

PERFECT  
SIGHT • •  
WITHOUT •  
GLASSES •

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BATES • •

## For the Preservers of Dr. Bates' Work

This PDF contains the new additional pages from the final 1940 print edition of 'Perfect Sight Without Glasses' published by Emily A. Bates, Dr. Bates wife, clinic assistant, about 9 years after Dr. Bates death in 1931.

I have placed them in our new 'final' paperback and free e-book editions of 'Perfect Sight Without Glasses' and copyrighted, published it. It will be live for the public this year. This short PDF is created now so all dedicated Bates people, antique collectors may add this to their copy of Perfect Sight Without Glasses.

Note the book is preserved in the Crypt of Civilization and a certificate is given to Ophthalmologist William H. Bates, Emily A. Bates to place in this book. The Crypt preserves the book for future generations.

Book editions created after 1940 were forced (by eye doctors, businesses preferring to sell eyeglasses, eye surgery and drugs) into removing many effective natural eyesight improvement treatments, all of Dr. Bates experiments, pictures of the experiments and training methods showing, proving how and why The Bates Method of Natural Eyesight Improvement works.

The first pages of this PDF show the dust jacket; front, back, spine and internal flap. Then;

+ Internal page with 1942 owner signature, New York City. This book may have been owned by someone that knew Dr. Bates or a relative. It was shipped from New Jersey. See the shipping statements end of the PDF. Dr. Bates, Emily, his offices, clinic were in New Jersey, New York City.

+Crypt of Civilization, Dr. Arlt, and 9th printing pages are next with Emily's name as publisher.

+Copy 1920, 1940 Dr. Bates, Emily.

+End of book; Emily adds a Eyechart and Suggestions to Patients - Use of the Snellen Eyechart. This chart will be scanned again and printed high quality and placed free on the eyechart's webpage and in our book.

+ Emily adds; How to Demonstrate the Fundamental Principles of Treatment.

+End; An Appreciation by Rev. Dr. Daniel A. Poling.

The entire 1940 book will be placed in Paperback and e-book this year.

Perfect  
Sight  
Without  
Glasses

BATES

The Cure of Imperfect Sight by  
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By W. H. BATES, M.D.

In this book the author, who is well known for his discovery of the properties of the suprarenal extract (commercialized as adrenalin) as well as for a lifetime of ophthalmological studies, presents evidence to show that most of the accepted theories about the eye are wrong. It contains:

A RESUMÉ of animal experiments and clinical observations which demonstrate that the lens is not a factor in accommodation and that all errors of refraction (nearsight, farsight, astigmatism and even old-age sight) are functional and curable.

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THE CENTRAL FIXATION PUBLISHING CO.  
New York.

Rita Morgen - N. Y. City.

Sept. 1942.

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Good minds, good morals, good manners

Oglethorpe University, Ga.

October 18, 1938.

Mr. W. H. Bates, M.D.  
210 Madison Ave.  
New York, N. Y.

Dear Sir:

It gives me pleasure to advise you that our Advisory Board has selected your book, *PERFECT SIGHT WITHOUT GLASSES*, for inclusion in the Crypt of Civilization.

As you doubtless know practically every newspaper and magazine in America as well as radio broadcasting stations have carried and are carrying the stories of this remarkable project. The most authentic examples of the age in which we live and particularly the new chemical products which are so strikingly an example of our present civilization together with micro filmed books, models to scale and other objects are being assembled for deposit in the crypt to be sealed up for six thousand years. We would be pleased to have you present us with a copy of the latest edition of the above book. As it is necessary to destroy this in microfilming, an unbound but gathered copy of one with damaged cover will do equally as well as a perfect copy. The method of preservation is described in the enclosed bulletin.

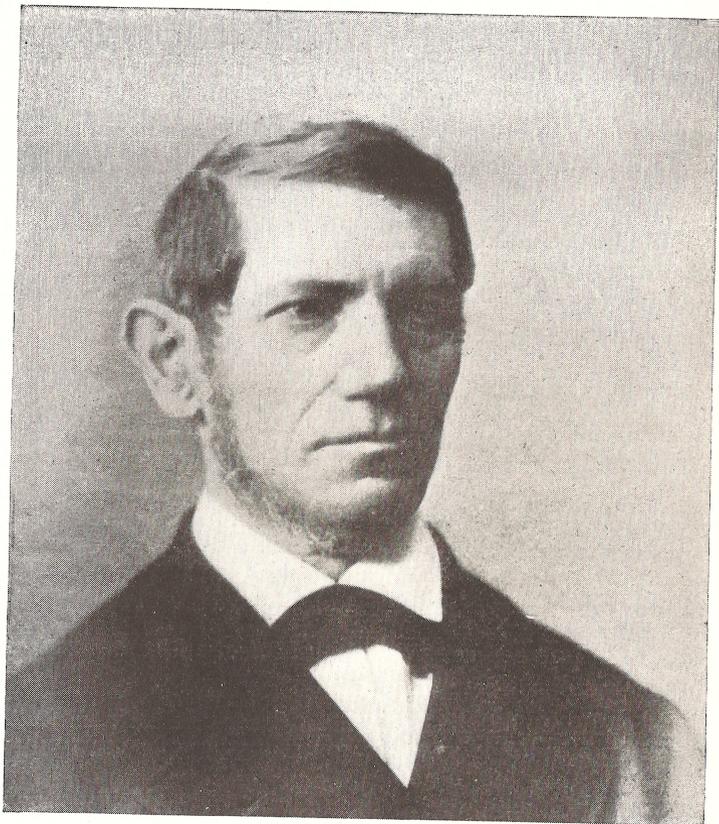
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**FERDINAND VON ARLT**  
(1812-1887)

Distinguished Austrian ophthalmologist, Professor of Diseases of the Eye at Vienna, who believed for a time that accommodation was produced by an elongation of the visual axis, but finally accepted the conclusions of Cramer and Helmholtz.

**The Cure of Imperfect Sight  
by Treatment Without  
Glasses**

*By*  
**W. H. BATES, M.D.**

*Ninth Printing*

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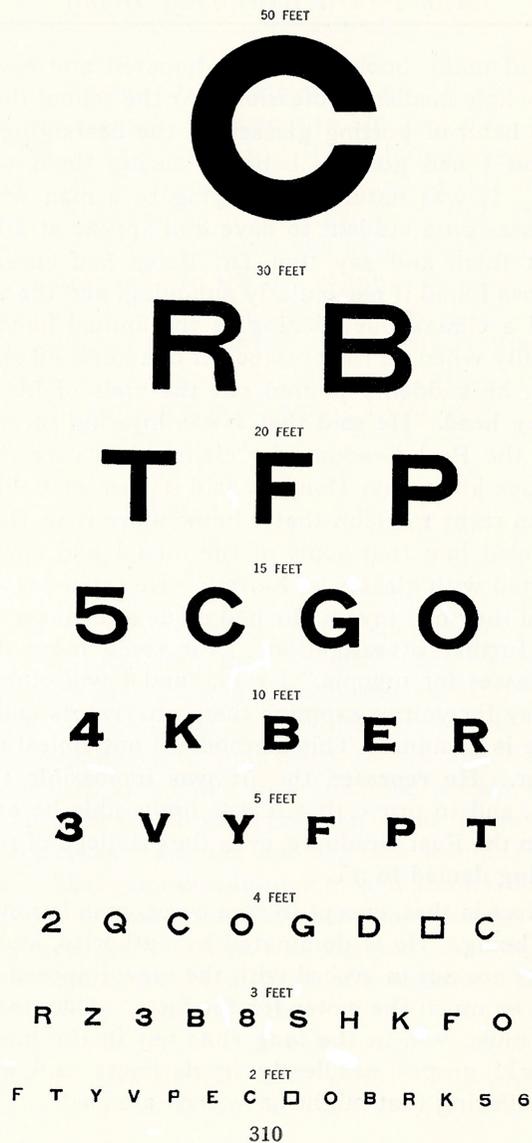
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*On a tomb in the Church of Santa Maria Maggiore in Florence was found an inscription which read: "Here lies Salvino degli Armati, Inventor of Spectacles. May God pardon him his sins."*

*Nuova Enciclopedia Italiana, Sixth Edition.*



## SUGGESTIONS TO PATIENTS

### The Use of the Snellen Test Card

- 1—Every home should have a test card.
- 2—It is best to place the card permanently on the wall in a good light.
- 3—Each member of the family or household read the card every day.
- 4—It takes only a minute to test the sight with the card. If you spend five minutes in the morning practicing with the card, it will be a great help during the day.
- 5—Place yourself ten feet from the card and read as far as you can without effort or strain. Over each line of letters are small figures indicating the distance. Over the big C at the top is the figure 50. The big C, therefore, should be read at a distance of 50 feet.
- 6—If you can only see the fifth line, notice that the last letter on that line is an R. Now close your eyes, cover them with the palms of the hands and remember the R. If you will remember that the left side is straight, the right side partly curved and the bottom open, you will get a good mental picture of the R with your eyes closed. This mental picture will help you to see the letter directly underneath the R, which is a T.
- 7—Shifting is good to stop the stare. If you stare at the letter T, you will notice that all the letters on that line begin to blur. It is beneficial to close your eyes quickly after you see the T, open them, and shift to the first figure on that line, which is a 3. Then close your eyes and remember the 3. You will become able to read all the letters on that line by closing your eyes for each letter.
- 8—Keep a record of each test in order to note your progress from day to day.

## CHAPTER XXXIII

### HOW TO DEMONSTRATE THE FUNDAMENTAL PRINCIPLES OF TREATMENT

**T**HE object of all the methods used in the treatment of imperfect sight without glasses is to secure rest or relaxation, of the mind first and then of the eyes. Rest always improves the vision. Effort always lowers it. Persons who wish to improve their vision should begin by demonstrating these facts.

To demonstrate the strain lowers the vision, think of something disagreeable, some physical discomfort, or something seen imperfectly. When the eyes are opened, it will be found that the vision has been lowered. Also stare at one part of a letter on the test card, or try to see the whole letter all alike at one time. This invariably lowers the vision, and may cause the letters to disappear. Another symptom of strain is a twitching of the eyelids which can be seen by an observer and felt by the patient with the fingers. This can usually be corrected if the period of rest is long enough. Many persons fail to secure a temporary improvement of vision by closing their eyes, because they do not keep them closed long enough. Children will seldom do this unless a grown person stands by and encourages them. Many adults also require supervision.

#### CLOSING THE EYES

The simplest way to rest the eyes is to close them for a longer or shorter period and think about something

agreeable. This is always the first thing that I tell patients to do and there are very few who are not benefited by it temporarily.

#### PALMING

A still greater degree of rest can be obtained by closing and covering the eyes so as to exclude all the light. The mere exclusion of the impression of sight is often sufficient to produce a large measure of relaxation. In other cases the strain is increased. As a rule, successful palming involves a knowledge of various other means of obtaining relaxation. The mere covering and closing of the eyes is useless unless at the same time mental rest is obtained. When a patient palms perfectly he sees a field so black that it is impossible to remember, imagine, or see anything blacker, and when able to do this he is cured. It should be borne in mind, however, that the patient's judgment of what is a perfect black is not to be depended upon.

#### THE LONG SWING

Demonstrate—That the long swing not only improves the vision, but also relieves or cures pain, discomfort and fatigue.

Stand with the feet about one foot apart, facing squarely one side of the room. Lift the left heel a short distance from the floor while turning the shoulders, head, and eyes to the right, until the line of the shoulders is parallel with the wall. Now turn the body to the left after placing the left heel upon the floor and raising the right heel. Alternate looking from the right wall to the left wall, being careful to move the head and eyes with the movement of the shoulders. When practiced easily, continuously, without effort and without paying any at-

tention to moving objects, one soon becomes conscious that the long swing relaxes the tension of the muscles and nerves.

Stationary objects move with varying degrees of rapidity. Objects located almost directly in front of you appear to move with express train speed and should be very much blurred. It is very important to make no attempt to see clearly objects which seem to be moving very rapidly.

The long swing seems to help patients who suffer from eyestrain during sleep. By practicing the long swing fifty times or more just before retiring and just after rising in the morning, eyestrain during sleep has been prevented or relieved. It is remarkable how quickly the long swing relieves or prevents pain. I know of no other procedure which can compare with it. The long swing has relieved the pain of facial neuralgia after operative measures had failed. Some patients who have suffered from continuous pain in various parts of the body have been relieved by the long swing, at first temporarily, but by repetition the relief has become more permanent. Hay fever, asthma, sea-sickness, palpitation of the heart, coughs, acute and chronic colds are usually relieved by the long swing.

#### MEMORY

When the sight is normal the mind is always perfectly at rest, and when the memory is perfect the mind is also at rest. Therefore it is possible to improve the sight by the use of the memory. Anything the patient finds it agreeable to remember is a rest to the mind, but for purposes of practice a small black object, such as a period or a letter of fine print, is usually most convenient. The most favorable condition for the exercise of the memory is,

usually, with the eyes closed and covered, but by practice it becomes possible to remember equally well with the eyes open. When patients are able, with their eyes closed and covered, to remember perfectly a letter of fine print, it appears, just as it would if they were looking at it with the bodily eyes, to have a slight movement, while the openings appear whiter than the rest of the background. If they are not able to remember it, they are told to shift consciously from one side of the letter to another and to consciously imagine the opening whiter than the rest of the background. When they do this, the letter usually appears to move in a direction contrary to that of the imagined movement of the eye, and they are able to remember it indefinitely. If, on the contrary, they try to fix the attention on one part of the letter, or to think of two or more parts at one time, it soon disappears, demonstrating that it is impossible to think of one point continuously, or to think of two or more points perfectly at one time, just as it is impossible to look at a point continuously, or to see two points perfectly at the same time. Persons with no visual memory are always under a great strain and often suffer from pain and fatigue with no apparent cause. As soon as they become able to form mental pictures, either with the eyes closed or open, their pain and fatigue are relieved.

#### IMAGINATION

Imagination is closely allied to memory, for we can imagine only as well as we remember, and in the treatment of imperfect sight the two can scarcely be separated. Vision is largely a matter of imagination and memory. And since both imagination and memory are impossible without perfect relaxation, the cultivation of

these faculties not only improves the interpretation of the pictures on the retina, but improves the pictures themselves. When you imagine that you see a letter on the test card you actually do see it, because it is impossible to relax and imagine the letter perfectly, and, at the same time, strain and see it imperfectly. The following method of using the imagination has produced quick results in many cases. The patient is asked to look at the largest letter on the test card at the near-point, and is usually able to observe that a small area, about a square inch, appears blacker than the rest, and that when the part of the letter seen worst is covered, part of the exposed area seems blacker than the remainder. When the part seen worst is again covered, the area of maximum blackness is still further reduced. When the part seen best has been reduced to about the size of a letter on the bottom line, the patient is asked to imagine that such a letter occupies this area and is blacker than the rest of the letter. Then he is asked to look at a letter on the bottom line and imagine that it is blacker than the largest letter. Many are able to do this, and at once become able to see the letters on the bottom line.

#### FLASHING

Since it is effort that spoils the sight, many persons with imperfect sight are able, after a period of rest, to look at an object for a fraction of a second. If the eyes are closed before the habit of strain reasserts itself permanent relaxation is sometimes very quickly obtained. This practice I have called flashing, and many persons are helped by it who are unable to improve their sight by other means. The eyes are rested for a few minutes, by closing or palming, and then a letter on the test card, or a

letter of fine print, if the trouble is with near vision, is regarded for a fraction of a second. Then the eyes are immediately closed and the process repeated.

#### READING FAMILIAR LETTERS

The eye always strains to see unfamiliar objects, and is always relaxed to a greater or less degree by looking at familiar objects. Therefore the reading every day of small familiar letters at the greatest distance at which they can be seen is a rest to the eye, and is sufficient to cure children under twelve who have not worn glasses, as well as some older children, and adults with minor defects of vision.

#### CENTRAL FIXATION

When the vision is normal the eye sees one part of everything it looks at best and every other part worse in proportion as it is removed from the point of maximum vision. When the vision is imperfect it is invariably found that the eye is trying to see a considerable part of its field of vision equally well at one time. This is a great strain upon the eye and mind, as anyone whose sight is approximately normal can demonstrate by trying to see an appreciable area all alike at one time. At the near-point the attempt to see an area even a quarter of an inch in diameter in this way will produce discomfort and pain. Anything which rests the eye tends to restore the normal power of central fixation. It can also be regained by conscious practice, and this is sometimes the quickest and easiest way to improve the sight. When the patient becomes conscious that he sees one part of his field of vision better than the rest, it usually becomes possible for him to reduce the area seen best. If he looks from the

bottom of the 200 letter to the top, for instance, and sees the part not directly regarded worse than the part fixed, he may become able to do the same with the next line of letters, and thus he may become able to go down the card until he can look from the top to the bottom of the letters on the bottom line and see the part not directly regarded worse. In that case he will be able to read the letters. Since small objects cannot be seen without central fixation, the reading of fine print, when it can be done, is one of the best of visual exercises, and the dimmer the light in which it can be read and the closer to the eye it can be held the better.

#### THE EFFECT OF LIGHT UPON THE EYES AND SUN TREATMENT

Although the eyes were made to react to the light, a very general fear of the effect of this element upon the organs of vision is entertained both by the medical profession and by the laity. Persons with normal sight have been able to look at the sun for a short length of time, without any discomfort or loss of vision. Immediately afterward they were able to read the Snellen test card with improved vision, their sight having become better than what is ordinarily considered normal. Some persons with normal sight do suffer discomfort and loss of vision when they look at the sun; but in such cases the retinoscope always indicates an error of refraction, showing that this condition is due, not to the light, but to strain. It has been my experience that all persons who wear dark glasses sooner or later develop inflammation of their eyes. The human eye needs the light in order to maintain its efficiency. The use of eye-shades and protections of all kinds from the light is injurious to the

eyes. Sunlight is as necessary to normal eyes as is rest and relaxation. If it is possible, start the day by exposing the closed eyes to the sun. Just a few minutes at a time will help. Get accustomed to the strong light of the sun by letting it shine on your closed eyelids. It is good to move the head slightly from side to side while doing this, in order to prevent straining. One cannot get too much sun treatment

#### BRAIN TENSION

The brain has many nerves. Part of these nerves are called ganglion cells and originate in some particular part of the brain. Each has a function of its own. They are connected with other ganglion cells and with the aid of nerve fibres are connected with others located in various parts of the brain as well as in the spinal cord, the eye, the ear, the nerves of smell, taste, and the nerves of touch. The function of each ganglion cell of the brain is different from that of all others. When the ganglion cells are healthy, they function in a normal manner.

The retina of the eye contains numerous ganglion cells which regulate special things such as normal vision, normal memory, normal imagination and they do this with a control more or less accurate of other ganglion cells of the whole body. The retina has a similar structure to parts of the brain. It is connected to the brain by the optic nerve.

Many nerves from the ganglion cells of the retina carry conscious and unconscious control of other ganglion cells which are connected to other parts of the body.

When the ganglion cells are diseased or at fault, the functions of all parts of the body are not normally maintained. In all cases of imperfect sight, it has been repeatedly demonstrated that the ganglion cells and nerves

of the brain are under a strain. When this strain is corrected by treatment, the functions of the ganglion and other cells become normal. The importance of the mental treatment cannot be over-estimated.

A study of the facts has demonstrated that a disease of some ganglion in any part of the body occurs in a similar ganglion in the brain.

Brain tension of one or more nerves always means disease of the nerve ganglia. Treatment of the mind with the aid of the sight, memory and imagination has cured many cases of imperfect sight without other treatment.

*Doctor William H. Bates—An Appreciation*

by Dr. Daniel A. Poling

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I never knew Doctor Bates when physically he was a well man. But even in the comparatively short time of our acquaintance and friendship I never knew him when he was not a true gentleman and a veritable genius in thinking thoughts and doing deeds for others. In his profession he was a distinguished pioneer; his discoveries should give him a place among the benefactors of the race. All about me and in my own home are those to whom he has ministered. To the ends of the earth are men, women, and little children who think of him with gratitude because of pain relieved and sight restored. His welcome to the Father's House will be in the words of the immortal paean—"Well done, good and faithful servant." By every test that I know, since I have known him, Doctor Bates was a Christian. One of his favorite texts was, "As a man thinketh in his heart so is he." The good Doctor had many and long thoughts of others and always his longest, tenderest thoughts were for Mrs. Emily A. Bates who has been his comrade in a great service.

With those who have the Christian's hope, weeping endures but for the night. We sorrow but not as those who are without the promise of glad reunion. Today we lift our eyes to the hills from whence cometh our strength—the hills of God's country where dreams come true, where unfinished tasks are completed and where life with love, enters fulfillment.

Signed Daniel A. Poling



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