# VISIBLE SPECTRUM RESEARCHER

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**JANUARY 1956**

**Volume 2 Number 1**

THAT'S A GOOD QUESTION

THAT IS A GOOD ANSWER

OUR STUDIO ACTIVITIES

## DINSHAH IMPARTIAL

VEGETARIANS HAVE NO ENDURANCE AND ARE PEPLESS??!

GOOD THOUGHT FOR NEW YEAR

OUR STUDIO DIRECTORY

OPEN DECLARATION FROM THE EDITOR

| Our Aim HAPPINESS IN EVERY HOME | DINSHAH P. GHADIALI Editor | SERVICE OF MANKIND |
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## THAT'S A GOOD QUESTION

Under the above caption, Medical Doctor William Bolton, as the Editor of the said department in "today's health", a monthly publication of the American Medical Association, wrote in its March 1953 issue an answer to an inquiry about:—

### "COLOR THERAPY

Question — A friend tells me that a method called color therapy is now being developed by which various illnesses may be treated successfully. Do you have any information about this?

Answer — From time to time, theories are advanced that color may have value as a treatment adjunct in medicine, but we do not know of any evidence that a specific disease ever has been cured through the use of color alone. Various colors may have some value so far as mental attitudes of many patients are concerned, and this idea has been utilized in some hospitals. For example, walls and ceilings of hospital wards or rooms may be painted a light blue or green because such tints are believed to have a soothing effect. In general, colors probably should be considered for their secondary effect in helping a patient to overcome excitement or worry about an operation or illness."

This publication is an answer to the stated view, as in our service to our Members, their own convictions by their personal investigations, researches and experiments will give them the accurate view of the Truth behind the Visible Spectrum. Let the reader judge for self.

# VISIBLE SPECTRUM RESEARCHER

A Monthly Magazine
Devoted To The Service Of Mankind.

Editor
**DINSHAH P. GHADIALI**

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All correspondence should be addressed to:— Visible Spectrum Research Institute, Malaga, New Jersey and not to any officer or individual.

For the views expressed in signed articles, the writers are responsible; for the opinions in articles bearing no identification, the Editor shoulders the sole responsibility.

# THAT IS A GOOD ANSWER
# By:-INDIVIDUAL EXPERIMENTERS

### CONSTIPATION, COLDS, ECZEMA REPORT BY M. J. S. P.

I can vouch for the merits of the Color Projector, for Disorders as Constipation, Colds and Eczema. Recovered completely. I absolutely would never be without the machine in my home.

* * *

### BACKACHES, HEADACHES, ANEURYSM, HOT FLASHES, EYEBURNS, ENLARGED LIVER, POOR APPETITE REPORT BY A. F.

I had for years trouble with my Back; I also had Headaches; had Aneurysm bad. My Eyes were very bad; they ached and burned. Hot Flashes gave me much trouble. Was told I had an Enlarged Liver and very Poor Appetite. Well I am so happy all those troubles have left me. I am so happy!!! I thank God for leading me to you!

* * *

### NERVOUSNESS, HARDENING OF THE ARTERIES, ARTHRITIS, TUMOR, DROPPED STOMACH, PALPITATION OF THE HEART REPORT BY F. H.

I have been suffering for the past 30 years. The Doctor said I had a Nervousness, Hardening of the Arteries, Arthritis and a Tumor. For 6 years I went to a Chiropractor for Blood Circulation and she said I had a Dropped Stomach. I got a Color Projector. In the past 2 years I had Palpitation of the Heart. I have not had that in 3 months. My condition is much better. My Heart beats quite regular.

* * *

### KIDNEY STONES REPORT BY B. B.

About two years ago, I was not feeling so well. I had Pains in my Back and Lower Abdomen. I had to stay in bed and I was very much troubled. I called in a Medical Doctor and he examined me. His Diagnosis was that I had Kidney Stones. I decided to use the Color Projector and after a few days, I passed a Kidney Stone the size of a pea. Some time later, other similar Stones passed, looking like Sand in the Urine. After two weeks, using nothing but the Color Projector, I was feeling fine. Since that time, I did not notice anything wrong with me and I enjoy good health ever since. I am more than satisfied with my Equipment and would not part with it for any amount of money. I think it is the finest investment for the sake of my health I ever made.

Monday, December 19, 1955.
Eastern Standard Time:— 1:33 P. M.

The Editor,
Changing Times,
The Kiplinger Magazine,
1729 H. Street, N. W.,
Washington, D. C.

Esteemed Sir:

1. My attention was drawn recently to an article published in your issue of October 1955, under the caption of "Don't be fooled by Medical Quacks & Fakers," in which on page 14, you spoke about me in derogatory manner, WITHOUT ANY PERSONAL INVESTIGATION.

2. Knowing well the respectability of your company, I enclose herewith a copy of my Short Life-Sketch and request you investigate for yourself, whether your article was fair and just.

3. Please, do not fail to read the DECLARATION made by me, on the inside of its back cover. It will enable you to judge the issues involved much better.

4. With the best regards and the kindest wishes for your welfare, I have the honor to remain,

Yours very sincerely,

DINSHAH P. GHADIALI,
President, V. S. R. Institute.

D.P.G./CD
Enc:— Life-Sketch.
T. T. VALUE OF LIGHT AND COLOR.
Certified Mail.
Return Receipt Requested.

# OUR STUDIO ACTIVITIES

## EXPERIMENTER FINDINGS AND QUERIES

### MEETINGS OF THURSDAY, NOVEMBER 3, 1955

**First Allentown Pennsylvania Studio**

C. K. — We have a new Member with us tonight.

(F. M. was welcomed by all.)

J. F. — I used for Cold, Green and Turquoise on Areas 1, 2, 3 and Yellow on 6, 7, 8, 9, 10.

N. S. — My husband had a little Hemorrhoid trouble. I used Orange Systemic, Yellow on 6, 7, 8, 9, 10 and Blue Local on Area 19. It cleared nicely,

but, I still give him Systemic Orange and Yellow on 6, 7, 8, 9, 10. Do you think I am right in my Tonations? His Kardoscil and Spiroscil are normal and the Eliminations are good.

E. M. — I think Turquoise should have been used instead of Blue.

N. S. — I used the Blue to relieve the burning after it opened.

E. M. — I came in contact with people who had active Tuberculosis. I wonder if I should use Green Systemic.

C. K. — I think it would be good.

M. L. — I had Pain in my Right Leg; it comes and goes. I used Orange Systemic; it helped me.

C. K. — Use also Yellow on 6, 7, 8, 9, 10 with Systemic Orange. Several years ago, I had Arthritis in Foot and Knees; used Orange from Area 12 down, Yellow on 6, 7, 8, 9, 10 and Magenta on Areas 4 and 18.

E. M. — Did you get rid of it entirely?

C. K. — Yes.

F. M. — I am new here. I have a Projector for over a year, but, never used it. I should like to have some information on how to use it.

N. S. — I could write for information for you, but, think it better if you inquire direct from the Institute, for the help you need.

J. F. — What is good for High Blood Pressure?

Members — Depends on the condition of the person. You must know what is causing it and go on from there.

J. F. — I know something good for High Blood Pressure. Sit in a tub of warm water with an amount of Epsom Salt!

F. M. — What is good for Cold, if you have Fever or Chills?

N. S. — If you have Fever, use Turquoise Systemic, Magenta on 4 and 18. If you have Chills with it, use Orange Systemic; that is my opinion.

B. W. — I think Turquoise Systemic is good for Fever.

N. S. — I find with my children, when Turquoise Systemic does not reduce the Fever, Green Systemic does.

B. W. — It is the same with my little girl.

E. M. — What is best for Head Cold?

P. D. — I use Green Local on 1, 2, 3, Lemon Systemic Front and Back. When it loosens, I use Lemon on 1, 2, 3, 4, 5.

C. K. — I use Green on Areas 1, 2, 3, then, Blue.

## EDITORIAL REMARKS

To cope with the various questions, it is advisable to study our three Text Books. They contain all the information needed to solve such queries and will prove a profitable investment of its $16.00. In our work, we name

no Disorders and are guided purely by certain Signals, like the Red, Yellow and Green Signals of the Traffic Department. They do not talk, but, indicate what to do. F. M. has an old time Projector and he sent a single Chart incomplete, asking how to grow Hair on a Bald Head. We told him what to do if there were Roots and at his age it was a common incident. He was told to use Systemic, but, used the Color only on the Head. He also was told to get an Instruction Book for $2.00.

* * *

**First Cleveland Ohio Studio**

F. B. — I am following the instructions of the Institute for Tonations and am experiencing reactions, but, am not all well yet.

T. S. — I suggest that you continue the Tonations and not be discouraged. You should also lose some weight.

G. H. — I like to have my Ratio taken.

(H. K. and G. H. retired from the room for that purpose. It was reported as 4 to 1.)

F. B. — I also like to have my Ratio taken.

(L. F. and F. B. retired from the room for that purpose. It was also reported as 4 to 1.)

H. K. — I like to know how much harm would be created by using Lemons sprayed with chemicals. I wash them thoroughly before peeling, but, feel that a certain amount must be absorbed.

(Much discussion followed. Several of our By-Laws were read.)

## EDITORIAL REMARKS

I am against spraying fruits with poisonous chemicals. The growers maintain that it is necessary to prevent certain insects and bugs eating into the fruits, but, I maintain that Nature has provided against that through certain birds. The hunting of those birds is the cause of the insects and bugs which they ate as their food. Destroying the balance of Nature, now threatens to destroy the civilized (?) World. Stop all hunting.

* * *

**First Detroit Michigan Studio**

J. G. — My son was quite sick. He had Fever and Sore Throat. Ratio was 90 to 21. One Tonation each of Turquoise and Blue reduced the Fever, but, the Throat was still sore. Tonated later with the Orange; the condition normalated.

P. S. — My wife had a Crick in the Back; what Color would be most beneficial?

C. R. — I suggest Orange, Lemon and Magenta, but, recommend you to take the Ratio first.

L. F. — I was very ill a few months ago. I think it was a Blood Clot. My Arm was paralyzed and had much Pain under the Arm. I tonated with Turquoise and had no result; then Blue and went to sleep for 2 hours; when I woke, the Pain was still the same. Tonated with Lemon, Magenta and Orange for 3 months. The condition is now completely normalated and I feel fine. My husband suggested calling a Doctor, but, I said: "If I have to die, I might as well die at home, because, the Doctor will send me to a Hospital and fill me with all kinds of Shots and Dopes."

C. R. — Was your Ratio taken?

L. F. — No. When one is in great Pain, one can not take the Ratio and my husband never could take it.

C. R. — My wife was quite sick with a Sore Throat; Ratio 98 to 18. She took one Tonation of Orange, which completely normalated the condition and she felt fine. Just one Tonation did it.

O. P. — I had Ulcers of the Stomach and got rid of them by using the Visible Spectrum. Tonated with Yellow, Lemon and Magenta, which completely cleared the condition. I have now an Asthmatic Condition; what shall I do? The Ratio is 80 to 16.

C. R. — The same condition that was present with the Ulcers, is also present now. Stick to the Rational Food Of Man and continue the Tonations; you will have the Disorder corrected.

M. B. — I have had the Visible Spectrum Projector for a long time. Last Spring, I developed a Heart Disorder and was somewhat worried. I contacted C. R. and had an Itisation; it recommended Orange, Lemon, Green, Turquoise and Magenta. Here is the schedule I followed:— Orange and Magenta for one month; Lemon and Magenta for six weeks. After two weeks of the Orange, I felt fine and am feeling really well now. I have also a case report on my mother. She had what the Doctor called "Old Age Itch" and she felt very miserable. I took her to C. R. for an Itisation and her schedule was as follows:— Orange and Magenta for 4 weeks, Yellow for 6 weeks and Lemon for 6 weeks. After just a few weeks, she felt relieved. The "Itch" is not completely gone, but, she feels so much better and is more peppy. I am very thankful for having the Color Projector in my home and will not part with it for anything in the World.

L. O. — I had a very miserable Cold. It started with a very bad Headache and Aching Jaws. Tonated with Turquoise; no result. Next day, my Heart was beating terribly fast and I took the Kardoscil; it was 110. I did not pother to take the Spiroscil, but, went ahead and took the Purple. That

started my Nose running and the next day, the Cold was completely gone. I went to work and my boss wanted to know what I did to be rid of a bad Cold in just one day.

E. K. — I scalded my Hand which became terribly painful. Irradiated promptly, using the Blue. Under the Blue, the Pain diminished and by the end of the Tonation period, the Pain was just about gone. I expected Blisters and a very Sore Hand; instead of that, the Hand was almost normal after one Tonation and no Blisters, no Soreness. It was almost like magic!

At the conclusion of the Experimental Reports, C. R. read Chapter 116, from Text Books Set, Volume 3, entitled Rational Food Of Man. He pointed out that the Visible Spectrum Projector can not be beaten, but, there are certain Rules we must follow and the one most important is the Food we eat. Our Body is built and nourished by the Food, therefore, we can not receive definite results with the Projector, if we violate the Laws of Nature. Said he:— "As ye sow, so shall ye reap."

## EDITORIAL REMARKS

The great importance of the Ratio and the Elimination Functions can not be overestimated. They are the Keys Of Health. The Visible Spectrum Irradiations are not claimed to perform magical phenomena even if you transgress Nature's Laws. Go after the Causes according to our Science and the Effects will disappear by proper Irradiations. Use common sense.

* * *

### First Merrill Wisconsin Studio

W. B. — I feel much better if I take one Tonation a day. I was quite sick this Summer for about 2 months. I took Orange one day and Lemon the next. It seems my Legs are not holding up the way they should and the Orange is good for the Circulation and the Lemon as a Chronic Alternative.

D. N. — I read that it does not have to be absolutely dark in the Tonation Room while irradiating, as long as the beam of Light does not cross the Light from the Projector.

W. B. — I heard one Graduate saying that there must be absolutely no outside Light when irradiating with the Projector.

I. R. — You feel you do not want anything to conflict with the benefit you derive from it.

Member — Is it not a good idea to relax after the Tonation? The Color Waves act on the Body hours after the Tonation.

W. B. — One should not bathe right after a Tonation.

M. S. — I had a very Sore Back and was confined to the bed. It seemed like the end of my Spine and I could not straighten myself. The Pain was severe. Used Indigo and Orange Systemic. It helped and I was normalated. It must have been from overlifting. One of our Affiliates is a traveling salesman and perhaps does not obtain such good results, because, he is using a Portable Projector, most of the time. It does not have as large a Bulb as the Standard Projector.

D. N. — I am feeling much better since taking the Green.

M. S. — I can not go to sleep under the Light. Ultra Rays put one to sleep quicker than the Infra-Green Rays. They are more relaxing. Being tense during Irradiation interferes with the maximum benefits.

W. B. — My grandson G. C. has a Skin Disorder. He is following instructions, but, it does not seem to dry. He refuses to eat Vegetables; likes Rice and Peas. He had a similar condition last year, but, was normalated.

I. R. — My granddaughter had some Skin Disorder, from going in the school swimming pool.

(It was suggested that Turquoise be used to heal it and Indigo to seal it. "Family Health Protector" was read from appropriate Articles, indicating Lemon and Orange Systemic to be used on the affected Areas. Then, discussion was had about Chlorine in the drinking water and its effect upon the Body.)

I. R. — I have Arthritis in my Lower Back.

W. B. — That needs Lemon and more Lemon.

E. K. — I recommend the use of an occasional Indigo.

I. R. — I injured my Spine about 10 years ago and for 2 years, I could not sit without Pain there. A Graduate at that time suggested Orange and Indigo.

W. B. — Use Orange for a long time, before the Indigo.

I. R. — If a child has Hay Fever, can it be set right? He has continuous Colds.

W. B. — The best to use is Lemon now, if he has continuous Colds.

## EDITORIAL REMARKS

The Tonation Room should be darkened enough not to throw direct Light from the outside on the Sufferer's Body and to prevent the outside Light from crossing the Color Beam. Pulling all the blinds down is enough, if the blinds be not translucent. The Institute is always at your service if you send complete Charts.

* * *

**First Milwaukee Wisconsin Studio**
**Meeting Of Thursday, November 10, 1955**

K. B. — This is the last but one Meeting of this year. When you send your Request For Continuance Of Membership for 1956, send a Cashier's Check with it. We have a nice, full house tonight; let us have the Case Reports.

L. K. — Why should anyone taking Magenta always get a Sore Throat?

K. B. — Do you take it in a cold room?

L. K. — It is not I; it is E. S.

K. B. — I never experienced anything like it. Perhaps, the air in the room was dry.

E. S. — No, the room is not very cold. I use Magenta, Lemon and Indigo for Tumors. I use Magenta on Areas 4 and 18.

K. B. — Did you notice it in the Summer also?

E. S. — Yes.

O. L. — The lady should do some experimenting; use Magenta on the Throat.

K. B. — You may try what O. L. just said. If you write to the Institute, you will be told to wear cotton stockings.

L. K. — May we buy used Color Projectors?

K. B. — You may by having the number transferred.

E. S. — Can the Projector be used for Falling Hair?

K. B. — That is like Dry Skin. Use the Infra-Green. The Skin Oil is not present. Use Orange, but, if you be constipated, take care of that first. It is a Persistent Disorder, use Systemic. If we have all the information, it would be better. Flood the entire Body with the Orange; use Cocoanut Oil before using soap. Stay on the Rational Food System and do not depend on the Projector doing all that alone. The Skin depends on the Food you eat.

E. G. — I went to a Foot Doctor. It feels as though I can not step on it. He said a Nerve is rubbing on the Bone.

K. B. — Do you wash your Feet every day? The Feet are the most abused. Keep the Feet warm. Use Orange Systemic and Magenta. The other day, a man came to me with Blisters on his Toes. I told him to shake the sand out of his shoes, keep the shoes clean, bathe the Feet and use Green. We have many of our old time Members here tonight. O. L. is the oldest Member here; he has been one since 1932.

(A number of Members mentioned the year of their Affiliation.)

R. M. — What about a Fatty Tumor? Do I have to have it operated? It is on the back of my Neck. About a year and a half ago, the Doctor told me to have it operated.

K. B. — Use Systemic Green and Magenta on Areas 4 and 18.

R. M. — Will that shrink it?

K. B. — Yes and you may rub it. Alternate with Indigo and Orange; if there be Circulation in it, the Colors will help and watch your Food. Some families are inclined to have them. It is the hardest matter in our circle, to have the people conform to our way of living. Years ago, I could buy good Bread; now I can not, because, they put preservatives in it. Dogs fed some such Bread got Convulsions. All the Legumes are not tampered, but, some are tenderized. The first year they cook quickly. They found Beans in the Egyptian Pyramids and sent them to different countries; they were found still good. Everyone has 5 senses, but, everybody does not use them all.

A. E. — K. B., do you use Spring Water or the City Water?

K. B. — Spring Water or Distilled Water.

A. E. — You do not drink Distilled Water, do you?

K. B. — Surely, I do; there is no harm.

L. K. — They talk so much about Vitamins; are not there certain Lights that take care of that?

K. B. — Naturally, during cooking certain Vitamins may be lost. During the War, a ship docked and the sailors were fed Salt Pork. Their Teeth became loose. After several days of feeding Oranges and Lemon their Teeth became normal again. Then, the people were told they did not need Meat; they could use Lentils, but, most people do not like the looks of Lentils.

O. L. — If we eat the Rational Food Of Man, we are all safe.

K. B. — I shall read to you Chapter 112, page 1161, from the third volume of our Text Books Set, captioned "Pillars Of The Temple Of Solomon."

(Some discussion followed.)

P. J. — We heard about it so much; now, what are we going to do about telling the others about our Science?

K. B. — If you meet people, you may talk to them about it.

P. J. — Yesterday, I was sick and came home. I took Blue and today I went to work. Someone else could not have done that, because, they do not have our Color Projector.

K. B. — Members, if you could get all the people who have our Color Projector in the city of Milwaukee, that would be 500 or more. This hall would not be large enough. One man told me, "How can I attend the Meeting in my position? It will all come out right."

F. K. — The Member on my left asks:— "How can we spread the gospel of the Visible Spectrum? People say to me 'How do you do it? You do not have Operations or go to a Hospital'." I bought a stack of "Family Health Protector" and I give a copy to those who will read and learn. Then, when the person comes back, I can talk.

K. B. — The "Family Health Protector" is a fine book. It costs only $1.00 for 4 copies.




## EDITORIAL REMARKS

I congratulate you on your fine attendance. Continue it. It is not the fault of the Magenta, but, the cold room is to be blamed. Most Americans and American teachers and schools have the room Temperature in Winter set around 70°. Years of my experience with the Human Body gave different views and I fixed the Itisometer Normal at 80°. At that Temperature, the evaporation and caloric effects produce a proper equilibrium. In tonating Systemic, the entire Body is undressed and there is bound to be loss of Heat from the Body, if the room also be cold, the normal Temperature of the Human, being 98.6° Fahrenheit. The American female dress is non-protective and the blame is put on matters unrelated. If you buy a used Projector, be sure to get with it the Instruction Book. A Fatty Tumor may not be dissolved, but, a Tumor looking like a Fatty one, but, containing a viscous fluid may be tonated for absorption. Most edible material in America is chemicalized one way or another, for one reason or another. Read the Label and discard objectionably processed goods. Milwaukee Water being now fluoridated, is unfit for drinking by one who knows. Spring Water or Distilled Water may be used, the only objection to the latter being that the air having gone out of it during the distillation, the water tastes flat. Fluoridation is a Dental Racket. You know my open views. Dear friend K. B., you have a surprise coming to you. In former times, there were around 3,500 Color Projectors in your city and state, many of them owned and operated by very influential, well known public spirited officers and executives! Time will tell; wait and watch!

* * *

### First New York New York Studio

R. D. — Did everyone get our magazine?

Members — Yes.

C. A. — I had a very bad Cold; it was much better in 2 days. My wife tonated with Yellow for her Acne condition of long standing and passed a number of White Worms.

R. D. — Tell your wife not to be alarmed. Yellow is a Cleanser. I shall read to you an article from the Prevention magazine wherein a Medical Doctor Gerson speaks about remedying Cancer by Diet only — even so-called advanced cases. Says he: "If the Liver is too destroyed, then, the treatment can not be effective." In his Diet regulations, he forbids any Stimulants, such as Alcohol, Coffee, Tobacco and refined foods such as White Flour, White Sugar and anything containing them. He speaks against Aluminum Pressure Cookers and Aluminum Cooking Utensils.

T. S. — Why should such cooking vessels not be good? Dinshah says it is all right.

F. P. — I spoke to Dinshah about it and he said that as long as we do not cook acid food in it, there is no harm. I think stainless steel is better.

G. S. — I do not think a Pressure Cooker could do any harm; of course, one must be careful not to overcook the food.

R. D. — I do not know anything about it. Is there not a very high pressure exerted? I presume that a high temperature may destroy some of the food value.

M. K. — What kind of Cooker did Dinshah sell?

R. D. — That was an Aluminum Cooker, the food was steamed in it. The trouble is most people overcook their food.

C. A. — In the November issue of the R. D. is an article, which states about Heart Disease that "we have more Heart Disease than any other nation and that the rates seem to be related to food habits."

R. D. — Our food industry is an economic problem. If everybody would stick to natural foods, it would put a number of industries out of business. What I can not understand is that when Dinshah was prosecuted, so many learned Doctors testified against him and when he asked them if they studied his Encyclopaedia, a big Cancer Specialist said he had "Glanced" through it! They do not want to know anything about our Equipment — there is no money in it!

H. M. — I got my big toe in the electric Lawn Mower; it split the nail. The Bleeding was so profuse that my shoe was filled with Blood in no time. I used Indigo, but, it did not fully stop the Bleeding. Next day, my Leg was swollen upto the Knee. I used Orange. That brought back the Circulation and the Swelling also went down. The Orange was wonderful. In the mean time, I felt very sick too. I had a lot of Phlegm and felt very tired. My readings are 96 and 14. I used Magenta, Purple, Orange and Lemon. I feel much better now.

C. A. — When I use Orange at night, I can not sleep.

R. D. — If I put Orange on my little fellow, he can not sleep; I can take it and sleep. In your case, I should take the Orange in the daytime. There is one thing I want to point out; I hear so often "I live right, but, do not get the results." Be careful what you eat. Your Light is no fake; you will have the results.

A. K. — People say the Projector works on you, if you believe in it.

R. D. — It also works on people who do not believe in it. It works on Animals.

G. S. — We would eliminate some of our ailments, if we just forget about them.

F. P. — Doctors bury their mistakes. My nephew's wife was throwing up all day long. She used Indigo a few hours and she was fine.

C. A. — Why Indigo?

R. D. — I do not agree about using Indigo; if she had any Poison in it, that had to come out first; then, use the Indigo.

H. M. — I read an article about irradiating food. They claim it can be kept indefinitely.

R. D. — They mean Atomic Irradiation.

G. R. — I have Pain in my Calves; what Light may I use?

R. D. — In order to give you proper advice, I shall have to get your Readings. I have to ask a Member to read for me from our Text Book 3, about the attributes of the Green Attuned Color Wave. I have a Cold and my voice is not very good.

(H. M. read from the volumes.)

R. D. — The Pituitary Gland is the watch dog of our Blood Chemistry. It was read very well. If you paid attention, you can learn much the way Dinshah explains it. If we pollute our System, we can not expect it to function rightly.

F. P. — Suppose, one has a Cold and Earache and one does not know what to do?

R. D. — You can always start with the Green.

K. H. — What shall I use for a Strained Muscle?

R. D. — I tell you my experience. I had a badly Swollen Leg; if a Muscle be strained the Indigo does the trick.

M. W. — For a Sprained Ankle, I used the Orange; I go to Indigo only when I can not stand the Pain.

F. R. — It depends on how much Swelling you have. Indigo is all right, but, you must use Orange to get the Circulation; then, use Turquoise.

G. R. — I used Turquoise for a Swollen Ankle.

F. R. — That is all right, if you have a severe Pain. Our medicine is in the Ray itself, without bad after effects.

## EDITORIAL REMARKS




The Aluminum and Stainless Steel matter is a commercial fight. My views are known to you. Years ago, I used to sell a special Cooker. When my circumstances will warrant, it will be done along with the other apparati pending manufacture. Food is the builder of the Body, hence, by using slaughter food and devitalized foods, the Body is bound to suffer. Infra-Green Colors irradiated before sleeping, might produce Sleeplessness by their stimulant effects. Food may be kept "indefinitely" by irradiation, but, whether its Chemistry does not deteriorate is a question for those who pose as "scientists." Our Set of Three Volumes is the best investment for Health and may be safely recommended for STUDY to any person — even the worst "Doubting Thomas."

## First St. Louis Missouri Studio

There was a brief discussion about changing the Meeting Night from Thursday to Monday, due to increase in the cost of renting the Hall on Thursday. It would be cheaper for the Monday. Most of the Members present indicated no preference for either night. The Chairman stated he would write to the Institute. An article from the St. Louis Post-Dispatch, dated October 9, 1955 was read. It dealt with the various Drugs used for Virus "Infections." Most of the Members felt that Green as a Cleanser would be most effective for all those. Turquoise was suggested for the accompanying Fever condition, as it has both Green and Blue.

C. N. — It seems from the article that the Medical Doctors are coming more and more to our way of thinking.

(There was some discussion about what to use to dissolve a Blood Clot.)

E. N. — Lemon will dissolve the Fatty Molecules.

W. B. — I think Yellow would work better.

E. F. — I think the R. D. of November 1955 has an article which suggests that "Meat and Fat should not be used by persons with Heart Disease."

C. N. — I shall read to you from our Text Book, Volume 3, about the Attributes Of Lemon Attuned Color Wave. I feel that Yellow would also work well in a Blood Clot condition, as it is a Motor Stimulant. If one stays on the Infra-Green side, one is safe. Fruits and Vegetables having certain Colors have certain effects on us. I shall tell you of an experience I recently had. I noticed suddenly that my Frontelim was Pinkish. The next day it was Red. I became really concerned about it.

A. K. — I guess you ate a lot of Red Beets.

C. N. — I did and that was the cause of the color.

A. K. — Our whole family had the same experience with both the Frontelim and the Backelim.

E. N. — A. Z. has an interesting information.

A. Z. — I used to work with a candy company and there learnt that in making Chocolate, they use Flank Fat and Leaf Lard. If you ask at any packing house, they will tell you that they do not have either of those items, as they are all sent to the candy companies.

(This was quite a revelation to all the Members; they wondered if all Chocolates are made with such ingredients. Some Members stated that is not marked on the packages.)

R. B. — Must one remain during Tonation Period in the same position? Can one start lying on the Back and then turn on either side?

E. N. — If you change the position of the Projector also, but, do not change from tonating the Back to tonating the Front during the same period.

M. N. — Why can one not change? The Light is absorbed by the Aura, so what difference does it make, in what position you lie or how you change?

C. N. — The Aura runs in one direction in the Front, but from the Back it moves in the same direction, but, appears reversed.

M. N. — What difference does it make on which part of the Body one focuses the Light? The Organs will absorb what they need.

C. N. — If you want to reach the particular Organ, irradiate the Area of the Body in which that Organ lies, so you get the greatest benefit. However, I can not stress enough the advisability of taking Systemic Irradiations rather than the Local.

W. W. — I think you are getting away from the question.

(C. N. tried to explain by giving an understanding of the motion of the Moon around the Earth, but, it was somewhat too deep for some Members to comprehend.)

M. P. — I think it should be pointed out that one can not start an Irradiation lying on one side and finish on the opposite side, even if one uses two Projectors, as there is a difference in the attuning of each set of Slides. We see this in the two Equipments we have. We keep my sister's Projector and use it and she comes down to use it when she needs it.

C. N. — This is very true, for while the Slides are matched to each other in one Set, no two Sets are attuned to one another. Also, I like to stress the importance of following the letters R and L, which appear before the Favor Time of each day or night Favor Period. Be sure to lie on the side opposite to the one indicated by the letter. This affects the Breathing Process and you will not get the results you should get, if you ignore this. If you can not lie on the side which is indicated for a certain time, wait for the change from the Day to the Night Favor Time or vice versa.

W. W. — Will you get the same results whether you lie on the proper side or the Back?

C. N. — Yes, but, if you lie on the wrong side, you will suffer invisibly. Follow the instructions and you can not go wrong. However, I want you to understand why you are taking a certain Color and why you have to do things in a certain way.

R. B. — I wonder how many Members have read the "Triumph Of Spectro-Chrome." It has very much valuable information.

C. N. — That is an excellent book. It is a report of the Court Case Dinshah won. However, it is strange that the Court Record of that case disappeared and only Dinshah's record in his book is in existence. That is why he insists on printing the Court Records so fully, otherwise, he would have no proof and none would believe him.

W. W. — All of us have to believe in something. I do not feel that any of us has enough education or experience to question Dinshah. Therefore, we have to accept his Theories.

C. N. — We can prove his experiment that Red, Green and Violet make White Light, by looking at the Light through a Prism. I think that each Studio should be provided with three Projectors, one with a Red, one with a Green and one with a Violet Slide. Of course, they will have to be properly attuned. If they are focused on a white cloth, you can see true White Light.

W. W. — If you have two Projectors and the Slides are attuned, it would seem to us that they would all have the same Color.

C. N. — In every Color there is a leeway of 15 Degrees either way. However, in one Set of Slides, each Color must be 30 Degrees from the preceeding or succeeding Color. In one Set of Slides, Red may be exactly 0 and in another Set, it may be 0 + 2. In such Set, the Orange must be 30 + 2 and so on.

R. B. — Do I understand that the Lemon produced by my Equipment is not necessarily the same as that produced by your Equipment?

C. N. — That is right.

M. P. — I can see that difference in my Projector and my sister's. The Colors in my Equipment are a nice, bright Color, but, in hers, they are dull and dark.

C. S. — Suppose you take a Light on Areas 4 to 7. If another Color than that which is taken is needed by the Heart, what effect will this have on the Heart?

C. N. — In such a situation, the Organ's ability to reject a Color, comes into play. The Lungs are activated by the Orange, which is made up of Red and Yellow. The Heart needs Magenta, which also contains Red. Therefore, the Heart will pick up and benefit by the Red and reject the Yellow in the Orange.

M. N. — If you have a Growth, will not a certain Color affect it and be harmful?

C. N. — That is a good question. Most people have no idea or understanding of this. That is why the Institute requires a complete Chart. If you do not know what Color to use, follow the Rules of the Pulse and Respiration. If there is a Ratio of 4 to 1 or 5 to 1, you are reasonably safe in taking a Tonation which will have a good result on the Disorder. However, do not take an Ultra-Green Color, unless you have a specific reason for it.

E. N. — Going back to the question of M. N., if there be a Growth, do not use the Infra-Green, as it will have an ill effect.

C. N. — That is why when someone comes to us, we try so hard to find out what is needed and we use the Itisometer to guide us. If you do not feel well, observe this as it is a Signal of Nature that something is wrong. Then, do something about it.

R. B. — I have a friend who has been ill about the last 25 years and has been under the care of 96 doctors! They all gave him up. He was

recently in the Hospital, but, as they could do nothing for him, he was sent home. I told him about the proper Food and he started to eat the way I do. In 2 weeks, he went back to work! About 10 weeks ago, he weighed 110 pounds; now he weighs 128 pounds. His normal weight was 140 pounds.

C. S. — That story illustrates the power of the Body to resist the Poisons of Drugs and Medicines.

C. N. — If you control the chemistry of what you put into the System, you will find that the Body can be kept healthy and you will live longer.

A. K. — Is there anything against taking Epsom Salts internally?

C. N. — Like any Salt, it has a Yellow Wave.

A. K. — Someone recommended that I take a liquid made of the Juice of 3 Oranges, 3 Grape Fruits and 3 Lemons. After the fruits are juiced, the rinds are simmered and the liquid squeezed out and added to the Juice. Also, added to this was 2 teaspoonsful of Cream Of Tartar and 2 tablespoonsful of Epsom Salt. It is to be kept in the Refrigerator. I took some of this 3 times a day on an empty Stomach, about the amount you can put in a Whiskey shot glass. After taking that a couple of days, I got a funny feeling in my Stomach and stopped taking it.

C. N. — All of those fruits have the Red and Green Waves in them and are Cleansers. If you take this combination, you will completely empty the Intestines and cause them to become flat. This is called Flatulence, which causes the "funny feeling." I do not recommend taking this concoction. Also, if you juice them and put in the Refrigerator, you lose the Vitamins, which are life-giving factors.




## EDITORIAL REMARKS

Changing the nights of our various Studio Meetings would introduce confusion among visiting Members. Ours is not a money-making Organization and all that comes in goes out for the benefit of the sick and suffering. We therefore, paid the extra rent to keep the uniformity and the Trustees are glad to inform you about it. The World's learned will agree with our views in time to come; were it otherwise, I should not be giving all my life's time WITHOUT SALARY, to promote this Cause. Remember this: "Color is **not** Visual only, it is Chemical." Perhaps some Candy making Companies may be using Fat and Lard for Chocolate **Candies**, but, I have reason to believe that no plain package openly marked "Milk Chocolate" would dare introduce such abomination in it and face prosecution by the Food And Drug Administration. Write to me, please, A. Z. the name of the company where you worked and in WHAT CANDY to your personal

knowledge they used the Fat and Lard. It will be held confidential. C. N., I regret, gave a totally wrong understanding of the letter R and L marked in the Respiratory Rhythm Guide. Its meaning is printed openly on the top of that book, back of the front cover. For full explanation refer to our Text Book, Volume 3, Pages 1167 to 1187, both inclusive. "Triumph Of Spectro-Chrome" is a complete record of the Attuned Color Waves vindicated in the New York State Supreme Court. I was therein indicted and tried on a charge of Grand Larceny and acquitted honorably by the Jury, in Buffalo, New York, in the year 1931. A few copies are yet in existence and may be had for $5.00 a copy, in cloth bound edition of nearly 350 pages. I tell none to believe in me or my Theories or Science; **study** my books and reserve your own judgment. The attuning of Slides is explained in our Text Book Set, Volume 1. All genuine Slides are matched to their Degree Positions on the Double Interlaced Triangle of Light and produce the same effect all along. However, it must be comprehended that as each Color is 30 Degrees apart from its neighbor, a Slide of one Set may not match a Slide of another Set in practical attuning. Our Eyes are NOT attuned to the different variations of Colors by their Hues, hence, visual appearance is NOT included in the matching. M. P. will please let us know her sister's name and the number of her Projector and that of her sister. If an Organ has fully the Chemistry needed for its full function, the irradiation of a Color with similar effect will be thrown out by it. One can not overfill a full bucket; it will spill; only a partly empty bucket will take the filling. A. K. should desist from using that Junk. The Fruits mentioned are on the Acid side and Epsom Salt which is Magnesium Sulphate is a Saline Cathartic. Mixing the two and drinking the liquid is supreme folly. A. K. had better send for Personal Research Information. Flatness has no relation to Flatulence. Flatulence is in reality Distention of the Stomach or Intestines with Air or Gases.

# DINSHAH IMPARTIAL

**(The Universe Through The Eyes Of Dinshah)**

## VEGETARIANS HAVE NO ENDURANCE AND ARE PEPLESS!!?

Time after time, the chewers of slaughter food shoot arrows of ridicule against those they style "Vegetarians," without any scientific or studious basis. They say that Vegetarians live solely on boiled grass or uncooked salads and can not lead a healthy life. The strange part of this business is that even reputable high class newspapers permit such unworthy comments to pass unchallenged. E. V. Durling is one of such writers in the influential William Randolph Hearst's New York Journal-American. In its issue of Wednesday, November 23, 1955 that commentator wrote: "vegetarians seldom score triumph in sports where endurance is a major factor." Is that so? Brother Edgar, the first big trouble is you do not know or realize

the meaning of the word "Vegetarian." It does NOT mean green grass eaters. It is derived from the Latin "vegetare" meaning "to animate, sustain or nourish." A true Vegetarian eats all non-slaughter food, including milk and dairy products and as far as "endurance" is concerned, slaughter food is weakening in the higher aspects of life, being on the decadent side. I speak from personal study and experience. At the age of 19 and upto that age, when I was in Dholpur State in Central India, as Telephone and Telegraph Superintendent, in 1892, I used to shoot live animals and eat their carcases including even the bones of birds. I had no idea then of nutrition, ethics or the sacredness of Life. A year later, I went on the Himalaya Mountains, to Chehel, a new resort established by His Highness the Maharaja of Patiala, 9,000 feet above sea level and there worked on the electric light plant. Living in that remote region, in two feet of snow, I contacted certain Yogis, from whom I learnt the evil about my eating habits and was initiated into the deep aspects of the Metaphysical or Occult Sciences. I woke then from the lethargy of Occidental Material Physical Sciences and for nearly 10 months lived on solely two quarts of milk a day. By such abstinence from slaughter food, what I accomplished, is mostly in print in some of my publications. I may cite just a single instance about the endurance of the Vegetarian. In 1919, when I was the Colonel and Commander of New York Police Reserve Air Service, I was appointed Vice-President of the Allied Medical Associations Of America, composed of all licensed Medical Doctors and Surgeons. On June 16, 17, 18 and 19, of that year, I was one of the Delegates to the Convention of the organization in the Hotel Pennsylvania. I having refused to join the others at their banquet tables where slaughter food and intoxicants were habitually served, they made fun of it that Vegetarians have no endurance and can not stand heavy strain. I let them have their fun and resolved in my mind to give my learned colleagues a true taste of my real self. The next day was my turn to take the chair, so I started punctually at 10 A. M. on the lecture platform. Around 1 P. M. a few of the Doctors went in batches for their lunch. When they returned at 2 P. M., I was still talking. At 6 P. M. the learned ladies and gentlemen went for their evening meal and returned at 8 P. M. I was still orating. Around 10 P. M. many in the audience were nodding their heads. I was still in full swing. Midnight came. One Medical Doctor raised his hand and said: "Say, Colonel Dinshah, when are you going to stop?" I put on a face of surprise, lifted my eyebrows and shouted: "My beloved friend, what do you mean by 'stop'? I have not yet **started** to talk; I am just warming up!" I had spoken 14 HOURS WITHOUT A STOP!!! That ended the meeting and since then, when I placed before them the principles of my original Science of Attuned Colors, several of them took my complete course and stopping to deride the Rational Food Of Man, entered into the practice of the Science among their patients. It was in August 1921, that Kate W. Baldwin, M. D., F. A. C. S., Senior Surgeon of the famous Woman's Hospital in Philadelphia, Pennsylvania, invited me to that city, to open my Second Class in

my Science and graduating in the Course, receiving the Diploma, entered into it in full earnest. Eventually, she became the Vice-President of my organization and upheld staunchly the banner of Light And Color, speaking before medical and surgical bodies and in 1933 wrote even an Introduction which is printed in the First Volume of my Encyclopaedia on the subject — a rare, devoted, stalwart champion. Now, as I write this, I am past 82 years of age, but, still did not earn the distinction of being a "retired business man," because, I firmly believe, that when one "retires," his tires give way and the machine needs new tires. I am up **before** Sunrise and work constantly until away past Sunset, happy to serve the sick and suffering who may require and use my heartfelt services, all without any material or personal compensation. I am a **strict** Vegetarian, have no social life, my sole enjoyment being how may I serve the World more tomorrow than I do today. I am able to control every Organ and Muscle of my Physical Body, can breathe with only one Lung shutting down the other, retard or accelerate my Heart as I please and have never been sick in bed fit to be nursed. I eat Rational Food one meal a day, no lunch, no supper and yet they say the Vegetarians have no "endurance." Is that so? Well, do not endeavor to twist my hand; you will lose your pep! Remember, Truth may be defeated, but, never conquered.

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## GOOD THOUGHT FOR NEW YEAR

On New Year day, resolutions are generally made
To shape the future; why select one day?
Lead a life so balanced, as to have each day
Enhance one's worthiness; let each thought,
Word and deed, count for the good of the Creation,
Then, one will need no special resolutions;
Resolve once for all to be unselfish
And righteous and terminate making resolutions.

Make one resolution,
That you can maintain,
Not a hundred
Which you continually violate.

## OUR STUDIO DIRECTORY

On the First Thursday of each Month, there is held a Membership Meeting, at 8 P. M., in each of our following Studios, for reporting the results and findings of Personal Experiences in the use of the Visible Spectrum of Light and Color:—

First Allentown Pennsylvania Studio—Hotel Americus, Fifth and Hamilton Streets, Allentown, Pennsylvania. Catherine Knebel, Chairman, 234 E. Hamilton St., Allentown, Pennsylvania. Pearl M. Diehl, Vice-Chairman, 642 N. West Street, Allentown, Pennsylvania. Nellie Etta Spaar, Reporter, Route 4, Box 93, Quakertown, Pennsylvania.

First Cleveland Ohio Studio—The Colonial Hotel, 523 Prospect Avenue, Cleveland, Ohio. Albert J. Martin, Chairman, Sleepy Hollow Lake Road, Brunswick, Ohio. Louis Friedl, Vice-Chairman, 14220 Birchwood Avenue, Cleveland 11, Ohio. Theresa J. Soree, Reporter, 9216 Orchard Avenue, Cleveland 9, Ohio.

First Detroit Michigan Studio—Knights of Columbus Hall, 4740 Woodward Avenue, Detroit 1, Michigan. Albert Greenham, Chairman, 30906 Robert Drive, Livonia, Michigan. George G. Weiland, Vice-Chairman, 19692 Hanna, Detroit 3, Michigan. Elfriede Kolmetz, Reporter, 6735 Meadow Avenue, Van Dyke, Michigan.

First Merrill Wisconsin Studio—New Badger Hotel, 310 West Main Street, Merrill, Wisconsin. Walter Briese, Chairman, 707 E. Third Street, Merrill, Wisconsin. Edward Katke, Vice-Chairman, Route 6, Merrill, Wisconsin. Dorothy Nelson, Reporter, 1814 West Main Street, Merrill, Wisconsin.

First Milwaukee Wisconsin Studio—The New Republican Hotel, Guild Hall, corner North Third and West Kilbourn, Milwaukee 3, Wisconsin. Kurt W. Bader, Chairman, 314 E. Burleigh Street, Milwaukee 12, Wisconsin. Fredrick Kneppreth, Vice-Chairman, 1813 South 75th Street, West Allis 14, Wisconsin. Florence Gutsch, Reporter, 3041 North 53rd Street, Milwaukee 10, Wisconsin.

First New York New York Studio—Hotel Diplomat, Governor Room, 108-110 West 43rd Street, New York 18, New York. Ralph W. Diedrichs, Chairman, 423 Jackson Avenue, Mineola, Long Island, New York. Hildegard Muehlfriedel, Vice-Chairman, 817 Lancaster Road, Ridgefield, New Jersey. Margarete B. Wolschendorf, Reporter, 19 Van Buren Avenue, Norwalk, Connecticut.

First St. Louis Missouri Studio—Albrechts Hall, 3549 Arsenal Street, St. Louis 18, Missouri. Clemens M. P. Neumann, Chairman, 4348 Virginia Avenue, St. Louis 11, Missouri. Walter Bloss, Vice-Chairman, 6408 Lansdowne, St. Louis 9, Missouri. Marie J. Parison, Reporter, 7525 Comfort Avenue, Maplewood 17, Missouri.

## OPEN DECLARATION FROM THE EDITOR
## DINSHAH P. GHADIALI

# NO WARRANTY, NO GUARANTY, NO LIABILITY

Since in June 1922, I became the Editor of a similar monthly magazine, controlled by another Corporation (now dissolved), I had complete records of all Case Reports and personal matters in my files. Those were totally destroyed on Tuesday, January 2, 1945, by a disastrous Fire of unknown origin, which burnt my 30 room Main Office Building and Laboratory, causing a loss of over $250,000.00, being without insurance.

A few months later, Law Suits were instituted in the United States District Courts, at the instigation of certain opponents of the new Science of the Visible Spectrum and because of our inability to produce the original documents as proof of various contested matters, verdicts were rendered against me and the controlling Corporation to the effect that our literature was false and misleading under the Federal Food, Drug and Cosmetic Act, as a result of which we received heavy Sentences and Penalties, I being dubbed a "quack" and a "faker." $125,000.00 of printed literature was also destroyed by Court Order.

The American Medical Association and Licensed Medical Doctors and Surgeons strenuously maintain that the Visible Spectrum of Light and Color has no Therapeutic Effect and that it has absolutely NO HEALING or CURATIVE VALUE.

For that reason the VISIBLE SPECTRUM RESEARCH INSTITUTE openly warns the Reader, that the said INSTITUTE issues this Monthly copyrighted in accordance with the Constitution of the United States of America, Article 1, Section 8, Sub-Section 8, protected under Article 1 of the Bill of Rights; the Reader who uses the contents as basis for own investigation, experimentation and (or) research along the lines of the Visible Spectrum, to determine the Powers and Effects of Light and Color upon Living Organisms or otherwise, will do so on own absolute responsibility, taking and assuming ALL RISKS pertaining to such activities.


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