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THAT'S A GOOD QUESTION

THAT IS A GOOD ANSWER

OUR STUDIO ACTIVITIES

DINSHAH ADDRESSED GIRL SCOUTS

DINSHAH ADDRESSED KIWANIS CLUB

DINSHAH IMPARTIAL

THE SUCCESSOR OF DINSHAH

WHAT WRECKS WE GET TO REPAIR

PORK EATER'S PUNISHMENT

BURNING BOOKS IN AMERICA

TALKING WITH TWO MOUTHS

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.

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Devoted To The Service Of Mankind.

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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

CARBUNCLE ON NECK REPORT BY L. R. S.

The company for which my husband works, wanted a Doctor's certificate, so he had to go to the company Doctor and be examined. He gave him an examination from head to toes; just looked at Area 16 and said: "He should have some Plastic Surgery, as his Neck would be stiff when it healed." He looked at his Finger Nails and said they were blue and he should have Blood Test. We have not taken either suggestion. He is to report to him to see if he can go to work in three weeks and bring a report on Blood Test and Plastic Surgery. I want to tell you how happy we are over our experience with our Visible Spectrum in this serious case. Its precision was a wonderful thing to experience and we are so grateful to you for your wonderful invention . . . Thank you for sending Charts and your kind words.

* * *

PSYCHIC GUIDANCE REPORT BY M. D.

I must write you of my experience 3 years ago. I have followed these Colored Lights and also the Food. I got so ill, I could not get my Information to Visible Spectrum. I could find no one to help me. I became so confused, I did not know what to do. I looked for healing and got in the hands of sinful men. I read the Bible every day. I believe this would help me to be my real self. One day, I sat and wondered how I could take the Lights; I could not make things out. Then, I heard a Voice, the most wonderful and sweetest I ever heard, tell me to take those Color treatments! I said: "But I don't know what to take or where." It told me to take the last instructions I had received from you some time before. Then, I was guided how to take them. In five weeks, I knew I needed a change, so, I asked what I needed. I was guided to the Blue on my Chest, alternate Front and Back daily. Then, I got better every day . . . Then the voice told me how you founded these Colored Lights. The very first time these Lights touched my Body, in 1941, I knew it was supernatural! How few are faithful to it! . . . You may use this letter as you wish. God bless you in your good work!

* * *

BROKEN ARM REPORT BY A. W.

About ten years ago, I fell and broke my Left Arm in three places. It was set at ---------- Hospital, in Philadelphia, Pennsylvania. After a few weeks, the Doctor told me I would never be able to have much use of my Arm due to my age (past 65) ; he advised me to cut my hair, as I would not be able to raise my Arm. As my profession was teacher of the piano, it was of course a great shock to me. However, I was recommended to Dr. G. (now

retired) who practised with your Color Projector. After three months treatment, three times per week, I was completely recovered, my Arm as good as ever, not even a Pain in bad weather. This testimony is entirely unsolicited, but, I feel it would be a crime to curtail such a wonderful treatment. (Subscribed and sworn before W. J. B., Sr., Notary Public.)

* * *

HEART DISORDER, CONSTIPATION, BURN, PAIN, UNCONSCIOUSNESS, OVERTURNED ANKLE REPORT BY I. P.

The undersigned, a registered purchaser of a Color Projector Equipment, being duly affirmed, voluntarily and of own accord does state as follows in regard to the personal experience about the merits and efficacy of the said apparatus. The Color Projector has done wonders for me and I am very grateful. When purchased, my Kardoscil was 50. After a few Tonations, back to normal. Suffered with Constipation for many years. That was corrected. In a Third Degree Burn, Pain was gone in less than an hour and not a Scar to show for that experience. Before using the Equipment, I was always troubled with Infection from Cuts or Scratches. Nothing like that anymore. Had miraculous help when unconscious from a Fall, with Head pounding and feeling as if it were three times its normal size. An Overturned Ankle, badly swollen and very painful; all brought back to normal with the Color Projector. If my Equipment could not be replaced, would never give it up at any price. (Subscribed and sworn before F. J. K., Notary Public.)

* * *

NERVOUS BREAKDOWN REPORT BY G. N.

I certainly am thankful for the Visible Spectrum myself. It brought me out of a Nervous Breakdown I had for ten years, when nothing else could help and I want to say: Thank you!

OUR STUDIO ACTIVITIES

EXPERIMENTER FINDINGS AND QUERIES MEETINGS OF THURSDAY, FEBRUARY 2, 1956

First Allentown Pennsylvania Studio

No Meeting was held because the weather conditions were very bad. The streets were like sheets of ice. Only three Members were present; no Officers.

* * *

First Cleveland Ohio Studio

Editorial remarks against the spraying of fruits and foods were read from the January 1956 Visible Spectrum Researcher and discussed. Members all expressed their opposition to Fluoridation of drinking water also and expressed the hope that the people will see the light of truth.

F. B. — I have my case report. I am following directions of the Institute. The Left Side feels numb. I feel like there is a Lump inside.

H. K. — I had very Sore Throat; felt ill all over the entire Body; had a sensation like the Throat closing. Ratio 75 and 11. Took Green, then Orange. Felt better in two days.

L. F. — I still tonate with Scarlet on Area 11; feel much better.

The Chairman read Chapter 1 from the First Volume of our Text Books Set. We intend thus to read the whole Set. The Meeting was enjoyable.

EDITORIAL REMARKS

F. B. has long time Disorder. He sent his report three months late. We are glad to serve, but punctuality in reporting progress should be observed. One chapter at each Meeting, will take you nearly 10 years to finish! I admire your patience! Go ahead!

* * *

First Detroit Michigan Studio

A Member asked for Application Blank for Membership as Student Researcher. There was disagreement as to whether the same Application Blank may be used for children as for Adults.

A. G. — It is a good idea to bring in interested people as Student Researchers to make them familiar with our system of Healing. You all heard of Dr. Kate W. Baldwin. This is what she says about "The Therapeutic Value Of Light And Color." (Read it from the leaflet.) Knowing her personally as I did, that to me is conclusive proof that nothing can compare with our system of Healing. Now, for our Educational Program: I suggest that we start with the First Volume of our Text Books Set, if it has your approval. It would help to make everybody more familiar with the workings of our system. In order to understand fully our Science, we must study the nature of Light and Color and their mode of transmission. I quote from the Bible, Genesis, Chapter 1, Verses 3 and 4: "And God said, Let there be Light and there was Light and God saw the Light, that it was good." Without Light, nothing could exist. When we speak of our Science, we speak of something of tremendous power. The reason why Light is such a potent thing, is the Speed with which it travels — 186,324 miles in one Second. Just imagine that! It is not **absorbed** by the Body; if it were, your weight would be tons!

(A. G. then read a few Chapters from the First Volume of our Text Books Set.)

A. G. — Fraunhofer and Bunsen gave us an idea that Light was more than just a shine and I want to bring out a few high lights of Fraunhofer. At the time of the Lord Jesus Christ, only 8 elements were known. The number of Elements now recognized by scientists is 91, plus the 2 discovered by Dinshah, during the Total Eclipse of the Sun in 1925, which makes it 93 Elements. Those 2 Elements Dinshah named Irenium and Kashmirium, in honor of his wife and daughter. Some day, these scientists will wake up and recognize Dinshah. That Eclipse was one I distinctly recall, because, it was 2 minutes late. I expected an explanation of this phenomenon, but, the scientists seemingly did not have an answer and nothing was said about it, until 8 years later, a lecturer explained the reason, which was that the Earth had shifted on her axis. Since then, our Winters have been warmer.

C. O. — I hurt my Leg badly and could not get up without help. I waited for Tonation time and took the Orange. After 45 minutes, the Pain diminished. The next morning, the Pain was completely gone and I went back to work.

J. B. — We have had trouble with the baby for the past 2 weeks. She is teething, at least that is the impression. There are about 8 white spots where the Teeth seem to come through. She is very distressed and presses her little Fists against her Gums. She is constipated and does not eat properly. She also has had Fever intermittently. I wonder whether there is anything that could be done to relieve the suffering with the teething. I called the Institute and was suggested 2 Tonations of Yellow in a day.

A. G. — Teething is a natural growth and there is nothing that can be done about it.

C. R. — It is not just the teething; there is another disturbance. Constipation may cause Fever. What Food does the baby get? Perhaps, you should dilute the milk with more water. Plenty of water is always helpful. To help with the Bowel Movement, rub Cocoanut Oil into the Rectum.

A. G. — If you find that the first part of the Stool is hard and the rest soft, it is a sign that the Sphincter Muscles are not working properly and the Oil externally and internally being rubbed will help. It is always important to have the right position for Back Elimination. The squatting position will relax those Muscles and allow proper Elimination.

M. G. — My Ratio was 74 and 14; after taking Systemic Orange and Scarlet on 4 and 18, it is now 79 and 15. Just lately, I had a Headache and Scarlet on Area 4 took it away. Scarlet seems to do more for me than Orange.

A. G. — Scarlet on 4 and 18 will give you sufficient activity. The Aura by the Law Of Selectivity will use whatever Color is needed.

C. R. — I think you should stay on Orange. You try to improve the Heartbeat, but, according to your Ratio, you need Orange for the Respiration. You need activation and the Aura will select the Red when needed.

Why not switch to the Red? May be there is a disturbance in the Liver. If there is sluggishness there, the Red will activate.

L. F. — I had a Soreness in my Finger; tonated with Lemon, but, it is still sore.

C. R. — Continue tonating with Lemon, perhaps for a month; the Pain will disappear. It is probably an arthritic condition.

H. S. — I have been tonating with Lemon and Magenta for X-Ray Burns; I feel a little better.

Z. B. — I have been tonating with Orange for 2 months for Constipation and am going to the Lemon now; my condition is much improved.

Member — Is Dinshah ever coming to Detroit?

J. B. — I am having Kidney Trouble. Pain in Area 18; Ratio 68 and 15. I have much gas and scant Front Elimination once a day. The Urine is sometimes whitish, but, most of the time it is natural looking and not cloudy.

A. G. — Tonate with Scarlet on Area 18.

J. B. — I have had some help and relief by tonating with Lemon.

A. G. — We should like to have Dinshah comment on this case.

EDITORIAL REMARKS

The Application Blank is now the same for all Grades Of Membership. However, a minor (under 21 years of age) must have consent of parent or guardian written on it. Dr. Kate W. Baldwin, was a Medical Doctor and Fellow, American College Of Surgeons. She was for 23 years Senior Surgeon of the Woman's Hospital of Philadelphia, Pennsylvania and was one of my Vice-Presidents in 1924. She spoke highly in favor of my Science at the clinical meeting of the Section on Eye, Ear, Nose and Throat Diseases of the Medical Society of the State of Pennsylvania held at the Medico-Chirurgical Hospital, Philadelphia, on October 12, 1926 and it was reviewed in the Atlantic Medical Journal, April 1927. That cost her position and through pressure of our opponents, she resigned as Senior Surgeon on October 22, 1926. She died 11 years later and was buried in Lawrenceville, Pennsylvania — a revered martyr to our Cause. May her glorious Soul rest in peace!!! If you study carefully the Chapter 89 in the Third Volume, you will find that in its caption of "Explosion Of Element Theory" I declared decades ago that every so-called Element can be cracked into other materials, Uranium 235 inclusive. The Earth loses around 1 Second in 100 years. Because of the terrible bomb explosions, the weather conditions of all countries is changing, because weather depends on the currents of air in motion. The J. B. baby is improving right along. She has a dutiful, loving

father caring for her. The idea of having the "correct position for Backelim" is right, but, that is for adults. This J. B. baby is only a few months old! M. G., J. B. (not the baby's father) should send the complete Charts to the Institute. I request that the Studio heads should impress upon the Members that merely giving a symptom or two can not enable one to give a proper guidance. I also request that in concluding a Report, the Reporter should attach own signature to make the Report authentic for publication.

* * *

First Merrill Wisconsin Studio

W. B. — I had trouble with my Legs. Do not know what it was; perhaps Cold settled in them. Made our Lemonade and drank that and you will be surprised what a difference it made. Formerly, I could not squat, but, now I have no trouble at all. It is not quite 100 per cent. but is almost. There was no Swelling, but, a Pain in the Knee as soon as there was pressure on it.

H. U. — My husband has what seems like Arthritis. It seems like there is bone protruding on one side of his Leg.

W. B. — It seemed to do good when I took Yellow, but, now using Magenta am feeling much better.

W. J. — I have Pain in a Muscle. Goes below and above the Knee, from the inside to the outside. It moves around. I have Chronic Constipation.

W. B. — I remind you that when your Elimination functions properly, everything will fall in line.

Member — Bad Teeth might cause that. Some time ago, one of our Affiliates had severe Pain in the Legs and after the extraction of one Tooth, the Pain left never to return.

(There was some discussion about how dark the room should be during Tonation.)

D. N. — What should be used for Tired Eyes?

W. B. — Turquoise can be used; also Orange and Red. I shall read about the Red from one of our books. (Read about Red.)

Member — It used to be hard for me to drive at night when lights were on, but, after using Red, it does not trouble me.

G. V. H. — I read regarding the use of Systemic Tonations rather than Local ones.

D. N. — I read an article where some professors said that the Full Moon has a direct effect on the Emotions. I wonder if that is not taken from our Originator's idea — taken from him.

E. M. — I had a Cold. It settled in Area 18. Took two Lemon Systemic and one Magenta Local and it is normalated.

H. U. — It seemed I had a Flu coming on. Took Turquoise and one Magenta. In 24 hours, there was not a sign of it.

(Discussion about the proper water to fill the Thermocept.)



EDITORIAL REMARKS

H. U. should use our Personal Research Information Chart. There is excuse to stay sick? Since this year, two such Charts go with the Respiratory Rhythm Guide and the Membership Card. W. J. will not recover health unless he follows the Rational Food Of Man. We wrote to him, but, he does not follow the given instructions. We are sorry. The Tonation room should be as dark as blinds pulled down can make it. No outside light beam should cut across the Color Beam. For Tired Eyes rest is the best. Do not worry about the work and ideas of the Originator! In a few years, his views will be accepted by the "professors" of the World, when he gets the Nobel Prize!

* * *

First Milwaukee Wisconsin Studio

At the commencement of the Meeting, the Chairman gave a lengthy and enlightening explanation about the Respiratory Rhythm and the Guide as supplied annually to the Experimenter and Graduate Researchers. Said he in conclusion: "I have observed for twenty years and I follow it strictly. The man who made it, has not spent fifty years of his life without observing. I found people who are Freemasons, believe in it; they may not join our Organization, but, they believe in it."

E. M. — May I say something? I was pothered with Erysipelas. I had it for 15 to 20 years. It usually came twice a year. It is one year and two months now. I have not had an occurrence since. I like to say I am very grateful to the Visible Spectrum. I was very sick; E. B. knows.

E. B. — I thought she would die.

K. B. — Watch a man with Asthma or Epilepsy. Here is a man A. S. who has been a Member for twenty years and if he studied, he knows. If you have to you may study; it will not make you rich, but, it will help to enlighten you.

P. J. — Some years ago, Dinshah explained this to us, but, for some of the newer folks, this is very deep.

K. B. — I do not think it is very deep. Some people have like a funnel in the head — it goes in and comes right out!

(A short discussion started about some printing error in the Respiratory Rhythm Guide.)

L. S. — At the last Meeting, my Cold was coming on. I did not know what to use. I used Turquoise and that helped. My Nose ran and I used Turquoise again and did that help! My one Nostril could not get anything out of it for years; it came out for a week and smelled terrible. It was wonderful; my Eyes watered and when I took Turquoise, it relieved it. I felt much better; now, it is draining in my Throat.

K. B. — People who have a moist Nose, seldom have a Cold. Apply Cocoanut Oil into your Nostrils before bathing.

F. K. — I like to report a case of a Member on the South side, who received guidance from Dinshah. Something formed in her Nostril; one day, while she was using the vacuum cleaner, this hardened formation came out. It was the size of her little finger. It was a wonderful testimony.

K. B. — For something like that, it is always good to use Lemon.

L. K. — My daughter comes home from school and tells how all the students are coming along with Sinus Disorder. We have been observing and they are all going bareheaded.

F. K. — I have been having trouble with my Left Leg. I had my Varicose Veins removed about six years ago. It is like a Toothache. I am wondering if I am using the right Color.

K. B. — You must understand the Veins circulate the Blood and now they are removed. You may use Scarlet on Area 4 and Lemon on Areas 6, 7, 8, 9, 10. I explained before how a pregnant woman may get Varicose Veins. Pressure from the child might produce such Disorder, but, after the birth they usually disappear. There are certain complications. When I was 17 or 18 years old during the First World War, I used a Steam Tractor. I was a Commander and had to get logs and had to drive about fifteen miles over cobble stones. The vibration was not very good. I did not know what to do. My father was in the War and my mother was worried about him. My Legs swelled and I went to a Doctor. He said I had Varicose Veins and he took them out. I trusted him. I had to take a hot water bottle to bed with me for two years. My Feet were cold and I could not go to sleep. He never asked me my occupation or any other questions. He was a Professor. I remember his face. They did not have Blood Transfusions; they used Salt. Remember, it took me close to two years in the youth of my life. The only thing you can do is to live strictly on the Rational Food Of Man; you will see an improvement.

A. S. — Is there anything one can do for Hardening of the Arteries?

K. B. — We discussed that many times before. If you have High Blood Pressure, it will keep the extremities free. Lemon will help. Many people can not combat old age.

A. S. — Doctors recommend one should not drink Milk.

K. B. — When you buy Raw Milk and it turns sour, you may eat it. If you buy Pasteurized Milk, you can not get Sour Milk. A farmer will not raise his calf on Pasteurized Milk, because, the calf would die.

A. B. — Can a person drink too much Milk?

K. B. — Milk is in itself a perfect food. If you get Natural Milk, it will sustain you; it is good for the young and the old.

M. K. — My husband has Asthma. If he eats Ice Cream or Milk, it forms a Mucus. He finds if he eats anything Spicy, he notices Asthma more.

K. B. — If you can not digest Milk, you have to use Lemon and probably Magenta with it. Is he using the Lights?

M. K. — Yes.

K. B. — Sometimes, some people come to me, saying they can not eat Strawberries. I tell them to eat more. I always liked Cucumbers, but, I could not eat them. As soon as I ate them, I burped for several days. Since I started with the Visible Spectrum, I can eat two Cucumbers.

M. K. — Last Summer, our basement was damp and my husband went down and smelled the moldy odor; he became troubled with Asthma.

K. B. — I give you a good warning; stick to the Rational Food Of Man. How many Members stick faithfully to the Rational Food Of Man?

(Twelve Members out of fifty present, raised a hand.)

A. S. — How is the Frozen Food?

K. B. — If you can get the fresh use the fresh.

A. E. — I read an article some time ago, that many people when they become older, get deformities and drinking plenty of Milk, they will get the Calcium they need. When such people fall they break their Bones.

A. B. — From what foods can one get Proteins?

K. B. — Peas, Lentils, Nuts. How about talking next time on the Rational Food Of Man?

E. B. — Oh!

K. B. — Be sure to watch that you do not get Refined Foods.

N. F. — I like to experiment. I like to see how long I can go without food after I eat. One day, instead of taking my lunch to my work, I took a bag of Beans and I did not become hungry all afternoon.

K. B. — If you eat Raw Potatoes, it will take longer to digest, because, the Starch has not been converted into Sugar. If you eat a Raw banana (Green), it will taste like a Raw Potato and will take longer to digest. Cooking is an art much less understood.

A. S. — How about Oleomargarine and Crisco?

K. B. — Oleomargarine is an artificial butter made of Tallow, Lard and such other animal fats. Crisco is made from Hydrogenized Vegetable Oil. Our Instruction Book says: "Eat anything that has no animal fat. I saw a commercial on Television put on by a soap company. There were two men from Tibet on Television; they get along without food. Did anybody see the program? (No response.)

F. K. — There is a woman in Florida who has been cutting down on the amount of food she ate, until now she does not eat at all.

K. B. — People who do that are not human anymore.

A. B. — What about the Eskimo? He does not eat Vegetables. Does anyone know how long his life span is?

K. B. — They eat Fish and Oil. Their life span is twenty seven years. I shall read and settle the question, from "Family Health Protector," page 108, Article 52. I always thought it a crime, since I was a young man, for anyone to cut the throat of an animal.

F. K. — May I say something? On the first page of the book "The Decline of the Medical Profession in Public Esteem" which you received, was pasted "In The Interests Of Our Organization A Special Resolution." How many sent in the 25 cents? (Not many responded.) I should say you should all send in the money.

A. B. — What is "Distemper" in a dog?

K. B. — I should say use Green.

F. K. — I think it is very impolite, while the Chairman is talking, that everyone else tries to talk. Then, later they ask: "What did he say?"

K. B. — What shall we talk next time?

Members — **Food.**

EDITORIAL  REMARKS

Erysipelas is a Disorder marked by Chill, Fever and severe Local Redness of the Skin and Mucous Membranes. The affected Areas become swollen and itch with a burning sensation. The eruption generally begins to disappear after the fourth day and the Sufferer normalates in about a week. The American people do not realize the value of keeping the Head covered. The Head has the most important of Organs in it — the Brain. That needs many times more Blood for its Circulation than the entire Body and as by keeping the Head uncovered, its Heat is dissipated, it would load the Heart and Lungs more. Thus, by covering the Head, vitality is increased. It is now a "fashion" to go bareheaded. Covering the Head also prevents Baldness. I am criticized for always having a cap on my Head and on many occasions was bodily thrown out of American Courts! I pleaded my right on the ground of Freedom Of Religion as constitutional by the First Amendment; I won the point, **but**, I lost the case! Varicose Veins are Veins that are swollen by impedance of Circulation. They can be normalated by using the proper Tonations to accelerate the flow of Blood through them and getting Circulatory Equilibrium. M. K. never sent her husband's Chart. I am told by numerous Members — real well-wishers — that if I remove the Food restriction from our Science, we could get many thousands to join us in a short time and build a gigantic Organization. I understand that, but, the Food is the main **Cause** of their various Disorders, so how could I sell my conscientious knowledge and integrity for the sop of money and membership? I want Quality, NOT Quantity, for I know that in the future, ours will be the most respected Healing System of all time. From the Charts

which come to the Institute, I fully realize where the shoe pinches in the family life of our Members. Oleomargarine is an artificial butter, made from Tallow, Lard and the like. Avoid it as you would avoid anything made from slaughter. I shall be pleased if I may receive full particulars of those two men from Tibet and the woman of Florida, who live without food. Personally, I eat only **one** Rational Meal each evening and no lunch, supper or snacks, awakening from five in the morning and doing useful work till over ten at night. I have no helpers in the Principal Office yet, but, I do my duty as best I can. Please, send me the information about those "foodless" people. Distemper in a dog is a Catarrhal Disorder with Fever, Dulness and Loss of Appetite, with a Discharge from the Nose and Eyes of the Puppy. Use the Color Projector as for a Human Animal. It will respond. I request all Chairmen to conduct our Studio Meetings with the same disciplin as any other corporate organization. We ARE truly a Fraternal Institute, but, our Members are reckoned as intellectuals and not morons. I congratulate you on your attractive report.

* * *

First New York New York Studio

As the Chairman was unable to stay for the Meeting, the Vice-Chairman took charge.

H. M. — I am not prepared. I have no books. Please, help to make the Meeting interesting. (An article was read on organically grown Oranges.)

E. S. — I sent my $6.00 quite some time ago, but, did not get the Card or the Respiratory Rhythm Guide. I hurt my Wrist; it was swollen. I took Indigo and after that, I had not much Pain.

O. D. — H. S. has the Projector for 3 weeks, but, did not get her Card and Guide yet.

F. P. — I did not get the Respiratory Rhythm Guide. I spoke to Dinshah about my sister; she is not doing well at all. She has a big Bed Sore and runs 102° Temperature.

A. M. — I think that it is good there is an opening; at times, Fever is helpful.

H. M. — The dross has to come out. Continue with the Color Dinshah gives you.

W. G. — I feel much better. The only Pain I have now is in my Left Hip. I expect to hear from Malaga any day.

R. R. — My wife has been suffering from Arthritis for years. We are using Lemon and Magenta.

M. F. — I had a crippling case of Arthritis. For years I spent $4,000.00 on Doctors. It was the Color Projector that helped me. I used Yellow on 6, 7, 8, 9, 10. One has to live strictly upto everything. Once you are used to the Rational Food Of Man, you will have no trouble with Backelim. I had to take before 3 different Pills a day; one for Backelim, 1 for

killing the Pain, one to go to Sleep. We started right with the food; no more Meat from then on. When you are used to our way of living, you will not want to live in any other way.

H. M. — I joined in 1945. I liked the idea of not eating Meat. I did not eat any till Thanksgiving. I ate some Turkey; it did not stay in my Stomach 5 minutes! I tried it again the next day; the same thing happened. From then on. I did not eat any more Meat. H. S. is a new Member. She heard of the Visible Spectrum by reading a book from Dinshah. I like her to know how to make Lemonade.

M. F. — I take 4 Lemons to a quart of water. I use Raw or Brown Sugar.

H. M. — I used to mix Oranges with the Lemons, but, it did not agree with me.

F. R. — Orange Juice is not as good as the whole fruit; the Pulp should be eaten also. Lemon is a different fruit from Orange and Grapefruit. The latter two are more acid.

E. P. — I am also a new Member. I am suffering for years from Stomach Ulcers. The Doctor told me to go to the Hospital and have them cut out. I have a Color Projector since Christmas. I am using Yellow and Lemon. I am afraid of eating Legumes on account of my Stomach. For years, I had nothing but dairy food. I could eat nothing raw; it gave me gas.

P. R. — The only time when that gives me gas, is when I eat very fast.

H. M. — Start in slowly with the Lemonade.

P. B. — It will also do you much good if you do some exercise.

P. Z. — Is there anybody present who has had experience with Dropsy?

A. M. — H's little girl died from it. She was in the care of the best Doctors. She improved under the Light. She got the Light in the last few weeks.

H. M. — I shall read to you from our "Family Health Protector," Article 13, on "Germs Are Friends And Servants."

T. S. — Why is it wrong to eat Fish?

H. M. — Fish is a form of Meat. It produces Scaly Skin. I should like to ask if anyone will take my place from May till September 1. Please think it over; we have to find somebody. I am going to Germany.

EDITORIAL REMARKS

E. S. has had Summer and Winter addresses and she was sent the 1956 Request For Continuation Of Membership, but, sent the Six Dollars in cash **without** the Request. Thus, she has no Membership and the Studio

committed serious Violation in admitting her WITHOUT Membership Card. Please, NEVER let this incident recur. Furthermore, ALL Complaints should be addressed to the Institute which can look into them; the Studios are solely for the educational purposes. The complaint of O. D. about H. S. receiving the Color Projector, but, no Membership Card has another aspect. The Request for 1956 came signed by the Introducer J. Z. instead of the Purchaser! The Institute is still waiting for the proper Request. Another form was sent to her. F. P. in sending for the Color Projector sent her own Chart and noting that we could benefit her, we accepted her Order. Then, later, she sent us a Chart of M. N. who she stated is her Step-Sister living with her. That woman has had Shaking Palsy, numerous Operations and was completely paralyzed, in bed all time. A very serious case and had we known that F. P. would expect us to set that lady of 58 on her feet in no time, she would NEVER have received the Projector. W. G. is progressing. Fast eating without proper chewing is a main cause of Indigestion and Gaseous Fermentation. The Stomach (Area 8) has no Teeth. Dropsy is an abnormal collection of serous fluid in any tissue of the Body. Look for its remedy in the restoration of proper Eliminations and Blood Circulation. As the Body is built of the Food we eat, the devouring of Fish is bound to induce the production of Scaly Disorders similar to the Skin of the Fish. That question coming from an old timer like T. S. was truly surprising. She should know better.

* * *

First St. Louis Missouri Studio

Due to icy weather, less Members were present than usual. From Volume 2 of our Text Books Set, Chapter 67 Bellows Of Life, 68 Crank Of The Human Engine and 69 about Goitres were read and discussed.

K. S. — I have Pains in my Throat when I swallow; is that caused by the Thyroid Glands?

C. N. — Those Glands are on the side of the Throat and are not affected by the food passing into the food pipe.

(Some discussion followed further from the Chapters read, in regard to Sugar passing in the Urine being Glycosuria and not Diabetes Mellitus.)

M. W. — How would one know if the trouble is in the Thyroid or the Parathyroid Glands?

C. N. — If there be an enlargement in the Throat, you would know the Thyroids are overactive. If you feel sluggish and tired, what Color would you use to get a pick-up or boost?

K. S. — Orange is a good pick-up.

(The Chairman read the Attributes Of The Orange Color Wave.)

M. W. — I sometimes have a choking sensation if I talked much or laughed very much. I use Orange and it gives me relief. The Doctor said it was due to Nervousness, but, I do not believe it.

C. N. — You just gave the explanation of the cause of your discom-

fort. When you talk or laugh much, you do not breathe properly. When you take a Tonation, you rest and the Orange stimulates the Breathing; therefore, you get relief.

(Discussion started about using Indigo for the choking sensation.)

K. S. — I have this too. If I take only Orange, I do not get such good results, but, if I take Indigo, I get relief. I take both Colors Systemically.

C. N. — Orange Systemic is good, but, do not take Indigo Systemically. Take that Locally. I suggest that if you get this choking sensation again, take Indigo Local first.

E. N. — This is just a caution; do not take the two Colors at the same Favor Time. Be sure to let 6 hours elapse between the Tonations.

(Orange as an Emetic was discussed.)

K. S. — I had an experience one evening. I came home from work vomiting profusely, although I had eaten nothing that day. I took three successive Tonations of Orange and the next day felt better.

C. N. — Some people complain that they drank plenty of water and used Orange, but, did not vomit. I caution you that if the Stomach has nothing in it of which it wants to rid, there will be no vomiting.

E. N. — We recently had an experience with Orange as a Carminative. A woman came to us with Pains between Areas 4 and 5 and she could not fall asleep. I gave her Orange from Areas 1 to 5, but, she could not take it, so we used Green. That was not so disturbing to her, but, she had no relief. Her husband called and I told him to give her some warm water and use Orange on Areas 6 to 10. Five minutes after that, she was asleep, as the gas was expelled. I think such Disorder is caused by improper chewing of the food. It is a fault of most of us.

(Discussion began on the chewing of food and eating fruits out of season; such fruits do not have the taste of the fruits in Nature's seasons. Discussion also was had on Tuberculosis, Blood Spitting, Phlegm and other similar symptoms.)

E. N. — Again, let me express some more caution. Do not be overconfident, because you have a Color Projector. You may eat properly, but, you are also subject to the atmosphere around you and the circumstances of your home or employment and may be exposed to many impure air conditions. Furthermore, you must know how to use your Color Projector properly. Just because you have a Pain or other symptom in a certain part of the Body, it does not necessarily mean that the cause of the Disorder is in that Area. It may be caused in another Area and may require a different Color than you would think at first you need.

C. N. — I may now tell you about the importance of attending the Studio Meetings and using them for the purpose of reporting experiences, so that others may be helped by improving their ability to use the Projector or learning what to do in certain situations. I feel that persons who do not know how to use their Projector properly, but, still do not attend the

Meetings, have none to blame but themselves. I stress that the Personal Research Information is available to all Experimenter Researchers from the Institute, but, I caution you that the Chart should be correctly filled and signed. Such Information from the Institute, would also be valuable to have intelligent discussion on various problems and Disorders.

(Some discussion was had on the bane of Alcoholism.)

K. S. — What Color will lessen the hunger feeling?

C. N. — You might try Yellow Systemic and Indigo on Area 8 Local.

M. W. — Orange seems to increase the weight. However, I take it occasionally as a Stimulant, as I feel so stiff when I get up. For the Blood Circulation, shall I take Lemon and Magenta instead?

C. N. — That stiffness is a natural process of increasing age. Do not worry about it. Take your Ratio of Pulse and Respiration and if it is proper, do not worry. Under 50 years, a woman should have a Pulse of about 90; after 50, it will be slower, as age increases. If you keep the Heart going fast and stimulate it much, you are expending your life rapidly. If the Heart beats slower as you become older and you feel well, you will live to a ripe old age. Take life easy and do not worry. Worry does not help any way.

M. W. — What is good for Nervousness?

C. N. — There is no such thing. The Nerves are like telephone wires all throughout the Body, transmitting to the Brain the fact that a stimulus has been administered to a certain part of the Body and then carrying the message from the Brain as to how that part of the Body has to react to the stimulus. If there is an over-stimulus or excess of pressure or a disruption in the Nervous System, there is trouble and that is known as Nervousness. Such condition is brought out by the wrong food, over-stimulation or the wrong attitude toward life.

EDITORIAL REMARKS

The Meeting may be small, but, it was very enlightening and well conducted. All our Members should at least study carefully the "Family Health Protector," which is priced at 4 copies for a dollar. Let the whole family study it. Members should not take the Color Projector as a Magic Wand. Most cases come to us after many of their vital Organs are butchered and are on next to the last stage and then? They expect us to make them normal again quickly, without changing their food, wrong habits of life and so on. E. N. tendered very intelligent and sensible advice and the Members who needed it should follow it. The Institute is always ready to serve the Organization, but, the Members are requested to fill their Charts correctly. What guidance can be given when a Member reported Pulse Beats in 1 Minute 80 and Respiration 96 and he kept a gasoline station running?!!!

DINSHAH ADDRESSED GIRL SCOUTS

Dinshah P. Ghadiali was invited by Janet Lee Magliocco and Frida A. Weimann, Leader and Assistant Leader of Troop Number 101, Girl Scouts, to address the Troop at the Methodist Church Social Hall, in Newfield, New Jersey, on Tuesday, March 6, 1956, at 7:30 P. M. The subject selected was "Growing Gracefully Into Adult Life." He accepted the invitation and in beginning his speech, frankly stated that in all his years since 1891 on the public platform, it was the first time he appeared before a group of Girl Scouts. He explained in short form the anatomy of the Physical Body and the wonderful functions of certain vital organs, emphasizing that their purity in growing from childhood into puberty was necessary for successful entrance from puberty into adult life. Said he: "In our America, there is a constant clash between the male and the female and the idea gains as to the EQUALITY of the two. I maintain, that no woman ever can be the EQUAL of man, because? SHE IS THE SUPERIOR SEX. No man, however, learned or great he may be, can spread his Legs and give birth to a baby! That grand marvel of continuing the procreation of the oncoming generations, is reserved **solely** for the woman, therefore, I beseech you youngsters, to preserve your mental and bodily purity, by keeping full control over your emotional surges, especially when dancing or otherwise associating with the opposite sex. Let no boy or man lead you into any act which may in any manner injure your growth into graceful adult life as the mothers of the generation to come." The speaker's remarks were well received and several mothers of the Girl Scouts, present as visitors among the audience expressed favorable remarks that the sensitive subject was well and ably handled.

* * *

DINSHAH ADDRESSED KIWANIS CLUB

Dinshah P. Ghadiali was invited by Eugene Rambone, Chairman of the Program Committee of the Kiwanis Club of Newfield, New Jersey, to address their weekly Meeting as guest speaker, on Thursday, April 5, 1956, at 7:30 P. M., on "India's Position In World Affairs," which he did. A large number of visitors from other Clubs was also present. Dinshah spoke in his usual forceful manner, saying: "Many of my views may not agree with some of you, but, I am here not to flatter anybody, but, to say what I feel conscientiously to be true." He then spoke about Socialism And Communism and how our Legislators were grinding out law after law, without full consideration of the issues involved, leading the Country into practical bankruptcy. India with its population of 350 millions, if it joined with China with its population of 500 millions siding with Communistic Russia, will create a problem for America, the result of which may not be so easily foretold. Said he: "Our Secretary Of State personally visited about 17 different Countries in 19 days, so the newspapers reported! What experience of the

views of the people involved can be gained by such travel? By talking for a day or two with the Prime Ministers of nations, one can not get the inside of the minds of the people involved, but, the politicians have their own ways in so-called diplomacy and the Americans will be the final fool victims."

DINSHAH IMPARTIAL

(The Universe Through The Eyes Of Dinshah)

THE SUCCESSOR OF DINSHAH

Each time some Member is benefited by the guidance given by me to overcome persistent Disorders, there is generally a kind word of thanks accompanying the next Chart. I am highly obliged for such considerate feelings, although I believe I am doing only that for which my duty calls. Yet, in many instances there is another question asked: "May you live long, but, after you are gone, then what?" Well, George Washington died, America is still here, but, viewing from the standpoint of those well-meaning friends, I believe there is sense involved in their question. Thirty six of my 83 years of this incarnation, I spent fighting for recognition of the Powers And Effects Of The Visible Spectrum and it seems as if I am just beginning. I fought numerous Law Suits, eleven times I was jailed, two Presidents of the United States Of America acted to give me relief, yet, the day will come when I HAVE to leave the Physical Plane in the course of the immutable Laws of benign Nature. Therefore, in obedience to those Laws, I MUST train a Successor to carry on the duties — the exasperating, heavy duties which my present position demands. However, as is usual with me, I do not wish to act as a Dictator. Although our By-Law 30 grants me the full right and privilege to appoint my Successor, I wish to consult my worthy and beloved well-wishers and friends to give me their personal viewpoints as co:operators. Please, write to Visible Spectrum Research Institute, Malaga, New Jersey, a short letter giving the following pointers:—

1 — What kind of person would be the best to succeed me?
2 — How old must the person be?
3 — Should such person be a man or a woman?
4 — What educational and other qualifications should such person have?
5 — Should such person be Single, Married or one with a Family of children?
6 — What compensation should such person expect?
7 — What other suggestions do you make?

After receiving the views of the Members and counting their votes on the questions, without giving full identification, I shall publish the final opinion. Now, let me see what the Organization has to say! Here is their opportunity!

* * *

WHAT WRECKS WE GET TO REPAIR

Our opponents always brag that they are the ones who serve the sick most effectively and we get only people who can be easily set right soon with bottles for a few cents from the Drug Store. Many Members too seem to think in a similar strain. For that reason, I like to cite a few ACTUAL cases from our records.

Case of A. B. — Private, practical nurse. Appendicitis operation about 32 years ago. Abscess in Middle Ear about 14 years ago. Was in ---------- Clinic. Wanted to remove Left Breast, may be Right one; treated me for the Abscess for almost 4 weeks, then sent me home, because, they could not help me, but, wanted me to return within 30 days, to have Breast removed, but, I never returned. Immediately bought a Color Projector. Within 2 months, my Head was healed, but, I continued with treatments to cleanse my entire system thoroughly about 1 year. I have taken treatment once a day for years. Am fine now . . . . Referring to Lump in Left Breast, it disappeared completely. Never had my Breast removed. Am fine now . . . Have done long hours of private nursing for months at a time without a day off. You got to be in perfect health to do so. Thanks to you, dear Dinshah!

Here is another case, of L. S., housewife. Tonsils and Adenoids removed at age of 9. Sinus trouble and Constipation as long as I can remember. Cervix torn and slow to heal after Childbirth. Difficult and painful Menstruation at age 17 or 18. Very much Bleeding and Leukorrhoea Discharge from age 19 or 20. Hysterectomy Operation (removal of Womb) at age 32, two Operations in 4 months time; first time part of Cervix and routine Appendix and Hemorrhoids; second 4 months later, complete Hysterectomy. Stomach trouble as long as could remember. Took treatments at ---------- for one year and half. Then, learned of Visible Spectrum and it is helping me so much and I pray and thank God for you and your wonderful invention.

* * *

PORK EATER'S PUNISHMENT

The neighboring community of Vineland, New Jersey is in an uproar, because 8 cases of Trichinosis were found in the city. That is a Disorder due to infestation with Trichinella Spiralis, a tiny parasite about 1/100 of 1 inch in size, found in Cysts in the bodies of Hogs. When such Pork is eaten, it produces Diarrhea, Nausea, Colic, Fever and later Stiffness, Pain and Swelling of the Muscles, Sweating and Insomnia. The existence of the Disorder was confirmed by Dr. Oscar Sussan, Mercer-Burlington County Veterinary Health, who detected 8 more cases of the same kind and in all cases the Sufferers had eaten Pork, not properly cooked. The reason why even religious flesh-eating Jews avoid eating Pork, is quite apparent. The ancient Law-Givers must have realized the danger.

* * *

BURNING BOOKS IN AMERICA

When new Members read in my "Open Declaration," that "$125,000.00 of printed literature was also destroyed by Court Order," they express surprise, many even plainly expressing that "Dinshah is making a satire going too far!" It is true, however, to the last letter. Such an Order WAS given in the last Federal District Court Sentence and right after that duly executed. I have several photograms of that event in my checkered life. I can not definitely state who originated such a travesty of justice, but history gives one glaring incident of a similar character. When Shih-Huang-ti took the title of the First Emperor of China in 246 B. C., he ordered that all books written before his time be burned, including the works of Confucius and even had many authors tortured to death. The Chinese invented the Magnetic Compass which is used in American navigation, no wonder if burning books might also be used the same way by American Courts.

* * *

TALKING WITH TWO MOUTHS

While the so-called Health Boards and Medical Professors are praising the wonders of putting Fluorides in drinking water, some others are deprecating such contamination and the suffering public is at a loss to comprehend where the Truth lies or the Lie lies. Newspapers and Radio bosses are solely at the mercy of the "learned" profession, so they publicize what is handed to them. However, as the Doctors turn one way, the Dentists turn another way and here is one glaring example of such high stage "intelligence." At the Convention of the American Dental Association, held in Chicago, Illinois, a formal statement was issued by its Secretary Dr. Harold Hillenbrand in this manner, to enlighten the public and I quote from it in part:— "There is no adequate evidence that any Fluoride Dentifrice is effective in preventing tooth decay . . . the evidence of the effectiveness of Fluoride Dentifrices is 'quite limited' in contrast to the overwhelming evidence of the benefits of fluoridation of drinking water . . . It would be disservice to the dental health of the public, if the promotion of Fluoride Dentifrices should lead to the misconception that their use is an adequate substitute for the controlled fluoridation of municipal water supplies . . . the Association believes that all Fluoride Dentifrices are being 'marketed prematurely' . . . adequate information concerning its value may not be available for a year or more . . . no assurance of the usefulness of these preparations until further clinical tests are conducted and evaluated." Yes, sir. You advocate introducing into drinking waters 1 part of the chemical into a million parts of water, but, that is exactly what your professionals state and admit as being conducive to erupting chalky white, pitted and stained yellow, brown or even almost black permanent teeth, among children raised on such fluoridated drinking water.

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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