

THE BEACON LIGHT HERALD

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THE LUNATION OF NOVEMBER 19TH

The lunation of November 19th is going to jolt a lot of people out of their complacent thinking. We Americans of all people are living in a fool's paradise. The people of Europe and the people of Asia are more realistic; they have no illusions or delusions. Recently there was an Astrological Convention in Los Angeles. Ernest Grant and Edna Scott, president and secretary of the organization, said, "No war Until '53." I mention this because so many have asked me about that. My answer has been, "We said we shall be at war last June with the Korean outbreak" and we shall still be at war for the next 2 or 3 years, at least until the great climax spoken of by Ezekiel. As we stated last month, October would look very peaceful, but this November lunation is something else again, for Mars in the 7th is applying to an opposition of Uranus. Bear in mind Uranus is the ruling planet of Russia and Mars is the planet of war; need I say anything else?

Uranus, of course, is in the volatile sign of Cancer, so this combination will produce a lot of steam, excitement and emotional outburst. Everything in our national economy has been kept alive by artificial respiration; pump priming of every conceivable kind has been indulged in. The Government continues to warn the people about hoarding, yet they, themselves, have run out of warehouses. A Washington report yesterday states the Government is now selling canned meats at 5½¢ a lb., dried eggs at 2¢ a lb., and butter at 15¢. But there is a catch to it; no Americans need apply, for this is for foreigners only. Your storage bill and mine alone will be over \$1,000,000 a year. How long are we going to put up with this foolishness? Well, this lunation is going to blow the lid off a lot of things. There is a lot of power in that Mars opposition to Uranus. The balloon is going to burst regardless of your opinion that you don't have depressions in the midst of war.

We have two malefics in the House of speculation, and so you will have a pretty sick stock market. The moving picture industry will be in the doldrums. We have been having a lot of accidents lately, but we shall have an epidemic of them this month. The lunation proper takes place in the 6th, with 3 planets afflicting Pluto in the 4th, so there will be large numbers of men and women, especially the latter, laid off. Industries ruled by Venus will suffer the most with that Venus squared to Pluto. The 6th House rules labor unions and in a general way covers all men in uniform whether civilian or military. So the armed services will be full of discontent. The diplomats will be pulling one way but the men who do the fighting will see things entirely different.

While Mars is in the 7th it is close enough to affect the 8th, the House of death, and so we may expect the death of a rather prominent military figure. That Mars-Uranus combination, coupled with the Venus-Pluto will bring heavy mortality through accidents. A good deal of lawlessness will prevail and unsavory messes brought to light regarding the activities of teenagers. The moving picture industry will get some publicity, but not the kind they want. Let me say right now, don't travel during the month of November for, in general, it will be a very tragic month, especially on and around the 8th. But there is likely to be heavy travel around the 17th and 18th as the Moon trines Uranus and people start out for the week-end jaunts. Perhaps the worst will come to a head as the Moon squares Uranus and Mars the evening of the 19th. Keep away from crowds; run your affairs along as peaceful a channel as you can find.

Saturn now moves into Libra. That is rather important for us as a nation for it immediately squares Venus in our national chart and later on Jupiter. Another indication of depression and I can't emphasize that too much. The wise guys who say it can't happen will wake up with a hangover. Economically things are on the down grade in the good old U. S. A. We will touch on this more fully in January; enough to say we cannot expect any relief until Saturn gets out of Libra, which is sometime in '53, I think. And between now and then it forms 6 afflictions. You see, we have a group of planets in Cancer—four to be exact—and Saturn will afflict them, one after another during the next 3 years. But when Saturn and Uranus square each other in '51, you will know beyond a shadow of a doubt that this is it. Last month we warned you to get yourself in shape, get out of debt if you can, have adequate food supplies on hand - the Government has, why shouldn't you? They have so much that it is spoiling in the warehouses and they will be hauling it to the dump.

Our work is education, and for years we have been warning you of this crisis that would come. Well, before November is out you will begin to realize it. Don't kid yourself and don't try to kid anybody

else, but make sensible preparations. We make preparations for practically everything else in life, why not this? In Biblical days they prepared for famine conditions. Noah prepared for the flood. Those are just 2 of the many instances mentioned in the Bible. We don't have time and space to go into it more fully. Now this emphasis on preparation especially applies to those who have planets in the 4 cardinal signs of Aries, Cancer, Libra and Capricorn for you have got malefics in 3 out of the 4— Uranus in Cancer, Saturn in Libra and Neptune also in Libra, and a little later those 3 will click all at once. Then we will get down to earth and face reality.

Ever since the event of the New Deal we have lived in a fool's paradise due to the propaganda machines of the New Deal Administration. Harry Truman complained about propaganda recently, said the Marines had the biggest propaganda machine in the country, or words to that effect. Harry has been schooled in the art of propaganda and smear so we consider him an expert and he is employing the old technique of accusing others of what you are doing yourself. That is the code of the underworld from which Harry graduated, or did he? You would think the day would come when this nation would resent going down into the slimy underworld for its President, but that's what we did, and it was put over by slick propaganda. They knew when Roosevelt was elected for the 4th time that it was only a matter of weeks or months and he would be dead, and that we were in fact voting for a man who graduated from the Pendergast underworld machine.

I don't want to rub it in unduly, but I want you to know this is judgment day and individually and collectively we are going to reap what we have sown. The real facts about the Sedition Case, of which I was a victim, will come out. This nation owes these 30 men who stood fast and exposed Roosevelt and the New Deal, a great debt of gratitude, and I hope America will have the decency to make some reparation for what we suffered. I firmly believe my wife would be alive today were it not for that black episode, for she slumped during the period I was in jail. Those who persecuted and prosecuted us at that time are changing their tune. They are now patriots - Drew Pearson, Winchell and the host of other common tattlers. Harry Truman is going to be the sacrifice goat and the antics of the New Deal since Roosevelt went in will be paid for by him. He is going to reap the harvest of the New Deal activities of the past 20 odd years.

The entrance of Mars into Capricorn is going to give the Soviets a tremendous boost, and coinciding, with the Mars-Uranus influence, Mars will be in opposition to Pluto from the 3rd and the 9th Houses. First it conjoins Venus around the 9th of November, which is right on the New Moon and opposes Pluto around the 14th, and a few days later the climax as Mars opposes Uranus in the heavens. But Mars in Capricorn is decidedly bad for this nation for during November it opposes Venus and Jupiter, and around the 23rd it opposes our Sun and squares Saturn. Yes, this is a bad month for Uncle Sam for the Reds have all the marbles. Yes, we gave them to her. Remember she was our pal; we supplied Russia with the war material that should have gone to McArthur. Be not deceived, God is not mocked, whatsoever ye sow, that also shall ye reap.

There is no question in these indications in our chart and the Russian chart that Russia intends to widen the scope of this so-called cold war. I might say the lunation chart for Russia throws Uranus in their 10th House, which in plain English indicates a large-size chip on their shoulder and sudden, unexpected moves - some they will plan, some will be forced upon them. This Uranus in their 10th is likely to remove a powerful government or military figure. I am of the opinion that we are not looking in the right place for future troubles. We expect all our trouble, or most of it, through the air, but I have my doubts. I believe that one of the greatest menaces is the huge submarine fleet of the U.S.S.R. and that eventually they will make their influence felt on our Atlantic and Pacific Coast lines. Bear in mind that Russia can do nothing without fuel— that fuel is oil— and her source of supplies is in Iran, and Turkey stands in the way.

It would be well to watch the Suez Canal, the Panama Canal and Turkey. There will be a sudden thrust in that direction. Russia will take possession for her goal is the Holy Land and America. Everything else is secondary. Johnny Bull will not enjoy this Mars-Uranus combination, and we believe the Atlee government will fall. Russian submarines are going to take possession of the Dardanelles, and they are not going to ask the Turkish government for permission.

Now November is the month when we celebrate Thanksgiving. I am afraid this is going to be a sad one; the first of 3. We can modify the severity of things now indicated if we will call God into our councils in all our affairs, individually and nationally. We are going to do it in a big way before 1953. Let's do a little practice now. I get many letters from people moaning about their hard luck; "I can't sell my house, I can't make the move I was contemplating." Yet not in one single case do I find they

they have taken God into their council. You remember the old orthodox hymn, "Oh what needless pain we bear, all because we do not take everything to God in prayer." I have seen people with good charts fail to reap the indications or promises of success because they fail to take God into council with them. They fail to take Him into partnership with them; they made their plans and left Him out entirely, with disastrous results.

Now with such far-reaching indications in the heavens, individually we must all face big changes. We must all prepare for restrictions as indicated by the Saturn transit for the next 3 years. It will affect those, as I stated before, in the 4 cardinal signs, but if you learn to say Thy Will Be Done your afflictions will all turn out to be blessings in disguise. Let God take the helm in your ship of state. He is the only One who is going to steer you through the rocks and shoals of uncertainty, during this critical period of world adjustment today. God is going to use the common enemy to force you into line with His Will. Why not do it voluntarily? Remember lip service won't work. I know people who talk about Thy Will Be Done, but it is just talk. I know many people with pious affirmations; some of them write to me and sign themselves "In His Service" but they don't mean it, for God is not the ruling factor in their lives at all.

They have made their plans and they did not consult God when so doing and so, of course, He isn't going to consult them when it comes to the execution of His Plans. If you are leaving God out of the picture, you are a first class idiot because it won't work. Now we here at headquarters have got to make tremendous plans, if we are going to continue to serve you during this 3 year period. We need a 3-year supply of paper and ink and office supplies, for before this is all over very few papers and magazines will survive. We should get out 6 books and that calls for a big outlay for paper alone to say nothing of a 3-year's supply of paper for at least one paper, for we believe we shall have to combine the 2 papers sooner or later. But rest assured we are going to continue right through the Storm.

Those of you who are well blessed with the world's goods, we are giving you an opportunity to supply the sinews of war. It is important that we help to keep up your morale; without morale the country is licked and you are a part of it. The tremendous increase of taxation will strip you of your wealth anyway. The burden will amount to confiscation in many cases just as in Russia and Germany. Now a word about the election; even though it is not a presidential election some of their big men will fall by the wayside politically, but I believe they will still retain the balance of power. This is only the semi-final; the final will be in '52. At that time Truman will suffer the fate of Joe Louis. So tighten your belts, trust in God and keep your powder dry.

No need to be blue; God is still in the heavens, and He has everything under control; but He does give you a choice of the easy or the hard way, so in the last analysis it is up to you. It is the rebel that will suffer the most; this is Judgment Day. Ezekiel tells you quite plainly how the Lord is going to work it out. Why not be sensible, surrender yourself and all you possess to the Lord's Will and Program and you will be blessed abundantly. Continue on your own wilful way and you will suffer defeat and disaster. Your fate is in your own hands.

A WONDERFUL LETTER

FROM WISCONSIN:

"Dear Mr. Kullgren: I am pleased to enclose my check amounting to \$10.00 for which you may send me the six books you have written, namely THY KINGDOM COME, NATIONAL DESTINY, PREPARE FOR THE STORM, THE DEAD SPEAK, THE BIBLE SPEAKS TO AMERICA and MESSAGES OF LIGHT. The balance you may apply to your wonderful work. I am only a newcomer to your circle of influence but already I can see the significance and the power of your work. Anyone who can attract Christ Jesus to his work is my brother in Truth for I, too, have been blessed by the Master many times in the years gone by and I'm trying hard to complete my unfoldment to a point where I can go out and help feed the multitudes.

For my livelihood I entered the monument business after the last war in which the Lord spared me from active military service although I gave four years to the military from the civilian side in the war department's ordnance division. Being a beginner in business is hard and the struggle is long and tedious, but I must support my wife and home and so I must succeed in this material endeavor although I would be much happier in the Lord's work exclusively. I feel the time is coming and perhaps not too far distant, when my call shall come to go out into the Vineyard to labor. Some years ago, Jesus' Mother, Mary, told me that when the time was right - the way would be slowly opened for me to go out into the world to labor in His Vineyard. I am looking forward to that day.

Keep your good courage and be strong in the faith looking neither to the right or left. Your great work

will be crowned with victory in due season. Believe in that. Truth must and it shall triumph. Yours in truth, . . . P. S. I imagine I'm quite young along side of you. I'm 41 years old. I started my search for truth and light about 20 years ago. Had some bad setbacks due to the faithless workers and half-baked spiritualists. But I'm on the road to the fulfillment of my dreams and this time nobody is hindering or obstructing my development and unfoldment of true understanding."

EDITOR'S NOTE:

The above letter is one of many we have received from newcomers. I have taught for more than 40 years that our spiritual life is centered around Christ Jesus - ever since He appeared to me in a vision around 1908 or '09. Those who have an inner spiritual life recognize our teachings for what they are; founded on Truth. But those who are intellectualists we have trouble with, those who have nothing but a lot of personal theories which they peddle in lieu of knowledge. Frankly, if it were not for letters of this kind, I would throw up the sponge because I am so very tired after 20 years without a letup, but I have been hanging on in the hopes that somebody would feel the need and volunteer for service.

We need an office worker, and all we can offer is room and board. There are many retired school teachers who could do a good job here. Their pensions would be all clear gain. But whoever comes must come prepared to carry out instructions and not argue. The Lord has picked me for this work, and, if you live the inner life, you will recognize that and understand that I cannot allow anyone to swerve me to the right or the left with their personal ideas. At this time I do wish some of you who are in arrears as far back as '42 would make an effort to do something for we cannot continue to carry the dead wood. Here is another letter that is very cheering to a tired man:

FROM WASHINGTON:

"Dear Mr. Kullgren: I wrote to you after my husband passed away in 1944 and told you then that I was penniless. You have been more than kind in carrying me on your list. What THE BEACON LIGHT HERALD has meant to me through the years cannot be expressed. I had hoped to receive my share of a legacy long before this and be able to repay you well for your great kindness to me. However there has been recent word that it will be yet a number of months before we can expect to receive the first allotment. . . . Wish I had plenty of money so I could be with your group to study and advance. Am much interested in The Master's Message. They give me such an uplift. In fact all of those Messages from the other side do. You see I take soul flights, too. Have taken them since early childhood, though at that time I did not realize what it was. Have brought back some very beautiful memories of the high Realms of Heaven. So I do understand and I do believe those Messages to be truly what you claim. I like your sincerity and hope all things will work out smoothly for you in this great venture. Sincerely, . . ."

EDITOR'S NOTE:

There is tremendous scope for our work now that we have entered World War III. There is a wonderful opening on the radio, and all that prevents it is lack of office help and a little money - not much. Man power is the main thing. Our local National Guard is called into the Federal Service, and there is a young boy of 17 who is shocked to find himself in the U.S. Army, bound for active service. This boy's home life has not prepared him to face reality, and he weeps almost continually and then says, "If I die, I hope I will go to heaven." Don't you see there is a great need for the knowledge of Life after death. One of the greatest needs today is a better understanding of what happens if the Soul leaves the body. This idea that you even go to Heaven or hell when you lose your body does not conform to facts, and the disembodied spirit finds itself in the other world entirely unprepared.

There are thousands of veterans of World War I and II that could and should be reached with the message contained in WE KNEW THESE MEN. We cannot afford to give all these books out for we would soon be out of business but, if you live near a veteran's hospital such as Sawtelle in Los Angeles, do a little missionary work—purchase these books and personally hand them out to these vets, or will you finance it and we will contact the chaplain of some of these institutions. The point is, we have the literature that the world needs, and needs badly. Then there are the hospitals. Most people who are sick will welcome a picture of the Christ. Why not purchase a dozen and then personally visit a hospital and hand them out? We have experimented with the old folks in rest homes and found them greatly appreciative.

It isn't enough to believe in the Christ; He needs your service. The world is never going to be redeemed by armed forces. Only loving service is going to redeem this planet. Most everybody you meet suffers from a sense of insecurity. The only thing that gives a baby a feeling of security is love and grownup babies, otherwise known as adults, are, as the Chinaman would say, "allee samee them." I have mentioned a few of the possible outlets. Now we have planned to print 5 or 6 books in quick succession

as money and time presents itself. The first THE FOOD YOU EAT we hope will be available in October or early November; like the rest of the series, it will sell for \$1.00. Early in the new year we hope to present Volume II of MESSAGES OF LIGHT. We have enough material on hand for at least 2 more volumes. Then I hope to find time to complete THE WHEEL OF TRUTH in the early Spring, and then one on REINCARNATION. We have enough material for a large book collected during the past 40 years. The world needs this material.

I find people floundering, going around in circles. I have a constant list of callers from local people with problems of all kinds and my day is very much broken up as a result. I feel that my real work is directing things and writing books. I can reach more people through books than I can through personal interviews, for again I find that people don't want your opinion as much as they want somebody to talk to. I have no time to listen to long discussions. Now, if you feel the call for service and can fit into any of these things, let's hear from you. If you are not adapted to these purposes, perhaps you can help with financing it. Then again we are falling far short of our goal of Christ's pictures in circulation although we have several hundred in circulation the last year. Look what the 7th Day Adventists and Jehovah's Witnesses do in the way of missionary work. Can't you catch that spirit? They believe in their Cause, don't you believe in yours enough to want to work for it? Look at the great Mormon Church built up on missionary work!

It is a missionary spirit that spreads Truth, and, if you haven't got it, cultivate it; it can be done. We want and need a small portable organ for our Sunday night meetings. Perhaps somebody has one that they would like to contribute. I mean those small ones that can be carried around anywhere. We have a large one, but we go out Sunday nights and can't take the organ with us. Perhaps, if you live in a large city, you know of a second hand store that has one; put us in touch with it. We need a copy of Lyman Stowe's "Bible Astrology." Perhaps somebody can supply that. Don't forget we are rapidly approaching a time of tragedy, and you and I are either ready for it or we are caught napping. I have always prided myself on being ready for what came, be it good or bad; then you are master of the situation. You will get this message just as I am about to leave on my trip, and my course of action when I return will be determined, to some extent, by your reaction to this message, so let's hear from you.

In our morning service this message was used and we think it is appropriate at this time:

FAITH

"According to thy faith is it done unto you."

All down the ages man has had visions of something he wished to bring forth in the material world. And as he bent his energies and had the faith that the project could be brought forth and as he had the faith that he could be the instrument, the material gain was brought forth. Man has demonstrated over and over the kind of faith that overcomes material obstacles and blazes trails through the wilderness. But attainment by the use of faith for spiritual growth is another matter. But it is even more true of spiritual matters than of earthly—this use of faith. Without it ye can do nothing, either materially or spiritually.

First ye must have a clear vision of thy path and the goal toward which ye are going. Then ye must build a faith so strong that no doubt assails ye that ye can reach it. No matter what negative thought is placed in thy path by another, it will not and cannot build an obstacle in front of ye unless ye build it. If thy faith is sufficient it is hammered at ye. If it is a positive thought, it will be no obstacle, as it will fit into thy path as an illumination lighting thy way. So be not dismayed; build thy faith higher and stronger and all will be well with thee.

I, Phyris, hath instructed in the Name of the Lord Jehovah God this day. Amen.

HOW TO HAVE VIGOROUS HEALTH

BY HERBERT M. SHELTON

FROM DR. SHELTON'S "HYGIENIC REVIEW" JULY, 1950

A Lecture Delivered Before The Second Annual Convention of The American Natural Hygiene Society, New York City, May 17, 1950.

Life is a master drama of nutrition and drainage under the control of the nervous system. Nutrition, drainage and nervous motivation and control of organic activities constitute the three master functions of life. By nutrition is meant the sum-total of all those processes by which the living organism appropriates the raw materials of light, air, water and food and transforms these into blood and tissues. The body of man is equipped with an elaborate series of structures, the combined functions of which are

to prepare raw materials for use by the cells. By his powers of locomotion he places himself in contact with food, with his hands he takes the food and takes it to his mouth where it is chewed, after which it is swallowed. The stomach and intestines, with their millions of glands, and the pancreas and liver all work together to digest the food eaten. After it is digested it is taken up by the lacteals and carried to the liver where some of it undergoes further refining processes and part of it is changed into glycogen and stored. Later the glycogen is reconverted into sugar and released into the blood for use.

The circulatory system, composed of the heart, arteries, capillaries and veins, take the food and water to all parts of the body, releasing it through the capillaries into the lymph spaces that surround the cells. The cells of man's body are bathed in a continuously flowing stream of lymph in which they live and move and have their being. From the lymph they take their food and into it they cast their waste. There are a number of glands—the endocrine or ductless glands—that manufacture substances known as hormones, which are essential to the proper utilization of the food eaten. The lungs take in air and extract the oxygen from this. The blood picks up the oxygen from the lungs and carries this along with the food to all parts of the body in order that the cells may be supplied with oxygen. Sunshine is taken in through the skin.

Nutrition may be said to consist of the processes by which food, water, air and sunlight are procured, the food digested and all of them carried to the cells and used. Within the body this consists of respiration, digestion, absorption, secretion, circulation, and assimilation. All of these various processes are carried on by a complex series of organs that cooperate with each other in performing the over-all function of nutrition. By drainage is meant the sum-total of all of these processes by which the body waste is gathered up, conveyed to the various emunctories and expelled from the body. It involves, also, those glandular processes by which poisons and waste are prepared for excretion. Also, it involves the processes by which foreign poisons are expelled. This process, too, is accomplished by a whole series of organs and structures, functioning together as a unit, to keep the blood, lymph and tissues sweet and clean.

The lymph, as it flows along in the intercellular spaces, is picked up by the lymph vessels and is carried by these to the heart where it is again mingled with the blood. As it passes along the lymph vessels, it passes through many structures composed of lymph-adenoid tissue and known as lymph nodes, lymph nodules and lymph glands, or tonsils, which chemicalize waste and poisons and ready them for excretion. The liver also prepares waste for excretion. The blood takes the waste to the various organs of elimination—the lungs, liver, bowels and kidneys—where the waste and foreign poisons are extracted and cast out of the body. The lungs excrete carbon-dioxide, the kidneys excrete chiefly the end-products of protein metabolism, but they excrete many other substances, the bowels excrete chiefly the alkaline waste of the body, the liver converts waste into bile so that it is used again. Certain of the ductless glands are also involved in the work of preparing toxins for excretion.

By excretion or elimination is meant the process by which waste and toxins are taken out of the blood. For example, when the kidneys take waste from the blood, and convert these into urine, this is excretion. Minutes or hours later, when the bladder expels the urine, this is voiding of that which has been previously eliminated. Voiding, though a part of the process of drainage, is not elimination. When the glands of the colon take waste from the blood and throw it into the colon, this is elimination. Hours or days later, when this is passed out in a bowel movement, this is voiding, not elimination. Bowel movements expel that which has previously been eliminated. They are parts of the process of drainage, but they are not elimination. When the lung cells excrete carbon-dioxide into the air cells, this is elimination. When in the process of expiration, the carbon-dioxide is expelled from the lungs, this is voiding of that which has been previously eliminated. Expiration is part of the over-all process of drainage, but it is not elimination. In the liver, the same thing is true. When the liver takes waste from the blood, this is elimination. When the gall-bladder contracts and sends the bile into the intestines, this is voiding.

The over-all process of drainage, then, is composed of the processes of circulation, chemicalization, elimination and voiding. These, at least, make up the normal process of drainage. Into this picture there should also be placed those abnormal processes of expulsion by which the body casts out toxins through channels that are not regular channels of excretion—skin eruptions, catarrhal discharges, etc. These two grand processes of living—nutrition and drainage—represent a great complex of correlated functions carried on by many organs and controlled by the nervous system. The nervous system is comprised of the brain and cranial nerves, the spinal cord and spinal nerves, and the sympathetic nervous

system with its many ganglia and plexuses, all harmoniously balanced and unified. Without nerve supply organic function is paralyzed. The efficiency of the many and varied functions of nutrition and drainage depends upon a normal nervous system.

We may profitably compare man with an automobile, which is also made up of many correlated parts. In the automobile is a storage battery, from which runs a cable. From this cable runs a number of wires that go to various parts of the car—the spark plugs, the starter, the various lights on the car, the horn, the cigarette lighter, the radio, etc. With a well-charged battery, we step on the starter, the engine is turned over, there is plenty of ignition and the car starts and runs well. We press the horn button and its horn blows loudly; we turn on the lights and they burn brightly; we turn on the radio and it plays well. If the battery is low, ignition is poor, the starter may be unable to turn the engine over, and it does not start. We press the horn button and the horn grunts, we turn on the lights and they burn dimly; we turn on the radio and it plays feebly for a brief time, then with a series of squeaks, it dies. Without a due supply of electrical energy, the various organs of the car fail to function efficiently.

In the human body, if nerve energy is abundant, the various organs of the body are well supplied and they function with due efficiency. Digestion is good, respiration is normal, circulation is maintained at a high level, secretion and excretion are adequate. The cells are nourished, the fluids and tissues are kept sweet and clean and we have health. If our nervous batteries have been permitted to run low, if nerve energy is low, all the functions of the body are correspondingly lowered. Digestion is poor, secretion and excretion lag, circulation is below par, respiration is not efficient. The fluids and tissues of the body become sour and we have impaired health.

What is nerve energy? Nobody knows. What is electricity? Nobody knows. What is matter? Nobody knows. Our ignorance of what matter is does not prevent the chemist from using it and turning out his many marvelous synthetic productions, nor the engineer from dealing with it in bulk. Our ignorance of what electricity is does not prevent the electrician from giving us an abundant supply of it. It does not prevent him from giving us light, power, heat, motive force, sound transmission, etc., etc. The chemist only needs to know the laws and conditions that govern the behavior of matter; the electrical engineer needs only to know the laws and conditions that govern the generation, transmission and behavior of electricity. So, we, in dealing with nerve force, do not need to know its essential nature. We need only to know the laws and conditions that govern its generation and accumulation and its dissipation. If we know these we may have a full amount of nerve energy or we may dissipate it at will. We may deal with nerve energy as intelligently and as certainly as the electrical engineer deals with electricity.

Nerve energy, like all other forms of energy, is expended in doing work. Seeing, hearing, eating, digesting food, circulating the blood, breathing, talking, batting the eyes, muscular and mental effort, emotions, all of the functions and processes of life use up energy. Nerve energy is regenerated and stored during rest and sleep. Only when we are passive do we recuperate energy. As we have so frequently emphasized, the inactivity of sleep is the great, representative recuperative process; the excitement of work and stimulation is the exhaustive process. When the sum-total of our daily expenditures is greater than we can recuperate during the time allotted to rest and repose, there is a gradual lowering of nerve energy. As energy is slowly lowered, and in many instances the lowering is not so slow, enervation is produced. Enervation always lowers functional efficiency throughout the body commensurate with the degree to which energy is lowered.

The inhibition of excretion (checking of elimination) that results from enervation, results in a retention of some of the end-products of metabolism, with their gradual accumulation in the body, producing the condition which we call toxemia. By toxemia, we mean a state of auto-generated poisoning, that is, poisoning by retained body waste. The great process of drainage is lagging and the body is becoming sour as a consequence of lack of functioning power. Toxemia is the fundamental basic cause of all of mankind's so-called diseases. Complicating causes may be super-added to the toxemia from various sources, but the metabolic toxemia is basic. It is, as a matter of fact, a constant.

Coincident and coetaneous with the checking of excretion is a checking of secretion. Checked secretion means poor digestion, poor assimilation—in a word, poor nutrition. A type of starvation is added to the poisoning. An exogenous poisoning, resulting from the absorption of decomposing food from the digestive tract, is super-added to the primary toxemia to complicate the outcome. The best of foods are not utilized when secretion is poor. Vitamins are not assimilated, minerals are not derived from the foods, calories are made into alcohol and acetic acid, amino acids become putrefactive acids. Malnu-

trition and poisoning are siamese twins which cannot be separated by any process. They are both present in all so-called diseases.

Toxemia and poor nutrition further lower nerve energy. This puts an added check upon secretion and excretion. The organism finds itself in a vicious cycle from which it tries, from time to time, to escape by means of a crisis—a process of compensatory elimination, a so-called acute disease. But as the causes of enervation are never corrected, the best that the organism can do is to free itself of a part of its load of toxins. Toxemia is chronic. Poor nutrition is chronic. As was previously stated, nerve energy is used up by all forms of activity—normal and abnormal activities, wholesome and unwholesome activities, necessary and unnecessary activities. Enervation results from our total expenditure. This does not mean that we are to cease expending nerve energy. Living requires its expenditure. We have it to use. It means, only, that we must cease expending it excessively. It means that we must order our lives in such a way that we do not expend more each day than we recuperate each night.

All forms of overwork, over-indulgence and over-doing are causes of enervation. Over-eating, sexual excesses, over-activity, or what amounts to the same thing, failure to secure adequate rest and sleep, emotionalism, the use of "stimulants," etc., etc., are the most common causes of excessive expenditure of nerve energy. In civilized life today we live our lives on a basis of dissipation rather than on one of conservation. We are a nation of food drunkards and drug addicts—alcohol, nicotine, caffeine, and cathartic addicts—thrill seekers and worriers. We turn the night into day and seem to have a psychopathic dread of going to bed. For such reasons are we a nation of enervated, toxic and inadequately nourished individuals, who form great streams into and out of the offices of doctors of various kinds, into and out of the hospitals and into premature graves. We build more and bigger hospitals, equip them with all of the latest gadgets and staff them with the best trained men in the world, but we never remedy the great and increasing amount of illness among us for the simple reason that we spend our days building more and more trouble.

In the hospitals they try to sober up drunk men while they continue to drink. Only by a cessation of drinking may the drunken man become sober. Only by a cessation of the habits of living that produce and maintain enervation can the sick man become well again. What is needed most of all is not more institutions for the care of the sick, not more and better doctors, not health "insurance" and a program of "socialized" "medicine," but a normal mode of life—one that conserves the precious energy of life and does not dissipate it. If the careless automobile owner leaves his ignition on overnight, he finds that he has a dead battery the next morning. In too many ways are the American people leaving their own ignition on constantly so that their own nervous batteries are all but dead.

Enervation may be overcome—this is to say, normal nerve energy may be restored—by stopping all nerve leaks and then securing sufficient rest and sleep for full recuperation. Restoring nerve energy while it is being daily, even hourly dissipated, is like trying to remedy anemia in a hemorrhaging patient without stopping the hemorrhage. The constant or intermittent loss of blood prevents the blood from being built up to normal standard. So, also, the constant dissipation of nerve energy, by the many enervating mental and physical habits that are so popular today, prevents recuperation of normal nerve energy. Quiet, poise, relaxation, rest, sleep—these will enable the body to recuperate its nerve energy providing that enervating habits are discontinued. While the restoration of normal nerve energy functions become normal and health is restored.

Elimination of toxemia may be hastened while enervation is being recovered from, by adding physiological rest—fasting—to the program of mental, physical and sensory rest. After mental, sensory, physical and physiological rest have enabled the body to cleanse itself and to restore normal nerve energy, proper food, daily exercise, sunshine, fresh air, pure water, rest and sleep, mental poise and avoidance of all devitalizing habits of mind and body will enable the body to grow into vigorous health and to maintain this state of health. Recovery from disease will occur in all cases providing irreparable damage has not been done to some vital organ. In those cases where recovery is no longer possible, life and usefulness may be prolonged, for nature will tolerate, providing we remove causes and learn to live within our capacity.

This, then, is the vital message of Natural Hygiene. We offer you no program of treatment, but a plan of living. Health by healthful living is now, as it was in the past, the Hygienic Way. A plan of life that conforms with the laws and normal conditions of life will not only preserve health, but it will enable the sick organism to restore itself to health. Accept no "just as good" substitutes for this plan. The cure mongers and treatment-peddlers will offer you many substitutes for obedience to the laws of life, but they will not work.

THE BOOK AMERICA NEEDS

FROM "THE CHRISTIAN PATRIOT" DECEMBER, 1949

The Bible is not only a book for men to live by, it is THE BOOK for NATIONS to live by. Justice Brewer of the United States Supreme Court has said: "The American nation from its first settlement at Jamestown to this present hour is based upon and permeated by the principles of the Bible." Herbert Hoover has said: "We are indebted to the Book of Books for our ideals and institutions." "The Christian Statesman," September 1949, declares, "America's basic need today is the implanting in the minds and hearts of her citizens of tomorrow, the life-giving and sustaining principles of the Bible. In meeting this need we must rely on three institutions: the home, the church and the nation's schools—not on the church alone, though it is chief, nor on the church and the home, for many homes have no religion, but on church, home and public school. Religionless public schools would imperil the future of our Republic. "The Bible and its great moral and religious ideals and principles must be given a large place in the curriculum and life of our public schools. The Book that made America must be in the schools on which we so largely depend to make Americans." There is an old German proverb which declares, "Whatever is desired in the nation must be put into the public schools." The converse is true also, "Whatever is dropped out of the public schools will eventually drop out of the nation."

A Statement From A Speech By Justice William O. Douglas, New York City, March 24, 1950
For International News Service.

1. Develop your body so that it has physical capacity to undertake the most strenuous of tasks.
2. Analyze the sources of your fears. That requires at times the help of others, such as psychiatrists.
3. Rid yourself of fears by doing what you fear most to do.
4. Live in the future. Dream of your potentials. Do not rest in the achievements of the past.
5. Question your prejudices. Tease and taunt them to find out how firm a foundation in fact they have. We often inherit a point of view or belief that fit an earlier age but has no place in the modern scheme.
6. Invite New ideas. They are vastly stimulating. They may prove to be as refreshing and sustaining as old and true friends.
7. Challenge lethargy and inaction where the need for justice is clear.
8. Cultivate your own garden. Give your talents encouragement and opportunity to develop. Find outlets for your creative side.
9. Live beyond yourself and above yourself. Find a selfless purpose and aim in life. Find something bigger than your own ego to which to fasten.
10. Have faith in God who made the Heaven and Earth. Commune with Him and put your trust in Him. He will bring you peace and joy even through the most troubled times.

WHITHER BOUND, AMERICA?

BY JOHN WALLACE AMES

FROM "THE AMES INFORMATION BOOKLET," AUGUST, 1950

The time has come when America's leaders need to stop jellyfishing around with kid glove diplomacy and passing the buck, and get down to business by calling a spade a spade. There's no use beating about the bush and alibiing our way out of the mess we are in. Most people apparently want to "stop the music" and win an easy way to spend the rest of their natural lives, but what all of us need to do is face the music. Despite all the ranting of atheistic, communistic, or any other kind of unbelievers to the contrary there IS a God who deals with nations as well as with individuals. Our nation was founded by God-fearing people who honored God in the Government. Today the United States of America has gone very far away from "original righteousness" and as a people we stand condemned before a just God. "Righteousness exalteth a nation, but sin is a reproach to any people." "We have all sinned and come short of the Glory of God." "All we like sheep have gone astray, we have turned every one to his own way."

Belshazzar, king of Babylon, was feasting and drinking with a thousand of his lords when a man's hand appeared and wrote upon the wall. The writing signified that Belshazzar had been weighed in the balances and was found wanting. His kingdom was forfeited and Belshazzar was slain. Ancient Israel was God's chosen people. When they obeyed God they were showered with blessings, both temporal and spiritual. But disobedience always resulted in punishment. Whether we know it or not America is a part of modern Israel and as such stands in a peculiar relationship to God. Many times God has blessed our fair land but because of our national sins the wrath of God is coming upon the children of disobedience. Think

you that the insect pests and vegetable blights that are rapidly spreading throughout the country are but happenstances? No, my friends, they are punishments from God for our disobedience to His agricultural laws. This whole universe is governed by law and one of these laws affecting our planet is the law of retribution. Scripturally and concisely stated, "Be sure your sin will find you out."

At this critical period in our nation's history we need leaders with the wisdom of Solomon, the courage of Daniel, the ruggedness of John the Baptist, the knowledge of St. Paul and, to climax it, the revelation of St. John the Divine. Just as God used even more wicked nations than Israel of old to mete out His punishment upon her when she sinned so may He use a colossus of an evil nation to bring modern Manasseh (Joseph's elder son—the U. S. A.) to her knees in a short while now. Just because we are the leading nation in the world today is no reason for us to be puffed up and think we are immune from chastisement. Remember—"Pride goeth before destruction, and an haughty spirit before a fall." A far worse blow than Pearl Harbor is headed our way. We can't afford to rely on A-bombs or even H-bombs. To avoid, or at least postpone, the awful destruction that is surely going to be visited upon this country for its flagrant sins the only remedy is national repentance, and obedience to the laws of God.

We must cease to do evil and learn to do well, we must seek peace and ensue it. For the eyes of the Lord are upon the righteous, and His ears are open unto their cry. But the face of the Lord is against all them that do evil, to cut off their remembrance from the earth. The call comes to America, God's Israel of long ago, "Behold I have set before thee life and death. Choose life that ye may live." God is just, but He is also merciful. Ancient Nineveh experienced God's mercy by repenting when judgment was set for forty days. Will so-called Christian America, the Israel of God, fail to do as much as heathen Nineveh? To your knees, oh Israel! Else, "prepare to meet thy God," oh America!

BOOK REVIEWS

THE ROOSEVELT MYTH By John T. Flynn

It is hardly necessary to review a book by Flynn. The name of the book and his name should sell any book to an American. This book was published in '48, and sold, I think, for \$3.50 or \$4.00 because this is a book of 438 pages. Yes, and it is cloth bound; it is virtually a \$4.50 book on today's market. To make it brief, this is a summing up of the New Deal and its Commander-in-Chief, Franklin Delano Roosevelt. Of course, it is a biographical sketch of Hopkins and the rest of the gang. Future generations will bless this book for it is a faithful, historical record of Roosevelt baloney. And, inasmuch as the Roosevelts are suffering from the delusion that they are going to perpetuate the name of Roosevelt as president of the United States from now on, (2 out of the 4 are running for governor in the states of California and Florida - Cheer up, the other 2 will be running for something pretty soon -) it is well to know just what the Roosevelt philosophy of life consists of and how they play the game. If you really want to acquaint your friends and neighbors with the real Roosevelt and all his lieutenants, including Hopkins, Hillman and the rest of the tribe, this is it.

Now hang onto your chair: here is a \$4.50 book for \$1.49. Get a half dozen and keep them in circulation from now until election day. And it will certainly help you to understand the situation in Korea, as all of you should know why your sons are dying on the battlefields of Korea.

RISE AMERICA By Peter L. Xavier

Here is a book by a young man who is a corporal in the U. S. Army. It is written along the lines of John Flynn. I sincerely hope that the level of intelligence of this young man is the level of the average non-commissioned officer, but I fear me it AIN'T so. What I marvel at is that he can write this book and still stay in the U. S. Army, for he designates his Commander-in-Chief as a traitor in the White House. I was indicted for saying less than that. However, it is an encouraging sign. Briefly this is a summary of W. W. II and what led up to it. I find it a fine companion book for Flynn's "Roosevelt Myth" because, from different angles they are both giving the history of what led up to W. W. II and the monkey business that went on. This is a cloth bound book of 185 pages, on good book paper, put out in first class style, price \$2.50.

FROM OHIO:

"Dear Mr. Kullgren: It would be impossible for me to try to tell you how much I have enjoyed the last July Beacon Light number. . . The time is short and I am doing what I can to help spread the messages to those who are ready for it. I went down to Franklin, Pa. to see and hear Kathryn Kuhlman preach. She is very dynamic and proves over and over what you say is right. I do hope you are well and strong enough to keep up your good work.

I look forward to each new issue of the Beacon Light. Sincerely,"

FROM MASSACHUSETTS:

"Dear Mr. Kullgren: Please send me 3 packages of Kamba. I don't know what I would do without it, and how long I could see if I did not have it to use. If anything goes wrong in my body and I don't feel as well it affects my eyes - and then Kamba does its fine work. It never fails me. If anything should happen to you, I would be at a loss to know where to get it. Thanks so much for it. Sincerely,"

EDITOR'S NOTE:

In answer to the above, we have a good supply of Kamba on hand; sufficient to last about 2 years and we plan to get more, but we are going to discontinue handling the liquid when present supplies are gone. We have about 6 - 16 oz. bottles of the distilled for cuts and bruises, poison oak, etc., and we have only one clear distilled, which is used for bathing the eyes, gargling the throat and inhaling in the nose for sinus. When that is gone there will be no more liquid. The above bottles are \$2.00 each. Kamba really is a wonderful herb. If you have weak eyes, bathe them 3 or 4 times a day with an eyecup and see how it will strengthen them. It is used full strength. Remember normal conditions are gone; nothing will be normal or stable from now on. God is the only stable quality in life, and the disasters and warfare of the next few years are necessary to drive man within until he gets to the point that he can be still and know that God is in the center of his being, as described in September BEACON LIGHT HERALD.

FROM CALIFORNIA:

"Dear Mr. Kullgren: I am enclosing a dollar bill for which send me another I WAS A PRIEST. A friend coveted the one I had. You should be swamped for orders if people only knew just what it is. Think I will enclose another dollar for you to select for me another booklet that you judge I could be interested in reading. Today I am exactly 6 months past my 90th birthday. Sincerely, . . ."

FROM NEW YORK:

"Enclosed is check for \$8.25 which includes mailing charges for books. Please send me THE ROAD AHEAD, THE ZIONIST & PREPARE FOR THE STORM, and one year's subscription for BEACON LIGHT HERALD. Have a good rest on your vacation for this country needs more men like you, who have courage and are fearless. Good health and good luck. . . ."

FROM WASHINGTON:

"Dear Friend: . . . I am that age it seems that I can only be employed while there is a war on and our boys are being killed and there are many more like me. I feel though that this war is the turning point for something greater than the multitudes can dream of but in the meantime in order to build anew there must be some tearing down and in that process hearts will be broken and lives lost. I thank you for sending THE BEACON LIGHT without paying in advance. You are the only one doing this, as I receive so many circulars wanting to make me a millionaire, high priest, master, and numerous other titles, but they all want cash on the line as they used to say in England, they "use a sprat to catch a mackeral."

Thanks again, Yours sincerely, . . ."

EDITOR'S NOTE:

We never like to cut any subscribers off. Some are receiving our monthly message who have paid nothing since we were arrested in 1942, but we are going to be forced in self defence to cut off around 25% of our mailing list unless we hear from them on receipt of this issue.

FROM WISCONSIN:

"Dear Mr. Kullgren: Through reading your monthly release - I am beginning to get a greater understanding of the Bible and the application it has to events and me. I have received a staff that enables me to go onward even though the going will apparently be very rough for some time to come. I thank you
Your very truly, . . ."

FROM ILLINOIS:

"Dear Mr. Kullgren: . . . Again I wish to assure you how wonderful I think "THE BEACON LIGHT HERALD" is. Wishing you luck, health and God Bless you. Sincerely yours, . . ."

FROM UTAH:

"Dear Mr. Kullgren: . . . Your September Herald came on time and has been read with much interest. We are certainly approaching the time of chaos, but the masses ignore it. I have been a close student of the Gr. Pyramid for over 30 years. It has foretold many great events, and only 3 years remain (to 20 August 1953) to wind up the scene. Your forecast of crops was correct. Fruit in Utah is very scarce this year, the early frost killed our prune, peach, apricot and most of apple crops we have had in former years; only a few localities had a harvest. You are doing a good work in warning the people, but alas! the masses as a rule do not heed it. "As in the days of Noah so is the coming of the Son of Man"

etc. They heeded it not until the flood came & swallowed them up, so it seems now. You have your mission to fulfill and you are doing it well. God Bless you. Sincerely, . . ."

FROM IDAHO:

"Enclosed please find P. O. Money Order for \$3.55 for which please send me three more books of the MESSAGES OF LIGHT. I am happy to have it. I think it is one of the best books I ever read. It is so inspiring to read what those loved ones give in their messages. And, so much food for thought, something to think about and especially when you know it is all true. I gave one to my daughter. I received the 2 pictures of the Christ and will try to sell one as soon as I can get it framed. I only paid you for one. Then the other smaller one came. It was framed; will try to sell it also. I am always glad to get THE BEACON LIGHT and will try to do the best I can to help. With all good wishes to you and the group. I remain yours in Christ's Love, . . ."

PEACE AND KNOWLEDGE

PEACE that is won at the cost of battle--
Love that is plucked from the fires of hate. . .
Joy that is born of the heart's despairing---
Triumphs achieved in the teeth of fate.

Knowledge that great men have died to give us. . .
Freedom bought dearly through SACRIFICE. . .
Truth that is proved in the blood of martyrs. . .

THESE ARE THE TREASURES BEYOND ALL PRICE. Lois.

PEACE:

My brothers and sisters, pray without ceasing. By that I mean being in communication with the Lord Jehovah God. If enough can pray thus, disaster may be averted. The Lord needs workers in earth's field; there are too many opposing Him. Each worker is of great value in the Light. Ye must all realize this and consciously work for PEACE and HARMONY. Let no disturbing thought, or criticism, or destructive thought, or any irritability enter. This is important, no matter what the temptation ye see or hear about you of destruction. Keep aloof and in tune with thy Father, and impress this upon all who can receive it. Impress it I say.

I cannot speak more in detail; I do not wish to unduly alarm you, but you must be alerted and ye must be alert. Hold the Focus of Light in consciousness, continually, in all ye do that this Light may be used in earth's field by God's workers wherever needed. I pray that ye be sustained, and that ye fail not. I pray ye do not sleep while The Master's workers are calling for thy help. Awake, my brothers and sisters. This call goes out to all. I pray in the Name and before Christ Jesus, and my prayers ascend to the Throne of the Lord Jehovah God. Work for the night cometh. Amen. (Given by John Phyllos)

A MESSAGE FROM CHRIST JESUS

THROUGH WILLIAM KULLGREN, AUGUST 25, 1950 P. M.

RECEIVED AFTER A 23-DAY FAST

CHILDREN OF LIGHT: I am with thee; why do ye fear at times? Have I not promised thee time and again; did I not promise thee when thou entered this work 43 years ago that I would stand by thee until the end? Cast aside thy fear and apprehension. I will guide thee to thy place of safety at the approximate time. And so be not concerned. Thou dost not feel anxiety that the Sun will arise on the morrow. Thou knowest that works according to Spiritual Law - natural law. Thy appointed place was known before thou came to the Earth plane. Thy Heavenly Father knowest what thou hast need of, and will make the necessary arrangements for thy safety and protection. If thou, My child, abide with Me and live according to the Law, all shall be well with thee.

Perfect Love means perfect trust, and love and fear cannot abide together. Take thy choice. Why rob thyself of My protection through fear and anxiety when it is not necessary? Not a sparrow falls but what thy Heavenly Father knoweth, and He has given His angels charge concerning thee because thou and thy group have a special work to carry out. Thou art under the protection of Divine Love as long as thou live in harmony with Divine Love. And now My Peace and Love abide with thee. Go forward and extend My Kingdom. Many are seeking the Light and I charge thee to supply the Light that has been given to thee. In the Name of the Father, My Peace abide with thee. Amen.

ADDRESS ALL CORRESPONDENCE TO WILLIAM KULLGREN, ATASCADERO, CALIFORNIA

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*Vol. 2, Orthotrophy, \$4.00;	"	
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Master Guide To Physical Perfection, \$3.00;		Some Human Ailments 3.00
Make Your Mind Build Health, \$3.00;	--Jackson--	How Always To Be Well 3.50
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*These Books are out of print; only one copy available.

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