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A MAGAZINE DEVOTED TO THE PROBLEMS OF HUMANITY

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VOLUME 8

MARCH, 1940

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This outstanding annual is now in its sixth year, and has a very wide circulation among enlightened people. This year, it is devoted largely to a combination of Pyramid and Biblical prophecies.

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Then comes "The Miracle Workers", in which he shows that so-called miracle workers are merely people who have knowledge of cosmic laws. We especially recommend this article to all followers of the Ballard movement. The next of his articles is "The Closing of the Bottomless Pit", based on the Great Pyramid, blended with Bible teachings.

Your Editor has an article, entitled "Our National Salvation", which contains a special message to those who believe in the Anglo-Israel truth, as given in your Bible. My point is that Israel too will suffer for her national sins, and that we must clean house.

Barry O'Kent, in "The Roaring Forties", gives us the astrological picture, a very worth-while article. Last, but not the least, "Revelations of Joseph the Prophet", by H. R. Bangerter, a Mormon. This article alone is worth the price of this issue. We are in full accord with it, for it is in keeping with the ideas we have held for many years, unaware that the Mormon church had been giving these teachings since its origin. I want to commend the author, and the publisher, Harry Gardener, for presenting this fine article. This article may be the means of saving your life during the coming upheaval. It dovetails in very nicely with the Robenoff Vision, in our October 1939 number, and with that of Phoebe Marie Holmes in the January 1940 issue.

At the close of the book, is one more splendid article by Mr. Gardener, entitled, "Millions Now Living Are Already Dead." This article ties in with the prophetic vision of Phoebe Holmes.

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Abraham Lincoln.

The Beacon Light - March 1940

CHATS

By the Editor

Today the entire nation of Finland is mobilized on a war basis. The nation has but one thought in mind, namely, to save their country. Every adult has offered his services to his country, men and women alike. All their resources, all their personal possessions, all are on the altar of service. And here in America the danger is equally as serious. America is torn with dissention, saturated with subversive individuals and groups, all with a selfish ambition and aim; yet the average American will tell you he couldn't afford \$2.00 a year for a magazine such as The Beacon Light, which is devoted to a patriotic educational program warning the nation that we are rapidly drifting toward civil war and chaos. These same individuals have money for useless pleasures. The news came over the radio that New York City spent 20 million dollars for New Years Eve celebration—which is another word or name for dissipation; and the estimate was that Los Angeles spent three million dollars on their New Years Eve celebration.

I am more than ever convinced that nothing but stark tragedy will awaken the American people. It seems as though we recognize only physical force and physical happenings. I am frank to say that I haven't very much hope that even The Beacon Light readers will put God and country before personal pleasures. Your Editor and his wife from the time they get out of bed in the morning till they retire at night have but one thought. We work 7 days a week including Thanksgiving, Christmas and New Year, because we have no interest in life other than the work we are doing—although I must confess we got reckless the other day and quit work at 4 o'clock and went out to dinner and a picture show; and this is the first time that ever happened, in fact it is one of the few wedding anniversaries I have spent at home. As we have said before many times, man has had his chance to right the ship, but this nation, today, is like a man in a

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canoe going down the river and approaching the rapids. Up to a certain point, he has the choice of turning back; beyond that point he is doomed. Today the point of demarcation is such that I sometimes wonder whether we have any choice in the matter left. The good Lord would much prefer that through the exercise of free will we return to His laws and program; but if we don't, or won't, then He most decidedly must take a hand; and when you see the mob break loose in your large cities, some of them destroyed by fire, sabotage and violence, and your coast lines invaded by foreign powers and your cities laid waste; I want you to remember the warning I have been giving you for the past 8 years. "My spirit shall not always strive with man." According to the Scriptures this is Judgment Day, and He is going to judge the nations; and don't forget that that includes America. Just stop to think for a moment. Every individual and every nation will balance their books, pay their debts, reap what they have sown. The sowing of seeds in America since the New Deal came into office alone, demands a terrible price. As the Protocol program is being placed into operation more and more, debts are piling up, taxes increasing to staggering proportions. Your reason should tell you that you are rapidly approaching a climax—and what a climax it will be. And yet, if every reader of The Beacon Light, and they are comparatively few in number, should take their job as seriously as do the Finns, in an effort to save America, how much we could do! But you haven't seen anything yet. Astrologically I note several dangerous points through 1940, any one of which could forever take the power from your hands so that it would be no longer possible for you to do anything except to bow to the mailed fist.

Let me tell you, we are on the verge of the most rigid dictatorship, as complete as any in the world. Of course, you will be told it is a wartime emergency, but it is nothing of the kind; it's merely the last act in the drama being played by the Synagogue of Satan to enslave and wreck America

My friends, you have just a few hours left, of Cosmic time; how much we can accomplish, only the good Lord knows. What can I say that will convey to you that America is on the verge of being a wilderness, cities laid waste, thousands, possibly millions lying dead? We told you, in Washington's Vision in Action, what the first act in the drama would be; and the Vision of Phoebe Holmes is a pen picture of what the last act will be. Don't you think that the time has come for self denial? That you should volunteer for service, instead of submitting alibis? Our paper, AMERICA SPEAKS, in the two

editions including nearly 40 thousand copies, we asked for volunteers who would put up \$100 a month. That plea went out to nearly 40 thousand people, and not one answer. Once more, let me repeat: If I could get 10 men to put up \$10 a month each to the end of the year, you would be surprised how much we could do. We in return would send out one thousand copies of AMERICA SPEAKS, which they would in turn distribute, 100 copies to each of ten workers who would pay \$1.00 and give out or sell the papers.

We ought to have ten times \$100. I am making one more plea. I may say that one by one the leaders are being forced to suspend operations; a few days ago the report came of another stalwart worker being forced to suspend his paper. I believe those who have sacrificed everything they had in the world to this cause will be protected during the coming slaughter. Have you earned protection? Not those who cry Lord, Lord, but those who do the will of the Father.

In addition to funds we need extra office help; there is work enough for four people but two are doing it, after a fashion. We can't offer you a salary, nor high living; just the plain, simple fare that we have, and a place to sleep. When hell breaks loose, it's going to be too late for any kind of an offer. When the blow falls, most of you will be stunned by the suddenness of it. As we stated many months ago, in the month of January we should be going full blast; this is near the end of January, and nothing in sight. To our key men, let me say that unless we unite and become powerful enough to make our influence felt, we are apt to find ourselves under lock and key, or driven to exile, or at least put out of business; muzzled. Can you not see the handwriting on the wall?

You don't hear of communist papers ceasing for the want of funds. Every time you go to the picture show you contribute to the communist war chest through the movie stars. The time for serious thinking is now, not when you are going over the rapids. Let me again remind you that your material possessions are going to be taken from you. The farmer is about the only one who will salvage anything, because the land in most cases can not be destroyed; but city properties can and will be. Remember the prophecy in our February number, and Phoebe Holmes' Vision in our January number. They are, in my opinion, true pictures of coming events.

Millions of people in America are ignorant as to the causes of our national distress. Have you done anything to tear the scales from their eyes? In many cases your next door neighbor has never heard you mention it. You did finely with the January number; but we have

got to work faster, and faster, and faster; it's a question of how much we can salvage now. Four years ago, in the 1936 election, we had a great opportunity, but we lost it; we just didn't take our job seriously. I am in touch with many group leaders, with various national parties, each suffering from the delusion that they are going to save America. In most cases there is one thing seriously wrong with their program; they have left God and the Divine plan out of their picture, and that's a serious omission. To you men, I would say, I don't care how well meaning you are, unless your program is in harmony with the Laws of God and the Divine plan for America, you are doomed to failure and disaster. Sooner or later there will be a wild scramble for the reins of government; but I believe the reins of government will fall into the hands of God-inspired men and women after the slaughter is over.

I am not so sure as I was four years ago, as to what could be accomplished, for man's time is almost gone, as indicated in the Pyramid, the Bible and the stars. I'll stick to my ship as long as I have the strength and the ability to do so; that's all I can do; but how about you? We were in hopes that we would have the funds for another edition of AMERICA SPEAKS, in which we would present a national party program, based on the laws of God. This is the program that will ultimately win, no matter what you and I do in the meanwhile. You may laugh it to scorn if you will; you may snicker, and say Kullgren's crazy. Well, that's your privilege; but I am here to tell you that this program is the only one that will win in the end, and I am going to stay with it. We probably won't cut much ice in the coming election if held, but at least I will have the satisfaction of sponsoring the plan that will eventually be put into operation.

This is January 24th, and I have just returned from a ten day trip through the south. It was a very strenuous trip; for the first few days, the city vibrations almost floored me. With such a heavy program I had to conserve my energy, but even at that it was an almost day and night job.

It had not been my intention to do any public speaking; but when it leaked out that I was in town, a group got together, and I talked for 3½ hours at the home of one of our subscribers. I must confess, I was all in the next day. Saturday night I addressed a group at the home of Dr. Cottam, 1017 South Arlington Ave. On Sunday morning I attended the service of the Rev. Record at Embassy Hall, with the intention of resting and enjoying the service; but he very gra-

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ciously asked me to give his congregation world predictions for 1940 in 10 or 15 minutes. Well, I gave them the high lights, and took 30 minutes; and as I walked out, a gentleman asked me to give a talk at the Garden Cafeteria on Figueroa, which I did. All my talks were well received, and good contacts made for The Beacon Light. I wish you could realize that the people feel all at sea; they are growing weary of man made programs and schemes, and want to know something about the laws of God as they pertain to man's wellbeing, physical, mental and spiritual.

For five years my good friend Harry Gardener has been asking me to give public lectures at one of the downtown halls; I may consent to give a few, but our days of missionary work are growing very few. I am back in harness, right up to my neck; but our work is badly crippled for the lack of finance. We have no money for another edition of AMERICA SPEAKS, but plenty of good material that ought to go out. Our subscriptions are coming in very well, but the rapid expansion calls for a considerable increase in finance; hence this trip, in an effort to make a few sales of merchandise to clean up the bills that have accumulated. It will take several hundred dollars to give us a clear bill of health again. We are giving away missionary literature to the tune of about a hundred dollars a month.

The picture ahead is not a very encouraging one. I haven't the slightest interest in the coming election, for if it is held it will be the same kind that Stalin puts on in Russia. Rest assured of one thing: You are going to have a rigid dictatorship in America. We told you, in 1938, in 'Roosevelt, Your Dictator', that that year was your last chance. The laws are already on the statute books, that will put you in a strait-jacket. These laws go into operation when a national emergency exists; and brother Roosevelt is going to see that an emergency does exist, because it will be of his own creation. All he has to do is to pass the word along to the boys, "Let her go"; and then, martial law. All newspapers and magazines devoted to exposing the Jew control of America will be suppressed.

Of course, even at this late date, if we could pour the literature out fast enough we could hold him back, just as it did when he wanted us in the European conflagration. Once again, I plead with you people who have money, to let loose of it, because it will be taken from you anyway; all wealth will be confiscated under the rigid dictatorship that now looks inevitable to me. Give me the necessary financial support, and I will show you some action, in the few months that are left. You are not going to save America right side up, no

matter what you do now, it's too late for that; but, we can lessen the blow considerably. The picture as I see it, according to the present trend, is, a national emergency ready-made, and a declaration from the President that a national emergency exists, bringing those vicious laws into action; and our F. B. I. operatives will be removed from their investigation of criminals and will be turned loose investigating patriotic individuals and organizations. The lid will be clamped down pretty hard and tight.

This will set Mr. Business Man to thinking; and when he has lost his liberty of action, and control of his business (because all business will be regulated—permits will be necessary to move from one place to another) then, he will want to do something. But he will not be the only one; the church people will at last wake up; yea, the man on the street. And after simmering and boiling and stewing for about a year, there will be a revolt; the people will rise up and slaughter their oppressors when they find that protests count for nothing. America will not be a very safe place for the Congressmen who gave Mr. Roosevelt his power nor will it be a very safe place for Jews and Communists to whom he passed on much of that power. Today there are thousands of Jews and Communists holding unconstitutional power, given them by Mr. Roosevelt. The workmen and the farmers have been impoverished by the fantastic schemes of Mr. Wallace and Mr. Hull; between them, they have forced millions of workers into the bread line—onto relief.

I am not advocating these things, I am merely interpreting things I see on the way. Of course Mr. Lewis's C. I. O. will help things along considerably, in fact the unions will be used as an instrument of bringing things to a head. Legitimate business has been strangled ever since the New Deal has been in power, because they knew they could not set up a dictatorship under normal conditions, the country had to be bankrupt first; and this they have already accomplished. Taxes have pyramded to the point of confiscation, and more are to follow. A total collapse is inevitable, simply because there were not enough God fearing men and women in America. Thousands of ministers are advocating things and policies that are contrary to the Constitution and to the laws of God as given in the Bible. As an example, both 'Ham and Eggs' and Technocracy call for abolition of your Constitutional form of government. They tell you it is necessary, for the good of all, to set the Constitution aside—the same old baloney. In other words, human progress has been set aside and

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America has gone back thousands of years, to schemes that have always failed.

No, friends, you can not save America all in one piece; but you can salvage considerable if you act immediately. France and England are also drifting toward a revolt; indeed I expect to see them do their housecleaning before we do. The Englishman and the Frenchman now know why they are at war, and they are not relishing it at all. The Hore-Belisha issue in England was a Jewish issue and nothing else. Sir John Simon, Hore-Belisha and the rest of the Jews started to raise a rumpus; they were going to raise heck with Chamberlain in the House. Chamberlain said All right, if you want to bring the Jewish issue out in the open, start your trouble and I will answer it; and he showed them why he was forced to make a change in the office of Minister of War. And immediately, Sir John Simon and Hore-Belisha and the rest of the powerful Jews in the House of Commons and through the press were telling the nation how much they loved Mr. Chamberlain.

The whole world is becoming conscious of the Jew control of world affairs; and you are going to see pogroms of Jews, not only in Europe, but in England and America, especially the latter. Already the Jews are not so cocky as they were; they are very jittery, and they know they have good reason to be jittery; because their racket is being revealed to the people, and Americans are tired of taking orders from Jews and Communists in key positions.

But more to the point, God Almighty is tired of it; and unlike you Americans He is going to do something. Most of you are talking about what should be done; but when the good Lord talks, He is going to talk in a voice of thunder that will shake the whole world. And the few Jews that are slaughtered by the mobs will be nothing compared with the slaughter that will take place as the result of tidal waves, earthquakes and storms. Friends, God has given mankind an opportunity, for the past two thousand years, to get back onto the path of righteousness. Man's time has practically expired; certainly 1940 is the deadline, for you will have no choice of action of any kind in 1941, '42 and '43, when most of the readjustment will take place.

Many of you who read this message have plans for the salvation of America. Well, it will not turn out the way you have planned it. The One Who runs and regulates this universe will beat you to it; and if you would survive, you must pull out of your large cities and get out **6 Copies of this issue for \$1.00—Circulate them among your friends.**

into the rural districts, and live in buildings that are quake-proof. Then, when the storm is over, those who have a knowledge of and are in harmony with the laws of God will be privileged to be the co-workers with Him Who redeemed this planet through the shedding of His blood two thousand years ago. He is going to set up His kingdom and rule. Yes, I know the sky-pilots will tell you that God is going to pick you up into the skies and you will reign there. That's the teaching of the theologian, not the teaching of the Bible. Even the Lord's Prayer says "Thy kingdom come **on earth**. No, friends, the Christ is not going to reign in the skies, He is going to reign on earth, and set up His kingdom here. And it is well worth the suffering of the next few years, to be privileged to be a co-worker with the King of Israel, Jesus the Christ.

While I have painted a dark picture about the immediate future, I want to remind you that the Scripture says, Rejoice, for your redemption draweth nigh. Mr. Roosevelt, Mr. Chamberlin, Mr. Stalin, Mr. Hitler, and Mussolini, will reign for a short time. Hitler's work is finished, and probably he will be the first to go. He did reveal to the world the Jewish program to enslave humanity; and in my opinion he will go down in history as a contributor to the welfare of humanity. He was a necessary evil, if you will; and I am sorry I can not say the same for Roosevelt, whose intentions were not like those of Hitler. Roosevelt loves power for its own sake, as evidenced by his astrological chart; Hitler wanted power that he might liberate the German people; and he would not only have liberated Germany, but the rest of the world, had he not been forced into the present conflict by Jew-controlled America, France and England.

We can not tell you exactly when the blow will fall, although our lunation interpretations will give you an idea, just as when we told you six months before it happened that the crisis in European affairs would be around September 1st.

Now in the few months that are left for us to do missionary work, and it's only a question of a few months, you can accomplish much. Again, we will renew our offer; we have a few thousand back numbers, including the following titles: Where the Jews Fail, the C. I. O., Communism Breaks in America, Labor Racketeers, and a few others. We will sell them to you at \$5.00 per 100 F. O. B. Atascadero. This of course is considerably less than they cost us to produce, but we realize the shortness of the time and we want them out before the dictator cracks down on all such material. Here is a glorious opportunity to obtain missionary literature, away below our

cost; and if you have substantial property interests you should be vitally interested, because you will either educate the mob to the real issue, or the mob will destroy you in their ignorance. The issue now is, educate your neighbor, for tomorrow you will be in mortal combat with him unless you convince him as to the real issue. You have left it rather late in the day, but while there is life there is hope.

Act now. We have the necessary ammunition ready to go to work; it is your privilege to get it into circulation.

I have painted the picture again and again; this time I am giving you the climax. Let me again repeat: that the voice of your leaders and prophets will be stilled, and you will be like sheep without the ram to lead them. In this literature offer, we are contributing by far the larger half, but we can not give you any special numbers other than those mentioned; apart from that you must leave the choice to us.

I expect to see a cracking down on all anti-Communist and anti-Jewish literature; so if you want books on these subjects for your personal library, you had better get them now, for I am quite sure they will not be available much longer. The Origin and Destiny of the Jews, put out a year ago, was the finest thing we ever put out. We have a good many copies of a re-print on our shelves, that ought to be out doing good work among our church people; certainly every minister should have a copy. We are making the following special offer on this vital piece of literature: We will send you 50 copies prepaid for \$6.00 or 100 copies for \$10.50. Or, we will give you an assortment of "Origin and Destiny of the Jews", "Where the Jews Fail", "Palestine and the Jews" and "The Hidden Hand of Judah", at the same prices. This is fine educational material on the Jewish question. Won't you act NOW, while the opportunity is still yours?

A FIGHTING FUND

Periodicals such as The Beacon Light can never expect to be on a self sustaining basis. We have earned our living, besides making up the deficit on the magazine, by selling merchandise. Now in our opinion we are in the last stage of our fight. Most of our subscribers are poor people, many on relief; but these people want to do missionary work, and we simply can't afford to give them the literature; we already give away more than we can really afford.

On the other hand, we have a few subscribers who could easily give \$100 to our missionary fund to supply those who will work with literature to hand out. We are making one last desperate plea to

those of you who can afford it, to supply the sinews of war. According to the present trend, you will be stripped of everything within the next two years; and our opinion is that you will be in a strait-jacket within a year. I have bankrupted myself, physically and financially, in this fight; and according to the advice of a specialist I should quit the fight and rest for not less than one year. Why not spend your money to help educate your fellow Americans, rather than let the politicians spend it for you a little later on—which they will? People are more receptive now than ever before, due largely to the Dies committee exposures.

Remember, I have sacrificed my personal ambitions and desires to stay with this work. I have turned down several propositions which would have enabled me to take care of my needs very comfortably until after the storm. All I am asking you (and I am not talking to the man or woman struggling to get by, but some of you could send me a check for a thousand and not miss it) is to help us to carry on. We have workers anxious to do the missionary work, but I can not afford to foot the printers bill. May we hear from you before it is too late?

THE LUNATION OF MARCH 8, 1940

This lunation gives Libra on the ascendant; this is a rather unusual chart, because of the grouping of no less than 8 planets within a radius of 60 degrees; therefore there are a number of conjunctions, and some of them very powerful. We have the grouping of the Sun, Moon and Mercury in Pisces and the 5th house, although Mercury's influence will be felt more in the 6th as it is right on the cusp. The Sun, Moon and Mercury are in direct opposition to Neptune, which is posted in the 11th house; and the 11th house represents Congress, which indicates some rather sensational and chaotic conditions in Congress; a lot of steam as it were will be generated. Even at that most of the activity will be under cover; strings will be pulled; votes will be bought; bribery will be prevalent. At least you will say there are no dull moments, either before the footlights or behind the scenes. The one word that will perhaps best describe it will be the word sensational.

With Mercury on the cusp of the 6th, and Neptune in the sign that rules labor, the Wagner Act and the activities of unions will be among some of the subjects for discussion; I look for an attempt to repeal or modify the Wagner Act, with this combination.

Jupiter in Aries and in the 6th house indicates tremendous preparations for war, on a scale never before seen, not even during the

World War; and we must not forget Mercury trine to Pluto, the latter in the midheaven. Our Chief Executive is planning more power for himself, and he will stand watching very carefully. Certainly he will increase the personnel of the army and navy in addition to what has already been done. I should not be surprised to see the nation put on a war footing before this month is out.

Another conjunction is that of Venus and Saturn on the cusp of the 7th; a great number of divorces, especially in view of the fact that Mars and Uranus are in the 7th and also in conjunction. And last but not the least, this Mars-Uranus combination is dangerous: T N T, and indicates, to say the least, a serious clash with some foreign power, which is more than likely to be Soviet Russia; at any rate we shall have very strained relationship with at least one foreign power, and a very serious danger of getting into war, especially in view of the indications of the chart of the United States for March and April.

To sum it up, this is a very highly inflammable chart; however we have the peace-loving Libra on the ascendant, indicating tremendous efforts toward peace on the part of the people, in fact I would say the people are pulling one way and our government another, for the latter are very definitely trying to entangle us in a war before election day.

This lunation gives something of a prelude to the dark days ahead; however, we should not kick; we brought Mr. Roosevelt and the New Deal into the picture by our indifference, and we are now paying the price—and we are going to pay a little more.

This conjunction of Mars-Jupiter in the 7th will draw attention very sharply to the nation's finance, or rather to the lack of it. Watch your papers when Mars crosses Uranus around the middle of the month; there will be considerable tension at that time.

Incidentally, there is a great similarity between this lunation chart and the chart of the United States, as far as the houses are concerned, with both having Libra on the ascendant; this lunation is exactly square to Mars in the U. S. chart, which by the way is posted in the 9th, additional testimony as to what we said about danger of embroilment in foreign affairs. Neptune, we also note, is now where it was in 1776: 24 degrees in Virgo; so the lunation is also in opposition to Neptune. Jupiter is exactly square to the Sun and in opposition to Saturn; and the Mars-Uranus on the cusp of the 8th house indicates many sudden and violent deaths.

Roosevelt

x

The lunation is exactly in opposition to Mr. Roosevelt's Uranus in

X the 12th, and sextile to Jupiter; and as Uranus is in the 12th of his chart, he is going to make some sudden, secret move, of an expansive nature, in connection with the army and navy; but you will not learn the details of same except partially; it looks like a move to aid some foreign army and navy, for his Jupiter is on the cusp of the 9th; so I am convinced that he is going to secretly violate the Johnson Act.

This Mars is right over Roosevelt's Neptune and square to his Sun posted in the 8th house, another indication of secret financial manipulation; but he is going to lose a powerful supporter by death. To sum it up, the chart of the United States and Roosevelt's chart have plenty of dynamite packed into them.

A Foreign Glance

Saturn has now very definitely entered Taurus, or will around the 20th. It will be interesting to watch the effect on Hitler, for this is right over his Sun; also the Mikado of Japan. This also presages a sorrowful time for Ireland during the next 2½ years, as well as for Poland. I look for a definite change in the trend of the present war. Saturn forms some tough aspects in the chart of the Third Reich. I doubt very much if the war will continue to the end of 1940; I look for a truce. In the chart of the Emperor of Japan, Saturn is in conjunction with not only his Sun but Venus; his prestige is at a low ebb, and there is much dissatisfaction throughout the land.

Italy is not in the war. Saturn square to the Sun and Mercury in Mussolini's chart, in the 6th and 9th houses, indicate considerable dissatisfaction with Mussolini's foreign policy.

In spite of Saturn over Hitler's chart, he is going to make some striking moves in the next few months that will increase his popularity; watch out for April and May in this connection. The indications are that he will make new allies; tap new resources. I look for Rumania to throw in her lot with Hitler at this time.

Conditions do not look so good for Russia, especially in April and May, as Saturn squares Neptune. The health of Stalin is not at all good. There are indications of a chronic condition.

Too Good

General conditions in the United States are going to be very good for the next few months, with a tremendous increase in sentiments for peace; so much so that I would not be surprised to see the United States act as a mediator in the present conflict. However, should peace be proclaimed, war will break out again within a year; but the fighting will be south and east instead of north and west.

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THE BEACON LIGHT—March, 1940
YOU AND YOUR ASPECTS
FOR MARCH, 1940

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Venus conjunction with Saturn around the 6th indicates considerable sickness; and many divorce cases, as it falls in the 7th of the lunation chart.

On the 9th the Sun is in good aspect to Jupiter and Uranus, a rather active period; but be very careful of any investments made at this time—Venus square to Pluto and still in orb of a conjunction with Saturn.

There is likely to be considerable rain this month, especially around the 14th when the Sun opposes Neptune; and a great deal of sickness. On the 16th Mars conjoins Uranus; dramatic and sensational news. See our lunation reading. One needs to be very circumspect in their actions; much violence, and a crime epidemic are indicated. There will be many suicides, especially the first half of the month; much above normal; and many sudden deaths around the 16th.

The 20th to the 24th is the best period of this month for general activities as there is a grouping of constructive aspects. An epidemic of sex crimes is indicated around the 25th; and be careful of Utopian schemes of getting rich.

There are fine spiritual vibrations around the 29th.

Venus and Mars transiting Uranus this month will have a far-reaching effect on the natives of the four fixed signs. Venus forms a conjunction on the 25th and Mars on the 16th; this will particularly affect those born around February 8, May 9, August 8 and November 10. To some it will bring sudden and unexpected changes, the type of change of course depending on the individual's own chart. If the Sun at birth is well aspected the change will be good. Young girls need to be very circumspect if their birthdays fall on any of these dates, or they are likely to get themselves into a very unpleasant situation. All restraints will be thrown to the winds under this influence.

To some it will bring accidents, through unwise action, that is, recklessness. Remember, the stars incline, but do not compel. One redeeming feature is that these conjunctions will form a trine aspect to Neptune, and will be especially beneficial to those born around 1884 and 1885 when Uranus and Neptune were in trine aspect, as they are now.

SPECIAL: One only \$55.00 R Y P Juice Extractor, New, for \$50.00 cash, F. O. B. Atascadero. If you want it, you had better send your order by wire or air mail.

THE LAWS OF HEALTH

The longer I live, the more I am convinced that in most cases of sickness the road back to health is a very simple one; and that in even the difficult cases, natural living from infancy would have prevented such illness. Briefly, if you are sick, the road back to normal health consists of obeying the laws of God, or Nature. And you will be surprised how much information you can get from your Bible regarding the laws of health.

It is quite evident, from the Scriptures and from the study of man, that we are not intended to eat meat; we are not carnivorous. I was convinced of that fact back in 1909, at which time I became a vegetarian, to which practice I held for 25 years—and then allowed some of my doctor friends to persuade me that I needed meat. I was under a terrific strain at the time, and the worst thing I could have done was to put putrefaction into my system. My progressed Moon was passing through my 12th house, the house of self undoing, and the animal sign of Leo was on the progressed ascendant—this for the benefit of astrological students.

When I adopted the raw juice therapy, I was convinced beyond the shadow of a doubt that eventually I should go back to a vegetarian diet; not only that, but to raw foods. My breakdown jolted me into action; for two months I had nothing but raw juices and rest, and was then able to be around and do some manual labor. This, I think is good testimony for the raw juices, and was a good foundation for the treatments I received from Dr. Cottam four months after the stroke; because no matter what treatments you receive, the diet is of supreme importance. Dr. Cottam concurs with this opinion.

Now the laws of Nature, briefly, are to keep the body clean, inside and out; outwardly through bathing, inwardly through clean food. By that I mean avoiding foods that cause putrefaction, i. e., dead foods. This applies especially to meats, because this putrefaction poisons the whole blood stream.

Now I do not believe in drastic changes; I believe in the vegetarian diet but I don't believe in jumping from A to Z in one act. Drop off your meat eating gradually, even though it takes a whole year to make the change. Eliminate pork, veal and beef from your diet at once; this still leaves you mutton and lamb, besides poultry. Dr. Empringham told me that by laboratory tests they could tell when the patients eat only one big meat meal, because of the increased bacteria in the colon, which is revealed in an urine analysis. Even the above restricted meat diet should not be indulged in more than once

a week. In many cases, this alone will bring considerable improvement, especially if in conjunction with the raw vegetable juices, which incidentally must be drunk when first extracted. Here, you have natural foods, less the starch and glucose, so it is better than eating the straight raw vegetables.

DIET: Briefly, diet, or the food you eat, is one of the most important factors in health. The man who raises turkeys or chickens is very careful of their diet; even the hogs today get special consideration in the matter of diet; the up to date farmer today is careful of the diet of all his livestock, and he is equally concerned about the feeding of his crops, by putting the right elements into the soil. He analyzes the soil, and then supplies the deficiency. But, when it comes to the human family, anything goes.

You read a lot in the papers today of men and women dying suddenly, of heart trouble. They really die of a poisoned blood stream, which eventually attacks the heart; and while the death is sudden, the cause has been going on for many years. Putrefaction in the bowels and intestines has poisoned the blood stream, and this was caused by wrong diet.

But meat is not the only cause of putrefaction. Alcoholic drinks stimulate the appetite so that we eat more than we need; and the result, putrefaction. Incidentally, tea, coffee and cocoa are not foods, but are all very detrimental to health. White bread, white sugar, polished rice, are just other names for carbons; they are dead, devitalized foods, the life element having been removed. You know how carbon reduces the efficiency of the motor of your car; well, these carbon foods produce the same result, they cut down the efficiency of your motor, your body. If you want to prove that, just eliminate these foods from your diet for a month, and see the improvement; or even a week will convince you. Eliminate all sugars, starches and meats for a week, and see how much better you feel. Of course, natural sugars, as honey and that in fruits, are all right. Also, eliminate the mucous producing foods, milk, butter, cheese and eggs, especially if you suffer from asthma, hay fever, catarrh or perpetual colds. In their place, drink all the raw juices you can comfortably handle. I drank a gallon a day, with nothing else, at the start; and you can do heavy manual labor on juices alone. I know, because I have done it. Why not? It's natural food, with no starch or glucose to clog you up. We suggest drinking from 1 to 2 quarts of juice a day, and at night a salad, which can be varied each day; and, un-

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til you are convinced, dissipate for one meal a month, eat what you want, and then see the reaction. It will convince you much more quickly because of the disagreeable results. The average adult does not need more than two meals a day; the excess decays and poisons the system.

EXERCISE: Another important law that is ignored, is exercise. Exercise stimulates circulation, and circulation is the real feeding of the body. And of all the exercise I know of, I know of none better than walking, unless it be swimming. Walking not only benefits one physically, but it has a benefic effect on the emotions and the mind. Nervous, emotional types especially need a good, brisk, deliberate walk every day. Note the policeman on the beat, with his calm, deliberate step then see the little, mincing steps of the nervous type; you can tell a man's temperament by the way he walks.

If you don't know how to walk, get a copy of Macfadden's book, *The Walking Cure*, it's only 50 cents; it will help to straighten out quite a few kinks.

Incidentally, very few people know how to walk; of course, they think they do. A good, brisk walk sends the blood to every cell in the body; and I know of no better cure for cold feet. It forces you to expand your lungs—a good preventive of T. B. You see, having rich blood is not enough, it must circulate; therefore we all need exercise every day. By the way, you can't indulge in a healthy walk with a 4" high heel; 1" should be the limit of a heel on a shoe. Many women are nervous wrecks because of their high heels, for the whole body is thrown out of alignment, especially the organs in the pelvic region.

Dress warmly, but remember your body needs air; every pore in your body breathes; that is it should, and would if you will let it, and throws out poisons, if the pores are not clogged. The next time you are worried, take a good, brisk walk of a mile or two, and see how it straightens out the kinks in your mind as well as your body; or if you feel mad at someone, walk it off. Walking is a valuable safety valve, but in these days of motor cars we are afraid to walk a block. I doubt if I should have survived, had it not been for my love of walking, all my life. I have had many a hike of 20 and 25 miles, and on one occasion walked 40 miles in one day—not exactly from choice, I was broke, and had to get somewhere to remedy the situation. Yes, I know what the bottom of the social structure is like; I

BREATHING. Here is another fundamental law that is ignored—and I have been a great sinner in that respect, and I don't think I have quite gotten religion yet. The body needs oxygen, and to get it

one must breathe deeply. The Hindus say the breath is the life. Part of the benefits of exercise, especially of walking, is the fact that you are forced to breathe more deeply. If you want to know about correct breathing, Phoebe Holmes has a book on correct breathing which sells for 50 cents; it is entitled "Scientific Rythmic Solar Plexus Breathing."

CIRCULATION: Many people suffer from poor circulation. In addition to exercise and deep breathing, I am satisfied that correct shoes play a very important part in circulation. Have the shoes fit the feet, instead of trying to have the feet fit the shoes; something rather soft—pliable leather, not a strait-jacket for the feet. And I am a firm believer in cork insoles in every pair of shoes, for two reasons; they are an insulation in cold weather, and help to keep the feet warm; and second, a lot of poison is thrown out through the soles of the feet, which accumulates in the shoes, making them foul and unwholesome, but cork insoles can be replaced every few months, and they only cost 10c a pair, and besides that they save wear and tear on your hosiery.

In the summer time, wear low heeled sandals; if the circulation is poor wear woollen hose, changing them frequently; every day is not too often. In the summer time go without socks entirely and let the sun get at your feet; you will be surprised if you practice these suggestions regarding foot treatment, at how it will help your general health. Cold and wet feet are dangerous. In the summer time go around barefoot as much as possible, and see how that increases the circulation, especially if you sit in the sun.

SUN BATHING: I think it is a very good thing to expose the body, especially in the summer time, to fresh air and sunshine; but cover the head from the hot sun. This is a wonderful aid to circulation. You will find a book on that subject listed among our health books.

ELIMINATION: No matter what regime you carry out, unless the elimination is perfect you will not get satisfactory results. Your body is like the furnace; the ash pan (bowels) must be kept clear of refuse all the time or the fire will not burn. If the poisons are not thrown off every day they are absorbed back into the blood. Most people think that if they have one movement a day that is sufficient; there should be an elimination for every meal you eat. A colonic irrigation is the quickest way to clean out the bowels, especially in case of stubborn complaints such as arthritis, rheumatism, etc., or in fact any trouble of long standing.

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Then again most people do not realize that elimination is not only through the bowels; much waste matter is thrown off through the kidneys, then into the bladder. The urine of a person near death will more than convince you of this fact; it is vile in odor and color.

Then again, every pore of your body is used to throw off poisons, and every time you breathe, you throw off carbonic acid gas—poison. So you see, frequent bathing to keep the pores open is necessary, enough liquid to enable the kidneys to function normally, and a good brisk walk to stimulate the breathing.

REST AND RELAXATION: That's where the average person falls down, especially those who have heavy responsibilities on their shoulders. I must confess this is where I have fallen down badly. Don't do as I do—try to work the clock around; that's been a lifelong habit of mine, and of course was the chief reason of my breakdown. But anyone engaged in missionary work as we are, is bound to be over-worked; that is why about every anti-Communist worker in the field that I know of is a physical wreck—and there are mighty few exceptions. But the laws of God are so exact that they make no allowance for the fact that you are working for humanity. An infant places its hand on the hot stove, and it burns; in other words, laws work automatically, and ignorance of the law does not excuse you. My average working day is 14 hours, and before my breakdown it was considerably more; I hate to tell you what. And it's a 7 day week, another violation of the laws of God; but it's the only way we can continue to deliver The Beacon Light to you each month. We would need to double our present circulation to afford to pay for extra help; but we dare not let up at this crucial hour, the zero hour is close at hand.

Nevertheless, normal health calls for relaxation, one day of rest in seven. Never work when fatigue has set in, for we build up toxins very fast when fatigued. However, I do find that since taking the raw juices I do not tire as easily.

Before this year is out the strain will be so terrific that you will need your health; and the strain will last for several years; therefore get busy, stock up your health library, and go to work on it. And above all, get yourself a good juice extractor and use it. I would not sell my juicer for a thousand dollars, or even ten thousand, if I could not obtain another. So, with all your getting, get juices, not less than a quart a day. Cut down on the foods that clog and poison your system.

Remember, the most important event in the history of the world is close at hand. The Lord's prayer says "Thy kingdom come on earth

as it is in heaven"; well, in the very near future that event will take place. Of course, the sky pilot says the kingdom of heaven will be established in the skies; that's why I call them sky pilots. The physical plane is the battleground of the soul, and the kingdom of God is going to be set up on earth; and Jesus, the Christ, will reign as king, and the stage is all set for His Second Coming. And when you see the armies of the various dictators drive on Palestine, that's the signal.

Oh, yes, I know many metaphysical schools teach otherwise, but I am not concerned about what they teach; most of them are ignoring the Bible. As one metaphysical teacher told me recently, "I never read the Bible because I haven't time." Well, she claims to be teaching esoteric Christianity. The Bible is the only book that contains the blue prints of the Kingdom message; and if you don't know your Bible, you don't know the program that lies ahead. The Kingdom message is a comforting message, one of hope.

But to return to the subject of health: You are not going to be in at the wonderful climax, unless you take better care of your physical body. All the laws of health are in your Christian Bible, in the Old Testament, the book that many professing Christians ridicule and despise. You can't understand the New Testament unless you know the Old; and the Jews didn't write it, there were no Jews when most of the Old Testament was written.

PREPARATION: So you see from the above that there are many laws which govern health, and that it is necessary to observe all these rules or laws. Inasmuch as during the next few years we shall all be under a tremendous physical, emotional and mental strain, we shall need perfect health to endure it. We suggest that you begin to accumulate books on health; books that cover the different departments that we have mentioned. Get one a month during the next 12 months. Remember that when the storm breaks loose these books will not be available, with our large cities destroyed by mob violence, sabotage, warfare and earthquakes; get them while they are still available, don't put it off until it is too late.

Last year we told you that 1939 was the great year of preparation; even this year of 1940 will be too late for many people, and the conflagration now raging in Europe will eventually reach our shores, believe it or not. When the source of manufacture, of books, and clothing, and other necessities, is destroyed, money can't buy them; and that's the situation you are going to be confronted with in the not far distant future.

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We suggest that you associate yourself with a few kindred souls, and jointly make your preparations for the siege that lies ahead. Choose a leader, a man or woman well poised, with broad mind and sympathies and plenty of tolerance; one who is a disciplinarian, for the safety of the group depends to a very large extent upon discipline—although when we follow our higher self we discipline ourselves, but most of us are dominated by mortal mind, third house instead of the 9th.

Reading these warnings will do you no good unless you do something about it. Many people I talk to agree with me when I tell them these things, but they seem to think they have all eternity in which to make their preparation. And, by the way, all the physical preparation in the world will avail you very little unless you comply with the rules of the game; in other words the laws of God. Individually and nationally we must repent of our sins of omission and commission and begin to obey the law. Only through obedience to the laws of God, not by emotional gymnastics, can you be saved.

I am giving you a list of what I consider the most essential books on health. If you are an astrologer, or even a student, by all means get a copy of Dr. Cornell's **Encyclopedia of Medical Astrology**; there is no substitute for it, and it is worth its weight in gold.

Toxemia Explained, I have repeatedly said, is invaluable, and perhaps one of the best fundamental books on health ever written.

A New Health Era, by Dr. William Howard Hay, is a good close second.

Am I A Physician Or A Criminal? by Dr. Schreier; the author has again been arrested.

Vital Facts About Food, by Otto Carque, the best book of its kind ever printed, and the best value for a dollar of any book we have in stock on the health subject.

The Doctor Prescribes Colors, by Dr. Edward Podolsky, is very good, and fills a need.

The Grape Cure, by Joanna Brandt, is in a class by itself.

Intestinal Gardening, and **What to Eat and Why**, by Dr. James Empringham, are a liberal education, especially for doctors who know little or nothing about bacteriology.

Raw Vegetable Juices, and **Diet and Salad Suggestions**; those two go together, and there is no substitute for them.

Know Your Groceries, by Frederick B. Humphreys, is especially good; as is also,

6 Copies of this issue for \$1.00—Circulate them among your friends.

Exploding the Germ Theory, by Stanford Kingsley Claunch.

You will find enclosed with this issue a circular from the Norwalk Laboratory, in which you will find an extremely valuable book, **Food and Nourishment for the Human Body**, by Dr. Walker. We will review it later, as we lack space now. And don't forget a copy of

Craniopathy, by Dr. Nephi Cottam, especially you doctors, no matter what school of healing you belong to.

We have given you a list of fifteen books; if your finances are restricted, get one a month, but get them.

Here is a special offer on health books: Smoking Without Injury, The Newer Knowledge of the Body, abridged edition of Intestinal Gardening, and The Truth About Alcohol, \$1.25 value, all for \$1.00.

LETTERS FROM OUR READERS

From a former subscriber:

"Please send me the December issue of The Beacon Light; also advise if it would be possible for me to get back numbers, and how much for 12. I have a few friends around me who are at last awakening, and one of these suggested that we pool our small donations, and get literature for distribution. For the past year I have not been financially able to do very much, but the few pieces of literature that I have are worn threadbare, and I find that people are more awake now to the truth than ever before.

I would appreciate your opinion on Mankind United. I do not want to misjudge any movement that is for the betterment of society, but I have never had any faith in Mankind United. I also see in the various co-ops now being set up, a bloodless revolution, and one that will put Red Russia in power here."

In answer to the above; we have about 200 copies of 1936 and 1937 issues, such as Labor Recketeers, Communism Breaks in America, the C. I. O. and a few others. While they last we will sell them at \$5.00 per 100 f, o, b, Atascadero. In view of the revelations of the Dies Committee, these numbers are more timely now than when they were first put out.

Here's a glorious opportunity for those of you who want to do missionary work at a minimum expense. We also have about a thousand copies of No. 1 and No. 2 AMERICA SPEAKS; while they last, \$1.00 per 100.

This writer asks about "Mankind United". We devoted a special article to this in the June 1938 issue.

Unless patriotic Americans do a lot of missionary work in the next few months, they will lose their opportunity for all time. Only an awakened citizenry will prevent the administration from completing their program. The first step will be to muzzle and suppress those who tell the truth.

From Arkansas:

"Here is my subscription for one year, and a dollar extra for a copy of The Beacon Light and AMERICA SPEAKS to the following persons:

Hope you are improving each day in health, and will soon be your own old self again. I do enjoy The Beacon Light; am sending a clipping on the Ballards. Well, I can't do without such good reading as Beacon Light, you seem to be hitting the nail on the head in each issue. More power to you."

Incidentally, the Los Angeles press reports the death of Guy Ballard on Dec. 29th, of a heart attack. Of course, he has made his "ascension"; how remarkable. Everybody ascends when they cast off their physical body; but Ballard won't ascent high enough to do him any good, for a long time to come. He is doomed to many years of pugatorial experience on the astral plane, where he will suffer the tortments of hell until purged of his evil nature. I wouldn't care to be in his place.

BOOK REVIEWS

CRANIOPATHY: By Dr. Nephi Cottam.

It is said there is nothing new under the sun. Well, perhaps so; but how many of you know anything about Craniopathy? I must confess I was very skeptical when I first heard of Dr. Cottam and his new system of Chiropractics. All my life one of my shoulders has been about an inch higher than the other; in one treatment he brought both sides to the same level. s

He urged a course of treatments; this was about a year before I had the stroke. As soon as I was able to drive my car thereafter, I drove down to see him again. I took three treatments; after each treatment there was a perceptible improvement of the distortion of the face. He urged me to remain there for a week or ten days, and promised to complete the straightening out of the face. Conditions made it impossible for me to do that if the magazine were to continue; but as soon as the copy for March is completed, I am going down, and will spend a week.

Dr. Cottam has gone into insane asylums, and cured patients in one treatment. He is anxious to pass on this knowledge; to this end he has written the book Craniopathy. In this volume he gives numerous instances of cases that no school of healing, including Chiropractic, could touch, in every one of which he was able to give relief. These include insanity, obsession, chronic headache trouble that was apparently not related to diet, and subnormal children; in one case a cannibal boy who killed and ate the pets they gave him. After one treatment he became normal, and became an unusually bright scholar.

Dr. Cottam has proven, beyond the shadow of a doubt, that in all these cases the brain is crowded. Women who had an unusually hard time at childbirth found delivery natural and normal without danger or trouble.

His theories and philosophies should appeal especially to the astrologer and the occultist, for he states that your head is the power plant, and that if the brain is compressed, as it is in almost every case to some extent, we are below normal, as it affects the whole of the body.

I am more than convinced, from the four treatments I received, that Dr. Cottam's discovery is the most marvelous one of the age. It was a jolt to me to know that one's head could be expanded from $\frac{1}{4}$ to $\frac{1}{2}$ inch in one treatment; this he proves by measuring the head before and after. He said, "Had you come to me before your stroke I could have warded it off." My hearing has improved, although I believe the juices have played a big part in this also. I have a brand new hearing aid, which I purchased before I had the treatments, which I will give to someone who has need of one but lacks the money to purchase one.

I urge everyone in the healing art, whether M. D., Chiropractor, Osteopath or Naturopath, to get a copy of Craniopathy, and go out and be a blessing to the world by practicing the philosophy that Dr. Cottam is teaching. On my last visit, he said, "Mr. Kullgren, I can make big money if I keep this to myself, for there is no substitute for Craniopathy; but God gave me this knowledge to pass on to a suffering world, and this I am anxious to do as soon as possible." I said, "Doctor, as far as I am concerned, I shall do my part to spread the gospel."

Craniopathy is not everything, but it is a very vital link. Get the book, and if you are a Doctor, take his course for professional men; in fact he has one for masseurs and nurses. The price of the book is \$2.00; and if you don't become enthused after reading the record, then your head needs expanding, because there is a lack of intelligence.

DIET AND SALAD SUGGESTIONS:

By our good friend Dr. N. W. Walker—who holds more Doctors Degrees than any other Doctor I know of, although he modestly calls himself a Doctor of Science, which indeed he is.

This is a splendid companion book to Raw Vegetable Juices, which he also publishes. I am indeed glad to receive a review copy of this book, because it answers so many questions that are asked of me. I predict that this will be one of the fastest selling books in our health section, because it really fills a need. It contains 100 pages; price 50c.

6 Copies of this issue for \$1.00—Circulate them among your friends.

BOOK REVIEWS

KNOW YOUR GROCERIES: By Frederick Blaine Humphreys.

I have enjoyed reading this book, because I recognize in the author a kindred soul. When he says, "Know Your Groceries", he means exactly what he says; in other words, know the food values of the foods you put into your system. He tells you the price he paid for not knowing his groceries.

The writer is evidently a very good Bible student, for he quotes considerable scripture to bring out his points. In essence he says the Bible contains the laws of life in all its branches, including the laws of health through natural living. Of course this is logical.

He states that at the age of 50 he was a premature old man; after which he discovered that the road to health was through the raw food diet. At 58 he ran a race with an 18 year old champion runner, and beat him.

I used to think that those who advocated raw food diet were extremists; but the remarkable results of the raw vegetable juices set me thinking. Only a few months ago I was told I must rest for five years; but, rest and 2 quarts of juice daily, while not effecting a full recovery, has done marvels for me. I do not live entirely on raw foods, but I am definitely headed that way.

By all means get a copy of Know Your Groceries; the book is worth its weight in gold to any sick person providing they carry out the suggestions made therein. Price \$1.00.

EXPLODING THE GERM THEORY: By Stanford Kingsley Claunch, M. D.

This is a fine companion volume to the one recently reviewed, "Am I A Physician or a Criminal?" Dr. Claunch emphasizes the same points that Dr. Schreier made. (And by the way, if you did not get a copy of the latter, do so; it should be in every home in the land.)

Dr. Claunch states that the germ theory is a false superstructure on a false premise, and then proceeds to prove his point; and like Dr. Schreier, he quotes medical authorities. I was somewhat shocked to find out there is no such disease as Syphilis. He quotes Dr. Herbert M. Sheldon, of San Antonio, Texas, whose book proves that the medical trust is fully aware that syphilis is a myth. He further states that deaths charged to syphilis should be charged to drug poisoning. Price 50c.

A NEW HEALTH ERA: By Dr. William Howard Hay, M. D.

There is a great similarity between this book, and "Toxemia Explained", by Dr. Tilden. Both men are M. D.'s. Dr. Hay, like Dr. Tilden, practiced medicine for over 40 years. In the first few pages, he certainly asks some very embarrassing questions of the medical profession. For instance, when doctors can not agree, does it not seem that there is something radically wrong with the whole conception of disease? Then he speaks of certain specialists whom he knows; one is a rheumatism and arthritis specialist, yet he and also his wife suffer from the same disease. The second one specializes in digestive troubles, yet he and practically every member of his family suffer from digestive disorders. And finally, after a breakdown in health, the author discovered that he knew as little as the rest of his colleagues as to the causes of disease; and like the rest of the pioneers, he began to experiment on himself. An M. D., once he discovers that natural living is the way to regain health, can do a very good job along educational lines, because he knows both sides of the picture.

Among the many subjects discussed, are chapters on the history of medicine, what is health, how do we depart from health, the effect of food on the mind, the great American disease, and correct eating habits; altogether, over 200 pages of extremely valuable material, a book that we can thoroughly recommend.

A man recently told me that he couldn't afford 50c for a copy of Raw Vegetable Juices; I tried to sell him a Juicer. I discovered that he had paid over \$300 to his doctor in one year for his family. He is not the only one.

Why not build up a health library of books that tell you how to live? The price of this volume is \$2.00, but the contents are beyond price.

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THE BEACON LIGHT—March, 1940

BOOKS YOU SHOULD READ

HEALTH STUDIES

Encyclopaedia of Medical Astrology	-	-	Dr. H. L. Cornell	10.00
Medical Mussolini	-	-	Morris A. Bealle	3.00
Food and Nourishment for the Human Body	-	-	Dr. N. W. Walker	2.50
Astro-Diagnosis	-	-	Max Heindel	2.50
A New Health Era	-	-	Dr. William Howard Hay	2.00
Craniopathy	-	-	Dr. Nephi Cottam	2.00
Toxemia Explained	-	-	Dr. J. H. Tilden	2.00
Better Eyes Without Glasses	-	-	Bengamin Gayelord Hauser	1.50
Am I a Physician, or a Criminal?	-	-	William Schreier, N. D.	1.25
Vital Facts About Food	-	-	Otto Carque	1.00
The Doctor Prescribes Colors	-	-	Edward Podolsky, M. D.	1.00
Health Through Natural Forces	-	-	Dr. John H. Dequer	1.00
Building Health and Youthfulness Nature's Way	-	-	Paul C. Bragg	1.00
How to Sun Tan for Health and Fun	-	-	Allen Klein	1.00
Why Let Them Die?	-	-	Wm. H. Colborn	1.00
The Grape Cure	-	-	Joanna Brant	2.00
Intestinal Gardening	-	-	Dr. James Empringham	2.00
What to Eat and Why	-	-	Dr. James Empringham	2.00
Abridged Edition, either of above	-	-	Dr. James Empringham	.25
Smoking Without Injury	-	-	Dr. James Empringham	.25
The Newer Knowledge of the Body	-	-	Dr. James Empringham	.25
The Truth About Alcohol	-	-	Dr. James Empringham	.50
Super Diet, or Food Perils	-	-	Bonnie L. Fisher	.50
Medicinal Value of Natural Foods	-	-	Dr. Graves	.50
Raw Vegetable Juices	-	-	Dr. R. D. Pope	.50
Diet and Salad Suggestions	-	-	Dr. N. W. Walker	.50
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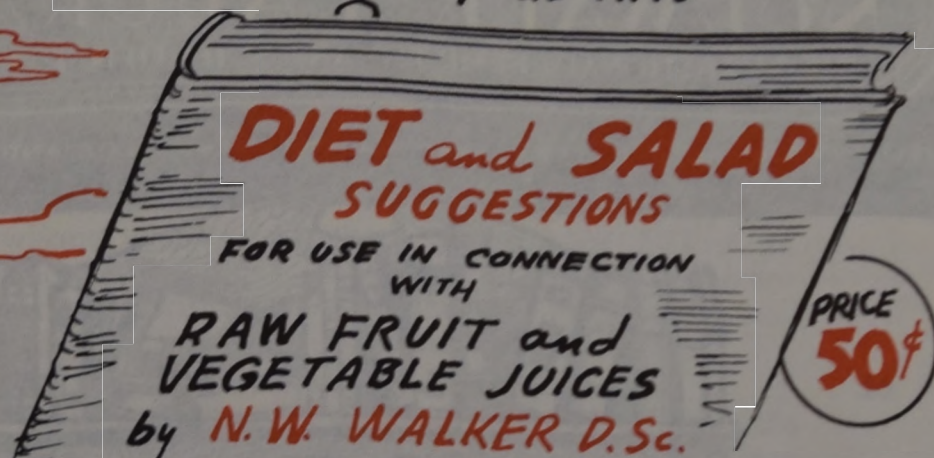
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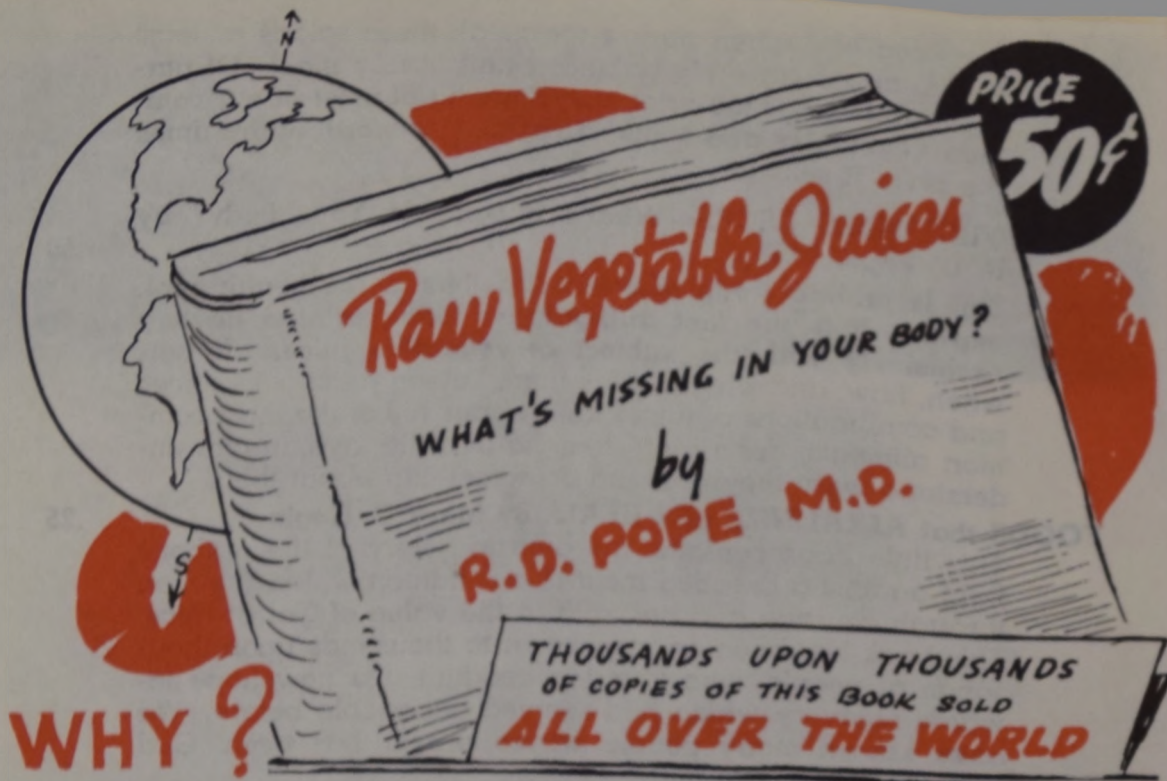
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MEDICAL PERSECUTION

In the December number we reviewed a rather startling book, by Dr. William Schreier, entitled, "Am I A Physician Or A Criminal?" The author was then on trial. The letter below, written by him on October 30th, is rather revealing; so we asked him to write up the story; and on January 18th he wrote us the second letter. Here are his letters:

New York City, Oct. 30, 1939

"Dear Mr. Kullgren:

Am certain that your experiences with the medical profession confirm my opinions relative to their assumptive attitude of invulnerability.

I was sentenced to serve four months in jail, and was accorded similar treatment to that given to any recidivistic criminal and many of the more serious types of criminals. There is so much I could say about this travesty of justice, and the ridiculous treatment of political and petty criminals in some institutions by the prison institutions.

If you care to have it, I'll write a little story of my persecution and period of incarceration.

Thanks for forwarding the 3 copies of your back numbers. Read with interest the story "Railroaded" that you referred to. Unfortunately, the men in power are the ones who should be condemned instead of the sincere private citizen.

In my own case for instance: The prosecuting attorney is now under indictment for protecting the abortionists, which I specified on page 146 of the book, that he was doing; and one of the judges died two months after my case, and his obituary stated that he was an employee of the State Medical Society.

. . . Hoping that some people may avoid unnecessary mutilation at the hands of the medics through our co-operative efforts. I am,

Yours for a worthy cause, Dr. Wm. Schreier."

New York City, Jan. 18, 1940

"Dear Mr. Kullgren:

A sorry note to you. The medics are so phoney that instead of condemning the book if they have any grounds, which of course they don't, and are afraid to do, they have again apprehended me as well as my employer, Dr. F. R. Geyser, who is a duly licensed and registered physician in the state of New York, for the past 31 years; the grounds being that he is guilty of conspiracy, and once again they have had 3 spotters in the case. The names of the spotters are Mr. La Mothe, Mrs. Middleton and Mrs. Johnson.

Actually, I have been employed by Dr. Geyser and acted as his assistant.

In reality, they have no case, but of course in persecuting us they spend the taxpayers' money, but we have to spend our money in order to defend ourselves, so that in case we are fortunate enough to obtain a fair trial and win, we still lose because of the adverse publicity and the expenses incurred.

We have our hearing tomorrow, January 19th, and I believe it is best to wait and see what happens before writing up the first case of persecution; as I think the complete story with the second case will make more interesting reading.

Until you hear from me again, I hope for the good of the public that Dr. Geyser and myself are liberated.

Yours for a possible fair trial, Dr. Wm. M. Schreier."

It seems to me that the time has come for the medical profession to purge itself of the vicious Jew control, for in practically every instance we find Jews in the picture. In fact, the time has come for every organization in America to root out the Jews, who insist on their un-American, un-Christian methods of doing business.

Christian patriots are being crucified throughout the United States. Practically every mail brings the story. In Bend, Oregon, the Editor

of The Free Press is facing trial on a trumped-up charge. One of our readers in Los Angeles was selling The Beacon Light down town, and a Jew complained to the police that it was un-American, and asked for the person's arrest. So much for Jewish 'tolerance', which they talk so much about.

Again I say, only a vigorous educational campaign immediately can save America, for the majority of the people don't know what it's all about. In this connection, you of the healing profession should read "Medical Mussolini", which we reviewed some time ago. Don't forget, eventually they will come to you; don't wait until that day comes. The following is an extract from a letter from a doctor to whom we sent a copy of Dr. Scrheier's book:

"Dear brother Kullgren: Thank you profoundly for the gift of AM I A PHYSICIAN OR A CRIMINAL?" After examining its pages, your correspondent is fully convinced that it will make some very absorbing perusal matter. In fact it is a most pregnant subject. Personally, much of the subject matter is known to be factual, for one can not engage in some phase of the healing art without being soon faced with sordid realities originating at the Yiddish font of the world's greatest trade regimentation racket.

Several years ago, this writer attended the National Convention of the Council on Physiotherapy; whereupon it was discovered that practically all of the "authorities" who had been hatching out the "recognized" scientific articles on the subject were of the circumcized cult, despite the fact that many of the doctors wrote under Gentile names. Practically all of the officers were also of the race of A-Bram (No-Brahmin), and out of some four hundred doctors present, the flagless gentry had it by more than ten to one. They, the said gentry, took over the show and exercised much priestcraft in conjunction with all techniques—the big idea apparently being to frighten the "ethical" Goyim present into believing that very expensive equipment was needed in order to put over such procedures as promised substantial returns. Naturally, it being assumed that only those of the "chosen" could afford to have and hold said variety of peak priced stuff."

The life of Jesus was a challenge to the Jews; if you don't believe it, read "The Origin and Destiny of the Jews", and what He had to say about them. If the Bible is to be believed, the Jews can not win, or in fact any evil doer, be he Jew, Gentile or Israelite. And the Israelite nations today are owned and controlled by the Jews, which condition they have permitted by indifference. Britain, of course, is the worst sinner in this respect; therefore I expect the dismemberment of the British Empire as today constituted.

Arise, you Christian patriots, and do your duty as Christian Americans; or else, take your medicine in the very near future.

From good friends in Wyoming:

"Here is a little help for the cause. We sincerely hope your health is improving. There is so much work to be done, and you are so well fitted to do it."

From one of our old-timers, who has had The Beacon Light from the first issue:

"Dear friend: Your plea has been heard. My response is one dollar per month until you die, I die, or the Lord comes to establish His kingdom or some other unforeseen unavoidable circumstance occurs."

6 Copies of this issue for \$1.00—Circulate them among your friends.

TECHNOCRACY

The following is an extract from a letter received from a subscriber, regarding Technocracy:

"You sometimes mention a plan for bringing this country out of its impending chaotic condition. In this connection what is the matter with Technocracy? It proposes to replace the present high price system of scarcity with a plan to create abundance for all. In fact it looks like the first logical plan not based on hot air that would result in bringing the long sought universal brotherhood of man. The trouble is there is no one boosting it. It needs evangelism. If you have not studied it you owe it to yourself to do so."

We had just finished reading an excellent answer to Technocracy, by Editor de Aryan of The Broom, San Diego. He expresses my sentiments to a T. Incidentally, the same thing applies to Ham and Eggs, and many other movements claiming to solve humanity's problems. Not only do they not harmonize with the Constitution, but they do not harmonize with the laws of God, which is worse yet. Let me assure you that no man-made program is ever going to right the ship of state. My arguments against 'Mankind United', in the June 1938 number, which see, also fits the case. Following is Mr. de Aryan's article:

"Technocracy vs. Constitution

Howard Scott, the Mussolini of Technocracy, Inc., told a Russ auditorium audience last Tuesday night how incongruous a civilization we produced by creating enough machinery to keep us all in luxury yet many millions are forced to do make-believe work with pick and shovel on W.P.A. for a subsistence dole. After outlining all the things we could do under a well-regimented system of Technocracy, he showed that Technocracy could be introduced within 24 hours in the United States and all that stood in the way was our United States Constitution.

It is remarkable that the New Deal with its planned economy also froths at the bit in its mouth, at those reins of checks and balances which the Constitution uses to keep dictators from making this country another European autocracy. Every dictator begins by telling people how he can take care of them if they only give up their inalienable rights and let him decide what they are to do and how much they are to work and at what task and what their pay is to be. But neither Howard Scott nor any of the New-Dealers, braintrusters and planned economists realize that the most precious prerogative of man on earth is to rule himself, make his own decisions, learn to

discern right from wrong and be his own boss. To achieve this goal of human evolution people have to stand on their own feet even though they make mistakes and have to reap misery and abuse. There is no better way to learn than by experience and none of the would-be Utopian prophets can change this ultimate ambition of the human heart. So it does not matter how many unemployed we produce, how many wars we call down upon our foolish heads, we are going to stick by the dear old prerogative of making our own decisions and like them in spite of all the paradise we might have if we only become slaves to the Technocratic dictator. Technocracy is nothing but sublimated Communism with all of its despotic regimentation. People who have no soul and live only for their bellies will be good material for Mr. Scott's Technocratic regime."

THE COMING CONFLICT

The Vision of the Second Coming of Jesus the Christ, by Phoebe Marie Holmes, is one of the most vital messages that has ever been put out. Today we are overrun with individuals and organizations who are out to reconstruct America. Some of them have a program to seize the Government by force, others through the ballot; some through subtle propaganda programs. Some of them are of the Protestant faith, some of Roman Catholic and some Jewish.

Now as I see it, they are all assuming a certain premise which will in my opinion not exist. At the back of most of these the motive is a selfish grasping for power which will result in a free-for-all fight among the contenders.

Of course there is a small element of Christian patriots who have no thought of self. That small group, and it is small in comparison, will be the nucleus that will rebuild America, in harmony with the Divine Pattern, under the direction of Him Whom we call Jesus the Christ. The struggle into which we are now drifting will not be settled by man. According to astrology, according to the monument of stone in the land of Egypt, known as the Great Pyramid, and according to your Christian Bible, man has no longer any power to shape the destiny of the world. His days of sowing are now over, and we are individually and collectively going to reap our harvest.

You will see mighty organizations, military, political and religious, ground in the dust; 99% of your present religious groups will crash, including the mighty Church of Rome—which on the surface seems very improbable. But the Scriptures clearly state that such are the facts. God will use the various dictators to carry out His purpose;

he will use them to punish England and America for their sins of omission and commission—and they are many. An apple rots from the core outward; so it is with nations. In the short span of 150 years, America has committed some terrible wrongs; the enslavement of the Negroes, the treatment of the American Indians, and last and greatest of all, the enslavement of the entire nation through the power of usury. There is no remission of sins without the shedding of blood, so there will be much bloodshed in America as these debts are liquidated.

God's prophets have been preaching since the inception of the nation, but they have been laughed to scorn; and so, as a last resort, God has only one alternative left, to demonstrate to man that He is supreme, and that man can succeed only as he is a co-worker with God.

The Synagogue of Satan controls our national life today; the nation is struggling and groaning under a debt that is unpayable; our asylums are full of insane people who have cracked under the strain of the Babylonian system now prevailing; so it is very necessary for God to step in and manifest His power, lest we destroy ourselves entirely.

Some nations are too far gone to be redeemed, and so will be entirely destroyed; but the Children of Israel, the Anglo-Saxon and Scandinavian people, are not definitely anti-Christ as some nations are, and so they will be purged and redeemed. God will speak through the elements of nature, and in the twinkling of an eye will level our cities as though they were built with blocks by children—which indeed we are.

You say, "But God is a God of love." Yes, and because he loves us, he is going to stop our mad race toward annihilation. The cancer must be cut out of every individual and nation if they would survive. All must bend the knee to the Messiah, Who is now drawing nigh.

You say this is not a very happy picture; it depends upon the point of view. The surgeon operates to save the patient's life; God is going to perform spiritual operations to save humanity, lest they all perish.

"And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."

From Illinois:

"Please enter my subscription to Beacon Light for 6 months; I enclose \$1.00. I have read several copies belonging to Mrs. _____. I have enjoyed them all, and feel that your prophecies are accurate. I am anxious to read your Jan-
6 Copies of this issue for \$1.00—Circulate them among your friends.

THE CHIROTHERSIAN INSTITUTE

In Southern California, and Los Angeles in particular, there are many pioneer men and movements. Elsewhere in this issue, we have told you the story of the pioneer work of Dr. Nephi Cottam.

For the past year we have been trying to tell you the story of the Chirothesian Institute, founded by Dr. W. Grant Hess. Your Editor has a great deal in common with Dr. Hess and his philosophy. I wanted the Doctor to tell the story of his movement; instead, he gives me a bale of literature, enough to choke a cow; and inasmuch as I have had to cut my reading down to a minimum for the past several months, the story hasn't been written.

Briefly, Dr. Hess is a Chiropractor; but he is something more than that, he is a philosopher of the first water. From what little I have read of his material, I am simply amazed at the profoundness of it; in fact, I liked it so well that I had planned to take his course of instructions and become one with him; and our readers know that I am not much of a 'joiner', but a rugged individualist.

Now when the good Doctor reads this, I want him to sit down and write up the story of the founding of the Chirothesian Institute. He has services at his home on Sunday mornings; if you live in Los Angeles, go out and get acquainted with him. He lives at 1020 S. Western Avenue. Dr. Riordan, of 2923 Saturn Avenue, Huntington Park, is Secretary-Treasurer of the organization.

The following brief extracts from their circulars will give you some idea of the nature of their work;

"Chirothesia" means Healing by the laying on of hands. Chirothesia is a system of treating diseased conditions, and is of most ancient origin. In fact, illustrations of such treatments by Egyptian priests are found on papyrus scrolls where the patient is represented as undergoing the laying on of hands.

Hippocrates (450 B. C.), called the "Father of Medicine" by the present drug dispensing physicians, used laying on of hands in his practice, and said: "Certain wise physicians even among the ancients were aware how beneficial to the blood it is to make slight frictions with the hands over the body. It has often appeared, while I have thus been soothing my patients, as if there were a singular property in my hand to pull and draw away from the affected parts aches and divers impurities, by laying my hand upon the place. Thus it is known to some of the learned that health may be imparted to the sick by certain gestures, and by contacts, as some diseases may be communicated from one to another."

Healing

Foundation

The foundation instructions of the Chirothesian Institute are based on God's Plan of Creation.

The Twelve Foundation Principles of the Alphabet of the Heaven, recorded in Genesis and Revelation, are the foundation stones used by this Institution.

When you have learned this Alphabet of the heaven, and can properly lay the foundation stones, you will become conscious of God Law and a realization of God Power that is for your use and benefit. Then, and not until then, will you have wisdom and understanding of the action of man toward his fellow man.

Once you have this knowledge, you are equipped with the full understanding of nature and will then be able to trace your ancestors from Abraham to the present, locating the tribe, clan, nation and country to which you belong.

With this knowledge you will know

Where you came from

Why you are here

Where you are going, and the understanding of

"MAN KNOW THYSELF".

Objective

The motive of the Chirothesian Institute working through its Fellowship is to teach by Progressive thought, leading to harmonious living, the principles of Life.

The activity of the Fellowship is to gather, through its research department, ideas and thoughts that will be timely and practicable as a help to the study of harmonious Life.

Fear and worry are the direct cause of all physical illness and unharmonious condition of Life. This can all be corrected through understanding gained by proper instructions and treatments.

The courses of study embrace the spiritual understanding, that man is of Divine origin and such subjects as:

Biological Influence of the Human Species;

Man and His Relation to the Universe;

The Neurosis of Man;

The Effect of Civilization upon Man's Behavior.

Blessed with this understanding, one is able to know and maintain his place in God's Plan of Creation."

HEALING

From Questions and Answers December 1939 Christian Esoteric

Question: Since healing, metaphysical healing, is one of the most prominent features of the Christian religion as taught by its Founder, even though the Church as a whole has completely lost sight of that feature, I should like very much to hear what you have to say along this line. It is true that there are several more or less effective systems of such healing, but so far as I know none of them are wholly successful. This lack of success may rest wholly on the operators, and every system of healing may be fully effective if properly handled; still, I think there must yet be much for us to learn relative to this feature of the Christian religion, and I would be much interested to hear your views.

Answer: We doubt very much if there is any one simple method of metaphysical healing that is wholly effective in all cases. Still, with you, we believe that a fuller understanding of any and every system should be helpful, and that we should seek to know and understand them.

Just here we can imagine some devout Christian saying: "What do we need to know about the different systems of healing? When we die and then find ourselves in heaven all sickness will be over." That sounds all very nice and comforting, but you will not find yourself in heaven when you die, unless you read a Bible that is very different from mine. And we would ask: How can you expect to live forever unless you learn how, and practice until you are able, to keep your body well? For, to be able to keep yourself well and to help others to be well is one of the most prominent evidences of a successful Christian life.

As a foundation thought, we may take the words of Paul relative to Life, "In him we live and move and have our being." In other words, we live, are impelled to live, and are made to be conscious because life by its activities plays upon our bodies and impels us to live and act. In other words, we have no life of our own, or, as Jesus said to certain of the Jews, "Ye have no life in you," no life of your own.

The fact that by our thoughts, feelings, emotions and impulses we can and do affect the activities of this life in which we live, and which causes us to live, and that thereby we can modify, increase or retard, the effects of life's activities upon us, shows that to some extent our vital condition is in our own hands.

The person who on awakening in the morning feels poorly, and

finds the body unwilling to exert itself, may say, "I can't stay here, I have too much to do. I must not be ill." This attitude of mind stirs the will to energetic action, and the will stirs the vitality of the body to activity, and the person throws off the feeling of inactivity and goes about his work with vigor. In this way, many times, persons save themselves from a spell of illness. This is the same as saying that commonly one can rouse his will and so stir his vital energies as to refuse to be ill.

Here, then, we have the thought that the activities of the life in the body are subject to the will, especially when the will is properly directed by the mind. Therefore the will to be strong and do, is the strongest single factor in self-healing. And this laying hold of the will to accomplish is one form of taking, or laying hold of, God's name, for God's name as given to Israel is "I will," or, more fully, "I will be what I will to be."

We are here reminded of the story of a man who wrote us, saying: "I was very ill in bed, and my Doctor and several other physicians were in an adjoining room holding a consultation, and the door being partly open, I heard my doctor say to my wife: "I fear your husband is going to die." That made me angry, and I got out of bed and dressed, and went out of the house through another door, took the train and went to N. Y. City, went to a theatre and different places, and in a day or two went home, practically well." The idea here is that he had enough will to compel his life-forces, his vitality, to move in an orderly manner, and his body regained its normal state.

We find throughout the Bible that Life is symbolized by water, and so we have the words, "the river of the water of life," as representing the stream of life which in its flowing causes all to live. In the story of Eden apparently the garden of Eden represented man's body. The garden was watered by a river of four streams, and some who observe their sensations carefully, find that there are four streams of vitality continually flowing in the body. And whether these streams flow freely or sluggishly, continuously or intermittently, determines the degree of health, happiness and general ability of a person. Since we have seen by the man who was ill and in bed, but refused to stay in bed and die, that to some extent these vital currents in the body are amenable to the will, then we see that man can to a great extent determine his own state of health.

Since the life in which we live flows in streams into and throughout the body, and thus causes us to live, and we see that life in its

activities is subject to the will when it is properly directed by the mind, then we reason that all sickness and ailments are caused by the life-currents of the body becoming disordered, and that by knowing these currents of vitality in the body one can by the will directed by the mind keep the life in the body flowing in order and thus keep the body in health.

The ultimate offered man in the Bible is eternal life, and even immortality in the body, but this attainment is left largely for him to work out and to reach by his own personal efforts. And Jesus proved he had the ability not only to heal the sick by setting their life-currents in order, but also by starting again the life-currents in a dead body and thus causing the dead to live again, he proved the possibility of man overcoming death. And his words, "Greater things than these which I have done shall ye do," show us that these powers are inherent and awaiting development in all men, and by his sending out his disciples to preach the kingdom of God and to heal the sick and raise the dead, we see that metaphysical healing, including self-healing, is one of the prominent and vital features of the Christian religion.

The words of Jesus to his disciples when he sent them out to preach the good news, "Heal the sick, cleanse the lepers, and raise the dead," show clearly that those Christians who know nothing about healing have as yet learned only the A, B, C, of the Christian life.

WHO SAID YOU'RE UGLY?

By Dr. Norman W. Walker, D. Sc.

The old Maxim that beauty is skin deep has been so hackneyed that it has become a byword of little significance in these days of cosmeticated transformations.

A lovely and beautiful face, the lines and expressions of which arrest the attention and stir our admiration, is truly a thing of joy and pleasure to the beholder, only so long as affectation and self-consciousness are absent in the mind behind that face.

[That indefinable last touch of the aesthetic disappears when the mind becomes introverted and the individual is constantly conscious of the outline of the face. This leaves the beholder with a feeling akin to that of being hungry and discovering that his purse is empty, the richness he expected to find therein having vanished.

Beauty in man no less than in woman must come from vibrations of health and vitality of body, no less than from purity and unselfishness of heart.

The beauty of flowering blossoms is enhanced by the purity and

fragrance of their natural perfume, but is detracted, if not lost, by the presence of sewage or other waste matter of low or gross vibrations.

It is exactly so with human beings. A body filled and kept constantly filled with waste matter—the end products of wrong or unnatural foods, in addition to body waste resulting from the constant activities going on within, which are not eliminated as they should be, becomes gross and heavy with matter of low vibrations. When these low vibrations are dominant, the appearance, as well as the energy and vitality, degenerates, and beauty disappears.

What is the answer?

Cleanse the body of all waste matter. Read the little book, *RAW VEGETABLE JUICES, What's Missing in Your Body*, by R. D. Pope, M. D., and turn to page 44 to the chapter on "Detoxication". Follow his advice on the method of taking high enemas. This will go a long way to start the cleansing process.

Then, for a while at least, overcome your controlling appetites and try a complete change of diet for a few weeks. Eat no cooked, canned or processed foods of any kind, if possible. Eat, instead, raw fruits for breakfast; all you want. Eat more raw fruits for lunch; again, all you want. Eat a large raw vegetable salad for dinner. Omit all starchy foods, sugars and candies for this trial period.

Above all, drink as much and as many raw vegetable juices as possible—one, two, three or more quarts a day.

In carrot juice, when taken raw and properly extracted, we have the most permanent beautifier we could hope for. It nourishes all the cells and tissues of the body, the optic system and the skin. After working on the liver first of all, it nourishes whatever parts of the body are starved most.

When, and if, the skin takes on a jaundiced hue after drinking carrot or other raw vegetable juices, we can thank our lucky stars that Nature has begun an intensive cleansing of the liver, dissolving the vast amount of stale, coagulated bile therein and eliminating it through the pores of the skin, because the eliminative organs may already be taxed to capacity in eliminating that and other waste.

After a while, sooner or later, this discoloration disappears and eventually, if this regime is continued, a more beautiful, clear skin of an unbelievably fine texture appears, with lips of a natural red which no lipstick can imitate; a brightness and clearness of the eye which comes from a constant flow of vitality throughout the entire body, a vibrant keenness of mind and intellect, the existence of

which was unsuspected.

Smoking and alcohol are woman's most insidious enemies. The texture of woman's body,—physical, mental and spiritual,—is extremely fine and sensitive, much more so than man's. Woman ages 10 to 15 years, every 5 years that she smokes or drinks. It may be news to some women that a census of the opinion of men in every walk of life indicates that 97% have a greater regard and more respect for a woman who neither smokes nor drinks.

It is amazing that a "come-back" can be staged, even by old and elderly women, much more so by younger ones, by a correction of the mental attitude and the abundant use of fresh raw fruit and vegetable juices, together with a proper diet.

The great advantage of drinking such juices is that the body is nourished with the chemical elements, the minerals, salts and vitamins which it needs, almost constantly—within 15 minutes after we drink them—without taxing the digestive system in the least. It is most important to bear in mind, however, that no matter how much or how many juices we drink daily, we must also eat plenty of raw fruits and vegetables, because the body must have that bulk to use as an intestinal broom.

There is no drug or medicine, nor any concentrated food, pill or tablet, which can even approximate the permanent reconstructive and regenerative value of raw vegetable juices which have been properly and freshly extracted.

Raw vegetable juices are **not** a concentrated food. As a matter of fact they contain in abundance the very finest water that we can obtain, organic water in its natural form of which the body should really be given about one gallon every 24 hours to replace or replenish the water passed out of the system by evaporation or other elimination.

All the chemical elements, minerals, vitamins, etc., present in the vegetables, represent only a fractional percentage of the water (or juice) element. Thus in one pint of juice, when properly extracted, all the chemical elements and vitamins in the original vegetables would amount to considerably less than a teaspoonful. Therefore they are anything but concentrated. Nevertheless, it is that microscopic quantity of minerals, vitamins, etc., in live, organic form, that does the work in our body, in conjunction with the organic water. That is the reason why they are so potent and efficient. That is why they work so surprisingly quickly and so permanently. That is why we can drink so much of them.

We must not be so foolish as to expect that a lifetime of wrong eating and its inevitable degenerating effects, can be overcome and corrected overnight by drinking a glassful of juice, or even by taking a pint or a quart now and again.

Give Nature the materials with which to work, by drinking several pints or quarts daily for a few months, irrespective of any discomfort which may follow the consequent housecleaning. This discomfort is natural and temporary. When it has passed, a new lease on life follows eventually. Therefore, drink your juices daily, regularly, and be sure they are raw, fresh and properly extracted.

Do not attempt to imitate on your face, Nature's coloring of the petals of the rose. Give her the materials with which to work, and time to do it, and behold—Nature's own blossoms will radiate from your countenance, your cheeks will glow with radiance, your own natural perfume will then be far more subtle and magnetic than the old bottled, synthetic concentrate used to disguise body odors, and your personality will raise your pedestal far above the heads of the uninformed whose bodies continue to be filled with waste and toxemia.

Give your appetites a 3 or 6 months' vacation. Eat what your body needs for nourishment; live, raw organic food, not what your appetites crave. Drink as many pints or quarts of raw fresh vegetable and fruit juices daily as you can manage. Cleanse your body, inside as well as outside.

Let plenty of fresh air reach every part of your body as often and as long as possible every day. Breathe deeply and rhythmically, plenty of fresh pure outdoor air. Get sufficient rest and sleep.

Above all—QUIT WORRYING.

Easy enough to say it? Try it for a few weeks.

CRANIAL ADJUSTMENTS

By Nephi Cottam, D. C.

I am a Naturopath, and a firm believer in its therapeutic methods. These are so numerous and inclusive that no one person or unit system can encompass a majority, much less the entirety of them. Of necessity, one must be a specialist, and not infrequently one specialty admits of various specialties.

I regard the physical form as a unit, and while each faculty and function has a more or less independent office to perform, all are fundamentally interdependent. Added harmony to any one part, in some degree assists all other parts; while any additional discord in the one to some extent adds to the discord of all others. Similarly,

while each naturopathic method of treatment may be helpful in one way on another, it has its scope and limitations, so that the more general knowledge of naturopathic methods one may possess, the more capable is he as a specialist in any particular field.

My specialty for many years is what may be included in the combined science and art of what is known as the Chiropractic system of therapeutics. In each branch of science, its practice is dominated by the fundamental scientific principles which form its formation and determine its scope. As in all progressive sciences, new discoveries often require new formulations of greater inclusiveness.

These discoveries merely place the science on a broader basis, while they conform to and make even more valuable the scientific knowledge previously acquired and accepted. These make necessary new and improved methods of practice, but the traditions and conventions of applied therapeutic science are usually slow to accept the changes necessary to accommodate themselves to the requirements of new discoveries. Each innovation has had to meet not only opposition, but even abuse, ridicule and often ostracism of the one who has the temerity to offer new ideas and methods for a New Age of Science.

Scientific knowledge has advanced prodigiously during the present century. Its very foundation has been undermined and its fundamental principles radically transmuted. Material science as such has definitely "gone by the boards," and has been replaced by a material-immaterial science. Matter is no longer inert and dead, but active and alive. This change and the discoveries in pure science which compelled it, have made necessary a corresponding re-formulation of the fundamentals of every therapeutic science.

It is a curious fact, and yet not at all strange, that almost immediately after a new discovery has been made in pure science, new and improved methods of application of the same are offered to the world. The fact would seem to be that such discoveries in pure science come only when the combined minds of men thinking along any special line are practically forcing open the secrets that have theretofore been withheld from them, because of their limited beliefs or lack of courage to brave the scorn or contempt of their more timid associates. It takes personal courage or perhaps the pressure amounting to compulsion of a dominating idea to force the issue. Such has been and still is a fact in the field of Chiropractic. Chiropractic adopts as its basis the generally accepted principle of physiology, which is given in the textbook of the Palmer School of Chiropractic as follows:

"The brain is the seat of all intelligence in the body, the habitat of Innate Intelligence, which is the director of all functions in the body, from the time of birth to the dissolution of the physical and the mental, which is death. The brain is the place from which the mental currents, which control all functions of the body, emanate and flow to all parts of the body, to each tissue cell; the brain constitutes the beginning and the ending of the one great cycle called life."

"Any interference with the normal action of the nerves in carrying the life current, deranges their function and thereby deranges the functions of the organs to which they carry the life current. Deranged functions are diseases. . . .Chiropractically speaking, all the centers are contained in the brain, and all impressions must be carried there to be interpreted and set forth as an impulse, from the area where the interpretation takes place, to the tissue involved. . . . The brain is the generator, transformer and converter of mental impulses."

The Chiropractic System of therapeutics regards the cerebro-spinal column as a unital system whereby the energy radiated from or through the brain, is directed and diverted to each and every part and portion of the human anatomy. Whenever any outer or inner suggestion or influence has the effect of interfering with the normal flow of cerebral energy, it causes a maladjustment of the structural frame of the body, and or of whatever may be affected or influenced by such structural abnormality. The art and practice of Chiropractic is devoted to the readjustment of the human body and the restoration of normal conditions of health.

For some reason, good and sufficient no doubt in an age of comparative scientific ignorance, and probably because of effective prohibition against medical practices on living heads, which might well have revealed facts that remained hidden, it was authoritatively determined by the medical authorities of the time that the sutures or cartilages, which both connect and separate the various adjacent bones of the head, were immovable, inelastic, and even had been converted into bony substance before birth.

Such is the accepted belief among practically all systems of medical therapeutics, even to this present day. Even latest editions of current encyclopedias, medical and popular dictionaries as well as practically all medical text books and individual authorities coincide in this belief or statement; although I have demonstrated to the exact contrary for many years, in many cities in this country at medical

conventions, in classes to professional chiropractors, as well as in continued private practice in various cities, this traditional and conventional belief continues generally. This attests the phenomenal strength and persistence of medical tradition and convention. Conservatism is both necessary and essential, but when it refuses to recognize outwardly that which it is inwardly obliged to acknowledge, it results in depriving the human family of the aid and assistance which it is entitled to receive from those who alone can aid them.

In my book, "The Story of Craniopathy" I have told at length the strange way in which I discovered that the bones of the head and the sutures separating and connecting them were mutually and relatively movable. I was obliged to note the therapeutic result of this mutual movement in the increased power that was thereupon instantaneously exerted on various faculties and functions of the bodily frame.

Slowly and cautiously I followed the lead thus given to me as the result of an inner impulse, and against my own previous conviction and that of my associates, and contrary to the book teaching of my profession, I realized that there had been revealed a conception that opened up a broad vista of added helpfulness to the human family.

Not being able to convince my colleagues or professional teachers of the truth of my discovery, I made cranial adjustments a component and leading feature of my chiropractic work during the years following my discovery, and I have public demonstrations as opportunity permitted, wrote and circulated my book, "The Story of Craniopathy", and wrote, advertised and taught as widely as could a "Professional Course in Craniopathy," whereby my professional brethren were given the opportunity of taking advantage of the truths I had discovered, and the practical system that I had laboriously invented as the result of many years of practice.

During these years of practical experience with the system I had worked out, I have adjusted many thousands of heads and in **not one of these** did I find a skull formed of immovable bones or sutures.

As set forth in my article published in the magazine "Naturopath" in its December 1938 issue, my years of practice of Craniopathy-Chiropractic afford conclusive proof that:

"1. The cranial case can be moved, bent and stretched; it is flexible, bendable, and elastic to a degree. In other words, the head, the cranium and brain, are purposely expandable. These facts have been conclusively proven by accurate measurements before and after adjustment with tape measure and locked calipers.

2. When the cranium is properly adjusted, various maladies are relieved, chronic diseases frequently vanish and new powers unfold.

The above stated conclusions constitute the foundation facts of practical Craniopathy, while its fundamental principles are identical with those of Chiropractic. Their difference in method of adjustment is that Craniopathy commences with the bones of the cranium in the realm of cause, while that of Chiropractic begins with the spinal column. Except as herein indicated, the practice of Craniopathy conforms to the generally accepted methods of Chiropractic.

It has become evident that by the use of cranial adjustments the released brain will bring about a more complete and speedy relief than will result from manipulations which commence at the neck; and with more thoroughness and permanence.

Craniopathy offers a remedial agency that follows strictly natural lines and its purpose and methods should appeal strongly to professional Naturopaths."

I have no desire, nor am I able, to disassociate what I have termed "Craniopathy" from Chiropractic, for it constitutes more definitely and conclusively than ever before the basic truth of that therapeutic science and practice.

My Craniopathy discoveries necessitate basic changes in Chiropractic procedure. They require that the original points of adjustment contact be the top of the head down to the neck, before therapeutic contact is made at the beginning of the spinal cord.

In my book, "The Story of Craniopathy" I have stated this in the following manner:

"Craniopathy operates from cause." Craniopathy is basic and fundamental. It operates from cause rather than from effect. It adjusts the brain as Original Cause before it adjusts the spinal cord, which it regards as effect or at the best as Intermediate Cause. **It is in the brain that the spinal cord originates, and the spinal column is the continuation of the cranial case.**

All symptoms of manipulation that accept the spinal column as being the realm of Cause, and regard disease as originating below the neck, are operating from effect, as all intermediate causes must be regarded; and not from what, in contrast, may rightly be termed Original Cause. While it is freely admitted that these systems of manipulation accomplish wonders—as I have seen and experienced and recognized during my practice as a Chiropractor—I affirm with confidence that far greater curative results will be obtained when the methods and practices of Craniopathy shall have been adopted

as essentials of manipulative practices.

One can confidently predict that perhaps fifty per cent of present physical troubles could be eliminated from the present health problem, if Craniopathy were practiced generally. . . . I have been informed that say 85% of human diseases originate above the neck."

During my practice of Craniopathy-Chiropractic, I have treated a great variety of cases, those to which bodily adjustments were both directly and indirectly applicable, and I have found that practically without exception, the cranial adjustments are beneficial and add to the efficiency of other forms of naturopathic treatments.

Among the cases treated by me, I may mention those of insanity, insomnia, abnormal mentality, heart diseases, palsy and paralysis, deafness, impaired sight, arthritis, varicose veins, sinus trouble, catarrh, asthma, and constipation.

I do not require or use any apparatus in my platform demonstrations other than tape measure and caliper, to verify the changes made by the cranial adjustments. Those who come to the platform frequently require wheel chairs; not infrequently they walk down unassisted, although requiring assistance when coming up. There are usually one or more spectacular cases at each Convention, but this depends upon the cases that are offered for demonstration purposes.

As no new fundamental principles are involved in my conception of Craniopathy-Chiropractic I shall continue my demonstrations to the methods and practices of Craniopathy.

BE OF GOOD CHEER

I find the tendency among the people I meet, and in my correspondence, to let distressing circumstances, physical upheavals and adverse conditions in general get them down.

Briefly, the evil crystallizations which are the accumulation of centuries are now breaking up. Even the Communists and Fascists and what have you are being used by Divinity to accomplish constructive work.

When you see a wrecking crew wrecking a building, that doesn't look very constructive; but back of the wreckage you will realize that the building has been condemned as unsafe or unsanitary, or perhaps in some cases an obstruction to traffic or is being removed to make way for some civic improvement, and so that wrecking crew is being used by the architect as the advance guard of a new and better order, and after the debris is cleared a new and better edifice will arise on that site. So these Dictators are being guided into

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these channels of expression.

For instance, for centuries Britain has been the leading country in the world; but judging from the evidence she has become corrupt, dominated by evil designing men; therefore it is necessary that she be challenged and chastened. Beginning with the welching of her debts to this nation—in fact we can go back prior to the war—she has traveled down hill very fast. Basically, the British blood, or stock, is sound, like our own people here in America; but through apathy and indifference she has allowed evil and vicious men to gain control of the nation; and as the planets move in their orbs they bring into being men and women of destiny.

Today the whole world is tied and tangled up with selfish, scheming, vicious individuals; and so it is necessary, for the salvation of humanity, to break that control, and all the love in the universe won't melt it; vicious individuals don't respond to love and affection, they are motivated by, and only recognize, force; the Big Stick.

But now this is Judgment Day as we close this cycle, or age, or dispensation as the Bible calls it; and the wrecking crew, Dictators, must be brought into action. Britain as a nation has been led into vicious, destructive channels; and for her own good she must be stopped. Naturally it will take a positive, brilliant and aggressive people to stop her; and so here you have the conflict between the control of the British Empire, and the Nazi government, led by Adolph Hitler. And as we in America have played ball with and worked in harmony with these same vicious controls, we also will receive a very severe drubbing; just as you give your child castor oil for a purging, so the Lords of Destiny are going to permit the challenging Dictators to administer severe chastisement. Again I say, re-read our Washington's Vision in Action, in the February 1938 number, and there you have the picture.

Now, instead of weeping, and wailing, and groaning, let's rejoice at this spring cleaning and purging, for it will be followed by a spiritual quickening as well as an awakening and revival of the national conscience, which has been drugged and doped to sleep.

Remember, the forces of darkness can not win in this world upheaval now taking place. And again, dictators are not 100% evil, any more than we are 100% perfect. Evil forces will be stopped as soon as they have accomplished their task.

My article entitled Our National Salvation, in the 1940 What's Next, uses this theme, because I realize that unless there is a spiritual awakening here in America total destruction can come upon us.

However, I don't expect that to happen; I see signs of a tremendous spiritual awakening, a tremendous crying out to God. But even that is not enough, we must cease to do evil; we must obey the laws of God. Communism was bred by the indifference of the professing Christians; our churches have almost totally ignored the laws of God. Here we call ourselves a Christian nation, yet we have allowed the dark forces, represented by the international bankers, to control our currency. Through this control we are mortgaged to the hilt, and now we are on the verge of bankruptcy. As a nation we are sick, physically, mentally and spiritually.

You have an example of it in China; China was like a sleeping giant, until stung by the agile Jap. It will mean China's salvation; already the national conscience is awakening, and they are united. Eternal vigilance is the price of safety; China was in a stupor, but is now awake. The same situation has gone on in India; and there again you see the signs of the awakening.

Our disease, or sickness, is a little milder, nevertheless we must be whipped and purged and cleaned; then God Almighty has a special work for us as a nation. I am convinced that the mantle of the British Empire will fall on the United States of America; in the next ten years the British Empire will dissolve, and America will be the pioneer nation of the world, which will of course include Canada, and possibly Mexico. This is the new Empire that will arise out of the wreckage and ruin of the present conflict. But, before it is over it will reach our shores. We shall never send troops over seas, therefore the enemy will come to us.

I find plenty of evidence of this coming conflict in our national chart, and we are very close to the first step in this chastisement. However, I maintain that we should look at the goal rather than the road through which we reach the goal. After all, the goal and not the road we travel, or the means of attainment, is the important thing.

So let's get the picture straight. We are marching to a new and glorious day, and yet we hang our heads, shuffle along in a hang-dog way as though we were going to our funeral. Nationally we seem to have lost sight of our God. To quote an old hymn, marching to Zion, beautiful, beautiful Zion. Let's change the picture, and work in harmony with God and His laws, and see how much different we will feel. Individually, our picture will change, and others will catch the spirit. Our mission is to be co-workers with God. We belong on the mountain-top, not down in the valley.

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THE ECLIPSE OF THE SUN
IN AUSTRALIA

By Ada Muir, Editor, The Torch
R. R. No. 2, New Westminster, B. C., Canada

Eclipses are said to affect those countries most where they are visible; and the Eclipse of April 7th will be visible at Canberra, as it falls in the 10th House.

The Sun and Moon are harmoniously placed with regard to most of the other sensitive points in the map of the heavens erected for the time of the Eclipse, so that the otherwise malignancy of the position will be considerably lessened.

The ancients considered that such a position presaged sadness and anxiety for the King and Government, and this will be accentuated by the position of Cauda which is within three degrees.

The nearness of Mercury promises high winds, thunder storms and the destruction of plants and animals. Grape vines and fig trees should be given especial care, as they will be very sensitive to atmospheric conditions.

Neptune on the Nadir promises plenty of moisture, amounting to flood conditions in some districts, as well as depressing fogs. This position also has been the forerunner of seismic disturbances.

The Eclipsed Sun is very close to the progressed Sun in the Canberra map of the heavens, and close to a square of Jupiter. This is not good for credits, or for new trade agreements; and with Jupiter in the 8th House, the health of people of importance in the Commonwealth will cause anxiety.

Reformative measures will make headway, trade along the regular channels will improve, a number of scientific discoveries will be brought to light affecting navigation or aviation, and vessels may be successfully launched.

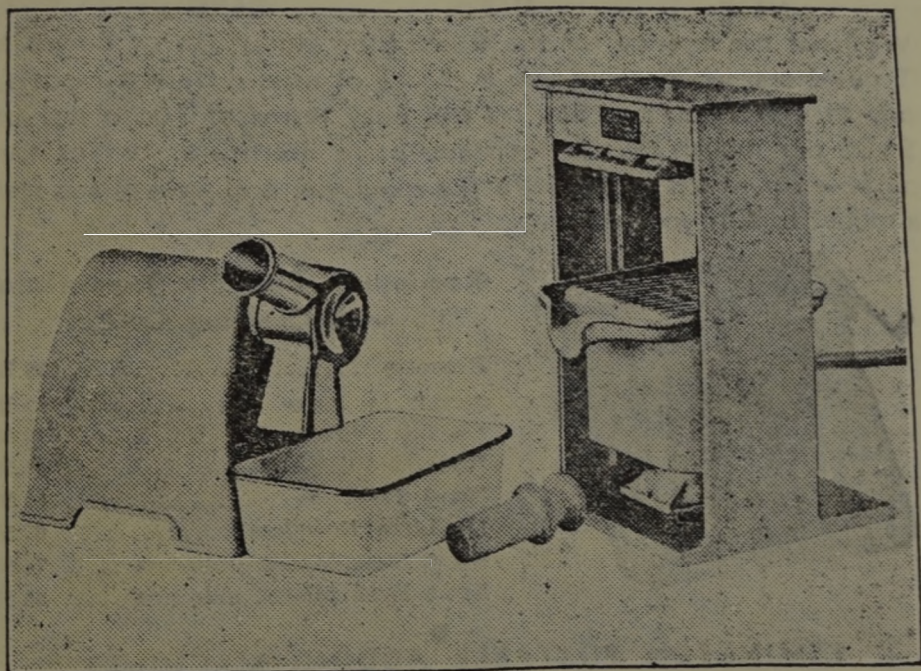
A serious traffic calamity threatens, although in a general way, railways, automobile firms and aviation companies may look for increased business. Much travel is promised affecting all classes.

The movement of troops will be active. There will be many hurried marriages as Venus and Mars are close to the Eastern Horizon. News will be received that soldiers are prisoners in foreign countries, although this may not eventuate until the latter part of May.

A new code for foreign correspondence may be considered a necessity, owing to discoveries of a spy ring where it was least suspected

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