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Dr. A. B. HAMEL
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Primitive Occult Journal

A Monthly Magazine

Devoted to the Wonderful Possibilities of the
Human Family
and the Godly Powers Within All

Edited by
ANNA BECKWITH HAMEL, V. M. D.
HELENA, MONTANA.

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SATISFIED.

Dedicated to the memory of my beloved son, E. J. Hamel, who passed to his final resting place June, 1904.

When I awake some bright morning,
Where evening shadows are never dawning,
And behold the face for which I am longing,

I shall be satisfied.

Then I shall see, face to face,
Clasped in arms fond embrace,
The one I have ever loved.

I shall be satisfied.

The soul purged from all deceit,
Endowed with light, truth, so sweet,
This, the one I hope to meet.

I shall be satisfied.

When clouds of doubt and fear
Forever shall disappear,
And all be real without decay,

I shall be satisfied.

ANNA BECKWITH HAMEL.

FREEDOM.

Is true freedom but to break
Fetters for our own dear sake,
And with heathen hearts forget
That we owe mankind a debt?
No. True freedom is to share
All the chains our brothers bear,
And with heart and hand to be
Earnest to make others free.
They are slaves who fear to speak
For the fallen and the weak;
They are slaves who will not choose
Hatred, scoffing and abuse;
Rather than in silence shrink
From the truth they most think;
They are slaves who dare not be
In the right, with two or three.

JAMES RUSSEL LOWELL.

THE FOLLY OF MEAT EATING.

"The health and welfare of nations depends on rational nutrition."

The recent labor troubles in the slaughterhouses and allied industries of this country have more than ever brought the question to the front, "Is meat a necessary article of diet?" The inherited belief that fleshfoods are essential for the attainment of mental and physical vigor is still apparently widespread even among otherwise well-informed men. Mr. Arthur Brisbane, editor of the New York Evening Journal and American, presents in an editorial the following views:

"The vegetarian says that it is a hideous thing to eat meat—and it is a hideous thing. However, for the present the eating of meat is necessary—as necessary as the breathing of air or the drinking of water.

"The lives of men are crowded, their systems can readily transform meat into the energies with which they do their work. The digestive power that would be used in grinding vegetables into blood and brain would take too much away from useful effort.

"We must eat meat—we must eat the cow that eats the grass, leaving her to digest the grass, since we have not the time or vitality to do it."

Mr. Brisbane is a most brilliant writer and his views on political and social questions are up-to-date, logical and convincing, but in chemical and physiological matters he seems to be somewhat astray. I shall at first shortly answer his assertions, giving in the course of this treatise more explicit reasons of the utter fallibility of his arguments which may seem very plausible to the misinformed masses, but not to the intelligent mind.

First; the word "vegetarian" is derived from the latin word "vegetare," which means to "enliven." The old Romans used the term "homo vegetus" for a lively, vigorous man, sound in body and mind. The close resemblance of the two words suggests to the uninformed that "vegetarian" is simply a "vegetable-eater."

Second; The natural, physiologically and anatomically best adapted diet for man is neither grass nor meat, but fruits, nuts, succulent plants, and cereals; they alone are able to produce the highest type of man physically as well as mentally.

Third; meat, far from being a necessary food for man, is an unwholesome article of diet and in many cases most detrimental to health. Meat is always polluted by the waste products of animal life, while it is deficient of certain mineral elements (organic salts)

It is said that we are tempted by the dead. I say that an idle person is a dead tempter.

which are indispensable for the proper oxydation and purification of the blood.

Fourth; energy and endurance are not produced by protein (albumen) which is one of the principal constituents of meat, but chiefly by the combustion of carbohydrates which we find in the most assimilable from, as sugar, in sweet fruits and succulent plants.

Fifth; fruits, nuts, vegetables, and cereals, if taken judiciously, make better and purer blood and consequently give more vitality than fleshfoods which are mere stimulants; meat weakens our digestive power, because it does not supply the elements necessary for the renewal of the digestive juices; it further fails, on account of lack of cellulose, to exert that mechanical influence upon the walls of the intestines which is necessary for the peristaltic movements of the bowels. Dyspepsia, constipation, appendicitis are common among meat-eating nations.

Sixth; Mr. Brisbane's statement, "**we must eat the cow,**" is incorrect, for only a part of the cow, preferably, the muscular tissues are used as human food. He unconsciously compares himself with the ravaging beasts who devour the whole living animal; he is apparently ignorant of the fact that the different chemical elements of food are polarized in the body after the process of digestion; in other words, the chemical composition of the various anatomical parts of the body is widely different, especially in relation to their mineral ingredients.

The idea that meat is in some manner a predigested plantfood, ready to be swallowed down and assimilated, is entirely erroneous from a chemical as well as a physiological standpoint; it has undoubtedly led to the now popular American institution, known as "Quick Lunch Counter" where a dinner of five courses can be bolted down in so many minutes. Nature has furnished us with teeth and salivary glands for the purpose of mastication and salivation and we have to devote a certain amount of time each day to the proper feeding of our body or suffer the consequences sooner or later. Why is it that the average duration of life of "civilized" man is hardly more than 33 years instead of a century? Why is it that we have in this country an army of over 100,000 physicians who can hardly raise the standard of health? Most assuredly because the majority of people are still deplorably ignorant in regard to the mechanism of their body, especially to the laws of nutrition.

Greater is he who ruleth his own spirit than he who ruleth a city.

Many good purposes lie in the grave yard.—Bible.

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ANNA BECKWITH HAMEL, V. M. D.

Manager New Thought League.

Residence 1311 Eighth Avenue, Helena, Montana.

NEW YORK INSTITUTE OF PHYSICIANS AND SURGEONS INVESTIGATED BY THE UNITED STATES HEALTH REPORTS.

Will Power and Nerve Force.

(By A. N. Tally, Jr., M. D.)

In all the investigations carried on by the medical staff of the United States Health Reports, the results are reached without fear or favor and wholly without bias. Our only object is to separate the good from the bad, and in either case to give the widest publicity to the findings of our co-laborers. In matters pertaining to health and hygiene, we yield to no publication in accuracy in the

The most beautiful pearls are often concealed in an ugly shell.

thoroughness of examinations and in the correctness of our conclusions.

In the case of medicines or medical treatment, it is wholly immaterial to us whether it be new or old, public or private, or whether the school of medicine be allopathy or homeopathy. The only question we ask, and which we invariably solve is, "Will it cure?" From this fact we are daily in receipt of communications seeking information in regard to matters pertaining to health and improvement in physical condition. We have many times urged upon our readers the advisability of making a study of their own will power for great good in combating and overcoming disease. With this in view, members of our medical staff have made a complete and thorough investigation into the various methods of acquiring, strengthening and developing this power. The report submitted to us was exhaustive and conclusive, showing the ineffectiveness of some, and the excellence of others.

The report shows that of all of them, the one most worthy of the public confidence, from every point of view, is the treatment employed by the New York Institute of Physicians and Surgeons, of Rochester, N. Y. It has proved so effective and so lasting, and with such a power for good, resulting in success, happiness and health for so many, that the Institute has the unqualified endorsement of the United States Health Reports. It is so well known, as to be in no need of words of praise, and we speak thus editorially in its favor in order to mark it by a specific difference from other institutes and methods in the same field, which lack effectiveness.

State of New York, County of Monroe, City of Rochester, ss.

THOMAS F. ADKINS, Dean of the New York Institute of Physicians and Surgeons, located at the city of Rochester, New York, being duly sworn, deposes and says: That the foregoing "Article" from the United States Health Reports, is an exact reproduction of their original official report for July, 1900. (Signed)

THOMAS ADKINS.

Sworn to before me this 30th day of July, 1900.

(Signed) ISAAC B. HENDERSON,

Commissioner of Deeds..

TESTIMONIALS.

Following are letters from grateful patients. Many more could be published, did space permit:

The eyes of other people are oft the eyes that men use. If all but myself were blind, I should neither want fine houses, fine clothes nor fine furniture; then be better able to meet my moral obligations.—Franklin.

Butte, Montana, March 18, 1904.

Mrs. A. B. Hamel, Helena, Montana.

Dear Madam:—I send you this, and if you wish, you can use it to all who are suffering the same as I. I have been suffering for over 25 years with a goiter, and had spent hundreds of dollars in doctoring, and received no benefits. I have only had your treatment a little over a month, and it is completely gone.

Yours respectfully,

MRS. MARY GOODWIN,

Butte, Montana.

Helena, Montana, June, 1st, 1902.

Dr. A. B. Hamel,

Dear Madam:—Many people in Montana, especially in the northern part of the state, know of my long affliction of over twenty years, suffering with stomach trouble. I tried doctors of all schools, and used every kind of medicine recommended to me. Still my suffering continued and grew worse all the time. My life was a burden to me and the future held out no hope. As a drowning man grasps at a straw, so did I grasp at your wonderful treatment known as "Vitaopathy." Under your hands I was restored from a sick to a well man in three weeks.

To-day I am well and strong and owe it all to your wonderful administration of Vitaopathy and Magnetic healing.

Yours truly,

JOHN P. DYAS.

Helena, Montana, Nov. 19, 1902.

Dr. Anna B. Hamel, V. M. D.,

Helena, Montana.

Dear Madam:—I desire to add my testimonial to the wonderful curative powers of "Vitaopathy," as practiced upon myself and family by you. The results are permanent and entirely satisfactory.

MARY A. LITTER,

1224 Wilder Avenue.

Unionville, Montana, Nov. 8, 1902.

Dear Dr. Hamel:—I sincerely wish to add my testimony to your skill as a Vitaopathy Physician.

When I first came under your treatment I was a hopeless invalid, who had doctored with Helena's best physicians without relief. I was gradually growing worse until life became a burden. Among the many complications was a goiter, this was reduced in a few treatments. My eyes were almost popping out of my head and

We have a fine book on memory culture.

my limbs were also badly swollen. In a few treatments everything became natural as by magic, and now I am happy to say that I am a well woman, able to attend to all my household duties, and I hope other sufferers may be as I have been, cured by Dr. Hamel's wonderful skill as a Vitaopathy Physician.

Yours truly,
CHRISTINE SKOW.

Helena, Montana, January 1, 1904.

Dr. Hamel,

Dear Madam:—I am highly pleased with the results of "Vitaopathy" treatment, as practiced by you upon my little paralytic daughter Etta. I called upon you as a last resort, and after one month's treatment the improvement was wonderful.

MRS. E. M. O'NEILL,
353 N. Ewing St., Helena Montana.

Butte, Montana, December 10, 1902.

Dear Dr. Hamel:—I wish to say in reference to your treatment of "Vitaopathy:" It is the most wonderful curative I have ever tried. I was a sufferer for over nine years until you took me into your hands, and after undergoing less than a month's treatment I am now a well woman. I cannot say too much in praise of your wonderful power as a healer, and will gladly recommend you to any one needing your assistance.

Yours sincerely,
MRS. R. E. KRONE.

I return heartfelt thanks to the joint committee of the Congress Library, Washington, D. C., for this beautiful expression of appreciation of my cause in Vitaology. I wish that thousands of others could so fully appreciate the results of my arduous labors.

I am in receipt of a beautiful gift in the way of an album, entitled "Glimpses of the World." A portfolio of photographs of the mausoleums, works of God and man, prepared under the supervision of the distinguished lecturer and traveler, John L. Stoddard. This album is in my library room open to the public from 10 a. m. to 9 p. m. at the free reading room.

A good name is rather to be chosen than riches, for a good name and honorable intentions are riches. A dollar may pass from your pocket, but not a good name.

Virtue may be assailed, but not hurt; surprised by misput force, but not enthralled, and even that in which mischief means most harm, shall, in the happy trial, prove most glorious.—D. E. Eclag.

JOHN ALEXANDER DOWIE'S WONDERFUL CITY OF ZION.

(Continued from last issue.)

The streets are wide, straight and kept clean and in good condition. No hogs are allowed either to root around or to be kept in pens. Boulevards and parks are laid out, there being six of the latter. Shiloh Park, the largest one, is located in the centre of the city.

There are several extensive structures in the town, notably the lace works. "Elijah Hospice," the "Power House," and "Zion Temple." Many of the dwellings are exceedingly neat and cozy and not a few somewhat pretentious. Wood, brick and stone are the material used in their construction. In some cases the architecture is of the best.

Within a period of five months, \$5,000,000 were expended for improvements and it is thought more than double that amount will have been expended before 1903 expires. Miles of streets have been thrown up and improved sidewalks—wooden mostly—have been laid and thousands of shade trees set out along the resident thoroughfares. Artesian and other wells now supply the people with water, but in a few months a permanent water works system is expected to be inaugurated, similar to that in Chicago, the aqueduct being out in the lake several miles from the shore.

We have now told of some of the things that Zion City has. Let us now tell what it has not. There is no theatre, saloon, harlot's den, tobacco shop, gambling hell, opium joint, drug store, secret lodge, pig market, surgeon's office, labor union or an oyster house in it. Think of that!

The people living in Zion are not what most outsiders would think—a dull, weak, funeral-looking set of human beings. 'Tis otherwise. They are cheerful, full of life and enjoy life, only their enjoyment differs somewhat from that of most communities. They have their social gatherings—teas, card and dancing parties, concerts and musical soirees. There is little or no profanity heard, no quarreling, no jealousies. Smiling countenances are seen everywhere. Growling, faultfinding with this and that thing makes up no part of their existence. They are industrious, honest, polite to all. They are not fanatical, but seem filled with good will to God and Man. A traveling salesman, one who says he has traveled throughout the land, tells me he never sold goods to a finer set of people than live in Zion City. They pay their bills promptly and appear to take pride in doing so.

Many persons who are not "Dowieites," have purchased build-

He that troubleth his own house shall inherit the winds.—Bible.

ing lots in Zion City as a speculation. Some of those who bought lots when they were first put upon the market have sold them at an advance of 50 per cent. These lot speculators are still at the business. Some months ago 1,200 acres of the big tract were subdivided, the original batch of lots having all been sold; and now, these later mapped out lots are going off "like hot buckwheat cakes and sausages do about Christmas time."

This is the view the land grabbers take. That after the death of Dowie things will change as they did in Salt Lake City after Brigham Young's death; that sin and wickedness will gradually creep into the town already built under new rules and that it will then flourish like a green bay tree, as a manufacturing centre. They may be right, these fellows, and we think they are. Wickedness and alcohol are very insidious elements and usually find their way wherever manufacturing of any kind goes on.

Dowie's "crusade against hell and the devil" in New York was pronounced a great failure, &c., by many newspapers. If what I hear as resulting from it is true, then it was far more a non successful undertaking. Many lots are now being sold to New York people for cash and a large amount of coin is finding its way from the same quarter into the Zion bank, in payment for stock in the lace and other enterprises of which Zion can boast. Dowie has not made enemies by the trip, but added to the list of those who believe him to be a sincere Christian and perfectly honest man. The jeering and enmity his "host" received in New York was in store for him before he and his followers took the journey. It was not the work of new enemies at all. The ré-action is now taking place and doubtless he will, in the end, get the \$50,000,000 he asserted he would get out of "wicked old New York."

Here, in Chicago, as was the case in the early days of the Salvation Army, Dowie was "pooh poohed" a good deal when he "opened shop" a few years ago. Many pronounced him a "trickster," "humbug," &c., but since he has shown an energy rarely equalled, since he has built up a small but rapidly growing city, since he has established a number of money-making enterprises, giving employment to great numbers of people, public opinion has altered and greatly in his favor. It is now conceded that he is one of the most enterprising men on earth—a penetrating business "chap"—though there are yet some here who really do not see into his object, the great mass of our people respect him.

Dowie is neither "Elijah the Third," "the Restorer," or a "Doctor," nor is he a "Reverend." He is a "business" man—one with an ambition to make himself widely known and to show just

Love is master of all art; nobody's sweetheart is ugly.

what he could do. He has never claimed to be a direct agent for God—never claimed he was “sent.” He is, no doubt, a believer in the “Faith Cure,” but there are many believers in that fallacy. It is true there are no drugs sold in Zion, but it is likewise a truth that the percentage of deaths there is exceedingly light. This light death rate though is not due to “Faith,” but to the fact that the population of Zion is a clean, industrious, temperate one, a population that works regular, eats and sleeps regular. There are no drones, no loafers, no drunkards in Zion, hence, no beggars and a large supply of good health.

It is thought by not a few that Dowie, well knowing that any one who starts a new fad, with religion as its foundation, will have followers, went into his work years ago, for the sole purpose of gathering together a class of fanatical people, who would join him in the building of a town or city, out of which little job he could make a fortune, at the same time secure a trifle in the way of fame. We don't believe anything of this. We think he wanted notoriety more than he did money. Despite what is reported as to his wealth, he is not rich. He, like Rockefeller, is at the head of a huge business, but his dividends are not equal to those of the Kerosene King.

Zion City does not belong to him, it belongs to the people who have built their own homes there. The “ecclesiastical property” he holds in trust for the Zion Association, which bought the land just the same as a Catholic priest, as representative, holds the property belonging to his diocese.

Dowie is a man of good, sound sense, likes notoriety and is filled with self-confidence, which is embroidered with considerable egotism. He has been lied about and vilified by numbers of people, but he moves on in the even tenor of his way. He is far from cranky or foolish and any one who takes him to be a fool will “get left.” He can take care of himself, we are well assured.

Generally, so far as we have seen or heard, John Alexander Dowie has sent to the wall every one who has attacked him or his Zion City enterprise. In conclusion, John Knows that more flies can be caught with molasses than can be caught with vinegar. He has too much knowledge to believe that a quart of maple syrup can be put in a pint jug.

Omoo.

John Alexander Dowie returned to Zion City from his long trip in the South, in time for Easter services at Zion City, after securing 40,000 acres of fertile lands in New Mexico, where he proposes establishing a Southern Zion City, where his people can spend their winters in a warmer climate. The sight is described as a series of valleys and Mountains, rich in agriculture soils. One great Mountain on which he proposes building his city and naming it “Mount Zion's City.”

I have just returned from a visit to the great mining city, Butte, Montana; a city of congenial, pleasure loving people; a people of push, energy and enterprise. It is the most wealthy city of its size in the union, perhaps in the world. We had the pleasure of meeting Mr. and Mrs. Rice, the principals of the Butte Business college. This college is well filled with pupils, and well equipped in every department. We also had the pleasure of meeting and spending a pleasant and profitable hour with Mrs. R. Anna German, C. M. D., "Christian Advance Thought." We again met out late pupil, whom we graduated in Vitaology one year ago, Dr. Mary Goodwin. Mrs. Goodwin has been in practice in Butte a little over six months, and today her income from this practice averages \$75.00 a month. We also had the pleasure of dining with Mr. and Mrs. Nickelson, that very happy family consisting of father, mother and Master Georgie and Roscoe; two uncommon, typical boys, the offspring of a happy home life is a beneficial example of what a happy home should be.

As we were pulling out from that city, to the right, we beheld the extensive smelters upon the brow of the mountain, reminding one of a great volcano. In the little valley below nestles a group of homes almost hidden by the smoke. To the left we beheld the brown Rockies divested of their beautiful ever-green foliage. And I think I hear the natives proclaiming, "Woodman! Woodman! touch not that noble tree; cut not one single bow, for in youth it sheltered me, and I'll protect it now."

We wish very much that we were better understood. A professional man, a judge, oh, yes! an ex-Governor called upon me and expressed himself thus: "Anna Beckwith Hamel, editor Primitive Occult Journal. You are quite a curiosity. Some inquiries have come to me through the mind. Will you express what this new thought is?" This man had lived more than sixty years; had attended "church" many, many times, and listened to the preachers proclaiming the omnipotence of God, but he still looked upon God as a far off being, and perhaps to put it as George Francis Train would: preaching God as a man dressed in broadcloth with a plug hat on, riding upon a rainbow.

What is your method of curing diseases with medicine, and how can that be done?

Do you read your Bible? "Well, yes." Have you read Christ's methods? If so, do you find any passages where it says he healed with medicine; or do you find any record of his having converted a soul other than by healing the body?

He who walketh with wise men, shall be wise, but a companion of fools shall be disgraced.—Bible.

We would ask the lover of the flowers whence come the beautiful tints upon the petals, whence came the delicious fragrance? Will you be selfish enough to enjoy those blessings without even giving a thought as to the source from whence they come? Never thanking God for the many pleasures and joys of life, how can you expect him to bless your efforts, while you remain so unthankful, ungrateful? Look deep down into the store-house of Nature; for Nature is the messenger of God. Deep down in this storehouse are volumes of information awaiting to be uncovered. Search deep down into the recess of your own soul, there are precious treasures there to be uncovered. Do not seek alone the momentary pleasures which often bring more sorrow than joy.

I care not theories nor for Isms; as a man thinketh so is he. Take suggestions as they come, but be your own thinker. Watch the child grow, the flowers bloom, the trees bud, and the birds warble their merry songs, then give God the praise. He is near you always; upon the land, upon the sea, he is ever near.

The beautiful expressions of Redyner Heber, while off among the heathen, as a missionary, comes to me now.

From Greenland's icy mountains, from India's coral
strands,

Where Africa's sunny fountains roll down their golden
sands;

From many a golden river, from many a palmy plain,
They call us to deliver their land from error's chain.

What though the spicy breezes blow softly o'er Ceylon's
isle,

Though every prospect pleases and only man is vile.

In vain with lavish kindness the gifts of God are thrown,
The heathen in his blindness bow down to wood and stone.

Shall we whose souls are lightened with wisdom from on
high,

Shall we, to man benighted, the lamp of life deny?

Salvation, O, Salvation, the joyful sound proclaim!

Till earth's remotest nation has learned Messiah's name.

Waft, Waft, ye winds his story, and you, ye waters roll,

Till like a sea of glory, it speeds from pole to pole,

Till o'er our ransome nature, the Lamb for sinners slain.

Redeemer, King, Creator, in bliss returns to reign.

A little friendliness is worth a whole lot of financial assistance. Every real scripture of power comes from some suffering in the port.

The love of God prolongeth days, and the road of By and By
leads to the town of Never.

GOD'S LOVE IN NATURE.

There's not a flower that decks the vale,
 There's not a vine that decks the mountain,
 There's not a flower that scents the gale,
 There's not a gale that stirs the fountain,
 There's not a hue that tints the rose,
 There's not a leaf around us lying,
 But in its use or beauty shows
 True love to us,—and love undying.

Ella Wheeler from "Pearls of the Ocean."

We turn our sad, reluctant gaze
 Upon the path of duty.
 Its barren, uninteresting ways
 Are void of blossom and beauty;
 Yet, in that road through dark and cold,
 It seems as we begin it;
 As we press on to behold;
 There is Heaven in it.

**President Camp of Gideons Relates in Willard Hall an Incident of
 Aid to a Poor Italian Woman.**

"I knew he was a preacher by his coat and collar," said Nels Rylander, the Scandinavian city president of the Chicago camp of Gideons, speaking in Willard hall. "I was walking on Van Buren street, over back of the board of trade, yesterday. I saw a poor woman there—an Italian—trying to lift a heavy lot of boards to put on the top of her head. They were too heavy for her.

"Just as I was about to help, this preacher stepped up and tried to lift them. He was not used to hard work; he was a preacher. He stepped aside, and I thought, 'Now it is your business,' but he only went to call a boy to get a cab. I never was so pleased over anything.

"That woman she never rode in a cab perhaps before. He held open the door as if she was the biggest lady in the land, and the driver lifted those old boards up in front of the cab, and the horses trotted off to her home. The preacher pays the cabman, and then he lifts his hat as she drives away.

"My friends, I am glad I saw that action. It makes me happy there are men in God's ministry like that. It's a good deed like that, somebody says, shines as a candle in a wicked world."

A liar is sooner caught than a culprit, therefore he should have a very good memory.

Prominent among the questions which agitate the public mind today are matters which refer to the subject of food and feeding. This topic must always attract a large amount of interest because of its relation to the welfare of the individual, and still more to the welfare of the nation. I have often thought that it is a curious and interesting commentary on the amount of public instruction in the matters of foods and feeding that few persons are competent to give a broad account of the substances upon which they subsist. It is the same with the air we breathe. Air is a necessity of life and of all vital action, yet only a few instructed persons could give us a clear and distinct account of the composition of the atmosphere. If it be argued that it is of no great moment to most of us to know the atmospheric constituents, then the argument may take the form of the protest that, knowing nothing of what we should breathe to establish the healthy state, we must be equally in the dark regarding the causes of disease arising from air contaminations. It is a dangerous form of argument to assert that ignorance of the conditions necessary to insure healthy life is the best preparation for the carrying out of a successful existence. As with air, so with food. "Nature abhors a vacuum," said the old philosophers; and many of us probably eat and fill our stomachs on this principle.

I have no intention of elaborating even a short treatise on foods and feeding. My argument is rather that of maintaining that a better knowledge of what foods we require, and of the evils which attend the excessive use of certain elements of diet, might avert a considerable deal of misery and disease—that is, provided life could be lived and regulated according to knowledge. The proof that this subject is attracting attention is found in the publication of magazine and newspaper articles on foods and feeding. As usual, we meet with the food faddist in full evidence in such contributions. He is as much in evidence as the anti-vaccinationist when an epidemic of smallpox is to the fore. There is no topic on earth that the amateur scientist finds more to his mind by way of dogmatic treatment than that of what people should eat and drink. Because he likes to live on nuts (which are highly indigestible foods to other people) he satirizes the man who takes an ordinary dietary. The man who eats a mutton chop is regarded as an immoral person, because to supply him with his nutriment an animal has to be killed. Yet this humanitarian person who lives on fruits because he regards it as sinful to kill animals for food will wear boots made of the hides of animals, and when he goes abroad will take his belongings in a leather portmanteau.

I confess, after a long period of argument with food reformers, so-called, I have lost a moiety of the patience with which one should

Trifles make perfection, but perfection is no trifle.—Angelo.

hear and regard the arguments of people whose views are diametrically opposed to one's own. There are limits even to patience, and when I read articles advocating for everybody systems of diet, adapted only for the few, I become impatient, not with the food faddists, but with the slow growth of a scientific knowledge of food and feeding. We have to take into account a large number of facts involved in the physiological investigation of foods before we can possibly construct a rule or rules for rational feeding. The matter is not a local or, if I may term it, a parochial one. The feeding of mankind has to be determined on two series of facts. One series relates to the general laws which regulate the food of nations. The other series relates to the special dietaries which are requisite and necessary in cases of disease.

There is no question at all involved in the first of these inquiries. The food of a nation depends upon that nation's position on the surface of the earth. Food is a matter of geography and climate. It must be so, because what a man requires to keep him warm (which is also a matter of bodily energy) and to build his body, varies in the hot and in the cold climates. In the north he demands a large amount of fat. He cannot obtain this from plants even if he could grow them. He has to rely, therefore, on animal fats to supply him with the necessary provender. This is why the Eskimo lives largely on the blubber of whales and seals. In the south, on the other hand, man becomes naturally a vegetarian. He is surrounded by fruits and other vegetable foods, and he avails himself of the food supply which nature has provided. Midway, and in temperate climes, man is a mixed feeder. He has a certain amount of vegetable food and he takes a certain amount of animal food. Humanity thus follows the dictates of nature in the matter of feeding. In the north, animal feeding prevails; in the south, we find vegetarians; midway, we have our mixed feeders. As these facts represent the law of nature, why should one quarrel with them?

I reply, because our food faddists are ignorant of the law. If they know it, they ignore it, and so much the worse for them. True, the law has to be modified for the cure of diseases. A man suffering from diabetes, from corpulency, or from other ailments in which the food is an important consideration, has to be dieted according to a special code. He has to ignore certain articles of diet and to subsist upon others. But this is not the normal and natural state of things. We are not to argue regarding generals from particulars. Because a gouty man must adopt a certain dietary in order to regain health, that is no logical argument that non-

A man's nature either runs to weed or beautiful flowers, then let him pluck the weeds and water the flowers.—Bacon.

gouty persons must follow his lead. This is really the mistake which many food reformers make. They argue for the diet adapted for the diseased as if it represented the food for the healthy—"which is absurd."

"There is nothing so dangerous or so useless as beauty; there is nothing so dreary, so disheartening, so pathetic as being beautiful; there is nothing so disgusting as a beautiful fool." So says Lillian Russell.

The most complete collection of butterflies in the world is owned by Mr. Walter Rothschild, M. P., of the famous family of financiers by that name. It comprises over a million specimens and its value runs up into several millions of dollars. It occupies by itself a large museum built especially for its housing, and Mr. Rothschild spends \$50,000 annually for its maintenance and in purchasing new and rare specimens. It is, both in number and in the rarity of its specimens, the most extensive collection of these beautiful insects in the world.

Mr. Rothschild has in his museum at Tring Park, near London, at least one specimen of every species of butterfly known to man in this collection.

The third of January can be just as hopeful, and truthful, and courageous, and resolute, and fresh, and white as the second.

Every day can be New Year's day.

Every day we can say, "Happy New Year."

Every day we can let the dead past bury its dead.

Every day we can let the sorrow of yesterday be soothed in the glad glow of this morning.

Every day we can let the care that was fretting us be allayed.

London Calls Chicago Woman.

Mrs. Ursula N. Gesterfield, during the last eight years head of the Church of the New Thought in Chicago, has been called to lead the movement in London, England, and she left for her new work on April 27. She will be succeeded by Mrs. C. S. Wolfe.

Mrs. Gesterfield visited London last summer, lecturing and writing. Her cult attracted attention and soon she gained a large following. At that time she was asked to remain permanently in England, but refused.

He who knows most grieves most for wasted time. Industry is the first step to success.

Oldest Living Thing.

An old yew tree stands in the churchyard at Fortingal, in Perthshire, which De Candolle nearly a century ago proved to the satisfaction of botanists to be twenty-five centuries old, and another is still standing at Hedsor, in Buclas, which is 3,240 years old. How De Candolle arrived at an apparently correct estimate of the enormous age of these living trees is a simple thing, and the principle is doubtless well known today to all. The yew, like most other trees, adds one line, about the tenth of an inch, to its circumference each year. But the oldest living thing in the world today, so far as is known, is a cypress tree in Chapultepec, Mexico, that is 6,200 years old—New York Tribune.

Busy little bacilli are the cause of colds, according to Dr. J. Holinger, who lectured for the Chicago Medical society in the Public Library building.

Dr. Holinger said that the words "cold" and "catarrh" are the most abused words in the medical vocabulary, and are used as "scapegoats" for almost every ill resulting from any number of abuses to the human organisms. The only difference in the use of the words is that "colds" usually apply to acute diseases and "catarrh" to the chronic ailment.

"Colds" are supposed to be the result of sudden changes of temperature, but science has taught us differently," he said. "Not one man in Nansen's expedition to the north pole took 'cold' during the three years they were exposed to temperatures ranging from 60 degrees above zero to as many below. But they promptly became ill on their return. The reason is that while living in the pure atmosphere of the northern regions they lost the immunity from contagion which constant exposure develops.

"'Cold' is the direct result of exposure to a distinct form of bacilli, which is in the air we breathe. It is not due to changes of temperature, although these conditions often serve to augment the disease. The disease germs attach themselves to the dust particles in the air, and these, finding lodging places in the respiratory organs, infect the sensitive tissues.

"Chicago has a climate that for its healthful qualities is far ahead of London and many other large cities. The climate we cannot hope to change, but the street atmosphere can be much improved. The street atmosphere in London is like a balmy spring breeze compared to that of Chicago."

Conscience is the voice of the soul, the possession is the voice of the body.—Rousseau.

Consider pleasures as they depart, not as they come.—Aristotle.

To Every Three Months

subscriber to the Primitive Occult Journal we will give a full life horoscope prepared by the noted author, palmist and astrologer, The Prince. Send 25 cents for three months' subscription to Anna B. Hamel, editor, 127 North Main street, Beveridge block, rooms 6, 7 and 8, Helena, Mont.

Home for Actors Occupied.

The home for aged actors, in Paris, founded largely through the energy of M. Coquelin, seconded by his broker, has received its first inmates. They include Mlle Eugenie Petit and Mm. Metreme Danyou and Victor Gray. Coquelin and some friends went to Pont Dux Dames to welcome the first pensioners, who, amid sylvan surroundings, will end in peace a long and arduous life passed in the glare of the footlights.—New York Herald.

UNITED STATES OF AMERICA.**Library of Congress.**

Washington, D. C., 30 March, 1905.

Madam:—In behalf of the Joint Committee of both Houses of Congress on the Library, I have the honor to acknowledge the receipt of

"He that believeth in me the works that I do shall he also do, and greater works than these shall he do,"

(in typewriting)

presented by Dr. Hamel to the Library of Congress.

Very respectfully your obedient servant,

HERBERT PUTNAM, Librarian of Congress.

To Dr. Anna Beckwith Hamel, Helena, Montana.

Class B. XXc. No. 95290.

LIBRARY OF CONGRESS, to wit:

Be it remembered, That on the seventh day of April, 1905, Anna Beckwith Hamel, Helena, Mont., hath deposited in this Office the title of a Periodical, the title of which is in the following words, to wit: April, 1905, Vol. I, No. 2, Primitive Occult Journal, the right whereof she claims as proprietor in conformity with the laws of the United States respecting Copyrights.

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HERBERT PUTNAM, Librarian of Congress.

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Sin may be clasped so close to joy that we see neither's face.

We have had the pleasure and profit of being a member of the class recently taught by the noted man, Professor William Windsor, in Vitosophy. We also listened to his course in free lectures at the Unitarian church in Helena, with much profit.

Some called to ridicule the wearing of shoes made from the hides of animals; trunks and leather bags, etc., but the professor goes beyond this and recommends a perfect state of nudity. Oh, don't understand me at all times, but only during your vacation.

It is suggested by the Professor that the members of his late class shall form Leagues for the purpose of exchanging views in Vitosophy, thus keeping fresh in their memory what he has taught them. He also recommends the free use of sand, as an aid to digestion. This seems reasonable, as all animals and birds require gravel as an aid to digestion.

—Editor.

WANTS TIP FROM THE PRESIDENT.

The president received an earnest letter from a man in Cork, Ireland.

"I am a large investor in American securities," he wrote, "and I hear disquieting rumors that you intend to send a special message to congress urging a revision of the tariff. If you do it I am a ruined man, for I am heavily loaded up with American stocks just now."

After begging the president to do nothing to disturb the tariff, "for my sake," the Cork man concluded: "If you must send such a message, please cable me several days in advance, so that I can unload."—Washington Correspondence New York World.

WHY HE WAS A DEBTOR.

A local preacher, at the conclusion of one of his sermons, said: "Let all in the house who are paying their debts stand up. Instantly every man, woman and child, with one exception, rose to their feet. The preacher seated them and said: "Now, every man not paying his debts stand up." The exception noted, a careworn, hungry looking individual, clothed in his last summer's suit, slowly assumed a perpendicular position. "How is it, my friend," asked the minister, "that you are the only man not to meet his obligations?" I am running a newspaper," he meekly answered, "and the brethren here who just stood up are my subscribers, and"—"Let us pray," exclaimed the minister.

A sixteen-year-old boy sent in to a cigarette factory 10,000 coupons, having smoked that many cigarettes, and was awarded a prize. Along with the prize the company inclosed this striking sentence: "If you smoke 10,000 more you will win a coffin."

A golden mind stoops not to show of dress.—Shakespeare.

List of Books on New Thought

By Noted Writers

- No. 1. The Heart of the New Thought,
By ELLA WHEELER WILCOX . . . Cloth Bound, \$1.00
- No. 2. Mesmerism in India,
By JAMES ESDALE, M. D. . . . Cloth Bound, \$1.00
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A clear and practical work, fully illustrated,
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By Little Strokes Men Fall Great Oaks.—SPURGUS.