Joining concave and convex mirrors in 1903, he modified the original ophthalmoscope invented by the German physicist Helmholtz in 1851. This new ophthalmoscope was used widely throughout the world and was known as the **Essad Ophthalmoscope**.

He developed a technique to differentiate between real patients and simulators.

In 1918, as the president of the political society called "National Congress", he had a leading role in the assemblance of the national forces during the Turkish War of Independence.

He published articles in French and English on the truth and the facts about the so called "genocide against the Armenians".

He gathered statistical facts and evidence about Turks who had been living for long centuries in various regions of the country. He published maps showing his findings.

He was exiled to Malta between 1920-1922 by the British army.

While he was in Malta, his family suffered many torments at their homeland. In a letter to his wife he wrote: "Malta has been a valuable experience, a true school for me. Here I could see the real face of the western 'civilization' ".

In his letters from Malta, there were poems for his country, which he regarded as a "true mother".

From his letter to his 5 year old daughter:

**Mother, father, brother,**  
**Oh my beloved comrade,**  
**That who feeds us all,**  
**Who sings sweet lullabies to us Is but our motherland.**