## THE SYNTONIC PRINCIPLE

"What is the Principle? It is just what the name implies: 'syn' (similar) and 'tonos' (rate or tone) (from Greek) when combined connotes a balanced integrated nervous system. It certainly does NOT mean the use of filtered light, nor does it mean "tuning" to a light frequency. Balance of the nervous system as it applies to the ocular function, and its associated or supportive functions is all that is sought for or intended by this technique in Optometry. Integration of the nervous system within physiological limits is not simple, yet the application of this principle will solve all of the optometric departures from normal that fall to the lot of the optometrist to handle."

Dr. Riley Spitler

### from the 1936 Year Book of Optometry

Printed in the CSO Journal 1989