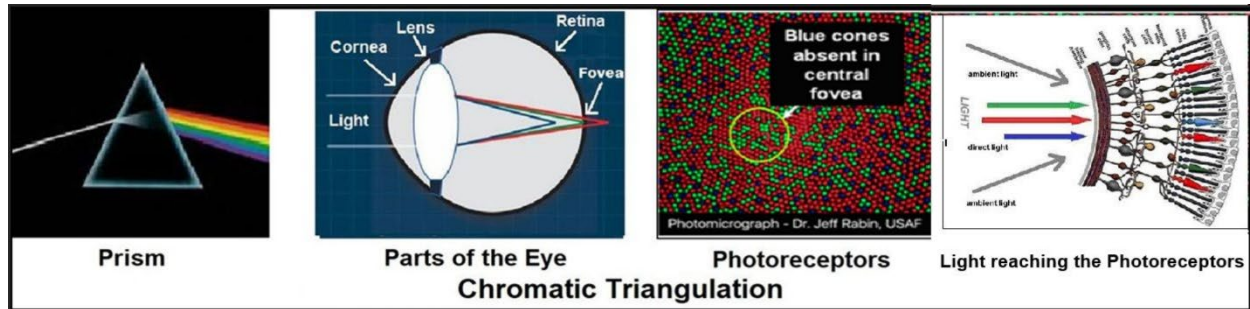


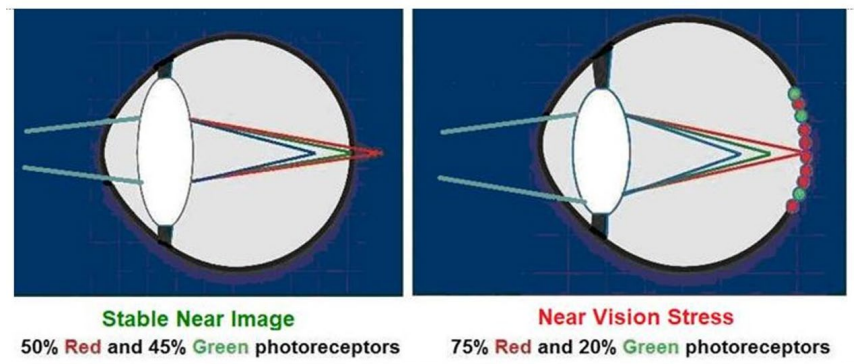
Acuity Self-Tests

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A simple experiment to demonstrate that **acuity is NOT regulated by the brain** but rather is regulated using the **Chromatic Triangulation** of **Red**, **Green**, and **Blue** color sensitive photoreceptors in the fovea of the retina, is to close one eye and look around the room where you are now. You will notice that with only one eye open you can **still determine the relative distance to nearby objects without the need for binocular vision** documenting that acuity is NOT regulated by the brain.



If you wear glasses, **a simple test to verify that your lenses are too strong** (with too much minus power IF you wear glasses), is to push your glasses about a half inch away from your face and see if the words you are reading become larger and more legible. If you notice that the words get more legible, that **Snellen-induced excess minus power** of your glasses is typically about **0.25 to 0.50 diopters**. While it isn't much, it likely reduces your cognition and possibly your IQ by 10 points.



You can verify the hyper-stimulus visual effect of your computer monitor and the emitted white light of computerized Snellen (letter-based) testing by briefly staring at a white light bulb and then closing your eyes. With your eyes closed you should notice a white stimulus ring for an additional ten seconds from the depleted photoreceptor response. The similar **computer-generated hyper-stimulus of the WHITE background for Snellen** and other static vision tests is a **probable contributor to the visual damage** (with an excess -0.50 diopters of sphere) done by **using Snellen testing**. Snellen testing is a major factor in the **Global Epidemic of Myopia** of the past forty years.