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# PRIMITIVE CULT JOURNAL



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**Dr. A. B. HAMEL**  
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**Partake of the Fruit of Knowledge**

*In God we live and breathe and have our being.*

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**WRITTEN FOR THE PRIMITIVE OCCULT JOURNAL.**

How calm and still the day,  
Thou hast driven the tumult of years away,  
For in the still and silent hour,  
Hath fled the shadows of sorrows power,  
And upon the brow of love's great might  
Turned seeming wrong to right,  
And strong truth stands boldly out  
While base error strives to cloud light.  
Noble purpose shines afar, with the light of Bethelm. star  
Whose white brow base error fails to mar.

ANNA BECKWITH HAMMEL,

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*By Little Strokes Men Fall Great Oaks.*—SPURGUS.

# Primitive Occult Journal

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## A Monthly Magazine

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

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Edited by

ANNA BECKWITH HAMEL, V. M. D.

HELENA, MONTANA.

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I am the living child of the Creator. I am, and I know in the depths of my soul that nothing can injure me or retard my progress"; repeat this often, many times daily, and soon the affirmation will become a fixture in your mind, you will have learned it by heart. And the good will be attracted to you, and the monstrous dweller of the Threshold, will flee like a coward in the night, and a bright star will illuminate the windows of your soul. Love the Divine attribute will go out to all, and you will soon behold beauty and joy in everybody and everything.

Take the example of your own life for instance, you have let many opportunities pass you by, because you were afraid," you have met with a fair degree of success, and at the last moments when the prize was in sight you have drawn back and fled to the rear, "for fear". When the microbe of "fear" enters the mind, courage is paralyzed. Fear is the brood of negative thoughts, which paralyze human efforts.

At the time that the Great World's Fair was held in Chicago, the first visit I made to it was aboard the great steamer which plied between the city and the fair grounds, called the Whaleback, when we got off the boat we were in plain view of the statuary, facing Lake Michigan. In looking at the different pieces of statuary I saw one figure with a great horn standing out between the eyes. Wondering what this meant I examined the figure carefully, and below upon the breast was the word "Opportunity", so when an opportunity is offered you seize it and don't let the fear of results take hold of you and paralyze your efforts to success.

Continued in our next.

ANNA BECKWITH HAMEL,  
V. M. D.

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### NEW THOUGHT CONVENTION.

Nevada, Mo., Sept. 26, 27, 28, 29.

The New Thought Federation holds its fifth annual convention at Nevada, Mo., this year in the building of the Weltmer School of Healing. There are two open sessions each day. The program consists of lectures and addresses by the best New Thought speakers, representing every shade of belief that comes under that title; and musical numbers. The programs will be ready for free distribution by the first of September. No one interested in any branch of the New Thought movement can afford to miss the convention. It is the only opportunity presented to hear one series of meetings, speakers of all different cults. To the thoughtful student this con-

vention will be a liberal education in New Thought, will broaden one's point of view as no amount of reading can, to come into contact with and hear from their own lips the teachings of the leaders in this movement. You can get a new insight into truth by hearing those who see most clearly its different phases, present their views. It is the opportunity of a life time, for perhaps never again shall we be able to get together all of these speakers.

Another pleasant feature of the conventoin is its social side. One of the characteristic qualities of the true "New Thinker" is his unfailing good humor and courtesy which make it a pleasure to meet him. Come and get acquainted with your brother workers. We have secured a low rate on many of the railroads and hope to include the rest soon. The secretary will gladly send you full information regarding railroad rates, board, etc.

A word now about Nevada—It is a town of 10,000 built on one of the northern spurs of the Ozark Mountains. It has mineral wells and a beautiful park, which with its surrounding scenery and fine climate, make it one of the favorite resort towns of this section. Board is both good and cheap at hotels and private boarding houses.

We are bending every effort to make this convention a landmark in the history of the New Thought and we want every one who can and who will bring an earnest heart and true interest, to come.

EARNEST WELTMER, Sec. Nevada, Mo.

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Nerve thy spirit to the duties which lie before thee.  
 Heed not the belching of scandals lot  
 For the timid good will stand aloof,  
 The jealous may frown but find thee not.  
 Heed not the vile remarks so idly cast  
 Nor the hissing bolts of scorn  
 For soon shall dwell with thee  
 The vistory of indurance born.

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Magazines on New Thought, all of which can be had through  
 Primitive Occult Journal.

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We are in receipt of an excellent work by "Walter De Voe"  
 founder of the "College of Freedom", Wood Lawn, Chicago, copies  
 of which can be had through the Editor of the Primitive Occult  
 Journal, Helena, Mnot.

The title of the book is "Healing Currents from the Battery of Life". It is repleat with useful and valuable instructions on the line of mental healing, and a copy of it should be in every family that wishes to be happy and healthy and free from the expense of doctor bills. The following extracts are taken from this wonderful volume of truths.

#### Healing Peace.

"This treatment will place you in touch with the healing streams that flow from the celestial presence of Jehova, Jehova.

"The name of Jehova, while repeated elevates the mind to the holiest state of the Divine mind. The mind becomes united through this name to the state of indefinite peace wherein abides the wisest angels of God and through this Telepathic sympathy there vibrates to the receptive mind holy, peaceful, healing which allays all mental disturbances and brings the peace that passeth all mental understanding. This name may be used effectively whenever and wherever peace is desired for yourself or others.

"From a meek and lowly chamber of your soul bubbles forth the ethereal waters of peace. There is a region within you akin to those essential realms of Jehova, Jehova, where the crystal sea of truth is stirred by the vital breath of the infinite one and the murmuring waves whisper words of peace and everlasting serenity."

We are also in receipt of a work from the pen of Nancy McKee Gordon who is well known to all persons on the mental plain.

Title, "Psychology of Finance", Chicago, Ill.

Also "Preventive and cure of old age", by Eleanor Kirk, New York City.

"How to gain Health", by Catherine Holms, New York City.

"The St. Louis School of Theoprethics", The Business Philosopher", Chicago, Ill.

"The Wise Man", New York City.

"Thoughts", the Alta Vista Pub. Co., Santa Cruz, Cal.

\_\_\_\_\_, a bright publication on "New Thought, 2238 Calumet Ave., Chicago, Ill.

"Soundview" on the philosophy of existence at Othello on the Puget Sound, Washington.

The Wano bulletin on New Thought, published Warren, Pa., by Charles Walter Smith.

The Purity Journal, Newton, Ill.

"The Natheopath", published by Benedict Lust, New York City.

"The Nautilest, Elizabeth Town, Holeyoke, Mass.

"Life Science", a practical course in 52 parts by Earnest Loomis, 329 Central Ave., Minneapolis, Minn.



"Suggestions", 4020 Dextral Boulevard, Chicago, Ill.

Dr. Parkins' latest work on "Auto-Suggestions", will be given every subscriber to the Primitive Occult Journal, Helena, Mont. Send 10 Cents for copy of Primitive Occult Journal.

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### GENERAL DIRECTIONS TO THE SICK.

I. DIET.—Eat such wholesome, well-prepared food as seems to agree with you, but never overload your stomach. Do not be a slave to any habit, even that of drinking tea or coffee to excess. Each obstacle or bad habit overcome, will be a triumph of the spirit over the body, and help you upward on the road to the possession of that inheritance which the Creator has in store for man—the power to control his bodily conditions to the extent of maintaining his physical, as well as his moral health.

II. BATHING.—A full bath should be taken as often as once each week; oftener would be better, specially in warm weather. In taking a warm bath do not remain too long in the water, as the effect is weakening. Do not fail to take a foot bath each night on retiring; it is better to take one each night and morning. The feet are encased from the air more than other parts of the body, and therefore, require special attention. As far as health is concerned, the daily foot bath is of far more importance than the daily face bath. Very much of the impurity, or waste, of the system may, and should be passed off through the feet. The stockings should be changed as often as three times each week. President John Quincy Adams changed his every day.

In some cases, blotches, or breaking out of the face, may be cured by changing the stockings daily and bathing the feet morning and night. Whether or not you are so troubled, such a course will improve the complexion and the health and tone the skin of the whole body.

III. BREATHING.—Practice expanding your lungs each day, as you arise, and before dressing; also, just before retiring at night, after you have removed your clothing. First, inhale a full breath through the nostrils, and, before exhaling, draw in more air through the lips by a sucking process, which should be continued until the lower, as well as the upper part of the lungs is filled as full as possible. Then begin to exhale slowly, taking as long a time as you conveniently can to empty them.

Repeat this process five or six times, or more, in succession; not, however, rapidly enough to make you dizzy. Do this five or six times, morning and evening, taking five or six inhalations, or more,



each time. Select these opportunities when an abundance of fresh air is admitted to your room. Be particular to breathe pure air day and night.

IV. THOUGHT.—Few people seem to realize the wonderful power which the mind possesses over the body. "As a man thinketh, so is he," is literally true, and applicable alike to our physical and moral natures. Do not let your mind dwell on your ills, and do not admit for one moment, even to yourself, the possibility of disease becoming your master. Always control your temper; not alone when things go well with you, but more particularly under irritating circumstances. He, who under trying circumstances gains a victory over himself, is a hero. "He who ruleth his own spirit, is greater than him who taketh a city."

Dwell on the bright side of life; cultivate a cheerful disposition by thinking and saying pleasant things to all with whom you associate. Have a good hearty laugh each day and make other people laugh too. Every true enjoyment is augmented by companionship. If you have no one with whom to laugh, laugh alone; laugh every day, if you have to laugh about nothing.

In speaking of your friends and acquaintances dwell on their better qualities of mind and heart. Refrain from conversation of an unprofitable character, particularly that of a degrading nature, and in this way you will influence others to follow your example. Do not permit them to make a receptacle of your mind for vile trash in the form of stories, supposed to be funny. There are enough clean, wholesome stories and jokes to render all others entirely unnecessary. Fill your mind with pure thoughts, leaving no room for the impure.

No matter how practical, or even prosy, your occupation may be, if useful and honorable it should not restrain you from having the loftiest ambition for spiritual growth and development.

"There is a natural body and there is a spiritual body." Let your spiritual and moral self control all your acts, keeping the natural (physical) body in complete subjection. Cultivate an increasing love and reverence for God and all things good. Live for others as well as for yourself. A life of service for others is a consecrated one. Other things being equal, he will live longest who most serves others.

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#### THOUGHTS FOR SEPT., 1904.

"I lengthen and beautify my life by living a perfect now."

"I make myself receptive within me for success and health by keeping my within pure and holy."

Ever have an abiding faith in God and the Angel World, and their answering the desire that you express in prayer, and your prayers will be answered according to your faith.

Believe that your prayer is answered and you form conditions for God and the angel world through your absolute **faith** vibration, and all things will shape themselves so that your brightest hopes and desires will be as you would have them to be, and are **willing** for them to be.

**Never for one moment permit doubt or fear to creep in to break the vibrations of your faith or will in seeking your own. Constantly imagine and will that what you desire is already yours, holding to one line of thought centered upon the object that you desire, by doing this you create thought atoms of success within the great mind ocean that you exist in, your thought germs become united and concentrated with angel thoughts ever attracting their like which form the God power of creating consequently you overcome all adverse thoughts and gain success and victory.**

Thoughts are absorbers and appreciate their like, and are faithful workers for those who appreciate them and give them strength, like individuals they struggle for supremacy in their field of action.

By keeping your thoughts already sent out reinforced with strong new recruits (thoughts) in harmony with them, an advisable thought army is formed that works in harmony with nature's laws, you receive your own, for you have created conditions to receive, all opposition is routed, victory is perched upon your banner, and you become firmly located in the successful and perfect thought fields of the universe, with your faith a mighty shield and wall of protection around and about you, "God and I are one," "Strength, I desire strength, I am gaining strength," "Success I desire success, I am gaining success," "Health, I desire health," To the honor and glory of God.

### Daily Thoughts.

Morning thought (before rising) "My every thought this day shall add a jewel to the crown of love that our association is weaving for the brow of humanity, "Father in Heaven, I seek at-one-ment with thee and thine."

At night (after retiring) "Our united love thought is now sweeping over vale and hill, forming a radiant light that illuminates the pathway leading onward and upward to Success, Health and Soul Illumination, "May sweet refreshing slumber be the portion of all."

Mid-day thought, "I breathe in Success, Health and Strength, I am at peace with the whole world."

The morning, mid-day and night thought should be vibrated for at least from five to ten minutes by doing this a strong helpful flow is created.

While eating or drinking, "This nourishes my body I feel its hopeful vibration."

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### THOUGHTS FOR AUG., 1905.

In sweet communion with my God and the angels I gather in soul strength.

I am resurrected from the dread past, and live alone in a pure ETERNAL NOW of progression. I draw from nature's resources through the power of my will only that which is for my good both materially and spiritually. I eliminate disease. Through my thought I create perfect conditions for both body and soul, within and without. I gain knowledge, I spread the truth and knowledge gained to others. I make myself subjective to only that which is pure, holy and good. I seek mind exaltation at all times. Harmony, I desire harmony. Strength I desire strength. Respect, I desire respect. Honor, I desire honor.

Virtue, I desire virtue. Beauty of soul, I desire beauty of soul. Goodness, I desire goodness. Meekness, I desire meekness. Divine Love, I desire divine love. Temperance, I desire temperance in all things. Peace, I desire peace. Power, I desire power.

Faith, I desire faith. Gentleness, I desire gentleness. Joy, I desire joy.

Success, I desire success in both material and spiritual things for our beloved order, I shall work faithfully to increase our membership and usefulness. Passion disorders my body, hence I avoid passions. Anger disorganizes my blood, hence I avoid anger.

Fear enfeebles my nerves and deranges my digestion, hence I avoid fear. I shall ever keep a clear mind and a strong heart. The seat of my health is my soul, it is sustained and promoted by my mind. My mind is my noblest possession. It fixes my life, by and through it I communicate with the higher and control the lower. I realize that all things are possible to a pure and lofty mind. I am at-one-ment with all that is pure and holy.

The Father and I are one.

#### Daily Thoughts.

Morning Thought, before rising—My every thought this day shall be for good.

Father in heaven bless our brotherhood this day. I will harmony and success to all souls alike. Amen.

Mid day thought—As I approach the zenith of the day, my divine inspiration, form a mantle of protection for my soul. Amen.

Thought upon retiring at night—Father in heaven I now abide in thee and rest my body in peaceful slumber. My soul freed from the material shall seek its own in realms of perfection and there

gather strength for greater aspiration for the coming morn.

O, Father bless our loving fraternity and give us greater power for good.

Sleep, sleep, sweet sleep I now gently lay myself in thy lap God bless all souls with calm and peaceful rest. Amen.

While eating or drinking—This food (or drink) I blend with strong health thought for strength, strength, yes I am gaining health and strength, perfect vibrations now fill my whole physical being.

**Hours for special mediation**—For success and spiritual unfoldment, (15 minutes at each sitting) 7 a. m., 12 m. and 8 p. m.

Special hours for Divine Healing Vibration, 10 a. m., 3 p. m. and 9 p. m.

Health Thought—Strength, I am gaining strength all the time thus making me strong, each new member adds to our power for good

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Some men think themselves such big guns, that if they should discharge their loads, they could blow up the entire female army. We would advise such men to discharge their load in some other direction, for sometime they may find a female fort so well fortified that they will be glad to retreat to the ambush.

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### **AUTO SUGGESTION MEANS FAITHFUL AND HONEST EFFORTS.**

No man or woman can hope to receive the best results from auto-suggestion unless he or she has **HONESTLY** determined to overcome any error they may possess, sin, sickness, sorrow or poverty.

Prayers and murmurings and doubtings are always dangerous, we should be careful what we ask God for, as he may give it to us, only ask for that what will be for your betterment.

The men who revolutionized Sicily by their heroic deeds have been mighty through auto-suggestions. Paul, Luther, Webster, Winthrope and the noble army of Martyrs became bold to dare and strong to do.

Nothing can make our souls so strong and pure as to be alone for an hour with infinite love and truth. If any says he has no words for prayer let him look into the inmost recess of his own soul for any weakness or errors he may possess and earnestly endeavor to correct the same. Paul besought the Romans to pray for him, then told them exactly what he wanted, let your auto-suggestions be definite. If your power of concentration be poor then seek help.

**GET KNOWLEDGE.**

Knowledge is the foundation of all progress. It embraces more of the Godly power than anything else. During the rebellion we notice certain influences that have had a share in moulding the characteristics of the American people, both North and South. Though the people of both sections take pride in the same ancestry and cling to the same traditions, cherish the same love of country and have the same belief in Christianity yet certain influences during a period of two centuries produced great marked characteristics. The Southern colonies, especially Virginia and the Carolinas, and the nations of rank and ancestry are against the descendants of the Anglo-Saxon who settled in the Northern portion of the country. The Northern colonists had a better appreciation of education and they loved to extend this influence to all, beginning at the most humble. Thus elevating the people by making them more intelligent and moral and for this purpose they established free schools, as labor with them was respected and voluntary ignorance was despised, while that which was involuntary was pitied and great efforts were made to remove the evil. Massachusetts and the other colonies of New England were in this respect in contrast with Virginia and the Carolinas. The latter made scarcely any effort to instruct the children at large of the people of the poor classes, no general system of education in these colonies, afterwards in the states. The people of limited means were not slave-holders and when they aspired to a higher rank in the social world they found themselves confronted with this fact and thus trampled they made little advancement, and in the course of time this contemptuous treatment on the part of the so-called aristocracy frittered away much of the self-respect of these classes of the community. This was especially the case during the first sixty years of the nineteenth century. The laws prohibiting slaves learning to read and write were most stringent and persons who attempted to teach them were liable to punishment by fine and imprisonment, while a code of slave laws, the most wicked the world ever has seen guaranteed the subjection of the victims. Just about one hundred years before the Declaration of Independence, when free schools had been established in the New England colonies a governor of Virginia, Berkely, in a speech said "I thank God there are no free schools and printing presses and I hope we will not have them for a hunder years to come. God keep us from them both." Thus poorly realized as it was not more than a century after that, before a printing press was at work in Virginia and common schools waited nearly two centuries for their admission. It is needless to call the attention of my readers to the effects of the systems of slavery as it is well known. I myself spent nine winters in the state

of Florida and in driving through the pine forests I had a very good opportunity to study the conditions of the so-called "poor whites." I recall at this writing one family of three generations who could neither read nor write, and the name of God they rarely heard except in profanity. There is work for Home Missionaries. Let us now look at the census of the United States for 1860 just prior to the Civil war. It shows that the six New England states had a population of 3,135,383, lacking only 180,796 of being three times as large as that of the white inhabitants of Virginia, 1,105,453. In New England we find of this population, 81,576 white born, over twenty years of age who could neither read nor write and also of foreigners 75,554 of the same age who were in a similar condition. Fifteen sixteenth of the illiteracy belonged to foreigners. We now turn to Virginia and there we find 74,055 whites who could neither read nor write and of foreigners 3,152 which is about one twenty-fourth part.

In New England we find that of persons over twenty years of age only one of the native born in thirty-eight and four tenths was unable to read and write, while in Virginia of the same class there was one in fifteen of the illiterates in the former about fifteen-sixteenths were foreigners. Of the entire population of the free states of the old thirteen, we find one in thirty-eight unable to read and write, in the corresponding slave states one in fifteen. Under such circumstances it is not strange that so many of the white inhabitants of the Southern states were not readers, much less thinkers. Had they been reading people and in consequence reasoners, with books and newspapers in every household they never could have been induced, much less forced into an attempt to destroy the Union in order to perpetuate slavery. Hence thousands of precious lives would have been saved and millions of dollars to our National Treasury. The general intelligence of the Northern portion of the country affects its material progress. The people of moderate means were self respecting and industrious and their progress was from generation to generation.

"Now following the march  
Of progress is a mighty power,  
We see the rose of might,  
Bursting from bud to flower,  
It is New Thought's coming hour.

---

"Madam," said he, "you are the brightest woman in the world. You have said more in the last ten minutes than any other woman could have said in a whole day."

"What did you say to him?" asked a relative afterward.



"I said nothing at all," said the smiling madame, "I only listened."

### **Listening is a Marvelous Art.**

To listen well is a marvelous art. One of the best listeners in the world is Helen Gould. Nobody ever quotes her; nobody knows just exactly what she says. Yet she is rated as a fine and even brilliant conversationalist. She holds her audience well. People talk to her as long as possible. She is never a bore. She listens well.

It was a much confused debutante who, during her first Washington season, suffered agonies of torture from self-consciousness. One day she met the late Secretary Hay at a reception. Her embarrassment was evident and in striking contrast to the ease of the secretary and his two daughters.

"Tell me what to say and how to say it," she whispered to the secretary as he shook hands with her.

With ready wit he responded: "Say the same things that people say to you. Then listen closely."

The girl did as she was bidden. When people said "How do you do?" she replied "How do you do?" When they said "So glad to see you," she simply repeated the formula. One after another of the sentences she managed to stumble through. And as she went along ease began to come to her and she noticed that people conversed with her. She said so little—and listened so much. At the close of the evening she had the satisfaction of hearing some one say, "What a brilliant girl is Miss X. She is such a fine conversationalist."

Of course the art of listening can be carried to extreme. The person who stands and stares into your eyes and says not a word is embarrassing. The woman who sits mum while you talk yourself coarse is never popular.

### **Things That Must Be Learned.**

In proper conversation there are several things to be learned.

First, what to say.

Second, how to say it.

Third, what not to say.

Fourth, how to act.

Fifth, how to look while you are talking.

Sixth, the polite nothings which are the life of a good conversation.

The good listener knows what to do with her eyes.

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### **DAILY AFFIRMATIONS.**

I believe there is an abundance of wealth in the world for everyone of God's children. All wealth is controlled by intelligent minds



that can be influenced by intelligent thought to use their wealth for the good of all.

My faith, which is intelligent thought force, can influence the Mind of God in which all individual minds live and bring from this bountiful storehouse all that I need.

I will no longer interfere with the influx of prosperity by hating or condemning any of God's children.

I will feel generous good will toward everyone.

I bless all the members of God's family with health, joy and prosperity.

I bless the whole world with loving thoughts and I desire that every one may realize an abundance of health, joy and prosperity.

Omnipotent Goodness is blessing the whole world now.

---

### HEALTH AND BEAUTY.

When one is greatly overheated and the "brow is wet with honest sweat" it is a great error to mop the face. The means for cooling the face are on the skin itself. If the perspiration is allowed to evaporate it will carry off a great deal of the skin heat. The best plan is to remain quiet, away from direct sun or fire heat, for three minutes. Soon a feeling of coolness will spread over the skin. All greasy creams hinder the evaporation of moisture secreted by the skin. Hence they make perspiration visible. Glycerine has a similar effect, but works in a different manner. It unites with the moisture and retains it. The lesson is obvious. People affected with profuse skin secretion should insure the thorough ventilation of all clothing.

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Quite the most comfortable shoes for women whose feet trouble them in summer by a burning sensation are canvas. The material being light and porous, helps to keep them cool. Next to that is thin French kid and third comes suede. A woman passing the summer in town should never wear in the house the same shoes that she wears in the street. Immediately on coming in they should be exchanged for lighter weight, and if there is burning rub the feet with bay rum, alcohol or cologne and then use a powder made of one and one-half drams of lycopodium, one-half dram of alum and fifteen grains of tanin. Sift three times to mix well. This may also be dusted over the feet before going out and will tend to prevent swelling. A cut lemon rubbed over burning feet is refreshing.

The hot footbath should not be allowed to become old-fashioned as a remedy for a cold—especially a cold in the head. It must be properly given to be effective. The patient's body should be well covered; the receptacle for the water should be deep and preferable narrow, for the higher the water reaches up the calves of the legs the better. A heaping teaspoonful of mustard should be added, and the feet should go into water as hot as can be borne, fresh hot water being slowly added as that in the bath cools. The whole process should last twenty minutes to half an hour, and during this time a glass of hot water or lemonade should be slowly sipped. When the feet are removed from the water five minutes' attention is needed from a second person, as it is most important that the feet should be dried quickly and the patient immediately covered up very warm, preferably in bed.

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Housewives, homemakers and business women should have not less than eight hours' sleep in summer and nine hours are better. In addition to this, moments of relaxation should be snatched during the day. When the luncheon dishes are cleared up the housewife should shut herself in her own room and give strict orders that no one is to be admitted for at least half an hour. The regime which she considers necessary for her growing child includes the daily nap. It is none to good a habit for the busy housewife.

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Ways of increasing her height are a constant source of thought to the short woman. To look her tallest at all times she should remember some simple general rules. High heels are a mistake; the cut and length of the skirt are the most important. The best materials to give height are either plain ones or those with a tiny stripe running lengthwise. Full skirts and baggy sleeves are fatal to the short woman. A very small hat is a mistake, giving an idea of insignificance, and a large one is no better, making the small wearer appear all hat. Safety lies in the medium size, trimmed in a quiet, unostentatious fashion. But after all the way a woman walks and stands is her greatest advantage. It is possible for even a little woman to be so upright and hold her head so prettily that she will appear quite tall without the least suggestion of stiffness. A well carried head will give an additional two inches to the height.

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Shampoo your head at least twice a month. Use warm, soft water and a good soap. Tar soap is excellent for the hair. Do not be afraid to rub scalp well. Rubbing stimulates the growth of the hair. Occasionally use an egg, beaten to a froth, instead of soap. This will make the hair light and fluffy. After thoroughly cleansing

the hair and scalp rinse several times with cold water and then dry the hair as quickly as possible, using a fan, rubbing the scalp with hot towels or shaking out the dripping tresses in the air and sunshine—any way that suits your individual case best. Always sleep hair loosely braided. If fashion permitted us to wear pigtaails all the time we would have luxuriant hair. Brush your hair every night and morning if you would have it soft and glossy. Never use "bleaches" or hair dyes of any sort. Nature knows best what shade your hair should be to harmonize well with your features and complexion. Unless you are entirely bald do not wear false hair of any sort. Make the most of your own hair; arrange it becomingly and do not retard its growth and heat your head by wearing false "fronts," "pads" or "switches" made of hair that should have been burned long ago if it fell from your own head and should be repugnant to you if it fell or was sheared from the head of another—you know not whom.

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Travelism in its essence is democratic. If everybody is given to it today, it is because everybody enjoys it, and everybody finds it accessible. We have been witness day by day to a prodigious change, to a transformation in humanity's mode of locomotion—a transformation which has not been equaled since the invention of steam railways, and which, with automobilism, will not be seen again until the invention of the dirigible balloon. It is the bicycle unquestionably which is responsible for the demoralization of modern travelism. Its two wheels have set the whole world agoing. The caravans of travelers pour into the fields and waken the echoes of the forest and mountain. They come from far, they go far, they go everywhere. The railway and steamship companies every day invent some new combination of ticketing to reduce their rates.

The world is traveling, and, happily, for a long time. This is a sign of humanity's health. Travelism has become one of the factors, one of the most important elements, of universal peace and international civilization, thanks to the bicycle of yesterday, the automobile of today, and the balloon of tomorrow. Modern man has learned to go out of himself. He has learned to see, to admire, to compare. **With his horizon his viewpoint is enlarged. It is carried ever farther, ever higher, toward space, toward the heights.** Through travelism this old spirit of milord millionaires has become veritably a world school of initiative, of activity, of sang froid, of good will, of virile ardor, of noble and healthy ambition. **It contributes to the development toward the beautiful and the good, the noble human animal. It hastens the cause of human brotherhood.**

**A TIP.**

The person with the long hair and the flowing necktie sits at the table and reads and rereads a typewritten note.

Finally he turns to the waiter who has brought his luncheon and says:

"Can't help feeling happy today, my man. Just got a note from an editor accepting the first poem I have ever sold."

"Yes, sir," says the deferential waiter.

"Makes a man feel joyful—more than joyful. I can't describe the strange thrill of exultation that possesses me."

"Yes, sir? Something, I should presume to say, like a pusson feels when he gets his first tip."

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