

# VISIBLE SPECTRUM RESEARCHER

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THAT'S A GOOD QUESTION

THAT IS A GOOD ANSWER

OUR STUDIO ACTIVITIES

## DINSHAH IMPARTIAL

HEALTH CLASH WITH SMOKING

DINSHAH ADDRESSED SCHOOL PUPILS

OUR STUDIO DIRECTORY

Our Aim  
HAPPINESS  
IN  
EVERY HOME

Editor and Publisher  
DINSHAH P. GHADIALI

SERVICE  
OF  
MANKIND

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By:— VISIBLE SPECTRUM RESEARCH INSTITUTE

Telephone:— Vineland 9-3530

Malaga, New Jersey

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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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# VISIBLE SPECTRUM RESEARCHER

A Monthly Magazine  
Devoted To The Service Of Mankind.

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**DINSHAH P. GHADIALI**

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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**

### **BREAST LUMP AND EYELID TWITCH REPORT BY M. B.**

About thirty-four years ago, while playing with our family dog, he pressed with his forepaw, used like an elbow, against my Breast. From then on, a Lump about  $\frac{1}{2}$  inch appeared in the Right Bosom. Sixteen years later, I showed it to my Doctor, who said it was an enlarged Milk Gland. Four years ago, my Eyelids began to twitch. I took to the use of Color and both the troubles disappeared.

\* \* \*

### **APPENDIX, WHOOPING COUGH, MEASLES, MUMPS, CUTS, BRUISES, THROAT DISORDER REPORT BY G. S.**

In the sixteen years of using the Visible Spectrum, I had many occasions to try its merits. A chronic Appendix condition and the advice of a specialist in Surgery, made me decide to have an Operation; but, my husband heard about the Visible Spectrum and thank God I took his advice and tried the wonderful invention. I never had to regret it. Not only have I still all my valuable Organs, but, it made it possible to help my family as well. My children were spared many sufferings, including the removing of Tonsils. My son  $15\frac{1}{2}$  years old has not been vaccinated. At the age of 6 months, he had Whooping Cough. By Lemon Systemic and Magenta on Area 4, my baby was normal again. My daughter had it, although she had received all the injections to prevent it. At one time, the school Nurse said both the children had Scarlet Fever. We used no Medicine. Magenta on 4 and 18 Areas and Turquoise restored their health. They had Measles, Mumps, Colds, Cuts, Bruises and nothing but the Visible Spectrum Projector was used at any time. My daughter had an Inflamed Breast while nursing her baby. Orange drained the Pus out and the Fever too left; only 3 or 4 Tonations and she was normal again. When I was 38 years old, I was very weak from overwork and anxiety. My Pulse was very slow and for several months, I could hardly walk. We wrote for advice and got it. With the help of the Color Projector, my weak limbs became strong. My husband had a very bad Throat condition; he was almost unable to open his mouth; there was so much Pain he could hardly stand it. He lost 10 pounds in 3 days. The Projector restored his health. We also used it on our Pets. Our dear inventor not only taught us the use of the Visible Spectrum, but, made it possible to see many things in a different light.

\* \* \*

### **FILM ON EYES, BROKEN WRIST, PAIN REPORT BY E. S.**

Three years ago, I had Film over both Eyes and was told no Glasses would help. I used Infra-Green Systemic, Magenta on Areas 4 and 18. I am now able to read all I want with the same old Glasses. Five weeks ago, I broke my Wrist. One Blue Tonation before setting it, took away the Pain.

Through half Cast, 3 weeks I irradiated Lemon and Magenta on 4 and 18. Kept the Cast off and more Irradiation of Orange and Yellow Systemic, with Magenta on Areas 4 and 18. There is hardly any stiffness. Doctor said: "It is not bad at all," even though he did not like the Cast being taken off.

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### LOW HEART BEAT, CONSTIPATION, BURN, PAIN REPORT BY I. P.

When I got the Color Lights, my Pulse Beat was 50 per minute; after a few Tonations, it became normal. For many years, I had Constipation; that was corrected. In a third degree Burn, the Pain was gone in one hour. If my Equipment could not be replaced, I would never give it up at any price.

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### BROKEN ARM REPORT BY A. W.

I fell and broke my Left Arm in three places. It was set at the ..... Hospital in Pennsylvania and after a few weeks, the Doctor told me that I shall never be able to have much use of the Arm due to my age (past 65). He advised me to cut my Hair, as I shall not be able to raise my Arm. As my profession was a teacher of the piano, it was of course a great shock to me. However, I was recommended to Dr. G. (now retired) who practiced with Color. After 3 months, with 3 treatments a week, I was completely recovered. My Arm is as good as ever; not even a Pain in bad weather. This testimony is entirely unsolicited.

## OUR STUDIO ACTIVITIES

### EXPERIMENTER FINDINGS AND QUERIES

### MEETINGS OF THURSDAY, JANUARY 6, 1955

#### First Allentown Pennsylvania Studio

M. B. — Our stringent Rules make it difficult to get people to join us, even with the wonderful results of the Visible Spectrum. I experimented with a Pain in Area 7; used Orange Local and received relief.

J. F. — I had severe Cold. Tonated Area 1 with Green and Turquoise. My husband had the same result. He had severe Pain also in Area 19. Tonated once with Orange and had relief.

B. W. — How would the Yellow help in Obesity?



Our stringent Rules are for the protection of the Members, the Insti-

tute and the Originator of our Science. If necessary, they will be made MORE stringent, as we believe in quality, not in quantity. We are not out for making material gains; our sole aim is to serve those who need our services and we must have the co-operation of those we serve. Yellow will remove the foul products jamming the Areas 6, 7, 8, 9, 10 and which are the results of wrong food and (or) excessive food, which go to deposit adipose tissue causing Obesity.

\* \* \*

### First Cleveland Ohio Studio

A. M. — I was nervous and took a few Tonations of Violet; it quieted me very nicely. I also tonated with Blue and Lemon Systemic when I had Cold and felt better after a few Tonations.

R. B. — I can not sleep; I am very nervous.

A. M. — Use Purple Systemic.

R. B. — I had a bad fall last July. Was taken to hospital and stayed there a week. I had several "shots" in hip and some Pain Pills. After several X-Rays, it was decided the hospital could do nothing for me and told me that my Muscles and Ligaments in the Right Leg, behind the Knee were stretched. When I arrived home, I went to bed for two weeks and tonated with Green and Orange for a long time, then switched to Indigo and Turquoise. My Leg is still painful and I have trouble walking. It has much Swelling. What Color shall I use?

A. M. — I suggest Blue Systemic, Magenta on 4 and after the Pain subsides, Yellow Systemic with Purple about every third day.

A. M. M. — I like to know what Color to use for curbing the Appetite; since I stopped Smoking a year ago, I gained 40 pounds.



R. B. should send a complete Personal Research Information Chart. Swelling always indicates among other reasons defect in the Circulation of the Blood. The suggestion about Magenta on 4 was in the right direction. For the curbing of Appetite, put the curb on the intake of Food. Eat less and take more exercise outdoors. There is no other way. I never smoked, but, I never went beyond 120 pounds and did not have to curb the Appetite.

\* \* \*

### First Detroit Michigan Studio

R. S. — My husband and I tonate regularly and are well pleased with the results. I realize only too well, that my arthritic condition will be a long drawn out process. My Fingers are much more supple than they used to be and very, very seldom do I have any Pain. Otherwise, I must say, I am very healthy.

H. S. — I did not feel so well in December, but do feel much better now. I tonate about twice a day.

Z. B. — My mother broke some Bones and was tonated with Purple to quiet her. It was very effective. Lemon was used to heal the breakage. Whenever she became restless, Purple was used.

C. R. — There is nothing like the Lemon for the Bones. Just tonate with the Cast on. It will work.

S. S. — I tonate daily and feel very well, Lemon really does work. When I had that Compound Fracture and was in a Cast for four months, I used it all the time. Today, I do not even know I had that bad Break.

C. R. — That is another thing. Most people who have Broken Bones are troubled whenever there is a change in the weather. It may be only slight, but, it is there nevertheless, but, when you use the Visible Spectrum to heal, you will not have that discomfort. Of course, you must have Broken Bones set first. We believe in Constructive Surgery and recognize the Surgeon is needed in many cases, but, it is the cutting into the Body and removing vital Organs that we condemn. We believe that in the great majority of cases, Surgery is totally unnecessary. A careful study of the Visible Spectrum will explain our position.

E. T. — I have no case report tonight; I tonate just for the fun of it! (Laughter)

C. R. — Well, that is a new approach about which we hear. So many of our Members complain they do not have enough time for Tonation, yet, you tonate just for the "fun" of it! That is my idea. Keep it up, prevent rather than wait for the Disorder to arrive. Remember the old adage: "An Ounce of Prevention is better than a Pound of Cure"!

Member — I have a Heart condition that is getting along finely. I tonate regularly.

G. S. — The last month, my husband and children were ill. Checked their Ratio in each case and tonated with the Green, Orange and of course the Magenta.

H. W. — I had a very bad Cold. Felt "plugged up", also had a terrific Headache. Tonated with Turquoise. Felt warm, so thought I must have had Fever. Ratio was 100 to 15. Did I do wrong? My Head ached terribly.

C. R. — You were ill, concerned, that would likely bring on a certain Nervousness in the Body that might help in making you feel warm. Yet, the Spiroscil was low. There was a blockage in the Head, which accounted for the Headache. The Ratio clearly showed you definitely needed the Orange. When there is Fever in the Body, the Spiroscil is apt to be high. In such condition, the Body demands more Oxygen, so the Lungs work harder. In high Fever, there could be a panting condition — short gasps. Watch the Ratio; that is your guide.

E. K. — I had just a Cold; not very bad. Tonated with Turquoise and Magenta.

Member — I had a bad Cough and tonated with Lemon and Orange. No more trouble. Talking about Broken Bones — I had a broken Wrist healed by using the Visible Spectrum and never had any after effects.

E. S. — I am feeling much better. I have a Heart and Kidney condition.

C. R. — Look at the Heart cases we read constantly in the newspapers. What is used in such cases? Digitalis and Nitroglycerin! Just think; the latter is a powerful explosive when undiluted. You get what the Doctor prescribes for you. Too many people think that all they have to do is to have a "shot" and everything will be all right. It will "deadend" the Body, but, it certainly will not remove the CAUSE. Scarlet, Magenta and Purple — one of these three Colors will do the trick for you. First, check the Ratio and go on from there, before you take any Tonation. It is neglecting that, why many of our Members do not get the expected results. It is not because the Color Projector did not work, but, because they did not do their part themselves. Just a few simple Rules to follow and you have the difference between partial and perfect success. It is all up to you and you alone.

C. O. — I had a Cold and tonated with the Lemon and Orange. It took about 3 days and I was all right after that. The Ratio was about normal.

C. R. — Yes, but, what is normal? We say 4 or  $4\frac{1}{2}$  to 1. Many people have a Heart Beat of 60 to the minute, but feel well. The age has to be considered. According to our Science, the normal adult male's Heart Beat is 72 to 80 and the adult female's 80 to 90.

G. S. — Suppose you have a Ratio of 60/15 and still feel "rotten", what then?

C. R. — Go to the Infra-Green. Remember, we are all chemically the same, but, each is different in the proportion. That is why we check the Ratio. Suppose we both have a Cold — you may need the Turquoise and I may need the Orange. There is no guesswork in our Science.

Z. B. — You suggested last time, I tonate with Lemon. Recently, I had my Eyes examined and the Doctor said I had the beginning of a Cataract. Shall I continue the Lemon, which is one for chronic conditions?

C. R. — Yes, you may suit yourself, but, I suggest you continue faithfully to build up your Body; give the Lemon time.

Member — In filling the 1955 Membership Request, I noticed the words "Sympathometer" and "Irradiator". What are they?

C. R. — The Sympathometer is the instrument for the Respiratory Rhythm and the Irradiator is for charging Water during a Tonation. Both are the inventions of the Originator.

V. W. — I have no report for myself, but, I shall appreciate suggestions for my son-in-law; he has a bad case of Eczema.

C. R. — That is a condition of the Blood. The Skin is one of the Organs of Elimination and is trying to throw off waste matter. It is chronic

and will take some time. Right now, I have a little girl with a very bad Skin Disorder. Tonating with the Orange, it became worse than before; you can imagine how my telephone kept ringing, but, I had to get it all out before looking for the healing. Now, it is beginning to improve and eventually it will be all right, if they will tonate regularly. People go to the Doctors for years and may get no results, but, as soon as they begin to use the Visible Spectrum, they expect results right away.

V. W. — If my son-in-law could only get relief from the Itch.

C. R. — Correct Food will help him. People rarely think of the Skin as an Organ of the Body, which it really is. Daily we eliminate enough waste matter through the Skin to injure a healthy man. Keep the Body clean internally as well as externally.

S. S. — I had a bad case of Eczema in 1930, before I even heard of the Visible Spectrum. I got rid of it by taking Lemon Juice. In 1948, it looked like returning, but, I started tonating. I have had no more trouble since 1950.

L. F. — I tonate daily with Lemon and Magenta for Sinus trouble.

K. S. — I had Ear trouble and had dizzy spells. I feel well and have no trouble in walking, but, I feel as if my shoes do not fit me.

C. R. — Follow your Measurement report.

J. B. — I guess this Stomach Flu that is going around, hit my family also. There was quite a Fever, but, the Blue brought it down. I, too, was sick and was unable to finish my dinner one night. Tonated with Orange and had no more trouble.

Member — I had a Cold, with some Fever. Tonated with Purple. No immediate reaction, but, by next morning I was all well again.

C. R. — Give the Body time to recover; many of us are so impatient. Nature does not work that way or does the Visible Spectrum. So many think that if they take several Tonations one after another, it will help quicker. No, it does not work that way. Dinshah recommends just one a day, unless the Disorder is very serious; then, two a day, with preferably an interval of 12 hours between. This certainly is the season for Colds and the like. On every side, we hear about Vitamins. It is not what you buy in a store. If you put such a Vitamin tablet in the ground, will it grow? But, if you put a grain of corn or a bean in the ground, it may germinate. A Vitamin is a component associated with Life. Eat the Natural Food, not Chemicals. Our Food is nowadays mostly tampered by processes. The same view applies fluoridating drinking water. Write to your city, state and federal branches. Let them know you do not approve of it.

G. W. — On Tuesday, December 28, I ate my lunch at noon. I thought the Tomato had a funny taste, but, ate it anyway. By 2 P. M., I had the desire to vomit, but, was unable to do so; I felt sluggish. At 5:30 P. M., I ate a light dinner. Had Frontelim at 8 P. M.; tonated with Green. Between 5 and 6 A. M. I had 4 Backelim. Drank some Lemonade in

the morning. Had a Backelim every hour, from 7 P. M. through 10 P. M. Noticed that bad Taste in the Mouth, but, ate a banana and a pear. Rested briefly. Ate some Pea Soup. More Backelim. Tonated with Orange and do not know what happened, but, I went down from 218 pounds to 210 lbs., although I did not lose any work.

C. R. — Well, that certainly is one way to lose weight, (Laughter) but, I do not recommend it. If you must lose weight, cut down on the intake. It is safer.

J. B. — I have difficulty heating the bedroom when taking Tonations. Would it be detrimental to hold a sheet in front?

C. R. — The Tonations must be on the uncovered Body, whether for front or back. A sheet would create interference. I realize it is hard for some, but, if you let the Body become cold, it will defeat the purpose of the Tonation. I admit it is a problem.

G. W. — I should like Colonel Dinshah to answer this question. A friend of mine states that Frozen Food will eventually become ammoniated if stored in the freezer compartment. Is that true?

C. R. — I never heard that before. There must be a leak somewhere. We shall wait for the Colonel's view.



Visible Spectrum does not arrogate to be magic. Long existing Disorders may take longer to eradicate. A Break must be physically set before using the Color to heal. The Body's Aura will act below the Cast, if duly tonated. Fear of consequences is liable to produce what is commonly known as "Nervousness". Blockage in the Head is a sign of obstruction in some Cranial Sinus; a Sinus is a cavity or a recess, just a hollow space; in fact, an Air Cavity in one of the Cranial Bones, especially one communicating with the Nose. Such are the Ethmoid, Frontal, Maxillary and Sphenoid Sinuses, all draining through the Nose, but in our Science, we do not have to learn the names and the like. The Remedy in Tonation to open the Blockage is the same for all! In Fever, the Body is choked with Hydrogen, which is on the Red and the demand for Oxygen, which is on the Blue, increases naturally the intake of Air, which increases the Respiration. Study the processes of Nature. Tendency to an Incipient Cataract or one starting to form in the Eye, can be checked by the Visible Spectrum. It succeeded in the past in numerous cases. Just as we have 5 Senses, there are 5 Elimination Organs also through which waste matter is discarded. Women are getting more Foot Disorders than ever before, since the introduction of the silly custom

of High Heels. They walk like Penguins and in trying to look beautiful, they make themselves unbalanced. All those so-called "Flu" are nothing but Inflammatory Disorders and are easily amenable to the Visible Spectrum. Our opponents live by scaring the public — just ignore them. Let them howl off their heads, if they have any to use; you just watch your Food and stay on our Rational System. The bad Taste of the Tomato showed its bad condition. The Body acted truly to throw out the inside junk through the Bachelimination, but, the continuation of the Intake continued the Disorder. At such time, the best remedy is clean Water, which will clean out the inside like a wash and the trouble will be soon over. G. W. needs less Intake and more Body Exercise. Frozen Food kept at close to Freezing Temperature should not spoil; place a Thermometer and examine the Temperature of the Freezer. However, if Frozen Food be open even in the Freezer, close to Flesh, Fish or similar decaying matter, there is no saying what the result to the other Foods may be.

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### First Merrill Wisconsin Studio

E. K. — I seem to have a bad Valve in the Heart. I almost blacked out one day. The Heart slows down and can hardly feel the Pulse. The Left Arm becomes numb. Turquoise seems to put the Valve into action.

W. B. — Read about Scarlet in the "Family Health Protector". Place the Color Ray in the middle of the Chest, instead of on one side. I had a Sore Throat. Was unable to use the Projector for two days and the Cold spread to the Lungs. Usually, I take Orange. I could not cough up anything. That proved to me that I should use Turquoise to clear the Inflammation. I am convinced about it. When there is Cough and Phlegm, then use the Lemon.

G. V. H. — One Turquoise takes the soreness out of my Area 7.

W. B. — My wife was sick when I came home from work; could not even get up to do anything during the day. Vomited of a green color. Everybody told her she had a Gall Bladder attack. She was making cookies and ate a few nuts and thought perhaps it was from that. Used Indigo for the first experiment to stop the Vomiting; then Green. Then, she alternated Magenta on 4 and 18 and Green Systemic. Normalated, but, the Disorder returned when she removed paint with a commercial paint remover, from a piece of furniture, where there was no circulation of air. She is better now. Colors work differently on different people, but, if we all eat the same way, the chemistry of our Body would be the same and then, all Colors would work the same way. Dinshah tries his best to convince people to eat only the Rational Food Of Man.


 EDITORIAL                      REMARKS

E. K. should send for Personal Research Information. Such cases need a study of the complete Chart. W. B. had the right idea. Vomiting is an effort of Nature to expel undesirable or indigestible material. Indigo should never be used first to STOP Vomiting. Irradiate Orange to encourage the ejecting process and when the Area 8 is thus emptied, then use the Indigo to quench; finally Green will clear the inner chemistry. Even if we eat the same food, the chemical build of each Human Being in its proportions is varied; hence, without studying a complete Chart, one is liable to err in the selection of the proper Atcowa. Once the World turns to a correct realization and following of the Rational Food Of Man System, the annual multi-million dollar drives for this and that Disorder will cease and a different era in civilization will set its pace.

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#### First Milwaukee Wisconsin Studio

O. L. handed to K. B. a pack of cards called "Game Of Health", designed by the Originator for memorizing the various characteristics of the Colors of the Visible Spectrum and copyrighted by him in 1920. K. B. explained the system and discussion was started to educate the Members. Then, K. B. explained the working of the Great Sympathetic Nervous System as outlined in Chapter 111 of our Text Book. He further demonstrated the Respiratory Rhythm, a process not known to the scientists of the occident, but taught in its vital importance by the Originator. It showed to the Members how necessary it was to go by the Respiratory Rhythm Guide which is presented to every Experimenter Researcher annually.

M. B. — You can not convince the people. Take my own family; my daughter and my son; they need it more than I do.

K. B. — How many scientists are there? What can we expect? They have pages of advertising; they are still experimenting; you read the medical books; they will open your eyes.

N. F. — A lecturer at the university said "The Operation was successful, but, the patient died"!

K. B. — That is why it is said "the power of healing is within you". I know many persons of the age of 27; I should not want their "health".

L. K. — The other day, I heard of a child getting X-Rays for Ear Disorder; will that not impair the mind?

K. B. — When I was a little boy, my grandmother would put a hot pack on my Ear and it would open. Use Turquoise or Yellow.

N. T. — My son had an Abscess in his Ear; we used Orange and it drained out of his Nose.

M. B. — I have a lady friend; she had a Stroke a year ago. If she would use the Projector, would she be helped?

K. B. — It depends. E. B. told a neighbor not to eat so much Meat. He went to the butcher and asked him if Meat were good to eat! Naturally, the butcher told him it was good! All we can do is to set the proper example.



It was a good move to exemplify the Breathing Processes. Every Experimenter with the Color Projector, should have and study the three volumes of our Encyclopaedia. They comprise 1,200 pages of knowledge, not found in any other books on the Visible Spectrum. Its language is simple enough for any ordinary layperson to comprehend and use the Science for the attainment and maintenance of that which I style the greatest treasure in life — HEALTH. The power of Healing is right within ourselves, otherwise, one may irradiate a dead one, but, it will not produce Life.

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#### First New York New York Studio

R. D. — It seems that people in other countries appreciate Dinshah more than we do.

E. M. — My son fell and hurt his Knee. X-Rays showed nothing was broken. Turquoise was used, but, the Swelling did not go down.

R. D. — You should irradiate Orange there to increase Circulation there.

K. G. — Would not Orange be painful? I had to stop using it. I suffered with Sciatica. After using Yellow and Magenta, I felt so much better.

G. Z. — My son had similar trouble with his Knee. He did not take care of it and got Water in the Knee.

K. G. — Is there any Inflammation or Heat present?

E. M. — The Knee is black and blue; he has Pain only when he walks.

R. D. — E. M. you are a new Member; you should stay away from X-Rays. He should be tonated with Orange and an occasional Magenta. Check his readings. Make a complete Chart. Your Introducer will help you. For 100 per cent results, you must live up to the Rational Food Of Man. Follow strictly what the Institute tells you. In the meantime, tonate with Yellow and Magenta until the reply to your Chart comes. Tonate daily and drink the Lemonade.

S. K. — I had wonderful experience with Lemonade; it does not give me Phlegm. I make it without Sugar.

R. D. — The Brown Sugar is good to use with it. For ten Lemons, I use about a pound of Brown Sugar.

A. M. — Dinshah says the Lemon has numerous beneficial ingredients.

K. G. — I grind the Lemon Rind right in with it.

L. F. — Wash the Lemons, roll them to soften, cut them in pieces, put them in the container and then add the Water and the Brown Sugar.

Member — What would be the proper time to tonate for Hay Fever?

R. D. — If someone has Respiratory Disorder, right now is the proper time. I suggest you fill a complete Chart and send it to the Institute.

L. F. — When you tonate for such Disorder, do not stop until you get rid of it.

R. D. — All similar Disorders are a weakness of the Body and should be treated Systemically.

K. G. — I had a Cold; I took 2 Turquoise and it was gone.

S. K. — When I have Bronchial Disorder, I often lose my Voice. I always feel better after using our Light. When my father fell and hurt his side, Blue relieved him; he was over 80.

R. D. — When old people hurt themselves like that, the mending is difficult; in a case like that, send the Sufferer's Chart to the Institute.

S. K. — Our neighbor had a Heart attack; he is a Vegetarian and does not drink or smoke. The Doctor made him eat Meat now.

R. D. — Get him interested in our System. He must be violating some way, otherwise, as a Vegetarian, he should not have trouble like that.

G. A. — If he eats only vegetables, he does not eat rightly.

O. H. showed a Finger of which he almost cut off the tip. He taped it and tonated with Indigo. It healed beautifully.

R. D. — The contracting power of the Indigo is wonderful.

Member — Can one get a Family Health Protector here ?

R. D. — The Vice-Chairman will order Family Health Protector and Essentials Of Occultism from the Institute. You all heard and read about the Polio Vaccine — the new one. In small print, the newspapers say that it did not give the expected results. They will soon come up with something else. At present everybody is germ conscious. I shall read to you about it from the Family Health Protector, Article 13.

S. K. — One of our neighbors had Tuberculosis. He was treated by the Doctors and released. After that, his 4 year old child had it and they set it right, but it destroyed the child's mind.

R. D. — I visited friends. The woman had Tonsilitis. The husband wanted her to see a Doctor. She did and he took the Tonsils out. Now, when she has a Cold, it settles in the Chest. In another case, the child had the Tonsils removed; now, it suffers with Earaches. Tonsils are there for a purpose. If somebody has a Limb broken, that may be repaired by Constructive Surgery, but, taking an Organ out is a different matter. I was a heavy smoker years ago. Recently, I was in a room where 20 people were smoking. The next day, I was very sick from inhaling that stuff. My Body is not used to those poisons anymore. Did you ever watch a Senate Hearing? All you may see is a wave of smoke.



I look for no appreciation in performing what I deem is my "Duty"; then, if any appreciation is demonstrated, I put it down as a mark gained in the ledger of Karma. Orange and Yellow are both Infragreen Oscillatory Frequencies in their mathematical ratio. Learn to look into the conditions prevailing in the entire Physical Vehicle and not merely an affected part. The use of X-Rays is now becoming a procedural racket. In 1896, when I spoke in New York on the subject of the X-Rays, many among the audience ridiculed my statement of being able to see through a solid piece of wood; they pointed at my head! Now, for every Cough and Rattle, the learned profession makes use of it. Money is a bad idol to worship. The advice given by R. D. was to the point. The Institute and its resources are yours and at your service, without any fee for consultation for experimental information. Being a Vegetarian does not mean one should eat only Vegetables. Many so-called "Vegetarians" gobble eggs, honey and the like. Ours is the Rational Food Of Man System, based on proper scientific grounds and has no fanaticism. Follow it as instructed and you will never regret the change. That difference in eating and the abhorrence of Tobacco Smoke is the reason why I never go into alleged society functions, clubs, dinner parties, and so on and that is why even at 81, I am still at the beck and call of those who need and ask for my humble services. I am yet good for many years to come!

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### First St. Louis Missouri Studio

A. K. — My 10 year old daughter was sick from Christmas to New Year with Chills and Fever and vomited much. I gave her Turquoise for the Fever, Magenta on Areas 4 and 18 and Yellow Systemic for the Elimination and to settle Area 8. Soon she felt much better.

W. W. — I think if you had started with the Yellow first, it would have taken care of the Elimination and the Fever too would have responded.

L. W. — I suggest Orange on Areas 8 to 10 alternated with Turquoise Systemic.

C. S. — I agree with W. W.

E. N. — I do too.

W. B. — I prefer the Orange.

C. N. — My own daughter had Hay Fever several years ago. It did not respond to Turquoise, but, Yellow gave good results. When anybody telephones me about a Disorder or comes to me, the first question I ask is: "How do the Bowels move?" Yellow on Areas 6, 7, 8, 9, 10 usually takes care

of that situation. Do not worry about the Fever. It is not the cause of the Disorder, but, is a symptom.

P. L. — My husband goes to a Chiropractor for Prostate Gland Disorder. I have been giving him Yellow which works well, but, when I give him Orange, he becomes dizzy. I think he does not get enough Blood in the Head.

C. N. — Probably the quality of the Blood needs to be changed, not the amount. Do you know his Kardoscil and Spiroscil?

P. L. — No, I do not. The Doctor says he should drink more water, but, he does not drink much liquid anymore. He used to drink Beer.

C. N. — Orange is too strong for him. What about the Front and Back Eliminations?

P. L. — He just dribbles.

C. N. — The Prostate Gland is situated on the neck of the Bladder; when that Gland swells, it does not permit the Bladder to function properly. What Color would you use in this case?

J. S. — Turquoise would be better to take care of the Swelling, rather than trying to shrink it.

C. N. — It is the same thing in this case. I suggest Lemon Systemic and Turquoise on Area 19 or 11 to take down the Swelling. It will not go fast, but then, it did not come fast. Also use Magenta on Area 18.

Member — How about the Orange as one would for a Finger which is numb?

J. S. — That would bring back the Circulation.

C. S. — Orange would also give additional Pain, but, if a person can stand it, the results are faster.

E. N. — We had a case of an Affiliate who came to us, because, she suffered from frequent Nausea. She came into this country from Germany in 1948. She had lived through the war years there and possibly some of the deprivations had to do with her condition. She had Pains in Area 7 and the Doctors over there thought it was from Gall Stones. The medicine the Doctors gave her, caused her to vomit about 11 or 12 Worms, each about 6 to 8 inches long would come out at one time. This occurred shortly before she was to come here. As she had her Passport, she did not have the situation clear there. On the steamer she had the same experience. After arrival, she went to some Doctors, but, had no good results. She came to us and in 9 days she saw some results. She does not have to vomit and there is no discomfort. We gave her Yellow Systemic.

A. W. — I used Yellow on my dog which had Worms; I had good results. We tried to take the dog to a Veterinarian, but, he was busy.

C. S. — My sister had a remedy for that; she made a tea out of Pumpkin Seeds.

C. N. — My father's remedy was to eat a heavily salted Herring, without scraping or washing off the Salt and drinking no water for some time.

A. B. — Coconut Milk is also a successful remedy.

W. W. — My sister-in-law has been going to Doctors for some time, because, she has Fainting Spells, but, does not seem to get results. Her case was brought before the Medical Association's Convention, recently. They decided that there is a lack of Sugar in the Blood and that she needs "Animal Sugar". They diagnosed it as "Reversed Diabetes". She is 45 and faints without any warning.

C. N. — We should have the Kardoscil and Spiroscil to be able to know what Colors should be used. However, what do the Members suggest in this case?

C. S. — Use Lemon to get the Eliminations regulated and take the Kardoscil and Spiroscil.

W. W. — Recently she had a Gall Bladder Operation, but, she had the Fainting Spells before.

C. N. — The first thing is to change the chemistry of the Blood with proper food. Give Yellow on Areas 6 to 10 to regulate the Eliminations and use Magenta for 4 and 18. Then Lemon will give the results.

On discussion, none had any idea as to where to obtain the "Animal Sugar".

E. F. — I want to know about Local and Systemic Tonations and why one or another should be used at a certain time.

C. N. — Locals are not frequently suggested except on Areas 6 to 10 and on 4 and 18 or in the case of an Accident like a Cut or a Burn.

Member — Would Red or Scarlet irritate the Skin?

C. N. — The Color will not cause the Irritation, but, if the Skin be already irritated, it might aggravate the condition. It is not the Heat of the Light Color, but, it is from the Body's rejection of the Color. Nature does well her work.

C. S. — According to the Law of Reinforcement and Interference, a Boil should respond to the Light by rejecting it.

C. N. — In this situation, there is too much Red already. A Boil is a symptom of something wrong. It is an Elimination Process. You do not want to heal a Boil, but, want to be rid of it, by creating more fire and irritation, so it may throw out the debris. It is helping Nature. The Pain may be more under the Irradiation, but, it will not take as long to open and heal.

C. S. — Would you apply Heat to Mumps?

C. N. — No, that is a Swelling of a Gland. Start with the Turquoise.



Always take the bodily functions as a whole and do not rush after the removal of the apparent effect of the original cause. C. N. was right in his explanation. Chiropractic is a healing system based upon the view, that Disorders are caused by abnormal functioning of the Nervous System. In it, the practitioner searches for Vertebral Luxations and Subluxations (Displacements) and if noticed, their reduction by manipulation, in order to relieve pressure on the Nerves affected at the Intervertebral Foramina, so that the proper orders may flow freely from the Brain to the Body. I warn our Experimenters as always, not to mix our Science with another System, because, our working methods are totally different. Let the sick person choose his own healing system and stay on it, so one may not have the blame of failure of the other. The Prostate Gland surrounds not only the neck of the Bladder, but, in the male also the Urethra. Beer and similar articles have no place in our Science, for reasons you well know. It was the Salt on the Herring that did the trick for C. N.'s father; the Herring acted merely as a carrier. Fainting is the result of Anemia of the Brain. It is a defect of Blood Circulation. Taking the Kardoscil will prove it. That "Reversed Diabetes" idea is not incorrect. In Diabetes Mellitus the Sugar is not used in the Body and passes out in the Urine and under the idea that there is too much Sugar, the average practitioner places the person on a "Sugar-Free Diet", by which in many cases the Sufferer dies eventually in a Coma. That "Animal Sugar" has no place in our Science. It is called by various names as "Invert Inosine", "Inosite" and "Inositol". This Inositol is said to inhibit growth of Tumors also and is a substance like Sugar with the chemical formula of a Vitamine of the B Complex, found in Muscles, Urine and Intestines. W. W. should get the marital history of the sister-in-law or if unmarried, send a complete Chart for Personal Research Information.

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## DINSHAH IMPARTIAL

(The Universe Through The Eyes Of Dinshah)

### HEALTH CLASH WITH SMOKING

The Milwaukee Sentinel, a reputable newspaper, printed in its issue of Monday, December 20, 1954, a dispatch from Cincinnati, Ohio, sent by the Associated Press. Here is the amazing article:— "The president-elect of the American Medical Association says he has temporarily given up cigarette smoking, but not because he is afraid of developing lung cancer. Dr. Elmer Hess of Erie, Pa., said in a recorded interview broadcast Sunday he had quit smoking last December. 'Not because I am afraid of cancer of the lungs,' he explained, 'but because I was coughing my head off. I'm still coughing and I haven't been happy since I quit smoking.' "

Both those learned gentlemen deserve credit for stopping the smoking habit and coming out in the open about it; whether they feel happy

about it or otherwise does not concern anybody. However, the unlearned public should feel happy to know **why** the two doctors stopped. That reason certainly concerns the public.

Now, in the February 1955 issue of "today's health", published by the same American Medical Association, under the caption of "Today's Health News", Alton L. Blakeslee writes thus:—"Excessive use of both alcohol and tobacco seems to multiply your chances of getting some forms of cancer, finds Dr. Sully C. M. Ledermann, French Institute of Demographic Study. If you both drink and smoke, the chance of getting cancer of the mouth rises sharply, he told a United Nations conference on population. The two factors of drinking and smoking don't just add to each other in their effect, they seem to multiply each other, he said, basing his report on a study of 3500 cancer cases."

Very good, but, why stick to the idea of Cancer only? The question hinges simply on a single fact — does Tobacco Smoke contain any material that would sicken the user? The answer is found easily. The smoke of that weed contains not less than ELEVEN POISONS. Is it right and healthy to burden the Human Body with such a cursed concoction? I care not whether that stinking smoke produces Cancer or any other Disorder; answer me, learned physicians, why did God forget to plant a chimney on the head to let the stink escape?

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### DINSHAH ADDRESSED SCHOOL PUPILS

For the second time, Dinshah P. Ghadiali was invited by Miss Janet Lee Saul, 7th Grade school teacher, to address the pupils of the Franklin Township School, in Franklinville, New Jersey, on "India, Its Customs, Manners And People", on Thursday, February 10, 1955, which he did. This time, the lecturer showed over 120 pictures with a stereopticon, along with a short and humorous description of the buildings, monuments and the like, which was thoroughly enjoyed by the classes which formed the audience.

## 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. Chairman—Vacancy. Pearl M. Diehl, Vice-Chairman, 642 N. West Street, Allentown, Penna. Nellie Etta Spaar, Reporter, Route 4, Box 93, Quakertown, Penna.

**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. Charles J. Renn, Chairman, 24225 W. Nine Mile Road, Detroit 19, Michigan. George G. Weiland, Vice-Chairman, 19692 Hanna, Detroit 3, Michigan. Elizabeth Roemming, Reporter, 11693 Terry Avenue, Detroit 27, Michigan.

**First Merrill Wisconsin Studio**—New Badger Hotel, Merrill, Wisconsin. Walter Briese, Chairman, 707 E. Third Street, Merrill, Wisconsin. Edward Katke, Vice-Chairman, Route 6, Merrill, Wisconsin. Dorothy Nelson, Reporter, 1504 River Street, Merrill, Wisconsin.

**First Milwaukee Wisconsin Studio**—The New Republican Hotel, Guild Hall, corner North Third and West Kilbourn, Milwaukee, 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. Die-drichs, 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, St. Louis, 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.