

## YOUR EYES NEED CARE

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Good eyesight is a gift to be safeguarded and wisely used.

The speed and tension of present day living is a constant threat to the nervous system. The eyes, being highly-nerved, highly geared precision affected.

The present age of unrest is continually invading the physical frontiers of innate ease. Disturbances of the natural rhythms often lead to eye troubles, as the effort of adjustment to varying conditions takes a toll of the nervous system. Occupational hazards such as bad lighting, desks and chairs at the wrong height, fumes, noise, etc., can affect the eyes that are not physically first class.

The negative emotions of fear, frustration, anxiety and boredom create tension and obstruct the free flow of nerve between the eyes and the visual centres of the brain.

A prolonged nervous tension affects the muscles of the eyes, whose function is to move the eyes in various directions and flatten and relax the eyeballs for focusing.

A state of muscular tension will pull the eyeballs out of shape with resulting blurred vision. This outcome can produce a variety of aberrations of sight according to the physical construction of the individual eye. It can also surface hereditary tendencies that, in a state of normal relaxation, would not become apparent.

The eyes are part of the physical whole, sharing blood, muscles and nerve supplies. Should there be disfunction in any other part of the body, it is given the necessary remedial treatment. I have yet to understand why the eyes are regarded as separate entities and denied the benefits given to the rest of the body.

The symptoms of eyestrain are blurred vision, dry sandy feeling in the eyes, and sometimes pain.

At first there is a tendency to ignore these warnings or, when the symptoms persist, order a pair of glasses as the

easiest way out. But glasses, while clearing the vision, do not eliminate the causes of the weakness, and they have a habit of remaining for good and all. Finally, the natural vision is worse than it was when the glasses were first worn, they do not stop deterioration of sight.

Orthoptic exercises are now given in some Clinics, mostly by mechanical means, and results are obtained. But what is really needed is that the see-er should learn to use and care for the eyes, and produce the correct seeing habits.

For some forty years a system for the rehabilitation of eyesight has been widely and successfully taught in England, America and on the Continent. Its founder was the late Dr. William H. Bates. He held degrees for ophthalmology, was physician at the Manhattan Eye and Ear Hospital, and post-graduate lecturer at New York Medical School and Hospital. We may, therefore, confidently feel that Dr. Bates was a man of deep and reputable knowledge in all matters concerning the eyes.

His findings were not accepted by his colleagues, and although he pleaded for an investigation of his methods, orthodoxy refused.

Maybe it was the simplicity of his concept that antagonised the faculty. Anyway, he relinquished his positions and emoluments and founded the Bates Method, of which relaxation is the keynote.

Dr. Bates has stated that he considers the cause of all defects of vision are due to mental strain, for which relaxation is the only answer. On the whole, I agree with him, knowing that one-tenth of sight is physical and nine-tenths is mental. A tense mind means tense voluntary muscles, which pull the eyes out of focus.

Apart from the effects of general strain upon the eyes, there is always the individual state to consider. The eyes must be relaxed before these disfunctions can be treated.

It should be realised that sight is one of the five senses, and is passive in action. Hearing, tasting, smelling and touching do not require any conscious effort to see. When there is discomfort and objects are not clearly defined, it is time to

consider what cause, or causes, have upset the natural rhythms of sight.

The small orbs of the eyes contain a very complex mechanism, and continued strain causes a multiplicity of symptoms which, if not dealt with, can resolve themselves into bad conditions. Glaucoma and cataract are examples of acute tension over long periods.

The first essentials are darkness and warmth, and a quiet mind.

On closing the eyes by bringing down the thin eyelids, light is not excluded, unless one is in a darkened room.

So we do what is called "palming".

Sit comfortably at a table with the elbows on a thick cushion. Cover the closed eyes with the palms of the hands, so that the fingers overlap on the bridge of the nose. Do not press them on the closed eyes. Let there be no strain on the shoulders and the back of the neck.

After a few minutes, warmth will spread from the hands into the eyes, and gradually relax the minute capillaries and muscles, enabling the blood to flow more freely.

Sight being one-tenth physical and nine-tenths mental, we now use the greater part to assist the eyes.

The visual centre of the brain holds all visual memories. So while palming recall pleasant vistas of holidays, such as the colours of moving waves or the light on the distant hills. Let your eyes move easily over the scene. You may be surprised at the details you remember, both near and far. The physical eyes, being controlled by the nine-tenth of brain power, will be focusing near and far under the closed lids.

There can never be too much palming.

The next step concerns the action of blinking.

To blink or not to blink is the difference between good and bad sight.

If you are a starrer you are denying your eyes the natural lubrication supplied by the lachrymal glands. These are situated in the upper and outer corners of the eyes. Their secretion flows diagonally across the eyes and into the tear duct, moistening and disinfecting the surface. The quick move-

ment of a blink helps along the flow of the secretion and polishes the front of the eyes. Eyes are organs of light and should be kept bright to accept light.

The starrer, by not using the eyelids naturally, is subjecting the eyes to a dryness which could culminate into a distressing condition. Also, the retina, which receives the light impressions, is over-exposed by the ceaseless flow of light.

The flick of a blink is a momentary blackout of the retina.

The average person should blink every five seconds, which adds up to 5% of waking hours.

Watch passengers in buses and tubes and pick out the starers. How grim they look, with fixed facial muscles. Then notice those who blink. Their expression is far more pleasing, normal blinking being a free and unconscious action.

So if you are a starer, condition yourself to blink.

—*The Homœopathic World, Jan.-Mar., and April-June, '59*

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Generally, too, he suffers from vertigo. His limbs seem nearly paralyzed; yet he feels such distress about his head when he is riding that he feels impelled to get out and walk fast for relief.

On a day that nothing ails him he imagines that he is sick.

Unlike his parents who are always hungry, he has no appetite. Like his father, he is soon satisfied with food, although his mother is always hungry, even when her stomach is full. Like his mother, he is drowsy; but he cannot sleep because his skin itches. He is tearful, like his parents, weeping in despair over his physical condition. Like his father, he has an enemy. While his father hated Mr. Mercurius and pestered him constantly, trying to undo him, Argentum Nitricum seems always seeking to annihilate Mr. Natrum Muriaticum.

Argentum Nitricum has none of his mother's merry disposition. He is a nervous, gloomy hypochondriac. In fact, his character is not so strong as that of either parent, and he cannot enter as deeply into people's lives as they can.

—*The Layman Speaks, Jan., '59*