

Dinshah Health Society Welcomes You

## Spectro-Chrome System

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Updated 10-29-13

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Greetings from our family to yours. You have reached Dinshah Health Society - Spectro-Chrome System home page, the preeminent spectrum-based health system. Spectro-Chrome therapy is a safe, natural, inexpensive home-use medical system that does not rely on any drugs or chemicals, with their uncertain side effects. This system has been in use since 1920, and was used in a major medical center in Philadelphia, PA for many years (for documentation, see the article by Dr. Baldwin near the end of this Website). This system utilizes safe, specific colored light for particular problems with a simple, low-powered lamp and color filters.

If you reached this Website by chance, it will be worthwhile to read the four articles at the end of this Website, written to enlighten the open-minded to the possibility of using this therapy. Spectro-Chrome is now in a form more easily applied than ever, even in a home setting.

On the other side of the coin, you may find Websites thoroughly ridiculing Spectro-Chrome and the theory behind it. Such naysayers may well have to change their tune: NASA and the US Navy are utilizing near-infrared (close to the end of red visible color) which heals injuries in a considerably shorter time, and are investigating the value of other colors. For decades, hospitals have used "blue-light therapy" on jaundiced babies. While they are looking you can be doing, using the 89 years' experience behind Spectro-Chrome color therapy. Further, while Spectro-Chrome cannot overcome every health condition, it does not cause disastrous side effects as so many medical drugs are known to do.

Dinshah Health Society, an IRS-recognized nonprofit organization (with no paid employees), has been advancing Spectro-Chrome since 1975, primarily through *Let There Be Light*, a book written for non-professionals. Though results cannot be assured for a particular case, it has proven effective for a surprisingly long list of health problems. Hundreds of testimonials and reports (arthritis, burns, constipation, fever, heart conditions, hemorrhoids, measles, etc.) are available, many written by practitioners (see item **P**, below). Our complete list of publications is shown below, including *Let There Be Light* in English, German and Chinese language versions.

The following membership blank can be printed, if you have a printer. [For your convenience, please click HERE](#), to bring up the membership form and **SHORT FORM** price list, which may be printed directly from your web browser. This will minimize paper and ink usage because it will only print one pre-formatted page, instead of this whole site. If you do not have a printer, simply copy the membership information contained here on a blank piece of paper, and mail it to DHS at the above address.

The following membership blank can be printed, if you have a printer. [For your convenience, please click HERE](#) to bring up the membership form and **LONG FORM** price list, which may be printed directly from your web browser. This will print four pre-formatted pages, including item descriptions, instead of the whole site.

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An IRS-recognized, nonprofit, scientific, educational, membership corporation

DINSHAH HEALTH SOCIETY

PO Box 707, Malaga NJ 08328 USA  
(856) 692-4686 . . . . . Email: dinshahhealth@aol.com

Please enroll me as a member so I may learn and help others to learn some of the lesser known methods of restoring and maintaining health.

- o I have never been a member
- o I am or have been a member
- o Address change since last membership

(Mr, Ms, etc.) \_\_\_\_\_ Birth year 19\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ Apt # \_\_\_\_\_

City, State, Zip \_\_\_\_\_

I learned of this Society from \_\_\_\_\_ Phone # \_\_\_\_\_

Occupation \_\_\_\_\_ My local time zone \_\_\_\_\_

Foreign Countries only: I live \_\_\_\_ Km (North East South West) \_\_\_\_\_ of this large city: \_\_\_\_\_

Comments \_\_\_\_\_

Membership to end of year (or following year if after September 30), \$3.00 (\$6 = 2 years, \$9 = 3 years). Includes Forecast times, and Newsletters when published, usually four per year. Newsletters can be emailed to you rather than by postal service. Email us (dinshahhealth@aol.com) if you wish delivery in this manner.

Date \_\_\_\_\_

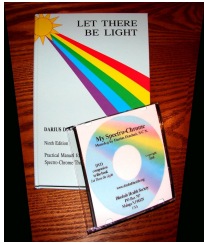
Signed \_\_\_\_\_

**USA standard shipping FREE**  
(Contact us for foreign postal fees or if Priority/Airmail shipment is required)  
We do not accept Foreign Currency or checks drawn on Foreign Banks

**HOW TO ORDER:** We accept Credit Cards **only** through PayPal. To remit through PayPal: Email us (dinshahhealth@aol.com) your order and we will have a PayPal invoice sent to you which will include a small amount to cover their fee.

Or, remittance may be in US funds by: Postal, Western Union or bank Money Order; check drawn on a US bank; travelers checks; or US cash by registered mail.

For Roscolene filters referred to in **Let There Be Light** (item **A**), **Es werde Licht** (item **I**), contact Products On Demand, phone (203) 322-1774.

<p><b>#1: Spectro-Chrome information package: items A, F, N (DVD)</b> (See list below for description of each item)</p>		<p>\$20.00</p>
<p><b>#2: Spectro-Chrome Information package: items I (German), F, N (DVD)</b></p>	<p>\$20.00</p>	
<p><b>#3: Price of item M if ordered with an Information package.</b></p>	<p>\$12.00</p>	
<p><b>#4: Price of item P if ordered with an Information package.</b></p>	<p>\$17.00</p>	
<p><b>#5: Price of item W if ordered with an Information package.</b></p>	<p>\$6.00</p>	
<p><b>#6: Item(s) from list below:</b></p>	<p>\$ _____</p>	
<p><b>#7: Item(s) from list below:</b></p>	<p>\$ _____</p>	
<p><b>#8: Item(s) from list below:</b></p>	<p>\$ _____</p>	
<p>Our DVDs can be played on any DVD player as they are not regionally coded, or on a computer if so equipped.</p>		

<p><b>A. Let There Be Light</b>, Darius Dinshah. 15 concise chapters cover most theoretical and practical aspects of Spectro-Chrome therapy. Includes: Color production, Light sources, filter supplier, 78 Color attributes, 331 Color schedules for 400 diagnosed and obvious health conditions, 600 indexed medical and common names, S-C definitions, Color/element/sound equivalents, use on animals, three years' hospital use documentation, etc. Written in easy-to-understand language and terms for layperson or practitioner. Items <b>B/C/D/H/T</b> listed below are included in the text, and many important details from item <b>J</b>. 11th edition (2012), 128 pages, 7x10", hardbound.</p>	<p>\$12.00 2 to 9 @ \$9.00 10 to 25 @ \$7.20 26 or more @ \$5.40 Carton of 26 \$140.40</p>
<p><b>B. Dr. Baldwin Testifies.</b> An excerpt from book, <i>Triumph of Spectro-Chrome</i>, (see <b>B(a)</b> below). 26 page booklet, 5-1/2x8-1/2".</p>	<p>\$1.50 10 or more @ \$1.00</p>
<p><b>B(a). Triumph of Spectro-Chrome.</b> Genesis and complete transcript of 1931 lawsuit fought and won by Dinshah P. Ghadiali. In cross-examining prosecution witnesses, he demonstrated extensive</p>	<p>\$8.00 2 or more</p>

<p>knowledge of chemistry and physics relating to Spectro-Chrome. Six physicians and lay practitioners testified in his behalf, one of whom was Dr. Kate W. Baldwin who recounted many of her experiences with Spectro-Chrome in her private practice, and in the Philadelphia Woman's Hospital where she was Senior Surgeon for twenty-three years. 240 pages, 7x10", softbound. 38 photos, illustrations, patents (Itisometer, Graduate Equipment), exhibits, testimonials.</p>	@ \$6.00
<p><b>C. Therapeutic Value of Light and Color</b>, Dr. Kate W. Baldwin. Abstract of a paper presented at a meeting of the Medical Society of Pennsylvania, held at the Philadelphia Medico-Chirurgical Hospital. From the <i>Atlantic Medical Society Journal</i> of April 1927. 5-1/2x8-1/2", leaflet.</p>	\$0.10 20 for \$1.00
<p><b>D. Philadelphia Woman's Hospital Trustees' Minutes</b>, excerpt. Documentation and commentary on Dr. Kate W. Baldwin's using Spectro-Chrome at this hospital. Photographically reproduced from the original volume, with added side-notes and references. 8-1/2x14", leaflet.</p>	\$0.10 15 for \$1.00
<p><b>E. Donation</b> (If you wish to further our efforts).</p>	\$ _____.
<p><b>F. Membership</b>, to end of year (or following year if after September 30). Includes Variant Breath Forecast for your local area; and Newsletters when published, usually four per year. Newsletters can be emailed to you rather than by postal service. Email us (dinshahhealth@aol.com) if you wish delivery in this manner. <b>Membership is part of Information Packages.</b></p>	Per year: \$3.00
<p><b>F(a). Certificate of Membership</b>, full color, 5-1/2x8-1/2", suitable for matting and framing. It lists initial and expiration dates of membership.</p>	Additional to membership: \$2.50  2 copies for \$4.00
<p><b>G. Itisometer Manual.</b> The Itisometer, a sensitive electric thermometer, measured the activity of internal organs by sensing temperature over them. 44 Itisometer were handmade, the last in 1942. This Manual on technique has updated material for using a currently available expensive substitute electronic unit. The involved technique is due partly to using additional charts for converting temperature readings to tonation Colors. 40-page booklet, 5-1/2x8-1/2", with five enlarged charts (8-1/2x11").</p>	\$5.00
<p><b>H. Inexpensive Projector Plans.</b> Easy step-by-step instructions to make a Color projector with common materials (25- or 40-watt reflector lamp, cardboard, glue), Takes perhaps an hour to cut and assemble.</p>	\$0.50



<p>This is also in item <b>A</b>, above, and item <b>Q</b>, <i>S-C Guide</i>, below. Leaflet, two pages, nine illustrations, 8-1/2x11".</p>	
<p><b>I. Es werde Licht (Praktischer Leitfaden fuer Dinshahs 12-Farben Chromopathie).</b> German version of item <b>A</b>, <i>Let There Be Light</i> above. Includes items <b>K</b> and <b>U</b>. 2nd edition (2008), 128 pages, 7x10", hardbound. NOTE: This book should be ordered only by those fluent in German.</p>	<p>\$12.00</p> <p>2 to 9 @ \$9.00</p> <p>10 to 25 @ \$7.20</p> <p>26 or more @ \$5.40</p> <p>Carton of 26 \$140.40</p>
<p><b>J. History of Spectro-Chrome.</b> Dinshah P. Ghadiali edited the <i>Spectro-Chrome</i> and <i>Visible Spectrum Researcher</i> magazines, from 1922 to 1957 (240 issues). Their 6000+ pages cover thousands of case reports from abscesses to x-ray burns; Dinshah's editorial comments; transcripts of several lawsuits; hundreds of articles by professionals who used Spectro-Chrome exclusively or with other methods; technical details as they were introduced: Favorscope (Forecast), Sympathometer, Itisometer, etc.; offers by Dinshah to donate his work and Institute to the AMA, or US government; and much more. Seven clothbound volumes, 5-1/4x8-1/2".</p>	<p>\$220.00</p>
<p><b>K. Therapeutischer Wert von Licht und Farbe.</b> German version of item <b>C</b> above. 8-1/2x11", leaflet.</p>	<p>\$0.10</p> <p>15 for \$1.00</p>
<p><b>L. Der Preiswerte Farblight Projektor.</b> German version of item <b>H</b> above. Eight page leaflet, 8-1/2x11", 20 illustrations.</p>	<p>\$1.00</p> <p>10 for \$7.00</p>
<p><b>M. Spectro-Chrome Metry Encyclopedia</b>, Dinshah P. Ghadiali. 117 chapters thoroughly cover the development and theory of Spectro-Chrome. Written in 1933, the first two editions spanned 1200 pages in three volumes. Their wide margins and numerous pages pertaining to courses taught by Dinshah have been deleted; but the text has not been edited. While some scientific views conflict with some of Dinshah's, it remains for history and the reader to judge. <i>Let There Be Light</i>, item <b>A</b> above, is recommended for those new to Spectro-Chrome; though based on Dinshah's teachings, it has much greater emphasis on the practical application of Spectro-Chrome. 169 charts, tables, illustrations; 6th edition (2012), 200 pages; 7x10", hardbound.</p>	<p>\$14.00</p> <p>2 to 9 @ \$10.50</p> <p>10 to 25 @ \$8.40</p> <p>26 or more @ \$6.30</p> <p>Carton of 26 \$163.80</p>

<p><b>N. My Spectro-Chrome</b>, Darius Dinshah. DVD monolog version of item <b>A</b>, <i>LTBL</i> above, with much additional material: how to calculate Forecasts; how the original glass filters were matched (attuned), spectroscopic demonstration showing why fluorescent and neodymium lamps can eventually cause health problems; views of several Spectro-Chrome projectors, an original Itisometer, etc. When viewing, it is recommended to follow along with a copy of <i>Let There Be Light</i>, chapter by chapter. <b>DVD</b>, run time: 5 hr/51 min. This will run on any DVD player as it is not regionally coded.</p>	<p>\$13.00</p> <p>2 to 9 @ \$9.75</p> <p>10 to 25 @ \$7.80</p> <p>26 or more @ \$5.85</p> <p>Carton of 26 \$152.10</p>
<p><b>P. Spectro-Chrome Magazines, abridged</b>. The complete version (item <b>J</b> above) is very long, and in some respects repetitious. This edition consists of 41 selected Spectro-Chrome magazines with much emphasis on the earlier years. Many articles written by professionals. 496 pages, 10x7", single softbound volume,</p>	<p>\$19.00</p> <p>2 or more @ \$17.00</p>
<p><b>Q. Spectro-Chrome Guide</b>, Darius Dinshah. Ten chapters, condensed version of <i>Let There Be Light</i>. Discontinued edition. Order full version, item <b>A</b> listed above.</p>	<p>Not available Out-of-Print</p>
<p><b>R. Spectro-Chrome Color Wheel</b>. Full-color ink-on-paper representation of Spectro-Chrome Colors (tonation colors have multiple energy frequencies). Aids in visualizing infra/ultra colors, opposites, etc. 8-1/2x11", leaflet.</p>	<p>2 for \$1.00,</p> <p>7 for \$2.00</p> <p>22 for \$5.00</p> <p>100 for \$20.</p>
<p><b>S. Dr. Babbitt's Color Therapy</b>. Edwin D. Babbitt. The original 1878 11-chapter volume was the main source of information for the development of Spectro-Chrome. This version contains the two chapters for using color on people and plants. Quite thought provoking, though some color recommendations are at odds with Spectro-Chrome views, and obtaining the described materials may be difficult. 80 pages, 7x10", softbound.</p>	<p>\$4.50</p> <p>2 to 9 @3.37</p> <p>10 or more @ \$2.70</p>
<p><b>T. Spectra/Color Wheel</b>. Reprint of full-color illustrations showing shortcomings of so-called "full-spectrum" illumination, etc.; and <i>S-C Color Wheel</i> in <i>Let There Be Light</i>. 10x14", glossy stock (Color Wheel portion is an enhanced version of item <b>R</b> above).</p>	<p>\$1.00</p> <p>3 for \$2.00</p> <p>4 to 9 @ \$0.60</p> <p>10 or more</p>

	@ \$0.50
<b>T(a). Spectra/Color Wheel/Area Chart.</b> Enlarged (item <b>T</b> above, etc.) Three lecture-size poster set, about 22 x 32".	\$25.00
<b>U. Spektra/Farbkreis.</b> German version of item <b>T</b> above.	\$1.00 3 for \$2.00
<b>V. Round Table</b> , Darius Dinshah. Video, interview by Mark Ungar. Originally recorded, and later broadcast on a cable TV network in New York, NY. Gives an overview of Spectro-Chrome, the concept behind it, its supporters, as well as some of the opposition its originator faced. This will run on any DVD player as it is not regionally coded. <b>DVD</b> , run time: 29 minutes.	\$8.00
<b>W. Dinshah Health Society Newsletters--1976-2012</b> , Darius Dinshah. Continuing series covering Spectro-Chrome and related health issues. This book details progress of DHS and Spectro-Chrome: development and updates of matched plastic filters, several new publications, additional color schedules, ongoing commentary of medical news (pro & con), substitute Itisometer tested, many ordinary to extraordinary case reports, vitamin/nutrition information, hospital hazards, etc. 128 pages, 7x10", softbound.	\$7.50  2 or more @ \$6.00
<b>X. Chinese version of <i>Let There Be Light</i></b> (2005) (see item <b>A</b> , above) 204 pages, 7-1/2x10-1/4", hardbound. NOTE: This book should be ordered only by those fluent in Chinese.	\$14.00  2 to 9 @ \$10.50  10 to 25 @ \$8.40  26 or more @ \$6.30  Carton of 26 \$163.80

## COLOR THERAPY

### *An Old New Age Therapeutic Option*

**It is said that everything that goes around comes around, or there is nothing new under the sun; this is certainly true of color therapy. While details may not exist, gem therapy - a form of color therapy which is still practiced - dates into antiquity. Using a particular colored gem would give an effect similar to using an inexpensive comparably-colored currently available filter.**



**Color therapy came into a more modern form in the mid-1800s through the efforts of several researchers. Notable among them were General Augustus Pleasanton, and two physicians, Seth Pancoast and Edwin D. Babbitt. Though the electric light was not yet invented, their utilization of sunlight and glass filters served as efficiently as any present-day therapeutic device. The classic reference volume, *Principles of Light and Color* (by Dr. Babbitt, first edition published in 1878), detailed many case histories successfully treated with color therapy using even a rudimentary device: a colored glass bottle. It has been reprinted through the years in its original 560-page format as well as in edited versions (see item S above). The original book also covered his thoughts regarding the value of different colors for plant life, in clothing, etc.**

**A difficult point for many to understand: How can colored light possibly cause a physiologic effect inside a human (or animal) body? Several answers can be given, each may be correct for a particular case or health condition. The first and probably best known is the so-called "blue-light" therapy for some types of neonatal jaundice. Light applied to the skin causes a chemical reaction (photo-oxidation) in blood circulating under the skin, effectively lessening bilirubin levels with the aid of the liver. The second, also by exposure of the skin, is production of vitamin D though it is generated by a higher frequency (ultraviolet) rather than visible light. Third is light energy entering through the eyes. A common misconception is that the eyes function solely in the capacity of visual imaging. Additional light exposure is well-known to cause a beneficial change in "seasonal affective disorder" (SAD), a condition believed to be caused by insufficient light energization through the eyes to the hypothalamus thence to the pituitary gland which controls the endocrine system. The fourth is the author's hypothesis, derived from several sources: Each individual cell in a living organism has a specific function to perform. In so doing, it generates and radiates a specific energy; the cellular energy totality is often termed the "aura". The liver radiates the equivalent frequency (harmonic) of red light, the pituitary radiates green, the spleen violet, circulatory system is magenta, lymphatic system is yellow, and so on. The logic behind color therapy is this: when a particular organ or system is underactive, its auric energy decreases so the appropriate activating color is projected on the affected area (sometimes the entire body). If overactivity is present, such as in excessive fever, the obvious remedy is an opposite (depressant) color. Further, by energizing the natural reparative powers present within us, rather than relying on drugs with their attendant often-dangerous side effects, resistant bacteria are not encouraged.**



**The next important development in color therapy (Spectro-Chrome, 1920) was the codifying of colors with their chemical and physiologic effects (as in the above paragraph) by Colonel Dinshah P. Ghadiali (Commander, New York City Police Reserve Air Service - photo, circa 1919). He based**



**Spectro-Chrome on Dr. Babbitt's writings, his own experiences as an eclectic medical practitioner in India, and spectroscopic discoveries by Joseph von Fraunhofer, Gustav Kirchhoff, and other scientists of that era. Dinshah (as he preferred to be known) devised a method of combining filters to create colors which do not exist in the visible spectrum. These "artificial" colors considerably expanded the scope of health conditions amenable to color therapy. That important innovation advanced Spectro-Chrome from color therapy in its usual sense**

**to a complete healing system.**

**Currently, commercial color instruments range to thousands of dollars with little advantage compared to the simplest box/lamp/filter arrangement for less than \$50. The light source can be almost any incandescent bulb (or sunlight, but not a so-called full-spectrum neodymium bulb or fluorescent lamp). The selection of Roscolene filters is important so it is advisable to purchase them from the recommended supplier: Products On Demand, (203) 322-1774.**

**Dinshah Health Society, Darius Dinshah, Pres.**

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## **THE THERAPEUTIC VALUE OF LIGHT AND COLOR**

***Kate W. Baldwin, M.D., F.A.C.S. (1855-1935)***

***Former Senior Surgeon, Woman's Hospital, Philadelphia, Pa.***

**In the effort to obtain relief from suffering, many of the more simple but potent measures have been overlooked while we have grasped at the obscure and complicated.**

**Sunlight is the basic source of all life and energy upon earth. Deprive plant or animal life of light, and it soon shows the lack and ceases to develop. Place a seed in the very best of soil or a human being in a palace, shut out the light, and what happens? Without food (in the usual sense of the term) man can live many days; without liquids a much shorter time; but not at all without the atmosphere which surrounds him at all times and to which he pays so little attention. The forces on which life mostly depends are placed nearly or quite beyond personal control. For centuries scientists have devoted untiring effort to discover means for the relief or cure of human ills and restoration of the normal functions. Yet in neglected light and color there is a potency far beyond that of drugs and serums.**



**In order that the whole body may**



**function perfectly, each organ must be a hundred percent perfect. When the spleen, the liver, or any other organ falls below normal, it simply means that the body laboratories have not provided the required materials with which to work, either because they are not functioning as a result of some disorder of the internal mechanism, or because they have not been provided with the necessary materials.**

**Before the body can appropriate the required elements, they must be separated from the waste matter. Each element gives off a characteristic color wave. The prevailing color wave of hydrogen is red, and that of oxygen is blue, and each element in turn gives off its own special color wave. Sunlight, as**

**it is received by the body, is split into the prismatic colors and their combinations as white light is split by passage through a prism. Everything on the red side of the spectrum is more or less stimulating, while the blue is sedative. There are many shades of each color, and each is produced by a little different wave length. Just as sound waves are tuned to each other and produce harmony or discords, so color waves may be tuned, and only so can they be depended on always to produce the same results.**

**If one requires a dose of castor oil, he does not go to a drug-store and request a little portion from each bottle on the shelves. I see no virtue, then, in the use of the whole white light as a therapeutic measure when the different colors can give what is required without taxing the body to rid itself of that for which it has no use, and which may do more or less harm. If the body is sick it should be restored with the least possible effort. There is no more accurate or easier way than by giving the color representing the lacking elements, and the body will, through its radioactive forces [the aura], appropriate them and so restore the normal balance. Color is the simplest and most accurate therapeutic measure yet developed.**

**For about six years I have given close attention to the action of colors in restoring the body functions, and I am perfectly honest in saying that, after nearly thirty-seven years of active hospital and private practice in medicine and surgery, I can produce quicker and more accurate results with colors than with any or all other methods combined - and with less strain on the patient. In many cases, the functions have been restored after the classical remedies have failed. Of course, surgery is necessary in some cases, but the results will be quicker and better if color is used before and after operation. Sprains, bruises and**

traumata of all sorts respond to color as to no other treatment. Septic conditions yield, regardless of the specific organism. Cardiac lesions, asthma, hay fever, pneumonia, inflammatory conditions of the eyes, corneal ulcers, glaucoma, and cataracts are relieved by the treatment.

The treatment of carbuncles with color is easy compared to the classical methods. One woman with a carbuncle involving the back of the neck from mastoid to mastoid, and from occipital ridge to the first dorsal vertebra, came under color therapy after ten days of the very best of attention. From the first day of color application, no opiates, not even sedatives, were required. This patient was saved much suffering, and she has little scar. The use of color in the treatment of burns is well worth investigating by every member of the profession. In such cases the burning sensation caused by the destructive forces may be counteracted in from twenty to thirty minutes, and it does not return.

True burns are caused by the destructive action of the red side of the spectrum, hydrogen predominating. Apply oxygen by the use of the blue side of the spectrum, and much will be done to relieve the nervous strain, the healing processes are rapid, and the resulting tissues soft and flexible. In very extensive burns in a child of eight years of age there was almost complete suppression of urine for more than 48 hours, with a temperature of 105 to 106 degrees. Fluids were forced to no effect, and a more hopeless case is seldom seen. Scarlet was applied just over the kidneys at a distance of eighteen inches for twenty minutes, all other areas being covered. Two hours after, the child voided eight ounces of urine.

In some unusual and extreme cases that had not responded to other treatment, normal functioning has been restored by color therapy. At present, therefore, I do not feel justified in refusing any case without a trial. Even in cases where death is inevitable, much comfort may be secured.

There is no question that light and color are important therapeutic media, and that their adoption will be of advantage to both the profession and the people.

*Abstract of paper presented at the clinical meeting of the Section on Eye, Ear, Nose and Throat Diseases of the Medical Society of the State of PA, held at the Medico-Chirurgical Hospital, Philadelphia. October 12, 1926. Reprinted from the Atlantic Medical Journal of April 1927.*

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## **SOME EXCERPTS FROM DHS NEWSLETTERS**

**(12-26-98) WATER POWER:** A rarely used Spectro-Chrome accessory was the Irradiator. It was a small box holding five vials (each about an ounce) of water, one for each of the five slide Colors; for secondaries and tertiaries, two appropriate bottles were poured together. The box was hung inside the projector so the water became "charged" while a tonation was being taken, the water was drunk at the conclusion. I have not had a bad cold or the flu in many years. Recently, in the middle of the night, I awoke with a very nasty sore throat but rolled over and went back to sleep. I have stopped the process from gaining a "foothold" (as noted above) but only if tonated early enough; in this instance I did not, due to work constraints. As a tonation substitute, I decided to give the "charged water" an honest test. Blue filters [Roscolene filters #866 and 859] were wrapped around a colorless bottle holding about 1 1/2 pints of water, and set on a sunny window sill. By that evening, after having drunk the three glasses of "Blue" water in three doses, there was no apparent helpful effect: eyes running and nose pouring. This was an allopathic dosage compared to the one-ounce Irradiator so I considered it a really disappointing experience. An Indigo tonation was used that night, hoping for at least some alleviation. Came morning: - Lo and Behold - WOW - Hooray - Unbelievable - the eyes' river had dried up, the nose virtually normal, a slight hoarseness was all that remained. I had judged too soon. The water took a bit longer to work and may well have needed the tonation reinforcement; as with duo chrome technique, the sum of one and one may be more than two. Never have I had Spectro-Chrome alone work in this manner. No further remedial effort was made and the symptoms did not return. When anyone now asks me about the power or efficacy of charged-water therapy,

first-hand details are available. I formerly thought it was a weak-kneed cousin to S-C so this was a revelation; nothing like personal experience as a teacher. [Later experience has shown that some cases may need more than one days' water/tonation to maintain the effect, and prevent a relapse.]

**DR. BABBITT:** Spectro-Chrome is based in good measure on Color therapy as devised by Dr. Edwin D. Babbitt and expounded in his 1878 treatise, Principles of Light and Color. Dinshah and Babbitt both used Color for a starting point but Dinshah virtually stopped there and placed little emphasis on the Irradiator, etc. Babbitt, however, designed and recommended several instruments. Electric lighting was in its infancy so Babbitt relied largely on Sunlight. His charged-water was accomplished by filling a colored lens-shaped bottle (Chromo-Lens) with water, etc., focussing Sun rays through the lens to take a treatment, and then drink the water. The Chromo Disk was without the water. Further, Babbitt used several Colors simultaneously with a Chromolume, and sometimes with heat: Thermolume. Dinshah wrote in his Spectro-Chrome Metry Encyclopedia, "...he was a master-mind, such as is born perhaps once in a century." Dinshah's strongest objection to Babbitt's philosophy was his adherence to the erroneous Red/Yellow/Blue primary Colors theory (it persists to this day) but theory does not usually affect results.

(12-1-99) 1+1=3: A year ago we wrote about the advisability of using Color-charged water as another method of utilizing Light energy. Since then three more reports confirm the surprising effect of the combination of Spectro-Chrome and waterpower; together they can do



more than either singly: one and one makes three in this instance, perhaps like two musical notes generating a third. Whether this holds true in chronic rather than acute conditions remains an open question. Why so few are trying it is a mystery; the Roscolene filters most already possess need only be wrapped around a colorless water-filled bottle (cover any open spaces with cardboard) and exposed to Sunlight for an hour or more. Though Dr. Babbitt dosed with only a tablespoonful or so at a time, I have used it by the glassful which may have been far more than necessary but did not cause any side effects which certainly would have resulted from a drug overdose of that magnitude. The flu season is here and the media are again extolling the value in getting a "shot at least for the elderly". In our October 1983 Newsletter we wrote about a US Veterans Administration study which warned that flu shots (no doubt others similarly) reduced the liver's ability to clear drugs from the bloodstream so the result for the elderly who are typically taking many prescription medications may well be a drug buildup, possibly to an overdose level. Use S-C and water-power, skip the shots.

(12-27-01) DIRTY LIGHT?: General Electric TV ad: "Is there anything more beautiful than a baby's face? Well, as a matter of fact, there is. A baby's face lit by the amazing GE Reveal bulb. Reveal filters out dull yellow rays, leaving only clean, pure light. GE Reveal. There's nothing more beautiful than clean, pure light" (10/01 ads, Ch. 6 & 10). Removing "dull" yellow rays leaves pure light? The human eye is easy to fool so the unsuspecting public is expected to swallow this nonsensical/preposterous /absurd claim. GE must think they know better than the Creator who made the full spectrum of frequencies,

including yellow, for our benefit. Bah, pure indeed! (See DHS Newsletters #26, 35, 36, 39, 41, 57.) [There are other manufacturers (Chromalux©, GE Enrich©, Bulbrite©, etc.) who make bulbs with similar characteristics: Neodymium to remove yellow light frequencies.]

(3-28-02) PERFECT?: With the high praise piled on soy foods, one could easily conclude that soy products qualify as perfect foods, but before jumping on the bandwagon we would do well to take a look at the other side of the story. Entering "soy dangers" in a Web search resulted in 8219 sites! Near the top of the Web listings was [www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz) which contains an incredible amount of anti-soy information. It is widely recognized that raw soy beans are more or less toxic. Unfortunately, even with considerable processing, which in itself generates other hazards, much remains as undesirable or worse. Infants fed on soy-based formula are ingesting the same amount of estrogen hormone equivalent (phytoestrogen) as an adult would produce. For every benefit attributed to soy there appears to be a possible harmful effect but you would never get that impression from the promoters - a Web search for "soy benefits" gave 46779 sites. After reading of soy dangers, the benefits appear to be far outweighed and that number of Websites is not warranted. Another interesting health-oriented Website: [www.davidicke.net/medicalarchives](http://www.davidicke.net/medicalarchives) gives the lowdown on Aspartame found in many "diet colas", and many more modern mistakes including a section, Bad Medicine. You may judge its contents' validity. More than ever the old adage rings true, "We dig our graves with our dinner spoons" with the addition of "and beverage glasses".

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## COMMENTARY

The following illustrations were obtained by a rather complex procedure: The light to be studied was passed through a spectroscope (light analyzer) and camcorder into a computer by a coupling device (Snappy©) where the size, format etc. was adjusted; and then transferred to our Website program. Though they are fairly accurate representations, the brilliance of an image seen firsthand through a spectroscope cannot be completely duplicated.

The first spectrum was captured at noon in NJ on a sunny May day. It depicts a complete range of visible frequencies from red through violet, without of course the invisible infrared or ultraviolet.

Sunlight:



The second spectrum is that of a neodymium-filtered bulb. Since human vision is designed to be more sensitive to yellow frequencies, by removing most of them it is recommended as a "more soothing" light. Even if that is so, how can neodymium bulbs be honestly labeled as "full spectrum"? Chromalux© ads say it is "...closely mimicking Nature's Sunlight...". Compare the spectrum above with the one below and judge for yourself whether this is true. GE Reveal© claims to have removed the "dull yellow rays" (Chromalux states similarly) which is, in our opinion, about as ridiculous a statement as a

**Madison Avenue copy writer could design. The world with all its creatures so far has been well off with the spectrum as showered on it by the sun; improvement (?) in their manner we chalk up to either ignorance or moneymaking.**

**Neodymium type (Chromalux, GE Reveal, etc.):**



**The third one is of an OttLite© fluorescent which also claims to be full spectrum. Besides having areas of weak or missing energy, it also has (as all fluorescents do) lines of intense energy, so great that they cannot be adequately represented here. Typically, emission graphs of fluorescents are more or less "equalized" or leveled so the high-energy lines are not fully or fairly depicted, allowing a claim of "near to sunlight". Widely available "hi-tech" inexpensive, compact fluorescents emit a very similar spectrum. They use far less electricity per candlepower generated but in time the money saved may be an unwelcome tradeoff in health.**

**OttLite:**



**While standard, household, incandescent bulbs are similar to sunlight in that there are no emission gaps or peaks, they are weighted considerably toward the red end of the spectrum. Nonetheless, until dichroic reflector bulbs (or LEDs) are developed to a better level, we recommend using household bulbs where necessary, and of course sunlight through open windows when**

possible. Some people do feel better when utilizing one of these unbalanced light sources because it is similar to taking a tonation where some frequencies are accentuated and most others diminished, but in time the need will have been satisfied and then it will be an overload in the other direction.

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