

# COLLEGE OF SYNTONIC OPTOMETRY

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## SOME THOUGHTS ON THE POSSIBLE CONTROL OF MYOPIA

A six year old child discovered a railroad with necessary embankments, tracks, bridges, etc. At a considerable distance the rails of this track seemed to come together. After the proper meditation, it was decided one day that this needed investigation. The result was quite a shock to a six year old when he got to the bridge that landmarked the point where the rails should have come together.

Myopia has been bandied back and forth, with full correction, half correction, base in, base out, the ultimate being to achieve acuity with hope and lenses. The more acuity gained ordinarily was followed by a lessening of the acuity later even to the point where acuity with lenses was equal to or less than the original Naked Vision.

This now being a near point world, and all testing charts being predicated on a minimum visual angle taken from a measurement of the separation of stars the premise is wrong in its ultimate application in a near point environment.

There are certain conditions in some people such as club feet, six fingers or toes, there are possibly congenital myopes also. These are mentioned for what they are, congenital freakish conditions.

The majority of babies are born with a considerable amount of hyperopia and as they develop their bodies and their co-ordination there develops a relationship between the voluntary and involuntary nervous system satisfactory to that individual, the impact of a near point world may force this relationship to develop faster in some than in others. The city dwelling family with children and a far point across the street would have different results from a country cousin with the horizon as a far point.

The Germans, Japanese and Chinese are especially mentioned as being myopes. Are they because of the system of handling plus environment? The German system for years was to fully correct myopia, it is probable that the same procedure was followed in the far east. However, no one can say that myopia was not advantageous to those Chinese artisans with their intricate carving of jade and their coral work. The most important thing to them being skill in some craft, that they might eat.

Consider this against the early American system of making a living when almost all of the people had their roots in the soil, the cry was for more land to till. By the most diligent effort one could only produce enough to feed three people.

Nature makes few mistakes; man makes mistakes fooling with nature, better leave her alone and go along naturally rather than to go against her, but the so-called improvements of civilization, which are nice, have permitted people to turn night into day. And its canning of pictures, to be uncanned at will, making a detailed use of eyes intended for daylight seeing, to be used in a dark environment, and not being satisfied with this to create an emotional environment to go with the other violation of nature's laws.

As herein before stated children are born with a considerable amount of farsightedness, as the developmental process proceeds this becomes less and less. Being as stated by some authorities up to 14D., should this slack or lag be used up too fast in the developmental process of the child it then would approach and possibly pass the median line (of normal distant acuity or Emmetropia) and the process once started would be a continuation of a habit pattern and would result in a continuing rebalancing of the convergence act, that accurate focusing might be attained. Should the target of regard be other than the environment of



nature this would further speed the process. Carrying this further, should this situation be corrected with minus lenses to restore vision to the median line, there would be a lessening of the need for convergence and more demand for focusing, and as a consequence there would be an artificial median line, should this be carried far enough by an over diligence in refracting procedure, it might result in diplopia without lenses or an out turning of one eye and a consequential amblyopia in later life. If in any of the above situations lenses other than white be used there would be a stimulation to either one or the other parts of the visual apparatus. This is particularly so in young and middle aged myopes. Popular types of pink tinted lenses locking the focus reflex in such a manner that it can hardly be relaxed. Should the purpose of these lenses be to relieve an intolerance of light (Photophobia) a secondary deleterious situation would be set up, more especially so in Sandy complexioned people, or people with dilated pupils.

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Some situations deserve special mention.

- Sudden Myopia: Possible result of some transitory disturbance.
- Hyperthyroid: Glandular disturbance, imbalance; some are strictly emotional, however emotions play a role in all.
- Pre-school Myopes: World is in, never learned to project at distance.
- Senility: Loss of convergence in addition to.
- Sandy Complexioned People: Apparently greater instability in focus reflex.
- Nystagmus: Congenital, poor reading posture from necessity, aggravates, especially to those bordering on Albinoism.

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In addition to other tests extreme care should be taken in the use of the Ophthalmometer, reading in PLUS always, if the base curves are the same, the spheres should be the same, ignore astigmatic corrections under plus 1.00 D. Push Up test gives invaluable information as to what has already happened.

Note pupils, small pupils; people with never use minus lenses, they will wear plus regardless.

Large pupils you better not use minus, which will cause stimulation in the wrong end of that nervous system which is already overstimulated, you are reading an end result.

Mixed astigmatia, cut the minus clear out, cut cylinder down, leave in plano plus cyl. only.

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Summing up: Myopia is a violation of nature's law.

Myopia is environmental and is increased and aggravated by minus lenses.

Myopia is a lack of balance in the MOTOR APPARATUS of the eye.

Myopia is not racial.

Pink tinted lenses are contraindicated in myopia.

Case 00691. Auditor. Aet. 25. 3/29/38.

Wearing R. Minus 9.00= Plus 1.00 x 90.

L. " 925 = Plus 2.75 x 90. Ophthalmometer curves same. Bas

V. A. R.L. & Ou, 20/20-1. Naked Vision 3/200. R. L. & Ou.

Must have 20/100 Naked Vision to hold commission in Q.M.C. is reserve officer.

Naked Vision restored to 20/50, R. L. & Ou.

Rx. R. Minus 7.00 Plus 1.00 x 90

L. " 7.00 Plus 1.75 x 90  
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Case 01414. Student. Aet. 19. 6/26/44.  
 Wants to try for commission in armed forces. Father was Officer in  
 Army, deceased. Must have 20/20 Naked Vision.  
 Wearing R. Minus 1.50, V. A. 20/20-1, R. L. & Ou.  
 L. " 1.25,  
 Naked Vision 20/100. R. L. & Ou.  
 Restored Naked Vision to 20/20 plus, R. L. & Ou. Today is wearing  
 Plus 1.00. Works in refinery at El Segundo, Calif.

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 Case 01415. Brother of Case 01414. Aet. 17. No Rx.  
 Knows he is a little off in his vision. Naked Vision R. L. & Ou.  
 20/40-3. Restored to 20/20 plus, Naked Vision R. L. & Ou. Wearing  
 Plus today. Case appeared almost same as brothers and would have pat-  
 terned out exactly same if it had been under the influence of minus  
 lenses. This type case is "A Dime a Dozen." But this is the type case  
 you see every day, and they finally become confirmed myopes under minus.  
 Should there be more myopia in one eye than the other, use plus .25 or  
 .50 more on that eye. It will break faster.

**REMEMBER:**

natural  
 The purpose is restoration of normal naked vision. There will be  
 many side effects, you will usually be told of them, the whole organism  
 will participate in this to its benefit. DO NOT mix other things in  
 until acuity is restored, should the desire be to proceed further, the  
 further will be a lot easier because of what has been done.

All cases will be benefited, but only about 50% will follow thru,  
 because of disinterest or expert advice of friends and others who know  
 nothing of your efforts, and never took a trek to a bridge.

Presented at  
 Mission Inn,  
 Riverside, Calif.  
 1951.

A. R. Voigt, O.D.  
 310 Texas Theater Bldg.  
 San Antonio, Texas.