

Better Eyesight

A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES

September 1928

EYESTRAIN

The eyes of all people with imperfect sight are under a strain. This is a truth. Most people believe that during sleep the eyes are at rest and that it is impossible to strain the eyes while sound asleep. This, however, is not true. Persons who have good sight in the daytime under favorable conditions may strain their eyes during sleep. Many people awake in the morning suffering pain in the eyes or head. Often the eyes are very much fatigued and have a feeling of discomfort.

There may be also a feeling of nervous tension from the eyestrain, or there may be a feeling as of sand in the eyes. At times all parts of the eye may be suffering from inflammation. The vision is sometimes lowered for several hours whereupon it begins to improve until it becomes as good as it was before the person retired the night before. Many people become alarmed and seek the services of some eye doctor. Usually the doctor or doctors consulted prescribe glasses which very rarely give more than imperfect or temporary relief.

There are various methods of correcting eyestrain occurring during sleep. Palming is very helpful even when practiced for a short time. A half an hour is often sufficient to relieve most if not all of the symptoms. In some cases the long swing, practiced before retiring, is sufficient to bring about temporary or permanent benefit. Blinking and shifting are also helpful. Good results have been obtained by practicing a perfect memory or imagination of one small letter of the Snellen test card alternately with the eyes open and closed. A number of patients were benefited and usually cured by remembering pleasant things perfectly.

AVIATORS' EYES

By W. H. Bates, M.D.

AVIATION is becoming more popular than ever before. The writer has treated many aviators who had, within a few months, acquired trouble with their eyes which made it dangerous for them to continue to fly. During the war a Major, an Aviator in the Army, consulted me about his eyes. His principle trouble was dizziness. He was wearing glasses for the correction of a slight astigmatism. The glasses did not relieve the dizziness. At this time a large number of aviators had been killed by falls.

The history of this aviator was very interesting and valuable. He was positive that a number of years previously when he began to practice flying that his sight was normal - 20/20 with each eye or with both. After a few years he noticed that his sight was impaired and that he had attacks of dizziness which did not last long in the beginning. These attacks of dizziness would come without warning while he was flying about one thousand or more feet above the ground. While he was conscious of the dizziness, he noted that his machine (**plane**) started to fall and continued falling until the dizziness stopped. It was some months before he realized that with every attack of dizziness the machine fell a greater distance, and he feared that these spells would ultimately cause his death.

Like most Army and Navy men, the Major did as he was told and was cured by me. This is the way it was done. I tested his eyes with the ophthalmoscope and retinoscope and found no disease of his eyes. The retinoscope revealed a small amount of astigmatism in each eye. His vision for the test card was 20/30. When he closed his eyes and rested them, the astigmatism became less and his sight for the test card became normal - 20/20. This was accomplished in about an hour. The improvement was only temporary, however, and he was given advice for treatment at home. A large test card was given him with directions to read it with each eye separately at twenty feet. He was directed to rest his eyes often by closing them. It was suggested to him that he look at one letter which he remembered better with his eyes closed than he imagined or saw it with his eyes open. By repetition, his vision for the known letter improved and his sight for unknown letters and other objects improved until his vision became 25/10. He was under treatment for about a month and he was seen at irregular intervals during that time. Since that time I have not heard from him personally.

Other aviators have been benefited by the same treatment. There is a right way and there is a wrong way to use the eyes when controlling a flying machine. The time required to do the wrong thing is just as long as the time required to do the right thing. The aviator can also demonstrate that an imperfect memory, imagination or sight is more difficult than a perfect memory, imagination or sight.

For example, a small letter "o" can be remembered imperfectly on one of the lines of small letters of the Snellen test card, but a stare or strain to see it with a white center as white as snow may require much effort, time and trouble. The imperfect whiteness of the letter soon disappears while its blackness turns to a shade of dark or light gray, all covered by a blurred cloud. The concentration, the effort to see, brings on discomfort, fatigue, pain, dizziness and other nervous symptoms which are all difficult to remember, imagine or feel. The memory, imagination or sight can only be demonstrated easily when exercised without strain. The successful pilot when at his best is always doing the right thing.

When riding in a fast moving train, the telegraph poles, although fastened to the ground, appear to move in the opposite direction. But any effort to stop this movement brings on a strain which may cause much pain, dizziness, fatigue or other nervous discomfort. The Major, who recognized the bad effects of dizziness from imperfect sight, believed that the dizziness, if sufficient, could cause fatal accidents when flying. He became able consciously to produce dizziness by eyestrain or by an effort to improve his vision.

He was taught to imagine the floor to be moving when he walked about his rooms. Swaying his head and eyes from side to side enabled him to imagine the floor to be always moving. When he steered his plane to the right, all objects seen appeared to move to the left. When he moved to the left all objects seen appeared to move to the right. He was able to lengthen the apparent movement of stationary objects. The wider the movement, the less was the sight improved, while a shorter movement of the eyes or head was followed by a greater improvement.

It was difficult for him to demonstrate that perfect sight can only be obtained by rest and prevented by an effort. But when he had

learned that it was a truth without an exception he soon became able to demonstrate the facts. He was encouraged to improve his vision by using various or all parts of his machine as objects for testing and improving his sight. The more successful he was in improving his memory for objects, the better was the vision. We can only remember perfectly what we see perfectly; we can only imagine perfectly what we remember perfectly; we can only see perfectly what we imagine perfectly.

The time required for a cure varies with individuals. The eyes of some aviators may be under a greater strain than that of others.

The aviator should demonstrate that shifting the eyes or moving the eyes from one small part of his plane to other objects is restful and that his sight is always improved by resting his eyes. Blinking or closing the eyes and opening them quickly is also a rest. He should also demonstrate that closing the eyes for a few seconds or longer and then opening them for a shorter time is a benefit to the sight. Palming or covering the closed eyes with the palm of one or both hands when done right always improves the vision. Blinking, shifting, or palming can be practiced before entering the plane and so accidents may often be avoided.

While attacks of dizziness are a frequent cause of accidents, many of them fatal, there are numerous other causes which are just as serious or important. Many fliers of airplanes seldom have accidents. What is the secret of their success? It is due to their control at all times in all places.

Control of what?

The answer is: Control of the mind, control of the eyes and of all the nerves generally.

When the efficiency of the mind is at its maximum, it is at rest. Nothing is done consciously or unconsciously. It was a shock to the writer to discover with the aid of the retinoscope that the greatest strain of the body occurred during sleep. Strain is always accompanied by a loss of mental control when things go wrong. Accidents, fatal accidents, always mean a loss of mental control. The fact should be demonstrated. It should also be demonstrated that it is more difficult to fail than to succeed.

"Lindy" ([Charles Lindbergh – Pilot – see pictures on right](#)) could not have crossed the Atlantic Ocean, a 3,000 mile journey, by making a constant effort to obtain nervous control. The effort would have caused fatigue, and no man can have control of his nerves by using some form of effort. Dizziness is caused by prolonged effort and no man could fly very far when dizzy.

The eyesight of even the best of us would become imperfect in a few minutes or less. Now let me ask how many of the best aviators could be efficient if their sight should become imperfect?

Control is necessary.

How can it be obtained? Very easily. First demonstrate that doing the wrong thing - like staring, straining or making an effort to remember, imagine or see - requires an effort, while resting the eyes or mind is easy and requires no effort.

It is a common experience for many people to fail to remember a person's name. An effort to remember it always fails but if they rest their minds by thinking of something else the name comes to them without their volition. A perfect memory can be obtained by practice. Perfect mental control comes or is manifest when the memory is perfect. Practice is important and very necessary. One may see and remember familiar or well known objects with the eyes open but better with the eyes closed. By alternating, the memory with the eyes open improves until it becomes as good as with the eyes closed. This means mental control of the mind, eyes, and all the nerves of the body.

The imagination can also be improved by practice. For example, if a well known or familiar letter of a sign or print on a card can be imagined more clearly than it really is, the vision of all parts of the letter is improved as well as the vision for other objects which were not seen before. Imagining the letter alternately with the eyes open and closed is a benefit to the imagination and the memory as well as to the sight. The aviator can improve his control by improving his memory, imagination, and sight, while flying. It is not necessary for him to practice on letters or other objects several miles away. He can practice successfully, more or less continuously, on the face of his compass or some other part of his machine. Finally he should remember that perfect control can only be obtained by rest and not by any effort whatever.



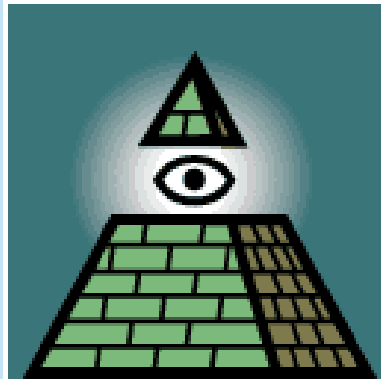


- ▶ 1 - HOME - NATURAL EYESIGHT IMPROVEMENT - BATES METHOD
- 2 - BOOKS - WEB SITES BEST BATES METHOD NATURAL EYESIGHT IMPROVEMENT INFORMATION
- 3 - FREE NATURAL EYESIGHT IMPROVEMENT BOOK
- 4 - MENTAL STRAIN, EYE MUSCLE TENSION CAUSES UNCLEAR EYESIGHT. DANGERS OF LASER EYE CORNEA SURGERY, EYEGASSES AND CONTACT LENSES.
- 5 - STRONG EYEGASSES = VISION IMPAIRMENT VERSES REDUCED, WEAKER LENSES = VISION IMPROVEMENT

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**Improve the clarity of eyesight to 20/20 and clearer at all distances, close and far with;
 The Bates Method of Natural Eyesight Improvement discovered by Ophthalmologist William H. Bates.**



This site is written by a Bates student that has kept his eyesight 20/20 and clearer for 35 years using the Bates method and other natural eyesight improvement methods.

The author teaches friends, family, public how to obtain clear eyesight.

See link, bottom of page for author's certification.

Free original/modern Bates Method and other Natural Eyesight Improvement lessons with diagrams for fast, easy learning, eyesight improvement are posted on this site.

Doctor Bates original books and 'Better Eyesight Magazines' are available for free download/printing by clicking the links at the top of this page and on navigation page 37, 38, 39. These contain a word and chapter search.

The search bar on the top of this page and on page 42 is used to search this web site for specific vision improvement information. Example; Type in the word 'nearsighted' to find natural treatments for unclear distant vision. If the answer is not on the web site; do word search in the Adobe Reader PDF books available free on this website.

Natural Eyesight Improvement teachers must give free lessons. There are hundreds of web sites advertising Natural Eyesight Improvement for about \$200.00 to \$300.00+. Very few provide free training.

6 - HUMAN EYE
 7 - HUMAN EYE - EYE CHANGES LENGTH LIKE A CAMERA TO FOCUS CLOSE AND FAR
 8 - FREE DO IT YOURSELF BATES NATURAL EYESIGHT IMPROVEMENT; SHIFTING AND OTHER NATURAL, CORRECT EYE FUNCTIONS. THE NOSEFEATHER
 9 - CENTRAL-FIXATION
 10 - CENTRAL FIXATION TOOLS
 11 - MEMORY AND IMAGINATION
 12 - EIGHT CORRECT VISION HABITS
 13 - SWITCHING CLOSE AND FAR
 14 - SWITCH CLOSE MIDDLE, FAR ON THE THREE PENS. THE BEAD STRING
 15 - EYECHARTS TO TEST AND IMPROVE CLOSE AND DISTANT EYESIGHT
 16 - Eyechart Diagrams from Dr. Bates Medical Articles
 17 - THE FIGURE EIGHT
 18 - THE ROCK, LONG SWING AND OTHER MOVEMENT,

It is legal for a mother to teach a child to walk, read, learn. Teaching the Bates method is a human right. A person that has clear eyesight, successful Bates Natural Eyesight Improvement experience can teach other people to obtain clear eyesight. Dr. Bates describes in his books, magazines how many patients, (including children) cured of unclear vision teach others to see clear. Many people that have never been taught the Bates method begin to use it naturally, automatically (especially when eyeglasses are avoided) and their eyesight improves because ; "it is the normal, natural function of the eyes."
Sailors have used it to navigate on the ocean for hundreds of years. People with clear vision use it all the time.

Clear eyesight is the birthright of all people. Clear eyesight improves the quality of life.

Most pictures on this site are drawn by the author. These pictures prove that Natural Eyesight Improvement works! The author is 51 years old and has clear close and distant vision (no eyeglasses). Pictures are drawn by hand, with the eyes 5+ feet away and up to 3,2,1 feet, 10 inches, 6 to 3 inches from the eyes seeing the fine details of pictures clear on paper. Author was cured of unclear close vision (presbyopia) at age 40 in San Francisco, California by Thomas Quackenbush, a Bates Natural Vision Improvement teacher, author of Relearning to see and one of the original modern day teachers to preserve Dr. Bates Better Eyesight Magazines.

The print size for this web site is small/medium to enable people with unclear eyesight to see it. The bates method teaches that small and fine print is easier to read, relaxes the mind, eyes, improves central fixation and the clarity of eyesight at close and far distances. The reader can change the print to smaller or larger size using the settings on their Internet server tool bar; explorer, aol...or by downloading the page and editing in Microsoft word. Word can also be used to change the style of type and the letters from capitals to small.

For people that are too busy to read this entire site; navigation page - chapter 12 describes the eight correct vision habits. These are the basic Bates method activities that produce clear eyesight. Practice them in a relaxed, easy manner. Correct vision habits are the normal function of the eyes. Practicing correct vision habits is the act of imitating normal brain, eye function that occurs when eyesight is clear. This "practice" will coax the eyes, brain back to correct, normal function. After practice of correct vision habits, the brain, eyes, visual system will activate correct vision habits, automatically, subconsciously (without the person thinking about it, without practicing) resulting in clear vision. Natural Eyesight Improvement, correct vision habits and other activities on this web site are derived from Ophthalmologist Bates Better Eyesight Magazines, books.

The reader of this web site/book, Natural Eyesight Improvement student must get routine eye exams to check the health of the eyes. An eye doctor can also determine a lot about the health of the body by looking into the eyes. Choose a Bates Method optometrist, ophthalmologist that prefers to teach natural eyesight improvement, discontinue use of eyeglasses, keep the eyes

RELAXATION
ACTIVITIES FOR
CLEAR EYESIGHT

19 - THE
ILLUSION OF
OPPOSITIONAL
MOVEMENT

20 - SUNLIGHT -
SUNNING -
SACCADIC
SUNNING

21 - SACCADIC
SUNNING WITH
TREE, FENCE,
NOSEFEATHER,
SWING,
ROCKING CHAIR,
OPPOSITIONAL
MOVEMENT

22 - DR. BATES
SUNLIGHT
TREATMENTS,
DIAGRAMS - As
described in
Better Eyesight
Magazines

23 - SUNLIGHT,
LIGHT ENERGY
TRAVELS INTO
THE EYES,
BRAIN, BODY,
CHAKRAS

24 - RELAXATION
METHODS -
PALMING,
COLOR
VISUALIZATION,
BREATHING,
RELAXATION,
ENERGY
CIRCULATION
CHART

25 - COLOR,
COLORED LIGHT
TREATMENT

26 - CLEAR
EYESIGHT AT
CLOSE
DISTANCES -
READ IN FULL
SPECTRUM
SUNLIGHT, FINE
PRINT HEALTHY

healthy and prevent use of eye surgery, drugs.

Avoid eye doctors selling laser and other eye cornea surgeries, unnecessary lens removal/surgery, eyeglasses (especially strong over-corrected eyeglass lenses), contact lenses, bifocals, mono-vision lenses, tinted, colored lenses, sunglasses and all forms of eyeglasses.

The author of this website and the book; Do it Yourself - Natural Eyesight Improvement must place a disclaimer on this site/book to protect himself from lawsuits/imprisonment/closing of this web site by the medical/optical industry, fraudulent vision improvement teachers in an attempt to prevent the public from acquiring free, authentic Natural Eyesight Improvement information; Disclaimer;

The author, publisher, Cleareyesight.info is not responsible for the readers use/misuse/misunderstanding of the information on this site.

The author does not claim to diagnose, treat, cure eye problems, disease.

Cleareyesight.info and books by the author consist of educational information for improving the clarity of vision and health/function of the eyes.

Always obtain a eye exam by a Ophthalmologist and medical exam by a medical doctor.

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This site The Web



Certificates, Natural Eyesight Improvement, Clark Night - Click here

Question/answer page - click this link

FOR THE EYES

27 - CORRECT
VISION HABITS
CARD AND
OTHER VISION
IMPROVEMENT
TOOLS

28 - NIGHT
VISION

29 -
ASTIGMATISM
REMOVAL

30 -
STRABISMUS -
Crossed/
wandering eyes

31 - GOOD
POSTURE FOR
RELAXED NECK,
EYE MUSCLES
AND CLEAR
EYESIGHT

32 - PATH OF
LIGHT RAYS IN
EYES, BRAIN,
BODY. EYE
MUSCLES,
NERVES IN
EYES, BRAIN,
BODY

33 -
ACUPRESSURE
POINTS

34 - MORE
ACUPRESSURE
POINTS

35 - PHYSICAL
THERAPY - for
relaxed
shoulders, neck
and clear
eyesight

36 - NUTRITION

37 -
Ophthalmologist
William H. Bates
Better Eyesight
Magazines July
1919 +

38 - Stories From
the Clinic by
Emily C. Lierman,

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Bates

39 - The Cure of Imperfect Sight by Treatment Without Glasses - Dr. Bates original book and other Natural Eyesight Improvement books in Adobe Reader

40 - Clark Night - Natural Eyesight Improvement student class completion certificates.

41 - Thank you, web site visitors

42 - Question - Answer page

43 - New stuff!

44 - Natural Eyesight Improvement books, tools for sale

45 - Paypal customers - Download Book/ Website in Adobe Reader - Donations to the blind posted

46 - Password protected page for donation customers - Book/ Website PDF download

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For vision improvement help, post questions on the Question/answer page of this web site or email.

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