

**HEAD
TROUBLES
ETC.
AND SOME OF THEIR
CAUSES**

**PROF. CAVANAGH
PHRENOLOGIST.**



THIS BOOK

WILL BE



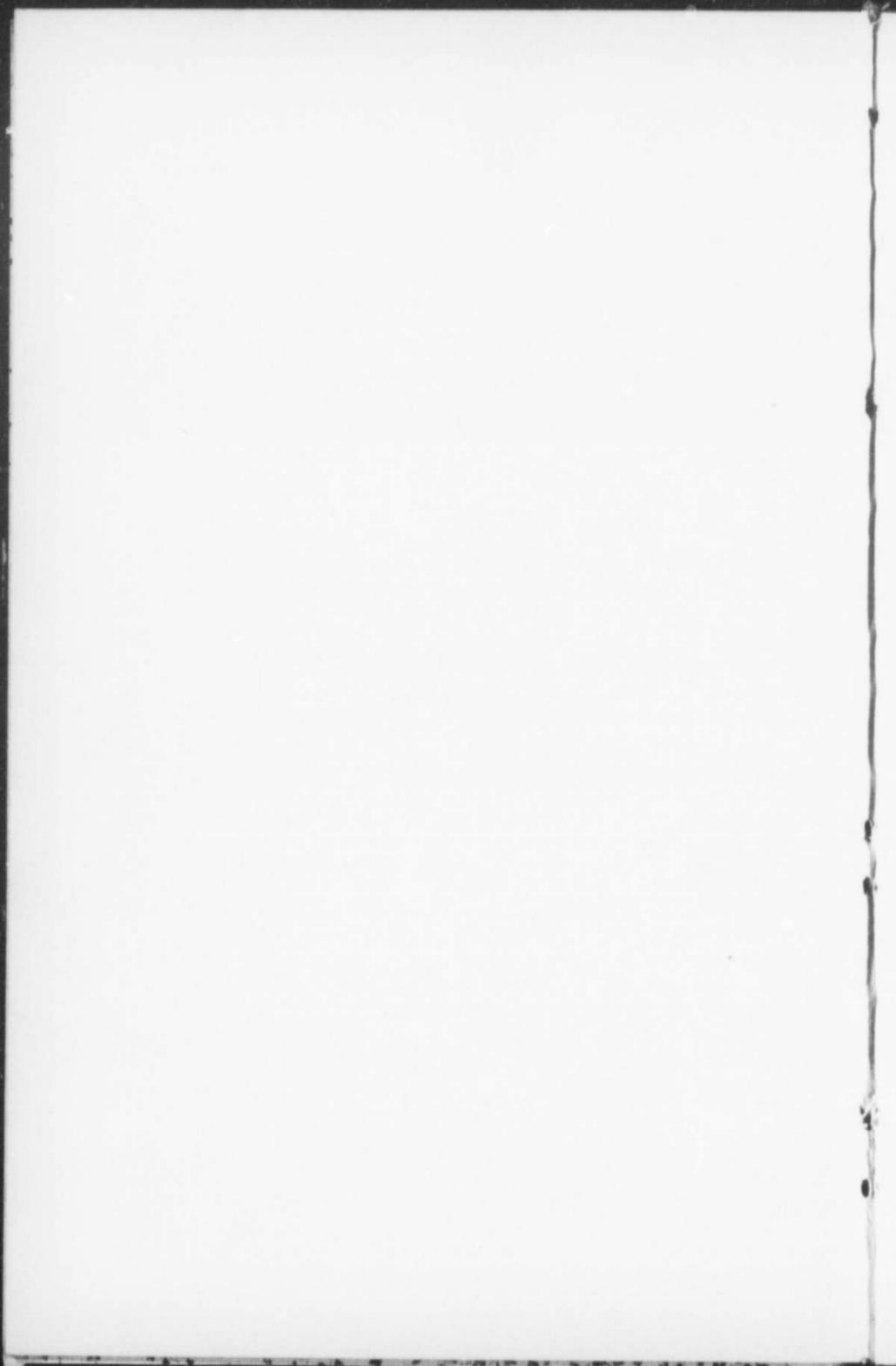
WORTH MANY TIMES
ITS COST



to various persons, and to young men
and women who become enterprising
through EVIDENCE herein of those
who have done so well, and others that
MADE THOUSANDS OF DOLLARS
as a result of Professor Cavanagh testing
their heads.



**HEAD TROUBLES, ETC.,
AND SOME OF THEIR CAUSES.**



INDEX

	PAGE
My inventions, originations and discoveries	viii
Photo of Author	2
Title page	3
Symbolical Head	4
Of life-long importance to you, or many	4
Preface	5
Carlyle's expressions about books	6
If every person would speak out their mind frankly	6
Dwight L. Moody	6
Health is their only capital	7
The history of science	7
This head, etc., subject	8
What prompted me to write this book	9
Dr. Henry Chavasse	10
Dr. Shew	10
Locke	11
Suicides in New York	11
Mental depression	12
Many persons will be hard to convert	12
The genuine philosopher	13
Professor Mittermaier, Heidelberg	13
About rupture, etc.	14
Herbert Spencer	15
Spent \$400	16
Scottish Lady Godiva	17
Napoleon and the bath	18
Hundreds questioned about bathing	19
Sir James Sawyer	20
The cold bath	20
Robertson's book on Training	20
Carnegie	21
Bath wrongly used	21
Frequent bathers read this	22

	PAGE
A champion oarsman	23
Men who work on skyscrapers, etc.	24
A Spanish proverb	25
Followed advice, made a million (\$1,000,000)	26
Conscience—Dr. O'Leary, O. S. Fowler, L. N. Fowler	26
Fifty law-breaking children	26
State prison commission	26
Graft and rampant dishonesty	27
Recruiting statistics	27
Kossuth	28
Important information about the insane	28
Insane brunettes	29
Blondes incurably insane	29
My theory or belief is harmless	30
In place of being a ridiculer	31
Earnest reader	32
After many years of patient investigation	33
Dr. Daniel Clark, Toronto Insane Asylum	34
Statement, Dr. P. H. Bryce	34
A Russian mother	35
Well-known French actress's hair	35
Head a very delicate organ	36
Even if you are completely bald	36
Very oily hair	37
What unsuspectedly leads to suicide	37
One of the most horrible suicides	38
The unpardonable sin	38
According to modern notions	38
Everybody consumptive	39
Varicose veins	39
Healthy persons weakened by swimming	40
Gloom of mind	40
Cicero	40
Being easily discouraged	40
Fear	41
Dr. Reynolds	41

	PAGE
Emile Zola	41
I never knew of anyone knowing this previously to me	41
Sea captains, telegraph operators, conductors, locomotive engineers	42
Dangers of forgetting names	42
Mayor Low	43
Prevalence of defective hearing	43
600,000 school children	43
Excess or privation, what it causes	44
To be good	44
You have several memories	45
No student	46
Lost their memory	46
A writer states	47
Dr. Pancoast	47
Dr. Johnson	47
Sydney Smith	48
John Burroughs	48
Marcus Aurelius	48
Apologetic and explanatory note	49
Reader, if you find fault	50
The truth	50
Many repetitions	50
Daily bath is injurious	51
Skin is self-cleansing	52
Amongst the Turks	52
I cannot—often—understand my husband	52
Call no one mad	53
Seek secret of old age	53
Millions of dollars for Missions	54
You should aid research work	54
Dr. Vaughan	55
Men of known ability	55
Insanity on the increase	55
Jews thrive in the slums	55
Music, memory, etc.	56

Selected from newspaper clippings which I have collected for many years	57
300 ladies hurt	57
She forgot, loss \$1,200	57
She forgot, loss \$500	57
Forgot \$28,000	57
Fearing insanity	57
Fires in 1913, \$203,408,250	58
Suicidal tendencies	58
Sentenced to be hanged, was forgotten	58
Boy strangely stricken	58
Dr. Bucke	59
Another serious mistake about water	59
Dr. Clark and Dr. Bourinot	60
Your valuable brain	60
One of the most desirable faculties	61
300 deaths from sunstroke	62
About the Germans	63
Many soldiers killed by heat	63
Prediction about the German Emperor	63
350 deaths from violence, including 60 suicides	64
If you should contract a cold	65
Dangers that threaten the child's life	65
Cause of many a premature death	66
More suicides Tuesday and Thursday	66
Those who read but little	67
I've recommended certain books	67
To help the investigator, inventor, etc.	68
Discoveries I possess worth many millions of dollars	68
Case puzzles doctors	68
Blondes should keep in shade	69
Not many blondes famous	69
Musicians who lost memories	69
Said, could not tell his bride's name	69
Forgot his wife	69
Dropped letter from name, lost \$1,000	69

	PAGE
Omission of comma cost \$1,000.....	70
Suicide in America.....	70
Carved to his death.....	70
Girl lost memory.....	70
Crazed by the heat.....	70
Must not shave neck.....	71
Eczema.....	71
To locomotive engineers, etc.....	72
Forgetfulness an important problem.....	72
Standing dead, train going full speed.....	73
Awful account of a railway collision.....	73, 74
De Casparieo.....	75
Report on cause of train wrecks.....	75
What is Phrenology?.....	76
Warning, Reader!.....	77
Phrenological explanations—1st, 2nd and 3rd.....	77
Getting some of the best out of life.....	78
Small symbolical head.....	79
I cleared 1,000,000 dollars.....	79
100,000 dollars it was worth to me.....	80
20,000 dollars' value.....	80
Once poor, now worth \$25,000.....	80
Young working man (of Toronto) became worth \$250,000.....	80
Enormous dividends are being earned to-day.....	81
Invented lace hook on everybody's boots.....	81
Champion of the world typewriter.....	81
About the best sketchers, <i>Globe</i> , <i>Mail</i> and <i>The Telegram</i>	81
Some of the best sign writers in Toronto.....	81
Winners of prizes for composition.....	82
Canada's Greatest Phrenologist.....	82
19-inch head, a partial idiot.....	82
Reader, measure your head.....	83
Prevention better than cure.....	83
New illustrations of heads.....	84
Have you a head like any of these?.....	84
Uneven, etc., heads.....	85

	PAGE
Gorilla's and other heads	85
More new illustrations of heads	86
Lavater	86
Heads good and bad, etc.	87
A man can be anything	87
A positive worry lessener	87
A boy's valuable brain	88
Thring	88
Sir Joshua Fitch, M.A., LL.D.	88
Dean Swift	88
Fine picture of Napoleon 1st	89
Interesting write-up of Bonaparte	89, 90
Very important for all persons to know	91
Three reasons why the world loses use of many valuable brains	91
A determined average brain can succeed	91
My new modern chart	92
A surprising record	92
Sure proofs of phrenology	92
Heads destined to be bad characters, or insane	93
An idiot, criminal, suicide, or insane	93
The mysterious suicide	93
Resurgam	94
If you neglect to properly exert yourself	94
Phrenology science is the best self-help	95
Ambition is a state of mind	95
It may be your destiny	95
Convincing and welcome evidence	96
400 students	96
100 dollars a month	96
50,000 dollars	96
Barber to famous musician	96
From policeman to doctor	96
40 dollars per week, pay previously seven dollars	97
Rose to be a general manager	97
Some of the best years	97
The Battle of Gettysburg	97

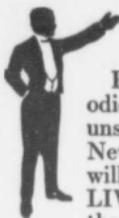
	PAGE
Do you doubt your ability?.....	98
If you lack self-confidence.....	98
Bill Nye's head.....	98
Why you should get a chart.....	98
Nothing ventured, nothing won.....	98
Mr. Gladstone.....	99
Sir Richard Cartwright.....	99
Chief Justice Rose.....	99
Famous doctors who recommend phrenology.....	99
Alfred Russel Wallace, the great British scientist, his prediction about phrenology.....	100
Names of great daily papers that I've press notices from.....	100
Facts of great importance.....	101
Which was wisest to do?.....	102
My famous clock design.....	103
Marriage adaptations—quotations.....	104



If you had known how small divergence
makes one man **succeed**;
How slight an error makes one nobler **fail**;
How, at the moment that you give no heed,
One word from you alone might turn the scale,
Would **you** be still?—*S. P. Stoddard.*



He who contends for truths which he has himself been permitted to discover, may well sustain the conflict in which presumption and error are destined to fall. The public tribunal may neither be sufficiently pure nor enlightened to decide upon the issue, but he can appeal to posterity, and reckon with confidence on "its sure decree."—*Sir David Brewster.*



MY INVENTIONS, ORIGINATIONS AND DISCOVERIES.

Professor Cavanagh is the originator of the scheme for periodical examinations by medical men for the detection of disease, unsuspected rupture, injuries, etc. This recently adopted in New York (and so called) new plan said to be a huge task that will more than pay for itself, **ADDING YEARS TO THE LIVES** of millions of people, was advocated by me, published in the newspapers, and printed in my copyrighted books of 1892.

I am also the inventor of the wonderful automatic—hernia—truss. By this invention alone—ask various doctors—I have surpassed the genius of all inventors for ages as regards trusses, and succeeded—with what was long *believed to be an impossibility*—where the greatest physicians and surgeons gave up, and all the truss makers in existence absolutely failed for 19 centuries. This extraordinary invention is different from, more powerful than, and (so far as I've been able to find out) superior to all others of its kind, and can solve the truss problem as concerns the most of ruptures, thus benefiting mankind for all time.

★Originated also a postal system, bicycle inventions, various original designs, etc., etc., etc.

☞ I possess many copyrights, also English and Canadian patents.

Am also author of original *Phrenological Charts* of the human head, and many phrenological discoveries.

● Discoverer also of glands in connection with the head which store energy.



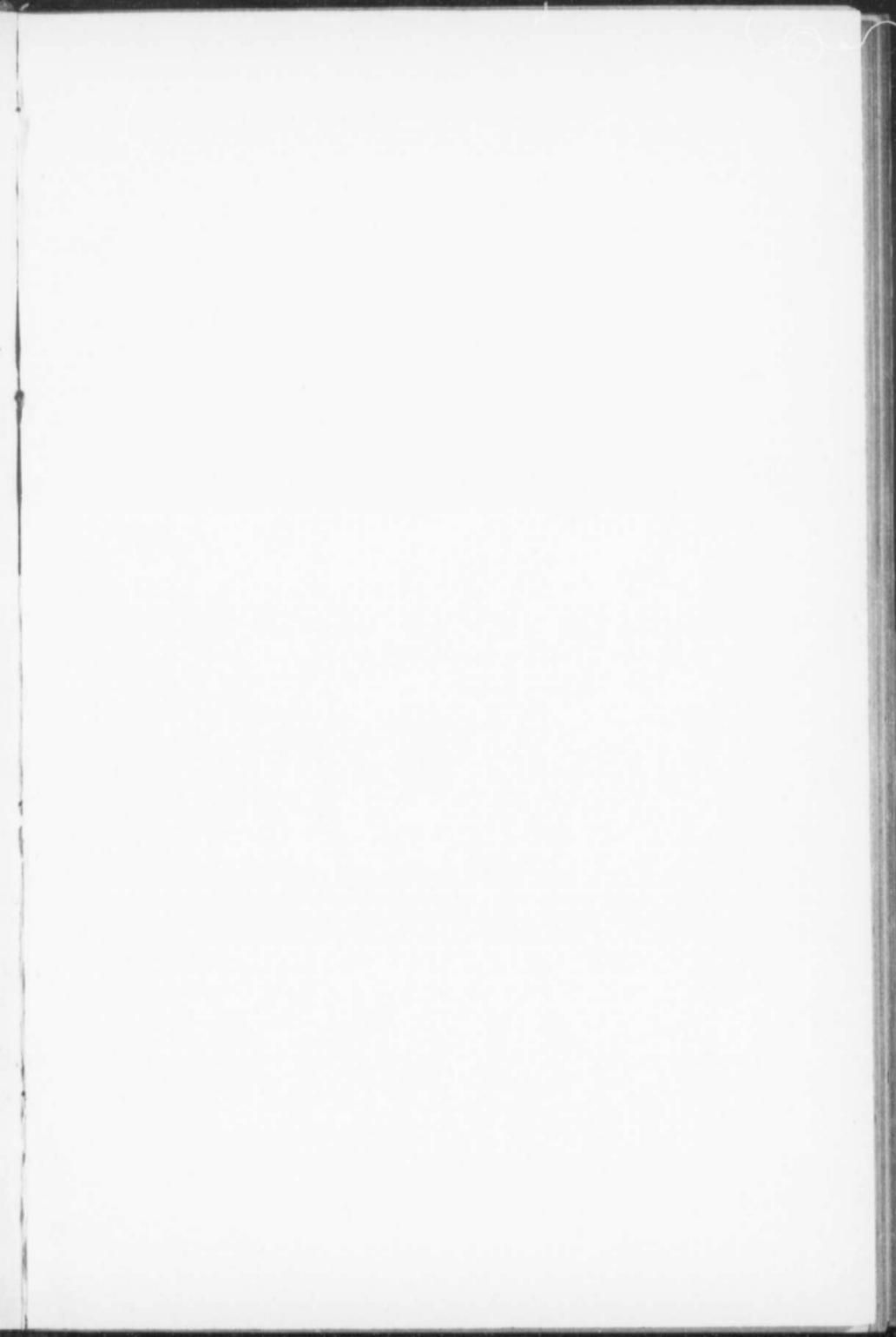
Discoverer of a development that the greatest men, and men and women of unusual endurance usually possess. This is one of the most valuable discoveries ever made.

● Have also another very simple but marvellous discovery, which will give the majority of normal persons valuable knowledge about their condition mentally and physically.

THESE DISCOVERIES ARE SIMPLE,
EASILY UNDERSTOOD, AND WORTH
MANY MILLIONS OF DOLLARS
TO HUMANITY, AND

★mankind are suffering severely physically, mentally (and by much money loss) for want of them.

Reader! so much for the *power of the mind*, of the achievements of *one brain* that has been earnestly, hopefully and persistently used.





Faithfully yours
F. J. L. Caranagh.

HEAD TROUBLES

ETC., AND SOME OF

THEIR CAUSES

CONTAINING KNOWLEDGE ABOUT WHAT OFTEN (UNSUSPECTEDLY)
PRODUCES AILMENTS OF THE HEAD, EYES, NOSE, EARS,
THROAT, ETC., AND WHAT TENDS TO IMPAIR
THE INTELLECT, WILL POWER,
THE MEMORY, ETC.

BUT NOT HERETOFORE KNOWN TO THE PUBLIC.

*Some of the knowledge in this book is worth hundreds, or
thousands of dollars to various persons, and to the
universities, colleges, public schools, and rail-
roads many millions of dollars.*

BY

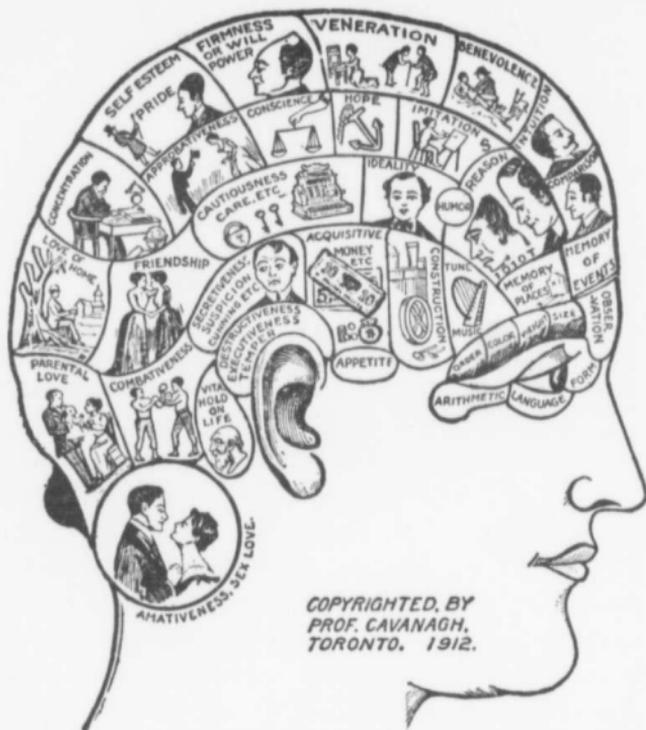
PROF. F. J. L. CAVANAGH

30 YEARS ESTABLISHED IN TORONTO

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

PROF. CAVANAGH is a Phrenologist of rare merit.—*Chicago
Evening Post*, 11th Sept., 1893.

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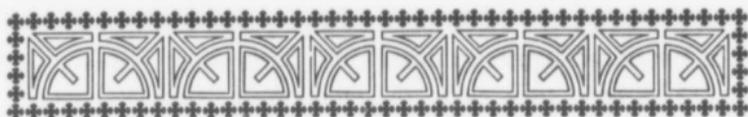
OF LIFE-LONG IMPORTANCE TO YOU, OR MANY!

Reader! if you possess ordinary intelligence and health, etc., you have a chance of becoming rich, or earning enough money for all your needs, if I scientifically test your head; even if it is only an average one, it has valuable possibilities in it. If you don't believe me you are believing your doubts, and will be a greater loser than you have any idea of. It should be only by lack of industry, or through not systematically saving money, or through want of enough will-power, or self-confidence (accidents, etc., excepted), or by yielding to discouragement, or being too cautious, that you can be hindered from surprisingly improving yourself, or doing better at your work, or business, or perhaps becoming rich, or well-to-do, if you faithfully follow my instructions.

"Success is often missed for want of common sense in some ways, rather than through deficiency of talent."—Cavanagh.

Reader! remember the above valuable fact if you doubt what I assert you can learn, or do, or how well off you may become.

If you are still hard to convince, note this old saying:—
 "Help thyself and God will help thee."—Herbert.



PREFACE

This is a simple, unpretentiously written book, couched in language so plain that it can be easily understood by man, woman or child.

It contains timely information for those who believe in the abundant use of water on head or body. You have no doubt often heard the expression "wash and be clean" and that "Cleanliness is next to Godliness," but very unfortunately for mankind those who wrote this assertion did not inform us how often we could safely wash our heads, or bodies, or what class of men, or women, such would agree with, and who it would weaken, or cause disease to, or cost them their life.

If people—on account of the statements in this book—give this subject more observation and thought, it will add to the health of and save a vast amount of energy to the nation. *Science* has done so much for mankind it will easily do a great deal more. There is still a vast amount of preventible disease, etc., to be coped with, which can only be retarded and lessened by the diffusion of knowledge amongst the masses, which it is easier to do now than ever before, by means of books, magazines, and the daily newspapers. ■ A certain amount of varied reading is to-day a duty each individual owes to himself, or to his family, or the State. A man who can buy but does not possess certain books is ignorant in some ways, neglects to

properly feed his intellect, and conveys the impression that he is not thoroughly intelligent and up-to-date. It is as necessary for some persons to have certain books as it is for capable mechanics to use high-grade tools.

"*The true university in these days,*" said Carlyle, "is a collection of books."

If every person would speak out their mind frankly about this or that subject, or do what little they are easily able to do that would help others, we would have a better and happier world to live in. It is better to do a little good even if only poorly done, than not to do any *for fear* of making mistakes, or because you cannot do it as well as you realize it ought to be done. I am trying to do my share as well as at present I am able to.

"The best of men, and the most earnest workers will make enough mistakes. Don't give up on account of mistakes."—*Dwight L. Moody.*

"Give what you have. To some it may be better than you dare to think."—*Henry W. Longfellow.*

Too much head washing and bathing waste energy, and cause thoughtlessness, and that leads to injuries, or maiming, or accidents. An accident, etc., often means the breaking up of a home, leaving widows and orphans, or some one crippled for life. An instant's thoughtlessness will often reduce the comfortably off to poverty. Quickness of perception, or thoughtfulness avoids many an accident, or saves life. It costs you nothing to enquire about both sides of this very serious question.

This book seeks to impart knowledge to many who earnestly desire to keep their health, and will be of use to others who might make the lamentable mistake (which has injured so many people in some way) of using water to excess.

Rich people can afford to be often ill, or indisposed, or

to enjoy the luxury of plenty of rest, but the man of small means, the clerk, or mechanic, who is dependent upon his employment for the bare necessities of life, cannot afford to be even occasionally sick. When he, through illness, etc., is compelled to be idle, especially if he has a wife and children to provide for, God help him, privation and worry then commence, for likely he will get little substantial assistance from anyone. When the clerk, or mechanic, or working girl or woman become ill, or incapacitated for work, the weekly pay stops, and then supplies of food, coal, etc., ceases, and there is not even money enough to pay rent to shelter them. The great majority of those who do the world's work have only their health to depend upon, and they should know all that may injure or lessen, or improve their health or powers in any way. Health is their only capital, and there is knowledge in this book that vitally concerns it, and which *took me many years* of earnest investigation to find out,  but which you, reader, can know of *in a few minutes*, and profit by for the balance of your life. In the execution of this work my aim has been to be simple, original, accurate, and to be useful; technical forms of expression have been avoided, more attention has been paid to clearness than to literary style, which here is of secondary importance. My investigations of this subject have been carried further than I have ever known of before.

The history of science is full of the accounts of discoveries which were all but made by the men of one generation, but which they missed, and the world lost the benefit of for ages, because the road to them seemed too plain and simple for leading to anything of importance.  This fact should cause us to despise nothing, however small, when it may have anything to do with our welfare. We should try to understand all that may

affect us for good or ill. I know this book will be read with prejudice by a large number of persons, but, as Mr. McDonogh, the millionaire, truly says: "Never think any matter so trifling as not to deserve notice." Simplicity and truth rather than polish and ornament is what I've striven for. This head, etc., subject is worthy of the most careful and exhaustive investigation, as it concerns not only the health and morality of the masses,  but also the safety of lives and property, (fires, accidents, railway collisions, etc.) under circumstances the most horror striking and dismally appalling. I am sure that the knowledge in this book will help—in some way—millions of persons, a great number of whom have brought upon themselves some ailment, or weakness in head, or body, through being in ignorance of the knowledge that this book contains.



WHAT PROMPTED ME TO WRITE THIS BOOK.

1st. Because of many years of severe sufferings, coupled with much expensive and painful personal experience, which failed to even help me.

2nd. Because of the long-continued discomfort and sufferings of hundreds of persons (both sexes) whom I've met professionally.

3rd. Because of various eminent medical authorities' opinions, or advice which I herein quote.

4th. Because of the belief now so prevalent about the good of, or necessity of frequent head-washing, or frequently bathing.

5th. Because so many persons overdo in these ways to the injury of many a splendid head of hair, or the causing of obstinate dandruff, or premature baldness, or catarrh, or frequent cold in the head, or common colds, etc., etc.

6th. Because of the great waste of brain energy, also haunting *mental depression*, caused by excessive head washing, etc., and bathing that many are victims of, and you know that oft-recurring mental depression causes despondency, with resulting irritability and its risks, drunkenness, or drug taking, etc., or perhaps—as the papers many a time say—suicide from no known cause.

7th. Because I was cured of an obstinate, and continually annoying cold in the head of 15 years' duration, and relieved in other ways after I discovered the cause, or contributing cause of such, as related in this book.

Having observed, while young, that many men wetted their heads frequently, and reading much about the value

of the practice, also hearing people say that frequently wetting, or washing their heads freshened them up, or did them good.

“Men ought to take special heed how they guide themselves by examples, in thinking they can do as they see others do; whereas, perhaps their natures and carriages are far different.—*Bacon* (Advancement of Learning.)”

An old writer has said “*verba sonant exempla trahunt*.”—“Words attract our attention, but examples drag us along.”

“The violence done us by others is often less painful than that which we do to ourselves.—*Roche foucauld*.”

In Dr. Henry Chavasse's excellent health work, he says “A boy ought to *wash his head every morning*, a girl who has much hair, *once a week* with soap and water.”

In Trall's “*water cure*” for the million (page 15). The head bath and the pouring head bath is recommended for chronic affections of the head, eyes, ears, also for apoplexy, delirium tremens, hysteria, etc.

Dr. Fitch in his lectures on the prevention of consumption, page 293, says: I scarcely know a more effectual remedy to cure or prevent these affections of the eye, than dipping the forehead, eyes and nose a great many times a day in *cold water*, and holding them there as long as possible. In cases of rush of blood to the head, great heat about the head, or headache, there is no remedy that will compare with the use of *cold water*, and the water made as cold as possible by the addition of ice. The head should be dipped in ice water, and held there as long as possible a great many times a day. These are his exact words.

Read this from Dr. J. Shew's book on the Water Cure, page 240:—

“In sea, river and lake, as well as by artificial means,

bathing and general ablutions have been practised from time immemorial; as a matter of luxury.

“*Religious observance*, purification, prevention and cure of disease, bathing has been resorted to in every period of the world. So efficacious has this simple means proved in the healing of the sick, that not a little SUPERSTITION has been mingled with it. Springs and wells have often been supposed to possess some mysterious power, and have, therefore, been named after some patron saint. * * * *

“Let every individual, then, old and young, male and female, sick or well, have a daily bath; and in case of indisposition, of whatever kind, let there be more, instead of less attention, given to this practice.”

 Reader! Yet in spite of all this abundant and regular bathing there are vast numbers ailing, or consumptive, or insane, or sick, and nearly every person nowadays has something wrong with them.

I could quote from a dozen different works *advising* the use of water. I investigated all these suggestions, *believing* that such *eminent authorities* could not err, but must confess to a very sad disappointment; instead of benefits I found cases dreadfully aggravated.

“A man shall never want crooked paths to walk in, if he thinks that he is in the right way wherever he has the footsteps of others to follow.”—*Locke*.

Some years ago it was said that seven suicides was the normal *daily* average in New York and vicinity, and that *facts* collated prove that poverty, which is usually considered a prime cause for self murder, does not figure as the motive in the majority of these suicides, for most of the persons were those in *comfortable* circumstances. Reader, now what is the cause?

“Scientists are demonstrating that nearly fifty per

cent. of our bodily ills are caused by mental worries and hysteria."—16th Jan., 1911.—*Telegram.*

Mental depression, fits of the blues, frequent low spirits, cause a craving for excitement, for amusement, for excessive cigarette smoking, or the using of cocaine, or drugs or too much liquor, and intemperance or drunkenness often results.  Everywhere—now-a-days—there is incompetence, and the mind wandering (or for an instant mind blank), carelessness, lack of attention and forgetfulness cause so many mistakes, delays, losses, accidents, railway collisions, great fires, or explosions for want of thoroughly examining boilers, machinery, etc.

Many intelligent and unusually capable business men with strong constitutions—who should have nothing wrong with them—but who are often ailing in some way, or nervously exhausted, and who go to another climate, or watering places, or sanitariums for their health, expending large sums in so doing and all to no avail, I have found were in the habit of too often washing their heads, or too frequently bathing. If many of these persons would follow my advice there would be but little wrong with them.

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

Many persons will be hard to convert to my views because they were told so differently early in life, and believed what they were told thus, and have lived in that belief. It will be no easy task to change their minds and undo the teaching they have received, but most of them will alter their opinion when they know sufficiently about this subject. They should earnestly endeavor—as I have—to get the facts about what is now a national danger.

There never was an idea started that woke men up out of their stupid indifferences, but its originator was spoken of as a crank.—*Holmes.*

A long train of *difficulties, losses, or misfortunes* sometimes proceed from *one wrong step*, into which ignorance or *inconsideration* betrayed us.

 The genuine philosopher is always prepared to receive truth, and reject error. With him it is not of the least importance whether they were discovered by a man of eminence, or by a person unknown to literature or fame. "I am accustomed," says Professor Mittermaier of Heidelberg, "neither to surrender myself blindly to new ideas and systems, nor to reject them from prejudice, merely because they are new. I try all things. Every inquiry which can contribute to the progress of humanity is important in my estimation." Reader! sentiments such as these must commend themselves to every man possessed of a well-balanced brain.



ABOUT RUPTURE, ETC.

Frequently wetting the hair, or too often washing the head, may cause not only a weakened or slow heart, or heart failure, etc., but may result in a rupture or hemorrhoids, etc.

Frequently wetting the head, or too often washing the head, will often so relax the system that falling of some internal part will take place. Rupture, etc., at times cannot be held even by the best truss; supporters, etc., often fail at times from *no known cause*; lack of adequate energy is a great cause, and too many baths, or wetting the hair and leaving it wet, or too often washing the head, will evaporate energy, or life material, and thus cause rupture, etc., to come down. Both sexes who have worn trusses, or some abdominal support, have told me that sometimes the supporters were no good, other times they held as usual, and to use the words of a medical work on rupture and trusses, it said: "No amount of pressure will sometimes hold a rupture," but the medical authors gave no reason why this is so.

Reader, if you have falling of the palate, or falling of any part, or a rupture, pay strict attention to the advice contained in this book. It has helped others, and may help you more than you have any idea of.

You who are so awfully afflicted as to be ruptured, be hopeful, and keep in mind this helpful saying, "Patience cures many an old complaint."

Many persons who are greatly inconvenienced, or hampered, or tortured by that—thought to be incurable and—awful affliction rupture, may be relieved, or possibly cured by the aid of a good truss and living right, if they profit by what I have herein stated. From what I have found out about rupture I am sure that numerous persons can be helped. I have met a great many rup-

tured men and women who suffered severely for years, and that no truss would properly hold until they followed my advice.  I found out after years of experience that most persons do not know the way they should live. I have given confidential advice to a large number of persons, but these particular hints I *get their word of honor* to keep *secret*. We all can learn something of use from someone else, and if you, reader, want to better protect your health, or increase your strength, consult Professor Cavanagh who has been for 30 years established in Toronto.

The more prospect of relief that many persons who are ruptured will have who strictly follow my advice will be worth many times the price of this book. Be of good cheer. I have been the means of helping many persons and may also help you. What I have learned about hernia, and those ruptured (a most neglected class of people) is another good reason for the publication of this book.

READ THIS FROM HERBERT SPENCER'S WORK ON
EDUCATION, PAGE 25.

Occasionally only do we meet with an example of vigorous health continued to old age; hourly do we meet with examples of acute disorder, chronic ailment, general debility, premature decrepitude. Scarcely is there one to whom you put the question, who has not, in the course of his life brought upon himself illnesses which *a little knowledge* would have saved him from.

* * * * *

Here is a case of heart disease consequent on a rheumatic fever that followed reckless exposure. There is a case of eyes spoiled for life.

* * * * *

And to-day we are told of another who has had to lie by for years, because *he did not know* that the palpitation he suffered resulted from an overtaxed brain.

Reader! there are to-day a great number of falsely excited brains, and overtaxed brains, and the person who is diurnally worrying has an overtaxed brain, and that will help to cause a weakness somewhere else.

Remember also that physicians who treat affections of the ear give as a cause of deafness, etc., wetting the hair often, or too often washing the head. One man who came to me to have his head examined did not know these facts, although he said he had

SPENT FOUR HUNDRED (\$400) DOLLARS

on trying to improve his hearing.  Possibly this book may be worth that, or much more, to many a person as regards some eye, ear, nose, throat, or rupture, etc., trouble.

Reader, this bathing, etc., question is an unsettled question; diametrically opposite opinions are rife concerning it. Some persons can endure more bathing, etc., than others. Some say it does them good, or does not harm them, but of these and the daily cold bath men I seldom hear of them accomplishing anything very great in the way of discoveries, etc.

Reader, you may make some serious mistake if you neglect to observe, question persons about, and meditate over this bath problem. If you have any children, injudicious bathing may seriously weaken or injure in some way one of them, perhaps result in the death of it, or reduce your own health, or shorten your life. Reader! I only want to do some good to humanity by attracting attention to this vitally important health ? ? ? habit.

Reader! Why is it that bathing soon after dinner, or a full meal, is so risky, and at times even causes death?

This well-known fact should convince you that much bathing is risky, at least if a person is very tired physically (has any serious ailment) or through worry, or much head work, etc., is nervously exhausted.

SCOTTISH LADY GODIVA.

I have an extract from the *Weekly Despatch* headed, "Scottish Lady Godiva." It says: "After eating a hearty dinner, a young lady school teacher of Portobello took a hot bath, and afterwards crept out of the building, crossed several streets, the chill air brought her to her senses, and a man gave her his greatcoat, and she reached home safely."

Reader! You can see from this illustration that the bath can affect the brain unfavorably, as it does often the body.

Baths weaken! Why? Because water is the best conductor of electricity known. Wet feet will cause to some persons colds, or lung trouble, or tend to induce headaches, or rheumatism, etc. Why? Because water attracts too much energy from the body. We often hear or read of the nervous exhaustion or fatal cramps or drowning even of strong swimmers. This acknowledged fact ought to *prove conclusively* that too much head washing or too frequent bathing is not only weakening but dangerous to health or life.

TO PREVENT DROWNING.

The Safety League has sent out notices warning tourists to *exercise more care in bathing* and so prevent drowning accidents.—*Telegram*, 25th July, 1914.

NAPOLEON AND THE BATH.

After the Battle of Waterloo, Napoleon went to Paris, and met his Ministers at the Elysée Bourbon, covered with dust, but *unexhausted* by the fatigue of three battles and the dreadful events of the flight; he gave a rapid but distinct view of the resources of the country, the strength already organized for resistance, etc. * * * * * He knew that it would take the Allies eight or ten days to march from Waterloo to Paris, and in that time much might be done. He ought to have followed his own impulse and gone down to the Chambers, and there proclaimed his resources, but, yielding to physical fatigue, he took a bath instead. From this moment his energy seemed to fail.

From the "History of Napoleon Bonaparte" by R. H. Horne.

Reader, just remember that Napoleon was one of the greatest men (intellectually) that ever lived, and possessed undaunted courage, surprising hardihood, energeticness, and (physically) could withstand extremes of heat and cold, still be efficient and cheerful, possessed phenomenal powers of endurance, yet taking a bath when he was fatigued proved a most unfortunate affair for him.

Many persons are greatly weakened, others die from the excessive summer heat, because they haven't enough energy, or vitality, to withstand it. Some persons are even rendered crazy, or commit suicide through the effects of the heated spell.

If bathing did all claimed for it in making a person healthy or strong, or to cool their blood, would such cases of heat stroke, etc., etc., occur so regularly every summer? This frequent bathing habit requires experimenting with and thoroughly investigating, so that a person can know what's what from those who have

scientifically tested it. In my opinion, it's a very serious delusion and causes a great waste of energy and much harm to the nation.

 I have questioned hundreds of persons about *bathing* during many years, and up to the present time, and I never yet found even one person in thorough—every way—health, and as fully capable mentally as he or she should be, who were in the habit of often washing their heads, or taking many baths.

The average man—average constitution—and brain should not bathe any more than really necessary, and any person with a serious ailment or injury or weakness should also avoid taking many (completely immersed) baths.

It is only the most healthy or strong-nerved, or strong-lunged or strong-hearted, or the best-constituted persons that can bathe as much as they like, and even these in course of time find the bath weakening, as they have often admitted to me.

 I believe in reasonable bathing, and occasionally like a good Turkish bath, with its cleansing and useful rubbing process, but people shouldn't risk injuring their health, memory, etc., by excessive bathing, nor by staying too long in a Turkish or any bath. Read the History of Ancient Rome in all her grandeur, and the splendour of her baths, and later on her downfall. Why was this? I think I know!

How few persons these days have the vigour, strength, intellect, endurance (patience in all ways) they should have, and a really good capacious memory? How many are often tired, etc? What's the cause? All these qualifications, as well as your health, are lessened by any frequent violation of nature's laws, and one of these violations is too frequently washing the head, or taking too many baths.

The famous British physician, Sir James Sawyer, in his "Commandments of Health" or how to live long, says, "No cold bath in the morning."

Draughts should be avoided, a slight cold is liable to put a man out of training for an entire season.

See Robertson's great book on Cycling, page 191.

Always remember that what agrees with one man may not with another, and as men's constitutions, also their activity or ease or quickness of movement, or their amount of energy differ, so no complete set of rules can be said to suit every man.

Cold baths, or much of the shower bath, weakens the system and slows the muscles.

One noted foot runner said, "Cold baths are bad, as they stiffen the muscles . . . When I have been training for 500 yards, I have had a cold sponge down immediately upon getting out of bed; it had a great tendency to reduce my speed." Reader! Doesn't that plainly prove that the water attracts out of the body energy, lessens one's strength.

See page 201 of Robertson's splendid book on Training.

This statement from such a capable authority proves what I often said, that too much bathing, etc., lessens your life power, and endurance, renders you less able to resist colds or disease, makes you work, dress, etc., slower than you otherwise could.

"The cold bath is a dangerous fetish."—Opinion of a London (Eng.) doctor.

Robertson's book also states that injudicious bathing often seriously injures and even endangers the lives of weakly persons.

Warm water is occasionally necessary for *some people* for the purpose of removing the mucilaginous and oily secretions which exude from the pores of the skin. In cold

weather, however, these excretions form a protection to the body and if removed too frequently by the use of warm baths, there is great danger of taking cold and contracting infectious disease through the pores of the skin.

Various persons I've met, who take too many baths or who wet their hair, or too often wash their heads, are wanting in proper mental endurance. They often lack proper originality (not for want of a well-formed head, or capable brain) but because much of their mental energy is dissipated by evaporation caused by that greatest attracter of electricity, namely, water. They haven't their proper amount of mental endurance, patience and memory capability. Their memory is often like a patchy cinematograph film, plain in parts and indistinct in other parts. They cannot properly call up their knowledge, and lack what is termed concentration.

"One great cause of failure of young men in business is the lack of concentration."—*Carnegie*.

THE BATH WRONGLY USED MAY BE VERY HARMFUL.

"Those who read the above article"—a column of it—in Thursday's (19th Mar., 1914) *Toronto Star*, should ponder over it.

"Prof. Cavanagh's advice"—or writings, or assertions of many years back, have often come true, as stated by recent writers.

"It has been remarked"—occasionally when some articles about baths, or exercises, etc., etc., appear in the papers: Oh! Phrenologist Cavanagh said that long ago, or has been telling that to people for years. So, reader, get the benefit of Professor Cavanagh's advice now.

Frequent bathers read this:—

A cheerful Italian philosopher writes to *La Nazione*, of Florence, as follows:—

La Nazione:

Sir,—I am 75 years of age, and in the best of health and spirits.

I have never taken a bath, and yet I have never been ill. I hold that baths, etc., are nothing but useless. I have never lost a day's appetite nor a night's sleep for being without them. Can anybody say that who wastes time and money at watering places or hydropathic establishments?

Being a chemist by profession, I know something about hygiene.

Yours truly,

(Signed) Frederico Cerboni.

29th Sept., 1906, *Toronto Telegram*.

Reader, never bathe until quite rested after mental fatigue, great worry or exertion, because you will certainly much further reduce your energy, and may bring on a serious ailment, cold, nervousness, irritability, or aggravate a rupture or whatever weakness you are subject to.

You should bathe only when really necessary. If you doubt that, or are persuaded by reading adverse opinions or by "know-it-all persons" not to follow this advice, you may 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*, October, 1903, page 349.)

Dr. Gibson believes in systematic friction of the muscles and the body generally. Much bathing—he says—is fatal to the best training of an athlete. Any bath, says he, hot or cold, prolonged over three minutes, depresses nervous and consequently muscular power.

Earnest and open-minded reader, if you wash your hands, arms, face, neck, etc., when necessary, and feet

and legs to just over your knees when they need it, and rub yourself, occasionally, all over with a coarse Turkish towel, such will cleanse the skin, stimulate blood circulation and often answer in place of a bath, and so doing won't injure as frequent cold baths often have done, or too many warm ones—as well known by many persons—do nowadays.

Reader, where are all the great bath or hydropathic institutions of fifty years ago which were thought so highly of? Reader, ponder over what is in this book, it is only meant to make you more sensible regarding head washing and bathing. If much bathing was so health or strength improving as some advocates claim for it, why *we could all be strong*. In place of that, a real healthy woman is a rarity, and most men are weaker than they should be, or have something wrong with them. Aborigines, whether African or Indians, are noted for their good teeth, muscles, endurance—even with little and very simple food—and for their good health.

A champion oarsman of America once said to me, "When I go in for a swim I have, when leaving the water, to almost drag myself out, it so weakens me." One of the best known bath proprietors said in answer to my question about frequent bathing, "Oh! I believe in taking a bath often enough to keep clean, but much warm bathing takes too much off the outer skin." "How about cold baths?" I then said. He instantly replied, "They weaken the heart." So, reader, when you know you need a bath, bathe, but not unless you need it. You will simply have to be "a law unto yourself thus."

Some time ago when talking to a gentleman about bathing, he said, "Oh! yes, I've read that why many of the poor are so healthy is because they don't bathe much."

MEN WHO WORK ON SKYSCRAPERS, ETC., ETC.

Men who are prominent in the forehead just over the eyebrows, or have properly developed perceptive faculties (with the faculty of weight large) are usually sure-footed, seldom fall, and if in proper health can go up on high buildings, etc., look down from heights and not get dizzy, but no matter how well their head is developed, if their nerves or heart is weak I would not guarantee them, thus, nor even a steeplejack, nor mile-a-minute locomotive engineer or auto driver or aviator, if they were in the habit of daily wetting their hair, or even often washing their heads, or too often bathing, because I have found out that wetting the hair or often washing the head will tend to make a person nervous on heights, dizzy, and interferes with one's balancing power or muscular control—as hundreds of newspaper clippings I have state regarding persons being injured by falls, etc.; he slipped and fell, or he lost his balance.  No man who runs a steam-shovel or crane, elevator, skyscraper windlass, electric car, automobile, submarine, aeroplane, etc., nor locomotive engineer, should wet his hair, and should very seldom wash his head. Comb and brush it dry and thoroughly, that is all it is safe to do for persons following any hazardous calling.

The Spanish people have a proverb, "To wash the face often, the feet seldom, and the head never."

I would not guarantee the efficiency or honesty or morality or health of brain or body of any person that is in the habit of daily wetting their hair, or too often *bathing* or too often washing their head. Reader, such a statement may seem ridiculous or senseless to you, but that is my opinion and this is a free country of (supposed) free speech. You are entitled to your opinions as I am to mine, and no coercion; but please remember that I am a phrenologist.

30 YEARS ESTABLISHED IN TORONTO.

(My business is examining people's heads, and many thousands have passed under my hands, and much confidential information given me as to their good and bad qualities, their experiences, and mode of living, so I ought to know something of value about heads and people's characters and abilities.) And besides, I've travelled in other countries and have met all classes of people.

"He has gained experience in several countries."—
HON. T. ANGLIN, in *The Tribune*.

The "unco guid" as well as the so-called "very bad," I have observed, questioned, and investigated for many years regarding the subjects treated of in this book. I am trying to do some (original) good. I have helped in some way thousands of persons, if I am to believe them when they say, "Your information is new to me," or "You have much enlightened me," or "You have helped me in *self respect*, or to become stronger, or to have more self-confidence, or to be more hopeful, or more ambitious, or you have convinced me that I am able to study, or learn much, or develop more will power, or a better memory,

or your head chart has helped me very much, or some persons that I know, or the books you recommended me are *the very ones I needed*, or the best I ever read." Why reader! Some persons have told me that they have made many thousands of dollars through following my scientific advice. One gentleman told me that his chart was worth to him \$100,000. Another said that through following my advice he made \$1,000,000. These are facts.

Reader! if you doubt—or, I should say, absolutely don't believe—what I state herein about not relying upon most persons mentally, or morally, or physically, who frequently wet their hair, or too often bathe, or too frequently wash their heads, allow me to inform you that I very seldom, now-a-days—mark in my charts of the head, No. 7 Conscience, but I've met it so marked many times in the old charts of Dr. O'Leary, L. N. Fowler and Prof. O. S. Fowler, so that it looks as if heads are not developed in conscientiousness as they formerly were. You will hear or read of some persons these days saying that they have no conscience, besides just scan the statistics of juvenile crime.

Read this from *The Toronto Star*, 13th July, 1914:—
"Not long ago *fifty law-breaking children* were on the list in the Juvenile Court in Montreal. In the number were included pickpockets, thieves, and insulters of women. One of the accused was a boy thief, who was charged with stealing twenty purses from as many pockets, who could speak three languages, and *whose parents are respectable*. Another was a lad who had appeared before the court on many occasions and *every time he had promised to reform, and broke the promise*.

A report of the State Prison Commission showed that an army of 10,000 youths were sentenced to prison in one year.—*Toronto Telegram*.

The *Montreal Gazette* in referring editorially to this surprising increase in juvenile delinquency asks "What ails the youngsters anyway? Are they the victims of too much amusement and too much liberty? . . . A wave of reform among the youth of the land would be an excellent thing. Somebody should start one rolling even if the big hand, the slipper, and the back of the hair brush have to be put to their old-time use."

Reader, consider the number of serious incendiary fires, assaults, robberies; some attempted, and deliberate heartless train wrecks, forgeries, wife desertions, divorces, suicides, murders (that never are found out and that there are no conscience developments) to cause that awful remorse that we read about.

Note the graft and rampant dishonesty everywhere. You remember the Thaw case, the Lexow investigation, and the New York, etc., etc., trials. Note the surprising daily police court docket, and how full our asylums, penitentiaries and prisons are. Reader, there is something seriously wrong with most people mentally, to-day. A healthy woman is a rarity. Most men are not what they should be. If parents are not properly healthy how can their offspring be so? Dr. Johnson says every man is a rascal as soon as he's sick.

 Recruiting statistics prove a great deal of physical inferiority. Reader, I've given these subjects many years of constant observation, investigation and meditation, and am convinced that there is a great deal of value to be learned from exhaustively investigating *all* that concerns the human head, and this frequent bathing problem. All you are, or can become, depends upon the kind of head you have. If you have plenty of intelligence, and the necessary force of character, and even fair health, you can much improve or surprisingly improve yourself.

"There is no difficulty," says that great patriot and scholar Kossuth, "to him that wills." What man has done man can do; so, reader, learn all you can about your head if you wish to be a really good scholar, or be clever, or succeed.

Newspapers are a great help mentally in many ways. I, as well as others, use them to get help, or to gain various kinds of information from. You may have read this article about the insane before and passed it over without thinking about any cause; please give it some thought now.

"I happened across a pamphlet published by *the government of a Southern State*, in which were some interesting statistics regarding the complexion of the inmates of the State Insane Asylum," Mr. Hobart Langdon said. "Only 3 per cent. of the total had light hair, and only 2 per cent. *blue eyes*."

"It struck me as a rather curious fact that dark-haired and dark-eyed people should so largely predominate among the insane, but the matter of latitude might play some part in this, I thought; for naturally there were more dark than light-haired people in that section. Just as a matter of curiosity, however, I thought *I would write to asylum authorities* in certain other parts of the country to see what the ratio of *light-haired* inmates was to those who were dark, and expected to find the percentage increase in communities where the total of light-haired was larger; but in this I was mistaken; so I am led to infer from the statistics I gathered that there is a greater possibility for insanity among dark-haired than among light-haired people.

"My figures were obtained from 68 *asylums*, located in nearly every State in the Union, and a few in Canada and England. The total number of patients in these in-

stitutions was 16,512, of whom 703 had light hair and only 66 red or auburn locks. In other words, 96 per cent. of the inmates were brunettes, with either black or brown hair, the latter in varying shades. In one asylum in New England there was not a single inmate that was not a brunette. It certainly looks *as though blondes were less liable to insanity* than those with darker hair or eyes.

“Another peculiar feature about the facts I obtained, however, was that the percentage of those regarded *as incurably insane* was *much greater among the blondes* than among the brunettes. The totals show that among the dark-haired inmates only 53 per cent. were marked hopelessly insane, while among the *blondes* 81 per cent. were put in this category, and that only three among the *red-haired* patients escaped the same classification.”

 I have examined the heads of many capable looking women with excellent foreheads and well-formed heads, and sufficient brains, who were *fair-haired* or *blondes*, but who were very thoughtless (some were what is termed bleached blondes.) They were not properly considerate, would do things upon impulse, were not earnest enough thinkers, and lacked the will power, and also the (intellectual faculties) concentration power that a normal-minded woman should possess, and hadn't the sense they should have. I discovered upon questioning them that they washed their hair—to keep it brightly fair—as often as once or twice a week. I've met some that wet it daily, or washed their head three times a week.

Reader, the above article about the insane states: Another peculiar feature about the facts I obtained was that the percentage of those *regarded as incurably insane* was *much greater among the blondes* than among the brunettes. Does not this information give good ground

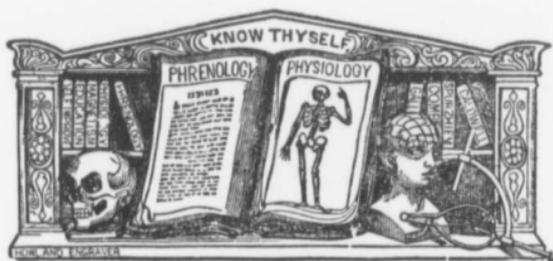
for my belief that often wetting the hair, which helps to evaporate, or attract, like water does electricity, the energy from the brain—or too often—bathing—washing the head helps to cause mental weakness, or insanity? or what some doctors term constitutional worrying; often a dreadful, despondent, ever-present anxiety which may (and no doubt often has) led to suicide, or insanity. I have met various persons who told me that they had worried, or were worrying (couldn't help worrying) from no real cause. Some who were advised by me said, "I don't worry nearly as much as I used to," or "I've given up worrying." Reader! no one knows all the risk incurred by too often bathing, or by too often washing the head. If you follow my methods of keeping clean you will run less risks of nervous exhaustion, etc., or of mental weakness, or insanity. Insanity is a dreadful affliction, and still on the increase, and a great cost to the country.  My theory, or belief, is harmless, but it will do some good, and may lead to investigations that will greatly lessen the tendency to insanity, positively help many school children to study, learn easier, and be *worth millions of dollars* to all civilized countries.

To earn a respectable living to-day requires good moral and industrial courage, and proper health, without running any risks of so lessening your energy as to make you painfully tired and discouraged, discontented, or despondent, with some impairment of your nerves, or sight, or hearing, or lungs, or heart, or becoming ruptured, or crazy in some way.  Reader! this is no trivial matter, it requires not skepticism or ridicule, but the most serious consideration.

 Don't say "Oh, there's nothing in this head-washing, etc., theory." Such has been said about various waste products that when intelligently treated have yielded

many millions of dollars. Don't say it's impossible! Such has been said of some of the greatest discoveries and inventions that we would not have succeeded in perfecting if the doubters—and it is easy to be a doubter—had their way.

 In place of being a ridiculer or pessimist, be like many great scientific men, phrenologists, inventors, etc.—an optimist; strive for or encourage the investigation of what means so much of priceless value to humanity. The doubter won't try and won't even encourage others to try. He stays as he is, often afraid, or not hopeful enough to venture. The hopeful mind tries and usually succeeds. Remember that it is the scientific man, the writer, and the inventor that has done more for humanity *than any and all other classes of men*, and that in spite of ridicule, danger, starvation, harmful and hindering critics, the prison, etc., and relentless persecution as history informs us.





Earnest Reader!

Peruse the following pages and then *seriously reflect* upon what they contain.

This is an age of advancement, inventions and discoveries, yet human health is *far removed* from *what it should be*. Many newspapers advertise remedies and cures of every description. Yet if you question the majority of those who experiment with them (as I for years have done), they will sorrowfully say, I'm about the same as I was before. I'll try nothing else. I've about given up hope. Take for instance those tortured with *headaches*, or catarrh, or frequent cold in the head, coughs, bronchitis, neuralgia, some eye, ear, nose or throat, etc., trouble; most of these severely suffering persons have tried for years (with much expense yearly and often much loss of time) powders, douches, inhalers, or highly puffed-up remedies, yet remain the same or in too many instances get worse.

Through my professional work as a phrenologist I have met all classes of persons and many nationalities whose heads varied in shape, size, etc., and many of these persons I have found had some ailment or other, either headaches, catarrh, weakened eyes, lung trouble, an obstinate cough, or some stomach trouble, or nervous throat or swollen tonsils, or relaxed uvula, rheumatism, weak (or supposed weak) heart, or hardness of hearing, or deafness or baldness, or obstinate dandruff, hair trouble, or neuralgia, or frequent cold in the head, etc., and they acknowledged when questioned by me that (some of them) often—even daily—wetted their hair, or frequently

washed their heads, or had done so when young, or part of their life.

After many years of patient investigation with both sexes, I have been led to the conclusion that a great many cases of catarrh or colds, or cold in the head (and various other troubles that the head has seemingly nothing to do with) have been brought on by frequently wetting the hair, or too often washing the head (and too often *bathing* has a bearing on this subject also), or persons afflicted with one or other of these ailments have been bathed too much, or had their heads too often washed when children, or their fathers or mothers at some time of their lives were in the habit of often wetting their hair, or bathing too often, or too often washing their heads. Ladies or young girls washing their hair weekly, fortnightly, or even monthly, or boys or young men wetting their hair daily, or washing their heads weekly, fortnightly, or even monthly, will be more subject to some of the ailments mentioned, or to catarrh, or cold in the head, etc.

My province is not to bother about "what people think" regarding *certain* laid down *rules* of cleanliness. *I have only to do with "the facts."*

I have merely to state the injurious results. In one of my Charts, *copyrighted 1895*, I have a warning on page 140 about wetting the head.

I have now sufficient evidence to warrant asserting that a great cause, or contributing cause, of so much cold in the head, or catarrh, or falling of the palate, elongated uvula, deafness, hardness of hearing, unnecessary hoarseness, swollen tonsils, falling out of the hair, etc., premature gray hair, baldness, obstinate dandruff, some throat trouble, severe headaches, languid or drowsy feelings, tired eyes, tendency to sunstroke or heat prostration, being made uncomfortable by draughts, etc., etc., also a cause

of consumption is frequent hair wetting, or too frequent (unnecessary) head washing.

Frequently wetting the hair, or too frequently washing the head, causes cold in the heads of many, or lung colds, and such increases the white plague and helps to cause so much consumption. Often a common cold leads to deafness, etc., or consumption.

"No such disease as consumption, insanity, or scrofula could be transmitted. Drunkenness in itself was not transmitted, but weakened will-power as a result of drunkenness would be."—*Dr. Daniel Clark*, Medical Superintendent, Toronto Insane Asylum.

Common as colds are, they cause more deaths in a year than any other ailment.—*The Telegram*.

"The *Provincial Health Inspector* says consumption is a *dangerous scourge*."

His report, its references to *consumption*, are calculated to arouse widespread public interest. He stated that in Ontario *consumption* carried off *more people than all other diseases combined*.

"Millions of people have died of consumption on this continent."—*Dr. P. H. Bryce*, *Provincial Health Inspector*.

I have on my phrenological Record Books—by actual count—names and addresses of hundreds of persons who have suffered severely from some ailment mentioned in this book. Some of these persons had taken many baths, or daily wetted their hair, or weekly or fortnightly or oftener washed their heads. Many persons wet their head frequently in summer, or when much heated, believing it cools their head; it does for a little while and then it becomes just as hot again, and more subject—if this is often done—to becoming hotter still. This frequent hair wetting or frequent head washing generates heat in

the head similar to snow rubbed on the hands. It also enervates or weakens—for time being anyway—those who indulge in it, rendering them more uncomfortable in summer or in heated rooms, also more subject to sunstroke, heat stroke, dizziness or vertigo, etc. Note the daily papers in summer, how many cases of sunstroke, heat prostration, etc., they record. Also the—of late years—great infant mortality. The latter I think is much increased by some children being bathed, etc., more than *they* are able to withstand.

A Russian mother was asked how often she bathed her baby. "Bathe it," she repeated, "Why! you would kill it."

No woman, nor girl, should wash her head except she is feeling real well and not tired, etc. Their hair should not be washed more than three or four times a year, except absolutely necessary. The hair should be thoroughly brushed daily, that is all it needs, with periodical washing, as before stated. This question was put to the mother of a well-known French actress noted for her magnificent hair when she visited America: "How often do you wash her hair?" "Wash it," cried the mother in a tone of surprise, "why you would break it. I only thoroughly brush it."

The *hair* is a grand *non-conductor*, and the best and *needed protector* for the *brain*. It guards the head from cold, from draughts, and from great heat. Men's hair should not be sheared off (convict like) nor cut closer than an inch from the head, say enough to comb easily, and to keep the head comfortably covered.

No fur cap will protect the head in winter and summer, nor anything look as well as a good head of hair. *It is worth knowing* all you can about, to protect and make last long.

The head is a very delicate organ—or casket of organs—all your mental machinery is therein contained, all your hopes, fears, abilities and powers are there centred, therefore the less you tamper with your head the better for you now and *hereafter*. As long as you continue to too often wash, or frequently wet your head, (or take too many baths) so long will you have *something wrong* with you, either *cold in the head*, or swollen tonsils, or headaches, or stomach trouble, or catarrh or weak back, or hemorrhoids, or nervousness, or weakened eyes, etc., (see how many are now wearing glasses, and how many more Doctors of Optics we have of late years). I have met men who told me that they had tried many pairs of glasses (one said 22 pairs) and could not get suited until they followed my advice, namely quit wetting their hair, or too often washing their heads, or took fewer baths.

Reader, do you mentally observe the connection between the head and the stomach? Read this from the *Telegram* of 9 Feb., 1914: “Red noses can be cured easily. The cause is generally from some stomach derangement. . . . Those who are subjected to *chronic colds in the head* will infallibly destroy the contour of this prominent feature.”

See how many afflicted with dandruff, incurable neuralgia, uncomfortably hot heads, headaches, etc., etc.

Even if you are *completely bald*, or wear a *wig*, you should *seldom* wash your head. Wipe it when necessary with a damp towel. I advised a young man who is completely bald, wears a wig, and whose head was sore in places beneath it, not to wash his head often, as it most probably was the cause of the soreness. He promised compliance, and after a moment's thought remarked in a *surprised* manner: “My head was never sore before

two years ago, during which time I have been in the habit of often washing it. He acted upon my suggestion, and later on assured me he was quite well.

He who fails to reflect before acting walks with his eyes shut and advances with danger.—*St. Gregory.*

DON'T WET YOUR HEAD.

The head should not be placed under the tap, nor shower bath; nor even wetted immediately after violent or long continued mental or physical exertion. If such is frequently done it will in time produce lamentable consequences. The constant head wetter becomes irritable, and uncertain tempered. (Colds in the head, etc., continually annoy, inconvenience, interrupt, demand attention, and thus waste nerve fluid and strength and cause irritability.)

Many men and women—some of the most capable—have said to me, "My hair gets very oily; I must wash it often." I reply, "Do you know better than nature; nature has a purpose in view; what is the oil for?"

If wetting the head or too frequently washing it doesn't affect you unfavourably *one way it will another*, either in *eyes, or ears, or nose, or throat*, or tend to *cause you headache, or facial neuralgia, or rheumatism, or lessen your breathing or lung power, or spoil your hair, or impair your voice, etc.*

WHAT UNSUSPECTEDLY LEADS TO SUICIDE!

They cannot help it! unless they know.

I have said to many a strong, well-developed young man (and some women) whose heads were examined by me, "You are no doubt often troubled with a peculiar gloom of mind, a feeling that something dreadful will happen, and sometimes think of committing suicide."

They have replied, "That is so, I often worry dreadfully! and have thought of committing suicide." I found that they were in the habit of taking many baths, or often wetting their hair, or often (some two or three times a week, or even daily) washing their head. This excessive use of water has this effect upon various persons. Some writer has said, "Man is man, and master of his fate," but he isn't if he uses water as above stated. One of the most horrible suicides committed at the Humber (threw himself under a train and was dreadfully mangled) was a young gentleman of a very respectable family in Toronto who some time previously was recommended to me by a Dr. H—. This young man was in the habit—so he told me—of taking many baths and shower or head baths. Some persons have also told me that they were troubled with the most undesirable thoughts, or believed that they had committed the "unpardonable sin." Reader! I have never told any person all I suspect, or all I know, of what this unreasonable (unnatural) use of water causes. Having found out so much of importance about this subject I felt conscientiously bound to make it known.

According to modern notions any illness in one part of the body may be occasioned by some irritating cause far removed from the seat of the trouble. Just how this is cannot always be clearly explained. A medical paper states that if the nerves of the whole body are irritated by a tight shoe, or the extreme coldness of the extremities makes extra demand upon the blood supply, there is neither nerve force nor blood enough left for other functions.—The Vocalist.

Often wetting the hair, or too often washing the head, or too often *bathing*, helps to enervate or weaken persons, and I believe it is the cause of many a sunstroke, or numerous cases of heat prostration in the summer.

I also believe that the excessive use of water helps to weaken the lungs, or so reduce energy as to render many persons susceptible to consumption.

Read this extract and think it over:—

EVERYBODY CONSUMPTIVE.

SIR WM. OSLER THINKS THERE ARE FEW WHO ARE NOT DISEASED.

Leeds, Eng., July 8, 1914.—*Sir William Osler*, regius professor of medicine at Oxford University, to-day startled the huge audience attending the conference of the Association for the Prevention of Consumption by telling them that they were practically all tuberculous. He said:

“If with the aid of radium and a microscope I could look at the chests of the audience I am addressing, in 90 per cent. of you I should discover a small focus or area of tuberculosis.”

Sir William demanded in the interests of the State the establishment of rigid control over consumptives.—*Toronto Star*.

Reader! This should not be so when all these educated and highly intelligent persons get the benefit of so many baths, etc. “Wisdom is often nearer when we stoop than when we soar.”

If you have varicose veins don't wet your hair, nor too often wash your head. If you have a weak heart, or if troubled with “a rupture hard to hold,” don't wet nor too often wash your head, and don't bathe any more than is absolutely necessary. If troubled with hernia, just notice, if you are in the habit of often wetting or washing your head, or bathing often, if your rupture is not harder to retain a little later on?

Much head wetting, or too frequently washing the head, or too often bathing extracts or allows the escape of much energy, causing bodily relaxation, and this affects persons in their weakest parts, or helps to produce rheumatism or aggravate it, or causes some ailment or tiredness, or weakens the memory, etc. I believe that persons who too often wash their heads, or bathe too often, are more subject to cramps when swimming or to heart failure.

Note how many healthy persons are soon weakened when swimming, and the caution given to many, namely, don't stay too long in the water. This shows that experience has proved that the water does seriously weaken. Note how many good swimmers are quickly drowned.

I have also discovered that many persons who are subject to mental depression, often easily discouraged, or beset by a peculiar *gloom of mind*, a feeling that something unfortunate is going to happen, often in fear or anxiety of they don't know what, rendering them very unhappy, were in the habit of often wetting their hair, or too often bathing, or washing their head.

This "gloom of mind" embitters the life of many a person for years who don't deserve such a fate, nor even suspect the cause of it.

"It is not that the acts or work exhaust; it is the *mental condition* they are continually in, that makes so many old and haggard at forty."—*Prentice Mulford*.

"The diseases of the mind are more destructive and in greater number than those of the body."—*Cicero*.

Being easily discouraged, or getting a fit of mental depression is often ruinous. Many persons will not even try to learn, or improve in some way, nor venture, nor be enterprising because they are so afraid to take—what persons of normal hope faculties often do—a chance, or opportunity. A fit of discouragement, yielding to dire

forebodings, will often cause some persons to give up their business, or quit something they are trying to learn, or do, sooner than they ought to.

"Fear" plunges the system into that state of debility which predisposes to fatal impressions."—*J. W. Dawson.*

The state of mind has more to do with health and the generation of energy than is fully known. The happier mankind is the less irritability, insanity, crime, and the better their health, memory, etc.

Dr. Reynolds says, "The influence of the mind upon the body is all powerful. Hope," says he, "is one of the best stimulants and tonics."

Another doctor says, "Mental emotions, grief, fear, despondency, incline to depress all the energies of the system, and leave every part to be inactive, in which the lungs must participate, and so must suffer."

I have investigated this subject for many years, and am convinced that the excessive use of water as mentioned in this book reduces bodily and mental energy. As Emile Zola said,—that one great cause of every human ill, "lack of energy."

Here is some information about frequent bathing that *I never knew of anyone knowing previously*, and which is worth many times the price of this book, and that is, "Too much bathing, etc., causes constipation in many cases," or aggravates it. Too much bathing will so relax the pores of the skin as to cause *excessive perspiration*. Many persons (who bathed too much) when I was warning them against so doing—knowing "as they did not" the cause of their sticky skin, etc.—have said, "Oh! if I didn't bathe as often as I do there would be a bad odor about me of perspiration." To such I cheerfully say now, "The more you bathe the more you'll excessively perspire," to

your great discomfort. I've also observed that many persons who bathe too much swelter with the heat in the summer.

"Observation is the best teacher."

"He that lays down precepts for governing our lives, obliges humanity not only in the present but for all future generations."—*Seneca*.

Sea captains, helmsmen, telegraph operators, conductors, locomotive engineers, etc., who frequently wet their hair, or too often bathe, or too often wash their heads, will be at times subject to that temporary mental unconsciousness, or instant's mind blank, or to forgetfulness, which has many a time caused the misconstruing of orders, or resulted in collisions.

We should know the truth at all costs.

Nature rewards with health, and sanity, a good memory, etc., those who obey her laws, but always punishes (in some way) those who violate them. Nature is inexorable and never excuses on account of ignorance.

DANGERS OF FORGETTING NAMES.

To mistake the name of this or that medicine may mean someone getting poisoned, or getting the wrong compound, may cause an explosion through the wrong mixture being used, or forgetting a name, or writing it wrong, may cause a great deal of trouble, or loss, or serious delay or confusion. Lawyers, real estate and newspaper men, postal and telegraph and telephone operators, etc., know what loss and trouble wrong names cause.

Many anecdotes and stories could be related about wrong, or mistaken names, or the forgetting of names. A great deal often depends upon a name, or the promptness of remembering it.

Once upon a time Mayor Low was travelling through Germany with a party of friends. *Being an excellent German linguist*, he was the spokesman for the company. Upon one occasion he and his friends visited a beer garden, and, after seating themselves, preparatory to having some refreshments, the pleasant duty of ordering the same fell upon Mr. Low, as usual. For once, however, he hesitated, *his memory seeming to desert him*. Finally, after *vain attempts to recall the missing word*, he turned to his waiting friends, appealingly, saying: "You will have to help me out, for *I cannot for the life of me remember the German word for beer*."—*New York Times*, 1902; *Globe*, 12th April.

I read in the *Mail and Empire* that there is an alarming increase in the number of people who are afflicted by deafness. It says the cause of this increasing prevalence of defective hearing is attributed to a greater tendency of late years to catarrhal ailments . . . more than half of the patients attribute the cause of their deafness to taking cold, or to catarrh of the nose and throat extending to the ears.

It is well known that nearly all children are frequently bathed, or have their heads often washed, or that their hair is wetted when combed, parted or curled. An unfortunate fact now is that most children have some form of nose, or throat, or teeth, or eye, or ear, or lung, etc., trouble, or cannot spell properly, or have not a correct ear for music, or are not smart enough at figures, or geography, or are thoughtless or too inattentive. You know what Carlyle said of so many persons being mostly fools.

From Associated Press despatches. A clipping from the *Globe*, New York. It said, it is estimated that there are 600,000 children of school age in the city, and that 100,000 are afflicted with eye disease.

Another clipping from the *Mail and Empire* is headed, "English Eyes Weakening." It states that a member of a leading firm of opticians declared that they were selling almost double the number of glasses that they did ten years ago.

 THE KNOWLEDGE in this paragraph is worth to universities, colleges and public schools many millions of dollars.

Read carefully. Any frequent excess, or the continual privation of a bodily necessity, will cause some deficiency in the system, or weakness, mentally or physically, makes many persons often uncomfortably heated, and in the summer-time to suffer severely when the days are extra hot, increasing the cases of nervous exhaustion, sunstroke, and heat prostration. Many persons suffer also from persistent, or constitutional worrying through such, and worrying often results in some stomach or other trouble, or weakness.

No man can keep his health and vigour of brain or body as it ought to be, improve or progress as much as is possible for him if he is continually deprived of enough sleep, or exercise, or good food, or fresh air, or recreation, etc.

To be good, a man needs to be healthy; he is then more good-humoured, sane, patient, contented, and less irritable or bad tempered. Too much bathing, or taking shower baths, or frequently wetting the head, or too often washing the head, is an excess, causes the head to be easier uncomfortably heated, more subject to sun or heat stroke, lessens the memory power, and causes most persons or their (children) descendants impairment of some brain faculty. Frequently wetting the hair, or taking shower

baths on the head, or too often washing the head, renders all systems of memory culture inadequate while the head is so treated. Frequently wetting the hair, or too often washing the head, impairs some of your memories (and you have several memories, one or more of which can be weak, while the others are strong). Before the discovery of phrenology this fact was not known or properly explained. There is a memory of sounds (or of voices and music), memory of colours, memory of size, memory of places (locality), memory of things you see (or observation), memory of figures and dates, memory of general events, memory of persons' faces, and memory of persons' names. One or more memories in any person may be weak or strong, one exceptionally good and the other poor.

Frequently wetting the hair or too often washing the head seems to particularly impair the memory of persons' names. A common occurrence which most persons have noticed regarding introducing people is the inability to remember the name. Thousands of persons will tell you that they can, with ease, remember persons' faces, but they cannot place them (locality, or where they saw them). Others will tell you that they have a *remarkable memory of faces*; some will say "*I never forget a face*, but I simply cannot remember persons' names," and I have found this deficiency in many intelligent men of excellent memory other ways, such as those who could speak a couple of languages, or druggists, detectives, doctors, lawyers, travellers, teachers, etc. It is very common, in fact the rule, when speaking of many a person to hear it said, "Mr. — or Mrs. —, Oh! I cannot remember the name." I have met many intelligent, strong, well-developed, healthy men, with a large development of the faculty of language, and who were public or fluent speakers, and had a good general memory also, and were well

informed, but who could not remember names. I have met others, sober, well-to-do, intelligent business men with large language faculties who were in the habit of often wetting or washing their heads, who assured me that, at times, they could not remember even their own name.

No student who too often bathes, wets his hair, or too often washes his head, can learn as easily, and understand as well as he ought to, and he, or she, will certainly not be able to call up all their knowledge, nor remember as well as nature gave them the ability to do. Note the great number of persons who often say (in excuse, etc.), I never thought of it, I couldn't think, or I forgot.

Now-a-days you sometimes read of persons who have lost their memory, or wandered far from home, or could not remember where they belonged to, nor even what their name is.

Read this: "Found asleep in a barn by the police of Patterson, N.J., a 16-year-old boy who did not even know his own name."—*Telegram*, 8th June, 1914.

What is the cause of this mental deficiency? It would be priceless in value to humanity to find out.

Read the "Offices of Cicero," "Dr. Hall's Guide Board Book," "Upham's Mental Action," and "Abercrombie on the Brain," etc., and you'll find out, if you have an observing and critical mind, such information as should make you observe and think as I have done.

If you need advice about any head affection, you can consult a reliable physician, but I say earnestly if you value your freedom from some one or more ailments, etc., mentioned in this book, don't interfere with the temperature, etc., of your head, as I have herein explained.

To many my observations and remarks may appear somewhat incredible, but you can take my word for it that no statement has been made without great care and close investigation, covering a large number of cases. This has served to confirm me in the views here expressed. While in some instances the causes may seem very remote, yet in carefully tracing them I find them no less direct.

I am quite aware that this book is not perfect, but it is a good start in the right direction, and a good start is—it is often said—half the battle. A writer states, every worthy success won by one individuality starts into play new forces whereby new opportunities are created for other individualities (persons) to seize and profit by.

It is stated that “the highest and most profitable learning is a knowledge of ourselves,” and reader, I believe I am giving to the world some original, and priceless in value knowledge by the publication of this book.

Ignorance is the curse of God.—Henry VI., Part 2.

“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.*

It has been written during the time I've economized from a busy professional life, but it is easily understood and very timely or necessary. Dr. Johnson used to say, “He who *waits* to do a great deal of good at once will never do any.”

Those who appreciate a humble but sincere effort to help others, and prefer plain language to embellishment, will excuse its defects, while they will easily and without expense profit by its knowledge. This vastly important subject matter needs no apology, only its authorship.

“It is the greatest of all mistakes to do nothing

because you can do but little. Do what you can."—*Sydney Smith.*

My chief desire in writing this book is to help many who severely suffer needlessly in various ways, and to impart some original knowledge about the human head, bathing, and what affects the memory, etc., and to induce people to observe for themselves and try to find out *the exact truth* as concerns what is treated of in these pages. I am sure that many who have been sorely afflicted with some ailment which I've mentioned (and who need my knowledge) can be benefited if they will only profit by what they read herein.

"The great thing in observation is not to be influenced by our preconceived notions, or what we want to be true, or by our fears, hopes, or any personal element, but to *see the thing just as it is.*"—*John Burroughs.*

"Nothing has such power to broaden the mind as the ability to investigate systematically all that comes under thy observation in life."—*Marcus Aurelius.*

It is only by observation, investigation and by discussing the assertions in this book that perplexities can be cleared away.

 I am seeking the truth, and in the endeavour to get at the real truth we must expect to make mistakes. But truth has a wonderful way of shaking itself free from its attendant errors. Reader, in view of this fact, we should learn to respect each other's point of view, and work earnestly for what will help to avoid and relieve much suffering, save millions of dollars yearly, and be a blessing to humanity.

"The progress of any great truth is slow," but it is a great and encouraging consolation to know that knowledge gained leads to more knowledge, and also that one improvement leads to another.

By communicating to the public these most valuable facts, *some previously unknown*, some unsuspected, or so little understood, I hope to add to the comfort, intelligence, memory capability, sanity, health and happiness of millions of mankind.

APOLOGETIC AND EXPLANATORY NOTE.

Reader! there are in many subjects investigated seeming contradictions, or obstacles that so perplex the mind as to cause us to think our efforts will be useless, or resultless, but if these grand minded, scientific men, writers, phrenologists, inventors, etc., that have gone before us who succeeded with the apparently impossible, or (seemingly) most unreasonable, had yielded to discouragement, or hardship, or suffering, ridicule, or persecution, or despair, we would not have so many great, useful and surprisingly wonderful discoveries, inventions, etc. We should be encouraged, be rendered often optimistic, by their wonderful and most complete successes. As regards the subject (in this book) under consideration, I would say that there are also some seeming contradictions. Various persons can resist the cold, or extreme hot weather, better than others—even after much bathing, etc.—but that does not nullify the fact that much bathing, etc., is weakening to, or affects a great many persons unfavorably in some way, but with even those who (say that they) are alright in the very cold, or very hot weather, I have found something or other wrong with them. They forget in some way, or are lacking in endurance, or in the all round patience they should possess, or are affected with a gloom of mind which many of them admitted to me caused them to contemplate suicide. Reader! if you are deprived of enough food, or water, or vegetables, or

fruit, or salt, or sleep, or proper companionship, or exercise, or amusement, such is an extreme, or starvation for some parts of the system. If you go to the extreme in the opposite way it is an excess, just the same as too much bathing, etc., is an excess, and that excess will result in some unnatural or injurious to brain or body—effect.

 Reader! if you find fault with the imperfectness of this book, just remember that it is “only a start” upon something which is of vast importance to the welfare of most men, women and children. Mankind are in an unhealthy state physically, some way. Something is wrong, or weak with them mentally also. There are causes for this if we can only find such out, and as a race we cannot be properly healthy, sane and happy until we find out what is the cause of our lack of adequate energy and efficiency. This subject has a bearing upon health, insanity, memory, thoughtlessness, accidents, fires, etc., through forgetfulness, and this book is the *efforts of only one man*, and not a medical man either. In spite of all, I herein assert there will be some cases plausibly opposed to these assertions. Instead, therefore, of at once condemning my theory on account of some exceptions, it will be better, reader, to continue your enquiry, and discover whether any peculiarity of situation or constitution has interfered to modify results.

“The truth that I have tried to make clear will not find easy acceptance. If that could be, it would have been accepted long ago. If that could be, it never would have been obscured.”—H. G.

*** Many repetitions occur in the pages, which to some persons may seem unnecessary, and for which I solicit the indulgence of the reader.

 I have inserted repetitions because necessary (we learn by repetitions), and also to better secure your attention, and to more thoroughly impress the understanding of those who read. The obvious and peculiar advantage of this book is that the knowledge in it will enable thousands of persons to take a more rational care of their health, and to observe, see for themselves, what is beneficial, or injurious, resulting from frequent head washing and bathing.

DAILY BATH IS INJURIOUS IS OPINION OF LONDON DOCTOR.

Most Cherished Custom of the Anglo-Saxon Race Ruthlessly Given a Black Eye.

London, Dec. 4.—One of the most cherished traditions of the British race, the “cold tub every morning,” is mercilessly criticized by Dr. J. H. Clarke in “Vital Economy; or *How to Conserve Your Strength.*”

Dr. Clarke contends that in the matter of health we are *enslaved by words and phrases*. “The ‘pores of the skin’ is a phrase at the shrine of which many feeble folk *are sacrificing* the last flicker of *their energy* in the daily morning tub. ‘Plenty of fresh air’ is another tyrant which has claimed numberless victims.

“I once lost a good patient, who was *always ailing*, by cutting off his daily morning tub,” says Dr. Clarke. “He *grew strong* and put on weight . . . and it is one of his delights to shock his friends by telling them how many years it is since he had a bath.”

Too much soaping and scrubbing, according to Dr. Clarke, removes the *lubricating material secreted* in the glands of the skin to make it soft and supple, and the removal leaves the skin more *sensitive to atmospheric changes*.

The skin is a *self-cleansing organ*. By soaking the body the self-cleansing cells absorb water, swell up, and die.

"One has only to rub one's self after a bath and they come off in little rolls. These do not consist of dirt, as is the popular idea, but of dead skin cells. I often tell people that it is quite possible for them to wash themselves dirty. They remove so much of the protecting surface that they give the dirt a real chance of getting into their skins."

Dr. Clarke recommends as a substitute for a bath a folded towel, wetted in the centre and passed rapidly all over the body. This will "open the pores" sufficiently without entailing any *shock*.—*Mail*, 1908.

"Amongst the Turks and Persians, and throughout Asia, bathing is imperative as a part of their religion. They consider it an absolute necessary of life."—From the splendid work of *Edward Bascome, M.D.*, page 232.

There is more harm (mentally or nervously) done through too frequent bathing, or through daily wetting the hair, or too frequently washing the head, than is known, or even suspected. Many a woman has said to me, "I cannot—often—understand my husband," or "I cannot reason with him," etc., etc. Reader, I found out that many of these men were in the habit of wetting their heads daily, or too often bathing, or washing their heads.

There are times when many a person is unfit to safely take a (wholly immersed) bath.

 Some persons will ridicule this book, as other ridiculers who discovered nothing original, and discouraged difficult undertakings, have done before them. The book will injure no one, but help to avoid, and also relieve much suffering, so what's the harm in publishing it, any way?

Call no one "mad" because he happens to have a new idea, for time may prove such "madness" a merely perfected method of reason.—*Corelli*.

Reader! There should be no need of such (imperfectly written) a book at this late date. The exact explanations and directions about these matters should have been made known to humanity centuries ago, by those who commanded, or so earnestly advocated such in the first place.

My endeavor is to try and get the subject fully investigated, and the truth I state about it, if correct—and I fully believe it to be so—will be worth many millions of dollars in health, and mental ability, memory, etc., to all civilized countries.

SEEK SECRET OF OLD AGE.

Dresden, Saxony, Feb. 8.—An extremely interesting investigation, undertaken with a view to solving, if possible, the secret of old age, has been completed by the Saxony government.

The life histories of 73 persons over 90 years old living in Dresden have been studied. Twenty-three are men, 50 are women.

First of all it was ascertained that the men are or have been married.

The majority are of medium height. Not one is bald.

At home they are almost all busybodies.

All the old people questioned said they sleep eight or nine hours daily.

Out of the 70 only five are of a serious disposition, the others being gay and jolly.

Some are even said to have been wild in their youth.

 Nearly all hate water.

 For cleansing purposes they use it to wash their hands, but a bath is a thing they have renounced.

The oldest man in Dresden, who is 100 years of age, is a total abstainer except on his birthdays. He gave up smoking 60 years ago.

All love vegetables, fruit and sugar, and digest easily.—
The World, 1903.

MILLIONS OF DOLLARS FOR MISSIONS,

But not a cent of that vast collection of money is appropriated for the scientific man, the phrenologist, writer, or inventor; and the inventor, discoverer, etc., are the world's greatest benefactors. The race is often taken up, as it were, and set down a hundred years in advance of the regular tide of progress by a *single new thought*, wrought out in the shape of a machine, or an application of power, or by some discovery. Such has done more in one decade, or less, than all the preaching and teaching of a century.

These minds have done more for humanity than any and all other classes of people combined ever done, but in place of assistance, or even encouragement, they have been subjected to heartless ridicule, harmful and destructive criticism, written about or spoken to in a manner to hinder efforts, discourage, or even cause despair, and the apathy of the public thus continues to the present time.

YOU SHOULD AID RESEARCH WORK.

The further developments of medicine, both curative and *preventive*, depend on scientific investigations, says

Dr. Vaughan. The public is the beneficiary, and should in every way *encourage research*. The Federal Government and the States should sustain and promote scientific research. That Government is the best which secures for its citizens the greatest freedom from disease, and the highest degree of health, and the people who secure these blessings will dominate the world. (See *Telegram*, 23rd June, 1914.)

 Why cannot medical authorities or the Government pick out "men of known ability" and give them a chance to do research work unhampered by want of funds? Such a course would be not only sensible but easily (no matter what the initial expense) be cheapest in the end.

INSANITY ON THE INCREASE.

An extract I have, headed "Insanity on the Increase," states that another note of alarm is struck by a professor of psychological medicine, who said, the facts point to an accumulation of the chronic insane, and that the number of cases of melancholia has vastly increased, frequently resulting in chronic insanity.

JEW'S THRIVE IN THE SLUMS.

Children Better Developed than those of Other Races.

Special Cable to *The Mail and Empire*, 1905.

London, June 11.—The *Lancet* publishes the result of an investigation of the physical condition of children living in the slums of Leeds, which shows a marked superiority of Jewish children in every case taken. The comparison is made with similar conditions in regard to age, degree of poverty, character and residence.

A systematic examination of 3,000 children showed that the poor Jew is three pounds heavier and two inches taller than the non-Jew at the age of 8; six and a quarter pounds heavier and two and a half inches taller at the age of 10, and seven pounds heavier and one and a quarter inches taller at the age of 12.

 Reader! there are not too many baths in the slums, yet we cannot deny that the Jew is very shrewd, far sighted, financially clever, and very industrious, and all this requires a great deal of continuous *mental energy*, and he has it without the aid of the much lauded and boasted of habitual bathing. He also possesses the necessary *physical endurance* for plenty of work, and overwork, and has successfully withstood great hardship, poverty, and years of persecution.

BATHS, HEAD WASHING, MUSIC, MEMORY, ETC.

I have met so many intelligent men and women with splendidly shaped heads, some of them really talented looking heads, and who are exceptionally capable in some way, yet not in other ways, and who should be competent at arithmetic, or spelling, or geography, or history, or drawing, or composition, or as musicians, or singers.

 Some should be earning a comfortable living, or thousands of dollars a year as musicians, or singers, having both the inner throat, etc., necessary for great singers, or the brains and supple fingers necessary for the instrumentalist, and who say they have a bad memory. They admit they often wash their heads, and take many baths, or have done so. Reader! I can come to no other conclusion, from the amount of evidence I've met, but that much bathing, and too often washing the head weakens some faculty of the brain (some talent), and also

impairs some of the memories, whether of dates, or general events, or persons' names.

F Forgetting names is not only often very embarrassing, but also frequently causes delays, misunderstandings, some serious mistakes as to places, or compounds, drugs, or medicines. It is often a very serious affair to forget persons' names. Real estate, banking, and telegraph, post office and telephone people are sadly aware of this fact.

Selected from newspaper clippings which I have collected for many years:

THEY FORGOT.

300 ladies were hurt in Toronto last year by getting off our street cars backwards. See *T. S. World*, 19 July, 1914.

SHE FORGOT, LOSS \$1,200.

A lady threw her stockings out of a train window. There was \$1,200 in one of them.

SHE FORGOT, LOSS \$500.

A lady in a New York hotel forgot her gold mesh-bag. When she returned and looked for it no trace of it could be found.

FORGOT, SOLD HIS SAFE WITH \$28,000 INSIDE.

A safe containing the above inside was sold to the highest bidder, and taken away before he remembered the value of its contents. Aided by *several friends* he sought vainly for trace of the *name* of the buyer.

Fearing insanity, Buffalo man leaped into the cataract. He left a note in the pocket of his coat giving ill-health and *fear* of insanity as the causes of his rash act. A number of persons saw him go over the Falls.

Another clipping says:

Nearly a hundred thousand killed or injured in one year on the United States railways. 10,046 are dead.

Fires in 1913 destroyed property in the United States valued at \$203,408,250.—*Telegram*, 7 February, 1914.

Another clipping says:

Physical, rather than direct mental causes are responsible for the great increase in insanity. One case in three can be traced to some disease or disorder.

One-fourth of all those admitted to the asylums are found to have suicidal tendencies.

Another clipping states about a man sentenced to be hanged, but when the day set for execution came around *everybody* seemed to forget Gates, and he was not executed. He was for twenty-three years in the penitentiary. For all these years he was afraid to say a word for fear the sheriff would remember him and carry the sentence into effect. Reader! public and all evidently forgot.

BOY STRANGELY STRICKEN.

BECOMES BLIND, DEAF AND DUMB, WHILE RECITING
SCHOOL LESSONS.

New York, Dec. 19.—Solomon Jackowitz, *the star pupil* in one of the biggest east side public schools, is *dying of an undiagnosed ailment*.

The lad was reciting a spelling lesson in the classroom, when he was suddenly stricken blind, deaf and dumb.—*Telegram*, 1911.

THEY LIKELY BATHE TOO MUCH.

A serious feature of the *typhoid epidemic* at Lincoln is the *number of nurses* who have contracted the disease. Twelve are under treatment, and most of them have the disease in a most virulent form.—*Telegram*, 3 June, 1905.

DR. BUCKE,

SUPERINTENDENT INSANE ASYLUM, LONDON.

Insanity is chiefly the lapse of faculties. Clinical observation teaches us every day * * * It presents to us lapses of all degrees. Lapses in sense function such as color blindness and music deafness—lapses in the *moral* nature in whole or in part—lapses in the intellect of *one or several faculties*, or lapses more or less complete of the whole intellect, as in imbecility and idiocy.—*From his great Lecture in Washington, 7th May, 1892.*

ANOTHER SERIOUS MISTAKE ABOUT WATER.

Many persons drink too much water daily, also at meals, and drinking much then is detrimental to the good condition of many naturally healthy, or plumply developed persons. Don't drink cold water when you have half finished your meal, nor much at the conclusion of it. Sandow says it should be taken when the stomach is empty.

If drinking is deferred until an hour after dinner it will do good, as it will promote what it would have hindered half an hour previously.

Drinking a great deal of water under the belief that it is good for them bloats many persons, and their kidneys get hardly any rest either day or night, and that is "an excess," and excess produces some unhealthy or unnatural

result. A drink of water when thirsty, or if you feel you need it between meals, or early in the morn, or late at night, is best for most persons.

Never take a cold drink and immediately after a warm, or a warm after a cold one; much irreparable injury is thus done to an organ more abused and injured than ever suspected. Post-mortem 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, indigestion, 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.

Now, reader, if I have discovered that much bathing, or head washing, or both combined, are injurious to the nervous system, and the mental faculties in some way, (so lessens energy as to) make people forget, will not such a discovery be a great blessing to humanity, and lead to the conservation of a vast amount of energy and brain power to the nations?

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*.

Reader, it will be better for your valuable brain if you follow advice herein. No man living can foretell all that is possible for a properly matured, and vigorous brain—not necessarily a large one—to invent, discover, or accomplish.—*Cavanagh*.

From what I have learned I would not guarantee the "color sense" of a locomotive engineer, etc., who fre-

quently wets his hair, or too often washes his head. In one account I possess of a wreck, *an awful railway catastrophe*, the general superintendent said: "It is the most inexplicable accident I ever heard of. The engineer ignored the green light, and the red danger signal, and paid no attention to the red light on a rear car, and this collision occurred on a through line."  "It is absolutely beyond human comprehension why it should have occurred."

Another newspaper extract says about a railway accident: The engineer, one of the most experienced and trusted men on the road, made a statement in which he said that he fully understood his orders to pass the express, and that he must have *lost his senses*.

*** Reader! Is not an awful railway collision in the biting cold of winter, with sometimes dozens of people badly injured, some even burned alive, enough to compel anyone with a spark of feeling in them to seek any likely cause of such a horror that could be guarded against?

"One of the most desirable faculties in the affairs of this world is that of being *able to recognize* and accept *facts*."

 Reader! the great man, the statesman, also the up-to-date railway manager who has such a wonderful and complicated organization to superintend, and so much valuable property, and thousands of lives depending on the accuracy of his rules, will keep an open mind for all hints. It is cheaper to investigate the facts I herein state than to ignore them with the saying, Oh, there's nothing in it. If you say so, how do you know?

Some extracts copied from my other edition of this book. A few samples of what occurs during the hot weather.

There occurred over 300 deaths from sunstroke in Australia, Chicago had many prostrations, Cincinnati had many persons overcome by the heat.

St. Louis reports 34 persons prostrated by heat, many will probably die.

In Louisville some died.

In Illinois there was great suffering from the heat and numerous prostrations.

An awful record—New York. Sixteen suicides and sudden deaths have been chronicled since early morn.

Another extract about the heat says: New York. Even with every park in the city thrown wide open, and with practically every restriction removed, hundreds of thousands have been unable to escape the severest suffering.

Why are there so many persons drowned every summer, often in a few minutes, or almost suddenly? Some, I've been informed, when taken out of the water had no water in their lungs.

What is the cause of so many heat prostrations? If cooling off with cold water, or frequent bathing was so cooling, why don't they stay cool?

Many persons were drowned during this summer's months. See daily papers.

Italy.—Many cases of immediate death from sunstroke have occurred among persons working in the hayfields.

ABOUT THE GERMANS.

Another extract says: Eighty thousand men are taking part in the autumn manoeuvres here. The ambulances are nearly as busy as in real war picking up sun-stricken soldiers instead of wounded men.

MANY SOLDIERS KILLED BY HEAT.

A newspaper extract I have says: Many soldiers killed by heat, seventy in a critical state, and nearly 400 prostrated on the march. Before reaching Bilek the men fell out of the ranks by scores. Extraordinary mortality in an Austrian regiment. . . . The War Office has issued an official statement in which it declared that every precaution was observed, and that the death of the men was unavoidable. Reader, remember that soldiers are more perfectly developed, healthier and stronger, and of course hardier than the average man, and yet the heat has this dreadful and fatal effect upon many of them.

PREDICTION ABOUT THE GERMAN EMPEROR.

I was not wrong when I persisted in advising for many years, and up to the present time, young men to exercise regularly, and practice rifle-shooting. Thousands of my charts all over Toronto and through the country prove my foresight on these points, and you can read in one of my chart books copyrighted in 1895, my prognostication that Emperor William would yet astonish the world. I used the word surprise and I think he has surprised the world, and is yet doing it by the present war. What predictions, or assertions I have made, and that have come true about increase of accidents, catastrophes through thoughtlessness, increase of insanity, etc., etc., are only based upon my knowledge of persons' weaknesses, and by

observation, experience, and reason. My words, heeded by many who have practised with the rifle, or became extra good shots, will now be of some practical use to the nation.  We do not need a large standing army, but we need young men who are made more energetic by regularly exercising, and who can shoot straight. We should profit by the lesson of German thoroughness which has rendered their army so formidable.

Reader, the work of one earnest brain may lead to results worth thousands, or even millions of dollars.

Another extract says: London, Eng.—Madness seems to have come over London, a passion to murder and commit other desperate crimes. In five weeks 20 people have been murdered. In the same time there have been 350 deaths from violence, including 60 suicides. A well-known London specialist lays the blame on the weather. It need not be too hot, he explains, to drive people mad. It need be only depressing, and it has been that. He says, regarding suicides, that ill-nourished brains tragically engaged upon the problem of how to live, too often seek with the aid of the weather, how to die.

Millions of dollars might be saved if we only knew what we ought to know.

EFFECT OF ENTERIC FEVER IN PROLONGING THE WAR.
(Associated Press Despatches.)

London, Sept. 11.—Presiding at the sanitary science section of the sanitary congress in session at Manchester to-day, Sir James Crichton Browne, M.D., emphasizing the necessity for reforming the sanitary organization of the British army, said enteric fever during the South African war had reduced the fighting force by 70,000 to 80,000 men. But for this, the war would have been ended six months

earlier and \$300,000,000 to \$350,000,000 would have been saved.—*Globe*, 1902.

Another extract says: If you should contract a cold, get rid of it as quickly as possible, for every cold weakens the lungs, lowers the vitality, and paves the way for more serious diseases.

Another says: Colds are the special banes of childhood, and often lay the foundation for the more serious diseases of after life.

A child catches cold, and before it has fully recovered, it takes another cold, and before that is over contracts a fresh one.

Another child catches cold, but being neglected develops fatal pneumonia.

DANGERS THAT THREATEN THE CHILD'S LIFE.

(From the *Chicago Tribune*, 1906.)

“Health Commissioner Reynolds of Chicago, in his latest bulletins of the department, says that the worst danger to which the children of Chicago are now exposed is the neglected cold.

If your baby has a cold, don't say ‘it will wear off,’ and let it go at that. If your children have the snuffles, or sore throats, or watery eyes, don't hesitate to take them from school for a day or two so that you may break up the colds they have.

Every parent can add to the healthy conditions of the city and to his or her own peace of mind by guarding against *any and every kind of a cold*.

Generally the child doesn't know it caught cold. It may be impossible to prevent it from exposing *its sensitive body* to those dangers which older persons shun.

But the chances of contracting colds can be easily diminished by a little care and foresight.

If the children get colds don't waste any time.

Don't trifle with a cold."

This warning, coming from *so prominent an official* and one whose position enables him to know the real danger, *should be heeded by all*. The lives of many children are sacrificed each year by neglecting the colds which they take; others contract chronic catarrh from which they *never fully recover*.

When one meets a friend these days, one does not say "How do you do?" but, "How is your cold?"—February, *Ottawa Journal*.

CAUSE OF MANY A PREMATURE DEATH.

That trouble which so many are subject to, spoken of off-hand as a common cold, this is often neglected, and hosts are sent to premature graves.

A druggist says: I find that more headache powders and magnesia are sold between Sunday and Monday nights than any other time in the week.

More suicides take place on Tuesday and Thursday than on other days in the week.

Why is this? Try to think it out.

 Too many persons these days won't read enough, have not the mental patience to do so, or to make a start reading all they ought to. They are thus deprived of information of interest and value that would cause them to think, and that would be exercise for, and a help to their intelligence and memories.

 Those who read but little, and neglect to meditate over what they read, are at a decided mental loss, because if they read enough it would be a gain, or a help, and many a time a protection or warning in some way, and also a source of healthy brain action as well as frequently satisfaction or pleasure.

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

I've recommended certain books to many young men and women, that have helped in some way thousands of persons, and later on they have called, or wrote me that they were the best they ever read. Reader, get some books, I advise, and you'll be well pleased.

Another extract I have says: Cancer is at once the most distressingly obscure of all diseases and the continual increase in its prevalence is becoming a most serious national menace. Pathological research has failed to throw any light upon the cause of cancer, and has led to  no suggestion either as to prevention or cure.

Reader! my discoveries will also greatly aid mankind on the consumption and insanity 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.”—From the *Mail and Empire*.

“This would be a grand world to live in if we had only knowledge enough.”

No man so absolute (Erasmus holds) to satisfy all,
I fear good men's censures,
And to them I submit my labors.

TO HELP THE INVESTIGATOR, INVENTOR, ETC.,
MEANS MORE RAPID PROGRESS.

The surest and quickest way to help greatly lessen so much ill health and insanity, immorality and crime, and improve the mentality of the masses, is for the Government, or rich men, to help the investigator, inventor, etc., with reasonable amounts of money. Had this been judiciously done in the past we would have had a more prosperous, healthy and happier world by now. I have necessary evidence *to prove what I assert thus*

 BY DISCOVERIES I POSSESS
WORTH MANY MILLIONS OF DOLLARS

to humanity, and for want of which many thousands of persons are suffering severely daily.

SELECTED FROM NEWSPAPER CLIPPINGS,
THESE HEADINGS, ETC.

SERIOUSLY INJURED WHILE SLEEP-WALKING.

AGAIN THE OPERATOR.

Terrible head-on collision. Trains going at full speed.

CASE PUZZLES DOCTORS.

* * * * When he arrived here in July he appeared to be in good health. Now he is broken down, and every symptom would lead the physicians to believe that he suffers from general debility that results from too strenuous a life, although it is positively known that he has been living quietly and steadily. The *cause* of his breakdown is a *mystery*.

BLONDES SHOULD KEEP IN THE SHADE.

Blondes should avoid sunlight, according to Dr. Rucker of the Public Health Service.

NOT MANY BLONDES HAVE EVER BECOME FAMOUS.

Where is the blonde in drama, literature and music that could boast of the achievements of the brunette? See article in *Star*, 11 January, 1913.

FAMOUS MUSICIANS WHO LOST MEMORIES.

Loss of memory is a familiar feature of many kinds of mental trouble, permanent or temporary, says the *Literary Digest*.

VARIOUS CASES OF DEATH IN THE BATHROOM.

FORGOT A BIG MORTGAGE, \$13,200.

MAYOR FORGETS TO COLLECT SALARY.

SWIM CAUSED DEATH.

GIRL DIES AFTER A SWIM.

SAID HE COULD NOT TELL HIS BRIDE'S NAME.

FORGOT WHERE HE LEFT HIS WIFE.

I went out for some sandwiches; didn't know the name of the hotel; that was last night; I've been looking for that hotel and my wife all night.

DROPPED LETTER FROM NAME, AND LOST \$1,000.

Government sent cheque to Kratz and wrote Katz, so Katz got the money.

OMISSION OF COMMA COSTS \$1,000.

COULD NOT TELL WHERE HE LIVED, NOR REMEMBER
HIS OWN NAME.

APPALLING LIST OF KILLED BY TRAINS.

A FATAL FORGETTING.

CONSUMPTION COSTS \$20,000,000 A YEAR.

GOT ON WRONG BOAT, GOING NOW TO AUSTRALIA IN
PLACE OF SAN FRANCISCO.

SUICIDE IN AMERICA.

Suicide is increasing in the United States.

CARVED TO HIS DEATH.

Baltimore, Md., Aug. 16, 1913.—More than two hundred operations within three years failed to save the life of Geo. McDowell, *suffering from a baffling throat disease.*

GIRL LOST MEMORY.

Her case is a puzzle to the numerous doctors who have seen her. She has never known what sickness is, said her mother.

CRAZED BY THE HEAT.

Woman killed three children and then ended her own life.

Another article says:

MUST NOT SHAVE NECK.

If you want to invite boils, or that dread affection the true carbuncle, have the back of your neck shaved.

One hair expert says to beware of cold water shocks upon the scalp after exercise, and that baldness early in life is caused by cold shower baths on the scalp. He says such destroy the roots of the hair. Sudden chills are bad for the hair.

Wetting the hair (says the same expert) to make it lie smoothly may seem harmless, but in course of time, if this is persisted in, dandruff or eczema will develop.

Reader! Eczema is a most obstinate and painful affliction, and may descend to one's children if this practice becomes a habit. How eczema occurs, or descends in some cases, I don't think is accurately known, no more than the fact of some hands being more easily chapped by water than others. Reader! Why is it that water, clean, pure, harmless looking water will chap the hands, and even severely split the skin of the fingers in winter? It seems to attract something out of the flesh as it often causes it to split in an instant.

Reader, water is a good friend, we could not live without it, but it is somewhat of a mysterious compound and should not be trifled with.

No receptacle has ever been made with sufficient strength to resist the bursting power of frozen water.

Another writer says, not much can be done with lifeless hair, or hair that is too dry, but most persons should, a few times a week, massage the scalp for five minutes with the fingers, and afterwards brush the hair thor-

oughly. If you form this habit you will not think of neglecting it. This treatment will be sure to put life into the hair and scalp. If the hair is very dry, castor-oil or vaseline can be rubbed into the scalp twice a week.

If various persons could only sufficiently realize the awful retribution that is bound to follow in some way a frequent violation of nature's laws, there would be less disease, or insanity, etc.

 To Locomotive Engineers, etc.:—

If you often wet your head, or too often wash your hair, or take too many baths, you will not be able to endure heat or cold as well as you should; you will be more subject to dizziness, or to an instant's mind blank, or to forgetting, and a valuable train may be destroyed and many lives lost through what you could, by using common sense, easily have avoided. "Safety First" should be your motto.

Engineers, firemen, telegraph operators, captains, divers, aviators, miners, helmsmen, motormen, etc., who frequently wet their heads or too often bathe or wash their hair, do so at the *risk of appalling consequences*.

FORGETFULNESS AN IMPORTANT PROBLEM!

 It causes serious delays, misunderstandings, mistakes, irritability with its waste of energy that renders some persons unfit for their business for hours. It is to blame for many fires, railway wrecks, etc., etc. There is a cause for this mental condition! Reader, help to find it.

Most of civilized people are forgetful. A person who forgets is likely to cause some serious loss, expense, breakage, fire by an overheated, forgotten stove, by a gas stove, or gas jet, and such leads to great fires which endanger a big city, boiler explosions, etc. We are, on or off the train, at the mercy of those who forget, etc.

The account of the *engineer* on the Burlington Road *standing dead* at his throttle with the train going full speed is not pleasant reading. *In these days of continuous travel*, the reflection must often strike us *that we are absolutely at the mercy of one man*, who, from some unaccountable physical collapse, may send us all to sudden death. Such a thing is infrequent, but the unpleasant possibility will intrude on our minds.—From the *Mail*.

 Isn't it a duty, a crying necessity to publish this book when one reads such a horror-striking story, a pen picture that language fails to adequately impress upon our imagination, and worse still, we never know when this ever present and deadly danger will again occur.

Read this from a daily paper:—

Remember that this collision did not occur on a switch, but on a through line on one of four main tracks running parallel on a straight line for miles.

So far as can be learned *Davis at no time slackened speed or touched his lever*, not even when he saw the red tail lights of the train ahead and the brakeman from that train running toward him, waving a red lantern. He died a terrible death before reaching the hospital, having *given no explanation* of his conduct leading up to the collision. As the brakeman who was standing on the rear of the train saw the approaching express, noting that it had not slackened speed and that it must inevitably crash into the local, he ran through the cars crying at the top of his voice:

“Jump for your lives!”

In a moment a panic followed. Men, women and children scrambled to their feet making for the doors and jamming in the narrow exits. As they were fighting their various ways to the platforms, the *great mass of the*

engine behind, speeding at sixty miles an hour, dashed into the train.

As the great engine sheared through the lighter train legs and arms were cut off as though by knives.

Fragments of splintered wood were driven through shrinking bodies, and many were crushed beneath the frightful weight of the engine which lay upon them. The boiler was smashed into a crumpled mass, and a flood of scalding water and steam poured out over the writhing bodies pinned beneath the mass of wreckage. The climax was reached when the mass of wreckage caught fire.

The pile of shattered cars became a huge funeral pyre. Men worked as only men could be inspired to work by such an occasion, but time after time were driven back from the suffering men and women, who were dying in the flames by the frightful heat which could be endured only for a few moments at a time.

Men became crazed by the fearful scenes they witnessed and by the frightful cries from the burning pile. Into the flames they would dash, only to be forced back, now dragging away a body mangled and half-roasted, again hacking away a side of a blazing car to bring forth some child which lay within a prison of flames.

 I believe that what I have stated in this book explains a real contributing cause of forgetfulness, etc., and that alone has been serious enough to induce one to write this book, in the hope that what I state will be investigated. Reader! no matter how you or others may differ from me about my theories, I earnestly assure you that what I've written herein is through honest conviction. If anyone else knows any other cause he should frankly and fearlessly express his opinion, when so many

million dollars of property on railways, and through fires, etc., is destroyed yearly, and the welfare of thousands of humanity is at stake.

“No man is fit to lead who has not the courage to stand alone.”

“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 Casparieo*.

REPORT ON CAUSE OF TRAIN WRECKS.

From a Copy of *The Mail*.

It says:—

The evidence goes to show that none of these accidents can properly be attributed to overwork, or lack of opportunity for sufficient rest on the part of the employees who are held responsible.

 Reader! Then what is the cause of so many railway collisions, etc., etc.? Am I not right in wanting this discovery of mine fully investigated? It can do no harm, but likely bring out some valuable facts or information.

“Human fallibility should be a stimulus to the multiplication of checks and safeguards, not an excuse for going to sleep.”—*The World*.

 Every clue should be followed, every likely cause or contributing cause should be investigated by someone. All that twentieth century intelligence and science can bring to bear on this most important subject should be used. If my discoveries are proved alright they will at least *lessen the risks* of what I herein state; many millions of dollars in health will be saved to the nation, also millions of dollars worth of railway and public property.

WHAT IS PHRENOLOGY?

It is the Science of Human Head formation. Nature in her wise provision—as some would say—has not formed two heads exactly alike. If men and women were perfect every way their heads would be perfect also, and would admit of such a marked classification that no sane man could contradict the truth of phrenological science, but the effects of circumstances, or poverty, hardship, overwork, illness, accidents, worry, intemperance, fear or unhappiness on the bodies and brains of parents causes a great variety in the formation of their descendants' heads.

As every class of object has its general resemblance, so have heads of certain people. There are to-day many abnormal, or small, or awkward shaped heads, and there are heads of congenital idiots, and heads of thieves, criminals, etc. We are all cognizant of the fact that most heads look different to each other, and that some are small, others large or noticeably high, or low, or wide, or short or long. The phrenologist has observed these heads, and finds that their character and abilities differ. As head shape, etc., is, so is the character, etc. By observing, measuring and feeling the whole head we have learned how to tell what most persons are fit for, or can become fitted for, and what they are (accidents, etc., of course excepted) capable of learning or accomplishing.

 The phrenologist can say truthfully about certain boys or girls, young men or women: You should become very learned, or clever in some way, or a great engineer, lawyer, doctor, surgeon, etc., or an expert mechanic or manager, or a good piano player, or a famous musician, or a great singer, or actor, or actress, or story or advertisement, etc., writer, or designer, or inventor, or architect, or soldier, or sailor, or real estate broker, or success-

ful speculator, or become very rich. If circumstances are reasonably favorable, and accidents, etc., excepted, our predictions or assertions thus have come true in a great many instances, as is well known.

Warning, Reader! Don't forget that wonderful and beneficial as phrenology is, it is only a science of observation, and no person can accurately predict what is going to happen, or your life years ahead. Anyone who was capable of doing so could become rich in a week.

 Sensible reader, as regards the future, we are *all in the dark*.

If you want your head scientifically tested, I have three methods of explanation, viz.:—

1st. A plain oral (or spoken) description, informing you what profession, business or trade you are, or can become fitted for, also giving you my opinion as to your musical, drawing, theatrical, literary, inventing or designing, etc., abilities.

2nd. I mark the size of your mental faculties on the scale in a *chart* and you can read the meaning of them in appropriate paragraphs, and what you are fitted for is marked in an elaborate list of professions, businesses and trades, also what you should try to learn, etc.

3rd. In addition to the 1st and 2nd is given you confidential hints, or instructions about how you can (if a normal person) endeavor to keep, or increase your health, and strength. I show you also certain valuable exercises that have developed the chests and muscles of many persons, but I require

YOUR SOLEMN WORD OF HONOR

to keep these last instructions *secret*. They are worth to

some persons hundreds, and to various persons thousands of dollars.

I have discovered the knowledge, many would say *secret*, of getting some of the best (health, etc.) out of life, and I want others to profit by what I've found out also.

Every person who appreciates increased chances of improvement, success or happiness, or wants to become strong, or to longer retain their youthfulness, etc., should get this knowledge.

 Various persons have told me that they had either severe sickness, or were delicate, or weakly, but that exercising improved them, or they have secured better or good health through certain exercises.

"My exercises are simple but most valuable, and can be easily continued for your lifetime."

Many a boy or girl who practises (faithfully for a year) the exercises I recommend, may be done more than a thousand dollars' worth of good to as regards their chest etc., development.

If you only saw the many young men and women with largely and nicely rounded arms and muscles, full chest and graceful or erect figures, resulting from exercising, you would likely not neglect doing the exercises I recommend, regularly. Strength causes respect and beauty of figure admiration.

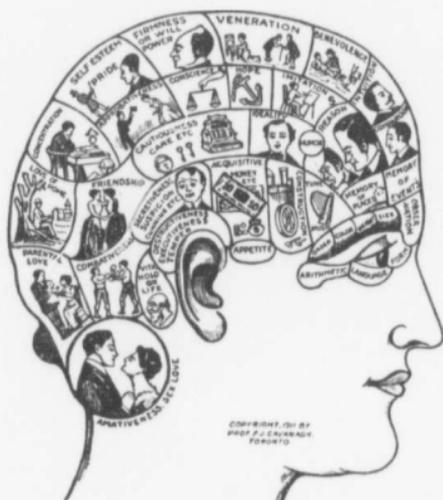
My experience has been gained in various positions and situations, insane asylums, colleges, hospitals, prisons, and in many parts of the world.

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. L. CAVANAGH

THE SCIENCE OF PHRENOLOGY.



Reader—all the faculties pictured in the above head are in your head. Get it tested and find out what trade, etc., you are fitted for, and what musical, or designing, or inventive, or song, or *ad writing ability*, etc., etc., you are endowed with.

The brain of even an average man or woman has surprising possibilities in it.

Phrenology is the science which has enabled many persons who were poor to become more learned or capable, and some even to become “rich or comfortably off.” As one gentleman stated: “I cleared,” said he,

“1,000,000 (MILLION DOLLARS)

in real estate, through advice given me by Professor Cavanagh twenty-two years ago,”

Another stated, "I got a chart of my head from Professor Cavanagh only seven years ago, and

100,000 DOLLARS it was worth to me."

"A government expert said"—I got my head examined three times by others, but I never had it properly done until examined by Professor Cavanagh, and at

20,000 DOLLARS I value your chart to me.

"When a certain lad" got his head examined, many years ago (I wrote a chart for him), his father was disgusted when told that he would be a boy until 30 years old. He is now one of the greatest physicians likely in America.

Another little boy going to school had his head examined by me, and has since been appointed government expert on insanity.

A middle aged man called and said, "I got a chart from you in 1898, was then a poor bricklayer,

25,000 DOLLARS

I have since become worth through following your advice."

Reader, don't forget that I have accumulated a great deal of evidence of the value of this science.

Another Toronto young man got a chart from me, and afterwards became worth

250,000 DOLLARS.

I can give you his name, and names of those who know him.

Enormous dividends are being earned to-day by corporations fortunate enough to have secured some of Mr. Doolittle's patents. This gentleman's head was examined years ago (and he, informed about his unusual inventive abilities) (with a nephew of Lord Kelvin), by Professor Cavanagh, who has the records and measures.— See *Mail and Empire*, 11 March, 1910.

Mr. Pennycuik, of Toronto, invented the lace hook now worn on everybody's boots. His constructive faculties were conspicuously developed, the sides of the forehead were so rounded that almost any one could notice them at a glance. Try to imagine what this invention alone was worth.

I can give you names 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. I examined his head, told him what was best to do, etc. He began violin practice again with most gratifying results. He is now a well known merchant.

Most of the best known, some longest established real estate men, had their heads examined by me years ago.

"Champion of the world"—on the typewriter, the speed demonstrator, the winner of the Canadian record, also was advised by me before had even learned to operate.

 One of the best sketchers ever on the *Globe*, also the *Mail*, and the talented cartoonist of the *Telegram*, were many years ago advised by me.

Some of the best sign-writers in Toronto, also engravers, etc., had their heads examined years ago by me.

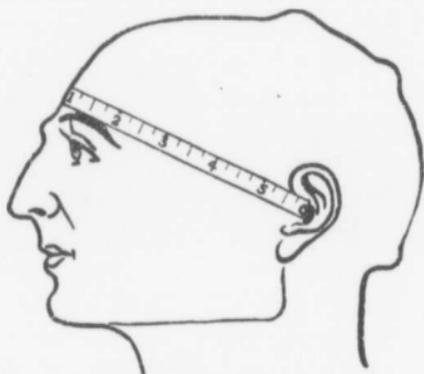
Winners of the prizes for composition, editors of Toronto and other newspapers, designers, experts, etc., were also advised by me. Also various noted inventors, and some of our best musicians, leaders of orchestras, singers (names furnished), some of the best Toronto doctors, lawyers, dentists, engineers, including City of Toronto engineers, aldermen, mayors of cities, etc., and well-known business men. Some of these have the greatest electric signs on Yonge Street. This is all due to honest phrenology as understood and practiced by me, as outlined by the founder, Dr. Gall.

“Canada’s Greatest Phrenologist”—these three well remembered words appeared in the Toronto *Telegram* and other papers many years ago, after the great Birchall trial, when Professor Cavanagh’s opinion of that famous criminal appeared all over the world.

“The *Telegram* says” Professor Cavanagh has done more for phrenology than “any man” of modern times.

 IF YOUR HEAD IS ONLY 19 INCHES AROUND
YOU ARE A PARTIAL IDIOT.

“11 inches across the top”—from ear orifice to ear orifice, you may be of the criminal type. If it measures across the eyebrows from ear opening to ear opening 12 inches or more—you are, or may become, unusually clever in some way.

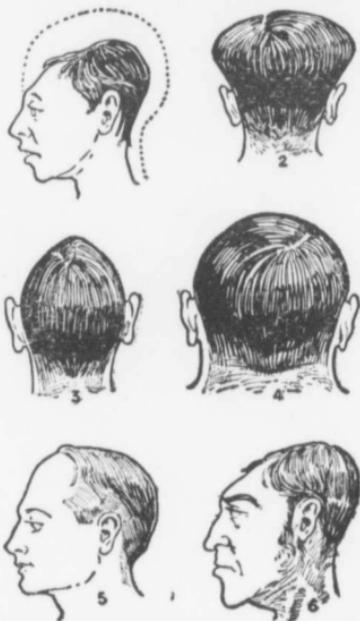


Reader, measure your own head thus, then ascertain from Professor Cavanagh what your head developments indicate, and what you are capable of learning, and how best to make your living.

PREVENTION BETTER THAN CURE.

“It is better to”—take the simple precaution of getting your head examined now, and find out if you are at the right profession or trade, or what you had better follow.

“Prevention of mistake now”—is better than inconvenient change in later years, or perhaps suicide or poverty.



HAVE YOU A HEAD LIKE ANY OF THESE?

No. 1.—Receding forehead, an idiot.

2.—Head of an over-cautious person. See the heads of your very cautious friends; also the heads of epileptics and insane. They are notoriously developed like the above 2nd head.

3.—The upsloping head; some persons who think they know, say there is no criminal type. Inspectors Byrnes, Devery, etc., could tell you that this is a real criminal—and desperate at that—type.

4.—Reader, if you are a real man, a proper observer, I need not tell you that this is the head of a fighter, whether soldier or boxer.

5.—Highly intelligent and kindly head.

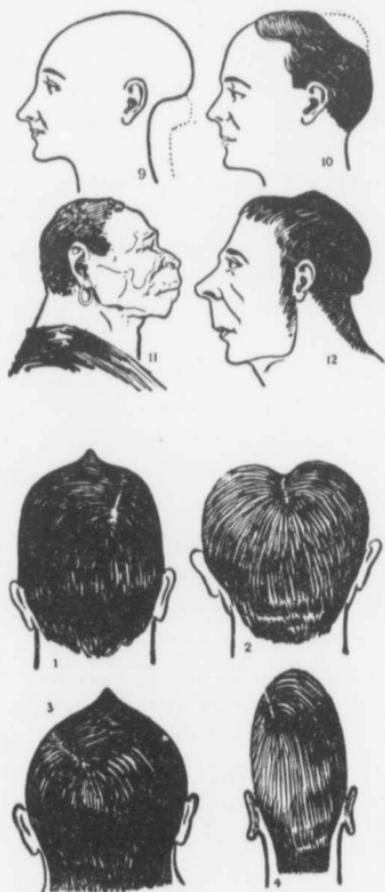
6.—Head of a mean, sordid, miserable-minded, deceitful, lecherous, treacherous, grasping individual. You could appeal to his selfishness or cupidity, but not to his patriotism.

Nobody but a fool would deny that heads vary greatly in shape, and the scientific or medical man who will tell you that there is nothing in the shape of heads, advertises his ignorance, and lack of observing and practical critical ability. A good mechanic who would assert such rot would injure his reputation as an accurate observer.

UNEVEN, ETC., HEADS.

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, who wrote so extensively about character, says: Any depression, deformity or deficiency in the skull, causes a flaw in the character.

HEADS GOOD AND BAD, TIMID AND DESPERATE, COURAGEOUS AND INSANE, ETC.

"The lion's head" differs from the tiger's, the cat's from the dog, the ox from the ass.

"The eagle's head," the gamecock, owl, hawk, etc., differ from that of the dove, pigeon, hen. Wide-headed animals and birds are always the fiercest.

"As you can see" for yourself. Narrow-headed animals and birds, hare, rabbit, sheep, pigeons, etc., are timid, so are many narrow-headed persons.

"Wide-headed policemen"—there are no narrow-headed detectives.

"Wide-headed doctors," lawyers, teachers, dentists, brokers, farmers, railway, newspaper and business men and professional nurses (if in normal health, etc.) are the most energetic. See also the heads of the greatest musicians, etc., etc.

A MAN CAN BE ANYTHING HE MAKES UP HIS MIND TO BE.

"Some authorities state"—If this is so, then phrenological science can help you to know what is the best trade or profession for you to make up your mind to become competent at, or if you have capabilities for inventing, designing, or music, literary work, etc., etc.

"The amplest knowledge has the largest faith."

A POSITIVE WORRY LESSENER.

My chart and advice has enabled many persons to understand why they worry so easily. Reader, don't continue to be harassed by bitter reflections, or fears, or often mentally tortured and happiness banished by worrying, when my chart may help you to become more normal minded and even happier. Remember, that it is mainly science which has done so much for mankind.

A BOY'S VALUABLE BRAIN.

"Any ordinary boy's brain"— or girl's, either, is valuable. If you want to know how valuable it is, get their heads carefully measured and valued by me.

If you have a boy (or girl) that is dull, or inattentive at school, whom you don't think will ever be clever, talented or earn much, just remember that many boys who were thus in youth became learned men, or clever, or well-to-do, or even distinguished in later years.

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

 Thring had, it was said, a power of finding where the spark of fire lay hid in the coarsest human clay.

****Another marked characteristic of Thring was his belief that "every boy is good for something." There is no such thing in the world, he used to say, as a good-for-nothing boy.—See *Educational Aims & Methods*, page 293, by Sir Joshua Fitch, M.A., LL.D., Her Majesty's Inspector of Training Colleges.

Give e'en a dunce the employment he
desires,

And he soon finds the talents it requires.

—*Cowper*.

"When a man has learn't how to learn, he can soon learn anything."—*H. Kingsley*.

Dean Swift says, "Although men are accused for not knowing their own weaknesses, yet perhaps as few know their own strength. It is in men as in soils, where sometimes there is a vein of gold which the owner knows not of."

“Diligence is the mother of good-luck, and God gives all things to industry.”—*Benjamin Franklin*.

“The difference between one boy and another consists not so much in talent as in energy.”—*Arnold*.



THE GREAT NAPOLEON'S HEAD.

Of this extraordinary man scores of relics are preserved in the cabinets of the curious and the museums of national establishments. In one write-up of him after death it said:—

Mr. Henry who assisted at the dissection of the corpse, says that the face had a remarkably placid expression,

and indicated mildness and sweetness of disposition. Those who gazed on the features, as they lay in the still repose of death, could not help exclaiming, "How beautiful!"

THE HEAD WAS SO LARGE

as to be disproportioned to the rest of the body, and the forehead was very broad and full. It may interest phrenologists to know that the organs of combativeness, causativeness, and philoprogenitiveness, were strongly developed in the cranium. The skin was particularly white and delicate, and, notwithstanding the accumulation of external fat, the whole frame was slender and effeminate. There was scarcely any hair on the body, and that of the head was thin, fine and silky. On the left leg, near the ankle, was a scar, which appeared to have been occasioned by a wound.

Those who know something of craniology will quickly notice the *beautiful* and *exceptional* developments of *observation, form, size, weight, color, order, calculation, locality, eventuality, causality, comparison, and intuition* or ability to read character, etc., which Napoleon was also famous for.

The faculties of *constructiveness*, at the sides of the forehead are very largely developed, proving by his head formation here his mechanical and resourceful abilities.

All these faculties show as plain in the head as they were predominant in his character, and furnish another grand proof that the (*science of form*) shape of the head indicates what a person is intellectually, perceptively, mechanically, etc.

VERY IMPORTANT FOR ALL PERSONS TO KNOW.

Leaving out the difficult-to-explain parts of phrenological science, it is a positive fact that many great men's heads, or the heads of boys or girls, young men or women who are likely to become great, or very talented, can be discovered in a few minutes by a reliable phrenologist carefully measuring and examining the head.

THREE REASONS WHY THE WORLD LOSES THE USE OF MANY VALUABLE BRAINS.

1st.—Because the possessors of many such brains don't know they have talent.

2nd.—Because they neglect getting their heads examined by a reliable phrenologist.

3rd.—For want of enough self-confidence, or hopefulness, or not getting enough money or encouragement.

Reader, proper encouragement will help to make you more self-confident and energetic, and that will help to develop your brain.

Mr. Carnegie said, "You must work with your head, work out projects of your own." I know of nothing that gives more ground for encouragement to many persons than my new modern chart of the human head. It is said that brains do not differ so much in ability, but in the energy some brains possess more than others, and remember that by doing as Professor Cavanagh has advised regarding living right and  doing certain exercises regularly, more energy can be generated, or conserved.

A DETERMINED AVERAGE BRAIN CAN SUCCEED.

If many a person now only earning a living, found out, by my science, what they were capable of learning, or doing, they could become comfortably off. "Everyone,"

says Jeremy Collier, "has a fair turn to be as great as he pleases."

Marcus Aurelius says, "Be good for something while it is in your power." This great man also says, "Whatever you observe possible and practicable by another, believe likewise that it is within your power." Reader, time may obliterate every lingering memory of how happy you once were, discouragement yielded to may cause such despondency that—for the time being—you may forget all that is in your favor, so don't surrender to discouragement, but get a chart from me which has no superior, as a brief, neat, easily read, comprehensive catalogue of your brain faculties, and list of what you are fit for, or capable of being fitted for, etc.

My (new) modern chart is the best introduction to phrenology you are likely to ever get, and contains such original information, and useful advice, etc., that it is interesting and of use in some way to persons in all lines of life, whether they believe in science or not. It has aroused the admiration and gained the respect of many persons who were previously so skeptical about phrenological science.

A SURPRISING RECORD.

Thirty years established in Toronto, Canada, Prof. Cavanagh's success as a phrenologist has been demonstrated with a completeness that should dispel all doubts in the minds of many about phrenology.

SURE PROOFS OF PHRENOLOGY.

No animal has the same shaped head, nor as rounded and high a forehead, nor as many developments on the skull, nor as large and complicated a brain, as a man.

HEADS DESTINED TO BE BAD CHARACTERS, OR INSANE.

"Some heads are so deficient in size, or so short, or low, or too narrow, or wide, that the individual is not normal mentally. Others' heads are well-formed"—except that they have a flatness, or a depression on top, and lack adequate hope, or self-confidence, or will power, or conscience, etc., and the individual will often go wrong.

"Some heads are so shaped"—that I can tell almost certainly when I examine them, if the individual is likely to be a thief, or a burglar, or a tramp, or shirker of work, etc.

"An idiot, criminal, suicide, or insane"—Reader, you know what the head of a low-grade idiot is like—a small receding forehead and a little head. Other heads have their characteristics as well. Use your eyes, reader, and judge for yourself that what I publish to substantiate phrenology is marvellously true.

THE MYSTERIOUS SUICIDE.

The public will remember the mysterious suicide, Prof. Dehann, whose case kept the people of the United States and Canada wondering and guessing who he was for five weeks.

Thousands of people, lawyers, doctors, merchants, detectives, policemen, photographers, men and women of all grades of society, physiognomists, and those who claim to be able to tell character, and the future, by various methods, such as clairvoyants, palmists, etc., viewed his features day after day in Stone's undertaking establishment, Yonge Street, Toronto, but *all failed* in their endeavors to give any clue by which it could be found out who he was, or what business or profession he had been

engaged in. Professor Cavanagh came in one day, described part of his character, and stated what profession he would be fit for, or likely had practised. It was later on proved that the professor was absolutely correct. Said Superintendent Wilkes, "I'm willing to make an affidavit as to the truth of what Professor Cavanagh said." Accounts of this remarkable case 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 Dehann, 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.



Reader! Have you been a kind of failure in life, or not done as well as ought to? If so, remember the above design and begin afresh to-morrow.

Reader! If you neglect to properly exert yourself you'll stay down, like the common unthinking laborer, and not get much help from anyone to become much better off. You'll find few to help you, you must live your own life, mainly help yourself, strive to gain your own desires. If you neglect this warning you may bitterly

regret it in later years, as many a person has told me they have, through not giving the subject of phrenology enough thought or attention. Reader, it is the science of mankind. Phrenology science is the best self-help ever discovered for those deficient in self-confidence.

Ambition is a state of mind which incites persons to improve themselves, or makes them try to secure a better position. Have you, reader, enough of such mind?

 Remember, if you won't try persistently, someone else will, and become your master!

 Fail not to test this most interesting and useful science, or you may bitterly regret, as so many have, your neglect in later years.

It costs little, but means much to you.

IT MAY BE YOUR DESTINY TO BE POOR?

A chart of their head means a chance for many to better themselves. It is useful to most persons for their talents, or courage, or self-confidence, or will-power, or sanity, or memory, etc., and that alone is reason enough for you to get it. If you doubt that this science can help you, remember the harm doubt has done to all science, and likely often to yourself, and what weight has your doubts, fears,  against my valuable help to many persons during the last thirty years.  If you neglect getting a chart, you positively will be in ignorance of much you should know about your various brain faculties, constitution and talents.

I cannot help advertising so extensively as I do about this science, because I know of the good it is capable of doing, and on account of so many persons telling me of the good it has done for them, or someone else.

CONVINCING AND WELCOME EVIDENCE.

"400 Students"—A young man advised by me passed best out of four hundred students. Another best in composition among 160 students, and still another won a medal from over 1,000 students. I can give you their names. They are well known.

"100 DOLLARS per month"—Another young man was earning fifty dollars a month, got advised by me, changed his occupation and earned one hundred dollars per month.

"50,000 (THOUSAND) DOLLARS"—A young man with a mind of his own came to me about 4 years ago. He was one who had faith in my judgment. He had only 500 (HUNDRED) DOLLARS. I told him what he should do, and in spite of what his parents and friends said, he followed my advice and the results can be estimated at probably forty, maybe now 50,000 (THOUSAND) DOLLARS. Oh! yes, I have his name, he is a resident of Toronto. I know another gentleman old enough to be his father, who didn't take my advice here in Toronto and he is loser by about 30,000 (THOUSAND) DOLLARS. These are facts. Readers, please remember that even 1,000,000 (MILLION) DOLLARS has been gained by getting advice from an experienced man. Brains rule the world, but they are the brains of educated, or earnest persons.

"Barber to Famous Musician"—Another young man worked as a barber on Yonge Street. I said to him one day that if he practiced he could become a splendid musician, and later on he became so.

"From Policeman to Doctor"—Another young man

was a policeman at No. 4 police station, got a chart from me and became a well-known doctor.

“40 DOLLARS a Week”—Another young man drove a wagon for a Yonge Street storekeeper, wages seven dollars per week. Through my assistance he got into one of the best offices in Toronto, and later on earned forty dollars a week.

“Another Young Man”—came to Toronto, got a position as clerk, and rose to be the general manager of one of the best known and largest concerns in Toronto; about two columns regarding this appeared in the *Toronto Daily Star* unknown to me.

“Some of the Best Years”—of my life and a great deal of money have been spent by me, trying to make phrenology better understood as a science and better known as a great help to humanity. An examination of the head, says the *Telegram*, is sometimes a revelation.

“The Battle of Gettysburg”—During the awful retreat over the mud-covered roads the men labored at the wagons and guns with a strength they never before knew they possessed. Reader, it may be the same with you as regards latent talent.

“Oh! what a great work each one could perform in the world if he only knew his power.”—*O. S. Marden*.

“The American Government”—had this inscription on the Ethnology building: “The weakest among us has a gift.”

 Herbert says, “Help thyself and God will help thee.” Reader, think of these maxims, think now, then act.

“Do you Doubt”—your ability? Some persons say that what one man can do, so can another.

“If You Lack Self-Confidence”—just remember that a certain gentleman who amassed

1,000,000 DOLLARS

stated publicly that he once drove team for a dollar a day in Toronto.

“If You are a Real Man”—can you not earn a part of such a vast sum?

BILL NYE'S HEAD.

“In order to note”—the advancement made by the science of 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.

WHY YOU SHOULD GET A CHART OF YOUR HEAD.

Because it explains your different mental faculties: courage, reason, memory, and the will-power, etc., etc. You can then frequently read it, and be improved some way. It may often help you through life. Every ambitious person, or those who fear insanity or brain trouble, or are easily worried, or often feel discouraged, etc., should get this wonderful character explainer.

NOTHING VENTURED, NOTHING WON.

It's the earnest man and woman, those who are hope-

ful or enterprising, the thinkers and scientific men, who do the work of the world.

 "References or letters from" some of the best known or distinguished persons—

"The Governor-General," Lord Aberdeen, the Surgeon-General, General Manager Hays, the Right Hon. Sir Wilfrid Laurier.

Mr. Gladstone gave a testimonial in favor of phrenology, as well as other eminent men, whose names are highly regarded.

Sir Richard Cartwright found Phrenology worth advocating and a good thing for humanity, as Hon. S. H. Blake found religion worth expending much of his time and great talents upon. I have a long and highly prized letter from Mr. Blake.

Most of the best known real estate men had their heads examined years ago by me, some of them got charts.

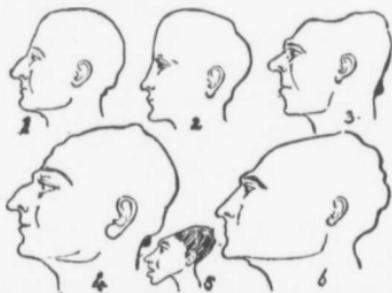
All clever or great men's heads, whether statesmen, lawyers, judges, physicians, surgeons, clergymen, generals, poets, writers, artists, musicians, singers (some of the best had their heads examined by me), brokers, bankers, inventors, architects, financiers, etc., are convincing and cannot be contradicted proofs of Phrenological Science.

I served as a special juror under his Lordship Chief Justice Rose, remember his great oration on this Science, and how earnestly he recommended Phrenology to the Government—Sir G. S. Mackenzie, Robert Hunter, M.D., Rev. Thos. Chalmers, Judge Hurlburt, Rev. O. Dewey, Hon. S. S. Randall, D. Alexander, M.D., Dr. Shurtleff, David Ferrier, M.D., Francis Farquharson, M.D., Dr. Allen, Dr. C. Thomson, John Anderson, M.D., G. D. Cameron, M.D., John M. Carnochan, the most distinguished surgeon

in the United States; Horace Mann, Dr. Boardman, Dr. Carson, Dr. Noble, surgeon; Dr. Hall, Hon. W. H. Seward, etc., etc., Dr. Adams, Dr. Wallace, Wm. Weir, M.D., Geo. Gardner, surgeon; John Scott, M.D., Dr. Fenton, Dr. McPherson, etc., etc., etc.

W Alfred Russel Wallace, one of the world's greatest scientific experts, and author of many well known books. His prediction is, that in the coming century phrenology will assuredly attain general acceptance. It will prove itself to be the true "science of the mind," and will have one of the highest places in the hierarchy of the sciences. The president of Canada's great National Exhibition, various mayors and aldermen of the City of Toronto. Surely, reader, the names of these talented, energetic, also great business men who advocate and have found phrenology useful should convince you of its possible value or great usefulness to you.

PRESS NOTICES from *The Sun*, *The World*, *Globe*, *Mail*, *Free Press*, *Economist*, *Chicago Evening Post*, *Chicago Herald*, 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."—*News Letter*, Orillia, Nov., 1885.

 **FACTS OF GREAT IMPORTANCE!**

Which was best? My science and encouragement, and do something, or doubt, afraid to try and do nothing? Think of the great loss, and the great gain!

A SUCCESSFUL PHRENOLOGIST.

Many well known in this city eulogize Prof. Cavanagh for their inventions. Testimonials saying "through his advice" they succeeded in inventing, 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*, June 7th, 1888.

**THIS DOUBTER'S ADVICE  CAUSED
LOSS OF MILLIONS.**

I can tell you about one gentleman who was dissuaded by a skeptical friend from investing in stock—in a so-called impossible invention, but which he was assured was all right, and that he could test, and satisfy himself regarding before investing any money. He followed his intelligent but discouraging friend's advice, and has since frankly stated that if he had invested as hopefully advised, he would have easily become worth many millions of dollars. The doubter won't try, but discourages others from trying some extra good things, as well as phrenology, and has caused many persons to lose the greatest opportunity of their life.

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 various lines of business. A call on him will not fail to prove beneficial.—*Labor Reformer*, June 23rd, 1888.



WHICH WAS WISEST TO DO?

READ THIS ALSO.

To listen with an open mind to what phrenology might do for him, as explained by a wealthy friend, or to laugh as the scoffer, pessimist, and doubter always do at phrenology, new inventions, or new ideas that have great difficulties, seeming impossibility, or improbable of solving problems attached to them.



WEALTH AND SUCCESS THROUGH PHRENOLOGY.

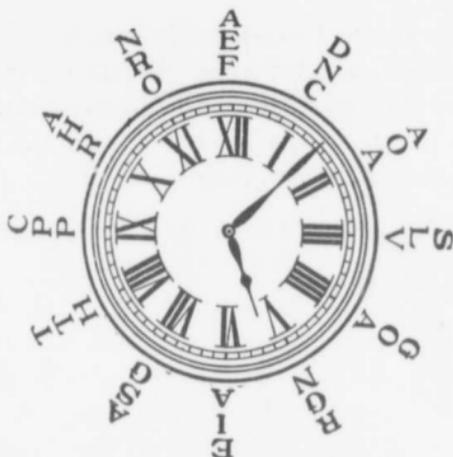
I repeat this case as stated to me. I was advised to get Professor Cavanagh to examine my head by a gentleman who became very wealthy through so doing. I did so only five years ago, and it has already been worth a fortune to me. You can use my name, also enquire about my standing from the Y.M.C.A. and various well known merchants.

I examined a young man's head some years ago, he became later on a brilliant newspaper writer; others became exceptionally clever at composition, and others the best elocutionists—entertainers—in Canada. Another became orator at Yale, and is now author of various inspiring books, great speeches and how to make them, etc., etc., etc., published by Funk & Wagnalls Co., New York and London, Eng. You all know the name, Grenville Kleiser, founder of the Public Speaking Club of America and Great Britain.

"THE name Prof. Cavanagh," etc.—fits the clock dial exactly, and thousands of persons

"HAVE found him—as reliable as various banks. A remarkable coincidence is that some of the

"GREATEST Bank Names"—fit the dial exactly also. Reader, count the letters—



BANK MONTREAL
BANK COMMERCE
BANK HAMILTON
BANK DU PEUPLE
STERLING BANK

BANK OF QUEBEC
IMPERIAL BANK
BANK OF OTTAWA
STANDARD BANK
DOMINION BANK



WANTED

Any Books on—
for or against—
PHRENOLOGY.
Also any number of
(new or old) Phre-
nological Journals.

Apply to
Prof. CAVANAGH.

PROF. CAVANAGH

Phrenological Specialist

Genuinely established, as the press notices and newspaper proprietors here can prove,

30 YEARS IN TORONTO



Reader! Isn't this a great record, and a convincing one regarding the usefulness of Phrenology?

24 Dundonald Street

A few doors from Yonge Street

Marriage Adaptations Explained

"Marriage is the most natural life, and whatever is natural is likely to bring some benefits with it."—PROF. CAVANAGH.

"Woman's moral influence, and often mental assistance is worth more to many a man than what it costs to provide for a wife and family."—PROF. CAVANAGH.

"Much of my improvement, or what money I've saved, or what I've been able to accomplish has been due to the help of my wife," such are the statements of many men,

Much of value, or what is very interesting, can be found out from some photographs.

Office hours, 3 to 5 and 7 to 9 p.m.

Telephone appointments, North 417.

YOUR BOY MAY BE THE COMING MAN?

The men who will rule the country, or be talented, etc., have to come from some families!

Soldiers, Sailors, Writers, Merchants, Inventors, Architects, Engineers, Members of Parliament, Statesmen, Doctors, Lawyers, Singers, Musicians, etc., etc., and men like Lord Wolseley, Sir Evelyn Wood, Kitchener, Hon. Edward Blake, Goldwin Smith, Lord Dufferin, Henry M. Stanley, Lord Roberts, General French, General William Booth (founder of the Salvation Army, of whom I wrote many years ago that he was one of the greatest Generals of any age, and Lord Wolseley said if he wanted a great organizer Booth was the man he would select), Wellington, Nelson, Beresford, Grant, Lee, Schley, Jackson, Hamilton, Johnson, Sherman, Lincoln, Stuart, Miles, Evans, Funston, Dewey, Sir John A. Macdonald, Redmond, Phil Sheridan, Smith-Dorrien, Morse, Roosevelt, Bell (Telephone Inventor), Mergenthaler, Burroughs (the Inventor of the Adding Machine), George Westinghouse (Air Brake, etc., etc., etc., Inventor), Jacob Ritty (Inventor of the Cash Register), Dennis (Inventor of the Model Washer), Livingstone (Inventor of the Self Feeder, etc., for Threshing Machines), Pullman (Inventor of the Pullman Car), Tesla, Wright, Whitney, Marconi, Edison, etc., etc., etc.

I wrote of Winston Churchill many years ago that he would likely rise to one of the highest positions.

 * * * Reader, there are thousands of most valuable brains yet undiscovered.

*** The eloquent and talented Dr. Channing says, "Of all discoveries which men need to make, the most important is that of power treasured up in ourselves. They little suspect its extent. How it slumbers in most men *unsuspected*, unused."

A Chart and advice from Prof. Cavanagh can relieve your mind in some way about your boy, or girl. It may help your boy to become a better boy, or get along easier in life, earn big wages, or perhaps to become wealthy.

HEALTH!

DO YOU WANT HEALTH AND STRENGTH ?

 Any young man, or woman who wishes to enjoy the best health, and have, for them, the keenest mentality, a good memory, increase the size of their chest, and their strength, should acquire knowledge from me, that has helped to keep some of the most capable Lawyers, Doctors, Teachers, Statesmen, Financiers, Generals, Bankers, etc., etc., healthy, and aids in making persons strong, is a potent factor in a good complexion, a normal neat figure, an excellent digestion, sound sleep, and longer retained youthfulness.

What is wealth, and being often low spirited, and miserable, in comparison to good health, bodily vigor, and earning enough to be comfortable? My knowledge as regards such is worth paying liberally for.

X The foundation of improved health is laid when you have sufficient energy to digest well, and possess the knowledge of what best to do, and do it.  Nature aids—some way—all who obey her laws.—*Cavanagh*.

Most men pass “the best years” of their life in discovering what they are fit for.

A mother who can place her son in the right groove; tell him which talents to cultivate, and show his Genius the road to Success, may be sure that, should he possess the qualities she believes he has, her Glory will be great.—Words on the Great Duke of Wellington, page 177, by Sir Wm. Fraser, Bart., M.A., Christ Church, Oxford.

IF YOU DESIRE TO SUCCEED ? START NOW.

“If a young man cannot succeed in Canada, and now in the beginning of the 20th Century, he cannot succeed anywhere,” declared Dr. Gordon.—See *Toronto Star*, 17th Oct., 1914.

 * * * I believe that everyone, who has achieved great success, has, at some time of his life, staked everything upon a card.—*The Great Duke of Wellington*.

{ That is, took a big chance. None but the brave }
{ deserve the fair, and you know fortune usually }
{ favors the courageous and the enterprising. }



IT IS WONDERFUL! MOST GRATIFYING, how much any normal young man or woman can learn, or improve, or develop to, or accomplish, if they possess plenty of patience, are hopeful (ambitious *someway*) and persistent. Finding out by *my Science* what their abilities are of course relieves their mind, enables them to work with more hope of success, and increases their self-confidence.

THEY DIE BEFORE THEIR RIGHT TIME!

A time comes to everyone when the physical powers begin to decay; and then, unless the brain has been kept active and recipient by exercise, there is nothing left to live, and the man perishes. We may say that he died of gout, or of heart or kidney disease, or of the failure of the particular organ which was the first to exhibit symptoms of the approaching end. In reality he has died of stupidity, artificially produced by neglect of the talents with which he was endowed.

—Treatise on Gout and Rheumatism. P. Hood.

Nature abounds in Compensation, her arrangements are all just; for "whatever a man soweth, that shall he also reap."—*James Platt*.

WIRE CUTTING BAYONET.

This idea was originated—as well as the scaling hook, and rifle end spike—some years ago by Prof. Cavanagh. Reader! if thousands of them were used—as they are no trouble to carry—you can easily imagine they would make short work of barbed wire entanglements. There are many useful ideas, inventions, etc., ignored or neglected.



A FEW MORE SAMPLES OF WHAT GRATEFUL PERSONS TOLD ME.

You read my head many years ago. I was a married woman. You told me what I could do well at. I took your advice and have a successful business on Yonge Street, Toronto.

One prominent man said to me: "I got my head read years ago, and went into business on the strength of it, and had success from the start."

I was once a working man. I would have paid you cheerfully many times the amount you charged me because "I knew" that your statements were correct and valuable.—The President of a Company.

I was earning a dollar a day when I got advice from you some years ago. I am now independent.—A middle-aged man.

My two sons got the benefit of Phrenology many years ago, and are comfortably off.

THEY SUPPORT ME NOW.

Statement of a genial, intelligent old Englishman, who came to get the head of his grandson tested by me.

I worked with a pick and shovel. I know what it is to be poor, said a young man with a shudder. I followed your advice and have since become a storekeeper, worth many thousand dollars.

I was working for six dollars a week when you examined my head. I am now earning \$1,500 a year, and have travelled 100 miles with my sister to visit you so that she may get the benefit of your most practical and helpful advice.—Statement of a sensible young man.

“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*.

 ●●●● Thousands of persons sadly realize Shakespeare's wisdom when too late, and many men, and women too who are now poor, could have been earning a large salary, or had valuable property, or saved much money if they had followed my scientific advice, based upon the splendid, or capable developments of their heads.

Many persons are kept from venturing as they should, because they haven't enough will power, or self confidence, or lack enough hope, etc., or are so over-cautious. My Science explains these developments, and what you are really capable of earning, learning, or doing, etc.

MY DESIGN ILLUSTRATING COURAGE.



Be firm, one constant element of luck, is well tried real
old British pluck.

Stick to your task, the mongrel's hold will slip, but
only crowbars loose the Bull-dog's grip;

Small tho' he is, with the jaw that never yields
drags down the bellowing monarch of the fields.

—Holmes.

He guards his master's household goods, and would,
against the greatest odds that might be marshalled there.

*** He's not a pet for bloodless chaps; he has no
place on ladies' laps, no ornamental use; he seems to say
with lip uprolled, "don't bother me—if I take hold,
you'll never jar me loose." Because we know that deadly
grip, and fear the jaws that never slip, we give him
right of way.

—Walt Mason.

The Spartans did not ask how many the enemy are,
but where they are; and the British have done similarly
many a time, and again most conspicuously, and admir-
ably in this colossal war.

 ● ● ● Reader! let this Design, and verses in-
spire you to be resolute, and properly courageous.
Fortune befriends the bold, says Dryden. We make
way, says Bovee, for the man who boldly pushes past us.

N.B.—This design is very appropriate to the present
great European War.

 Our doubts are traitors,
and make us lose
The good, we oft might win
by fearing to attempt.

Remember, that where there's a will
there's usually a way.

Reader! to get your head read by Prof. Cavanagh is very interesting, and has been worth thousands of dollars to many an earnest young man. It is a cheap but valuable investment to get his **Chart** and complete (confidential) instructions.

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
PHRENOLOGICAL SPECIALIST

ESTABLISHED

30

YEARS

IN

TORONTO

★ ★ ★ ★

Reader! difficulties are overcome
when resolutely worked against!
The sensibly determined man, or
woman is usually successful!
Remember this most encouraging
fact.

—*Cavanagh.*

