

REMARKS BY THE DIRECTOR OF EDUCATION

by L. L. McCormick, O.D., F. C. S. O.

St. John:

“In Him was Life; and the Life was the Light of man.

And the Light shineth in the darkness;

and the darkness comprehended it not”.

In how much darkness are our thoughts? How naive are we of this twentieth century? It has been said that “An error in thinking can lead centuries astray.” Take for example, Newton in 1666, made the discovery by use of a prism, that all colours exist in solar light, and can be separated from one another through refraction.

Goethe saw colour arising through a process of lighting and darkening. If colour is created by an active interworking of light and darkness, we can no longer regard darkness as a nullity. Darkness must itself be an active force.

Each colour has some character of movement, but not the colours themselves. The moods and movements of the colours give us the feeling that these have a direct effect upon us. They lure us out or drive us back or bring us to inner stability.

There is nothing in the wave theory that explains such feelings. These are movements of a different kind, experienced qualitatively.

Gladys Mayer, in her book Colour and Healing, writes “If I were gifted with a knowledge sufficient to compass every subject on earth and if an angel guided my pen to write wisely and well, I would think no subject more worthy than this one, the subject of colour. For this is no small unimportant matter, but a great matter and one of the utmost importance.”

To quote further from Miss Mayer’s book: “The use of colour naturally plays a considerable part in the treatment of eyes.”

Color treatments are more potent if contrast re-actions are used. For example, red and blue maybe used to correct short or long sight by a rhythmic succession of contrasting experiences of first one color, then another, ending with the one most needed.

Blue lures the vision outwards, and so helps short sight; red drives us back into ourselves so can help to correct long sight. Activity in the eyes can be increased by rhythmic and balanced alteration.

The use of colour is not confined to treatments of the eyes. It is still more potent in affecting consciousness. In the curative homes of the Camphill community, colour is used in combination with music to affect the distorted or under developed soul condition of what are generally called “Defective” children, or children in need of special care.

Colour therapy is being used in the Arlesheim Clinic Switzerland.

Even though we do not classify the above remarks as syntonics it seems to your author to be closely akin and perhaps of interest to many of you. For those of you who are interested in reading more than the above, the book is from Hope, Inc., New York, N.Y.