

## SYNTONICS BEFORE EACH REFRACTION

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The paper which I am going to read is entitled "Syntonics Before Each Refraction."

The analytical knowledge that we Syntonists have received as to classifying types of patients has meant much to me in my optometrical practice.

I analyze each patient as to whether the patient is an Asthenic or Pyknic. I do all this in my consulting room when I record the history of the case.

I have learned not to be afraid to ask the patients questions. They like it because they feel you are trying to do something for them. I ask them everything necessary. You know what Alpha Omega will do for some women, especially those with cold hands. You cannot go wrong in using Alpha Omega before each eye examination.

In case of an Asthenic, I first want to know whether this patient is an over-stimulative type or an exhaustive type. I first note the size of the pupils and also the curvature of the iris. If the patient has a "dishpan iris" his pupil will be too large, which would indicate quick exhaustion.

My subjective examination is to take the habitual phorias test with the glasses the patient is wearing, or if not wearing glasses I take phoria without glasses. If exophoria is manifested in the asthenic, and he also shows under 6 degrees of Exo at about 13 inches, I know this patient is an over-stimulative type. To him I apply N/L nascentizing, Delta Omega, Mu, or Mu Upsilon. If the patient has a headache, I use Upsilon Omega depending upon where it is as to nascentizing.

If this asthenic should show the opposite, as Exophoria, which would mean to me an exhaustive type, I would use Alpha Upsilon, Mu Upsilon or any technic that is stimulative, lately I have been using the new filter as an Alpha Lambda combination which would decrease the Exophoria. In nascentizing I mostly use N/L.

On the subject of nascentizing, N/L, I find better results in putting the red over the non-dominant eye.

After each eye examination I use for about five minutes Mu Upsilon, nascentizing L, sometimes I do not nascentize at all. I do this to eliminate eye discomfort after an eye examination, and in the meantime, I make up my complete refraction analysis.

In my Syntonic experience I have found it very important to find out which is the dominant eye. This will stand further research. If the patient's left eye is dominant and he is right handed this patient generally has a low duccion or reserve and generally phlegmatic in action. Alpha Omega or Alpha Upsilon Alpha Lambda, N/L works nicely before an eye examination. It warms up the patient, blood circulation is improved so that after the eye examination the patient really feels much better than before he came into the office. This "goes over big" with women.

## CASE REPORTS

I will relate at this time a few cases. A minister came to my office recently his complaint was about his eyes and mainly had a feeling that his head is stuffed, and told me that if he did not receive relief soon he would have to give up the pulpit. This patient was an asthenic as all ministers should not be. I immediately applied Mu for four minutes and Mu Upsilon for seven minutes, N/L nascentizing. He noticed relief in his head at once and was surprised at the results. I also gave him Keystone Stereoscopic exercises. I have given five Syntonic treatments using same filters. The unique part of this case is that when he read he used three pairs of glasses he had around the house, one on top of the other. And now he used one pair of glasses, Azurlite tint with 1 degree prism on each eye, base in. Patient was in last Wednesday for a treatment feeling fine with no feeling of head being stuffed.

A school teacher in the forties made the remark that she would have to quit teaching school if she did not receive some relief. The left eye was dominant and she was right handed. I knew immediately it was a case of low reserve. Syntonic analysis indicated inactive low vital reserves. On taking the habitual phoria test she showed an exophoria of 9 degrees, but at will can make herself orthophoric. I used Alpha Lambda mostly with N/L nascentizing. Prescribed FulVue bifocals with 1 degree prism base out on each eye. The patient feels fine.

A young girl of 15 years of age sent to me by the county trustees for a pair of glasses proved to be a case. This girl acted rather melancholy with absolutely no pep. She had a fairly good-looking face, if she would brace up and smile. I tried to examine her eyes, the Skiascope showed that she needed glasses. The astigmatic wheel was playing a game of "ring-around-the-rosy". I could not get anywhere with the subjective test but still this girl was intelligent. I asked the girl's mother, who was present, if the girl had ever menstruated. To my surprise the mother said, "Not yet". Alpha Upsilon nascentized N/L was my Rx for three consecutive days and then I followed up with Alpha Omega. I have since examined her eyes with more definite results. The girl has straightened up, began to smile, and if I have to say it again, she really is a beautiful girl.

I could relate many more cases which I have here with me on my record cards, but I will not take up any more time.

In closing I will say without any exaggeration that Syntonics has really kept me in practice during the present depression.

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