

THE SYNTONIC PRINCIPLE¹

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1. There exists a closely predictable relationship between light frequency incident into the eyes and their responses.
2. There exists a relationship between light frequency and the rate of growth of cells and tissues, and their rate of cell division.
3. There exists a relationship between the light in the environment and the physical development of the individual.
4. There exists a relationship between light frequency in the eyes and the mass body potentials.
5. There exists a relationship between the light frequency environment and the development of the biotype, modifying the hereditary tendency.
6. There exists a relationship between light and light frequency and the action currents leaving the eye toward the brain, these action currents being both quantitatively and qualitatively altered,
7. There exists a relationship between light frequency incident into the eye and the functioning power of the pituitary gland.
8. There exists a relationship between the reproductive cycle and the light frequency environment, probably a quantitative one in respect to the number of individuals of any species.
9. There exists a relationship between the light frequency environment and the dynamic tension present between the two divisions of the autonomic nervous system.
10. There exists a relationship between the light frequency environment and the secretion of hormones by all of the co-acting as well as antagonistic endocrine glands with the pituitary as the "master gland."
11. There exists a relationship which is largely predictable between the light frequency environment and the restoration of health following departures from the normal which are still within physiologic limits, particularly those departures which may be directly influenced by the autonomic or the endocrines toward health.
12. There exists a relationship between light frequency into the eye and the degree of nerve cell irritability thus modifying reflexes.
13. There exists a relationship between light frequency into the eye and bodily health.
14. There exists a relationship between nerve impulses from the eye, due to incident light frequency and the state of tension in the autonomic nervous system.
15. There exists a relationship between light frequency into the eye and either its vitamin A content, or the degree of its adaptation to low degrees of illumination.
16. There exists a relationship between light frequency into the eye and the perception of pain.
17. There exists a relationship between light frequency into the eye and the relative responses of both striped and smooth muscle.
18. Syntony of the autonomic may be produced by light frequency into the eye.
19. The ability to continue to live depends upon syntony of the autonomic in both acute and chronic illnesses, and this attainment of syntony may be aided by light frequency into the eye.

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¹ Spittler, HR. "The Syntonic Principle" The College of Syntonic Optometry, Eaton OH, 1941