didn't know the value of it. I sold it for \$5; I didn't know the value of it.*"—18th Nov., 1902. *Toronto Daily Star*.

Prof. Cavanagh's book on Head troubles and their causes was originally sold for a dollar. This pamphlet (that has helped so many) is now out of print and has since been sold for \$5 and \$10 a copy.

HOPE.

THINKING ONESELF OLD.—People grow old by thinking themselves old. When they reach the age of forty, fifty, or sixty, they *imagine* they look like others of the same age, and that they will soon be useless, unfit for work, and unable to perform their duties. As surely as they think this it will come true, for *thought is creative*. The time will come when children will not be allowed to celebrate their birthdays; when they will know that by thinking themselves young they will remain young, and that they will cease to grow old when they cease to believe in old age. The body is built up of beliefs, and our convictions are stamped upon every fibre of our beings. What we believe, what we think, that we are; so people who remain young in spirit never grow old.—*Liverpool Post*.

If you think yourself old or weakly, etc., you will *feel* as if you haven't the strength, and how can you have it if you know—believe—you haven't got it.

There is more or less of THE SPECIALIST IN YOUR NATURE. I don't care what you may be, either laborer, mechanic, or professional man or woman, you will at times—if an industrious individual—do most thorough and finished work. As I remarked, you are specialistic in nature and will be often in (though you may not realize the extent of it) a seriously run-down nervous state, and at times be only a commonplace worker, because you often think so earnestly and so long on a subject that interests you, and thus use up a half day's strength in a couple of hours' brain action, or a normal day's working force in 3 or 4 hours. You can in some ways (if other conditions equal), when the fit takes or spirit moves you, or

the mood governs you—be a most capable worker, writer, musician, artist, singer, actor, discoverer, inventor, designer, improver, suggester, adviser, investigator, or originator. You are—to many—a contradiction. One time you seem not your right self, are not as active, strong, etc., as you apparently always should be. At other times there seems no end to your strength, vigor, earnestness, enthusiasm, interest (may I say temper and indignant language also at times), endurance, application.

You are—should, or can be—one whom useful thoughts should come to. There should be in some ways most efficient power in you, or may be in time to come. Other conditions and self-control equal, you should, if you have your own time and conveniences, be a most capable individual. I have found this Concentrative force in all or most of the most capable persons in any line I've ever examined.

MY RARE AND VALUABLE EXPERIENCE.

My experience with many thousands of men, women, and children, and the knowledge I've gained from the weak and ailing, has enabled me to give *valuable hints* to many afflicted with the following:—

Headache, Catarrh, Frequent Cold in the Head, Enlarged Uvula, Tonsils, Piles, Excessive Perspiration, Bad Complexions, Dandruff, Falling Hair, Rheumatism, Stricture, Neuralgia, Lung Trouble. Constitutional worry, a peculiar gloom of mind, often imagining something unfortunate is going to happen, irritable temper, weakened powers, lack of courage, self-confidence, poor memory, being easily affected by intoxicants, deficient chest or bust—development, etc. Lack of energy is the cause of most ailments. *Emile Zola*, the famous author, says Lack of Energy is the *one great cause* of every human ill. Anyone who is weaker than should be, or who is troubled with rupture, nervousness, supersensitiveness, constipation, insomnia, tendency to consumption, or think that their brain will fail, that they may become insane, should not neglect getting advice from me, which has helped so many in various ways. "Knowledge, great experience, is power," and Prof. Cavanagh has power in many ways.

PEOPLE WHO WON'T TRY.

There is too much of the I can't, I don't think I could learn, am not able, I know I am not *strong* enough, or have ability sufficient to do so and so about many folks. People who believe and speak thus, who are not *willing to try*, can't expect to know their strength or increase their chances of improvement or success. I have noticed that in times of danger or emergency people can do a great deal more than they suspected. They can put forth more strength, jump farther or higher or exhibit a degree of endurance or activity quite surprising. Read this from the *Mail*, 17th April, 1895: "Great consternation was caused at one stage of the game when the bear 'Ramidan' proposed to climb out. Old, staid, phlegmatic citizens and government officials, bankers and business men, who had not been *obliged to move actively* since their boyhood, made a rush for the top railing, and had not the bear, failing to get over the barbed top of the cage,

quietly gone down the way he came up, these good gentlemen would certainly have jumped down the twenty-five feet to the outside." Those who are doubtful, think there are so many obstacles in the way, so much to be done, or think their talents are not as capable as I assert, will—perhaps sooner than they imagine—regret that they did not believe and follow my instructions.

There is an *Energy* in most folks which is very powerful or efficient if aroused. Fear, Friendship, acquisitiveness, ambition, Hope, amativeness or Cautionness, when excited prove this fact.

No great good is done by falterers who ask for certainty.—*George Eliot.*

Everyone has a fair turn to be as great as he pleases.—*Jeremy Collier.*

Who seeks and will not take when once 'tis offered shall never find it more.—*Anthony and Cleopatra.*

No man will ever amount to much who labors under the impression that somebody else is always in his way.—*Dallas News.*

The first main thing a man has to do in this world is to turn his possibilities into powers, or to get the use of himself.—*T. T. Munger.*

WORK, EXERCISE AND VIGOR.

It is, in my opinion, not possible for the vast majority of people to develop as they ought to, or retain properly the powers they are endowed with, if they do not do some work, often good, vigorous work, or regularly exercise. If the muscular system is neglected—in any part—the *brain* which controls such suffers from lack of exertion, and a person will deteriorate. When those who take life easy, seldom work hard, or exercise, have to hurry, work, or exert, endure great heat, very hot weather, work or travel under the scorching sun, or in the intense cold, which occurs at different periods in winter, then they realize how they are lacking in strength, wind—lung—power, efficiency and endurance. They are unable to turn from work to reading or thinking, or from work to writing and back again, etc., with normal ease, through neglecting adequate bodily exercise, and much less energy is stored in the body—muscles, tissue—as well as brain, as a reserve, through lack of sufficient exercise.

When the muscular system is duly exercised in the open air early in the day, the power of mental application is considerably increased. This is a valuable hint for brain workers and high-grade mechanics, etc.

A man who does not take time to exercise is like a workman who does not take time to sharpen his tools.

BREATHE DEEPLY AND ONLY THROUGH YOUR NOSE.

1st. Make sure that your ribs are not impeded in their movements by any constriction. 2nd. Stand upright with your shoulders well held back. 3rd. Draw in a full, deep breath, slowly, allowing your chest and abdomen to expand thoroughly. Now allow the breath to escape slowly. When you are working, walking or exerting, breathe fully and only through your nostrils. It is said that regular and deep breathing (of pure air) will send vitality to all parts of the body. I know it has a most beneficial effect upon those mentally or nervously exhausted or the anemic.

Of course, you must *remember* that everything can be abused. If you practice this habit twice daily for a couple of minutes, it will be enough, once daily will do for some people, only do it every working day, Sundays and holidays we should omit some things we usually do, thereby avoiding monotony. Mr. Catlin, the North American traveller, says that the Indians when on the war path or following the chase breathe only through the nostrils, and regard so doing as indispensable to maintain their physical energy.

BREATHE THROUGH THE NOSE.—It is a very bad habit to breathe through the mouth. When this is done, which is, unfortunately, very often the case, the lungs are not properly filled and are consequently weakened and left an easy prey to maladies of the chest.

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brain which—like the winter apple—may be slow to mature, but when matured should be uncommonly capable. It is a well-attested fact that many great men and women were dull in youth, and were thought would never amount to much.

FAMOUS MEN UNPROMISING IN YOUTH.

Burns was a dull boy, good at athletic exercises only.

Poe at West Point was a laughing-stock to his schoolmates.

Byron at Harrow was in no way distinguished among his fellows.

Napoleon and Wellington in their school days were distinguished only for dullness.

Scott tells us in his "diary" that for a time he was underrated by most of his companions.

Sheridan's mother presented the future dramatist to a new tutor as an "incorrigible dunce."

Balzac's family were sarcastically indignant at his presuming to believe he could write.

Bismarck once told a friend: "My poor old mother never would believe that there was any good in me."

Montaigne tells us in his "Essays" that his effort to become an author was laughed at in his own province.

An acquaintance once told Pope that a thing called "An Essay on Man" was just out, and was "most abominable stuff."

The good burghers of Stratford-on-Avon saw nothing in Will Shakespeare, the butcher's boy, but a wild, harum-scarum brain.

Goldsmith, up to the time of the publication of "The Traveller," was looked upon as an idiot by almost all who knew him. Afterwards he was dubbed an inspired idiot.

Sir Humphrey Davy was by no means esteemed a brilliant boy. "While he was with me," said his teacher, "I could not discover the faculties by which he was so much distinguished."

Robert Olive's family were thoroughly disgusted with him by the time he was 18 years old, his reputation for stupidity being then only equalled by his reputation for general wickedness.

Thomson, author of "The Seasons," in the early part of his life, so far from appearing to possess a sprightly genius, was considered by his schoolmaster and those who directed his education, as being without even a common share of parts, and his companions thought contemptuously of him.

Dean Stanley was a bright, clever boy, who was sent to school at nine years of age. *His teacher considered him the most stupid boy—save one—at figures who were ever taught by him.* He could not learn arithmetic, yet at Rugby he rose rapidly to every kind of eminence except in arithmetic.

 *Women, you who think you are somebody, try and prove it by doing some good work. Remember how many women have "made an independent fortune" by using their heads. Don't forget either that a woman's brain is of finer quality than a man's. Try to realize the great amount of money Miss Earl's famous but simple design, the bulldog on the flag, "What We Have We'll Hold," earned. You, young lady, might have made that also if you'd only thought of it. Don't forget also what a great help to the household.*

MRS. POTT'S IRONS

have been. Young woman, use your brain as I advise in *my chart* and you'll be a more intelligent, happier, and cleverer person. Remember, ladies, that it was a woman—Madame Curie—that discovered that most marvellous substance radium, worth

\$2,000,000

a pound.

Lord Wemyss has invented a combination pick, mattock, spade, chopper and saw, called a "multiplement."—Telegram, 31st May, 1902.

See the numerous inventions—many made by women—at the Industrial Exhibition (Canada's World's Famous Fair) held annually for a fortnight in Toronto.

Visit Mr. Dorenwend, Yonge Street (name known in most parts of Canada, and many parts of the United States, and the Northwest, etc.) whom I wrote a chart for nearly two decades ago, and advised into his present profession. He had been to other phrenologists but was never told (except by Prof. Cavanagh) about his inventive genius. Ask him his opinion of my advise and phrenological chart.

THE MINISTER OF EDUCATION OF BRITISH COLUMBIA

Said, I will give a case which came under my own notice, that of a boy at one of our great public schools in England, who, although a good boy in other respects, was *so densely stupid* that the masters could do nothing with him. It was deter-

mined to ask the boy's parents to remove him from the college, and the house tutor went to inform him and found the boy in the college library and museum absorbed in a deep work upon natural history. The tutor asked that the decision for the boy's removal might be rescinded and he allowed to take him in hand. He set the boy to work on natural history and science, and immediately the *latent* talent was evoked, the *special inherited* impress upon the brain at once responded to the call, and so far from its being necessary to remove that boy from the college, he became one of its most brilliant ornaments. Now, in this case the boy's thoughts were *so concentrated upon his one talent* that he became absent and oblivious to other impressions; but no sooner did his mind get free play upon its special channel than it at once *relieved* the repressing force upon his *other faculties* and left them *at liberty* to expand. *Had it not been* for the care and patience of his tutor the whole tenor of that boy's life might have been changed. . . . Surely, then, it is incumbent on society to take special care that the teachers of our schools become adepts in the diagnosis of brain power.

IRRITABILITY.

Irritability is an over-wrought state of the brain and nervous system, a species of madness, "*a mood*" during which Memory and will power—as regards remembering your experience and resolutions—work weakly; almost not at all. One is so worked up that they forget everything almost but that they are angry, or greatly annoyed by frequent unpleasantness, other's forgetfulness, or that things have gone wrong. When a person is very much irritated they can't think wisely, lack consideration, weaken themselves and run risks which no one in their sober senses would. This proves the great value of assiduously cultivating (eventuality) *Memory*, and *firmness*, will power. Self Control, a—cultivated—reliable memory and will power, is sometimes of *priceless value*, and yet how few will take the interest in, or go to a reasonable expense to improve them. *Phrenology* has done so much for humanity towards improving their Reason, will power, memory, etc., that those *who've opposed it* ought to be ashamed to even allude to it.

TO THE IRRITABLE.

Every time you give way to the "*mania*" it wastes nervous fluid, and lessens your powers to endure, enjoy, think, write, study, eat or sleep.

Try to work off the excitement by some kind of mental or physical action, it will relieve your brain and help to equalize your circulation.

Lean on your health, the which if you give o'er to stormy passion, must perforce decay.—*Henry IV., Part 2.*

To the insane man everybody else is crazy.

He will march the more quickly along the road to success, who has health and industry for companions.

The superior man, in everything he does, uses his utmost endeavor.

THE RANK AND FILE

of humanity have sadly deteriorated.

Reeruiting officers and medical men have plenty of evidence to prove this. So have large concerns, companies, and employers of labor. I know now that the heads of the majority of young men and women are inferior to what they were 20 years ago. They have deteriorated in size, shape, and quality. The day for *plain speaking* has arrived, and the day is not far distant when more than speaking will be indignantly resorted to. People are waking up and using their *Reason*.

THE MYSTERIOUS SUICIDE.

The public will remember the mysterious suicide, Prof. De Hann, whose case kept the people of the United States and Canada wondering and guessing who he was for five weeks. *Thousands of people, and those who thought they could read character*, viewed his features day after day in Stone's undertaking establishment, Yonge Street, Toronto. Said Superintendent Wilkes, Prof. Cavanagh discovered *what* he was within two minutes after observing him; of the truth of this I'm willing to make an affidavit at any time. Accounts of this appeared in various papers.

The following despatch was received in Toronto yesterday anent the man who committed suicide at the Queen's Hotel: "The man that committed suicide is a Cornell student." A later despatch from Ithaca gives the name as Jacob De Hann, a Cornell student taking a course in electrical engineering. Inspector Stark has given instructions that the body be not interred for a few days.—*Mail*, Sept. 30th, 1896.

I CAN HELP YOU

to improve your Nervous System. Many men, once hard-working men, soldiers, miners, printers, etc., etc., who afterwards became very wealthy, will tell you that they were happier when poor. This was so because they had a *sound nervous system*, and could eat, enjoy, and sleep well. You can buy furniture, pianos, carpets, books, ornaments, jewellery, clothes, etc., but you can't buy the health to enjoy such. Be wise and get my complete instruction.

THE CEREBELLUM.

A great and cannot be disproved proof of Phrenological Science, Reader! the Engine of the brain, the cerebellum, is so conspicuously large, symmetrical, or more perfectly developed in all great or unusually clever men and women, that any man of even average intelligence can satisfy himself of this fact. If you feel a few heads at the base of the brain you will easily detect the difference in size as well as the plumpness, roundness of the parts or flatness of them. The gentleman who controls the largest departmental store in the country—you all know the name—in addition to having the perceptive faculties very large, and the organs of locality developed over his eyebrows as big as half a nutmeg, has the

largest cerebellum of any man I know of to-day. We all are aware of the accuracy, and system, and success with which this gigantic concern has always been managed. Brains rule the world. I doubt if anyone can find me a delicate, inferior, bad memory, intemperate, idiotic, amatively weak or insane person who has a normal cerebellum while so. This is a most important, of great value to humanity, *fact*.

CONTINUITY.

Never lose sight of the *fact* that no long, complete rest of the brain—with its full repairing, recuperating effect, can be had—if you when really in need of this *rest* often, even for only a minute, most earnestly concentrate your mind upon anything, from reading with attention to prayer, or thinking of what is annoying, exciting or worrying. Concentration is often like the blow pipe or focussing the sun rays in its effect, it will consume tissue, weaken, relaxes, sometimes causes one to be heated in half a minute.

The greatest men of ancient times were poor. Luxuriousness is the rock upon which many are wrecked to-day.

Henry Clews, the millionaire, is of the opinion that nature has provided a place for every man, and if he can discover exactly what business nature intended him to follow his fortune is assured. A man who was intended for a blacksmith will never be a successful banker, said Mr. Clews. Every man possesses special qualifications for some art or trade. If he can find his place, money comes to him easily. My advice is to *find out what you are fit for*, then go to work at it with heart and soul.—*Toronto News*, 6th August, 1890.

DR. NELSON SIZER

(the greatest phrenologist in the world) of the

FOWLER & WELLS INSTITUTE,

NEW YORK.

Says—to those deficient in flesh—if you can find some way to increase your weight ten pounds in healthy tissue—not mere fat—you will add twenty per cent to your mental power and lengthen life. You need more fuel for the brain.

Prof. Cavanagh has been very successful—through knowledge and experience—in enabling many to improve their powers. Has also enabled some to reduce their surplus weight many pounds, and others to increase in weight from 10 to 15 pounds.

You'll be most agreeably surprised at what (a change of air) and a complete week's brain rest—even the latter alone—will do for you.

When any part of the system is active it invariably attracts to itself an increased supply of blood and nervous energy, so young man or woman this fact should encourage you to study regularly.

SUCCESS.

Success, is made of never-ending endeavor, opposed by never-ceasing disappointment—a fight to the finish, always won by patience.

CAN'T BE AS THOUGHTFUL OR AS CLEVER.

You should bear in mind that one who follows many things cannot be as capable or all-round thoughtful, as good a specialist, as the one who practises one profession alone.

VIOLENCE.

Beware of any unusual exertion, temper, great hurry, or tiresome action, as in games, etc., in your present state, or you may get strained.

Truth, and by consequence, liberty, will always be the chief power of honest men.—*Madame de Stael*.

REGARDING WATER DRINKING.

Don't drink cold water in the middle of a meal, nor much at the conclusion of it. *Sandow* says it should be taken when the stomach is *empty*. Don't drink while in an overheated condition. If you drink while very warm, drink slowly and only a little at a time. Don't drink much when eating, as you value the efficiency of your *stomach* upon which—the strength of body and mind—so much depend. Never take a cold drink and immediately after a warm, or a warm after a cold one, much irreparable harm is thus done to an organ more abused and injured than ever suspected. Postmortem examinations disclose startling facts, proving that where many people believed themselves well there was some (stomach or other) disease. Many will tell you they are subject to "being out of sorts occasionally," biliousness, headache, etc. "It's in the family, you know, so I don't expect to get rid of my periodical indispositions." Such folks don't seem to think that there may be a removable cause.

What an excellent thing did God bestow on man when he did give him a good stomach.—*Beaumont*.

A good digestion turneth all to health.—*Wordsworth*.

DEATH DUE TO A DRINK OF WATER.

ORILLIA, June 29.—A carpenter named James Lebar died suddenly at W. J. Clarke's, Barrie Road. Deceased was working on Thursday and he took a drink of cold water while in an overheated condition, and was immediately seized with cramps. He had to be carried home and did not recover.—*World*, 1894.

Read in VII Chapter of *Judges* how 300 of the best men were selected by the way they drank water.

Throughout every part of my career I have felt pinched and hampered by my own ignorance.—*Sir Walter Scott*.

THE GREAT, HELPFUL VALUE OF BOOKS.

Let any young man or woman once thoroughly appreciate the fact that the "dainties"—to use Shakespeare's expression—that *are* to be *found* in books may help them in the formation of a worthy character and leave a taste upon the palate which never palls, and the charm of the infinite preciousness of good literature will open upon their eyes, and they will come in time to understand all the force of Milton's noble saying: "A good book is the precious life-blood of a master-spirit embalmed and treasured up on purpose to a life beyond life."

That really good man, Ralph Waldo Emerson, probably learned more from books than his instructors could teach him, and this was fitting, for by books he was destined to become a great teacher. The great Professor Tyndall said of him, in him we have a poet and a profoundly religious man, who is really and entirely undaunted by the discoveries of science, past, present, or prospective. Whatever I have done, the world owes to him. It was through a book accidentally picked up at an old bookstall that Tyndall made his acquaintance with Emerson. On the fly leaf of the volume, the great scientist wrote these significant words: "Purchased by inspiration." Reader! let me tell you what books you should read.

See Great Thoughts Journal. In all the great poets of this century, on both sides of the Atlantic, there has been a lofty idea of man's possibilities. This is expressed in Robert Browning's "Paracelsus."



Progress is the law of life,
Man is not man as yet.

RUINED BY BAD BOOKS.

A young man who recently committed suicide in Indiana ascribed his downfall to the influence of "the vilest kind of novels" which he was allowed to read when eight or nine years old. "If *good books* had been furnished me," he says, "and no bad ones, I should have read *the good books* with as great zest as I did the bad ones. Persuade all persons over whom you have influence *not to read novels*," was his parting message to his brother. The chaplain of Newgate Prison, in London, in his annual report to the Lord Mayor, referring to many *fine-looking lads of respectable parentage* in the city prison, says that he discovered "that all these boys, with one exception, had been in the *habit of reading* those cheap periodicals which are now published for the alleged instruction and amusement of the youth of both sexes."—9 May, 1903, *Mail*.

EXPERTS COME HIGH.

BERLIN, Jan. 7.—Prof. Robert Koch, the eminent bacteriologist, who sails to-day from Hamburg for Rhodesia, where he is to study the cattle plague for the British Chartered South Africa Company, receives as compensation \$250 daily exclusive of his expenses, and has the assistance of *two high-salaried doctors*."—1903. *Mail and Empire*.

LEADS TO DISASTER.

Want of adequate attention to little details, lack of determined patience, has often lead to accidents, explosions, serious breakages, upsets, *collisions*, or disaster. Our fate sometimes depends upon a *trifle*, a spark, maybe, a slip of *some-one's memory*. The one who forgets is a frequent danger to the public.

FORGETTERS.

The won't spend money on advice, books, or profit by experience, "forget a lot folks," are the ones who are usually "out of condition," often unhappy in some way.

 *Ruptured persons*, oh, how they suffer, never realizing that—like many with *head trouble*, foot trouble, etc.—much of their misery is caused by not understanding themselves. I can give you some very valuable hints. Don't run chances of being more enslaved and in risk by (weak hope) thinking. Oh! no one can help me. Keep your courage up; be more hopeful and try me. Intelligent persistence *always brings* some improvement, and one improvement leads to another. Don't forget this.

MAXIMS THAT HAVE MADE MILLIONS.

Saturday Evening Post.

FIVE FORMULAS WORTH TWENTY MILLIONS EACH.—Russell Sage, the dean of American financiers, set out in pursuit of his present \$100,000,000 as an *errand boy* in a country grocery store. His maxims are these:—

1. Be *temperate* and you will be *happy*.
2. *Plain food*, an *easy mind*, and *sound sleep* make a man young at eighty-three.
3. *Opportunities are disgusted* with men who *don't recognize them*.
4. Despair is the forerunner of failure. Next to a fat purse is a "stiff upper lip."
5. When a man "*loses his head*" he mustn't complain about the other fellow taking an advantage. *Keep cool* and *freeze out the enemy*.

A MILLIONAIRE WHO NEVER BORROWS.—Mr. Charles Broadway Rouss, who is worth \$6,000,000, and who *began his business career* as a *clerk* in a *small store*, suggests the following seven maxims as embracing the essentials of a successful business career:—

1. The dignity of labor is the *greatest of all dignities*; the *genius of work* is the *greatest of all geniuses*.
2. Industry, integrity, economy, and promptness are cardinal requisites to certain and honorable success.

3. *Merit* is the trade-mark of success; quality the *true test of value*.
4. *Success* is not in the time, place, or circumstance, ~~but~~ but *in the man*.
5. Credit and partnerships are the scourge of commercial history and the bane of commercial experience.
6. Beware of the gifts of the Greeks; they allure that they may destroy; credit is tempting, but ruin surely follows in its path.
7. Burn the ledger and learn to say No; this is best for both buyer and seller.

SOME TOOLS FOR MAKING MILLIONS.—Henry Clews began life as a *messenger boy* in an English woollen factory. He is now worth \$8,000,000, and attributes his rise in life to his belief in these simple mottoes:—

1. It requires other things than ambition to become a millionaire, making *everything count for something* is one of the other things.
2. *Sobriety, honesty, and industry* are the three graces of a successful business career.
3. Save without parsimony; spend without lavishness.
4. *Sound health, a clear head, wise economy, and work, work, work*, will declare big dividends for any one who looks well after the original investment.
5. *Shun* wild speculations, and be *satisfied* with *slow but sure* returns for money invested.

WORK MAKES WEALTH AND GOODNESS TO BOOT.—Darius O. Mills, financier and philanthropist, started on his road to fortune with *nothing* but a *good physique* and a *large determination*. He is now worth \$25,000,000, and he has acquired that amount of money by observing these rules:—

1. Work develops all the good there is in a man; *idleness all the evil*; therefore work if you would be *good—and successful*.
2. Sleep eight hours, work twelve, and pick your recreations with an eye to their good results.
3. Save one dollar out of every five you earn. It is not alone the mere saving of money that counts; it is the *intellectual and moral discipline* the *saving habit* enforces.
4. *Be humble, not servile or undignified, but respectful* in the presence of *superior knowledge, position or experience*.
5. Most projects fail owing to poor business management, and that means a poor man at the helm.
6. *Success* is measured by the *good* one does, not by the number of his millions or the *extent of his power*.

IN PRAISE OF THE STILL TONGUE.—Collis P. Huntington laid the foundation of his fortune of \$50,000,000 by peddling hardware in California during the feverish days of 1849. His business maxims are:—

1. *Don't talk too much* during business hours.
2. *Listen attentively*; answer *cautiously*; decide quickly.
3. Do what you think is right, and stand by your own judgment.
4. Teach others, *by your conduct, to trust you implicitly*.
5. Never let your competitors know what your next move will be; time enough to talk after you have acted.

6. Have a *definite aim*, and keep you eye on the objective point.
7. Be *bold with caution*, prudent with boldness.

MRS. HETTY GREEN'S RECIPE FOR A FORTUNE.—Mrs. Hetty Green is the wealthiest woman in the world. *Without capital, friends or influence* she has built up a fortune estimated at \$60,000,000. The maxims governing her business life she has formulated as follows:—

1. Invest in real estate; buy a house for \$5,000 that can be soon sold for \$6,000.
2. Be satisfied with a profit the proportion of which corresponds with the size of the investment.
3. Women are seldom successful in commercial undertakings, because *they do not* appreciate the importance of *minding their own business*.
4. Imitation may be the sincerest flattery, but the good of it all lies with the things imitated. *Success is a stranger to imitation*. People with money to invest should pay no attention to the doings of others, but look on things from their own point of view.
5. The goal of success is not always reached by the roughest road; *the path* is an easy one to find. *That is why* so many people miss it.

PRACTICE ECONOMY; AVOID EXTRAVAGANCE.—Mr. D. K. Pearsons, millionaire, philanthropist and patron of colleges, says that the rules of life can be summed up as follows:—

1. *Practice steady economy*. Do not spend until you have it to spend. Be *strictly honest*, and *never take advantage of men*. *Avoid show and extravagance*. Use your money to educate the poor.
2. Be your own executive. *Trust no man* to administer upon your estate. You cannot carry out of this world any amount with your dead hands. There is no use for money beyond the grave.

THE GOLDEN RULE IN MONEY-GETTING.—President John J. Mitchell, of the Illinois Trust and Savings Bank, and a financier of the first rank, simplifies his code of business ethics as follows:—

1. There is no question that the golden rule is the best one to apply to business transactions.
2. I put myself in the place of the man with whom I am dealing and govern my actions accordingly.
3. *Success* has attended my efforts because of dealing with others *as I would* be dealt with.
4. My rule in investments has always been: Look to the principal rather than to the interest.

FOUR LAWS FOR A LAWYER.—A. S. Trude, one of the wealthiest attorneys in the west, has long followed these rules:—

1. Get the *confidence* of clients and *keep it*. Such *confidence* is *accumulated capital*.
2. Form a morganatic alliance with clients.
3. Buy during panics when others are *frightened*, and expecting the bottom to drop out of securities.

4. When the storm is raging and forked lightning appears in the financial sky, invest in property that others fear will be injured.

MR. ROCKEFELLER DREADS DEBT.—John D. Rockefeller, the "Oil King," whose wealth touches the \$125,000,000 mark, won his first start in a business way by working on a New York farm 12 hours out of the 24, for 25 cents a day. He has earned his position as a multi-millionaire by adhering to the principles of the following maxims:—

1. It should be every man's duty to get all the money he can, keep all he can, and give away all he can.

2. Buy only what can be paid for, and look upon debt as an ogre that first paralyzes and then kills.

3. Live within your means, and don't think too much of your neighbor's good fortune.

5. Keep a record of all expenditures and receipts, so that at the end of each year you can tell whether you are saving enough money to *provide against the inevitable rainy day*. Any one can make money; few can save it.

5. Live as though every act of yours was *under the scrutiny of your bitterest enemy*.

HARD WORK FOR YOU.

Good, reasonable, regular—suited to you—hard physical work or exercise is what you need, and you'll never feel as well as you should, study or work efficiently, until you undergo it.

CAN DO MORE BECAUSE KNOW MORE.

Many men and women of only ordinary endowments and energy can do more than the majority of individuals, because they read more, know more, remember more, know what they should do, how to take natural common sense *care of their bodies* and do it. Reader! follow my special advice and you'll be more efficient.

CHART.

Any Teacher or professional man will tell you that if you want to get the full benefit of any instruction, book or chart you must "give it some thought." Leave aside unfair misguiding prejudice, be interested, read it attentively and you'll get some or great benefit.

Difficulties are often the husks wherein the seed of a talent, a success, lies waiting for the foot of Courage to tread it out.

To keep your normal health and enthusiasm, you should—after your foundation in work, business, or profession is laid—get out amongst people reasonably often, see what is doing, read enough, get enough amusement, and travel if you can. You will then be more likely to retain your health and enthusiasm. Don't stay in the rut any longer than you must.

Truth has many enemies, but will stand and conquer without defenders.

THE CHANGELESS.

Arthur Henry Clough, in *National Magazine*.

It fortifies my soul to know
That, tho I perish, *Truth is so* ;
That, howsoe'er I stray and range,
Whate'er I do, *Thou canst not change*,
I steadier step when I recall
That if I slip Thou dost not fall.

The law of human helpfulness asks each man to carry himself so as to *bless* and not blight men ; to make and not mar them. Besides the great ends of attaining character here and immortality hereafter, we are bound to *so administer our talents* as to make *right living easy and smooth for others*. And this ambition to be universally helpful must not be a transient and occasional one—here and there an hour's friendship, a passing hint of sympathy, a transient gleam of kindness. Heart-helpfulness is to enter into the fundamental conceptions of our living. With vigilant care we are to *expel every element that vexes or irritates or chafes*, just as husbandmen expel nettles and serpents and poison ivy from the fruitful gardens.

WOMEN WITH BEARDS.

Paris, Feb. 2.—*Two French doctors* have been looking into the question of *bearded women*, and have discovered that out of every 1,000 *sane females* 290 are bearded. Of these 230 have only a light down, forty have a very visible beard, and *ten* are unmistakably adorned with this *hirsute appendage*. Out of 1,000 *insane women* examined, 491 had slight beards, while *fifty-six had beards well grown*.—1903 *Mail*.

BEARD OR NO BEARD.

Let Prof. Cavanagh find out from your head in a scientific manner if you have a well-formed cranium, will become neurasthenical, phrenetic or insane.

YOUR WORRY CAUSING BOY OR GIRL.

If your boy or girl—in spite of all your earnest advice and watchfulness—will insist on often eating candies or between meals allowing the stomach—which affects unfavorably the nerves, sleeping power and eyes—inadequate rest, and won't exercise regularly or pay proper attention, get their heads examined by me and it may be a life long help to them and you.

SERIOUSLY IN NEED OF BRAIN REST.

You are very seriously run down mentally—though you may look and act apparently alright—are in danger of a lapse of a faculty, some serious mistake perhaps delusion, mind blank, or derangement.

OVERWORK IS AGAINST NATURE.

Continual overwork is against nature, a violation of natural laws. The brain is only fit for a few hours—safe—work, daily or nightly. Few are fitted to work—do their duty as it ought to be done—physically—for more than eight hours

daily. Mischief results, intemperance, depravity, etc., occurs when persons are habitually overworked. The one who is continually overworked, cannot remain in an all-round normal condition, and is in a state to contract disease, is easier irritated, more subject to accident and to say and do what is wrong.

THE AMERICAN GOVERNMENT

Wouldn't have permitted this inscription to be put on the "*Ethnology* building" in the Pan-American Exposition, "The weakest among us has a gift," were it not true and of value.

YOUR SERVANTS

or a Railway Employee's Bad Memory.

Remember that your house, property, valuables, papers, pictures, books, etc., etc., are likely to be damaged, lost, or burned through a servant's bad memory; ask them to cultivate it, and get them one of my charts. It will be only a fraction in comparison to what you may lose, or risk otherwise.

TO RAILWAY COMPANIES

If you give to each of your employees one of my charts it will cause them to use and cultivate their memory more, and save your shareholders a great deal of money.

Millions of dollars would have been saved by now, and many appalling collisions—like the Wanstead, etc., horror—also avoided, had my advice—given to Railway Companies years ago in my "*Head Troubles Book*"—been adopted.

ABOUT CIGARETTES.

Washington, Feb. 13, 1892.—The Ways and Means Committee of the House will be petitioned to prepare a bill invoking the paternal condemnation of the Government upon the cigarette habit. Accompanying the memorial is a statement which says, "Clippings taken from papers throughout the United States show that during the past year there have been about 100 deaths of young men, mostly under 16 years of age, from the effect of paper-wrapped cigarettes. In some cases there has been an analysis of the stomach and in most instances have been found phosphorous and arsenic which are largely used in the manufacture of cigarette paper. About 100 men have also been consigned to insane asylums from the same cause."

A careful record kept at Yale for eight years shows that non-smokers are 20 per cent. taller, 25 per cent. heavier, and have 60 per cent. more lung capacity than smokers. A recent graduating class at Amherst presented a similar difference in favor of non-smokers, and in height 37 per cent., and also exceeded them in lung capacity.—*Mail*, '94.

DEATH BY CIGARETTE.

Toledo, O., Nov. 5.—George Cook, an actor, is dying in an hospital here from the effect of cigarettes, his skin turning black.—1902 *Telegram*.

THE CIGARETTE EVIL.

Sir,—I am pleased to see that our citizens are becoming alive to the dangers of the cigarette evil in our city. There is no greater menace to the health, intellect and morals of the rising generation than this habit, which physicians tell us is more difficult to break than drunkenness, and more disastrous in its influence on mind and morals. We have the *testimony of many educators* to the effect that boys addicted to the habit are *hard to manage, dull of intellect, morose, untruthful and filthy* in their personal habits, *no matter how bright, honest and reliable* they had been *previously*. In the United States so unreliable has the cigarette employe been found to be, that railroad corporations, insurance companies, educational institutions, athletic clubs and business firms have closed their doors against him. Out of 412 boys examined by the *naval enlisting officer* only 114 were accepted, the majority of the 298 rejected being on account of *weak hearts* caused by cigarette smoking. Some of our Toronto business firms forbid smoking when on duty, but I have yet to learn of any who absolutely refuse to employ those who use cigarettes. I feel confident that if a number of our large business firms would so decide and publicly announce the fact, that it would have a strong deterrent effect on our boys, and be a source of joy and gratitude to parents and teachers. It would also help mould public opinion, which is especially desirable now, as the Dominion W.C.T.U. purpose presenting a petition to the Dominion Parliament the coming session, asking for the prohibition of the manufacture and sale of cigarettes, and, as this would, to a certain extent, effect the revenue, a strong public sentiment is necessary. 7th Feb., 1903, *Telegram*.

All Boys should be prohibited from smoking cigarettes. Besides *so many scores of boys* smoking in lanes, alleys, barns, etc., and *carrying matches* are a danger to the public, to a whole town or city. The wholesale dry goods warehouse of McMahon & Granger of London, Ont., was completely destroyed by fire ; cause blamed on boys smoking in the rear ; loss \$100,000. See *Mail and Empire*, 12th June, 1903. A number of incipient fires were discovered just in time also.

CAUSES OF INSANITY.

Whatever irritates, exhaustingly excites, or debilitates the organization, especially the nervous system, affects the manifestation of mind. Dissipation early in life, indolence, frequently thinking on the sexual subject, loss of sleep, unreasonable anger, or sensibility, intemperance in drinking and eating, illness or accident which deranges the physical functions, may induce insanity.

PROF. FOWLER

Says a woman ever so sweet tempered by nature, when disappointed in her affections becomes soured in disposition.

All are but poltroons who do not love ; while love renders even poltroons heroes.

A happy state of the affections lengthens, unhappy shortens, any life many years.

Woman's health is still more renewed by right, and destroyed by wrong, love states.

"Old Baches"—a right love and marriage would probably improve your broken down health one hundred per cent.

Considered merely as a pecuniary investment, a *happy* marriage furnishes the highest incentives. Bachelors must pay more for poorer fare, and rarely become wealthy.

INDUSTRIOUSNESS. OUR FACULTIES.

Our faculties are given to us to use, do something good, useful with. If we neglect to exercise our muscles or any organ of our body or brain they will not only not be as efficient but will become weaker, less active, deteriorate. If we are industrious we follow a *natural law*, we do right. We follow the foot steps of those who have done most for the world and will surely be improved or rewarded in some way.

UNDER THE DOCTOR'S CARE.

It will only be a question of time—made nearer or distant by yourself—until you are under the doctor's care.

Trifles light as air, are to the jealous confirmation strong as proofs of holy writ.—*Othello*.

The web of our life is that mingled yarn good and ill together.—*All's well that ends well*.

It is late before the brave despair.—*Thomson*.

Life counts not hours by joys or pangs,
But just by duties done.

"This man with his piercing, steady eye elicits the truth, the whole truth, and nothing but the truth. You feel a certain tame helplessness; you know intuitively, on the spot, that he is a man who would immediately detect the slightest prevarication. If needs were, and he wished it, you know that the whole story of any life to its minutest details would be laid bare before him. Everything about this man speaks of an extraordinary and nimble mind, of a true kindness of heart." The above is copied as an illustration of a rare *faculty of observation*, possessed by that extraordinary and prolific journalist, Kit of the *Mail & Empire*, writing about a well-known personage.

Parents, Teachers, etc., should remember that if an individual's physique is much under normal weight, or too arduously taxed through study or work, self-control "volition" will be impaired. Let youths have a good body in every respect first, and it will be a foundation of strength through life which a high-class education and weak physique will never impart. Prof. Blackie continually admonished students of the necessity of cultivating the body *quite as much* as the mind.

Each one can start a train of consequences for good that will be as the pebble cast into the water, which will start a ripple which will extend to eternity's shore to bless or to curse man, to sweeten or embitter life.

God alone can change us. Others can only bring out what is in us.

The happiest people in this world are those who are at rest from themselves and at work for others.

Wisdom is often nearer when we stoop
Than when we soar. —Wordsworth.

Truth is as impossible to be soiled by any outward touch as the sunbeam.—Milton.

He who is firm in will
Moulds the world to himself. —Goethe.

Search for the truth is the noblest occupation of man ; its publication a duty.—Madame de Stael.

Men seldom improve when they have no other models than themselves to copy after.—Goldsmith.

Never resurrect an evil that has been fairly buried.

PROF. CAVANAGH KNOWS SUCH, YEARS IN ADVANCE.

THEN AND NOW, A DANGEROUS MAN.

London, Dec. 19.—A man has been in London for a week who is destined to give England a vast deal of trouble. He is Count Leontieff, a Russian scientific explorer, who has been for several years the trusted go-between for Russia and Abyssinia. He has gained a remarkable ascendancy in Abyssinia, and King Menelek appointed him Governor of the Equatorial Abyssinian provinces nearest the Nile. A part of Leontieff's plan is to extend the frontier to the Nile by seizing a big territory long since claimed by England for Egypt. England holds this territory to be of vital importance. "It used to be the custom to laugh at Leontieff as a mountebank, but he is recognized now as a man of great resource, courage and ambition.—Mail, '97.

Those having children who are inclined to be obstinate, should remember that "to entirely spare the rod may spoil the child," or as Shakespeare says, "better a little chiding than a great deal of heartbreak."

All young men require an immense amount of restraint. Most of them can barely be kept passably "straight" by all the converging stringencies of law, public opinion, mother, sister, sweetheart, and society to boot. *Conscience* can do much, but by no means all required.—O. S. Fowler.

The temptations to which young men are exposed are many and terrible. Women with their quieter natures and more placid temperaments, can have no conception of them, or of the fearful struggles of good and honorable men against the net which the world tries to draw around them.—Talks by "Teresa," *Catholic Register*.

YOU'LL SOON HAVE TROUBLE.

It only requires some unusual circumstances or unfavorable conditions to bring things to a crisis in your case. Get the best advice possible while you may and try to avert or lessen threatening results.

If you are really in earnest to improve yourself, and have in time some things you much like, and better accommodation, etc., you must use energetically the faculties God has endowed you with; your eventuality *memory, order, and firmness*, and you'll get some of what you strive for. Buy the books, etc., I suggest.

BILL NYE'S HEAD.

In order to note the advancement made by phrenology, I went yesterday to visit the leading phrenologist of America, and—no doubt—of the world. Frankly, I must confess it was a case of going quietly to scoff and remaining to pray, for I don't believe Inspector Byrnes is "on to me" with more fidelity or accuracy than the venerable bump manipulator who turned me over yesterday.—See *Toronto News*, 20th Dec., 1891.

LILLIAN RUSSELL.

After long and diligent study of the question of religion Lillian Russell has announced to her friends that she is an *out-and-out faith-curist*. She does not subscribe to the doctrines of Mrs. Eddy, of the Christian Science cult, in their entirety, but so strongly is she convinced of the *power of the mind* over the tendency of the body to become disorderly that she is almost hoping for a severe attack of illness in order that she may give the theory a test.—15th Sept., 1900. *Toronto News*.

The really industrious person is lucky, even if delicate or with some ailment, because can often forget troubles, and improve, and thus avoid worrying with its waste of energy.

COMPOSITION

If regularly indulged in is one of the best exercises, making a writer terse and close in style. Indulge in all kinds of composition, argumentative, descriptive, metaphysical, and critical. Write as you feel, correct or abbreviate afterwards. Writing is the ground-work of eloquence and to speak fluently and ably one should first know how to skillfully wield the pen.

I can give you the names of well-known writers—newspaper men and others—who have done well. Composers (of songs) who have become rich.

UNUSUAL HOPE AND WILL POWER AND WHAT THEY CAN DO.

The *Pope* is looking forward with perfect confidence to his 100th birthday, seven years hence. It is his calm faith in his own physical resources and power of resistance, according to Dr. Lapponi, that contributes *more than any medicine* to sustain and prolong the Pontiff's life. Leo's splendid constitution, his Spartan system of life, and, above all, his *indomitable will* and self-reliance may prolong his existence.—25th April, 1903, *World*.

It is his intelligence, interest in life, and extraordinary will power that enables this refined and wonderful old man—in spite of suffering, weakness, and all the responsibility, etc., he has to bear—to attain such a great age. Dr. Lapponi said, lately, “I cannot imagine how the Pope manages to keep alive.” If the Doctor understood phrenology he would understand why, better!

ABOUT THE POPE'S HEAD.

The artist Thaddens says Pope Leo is of medium height, with an attenuated figure bent by study and the weight of years, but that in every movement he is astonishingly quick and energetic. His eyes are bright, vivid eyes, set close together, and denote the man who is ever on the search. He is gifted with the fire and impulses of youth without its accompanying physical strength. His Head is a most remarkable one, once seen never to be forgotten, with its every feature out of strict proportion, yet in harmony with the whole.

HOPE.—The self-made man has had plenty of hope; the man who though he has plenty of mechanical skill, literary ability, business capability and the necessary physical strength yet is deficient in this organ, he can't *imagine*, properly picture to himself much pleasure. Many clever men and women think too discouragingly, give up too soon, fail for want of enough hope. Hope is indeed a great power, comforter, aider to success. Hope gives suggestions to “firmness,” will power, not to give up, but try again. Keep striving.

THOSE WHO WILL ALWAYS WORRY.

(Like persons who are crippled physically, lame or impaired, and thus handicapped).

Those who will always have something to worry about are the ones with *weakened faculties*, such as *memory*, *firmness*, etc. Anyone with only moderate mental organs, a *moderate development* of calculation, eventuality, firmness or any organ is likely to always have something to worry about.

My chart shows such persons better than anything else how to cultivate or  improve weakened organs.

If such as you are forced to study hard, or follow a profession or what's really not suited for you, will be most unhappy, a failure, and possibly in the years to come a drunkard, suicide or insane.

You should practice shunting your thoughts. So doing will often save you from getting irritable, low-spirited, discouraged or giving in to some temptation.

LOVE.

Love is the only bow on life's dark cloud. It is the morning and evening star. It shines upon the babe and sheds its radiance on the quiet tomb. *It is the mother of art, inspirer of poet*, patriot and philosopher. It is the *air* and *light* of every heart; builder of every home, kindler of every fire on every hearth. It was the first to dream of immortality. It fills the world with melody—for music is the voice of love. *Love* is the magician, the enchanter, that changes worthless things to joy, and make right royal kings and queens of common clay. It is the perfume of the wondrous flower, the heart, and *without that sacred passion*, that divine swoon, we are less than beasts; but with it earth is heaven, and we are gods.

Never Read, and talk little or none when at meals. So doing will be better for the manufactory which supplies to your brain material for energy, your stomach. Also don't forget that hurried eating is slow suicide and may lead to appendicitis any time. If you do as I say you'll often be surprised at the lessened time it takes to get through with a meal, thus saving not only energy but valuable time also. This is a most valuable energy helping hint.

CHILDREN SLOW TO TALK.

Those who have children who are slow in learning to talk should not be anxious, as many of these may develop to be exceptionally clever men and women. ■ Du Maurier was a late speaker, and in after years a splendid draughtsman, musician, and writer. Said he, my parents must have thought me dumb, as a child.

Have little or nothing to do with the really bad tempered, selfish, indiscreet, or the known to be unlucky.

■ These are a few illustrative cases written at random as they came up in my mind :

Mr. E—— worked for \$4.00 per week in a stove shop near Wilton avenue, got a chart from me and afterwards rose to be manager of the T. M. Co.

The leader of the P—— Band was working in a country town when first examined by me.

The leader of the D—— town band was only a laborer when examined by me.

The leader of the O—— Band was told by his musical instructor and others that he had no ear for music, but he *remembered* his brother's experience, examined by me five years previously and worked, kept working, and stuck to his musical practice with above result. The most attractive, magnetic, and probably most powerful and popular piano virtuoso in the Dominion to-day, examined in presence of dozens (well-known doctors) twenty years ago by me was a most thorough worker. Work, hard consistent, persistent, hopeful work (he is a pupil of Leschetizky and Moszkowski) has made him what he is to-day, the Paderewski of Canada.

Visit Mr. Dorenwend, Yonge St. (name known in most parts of Canada, and many parts of the United States, and the North-West, etc.), whom I wrote a chart for nearly two decades ago, and advised into his present profession. He had been to other phrenologists, but was never told (except by Prof. Cavanagh) about his Inventive genius. Ask him his opinion of my advice and phrenological chart.

Mr. Pennycook of Toronto invented the lace hook now worn on everybody's boots. His constructive faculties were conspicuously developed, the sides of the forehead of this remarkable man were so rounded that anyone could notice them at a glance. Find out what this invention alone was worth, try to imagine what using brains in this instance was worth.

I can give you names, show you evidence, that will convince any sane, honest minded person of the great value of Phrenology when properly understood and what sensible encouragement will do. A certain mechanic was brought to me by a minister, he had tried but given up the violin, was examined by me, found to have unusual musical ability but was deficient in energy. He began Violin practice again with astonishing and most gratifying results. I have not space enough to write more than a small percentage of most interesting cases of various kinds.

Try to estimate the value of that other household's triumph of brains, observation and accurate thinking, the Carpet Sweeper, which no family however poor should be without.

How much is the Christie bread knife worth. Another find of the faculty of observation modelled from that terrible weapon the Malay (sword or) crese. How much has the best *effective* can opener been worth to the one who *thought* of it? Also the simple but universally useful rubber tipped lead pencil.

The youngest inventor I've examined was a boy of about 10 years old who made a silver-cleaning compound, sold and well-known in Canada. Another young man examined by me made and sold compounds, and afterwards became manager of one of the best known Bicycle firms in the United States and Canada. Please remember I can furnish you names, etc., upon personal request, of those I state I've advised.

MOST WOMEN CAN'T BE HELPED

by Phrenology like men can, because they are deficient in chest development, which includes the lungs—breathing—and heart power, and they are more or less weak in

Memory, Hope, Ambition and Firmness or Will Power, and too much developed in Cautiousness, and thus afraid to spend money on their brains.

They lack mental self-confidence and won't pay, nor save up a few dollars for a chart and special advice, but they will spend money—a lot in the aggregate—on trifles, and much on expensive finery, amusements, etc., which soon are worn out and forgotten. I know many young women, and some not young, who have spent the necessary amount upon my *charts* and *special advice* and who have done well as musicians, shorthand writers, secretaries, milliners, actresses, elocutionists, hospital nurses, teachers, doctors, etc. I meet large numbers of women with capable bodies and brains, but they are deficient in Energy, and won't believe in themselves nor persistently try to improve, and live lives of more or less misery become failures whether married or single, and most of this is caused by the deficiencies—which could be removed or lessened—that I have named.

“ It is our Will

That thus enchains us to permitted ill.
We might be otherwise ; we might be all
We dream of, happy, high, majestic.
Where is the beauty, love and truth we seek
But in our Minds ? and if we were not weak,
Should we be less in deed than in desire ?”

—Shelley.

Young women, ye who have good figures and capable heads, think this over, ask experienced persons whether I'm right or not? Then you'll likely start putting money by for my chart and full instructions, which may make you better, healthier and happier.

Prof. Owen got his splendid education in **6** years. Now note what *six years* has done for this other individual. The *March Magazine of Art*, 1903, has an interesting account of Bertram Hiles, the *armless artist*, with several reproductions of his work—one in color. Mr. Hiles nourished the desire to become an artist from his early childhood. At eight years of age, however, he was deprived of both his arms in a street car accident. But this did not cause him to abandon his intention, and he decided to fulfil it by learning to draw with his mouth. *In six years* from the date of the accident he had acquired such facility in this extraordinary method of work that he could accomplish *with ease* most things that we do with our hands.

Young ladies, ought not this case as well as others, make you feel ashamed of your lack of will power, courage and hope, if you don't accomplish something out of the ordinary, be better than the average woman.

JUDGE ROSE ON PHRENOLOGY.

Phrenologists in Prisons.

MR. JUSTICE ROSE'S SUGGESTION IS TO DIAGNOSE THE CRIMINAL AND TREAT HIM ACCORDINGLY.

The Grand Jury, who have been busy, more or less, at the Assizes, for the last twelve days, made their presentment this morning, following on the lines of the jury at the Sessions, advocating indefinite sentences. *Mr. Justice Rose spoke very strongly on the subject.*

At the jail the jury noticed improvements in the way of classification, and in the Mercer Reformatory there should be more classification.

A JUDGE'S RESPONSIBILITY.

"For many years I have given the subject of prison reforms as much attention as I found it in my power to do. I quite agree with you as to the system of indeterminate sentences. No one who has not had especial opportunity can have any idea of the responsibility which one feels in passing sentence on criminals. ²²⁷ *You feel that you should know their whole past life, their associations and environments, their instincts and disposition, correction is sometimes required physically, sometimes not; sometimes intellectually, sometimes not; sometimes morally, oftener not. The position is not a pleasant one.*

ADVANCE OF PRISON REFORM.

"If we advance, and, thanks to *prison reformers* we are advancing, so that a *study* can be made of each prisoner, **we shall be far on the right road.** We deal with prisoners *as a class*. In the old days they killed them, and put them out of the way. Now we shut them up and do nothing else. They are confined for a while, and come out. But with what result? What reform process has there been? None."

PHRENOLOGY OF CONVICTS.

He advocated the appointment of an inspector, " a man of educational refinement and social culture, a man who could make a study of phrenology, and could look over each prisoner. If we could pay a salary large enough to tempt such a man to give his life to the visiting of our asylums and prisons, and examine each prisoner, to know all about him, to recommend that his term should cease, or make other recommendations fitting the case, we should then be advancing.

A man might stand in the dock and not need imprisonment. He might be prevented or afflicted some other way and it might be wrong to send him down. It might be right to send him as a lunatic. Many of these things are wrong.

PRISONS SCHOOLS OF CRIME.

" Many prisons are schools of crime, where men and women, having made *one slip*, come out finished criminals. *Classification is absolutely necessary.* We can't be too liberal in spending money toward moral and physical development.

" I will forward your report to the Inspector of Prisons. I am glad you made these recommendations. This report must not be pigeon-holed. If you go out and use your influence it will help to bring these things about.—*Evening Star*, 21st Jan., 1898.

MR. JUSTICE ROSE ON PHRENOLOGY.

Some day each prisoner would be treated as an individual, and the necessities of each one, with a view to his improvement, would be considered. Now criminals were treated as a class and prisons were schools of vice.

EXPERT IN PHRENOLOGY.

He hoped that some day the Government would appoint, with an adequate remuneration, the best man that could be secured, an expert in phrenology, who would visit every jail, prison and reformatory, study each prisoner and make his recommendations to the authorities accordingly. This would be proceeding along lines that were intelligent, very different from the present system. *Classification of prisoners was absolutely necessary.* He thought that the Government could not be too liberal in expending money on prisons.—*News*, 21st Jan., 1898.

A bill for the segregation of habitual criminals is to be introduced in Parliament shortly by the Home Secretary.—13th June, 1903, *Telegram*.

You're a most useful, handy woman who should be able to secure a capable husband.

You are an indifferent female, who through neglecting your *memory* and self-control and foolishly not paying attention to little details greatly lessen your chances of marriage, and if you marry will likely (sooner than you would believe) be *separated or divorced*.

You are at present—a huffy, easily offended creature and will pay dearly for your want of thoughtfulness in this respect.

You are a most intelligent young lady, have a great appreciation of all that is nice, neat, stylish and possess expensive tastes. Don't marry a poor man except he has ability in him to some day in the near future earn enough to enable you to reasonably gratify your desires. If you marry where you'll have to deprive yourself of modern conveniences, plants, flowers, some works of art, etc., you will feel as if life is more or less of slavery, deprivation, and you'll often be unhappy, because of some parts of your nature been half starved or neglected.

You would make a good wife for a small store keeper.

Could make a capable wife for a merchant.

Would do to help an ambitious and intelligent mechanic to raise himself to position of foreman, etc., as you are a woman who belives in industrious effort, intuitively knowing, seeing through your perceptive power that those who have worked patiently and with judgment have done well.

You could make a fairly good wife for a small farmer.

You could marry a farmer, encourage and help him to greatly improve his brain and progress.

You'll find it difficult to secure a wife to your tastes.

You are easy to please in a wife provided she is healthy, industrious, hopeful and cheerful mannered. Looks don't count with you no more than stylish outside show.

WARNING TO MENTAL WORKERS.

Some persons are dull in their intellectual processes till they become excited—warmed up to their work as it were—that is, till the circulation in their brains is rendered more active. * * * * Men who would readily see the impropriety of walking three or four miles while suffering from an inflamed knee joint, do not hesitate to exert a disordered brain to the limit of its power. It is impossible that the action of a brain thus affected can be such as to make sound and healthy thoughts.

It is not to be wondered at, therefore, that the subjects of cerebral congestion who *insist* upon attending to their avocations, and on concocting schemes for obtaining wealth or fame, should *perpetrate acts* which result in the loss of a fortune, or the acquisition of a reputation far different from that sought. * * * * Every action of the brain, whether it be a preception, an emotion, an intellection, or a volition, is the immediate result of an increase in the amount of intercranial blood. With each manifestation of mental force in any of the ways mentioned, there is a certain amount of decomposition of a certain quantity of cerebral tissue. * * * * This fixing of the attention upon the body, is of course apt to develop symptoms which would otherwise never make their appear-

ance; and scarcely a day passes that instances in point do not come under my observation. * * * * The first requirement in the treatment of a diseased organ is almost always *rest*. Work is necessarily the result of increased blood supply, if, therefore, the patient already suffering from the effects of too great a flow of blood to his brain, *persist*s in those *actions* which directly augment the *already* excessive current, the result will inevitably be an aggravation of the symptoms, and in all probability, the development of some hopelessly incurable malady to which cerebral hyperaemia is as nothing.—*Cerebral Hyperaemia*, by G. Hammond, M.D.

WALKING.

It is said that walking brings into action every muscle of the body. Good vigorous walking—with a purpose in view—increases the circulation and beneficially affects all the organs of the system. Few people seem, nowadays, to suspect the value of it as an exercise; but great good must result from the practice, or so many eminent personages would not indulge in it so much. Mrs. Langtry, I believe, has always asserted that she owed the fineness of her skin and brilliancy of her complexion to a rapid *daily* walk. A quiet walk is better than none because it necessitates your breathing the open air.

INSPECTOR WM. STARK,

CHIEF OF THE TORONTO POLICE DETECTIVE DEPT.

Says the first and principal cause of all crime is the deplorable lack of parental control in children when young. The great majority of those who developed into criminals of note commenced their criminal career when children. Intemperance was the next most important factor, and it was found that persons of this class gradually drift into dissipated habits and their expertness as thieves leaves them. It is very rare to meet a criminal who is a total abstainer. The want of restraint in youth, he said, begets a spirit of restlessness which militates against their settling down into regular work.

DR REYNOLDS,

Says the influence of the mind upon the body is all powerful, and should be constantly called into service in treating the sick. "Hope is one of the best stimulants and tonics. Many of the sick who have been discouraged or despondent can be wonderfully improved by imparting Hope and arousing their courage. Their blood will circulate with renewed vigor, and the secretions will be stimulated, the digestion improved, and new vigor infused into the whole system. Such a change will oftentimes turn the scale in favor of the recovery of the patient.

The effect of mind on matter is curiously illustrated in the case of Joseph Hardin. He was informed by four masked men that he was to be shot. They blindfolded him and fired a shot in the air, at the same time one of the jokers tapped him on the back of the head and he fell forward dead—from heart failure. The idea of a bullet killed him. He died from the effect of an impression. Now certain people are beginning to ask this rather tough question, "If a man can be killed by the idea that he is going to be killed, why can't he be cured by the idea that he can be cured?"—*New York Herald*.

You do not judge by sympathy, you judge by stern facts.—*B. B. Osler*, the really great lawyer.

A French writer says: "Neither virtue nor vice is the heritage of one class more than of the other. The babe sweetly sleeping beneath many folds of soft lace-trimmed linen *may prove* in later days as great a rascal as the rag-wrapped infant fretfully sleeping in the broken wicker basket. If in the moral make-up of either there is a *weak spot time and opportunity will develop* the defaulter, the forger and the swindler, or the pickpocket, the thief and the burglar.

There never was a woman yet who would not like to be beautiful and there is not a woman but what can, if she *knows how*, improve her personal appearance.—*Philadelphia Record*.

The one who always speaks and acts as a true lady or gentleman should, always follow a good and the safest method in dealing with others.

UNEVEN HEAD.

If the chest, back, leg, arm, hand or foot had a noticeable hollow or depression in it, it would certainly reduce its strength, and such would be the thoughts of any intelligent person; and so with the head or skull. If it is noticeably depressed, hollowed or uneven in any part or way, it affects the action of the brain (and mind).—*See Works on Insanity*.

Lavater says any depression, deformity or deficiency in the skull, causes a flaw in the character.

The outward forms result from the degree of development of the contained organs.—*Sir Charles Bell*.

CHILD'S BRAIN.—If the brain of a child is free from defects at birth, and acquires no improper impressions in infancy, it will not easily become diseased in after life.—*Cutter*.

Nature craves all duties to be rendered to their owner.—*Troilus and Cressida*.

Unquiet meals make ill digestions,
Those of the raging fire of fever bred.—*Comedy of Errors*.

A married woman is always wiser than an unmarried woman but it is often the wisdom that comes from disappointment, sorrow and discontent.—*Century*.

'Tis better to be much abused than but to know a little.—*Othello*.

To get the soul right requires not only spiritual but *physical exercise*. I recommend the gymnasium, the dumbbells, and the bicycle.—*Dr. Talmage*.

The average weight of the full-grown male brain is from 40 to 50 ounces. Average weight of the full-grown female brain is from 37 ounces to 45 ounces. Average number of cubic inches in the male brain is about 150. Average cubic inches in the female brain, 120.

BUGLER IN THREE MONTHS.

This is to certify that my head was examined by Prof. Cavanagh, and he told me that a little soldiering would do me good, as all young men should be able to do something in that line, also that I possessed a quick ear for music and could easily learn to be a first-rate bugler. Since then I have undergone a course at the C. School Barracks, and in three months have obtained a *first-class bugler's* certificate which usually takes from six to nine months to secure. I can sincerely recommend Prof. Cavanagh, as through his advice I have greatly benefited in health and mentality.

(Signed) K. C. KERR.

Cheerfulness, handiness, carefulness and courage are a better dowry with a wife, than a fortune without them. A healthy but poor girl with these qualities is rich.

DR. EMILY STOWE

Says there is a great tendency among women, old and young, to depend upon and imitate each other. Young women should never act upon advice until they have sifted it and found it suitable to their case. **TO BELIEVE IN THEMSELVES WOULD GIVE THEM POWER AND STRENGTH.** The world stands in exactly the same relation to man as to woman. Her requirements were the same, and circumstances and environments moulded and affected her equally as in the case of man. Therefore she had the same claims and inherited the same rights as man, and in order to ensure the possession of these rights woman must individualize. N.B.—I possess the chart of this remarkable lady physician, made out for her many years ago. How correct it has proved can be seen by a perusal of it.

One would not know what mud lies at the bottom of his heart if provocation did not stir it up. How many often say, I did not think it was in me, others, I did not know my own strength. Sudden provocation or a severe affliction may discover something latent which you never suspected.

He that has never known ill-fortune has never known himself or his virtues.
—*Mallet.*

There's nothing either good or bad but thinking makes it so.—*Hamlet.*

Mr. Gladstone is a believer in the theory that a man can do *better mental work every year* to extreme old age if he *takes care of his body*. He claims that the mind grows stronger and clearer as the body loses vitality, and that it is only *disease* of the *latter* that can prevent an intellectual progress that will go on to the end. He is certainly a good illustration of his working theory. He also attributes his long life to the fact that he invariably kept Sunday apart from his ordinary life, and especially from his political life. Mr. Gladstone when at the Riveira, astonished people by his marvellous energy and comparative robustness. They had not been used to see a man of 85 years taking long walks, doing his four miles an hour, and braving snow, rain and wind. He looks *ten years better* for the change.

He that lays down precepts for governing our lives and moderating our passions, obliges humanity not only in the present, but for all future generations.—*Seneca.*

There is no greater error than to suppose that thinking about a propensity which ought not to be gratified will conquer it. On the contrary every hour of lonely thought gives it fresh force, but let the individual plunge into business that *must* be attended to, or even a lighter occupation so it be an *engrossing* one, and do this resolutely, however irksome it may at *first* appear, and the very *repose* thus given to the *diseased* part, if there be disease, by throwing the whole stress on *other* portions of the brain will *assist* in affecting a cure.

In a patient under the care of Blumenbach, that physiologist observed the brain to sink whenever the patient was asleep, and to swell again with blood the moment he awoke. When excited by pain, *fear* or anger, his brain protruded greatly, so as sometimes to disturb the dressings. The cause of these appearances obviously was that the brain like muscles and other organs of the body, is more *copiously supplied* with blood when in a state of *activity*, than while at rest.

In our waking hours the amount of blood circulating in the brain is much more in quality than it is when we are asleep.

Things without all remedy should be without regard.—*Macbeth*.

Happy are they that hear their own detractions, and can put them to mending.—*Much Ado About Nothing*.

Men call fretting a minor fault—a foible and not a vice. But there is no vice except drunkenness which can so utterly destroy the peace and happiness of a home.—*Helen Hunt*.

The average duration of marriages in England is 27 years; in France and Germany, 26; in Sweden, 23; Norway, 24; Russia, 30. What provision have you secured for your wife should you die? What can she turn her hand to? What is her mental power? Get her head examined.

ALL SUBJECT TO DERANGEMENT.

But some more than others. Many will speak or act under the influence of sympathy, anger, acquisitiveness, jealousy, amativeness, prejudice, spite, envy, fear, shame, sensitiveness, pride or irritability who would not in their normal condition or "sober senses" think of so doing. We are all subject to occasional derangement and liberal consideration should be made for these periods of partial insanity.

IMPORTANT TO DOUBTFUL STUDENTS.

If we repeat diurnally any sort of mental effort at the *same* hour, we finally when the time is near discover ourselves approaching our task without premeditation. If we arrange our studies in harmony with this law, taking up each *regularly*, a natural aptitude is soon developed which renders application more easy than when the subjects are taken up as accident may direct. Occasionally the tendency to periodical and associated activity becomes in course of time so great that the faculties seem to go through their operations almost without *conscious* effort, while their facility of action becomes so prodigiously increased as to give unerring certainty where at first great difficulty was experienced.

A biographer of Phillips Brooks, the distinguished Massachusetts divine, says he has always been a notably diffident man, *distrustful of his ability*. It is rather singular that Mrs. Beecher makes practically the same statement about the great Brooklyn preacher.

Napoleon (1796) had given indications of his military talents at Toulon, and of his remorseless nature at Paris, but the *extent* either of *his ability* or wickedness was at this time *known to none*, and *perhaps not even suspected by himself*.—*Southey*, page 117.

Our bodies are our gardens, to which our wils are gardeners.—*Othello*.

Wise men ne'er sit and wail their woes,
But presently prevent the ways to wail.

—*Henry VI.*, Part 3.

The thrift of time will repay you in the years to come with a usury of profit far beyond your most sanguine dreams. The waste of it will make you dwindle, alike in intellectual and in moral stature beyond your darkest reckonings.—*Gladstone*.

The wise man will endeavor to accommodate himself to all the contingencies of life.

Every man deems that he has precisely the trials and temptations that are the hardest of all for him to bear; but they are so because they are the very ones he needs.—*Richter*.

Do little things now, so shall big things come to thee, by and by, asking to be done.—*Persian Proverb*.

A wise man will make more opportunities than he finds.—*Bacon* (Essay III.).

The spirit of industry, and great efforts, is prompted by "Hope." A great deal of this life's pleasure exists only in hope. When hope is weak it is sad indeed, because we *imagine* we are worse off than we really are. Many with good talents never succeed in proportion to their worth because this *one organ* is inferiorly developed.

When fortune means to men most good, she looks upon them with a threatening eye.

MARRIAGE ADAPTATIONS EXPLAINED.

CHARACTER TOLD FROM PHOTOS.

If you desire to ascertain the character, talents, strong or weak points, of any person, *bring* me their photos, or even good tin-types, and I will tell you whether I think they are clever or dull, loving, selfish, jealous-minded, ill-tempered, untrustworthy, long-lived or short-lived, etc. Many, I have asserted from

their photos, would be clever at music, painting, bookkeeping, shorthand, or should be good as teachers, travellers, etc., or that hard study, worry, or certain occupations would greatly weaken them in mind or body, or should make good wives or husbands, etc., as the case might be. My words have often come true, as many can testify. I have related cases in point again and again in the city papers. Read the press notices.

Bring him some of your friends' pictures and he will surprise you.—*News-Letter*.

He is unique at discerning character even from photos.—*Telegram*.

I can disillusion many who need to be disillusioned now re their sweethearts. Listen to my "scientific findings" and save yourself from being a member of that great army around you, "the unsuitably married," the separated and the divorced.

FROM ONE OF THE BEST WRITERS IN NORTH AMERICA.

I sent the photos of two persons well known to me to Prof. Cavanagh, of Toronto, not to test the truth of phrenology, for of that I have long been satisfied, but to test the Professor's ability as a delineator of character. Although the persons whose photos were sent for examination were utter strangers to him, his off-hand delineation of both were strikingly correct, and would be astonishing to those not aware of the possibilities of the science in competent hands.—*Allen Pringle, Selby, Ont.*

Menial position. It is quite likely that in time you'll occupy a menial position, be glad to take whatever job or employment is offered you, not from want of intelligence, etc., but through impatience, carelessness of present conditions, which lays the foundation of future comfort or discomfort, etc.

Happiness a disease resister. Whatever is—reasonable—that causes happiness helps health, relieves worrying, and assists in resisting disease. So any expenditure upon pleasure, games, books or advice that makes you feel good, is *money*—for health of brain and body—well spent. The one who neglects opportunities to be happy is worse than one who lazily neglects some business chance.

You are liable to insanity. You are liable to become feeble-minded, erratic, eccentric, suffer from melancholia, delusions, paralysis, temporary derangement or insanity if you don't follow my special advice. Physicians can easily prove me right.

7 CONTINUITY, ETC.

If such as you continually overwork, often too closely apply yourself, to the neglect of adequate rest and exercise, your attention if directed to something very interesting or a possible appearing accident in the street, etc., you will be so fascinated like, intensely occupied, *observing*, that you risk being hurt, run down, etc., yourself. So you must "let some things go" rather than often overwork or apply yourself for long periods, on account of the risks you thus subject yourself to. "Forewarned is forearmed."

CAPACIOUS CHEST.

You have a superior chest development to that of most folks, with the splendid influence which such exerts upon the heart and brain.

CULTIVATE THIS 1 FACULTY,

Eventuality or general *memory*, and you'll help many of your other faculties; your will power shall act oftener, because eventuality memory will tell your "firmness" what to do, thus reminding it to act *now*, and improving your self-control.

If you are doing any great work let me tell you if I think you've life power enough to finish it.

DON'T MARRY HER.

If a young lady you are courting does not arouse in you a genuine feeling of love, a sensation of contentment and pleasure when with her, she is deficient in magnetism for you. Don't marry her.

If you've a small chest or weak lungs don't marry one similarly deficient, nor one whose upper lip is drawn so tight as to show no depression.

WARNING ABOUT MARRIAGE.

☛ If you've plainly felt depressions in any part of your *SKULL* don't risk marriage with an individual similarly marked, or loss, trouble, or misfortune for you or your children in some way will be the result.

Cultivate your memory. Just try to recollect that one instant's failure of the memory to work, or a bad memory, has cost many, and may cost you your, limb or life.

LAPSE OF MEMORY.

☛ *Cause of the Collision at Madoc Junction, Resulting in the Death of Two Men.*

BELLEVILLE, July 31.—(Special.)—The inquest held by the Coroner, Dr. Yeomans, into the cause of the Madoc Junction collision, whereby two men were killed, concluded last night. The verdict given was:—"That Samuel Burd, brakeman, of Belleville, and Archibald Edmunds, engineman, of Lindsay, came to their death on July 26th, in a railway collision near Madoc Junction, the cause of the collision being a *lapse of memory* on the part of Conductor William Kerr and Engineman James Maybee of the Madoc train."—*Globe*, 1900.

Would a man in a burning house refuse to escape by means of a ladder because he had never tried it? Hardly.

All persons should try to improve their inferior conditions by testing phrenology for themselves.

How many men have dreamed a thing
That would have made a "hit,"
Or helped the world if only he
Had executed it!
Great thoughts that we know nothing of
Have flown on unseen wing,
Because the dreamer lacked, you see,
The necessary ENERGY
To carry out the thing.—18th Jan. *News*, 1902.

One of the *sublimest things* in the world is *plain truth*.

The *most perilous hour* of a person's life is when he is *tempted to despond*. The man who loses his courage loses all; there is no more hope of him than of a dead man; but it matters not how poor he may be, how much pushed by circumstances, how much deserted by friends, how much lost to the world; if he only *keeps his courage*, holds up his head, *works* on with his hands, and with unconquerable will determines to be and to do what becomes a man, all will be well.—28th April, 1900, *News*.

MY TASK.

To love some one more dearly ev'ry day,
To help a wand'ring child to find his way,
To ponder o'er a noble thought and pray,
And smile when evening falls.

To follow truth as blind men long for light,
To do my best from dawn of day till night,
To keep my heart fit for His holy sight,
And answer when He calls.

—Maude Louise Ray, 1902, *News*.

YOUR LOVE.

You are a normally affectionate individual, and if you secure a suitable companion your love element will be kept normal, and will be the means of increasing your energy, and usefulness to the world. If you remain single you will deteriorate.

You wish to get a lady (for wife) who is handsome, very proportionate, and more or less accomplished, and will likely "foolishly delay" marriage many years in the hope to secure such.

You are a good-looking woman and know it. Will get many compliments and likely lose good marriage chances through ambitiously—but not over-wisely—waiting for someone near to your ideal, and who, if he existed—and so perfect as you imagine—would have so many admirers that you would likely be too late. Use your eyes and think more practically and be less idealistic about the one you'd like to marry.

In your present state your mental power is so reduced that it would not take much overwork, study, loss of sleep, excess, or trouble, to reduce you to a "can't think" condition, a condition similar to an idiot or lunatic, not fit to read much, walk, talk, observe, sight see, or enjoy, which condition, dull, etc., weather will render worse. Your endurance and speed is seriously reduced now.

You wish earnestly to marry a real gentleman—who won't have to soil his hands, or wear work-marked clothes. Of course you may accept somewhat less than your ideal.

Dress don't make the man, be wise and study the physique, chest development and character of a sober, good mechanic, who has a reasonably capable-looking head, and you will likely fare better in the end.

Such as you needs a wife. You'll—to use a common expression—never save a cent until you are married. *Two heads are better than one.*

You should not courtshipingly associate with a *slow, easy-going woman*. Select one with an alert manner and who can talk pretty quickly and has the gift of civility. Avoid the woman with a really bad memory, especially if she is taking no pains to improve it, or won't get a phrenological—Cavanagh's original—chart.

You'll likely always be amongst—in the class—of inferior musicians, not from want of *musical ability*, but through neglect to cultivate your *memory* and practice regularly (hopefully) and enough.

Try to always *remember* that the persistently (hopeful which helps to keep the health good) industrious individual will improve, get some reward; more or less success will come to him.

When you marry give the preference—if other conditions equal—to the girl with *two deep creases* or lines at each side of the nose, between the eyebrows. I warn you not to neglect this valuable hint. On many women, these lines don't show plainly until they look earnestly at something.

Most folks spend too much on their stomachs and dress, and not enough—which would make them more intelligent, self-controlled and happy—on their memories, brains, which they could much improve.

WELL DEVELOPED ARMS.

You have well-developed arms, arms which should or can be made very strong.

A well-formed arm is a particularly good sign upon a woman, especially if very large and round at its junction with the shoulder, or plump underneath near the wrist.

A GOOD SIGN, A NORMAL, NEAT WAIST.

The greatest bicycle riders and athletes have well-formed chests and neat waists. You have a normally—neatly formed waist and abdominal region. No intemperate person nor irregular eater can keep such a formation, which is a great proof of the value of temperance and virtue.

YOU WILL GET ALONG WELL IN LIFE.

The one who is industrious, patient, obliging, self-controlled, hopeful, and has a good memory (and everyone can improve his or her *memory* if they do as I advise), will get along well in life and be happier (accidents, etc., excepted) than the majority of people.

MODJESKA SAYS DON'T.

While Mme. Modjeska does not consider the rewards of a successful stage career as Dead Sea fruit, she believes that in America the aspirant for stage honors should smother her aspirations.

"Better a typewriter than a disappointed actress," was her comment on the field afforded by the stage in the United States. "*Beauty, protection or money* are the requisites for success, whatever the *talent* of the candidate. I have known girls five years at Daly's who never had a line to speak, and another *I know of great talent* who has been *striving for two years* without having had a line. New York is the center. All go to New York. And the *majority* are disappointed there."—*Saturday Blade*, 24th May, 1901.

You are deficient in Personal Magnetism, and will remain so unless you follow to the letter my *special advice hints*. Many industrious, well-formed, good-looking persons (often think fate is against them), remain single and can't understand why.

A woman of your (splendid) physique could marry a delicate, but sensible man, and provided he was of normal will-power, hope and suavity, he would greatly improve in brain vigor, and, as in various cases I now of, would increase in weight and health.

Such a man as you would make an excellent husband, a good provider for the kind of wife I have described, and even a delicate (if normal natured) woman would improve in health through your personal magnetism.

You have more or less—in your present condition—to use a common term nowadays—"lost your nerve," and no matter what your courage, or activity, energeticness, has been—or is when you are in health—it is under your standard now, and so is your will-power, amateness and memory, as well as your whole mental and physical strength, and you are likely to make mistakes and lack endurance.

Be not weary in well doing, for in due season ye shall reap if ye faint not.

YOU SHOULD LOAF.

You should have a good loaf, as some doctors advise. Have a good, free and easy rest, be indifferent to the morrow, get on the lake, Toronto Island, go to Muskoka, or to Lake Couchiching at Orillia, one of the grandest places in the world, go to the country, somewhere where you'll have a marked change to your mode of life, and do little or nothing of your usual work, study, or reading, and read little, and that only of an entertaining nature. Don't be particular about your dress, hair, etc. Let your whole system loaf, rest.

You should not be too particular about your marriage partner. It is most improbable that you'll get your ideals. Its better for you to marry and chance getting more happiness and health than to remain single, undeveloped and weak.

You are not in your right sphere, and won't be really contented nor happy until you are. Do as I advise and you'll get there sooner.

Three States which threaten the happiness of many. Impulsiveness, Impatience and Supersensitiveness, products of unreasonableness, which can be removed or greatly lessened by following my "special advice."

Your Mental Power is very limited in your present state, and for weeks or months or years to come you can only safely use your brain for

.....
nervous prostration, etc., may supervene if you exceed your limit.

I can give you the name of one individual—you all know him now—who came from a suburb of Toronto, had his head examined by me, and rose by hopeful persistence—in spite of great opposition—to be

THE MAYOR OF TORONTO.

The *Daily Mail and Empire* said on the occasion : " It is the old story of *determination* winning again."

Reader ! do try to understand that the main secrets of improvement, and success are, a good memory, hopefulness and persistence. If you really want to be clever or talented in some way, do as I suggest in my special advice original helpful hints and you *must improve, advance.*

There is a class of people, says MR. MOODY, who because they don't believe, think a thing is false. See the *Telegram* for the description I wrote years ago of this wonderful evangelist, but don't forget that Moody's greatness was made plain to the world not by me, but by

IRA D. SANKEY,

the singer, who attracted the attention of the public and feelingly aroused their emotional faculties, and made them responsive to Moody's practical eloquence. You who are discouraged or doubtful as authors or workers in any way don't forget that their hymns were for years a drug on the market. Sankey offered them to publisher after publisher for nothing if they would only print and circulate them, but the publishers could see no prospective profit in them. Yet these hymn books sold in vast numbers afterwards and brought in many thousands, probably

hundreds of thousands of dollars. The once boot and shoe salesman, and the country shopkeeper are now known everywhere in the civilized world, and many big cities have seen the immense armies that these men have quickly mobilized. *General Booth*—one of the most remarkable men and greatest generals of any age, is another illustration of how one can by doing his best, etc., raise from obscurity—in spite of all kinds of—often brutal and unscrupulous—opposition—to the highest position in any calling.

☛ I could relate to you many painful incidents of what want of normal self-confidence has inflicted on persons, how it has retarded the progress of many capable individuals, kept them in inferior positions for years, or life. Dr. Johnson attributed all his success to confidence in his own powers. Want of confidence with many I've examined may be termed skepticism or madness as concerns their capabilities, and the worst of it is I sometimes can't make them *understand* that they have power sufficient to make them clever and well off in life. D'Alembert's advice to the student who complained to him about his want of success in mastering the first elements of mathematics was the right one, "Go on, sir, and faith and strength will come to you." "None but the frivolous or indolent should say I'm too old to learn." Read Samuel Smiles' works.

If you want to retain a normal brain, face, and figure you must have a capable

MEMORY,

know some things and practice them. Eventuality, memory is the faculty one can improve quicker than any other faculty.

WEAKENED WILLED WOMEN

often cause an otherwise good husband and home to go wrong, for want of common sense, a properly cultivated *memory* and will-power. They neglect to use that determination with children which makes them obey and improve, and the children are a source of annoyance and acute anxiety, and often a great trouble to neighbors and a frequent cause of quarrels and expense. Lack of proper home training, says

CHIEF CONSTABLE GRASSETT,

I believe to be the cause of much of the depravity among children.

INSPECTOR STARK

says the first and principal cause of all crime is the deplorable lack of parental control in children when young. The want of restraint in youth, begets a spirit of restlessness which militates against their settling down into regular work.

WEIGHT.—The organ of weight is impaired in most women, they are easily made dizzy, and often forget the law of leverage. See how many get off the *street cars the wrong way*, easily fall, and get badly shook up, hurt, or suffer from shock, are injured in some way for life, or die from the result of such.

You can—by that peculiar not understood power or instinct—tell persons ages and other interesting things pretty accurately. The knowledge seems whispered into your brain.

Sir Walter Scott when in the University of Edinburgh was known by the name of the great *Blockhead*.

A great deal might be written about dull youths who in later years became most useful or famous. Cortona, the painter, was thought so stupid that he was nicknamed "Ass's Head" when a boy. I was often called when a youth, fool, with a foul prefix, and one friend—clever as an arithmetician—called upon me some years ago, and said—alluding to my ability—"I never thought it was in you!" I have observed for many years that there is too much of the oh! you are no good, you can't learn to do that, etc., said to youths and many persons. They are discouraged by the "doubters," who interfere with progress, and harm *phrenologists*.

GOT OFF BACKWARDS.

(G.N.W. Press Despatch.)

Quebec, July 7, 1903.—An accident occurred last evening at Grand Valley, which caused the death of a young woman of 27 years, named Lizzie Burns. Miss Burns, in alighting from a street car backwards, without waiting for the car to stop, fell, and her head struck the asphalt pavement with great force. She *died this morning*.

EXCESS MAKES PHRENOLOGY SEEM WRONG.

The one who does mostly, physical work and but little brain work, or reading, will not have normally efficient mental organs and cannot be as capable mentally, in business or writing or speaking for himself, and the one who does excessive—a great deal of important or long continued—brain work, and not enough physical work or exercise, will not have normal muscular control and strength, and is more subject to absentmindedness, mishaps, or accident.

THE SLEEP OF CHILDREN.

Many—too many—children don't get enough sleep, and parents and guardians of them don't seem to realize that it is one of the greatest boons and safeguards of children. They should go to bed *early* and sleep at least ten hours. Don't let their entreaties to stay up *late* overcome your judgment. Children should have abundance of sleep. In the years to come their health will be better, their minds brighter and more enduring for it.

The secret of all success is to know how to deny yourself. Prove to me that you can control yourself, and I'll say that you are an educated man. Without this all other education is good for next to nothing.—*Mrs. Oliphant*.

STAYING TOO MUCH IN THE HOUSE.

Those who attend too closely to business stay too much at home, will not be as cheerful, active, or hopeful, and will be more easily alarmed when in strange places or travelling, and have less confidence in some ways regarding their powers; are more prone to irritability and sensitiveness than they should be.

MIND CONCENTRATION WEAKENING.

If you—when your brain seriously needs rest—earnestly concentrate your mind in any way—even prayer or reading—so doing—will at times—in 15, 10, or even a few minutes, heat the system, increase feverishness, make you feel uncomfortable, more *nervous*, tired-like indisposed, depressed, and *easier irritated* (and yourself, if in the habit of reading, using them much, will also feel the effects in some way). Your endurance and heart power *will be lessened*. The weakest part or parts will be rendered weaker, *relaxed*, you will, be slower and may be seriously exhausted, delayed. You wouldn't use machinery if not fit, nor a tired man to do particular work until rested, and so it should be with your brain.

N.B.—This gives ample *proof* of the *importance* of the—faculty of—*law of order*, being systematic, regular, and of the *danger* of being disorderly, irregular, Frequent over-concentration of the mind may cause derangement, paralysis, heart failure, alarming dreams, weak will, or prematurely haggard appearance, depravity, nervousness, lapse of a faculty, thoughtlessness, crime, suicide, immorality, or partial or temporary idiocy.

Impossible is a word only to be found in the dictionary of fools.—*Napoleon*.

The germs of faculties at least are in every normal head. You, no matter how you doubt your powers, or what I say you are capable of, *must admit* that we all can develop somewhat in muscle by systematic exercise, and that practice—getting used to things, habit—will improve almost anybody.

Weak hope, (often weak through weakened amativeness or nerves) causes a serious want of normal believing power, and unreasonable doubt of much that is not only not impossible, but easily possible, if gone about in the right way, and persisted in. Says that great, practical, most useful (and liberal common sense religious) writer, Dr. George Hepworth: "Faith brings omnipotence within reach. *Believe*, and all things are yours."

You anticipate so much in the way of possible difficulties and troublesome happenings and want to have everything so sure and yourself so prepared that you miss much more than you need to in pleasure, travel, excursions, concerts, etc.

ONE STRONG FACULTY'S POWER.

The excitement of one *strong* faculty in some individuals seems to almost *stop* the action of "reason" or "conscience." So those who know they are subject to temper, brooding, excessive caution, amativeness, or acquisitiveness, should positively keep their eyes, ears, speech and thoughts from what may arouse the tendencies that have endangered and left them an easy prey to errors, anxiety, or temptation.

SARDOU.

Sardou's father, who died recently, refused to believe that his son when a youth had any talents for writing plays, and made him study medicine. When "Patrie" was produced, the old man said: "It is all due to himself, for if he had listened to me he would now be a fourth-rate doctor or tooth extractor in the provinces."—*Mail*.

Ask any opposer of phrenology nowadays if the insane would be understood or treated so well were it not for what phrenology has taught the experts. Also enquire of opposers and scoffers what there is of harm to oppose in it ? and write their answers or objections, and keep for future use.

You are a strong man (or woman) physically, museularly, but if you had to do much business thinking, or bear responsibility which would often necessitate quick, serious consequence, decisions you would soon become so depleted in energy as to lack normal endurance and speed, and become of little use.

If you overwork, or keep longer at work or study, or even read much, particularly when you are tired, much of the vital, animal, or essential life heat in your system will be reduced, and so will your heart strength—for the time being. Your circulation will be slower and your disease-resisting power also seriously weakened.

Many parents don't know or think of the value of good books, biographical or like Dr. S. Smiles' books, to boys and girls near an age to earn for themselves, nor of the wonderful influence of a *phrenological examination* to boys and girls who honestly wish to be of use in the world. A phrenological testing of the head is the greatest means yet discovered of certainly helping youths, and even many full-grown men and women, some of which will be saved from an impaired brain or bad health through it, and their usefulness and happiness increased also.

THIS PROVES THE VALUE OF HEALTH AND CONCENTRATION.

Sir B. Lytton explaining how it was that he, whilst so fully engaged in active life, had written so many books, observed, " I contrive to do so much by never doing too much at a time. As a general rule, I have devoted to study not more than

3 HOURS A DAY,

and, when parliament is sitting, not always that. But then, during those hours, I have given my *whole attention* to what I was about.

■ Young man, don't waste a lot of money on so-called physical culture instructions to make you and everybody else unreasonably strong. Sensible young lady don't risk sending money by mail for information to enlarge your chest, bust, when you can rely upon my simple methods to make you better developed and positively enlarge your chest, inches. Don't forget that Prof. Cavanagh was once the strongest man in the Y.M.C.A. Also appeared in the theatre (Shea's) with Ajax, who stated (see testimonials) that he never met a man who could handle his great weights with such ease as Prof. C. Was also on the stage (Princess Theatre) with Sampson, the strongest man in the world (bar Sandow). See what the *Telegram* said of Sandow and Prof. C. and it may amuse you. Prof. C. was once like other ordinary persons and developed to the standard he attained like Sandow—who was once no stronger than other children—by systematic (hopeful) exercises.

You are in a condition rather unsafe to do long-continued, particular work, or head work of an estimating (figures) nature. May make—if work when thinking has to be done by an effort—a serious mistake.

“ DO AS YOU WOULD BE DONE BY.”

This lad needs an occasional lecture, and no truth that yourself should have known when young kept from him. Great numbers have missed their way for want of a few directions. Many have lost their lives, been diseased for years or became failures through the same cause.

VALUE OF GOOD COMPANIONSHIP.

A good companion influences us, often helps us to forget our usual business, etc., thinking. The aura or magnetism of a sincere friend helps us and we help in return. Disease is contagious and—and so no doubt—more or less is health. Heat, etc. will pass from one body to another and we don't know all the magnetism and influence there is in it either. Heat, etc., is energy.

This girl needs to develop her *memory* in some ways and her will power. Let her have the necessary truths about physiology, and it will save her possible future trouble, and maybe sanity as well. Read Mrs. Gove's lectures.

The truths of Physiology should be inculcated and enforced early, earnestly, and with the emphasis of high religious duty.—*Youmans*.

Julien Gordon's opinions concerning “ Healthy Heroines ” are full of wisdom. “ I think,” she says, “ in regard to the effect of the mind on the body, it is too little understood that *mental habits* have an *enormous value* in deciding the physical condition. In the same way the physique tells upon the intellect. No good work can grow out of exhaustion, no fertility nor genius from nerves unstrung and jaded.”

Happily for mankind the “ dangers of knowledge ” are now so little dreaded in comparison with the certain evils of physiological ignorance, that while the number of objections against its general diffusion is every day becoming smaller, the number of its advocates is increasing in tenfold proportions, especially among the *highest class of minds*.—*Dr. A. Combe*.

SINGER.

You should (other conditions and self-control equal) make an excellent singer. You have the large or deep chest, interpretation, emotional, etc., qualifications.

FOR ANOTHER WORLD.

Don't make any mistake about it! you are developing your character and talents in this world for another, and we would not have to live, etc., as we do were it not for another sphere. “ There is ‘ a reason ’ for everything.”

PIANO PLAYER.

You should (other conditions and self-control equal) make an excellent player, because you have the qualities necessary for technique, etc.

It's little use of me reasoning with you. Your brain needs a rest, but you won't let up until you have to, or too late. Consult two physicians now and tell them your mode of life and how much you do and then decide.

If you are endowed with any excellence confirmed to you by the tacit or avowed manner of competent judges, rest satisfied with the modest consciousness of it. If you desire the general suffrage of the world you will be disappointed. The ignorant cannot appreciate the excellence, and the prejudiced will not acknowledge it.

WE ALL DIFFER.

Some are nautrally industrious, honest, inoffensive; others lazy, sensual, dishonest, brutal.

INSPECTOR BYRNES looking through a window, recognized in the crowd a score of men capable of any act of violence. He noted that their coats were buttoned tight, with collars turned up, and that they had scowling, resolute looks on their faces. See the great Northampton Bank Robbery in *McClure's Magazine*, Aug., 1895.

Mr. C—— boarded with a sister of Dr. W. in Toronto. He was only a common house carpenter. I advised him to study electricity and he became one of the greatest electrical experts in America, and the only one who puzzled B. B. Osler, the really great lawyer, who was an authority on engineering.

IT BECAME HIS MOTTO.

A great astronomer (remember reader, a now great astronomer) was once telling *the story of his life*. "When I was a boy," said he, "I grew tired of mathematics." In *one* of his discouraging moments (he had discouraging periods as well as you or me, as all must have when brain is tired out, or weakened from some cause, mentally or physically) he declared he was going to give them up. He collected his books and began to put them aside. *One book*, however, he thought best to look into again. Now, what think you, were the words that this *boy* found there, the words that fixed his attention? These: "Go on, sir; go on, sir." He took the advice, and these words for his master. All through his life, whenever he grew tired of any undertaking, this master was his teacher, "*Go on, sir; go on, sir.*"

RENDERING SERVICES.

THIS SHOULD BE OUR HIGHEST IDEAL,

SAYS MR. J. W. FLAVELLE.

"*I believe* what we need for ideals of citizenship is to have *underlying our actions a purpose* and a *desire to serve the community* and build up the *quality and life* of those by whom we are surrounded, and having done this we can rest at ease as to whether we *please* or *displease* those with whom we are associated.— 5 Jan'y, 1903, *Telegram*.

GOOD CONSTITUTIONS THOUGHT BAD.

There are a great many persons with good constitutions which are thought to be bad or inferior, , but they are so through the person being "out of condition," often deficient in energy through not knowing how to take care of themselves— you, reader, may be one of these! If so, don't falsely think that I cannot help

you. Just remember that many athletes, etc., would not be as well and capable only for me, and that athletes, strong, healthy men and women, seek the advice of a physician, and "must have a trainer who understands how to get them into good condition." Consult me soon.

On your—Eventuality—Memory may depend your progress, your skill at times, your tact, etc., power, so try to earnestly cultivate it.

Your digestive apparatus has so much to do (or is so often employed) that it uses up most of your steam power, leaving an insufficient supply for other bodily organs and faculties of the brain. "Ignorance of how to eat—eating too often and late at night for years—has been a positive—though never suspected—hindrance to the mental improvement of great numbers."

Composers, artists, writers, etc., can do better and quicker work on an empty stomach, and they often do most of a day or days without food. Many poets, etc., would not have written or accomplished what they have, had they not been poor, often half starved.

In your present state you're likely to have, some inflammation, leakage, cramp, pains, weak or tired-out spells, or some part of your system go wrong. Consult a good physician.

On your will power may depend your freedom from a serious quarrel, or your reputation's safety.

On your patience may depend a great opportunity, a day's pleasure, your comfort, security or your life.

In every part and corner of our life, to lose oneself is to be gainer, to *forget oneself* is to be happy.—*Robert Louis Stevenson.*

Julius Cæsar says, "Better have the worst at once than live in continual dread of it."

It is universally known that ailments of the body are in many cases sufficient to *destroy* the mind, and to *debilitate* it in innumerable instances. It is equally well known that the torments of the mind, overwork, too long-continued close application, brooding, worry, etc., are in many cases, sufficient to destroy the body.—*Cobbett, improved on.*

"The bicycle, nowadays, is part of the necessary equipment of a lad."—*County Court Judge Sir A. Marten.*

LITERARY PRESCRIPTIONS.

- For clearness read Macaulay.
- For logic read Burke and Bacon.
- For action read Homer and Scott.
- For conciseness read Bacon and Pope.
- For sublimity of conception read Milton.
- For common sense read Benjamin Franklin.
- For vivacity read Stevenson and Kipling.
- For imagination read Shakespeare and Job.
- For elegance read Virgil, Milton and Arnold.
- For simplicity read Burns, Whittier, and Bunyan.
- For smoothness read Addison and Hawthorne.
- For interest in common things read Jane Austen.
- For humor read Chaucer, Cervantes and Mark Twain.
- For choice of individual words read Keats, Tennyson and Emerson.
- For the study of human nature read Shakespeare and George Eliot.
- For loving and patient observation of Nature, read Thoreau and Walton.

HAD AN ASSASSIN'S HEAD.

If there is nothing in phrenology, why was the head of the murderer of Consul Baron von Kettler brought to Germany to be studied? Every well read man knows that the Germans are great thinkers, scholars, and probably the best reasoners in existence.—See paragraph "Had Assassin's Head," in *The World*, 2nd November, 1901.

No one can understand the human character and talents like the reliable phrenologist. It is not possible for them to do so because they are ignorant of the size, height, width and shape of the head, which he can remember, see in his mind's eye.

INFERIOR OR IMPAIRED CONTINUITY

OR CONCENTRATION POWER.

THE NATURAL CRIMINAL.

(or one so mentally or physically affected—from some cause or influence—as to be while so a criminal).

In a report of the Prison Association of New York, it is stated substantially, that the most noticeable trait of the true criminal is, that he seems to lack *continuity*. Steady, plodding work—a characteristic of *successful individuals*—is deficient in him. (Reader, try to fully understand that "the mark of the successful individual," which is a sign, or another name for patience, conscientious, intelligent, interest in things is weak in him or her.)

WARDEN MASSIE, CENTRAL PRISON,

Says, regarding criminals: To evoke from many of them the necessary *application for success* at any trade is next to impossible. To the acquirement of education, or of that degree of technical knowledge of the several industries going on, which are intended to lead them into honest purposes in life, they manifest the greatest apathy, their only wish and aim being the gratification of appetite. Reader! this proves that we are all not born alike, as some who can't see, and understand, reason, compare correctly from what *they* see, would try to make us believe, take *their word* for, and some of these folks would force us, use violence, as has been done in the bigotted past to make us if they—now as of old—had the power, believe falsely, as they see and believe. There can be no normal, adequately rapid advancement except every person has absolute mental freedom to use their eyes and—thinker—brain.

MOST CHILDREN ARE BATHED TOO MUCH.

Never bath often any child who has a noticeably large head, or head large in any one part, nor any child—particularly a girl whose head is noticeably small, or has a depression on the top of it, nor one who is weak, talks in sleep, or is nervous, ruptured, troubled with fits, weak heart or lungs.

DR. J. HILL GIBSON,

Says muscles are merely the terminal apparatus of nerves, and muscular effort is the correlative of nervous impulse, therefore to the nourishment of the nervous system most of the trainer's attention should be directed. He advises the use of light (2 lb.) dumb-bells, and condemns heavy dumb-bells, and says it is an *undoubted fact* that the more rapidly a muscle is contracted in the way of exercise the quicker is its growth in bulk and strength. He believes in systematic friction of the muscles and the body generally. Bathing is fatal to the best training of an athlete, a quick wash of the body with soap and water once daily is all that should be permitted. Any bath, hot or cold, prolonged over three minutes, depresses nervous and consequently muscular power. A good deal of sleep is required—quite nine hours out of the twenty-four. For most valuable health-helping hints, that have aided many children to greatly improve in growth and health, all parents should get my special advice for their family.

Ignorance of laws excuses no one. If you violate any law you will suffer in some way, by inconvenience, delay, trouble, expense or punishment. If you do what is unkind, cruel, wrong or dishonest, it will be with the same result—sooner or later—in some way. This is reason and natural.

The true phrenologist is optimistic, the same as the greatest workers, reformers, inventors and scientific men. Men who hardly know what to call impossible and who believe a great deal in the possible, and the astonishing improvement of men and women. A great many who oppose phrenology don't seem to understand or remember that *effort*—in any way or science—must learn

us, improve us some, and we are thus gainers any way. These doubters discourage and do positive harm to humanity and keep many capable persons from improving, become better mentally, physically and morally. We explain to people what they are, we encourage on scientific grounds and say try, keep trying, and you must make some improvement, gain some reward. Now reader, which is best, to cheer one up, encourage them, tell them of more chances and happiness, or to say, "Oh! it's no use your trying, don't bother, stay as you are," thus letting the *more hopeful* get some of the best of what there is in life for the majority of us.

NEVER GET YOUR HAIR CUT.

You should never get your hair cut on a very cold, or wet, day, nor after any long continued mental strain, nor when very tired, until well rested. You may save the now-weary, weakened organs in your brain from further loss of vitality through a cold, which might then result from a hair cut.

IF YOU WANT TO HAVE GOOD GROUNDS FOR NORMAL PRIDE, SELF ESTEEM.

Try to be better in some way than most persons. Learn to be better informed, more skilful, more talented, more generous, better developed physically or more useful in some way, and then you'll have more confidence in yourself also as well as real grounds for proper self esteem Benjamin Franklin once said "The best investment a young man can make is to put his money into his head." An investment in knowledge always pays the best interest.—Benj. Franklin.

IMPORTANT TO MANY HUSBANDS.

If you want to get the best that is in a woman affect her mind by frequent kindness. She will be positively a better thinker, worker, companion, and not as often ill or nervously exhausted, as so many women are nowadays by being—though not suspected to be so—unhappy. This is a really valuable hint and will well repay you in—magnetism—health.

You are not fit for mental work, and the earnest, painful efforts you will have to continually put forth, and the repetition, doing things—overlooking, reading, writing, etc.—over and over again, coupled with embarrassment and fear, anxiety about making mistakes will leave you often nervously exhausted, easily tired, out of breath, miserable, in suspense, lacking ambition, heart for your work, self confidence, ease of mind, normal courage, endurance and enjoying power such a state—with its risks to health of brain and body—entails.

MARRIED AND DEFRAUDED.

Many men—I may say most men—are defrauded of the love they should get, because they are so much inferior to

THE IDEAL MAN

their wives expected to wed. The wife suffers in health, nerves, through her unreasonable imagination in this respect, and her children in development, etc., also.

Individuals with weakened or unreliable memories get persons faces, names, and occurrences, what told them—often all mixed up, to which shows the danger, etc., of weak memories. Such may make you or anyone *rich*. One idea, one well written poem, newspaper article, or one simple design, may advance your worth or reputation years in a day, or make you comfortably off, or rich. Do have faith in your Brain and you will improve.

DR. MITCHELL,

Says muscular exercise, properly taken, is the very thing to quiet the excited nerves and the brain.

The *Telegram* of Sept. 29, 1894, says a farmer named Jones, who had been *entirely deaf for five years*, and who through being stung severely by bees on the ears, recovered his hearing next day, and can now hear much more acutely than formerly.

■ You are an individual of splendid physique (if in normal condition should be very strong), and will have more temptations than the majority. You appear to be about the age of _____, but your very love of life and power to enjoy it may hasten physical derangement, or nervous trouble of some kind, and which may be taken by a physician or physicians as spinal, serious nervous, liver, bowel, heart or kidney affection if you delay marriage beyond a certain period. Such as you were never intended by nature to live single, and you risk intemperance, impaired will power, memory, and certainly disease if you don't marry suitably and in time. I only speak as a scientific man candidly for your welfare. Be wise and consult **2 physicians** immediately, and give them your full confidence. So doing may save you—with my *Special Advice*—from serious mistakes, much misery and a prematurely weakened constitution.

YOU ARE AS IF YOU HAD 2 HEADS.

Your organs of Cautiousness are so active that you are like a person with 2 heads, 2 characters. It will affect all other faculties and thus seem to contradict the truth of phrenology; at times you will act as if very selfish, mean or indifferent. When short of money or threatened with possible trouble you will **speak or act different** to your normal nature, and seem at times lacking in dignity, courage, decision of character, will power, etc. A great many persons complain of being unhappy and not getting along in life as well as they think they ought. They remind me of many young women who have called on me about

THE STAGE,

but who had neglected the first requirement mentally for it, namely, ability to commit to memory. The one who won't cultivate his or her memory and be reasonably energetic and feed their minds, cultivate, improve their mental faculties, cannot be as happy nor get along normally in life. So you who read this information and need it should profit by it.

PRAY TO GOD

regularly, at certain times, be temperate, industrious, do your best, then endeavor to be contented; all things are possible with God.

“ And mostly every one when Death,
Disease or sorrows strike him,
Inclines to think there is a God,
Or something very like him.”

GREAT PATIENCE.

The individual who has great patience is capable of thorough training or usefulness in some way.

PATIENCE is the
greatest PRAYER
“ BUDDHA.”

“ Slave to no sect, he takes no private road,
But looks thro' nature up to nature's God.”—*Pope*.

“ Who does the best his circumstances allow,
Does well, acts well, angels could do no more.”—*Young*.

Many say doubtfully, when I advise them to study, or practice so and so, Oh ! I don't think I have the ability, or I'm too old to study, or learn to draw, paint, etc., but they should—when I recommend them—try with a good heart and they will do very well. Hendrick Willem Mesdag, now long recognized in Europe as one of the finest sea-painters, became an artist comparatively late in life; after he exhibited his first important pictures his SUCCESS CAME RAPIDLY. His wife is also a painter of distinction.

CARDINAL GIBBONS

Says, that a life of patient industry is “sure to be” blest with a competence, if it is not crowned with an abundant remuneration. The great majority of our leading men of wealth are indebted for their fortunes to their own untiring industry, says the Cardinal.

I consider your very testy and quarrelsome people in the same light as I do a loaded gun, which may by accident go off and kill one.—*Shenstone*.

The woman who loves a man does not love him as well as she ought to, if she is not willing to give up some pleasures and comforts to help him rise.—*News*, 1900.

One song in the storm is worth an entire concert in the sunshine.

YOUR NOSE.

Don't make a habit of using a "nose cup," of snuffing salt and water up the nose, or using douches (except when so directed by a physician). Water too often applied with a syringe or douche to *any part of the body* positively weakens that part. To carefully—daily—stretch the wings or sides of the nostrils helps to enlarge, improve them in many instances. Nature is always willing, waiting to help what is normal, right. "The ignorant suffer for their ignorance. We are in this world to learn."

HEADS ARE BECOMING MORE MARKED

as to their developments. The hurry and bustle of modern life is making "the bumps"—as some folks like to term them—*much plainer* and easier noticed by anyone.

The day of the

SMOOTH SKULL

has passed away. All things develop, change, improve. Compare the majority of ancient skulls with those of modern times. See for yourself.

YOUNG—NORMAL—MAN,

if you are 25 GET MARRIED,
if you have reasonable prospects. Get advice from me as to what you had best do, how to manage, etc.

NOSE, THROAT OPERATIONS.

If you contemplate having an (or have had any) operation on your nose or throat see me. If you neglect doing so, don't have *such* done without the opinion of at least three physicians, one a homeopath. Don't allow any operation without careful consideration.

SLEEP.

The poor and the temperate man's friend.

CIVIL SALARIES TOO LOW.

DEVELOPMENT HAS MADE OPPORTUNITIES FOR BETTERMENT FOR FIRST CLASS MEN.

Ottawa, Jan. 24.—The time has now come, urges Mr. J. M. Courtney,

MINISTER OF FINANCE,

when it is necessary for the Government to increase the salaries of civil servants if it wishes to SECURE FIRST CLASS MEN. As "the Dominion of Canada had arrived at a state of development that even the most sanguine Canadian of these days HARDLY DREAMED OF, and there is every likelihood that the progress of COMING YEARS WILL BE GREATER," many opportunities of betterment were now presented throughout the Dominion to MEN OF INTELLIGENCE, GOOD JUDGMENT and industry. This was the class of men

THE GOVERNMENT REQUIRED.

and they would HAVE TO PAY FOR THEM. Resignations from the civil service were becoming more frequent. In the case of the Finance Department this was particularly apparent.—*Telegram*, 1903.

ARMY ESTIMATES.

Special Cable to The Mail and Empire, 1903.

London, March 5.—A REPORT ON RECRUITING, which is issued simultaneously with (army) the estimates, REMARKS UPON THE ANXIETY regarding future enlistments, owing to the gradual DETERIORATION IN PHYSIQUE among the working classes, from whom the bulk of the recruits are drawn.

URGES CONSCRIPTION.

Special Cable to The Mail and Empire, 1903.

London, March 2.—Lord George Hamilton, Secretary of State for India, in a speech delivered in London, declared that Great Britain was almost at the end of her tether in the matter of voluntary ENLISTMENT for the army. He hoped to see the day when EVERY MALE in the British Isles would be compelled to undergo military training.

N.B.—Prof. Cavanagh's foresight is again proved wise, because he has for years, advised many young men to not only improve themselves mentally but physically.

“ THE SAFETY OF THE THRONE IS THE WELFARE OF THE PEOPLE.”

WHY SOME CHILDREN STEAL.

Is your child honest?
Let ME tell you scientifically.

From my knowledge of child nature, undeveloped, untrained reasoning organs and impulse, and that children have not the SERIOUSNESS OF STEALING explained most thoroughly and often to them (and of the wrong to injure property also) I am surprised that a good many more do not steal.

RAILWAYS KILL MANY.

An English writer calls attention to the fact that MORE LIVES ARE SACRIFICED EACH YEAR on the railway than the total casualty list of the eight biggest battles in the Boer war.—*Buffalo Courier*, 15 June, 1902.

It is still worth while to be right no matter who is wrong.

I will utter things that have been

KEPT SECRET

from the foundation of the world. Matt. xiii. 35.

He that despiseth little things, shall perish by little and little.”—Proverbs of Solomon.

Are you going Alpine or Rocky Mountain climbing? See me first, if so.
About 300 fatal accidents have occurred in the Alps during the past ten years. MOUNTAIN CLIMBING should be classed with war, railroading and coal-mining.—*Globe*, 29 July, 1902.

IF YOU ARE IN EARNEST

Nature will aid you. You will find things easier to do, you'll make some progress, will be helped. This is my own experience and that of many others. What kind of a man is he who finds fault with us phrenologists (with this science) because we encourage those who consult us to develop hope, cheer up, follow good examples and be happier in life.

HOPE.

The hopeful man is (in this respect) lucky. He hopes for some remedy of value. He knows—if a reader—science is always making strides, that nature tends to improve and that truth and right cannot be conquered. The man with good Hope, etc., is the one who can wait. Reader! pay no attention to the doubter, the afraid to try, the cowardly, half insane, gloomy pessimist, but do as the successful phrenologist-optimist, Prof. Cavanagh, says.

THIEVES' HEADS.

Why is it that the most brutal natures have the lowest frontal heads, from the BIRD OF PREY to the tiger, from the meanest human being to the cruelest man and woman? Why is it that the most adroit thieves are so noticeably wide headed or bulged around—over—the ears? "A forehead villanously low."—*Shakespeare*.

"Many are criminals, etc.—who shouldn't be so—on account of (unsuspected) physiological conditions."—Cavanagh.

TO THOSE WHO OFTEN DRINK HEAVILY.

You should consult me. I may help your common sense and will power so you won't be as prone to become a drunkard.

"An attack of typhoid fever, of pneumonia or of erysipelas that would be mild in a sober man will kill one addicted to alcoholies quickly."—*Mail and Empire*, 21st August, 1903.

FEAR, HINDERS THEM.

A great many—most persons nowadays—are hindered by FEAR that they won't get value for their money, or think it useless to study, or attempt, or risk so and so, AFRAID they will fail, a great number would succeed if they—weren't afraid—would try.

ABOUT TEA.

"When we arrived at the place badly needed necessaries were given us, and some tea, for which we were very thankful, particularly for the tea." Harry De Windt, who made the great, lonely, terrible—once thought to be impossible—journey overland from Paris—through Siberia and Alaska—to New York.

Most people will continue to drink too much tea, in spite of all that has been said of its injurious effects when bad, or taken in excess, and I again say that the Government should set a standard for and have all tea inspected.

No normal man who is a bachelor can be as sprightly, enduringly, quick motioned, rapid walking, good humored and contented as if he was happily married. Young men who should—and could if more temperate—marry, just try to understand these facts, and then save money for my chart of your head.

POSITIVELY TENDS TO DERANGEMENT.

When persons really in need of—often craving for—recreation, sleep, etc., don't get such, but have to keep on working as usual, doing much business, talking, figuring, etc., and who are often more or less intemperate (to keep them from thinking in their usual manner, to cheer them up as they say), it tends to insanity, as they are still spending energy in another way, and not getting the sleep, etc., the system needs. Insanity is increasing. Most people are unhappy: No one can be normal when a chemical, or some essential, is wanted for the body, whether it be a salt, etc., or sleep. The more amusement, happiness, people get the better their health (and also their children) will be, and the less insanity there'll be in the country.

YOU, whom I've earnestly recommended to practice music, vocal or instrumental, but who are mentally lazy (deficient in energy through your own fault or bad management), or doubtful as to the truth of what I tell you, just ponder over the career of Miss Marie Hall (see the *Toronto Mail and Empire*, 18 July, 1903), the violiniste, who in such a short time rose from obscurity, poor circumstances, to the topmost pinnacle of musical fame. It is sad, but nevertheless aggravating, to think of numbers whom I have—during many years—advised to follow art or music, but who have not done so, because of lack of hope—belief; or through the cowardly, envious, or harmful discouragements of (friends?) or of the skeptic, doubters of phrenological science. Follow (me) my advice and you'll improve, gain something, don't and you'll lose.

FOR THOSE WHO CAN BUT WON'T TRY TO BE QUICKER.

In days agone I had the gift—which strain of body and brain have now deprived me—of writing like a whirlwind, and I always realized that the faster I used the pen the better I wrote.—Archibald Forbes, War Correspondent.

A POSITIVE FACT.

There are but few persons who have got a real thorough phrenological examination and chart. The first reason is, that phrenologists have seldom been paid enough for the time and trouble it would take. 2nd. There was no properly complete printed chart until Prof. Cavanagh's was designed. Just compare this with all other charts you can find, and then judge for yourself.

DONE WITHOUT PHRENOLOGY.

Some say my grandfather or mother done without phrenology so can I. Yes we had to do without a lot of things, but doing without improvements that would help us isn't using the highest order of intelligence, following the master minds which gave them to us. We done without the steamboat, steam engine, telegraph, telephone, trolley car, etc., but the ones who should, but don't, use them now are not making use of the improvements, necessities of the age, and get left in the struggle for comfort and success.

PECULIARITIES MEAN SOMETHING.

OBSERVER! Don't forget that all peculiarities, what seems strange, unusual, is a result of something. All marks or unusualness in face or body is the result of some cause. There is a meaning to everything. Oh! what a grand system we would have had by this time had phrenology only been given the attention, the searchlight of the mind applied to it as it has been to geology, etc., and to natural history with its most interesting voluminous detailed explanations and elaborate and beautifully colored plates of insects, reptiles, fishes, fossils, animals and birds. These kinds of studies have been—though of little value to the great mass of humanity and the poor—encouraged, but phrenology has been most bitterly opposed, misrepresented, ridiculed, and neglected, but as it is of nature, truth, and the friend of all humanity and progress, it cannot be defeated and is now established beyond chance of being crushed.

OF VALUE TO 50 PER CENT. OF HUMANITY.

The services of lawyers, the doctor and the dentist are made use of by a great number. Some don't need them at all, but such is not proof that they are useless. Many wouldn't consult a PHRENOLOGIST, but that don't lessen his value. He is of great value to some, and his SCIENCE is of use to (if not 75) at least 50 PER CENT. OF HUMANITY.

UNUSUAL PRACTICAL JUDGMENT.

You are endowed with unusual practical judgment, the judgment which is of such use to reformers, many unusually capable workers, writers, inventors, etc. Ants, spiders, bees, etc., work with mathematical precision. your judgment will often act similarly. Mine told me of the small rifle bullet and other things years ago which have proved so accurate.

SNEEZING.

When you feel like sneezing—especially if any catarrh, throat or lung weakness—sneeze. Don't, as some foolishly do, try to check it. It is a convulsion, an act of nature to get rid of something, and this convulsion, summoning, of nature will do you good.

The one who marries you (other conditions equal and accidents excepted) will improve in strength, mental or physical.

YOU are a natural born gentleman, by nature agreeable, mannerly and obliging. Your carriage and movements are noticeably different to that of the average man.

You are naturally—not by training alone—a lady. Have a refinement of appearance, voice and deportment that only those as well organized as you are endowed with.

If you think you have brain, nerves, heart disease or

CONSUMPTION.

you'll likely come this week and get my helpful **CHART** and often—when conscientiously followed—curative special advice.

You shouldn't marry one with deep set eyes that—as long as you know the individual—are hollow—like on top.

Don't marry one noticeably large—face—featured.

Don't marry one with larger than common hands and feet.

You are a petite specimen of femininity, but very proportionate and neat. There is more intelligence and activity in you than in many women twice as big—you are superior to the majority of your sex.

You shouldn't marry the one who lacks complete control over their fingers and thumbs, that is, can't bend each one separate and hold others straight.

You'll always be more or less subject to nervousness, lack of energy, headaches or _____ until you do as I've advised.

You may be kind, agreeable, and not want to injure anyone, but *like an insane person*, you are weak in this—will power—organ, and cannot properly control yourself, will be too impulsive, foolishly free spoken, indiscreet speeched, and frequently no one—not even yourself—can safely rely upon you, you are a person lacking adequate brain in "firmness," are one of inferior intelligences as regards this—will—power. You may look well and have an excellent head in most other respects, but this ONE lacking, or weakness, makes you in the class of unfortunates known as INCONSTANT.

We are made for co-operation. To act against one another, then, is to act contrary to nature.—Marcus Aurelius.

One should seek for others the happiness he desires for himself. There is no higher duty than to work for the good of the whole world.—Buddhist.

AVARICIOUSNESS vs. HEALTH.

It is small wonder that some persons are happy and contented, when they have a GOOD APPETITE and DIGESTION, SLEEP SOUNDLY and THOROUGHLY ENJOY, and are refreshed by it. This state of affairs is better with enough means to get along respectably than a great BUSINESS or WEALTH, with its now common afflictions, weak nerves, stomach and insomnia, and risk of insanity, etc. *as I years ago predicted*, is increasing, and will increase to a frightful extent, until my knowledge is made use of.

What our future will be depends largely upon what we make our present.

RARITY OF A DREAD OF DEATH.

SIR LYON PLAYFAIR, who represented the University of Edinburgh for SEVENTEEN YEARS, naturally came in contact with the MOST EMINENT MEDICAL MEN of England, and he puts this question to most of them: "Did you, in your extensive practice, ever know a patient who was AFRAID TO DIE?" With two exceptions it seems they answered "No." One of these exceptions was Sir Benjamin Brodie, who said he had seen one case. The other was Sir Robert Christison, who had seen one case, that of a girl of bad character, who had a sudden accident.—*Telegram, 20 Oct., 1900.*

ANYTHING GOOD OR BAD, THINKING MAKES IT SO.

THINKING much on anything of a sad, unpleasant, irritating, or fearful nature makes one more or less SIMILAR IN NATURE, because of the generation of THOUGHTS of such kind. THINKING—frequently hoping—that you will have some great pleasure makes you feel happy and in a better condition—as is natural it would—to enjoy pleasure. THINKING—(hoping)—that something will do you good, or that you will surely improve, have some success, will also help you, because the THINKING is of a pleasant kind like that which you do when you have enjoyment, escape something unfortunate, gain much, or get cured or relieved of some trouble.

"Of the soul the body form doth take,
For soul is form, and doth the body make."
—*Spenser.*

MY SPECIAL ADVICE FEE

is very reasonable, not worth hesitating to give by those I advise to pay it. It would be very hard to estimate the value of these private instructions to those who can—by adopting my simple, yet most valuable and effective, hints—study easier, be more capable mechanics, artists, singers, musicians, actors, actresses, clergymen, druggists, teachers, elocutionists, speculators, stock brokers, railway managers, railway superintendents, locomotive, etc., engineers, architects, contractors, captains, generals, Members of Parliament, inventors, statesmen, physicians, lawyers, etc. Follow my special health, etc., hints, and you'll retain a healthier brain, have better memories, less weakness, more happiness and success.

This extraordinary knowledge gives you an advantage (by saving your energy, etc.) over the majority of people, is a protection to you—in some ways—all your life. No one with an ailment, pains, stomach, heart, nerves or rupture trouble, should be without it a day. Every weak, worried, or cautious person will find it a comfort. Many great worriers—often miserable and unhappy—have told me that they have felt better and happier since they got my chart and advice.

WARNING.—It is not possible for those who need my SPECIAL ADVICE, health helping hints (and most people need them) to be as strong, vigorous, and happy as they could be while they are in ignorance of such.

CONCENTRATING SERIOUSLY WEAKENS.

Concentrating the mind often upon anything has more to do with bodily—as well as mental—weakness, nervous exhaustion, than is ever suspected. The one who often concentrates his or her mind in an anxious, overcautious or emotional way, is frequently weak, easily tired, nervous, irritable, unable for—safely—much head work, or earnest physical labor, and will be often forgetful, etc.

THE BICYCLE.

You should never be without a wheel. It is one of the greatest, healthiest exercises for body and brain ever invented. It is more of an all round exerciser than anything else in the world, and will keep you in training—as the saying is—better than anything else, with the possible exception of that grand old Irish game, handball.

PLAIN TALK TO THE PUBLIC ABOUT PHRENOLOGY.

There is only 1 way to get the FULL VALUE from phrenological science, and that is to pay a good fee for a careful, thorough examination, and chart. There is so much explanation needed, and so many details of life long importance, health, monetary, and success value, that due time must be spent with each individual, this cannot be done except the reliable phrenologist is paid as high as the lawyer or doctor for his services. My original—expensive—chart is the best investment that most persons can make to-day.

Some years ago I examined a gentleman in public (and I may here remark that public examinations are about the easiest that fall to the lot of a phrenologist, because they are persons of marked character, well known to the public, and such examinations given in many lands—and all over the country—have helped to make my Science as reliable in the minds of people as it is).

This gentleman—since then—has invented many things, and is now making *thousands of dollars a year* out of a collar button invention. Name, etc., furnished to anyone.

You should practice as instructed throwing the arms backward in a circle, keeping one foot extended in front and press on it, and bend the head backwards at the same time. This will call into action the muscles of the shoulders, affect the spine between the shoulders, and also the—lumbar region—small of the back. You will also find the lift exercise as explained of value. Don't fail to do these things as instructed every working—not Sundays or holidays—day, near the same hour.

Most men can't be as healthy, energetic or contented, and are not as morally safe without a wife as with one. This is my experience as regards thousands of men. Married men live longer, and are not as subject to insanity as single ones.

“No other aid in resisting temptation and inspiring to good, equals that of a loving, loved woman,” says the great Prof. O. S. Fowler.

Dr. McP— (now also a well known inventor) had his head examined 3 times, but it (said he) was not done properly until tested by Prof. Cavanagh, and, added the doctor, I value your chart (to me) at \$20,000.

HE WON DUNLOP PRIZES.

The gentleman—known throughout the city to all the newspapers—in Toronto who *won* both the 1st and 2nd Dunlop Tire Co.'s prizes for Designing was advised by Prof. Cavanagh.

Reader! kindly excuse any errors in the get up, etc., of this chart, as it had to be got out in a very limited time on account of pressure of business.

Every man or woman of cultivated intelligence, takes an interest in seeing men of unquestioned greatness, the chief figures in the age of which they have lived.—*Dean Farrar*. See *Mail and Empire*, 18th Dec., 1897.

You who doubt you can study, learn, or do as "I say you can," because past youth, just remember that in the *hopeful, self controlled and industrious* the Brain is ever increasing some, thus giving one more mental power.

ACCOMPLISHMENTS OF AGE.

For the *sober encouragement of people* who have reached later middle age, a famous correspondent of the *British Weekly* has written a letter presenting examples of great deeds accomplished after the half century mark has been reached. He mentions Lincoln, who became President at 52; Milton, who published "Paradise Lost" at 59; Handel, who began his oratorios at 55; Samuel Johnson, who wrote his "Lives of the Poets" at 63; Samuel Richardson, who attained *success after 50*; and so on through a cheerful compilation of similar optimistic evidence. This is pleasant reading for young and old, says *Harper's Weekly*—for the young because it confirms *their own trust in the future*; for their elders because it *renews a hope* that maybe was about to lose a shade of its glow and warmth. For the first fifty years of life are those of struggle and stress; *in the subsequent years* often lies the *true achievement*. It may not be a book, a poem, or a deed of statesmanship. It may be only the sculptured idea a man has wrought, with how much of labor and of pain, from the crude clay of his own inchoate nature. See the *Telegram*, 1902.

The superintendent of a New York State lunatic asylum says that the *excitement* while engaged in a game of baseball has *cured several patients*.—*Telegram*, 17th June, 1892.

CRIME.

After 15 years, the suggestions of Prof. Cavanagh, the phrenological expert, are being advised by the Congress of Criminal Anthropology, at Paris, France. Read *leading article* in yesterday's *Globe*. See *Telegram*, 5th Oct., 1901.

ARCHIBALD FORBES, THE GREAT WAR CORRESPONDENT.

When Mr. Forbes began his career as war correspondent, some of his letters miscarried, others were long delayed, and he was recalled. When he came back to London with valuable information; and offered to write it up free for his employer, his offer was curtly declined. Said Forbes: "I was thought so unworthily of that my exclusive information—just from the seat of war, and of great value and interest to an eagerly waiting, anxious public—wouldn't be accepted." And he further adds: "My war correspondent delusion was dead, and I thought I was a failure."

You should bathe only as I have mentioned, if you doubt that, or are persuaded by reading adverse opinions or "know it all persons" not to follow my advice, you will sincerely regret it some day. Read the English *Lancet* as regards excessive bathing, also that splendid physician's book—Dr. Hall's *Guide Board*, and the words of that eminent man, Dr. J. Hill Gibson, also read that clever and valuable article "Death Lurks in the Bath Tub," by J. D. Robertson, M.D. (*Physical Culture*, Oct., 1903, page 349).

PROF. CAVANAGH LIKE THE GREAT DR. GALL.

It has been noted with pleasant surprise that Prof. Cavanagh's two first names are the same as those of the great founder of phrenology, Dr. (Prof.) Francis Joseph Gall. This really great specialist is still assisting people to improve, get more energy, vigor, a better memory, be less worried, and much happier by his now well tested special advice or confidential health and success aiding hints. Reader! if you want to become better off and happier every way, you should put by some money now for Prof. Cavanagh's chart and special advice, which has helped so many, and will help you. From the *Toronto News*, 8th Aug., 1903.

IT IS DANGEROUS.

It is very exhausting to the nervous system, dangerous to the health of such as you to engage in hard work, much speaking, or energetic or rapid exercise after long continued periods of close application (which is very relaxing, weakening). *Never forget* that the system is subject to an attack of weakness in some part abdomen, etc.) after long continued close application, if much exertion of any kind is indulged in soon after. You who often closely apply yourselves must often rest, take things easy, quietly, or you risk something unfortunate, or being laid up in a few hours or—almost—suddenly.

Every often in doubt, suspense, striving to be successful inventor should be encouraged to keep on working towards perfection *when he thinks of that* most perfect, and wonderful, valuable—to all classes of manufacturers, etc.—*Chapman ball bearings*.

There is the sun!

There is the moon!

There is the *Chapman Double Ball Bearing*.

The Chapman double ball bearing supplies the power for all the shafting in Machinery Hall, the hall where the mechanical mind of Ontario, of Canada, is expressed in moving machinery. See the *Mail and Empire* and *Toronto Daily Star*, 2nd Sept., 1903.

THE HERO OF LIBBY PRISON.

Testimonial from Major A. P. Hamilton, who originated the scheme to tunnel out of *Libby Prison*, and who, with Col. Rose (whom he says had no physical fear), and 109 officers and men escaped through this hole, which was fifty-seven feet long and took fifty-seven nights to tunnel through. Capt. I. N. Johnson, 6th Kentucky cavalry, was with him also. This genial, good hearted, good looking man, I also saw in *Libby Prison*.

This is to certify that Prof. Cavanagh measured and examined my head, and described my capabilities, etc., with clearness and accuracy.

(Signed) A. P. HAMILTON,
12th Ky. Cavalry.
(Given in *Libby Prison*).

The hero when last heard of resided in Reedyville, Butler Co., Ky.

MARRIAGE IS MOST NATURAL.

You are too anxious about the imagined troubles which will fall to your lot if you marry. Don't forget that marriage is the most natural life, and that whatever is *natural* is likely to bring some benefits with it. Marry if you can see your way clearly.

"He who has made the acquisition of a judicious and sympathizing friend may be said to have doubled his mental resources."—*Robert Hall*.

A weak *Memory* is an abnormal, *unnatural* state; and while memory weak, abnormal, unfortunate consequences, trouble, accident, loss, delay, or something unfavorable is *sure to be* in evidence, result.

Don't let the barber after shaving put hot cloths upon your eyes.

The bill proposed in Paris to require a *medical certificate to get married* is being strongly supported, on the plea of necessity, and bitterly opposed on grounds of morality.—*Toronto Star*, 8th Sept., 1902.

My experience is that a perfectly healthy woman is a rarity, and a well known specialist told me that his experience with men was similar, he knew few really all round capable men.

Read *Theology of Inventions*, by Rev. John Blakely; also Beckmann's *History of Inventions*; Bohn's *Standard Library*; also *Attention*, by J. L. Hughes; *Self Formation*, by Rev. Paxton Hood.

A woman will forgive a man anything except *his failure to admire her*.

ABOUT CANADA AND ITS ADVANTAGES.

No country in the world offers greater advantages to immigrants than Canada does. Besides a rich soil, access to all the markets, and easy intercourse throughout the entire settled area, the country has institutions that are second to none. *Here all men are equal*. We never had a state of slavery, and we have now no black problem, such as is still perplexing the United States, after involving it in a war that has left its heritage of questions. If we had had such a war we might now have a makeshift monetary system like that which has given so much trouble to our neighbors. There is no likelihood that our western settlers will ever be wrought up to such a state of passion on the silver question as were the farmers of the granger States, for we never had either free or a limited coinage of the silver dollar. *We have so much land available at low or nominal prices* that there can be little ground for the growth of the Socialist movements that so much disturb the countries of Europe. And to *every man all careers, all prizes are open*. *Every* worthy, capable worker has a good *chance in Canada*.—*Mail*, 10th April, 1903.

A fine, well built, young man came from the country, was advised by me, joined the *Toronto Police Force*, studied earnestly and gamely in his spare time, and is now a clever physician.

POLICEMAN BECOMES A DOCTOR.

To G. H. Burleigh is Due the Greatest of Credit.

G. H. Burleigh, of No. 4 Police Station, is now a doctor, having passed his final examination and taken his degree at Trinity College. *He studied as well as attended to his patrol duties.* He is not yet 30 years old, and was born in Cambridge, and followed the trade of carpenter till he joined the police force ten years ago. He is a well known Mason and Oddfellow.—*News*, 19th May, 1900.

FROM BARBER TO FAMOUS MUSICIAN.

Mr. J. Glionna was a barber when advised by me, and afterwards became a teacher of the banjo, guitar and mandolin. He was acknowledged to be the best banjo player—a most difficult instrument to play with that marvellous masterfulness and extraordinary skill similar to Mr. Farland—in Toronto.

In my write up of *Joseffy, the pianist*, I said, pianists like him were born not made, and I remarked about the

TORONTO MALE CHORUS

“It is no wonder that the members of this now celebrated club sang so excellently, so wonderfully well, and made such a captivating impression. There are 2 reasons for it. The first is that they are all picked men with capable musical ability, and I cannot call to mind even

1 HEAD OUT OF THE 75

with a depression on top. I don't know of a musical organization with a smoother set of heads, evener top heads. . . .

The second reason is, that they are under the able, most earnest, inspiring and magnetic direction of Mr. J. D. A. Tripp.

“The most brilliant pianist before the American public.”—*New York Musical Courier*.

MADAME MELBA.

No voice, she remarks, should be trained before the 16th year; up to that time the girl can study, get the rudiments of a general education. Voice culture is slow. The organ is too delicate to be forced or overworked. There are many successful singers with positively ugly voices. Their phrasing is good, they have good methods, they bring the charm of health, taste and personal refinement to bear upon the audience. Too much stress is laid upon the term beauty. The word is misleading, better results would accrue if young people tried to be *healthier*. Perfect health is absolutely necessary to the singer.

Spend money liberally for *experience*, knowledge, it is usually of more use before middle age than wealth.

☛ Better to have spent all in buying the most costly thing in the world—*experience*—than to have conserved strength, energy, all one's capital, and got it not.—Nina Vivian in *The News*.

YOUNG LADY.

I PROMISE

if you do as I've directed (and no physiologist) can deny the truth of what I stated to you) that you will become so noticeably improved in face (complexion), strength and figure as to be the envy of many of your friends and acquaintances, and all this you can do by the easily practised but most valuable knowledge I've imparted to you (and only those who get my special private advice or health hints) and you'll become youthful.

N.B.—The saving and increasing of energy will do more or less of this for anyone not too old or weakened.

If such as *you* live a single life your Self Esteem (manly pride, self respect, hope, will power, force of character, courage, memory, self confidence) and *conscience* will be *seriously impaired*. It is a notorious fact that most single men who shouldn't be single have apparently no conscience, or principle in certain ways in their dealings with the opposite sex. Shameless lying, deception, heartless conduct and desertion are too prevalent for any likelihood of this statement being contradicted.

YOU HAVE GOOD FORCE OF CHARACTER

and can enjoy amusement, games, etc., and won't refuse—even if you have to neglect or put off business, or spend quite a lot—a good time when you can get it and during which you will forget your usual duties and cares, and thus give your brain relief and exhilaration for some hours.

EXERCISE 4 TIMES DAILY.

This youngster needs to be made exercise 4 times daily (week days), which means 96 exercises a month. This will make him think about his exercises and keep his mind off other things not helpful. These exercises—which I've mentioned—will positively improve him in various ways, and, moreover, he won't be as effeminate at the end of 3 months as he is now.

THIS GIRL MUST EXERCISE

as I've directed, twice in the forenoon and twice in the afternoon (except Saturday afternoon and Sundays). These exercises will do her real good, develop her on the shoulders so that in a few months she will have not only the foundation laid for more well rounded and beautifully formed biceps, but stronger arms (and every real normal woman has a good arm) than the majority of her sex possess in these degenerate days. Exercise, excitement, amusement is absolutely necessary for all, because such arouses all parts of the brain, etc., produces an extraordinary state of mind, makes the individual more alive, puts new life into him as it were. The one who gets enough exercise, excitement, etc., is more alert, better—like good steel—tempered, electrified, more efficient.

Excitement does me good.—Pope Leo, XIII.

TO MARRIAGEABLE WOMEN.

Many women complain of being unsuccessful in securing a suitable sweetheart, but there is a cause for this state of affairs. I can give you valuable hints based upon a great many years of experience that may help you to gain a husband.

PRINCE BISMARCK'S DELINEATION.

Many persons will remember Bismark's (when he was Count) phrenological delineation long years ago, and the prophecy contained in it. Part of it is thus. "His head is like a round ball, neither side the largest, and no hollows. Those he engages in combat must fall, such men—as he—make no false steps."

This Chart is of more practical value to the one who is in earnest (and properly hopeful) to improve, *succeed*, than all the encyclopædias and biographies in existence.

Always bear and forbear in a crowd; don't, if possible, give in to irritability, you can't tell what serious, or unhappy consequences may result from so doing, from a want of good humor.

ONE OF THE GREATEST ARTISTS

in Canada, possibly in the world (name given you)—a large number of our distinguished men (and society ladies) have posed for him,—was told by a certain doctor, phrenologist, that he would make a good blacksmith. He came to me with a noted, known to thousands of people, physician. I said that he had "the faculties" of a natural artist of unusual capability. Another young man was told by a certain head reader that he too would make a blacksmith. Prof. Cavanaugh said he would make a good watchmaker, his father sent him to the Horological Institute opposite

ST. JAMES CATHEDRAL,

Toronto, and within a year he was one of the best workmen in the Institute; and I may here remark that the (a) wonderful boy Soloist of St. James—whose father is in the House of Parliament—was through my advice—as a little child—taught singing. Let me give you names of children with really wonderful memories, one of these children's father was—maybe yet is—also in Parliament House.

DON'T MARRY BROAD SHOULDERS.

You should not marry a woman who presents the opposite formation to a normal figure, namely, shoulders noticeably broader than the hips, or you'll separate, be divorced or die earlier.

DON'T MARRY BROAD HIPS.

You should not marry a man with hips broader than his shoulders, if you do you'll find such a marked contrast in his character to your ideal, that you'll probably get not separation, but divorce papers.

You should marry about the age of — and not a later age than —.

Happiness and Love increases health, energy. The woman who is often worried, in suspense, unhappy, no matter how well developed (or naturally healthy), and comfortably circumstanced, will be often—most of the time—deficient in *energy* for ambition, energeticness or amativeness. This is a most valuable hint for husbands.

THE BICYCLE A BLESSING.

The bicycle is one of the greatest blessings as an all-round means of enjoyable exercise, if used reasonably, that mankind has ever received. Many a man can say, and women too, "I wouldn't have the health and strength I yet possess but for the Bicycle.

YOU SHOULD BE ATTRACTIVE.

Persons of your description should be reasonably attractive to the opposite sex (you know you should be yourself), but seemingly are not, and *can't understand why*. I tell you emphatically that you won't be, can't be, as fortunate in your selection of a marriage partner until you follow—and its easy for you to do so—my scientific special advice.

DOES YOUR HUSBAND DRINK!

or is he a cold, unscial nature, or often leaves you neglected, or is he not properly ambitious, or of a jealous (which is in most cases only a delusion to him) nature, is he unenergetic, sudden tempered, selfish, or a user to excess of tobacco, or a man of moods, so that you don't know how to take him or is he weak willed, or often most unfeelingly irritable. If so

BRING ME HIS PHOTOGRAPH

now and get my opinion, it may be of value to him or of some help to you.



**WANTED—Any Books on—for
or against—PHRENOLOGY.**

**Also any number of (new
or old) Phrenological Jour-
nals. Apply to**

PROF. CAVANAGH,

Elm St., Toronto.

YOUR WIFE'S DISPOSITION.

If you don't understand her, are often worried, or are not happy, feel you have made the mistake of your life in marrying such a character, *bring me her photo.*

You have a capable looking head, and if you had—for years—thorough energetic training, were normally hopeful, ambitious, with sensible vanity, desire to excel, and used proper self-control and daily exercises to develop your chest, you should have been quite efficient.....

.....

.....

Practice *anagram* composition and you may some day make a good advertisement for your trade, business, or profession, or even a large sum of money. It was Prof. Cavanagh who discovered *the prophecy* in Lord Roberts—anagram—name, and the interesting anagram of christianity, etc.

THE RIGHT MAN FOR CANADA.

Prince Edward IsL~~a~~nd.

Nov~~A~~ Scotia.

New Br~~U~~nswick.

Onta~~R~~io.

Man~~I~~toba.

Queb~~E~~c.

BR~~I~~tish Columbia.

Using one letter only out of the name of each Province, it will be found impossible to spell Tupper, Foster, Macdonald, or Montague. G. B. Hardy: showing clearly that they are not the right men to rule Canada.—See 1st January, 1901, *The Toronto Globe.*

THIS IS AN ILLUSTRATION OF THE
BEAUTIFUL AND RARE

EGYPTIAN PLACQUE

FOUND BY

PROF. CAVANAGH

IN McCORMACK'S SECOND HAND STORE
YONGE STREET,

AND SO TASTEFULLY RESTORED BY THE
TORONTO BRASS COMPANY.



FATE AND MY SPECIAL ADVICE.

Fate seems against the most of individuals nowadays who fail to get *my special advice*, or confidential, health-helping and energy-generating or saving instructions. This statement is a positive *fact*.

FATE has not so much to do with many, most persons destiny, as their weakened powers, memory, will, courage, hope and deficient energy have.

Men's faults do seldom to themselves appear.

There is none righteous, no, not one.—Rom. iii, 10.

—for the terrible agony which I have so lately indured—an agony known only to my God and to myself—seems to have passed my soul through fire and purified it from all that is weak. Henceforward I am strong; it needed only some such trials as I have just undergone to make me what I was born to be by making me conscious of my own strength.

Read life and letters of Edgar Allan Poe.

The fervent prayer of a righteous man availeth much.—James v, 16.

COFFEE—You should.....
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TEA—You should.....
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WATER—You should drink about.....
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You should not drink.....
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BEER—You should not drink.

WHISKEY—You should.

WINES AND GIN—Beware of what you buy in the way of wines and gin, only get what you know to be reliable or none at all.

TOBACCO—You should not.

HONEY—You should, if honey agrees with you, of course, always getting the best and purest you can.

CHOCOLATE—You should—of course only buying the best brands—.....

FRUIT—You should.

SOUPS—You should.

OYSTERS—You should.

ICE CREAM