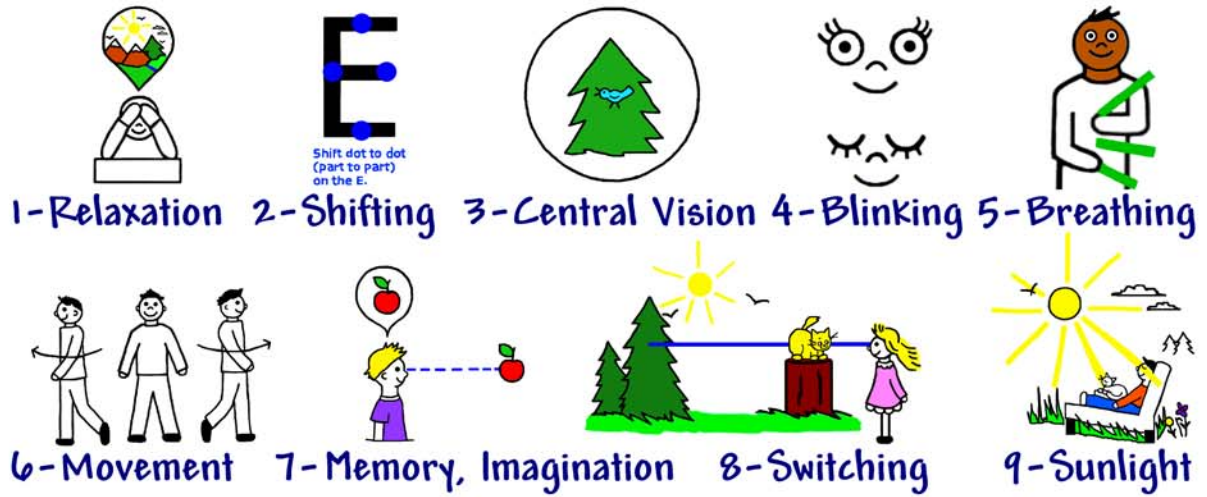




DO IT YOURSELF – NATURAL EYESIGHT IMPROVEMENT

The Basics of Natural Eyesight Improvement taught with easy to learn steps, picture directions. Obtain Fast Clear Eyesight-Practice the 10 steps and see clear, often in a few minutes to 1-2 days practice!



Read Fine Print

10-Fine Print

ALL of our imperfect sight is just the result of our using our eyes wrong, and permitting bad habits to grow on us. Staring is only a bad habit, but it causes a great deal of trouble. When it is stopped and the eyes are rested by palming and blinking, the sight is immediately benefited.

*By Clark Night. ClearSight Publishing Co.
Better Eyesight Magazine Articles, Training By;
Ophthalmologist William H. Bates.*

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Ten Steps For Clear Eyesight Without Glasses - A Quick Course

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DISCLAIMER & DIRECTIONS

Contact lenses cannot be worn before, during, after practicing Natural Eyesight Improvement. Contacts will not fit the eye, cornea as it changes to normal, healthy shape and function with practice of The Bates Method. Contact lenses can scrape, injure, infect the eyes cornea, eyes, impairing the vision, eyes health. The eye can change shape often with or without practice of Natural Eyesight Improvement. Contact lenses are never a perfect fit to the eye. Avoid wearing contact lenses.

Natural Eyesight Improvement normalizes the eyes pressure, improves eye health. If the reader has any eye condition, Glaucoma... check with your Eye Doctor first before practicing The Bates Method, Natural Eyesight Improvement. Eye drops, drugs, medicine, un-natural treatments for eye pressure may need to be changed, reduced, discontinued.

Natural Eyesight Improvement changes the shape of the eye, cornea back to normal, healthy condition. If eye, retina, cornea, cataract... surgery has been done on the eyes; check with a Eye Doctor first to be sure the surgery and Natural Eyesight Improvement do not conflict, interfere with eachother; with the eye shape, condition the doctor has fit the surgery to. Natural Eyesight Improvement may help the surgery, eye to heal or it may work against the surgery because; Natural Eyesight Improvement brings the eye, cornea to normal shape-but, the surgery may have been done to place, keep the eye in a abnormal shape, the shape it was in before the surgery or a new abnormal shape. Example; Retina surgery done on a eye that is abnormally lengthened due to advanced Nearsight, many years wearing eyeglasses or a injury may act differently if the patient practices Natural Eyesight Improvement and returns the eye to normal, round shape, normal eye pressure, normal fluid, circulation flow... Same warning for eye cornea laser and other surgeries. Possibly cataract lens surgery. Read complete directions in the free PDF E-book and the Laser Cornea Eye Surgery Article at the end of this book.

People have regained clear vision after unsuccessful eye muscle, cataract and other surgery but always check with a eye doctor, preferably a Bates Method, Natural Eyesight Improvement Ophthalmologist, Teacher.

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EYECARTS



Dr. William H. Bates,
Ophthalmologist - M.D.
Eye, Ear, Nose & Throat.
Discovered the Principles
of Eye Function, Natural
Eyesight Improvement.

Ophthalmologist Bates



Emily C. Lierman, Bates

Emily Lierman, Bates - Dr. Bates
Assistant, Wife, Bates Method Teacher

The Original Natural Eyesight Improvement Teachers. Writers of Better Eyesight Magazine.



Ophthalmologist
William H. Bates

Ten Steps For Clear Eyesight Without Glasses - A Quick Course

Natural Vision Improvement History

Improve the clarity of vision to 20/20 and clearer at all distances, close and far with; The Bates Method of Natural Eyesight (Vision) Improvement discovered by Ophthalmologist William H. Bates M. D.

- + Dr. Bates discovered Natural Vision Improvement, the true principles, function of the eyes, visual system. The Bates Method.
- + Dr. Helmholtz discovered many functions of the eyes and invented instruments (Ophthalmoscope) to see inside the eye, detect focus of light rays, health of the eyes, body.



Hermann Von Helmholtz
Ophthalmology, Scientist

This book is written by a Bates Method Natural Vision Improvement Graduate Student and Self-Trained Bates Teacher that has kept her vision 20/20 and clearer for 35 years to present age of 54 using The Bates Method, Original and Modern Natural Vision Improvement. Ophthalmologist Bates Better Eyesight Magazines, Books, Medical Articles are included in the paperback and printable E-Book. Learn directly from the original eye doctor that discovered, taught Natural Vision Improvement. The author teaches friends, family, the public how to obtain clear vision. Free and low cost training.

This book contains Natural Vision Improvement lessons with color pictures, videos, audios for easy, quick learning, application of the activities and fast clear vision. Students with low vision, busy schedule often cannot see or have the time to read lengthy directions. This book provides the option for entire study of the Bates Method and/or the short basic training.

See the free PDF E-Book for extended training, audios, video links at; www.clearsight.info .

There are hundreds of schools, websites, advertising Natural Vision Improvement for about \$40.00 to \$500.00+ and up to \$7000.00 to be trained as a Natural Vision Improvement Teacher. Very few provide free, complete, genuine training. Honest teachers will charge a decent price, give full training.

Choose a teacher carefully. I understand that teachers must charge a fee to exist as a teacher, pay their bills for housing... but some teachers are becoming as greedy as the Optical, Medical and Drug Industry. There are teachers that have organized together and are trying to raise the price to be trained as a Bates Method Natural Vision Improvement Teacher to \$10,000.00 and up and may be trying to pass laws preventing students, the public from being teachers unless they pay this price. If that law passes, the price will be raised again. This is exactly like the corruption that exists in the Medical Profession, Drug Industry. Colleges are corrupt, charge thousands of dollars to be a Doctor, Optician, Optometrist, Ophthalmologist, Lawyer... An honest person with low income often cannot afford the money and time to go to college. There are honest, good hearted teachers out there.

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 vision, successful Bates Method Natural Vision Improvement experience can teach other people to obtain clear vision. Dr. Bates describes in his books, Better Eyesight Magazine 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, an automatic eye, brain function (especially when eyeglasses are avoided or lost, broken, cannot be worn) and their vision 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.

It is a cruel, heartless crime for Eye Doctors, Opticians to purposely sell stronger and stronger eyeglass lenses, laser cornea eye surgery knowing that it leads to increased vision impairment, more eye surgeries and can result in near or complete blindness.

Author, Clark Night was cured of unclear close vision (presbyopia) at age 40 and distant vision improved to clearer than 20/20 in San Francisco, California by Thomas Quackenbush, one of the most

skilled Bates Method Natural Vision Improvement Teachers, author of the book 'Relearning to see- Improve Your Eyesight Naturally' and the teacher that preserved and brought Dr. Bates 'Better Eyesight Magazine' to the modern public. Before this time the magazines were destroyed and hidden from the public.

This book is derived, condensed from our main large book 'Do It Yourself-Natural Eyesight Improvement Original and Modern Bates Method with Better Eyesight Magazine'. (free in the E-Book.) The books describe the Ten Steps; Correct, Natural Vision Habits, the Basics of The Bates Method, Natural Vision Improvement. These are the main Bates Method activities that produce clear vision. These are not eye exercises. The activities imitate and activate normal, correct function of the eyes, brain, body (visual system) to produce clear vision. Practice them in a relaxed, easy manner. No effort. Correct, relaxed vision habits are the normal function of the eyes. Practicing Correct Vision Habits is the act of 'imitating normal eye, brain function' that occurs when vision is clear. This 'practice' will gently coax the eyes, visual system back to correct, normal function. After practice of Correct Vision Habits; the brain, eyes will activate Correct Vision Habits, (relaxation, shifting, central-fixation...) automatically, subconsciously, easy, without effort (without the person thinking about it, without practicing) resulting in clear vision.

People often obtain fast vision improvement by practicing just a few main activities; relaxation, shifting, central-fixation, memory and imagination, switching close and far, abdominal breathing. Natural Vision Improvement, Correct Vision Habits and other activities in this book are derived from Ophthalmologist Bates 'Better Eyesight Magazine', books and Original, Modern Bates Method Teachers Training, Classes.

Text in the books is in a variety of colors. Color activates and integrates the left and right brain hemispheres, improves mood, activates different positive emotions, energy levels, relaxation and improves the clarity of vision at all distances. (See the Palming and Color Treatment chapters.) White, blue, green... print relaxes the mind, eyes, is better for reading than black print.

Read the Training Articles by Ophthalmologist Bates in his 'Better Eyesight Magazines' at the end of this book for Natural Eyesight Improvement Steps #1-10. Learn directly from the Eye Doctor that discovered, taught The Bates Method.

The words Eyesight and Vision in this book;

+Eyesight; the eyes, the sight.

+Vision; holistic, the entire visual system; eyesight, eyes, eye muscles, nerves, brain, body, thoughts, emotions, spirit.

The word Eyesight is placed in the books title because it simplifies the meaning;

What do you want? To learn about the eyes and how to improve the sight;

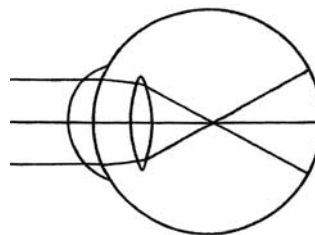
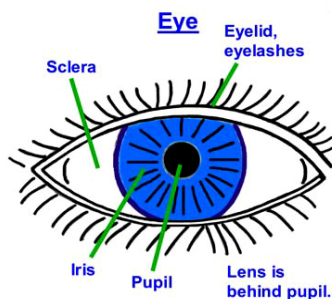
Clear Eyesight.

All E-Books are free to Native Americans. See Red Crows Videos at;

<http://www.youtube.com/watch?v=iI6RLXQyGIw>



White Bull-Cheyenne Medicine Man



Normal Round Eye Shape with Correct Focus of Light Rays on the Retina. Eyesight is Clear.

Video - <http://www.youtube.com/watch?v=nIrKuQEJ6y4>

MENTAL STRAIN, EYE MUSCLE TENSION, ABNORMAL EYE SHAPE CAUSES UNCLEAR EYESIGHT - Dangers of, Vision Impairment Caused by; Laser Cornea Eye Surgery, Eyeglasses & Contact Lenses

Strain, tension in the mind, visual system, incorrect posture, shoulder, neck muscle tension, Incorrect Vision Habits cause eye muscle tension.

Tension in the outer eye muscles places pressure on/in the eye causing abnormal eye shape, incorrect focus of light rays in the eye and unclear vision. Muscles inside the eye also become tense-function of the lens iris, retina are impaired.

+Picture # 1 shows the normal round eye shape. Eye muscles are relaxed.

Light rays focus correct on the retina.

+ The central light ray focuses on the center of the fovea centralis in the macula in the center of the retina.

This produces the center of the visual field.

+ Peripheral light rays focus on the peripheral areas of the retina (all areas around, near and away from the macula and fovea) which produces the peripheral field of vision. Distant vision is clear.

Bates Teachers state; 'The oblique muscles around the outside of the eye contract to slightly lengthen the eye to accommodate, focus divergent light rays on the retina for clear close vision. (Like a camera.) They un-contract, return the eye to a round shape for clear distant vision'.

+Picture # 2 shows a abnormal lengthened eye shape.

The eye is lengthened too much and is kept in this state due to tension in the oblique outer eye muscles.

Light rays do not focus on the retina.

Light rays focus incorrect before the retina causing unclear distant vision.

Close vision may be clear if the eye is not lengthened too much, but it is never perfectly clear when the distant vision is unclear.

Increased eye muscle tension causes increased lengthening of the eye resulting in unclear distant and close vision.

+Picture # 3 shows a abnormal shortened eye shape due to tension in the recti outer eye muscles pulling back on the front of the eye.

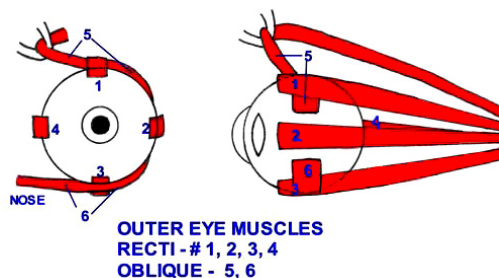
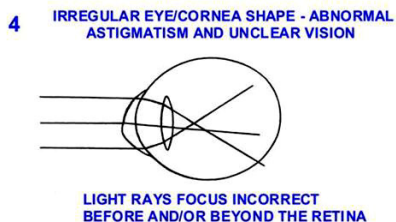
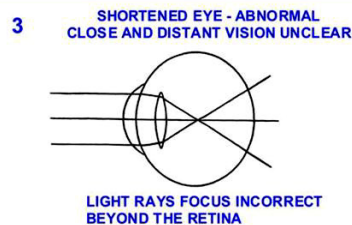
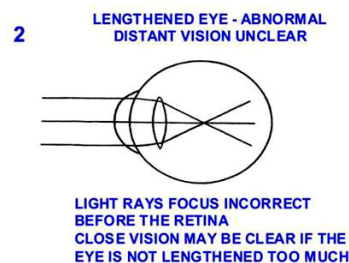
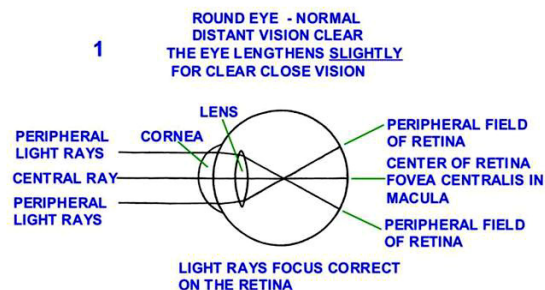
Light rays focus incorrect beyond the retina.

In early stages of eye muscle tension the eye may stay in a round shape unable to lengthen slightly when looking at close distances resulting in unclear close vision.

Distant vision may be clear, but is never perfectly clear when the close vision is unclear.

As muscle tension increases, the eye is pulled into a shortened shape causing unclear close and distant vision.

+Picture # 4 shows a irregular, uneven eye shape caused by tension in one or more outer eye muscles, oblique and/or recti. The shape of the cornea is also uneven. Astigmatism, unclear vision. This condition can occur with a abnormal lengthened or shortened eye shape.



Light rays focus incorrect; all or some light rays focus incorrect before and/or beyond the retina. The central ray might focus incorrect onto the peripheral area of the retina. Peripheral rays might focus incorrect onto the fovea centralis in the center of the retina. This impairs both central and peripheral vision and causes astigmatism and unclear vision at close and/or far distances. Eye movement: shifting and convergence, divergence may be affected in pictures 1, 2, 3, 4.

Incorrect focus of central and peripheral light rays onto the peripheral and central areas of the retina can also occur when the eye is abnormally lengthened, shortened without a uneven shape.

WHAT GLASSES DO TO US

By W. H. BATES, M. D.

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

The Florentines were doubtless mistaken in supposing that their fellow citizen was the inventor of the lenses now so commonly worn to correct errors of refraction. There has been much discussion as to the origin of these devices, but they are generally believed to have been known at a period much earlier than that of Salvino degli Armati. The Romans at least must have known something of the art of supplementing the powers of the eye, for Pliny tells us that Nero used to watch the games in the Coliseum through a concave gem set in a ring for that purpose. If, however, his contemporaries believed that Salvino of the Armati was the first to produce these aids to vision, they might well pray for the pardon of his sins; for while it is true that eyeglasses have brought to some people improved vision and relief from pain and discomfort, they have been to others simply an added torture, they always do more or less harm, and at their best they never improve the vision to normal.

That glasses cannot improve the sight to normal can be very simply demonstrated by looking at any color through a strong convex or concave glass. It will be noted that the color is always less intense than when seen with the naked eye; and since the perception of form depends upon the perception of color, it follows that both color and form must be less distinctly seen with glasses than without them. Even plane glass lowers the vision both for color and form, as everyone knows who has ever looked out of a window.

That glasses must injure the eye is evident from the fact that one cannot see through them unless one produces the degree of refractive error which they are designed to correct. But refractive errors, in the eye which is left to itself, are never constant. If one secures good vision by the aid of concave, or convex, or astigmatic lenses, therefore, it means that one is maintaining constantly a degree of refractive error which otherwise would not be maintained constantly. It is only to be expected that this should make the conditions worse, and it is a matter of common experience that it does. After people once begin to wear glasses their strength, in most cases, has to be steadily increased in order to maintain the degree of visual acuity secured by the aid of the first pair.

That the human eye resents glasses is a fact which no one would attempt to deny. Every oculist knows that patients have to "get used" to them, and that sometimes they never succeed in doing so. Patients with high degrees of myopia and hypermetropia have great difficulty in accustoming themselves to the full correction, and often are never able to do so. The strong concave glasses required by myopes of high degree make all objects seem much smaller than they really are while convex glasses enlarge them. These are unpleasantnesses that cannot be overcome. Patients with high degrees of astigmatism suffer some very disagreeable sensations when they first put on glasses, for which reason they are warned by one of the Conservation of Vision leaflets published by the Council on Health and Public Instruction of the American Medical Association to "get used to them at home before venturing where a misstep might cause a serious accident."

All glasses contract the field of vision to a greater or less degree. Even with very weak glasses patients are unable to see distinctly unless they look through the center of the lenses, with the frames at right angles to the line of vision; and not only is their vision lowered if they fail to do this, but annoying nervous symptoms, such as dizziness and headache, are sometimes produced. Therefore they are unable to turn their eyes freely in different directions. It is true that glasses are now ground in such a way that it is theoretically possible to look through them at any angle, but practically they seldom accomplish the desired result.

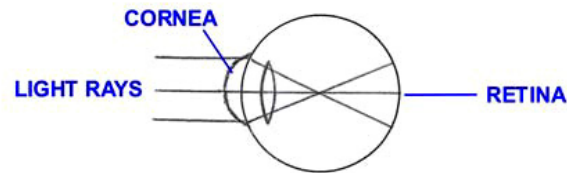
This Article from Ophthalmologist Bates 'Better Eyesight Magazine' July 1920.

Eyeglasses, contact lenses change the focus of light rays entering the abnormally shaped eye to bring the focus of light rays onto the retina resulting in clearer but not perfect vision through the eyeglass lenses. Eyeglasses, contacts do not improve the shape, function and health of the eye.

Eyeglasses, contact lenses cause and increase eye muscle tension, dysfunction, impairment of the shape, function, health of the eyes and clarity of vision.

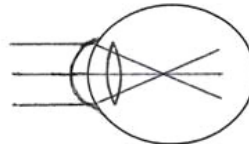
LASER AND OTHER CORNEA EYE SURGERIES CAUSE CORNEA INJURY, UNCLEAR EYESIGHT AND OTHER EYE PROBLEMS

- 1** NORMAL ROUND EYE SHAPE.
CORNEA NORMAL, NO CORNEA SURGERY.



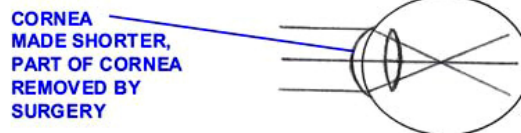
LIGHT RAYS FOCUS CORRECT ON THE RETINA.
DISTANT VISION IS CLEAR.
THE EYE LENGTHENS SLIGHTLY FOR CLEAR CLOSE VISION.

- 2** ABNORMAL LENGTHENED EYE SHAPE DUE TO OUTER EYE MUSCLE TENSION. NO CORNEA SURGERY.



LIGHT RAYS FOCUS INCORRECT BEFORE THE RETINA.
DISTANT VISION IS UNCLEAR.
CLOSE VISION ALSO BECOMES UNCLEAR IF INCREASED EYE MUSCLE TENSION AND LENGTHENING OF THE EYE OCCURS.

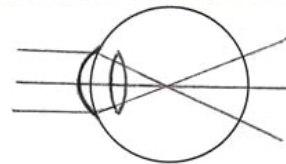
- 3** AFTER CORNEA SURGERY.
EYE SHAPE STILL ABNORMAL, LENGTHENED.
EYE MUSCLES STILL TENSE.



PART OF THE EYES CORNEA HAS BEEN PERMANENTLY REMOVED BY LASER OR OTHER SURGERY.
THE CORNEA IS SHORTENED IN AN ATTEMPT TO MAKE THE EYE CLOSER TO A ROUND SHAPE TO IMPROVE FOCUS OF LIGHT RAYS IN THE EYE. LIGHT RAYS FOCUS BETTER, CLOSER TO THE RETINA, BUT OFTEN FOCUS IMPERFECT. DISTANT VISION IS CLEARER BUT NOT PERFECT.

- 4** 5 MONTHS AFTER CORNEA SURGERY. VISION IS MORE IMPAIRED THAN BEFORE SURGERY.

IN DIAGRAM # 4 IT IS 5 MONTHS AFTER CORNEA SURGERY. THE EYE MUSCLES HAVE RELAXED, NATURALLY AND THE EYE HAS RETURNED TO NORMAL SHAPE. THE LIGHT RAYS SHOULD FOCUS CORRECT AND DISTANT VISION SHOULD BE CLEAR, BUT, THE CORNEA HAS BEEN PERMANENTLY SHORTENED, IMPAIRED BY SURGERY AND THE CORNEA CANNOT RETURN TO NORMAL SHAPE WITH THE EYE.



THIS CAUSES THE EYE TO BE TOO SHORT CAUSING LIGHT RAYS TO FOCUS INCORRECT BEYOND /BEHIND THE RETINA. DISTANT AND CLOSE VISION ARE UNCLEAR. THE CORNEAS STRUCTURE IS ALSO WEAKENED AND EASILY INJURED, INFECTED, SCARRED RESULTING IN ASTIGMATISM, HAZE, BLIND SPOTS, OTHER VISION PROBLEMS INCLUDING BLINDNESS. THE CORNEA, IRIS, LENS, RETINA IS ALSO OVEREXPOSED TO LIGHT DUE TO IMPAIRED STRUCTURE, FUNCTION, SIZE, THICKNESS OF THE SURGICALLY ALTERED CORNEA. CATARACTS, MACULA DEGENERATION AND OTHER EYE INJURY OCCURS. LASER AND OTHER CORNEA SURGERIES CANNOT BE REVERSED.

Natural Vision Improvement After Unsuccessful Eye Cornea Surgery - Is it Safe? Can it Reverse the Cornea Damage, Vision Impairment Caused by the Cornea Surgery?

Often, people that have had eye cornea laser and other surgery develop unclear vision and/or astigmatism, light sensitivity and other types of vision impairment. This can occur immediately after the surgery or weeks, months, a year or more after surgery. They ask if Natural Vision Improvement can restore the vision?

The cornea, in some ways is like the human liver and skin: it can repair itself. Eyes with cornea injuries, scars can repair naturally, the cornea heals as the skin heals from a cut and clear vision returns. See Dr. Bates 'Better Eyesight Magazine'.

Cornea surgery removes part of the cornea, weakening it. The cornea might repair itself after surgery if Natural Vision Improvement is used but this is not definite. The cornea might be able to re-grow, return to full normal thickness, strength and shape.

Natural Vision Improvement relaxes tense eye muscles and returns the eyes shape to normal but this might interfere with the surgically altered cornea which has been formed by the surgery to work with an abnormal eye shape, function existing at the time of the surgery. Cornea surgery, alteration, removal of part of the eyes cornea is done to match the abnormal eye shape, state of eye muscle tension causing the abnormal eye shape existing at the time of the surgery. The eye and muscles must remain in this abnormal state for the eye to see clear through the surgically altered cornea. A surgically altered cornea is like an eyeglass lens constructed for a specific abnormal eye/vision state. If the state/shape of the eye changes; becomes more impaired or improves; the eye can no longer see clear through that eyeglass lens prescription. Eyeglass lens strength can be changed: reduced, increased but the surgically altered cornea cannot be changed. Some surgeons attempt this resulting in more vision impairment.

Natural Vision Improvement might help the cornea rebuild its structure and work with the eye producing clear vision as the Bates Method returns the eye to normal shape or:

The improved eye shape occurring from practice of the Bates Method might pull on the surgically weakened cornea, as the weakened cornea un-successfully tries to change shape with the eye as the eye changes back to normal shape. This results in impaired cornea function: waves, tears in the cornea, blur, astigmatism...

A patient might develop increased eye muscle tension (which increases abnormal eye shape) after the cornea surgery or, less muscle tension occurs (which changes the shape of the eye toward a normal shape). As the surgically altered cornea tries to reform to fit the changing eye shape, this results in unclear vision;

Eye muscles more tense=more impaired eye shape=more impaired cornea shape=blur.

Eye muscles less tense, relax=eye shape returns to normal but cornea cannot return to normal shape with the eye=cornea and eye do not fit/work together=blur.

If the cornea can return to normal shape with the eye, without tension, injury, then vision will be clear. If the surgically altered cornea cannot return to the correct shape to fit the changing eye shape, vision can blur and astigmatism and other vision impairment can occur.

The right amount of practice of the Bates method might help the eye/cornea stay within a workable state: the right amount of balance, amount of eye muscle relaxation with improved eye shape, but not too much all at once, and then, if the cornea can rebuild itself, in the future it might be able to fully, safely change shape with the eye into a state of complete, perfect eye/cornea shape, perfect muscle relaxation and clear vision.

If a Cornea Surgery Patient is getting clearer vision with the Bates method and does not feel, see any problems with the cornea, it may be alright to continue. If the cornea feels like it is pulling,

stretching... or things get really blurry, increased astigmatism..., take a break and let the cornea have a chance to catch up to the improvement in eye shape.

Check with your eye doctor.

Fluctuations in the vision are normal for everyone, and some slightly double 'astigmatism like effect' or blur can occur as the vision is improving, reversing back to normal eye/cornea shape, clear vision and this may not be a problem with the cornea. It would be normal and it clears up quickly with relaxation and Bates Method practice.

When the cornea is weakened, parts removed, due to laser surgery: the cornea, eyes natural protection, tolerance to sunlight is impaired. The cornea and lens protect the eye from over-exposure to sunlight. I do not know if Sunning is safe if the eyes have been treated with cornea surgery. If the cornea does not get some natural full spectrum sunlight, it will not stay healthy and growth, repair may be blocked. Closed Eye Sunning only and some sunlight exposure by taking a walk outside daily wearing a hat with a brim, worn on and off may help.

Check with your eye doctor first.

Is practicing Natural Vision Improvement after cataract surgery is safe, effective?

The lens structure is different than the cornea and since the lens is attached to the eye, like, but different than the cornea; if it has been treated with surgery, it may or may not be affected adversely when the eye changes back to normal shape with application of Natural Vision Improvement.

Also; If the lens changes shape with or without the eye to produce accommodation, un-accommodation as most eye doctors state; this function might be affected by surgery. Will the lens adjust to work with the eye, or can it be harmed as a surgically altered cornea is, as described above?

Dr. Bates writes about people that have had cataract lens surgery, then obtaining clear vision with The Bates Method of Natural Vision Improvement.

Cornea surgery is done to change the corneas shape to fit an abnormal eye shape.

Cataract surgery is done to remove part of or the entire lens to remove a cataract.

See Dr. Bates 'Better Eyesight Magazine' for cataract surgery and Bates Method treatment results after the surgery and Bates Method treatment to reverse, remove cataracts without surgery.

The cornea and lens absorb, control the amount of sunlight that enters the eye, protecting the eye from over-exposure, sunburn. Removing part of the cornea, lens impairs this function.

DISTANT VISION IMPAIRMENT

IT IS EMPHASIZED THAT ALL EYEGLASSES, EVEN WEAKER LENSES BLOCK VISION IMPROVEMENT. REDUCED, WEAKER 20/40 EYEGLASS LENSE PRESCRIPTIONS PRODUCE LESS EYE MUSCLE TENSION, MENTAL AND VISUAL STRAIN THAN 20/20 AND STRONGER LENSES. REDUCED 20/40 LENSES WILL NOT BLOCK VISION IMPROVEMENT AS MUCH AS 20/20 AND STRONGER LENSES. IF EYEGLASSES ARE NEEDED FOR SAFETY WHEN DRIVING, OPERATING MACHINERY AND OTHER TASKS THAT REQUIRE SAFETY, THEN 20/40 REDUCED EYEGLASSES CAN BE WORN. WEAR THEM ONLY WHEN NECESSARY. DO NOT BECOME DEPENDANT ON THEM. THEY WILL PREVENT COMPLETE NORMAL FUNCTION OF THE VISUAL SYSTEM, EYE MUSCLES, EYES, VISION IMPROVEMENT BUT NOT AS MUCH AS STRONG LENSES. AVOID GLASSES COMPLETELY IF SAFETY IS NOT REQUIRED. IN THE DIAGRAM ON THE RIGHT STRONGER AND STRONGER EYEGLASS LENSES ARE PRESCRIBED TO FOCUS LIGHT RAYS ONTO THE RETINA TO PROVIDE 20/20 AND CLEARER VISION THROUGH THE EYEGLASSES AS THE EYE AND VISION ARE PROGRESSIVELY IMPAIRED BY STRONGER EYEGLASS LENSES. THE EYEGLASSES CAUSE/INCREASE EYE MUSCLE TENSION CAUSING THE EYE TO BE PROGRESSIVELY LENGTHENED, AN ABNORMAL CONDITION THAT CAUSES THE LIGHT RAYS TO FOCUS INCORRECT BEFORE THE RETINA. STRONGER THAN 20/20 LENSES PRODUCE CLEARER THAN 20/20 VISION THROUGH THE EYEGLASS LENSES AND PRODUCE MORE VISION IMPAIRMENT. 20/20 LENSES ARE ALSO TOO STRONG. 20/20 AND STRONGER LENSES (20/15, 10) CAUSE, MAINTAIN AND INCREASE EYE MUSCLE TENSION, IMPAIRMENT OF THE EYES SHAPE, HEALTH AND CLARITY OF VISION. PRESSURE, TENSION, PULLING OCCUR ON/IN THE EYE, CORNEA, LENS, RETINA, OPTIC AND OTHER NERVES, BLOOD VESSELS, CAPILLARIES, CELLS IMPAIRING BLOOD, LYMPH, EYE FLUID, NERVE FLOW, SIGNALS, WASTE REMOVAL AND OTHER EYE FUNCTIONS. BLUR AT ALL DISTANCES, ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS DEVELOP.

THE BATES METHOD, NATURAL EYESIGHT IMPROVEMENT RELAXES THE EYE MUSCLES, RETURNS THE EYE TO NORMAL HEALTHY SHAPE WITH CORRECT FOCUS OF LIGHT RAYS ONTO THE RETINA PRODUCING CLEAR VISION WITHOUT USE OF EYEGLASSES.

EYE PRESSURE RETURNS TO NORMAL. TENSION, PULLING, STRETCHING ON/IN THE EYE, CORNEA, LENS, RETINA, NERVES, BLOOD VESSELS, ALL PARTS OF THE EYE IS REMOVED. CIRCULATION IN THE EYE, NERVE SIGNALS RETURN TO NORMAL.

BLUR, ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS ARE REVERSED, PREVENTED. WANDERING AND CROSSED EYE CONDITIONS CAN ALSO BE CORRECTED.

IN THE DIAGRAM ON THE RIGHT WEAKER AND WEAKER REDUCED 20/40 EYEGLASS LENSES ARE PRESCRIBED UNTIL EYEGLASSES ARE NOT NEEDED, USUALLY WHEN THE VISION REACHES THE 20/40 LEVEL OF CLARITY WITHOUT EYEGLASSES WHICH IS REQUIRED FOR DRIVING IN MOST STATES. REDUCED MUCH WEAKER LENSES PROVIDING 20/60, 80... VISION CAN BE USED IF SAFETY IS NOT REQUIRED.

THE WEAKER THE LENSES THE LESS TENSION STRAIN IS PRODUCED AND THE MORE VISION CAN IMPROVE.

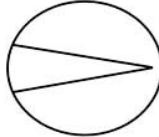
IN THIS EXAMPLE OF 20/40 REDUCED LENSES; EACH TIME THE CLARITY OF VISION IMPROVES TO THE LEVEL THAT THE EYEGLASSES BECOME TOO STRONG (PRODUCING 20/25, 20/20 VISION THROUGH THE LENSES) A NEW PAIR OF REDUCED, WEAKER PAIR OF EYEGLASS LENSES PROVIDING 20/40 VISION THROUGH THE LENSES IS PRESCRIBED.

OFTEN EYEGLASSES ARE OMITTED WHEN THE VISION IS AT 20/80, 20/60 BUT THE SOONER THE GLASSES ARE DISCONTINUED, THE FASTER AND EASIER VISION IMPROVES.

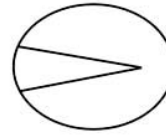
EYEGLASSES CAN BE DISCONTINUED AT ANY TIME EVEN IF THE VISION IS SO UNCLEAR (20/300...) THAT THE PERSON NEEDS A GUIDE DOG TO WALK OUT OF THE HOUSE.

CORRECT VISION HABITS; SHIFTING, CENTRAL FIXATION, RELAXED MIND, EYES, BODY, NECK ARE USED WHEN WEARING GLASSES AND WHEN NOT WEARING THE GLASSES.

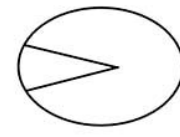
DISTANT VISION IMPAIRMENT CAUSED BY STRONGER EYEGLASS LENSES. LIGHT RAYS FOCUS INCORRECT, FARTHER AND FARTHER AWAY FROM THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE LENGTHENING OF THE EYE, SMALL AMOUNT OF DISTANT BLUR.



INCREASED EYE MUSCLE TENSION AND LENGTHENING OF THE EYE. DISTANT VISION MORE UNCLEAR.



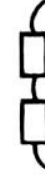
EXTREME EYE MUSCLE TENSION, EYE PROGRESSIVELY LENGTHENED, DISTANT AND CLOSE VISION VERY UNCLEAR, OTHER EYE PROBLEMS.



1ST PAIR OF EYEGLASSES, 20/20 AND STRONGER LENSES

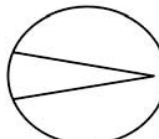


2ND PAIR OF EYEGLASSES, STRONGER LENSES

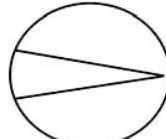


3RD PAIR OF EYEGLASSES, VERY STRONG LENSES

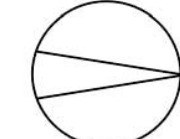
DISTANT VISION IMPROVEMENT WITH APPLICATION OF NATURAL EYESIGHT (AND WEAKER EYEGLASS LENSES IF NEEDED FOR DRIVING, SAFETY). LIGHT RAYS FOCUS CLOSER AND CLOSER TO AND THEN CORRECT ONTO THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE LENGTHENING OF THE EYE, SMALL AMOUNT OF DISTANT BLUR.



LESS EYE MUSCLE TENSION, LESS EYE LENGTHENING, DISTANT VISION CLEARER.



EYE MUSCLES RELAXED, EYE HAS RETURNED TO NORMAL ROUND SHAPE, LIGHT RAYS FOCUS ON THE RETINA. DISTANT VISION IS CLEAR. THE EYE LENGTHENS SLIGHTLY TO ACCOMMODATE FOR CLEAR CLOSE VISION. OTHER EYE PROBLEMS REVERSED, PREVENTED.



20/20 AND STRONGER EYEGLASS LENSES ARE AVOIDED AND REPLACED WITH 20/40 REDUCED, WEAKER LENSES. NATURAL EYESIGHT IMPROVEMENT IS PRACTICED AND THE EYEGLASSES ARE WORN AS LITTLE AS POSSIBLE.



THE CLARITY OF VISION HAS IMPROVED. A WEAKER, MORE REDUCED PAIR OF LENSES PROVIDING 20/40 VISION ARE PRESCRIBED. WEAKER AND WEAKER 20/40 LENSES ARE PRESCRIBED UNTIL VISION IS CLEAR ENOUGH TO GO WITHOUT EYEGLASSES.

EYEGLASSES NOT NEEDED. VISION IS 20/20 AND CLEARER; 20/15, 10, 5 WITHOUT EYEGLASSES.

IMPROVING THE CLARITY OF DISTANT VISION AUTOMATICALLY IMPROVES CLARITY OF CLOSE VISION. LIGHT RAYS IN THESE DIAGRAMS ARE SHOWN IN A SIMPLE FORM AS IN MANY OPTOMETRY TEXTS.

CLOSE VISION IMPAIRMENT

IN THE DIAGRAM ON THE RIGHT STRONGER AND STRONGER CLOSE VISION EYEGLASS LENSES ARE PRESCRIBED TO FOCUS LIGHT RAYS ONTO THE RETINA TO PROVIDE 20/20 AND CLEARER VISION THROUGH THE EYEGLASS LENSES AS THE EYE AND VISION ARE PROGRESSIVELY IMPAIRED BY THE STRONGER EYEGLASS LENSES.

THE EYEGLASSES CAUSE/INCREASE EYE MUSCLE TENSION CAUSING THE EYE TO BE PROGRESSIVELY SHORTENED, AN ABNORMAL CONDITION THAT CAUSES THE LIGHT RAYS TO FOCUS INCORRECT BEYOND THE RETINA.

CLOSE VISION LENSES (INCLUDING BIFOCALS) CAUSE, INCREASE FAST VISION IMPAIRMENT, EXTREME EYE MUSCLE TENSION, DYSFUNCTION AND ARE A MAJOR CAUSE OF CATARACTS, ASTIGMATISM, CLOSE AND DISTANT BLUR AND OTHER EYE PROBLEMS.

STRONGER THAN 20/20 LENSES PRODUCE CLEARER THAN AN 20/20 VISION THROUGH THE EYEGLASS LENSES AND PRODUCE MORE VISION IMPAIRMENT. 20/20 LENSES ARE ALSO TOO STRONG.

20/20 AND STRONGER LENSES (20/15, 10) CAUSE, MAINTAIN AND INCREASE EYE MUSCLE TENSION, IMPAIRMENT OF THE EYES SHAPE, HEALTH AND CLARITY OF VISION.

PRESSURE, TENSION, PULLING OCCUR ON/IN THE EYE, CORNEA, LENS, RETINA, OPTIC AND OTHER NERVES, BLOOD VESSELS, CAPILLARIES, CELLS IMPAIRING BLOOD, LYMPH, EYE FLUID, NERVE FLOW, SIGNALS, WASTE REMOVAL AND OTHER EYE FUNCTIONS. BLUR AT ALL DISTANCES, ASTIGMATISM, CATARACTS, DETACHED RETINA, MACULA DEGENERATION, GLAUCOMA AND OTHER EYE PROBLEMS DEVELOP.

AVOID WEARING CLOSE AND DISTANT VISION EYEGLASSES AND THESE EYE PROBLEMS WILL REVERSE AND BE PREVENTED.

APPLY NATURAL EYESIGHT IMPROVEMENT. IF GLASSES ARE NEEDED FOR SAFETY WEAR ONLY REDUCED 20/40 OR WEAKER LENSES AND WEAR THEM AS LITTLE AS POSSIBLE AND DISCONTINUE USE OF EYEGLASSES WHEN VISION IS CLEAR ENOUGH.

IN THE DIAGRAM ON THE RIGHT WEAKER AND WEAKER REDUCED 20/40 CLOSE VISION EYEGLASS LENSES ARE PRESCRIBED UNTIL EYEGLASSES ARE NOT NEEDED. THE SAME PROCEDURE USED FOR WEAKER REDUCED DISTANT LENSES IS APPLIED FOR USING REDUCED 20/40 CLOSE VISION GLASSES. BE SURE THE LENSES ARE PRESCRIBED FOR CLOSE VISION.

20/40 LENSES FOR DISTANT VISION CONTAIN A DIFFERENT PRESCRIPTION AND CANNOT BE USED FOR CLOSE DISTANCES.

USE 20/40 LENSES PRESCRIBED FOR CLOSE VISION ONLY WHEN IMPROVING CLOSE VISION. LOOKING THROUGH CLOSE LENSES TO SEE DISTANT OBJECTS AND LOOKING THROUGH DISTANT LENSES TO SEE CLOSE OBJECTS CAUSES STRAIN, TENSION IN THE MIND, EYE MUSCLES AND INCREASED BLUR AT ALL DISTANCES.

WHEN DRIVING; DO NOT LOOK TO THE DISTANCE WITH CLOSE LENSES ON AND AVOID LOOKING CLOSE (DASHBOARD..) THROUGH DISTANT LENSES.

KEEP GLASSES ON A STRING AROUND THE NECK SO THEY CAN BE QUICKLY REMOVED AND PUT BACK ON.

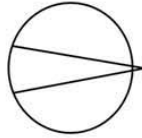
IF YOU DROP THEM YOU WON'T HAVE TO LOOK AWAY FROM THE ROAD BECAUSE THE STRING WILL CATCH THEM.

THE SOONER ALL GLASSES ARE DISCONTINUED, THE FASTER AND EASIER VISION IMPROVES.

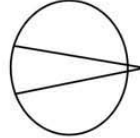
CORRECT VISION HABITS; SHIFTING, CENTRAL FIXATION, RELAXED MIND, EYES, BODY, NECK ARE USED WHEN WEARING GLASSES AND WHEN NOT WEARING THE GLASSES.

THE READING OF FINE PRINT IN THE SUNLIGHT DAILY IS A VERY EFFECTIVE BATES NATURAL EYESIGHT IMPROVEMENT METHOD TO IMPROVE THE CLARITY OF CLOSE VISION. IT ALSO IMPROVES DISTANT VISION, REMOVES ASTIGMATISM, AND GIVES THE READER A DAILY DOSE OF FULL SPECTRUM SUNLIGHT. READ THE PRINT WITHOUT WEARING EYEGLASSES.

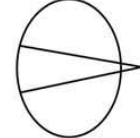
CLOSE VISION IMPAIRMENT CAUSED BY STRONGER EYEGLASS LENSES. LIGHT RAYS FOCUS INCORRECT, FARTHER AND FARTHER BEYOND THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE SHORTENING OF THE EYE, SMALL AMOUNT OF CLOSE BLUR.



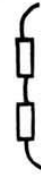
INCREASED EYE MUSCLE TENSION AND SHORTENING OF THE EYE. CLOSE VISION MORE UNCLEAR.



EXTREME EYE MUSCLE TENSION, EYE PROGRESSIVELY SHORTENED, CLOSE AND DISTANT VISION VERY UNCLEAR, OTHER EYE PROBLEMS.



1ST PAIR OF EYEGLASSES, 20/20 AND STRONGER LENSES

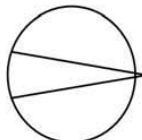


2ND PAIR OF EYEGLASSES, STRONGER LENSES

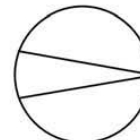


3RD PAIR OF EYEGLASSES, VERY STRONG LENSES

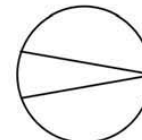
CLOSE VISION IMPROVEMENT WITH APPLICATION OF NATURAL EYESIGHT IMPROVEMENT (AND WEAKER EYEGLASS LENSES IF NEEDED FOR DRIVING, READING MEDICINE BOTTLES, SAFETY). LIGHT RAYS FOCUS CLOSER AND CLOSER TO AND THEN CORRECT ONTO THE RETINA.



LITTLE EYE MUSCLE TENSION, LITTLE SHORTENING OF THE EYE, SMALL AMOUNT OF CLOSE BLUR.



LESS EYE MUSCLE TENSION, LESS EYE SHORTENING, CLOSE VISION CLEARER.



EYE MUSCLES RELAXED, EYE HAS RETURNED TO NORMAL ROUND SHAPE, LIGHT RAYS FOCUS ON THE RETINA. DISTANT VISION IS CLEAR. THE EYE LENGTHENS SLIGHTLY TO ACCOMMODATE FOR CLEAR CLOSE VISION. OTHER EYE PROBLEMS REVERSED, PREVENTED.



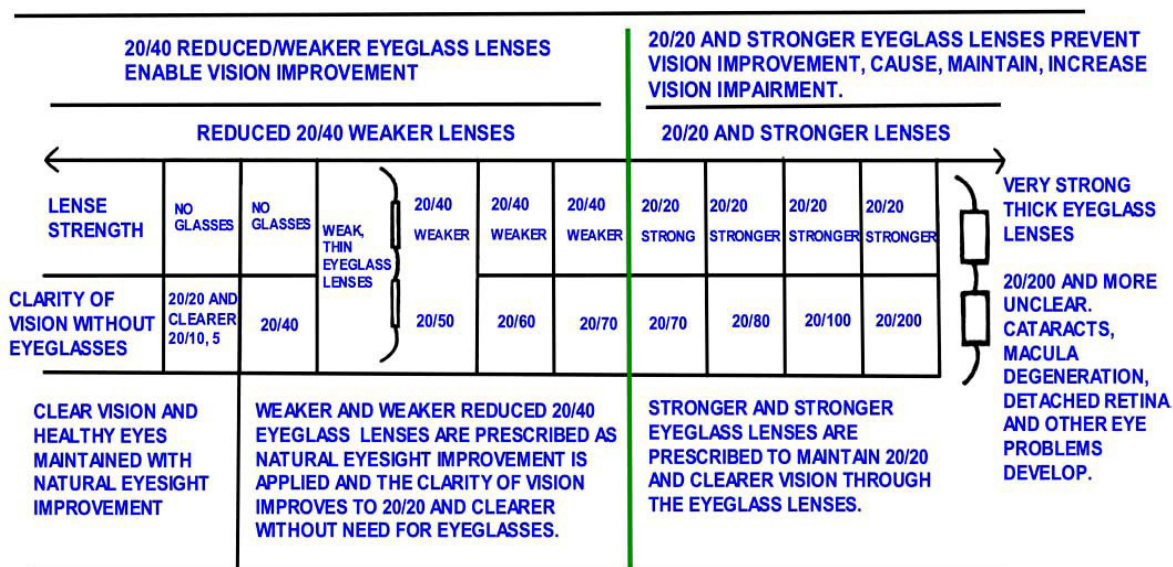
20/20 AND STRONGER EYEGLASS LENSES ARE AVOIDED AND REPLACED WITH 20/40 REDUCED, WEAKER CLOSE VISION LENSES. NATURAL EYESIGHT IMPROVEMENT IS PRACTICED AND THE EYEGLASSES ARE WORN AS LITTLE AS POSSIBLE.

THE CLARITY OF VISION HAS IMPROVED. A WEAKER, MORE REDUCED PAIR OF LENSES PROVIDING 20/40 VISION ARE PRESCRIBED. WEAKER AND WEAKER 20/40 LENSES ARE PRESCRIBED UNTIL VISION IS CLEAR ENOUGH TO GO WITHOUT EYEGLASSES.

EYEGLASSES NOT NEEDED. VISION IS 20/20 AND CLEARER; 20/15, 10, 5 WITHOUT EYEGLASSES.

IMPROVING THE CLARITY OF CLOSE VISION AUTOMATICALLY IMPROVES CLARITY OF DISTANT VISION. LIGHT RAYS IN THESE DIAGRAMS ARE SHOWN IN A SIMPLE FORM AS IN MANY OPTOMETRY TEXTS.

EFFECT OF WEAK AND STRONG EYEGGLASS LENSE PRESCRIPTIONS



IN THE DIAGRAM ABOVE THE PERSON HAS 20/70 UNCLEAR DISTANT VISION (NEARSIGHTED). THE LARGE LETTERS OF THE 70 LINE ON THE DISTANT EYE CHART ARE SEEN CLEAR AT 20 FEET AWAY. THE SMALLER LETTERS BELOW THE 70 LINE ARE UNCLEAR AT 20 FEET.

IN THE EXAMPLE ON THE LEFT < SIDE OF THE CHART THE PERSON AVOIDS 20/20 AND STRONGER EYEGGLASS LENSES. THE PERSON PRACTICES NATURAL EYESIGHT IMPROVEMENT AND WEARS REDUCED, WEAKER 20/40 EYEGGLASS LENSE PRESCRIPTIONS ONLY WHEN NEEDED FOR DRIVING AND OTHER ACTIVITIES REQUIRING SAFETY.

EACH TIME THE CLARITY OF VISION IMPROVES A NEW MORE REDUCED, WEAKER PAIR OF EYEGGLASS LENSES PROVIDING 20/40 VISION THROUGH THE LENSES ARE PRESCRIBED. THE EYEGGLASSES ARE USED AS LITTLE AS POSSIBLE

NATURAL EYESIGHT IMPROVEMENT, CORRECT VISION HABITS ARE APPLIED WHEN WEARING THE LENSES AND WHEN NOT WEARING EYEGGLASSES.

AVOID SQUINTING, STRAINING, TRYING HARD TO SEE CLEAR WHEN WEARING THE REDUCED 20/40 LENSES AND WHEN NOT WEARING THE LENSES.

ALWAYS USE CORRECT VISION HABITS; SHIFTING, CENTRAL FIXATION... WHEN WEARING THE 20/40 LENSES AND WHEN NOT WEARING EYEGGLASSES.

LOOK AT A OBJECT THROUGH 20/40 LENSES THE SAME CORRECT WAY THE EYES WITH 20/40 (OR ANY LEVEL OF CLARITY) LOOK AT A OBJECT WITHOUT EYEGGLASSES; SHIFT FROM PART TO PART, USE CENTRAL FIXATION, BLINK, RELAX, MOVE THE HEAD/FACE, BODY WITH THE EYES.

NECK IS RELAXED AND MOVES FREELY.

GOOD POSTURE

WHEN THE VISION WITHOUT EYEGGLASSES REACHES THE 20/40 LEVEL., EYEGGLASSES ARE DISCONTINUED.

20/40 VISION IS THE LEVEL REQUIRED IN MOST STATES FOR DRIVING.

VISION IMPROVES EASIER AND FASTER WHEN ALL EYEGGLASSES ARE COMPLETELY AVOIDED.

EYEGGLASSES CAN BE DISCONTINUED AT ANY LEVEL OF CLARITY, EVEN IF THE VISION IS MOST UNCLEAR, AS LONG AS DRIVING, OPERATING MACHINERY AND OTHER TASKS THAT REQUIRE A SPECIFIC LEVEL OF CLARITY FOR SAFETY ARE AVOIDED.

THE RIGHT > SIDE OF THE CHART SHOWS EYE AND VISION IMPAIRMENT THAT IS CAUSED BY WEARING 20/20 AND STRONGER (20/15, 10) EYEGGLASS LENSE PRESCRIPTIONS.

THE STRONG LENSES LEAD TO FREQUENT PRESCRIPTIONS FOR STRONGER AND STRONGER EYEGGLASS LENSES.

STRONG LENSES CAUSE, MAINTAIN, INCREASE EYE MUSCLE TENSION, DYSFUNCTION, ABNORMAL LENGTHENING, SHORTENING OF THE EYES SHAPE, IRREGULAR EYE SHAPE RESULTING IN INCREASED BLUR AND OTHER EYE PROBLEMS.

If eyeglasses are necessary for driving and other activities while Natural Vision Improvement is applied; reduced, weaker and weaker 20/40 lenses can be used. Weaker lenses cause less eye muscle tension and enable the eye muscles and eye to begin to relax, return to normal shape. No Eyeglasses is best.

If the student cannot find a Optometrist that will prescribe reduced lenses, then try searching for a Bates Method Behavioral Optometrist. Behavioral Optometrists teach Behavioral Optometry, a method close to the Bates Method. Behavioral Optometrists are familiar with the Bates method and often teach it, will monitor the eyes, vision as the method is applied and prescribe reduced, weaker eyeglass lenses if needed. Many do not teach the Bates Method and secretly prefer to sell eyeglasses, contact lenses, eye surgery and other harmful methods.

Students (after a eye exam) have learned how to write their own prescription for reduced, weaker low cost eyeglass lenses and order them through the mail directly from Optical Companies. This is done by students that cannot find a honest eye doctor that will teach Natural Vision Improvement and prescribe reduced eyeglass prescriptions.

The three websites listed below are Optical Companies that sell mail order, low cost, reduced, weaker eyeglass lenses without UV blocking, tinting, coating;

<http://www.zennioptical.com/cart/home.php?cat=20> - Fill in your prescription at Zenni-Optical - Reduced lenses by mail.

<http://www.eyeglasslensdirect.com/> (customer service at eyeglasslensdirect states they have full spectrum transmitting lenses, no UV blocking, no tinting, coating. Phone; 1-888-885-5367).

<http://www.selectspecs.com/> - Customer service at selectspecs says they have plain eyeglass lenses; Order by un-selecting UV blocking, tinting and other unwanted additions on the prescription page and, you can also tell them in the 'Additional info' box to omit UV blocking, tinting, coating and other additions. Specify you want plain lenses. Phone; 1-845 704-7091

When contacting any of these businesses; make sure that the optician understands that you want plain, clear lenses with special plastic that allows full spectrum sunlight to pass through the lenses. If these are not available, then lenses that are plain with no UV blocking, no tinting, coating... is the next best thing to purchase. Unbreakable plastic lenses are best to prevent eye injury if the lenses break.

Here is a website that lists where to find Behavioral Optometrists that will prescribe reduced lenses and vision improvement training: - Cambridge Institute for Better Vision, Martin Sussman.

<http://www.bettervision.com/doctorlist/selectreferrallist.php>

<http://www.bettervision.com/index.html>

Buy/wear plain, clear reduced lenses only! Avoid eyeglasses containing UV light blocking, filters, tinted, dark, transitions lenses, colored lenses, sunglasses, bifocals, mono-vision...

Most optical businesses state that these (harmful) additions are placed in all their eyeglass lenses. The buyer must be sure the eyeglasses do not contain these additions.

Find a optical business that prescribes low cost, reduced eyeglasses that are plain clear lenses, full spectrum transmitting; the lenses allow all waves of the suns light spectrum, full spectrum, including UV light to transmit/pass through the eyeglass lenses and reach the eyes. Full spectrum transmitting lenses are better but not perfect; they are not completely natural, do not provide pure, complete full spectrum sunlight. This is not a true, perfect full spectrum, but is close as possible for light passing through a lens.

There are businesses that sell window glass, plastic that is full spectrum transmitting, but the only true, natural full spectrum sunlight is direct sunlight not passing through glass, plastic, any substance. The eyes need all wave lengths of the suns light spectrum, healthy full spectrum sunlight.

UV blocking lenses, tinted, colored lenses, sunglasses and even plain, clear lenses cause unhealthy, unbalanced light to enter the eyes, brain, body resulting in eye, brain, body health impairment, depression, lowered memory, imagination, unclear vision, sleep disruption, impaired eye health.

Avoid all eyeglasses. Wear a hat with a brim to avoid overexposure to sunlight. Wear only reduced, plain, clear lenses and only when needed for safety while vision is improving.

Reduce Your Eyeglass Lens Strength to 20/40

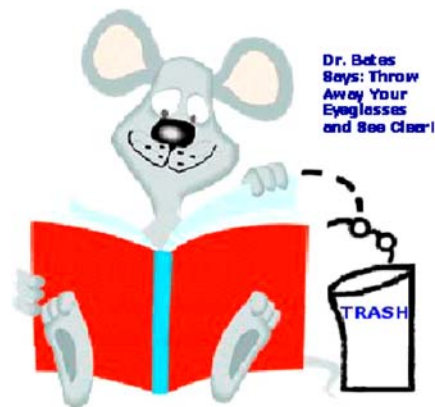
Learn how to create a eyeglass lens prescription to lower the strength of a strong 20/20 eyeglass lens prescription (prescribed by most eye doctors that do not teach Natural Vision Improvement) to a weaker, reduced strength of eyeglass lens that provides 20/40 vision on the eyechart to enable, help improve relaxation of the eyes, eye muscles, visual system and practice of the Bates Method. (I have not worn glasses for 35 years so I have no experience with this.) Compare two pair of glasses: one that provides clear 20/20 vision on the eyechart. The other glasses 'weaker', provide 20/40 vision. The difference in these numbers may be the number to reduce future lens to as vision improves if the vision improves at the same level, but, if it improves more, then this number will be incorrect, the lens will be too strong. The question is: how much strength 'diopters' must the persons 20/20 lens be reduced to create a weaker 20/40 lens each time the vision improves?

Most eye doctors will not do this for the patient because it results in vision improvement, freedom from eyeglasses, can prevent: cataracts, other eye problems, sale of eye surgery.

Eyeglass strength, reduced to 20/40 clarity will be different for each person's level of clarity without the glasses. Example: A person that sees 20/80 without glasses, gets reduced lens providing 20/40 clarity. He will have a specific, different lens strength to produce that 20/40 state than a person with

20/60 vision without glasses being prescribed a reduced 20/40 eyeglass lens clarity. The 20/60 person will have weaker lens than the 20/80 person and still see 20/40 clarity through the glasses. Some people prefer to get more reduced, weaker lens: 20/50, 60 if they do not need glasses for driving, work, safety... These glasses provide more relaxation of the visual system, more and faster vision improvement before needing to purchase new further reduced eyeglass lens. A Bates Method Behavioral Optometrist or Natural Vision Improvement Teacher specializing in reduced lenses knows how to do this. A person that has kept their old weaker eyeglasses (lenses) may be able to use old, weaker and weaker pairs of glasses if they provide 20/40 or weaker clarity each time a weaker pair is needed as the vision progressively improves. There must be no astigmatism correction in the reduced lens, no bifocal, no tinting... If astigmatism must be kept in the glasses to see, drive: get the astigmatism reduced, weaker each time the glasses are reduced as the vision improves with application of the Bates Method.

Many Optical businesses now sell low cost eyeglasses on-line: Experienced patients can write their own prescription. No eyeglasses is best. Reduced lenses are used only when necessary for driving, safety at work, play... <http://www.zennioptical.com>



Warning; Avoid Plus Lens Therapy

Some eye doctors sell the use of strong plus convex lenses (close vision eyeglass lenses) to be worn to improve clarity of distant vision. They state that this method forces the eye muscles to stretch and strengthen to improve focus for distant vision. Stronger and stronger lenses are used.

This is not natural, it causes increased strain, tension, confusion, dysfunction of the visual system, outer and inner eye muscles, nerves, brain, body, impairs activation, integration, function of the left and right brain hemispheres, optic chiasm, visual cortex, retina, are addictive and result in increased blur, close and distant vision impairment, cataracts, headaches, dizziness, strabismus and other eye problems.

These businesses are sneaking onto Bates Method discussion groups, forums on the internet and promoting this harmful method. Avoid this method!! They are trying to sell to adults and especially children. These lenses will impair growth, function of the child's eyes, brain, learning, memory, concentration... and cause more vision problems.

Never wear strong eyeglass lenses.

Do not wear close vision lenses for distant vision.

Do not wear distant vision lenses for close distances.

A negative, minus eyeglass lens for distant vision causes increased eye muscle tension and abnormal lengthening of the eye = increased distant and close vision impairment and other eye problems; detached retina, macula degeneration, cataracts...

A positive, plus eyeglass lens for close vision causes increased eye muscle tension and abnormal shortening of the eye - increased close and distant vision impairment and other eye problems; detached retina, macula degeneration, cataracts...

Avoid all forms of eyeglass lenses. Use the Bates Method.

Using close vision (Plus Lenses) to attempt to reverse unclear distant vision strains the eye muscles, causes eye muscle imbalance, dysfunction, impairs left and right brain hemisphere activation, integration, all brain functions with the eyes, eye muscles. People develop fast, increased vision impairment, cataracts, detached retina and other eye problems from using close and distant vision lenses.

When a person wears reduced, weaker eyeglass lenses for close and distant vision, sometimes, as the vision improves due to use of the Bates method, lenses for a specific distance will become too strong and need to be reduced again. In this case the lenses for that distance may now be the correct reduced strength for the other distance. A Bates teacher can describe this better. This is a completely different method than the harmful use of strong or weak plus lenses for distant vision.

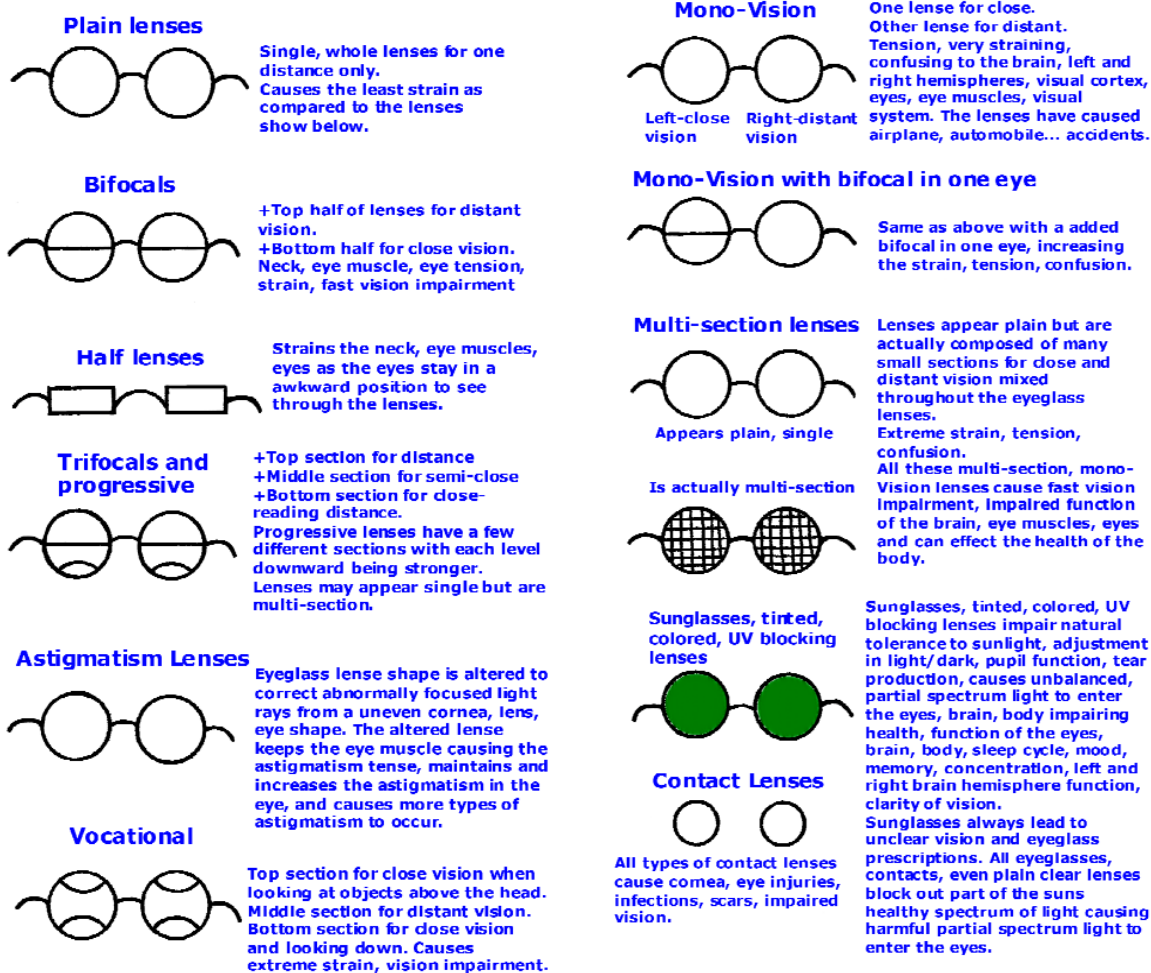
I prefer the Bates student that needs to use reduced lenses to use; reduced, weaker & weaker distant vision lenses for distant vision and reduced, weaker & weaker close vision lenses for close

vision and to eliminate use of eyeglasses permanently as soon as possible.

There are many new unnatural methods being sold by the optical industry, surgeons, people selling books and other devices that promise vision improvement but result in eye, vision damage.

Stay with the Bates Method. The Bates method relaxes the eye muscles, returns the muscles to correct function for clear vision at all distances close and far without eyeglasses. The Bates method is safe, healthy, the normal, natural function of the eyes.

The eyeglass lenses in the pictures below cause fast vision impairment, destroys the eyes health.



Bifocals, Trifocals, Multi-section eyeglass lenses, Astigmatism lens additions, Mono-Vision lenses

Mono-vision eyeglasses: (lense for distant vision is in front of one eye and lense for close vision in front of the other eye.), and glasses with two different strength of lense for the left and right eyes (Example: lense for left eye stronger than lense for right), bifocals and all lenses shown in the picture cause chronic strain, tension, confusion, dysfunction in the visual system, brain, eye muscles, eyes.

Coordination, contraction, un-contraction of the eye muscles is impaired. Shifting, central-fixation, true central vision, movement of the head/face and body with the eyes, switching close and far (convergence, accommodation, divergence, un-accommodation), binocular vision, fusion, peripheral vision, all correct eye functions are blocked, impaired. Function of the visual cortex, left and right brain hemisphere activation, integration, function and the entire brains function with the eyes, retina, nerves, eye muscles, eye movement., memory, imagination, mathmatics., debth, distance perception, 3-Dimensional vision, placement, size, shape of objects, time/speed/movement of objects, balance,

coordination are all impaired. All brain functions are imperfect. Distance, size, time, speed... perception function together. When impaired: car... accidents can occur.

Movement of the neck is limited. Neck, shoulder tension, stiffness occur and travel into the body, back, legs, arms, head, face and eye muscles. Even the ear muscles, ear function is impaired. Dizziness from impaired eye/ear function, blur and astigmatism occurs.

Abnormal eye, cornea, lens shape occurs due to outer and inner eye muscle tension. This can cause unclear vision, astigmatism, cornea ulcers, detached retina, cataracts, macula degeneration, cross/wandering eyes.

The incorrect posture of the head, neck, body and extreme tension, pulling on the neck that occurs when looking over the top or under the bottom of eyeglass lenses or looking through bifocals, multi-section lenses is a main cause of lowered blood, nerve signal flow to the head, eyes & neck vertebrae mis-alignment, pulling, tension on the nerves, blood, lymph vessels in the neck, brain stem, eyes. This results in unclear vision, lowered eye health and other abnormal eye/vision conditions.

Mono Vision Eyeglass Lenses are very straining, confusing to the visual system, brain, eyes and is a frequent cause of car, pilot accidents: The person is forced to use one eye to see at a specific distance. The other eye sees objects unclear at that distance and clear at a different distance. All the eye problems listed above for multi-section and other lenses can occur. Amblyopia (dim, low, no vision in one or both eyes, brain shuts off the image in the eye/eyes.), crossed, wandering eyes can also develop.

Magnifying Glasses/glass, Microscopes, Telescopes, Binoculars, Prisms cause impaired vision. If you must use a magnifier, telescope, try to use it sparingly and integrate the Bates Method; Shift, central-fixation... when looking at a object through the instrument. Look at other distances often, without the magnifier, telescope.

Astigmatism Lenses - The normal eye, corneas shape changes due to fluxuating 'eye muscle tension, malfunction' and 'relaxation, correct function'. The abnormal shape of the eye, cornea that is causing the astigmatism in the eye constantly changes, fluxuates. This makes it impossible to prescribe a correct prescription for astigmatism.

A prescription created for astigmatism occurring during a eye exam (often temporarily increased astigmatism due to nervousness, pressure to hurry and read the test card clear) is often incorrect. The person then wears glasses with a astigmatism correction that will cause the temporary astigmatism to remain and increase.

If the eye had astigmatism before the eye test, the astigmatism section in the eyeglass lens will maintain, increase the astigmatism, prevent it from fluxuating, reversing, removing itself from the eye. New types, angels of astigmatism occur.

If the eye does not have astigmatism, but the doctor finds 'or thinks he/she finds' a temporary astigmatism in the eye during the exam, the doctor will sell the patient eyeglass lenses with an astigmatism section in the lense. (Most of the standard eye doctor's eyechart tests for astigmatism can cause temporary astigmatism.)

The eye must now creat and maintain the specific amount, type of eye muscle tension, abnormal eye/cornea/lens shape to create, maintain the astigmatism in the eye in order to see clear through the astigmatism section in the eyeglass lens. The astigmatism is created, maintained, increased by the astigmatism section in the eyeglass lens and new types, angles of astigmatism and blur occur at all distances.

Plain single lense eyeglasses also cause the vision impairment listed in this chapter but not as much as multisection and astigmatism lenses.

Plain, reduced, weaker, 20/40 eyeglass lenses or no eyeglasses is best.

Sunglasses, Tinted, Colored, UV blocking Eyeglass and Contact Lenses

Sunlight enters the eyes, brain, body keeping the entire system healthy. (See the Sunlight and Color Treatment chapters.)

Sunglasses, tinted, colored, UV blocking eyeglass, contact lenses and plain eyeglass, contact lenses, windows block out part of the sun's healthy full light spectrum causing a constant flow of unhealthy, unbalanced, partial spectrum light to enter the eyes, brain, body resulting in impaired health and function of the eyes, iris/pupil, lens, retina, all parts of the eye.

Unbalanced light energy travels into the brain and body resulting in disrupted function and lowered health of eyes, brain, body, all organs, glands, systems.

Function of the brain and brain with the eyes, left and right brain hemisphere activation/integration, memory, imagination, all brain functions are impaired.

Unclear vision, eye health impairment occurs, health of the cells in the retina, cones, rods, lens, all parts of the eyes are affected. Cataracts, macula degeneration and other eye problems develop.

The eyes, brain, body need Full Spectrum Sunlight.

Partial spectrum, unbalanced light disrupts the brain, body's production and balance of hormones, chemical actions such as melatonin, serotonin, HGH growth/repair hormone... Sleep cycle is disrupted. Depression, fatigue, lowered immune system and other health impairment occurs.

The eyes, brain, body need UV light along with all of the sun's light wavelengths, frequency's, that reach the planet consisting of all colors, the full spectrum.

Plain eyeglasses, contact lenses, sunglasses, tinted, colored and UV blocking lenses prevent the eyes normal, natural absorption of UV light, all light waves, full spectrum light. Adding UV blocking to any type of eyeglass lens increases the amount of unbalanced light that enters the eyes.

Tinted eyeglass and contact lenses that automatically change color, darken: Change from light to dark when going outside into the sun and from dark to light when moving indoors are especially harmful to the eyes. They remain partially dark when inside causing a constant flow of unhealthy partial spectrum light to enter the eyes.

These and all eyeglasses, sunglasses, tinted... lenses impair function of the brain with the eyes, confuses the brain, impairs, weakens the eyes iris/pupil function: contraction in light, widening in dim light and the iris, eye, retina, cones, rods... natural adjustment to light and dark, production of visual purple...

The iris/pupil muscle is near, connects with the lens/ciliary muscle. When the iris muscle becomes impaired due to wearing sunglasses, any type of eyeglasses, the ciliary, lens muscle can also be affected.

Tolerance to sunlight and even indoor artificial light is lowered.

Abnormal glare, haze around lights occurs.

The person becomes addicted to the tinted and/or UV blocking eyeglass lenses and begins to wear sunglasses. This further weakens/impairs the eyes health, clarity of vision.

Most indoor artificial light is partial spectrum, unbalanced light. Wearing eyeglasses, tinted, colored lenses, sunglasses further decreases the light spectrum, increases the amount of unbalanced light entering the eyes.

Color Treatment: A natural Vision Improvement treatment: Exposing the eyes to colored light, all colors and if one brain hemisphere, part of the brain is suppressed, extra exposure to specific colors for a certain length of time is done until the brain and hemispheres are balanced.

This improves vision at specific distances and in the left and right eyes. All colors are also used to keep the brain balanced.



Colored eyeglass lenses are harmful: they cause one area, hemisphere of the brain to become dominant, suppressing other areas, hemispheres, brain functions.

Avoid sunglasses, all eyeglasses. Wear a hat with a wide brim to prevent over exposure to sunlight. Practice closed eye sunning and go outside daily, get natural full spectrum sunlight.

Avoid low cost reading glasses sold in 99 cent, drug stores

The lenses are not made by professionals. The lenses may contain uneven areas, waves in the glass/plastic, may not be balanced, centered properly. This results in development of astigmatism, increased blur, unbalanced vision in the left and right eyes, impairs convergence, divergence, accommodation, un-accomodation, central-fixation, shifting, causes eyestrain, eye muscle tension, dysfunction, mental strain.

Avoid Second Hand eyeglasses from thrift stores, family, friends

Wearing eyeglasses that were prescribed for another person causes the new wearer to develop the same eye, vision condition that the lenses were prescribed, created for, the same eye condition the previous wearer had in addition to your present condition.

See the explanation in the section on astigmatism.

The eyes can only see clear through the second hand glasses by developing the specific eye problems, error of refraction the eyeglass lenses were made, prescribed for.

The eyeglass lenses will cause a specific form, level of eye muscle tension, dysfunction, abnormal eye/cornea shape, unbalanced, strained brain function to occur in order to develop the specific error of refraction (level/type of blur, astigmatism...) the eyeglass lenses were prescribed for in order to see clear through the lenses.

Use old Fashioned Wooden Eyeglass Frames Only.

Pure wood, no chemicals, paint, varnish on/in the wood.

Avoid metal and plastic frames.

Metal eyeglass frames disrupt/block the body's natural chi and other energy flow in the body and around/in the eyes, head, brain. A Karate, Tai Chi instructor can explain this.

See chapters: Palming, Color Chart, Breathing, Energy Circulation. EFT in this book and E-Book.

Plastic frames contain toxic chemicals that can be absorbed through the skin.

Avoid Eyedrops.

Special note on eyedrops; Prescription and non-prescription eyedrops contain chemicals that impair eye health, lower the clarity of vision, cause headaches.

Sinus sprays also do this. The spray and chemicals travel into the eyes.

Eyedrops are addictive and cause dry eyes.

Eyedrops impair the eyes natural production of tears and the tears structure.

Eyedrops do not contain the same ingredients as natural tears.

Natural tears contain 3 layers consisting of water, salt, oil, natural antibiotic, nutrients...

Blink, shift, yawn to produce natural tears.

Use a warm steam humidifier with filtered water, no chlorine.

Avoid dry air, smoke, pollution. Drink water to avoid dry, red eyes.

Eyedrops placed in baby's eyes: silver nitrate... are mandatory in some countries to protect against eye infection/blindness at birth. Silver nitrate and other chemicals, some antibiotics, treatments cause eye injury, irritation, inflammation, redness, discharge of the eyes, lids, chemical conjunctivitis, infection, pain, impairs eye health, causes unclear vision for days after birth, blocking natural eye function and has led to permanent eye, vision damage, blindness.

The pain, distorted vision caused by the eye drops interferes with baby, mother bonding.

There must be a natural, safe treatment to prevent eye infection

Ten Steps for Clear Eyesight Without Glasses

EIGHT CORRECT, NATURAL VISION HABITS

The Normal, Relaxed, Correct Function of the Eyes, Mind, Body (Visual System)

The Basic Steps

Practicing Correct Vision Habits is; The act of 'Imitating Normal Eye Function' to gently coax the eyes, visual system back to normal function with clear vision. Practice them as a easy habit, in a relaxed, effortless manner. This removes abnormal eye function, eyestrain, mental strain, eye muscle tension and activates normal, correct, relaxed eye function, clear vision. Practice Correct Vision Habits # 1 to 8, then, don't practice, let the eyes work completely natural; the eyes will activate this correct function 'on their own, automatically', all the time, day and night, maintaining clear vision.

1 - RELAXATION



Relaxation of the mind, body, neck, eye muscles and eyes. Relaxation is the main treatment that brings clear vision. All Correct Vision Habits and Natural Vision Improvement activities relax the mind, body, eye muscles and eyes. Use Correct Vision Habits and, choose an extra relaxation method that is easy, best for you.

Each person is different; many students need to do only one thing to attain relaxation and clear vision. Example; Correct Vision Habits; shifting, central-fixation... on objects may be enough to attain relaxation, clear vision. One or more of the following activities will also activate, increase relaxation, natural eye function and clarity of vision;



PALMING; Covering the closed eyes with the palms of the hands while practicing relaxed abdominal breathing, thinking positive thoughts, letting the mind drift from one pleasant thought to another, and remembering, imagining objects, scenes in the mind clear, in color and motion, Sunning the Rock, Long Swing, Abdominal Deep Breathing, Self Hypnosis, Biofeedback, Tai Chi and any natural relaxation method brings clear vision.

Read the book; Psycho Cybernetics by Maxwell Maltz

M.D. for relaxation and positive thinking methods, how to use, control the brain for success, good health.

When the brain, body are deeply relaxed, the brain activates Alpha, Theta and Delta brain wave states.

+Alpha - awake while very relaxed.

+Theta - awake, deep relaxation, on the verge of falling asleep and into the first stages of sleep.

+Delta - asleep, deep sleep.

Use the Color Relaxation Chart in the E-Book

Notice the deep perfect state of relaxation that is felt just before falling asleep. This is the alpha, theta and delta states.

Practice staying awake while in a deeply relaxed state of alpha, theta, drifting close to falling asleep toward delta, but remaining awake. Then drift awake more, then back toward sleep & feel, float in deep relaxation. Then drift into sleep.

Practicing this once or twice a day/night keeps the mind, body, eye muscles, eyes



Palming with Memory, Imagination, Happy Thoughts.



ROBERT MONROE

and neck relaxed and vision clear.

Relaxation remains when the person is fully awake, active in alpha, beta states.

(When in the deep relaxed state; choose a number, 3-7+ for this state.

Think of, mentally state the number to activate a relaxed state anytime.

Read book by Aldous Huxley; 'The Art of Seeing' and read about 'Dynamic Relaxation', relaxed while active, alert. Deep and dynamic relaxation combined with positive thinking has many health benefits.

Robert Monroe, a businessman, (Author of 'Journey's Out of the Body' and other books.) invented the use of sound waves (person listens to a CD that places two different sound waves in the left and right ears) that produce deep states of relaxation; Beta, Alpha, Theta, Delta brain wave states, mind, body relaxation. The tapes, method also activates, integrates the left and right brain hemispheres, releases negative thoughts, emotions, removes unconstructive reactions to past and present stressful events, experiences, and replaces them with positive thoughts, emotions, healthy ways of thinking about experiences... The tapes also teach relaxed abdominal breathing, energy circulation, control, color visualization, visualization of other objects, activities with the mind/brain, spirit and body, neck, eye muscle relaxation.

While in the deep relaxed state of alpha, theta, while still awake, the brain is very relaxed and receptive to instructions; the person can erase Incorrect Vision Habits from the brain/visual system and replace them with Correct, Relaxed Vision Habits, return the eyes, visual system to relaxation, normal function, clear vision.

Practice Correct Vision Habits, shifting, central-fixation, on objects in the imagination and remember, imagine clear objects, clear vision while in a deep relaxed alpha, theta state and while drifting off to sleep into delta. Also practice on objects with the eyes open when in alpha and lighter stages of relaxation. This will cause Correct Vision Habits and clear pictures of objects to be stored in the brain, left and right hemispheres, memory causing Correct Vision Habits, normal eye, brain, visual system function; shifting, central fixation, perfect memory, imagination... and clear vision to occur automatically, all the time.

The deep state of relaxation and positive state of mind activated by listening to the Monroe CD stays with the person after listening to a tape. After using the tape a few times the person can activate the relaxed state anytime without the CD. Continue to use Correct Vision Habits when active, fully awake in the alpha, beta states.

The relaxation, positive state of mind, left and right brain hemisphere activation and integration and other conditions produced by listening to the tape relax the mind, body, neck, eye muscles, eyes resulting in clear vision. Many people, including this books author experience perfect relaxation and immediate vision improvement; 20/20 and clearer after listening to Monroe's CD's.

A variety of self improvement CD's are available.

Ask for; The Gateway Experience - Discovery - Wave 1 - Focus 10 CD for Relaxation & Hemi-sync - Human Plus. In person courses are also available at the Monroe Institute in the mountains of Virginia, U.S.A. Visit the Virginia Beach after class.

Contact; www.monroeinstitute.org
 THE MONROE INSTITUTE
 365 ROBERTS MOUNTAIN ROAD
 FABER, VA 22938
 866-881-3440

SEE YOUTUBE VIDEOS; ROBERT MONROE & THE MONROE INSTITUTE

<http://www.youtube.com/watch?v=VoZWOLWnQkw&feature=related>

Ophthalmologist Bates applied relaxation to cure many people of unclear vision and other eye problems. Relax and see clear. Palming is a main Bates Method activity for; Relaxation, improving the memory, imagination, eye movement (shifting) and other natural eye functions.

Palm to relax the mind, eyes. Imagine a mental picture of a letter (or any object) perfectly, clear. Shift on it point to point. See the letter move 'swing'.



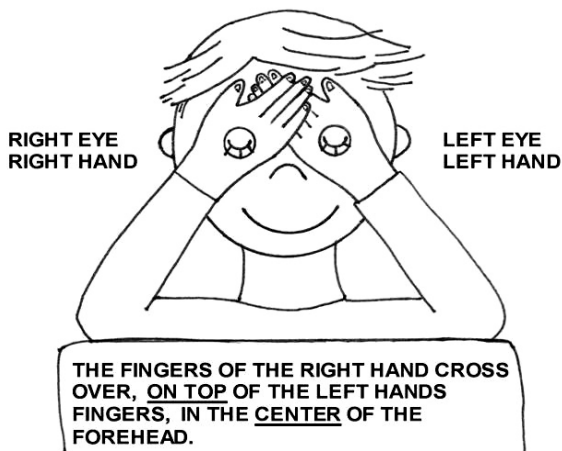
Shift part to part (point to point) on a object to see it clear, relaxed eyes. Alternate palming and shifting on letters on a eyechart or anyobject.



Shift on a object and it 'swing' in the opposite direction- Oppositional Movement.

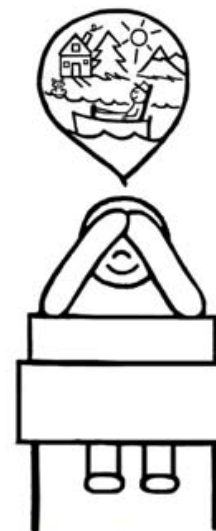
PALMING

TO COVER THE CLOSED EYES WITH THE PALMS OF THE HANDS WHILE RELAXING AND THINKING SOMETHING PLEASANT.



THIS PICTURE SHOWS THE LEFT AND RIGHT HANDS/EYES OF A PERSON FACING THE READER. TO SEE HOW THE READERS HANDS ARE PLACED; VIEW THIS PICTURE IN A MIRROR OR PLACE THE PICTURE OUTWARD ON THE CHEST AND LOOK DOWN AT THE PICTURE FOR A SECOND.

PALMING RELAXES THE MIND, BODY, NECK, EYE MUSCLES, EYES, AND WHEN COMBINED WITH SUNNING IMPROVES THE EYES/RETINA, BRAIN AND BODY'S ACTIVATION/REACTION TO SUNLIGHT AND ABSORPTION, USE OF SUNLIGHT. THIS IMPROVES FUNCTION, HEALTH OF EYES, BRAIN, BODY.



Palm and remember, imagine a pleasant object, scenery and shift throughout the scene; from object to object, part to part on objects. See objects in motion, action like a real life movie in the mind, in color, clear.

PALMING

The pictures show palming; to cover the closed eyes with the palms of the hands and relax.

Practice palming before and after sunning and at any time day or night to relax the mind, eyes, eye muscles and entire body. Palming relaxes the mind, brain, visual system. Relaxation of the mind is a main Natural Vision Improvement activity for clear vision.

Remembering, imagining pleasant thoughts, clear objects, clear vision, and practicing Correct Vision Habits; shifting, central-fixation, switching., in the imagination while palming improves the memory, imagination and function of the eyes, brain, visual system with the eyes for clear vision.

Palming improves circulation of energy, blood in the head, eyes.

Palming also activates and integrates the left and right brain hemispheres when the mind relaxes, using the memory, imagination and by crossing the left and right hands fingers across the center of the forehead. Chakras, energy/acupressure points on the center of the forehead are activated by the light touch of the hands on the forehead. Energy from the chakras in the hands enters the eyes. Body, spiritual energy centers exist on the center of the forehead, top of the head and above the head.



Fig. 52. Neuralgia Relieved by Palming and the Memory of Black
While the visitor was explaining to her sceptical hostess the method of relieving pain by palming and the memory of black, another member of the family, who was suffering from trigeminal neuralgia, came in, and having heard what was being said, immediately put it into practice and was cured. The hostess later developed severe pain in her head and eyes, and did not obtain any relief until she also practiced palming and the memory of black.

Palm and imagine something happy, a scenery, sailing down the river... See objects clear, in color, motion.



Palm and imagine a colorful butterfly. See it land (at a close distance) on a apple in a tree. Shift on it. See small fine details. Watch it move its wings, antennas, walk around on the apple. Watch, follow it as it flies about through a field (see the blue line in the picture) stopping to land on the tall grass, flowers, trees, flies along the distant river. Imagine the objects in the scene clear, in color, action. Walk into the scene, move about, enjoy looking at objects.

DIRECTIONS

Sit and relax with good posture.

Rest the elbows on a pillow. Relax, loosen the shoulders, neck.

Place the palms of the hands over the eyes as shown in the picture.

+ Place the left hand over the left eye first and place the fingers onto the center of the forehead.

+ Then, place the right hand over the right eye with the right hands fingers on top of the left hands fingers and also over the center of the forehead.

The left and right hands fingers meet/cross on the center of the forehead.

The heel of the palms of the left and right hands rests on the cheekbones, without placing strong pressure on the cheekbones. Cup the palms of the hands over the eyes. The hands are relaxed.

Do not press the hands on the eyes or eyelashes.

It is ok if a little light shines through the fingers.

Close the eyes.

Relax. Breathe slow, deep, comfortable. Abdominal breathing.

Daydream about something you like. Think something positive.

Forget about the eyes.

Let the mind drift from one pleasant thought to another.

Remember, imagine objects in the mind clear, in color-as in real life, like a movie, motion picture in the mind. See, hear, feel, smell, taste...

When looking at a object, scene in the mind, shift on it just as the eyes normally look at things. This keeps the mental images clear.

Look at objects, people at close, middle and far distances. Shift object to object, part to part on objects. Imagine, see and shift on small parts, tiny details of objects.

Move, walk around in the scene. Enjoy looking at the scenery.

Do this relaxed, no effort, enjoy the daydream, happy thoughts.

Then, let the mind, eyes shift on their own, just sit back and relax.

My friend likes to imagine he is laying back in his boat, floating down the Quaboag River in Brookfield, Massachusetts.

His fishing pole is in the water, he hears the birds, crickets, feels the sun shining and wind blowing, sees and hears the high grass and tree leaves moving in the wind, sees the sun sparkling, moving on the water, hears the water splashing. His friends boat is sailing farther down stream, kids are running flying a kite on the shore... A train moves along the tracks beside the river, birds fly about, a butterfly fly's along the river, fields, lands on flowers, tall grass, cattails, apple tree, apple. A bumble bee buzzes from flower to flower collecting pollen on its hind legs. He sees the peach trees and remembers stealing peaches,

the day the farmer chased him and his gang for 2 miles through the fields, woods, along a old country road. The farmer's bull chasing the kids home. A fox drinks on the side of the river, a snapping turtle hangs out on the rocks then dives into the river, squirrels and chipmunks play in the trees, grass, secret caves... He sees the sparkling gems in the large rock that was broken open by dynamite and is now used as a reclining chair on the wild blueberry hill with a view of the river.

He imagines everything as in a motion picture; in action, color and clear. All objects in the imagination are seen clear. He drifts into deeper and deeper relaxation.

Moving colors may be seen under the closed eyelids when palming. Some teacher's state this is a sign that the eyes, brain needs relaxation. They state that "when perfect, dark black is seen, the eyes, mind are relaxed and vision is clear". Black can be seen by relaxation methods or remembering, imagining something perfect black. Modern teachers state that trying hard to see black interferes with relaxation and it is easier and more effective to obtain relaxation by daydreaming pleasant, happy thoughts.

Let black occur on its own, and if it does not occur, that is ok, relaxation is still obtained.

Do not worry about seeing the colors. This is also a normal effect of light and can be enjoyed when palming after sunning and looking at the bright sky. Other causes of the colors can be eye muscle tension pressing on the eyes and mind, visual system strain. When I was a child my cousins and I would play a game at night of; rubbing the closed eyes through the eyelids, then stop and watch a variety of moving colors on a black field on the closed eyes until they fade away. I definitely do not advise doing this, but it is placed here to show what pressure on the eyeball can do and how the eye, vision can return to normal.

Palm 10 minutes a few times a day, and/or 30+ minutes twice a day. No time limits-palm anytime. Palm morning and night before sleep. Palming can bring instant clear vision. A man in Better Eyesight Magazine cured his vision by palming for 24+ hours.

Palming is a relaxation, meditation method, healthy for the eyes, mind, body, relaxes the mind, body, neck, eye muscles, eyes.

Tai chi/chi gong teaches that energy from the hands enters the eyes, brain when palming. The energy is healing, balances the energy in the eyes, brain, visual system. (See the Color Chart in this chapter.)

Palming normalizes eye pressure

If you have glaucoma or other eye conditions causing abnormal high or low eye pressure, and are taking drugs to control eye pressure; check with your eye doctor before palming to be sure the pressure does not go too high or low. Shifting, central-fixation, all Natural Vision Improvement activities, treatments bring the eyes pressure to normal. Drug strength, prescription may need to be adjusted or eliminated.

Palming Examples from Ophthalmologist Bates Better Eyesight Magazine

Palming

By W. H. BATES, M.D.

(Memory and Imagination while Palming)

BY **palming** is meant that the eyes are covered with the palms of one or both hands with the eyes closed. The object of palming is to obtain relaxation or rest of the eyes and mind. With the eyes closed and covered, the patient does not see. When properly done, the field is black and the patient does not really see anything. Most patients when they palm however, imagine they see a great many things, especially different colored lights, red, green, shades of blue and white lights in a single or multiple form, for various periods of time. Some patients imagine they see these lights so vividly that it is difficult to convince them that they only imagine what they see.

When the patient palms successfully and obtains perfect relaxation, he imagines he sees a perfect black. The number of people who can do this is small, and it can only be accomplished by individuals who have perfect sight.

While palming, one does not obtain relaxation by any kind of an effort or a strain. When nothing is done, one does not do anything. It is well to realize that palming may be done properly, or it may be done wrong.

It has been demonstrated that all persons with imperfect sight have a conscious or unconscious strain when they try to see. Palming can only accomplish relaxation when the patient does not try to see while palming.

Some people realize that when their eyes are closed and covered with the palms of the hands, it is not possible to see anything, and so they do not try; but other people may strain their eyes to see while palming, although they know it is wrong. In such cases, it is very evident that mental control is lost. They do things that they do not plan to do. Some people can let their minds drift from one thing to another without much, if any effort.

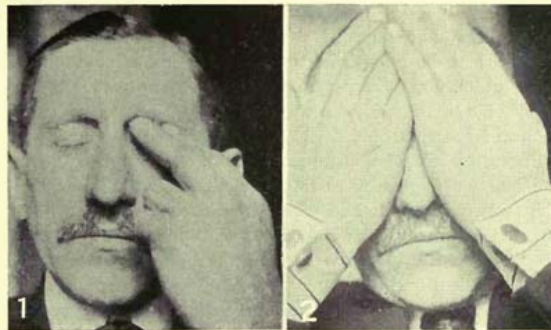


Fig 45

Fig. 1.—Patient with absolute glaucoma of the right eye. He had suffered agonizing pain for six months and had no perception of light. He was photographed when testing the tension of his eyeball, which he found to be perfectly hard.

Fig. 2.—The patient is palming and remembering a perfectly black period. After half an hour the eyeball became soft, the pain ceased, and the patient became able to see the light. After three years there was no return of the glaucoma.



**Happy thoughts,
mental pictures
when palming.**



**Palming improves
clarity of vision.**

Some cases become able to palm more successfully than others.

One of my patients discovered a very simple and efficient method to improve palming. While treating a friend who previously had never obtained any benefit from palming, she told him a story of a black ant. This black ant came out of the dark soil and climbed up the stem of a beautiful rose. It was slow work with the ant, but it kept on climbing, going on to the extremity of first one branch and then another, crawling to the extreme tip of every leaf until finally it located the flower. It crawled with great labor over the petals, until it found deep down in the center of the rose, a little white cup filled with honey. The patient could picture the ant carrying off some of the honey, crawling to the top of the flower, and then down back to the stem, finally meeting another ant on the ground, with whom he had a short talk with much gesticulating of heads and feet. Then the second ant started off on the same journey.

The patient, while palming, listened very attentively to this talk, which was drawn out for fifteen minutes or half an hour. He volunteered the information that at last he could see black, and when he removed his hands from his closed eyelids, and opened his eyes, his vision for the Snellen Test Card was unusually good. Before he palmed, he was unable to see a single letter and was practically blind. After palming and visualizing the story of the ant, he was able to see his way about the room without being led, and to read some of the letters of the Snellen Test Card.

The story of the ant with its successive mental pictures, suggests other stories of other things with other mental pictures. Some persons are able to let their minds drift while palming. It is normal for the mind to think of many things that come and go without any effort or strain being made. It is quite an art to let the mind drift and think of all sorts of things without any effort or without trying to see one thing in particular. As long as we are awake, it is perfectly normal to think of many things which come into the consciousness without any effort.

A school teacher who suffered from eyestrain with severe headaches, was able to obtain relief almost immediately by imagining herself in a boat which was drifting. She enjoyed drifting down some river of the north, with a scenery consisting mostly of ice and snow. For a change, she would select some tropical river with its tropical vegetation, birds and animals. She had seen a bird of paradise in captivity and enjoyed the memory of its brilliant feathers. Crocodiles seemed very interesting, and the play of the monkeys in the trees was also of interest and gave her mind much to think about. While drifting down these rivers, she became so interested in her imagination of the change in scenery, that she quite forgot her eyestrain and her headaches while palming. When she noticed or thought of her palming, she found that she was seeing a perfect black, which means that she saw nothing at all with her eyes closed and covered with the palms of her hands.

One patient who had great difficulty in palming successfully was very much disturbed by seeing different colored lights. When she tried to get rid of them by an effort, they became much worse, and her discomfort was increased by the palming, instead of being relieved.

I suggested to her that she think of some enjoyable trip she had made going to Europe. She replied that she was always seasick, and the trip did her no good. The only thing that she could remember without discomfort was a walk in the woods, making note of the names of the different birds she saw. She was much interested in Botany, and could tell the names of most of the wild flowers near her home.

Some people while palming can remember the branches of trees or high grass moving in the wind. The running water of a brook can be remembered with benefit, provided no effort is made. A trip to the seashore becomes restful, enjoyable when one imagines the rollers or waves flowing in and out. When riding in a rapidly moving train, the scenery observed when looking out of a window appears to be moving and is usually restful to the eyes and mind. When riding in an automobile, the driver imagines the road moving toward the car without an effort and is more relaxed than a passenger who is interested in the moving scenery and strains to see it and tries consciously or unconsciously to stop the movement.

If one makes an effort to see things stationary, a headache, eye pain or some other discomfort may be felt. Palming becomes restful and beneficial when the memory of moving objects becomes perfect or when one can remember the imaginary movement of stationary objects.

By remembering stationary objects apparently moving when palming as well as they can be imagined when riding in a car, one may obtain the desired relaxation.

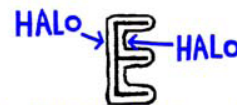
The memory of **halos**, when palming as well as they can be imagined with the eyes open is also a great benefit. Alternating is a benefit to the sight as well as to the memory and palming becomes improved with a greater amount of relaxation.

Flashing or palming for a brief moment, alternating with the eyes open for a longer time, improves palming and the vision.



Fig. 42. Palming

This is one of the most effective methods of obtaining relaxation of all the sensory nerves.



See a White Glow (Halo) around letters. The glow appears on the white page next to the edge of the black ink of the letter. Shift around on the paper and the black print to see the glow appear. The white glow also appears as a thin glowing white line directly under and above a line of letters.



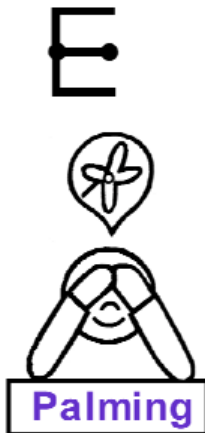
See the white glow above mountains, hills, trees, buildings in front of the sky. Look at the mountain, then shift above it to the sky and see the glow appear. Explanation: Contrast between light and darker objects, energy in/around objects (aura, chi), photographic effect of eyes similar to camera.

Seeing the white glow indicates normal eye, brain function and improves the clarity of vision.



Remembering, Imagining clear mental pictures improves the memory, imagination, relaxation and clarity of vision.
 The girl palms and thinks of her doll, (a favorite thing), remembers, imagines, shifts part to part on her doll seeing one part best at a time (Central Fixation). Doll is imagined clear, in color. This improves the memory, imagination and clarity of vision for other objects.
 Remembering mental pictures of a pleasant object, subject relaxes the mind, eyes, improves the vision. She shifts on a clear mental image of her kitty cat.
 Sees it in motion, playing.

Shift left and right on the E and see it move in the opposite direction.
 +Shift to the dot on the left, The E moves right.
 +Shift to the dot on the right, the E moves left.



Palming
 Palm and imagine black or any pleasant object, scene... Think happy thoughts. Shift on objects in the mind, see them clear, in color, motion.

Girl palms and remembers her doll, color of its dress... Opens the eyes and Eyechart letters are seen clear.



Perfect mental pictures, relaxation=clear vision.

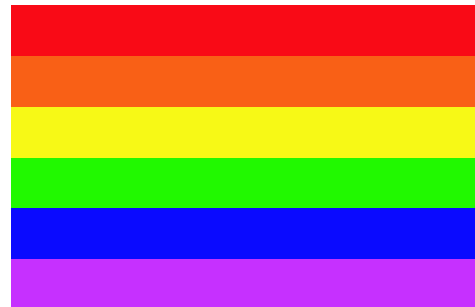


Sway, dancing to music improves clarity of vision and straightens the eyes, gets them moving together.

Remember, imagine colors while palming; Imagine one color at a time; shift on the color part to part. Imagine the color is colored light energy and contains moving sparkles; shift on the color and colored sparkles; Then imagine the next color...

See the PDF E-Book for a variety of color treatment exercises for clear eyesight, improving brain function.

Color improves the clarity of vision. Colored print is placed in this book. Black and white version also available.





Palm and remember a sunset, blue sky, white cloud... and shift part to part on the objects and from object to object. Then, it is easy to remember a clear, black letter o. Place the o on the white cloud and shift on the o and see it move, 'swing' opposite the shift of the eyes. Open the eyes, vision is clear.



Remember pleasant objects, favorite scene, adventure, activity... Remember, imagine objects clear, in color, motion: Birds, butterflies flying about, wind blowing the tall grass, flowers, sun sparkling on the mountain tops, river. Shift on the objects. Shift on, see in the mind small fine details clear.



Sunlight and Sunning daily
Sit in the sun, eyes open looking at the bright sky, then eyes closed facing the sun and move the head side to side, up and down...



Palm and remember, shift on a favorite object: flower, colorful stone, jewelry, tree, land, old house... Improving the memory, imagination of clear mental pictures relaxes the mind, body, eyes and improves the vision.



Palm and imagine drifting down a river. See objects in color, clear, motion. Movement of the boat, water, wind, birds flying, sun shining, sparkling on the river, animals walking on the shore, colorful dragonflies... Imagine all the senses; touch, warmth of sun, feel the breeze, hear the water, birds, wind, taste your favorite drink...

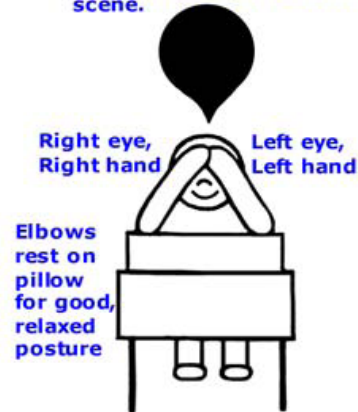


Palm and remember, imagine a pleasant object, scenery and shift throughout the scene; from object to object, part to part on objects. See objects in motion, action like a real life movie in the mind, in color, clear.



Boy closes his eyes and imagines a clear image of a white cloud drifting across a blue sky. Then, opens his eyes, still remembering, imagining the mental picture - his mind, eyes stay relaxed, eyes straight. Imagining his dog is with him also relaxes the mind, eyes, keeps the eyes straight, vision clear.

Palm and Imagine perfect black or any pleasant thought, memory, object, scene.



Elbows rest on pillow for good, relaxed posture

Left hand over the left eye first. Then right hand over right eye and right hands fingers cross over on top of the left hands fingers in the center of the forehead.

Remembering, imagining black is an old method. If black cannot be remembered, imagined, it's easier to obtain relaxation by remembering, imagining a pleasant scene, object, memory, story or any color.

2 - SHIFTING - Natural Eye Movement



SHIFT FROM PART TO PART
(DOT TO DOT) ON THE HOUSE

Shift the eyes (visual attention, center of the visual field) from one small part to another small part on a object to see it clear. Shift continually, easy, slowly, relaxed from part to part. Blink. The eyes do move faster-let fast shifts occur naturally, on their own when first practicing. Fast shifts occur without effort.

The dots on the house and apple represent small parts of the objects. Shift from part to part (dot to dot) on the house, then on the apple. Blink easy, light and relax.

Practice on objects in your neighborhood. Shift from object to object and part to part on objects. Shift on large and small objects, small parts of objects at close, middle and far distances. Shift on tiny parts, small details; point to point. Shift and trace on objects and parts of objects with the Imaginary Nosefeather.

Shifting relaxes the mind, eye muscles, eyes and produces clear vision. Shifting, 'moving the eyes', keeps good circulation of blood, oxygen and other fluids inside and outside around the eyes.

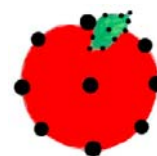
Shifting and blinking activates tear production and coats the eyes, corneas with healthy tears.

Shifting will become a automatic habit, natural eye function occurring all the time. Practice all the time, as a healthy habit. Then, 'Don't Practice'- Let the eyes shift completely natural 'on their own'.

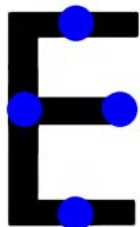
Shifting, Central-Fixation are Relaxed, Natural, 'Correct Vision Habits' (The Normal function of the Eyes, visual System). Practice Correct Vision Habits and other Natural Vision Improvement activities without eyeglasses. When wearing glasses-continue to use Correct Vision Habits; Shifting, Central-Fixation...



SHIFT FROM PART TO PART
(DOT TO DOT) ON THE APPLE



SHIFTING



Shift dot to dot
(part to part)
on the E.

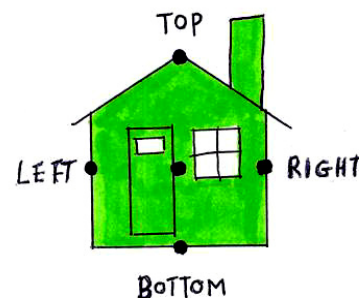
Shifting is a Natural Eye Function and is practiced as a Correct, 'Relaxed' Vision Habit. Correct Vision (Eyesight) Habits; Shifting, Central-Fixation, Relaxation, Memory & Imagination, Movement, Blinking, Abdominal Breathing, Switching... are 'the normal function of the eyes, brain, body' (visual system).

Practice of Shifting, Central-Fixation., Correct Vision Habits is 'imitating, activating normal, correct function of the eyes, visual system'. Practice, imitate correct eye function, relaxed vision habits as easy, effortless 'habits', all the time, day and night.

With a little practice, the eyes, eye muscles, brain, body (entire visual system) will return to normal function, relaxation and Correct Vision Habits will be activated, occur 'on their own', all the time, as a automatic, subconscious habit, maintaining relaxed eyes, mind and clear vision at all distances. (Just as the heart beats, lungs breathe automatically, without conscious control, direction, without thinking about it.) Then, the student will consciously practice only occasionally if needed to prevent incorrect eye function; staring, squinting., blur. A tune-up to remind the visual system to stay with correct, relaxed function.

Shifting; eye movement; to move, shift the eyes (visual attention, center of the visual field) from one small part of a object to another small part. To see a object clear, the eyes 'Shift' - the eyes, central field moves continually, easily from point to point (small part to small part) on the object. This is the normal function of the eyes. Shifting also occurs when the eyes look from one object to another object at different locations and distances in the visual field.

Central-Fixation (using, seeing best with the center of the visual field) is



combined with shifting. See the Central-Fixation, (central vision); chapter, step #3.

Staring; eye immobility, squinting, straining, trying hard, using effort to see clear are Incorrect Vision Habits, abnormal eye functions that cause mental strain, eyestrain, eye muscle tension, neck, shoulder tension and unclear vision. Even a small amount of effort lowers the clarity of vision.

Natural Vision Improvement Teacher, Clara Hackett and Ophthalmologist Bates state; Staring is the main thing (incorrect vision habit) that causes tension, strain and unclear vision. Correct Vision Habits are natural and relax the eyes, mind, visual system, produce clear vision.

Shifting 'eye movement' relaxes the mind, body, eye muscles, eyes and brings clear vision.

Shifting prevents staring, squinting and unclear vision.

Example;

Look at the picture of the green house.

The dots on the house represent small parts of the house.

Practice shifting from small part to small part on the house by moving the eyes (visual attention/center of the visual field) on the dots;

Shift from dot to dot on the house;

Look at the dot on the left side of the house, then shift to the dot on the right side, then left, right, left...

Then shift to the dot on the top, then shift to the dot on the bottom.

Shift top, bottom, top, bottom...

Shift on the dots (small parts of the house) in any order, direction; left and right, top and bottom, middle, top to right or left, right to bottom...

Avoid staring at a dot; let the eyes move, shifting continually, easy, relaxed from dot to dot.

Even when looking at a dot; the eyes move, shift tiny point to tiny point on the dot.

Blink and relax. Shift to other small parts near the dot and back to the dot in any direction.

(Point to point=central-fixation-using the exact center of the visual field. The exact center is a small point that produces clearer than 20/20, perfect, fine detailed vision. This is produced by the center of the fovea centralis in the center of the eyes macula, retina.)

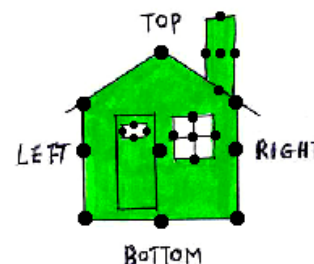
Shift without the dots; corner to corner, corner to middle, to top, to side and to any part in any order, direction. Practice tracing; see the Nosefeather section on the following pages.

Shift on small parts; window; left side of window, right side, top, bottom, corners, middle.., a window pane; small part to small part of the window pane, the door, chimney, bricks in the chimney... Look for details. Be interested in the object. Old antique buildings have lots of detail, artwork.

Shift continually, relaxed, easy from one small part to another. Shifting keeps the image of the house clear. This 'shifting' occurs even when the eyes look at a very small object, tiny part of a object at any distance, close or far.

The eyes do not have to shift in a straight line. The normal function of the eyes is to move the visual attention, center of the visual field from point to point on objects in a variety of patterns.

Let the eyes move freely in any direction from one small part of the house to another small part. Look for small fine details, without effort. Relax and shift from tiny detail to tiny detail (point to point - perfect central-fixation.) Notice the eyes will move on their own when looking at a object and even when looking at a small tiny part; the eyes, central field will not stay on one point; the eyes jump around from point to point on the small part even if the point is very close to the previous point, or the eyes will move to another part. (See the eye movement pattern pictures of the house on the right > and on the next pages.) This automatic movement keeps the eyes healthy, rested, eye muscles relaxed, vision clear. The eye is at rest, at its best when moving. Eye movement pulls light into the eyes. Eye and light movement activates the retina, its cones, rods, cells, nerves, keeps the retina, eye healthy. (Even though it may appear that the eyes move



THE DIAGRAM ABOVE SHOWS A EXAMPLE OF THE NATURAL SHIFTING PATTERN OF THE EYES.. NOTICE THE EYES MOVE FREELY ON THE HOUSE IN A VARIETY OF PATTERNS, DIRECTIONS.

from a large part to another large part before looking at each large part's smaller parts; in reality the eyes, central field moves from point to point as it moves about the object.)

Blink soft, easy, and relax.

Blinking causes the eyes to shift automatically.

Blinking coats the eyes with healthy tears and increases normal tear production. Tears improve the clarity of vision by nourishing, moisturizing the cornea, eyes and acting as a natural contact lens.

Relax, breathe slow, abdominally.

The head/face and body move with the eyes, in synchronization, at the same time, in the same direction the eyes shift to. Face directly at the object the eyes are looking at.

The eyes, head/face, neck, shoulders and body are loose, relaxed and move freely.

The correct way to practice shifting is; to shift (move) the eyes (and head/face with the eyes) from one small part to another small part on the object, shifting from point to point, relaxed, slowly, easy, continually. Shift from object to object in the scenery. Enjoy your surroundings.

Do this when looking at any size object, large or small, at any distance close, middle and far. Avoid trying hard to shift. Let the eyes do it naturally. Read Dr. Bates Shifting Article on the next pages.

As slow relaxed shifting is practiced, the brain, eyes begin to return to normal function and the faster 'Saccadic', high frequency, tiny, microscopic, and other natural shifts/eye movements also improve and occur automatically, a subconscious function producing very clear vision, clearer than 20/20. Convergence, accommodation... also improve.

Avoid trying to shift fast. Practice shifting slow and easy and the eyes will automatically move quickly, easy, point to point, part to part, object to object. Let faster shifts occur 'on their own', a automatic, subconscious eye, brain (visual system) function. Then, when shifting improves, it's easy, vision clearer; practice faster shifts, but always let the eyes control the movement-avoid effort, force. Stay relaxed. The eyes can read an entire eyechart clear in a couple seconds, sometimes less when the eyes, mind are relaxed, vision clear.

Shift in a carefree manner, without effort. Don't try to see clear.

Clear vision will occur on its own. Constantly thinking about how the eyes should function and worrying about the clarity of vision, forcing the eyes to move a certain way causes strain in the mind, eye muscle tension, interferes with the eyes, brain's natural, normal function and prevents clear vision from occurring.

Relax, Forget About The Eyes. Vision becomes clear when the mind is not worrying, not thinking about the eyes, clarity of vision, not forcing the sight to be clear. Relax with the blurred vision, shift on blurry objects; no squinting, no staring; just shift part to part on the blur and objects will become clear. Look at, shift on one object at a time. Avoid trying to see all parts of a object and all objects in the visual field equally clear, perfect at the same time. See one object clearest at a time. This relaxes the mind, eyes, simplifies things, makes it easy to see clear. The eyes see one object clearest at a time in the central field. The eyes also see one small part of a object clearest at a time; that's how shifting works; the eyes (central field) moving continually, easy from part to part, moving over parts; taking in, seeing one part of a object at a time perfectly clear in the central field. Shifting and central fixation combined for clearer than 20/20 vision. (Read about central-fixation in the next chapter.)

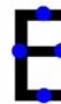
Practice shifting, central-fixation, then; don't practice; let the eyes shift on their own, completely natural, a automatic function, habit.

If the eyes stare, move infrequently; practice shifting, central-fixation again. Relax and shift to prevent blur. With practice, shifting occurs on its own, all the time, the normal function of the eyes, a automatic, subconscious habit, function maintaining clear vision.

Flashes of clear vision will occur lasting a few seconds or longer. Avoid trying to hold onto the flash by staring, freezing up with the eyes, body immobile. Relax, keep shifting, moving, blink, breathe and flashes of clear vision will return, last longer, become permanent. Blink even if it makes the flash disappear; the clarity will return.

Remember, It Is Normal For The Clarity Of Vision To Fluctuate - clear, less clear and back to clear.

Shift dot
to dot
(part to
part)
on the E.



Shift dot
to dot on
the Tree.



Blink, Relax

Shift dot
to dot on
the Dog.



Avoid eyeglasses. Shift to see a object clear and the clarity returns to 20/20. Natural Vision Improvement keeps the vision clearer than 20/20 and fluctuations are not usually noticed. Vision may go from a very clear 20/5 to less clear 20/10 - 20/ 20. That is still very clear. It returns to 20/5 or clearer on its own when eyeglasses are avoided. (20/5 = about ½ the small bottom 10 line.)

Practicing Shifting is not an Eye Exercise. The Natural Vision Improvement Student practices shifting to gently nudge, coax, direct the eyes, visual system back to correct function.

Staring, eye immobility, squinting, trying hard to see clear causes strain, tension and unclear vision. Shifting, eye movement with central-fixation relaxes the mind, eyes and produces clear vision.

Try shifting on the smaller houses, smaller parts of the house, pictures.

Then, practice shifting on any size objects in your environment at any distances, close, middle and far. Shift as a fun habit throughout the day, night.

+Practice shifting on small parts of far objects for clear distant vision.

+Practice shifting on small parts of close objects for clear close vision. (Read Fine Print.)

+Shift from object to object in the visual field, the eyes moving continually, easy, relaxed.

Blink. Blinking activates automatic eye shifting. Relax, Enjoy the scenery!

Click the video links for shifting practice and other Natural Vision Improvement videos. See the Videos Chapter & audio lessons in each chapter of the E-Book.

Shifting, Central-Fixation Videos;

<http://www.youtube.com/watch?v=lkQ9KEpA8zE>

<http://cleareyesight.info/id93.html> -

http://www.youtube.com/watch?v=WO9AS4A8f_c

The picture shows a persons eye movements when he was looking at the people in the scene, thinking different thoughts about the people, objects, scenery. Natural Eye Movements - Shifting, Saccades, with Central Fixation as the person looks at objects, people in the scene, thinks about them...

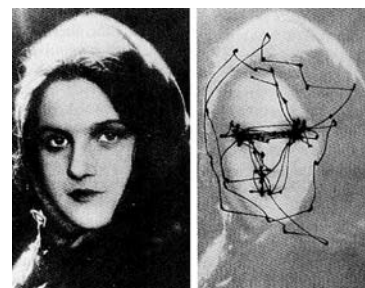
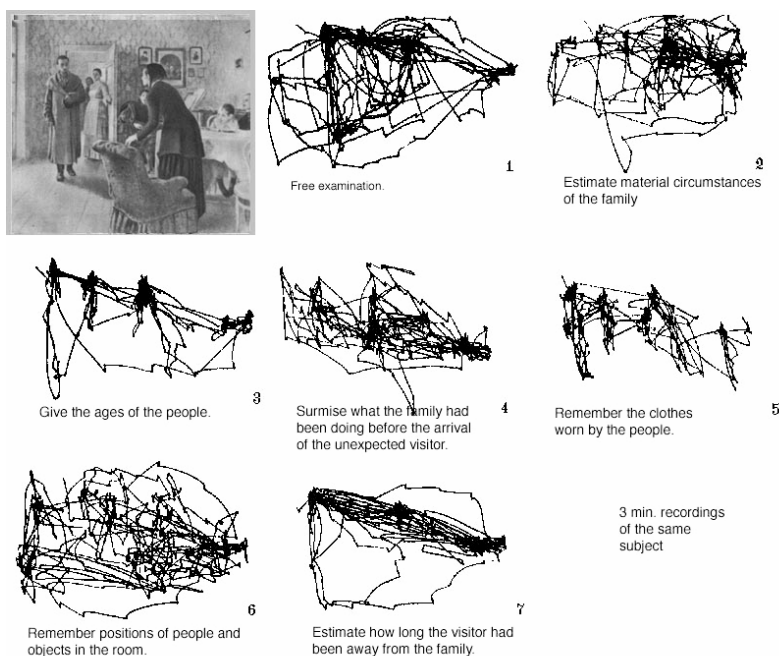
Thoughts in a person's mind, what the mind is thinking about the objects the eyes are looking at, other thoughts, images in the mind, shape, movement of the objects also affects eye movements. Notice how the eyes, visual attention, (exact center of the visual field) move freely as the person looks at objects, thinks various thoughts. See the central field, visual attention move point to point on parts of objects and from object to object.

A persons thoughts produce eye movements when the eyes are open looking at objects and when closed thinking about subjects, objects using the memory, imagination and when asleep dreaming...

+Relaxation improves the memory, imagination and vision.

+Improving the memory, imagination and relaxation improves the clarity of vision.

Shift part to part on a picture. Then, close the eyes, remember the picture clear and shift part to part on the picture in the mind. Feel the eyes move. Notice that the shifting, (eye movement) keeps the picture clear, visible when the eyes are open and in the mind, memory, imagination when the eyes are closed. Read the book 'Eye Movements and Vision' by Alfred L. Yarbus.



Saccades

Natural Eye Movements, Patterns with Central-Fixation, Fixations

The eyes, visual attention, 'center of the visual field' moves from object to object, part to part (point to point) on objects for clear vision. Thoughts in the mind, movement, shape... of objects affect the eyes movement pattern. See the picture of the eyes movement when looking at people, objects in the room on the right > & pg. 33.

When the vision is clear, eyes normal, relaxed - eye movement is frequent, easy and a variety of movements occur and tiny saccadic shifts occur often. The eyes look at, shift point to point on small parts of objects, see tiny details clear = 'Central-Fixation'. The eyes also produce many other movements; high frequency, microscopic movements, optical drift... All eye movements occur automatically, no effort, without thinking about the eyes.

When the vision is unclear, eyes tense, the eyes movement is less, movements are stiff, rigid, mainly larger, longer shifts occur. Small and tiny, saccadic and other shifting eye movements are reduced. Eye muscle tension and blur increases.

Eye movement, shifting is necessary to help pull light into the eyes, move light, images on the retina, relax the eyes, eye muscles, mind and produce clarity. Relax and shift for clear vision. Blink. Eyeglasses block, impair the eyes movement.



Dr. Bates teaches his patients to experience strain, incorrect use of the eyes, the cause of unclear vision in order to learn how to avoid it and use the eyes correct, with relaxation, clear vision.

Example;

- +Look at one part of a object (one part of a dot on the picture of the green house). Keep the eyes on the dot, stare; do not move the eyes, do not shift, do not blink. Notice that strain, tension, blur occurs in a few seconds. In reality it occurs within part of a second. This causes unclear eyesight.
- +Strain, tension, blur also occur when the eyes stare, try to look at, see at all parts of a object, the central and peripheral fields clear at the same time, without moving the eyes, not shifting part to part.
- +Strain, tension, blur also occurs when the eyes use the side, peripheral field of the retina to see a object; looking into the side of the visual field; trying to see objects in the peripheral field clear.

+Now; look at the dot, let the eyes, visual attention (central field) move on it, let the eyes shift to other parts, moving continually from part to part. Blink. One part at a time is seen clearest as the central field, eyes/visual attention move over each part, one part at a time. (The eyes may be on a point for only a fraction of a second before moving to a new part; during that fraction of a second, that part is in the central field and is clearest.) Strain, tension is avoided when the eyes move. Relaxation and clear vision occur. The normal eye moves continually, to a new point on a object or to a new object every 'fraction of a second'.

SHIFTING AND SWINGING

By Ophthalmologist William H. Bates

From Dr. Bates Book; 'The Cure of Imperfect Sight By Treatment Without Glasses' & 'Better Eyesight Magazine'.

WHEN the eye with normal vision regards a letter either at the near-point or at the distance, the letter may appear to pulsate, or to move in various directions, from side to side, up and down, or obliquely. When it looks from one letter to another on the Snellen test card, or from one side of a letter to another, not only the letter, but the whole line of letters and the whole card, may appear to move from side to side. This apparent movement is due to the shifting of the eye, and is always in a direction contrary to its movement. If one looks at the top of a letter, the letter is below the line of vision, and, therefore, appears to move downward. If one looks at the bottom, the letter is above the line of vision and appears to move upward. If one looks to the left of the letter, it is to the right of the line of vision and appears to move to the right. If one looks to the right, it is to the left of the line of vision and appears to move to the left.

Persons with normal vision are rarely conscious of this illusion, and may have difficulty in demonstrating it; but in every case that has come under my observation they have always become able, in a longer or shorter time, to do so. When the sight is imperfect the letters may remain stationary, or even move in the same direction as the eye.

It is impossible for the eye to fix a point longer than a fraction of a second. If it tries to do so, it begins to strain and the vision is lowered. This can readily be demonstrated by trying to hold one part of a letter for an appreciable length of time. No matter how good the sight, it will begin to blur, or even disappear, very quickly, and sometimes the effort to hold it will produce pain. In the case of a few exceptional people a point may appear to be held for a considerable length of time; the subjects themselves may think that they are holding it; but this is only because the eye shifts unconsciously, the movements being so rapid that objects seem to be seen all alike simultaneously.

The shifting of the eye with normal vision is usually not conspicuous, but by direct examination with the ophthalmoscope it can always be demonstrated. If one eye is examined with this instrument while the other is regarding a small area straight ahead, the eye being examined, which follows the movements of the other, is seen to move in various directions, from side to side, up and down in an orbit which is usually variable. If the vision is normal these movements are extremely rapid and unaccompanied by any appearance of effort. The shifting of the eye with imperfect sight, on the contrary, is slower, its excursions are wider, and the movements are jerky and made with apparent effort.

It can also be demonstrated that the eye is capable of shifting with a rapidity which the ophthalmoscope cannot measure. The normal eye can read fourteen letters on the bottom line of a Snellen test card, at a distance of ten or fifteen feet, in a dim light, so rapidly that they seem to be seen all at once. Yet it can be demonstrated that in order to recognize the letters under these conditions it is necessary to make about four shifts to each letter. At the near-point, even though one part of the

Rapidity of Eye's Motion

letter is seen best, the rest may be seen well enough to be recognized; but at the distance it is impossible to recognize the letters unless one shifts from the top to the bottom and from side to side. One must also shift from one letter to another, making about seventy shifts in a fraction of a second.

A line of small letters on the Snellen test card may be less than a foot long by a quarter of an inch in height; and if it requires seventy shifts to a fraction of a second to see it apparently all at once, it must require many thousands to see an area of the size of the screen of a moving picture, with all its detail of people, animals, houses, or trees, while to see sixteen such areas to a second, as is done in viewing moving pictures, must require a rapidity of shifting that can scarcely be realized. Yet it is admitted that the present rate of taking and projecting moving pictures is too slow. The results would be more satisfactory, authorities say, if the rate were raised to twenty, twenty-two, or twenty-four a second.

The human eye and mind are not only capable of this rapidity of action, and that without effort or strain, but it is only when the eye is able to shift thus rapidly that eye and mind are at rest, and the efficiency of both at their maximum. It is true that every motion of the eye produces an error of refraction; but when the movement is short, this is very slight, and usually the shifts are so rapid that the error does not last long enough to be detected by the retinoscope, its existence being demonstrable only by reducing the rapidity of the movements to less than four or five a second. The period during which the eye is at rest is much longer than that during which an error of refraction is produced. Hence, when the eye shifts normally no error of refraction is manifest. The more rapid the unconscious shifting of the eye, the better the vision; but if one tries to be conscious of a too rapid shift, a strain will be produced.

Perfect sight is impossible without continual shifting, and such shifting is a striking illustration of the mental control necessary for normal vision. It requires perfect mental control to think of thousands of things in a fraction of a second; and each point of fixation has to be thought of separately, because it is impossible to think of two things, or of two parts of one thing, perfectly at the same time. The eye with imperfect sight tries to accomplish the impossible by looking fixedly at one point for an appreciable length of time; that is, by staring. When it looks at a strange letter and does not see it, it keeps on looking at it in an effort to see it better. Such efforts always fail, and are an important factor in the production of imperfect sight.

One of the best methods of improving the sight, therefore, is to imitate consciously the unconscious shifting of normal vision and to realize the apparent motion produced by such shifting. Whether one has imperfect or normal sight, conscious shifting and swinging are a great help and advantage to the eye; for not only may imperfect sight be improved in this way, but normal sight may be improved also. When the sight is imperfect, shifting, if done properly, rests the eye as much as palming, and always lessens or corrects the error of refraction.

The Shift That Rests

The eye with normal sight never attempts to hold a point more than a fraction of a second, and when it shifts, as explained in the chapter on 'Central Fixation,' it always sees the previous point of fixation worse. When it ceases to shift rapidly and to see the point shifted from worse, the sight ceases to be normal, the swing being either prevented or lengthened, or (occasionally) reversed. These facts are the keynote of the treatment by shifting.

In order to see the previous point of fixation worse, the eye with imperfect sight has to look farther away from it than does the eye with normal sight. If it shifts only a quarter of an inch, for instance, it may see the previous point of fixation as well as or better than before; and instead of being rested by such a shift, its strain will be increased, there will be no swing, and the vision will be lowered. At a couple of inches it may be able to let go of the first point; and if neither point is held more than a fraction of a second, it will be rested by such a shift and the illusion of swinging may be produced.

The shorter the shift the greater the benefit; but even a very long shift - as much as three feet or more - is a help to those who cannot accomplish a shorter one. When the patient is capable of a short shift, on the contrary, the long shift lowers the vision. The swing is an evidence that the shifting is being done properly, and when it occurs the vision is always improved. It is possible to shift without improvement; but it is impossible to produce the illusion of a swing without improvement, and when this can be done with

a long shift, the movement can gradually be shortened until the patient can shift from the top to the bottom of the smallest letter, on the Snellen test card or elsewhere, and maintain the swing. Later he may become able to be conscious of the swinging of the letters without conscious shifting. (The Swing; Natural illusion of movement of the object, in the opposite direction the eyes, visual attention shift, move to, upon the object; Oppositional Movement.)

No matter how imperfect the sight, it is always possible to shift and produce a swing, so long as the previous point of fixation is seen worse. Even diplopia and polyopia do not prevent swinging with some improvement of vision. Usually the eye with imperfect vision is able to shift from one side of the card to the other, or from a point above the card to a point below it, and observe that in the first case the card appears to move from side to side, while in the second it appears to move up and down.

When patients are suffering from high degrees of eccentric fixation, it may be necessary, in order to help them to see worse when they shift, to use some of the methods described in the chapter on "Central Fixation." Usually, however, patients who cannot see worse when they shift at the distance can do it readily at the near-point, as the sight is best at that point, not only in myopia, but often in hypermetropia as well. When the swing can be produced at the near point, the distance can be gradually increased until the same thing can be done at twenty feet. After resting the eyes by closing or palming, shifting and swinging are often more successful. By this method of alternately resting the eyes and then shifting, persons with very imperfect sight have sometimes obtained a temporary or permanent cure in a few weeks.

Shifting may be done slowly or rapidly, according to the state of the vision. At the beginning the patient will be likely to strain if he shifts too rapidly; and then the point shifted from will not be seen worse, and there will be no swing. As improvement is made, the speed can be increased. It is usually impossible, however, to realize the swing if the shifting is more rapid than two or three times a second. Seeing the previous point worse—the new point shifted to is in the central field and is clearest. The previous point is now in the peripheral field and is less clear, seen worse. The central field is clearest. The peripheral field is less clear. This is normal vision.

THE BLIND MAN

From Better Eyesight Magazine

Little Girls Cure Homeless Man of Blindness

Editor's Note. - This letter from a school teacher was just received, and seemed so worthwhile that we decided to make room for it in this issue. It substantiates Ms. Lierman's reports that those who know the method can improve the sight of others. We regret that we did not have time to obtain the permission of the writer to publish this article, and are therefore withholding her name.

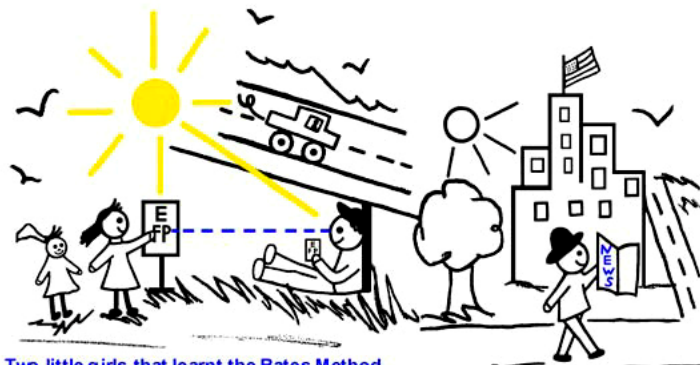
Dear Dr. Bates:

I cannot resist telling you what my little Edith Collins, aged twelve years, has done for a blind man that she picked up on the street.

His eyes were very much sunken. She taught him to palm and sun-gaze. She and a little girl friend visited him in his hovel once or twice a week. Much of the time he was so ill that he kept to his bed, but had this so placed that the sun shone on his eyes.

Little by little his eyes came forward. He palmed faithfully and swung a chart that was given to him.

A visiting nurse was telling him it was all "bunk" one day, as Edith entered. She spoke to the nurse and informed her it was not bunk, and that if she (the nurse) would come back in two or three months she would find out for herself. Well, up to July the reports were that he was gradually looking better, and his eyes seemed fuller. When school opened, Edith came into my room and said, "He sees!" I had forgotten about the man, and for a minute I wondered what she meant. She told me that she had met this man on the street a week or two ago - he was very happy - sees to get around, can read headlines in the papers, and can pick out the smaller words in spots. He has promised her that he will not stop exercising till he obtains perfect sight. He also told Edith that if he had not met her, he would still be a blind man begging for food. Now he intends to find work in some other city. Isn't this a wonderful thing for a little girl to do? Of course, if it were not for Edith, the man would still have been blind. Children do not discriminate as to whether a man is a beggar, a worker or worthy. To them there are no differences. They scatter the good into every nook and cranny, and what is more, if it had not been for the revolutionary discovery of this very, very natural way to see and think, I would not have been able to have carried it on to the children, who so unquestionably take to the truth when presented to them. I have been so excited about this that I had to write you at once!



Two little girls that learnt the Bates Method, obtained clear eyesight teach the Bates Method to a blind homeless man they found living outside under a bridge.

They cure the blindness, his eyesight and health are restored.

Treatment: Sunning, sunlight, palming, shifting and switching on letters on identical close and distant eye charts, swinging, central fixation... Children are often the best Natural Vision Improvement teachers.

His blindness cured, he now reads the newspaper, walks the city on his own, looks for a job and continues to practice the Bates Method.

CENTRAL FIXATION

By W. H. Bates, M.D.

When the eye sees best where it is looking it is called Central Fixation. Of course when one sees one point best it must see all other parts worse. It is a great help in accomplishing Central Fixation to ignore or dodge all other objects or letters (objects/letters the eyes are not looking directly at, that are in the peripheral field). To see worse may require in a way greater rest of the mind because in Central Fixation a great many more things are seen worse and only one thing is seen best.

It must be borne in mind that dodging may be done right or it may be done wrong like many other methods of improving the sight. Dodging is done properly when things are ignored. We do not think so much of the objects seen worse (in peripheral field) as we do of the one object which is seen best (in the central field). It is impossible to have perfect sight without Central Fixation. Central Fixation is demonstrated to be a passive condition of the mind and is always accomplished without effort. It is necessary then to dodge the objects not regarded.

CENTRAL FIXATION

Central Fixation: The letter or part of the letter regarded is always seen best. With normal vision, a letter or an object cannot be seen clearly or perfectly unless one sees a part of the letter or object best, or better than all other parts.

Central fixation is passive. We do not see by any effort. Things are seen, one part best. Furthermore, it is a condition of relaxation of the eye or mind obtained without any effort.

The normal eye with normal sight is always at rest. Nothing is done. No effort is made. **Many cases of imperfect sight have been cured when no efforts were made to see.** One cannot relax by working hard, straining, nor obtain rest of the eyes or mind by the help of a strain. When the eyes are normal, they are at rest. When they are imperfect, they are always under a strain.

+Central fixation should not be confused with concentration, which is defined by the dictionary to mean an effort to keep the eyes or mind continuously on one point only, and to ignore all other points. Try it. Look directly, for example, at the point of the notch on the upper right corner of the large letter C on the Snellen test card. Keep the eyes open without blinking. In a few seconds, or part of a minute, the mind begins to tire from the monotony. An effort is made to hold the concentration. The effort increases with discomfort or Pain. The vision becomes less, the white of the notch looks gray, the black appears less black, less clear and less distinct. The notch regarded is not seen as well as other parts of the large letter not regarded, and Central Fixation is lost. Not only does the notch appear less clear, but by continuing the effort the large letter C, as well as all the letters on the card, are seen less and less perfectly. The white of the whole card is also modified and becomes less white. Other objects in the neighborhood of the Snellen card soon begin to blur and are seen imperfectly. The stare or strain has very much the same effect as if the sun were covered with a cloud or as if the light in the room, or the general illumination, were lessened. When central fixation is practiced, all the objects in the room, including the Snellen card, look brighter, clearer, just as though the light had increased.

Experience the cause of unclear vision; staring, not blinking, not shifting, eccentric fixation, trying hard, using effort to see clear. Learn to avoid this. Learn to use the eyes correct; relaxation, no effort, shifting, blinking, central fixation and the vision is clear.

+Concentration is trying to see one thing only. It always fails.

+Central fixation is seeing one thing best, and all other objects not so well.

Central fixation is combined with shifting; the eyes, center of the visual field, shifts, moves continually from point to point; part to part, object to object.

When the vision, memory, or imagination are imperfect, concentration can always be demonstrated.

When the vision, memory, or imagination are perfect, Central Fixation can always be demonstrated.

Central fixation is an illusion. All parts of small letters as well as large ones are printed with the same amount of blackness. We do not see illusions. They are only imagined. When we see best one part of a letter, or other object regarded, we think we see it best, or more accurately, we imagine it best. One can imagine anything desired, and much more easily than to make an effort to see it. This fact should be demonstrated repeatedly, and consciously, until it becomes an unconscious habit.

With the **eyes closed the imagination of Central Fixation may be much better than with the eyes open. By alternating the imagination of Central Fixation with the eyes open and closed, both may improve.**

Many persons have no mental pictures with their eyes closed. For example: A patient consulted me about his eyes. He was asked to look at a white pillow.

"Can you see it?" he was asked. "Yes," he answered.

"Now, close your eyes. Can you remember it?" "No," he replied; "I remember a black pillow."

"With your eyes open, can you see one corner of the pillow best, and the other corners not regarded worse?"

He was able to demonstrate this fact, and that he could in turn see, or imagine, each corner regarded best and the other corners worse. With his eyes closed he was able to remember one corner at a time best, and when he remembers the pillow by Central Fixation, he obtained a mental picture of a white pillow almost as well as he could see it with his eyes open.

He was then asked to remember two corners simultaneously, both perfectly clear. At once he lost his mental picture of the pillow. He demonstrated with other objects as well that he could only remember or imagine mental pictures of them by Central fixation.

Another patient had suffered for many years with almost constant pain and fatigue. With his eyes open his vision was 20/20. He read diamond type as close as six inches, and as far off as twenty inches. He could imagine the white part of large or small letters whiter than the rest of the Snellen test card, but only with his eyes open when regarding the letters. With his eyes closed he could not remember mental pictures of any objects.

He was asked: "Which is whiter, the white center of a large letter of the Snellen card or the white snow on the top of a mountain?" He answered, "The white snow on the top of a mountain."

"Can you shift from one mountain top to another, remembering each one best and the others not so well, or worse?"

This also he was able to do. But when he tried to imagine two or more snow-capped mountains simultaneously, he at once was conscious of an effort and lost his imagination of his mental pictures of the snow.

The memory of the snow-capped mountains by Central Fixation helped him to imagine Central Fixation with his eyes open as well as closed.

A girl, age eight, had imperfect sight not corrected by glasses. The right eye turned in continuously. The vision of this eye was 3/200 with glasses. The left vision was one-half of the normal. She was taught Central Fixation and became able, in a few days, to imagine one part best of the larger letters. The vision of both eyes improved very much. She demonstrated the value of Central Fixation, and that she could not distinguish clearly even the large letters with each eye unless she imagined one part best. By repeated demonstrations this young patient **acquired speed in the practice of Central Fixation.** She became able to read a

newspaper more than five feet from her eyes by artificial light. Fine print, or diamond type, was read rapidly, easily, at one inch from each eye.

She enjoyed the practice of conscious Central Fixation. It was to me very wonderful to observe her imagine very small letters by Central Fixation and read them at ten feet or further.

The squint disappeared permanently.

A girl, aged twelve, was treated for progressive myopia. The vision of each eye was 3/200. With concave 16D.S. the sight of each eye was improved to 20/70.

The patient was very nervous. Her memory was poor, and she was behind in her schoolwork. Treatment with the aid of **Palming** and **Central Fixation** improved her vision slowly. After about six months there came a sudden change for the better. In one day, **her vision improved from 10/200 to 10/10 plus**. The next day she read the bottom line of each of three strange cards at twenty feet. It was remarkable, also, because she read all the letters as rapidly as she could pronounce them. The mother was worried because her **daughter had suddenly acquired a habit of running down stairs three steps at a time**. She had never stumbled or fallen once. The mother also reported that the patient had acquired much pleasure in coasting and was the most daring of all the children. Her scholarship had improved. The teacher said the patient would read a page of history in a few seconds, and recite it with a **perfect memory** after a few days, a month, or longer. Her memory for other subjects was equally as good.

Immediately after she read the strange cards with normal vision, I asked her: "What helped you?"

"Starch," she answered.

Then she explained that she had become able to imagine a small piece of white starch perfectly white by Central Fixation. **When her imagination was perfect her myopia disappeared**, her eyes were normal, which made it possible to obtain normal vision. The retinoscope used at the same time demonstrated that her myopia disappeared when she had a perfect imagination of Central Fixation.

Patients whose sight is very imperfect usually require a much longer time to acquire Central Fixation than do some others. One should not be discouraged when, after some weeks or many months, their vision remains imperfect. Too many are disappointed because they fail to obtain Central Fixation after long periods of time, practicing without the help of a competent teacher. One very determined patient devoted many hours daily for over a year without any apparent benefit whatever. She told me that she knew she was curable and was resolved to keep at it the rest of her life if necessary. I wrote her a few suggestions. She followed my advice and was cured in a week.

SACCADIC EYE MOVEMENT

Practicing shifting activates Saccadic Eye Movements - very fast, tiny, automatic shifts, movements, of the eyes. There are many different eye movements; microscopic, high frequency movements, vibrations, optical drift and other tiny, subconscious, automatic movements, and the larger, medium and small movements that occur when the eyes shift across the visual field from object to object, and from part to part, small point to small point upon a object and when the eyes converge, accommodate for clear close vision and un-converge, un-accommodate for clear distant vision. Very tiny, microscopic, high frequency... movements cannot be seen by the human eyes. A special instrument is used to detect them.

All these movements are necessary to produce clear vision. They keep the eyes shifting, the eye muscles relaxed, functioning correct and vision clear. All eye movements are automatic, a normal function of the visual system.

Saccadic eye movements keep the vision perfectly clear; clearer than 20/20.

Saccadic shifts/movements pull light into the eyes which greatly improves the eyes use of light, color perception and clarity of vision. Saccadic movements are most easily seen when looking at the eyes of a person that has clear vision, does not wear eyeglasses. The saccadic movement is very fast, rapid, movement is small and tiny when looking at, inspecting parts of a object. Shifts are easy, effortless, relaxed, the eyes in continual motion moving from point to point on objects, small parts of objects. The eyes move freely in a variety of directions and can move over many small parts, details of a object in a fraction of a second. Saccadic eye movements produce a sparkling reflection, flickering of light, like a little moving star on the eyes surface-The 'Twinkle in the Eye'.

The normal eye activates hundreds, thousands of saccadic and other eye movements every minute, second. The eye shifts to a new point every fraction of a second. This fast, tiny automatic shift of the eyes produces very clear vision.

A object consists of many small parts. Each small part consists of more small parts, tiny details which contain even more small parts all the way to microscopic level and even smaller parts. Example; look at a picture in a newspaper. The picture is made up of small parts, tiny dots of ink. Each dot contains smaller parts. The paper is made of small parts of wood fibers. The wood fibers contain even smaller and smaller parts, to the microscopic level. The eyes can shift on, see all these tiny parts. Use central-fixation; shift from small point to small point, (tiny part to tiny part).

See one tiny part (point) clearest at a time in the center of the visual field. As the eyes shift from point to point, the central field moves with the eyes from point to point, part to part. Each new point the

eyes, center of the visual field shift to, move upon is the clearest point (small part) while the eyes, visual attention, central field is on that point.

Practice shifting on the fibers of thread in a piece of cloth.

If shifting, saccadic eye movements occur slower, less often, the vision becomes unclear.

If the movement is very slow, infrequent or stops, the vision is most unclear and other eye problems develop. Blindness has occurred from extreme mental, emotional shock, stress, mental strain, causing the eyes to freeze immobile, frozen in fright, an extreme stare. EFT, Palming, the Color Chart and other methods for releasing negative thoughts, emotions, stress relaxes the eye muscles, returns the eyes to movement, restores the vision. Staring, squinting blocks eye movement, causes stiff, tense, incomplete eye movement and eye muscle tension.

Eye muscle tension produces rigid, infrequent eye movement.

When the vision is unclear, especially if eyeglasses are worn, the eyes shift slower, infrequently, rigid, with effort and the saccadic and other tiny, fast, microscopic... eye movements are also reduced, slow resulting in unclear vision. Eyeglasses cause and increase mental strain, eye muscle tension, impairs, blocks eye movement; shifting and impairs convergence, un-convergence, accommodation, un-accommodation and causes a stiff neck, incorrect posture and other abnormal conditions that impair, slows, blocks all types of eye movements resulting in increased vision impairment, blur. Avoid eyeglasses.

Eye movement is necessary for clear vision and healthy eyes. Practice shifting. Shifting and relaxation restores saccadic and all eye movements to normal function with clear vision. Shifting is practiced slow, easy. Not too slow, at a comfortable speed. With practice of slow, continual shifting, the fast shifting (saccadic, microscopic... shifts) occur on their own, an automatic function of the eyes producing very clear vision.

Practice shifting, then, don't practice; forget about the eyes, let them move 'on their own', completely natural for perfect clear vision.

Relax the neck, shoulders. A relaxed neck, moving freely relaxes the eyes muscles and improves eye movement.

Children are the best Natural Vision Improvement Teachers. Children's eyes shift, move perfectly. Watch a child that has clear vision, watch the child's eyes, the eyes movements. Notice how easy, continually they move, 'shift' and see the sparkle caused by the eyes movements, tiny saccadic eye shifts. This is a way to learn Free Natural Vision Improvement.

Do not let the child know you are watching their eyes because it can interfere with the eyes completely natural movement-the child might begin to think about the eyes, control the eyes movement.

When anyone thinks too much about the eyes function, tries hard to control the eyes movement, it blocks completely natural eye movement and lowers the clarity of vision.

This is why Natural Vision Improvement; shifting, central-fixation, blinking.., are practiced, then; don't practice – let the eyes alone, think of something else, positive thoughts and the eyes will work completely natural, 'on their own' automatically producing, maintaining maximum visual clarity.

Vision is clearest when there is no thought about the clarity of vision, no effort to see.

SHIFT, TRACE, CENTRAL-FIXATION WITH THE NOSEFEATHER



THE MAN IS TRACING AROUND THE EDGE OF THE TREE WITH THE IMAGINARY NOSEFEATHER.
 THE END OF THE FEATHER EXTENDS OUT FROM THE END/CENTER OF THE NOSE AND BENDS UP TO EYE LEVEL TO TOUCH THE PART OF THE OBJECT THE EYES ARE LOOKING AT IN THE CENTER OF THE VISUAL FIELD.
 THE FEATHER IS VERY THIN AND THE END FORMS A VERY SMALL POINT WHICH IS THE SIZE OF THE EXACT CENTER OF THE VISUAL FIELD PRODUCED BY THE FOVEA CENTRALIS IN THE MACULA, CENTER OF THE EYES RETINA.
 MOVE THE POINTED END OF THE NOSEFEATHER AROUND THE EDGE OF OBJECTS AND PARTS OF OBJECTS.
 THE EYES, END OF THE NOSEFEATHER, HEAD/FACE AND BODY MOVE TOGETHER, IN SYNCHRONIZATION; SAME TIME, SAME DIRECTION.
 THE NECK IS RELAXED AND MOBILE.
 BLINK, BREATHE ABDOMINALLY, RELAX.
 THE NOSEFEATHER IS ALSO USED TO SHIFT FROM POINT TO POINT (SMALL PART TO SMALL PART) ON A OBJECT.
 THE NOSEFEATHER IS USED TO SWITCH FROM CLOSE OBJECTS TO DISTANT OBJECTS AND DISTANT TO CLOSE, MIDDLE...
 THE FEATHER BECOMES LONGER WHEN LOOKING TO THE DISTANCE AND SHORTER WHEN LOOKING AT CLOSE OBJECTS.
 THE NOSEFEATHER ACTIVATES EASY USE OF CORRECT VISION HABITS; SHIFTING (EYE MOVEMENT), CENTRAL FIXATION, MOVEMENT OF THE HEAD/FACE, BODY WITH THE EYES, RELAXATION AND MOVEMENT OF THE NECK.
 THE FEATHER CAN BE IMAGINED AS BEING INVISIBLE.
 THIS ALLOWS THE BRAIN TO IMAGINE, REMEMBER THE OBJECT THE EYES ARE LOOKING AT CLEAR WITHOUT BEING DISTRACTED BY THE IMAGE OF THE FEATHER.



The Big Fluffy Nosefeather sweeps over objects. The person relaxes and sweeps the feather over trees, houses, scenery... to bring movement to the eyes, head, neck. Induces great relaxation of the mind, eyes, neck and body. Option to use a tiny pointed end of one 'central piece' of the feather to touch, shift, trace on objects with Central-Fixation or let the eyes do central fixation on their own.



Middle size Nosefeather with Central-Fixation point on the end.

Trace, Shift, Central-Fixation with the Nosefeather

TRACE OBJECTS AND PARTS OF OBJECTS WITH THE NOSEFEATHER
TRACE ALONG THE DASHED LINES ON THE DIAGRAM AND THEN ON ANY PARTS.
SHIFT FROM PART TO PART ON OBJECTS WITH THE NOSEFEATHER.

TRACE ON THE LETTER E

TRACE, SHIFT ON BIRDS, AIRPLANES, BOATS ON THE WATER

TRACE ON/ALONG THE OUTSIDE AND INSIDE EDGE OF THE E

OUTSIDE INSIDE

TRACE ON, AROUND THE EDGE OF THE MOON - COUNTER CLOCKWISE AND CLOCKWISE

TRACE AROUND THE EDGE OF THE TREE WITH THE NOSEFEATHER

SHIFT FROM PART TO PART WITH THE NOSEFEATHER. LEFT AND RIGHT, TOP AND BOTTOM, DIAGONALLY, MIDDLE AND TO ANY PART IN ANY ORDER, DIRECTION. TRACE AND SHIFT ON SMALL PARTS; LEAVES, BRANCHES, BARK.

TRACE SMALL OBJECTS AND SMALL PARTS OF OBJECTS; FLOWER - CLOSE DISTANCE. THE MOON - FAR DISTANCE.

TRACE LEFT AND RIGHT

DIAGONALLY

TRACE UP AND DOWN

FLOWER

STONE

GRASS

TRACE ON/ALONG THE EDGE OF THE HOUSE WITH THE NOSEFEATHER. TRACE/MOVE THE END OF THE FEATHER ALONG THE DASHED LINES AND ON ANY AREAS. TRACE THE SIDES, ROOF, DOOR, WINDOWS, WINDOW PANES, CHIMNEY, BRICKS IN THE CHIMNEY. SHIFT ON PARTS. COMBINE TRACING AND SHIFTING.

TRACE AND SHIFT WITH THE NOSEFEATHER ON SMALL OBJECTS AND SMALL PARTS, FINE DETAILS OF OBJECTS.

TRACE AND SHIFT ON LARGE, MEDIUM, SMALL OBJECTS AND PARTS OF OBJECTS AT CLOSE, MIDDLE, FAR DISTANCES. BLINK, BREATHE ABDOMINALLY, RELAX

Practicing shifting, central-fixation and all Correct Vision Habits is the act of *imitating normal eye function*. With a little practice the eyes do this 'on their own', automatically and vision is clear. Practice, then don't practice, let the eyes work *Completely Natural, On Their Own* for clearest vision.

NOSEFEATHER DIRECTIONS

Natural Vision Improvement Teachers teach their students to shift the eyes and relax by imagining there is a thin, lightweight, flexible, soft feather attached to the end of the nose. The Nosefeather. (See pictures).

The main feather used is thin. The (feathered) end of the Nosefeather forms into a small point. The end of the feather extends outward from the center of the nose and bends up and touches the part of the object the eyes are looking at, in the center of the visual field, between the left and right eyes, at eye level. The eyes, visual attention and end of the Nosefeather are always on the same point.

(Do not place the pointed end of the feather on the object at nose level and do not look down at the object at nose level.) Looking down to nose level is imperfect central-fixation, eye/head posture. Use correct central-fixation; keep the eyes, visual attention and end of the feather on the object at eye level. See pictures.

In the picture of the house; the man is moving the eyes (visual attention, center of the visual field) and end of the Nosefeather on/along the edge of the doors window. He traces with the eyes and Nosefeather around the edge of the window.

The feather becomes long, the end, point extending out to touch far objects and becomes shorter when touching close objects.

+Trace the edges of objects and parts of objects with the pointed end of the feather, and shift with the point from small part to small part, point to point on objects. (Shifting and Central-fixation.)

Use it like a soft brush-moving easy, relaxing as the feather sweeps, brushes upon objects, parts of objects and from object to object.

+Move the head/face, nose/end of the feather and body with the eyes as the eyes shift and trace on a object and shift from object to object in the visual field. The eyes, head, face, Nosefeather and body move together, in synchronization, at the same time, in the same direction.

Moving the end of the feather from part to part on objects and from object to object keeps the eyes moving, 'shifting' and vision clear.

The soft, easy movement of the feather is soothing, relaxing to the eyes, mind and body.

Feel relaxation resonate in to the eyes, head, brain/mind, neck, body. Shifting, central-fixation occur automatically, without trying when using the feather.

The movement of the feather keeps the eyes, head/face and body moving together in synchronization, at the same time, in the same direction. Movement, a Correct Vision Habit. Moving the head/face, body with the eyes also keeps the object in the central field; facing the object of visual attention; central-fixation. The movement keeps the neck and eyes relaxed and mobile. All body muscles relax. Neck muscle tension is a main cause of headaches and unclear vision.

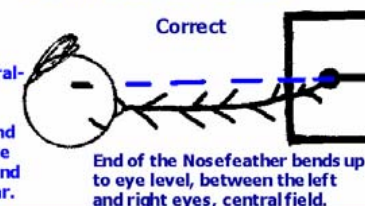
When the neck relaxes and moves, the eye muscles and eyes relax enabling the eyes to move, shift easy, perfect resulting in clear vision. Relaxation resonates, travels into the head, eyes.

Relaxation of the neck muscles improves blood, oxygen, lymph and energy flow to the brain, ears, eyes and improves balance, coordination. These conditions also improve vision.

Looking at the dot on the center of the E.

Correct & Incorrect Eye, Head, Face, Nosefeather Postures. 1

Correct-Eyes, (visual attention) end of the nosefeather, head/face directed at the dot. Central-Fixation-Eyes looking at the dot at eye level. Nosefeather bends up, end of the feather touches the dot at eye level. Eyes, mind are relaxed, vision is clear.



Incorrect-Eyes, head/face directed at the dot, eye level-that's correct, but; the end of the nosefeather is at nose level, touching a area below the dot. Trying to see the dot and nosefeather at the same time, two different areas, central and peripheral field causes eye muscle tension, mental, visual strain and unclear vision.



Incorrect-Eyes (visual attention) and end of the nosefeather are at nose level. Eyes looking down at the area below the dot where the nosefeather touches at nose level. The head/face are directed in the opposite direction, straight at the dot. Tension, strain, unclear vision.



Incorrect - The head/face are tilted upward so the nose and end of the nosefeather touches the dot. The eyes look down at the dot, at nose level. Eyes, head/face are in opposite directions. Tension, strain, unclear vision. These incorrect postures also cause neck tension.



The end of the feather touches objects, parts of objects in the center of the visual field. This activates a Correct Vision Habit, natural eye function; Central-Fixation = using and seeing very clear with the center of the visual field. The tiny pointed end of the feather touches the exact center of the visual field produced by the center of the fovea centralis, in the macula, center of the eyes retina. The most perfect, clearest area of the visual field-fine detailed clearer than 20/20 vision and bright color.

Trace the house with the Nosefeather; move the eyes/visual attention and the fine pointed end of the feather around, directly on/along the edge of the house, directly on/along the edges, counter-clockwise and clockwise. (see dashed lines.) Then; trace up, down, left, right, diagonally... directly on/along the edge of the house. Then; trace smaller parts; trace around the door, trace the window and window panes, chimney, bricks in the chimney... Trace directly on the edge of the parts.

Shift from dot to dot on the green house and other pictures with the end of the feather; the end of the feather touches the dot (part) the eyes are looking at in the center of the visual field. The end of the feather moves with the eyes, central field from dot to dot. See the picture of the man shifting on the tree with the Nosefeather. >

The feather moves from part to part with the eyes, he faces the part he is looking at. Move the head/face and body with the eyes and Nosefeather as the eyes, feather traces objects, parts of objects and shifts from small point to small point on objects and moves from object to object.

The eyes, head/face, neck, shoulders and body are relaxed and move freely.

Blink, breathe and relax. Breathe abdominally; take a nice deep, slow, comfortable breath and relax, think a positive thought. Yawn, hum, sing... When the mind is relaxed, drifting from one pleasant thought to another, the eye muscles and eyes relax, shift freely and vision becomes clear.

Use Central-Fixation when Tracing on Objects;

Avoid tracing with the eyes/visual attention and Nosefeather near but away from the edge of the object. Tracing in the air, or on a different object away from the edge of the object you want to see is incorrect eye function, prevents central-fixation and causes diffusion, strain and unclear vision. Same rule when tracing on a part of a object; trace directly on the edge of the part.

Use central-fixation=Look at, trace directly on/along the edge of the object. When looking at, tracing a part of a object; trace directly on/along the edge of the part. Always look at, trace directly on the object; look at, trace directly on the edge of the object or edge of parts of the object for perfect, exact central fixation with eye movement and fine detailed clear vision. See the dashed lines on the pictures for tracing.

Trace directly on/along the edge in a relaxed, easy way. No effort. Avoid trying hard to trace perfectly along the edge, becoming stiff, tense. Just move the eyes, feather easy along the edge. If the eyes, feather wander a bit, it's ok. Remember; true eye function moves freely. The eyes, central field, feather will return to the edge on its own and move on/along it with ease.

Same for shifting; Shift part to part, point to point on the object of visual attention.

The eyes, head/face and body move with the Nosefeather; at the same time, in the same direction=Central-Fixation and good posture.

1- Eyes, (visual attention) end of the feather, head/face, body directed at the center of the tree, central field. Nosefeather, visual attention at eye level. Vision is clear.



2 - Eyes, end of the feather, head/face, body directed down at the bottom of the tree. The central field moves down with the eyes, nosefeather, head/face, body. Vision is clear.



3 - Eyes, end of the feather, head/face, body directed up at the top of the tree. The central field moves up with the eyes, nosefeather, head/face, body. Vision is clear.



The end of the Nosefeather bends up to eye level, between the left and right eyes, touching, moving on the object in the center of the visual field. Shifting & Central-Fixation=Relaxation, Clear vision.

A nose-pencil, paintbrush, light ray or other object can be used for tracing, shifting. It is imagined as light-weight, relaxing, moving easy. The end has a point to touch objects, parts of objects with central fixation, in the center of the visual field.

Alternate with the Thin Feather and a Big Fluffy Feather.



The thin feather activates eye, head/face, neck, body movement, relaxation and helps the eyes use central fixation; move, trace directly on/along the edges of objects, parts of objects and shift point to point on objects, parts, tiny details of objects. The thin feather is shown in the picture of the boy, girl tracing objects. The big fluffy feather is shown here and on pg. 40.

The big fluffy feather can be used to sweep over objects as long as the eyes continue to use central fixation. The big fluffy feather lets the eyes do central fixation on their own. The fluffy feather is mainly for eye, head/face, neck, body movement and relaxation. Students state the big fluffy feather induces a looser, completely released, free of tension effect with deeper relaxation of the eyes, head, neck and body. When this occurs the eyes function perfect, central-fixation is perfect without thinking about it, the vision is crystal clear. The thin feather and other feathers, nose-pencils... also do this if thought of as light, soft, flexible, without resistance. Use all feathers, nose-pencils in a easy, effortless, relaxed way. Imagine all feathers, pencils... as light, soft, moving easy, soothing and relaxed. All nose-feathers, pencils... relax and move the neck. A main Natural Vision Improvement Treatment.

Some teachers say the feather is to be imagined invisible to prevent the brain, imagination from diffusing, being on two different things; the feather and object the eyes are looking at. Other teachers say it's ok to imagine seeing the feather (& the feather any color; white, blue...) as it sweeps upon objects; it is normal for the brain to use the imagination this way and it improves the memory, imagination, relaxation and clarity of vision. I find that every feather is relaxing, improves my vision. Practice with the feather that is most relaxing for you, brings clear vision.

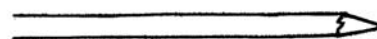
Sweep the feather on objects and from object to object - the eyes, head, neck, body moving, relaxed. Find a scenery to practice on in your town, city that you enjoy looking at. Use it on the bus, train. The feathers, pencils... can be used for shifting, tracing on any objects, eyecharts at any distance, close or far when practicing Natural Vision Improvement.

Sweep the feather upon objects when riding in a moving car, train while looking outside the window at the passing scenery.

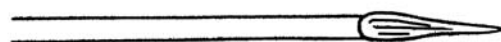
Nosefeathers for Practice of Shifting, Central-Fixation, Movement



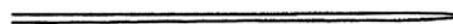
Nosefeather



Nose pencil



Nose Paintbrush



Nose Light Ray

Tracing, Shifting Example - 'Yellow Kitty'

Trace and Shift on Yellow Kitty and the Angel;

Move the central field, end of the Nosefeather along the edge of the cat; See the dots; move on/along the dots tracing on the cat and parts of the cat.

Shift dot to dot in any direction. Trace and shift on any part without the dots. Do the same on the Angel.

When a object appears unclear; shift on it part to part. Blink and relax. It will be seen clear.

This simple action is the main treatment for keeping the vision clear. Most Eye doctors have hidden this 'Secret For Clear Vision' from their patients for over 100 years!

They prefer to sell addictive eyeglasses, harmful eye surgery and drugs. Eyeglasses impair, block the eyes movement, all normal, natural eye functions; shifting, central fixation, convergence, divergence, accommodation, un-accommodation, posture... and impair the eye's health.

Color Yellow Kitty and the Angel; coloring improves central-fixation; coloring within the lines, details, eye movement as the eyes move with the crayon. Left and right brain hemisphere activation, integration occurs by working with colors.

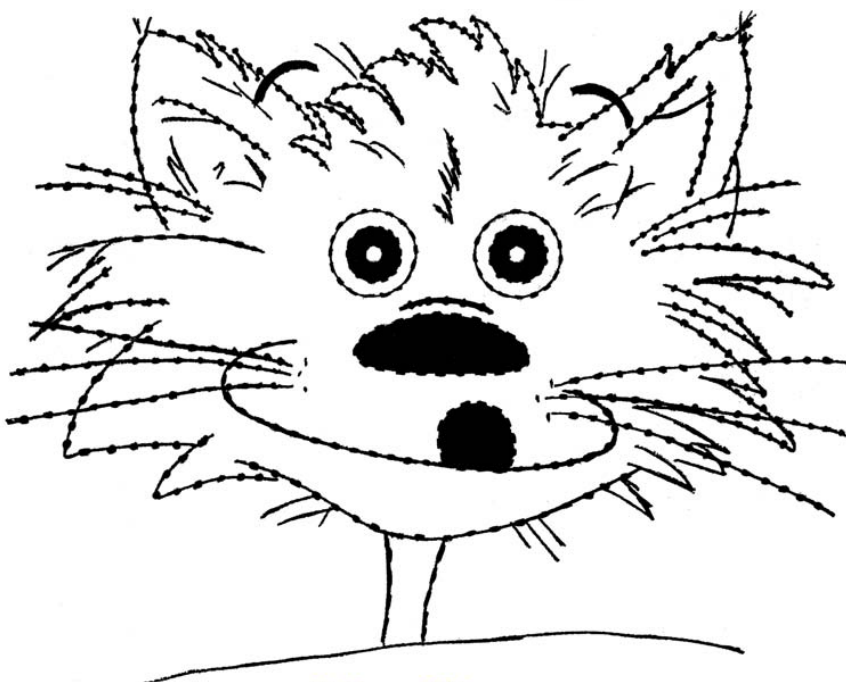
Coloring is a relaxing hobby.

Shift, Trace on Yellow Kitty

Shift from dot to dot in any direction: top and bottom, side to side, diagonally... on his face, eyes, nose, mouth, head, any part. Then shift without the dots part to part, any part, any direction.

Trace the kitty: Follow the dots: Trace on/along the dots: on the black ink/dots around his head, fur, whiskers, ears, eyes, nose, month...

Move the head/face with the eyes as the eyes, 'center of the visual field' shift and trace on the cat. Use the Nosefeather. Blink, Breathe, Relax.



Yellow Kitty

Kids - Color the cat. Coloring activates eye movement, shifting as the eyes move with the crayon and central fixation as the eyes move with the crayon on fine details, staying inside the lines. Colors activate and integrate the left and right brain hemispheres. Coloring is fun, relaxing, brings a positive state of mind. All these bring clear vision.



Practice Shifting, Tracing, Central Fixation on Yellow Kitty



Trace Yellow Kitty.

Trace with the eyes and end of the nosefeather.

Trace exactly on the edge of the cat and parts of the cat for perfect central fixation and shifting/eye movement. Trace the head, body, tail, eyes, nose... Follow the dots in any direction. Blink, relax. Shift part to part, point to point.

Tracing with the eyes/nosefeather near but away from the edge of the object or part of a object is incorrect, causes diffusion, strain, prevents central fixation. Use central fixation = look at; trace directly on, along the edge of the object or parts of the object. (See dots in picture.)

Relax. Let the mind, 'mental attention' move from part to part, dot to dot. (The true function of the eyes is; moving point to point; on tiny parts). Then the eyes, 'center of the visual field, visual attention' will move automatically with the mind. This is a way to 'forget about the eyes', don't try to shift/move the eyes. Just be interested in the object the eyes are looking at. The eyes produce many different automatic movements to keep the eyes, eye muscles relaxed and vision clear. Let the mind (brain), eyes, visual system work completely natural, on their own. Vision becomes clear without trying, no effort, no strain=no blur.

3 - CENTRAL-FIXATION - (Central Vision) Seeing Clearest with the Center of the Visual Field



The center of the visual field is clearest. See objects in the center of the visual field clearest. Place the object the eyes are looking at in the center of the visual field.

Place each part of the object the eyes look at in the center of the visual field, one small part at a time.

When the eyes use the center of the visual field, the central light ray focuses exactly on the fovea centralis in the center of the retina/macula

producing perfect, clearer than 20/20 vision in the center of the visual field and perfect focus of peripheral light rays in the peripheral field of the retina for maximum clarity, function of peripheral vision.

The center of the visual field moves with the eyes as the eyes shift from object to object and from part to part on a object keeping each object, each part of the object perfectly clear. Saccadic and other automatic, subconscious fast shifting of the eyes moves the center of the visual field very fast, causing the entire visual field to appear clear, though, in reality, for the fraction of a second the small center of the visual field is on a small part of a object, that part is most clear; much clearer than 20/20.

Each eye produces its own central field. The left and right eyes central and peripheral fields combine into one central and one peripheral field. See picture.



PLACE THE OBJECT IN THE CENTER OF THE VISUAL FIELD.

GIRL LOOKING AT BLUEBIRD.
BIRD IS IN THE CENTER OF THE VISUAL FIELD.



Central-Fixation is a Correct, Natural Vision Habit, (the normal, relaxed function of the eyes) that produces very clear fine detailed vision.

Central-fixation = to see clear by using the center of the visual field.

To place the object the eyes are looking at in the center of the visual field.

The center of the visual field is between the left and right eyes, at eye level.

The center is the clearest area of the visual field, clearer than 20/20.

The center of the visual field is produced by the fovea centralis, macula in the center of the eyes retina.

The fovea and macula produce the clearest vision, clearer than 20/20.

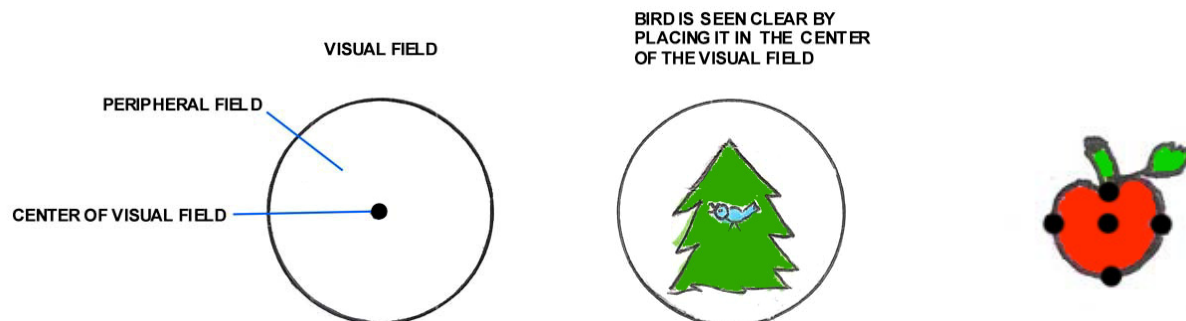
The center of the visual field, (central Field) moves with the eyes, visual attention; from object to object and part to part on objects. See one small part of a object clearest at a time, in the center of the visual field. Move the central field from part to part. Each new part the eyes shift to, look at is in the center of the visual field and is seen clearest. The new part is clearest while the central field is on that part. Then, when the eyes (central field) move to a new part, that part will be seen clearest.

The eyes move continually from part to part, seeing one part at a time clearest, in the central field.

In the picture above the girl is looking at the bluebird in the tree.
The bird is in the center of the visual field and is seen clear.
Relaxation, shifting and central-fixation are the 3 main Correct Vision Habits that keep the vision clear. Practice them in a relaxed, easy, effortless manner. Avoid staring, eye immobility, becoming stiff, immobile when placing a object in the center of the visual field. Relax, blink and move.

**SHIFT FROM PART
TO PART ON THE
BIRD AND APPLE**

Central-fixation is combined with shifting = shift, move the eyes (visual attention, center of the visual field) from part to part on the object.
The eyes, head/face, neck and body are relaxed and move freely.
Blink, relax and move.



Example; When looking from one object to another object in the visual field or from part to part upon a object; turn, move and face the object the eyes are looking at. When the eyes, head, face, body are directed at the object of visual attention; the body, neck, eye muscles relax, central fixation is perfect and easy.

Experience Central-Fixation and Clear vision, and lack of Central-Fixation, unclear Vision;

Example #1 - Look at the tree - Eyes, center of the visual field, head/face and body all move together, in synchronization, at the same time, in the same direction and face directly at the tree. The tree is in the center of the visual field. The eyes, head/face and body continue to move together, same direction when shifting part to part, moving the central field on the tree. Notice relaxation and clear vision occur.

Example #2 - Now, experience incorrect movement, lack of Central-Fixation to experience strain, blur and know how to avoid it; Turn the eyes, head/face, body to the right > facing toward the apple and try to see the tree on the left clear out of the side of the face, side of the eyes retina, (peripheral area of the retina, visual field). Keep the eyes, head, face and body still, immobile, staring at the apple. This is eccentric fixation, diffusion, the opposite of central fixation.

Notice that strain and lowered vision occurs.

Stain, eccentric fixation also occurs when the head/face, body is directed right > at the apple while the eyes move, look left < at the tree. Feel pulling of the eyes, muscles, strain.

Example # 3 - Repeat Example #1 - Move, turn the eyes (center of the visual field), head/face, body together, at the same time, in the same direction and face, look directly at the tree. Shift, move the eyes, (visual attention, center of the visual field) part to part on the tree with the eyes, head, face and body moving together, relaxed. Notice relaxation and clear vision return.

Even a small synchronized movement of the eyes, head/face, neck and body when shifting part to part on a small object, small part of a object keeps the eyes, head, neck, body relaxed and vision clear. Headaches are prevented by using Central-fixation with correct movement.

The small part of the object the eyes are looking directly at is in the exact center of the visual field. (See the dot and bird in the center of the circles in the picture)

Example; practice shifting from part to part (dot to dot) on the blue bird. Shift top and bottom, left and right, middle, from small part to small part on any area of the bird. Blink and relax. Breathe.



(Practice Central-fixation on small stones; break open a rock and see the small colorful, shiny details. Shift, move the exact center of the visual field from tiny part to tiny part. Move the central field from point to point. Improves close vision and reading vision. Practice in the sunlight daily, 1-5+ minutes.)

As the eyes shift from one small part to another small part on the bird, the exact center of the visual field moves with the eyes from part to part keeping each part the eyes look at perfectly clear.

Move the head/face with the eyes even when shifting on a very small object. Relax and move the neck. (Head, face movement when shifting on very small objects, parts may be tiny, almost imperceptible but it is there. Body movement may or may not occur. Just let the head, neck, body relax.)

The exact center of the visual field is very small, about the size of the pointed end of a pin.

This small area is the most perfect, clearest area of the visual field and is produced by the exact center of the fovea centralis and its many cones (light receptors) in the macula, in the center of the eyes retina. The fovea produces very clear, fine detailed vision, much clearer than 20/20; 20/10, 15, 5 and clearer with bright color perception.

(The left and right eyes, fovea centralis' combine their central fields into one central field with the exact center being the size of the pointed end of a pin and producing very clear vision, better than 20/20 with bright color.)

This is why Dr. Bates teaches his students to shift from small point to small point on a object; to see clear with the center of the visual field, central-fixation; to move the small exact center of the visual field from small part to small part (point to point) on a object for very clear, fine detailed vision. The normal eye does this by being interested in, investigating, noticing small parts, tiny details of a object, letting the eyes move automatically, relaxed from detail to detail (point to point). This activates, occurs with tiny and microscopic, relaxed, continual movements, shifts of the eyes. The shifts can be very fast, every fraction of a second and faster; Saccadic shifts. Saccades. This normal, natural eye function=Shifting with Central-Fixation brings perfect, clear vision. Relaxation of the mind, eyes, visual system activates this correct function, perfect clarity.

Seeing with the center of the visual field relaxes, clears and centers the mind and eyes. When the mind relaxes the eyes relax and vision is clear.

The outer areas of the fovea, macula surrounding the fovea and areas of the retina close to the macula in the center of the retina also contain many cones and produce very clear vision in the center of the visual field. The center of the fovea in the exact center of the retina produces the tiny exact center of the visual field and clearest vision.

Using the exact center of the visual field activates perfect central-fixation, clearer than 20/20 central vision and maximum clarity of the peripheral vision. Clarity of the entire visual field improves.

When the eyes see clear with the center of the visual field, the central light ray focuses exactly on the center of the fovea centralis in the center of the macula, retina. The peripheral rays focus perfect onto the peripheral area of the retina. Vision is perfectly clear; Central vision is clearer than 20/20 and peripheral vision, which is naturally less clear than central vision, is at its maximum clarity.

Shifting on small objects, small parts of objects at close and far distances with the exact center of the visual field results in very clear vision. Small details of objects are seen clear at all distances.

Practice shifting on the small parts of the crater's on the moon for clear distant vision and on small, tiny parts on a piece of jewelry, in a stone for clear close vision. Blink and relax.

When the eyes shift to a different object, the center of the visual field moves with the eyes to the new object. The head/face and body move with the eyes at the same time, in the same direction.

This keeps the object the eyes are looking at in the center of the visual field.

When the vision is very unclear, people often develop the Incorrect Vision Habit of trying to see with the peripheral field of vision, the peripheral area of the eyes retina. Persons with cataracts, macula degeneration, extreme nearsight, farsight acquire this incorrect habit. Trying to see a object clear by placing it in the peripheral field strains, tenses the eyes, eye muscles, retina and causes, increases the blur, astigmatism, cataracts, macula degeneration and leads to other eye problems.

The central light ray must focus on the center of the fovea centralis in the macula, center of the retina (not the peripheral area) to produce clear vision.

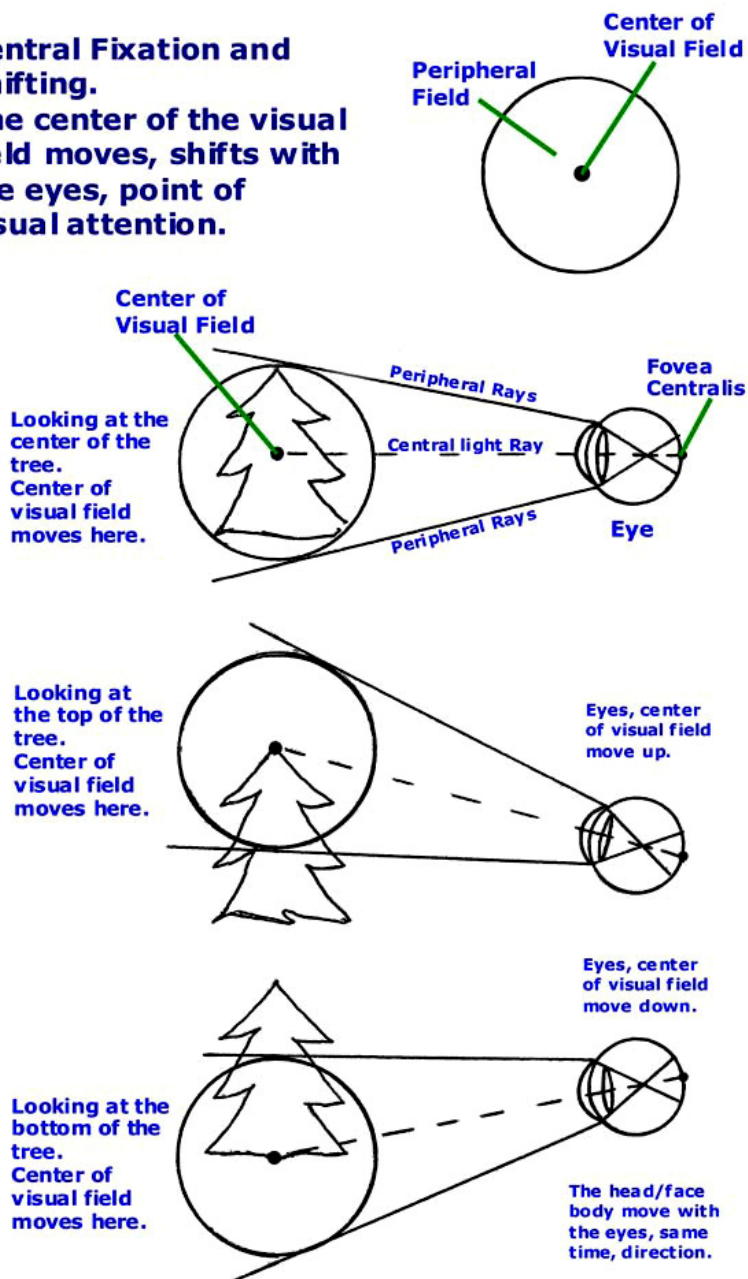
Central-fixation; placing the part of the object the eyes are looking at in the exact center of the visual field, keeps the central light ray on the fovea centralis resulting in clear central vision and perfect focus of peripheral light rays on the peripheral area of the retina for maximum clarity of central and peripheral vision.

As the eyes, 'center of the visual field' moves from object to object, part to part, (point to point); the central light ray from each part of a object the eyes look at, one small part (point) at a time, focuses on the center of the fovea centralis.

Seeing with central-fixation, the center of the visual field reverses and prevents unclear vision, astigmatism, cataracts, macula degeneration, crossed, wandering eyes and other eye problems

Central Fixation and Shifting.

The center of the visual field moves, shifts with the eyes, point of visual attention.



The eyes face directly at the object of visual attention, placing the center of the fovea centralis/visual field directly on the part of the object the eyes are looking at.

The eyes, head/face, center of visual field are directed at the part of the object the eyes are looking at.

The center of the visual field moves with the eyes (& head, face) as the eyes move 'shift' from part to part on the object and from object to object.

The Central light ray from the part of the object the eyes are looking directly at/center of visual field focuses on the exact center of the fovea centralis in the center of the macula, eyes retina.

Peripheral rays focus on the peripheral areas of the retina. Vision is perfectly clear.

resulting in healthy eyes and clear vision.

Ophthalmologist Bates taught, that when looking at a object; one small part is seen clearest at a time. The center of the visual field is clearest and the peripheral is less clear.

This is normal. This is central-fixation.

Example; look at the apple.

Trying to see the entire apple (parts in the central and peripheral field) perfectly clear at the same time, without shifting the eyes, visual attention part to part causes strain and blur.

The eyes relax and the apple is seen clear by seeing one small part of the apple clearest at a time in the center of the visual field and shifting continually, easy from part to part. Each part the eyes shift to, look at is seen clearest, perfectly clear in the center of the visual field, one part a time.

Example; look at/see the dot on the left clearest, then look at/see the dot on the right clearest, then the dot on the top, then bottom, then middle.

The center of the visual field moves with the eyes from dot to dot, keeping each dot (part) the eyes look at clear. The apple is seen clear.

Staring; eye immobility causes unclear vision;

+Example; stare at one small part of the apple (one dot) without moving the eyes to another part.

Keep the eyes immobile, looking at only one part.

In a second or two, eyestrain is felt and the clarity of vision lowers.

+Trying to see the entire object, all parts, central and peripheral field clear without moving the eyes from part to part also causes strain and blur.

+Trying hard to see clear, squinting, staring causes strain and blur.

+Relaxation and eye movement (no effort to see) brings clear vision.

The eyes relax and vision is clear when the eyes apply shifting with central-fixation; see one small part clearest at a time in the center of the visual field and move the eyes by shifting continually, slowly, relaxed, easy from one small part to another.

This is the normal function of the eyes.

As slow, continual shifting is practiced, faster shifting occurs subconsciously, a automatic eye function. Saccadic, microscopic and other eye movements. The eyes can shift so fast with the center of the visual field moving quickly from small part to small part that the entire object appears clear. In reality, only one small part is seen clear at a time as the center of the visual field passes over that part. The center of the visual field may be on a part for only a fraction of a second. During that fraction of a second, the part is in the center of the visual field and is seen clearest.

Practice shifting and central-fixation and the eyes, brain will activate these Natural Correct Vision Habits/functions and clear vision automatically, all the time, 'on their own'.

Practicing, imitating normal eye function to return the eyes, visual system back to normal function.

The eyes, brain produces many different types of eye movements; larger/longer movements as the eyes shift from object to object and part to part on a object, smaller movements when shifting on smaller objects, small and tiny parts of objects, saccadic shifts, high frequency vibrations, optical drift, natural tremors, small, tiny, microscopic and other movements. These movements combine, integrate together and produce hundreds, thousands of eye movements in a few seconds! The movements keep the eye muscles relaxed, pull light into the eyes, keeps the vision very clear, clearer than 20/20.

This is the natural, optimum function of the eye.

All eye movements are subconscious, automatic. Eye movement occurs like a automatic habit; shifting, a Correct, Natural, Relaxed Vision Habit. Relaxation brings clear vision.

When vision is unclear and the eye muscles are tense, all eye movements are reduced, imperfect, rigid, too slow. This causes unclear vision.

When the eyes move continually, frequently, easy, vision is clear.

Watch a person that has clear vision. Notice their correct eye movement; when looking at distant or close objects; the eyes move, shift continually from object to object, part to part, small point to small point on objects. Most tiny movements are seen only with a special Ophthalmologist's instrument.

Practicing shifting, relaxation, central-fixation and all Correct Vision Habits returns all eye movements to normal, resulting in eye muscle relaxation and clear vision.

The brain activates all eye movements. Relaxation of the mind/brain improves function of the brain, activates normal eye movements and clear vision.

Dr. Bates teaches that tension, strain in the mind tenses the eye muscles, eyes and causes unclear vision. When the mind relaxes, the eyes, eye muscles relax, the eyes move, shift easy, effortless, perfect and relaxed. Vision is clear.

Practice shifting easy, without effort - a relaxed, natural, correct vision habit.

When the eye moves, shifts with ease - it relaxes and this relaxes the mind/brain, visual system and body. This relaxation further improves the eyes movement and relaxation.

Practice shifting and central-fixation on any size objects; small, medium, large at any distance; close, middle, far.

+The object the eyes are looking at is in the center of the visual field and is seen clearest.

+The part of the object the eyes are looking at is in the center (exact center) of the visual field and is clearest, clearer than other parts the eyes are not looking directly at.

Avoid staring at a object, part of a object. Shift from object to object, part to part.

Practice the fine detail shifting point to point eye movement and see the clarity of vision improve. Shifting moves the clear center of the visual field from part to part on objects and from object to object throughout the visual field keeping the vision clear.

Central-fixation - To see one small part of a object clearest at a time in the center, clearest area of the visual field.

Shifting is combined with central-fixation.

Staring, eye immobility, eyestrain, eye muscle tension and blur occur when the eyes look at one point (part) of a object for longer than a second without shifting to a new point and, when the eyes try to see all points (all parts) of a object clear at the same time without shifting from point to point, from one part to another.

The eyes must shift (move) to maintain relaxation and clear vision.

People that have unclear vision stare, squint, avoid central-fixation and shifting.

The normal eye, functioning with clear vision shifts to a new point every fraction of a second.

The shift may be long from one object to another object or shorter, from one part of a object to another part or the shift may be a very small, tiny shift from one tiny point to another point.

Example; only 1/64 inch or less from one side of a small dot to the other side then back to the original point. As long as the eyes move/shift, relaxation and clear vision remain.

The center, clearest area of the visual field moves with the eyes from object to object, part to part (small point to small point) on objects keeping each part of a object the eyes look at in the center of the visual field and perfectly clear.

The center of the visual field is clearest.

The peripheral field is less clear.

See clearest with the center of the visual field.

Central-Fixation Videos

<http://www.youtube.com/watch?v=-HcAMLGptHo>

http://www.youtube.com/watch?v=-HcAMLGptHo&feature=mfu_in_order&list=UL

Here is another Example; In pictures # 1 to 5 on pg. 56, the circle represents the visual field.

The green dot is the center of the visual field. The green dot/center of the visual field is clearest.

(The exact center of the visual field is smaller than the dot and is most clear but, for this example the green dot is made larger for easy viewing).

The peripheral area of the visual field consists of all areas of the circle around, near and away from the green dot/central field.

The center of the visual field and peripheral field move with the eyes as the eyes move/shift from object to object, part to part on objects.

The head/face and body move with the eyes at the same time, in the same direction the eyes move to keeping each part of the object the eyes look at; between the eyes, at eye level, in the center of the visual field. This also keeps the eyes, head, face, neck and body muscles relaxed, moving easy.

In pictures # 1 to # 6 the center of the visual field (green dot) moves with the eyes from object to object placing the part of the object the eyes are looking directly at in the center, clearest area of the visual field.

Move the head/face with the eyes when shifting from dot to dot.

When looking at a dot, continue to shift on the dot - shift point to point on even smaller parts of the dot for perfect central-fixation and shifting. Blink.

Shift to other smaller parts of the part of a object.

Example; shift around on the house door, then on the tree - branch to branch., the chimney, along the fence... Blink and relax. Breathe deep, abdominal. Yawn, stretch.

It is normal to turn the head, face eyes to the left, right... without moving the entire body to glance at a object but if the position is maintained; the entire body, head/face must face the direction the eyes are facing in order to keep eye, head, neck, body muscle relaxation, easy movement.

Avoid incorrect posture, Incorrect Vision Habits;

+Avoid looking to the left, eyes directed left <, with the head/face, body facing in the opposite direction to the right >.

+Avoid looking to the right > with the head, face, body directed to the left <.

+Avoid looking up with the head, face, body directed down.

+Avoid looking down with the head, face, body directed up.

+Example; Eyes looking left < at a page on the left side of the computer monitor while the head, face, body are directed straight ahead to the computer screen or to the right > of the screen.

Try this incorrect posture, only once, to experience the tension, pulling, strain it causes in the eyes, head, neck and body. Then you know to avoid this incorrect posture.

Keep good eye, head/face, body posture; The eyes, head/face, body turn, face in the same direction; Eyes, head/face directed at the page or the computer screen. One object at a time.

+Example-Incorrect eye/head/face posture;

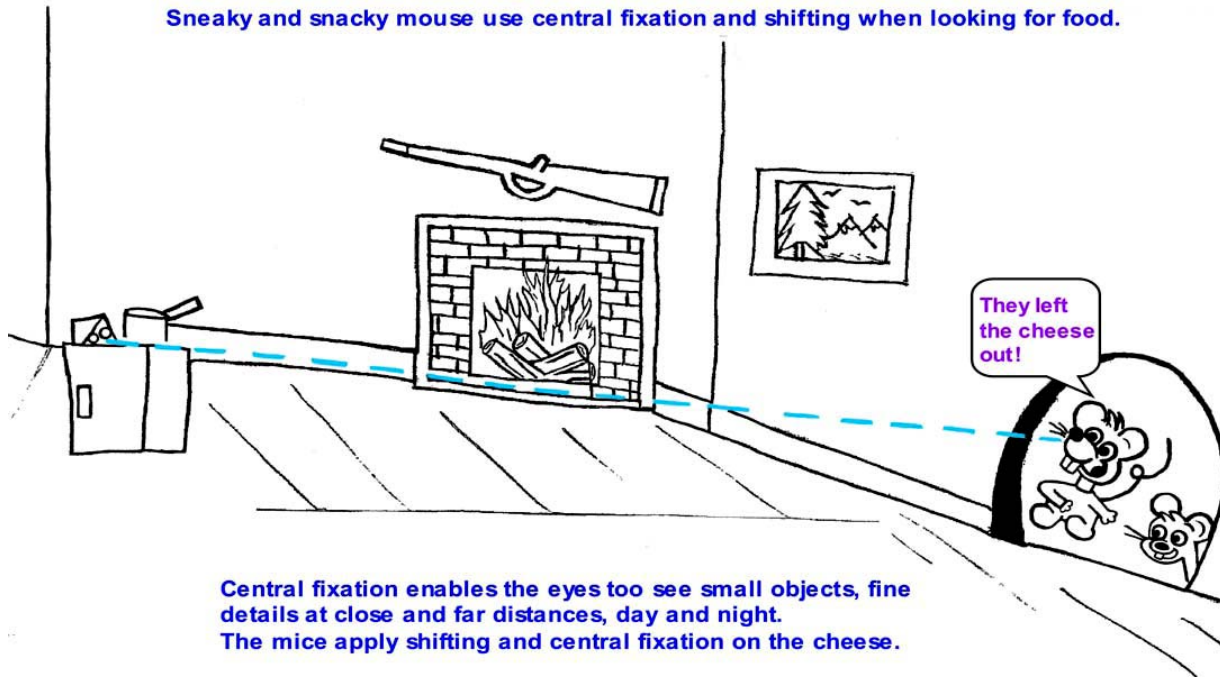
Eyes looking up over the top of eyeglasses with the head, face directed down.

Eyes looking down through the bottom of eyeglasses with the head, face directed up.

Bifocals also cause these Incorrect Vision Habits.

All these incorrect postures, vision habits cause eye muscle tension, dysfunction, eyestrain, neck, head/face, body muscle tension, immobility, unclear vision, astigmatism.

Sneaky and snacky mouse use central fixation and shifting when looking for food.

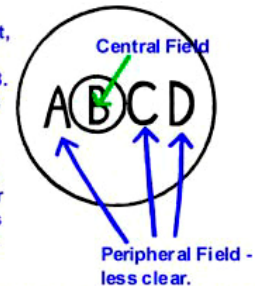


Central fixation enables the eyes too see small objects, fine details at close and far distances, day and night.
The mice apply shifting and central fixation on the cheese.

CENTRAL FIXATION.—When the sight is normal one is always able to demonstrate that things regarded are seen best while those not regarded are always seen worse. With Central Fixation if one recognizes or sees a letter correctly, all other letters are seen worse. With the best vision that can be obtained it can be demonstrated that one cannot see a letter or any other object perfectly without seeing one part best. No matter how large or how small the letter or object may be, it is impossible to see it perfectly without Central Fixation. Many people believe that when they look at a small letter or a small period that they see it all at once; but, when you notice the facts, one finds that to see or to try to see a letter, a number of letters all perfectly, the vision becomes modified or imperfect. Some persons with unusually good vision can read the Snellen Test Card so rapidly that they have the impression that they see all the letters perfectly at the same time. It requires, in some cases, considerable trouble to demonstrate that this is impossible. In some obstinate cases it has required not only some hours but some days to prove that this is a fact. The letters of the Snellen Test Card are equally black. To see one blacker than the others, or a part of a letter blacker than the rest of it, is seeing something which is not so. The large letters and the small letters are printed in the same ink and all are equally black and although one cannot read the letters unless they see them by Central Fixation it is still, nevertheless, an illusion. One should emphasize the fact that it is possible to have illusions or that one cannot see perfectly unless the illusion of Central Fixation can be demonstrated.

Ophthalmologist William H. Bate's Better Eyesight Magazine.

Person is looking at, shifting on the middle part of the B. The middle of the B is in the center of the visual field, is seen darkest black, clearest. The center of the visual field is seen best, clearest.



All parts of the B that are away from the middle part that the eyes are looking directly at and other letters around the B are in the peripheral field and are seen less clear. They are seen clearest only if the eyes, central field moves onto them.

Shift left and right, top and bottom, middle, diagonally and in any direction on the E and see it move in the opposite direction. Practice on the dots: shift dot to dot and see the E move.



PLACE THE CENTER OF THE VISUAL FIELD ON THE PART OF THE OBJECT THE EYES ARE LOOKING AT. SHIFT, MOVE THE EYES (VISUAL ATTENTION/CENTER OF THE VISUAL FIELD) FROM OBJECT TO OBJECT, PART TO PART.

#1 - Looking at the middle of the house door.

The part (middle of the door) is in the center of the visual field and is seen clearest.
(See green dot/center of the visual field).
Other parts of the door, house, and other objects are in the peripheral field and are less clear.

#2 - Looking at the middle of the tree on the left.

(Notice the entire visual field, central and peripheral has moved left with the eyes, head/face, body).
The middle of the tree is in the center of the visual field and is seen clearest.
(See green dot/center of the visual field).
Other parts of the tree and other objects are in the peripheral field and are less clear.

#3 - looking at the middle of the tree on the right.

The middle of the tree is in the center of the visual field and is seen clearest.
(See green dot/center of the visual field).
Other parts of the tree and other objects are in the peripheral field and are less clear.

#4 - Looking at the middle rung of the fence.

The middle rung is in the center of the visual field and is seen clearest.
(See green dot/center of the visual field).
Other parts of the fence and other objects are in the peripheral field and are less clear.

#5 - looking at the top of the house.

The top is in the center of the visual field and is seen clearest.
(See green dot/center of the visual field).
Other parts of the house and other objects are in the peripheral field and are less clear.

1 to 5 is the normal, correct function of the eyes; central fixation and shifting.

Dr. Bates taught his students how to experience incorrect use of the eyes, eyestrain and blur in order to know how to avoid these conditions and use the eyes correct for clear vision.

Try this experiment; Look at diagram # 6. Stare at one dot.

Don't shift to another dot - do not move the eyes.

In about one second eyestrain and unclear vision occurs.

Now, try to see all the dots equally clear at the same moment without shifting, not moving the eyes. Again eyestrain and unclear vision occurs.

This is staring, a main incorrect vision habit that causes eyestrain, eye muscle tension and unclear vision. Squinting, a form of staring also causes eyestrain and blur.

Next; shift from dot to dot .

Notice that shifting prevents eyestrain, tension, blur.

Shifting relaxes the mind, body, eyes and brings effortless clear vision.

Relax, blink and shift.

#6 - Central fixation and shifting relaxes the mind, body, eyes and maintains clear vision.

Central fixation; see one small part of a object clearest at a time in the center of the visual field and shift; shift continually from one small part to another small part;

Shift from dot to dot on the objects in diagram # 6.

Shift continually, relaxed, easy from part to part, (small point to small point - dot to dot) on the objects; trees, house, fence, lawn.

Blink, breathe slow, easy and relax.

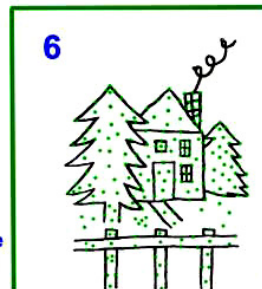
See each point (small green dot) clearest in the center of the visual field, one small point (dot) at a time.

Then practice this shifting and central fixation without the dots on any objects at any distance; close, middle, far.

Avoid trying to see clear. Just relax and shift.

Central fixation and shifting causes the center of the visual field to be much clearer than 20/20 with areas around, near the central field to be at 20/20 and clearer and the peripheral field at maximum clarity and function.

Central fixation improves the clarity of the entire visual field.



Shift from part to part (dot to dot).

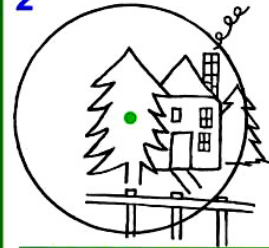
Looking at the middle area of the door

1



Looking at the middle of the tree on the left.

2



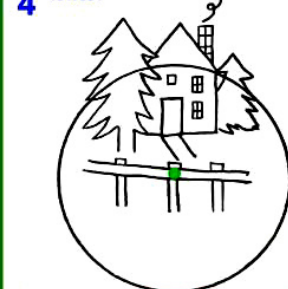
Looking at the middle of the tree on the right.

3



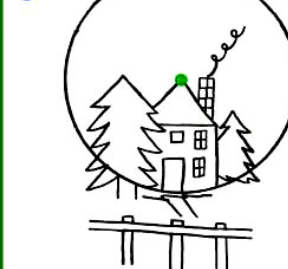
Looking at middle rung of the fence.

4



Looking at the top of the house roof

5



4 - BLINKING - Allow the Eyes to Blink, Relax.



Blink soft, easy, light. Like a butterfly opening and closing its wings.

Blinking causes the eyes to move, shift automatically.

Blinking improves eye movement, shifting.

Blinking prevents staring, squinting, eyestrain and blur.

Blinking keeps the eye muscles relaxed. Blinking activates normal

tear production and distributes/coats the eyes, corneas with tears. Tears contain water, oil, nutrients, natural antibiotics and other substances that nourish and protect the eyes, corneas.

Tears prevent dry eyes. Tears act as a natural contact lens that increases the clarity of vision.

If your eyes are dry; avoid dry air, dry heat and chemicals.



Blink often, relaxed, easy.

Blinking prevents staring, strain, effort to see and unclear vision.

Blinking causes the eyes to shift automatically.

Blinking coats the eyes with healthy tears and improves the eyes production of tears. A coating of tears on the eye, cornea improves the clarity of vision and protects the eyes, keeps them moist.

Avoid eye-drops, sinus sprays, drugs and drugs to increase tears. Many prescription and non prescription drugs to treat health problems cause dry eyes, cataracts, glaucoma and other eye, health impairment.

Eye drops contain chemicals that destroy the eyes natural tear structure and prevents the eyes from producing natural tears. Toxic chemicals in eye drops, sinus sprays, all drugs travel through the body and the outer eyes, skin, sinuses, blood stream into the eyes, brain, body causing eye damage, unclear vision, impaired eye, brain, body health. A main side effect of popular prescription and non prescription nasal sprays is glaucoma, cataracts, impaired retina function, health, lowered color perception, unclear vision, dull, blind like spots in the visual field. The drug companies are now forced to state some of these side effects on the product label, advertisements.

Eye drops are addictive and cause dry eyes. Drugs sold to improve tear production impairs natural eye tear production and health of the body and eyes.

Avoid caffeine. Caffeine dehydrates the body, eyes.

When the eyes, corneas become dry; dust, dirt, a foggy white film can form on the cornea and cause temporary unclear vision.

A normally moist, smooth cornea refracts/focuses light rays perfectly.

A dry cornea may become slightly uneven, temporarily or contain dust, dirt and this interferes with perfect focus of light rays by the cornea, causing temporary unclear vision and astigmatism...

When the eyes have less tears, the natural contact lens effect of tears over the cornea that produces an increase in the clarity of vision does not occur.

Imperfect vision, slightly imperfect cornea surface, dirt... on the cornea blocks perfect central-fixation, precise shifting and this contributes to blur.

Unclear vision due to dry eyes is temporary.

Avoid using eyeglasses to treat this condition.

The glasses will cause, increase and maintain eye muscle tension, abnormal eye/cornea shape, impair shifting and all Correct Vision Habits, prevent vision improvement, increase and maintain the blur.

Sinus congestion, infection, bloody nose occurs from dry heat, air. Sinus pressure affects the eyes, eye muscles, nerves, eye shape, eye movement, clarity of vision and causes astigmatism.

Drink water to stay hydrated.

Use a warm steam humidifier with purified water to eliminate dry air in the home caused by dry heat and low humidity in the winter. This will keep the nose, sinuses moist. **No chlorine**, other chemicals, fragrance... in the water. Filter the water two+ times. Chlorine burns, dries the eyes, corneas.

Avoid rubbing the eyes. Placing pressure on the eyes increases irritation.

A bit of natural, pure sea salt in the water acts as sea air and kills germs, prevents sinus infection. Blink, yawn and shift the eyes to produce natural tears.

People that have unclear vision, especially eyeglass wearers do not blink enough. They avoid blinking, they stare, squint, strain, try hard to see objects. Their eyes are often immobile and shift infrequently.

Blinking causes the eyes to shift. Shifting, eye movement also increases normal tear production and coating of tears evenly over the eye/cornea.

Not blinking reduces eye movement, causes eye muscle tension, dry eyes and unclear vision.

People with clear vision blink often, easy, soft, quick. The left and right eyes blink together.

Blinking is automatic, a subconscious habit. Blink and shift for clear vision.

5 - BREATHING - Abdominal/Diaphragm Breathing Deep Breathing Improves the Clarity of Vision



Abdominal Deep Breathing relaxes the mind, body, eyes and improves oxygen, blood, nutrient, lymph and energy flow in the body, brain, eyes resulting in clear vision, healthy eyes. Deep breathing stretches, relaxes the neck, shoulder, head, face, chest muscles. Relaxation travels into the eye muscles improving the clarity of vision.

Abdominal breathing is also called Diaphragmatic or Diaphragm Breathing because the diaphragm muscle, located below the lungs helps to expand the rib cage during inhalation to increase the amount of air entering the lower and upper lungs. The diaphragm helps to contract the rib cage during exhalation to completely empty air from the lungs.

Practicing relaxation of the mind, body, good posture, Natural Vision Improvement activities and deep breathing will relax the diaphragm muscle, lungs, muscles in the chest, rib cage area, upper back, neck, head, eyes resulting in easy, full, relaxed breathing and clear vision.

Practice slow, comfortably deep abdominal breathing as shown in the pictures in this chapter. Practice relaxed deep breathing while shifting on objects and see the clarity of vision improve.

Avoid eyeglasses; wearing eyeglasses tightens all the upper body, neck, head and eye muscles and contributes to tense, restricted breathing and unclear vision.

+Breathe in - abdomen rises first, then stomach, then lower lungs inflate with air, chest begins to rise, then upper lungs/chest inflate with air, rise last.

+Breathe out - reverse order; upper lungs/chest exhale and lower first, then lower lungs exhale, stomach lowers, then abdomen lowers.

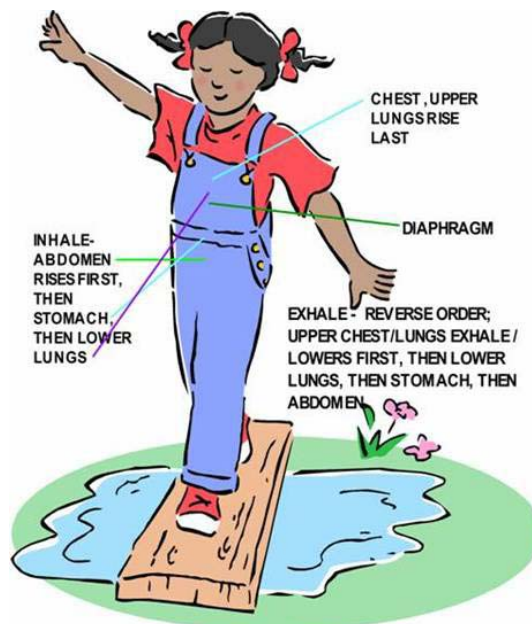
Breathe in a relaxed easy manner.

Breathe slow, deep (comfortably deep), just enough to receive a good amount of oxygen; do not force the air hard into the lungs. Avoid tensing and pulling the shoulders up and forcing the chest to rise. Let the shoulders drop down and relax and allow the chest to expand naturally, on its own when breathing in and lower by itself when breathing out.

Practice relaxation; let the mind and body relax deeper, more on each breath. When you exhale, relax more, completely let go, think a happy thought or think nothing, just relax. Let all the muscles relax; head, neck and body.

Practice while sitting or lying down. Practice abdominal breathing and deep relaxation while standing and walk around in perfect relaxation of mind, body, eyes. Practice shifting on objects and notice clear vision as oxygen travels to the brain, eyes and as the brain, eyes relax.

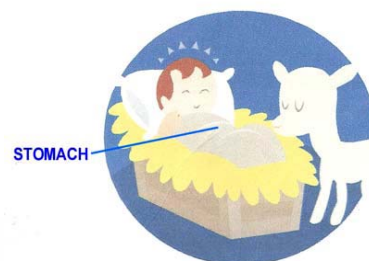
Abdominal breathing is a main skill taught in stress prevention classes.



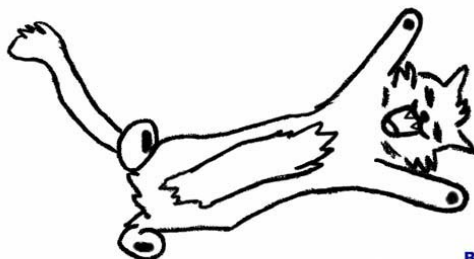
Watch a Baby Breathe

A baby breathes abdominally, natural; watch a baby sleeping or resting;

- +When the baby breathes in - the stomach rises.
 - +When the baby breathes out - the stomach lowers.
- The baby's chest rises last and not as much as the stomach.
Watch healthy children for a free Breathing lesson.



A BABY BREATHES CORRECT; NATURAL, RELAXED ABDOMINAL BREATHING. NOTICE THAT THE BABIES STOMACH MOVES UP AND DOWN; BREATHE IN - STOMACH RISES BREATHE OUT - STOMACH LOWERS.



Yawn, Stretch, Breathe Deep and Relax.
Copy your cat, dog or children for a perfect example.

Abdominal, Diaphragm Deep Breathing

Breathe in:
Abdomen and diaphragm rise (expand) first, before the chest rises; Abdomen rises first, then the diaphragm rises.
Next: The chest rises, expands; lower chest/lungs inhale, rise, then upper chest/lungs inhale, rise last.

Breathe out:
Chest lowers first; upper chest/lungs exhale, lower, then lower chest/lungs exhale, lower.
Next: Abdomen and diaphragm lower last after the chest: Diaphragm lowers, then abdomen lowers.

Basic Yoga Breathing Exercise

	Inhale	Hold	Exhale
Level 1 Beginner	4	4	4
Level 2	4	8	8
Level 3	4	12	8
Level 4 Expert	4	16	8

Yoga Breathing - Start at Level 1 Beginner. Do not advance to higher levels until lower levels are practiced, become easy.

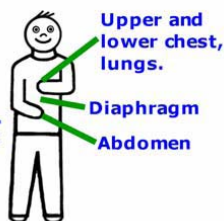
- Example: Level 1
+Inhale while counting 1,2,3,4. (About one number per second.)
+Then, hold the breath to the count of 4.
+Then, exhale to the count of 4. +Repeat.

Advanced Yoga breathing is done a specific way with the heartbeat, energy control and other variations.

Yoga breathing activates Chi, Prana, Kundalini and other energies. Before trying advanced methods always learn natural, safe ways to first open the body's energy centers/ Chakras so energy flows correct, easy. Never force the energy to flow. Let the energy flow on its own when the body, mind, spirit are ready, experienced, evolved.

See the book: 'Super Power Breathing' by Paul Bragg for safe natural breathing exercises.

Shoulders down, relaxed. Knees bent, back relaxes. Breathe and rock left and right.



Abdominal Breathing
Teachers state to breathe in and out through the nose only when practicing breathing and most of the time when not exercising at a faster pace... Its ok to breath through the mouth as needed.
Some Yoga exercises involve breathing with nose, mouth a specific way, order.



YAWN - Yawning is a Type of Breathing

Yawning stretches and relaxes the muscles in the neck, shoulders, head/face, jaw, eyes, chest, upper body, collarbones, back, ribs, all body muscles. Relaxation resonates into the brain, eye muscles, eyes-the outer and inner eye muscles relax. This improves the clarity of vision.

Yawn a few times. Stretch a couple times when yawning to also stretch and relax the back and all body muscles. Copy your kids, pets; dog, cat-notice how they stretch the entire body when yawning. This stretches, relaxes all the muscles, improves blood, oxygen, lymph, and energy flow in the muscles, all areas of the body. Yawn, Roar & Stretch!

Make a loud sound or sing, hum when yawning, stretching. Like a lion roars, dog makes a sound... when yawning, stretching. It massages, relaxes the bones, muscles in the head/skull, eye-socket, eyes, neck. (Neck tension is a main cause of eye muscle tension, unclear eyesight.)

Deep breathing, yawning, stretching improves blood, oxygen, lymph, energy flow in the body, brain, head, eyes, all organs, improves/balances the body's PH level/acid/alkaline balance and chemistry. Yawning, deep breathing prevents headaches, improves health of the liver.

Yawning relaxes the mind, body, eyes and clears, energizes the mind, brings the mind/mood to a positive state, positive thoughts, feelings. All these conditions improve the clarity of vision.

Most people can yawn just by thinking about it. Touching the end of the tongue to the top, back of the mouth helps to activate a yawn.

Yawning, Shifting & Blinking work together to produce tears, evenly coat the tears over the eyes, corneas, improve the tear glands production of tears. Tears cleanse, moisturize, nourish, protect the eyes and act as a natural contact lens increasing the clarity of vision. Yawn, blink and shift to activate natural tears.

The flow of tears improves eye health, function. I know a homeless lady that had cataracts. She was 80% blind. She said; "When she cried, eyes full of tears, her vision would return, was clear."

She began using the Bates Method, practicing on an eyechart outside at the train station. Shifting, central-fixation brought flashes of clear vision. One day she was sitting on the bus and heard a clicking sound next to her. She could not see through the cataracts. She then practiced shifting while looking in the direction of the sound, using her central field of vision. The vision cleared and she saw that it was a lady knitting yarn in the seat next to her. The clicking sound was the knitting needles. Her central and peripheral vision cleared.

Blinking causes the eyes to move, shift automatically.

Blinking, shifting, deep breathing, yawning prevents staring, eyestrain and blur.

Blink, Breathe, Yawn, Shift and Relax - Practice Relaxation, Deep Breathing with Shifting and See the Clarity of Vision Improve! Relaxed eye muscles move, shift the eyes perfectly, easy; shifting, central-fixation, blinking, convergence, divergence, accommodation, un-accommodation... all eye movements are relaxed, perfect, vision is clear at all distances. Practice breathing, yawning as the eyes shift on objects at various distances.

Normal breathing is usually in and out through the nose. Some breathing exercises teach breathing in through the nose and out through the mouth and nose and other variations to also control energy, various body functions....

Other relatives of healthy breathing are; Singing, Humming, Whistling.

Singing is also a form of dynamic, active, positive relaxation.

Singing, humming, making sound improves breathing, vibrates, aligns, massages the bones of the skull, massages the eyes, eye muscles, improves alignment of neck vertebrae, and relaxes muscles in the body, chest, shoulders, neck, head, face and eyes.

Eye muscles are attached to the skull bones and nerves, blood vessels... travel through, around the bones in the head, face, skull. Bones surround the eyes; the eye socket. When the bones are aligned the muscles, nerves, blood flow, function is improved. Aligned skull bones relax the eye muscles, return the muscles to normal function, coordination, corrects crossed, wandering eyes, astigmatism, blur and other conditions.

Singing improves the memory, imagination, creativity, activates and integrates the left and right brain hemispheres; Three things that work with the visual system for clear vision.

While singing the brain remembers, imagines, creates clear mental pictures of the story, things the person is singing about. Positive emotions are created or, if the song is sad, expression, release of negative emotions occurs.

Singing, making noise, creating sounds, (as children do naturally) produces all the positive effects listed above and energizes, balances energy in the body, brain, ears, eyes, improves function of the muscles, nerves, entire body.

Allow children (and adults) to make noise, sing, yell, play. It's healthy! It improves the mind, body and vision.

People with unclear vision, especially people that wear eyeglasses and squint, stare, strain, try hard to see clear often develop muscle tension and reduced movement in the neck, shoulders, head/face, eyes, arms, chest, collarbones, upper and lower back, body.

This causes muscle tension and constriction around the chest, rib cage and lungs causing short, shallow, tense breathing. More muscle tension occurs. Muscle tension in the body, especially the shoulders, chest/collarbones, neck can travel into the head and eye muscles lowering the eyes movement and clarity of vision.

The person may feel short of breath. Short, shallow breathing is an Incorrect Vision Habit that increases muscle tension, incorrect breathing and unclear vision.

Typing, writing all day without a break and using incorrect posture; bending, tilting the upper body, neck, head/face down, up, pushing, stretching the neck, head forward, up, twisted sideways, holding the arms, hands up high or too low for a long time when writing, typing, using the computer mouse... causes upper body, chest, collarbone, neck, shoulder., eye muscle tension, immobility, causes short, tense breathing, breathing with only the upper lungs and unclear vision.

Looking at the computer screen, one close distance all day long causes eye, head, neck, shoulder, body muscle tension, freezes the eyes, locks up the eye muscles, can slow divergence, convergence, eye movements resulting in unclear vision.

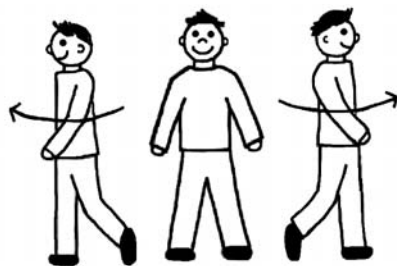
Muscle tension in the shoulders, neck and short tense breathing lowers oxygen, blood, lymph, nutrient, energy flow to the head, brain, eyes resulting in lowered vision, eye health.

Relaxation, deep, relaxed breathing, relaxed shoulders, neck, good posture improves blood, oxygen, lymph, nutrient, energy flow to the head, brain, eyes and increases the clarity of vision, improves eye health. Natural Vision Improvement Teachers combine deep breathing with shifting and other activities. This greatly improves visual clarity. When the eyes receive oxygen, nutrients; the retina, lens, all parts of the eyes, eye muscles are at maximum function. The brain works with the eyes. Bringing healthy oxygen to the brain improves function of the entire visual system.

Practice relaxation, abdominal breathing, correct posture. Get up and move, look to the distance. Blink, breathe abdominally, yawn, relax, look at a pleasant, interesting object, scenery and shift the eyes/visual attention on the objects.

When breathing is correct; the mind, body, eye muscles, eyes relax, the eyes move easy with shifting, central-fixation, all Correct Vision Habits and clear vision.

6 - MOVEMENT & Oppositional Movement



Eye movement - Shifting and Movement of the head/face and body with the eyes and Oppositional Movement - 'The Swing'. (See Better Eyesight Magazine.)

Face the object you want to see for perfect central-fixation, easy eye shifting, relaxed neck, body. The eyes, head, face and body move together, in synchronization, at the same time, in the same direction.

The object the eyes are looking at is in the center of the visual field, the eyes, head/face and body all directed toward the object. Central-fixation is perfect when the eyes, head, face and body are

facing the same direction, facing the object of visual attention.

It is normal to turn the eyes, head/face left, right, up, down... to look at something without moving the rest of the body but, maintaining this position too long pulls, twists, tenses the muscles in the eyes, neck, back, and entire body leading to impaired movement and unclear vision.



See the baseball player. When he hits the ball, he looks directly at the ball, turns and faces the ball with eyes, head/face and body directed toward the ball.

An object is seen clear when the muscles in the eyes, head/face, body are relaxed and the entire body moves easily. Face the object of visual attention and notice the muscles stay relaxed, eyes, head/face, neck, body move easily with clear vision.

The eyes, face, head should be facing in the same direction. Constantly looking out of the top, bottom, sides of the eyes, face; eyes in one direction with the face/head in the opposite direction (example; looking up with the eyes, with the face/head down, or looking down with

the eyes, with the head/face directed up) causes eye muscle tension, dysfunction, impairs central-fixation, shifting, movement, convergence, un-convergence, accommodation, un-accommodation and causes unclear vision and astigmatism.

Wearing eyeglasses, (especially bifocals) often results in this incorrect posture, this Incorrect Vision Habit; the person looks out over the top of close vision eyeglasses, eyes looking upward, head/face tilted down in the opposite direction to see distant objects or looks out over the top of distant vision glasses to see close objects, eyes up with face tilted down. The person looks out of the top section of bifocals, the eyes looking upward a bit and the head/face tilted down a bit or looks out of the bottom section of bifocals, the eyes looking down with the head/face tilted upward a bit.

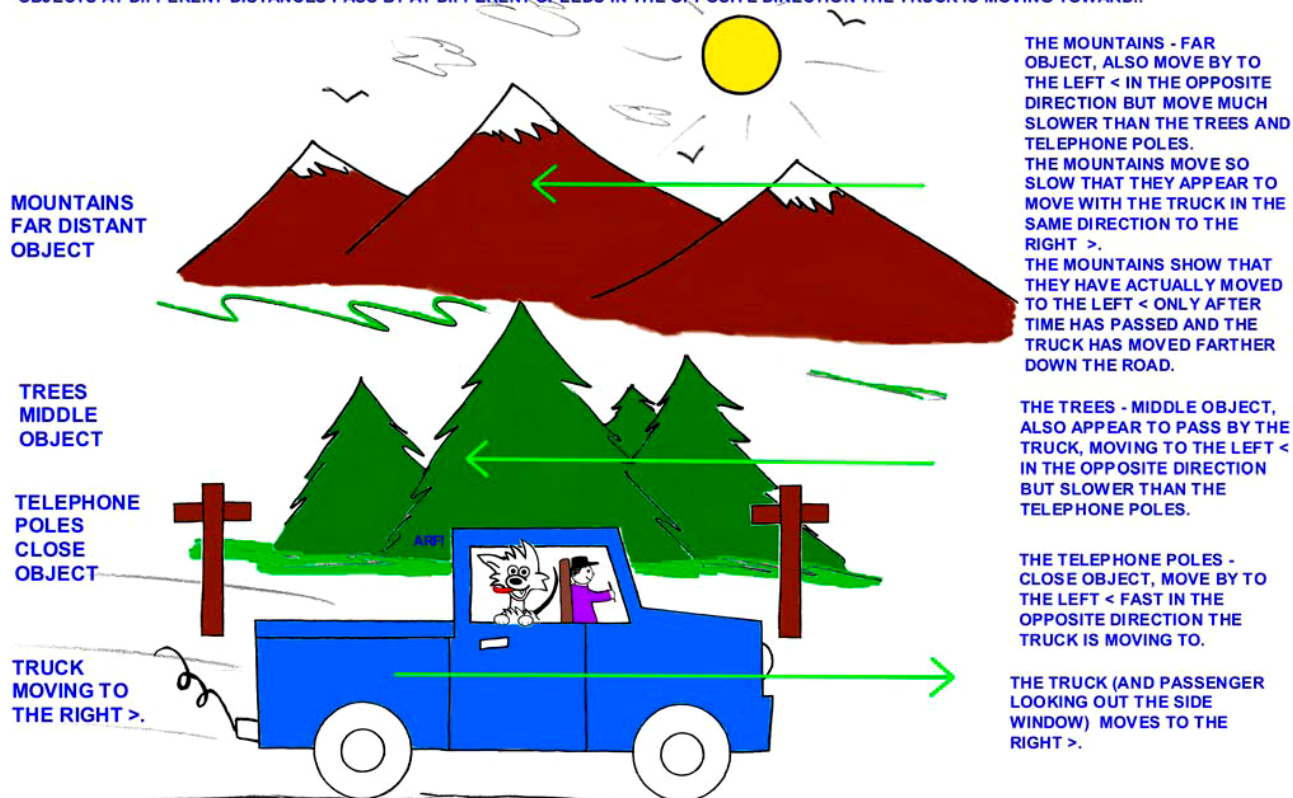
These incorrect postures/habits, even when its only a little bit, cause extreme eye, neck, shoulder muscle tension, impaired neck, eye movement, eye muscle dysfunction, blur, astigmatism, cataracts, lowered circulation in the head, eyes. Neck muscle tension further impairs head, eye movement and the neck tension travels into the eye muscles increasing eye muscle tension, impairing eye movement.

Face the object the eyes are looking at for relaxed muscles and clear vision.

OPPOSITIONAL MOVEMENT - See Oppositional Movement; 'The Swing'

Shift on a letter and see it appear to move in the opposite direction the eyes move/shift to. See objects show oppositional movement when walking or riding in a car, train...

SEE THE ILLUSION OF OPPOSITIONAL MOVEMENT WHEN RIDING IN A TRUCK. LOOK OUT THE SIDE WINDOW AT THE PASSING SCENERY AND SEE OBJECTS AT DIFFERENT DISTANCES PASS BY AT DIFFERENT SPEEDS IN THE OPPOSITE DIRECTION THE TRUCK IS MOVING TOWARD..

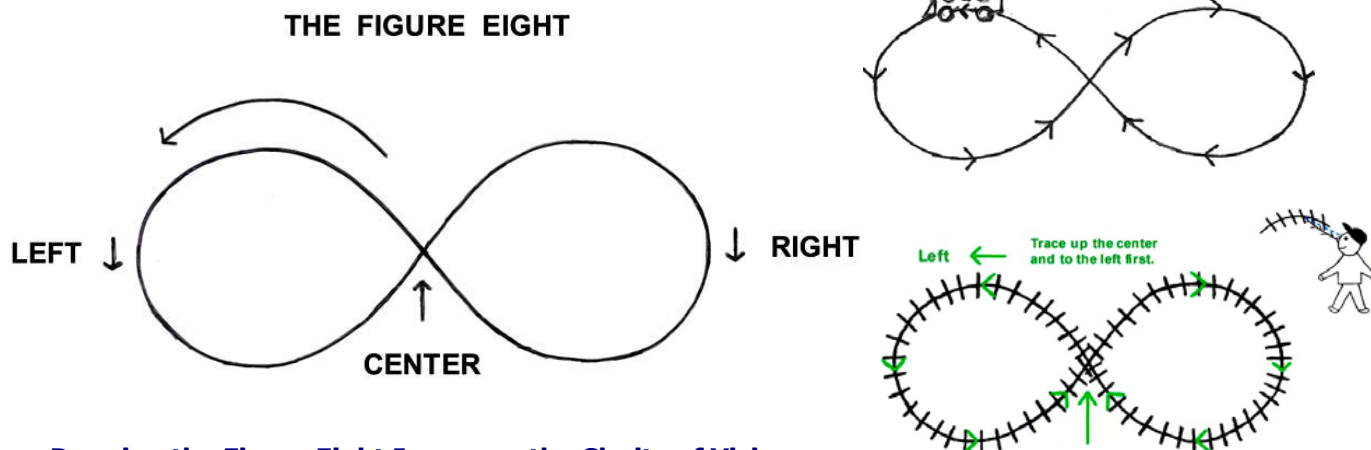


NOTICE THAT OBJECTS AT DIFFERENT DISTANCES APPEAR TO MOVE AGAINST EACH OTHER AS THE TRUCK MOVES; TELEPHONE POLES, TREES AND MOUNTAINS ALL APPEAR TO MOVE AGAINST EACH OTHER, IN OPPOSITE DIRECTIONS, AND AT DIFFERENT SPEEDS.
 EXAMPLE; TREES APPEAR TO MOVE LEFT < QUICKLY. MOUNTAINS APPEAR TO MOVE RIGHT >, SLOWLY AND EVENTUALLY SHOW THEY HAVE MOVED LEFT < VERY SLOW.
 THESE ARE ALL NORMAL ILLUSIONS. THEY HELP THE EYES, BRAIN JUDGE DEBT, DISTANCE BETWEEN OBJECTS, SPEED OF THE TRUCK, TIME OF MOVEMENT, DIMENSION AND OTHER INFORMATION.
 SEEING THE ILLUSION OF OPPOSITIONAL MOVEMENT IMPROVES EYE MOVEMENT, SHIFTING AND THE CLARITY OF VISION.
 OPPOSITIONAL MOVEMENT OCCURS EVERY TIME THE EYES SHIFT. SHIFT THE VISUAL ATTENTION FROM PART TO PART ON A LARGE OR SMALL OBJECT. EXAMPLE; A LETTER E. THE E WILL APPEAR TO MOVE IN THE OPPOSITE DIRECTION THE EYES SHIFT/MOVE TO. SHIFT RIGHT >, THE E MOVES LEFT<. SHIFT LEFT<, THE E MOVES RIGHT >. SHIFT TO THE TOP, THE E MOVES DOWN. SHIFT TO THE BOTTOM, THE E MOVES UP.

Do the rock, long swing in front of close and distant objects, relax and see oppositional movement of the objects. Taking time occasionally to see oppositional movement improves eye shifting, relaxes the mind, eyes and improves the clarity of vision.

THE FIGURE EIGHT, THE ROCK, LONG SWING, CROSS CRAWL MOVEMENT, RELAXATION, LEFT AND RIGHT BRAIN HEMISPHERE ACTIVATION AND INTEGRATION ACTIVITIES

THE FIGURE EIGHT (Infinity Swing)



Drawing the Figure Eight Improves the Clarity of Vision.

Trace the figure eight with the eyes and end of the imaginary Nosefeather. (Nosefeather is optional.) The eyes (visual attention, center of the visual field) and end of the Nosefeather move left and right, on/along the figure eight.

Trace up the center and to the left first <;

+Trace up and over the top left <, down the left side, along the bottom and up through the center again, then trace the right side;

+Up and over the top right >, down the right side, along the bottom and up again through the center.

+Trace the left side again, then right, left, right, left...

+The left side < is traced counterclockwise. < Activates Right Brain Hemisphere.

+The right side > is traced clockwise. > Activates Left Brain Hemisphere.

Do not stop in the center when tracing. Keep the eyes moving, continually tracing up through the center and around the eight, left and right.

Relax, blink, breathe abdominally.

Move the eyes, (visual attention, center of the visual field), tracing around the eight as if watching a small train moving along the figure eight. Follow the arrows in the picture.

Trace at a comfortable speed; not extremely slow, but too not fast.

Movement and relaxation is the goal.

Practice drawing imaginary figure eights in the air with the eyes and Nosefeather.

Draw large, medium, small eights. Fine print size eights.

Drawing the figure eight activates eye, head/face, neck and entire body movement. Movement activates relaxation, positive energy and improves the clarity of vision.

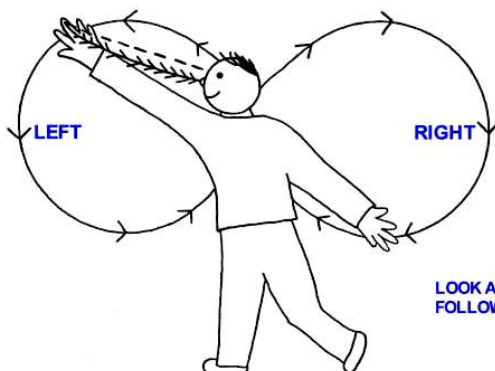
Draw railroad tracks on large, small and tiny pictures of the eight and trace on it with the eyes, Nosefeather to activate saccadic eye movements. Blink.

Natural Vision Improvement Teachers include entire body movement when drawing a large figure eight, (similar to the long swing.);

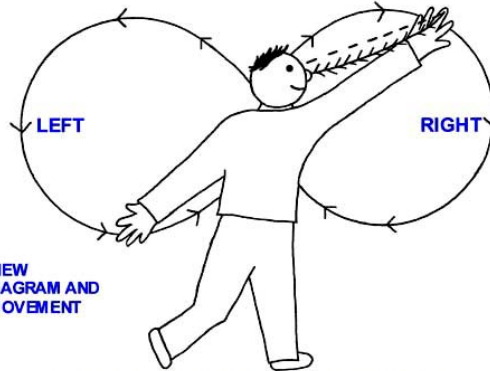
DRAW THE FIGURE EIGHT WITH THE EYES, HAND AND END OF THE NOSEFEATHER WHILE DOING THE LONG SWING.
FOLLOW THE ARROWS - START IN THE CENTER AND DRAW UP THE CENTER AND TO THE LEFT FIRST. DRAW THE LEFT SIDE AND BACK UP
THE CENTER. THEN DRAW THE RIGHT SIDE; DRAW LEFT, RIGHT, LEFT, RIGHT...

DRAW THE LEFT SIDE FIRST WITH THE LEFT HAND.
SWING, TURN LEFT AND LIFT THE HEEL OF THE RIGHT FOOT.
EYES LOOKING AT/SHIFTING ON AND MOVING WITH THE CENTER FINGERTIP OF
THE LEFT HAND AS THE HAND DRAWS THE EIGHT.
THE END OF THE NOSEFEATHER AND EYES (VISUAL ATTENTION) ARE ON
AND MOVING WITH THE LEFT HANDS CENTER FINGERTIP.
PALM OF HAND IS FACING IN TOWARD THE FACE WHEN IN THE CENTER, THEN
MOVES OUT STRAIGHT WITH THE ARM AS THE HAND DRAWS THE LEFT SIDE..

DRAW THE RIGHT SIDE WITH THE RIGHT HAND.
SWING, TURN RIGHT AND LIFT THE HEEL OF THE LEFT FOOT.
EYES LOOKING AT/SHIFTING ON AND MOVING WITH THE CENTER FINGERTIP OF
THE RIGHT HAND AS THE HAND DRAWS THE EIGHT.
THE END OF THE NOSEFEATHER AND EYES (VISUAL ATTENTION) ARE ON AND
MOVING WITH THE RIGHT HANDS CENTER FINGERTIP.
PALM OF HAND IS FACING IN TOWARD THE FACE WHEN IN THE CENTER, THEN
MOVES OUT STRAIGHT WITH THE ARM AS THE HAND DRAWS THE RIGHT SIDE.



LOOKING, MOVING LEFT WHEN DRAWING THE
LEFT SIDE ACTVATES THE RIGHT BRAIN
HEMISPHERE AND CLEAR DISTANT VISION.



BACK VIEW
LOOK AT THE DIAGRAM AND
FOLLOW THIS MOVEMENT

LOOKING, MOVING RIGHT WHEN DRAWING THE
RIGHT SIDE ACTIVATES THE LEFT BRAIN
HEMISPHERE AND CLEAR CLOSE VISION.

MOVING BACK AND FORTH; LEFT, RIGHT, LEFT, RIGHT AND PASSING ACROSS THE CENTER OF THE
EIGHT (MIDLINE/CENTER OF THE BRAIN AND BODY) ACTIVATES AND INTEGRATES THE LEFT AND
RIGHT BRAIN HEMISPHERES, CLEAR CLOSE AND DISTANT VISION AND EQUALLY CLEAR PERFECT
VISION IN THE LEFT AND RIGHT EYES.

DRAWING THE FIGURE EIGHT RELAXES AND BRINGS MOVEMENT TO THE EYES, HEAD/FACE, NECK,
BACK AND BODY AND ACTIVATES CORRECT VISION HABITS.
THIS ALSO IMPROVES THE CLARITY OF EYESIGHT.

Draw the left side; the left hand extends out and moves up and around counter-clockwise < to draw the left side < of the figure eight with the eyes (visual attention, center of the visual field) and end of the Nosefeather on and moving with the hand, eyes looking at, shifting on the left hands center fingertip, while the body also leans, turns to the left and the heel of the right foot raises off the ground. The hand, eyes and Nosefeather move around the left side, under the bottom, then up the center of the eight, body moving back to the center with the hand, eyes, Nosefeather. The heel of right foot returns to the ground.

The center fingertips of the left and right hands (palms facing inward toward the face) meet, touch together in front of the eyes in the center of the eight for a second as the eyes, end of the Nosefeather trace up through the center of the eight and shift from the left hands fingertip to the right hands fingertip. Do not stop in the center. Keep moving;

Draw the right side; then; the right hand extends out and moves up and around clockwise > to draw the right side > of the eight, with the eyes, (visual attention, center of the visual field) end of the Nosefeather on and moving with the right hand, eyes looking at, shifting on the center fingertip while the body leans, turns to the right and the heel of the left foot raises off the ground. The hand, eyes and Nosefeather move around the right side, under the bottom, then back up the center of the eight, body returns to the center and the heel of the left foot returns to the ground.

The left and right hands center fingertips touch in the center of the eight again as the eyes, end of the Nosefeather shifts from the end of the right hands fingertip to the end of the left hands fingertip and then the left side is drawn again. Do not stop in the center; keep moving, continue drawing; left, right, left, right...

The eyes, Nosefeather, head/face, body look at, move in synchronization with the moving hand as it draws the eight in the air. All move together, at the same time, in the same direction.

Drawing the figure eight increases relaxation and movement of the eyes, head, neck, shoulders and body, aligns the spine; lower, middle, upper back, neck vertebrae, improves balance, coordination, activates and integrates the left and right brain hemispheres, gets the eyes moving 'shifting', and moving together, correct. This results in clear vision at all distances, close, middle and far with equally clear vision in the left and right eyes.

The figure eight relaxes and brings full mobility to the neck. Neck, shoulder muscle tension, stiffness, limited movement is a main cause of eye muscle tension, dizziness, headaches, reduced blood/oxygen, lymph, energy flow to the eyes, head/brain and unclear vision. Neck relaxation and movement removes these conditions and returns clear vision.

Always draw the figure Eight as described in this book as shown in the pictures; up the center and to the left first <. Down the outer sides.

Do not trace down the center, up the outer sides, to the right first. This is a incorrect direction, it can imbalance the left and right brain hemispheres, their functions.

A small percent of the population have some brain hemisphere functions reversed. Contact an expert in this field for directions on drawing the eight if your hemisphere functions are reversed.

+Looking up to the left, < drawing a counter-clockwise circle activates the right brain hemisphere >.

+Looking up to the right, > drawing a clockwise circle activates the left brain hemisphere <.

An old exercise that balances the left and right brain hemispheres is alternating reading with the printed page normal, upright, then reading with the page, print upside down, backwards.

The Figure Eight (Infinity Swing) is a modern, improved, combined version of the elliptical, square, circular... swings described in Ophthalmologist Bates 'Better Eyesight Magazine'.

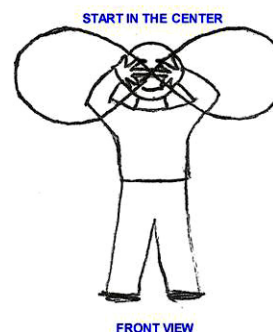
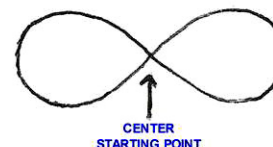
<http://www.youtube.com/watch?v=BjQW2C4CPbA> - Figure Eight Video

The Rock (Sway), Long Swing, Cross Crawl and Figure Eight are movement exercises that relax the mind, body, neck, eye muscles and eyes, breaks the staring habit, activates eye movement (shifting), brings synchronized movement to the eyes, head/face, neck and body, improves balance and coordination, activates and integrates the left and right brain hemispheres resulting in equally clear, perfect vision in the left and right eyes at all distances; close, middle and far.

Pictures in this chapter show left and right movements for a person facing the reader. To view the pictures for the readers left and right; view the picture in a mirror or place the picture on your chest, facing outward and look down at the picture for a moment to memorize the movement before trying it.



THE FINGERTIPS OF THE 3RD FINGER OF THE LEFT AND RIGHT HANDS TOUCH WITH THE PALMS FACING IN TOWARD THE FACE. THIS IS THE START POSITION AT THE CENTER OF THE FIGURE EIGHT.



Shift on a small letter and see a short swing.

E



Sway/rock left and right.

The Rock - (also called The Sway)

Stand with the feet about 1-2 feet apart.

Depends on your physical size. Usually 1 Ft. is correct, comfortable. Bend the knees a little.

Rock (sway) the body side to side, left and right.

The eyes, head/face and body move together, in synchronization, at the same time, in the same direction.

The neck is relaxed and moves freely.

Do not stop in the center.

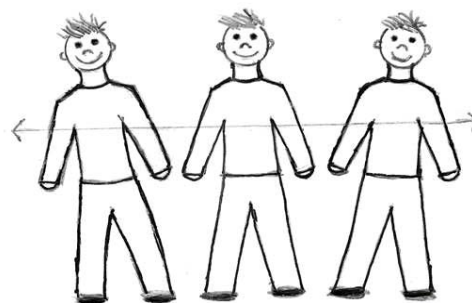
Rock slow, continually, relaxed; left, right, left, right...

Breathe slowly, relaxed. Blink soft, easy.

Think something positive, happy.

Rock 1 - 2 feet side to side.

THE ROCK



< ROCK RIGHT CENTER ROCK LEFT >

See 'The Swing' - Oppositional Movement;

+ Rock to the left < - close objects appear to move right >.

Distant objects appear to move with the eyes, head, body in the same direction to the left <.

+ Rock to the right > - close objects appear to move left <.

Distant objects appear to move with the eyes, head, body in the same direction to the right >.

+ When swinging left and right; close and distant objects appear to move against each other in opposite directions. Middle distance objects also show specific movements.

See Oppositional movement, pg 62.

The rock can also be done by moving ½ - 1- 4+ inches side to side. A small movement that can be done at work, in line at the supermarket... for relaxation, clear vision. 'A Short Swing'.

Try rocking a few inches forward and backward on the feet; heel to toe, toe to heel.

Practice shortening the rock; 'doing a shorter swing' and see a 'Short Swing' of Oppositional Movement; Rock side to side, left and right; 1 ft, 6, 5, 4, 3, 2, 1, ½ inches and see a shorter and shorter swing. Practice in front of any object. Rock in front of a eyechart; See the chart and letters move in the opposite direction a shorter and shorter, smaller movement as the rock is shortened.

Shift on a small letter, small object and see it move in the opposite direction the eyes, head move to; a small, short, tiny shift producing a short, tiny, swing of the small letter. Practice on a fine print letter. Short shifts produce; perfect saccadic tiny eye movements and central-fixation=very clear vision, small fine details of objects are seen clear. Practice on close and far objects.

Eye movement, shifting produces the swing of oppositional movement. See the Rock with Eyecharts in the eyechart chapter; Do a very short Rock and see a short, small swing of a letter on the eyechart as the eyes shift left and right on the letter with the movement of the head, body.

Eyes, head, body move together, same time, direction.

THE LONG SWING

The Long Swing - The Long Swing is a long movement of the eyes, head/face and body. A longer swing, long eye shift.

The eyes, head/face and body move in a long swing to the left and to the right. Follow the same directions as for the rock, except; the swing is longer and;

+When moving/swinging to the left <; turn and face the left.

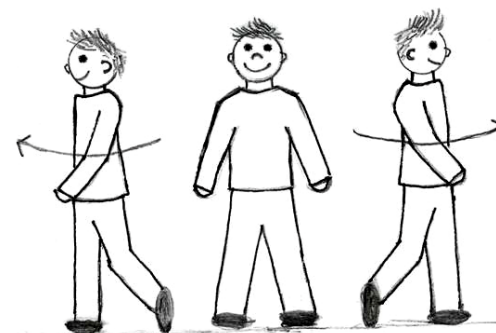
+When moving/swinging to the right >; turn and face the right.

Do not stop in the center. Swing left, right, left, right, left...

Swing left and right continually, relaxed, easy, semi-slow at a comfortable pace. Eyes, head/face and body move together, in Synchronization, at the same time, in the same direction.

+ When swinging, turning left, the heel of the right foot raises off the ground as the foot and body turns.

+ When swinging, turning right, the heel of the left foot raises off the ground as the foot and body turns.



TURN AND SWING RIGHT CENTER TURN AND SWING LEFT.

The Rock produces a Shorter Swing of Oppositional Movement.

The Long Swing produces a large, Long Swing of Oppositional Movement.

Example;

+ Swing and turn to the left < - close objects appear to move, swing by to the right >.

+ Swing and turn to the right > - close objects appear to move, swing by to the left <.

Do not stop and look at the objects that appear to move/pass by in the opposite direction the eyes, head, body are swinging to. Avoid locking the eyes onto the objects because this will interrupt the swing. Just relax, continue to swing and let the scenery pass by in the opposite direction.

When doing the rock and long swing, the feet do not have to be straight; let the toes point outward a little as is comfortable and provides best balance. Let the legs, feet turn naturally and the arms move freely as the body swings and turns left and right. Complete relaxation and freedom of movement.

The long swing and rock brings deep relaxation to the mind, body, eye muscles, eyes and clear vision, prevents staring and improves eye movement 'shifting', increases relaxation and movement of the neck, brings movement to the entire body, moves and aligns the vertebrae along the spine, back, neck, relaxes muscles along the spine, back, neck, eyes and entire body, improves balance, coordination and activates and integrates the left and right brain hemispheres. The rock, long swing and other Natural Vision Improvement exercises are similar to tai chi, qi gong exercises.

Practice 50 - 100 swings twice a day.

Morning for clear vision and relaxation throughout the day and night for relaxing sleep and clear vision in the morning. It prevents eyestrain, eye muscle tension during sleep.

The Cross Crawl - The Cross Crawl gets the body moving, improves balance and coordination and activates, integrates the left and right brain hemispheres.

Activating and integrating the left and right brain hemispheres activates perfect, equally clear vision in the left and right eyes at all distances, close and far and improves all brain hemisphere functions; memory, imagination, mathematics, science, art, music, positive state of mind, emotions...

+ Moving the left side of the body activates the right brain hemisphere. The right hemisphere activates clear distant vision and relaxation.

+ Moving the right side of the body activates the left brain hemisphere. The left hemisphere activates clear close vision and energy.

+ Moving the left and right sides of the body, Example; left foot/right hand at the same time and then, placing them together, in the center of the body, activates and integrates the left and right brain hemispheres, all brain functions. Clear vision at all distances.

Repeat with right foot/left hand.

Practice the cross crawl;

Stand with the feet comfortably apart.

1 - Lift the left knee up and touch it with the right hand.

The knee and hand touch in front of the center of the body.

Then release the knee and hand and return the foot to the ground.

2 - Lift the right knee up and touch it with the left hand.

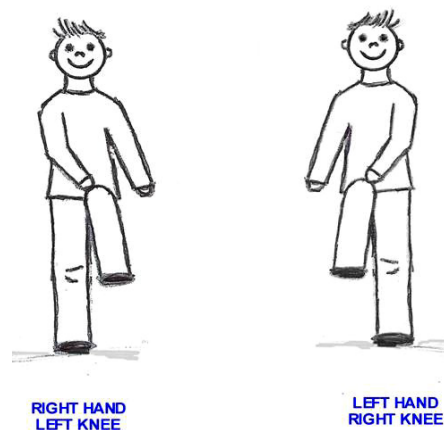
Knee and hand touch in front of the center of the body.

Then release the knee and hand, foot returns to ground.

Then repeat the exercise, continually switching back and forth; #1, #2, #1, #2...

Practice at a comfortable, easy pace.

Combine the Cross Crawl with the Figure Eight for increased left and right brain hemisphere activation and integration; Do the cross crawl while drawing the figure eight in the air with the eyes and imaginary Nosefeather.

THE CROSS CRAWL

Left and right brain hemisphere activation, integration keeps the vision in the left and right eyes equal, perfectly clear at all distances; close, middle, far and corrects crossed, wandering eyes. Left and right hemispheres work with the left and right eyes.

This exercise is similar; Draw a circle on the ceiling, sky while doing the cross crawl;
 + Looking up to the left, < drawing a counter-clockwise circle activates the right brain hemisphere >.
 + Looking up to the right, > drawing a clockwise circle activates the left brain hemisphere <.

Do this while practicing the cross crawl. Then move the eyes, visual attention freely, looking at any objects, directions while doing the cross crawl.

The picture below shows a **Variation of the Cross Crawl** done with hands and feet in the back and front of the body. The foot behind the body is touched for a second with the opposite hand. Then the hand/foot are released.

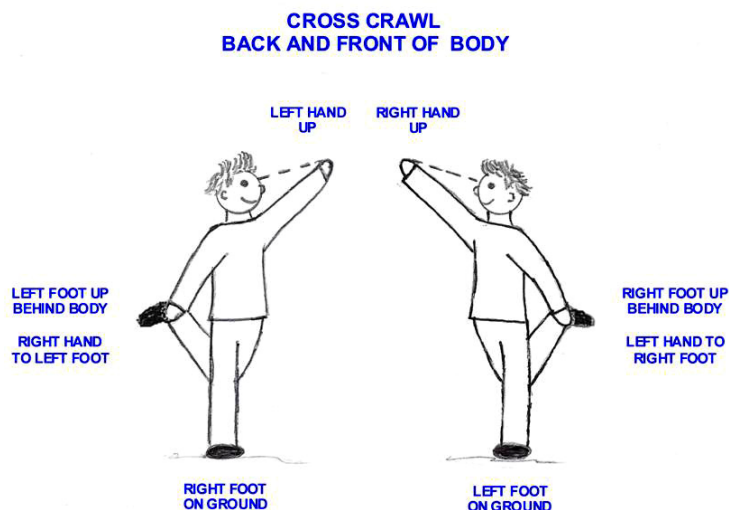
The person then switches hands/feet to the opposite side.

Example;

1- Reach out and up with the left hand and look up to the left at the hand.
 Place the left leg/foot up behind the body.
 The right hand reaches behind the body and touches the left foot (top of foot or toes) for a second.
 Then release the hand and foot.
 Foot returns to ground and left and right hands move down to the left and right sides of the body.

2 - Repeat with opposite hands, foot;
 Right hand up, look up to right hand.
 Right leg/foot up behind body.
 Left hand touches right foot behind body.
 Release hand, foot and left and right hands move down to sides.

Repeat; #1, #2, #1, #2...



A simple version is done without raising, touching the foot.
 Here's another exercise;

- 1 - Lift the right leg and right arm/hand > at the same time - Activates the left hemisphere <.
 Place them back down, then;
- 2 - Lift the left leg and left arm/hand < at the same time - Activates the right hemisphere >.
- 3 - Lift left hand/arm < and right leg > at the same time; then, right hand/arm > and left leg < at the same time - Activates both left and right brain hemispheres.

Many variations of the cross crawl can be done throughout the day to relax the mind, eyes, stay alert, activate maximum brain function and clear vision;

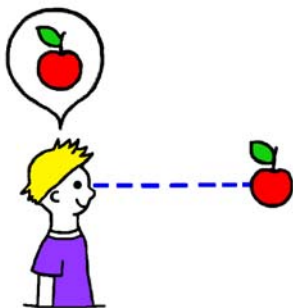
- + Move the fingers of the left hand and toes of the right foot at the same time.
- + Then, move the fingers of the right hand and toes of the left foot at the same time.

A baby uses one and opposite sided body movements when learning to move, crawl, walk. With practice more integrated, left and right, opposite hand/arm, leg movements occur. This develops left and right brain hemisphere functions, integrates the brain hemispheres. Forcing a baby to walk too soon, using baby walkers interferes with the baby's brain development and can cause crossed, wandering eyes, unclear vision. Practicing the cross crawl and other left and right hemisphere exercises can correct the brains function and the eyes movement.

Persons with extreme blur, many years wearing glasses may be rigidly set into a state of one brain hemisphere dominance. Other exercises may need to be done first before the cross crawl, figure eight... are effective. Some of the exercises on the pages in the E-book may help free up this tension, dominance.

A small percent of the population have their brain hemisphere functions reversed. The brain hemisphere exercises may need to be done in an opposite way for this condition. See Janet Goodrich's Natural Vision Improvement Books and her children's books for more directions.

7 - MEMORY, IMAGINATION & CLEAR VISION



Shift part to part on objects and remember, imagine the objects clear. Practice on small, large, any size objects at close, middle, far distances.
 + Remember, imagine and see the object the eyes are looking at clear while shifting part to part on the object.
 Practice remembering, imagining objects clear with the eyes; open, closed, open.



Shifting on the object with the eyes open and in the imagination with the eyes closed improves the memory, imagination image of the object in the mind and clarity of the object.

Remember, imagine the objects color is perfect.

When vision is unclear objects appear blurred and their color is lighter, duller.

Remembering, imagining objects clear with

perfect bright color improves the clear memory image of the object in the brain and the object is seen clear. Shift on and see parts of the object clear-look at smaller parts and remember, imagine them clear.

+ Practice daydreaming - Remember and/or imagine a pleasant object, scene, happy experience, favorite things... with the eyes open or closed. In the picture; the boy likes baseball-he gains relaxation, perfect memory, imagination and clear vision by palming and imagining playing baseball.

Example; fishing on the river, watching a boat on the ocean...

Let the mind drift from one pleasant thought to another.

Remember, imagine objects in the scene perfectly clear. Shift on the objects in the mind, imagine using all corrects vision habits.

Remember, imagine the objects in color.

Remember, imagine objects in motion; Boat moving on the water, ocean waves, birds flying, sun sparkling on the water... Look at a close object; sand, seashell in your hand. Shift on it, small part to small part. Hear the birds, feel and hear the wind blowing, feel the warmth of the sun.

Notice that the eyes continue to shift, move when shifting on a object in the mind with the eyes open or closed.

Vision is mainly mental, controlled by the brain.

That is the reason that relaxing the mind/brain improves the clarity of vision. When the mind/brain is relaxed, the brain, eyes function correct, the eye muscles relax, the eyes shift normally and vision is clear. The brain and mind are integrated, function together;

Brain=physical function of brain. Mind=thoughts, emotions, feelings, spirit.

+Left brain hemisphere-Mainly analytical, math, science, speech, memory, details, dominates close vision.

+Right brain hemisphere-visualizing, imagination, memory, creativity, art, music, feeling, emotion, spirit., dominates distant vision. The left and right hemispheres work with both left and right eyes and both close, middle, far vision/distances. The right hemisphere, more with distant vision, the left hemisphere, more with close vision.

Remembering, imagining positive, happy scenes, events, pleasant objects clear relaxes the brain, mind and eyes. Notice that the vision is clear when the mind is relaxed, happy, thinking something positive and not trying to see clear, not thinking, worrying about the eyes clarity of vision.

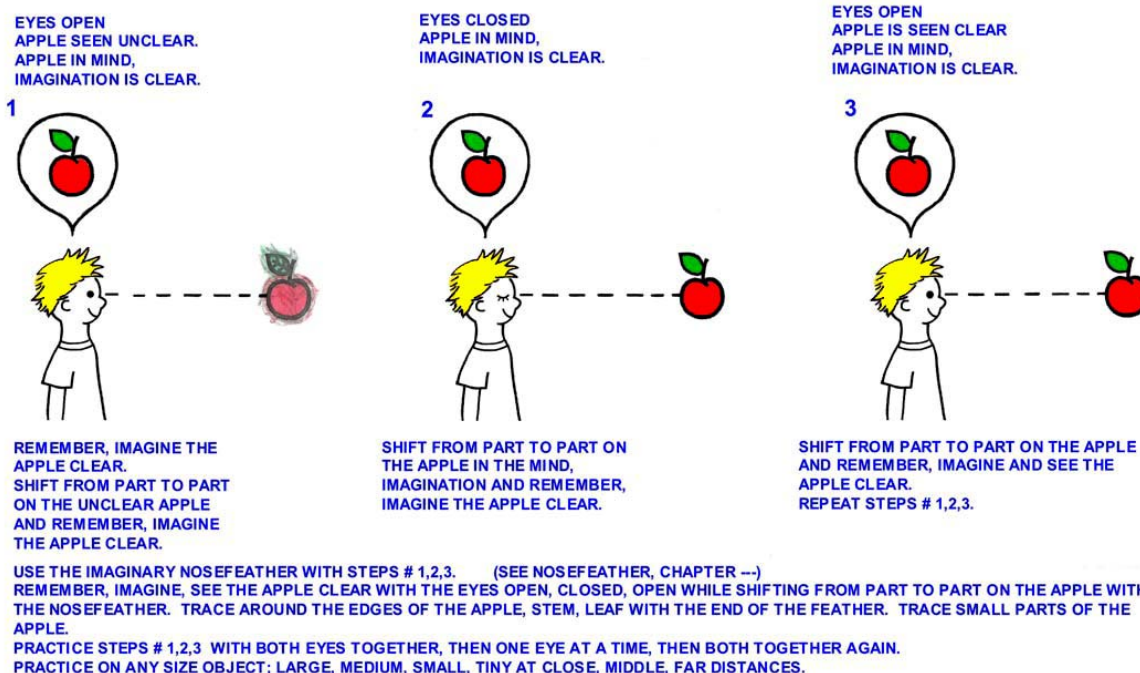
Palming can be used with the memory and imagination to increase relaxation of mind and eyes.

Always remember, imagine objects clear, store only clear pictures of objects in the mind.

Palming
 Imagining something that is fun, interesting, pleasant relaxes the mind, eyes, improves the clarity of vision. The boy gains relaxation, clear vision by imagining playing baseball, his favorite subject. He sees the imaginary objects clear, in color and in motion like a movie in the mind: Sees and feels the bat hit the ball and the ball fly into the field, wind blowing the grass, trees... voices of friends. Sees, feels the sun shining.



REMEMBERING, IMAGINING OBJECTS CLEAR IMPROVES FUNCTION OF THE BRAIN WITH THE EYES AND CLARITY OF VISION.



Improve and use the Memory and Imagination for Relaxation and Clear Eyesight

The brain controls the function of the eyes and clarity of vision. When the mind (brain) is relaxed it functions normally with the visual system, eye muscles, eyes, retina... and vision is clear.

Memory and imagination are main functions of the brain and visual system.

Memory and imagination function with the brain and eyes to produce clear vision.

When an object can be remembered and/or imagined perfectly clear, the brain, eyes produce a clear image of the object. This is the normal function of the visual system;

A baby learns to see clear by becoming familiar with objects.

Example;

The baby sees a new object; the eyes shift part to part on the object as the brain becomes familiar with the object and stores a mental picture of the object in the memory.

Each time the object is seen the mental picture is refined, perfected, becomes clearer and is reinforced in the memory. When the object is seen a few times it becomes a 'Familiar Object' and the brain stores a perfect clear image/picture of the object in the memory. Eye movements, shifting patterns on the object, the objects shape, size... are recorded in the memory.

When the object is seen again, the brain activates the clear memory picture of the object. This helps the brain and eyes work together to see the object clear. The brain sends messages to the eyes, eye muscles causing the eyes to shift quickly, perfectly on the object producing a clear image of the object. This process of storing clear pictures of objects in the memory occurs each time the baby sees a new object.

Notice that a new born baby's eyes move/shift less frequently when it is beginning to encounter, see new objects. The eyes move/shift faster, more frequently as the baby grows and becomes familiar with objects and the brain stores clear familiar pictures of the objects in the memory.

This continues into adulthood; notice that a new, unfamiliar object (usually a distant object that is unknown) may be a bit unclear until the eyes shift on it and the eyes/brain become familiar with the object; figures out the identity of the object. The person moves up close to the object, inspects parts, details. Viewing a unfamiliar distant object at a close distance helps the brain, eyes become familiar with it. Then the object becomes a 'familiar object' and is seen clear.

When a person strains, squints, stares, tries hard to see a unfamiliar object, the mind and eyes become strained and relaxation is prevented. The mind and eyes do not function together and the object is

seen unclear.

Familiar objects are relaxing to the eyes, mind because there is not any mental effort to see a familiar object. No strain. When the mind, eyes remain relaxed vision is clear.

Shifting, central-fixation, all Correct Vision Habits relax the mind and eyes.

Strain and unclear vision can be avoided when looking at a new unfamiliar object when relaxation and Correct Vision Habits are used. Relax, shift on the unfamiliar object and remember and/or imagine it clear, use central-fixation, blink and it will be seen clear.

Keep a Eyechart in the Home, School, at Work.

Look at the chart at close and far distances.

Shift on the letters, memorize the letters.

The chart will then become a familiar object.

Notice that it is easy to see the letters on the chart when the brain knows what the letters are, has a clear picture of the letters stored in the memory.

This is not cheating! This is the normal function of the visual system.

Practicing Correct Vision Habits on the familiar eyechart daily; (shifting, central-fixation...) keeps the mind, eye muscles, eyes relaxed, memory and imagination strong.

The relaxed mind, eyes can then see a unfamiliar eyechart and all other objects clear.

Shift on letters on two identical, familiar eyecharts placed at close and far distances. Remember, imagine the letters clear. (See Eyecharts Chapter and Videos.)

Practice looking at, shifting on the letters on the charts with; both eyes together, then with one eye at a time, then both eyes together again. If vision in one eye is less clear, practice a little more with that eye.

Remember, imagine the letters clear.

Practice at close, middle and far distances.

Use Correct Vision Habits;

+See one letter at a time clearest in the center of the visual field. Shift from letter to letter moving the center of the visual field over one letter at a time.

+See one small part of a letter clearest at a time in the center of the visual field and shift continually, relaxed from part to part on the letter, moving the center of the visual field from part to part, seeing one small part at a time clearest as the central field moves over the part.

Avoid squinting, staring, trying hard to see clear.

Blink and relax.

Example;

Look at the letter o.

Shift from small part to small part on the o.

Shift left and right, top and bottom, diagonally and in any direction.

Move the head/face with the eyes in synchronization; at the same time, in the same direction.

This will be a very small head movement when looking at a small o. The eyes, head, neck relax.

(Large letters, objects=the body also moves with the eyes, head/face.)

Shift right > on the letter; eyes, head/face shift/move right >.

Shift left < on the letter; eyes, head, face shift/move left <.

The eyes, head, face, neck, shoulders and entire body are relaxed and move freely.

Avoid becoming stiff, immobile when looking at the letters.

Movement activates relaxation of mind, body, eyes and clear vision.

Straining and staring; trying hard to see a letter clear, looking at one letter for a long time without eye movement causes eyestrain, eye muscle tension and blur.

If a letter is unclear, shift on it, then; look at/shift to a different letter or object.

Shift on that object. The shift 'movement' of the eyes stops/prevents staring, strain and activates relaxation and clear vision.

Then, when the eyes are relaxed, return to the original letter, shift on it, and it will be seen clear.

Remembering, imagining objects clear produces clear vision.

Remember a object clear, or, if the mind does not have a clear picture of the object stored in the memory; imagine the object clear.

The memory and imagination function together.

Improve one and both improve.

Practice steps 1, 2, 3, shown in the picture of the man shifting on the apple and remembering, imagining it clear on a letter on the eyechart.

Example; 

Shift from part to part on the letter o. Practice on large, small and fine print o's.

Remember/Imagine the o is dark black and clear. Store this clear picture of the o in the mind/memory. Imagine the vision is clear and the o is easily seen clear.

As the eyes shift from part to part on the letter, imagine each part is seen darkest black and clearest, one small part at a time, in the center of the visual field. Each part the visual attention, central field moves upon is dark black, clearest while looking at that part. (The eyes see one small part of a object at a time clearest in the central field, as the central field moves, passes over one part at a time. The central field may be on a part for only a fraction of second-during that fraction of second, that part (point) is clearest.)

Blink and relax. Take some slow, relaxed, deep breaths.

Relax, blink and rock side to side a little. (The rock chapter 6)

When a black letter is unclear, the letter also appears lighter black or grey.

When a black letter is seen clear, the color black is also perfect; dark black, with perfect outline and the white page is clear, pure white.

Remembering, imagining the letter dark black and clear, the way it should appear when seen clear, helps the brain and eyes function correct to produce the true correct clear image of the letter; dark black and clear. Relax, think positive. When the mind is perfectly relaxed the memory, imagination and vision are perfect.

Shifting on a object with the eyes open and shifting on the object in the imagination with the eyes closed improves the ability to maintain a clear image of the object seen by the eyes and in the mind when the eyes are open or closed. Shifting improves the memory, imagination, relaxation and clarity of vision.

Practice steps 1, 2, 3;

1 - Eyes open.

Shift on the letter o.

Remember, imagine the o is dark black and clear.

2 - Eyes closed.

Shift on the letter o in the mind/imagination and remember and imagine the o dark black and clear.

3 - Eyes open.

Shift on the letter o.

Continue to remember, imagine the o dark black and clear.

Check for vision improvement.

Repeat steps 1, 2, 3.

Read close vision-chapter 10. Remember and imagine the white spaces in and around letters and between sentences bright, pure, glowing white.

Imagine and see the 'Illusion of oppositional Movement' - 'The Swing' ; the o appears to move, a short, quick, easy 'swing' in the opposite direction the eyes shift to.

Shift left < - the o moves right >. Shift right > - the o moves left <.

Remembering, imagining and seeing the illusion of oppositional movement improves the clarity of the letter, relaxes the mind and eyes. The illusion of movement is due to the movement of the eyes.

Practice steps 1, 2, 3 and see the Swing with; both eyes together; - then with one eye at a time (left eye only; 1, 2, 3 -, then right eye only; 1, 2, 3, then left, then right...). If vision is less clear in one eye, practice extra time with that eye to get the vision equal, perfect in the left and right eyes.

Then practice with both eyes together again; 1, 2, 3. Practice with the eyes open, then closed, then open again. When using one eye-start with the clearer vision eye to get the best, clearest mental, memory image of the object into the brain.

Cover the eye not in use with a eyepatch and keep it open under the patch. Both eyes open, one eye

covered. When closing the eye in use; close the eye under the patch also.

Practice steps 1, 2, 3 using the memory and imagination with; eyes open, closed, open on any objects, at any distance, close, middle, far.

Practice on a flower or fine print letter at close distances.

Practice on a distant tree, house, mountains, the moon at night...

Remembering, imagining any object perfectly clear (with the eyes open or closed) relaxes the mind, eye muscles, eyes and causes all objects to be remembered, imagined and seen clear.

Remember, imagine objects that you enjoy, something pleasant that brings the mind, eyes to a relaxed, positive state.

Read 'Better Eyesight Magazine' for memory, imagination exercises; Example; imagining a beach-ball on the water, up close, large, then floating farther and farther out to sea, until it is in the far distance, a small tiny speck, dot. Shift on it when it is large/up close, and smaller/farther away and very small/into the far distance, the size of a small dot, period.

With practice of shifting, central-fixation, Correct Vision Habits a 'Flash' of clear vision will occur lasting about a second or longer. Future flashes of clear vision last longer and become permanent.

Avoid becoming immobile, staring, not blinking, attempting to hold onto the flash of clarity.

Continue to shift, blink, move, relax and flashes will remain.

(It is natural for the refraction, focus of the eye to change when shifting from one object, distance to another, but when the vision is clear, eyes, eye muscles relaxed, eyes functioning normal; blur is not seen because the change in refraction, focus is very fast, quickly changing for the new object, distance.

Staring, not moving the eyes causes eye, eye muscle tension, a slow, stiff change in refraction, focus resulting in appearance of blur.)

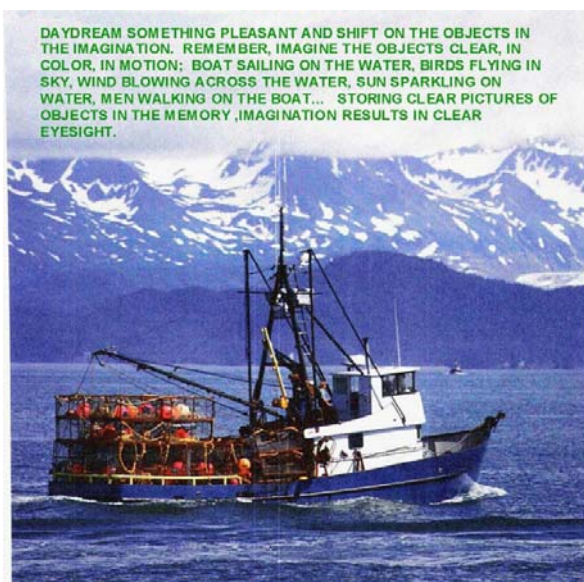
+When reading or (working on a project) using the eyes; notice that if the mind is bored with the subject being read, worked and the mind drifts to something different and visualizes mental pictures, thoughts of a different subject, different objects, while still trying to read, understand, think and visualize the subject in front of the eyes, the mind and eyes become strained trying to read, think two different things at the same time. This is diffusion-eccentric fixation-it prevents central fixation of the mind and eyes. This can cause eye muscle tension, eyestrain and unclear vision.

+If the person is reading something interesting, enjoyed, the mind stays on the subject being read, creates mental pictures of objects pertaining to this subject, is relaxed, positive, the eyes remain relaxed and vision is clear.

+Also; if the eyes are looking at a object, example; fine print and the person is not trying to read/understand the printed words, and the mind drifts to something pleasant, something different not associated with the subject printed, the mind is not trying to think about two different things; the print is in front of the eyes but the mind does not try to understand it-the mind is daydreaming something else, thinking pleasant thoughts, clear mental pictures of objects, events., then; the vision will remain clear. In this case the mind and eyes stay relaxed and the print will flash perfectly clear because the mind is perfectly relaxed. Then the person can bring the mind back to the printed words and read them easily.

If the fine print is of a interesting subject, the mind stays on the subject being read, the mind, eyes relax and the print remains clear. (Fine print can be used as a close, reading vision Eyechart.)

Looking at the white spaces between sentences is a old activity to relax the mind and eyes. When looking at the spaces, moving the visual attention-central field left and right along the spaces and imagining them bright, pure, glowing white and clear, in deep relaxation, without effort, the print



will flash dark black and clear when the right amount of relaxation occurs. Because there is nothing to see, no print on the white space, the person avoids effort to see, avoids strain and the mind and eyes relax, the eyes function correct. When the print flashes clear-look directly at the print, move the central the field to the print and read it.

Notice that in all situations it is the state of the mind that affects the function of the eyes and clarity of vision.

Mind strained, tension = eyes strained = eye muscle tension = unclear vision.

Mind relaxed = eyes and eye muscles relax = vision clear.

Dr. Bates cured many patients by teaching relaxation.

Thinking pleasant thoughts, daydreaming happy positive things with the eyes open or closed relaxes the mind, eyes and brings clear vision. (Remember to let the eyes move, shift when daydreaming.

Avoid staring into space, with the eyes immobile.)

People with unclear vision have been hypnotized and became able to see clear when a relaxed state of hypnosis with a positive suggestion of clear vision was given.

Past or present stressful experiences, trauma, negative thoughts, emotions can cause strain in the mind and unclear vision. Relax the mind, remove the negative thoughts, emotions and replace it with positive thoughts, emotions and vision improves.

Remembering, imagining objects clear improves the memory and imagination, relaxes the mind, eyes and improves the brains function of storing clear mental pictures of objects in the memory.

It is easy for the brain, eyes to produce clear vision when the brain has clear memory pictures of objects to work with.

Relaxation, good memory and imagination, Correct Vision Habits, left and right brain hemisphere activation and integration and clear vision function together, are integrated and strengthen each other. Improve one and all improve, vision becomes clear.

Example;

+ Improving relaxation automatically improves memory, imagination, left and right brain hemisphere activation and integration, Correct Vision Habits and clarity of vision.

+ Improving the memory and imagination improves relaxation, left and right brain hemisphere activation and integration, Correct Vision Habits and clarity of vision.

Practice improving all five for perfect 20/20 and clearer vision;

+ Practice Relaxation; Palming and Sunning.

All Natural Vision Improvement activities, Correct Vision Habits listed in this book induce relaxation of mind, body and eyes and improve all other functions of the visual system.

+ Practice shifting, central-fixation, switching, abdominal breathing...

+ Practice remembering, imagining objects clear.

+ Practice left and right brain hemisphere activation and integration exercises; the rock, long swing, cross crawl, figure eight. These exercises also relax the mind, body, eyes and improve eye, body movement. Palm and remember, imagine happy things.

When relaxation of the mind is perfect; memory and imagination are perfect, left and right brain hemispheres are activated and integrated, Correct Vision Habits (normal eye function) occurs and vision is clear.

Forget memories, mental pictures of unclear vision.

Remember, imagine clear vision. Remember, imagine objects clear.

Store only clear memory pictures of objects in the mind.

If a object appears unclear, always shift on it and remember and/or imagine it clear. Shifting part to part on a object helps the brain store a clear picture of every part of the object, creating a complete, clear picture.

The mind works with the eyes to produce clear vision.

Try this activity; look at a unfamiliar object that appears unclear; Example; a number on the front of a bus approaching in the distance.

The number of the bus is 7.

The number is unclear and the person does not know the number.

The person shifts on the unclear number and guesses the number;

+ First guess = number 4.

The person remembers, imagines a number 4 while shifting on the unclear number.

The brain causes the eyes to shift on a number 4.

This causes the eyes to look at, shift on areas where parts of a number 4 would be, where parts of a number 7 do not exist.

This confuses, strains the mind, eye muscles, eyes. The eyes should be shifting on a number 7, shifting on parts of a number 7.

The number remains unclear.

+ The persons then guesses number 3.

The brain activates eye movement, shifting that should occur on a number 3. Strain occurs. The vision remains unclear.

+ Next, the person guesses, remembers, imagines a number 7.

The brain activates eye movements for a number 7.

The eyes shift left and right along the top, and shift diagonally top and bottom and shift from part to part on any area of the 7. Blink.

The eyes shift on the correct areas of a number 7 and the 7 is seen clear.

The 7 becomes clear because the person remembers, imagines the correct mental picture; a number 7 and the brain, eyes relax, function together, the brain easily activates correct eye movements on a number 7. The 7 is seen clear.



Another way to see a unclear number, (any object) clear is to relax and daydream something pleasant and remember, imagine any pleasant object clear.

Don't try to see the number clear.

Just relax, look around and shift on any objects.

When the mind and eyes relax; look at the number, the number will be seen clear.

Palming is practiced with the memory and imagination. Palming relaxes the mind/brain, body and eyes. Relaxation activated from palming improves the memory and imagination.

Improved memory, imagination increases relaxation. Perfect relaxation, memory, imagination activate clear vision. Clear vision improves the memory, imagination and relaxation. All improve, strengthen eachother. Improve one and all improve.

Memory, Imagination Exercises

Look at your hand. Trace around on the fingers, edges, outline of the entire hand and shift part to part on the hand with the eyes and the other hands finger; moving the visual attention and finger on the hand. Then; repeat in the imagination, using the memory, imagination with the eyes closed. Imagine seeing and tracing, shifting on the hand. Touch the hand, move the finger on the hand with the image, eye movement in the imagination. Notice the eyes move on the image in the mind. Open the eyes, repeat. Close, repeat...

The sense of touch with physical and eye movement and imagination, memory of the objects shape, parts improves the function of the brain with the eyes, clarity of vision.

Practice other memory improvement exercises; Remember every thing you did from the morning backward 2 days and nights. A week, month...

Imagine re-living a vacation; remember, see the towns, cities, land... every place you walked, drove through, things you did. Remember all the towns, cities along the west coast of California, or other states, countries...

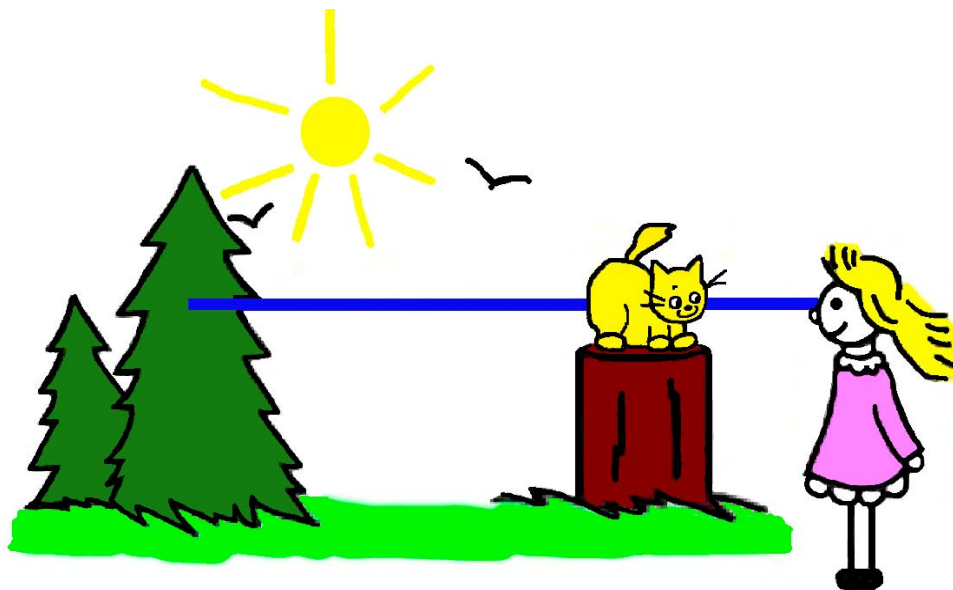


Happy thoughts,
mental pictures
when palming.



Palming improves
clarity of vision.

8 - SWITCHING, SHIFTING CLOSE, MIDDLE & FAR



Change, 'switch' the visual attention from one distance to another distance. Switch back and forth on objects at different distances; close, middle and far;

- +Shift part to part on a close object.
- +Then, switch to a far object and shift part to part on it.
- +Switch back to the close object, shift on it.
- +Switch to the far object, shift on it.
- +Switch to a object at the middle distance to and from close and far objects. Shift on the middle object.

Place the object the eyes are looking at in the center of the visual field, between the left and right eyes, at eye level.

Use all Correct Vision Habits; relax, blink, breath abdominally, shift, central fixation, movement, memory imagination.

Practice switching close and far with; both eyes together, then one eye at a time, then both eyes together again.

If vision is less clear in one eye, practice a little longer with that eye.



Switching Close, Middle, Far on objects at different distances is a type of Shifting that improves the clarity of vision at all distances.

Switching; to switch (change) the visual attention from one distance to another distance.

Example;

- +Look at a object at a close distance, the cat on the fence. Shift part to part on the cat. Blink, Relax.
- +Then switch to a object at a far distance - trees, mountains, sky. Shift part to part on the far objects.
- +Then switch back to the close object - cat. Shift part to part on the cat.
- +Switch back and forth; cat, trees, mountains, sky, cat, trees, mountains, sky, cat...
Shift on each object the eyes look at, one object at a time.
- +Switch to the middle distance;
cat to house, house to cat, cat to house... house to trees, mountains, back to house, trees...

Switch back and forth on any objects, any distances, close, middle, far, in any order.

Let the eyes move, shift freely from object to object and part to part on objects; shift along the fence, grass, flowers, truck, dog, house, owl, trees, mountains, sky, birds. Shift on small parts, tiny details on objects; shift part to part on the windows in the house, window panes, chimney, bricks in the chimney. Shift on the owls face, eyes, ears, wings, claws. Central-fixation: shift point to point on tiny parts. No effort to see. Blink, breathe deep, relax.

Trace on/along the edge of objects, parts of objects with the Nosefeather; mountains, hills, trees, house, fence, any object.

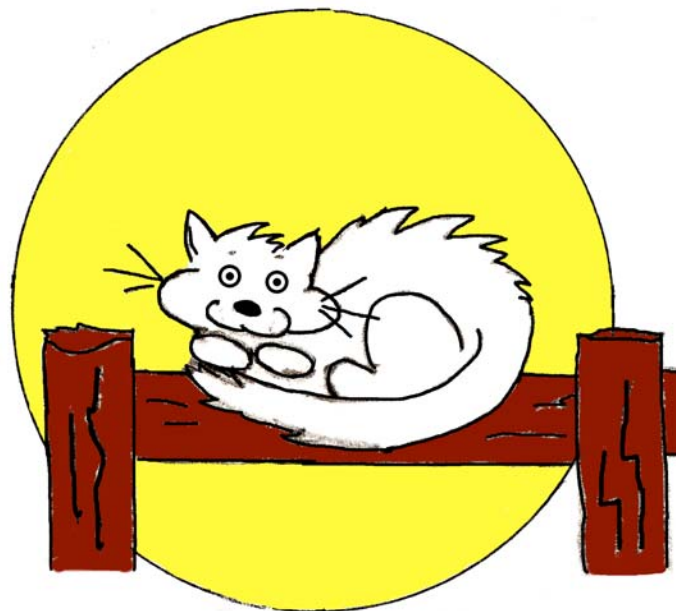
Switch on objects at close, middle, far distances that are in a straight line, row with eachother.

In the picture of the kitty on the fence, house, mountains; To practice switching, shifting on the objects; the person stands with the cat, fence at eye level. Height of the cat, fence is in front of the persons face. This causes some distant objects (house, trees...) to be directly beyond the cat, fence. The objects are aligned with eachother. Placing a few objects in a straight line with eachother greatly improves accommodation, un-accommodation and convergence, divergence when looking close, middle and far, switching back and forth on the cat, house...

This improves the clarity of vision.

Example: See the picture of the kitty and moon. The kitty and moon are in a row, aligned.

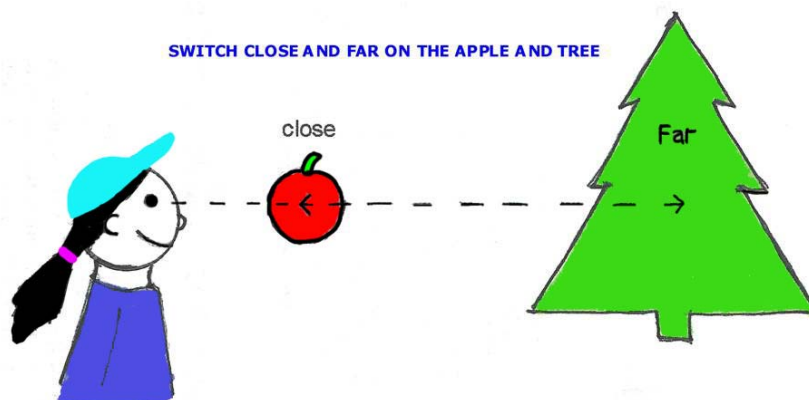
Shift part to part on the kitty, then switch to the distant moon and shift on the moon, then back to the kitty, then moon, kitty... See the pictures below; The man switches, shifts close, middle, far on 5 telephone poles aligned with eachother, in a straight line down the side of the street. He shifts, traces on the poles, one at a time.



Shift on the kitty, then the distant moon, then the kitty, then moon, kitty...
Blink, relax.



Practice switching close and far on any objects that are in a straight line with each other



Example; the apple is at a close distance.
 The tree is directly in line with the apple at a far distance.
 The girl is switching back and forth on the apple and tree.

She looks at the apple and shifts on it from part to part, shifts on small parts, (central-fixation-shift point to point on tiny parts) for a few seconds;
 then she switches to the distant tree and shifts on it part to part,
 then switches back to the apple, shifts on it, then tree, apple, tree...

She practices with both eyes together, then one eye at a time, then both eyes together again.
 Practice switching, shifting on objects and use the memory and imagination to remember, imagine and see each object clear.

Switching occurs naturally, all the time as the eyes, visual attention moves from object to object, distance to distance.

A few minutes practice time switching on objects that are in a straight line with each other like the three pens or the apple and tree greatly improves, increases perfection of; the eyes fusion, binocular vision, depth, distance perception, 3 dimensional vision, convergence, accommodation at close distances, un-convergence, (divergence) un-accommodation at far distances, central-fixation and clarity of vision in the left and right eyes at all distances.

Switching on objects in line with each other does not have to be done every day.
 Switching must never be done as a repetitive eye exercise using effort, force.
 Effort and force cause strain, tension and unclear vision.

The eyes normally switch, shift on objects at different distances, in line with each other and not in line with each other. Let the eyes move freely throughout the scenery shifting on any objects at any distances, locations.

Practice switching in a relaxed, easy, manner. Don't try to see clear.

Just switch and shift on close and far objects even if they are blurry. Vision will become clear on its own. Blink, breathe abdominally, comfortably deep and relax. Use the Nosefeather: shift, trace on objects, parts of objects with the end of the feather.

Avoid staring, squinting when looking at a object.

The eyes, head/face, neck, shoulders and body are relaxed and move freely, easy.

Switching can also be practiced at night to improve night vision.

Hang a pen from a string upright, vertically in a open window.

Switch back and forth on the pen and distant objects in daylight and at night.

The pen can be taped to a window pane but the glass prevents perfect view of objects through the window and blocks part of the suns light spectrum causing unhealthy partial spectrum light to enter the eyes, just as eyeglasses and sunglasses do. Try to keep windows open and absorb healthy full spectrum sunlight. The eyes need full spectrum light to remain healthy and produce clear vision.

Sunlight enables the skin, body, eyes to absorb, use nutrients from the sun and food.

Avoid using screens. A window screen also prevents having a perfect view of objects outside the window and precise central-fixation and shifting on objects seen through the screen.



Switch, Shift, Trace on objects at different distances in a straight line with each other to perfect: accommodation, un-accommodation, convergence, divergence, clarity of vision. Practice with: both eyes together, then one eye at a time, then both eyes together again.



Switch, shift, central-fixation on objects at different distances, close, middle, far, in a straight line with each other.

He then does the Rock; moves the eyes, head, face, body side to side and notices oppositional movement of the poles; Poles at different distances appear to move against each other in opposite directions as he rocks side to side. The close pole moves opposite his eyes, head, body moment and the far distant pole appears to move with him in the same direction.

He also switches, shifts on the houses along the side of the street. He gets a good view of the houses aligned by standing where the kitty is by the edge of the house.

The 2 other pictures show more objects in a straight line.

Example: Shifting part to part on the Pete's brewery sign, then on the truck beyond it, then back to the sign, then to the truck, then to the trees, back to the truck, then trees, sign, trees, truck... Switch to and shift on the fields, mountains, airplane, parachute, birds. Switch to any object, any order and shift on it.

(Switching is not done only on objects in a straight line. Switching is also practiced on objects at a variety of locations; left, right, up, down, diagonally... to give the eyes complete freedom of shifting movement. This is the normal, natural function of the eyes. Straight line switching is only practiced a short time to 'tune up' the eyes function, visual clarity.) More examples for switching in a straight line are in the 'Pens in a Row' section in this chapter.

Switching, shifting... at night video;

<http://www.youtube.com/watch?v=r5JxOFVi3hc>

Practice switching, shifting, central fixation... on real objects in your environment. (Switching cannot be done on these pictures because they are on a flat surface, all are at one distance so changes in convergence, accommodation, divergence, un-accommodation do not occur when looking at objects that appear at different distances on the paper.) Shifting, central-fixation can be done on the pictures with benefit.

When looking at a object; shift on it, even when looking at the object for only a few seconds. Shift from part to part .

Central-fixation - keep the object the eyes are looking at in the center of the visual field. The center of the visual field is clearest, clearer than 20/20. Placing the object (part of the object) the eyes are looking at in the center of the visual field keeps the object clear.



Switch back and forth on objects at different distances, in line with each other. Shift part to part on objects.

The center of the visual field moves with the eyes as the eyes move, shift from part to part on a object and from object to object keeping every object, every part of a object the eyes look at perfectly clear. The head, face and body move with the eyes, at the same time, in the same direction. The eyes, head/face, neck and body are relaxed and move freely, easy. Blink and relax.

Keep the eyes moving, shifting easy, relaxed from part to part and object to object. Look at a object and shift on it. Then look at a different object, shift on it, then look at another object, shift on it. Eye movement keeps the mind, eyes relaxed and vision clear. With practice the eyes shift 'on their own', automatically, without the person thinking about it, the true natural function of the eyes.

Practice switching back and forth on objects at close, middle and far distances with; Both eyes together, then with one eye at a time, then, both eyes together again. If vision is less clear in one eye, practice a little more with that eye to get the vision equal and perfectly clear in the left and right eyes at all distances. When the vision is equal in the left and right eyes, the vision quickly improves to perfect clarity. The memory, imagination, left and right brain hemispheres work with the eyes. Their function improves when the vision is equal in the left and right eyes. Brain function with the eyes, visual system, all brain functions and clarity of vision improve.

Keep the objects in the center of the visual field, between the left and right eyes, at eye level when using both eyes together and when using one eye at a time.

The eye that is not in use is covered with a eye patch and the eye is kept open under the patch. (Closing one eye causes eye muscle tension and blur so keep both eyes open when using one eye at a time). Both eyes close when the eye in use is closed. Leave a little space between the eye and patch so some light gets in to keep both eyes, left and right brain hemispheres activated.

Practice switching, shifting, tracing, central fixation on objects, parts of objects with the Nosefeather.

Switching improves convergence and accommodation of the eyes when looking at objects at close distances - (20 feet and closer) for clear close vision and improves un-convergence (divergence) and un-accommodation when looking at objects at far distances (about 20 feet and farther into the distance) for clear distant vision.

The author of this book learnt switching and shifting from reading Aldous Huxley's book 'The Art of Seeing' in high school, 1974 and regained 20/20 clear distant vision in 5 minutes and clearer vision in one day and threw away her glasses. Close and distant vision continues to be clear at age 54.



Window pane bars (wood surrounding a window pane) can be used to practice switching close and far.

The bar is the close object. The objects outside the window (tree, birds, house...) are the distant objects.

Switch back and forth, close and far, on a window bar and a distant object in line with the bar.

Then, move the eyes, (visual attention) throughout the scene, looking at, shifting on any objects, at any location. Shift on the close and far objects, use central-fixation, shift on small objects, parts. Blink.

Practice with; both eyes together, then one eye at a time, then both eyes together again. Extra practice with a eye that has less clear vision.

A open window is best, bringing full spectrum sunlight onto the face, eyes and a perfect view, unobstructed by glass. Open the window and hang a pencil vertically on a string in the center of the window for the close object. (Cap the pointed end of the pencil for safety.)

Switch, shift back and forth on the pencil and distant objects beyond the pencil.

Hang a few more pencils or other objects in the window so the eyes, head/face, body have more movement, more close objects (pencils...) to look at.

Objects can be hung on a rope at close, middle, far distances outside in the sunlight.

See The Illusion of Oppositional Movement

Rock the body side to side, left and right, while facing the window bar and distant objects and see oppositional movement, 'The Swing';

- + When the eyes, head/face, body move to the left < the window bar (close object) appears to move in the opposite direction, to the right. >
- + When the eyes, head/face, body move to the right > the window bar appears to move in the opposite direction, to the left. <
- + Notice that the house (distant object) appears to move with the eyes, head/face, body in the same direction.
- + Notice that the window bar (close object) and the house (distant object) appear to move against each other, in opposite directions.

Do not lock the eyes/visual attention on any objects when moving left and right; just relax and let the objects move. Don't try to see anything clear.

This activity relaxes the mind, body, eye muscles, eyes and improves the clarity of vision.

When the eyes can move, shift on small and tiny objects and see oppositional movement-the eyes function is perfect and vision is most clear; Practice shifting on and seeing 'The Swing' of a small tiny object=fine print letter or tiny flower.

Shift left to right > on the letter - the letter moves, 'swings' to the left <.

Shift right to left < on the letter- the letter moves, 'swings' to the right >.

Blink and relax. No effort to see the letter or the swing. This brings very clear, fine detailed vision.

Practice shortening the rock, eye, head/face, body movement; shift on a small object; letter, fine print and see a small swing of oppositional movement. This activates saccadic eye movements, perfect central fixation and very clear vision. Small eye shifts, seeing tiny details clear with relaxation.

Switching, shifting on objects and seeing oppositional movement can be done most anywhere throughout the day and at night. There are always close and far objects in the visual field to practice on. Just a little practice, couple minutes a day or two, three days week will improve the vision. Once vision is clear, practice only if needed to bring the vision clearer than 20/20 in times of normal fluctuations. Keep natural, normal eye, visual system function as a healthy habit.



The business cards showing the San Francisco Bridge in California, USA and the field, trees can be given to people that need vision improvement. Pictures on the cards are pleasant to look at, induce a positive, happy state of mind, relax the mind, body and eyes. The person presenting the card can be a Natural Vision Improvement Teacher and give the person a quick, easy lesson by describing how to switch the visual attention back and forth on objects at close, middle and far distances; bridge at close distance, sea at middle distance, city of San Francisco and skyline, clouds far distance. Describe shifting from object to object in the visual field, shifting part to part on objects, moving the head/face, body with the eyes, central-fixation; placing objects, parts of objects in the center of the visual field, seeing the central field clearest, seeing small fine details clear at close and far distances, relaxation, memory, imagination.

Videos - Most of the Authors 58+ YouTube videos show switching, shifting, central-fixation examples. Scroll through the Videos to find Switching Training;

<http://www.youtube.com/watch?v=r5JxOFVi3hc&feature=channel>

<http://www.youtube.com/watch?v=lkQ9KEpA8zE&feature=channel>

<http://www.youtube.com/watch?v=n1MWGeF0iU4>

School Children
By Emily C. Lierman

Davey

(Switching, Shifting Example)

Davey, eight years old, was very near-sighted, and the glasses he was wearing, made him nervous and irritable. His father had been told about the Bates Method and what could be done to restore perfect sight without wearing glasses. Davey's father brought the boy to me, although he was skeptical and his mother was even more so. I could tell by the little boy's attitude toward me that the Bates Method had been much discussed in the home circle, and that I was considered a sort of mystic worker.

The first question Davey asked me was, "What are you going to do to me?"

I answered, "I am not going to do anything to you, but I will try to do a whole lot for you. I will help you to get rid of your thick glasses that I am sure you don't like."

His answer was, "O, yes, I would like my glasses if I could see out of them. Father said that if you don't help me, he will try to find other glasses that will help."

I let the little fellow talk for a while, because I thought it would help me to understand him better. I told him I was especially interested in children and that it was always my delight to give school children better sight. I said I would not interfere with him, if glasses were what he wanted most. He said that he was afraid to play baseball or other games which might not only break his glasses, but perhaps hurt his eyes.

I tested his vision with his glasses on, and found that at ten feet from the regulation test card, he could see only black smudges on the white, but no letters.

Then I placed the card six feet away. All he could see at that distance was the letter on the top of the card, seen normally at two hundred feet. I then had him take off his glasses to see what he could read without them. He could not see anything at all on the card. I asked him to follow me to the window and to look in the distance and tell me what he could see. To the right of me, about one hundred feet away, there was a sign. The letters of this sign appeared to be about three feet square. One word of the sign had four letters. The first letter was straight and the last was curved, and had an opening to the right. I explained this to Davey, as I told him to look in the direction in which I was pointing, and then to a small card with fine print that I had given him to hold. I told him to read what he could of the fine print. He read it at two inches from his eyes. Under my direction, he alternately followed my finger as I pointed to the fine print and then to the building sign. He told me he could not see anything in the distance. Davey felt very uncomfortable because of his poor sight and became rather restless. I told him to hold the fine print card closer, and not to read the print this time, but to look only at the white spaces between the sentences, and to blink often. He shifted from the white spaces of the fine print to the sign in the distance, watching my finger as I pointed, first to the near point and then to the distance. Suddenly, he got a flash of the first letter of the first word on the sign. This practice was continued for twenty minutes, and then we had a rest period. Davey sat comfortably in a chair and palmed his eyes. Children are very apt to become bored with anything that takes time and patience, and I know that Davey had little patience with anything regarding his eyes.

I asked him questions about his school work, and what subjects he liked best. He said he just loved arithmetic. I asked his father to give him an example to do while he palmed. The little fellow thought this was great fun, and without hesitation he gave his father the correct answer for each example. This gave Davey a rest period of fifteen minutes. His mother remarked that this was the first time she had ever noticed him sit quietly for so long a time.

Long Swing and Sway

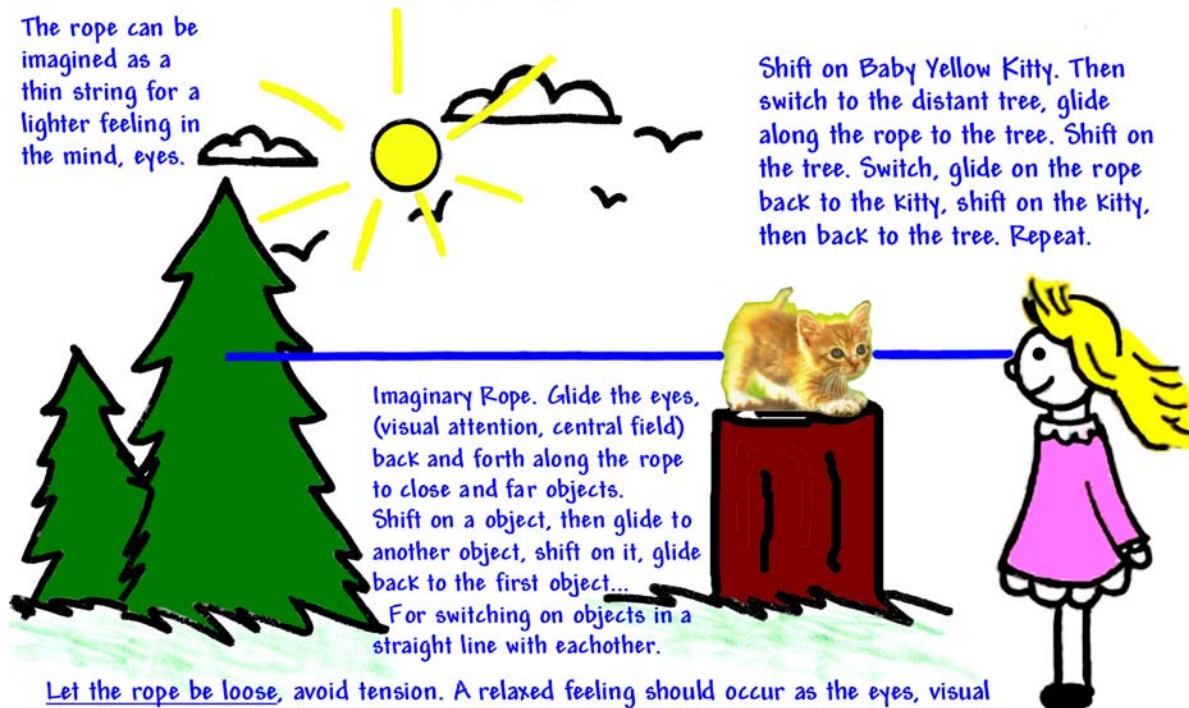
Davey was then shown how to swing, by moving his body slowly from left to right, and getting only a glimpse of the letters on the card, at six feet. When he looked longer than an instant at the card, he leaned forward and strained to see better, but failed each time. **When he learned not to stare, but to shift and blink while he swayed, his vision improved to 6/50.** We returned to the window. I told him to shift from the white spaces of the fine print, which I held close to his eyes, then to the distant sign, and he became able to read all of the sign without any difficulty.

Much had been accomplished in one treatment and both parents were grateful. Davey was given a card with instructions for home practice. He returned three days each week for further treatment. Every time he visited me, I placed the test card one foot further away. Eight weeks after his first treatment, he read all of the test card letters at ten feet. This was accomplished by reading fine print close to his eyes, then swinging and shifting as he read one letter of the card at a time.

This boy has sent other school children to me as well as a school teacher with progressive myopia, who practiced faithfully until she was cured. Every week, she sent me a report about her eye treatment and the progress she made. Her pupils noticed that she had discarded her glasses, and after school hours she invited some of them, who had trouble with their eyes, to practice the Bates Method with her. In eight weeks' time, her vision became normal, and all her pupils, with the exception of three, are improving their vision without the use of glasses.

Blink, Breathe, Relax. Shift, central-fixation, switch on objects at close, middle and far distances. Look at and through a fence. (See picture on book cover.) Shift part to part on a fence post, then switch to a distant object beyond the post, shift on it, then switch back to the fence post, shift on it. Repeat shifting on close and far objects. Shift on middle distance objects. Practice with both eyes together, one eye at a time, both eyes together again. If vision is less clear in one eye, practice a little extra time (30 seconds-1 minute) with that eye, to get the vision in both left and right eyes equal, perfectly clear.

Get outside daily in the sunlight. Walk 1-5 miles. Think happy thoughts!



Let the rope be loose, avoid tension. A relaxed feeling should occur as the eyes, visual attention move along the rope. Move, glide easy, relaxed on the rope. The rope makes it relaxing, easy for the eyes to converge, accommodate for close objects and diverge, un-accommodate for distant objects. This is especially relaxing for eyes that have tight muscles, crossed, wandering eyes. Stiff, rigid eye and neck muscles can cause a feeling of tension, pulling, a little dizziness as switching close and far is practiced and the eyes try to function, move normally, together and quickly. The rope helps to prevent this feeling of tension. It activates relaxation and quick, easy improvement of eye movement, visual clarity.

Blink, relax,, breathe, switch, shift, central fixation. Use the Nosefeather on the rope.

Close and Far Swing

Practice Switching Close, middle, Far on a Imaginary Rope

An imaginary rope can help the eyes switch back and forth on objects at close and far distances. Follow directions in the picture. Objects (kitty, tree) are in line with each other and placed at; eye level, between the left and right eyes, center of the visual field. The eyes, visual attention glide easily to, from close and far objects along the rope. Use a thin rope. A thin string can be used for a lighter effect. A thin rope or string helps activate central-fixation. The end of the Nosefeather sweeps on/along the string and shifts, traces on objects: Shift, trace on the kitty, then move the end of the feather, eyes (visual attention, center of the visual field) along the string to the tree and shift, trace on the tree, then move the feather, eyes along the string back to the kitty - shift, trace on the kitty. Then move back to the tree and shift, trace on the tree, then the kitty...

Repeat in the imagination with the eyes closed: move along the string and shift, trace on the kitty and tree with the eyes, Nosefeather. Feel the eyes continue to move, converge, diverge; the eyes converge, diverge, accommodate, un-accommodate even when switching, shifting in the imagination with the eyes closed. The brain works with the eyes. A relaxed brain, mind relaxes the eyes, eye muscles, brings clear vision. Think a happy thought when practicing. Remember, imagine the objects clear. Repeat with the eyes open again, then closed using the memory, imagination, then open again. Continue to remember, imagine the objects clear when the eyes are open.

The eyes, head, neck, shoulders, body are relaxed and mobile.

Practice on objects at a variety of distances.

Eye Patch Switching, Shifting., Activities - Directions

Cover the eye not in use with a eyepatch and keep it open under the patch. Both eyes open, one eye covered. Do not close the covered eye when the eye in use is open. When the eye in use is closed, close the covered eye - both eyes closed.

Closing one eye and holding the arm/hand up over the eye not in use causes muscle tension in the arm, shoulder, neck, head/face and eyes, impairs eye, head/face, body movement and lowers the vision. Closing one eye tenses muscles in the face, around the eyes, muscles around the outside of the eyeball and muscles inside the eyes. Use the patch to avoid muscle tension and to enable relaxed movement.

If you cannot find a eyepatch, use two pieces of black cloth and sew them onto the inside edge of the front of a baseball cap or hats visor. One cloth for the left eye and one for the right eye. Pull one cloth down to cover the eye not in use. Tuck the other cloth up under the hat.

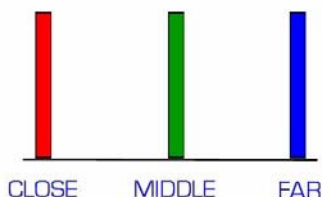
Be sure the cloth does not touch the eye. Both cloths can be tucked up inside the hat when not in use.

Patches are loose, 1 inch from the eyes; Keep the outside end of the patch (side near the outer side of the eye/face) open a little, some space between the face and patch to allow some light to enter under the patch, into the eye to prevent the eye not in use from being completely inactive. The light keeps the eye and areas of the brain, visual cortex controlling that eye activated, 'switched on', connected and working with the eye-the left and right brain hemispheres and left and right eyes activated and integrated, working together for equal, perfect clear vision in the left and right eyes at all distances, close, middle, far. This prevents one eye, one brain hemisphere from becoming dominant, stronger than the other. Dominate, unbalanced vision in the left or right eye, brain hemispheres causes strain and unclear vision in both eyes.

Black clothing attracts sunlight/sunburn. White reflects it. A white eye patch can be used when in the sunlight to prevent attracting strong sunlight/sunburn on the face, but a black patch may work better for eye patching activities.

Practice Switching Close, Middle, Far on objects that are in a straight line with each other.

Example; Three pens in a row. The pens are aligned with each other in a straight line, 3 pens placed between the left and right eyes, center of the visual field. See picture below.



SWITCH AND SHIFT ON THE 3 PENS

+Shift on the **RED** pen. Then switch to the **BLUE** pen. Shift on it. Then switch back to the **RED** pen. Shift on it. Then switch to, shift on the **BLUE** pen again, then **RED, BLUE, RED...**

+Switch back and forth, to, from the **GREEN** pen to, from the **RED** and **BLUE** pens.

Blink, breathe, relax.

Eyes, head/face, neck, body are loose, relaxed and allowed to move freely.

Use the memory and imagination; shift on the pens and remember, imagine each pen clear with the eyes; open, then closed in the imagination, then open again.

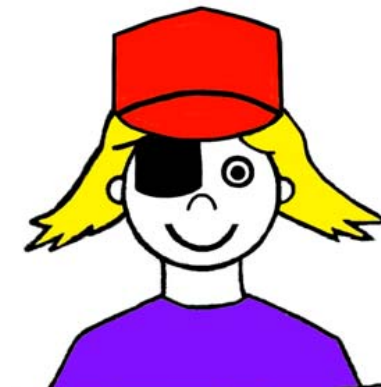
Practice with; both eyes together, then one eye at a time, then both eyes together again.

If vision is less clear in one eye; practice extra time with that eye to get the vision equal, clear in the left and right eyes. Then; end by practicing with both eyes together again for equally clear, balanced, perfect eye function, movement, vision in the left and right eyes. (Never work only one eye. Maintain a balance of practice with each eye. When the clarity of vision in the eye that has less clear vision is equal to the other eye; then practice equal time with each eye. No extra practice with the eye that used to have less clear vision unless it needs more vision improvement.

Keep the pens in the central field, between the left and right eyes when practicing with both eyes together and with one eye at a time.

Practice with the pens spaced and placed at a variety of close, middle, far distances.

Then practice on any objects.

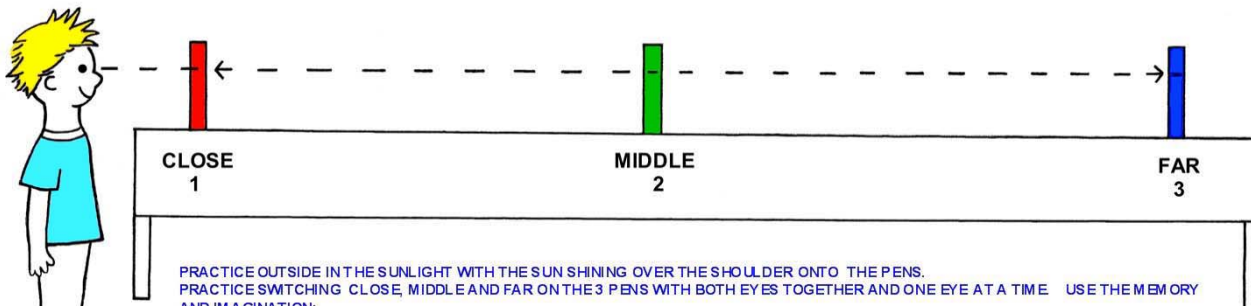


Baseball Cap with 2 Eyepatches - One patch is tucked up inside the cap while practicing Natural Eyesight Improvement with one eye.

SWITCH, SHIFT CLOSE, MIDDLE & FAR ON THE THREE PENS.

SWITCH BACK AND FORTH; CLOSE, MIDDLE, FAR ON THREE PENS FOR CLEAR VISION AT ALL DISTANCES

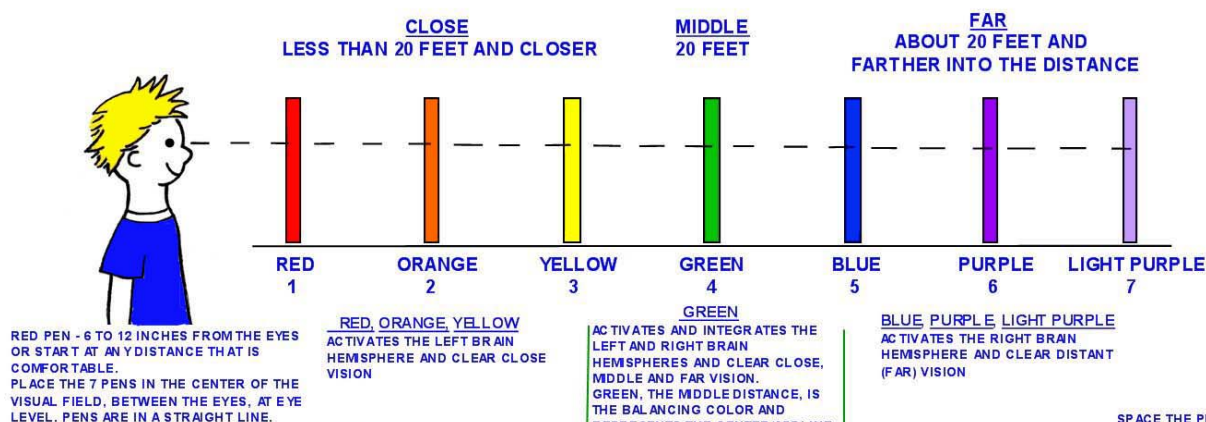
DIRECTIONS: PLACE THREE COLORED PENS (OR POPSICLE STICKS) UPRIGHT INTO A CARDBOARD BOX, IN A STRAIGHT LINE AT CLOSE, MIDDLE AND FAR DISTANCES. THE 3 PENS ARE IN THE CENTER OF THE VISUAL FIELD, BETWEEN THE EYES, AT EYE LEVEL.
 RED, GREEN AND BLUE ARE THE MAIN COLORS OF THE SUNS LIGHT SPECTRUM. COMBINATIONS OF RED, GREEN, BLUE CREATES OTHER COLORS.
 THE CONES IN THE EYES RETINA DETECT RED, GREEN, BLUE AND ALL OTHER COLORS.
 RED ACTIVATES THE LEFT BRAIN HEMISPHERE AND CLEAR CLOSE VISION.
 BLUE ACTIVATES THE RIGHT BRAIN HEMISPHERE AND CLEAR DISTANT (FAR) VISION.
 GREEN ACTIVATES AND INTEGRATES BOTH LEFT AND RIGHT BRAIN HEMISPHERES AND CLEAR CLOSE AND DISTANT VISION.
 ALL 3 COLORS ACTIVATE CLEAR MIDDLE DISTANCE VISION.
 ACTIVATING AND INTEGRATING THE LEFT AND RIGHT BRAIN HEMISPHERES PRODUCES EQUALLY CLEAR PERFECT VISION IN THE LEFT AND RIGHT EYES AT ALL DISTANCES CLOSE, MIDDLE, FAR.
 SWITCHING ON ANY OBJECTS; CLOSE, FAR, CLOSE, FAR, AND TO THE MIDDLE DISTANCE ACTIVATES AND INTEGRATES THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLEAR VISION AT ALL DISTANCES. SWITCHING ON THE RED, BLUE AND GREEN PENS INCREASES ACTIVATION AND INTEGRATION THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLARITY OF VISION.



PRACTICE OUTSIDE IN THE SUNLIGHT WITH THE SUN SHINING OVER THE SHOULDER ONTO THE PENS.
 PRACTICE SWITCHING CLOSE, MIDDLE AND FAR ON THE 3 PENS WITH BOTH EYES TOGETHER AND ONE EYE AT A TIME USE THE MEMORY AND IMAGINATION;
 1 - EYES OPEN - BOTH EYES TOGETHER - SWITCH CLOSE, FAR, MIDDLE ON THE 3 PENS AND SHIFT ON EACH PEN (SHIFT ON ONE PEN AT A TIME) AND REMEMBER, IMAGINE AND SEE EACH PEN CLEAR WITH BRIGHT PERFECT COLOR.
 2 - EYES CLOSED - REPEAT IN THE IMAGINATION MIND - IMAGINE SWITCHING CLOSE, FAR, MIDDLE ON THE 3 PENS AND IMAGINE SHIFTING ON THE PENS (ONE PEN AT A TIME) AND REMEMBER, IMAGINE AND SEE IN THE MIND EACH PEN CLEAR AND WITH PERFECT BRIGHT COLOR.
 3 - EYES OPEN - REPEAT NUMBER 1.
 4 - ONE EYE AT A TIME - REPEAT NUMBER 1, 2, 3 WITH ONE EYE AT A TIME; LEFT EYE (RIGHT EYE COVERED WITH PATCH AND OPEN UNDER THE PATCH) - SWITCH, SHIFT ON THE 3 PENS AND REMEMBER, IMAGINE AND SEE THE PENS CLEAR AND WITH PERFECT BRIGHT COLOR WITH THE EYE OPEN, CLOSED, OPEN.
 REPEAT WITH THE RIGHT EYE (LEFT EYE COVERED WITH PATCH AND OPEN UNDER THE PATCH).
 REPEAT WITH LEFT EYE AGAIN, THEN RIGHT, LEFT, RIGHT.
 IF VISION IS LESS CLEAR IN ONE EYE - PRACTICE WITH THAT EYE A LITTLE LONGER.
 WHEN USING ONE EYE; KEEP THE PEN BETWEEN THE EYES, AT EYE LEVEL, CENTER OF THE VISUAL FIELD.
 5 - END BY PRACTICING WITH BOTH EYES TOGETHER AGAIN - STEPS 1,2,3.
 PRACTICE WITH THE PENS PLACED AT A VARIETY OF DISTANCES FOR CLEAR VISION AT ALL DISTANCES.

Video - http://www.youtube.com/watch?v=xCAVnepbF2I&feature=mfu_in_order&list=UL

SWITCH ON THE SEVEN COLORED PENS PLACED AT CLOSE, MIDDLE AND FAR DISTANCES



DIRECTIONS

+SWITCHING BACK AND FORTH; CLOSE TO FAR, FAR TO CLOSE AND TO/ FROM THE MIDDLE DISTANCE TO/FROM CLOSE AND FAR ACTIVATES AND INTEGRATES THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLEAR CLOSE, MIDDLE, DISTANT/FAR VISION.

COLOR IMPROVES BRAIN FUNCTION AND CLARITY OF VISION.

+ SWITCHING ON THE COLORED PENS; RED, ORANGE, YELLOW (CLOSE DISTANCES) TO BLUE, PURPLE, LIGHT PURPLE (FAR DISTANCES) AND TO GREEN (MIDDLE DISTANCE) INCREASES ACTIVATION AND INTEGRATION OF THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLARITY OF VISION.

EXAMPLE: RED, CLOSE (LEFT BRAIN HEMISPHERE) TO BLUE, FAR (RIGHT BRAIN HEMISPHERE)

BLUE, FAR (RIGHT HEMISPHERE) TO RED, CLOSE (LEFT HEMISPHERE) ACTIVATES AND INTEGRATES THE LEFT AND RIGHT HEMISPHERES AND CLEAR CLOSE AND FAR VISION.

MIDDLE DISTANCE VISION IS AUTOMATICALLY IMPROVED. SWITCHING TO AND FROM THE MIDDLE DISTANCE GREEN TO/FROM THE CLOSE AND FAR DISTANCES WILL INCREASE ACTIVATION AND INTEGRATION OF THE BRAIN HEMISPHERES, CLARITY OF CLOSE, MIDDLE AND FAR VISION.

SWITCH CLOSE, MIDDLE, FAR IN ANY ORDER ON THE 7 PENS;

RED TO BLUE - BLUE TO RED. RED TO LIGHT PURPLE - LIGHT PURPLE TO RED. RED TO GREEN - GREEN TO RED

RED TO BLUE, TO GREEN, TO BLUE, TO YELLOW ORANGE TO GREEN - GREEN TO ORANGE. PURPLE TO BLUE, PURPLE, RED...

SHIFT ON EACH PEN THE EYES LOOK AT. LOOK AT A PEN AND SHIFT ON IT TO PREVENT STARING. AVOID STARING, EYE IMMOBILITY, SQUINTING, TRYING TO SEE CLEAR.

SHIFT ON THE PEN FROM PART TO PART; TOP AND BOTTOM, LEFT AND RIGHT, DIAGONALLY, TO MIDDLE AND TO ANY DIRECTION, PART.

MOVE THE HEAD/FACE WITH THE EYES, SAME TIME, SAME DIRECTION.

THE EYES, HEAD, FACE, NECK AND BODY ARE RELAXED AND MOBILE.

BLINK, BREATHE, RELAX. PRACTICE OUTSIDE IN THE SUNLIGHT. PRACTICE WITH BOTH EYES AND ONE EYE AT A TIME. USE THE MEMORY AND IMAGINATION.

SEE COMPLETE DIRECTIONS ON TOP PICTURE. TRACE AROUND THE EDGES OF THE PENS WITH THE NOSEFEATHER.

SWITCHING, SHIFTING ON THE PENS AND USE OF CENTRAL FIXATION KEEPS THE EYES RELAXED, IMPROVES CONVERGENCE, ACCOMMODATION AT CLOSE DISTANCES, UNCONVERGENCE, UNACCOMMODATION AT FAR DISTANCES.

CENTRAL FIXATION; PLACE THE PART OF THE PEN THE EYES ARE LOOKING AT IN THE CENTER OF THE VISUAL FIELD, BETWEEN THE EYES AT EYE LEVEL.

THE CLEAR CENTER OF THE VISUAL FIELD MOVES WITH THE EYES AS THE EYES SHIFT FROM PART TO PART ON THE PENS.

SPACE THE PENS FARTHER APART OR CLOSER TOGETHER TO PRACTICE SWITCHING AT A VARIETY OF DISTANCES CLOSE AND FAR.

AT VERY CLOSE DISTANCES THE PENS SIZE MAY BLOCK THE VIEW OF OTHER PENS.

COLORED TOOTHPICKS CAN BE USED IN PLACE OF THE PENS WHEN SWITCHING AT VERY CLOSE DISTANCES; ALL TOOTHPICKS WITHIN 8 INCHES FROM EYES...

SEE DIAGRAM BELOW. BE CAREFUL WHEN LOOKING AT THE TOOTHPICKS CLOSE TO THE EYES; KEEP ENDS AWAY FROM EYES.



COLORED TOOTHPICKS

Switch back and forth; close, middle, far, in any order, on the 'Three Pens in a Row, Straight Line' to improve convergence, accommodation at close distances and un-convergence, un-accommodation at far distances for clear vision in the left and right eyes at all distances. Switching Close, middle, far and looking at the different colors also activates and integrates the left and right brain hemispheres. This increases the clarity of vision.

All 3 pens are placed in the center of the visual field, between the left and right eyes, at eye level. Pens are in a straight line with each other, and upright, straight. The head/face is straight, eyes looking at the pens. Avoid tilting the head left, right, up, down...

Practice switching close, middle, far on the pens with; both eyes together, then one eye at a time, then both eyes together again. If vision is less clear in one eye, practice a little longer with that eye. (See eye patch directions.)

When using one eye, continue to keep all 3 pens between the left and right eyes, at eye level. Do not place the pens in front of only one eye.

Placing the pens in front of only one eye impairs convergence, accommodation, divergence, un-accommodation, eye movement, central fixation...

Improving the clarity of vision in the eye with less clear vision improves vision in both left and right eyes and brings quick vision improvement. Often a slight imperfection in convergence, accommodation or un-convergence, un-accommodation in one or both eyes is the only cause of unclear vision and it can be easily corrected with switching, shifting, central-fixation and all Correct Vision Habits.

Switching improves the speed of adjustment, focus of the eyes to a new distance, object. This also prevents blur. Convergence, accommodation for clear close vision and un-convergence (divergence),

un-accommodation for clear distant vision work together. Improve one and the other improves. Practice improving all to reinforce perfection of all.

Switching close, far, close, far, middle often brings instant vision improvement.

When looking at a pen, shift on it; keep the eyes moving from part to part on the pen; left and right, top and bottom, diagonally, middle and in any direction.

Move the head/face with the eyes at the same time, in the same direction the eyes shift to. The eyes, head/face, neck and body are relaxed and move freely. No tension in the eyes, head, neck. Avoid staring, squinting.

Relax, breathe deep, abdominally and blink, shift, switch on the pens.

The pens can be spaced at various distances to improve the clarity of vision at all distances;

Example;

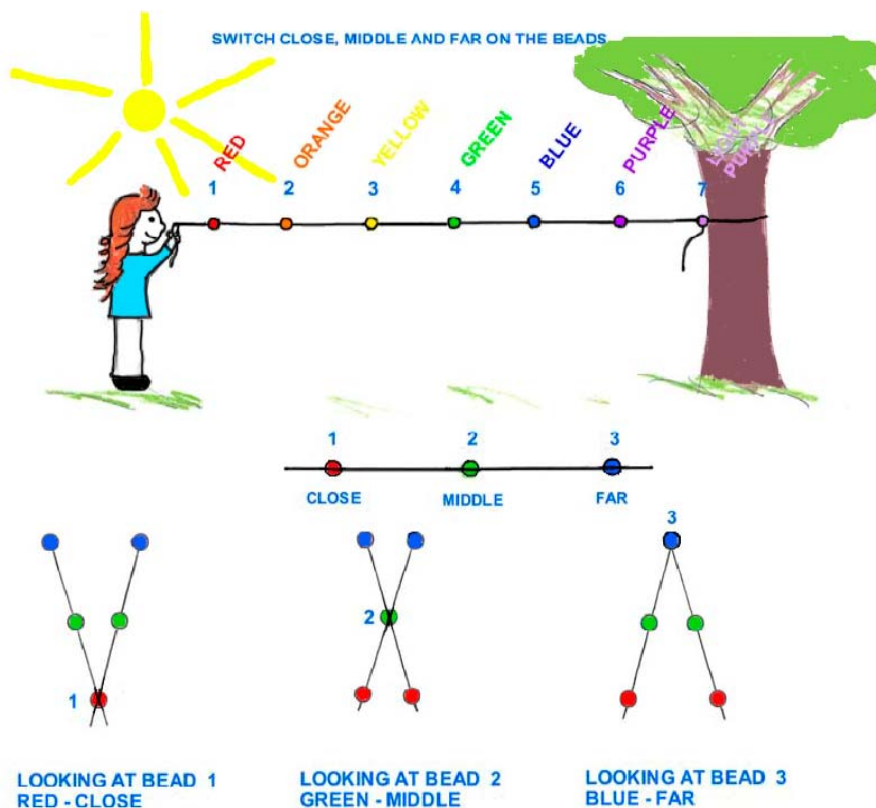
10 feet apart to improve close and far vision.

1 foot apart to improve close vision.

1 - 3 inches apart to improve close reading distance vision.

THE BEAD STRING

Switch the visual attention back and forth, close, middle, far on the beads on the String for perfect, equally clear vision in the left and right eyes at all distances, 20/20 and clearer.



SWITCH BACK AND FORTH ON OBJECTS AT CLOSE, MIDDLE AND FAR DISTANCES WITH BOTH EYES TOGETHER, THEN ONE EYE AT A TIME, THEN BOTH EYES TOGETHER AGAIN TO IMPROVE CONVERGENCE, ACCOMMODATION FOR CLEAR CLOSE VISION AND UNCONVERGENCE, UNACCOMMODATION FOR CLEAR DISTANT VISION.

Bead String is also called 'The Brock String'.

Switching close, middle, far on the beads tests and improves convergence, accommodation for clear close vision, un-convergence (divergence), un-accommodation for clear distant vision, binocular vision, fusion, 3 dimensional vision, depth, distance perception and corrects wandering and crossed eye

conditions and unbalanced vision; less clear, dim vision in one or both eyes.

+Switching back and forth on objects at different distances; close, middle, far activates and integrates the left and right brain hemispheres.

Activating and integrating the left and right brain hemispheres improves the clarity of vision in the left and right eyes at all distances, close, middle and far. Function of the brain with the eyes improves.

+Looking at different colors also activates and integrates the left and right brain hemispheres.

Colored beads are used to increase activation and integration of the brain hemispheres. (Use beads that contain colored sparkles; example; red bead with red sparkling glitter)

See chapter 16 in the E-Book for brain hemisphere functions, activities for improving brain, eye function.

+ **RED, ORANGE, YELLOW** (Beads #1, 2, 3 - Close Distances) activates the left brain hemisphere and clear close vision.

+ **GREEN** (bead # 4 - middle distance) activates and integrates both left and right brain hemispheres and clear close and distant vision.

+ **BLUE, PURPLE, LIGHT PURPLE** (beads # 5, 6, 7 - far distances) activates the right brain hemisphere and clear distant vision.

DIRECTIONS

In this first example, 3 beads are used; red, green, blue. (See picture above)

Place 3 beads on a string;

+ **RED** - Close - 7 inches from the end of the nose.

+ **GREEN** - Middle - 12 inches from red bead.

+ **BLUE** - Far - 12 inches from green bead.

Practice outside in the sunlight, sun shining over the shoulder onto the beads.

+ The far end of the string, bead # 3 - **BLUE** is attached to a tree or pole.

The blue bead is placed at nose level.

(Do not nail the string to the tree; if the nail pulls out it may fly into the eyes.) Tie the string around the tree.

The other end of the string is held up in front of the nose.

Pull the string tight and straight.

Avoid slanting the string left, right, up, down...

Keep it straight out in front of the nose.

The string and beads are placed between the left and right eyes, center of the end of the nose.

Do not place the string in front of one eye; placing it in front of one eye will impair convergence, divergence, normal eye movement.

The close end of the string is wrapped over the top of the index (pointer) finger and held in front of the end of the nose.

Do not touch the finger, string to the nose.

Place the finger, string one inch outward, away from the nose to enable the head, face, eyes to move freely and without affecting the placement of the string.

The **RED** bead is 7 inches from the nose.

The close end of the string can be tied to a pole with the top of the pole at nose level, one inch away from the nose to avoid holding the string up with the hand. (Holding the hand, arm up can lead to muscle tension, fatigue, limited movement of the arm, shoulder, neck, head, eyes.)

Keep the beads centered between the left and right eyes, in front of the nose when using the pole.

Stand or sit and look at the beads. Keep the beads in the central field without becoming rigid, stiff, immobile. Relax and allow some movement of the head, body.

Keep good posture; eyes, head/face, body are straight, and are relaxed and move freely.

Avoid bending, pulling the head, neck down, forward.

Do not tilt the head/face left, right, up, down...

The left and right eyes must be even, level, at the same height. Tilting the head places one eye higher or lower than the other resulting in incorrect, uneven images when looking at the beads.

Use central-fixation; the bead the eyes are looking at is in the center of the visual field. Looking at the beads does not produce perfect central-fixation, eye, head/face posture because; when central-fixation is perfect; the beads would be placed between the left and right eyes, at eye level. The eyes and face are in the same direction, both facing directly at the bead. To see all the beads on the string it is easier to place the string, beads at nose level. The eyes look down to nose level to see the beads but the head/face does not move down with the eyes. The face is directed straight ahead and the eyes are looking down at the beads. This is imperfect central-fixation. It is normal for the eyes to slant down a bit when looking at a object but not too much. When looking at a bead, the bead is in the center of the eyes visual field, but for perfect central-fixation and relaxed eye muscles the bead should be at eye level so the eyes do not have to look downward. Switching close, middle, far on the beads does produce very clear vision; 20/20+ but, since the eyes must look down to see all the beads and central-fixation, posture is not perfect; do not practice switching on the string all the time as a repetitive eye exercise. Use the bead string once in a while to improve the clarity of vision. Use the bead string in a easy, relaxed manner. Don't force the beads to be clear. Use Correct Vision Habits; Shift, central-fixation, blink, breathe abdominally and relax. Practice switching on the beads then practice on the 3-7 pens placed in a straight line, row at eye level-perfect center of the visual field. Central-fixation is perfect when looking at the pens because the eyes and face are in the same direction when looking at the pens; eyes, face straight ahead directed at the pens and eyes, face, head move together up, down, left, right as the eyes shift part to part on the pens. Place small beads or draw a shape on the pens, all at the same height to replace the bead string. Practice switching close, middle, far on any objects in your environment for complete freedom of eye, head, face, body movement.

SWITCH CLOSE, MIDDLE, FAR ON THE 3 BEADS

+ #1 RED to # 3 BLUE - Close to Far.
 + # 3 BLUE to # 1 RED - Far to Close.
 Switch; Close, Far, Close, Far.
 + Switch to and from # 2 GREEN, middle bead to RED and BLUE.
 Switch back and forth on the beads in any order.

Use all Correct Vision Habits; relax, blink, breathe abdominally, shift, central-fixation, movement, memory and imagination, switching. Shift on the beads; shift from small part to small part on the bead the eyes are looking at. Shift and trace on the bead with the imaginary Nosefeather. Move the head/face and body with the eyes, same time, same direction the eyes move to as the eyes shift and switch on the beads. A small, relaxed movement with the eyes. Eyes, head/face, neck and body are relaxed and move freely. Avoid Incorrect Vision Habits; squinting, staring (eye, head, neck, body immobility), trying hard to see a bead clear. Just relax, shift and switch.

Test the eyes for correct convergence, un-convergence, accommodation, un-accommodation, fusion, equally clear vision in the left and right eyes;

The picture on page 87 shows how the string and beads appear when the eyes are functioning correct and vision is clear;

+Look at #1- RED bead - close distance. Shift on the bead. One red bead is seen. It is clear, solid. The red bead is in the center of the visual field. The GREEN and BLUE beads are in the peripheral field and appear double; two green beads, two blue beads. The beads are at a even height- two green beads at the same level, even with each other. Two blue beads even with each other. This correct image indicates the eyes are even, balanced, perfect convergence, un-convergence, accommodation, un-accommodation.

The double images of the green and blue beads are spaced evenly on the left and right sides of the red bead. Double images of beads farther away from the red bead are spaced farther apart.

The string also appears as two strings forming an arrow < pointing toward the nose.

The two strings cross in an X over the red bead.

These images indicate normal eye function and clear vision.

The double images of the string and beads on the left and right sides in the peripheral field are equally visible, no lighter or missing images.

Experiment

Double images of objects the eyes are not looking at will appear in the peripheral field on the left and right sides of the object the eyes are looking at when there is an object at a close distance about 20 feet and closer in line with the other close and/or distant objects.

Example; look at two objects in the distance beyond 20 feet - one at 40 feet and one beyond it at 200 feet. There are no close objects in front of the distant objects.

Notice that both distant objects are single = no double images.

Now; place your finger upright about two feet in front of the eyes, between the eyes, at eye level, center of the visual field, in line with the distant objects.

The finger is the close object.

+Look at the finger. The distant objects now appear double.

+Look at the distant objects. The finger appears double.

When there is a close object at about 20 - 19 feet and closer, in line with other objects, and the eyes look at that object, the objects the eyes are not looking at, at close or far distances appear double in the peripheral field, equally spaced on the left and right sides of the object the eyes are looking at.

The double images in the peripheral field are produced by the left and right eyes.

Cover one eye at a time to see which eye produces which peripheral image.

Left and right placement of double images from the left and right eyes change depending on the distance the object is at.

Notice the double images of objects at close and far distances and cover one eye at a time to determine which image, left or right is produced by which eye for each distance.

+Look at # 2 - GREEN bead, middle distance. Shift on the bead.

One green bead is seen, clear and solid, in the center of the visual field.

The RED and BLUE beads are in the peripheral field and appear double; two red beads, two blue beads and they are equally spaced on the left and right sides of the green bead.

There are two strings that cross each other in an X over the green bead.

+Look at #3 -BLUE bead, far distance. Shift on the bead.

One blue bead is seen, clear and solid, in the center of the visual field.

The RED and GREEN beads are in the peripheral field and appear double; two red, two green beads and they are equally spaced on the left and right sides of the blue bead. The images of the red beads are spaced farther apart than the images of the green beads. The farther away a bead is from the bead the eyes are looking at; the wider will be the space between the double image of a bead.

There are two strings that form an arrow > pointing away from the nose.

The X is not seen on the far blue bead because the end of the string is attached to the tree. An arrow > is seen. Move the blue bead closer on the string if you want to see the X cross on the blue bead.

Seeing the images shown in the picture indicates normal eye function, clear vision.

If the images appear incorrect, the eyes need vision, function improvement; **Example;**

Bead the eyes are looking at, in center of the visual field is unclear, light, double, does not appear, appears in an incorrect place; left, right, up, down...or

one or more of the double images of beads in the peripheral field are very light, do not appear or appear in an incorrect place; too far left or right, too high, low, or one of the double images of a bead is higher, lower than the other image; (Example; double image of red bead; left up high, right at normal level,) or if the string does not appear double, or one double image of the string (left or right side) is very light, does not appear, one string higher than the other, or if the arrow pointing toward the nose does not appear when looking at the close red bead, or the arrow pointing away from the nose when looking at the far blue bead does not appear, or if the X does not cross over the red or green bead.

These incorrect images can indicate; unclear vision in one or both eyes, less clear vision in one eye, dim, low, no vision in one or both eyes, (amblyopia) imperfect convergence, accommodation at close distances, imperfect un-convergence, un-accommodation at far distances in one or both eyes, wandering, crossed eyes...

All these conditions can be corrected by switching, shifting, central-fixation... on the beads on the string, pens in a Row and any objects at close, middle, far distances and practicing other Natural Vision Improvement activities; Left and right brain hemisphere exercises, moving picture, light direction swings.

If a incorrect image is seen; cover one eye at a time to determine which eye is causing the incorrect image or if both eyes are causing it. Determine the distance the incorrect image is at; close, middle, far or all distances. When the incorrect image disappears=the eye that is covered is causing the incorrect image.

Then practice switching close, middle, far on the beads to improve the function of the left and right eyes and clarity of vision at all distances.

Practice switching, shifting on the beads with; both eyes together, then one eye at a time, (left, then right, then left, then right), then with both eyes together again for equally clear, balanced vision in both eyes.

If vision is less clear in one eye, practice with that eye a little extra time.

Practice at all distances and a little more at the distance that needs vision improvement.

The beads are placed between the left and right eyes, in front of the nose when using both eyes together, and when using one eye at a time.

Do not place the string in front of one eye when using both eyes together or when using one eye at a time. Placing the string/beads in front of one eye will impair convergence, un-convergence, accommodation, un-accommodation in the left and right eyes, will cause a crossed, wandering eye.

(Switching with one eye, with close and distant objects directly in front of the one eyes pupil can be done in a specific way resulting in vision improvement, but not when using the bead string and never when both eyes are being used together or a crossed wandering eye can develop.

See 'Secret Switching with Yellow Kitty' in the free PDF final E-book edition in 2012.)

Practice with the Memory and Imagination on the Beads

#1 - Eyes open; shift on the **RED** bead.

Remember and imagine it is seen correct; clear, solid, one single bead, center of the visual field.

Remember, imagine the beads in the peripheral field appear correct;

Two **GREEN**, two **BLUE** beads, equally spaced on the left and right sides of the red bead.

Remember and imagine the string appears as two strings, arrow < pointing toward the nose, X crossing on the red bead.

#2 - Repeat #1 in the imagination with the eyes closed.

#3 -Repeat #1, then 2, then 1.

#4 - Repeat #1,2,3 with one eye at a time.

Keep the string, beads between the eyes, at nose level.

Do not place the string/beads in front of one eye.

When using one eye - the normal images are;

Only one string appears, only one of each bead appears, there is not a X on the bead, and there are no arrows.

#5 - Repeat #1, #2 and #1 with both eyes together.

Repeat # 1,2,3,4 &5 for each bead **RED**, **GREEN**, **BLUE**.

Then repeat # 1,2,3,4,5 on beads #1, 2, 3 while switching back and forth on the 3 beads.

Switch on the 3 beads with; the eyes open, then closed, then open while remembering, imagining and seeing the correct clear image for each bead.

Practice this with; both eyes together, then one eye at a time, (only left eye, then only right eye, left, right..., little more with less clear vision eye,) then with both eyes together again.

Use a eye patch and keep the patched eye open under the patch. Both eyes are open. Do not close one eye when using one eye at a time. Closing one eye causes eye, face and neck muscle tension and eventually unclear vision. (When practicing #2-using the memory, imagination with the eyes closed: close both eyes.

The beads can be placed at various distances;

1-6, 3-5 inches apart, with red bead at 1-5... inches from the nose to improve close reading vision.

Start at a comfortable distance and move closer as vision improves.

(When practicing with the first bead closer, 1... inch from the nose, and with other beads, distances: move the beads, string up to eye level sometimes for practice with exact central vision; objects at eye level. This is better for the eyes than always practicing with the string at nose level.)

3-7 feet apart to improve middle distance vision.

5-10-15+ feet apart to improve far distant vision.

Using the 7 colored beads shown in the picture on page 87 increases activation and integration of the left and right brain hemispheres and provides more distances to practice at.

Place the beads in the order shown; **RED, ORANGE, YELLOW, GREEN, BLUE, PURPLE, LIGHT PURPLE.**

Practice visualization of these colors combined with abdominal breathing and deep relaxation; red - first stages of relaxation----light purple deepest state of relaxation.

See Color Breathing Relaxation Chart in the Palming, Sunning chapters # 19, 18 in the E-book.

Special note; if your nose is crooked: use the area exactly between the left and right eyes, under the center of the forehead, then straight down from there to nose level to center the beads evenly between the left and right eyes.

Less clear vision in one and/or both eyes can be caused by one or both eyes not converging, accommodating perfectly at close distances or not un-converging (divergence), un-accommodating perfectly at far distances. Even a slight imperfection can lower the clarity of vision in both eyes. Practicing switching close, middle, far with both eyes and one eye at a time perfects convergence, accommodation, un-convergence, un-accommodation for equally clear, 20/20 and clearer vision in the left and right eyes at all distances. Improving the clarity of vision in a eye with less clear vision automatically improves the vision in both eyes. When the vision becomes equal in the left and right eyes, clarity in both eyes increases and improves quickly.

Practicing Correct Vision Habits; shifting, central-fixation, switching close, middle, far with both eyes and then with one eye at a time; left eye, then right eye, then left, then right, then both eyes together again keeps the vision balanced, equally, perfectly clear. Start with the left or right eye when using one eye at a time. If vision is less clear in one eye; start with the clearest vision eye to get the clearest visual image of objects into the brain, memory. Vision will improve easy, faster in each eye.

With practice the vision in the left and right eyes is so perfect and equally clear that the person may forget which eye had less clear vision.

Always practice switching, shifting in a relaxed, easy manner. No effort to see. Avoid staring, squinting. Always shift the eyes, visual attention from part to part on the object the eyes are looking at. Blink and relax.

The left and right brain hemispheres function together to produce equally clear vision in the left and right eyes.

Switching close, middle and far activates, integrates and improves function of the left and right brain hemispheres, their function with the eyes and clarity of vision.

Practicing left and right brain hemisphere activation, integration activities; the rock, long swing, cross crawl, figure eight, color treatment improves left and right hemisphere function and clarity of vision in the left and right eyes at all distances.

All Correct Vision Habits activate and integrate the left and right hemispheres.

9 - SUNLIGHT, SUNNING, Full Spectrum Sunlight



Get healthy full spectrum sunlight outside daily.
No eyeglasses, contacts, sunglasses.

Palming, Sunning, The Rock (Sway), Long Swing, Figure Eight, Cross Crawl, Switching on objects in line with each other at different distances; close, middle and far with both eyes together and one eye at a time and all other Natural Vision Improvement activities are practiced to increase relaxation, activate Correct Vision Habits, correct eye/brain function and clear vision.



Face the Sun
Move the closed eyes,
and head, face,
body together;
side to side,
up and down,
diagonally,
clockwise, counter-
clockwise. Draw the
Figure Eight.



SUNNING - Facing directly at the sun with the **EYES CLOSED** while moving the eyes, head/face side to side to distribute, move the sunlight, the sun's light, energy spectrum over the entire area of the eyes, cornea, lens, retina improves the health of the eyes and clarity of vision. Move left and right, up, down, diagonally. Circle the sun counter-clockwise, clockwise... (Allow the body to move with the eyes, head/face.) The eyes are kept in movement to distribute the light over all areas of the eyes, the entire retina, lens and to prevent staring, over-exposure. Eye movement pulls light into the eyes, improves absorption of healthy full spectrum sunlight.



Sunlight is healthy for the eyes and activates 20/20 and clearer vision day and night, close and far. Sunlight improves health and function of the cones, rods, macula, fovea centralis, cells, capillaries, nerves and all parts of the retina, the retina's production of visual purple for clear day and night vision/adjustment to light and dark, improves health and function of the eye muscles, optic and eye muscle nerves, the lens, cornea, iris, all parts of the eyes, and improves blood, oxygen, nutrient and energy flow in the eyes, brain, body.

Sunning is a very old Natural Vision Improvement activity.

Years ago the Natural Vision Improvement Student was taught to look at the sun with the eyes open.

Sunning is now done with the eyes closed.

Walking around outside in the sunlight daily and looking at the bright sunny sky (not directly at the sun) with the eyes open is healthy and safe for the eyes. (Avoid sunburn.)

Doctor Bates cured blindness and other eye problems by applying specific ways of exposing the open eyes to direct sunlight. Sunlight brings life, renewal to the retina and the cells, cones, rods, nerves in the retina.

Some people still practice sunning with the eyes open at sunrise and sunset when the sun's UV light is lowest and for brief times during the day.

Their eyes are in continual movement, shifting, blinking and the head, face, eyes move together side to side, up, down and in other directions. Staring, eye immobility and overexposure to sunlight is avoided; they practice for only a short time when the eyes are open. Relax, allow the eyes to blink, move, think positive thoughts.

Looking at the sun with the eyes open is an ancient practice called Sungazing.

Sun-gazers state that the sun is the earth's energy source and allowing it to enter the eyes improves health of mind, body, eyes, spirit but; sungazing must be done correctly.

Sungazing must not be done on areas of the planet where the ozone layer is depleted, holes in the ozone due to air pollution. The ozone layer absorbs different types of UV and other light waves to protect the planet, life on the planet from being over-exposed to specific light waves of the sun's light spectrum. The eye's cornea and lens, also contribute to this protection.

A normal ozone layer (not depleted) keeps a perfect, healthy, balanced amount of sunlight, light waves entering the planet's atmosphere/surface.

Read the original and Modern Sungazing, Sunning and Sunglass articles, directions from Better Eyesight Magazine at the end of this chapter and book.

(Never face/look at the sun with the eyes open or closed during an eclipse of the sun. Looking at the sun during an eclipse can result in blindness. The blindness may or may not be temporary, curable but it is not worth taking a chance on eye injury.)

Do not wear eyeglasses, contact lenses, sunglasses, tinted, UV blocking lenses when sunning (and sun-gazing). Avoid wearing eyeglasses, contacts... in the sunlight, artificial light, day and night-time. When sunlight passes through close or distant eyeglass lenses, contacts; the lenses act as a magnifying glass that concentrates and/or widens the light abnormally onto the eye's cornea, lens, retina. This can burn the cornea, lens, retina and impair the eye's function. It usually builds up over time, no effects until damage has occurred but can also occur quickly. Glasses without frames can also act as magnifiers along the edge of the glass burning the skin, eyes.

Never look at or near the sun with eyeglasses on with the eyes open or closed. Eyeglasses also reduce eye movement resulting in increased concentration of the light on one area of the lens, retina. This is similar to holding a magnifying glass still while sunlight passes through it and burns an object on the other side of the glass.

Eyeglasses, sunglasses, contacts, tinted, colored, UV blocking lenses also unbalance the sun's light spectrum, block out part of the sun's healthy full light spectrum, causing unhealthy, unbalanced, partial spectrum light to enter the eyes and travel to the brain, down the spinal cord and into the body causing; eye damage, unclear vision, impaired health of the eyes, brain, body. Even when not looking at/near the sun; eyeglass/sunglass... lenses cause an unbalanced, abnormal and/or concentrated amount of light to enter the eyes resulting in impaired health, function of eyes, brain, body. Contact lenses seal over the entire pupil completely blocking out full spectrum light.

Eyeglasses, contact lenses, sunglasses, tinted, UV blocking lenses also impair, weaken the eye's natural tolerance to sunlight, impairs the iris/pupil, lens, retina function, adjustment to light and darkness, are addictive causing the eyes to hurt, water, experience abnormal, increased glare when in the sunlight and even in indoor light when the lenses are not worn. Wearing the lenses causes vision impairment, unclear vision. (The iris/pupil muscle functions with the lens/ciliary muscle.)

Never look at or near the sun with a telescope, binoculars, magnifiers. The sun will burn the eye.

A man lent his telescope to a friend. The friend forgot to place the eye protection piece back on the telescope for viewing the sky. The man then used the telescope, forgot to check for the piece, he looked into the sunny sky, the telescope moved near the sun and the sun burnt his eye's cornea. He had a blurred, blind spot in that eye due to the scar, damaged area on the cornea. I do not know if the eye completely healed. The man moved and has no forwarding address. He is using The Bates Method.

The eyes and entire body need full spectrum, balanced sunlight daily (without any type of eyeglasses, sunglasses...) to remain healthy with clear vision. Full spectrum sunlight is pure sunlight not filtered, not passing through eyeglasses, contact lenses, sunglasses, tinted, colored lenses, UV blocking eyeglass lenses, including glass and plastic windows.

Suntan lotion, sunscreen lotion, many skin creams, and face, body makeup also blocks full spectrum sunlight causing unhealthy partial spectrum light to impair the health of the skin, cause skin cancer and impair the sun/skins production of natural vitamin D. Chemicals in the products are toxic.

Go outside in the sun every day. Wear a hat with a wide brim and full clothing in place of sunglasses, skin creams in strong sunlight.

Natural Vision Improvement Teachers continue to train their students to practice sunning only with the eyes closed. Open eyed sunning is omitted from later 2nd editions of Dr. Bates book but he may not have authorized this, may have been only after his death, done by other writers giving in to pressure from the AMA, Optical Industry. Sunlight does improve the eyes health, clarity of vision.

The Author of this book Clark Night practices Closed-Eyed Sunning. I also practice Open-Eyed Sunning, Sun-Gazing for a short time every few days. I follow the directions for keeping the eyes in movement. I shift from the left to right, top and bottom of the sun, diagonally... most often out to the sky around the sun, always keeping the eyes, head in movement and blinking. The healthiest I have ever been in Adult life is when I worked selling newspapers at the train station in Boston, MA and did Sunning with a few seconds of Sungazing every day or two. People at the train station did this as a natural habit, with closed eyes. They never heard of Natural Vision Improvement.

In 2008 I was practicing longer, time open-eyed sunning to test its effect on the eyes before I wrote more in this book. I over-did the practice, too long, less eye movement and ended up with a scotoma; temporary sunspot in my visual field (not the type that refers to retina, eye injury, spot...). It stayed as a red color of light, then changed to different colors as time passed, day 3 changed to yellow and finally disappeared. I have not suffered any damage from this but now have gone back to staying with only the brief periods of glancing at the sun, open-eyed a few seconds only, lot of continual eye, head movement. Closed eyes sunning is done for a longer time. Vision is clear.

Avoid sunburn and overexposure to strong light. Sunlight can burn the eyes if the body, eyes are malnourished. When the eyes, body are healthy, receive a good diet/nutrition, normal sunlight will not harm the eyes. The eyes and body need sunlight and a healthy diet.

The eyes, body need a good diet with all vitamins, minerals, proteins, nutrients to fully absorb and utilize sunlight and prevent over-exposure to sunlight. The body needs daily sunlight through the eyes and on the skin for complete absorption and use/interaction of vitamins, minerals, proteins.

Sunlight produces natural vitamin D in the skin, body.

Natural vitamin D is necessary for absorption, use of calcium and other nutrients.

Many prescription and non-prescription drugs and some herbs impair the eyes natural tolerance to sunlight, leaving the eyes, lens, retina and skin prone to overexposure, sunburn, injury. The drugs, herbs also impair circulation of blood, oxygen, nutrients to/in the eyes, impairs eye pressure, fluid, tear production, flow and eye health resulting in cataracts, macula degeneration and other eye problems. Avoid drugs. Maintain a healthy diet. Read more on the Sunglass page, end of this book.

Sunlight at high altitudes is stronger; flying, mountains, skiing on snow in high mountains.

Temporary sunglasses may be needed as the eyes adjust to these climates, areas. Snow-Sunburn on the cornea, irritation to the retina may occur causing temporary blindness. A good place to learn more about this might be the Air force: they tend to tell the truth about use of sunglasses since they need pilots with good vision, preferably without need for eyeglasses. The military has trained pilots in the Bates Method, Natural Vision Improvement and hired Bates Teachers during the War. Sunglasses are addictive, impair the health of the eyes, clarity of vision.

Sunning and daily exposure to sunlight improves the clarity of vision, color perception, can reverse/cure cataracts and other eye problems, types of blindness, stop watering of the eyes, eliminate depression, improve sleep, and cure arthritis and other health problems. Exposing the eyes, skin to sunlight increases, normalizes the eyes and skins natural tolerance to sunlight.

Persons of Irish., white, light skin need more skin protection; clothing. Their skin burns easy.

A white, full facecloth with eye holes can be used to protect the skin, face from sunburn when sunning.

DIRECTIONS

Practice sunning in bare feet, standing or sitting on the plain ground, grass or sand (no concrete) for maximum absorption and circulation of the sun's energy. Sitting in your favorite chair is ok. Sunning is still effective if the person must wear shoes. Practice palming before and after sunning to increase relaxation and improve the eyes, pupil/iris, retina adjustment to light and dark and production, control of visual purple. Also practice alternating 5, 10-30 seconds of palming with sunning. Example; Palm for 5 seconds, then sun 5 seconds, palm again, then sun...

Practice sunning with eyes closed, 5 to 15, 30 minutes at sunrise and sunset. UV light is weaker at sunrise and sunset so sunburn is avoided but; the eyes need UV light, all light waves of the sun's spectrum, so; also, practice when the sun is higher above the horizon after sunrise and before sunset to get a full amount of light. A few seconds to 1-5 minutes of sunning can be practiced at other times throughout the day. If the sun is too strong, sun under a tree. It's beneficial to look at the bright sky, eyes open, away from the sun occasionally to increase eye health and vision improvement. Shift on the clouds, tree tops, birds, airplanes.

Practice Sunning;

Face the sun, eyes closed and move the eyes, head/face (and body also if moving longer as with the rock...) slowly side to side, left and right so the sun shines, moves upon all parts of the eyes and retina. The eyes, head/face and body move together, in synchronization, at the same time, in the same direction. This eyes, head/face movement improves activation, function of the retina, and all areas of the eyes and prevents concentrating the sunlight on only one area of the retina. Let the eyes move, shift. The normal eye is in movement, pulling light into the eyes, enabling light rays to continually move on the retina keeping the retina's light receptors, cones, rods active, healthy and preventing sunburn, overexposure to sunlight. Every cell in the cornea, lens, retina is nourished, energized. Sunlight brings life, action to the eyes.

Think something pleasant (as when palming), daydream something happy when sunning.

Practice the Figure Eight while sunning.

Practice the Rock and Long Swing when sunning. Chapter 6.

Trace around the sun counter-clockwise and clockwise with the imaginary Nosefeather. (eyes closed).

Sweep the feather across the sun and notice oppositional movement of the sun's light on the closed eyes;

+Sweep right > - the sun moves left <

+Sweep left < - the sun moves right >

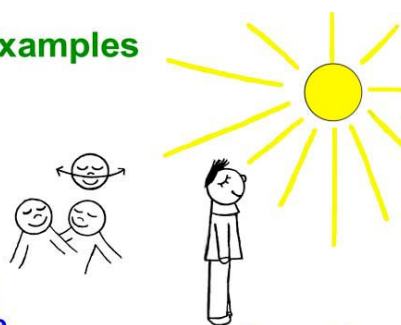
Sunlight contains all colors, wavelengths, frequencies of the light energy spectrum. Full spectrum light travels into the eyes, brain, spine, body maintaining healthy eyes, clear vision, good health.

Sunglasses, eyeglasses, windows block out part of the sun's light spectrum, impairing its health, vision benefits.

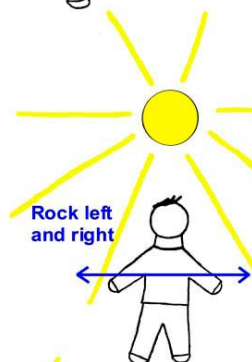


Sunning Examples

Face the sun with the eyes closed and move the head/face slowly, relaxed side to side; left, right, left, right... Feel and see the sun move across the face/closed eyes. Then, move the head/face up and down, then circular; trace around the sun counter clockwise, clockwise. The eyes, head/face (and body) move together, at the same time, in the same direction.



Do the rock while sunning; Face the sun with the eyes closed and rock the entire body side to side, left and right. Do the long swing.



Sit facing the sun, relax, eyes closed and daydream pleasant thoughts. Occasionally move the head/face side to side.



The pictures show a variety of sunning activities; Face the sun with the eyes closed and move the head/face slowly side to side; left, right, left, right. Relax, think positive thoughts or think nothing. Then, move the head/face up and down, then circular; trace around the sun with the nose-feather, counter-clockwise and clockwise.

Face the sun, (eyes closed) and do the rock; rock, sway the whole body slowly, relaxed side to side; left, right, left, right. Then, do the long swing, then the figure eight while facing the sun. (Practice can be done with the eyes open when the sun does not shine directly into the eyes).

Sit in your favorite chair outside in the sun.

Let the sun shine on the closed eyes and daydream pleasant thoughts.

Occasionally move the head/face side to side.

Move the chair under a tree and let the sun shine through the branches on the eyes, face, (a safe amount of sunlight that will not cause sunburn). The tree branches will move the light for you if there is a breeze; when the wind blows the branches, leaves on the tree. This activates moving light and shadows, colors on the eyes retina, healthy saccadic eye movements as described in the following pages, pictures; saccadic sunning.

Let the mind daydream happy things, drift into deep relaxation and sleep.

Notice how a cat and other animals will sit in a window or outside facing the sun, eyes open for a while, then close the eyes, relaxed, contented. Animals instinctively know the sun is healthy.

Sitting with your animals has a relaxing, healthy effect on the body, mind. Doctors prescribe pets to normalize blood pressure, improve mood, body, mind health.

Sunlight, light energy travels into the eyes, brain, body, to organs, systems and chakras, (energy centers) along the spine and in all areas of the body.

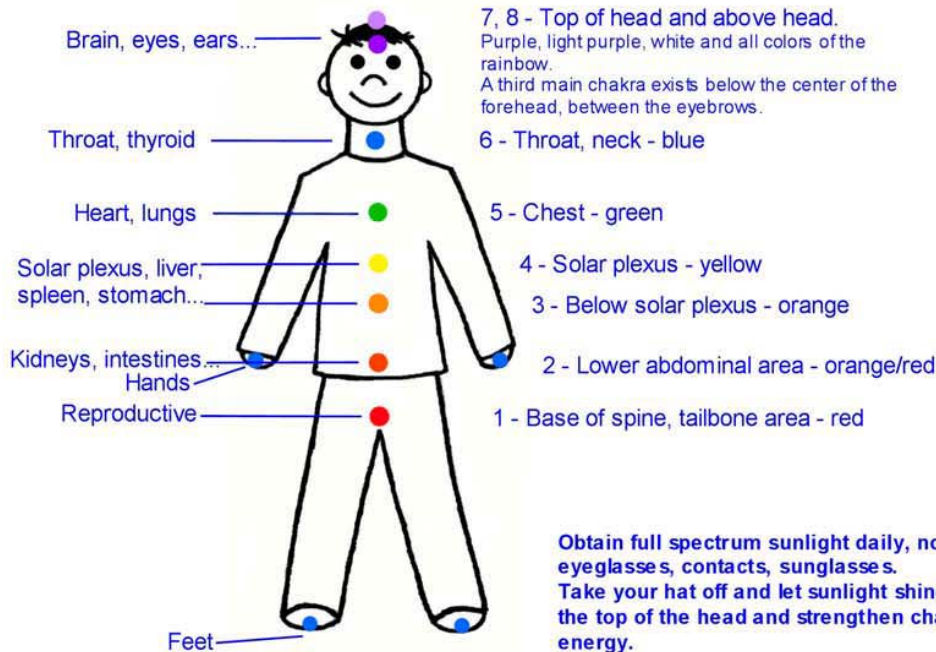
Sunlight is necessary to maintain normal function, communication, health of all areas/parts of the body, brain, eyes. Light and darkness controls the production and balance of melatonin, serotonin, and all chemicals, hormones, energy, functions in the eyes, brain, body. Sunlight, light energy travels into the eyes and to the brain, pituitary, hypothalamus, pineal, and other organs, glands, left and right hemispheres, visual cortex, all areas of the brain. Light energy then travels down and up the spine to all areas of the body.

Sunlight, energy also travels in the brain and along the spine through energy centers, chakras (related to acupuncture points). The eight main chakras along the spine, head and on the hands, feet are shown in the diagram. Many more chakras are located throughout the body connected by energy pathways similar to the circulatory system. When energy flows correct, balanced in the body; normal health is maintained. Full spectrum sunlight traveling in through the eyes and on the skin keeps energy strong, balanced for perfect health and clear vision. Tai Chi, Qi gong, Karate, Meditation, breathing exercises strengthen, balance, control the bodies energies.



Organs, systems

Chakras



The sun contains the 7 colors of the rainbow and all mixtures, levels of these colors. Each color has its own light wave frequency and properties.

When looking at, visualizing each color, notice the feeling it generates in the eyes, mind and body; energy, relaxation, different types of positive feelings, mood. Each color has a specific healthy energy.

Obtain full spectrum sunlight daily, no eyeglasses, contacts, sunglasses. Take your hat off and let sunlight shine on the top of the head and strengthen chakra energy.

SACCADIC SUNNING CANNOT BE DONE BY EPILEPTIC PERSONS PRONE TO SEIZURES CAUSED BY FLASHING LIGHT.

(All other persons can practice Saccadic Sunning for healthy eyes and clear vision.)

Saccadic sunning is taught by Natural Vision Improvement Teachers. (See pictures next page.)

Saccadic sunning relaxes the eyes, eye muscles and gets the eyes moving, shifting normally.

Saccadic sunning occurs naturally. Example;

When walking or driving in a car, train... under, beside, past trees, rungs of a fence with the sun shining through the tree branches, leaves, rungs of the fence.

As the person moves, the sun shining through the tree branches, rungs of the fence produce sparkling, flickering, moving light and shadows on the face, eyes, retina. This is very healthy for the eyes.

The shining, flickering, moving light and shadow on the eyes relaxes the mind, eyes, eye muscles, and activates saccadic eye movements - saccadic shifting of the eyes.

Saccadic eye movements are very small, tiny, including microscopic, fast, automatic eye movements. Watch a person that has normal eye function, clear vision; the eyes sparkle as their eyes move and light moves upon, reflects on the moving eyes. Saccadic movement is the most perfect, normal eye function that produces very clear vision, much clearer than 20/20.

The tiny movements also activate, perfect central-fixation; to shift on and see very small fine details of objects clear, to see clearest with the center of the visual field.

Saccadic sunning and saccadic eye movements massage, activate, improve function and health of; the eyes retina, cones, rods, optic and other nerves in the retina, the eye muscles, lens, cornea, iris, all areas of the eye. Eye movement, relaxed eye muscles improve/normalize blood, fluid flow in the eyes.

Saccadic movements also bring/pull light into the eyes. This is essential for sight and clarity.

Saccadic sunning can be practiced using the hands, a fence, tree, ladder.

(See pictures and directions on next page.)

Saccadic Sunning

Face the sun with the eyes closed.

Place the hands in front of the eyes, the left and right hands 1-2 inches apart.

The hand closest to the face is 4-5 inches from the eyes.

The palms of the hands are facing inward toward the eyes with the fingers in front of the eyes.

The fingers are apart and relaxed, not stretched. See diagrams # 1 and 2.

Move the left and right hands (fingers) up and down in opposite directions in front of the closed eyes.

Move the head/face side to side.

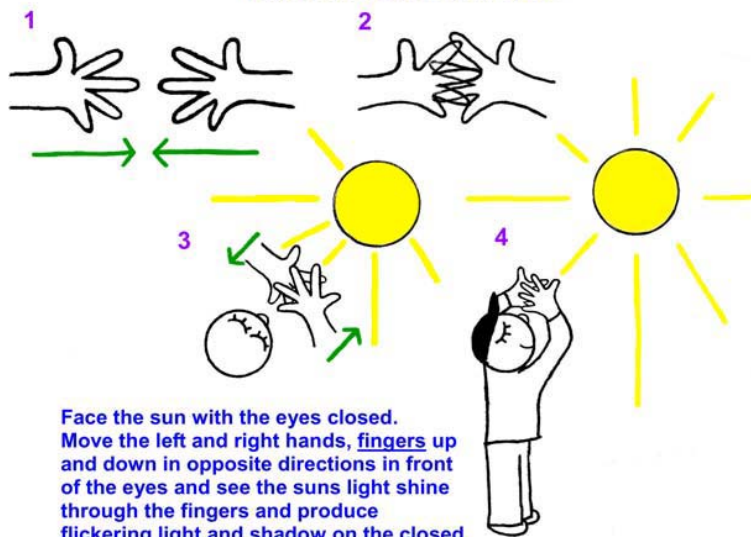
See diagrams # 3 and 4.

As the fingers of the left and right hands pass each other as one hand moves up and the other moves down, the sun shines on the eyes through the open fingers producing flickering, moving light and shadow on the eyes, retina.

Move the hands slow, then faster, slow... and notice the light, shadow move fast, slow and produce colors.

Palms of hands toward the face. Fingers apart, relaxed.

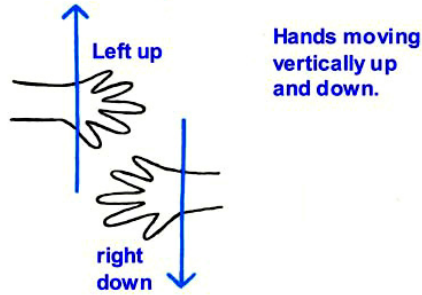
Move the fingers/hands in front of each other, not touching, not interlocked. The hands are about 1-2 inches apart. Hand closest to the face is 4-5 inches from the eyes. Fingers are in front of the eyes.



Face the sun with the eyes closed. Move the left and right hands, fingers up and down in opposite directions in front of the eyes and see the sun's light shine through the fingers and produce flickering light and shadow on the closed eyes.

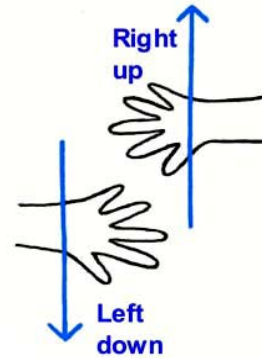
The flickering sunlight and shadow on the closed eyes activates eye, eye muscle relaxation and saccadic eye movements, shifting - very small, fast, automatic eye movements; the natural, most perfect eye function that brings light into the eyes, relaxes the mind, eyes, eye muscles and produces very clear vision.

Saccadic Sunning, hand movement



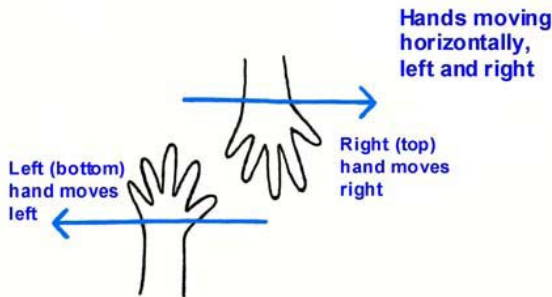
Move the left and right hands/fingers up and down, in opposite directions in front of the eyes.
 Example;
 left hand/fingers move up,
 right hand/fingers move down.
 The fingers of the left and right hands pass by eachother as they move in opposite directions.

Saccadic Sunning, hand movement



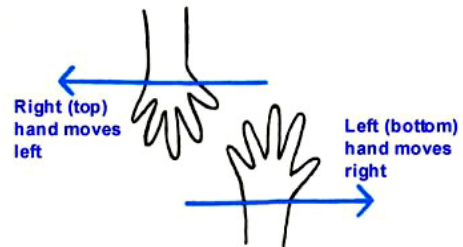
Example;
 Right hand/fingers up,
 left hand/fingers down.
 Move the hands continually up and down.

Saccadic Sunning, hand movement



Alternate moving the hands left and right with the right hand on top then with the left on top.
 When doing any of the movements, the left or right hand can be closest to the face.

Saccadic Sunning, hand movement



Move the hands back and forth, in opposite directions, left and right.
 Then, switch hand position; move the hands left and right with the left hand on top, right hand on the bottom.
 Alternating placement/movement of the hands and moving the hands left and right crossing against eachother in opposite directions activates and integrates the left and right brain hemispheres for more vision improvement and keeps a balanced amount of movement in the arms, hands.

SACCADIC SUNNING WITH TREE, FENCE, NOSEFEATHER, SWING, ROCKING CHAIR - Oppositional Movement

The pictures show natural forms of saccadic sunning. Everyone has experienced this. It is very relaxing, healthy for the eyes, visual system, improves brain function with the eyes, activates normal eye shifting, saccadic eye movements and clear vision. A massage for the eyes, eye muscles, brain, entire system.

Saccadic Sunning with tree, fence and nosefeather

Saccadic Sunning can be done without the hands.
Stand under a tree or in front of a fence with open rungs or mesh.

Face the sun (eyes closed) through the branches of the tree or rungs of the fence.
Move the head/face slowly side to side, then;

Do the rock or long swing; Move the whole body; head/face, body side to side; left, right, left, right... while facing the sun through the branches or fence.
Eyes, head/face and body move together.
Breathe abdominally and relax.

The sun shining through the tree branches, leaves, rungs of the fence produces flickering, moving light, shadows, color on the closed eyes.

Next; move the head/face, body up and down.

Draw the figure eight while facing the sun through the fence or tree branches.

On a windy day, the wind blowing through the tree branches, leaves will increase the effect of moving light, shadow, color.
The person can relax, sit or lie in the grass under the tree, face the sun through the branches, eyes closed and experience the moving light, shadow, color.
Rocking in a hammock, swing, rocking chair will increase the effect.

Looking at the leaves, branches moving in the wind (eyes open) also activates saccadic eye movement.

Open the eyes and look through the branches, rungs of the fence.
Avoid looking directly at the sun when the eyes are open.

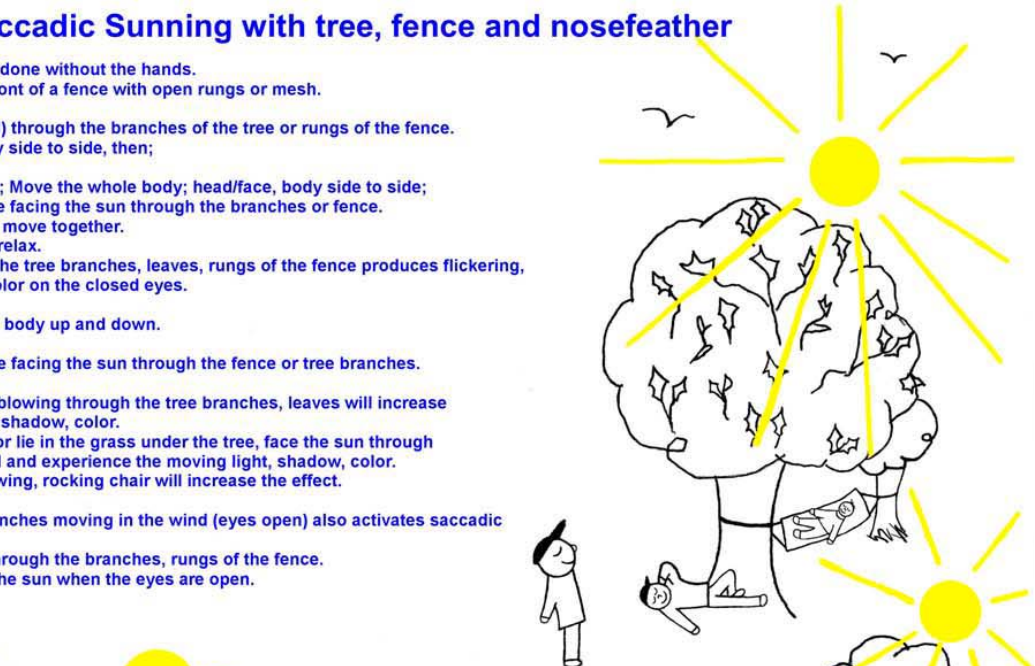
Use the imaginary nosefeather on the fence.
The end of the feather is at eye level, center of the visual field.

Do the rock, long swing and sweep the end of the nosefeather across, along the fence, left and right with the eyes, head/face, body.

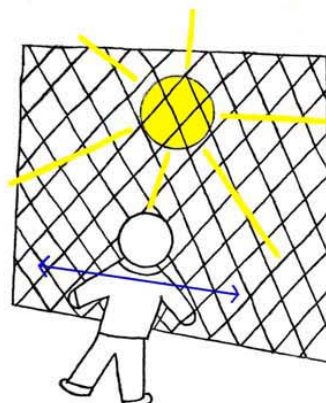
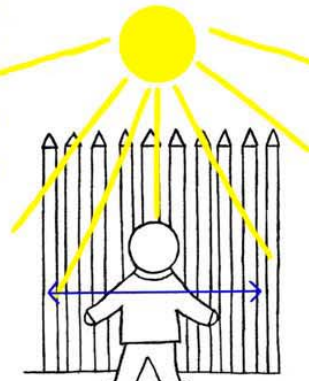
The eyes, feather, head/face and body move together, same time, same direction; left, right, left, right.

The end of the feather hits the rungs of the fence making a gentle tapping sound and feeling in the head, eyes, body as it hits the rungs of the fence.

This increases saccadic eye shifting, relaxation of the eyes, eye muscles, mind and body.

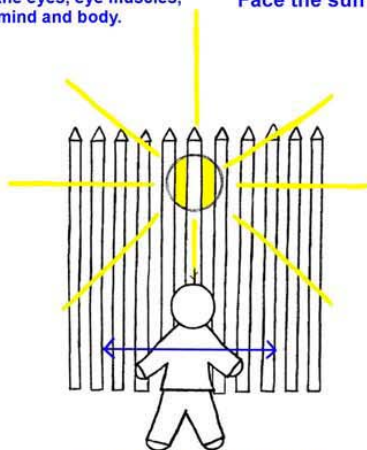


Saccadic Sunning under a tree.

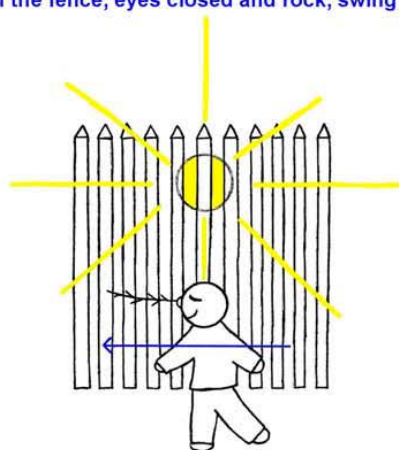


Rock, swing under the tree.

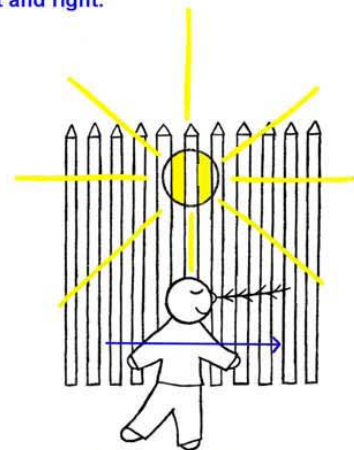
Face the sun through the fence, eyes closed and rock, swing left and right.



Swing left and right and sweep the feather along the fence.



Swing, sweep left



Swing, sweep right

Face the sun through a fence, (Eyes closed if the sun shines directly into the eyes, eyes open if it's higher in the sky, still shining through the fence. Practice both ways for complete benefit.) Sweep the end of the imaginary Nosefeather along the rungs of the fence while doing the rock or long swing. Imagine you can see and feel the soft end of the Nosefeather hit each rung of the fence as it sweeps over the fence; left and right, through the middle, left, right, left, right... The eyes, end of the Nosefeather, head/face and body move easy, relaxed, together, in synchronization at the same time, in the same direction. A flowing, continuous movement.

Practice this activity with the eyes closed and see the moving, flickering, light, shadows, color on the closed eyes and continue to imagine you can see and feel the end of the feather gently hitting the rungs of the fence; hit, hit, hit, hit, hit as it passes along over the rungs. Feel it as a gentle relaxing massage in the eyes, head, body.

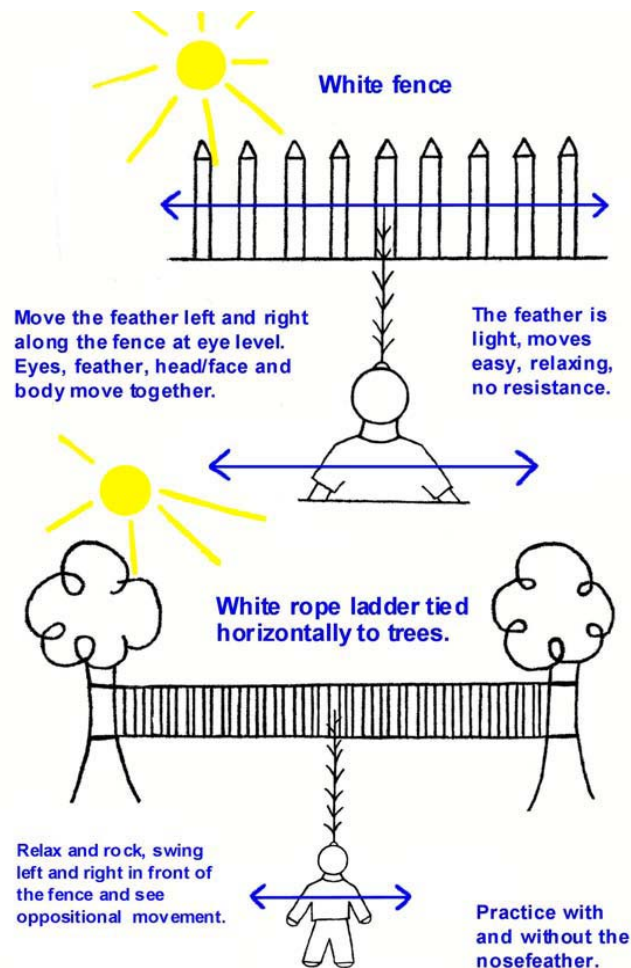
Next; practice this again with the eyes open, closed, open.

When practicing with the eyes open, do not look directly into the sun.

Practice when the sun is higher in the sky, above the eyes but still shining through the fence.

Saccadic sunning and use of the Nosefeather activates relaxation of mind, body, eyes, eye muscles and normal movement of the eye muscles and eyes. Clarity of vision improves.

The Nosefeather increases relaxation and saccadic eye movement



OPPOSITIONAL MOVEMENT

See oppositional movement with the fence and nosefeather

Stand 15 feet from the fence.
The end of the nosefeather touches the fence at eye level.
Do the long swing or rock in front of the fence and sweep the end of the feather left and right along the fence.
The fence appears to move in the opposite direction the eyes, feather, head/face and body move to;

+When the eyes, nosefeather, head/face and body move left, the fence appears to move to the right.

+When the eyes, nosefeather, head/face, body move right, the fence appears to move left.
This is a horizontal oppositional movement.

Practice at different distances, close, middle and far from the fence and see the amount, type and speed of oppositional movement change.
When the fence is at a far distance it will appear to move in the same direction the person moves toward.

The closer the fence is, the faster the fence appears to move in the opposite direction and with more oppositional movement appearing.
Seeing oppositional movement relaxes the mind, body, eyes and improves the clarity of vision.

Follow directions for the long swing in chapter 16; relax and let the fence move in the opposite direction.

See chapter 17 - oppositional movement.
Don't stop to look at the fence or see it clear. just relax, rock, swing.

Practice this on a vertical ladder; see diagram of white ladder hanging from tree on the right.
Move the eyes, nosefeather, head/face and body up and down in front of the ladder and notice vertical oppositional movement;
move upward - ladder appears to move down,
move down - ladder moves up.

Eyes, nosefeather, head/face and body move left. ←

→ Fence appears to move to the right.



Keep good, relaxed posture; eyes, neck, head, body moving together without tension.

When moving the feather along the fence, ladder; the Nosefeather extends out from the nose and the end of the feather bends up to touch the object the eyes are looking at/moving along at eye level, in the center of the visual field. See picture below; the end of the feather is touching the rung of the fence at eye level, center of the visual field.

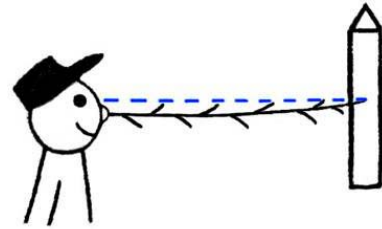
When moving the feather along the fence, ladder, it will bend a little as a normal feather would when moving it along a object.

Don't concentrate on perfect central alignment of the feather.
Just relax, move the feather left and right, up and down along
the fence, ladder and allow it to bend.

Practice moving the eyes (visual attention) and Nosefeather on,
around the figure eight to get the eyes, eye muscles, head,
neck relaxed, moving freely, easy in all directions.

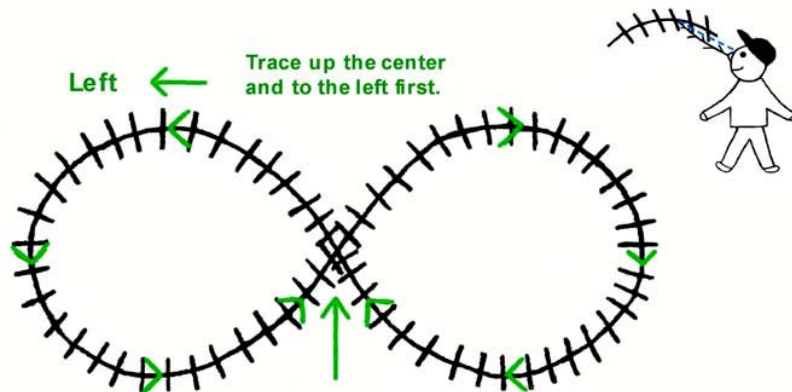
Place the figure eight in front of the sun with the sun shining
through the eight onto the face/eyes.

Practice with the eyes closed, then with the eyes open when the
sun is not shining directly into the eyes.



The end of the nosefeather
touches the fence at eye level,
center of the visual field.

Twist a rope ladder into the shape of a figure eight.
Place the eight sideways, suspended in the air by rope, tree branches.



Trace left and right around the eight with the eyes and nosefeather.
Imagine you feel the end of the feather gently hitting the rungs of the
fence as it moves around the eight.

Feel this in the eyes, head, body.

This breaks up tension in the eyes, eye muscles, head/face, neck,
body and activates saccadic shifting, relaxed eye movement and
clear vision.

Do the long swing while drawing the figure eight.

The eyes, feather, head/face and body move together left and right
around the eight.

You can also use the hand to move/trace around the eight or just the
feather. See chapter 17.

10 - FINE PRINT, READING, Clear Close Vision

Read Fine Print

ALL of our imperfect sight is just the result of our using our eyes wrong, and permitting bad habits to grow on us. Staring is only a bad habit, but it causes a great deal of trouble. When it is stopped and the eyes are rested by palming and blinking, the sight is immediately benefited.

+Reading fine print daily produces clear close and distant vision, prevents cataracts and other eye problems. Print the fine print in the boxes a variety of small sizes and read the smallest print possible with relaxation in the sunlight. Reading the print 1-3 times week keeps reading vision clear.

Read Fine Print in the Sunlight Daily

THINK RIGHT

"As a man thinketh in his heart so is he," is a saying which is invariably true when the sight is concerned. When a person remembers or imagines an object of sight perfectly the sight is perfect; when he remembers it imperfectly the sight is imperfect. The idea that to do anything well requires effort, ruins the sight of many children and adults; for every thought of effort in the mind produces an error of refraction in the eye. The idea that large objects are easier to see than small ones results in the failure to see small objects. The fear that light will hurt the eyes actually produces sensitiveness to light. To demonstrate the truth of these statements is a great benefit.

Remember a letter or other object perfectly, and note that the sight is improved and pain and fatigue relieved; remember the object imperfectly, and note that the vision is lowered, while pain and fatigue may be produced or increased.

Rest the eyes by closing or palming, and note that the vision is improved, and pain and discomfort relieved; stare at a letter, concentrate upon it, make an effort to see it, and note that it disappears, and that a feeling of discomfort or pain is produced.

Note that a small part of a large object is seen better than the rest of it.

Accustom the eyes to strong light; learn to look at the sun; note that the vision is not lowered but improved, and that the light causes less and less discomfort.

Remember your successes (things seen perfectly); forget your failures (things seen imperfectly); patients who do this are cured quickly. Ophthalmologist William H. Bates - Better Eyesight Magazine - Dec. 1921

- + Modern Bates teacher's state to look at the sun with the eyes closed, but looking at the bright sky is OK as long as over exposure/sunburn is avoided.
- + Palming = to cover the closed eyes with the palms of the hands and relax, think positive thoughts.
- + Staring at a letter = eye immobility, not shifting from part to part on the letter, not using central-fixation/the center of the visual field.
- + Seeing a small part of a large object better than the rest = using central-fixation; looking at one small part of the object at a time and placing it in the center of the visual field. This is done on any size objects, large or small at any distance close or far.
- + Remembering, imagining objects clear, storing only clear pictures of objects in the memory relaxes the mind, eye muscles, eyes, activates normal eye muscle/eye function, movement... and clear eyesight.

Psalms 23 (King James Version)

- ¹The LORD is my shepherd; I shall not want.
- ²He maketh me to lie down in green pastures: he leadeth me beside the still waters.
- ³He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
- ⁴Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
- ⁵Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
- ⁶Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Reading fine print, shifting on small tiny parts of close objects relaxes tension in the outer and inner eye muscles, returns the eye to normal healthy shape, improves function, health of the lens, retina and circulation to, in, out of the eye.

Fine print can also be read inside in dimmer light if effort to see is avoided. Relax, blink and shift.

Shift point to point (small part to small part) on small objects, small parts of objects at close and far distances. See the small, tiny parts of a flower, stone. Break a stone open and look for gold, gems.



CLEAR EYESIGHT AT CLOSE DISTANCES

Reading – Fine Print Healthy for the Eyes – Read in Full Spectrum Sunlight.

Clear Close Vision

Reading, Seeing Fine Print Clear
Natural Presbyopia Treatments



Practice the same Correct Vision Habits (shifting, central-fixation...) to see close objects clear.

Example; look at a small flower or piece of jewelry at 3 - 7 inches from the eyes. Place the object up in front of the face, in the center of the visual field; between the eyes, at eye level. Use good posture; avoid bending the head, neck down or pushing, pulling the head forward. Keep the neck straight and relaxed. See example of the girl looking at the bluebird; she has good posture, the bird is at eye level, center of the visual field.

Shift on the small parts, tiny fine details of the object. Shift part to part and small point to small point, seeing tiny parts clear. Blink, deep breath, relax. Avoid holding the object up with the hand too long; place the object on a tree branch, table, book holder... to prevent muscle tension in the arm, shoulders, neck which can travel into the eyes and lower the sight.



Avoid staring, squinting, trying to see. Keep the eyes moving, shifting relaxed, slowly, easy, continually from one small part of the object to another small part. (Let fast, saccadic eye movements occur automatically, on their own.) Blink, breathe slow, relaxed. Take a few deep breaths to improve relaxation, oxygen flow to the brain, eyes. The head/face, neck and body are relaxed and move freely.

While shifting on small parts of close objects or on fine print when the close vision is unclear; the object may appear to jump around a bit, like the appearance of shaken jelly, 'Jello'. Other visual effects may be seen. These are harmless, temporary and indicate that the eye muscles, eyes are tense, convergence, accommodation, eye movement and eye circulation need improvement. With practice these effects, sensations disappear as the eyes function, health, clarity of vision improve to normal.

Ophthalmologist Bates teaches his patients to use central-fixation and shifting when looking at any size objects at any distance close and far.

CENTRAL-FIXATION; See one small part of the object best, clearest in the center of the visual field, one object at a time and move the central field part to part on the object. Each part the central field moves upon is clearest while the central field is on that part.

The part the eyes are looking at, in the center of the visual field is clearest because the center is the clearest area of the visual field.

The fovea centralis, in the center of the macula, center of the eyes retina, produces the center of the visual field and clearest vision, clearer than 20/20; 20/10, 20/5... at all distances close and far.

Other parts of the object the eyes are not looking directly at are in the peripheral field and are less clear because the peripheral field/peripheral area of the retina produces less clear vision.

The far outer area of the peripheral field is most unclear. The inner peripheral field is clearer.

The peripheral field closest to the center of the visual field is more clear.

The exact center of the visual field is the clearest.

This is due to the position of cones and rods (light receptors) in the eyes retina.

Cones produce very clear vision and bright color.

Rods produce less clear vision and only gray, black, light, dark perception but also detect motion and they continue to function when in almost complete darkness.

The center of the retina contains many cones, with the exact center (fovea centralis in the center of the macula) consisting of only cones. The many cones in the center of the retina (fovea centralis), produce very clear vision and perfect, bright color perception in the center of the visual field.

The center of the fovea contains many cones, highly concentrated. This produces the exact center of the visual field, a small point of very clear, fine detailed vision. Move this small point, exact center of the visual field on small parts, tiny details of close and far objects. Practice on the flowers, butterfly in the picture, then on real objects. Practice in a garden in the sunlight. Practice at night in the moonlight, porch light.

There are less cones in the peripheral field of the retina. The peripheral field contains many rods, some cones. There are only rods, no cones in the far outer area of the peripheral field of the retina.

This results in less clear vision in the peripheral field.

These conditions apply to close and distant vision.

See clear by using the center of the visual field, not the peripheral.

Place the part of the object you want to see in the center of the visual field.

Central-fixation, seeing with the center of the visual field causes the central light ray to focus perfectly on the center of the fovea centralis in the macula/center of the retina resulting in perfect focus of light rays in the entire eye and clear vision-seeing with the center of the visual field improves clarity of the central and peripheral fields of vision.

+SHIFTING; to move 'shift' the eyes, moving the center of the visual field from part to part on a object. As the eyes do this, one small part of the object is seen best/clearest at a time as the central field moves upon that part. The time the part is in the center of the visual field and seen clearest may be for only a fraction of a second as the eyes continually shift, moving frequently from part to part, point to point, but, during that fraction of a second that the part (point) is in the central field, that part is clearest. As the eyes, center of the visual field moves continually from part to part, the entire object is seen clear.

Ophthalmologist Bates describes using central-fixation and shifting to see a letter clear in his monthly Better Eyesight Magazine.

Example; look at the big letter **C** on the eyechart; >

Look at one small part of the **C** - notch on the top right corner.

Place it in the center of the visual field.



Shift part to part on that small part for a few seconds. Blink, relax.

Notice that it appears clearer and darker black than the other areas of the C which are in the peripheral field. This is how it should appear when the vision is clear, eyes functioning normal.

Next; shift to a new small part - middle left side.

The new part is now in the center of the visual field and is darkest black and clearest. The top corner and all other parts the eyes are not looking directly at are in the peripheral field and are less clear.

Next, shift to a new small part - top left side. The new part is now in the center of the visual field and is darkest black and clearest. All other parts are in the peripheral field and are less clear.

Shift continually from part to part; top, bottom, left, right, corner to corner... and in any direction, order. The center of the visual field moves with the eyes from part to part seeing each part clear.

Blink and relax.

When the eyes move, (shift) from part to part, seeing one small part clearest at a time in the center of the visual field the C is seen clear.

Now, practice this on smaller c's; C c c

Practice on a fine print c, then on an o. c o c o

Notice Oppositional Movement (The Swing); when shifting on the letter; the letter appears to move in the opposite direction the eyes shift to;

Shift right >; the letter moves left <.

Shift left <; the letter moves right >.

The movement is short, less than the width of the letter.

Shift top, bottom and diagonally on the letter and see oppositional movement.

Blink, shift, relax. The oppositional movement may appear larger, rigid... when the eyes, eye muscles need relaxation, improved movement, vision needs improvement. It becomes shorter, smooth as the vision, eyes movement improves.

Read Ophthalmologist Bates Better Eyesight Magazine articles;

+ Think Right - December, 1921

+ The Menace of Large Print - December, 1919

THINK RIGHT

Ophthalmologist William H. Bates Better Eyesight Magazine Dec. 1921

"As a man thinketh in his heart so is he," is a saying which is invariably true when the sight is concerned.

When a person remembers or imagines an object of sight perfectly the sight is perfect; when he remembers it imperfectly the sight is imperfect. The idea that to do anything well requires effort, ruins the sight of many children and adults; for every thought of effort in the mind produces an error of refraction in the eye. The idea that large objects are easier to see than small ones results in the failure to see small objects. The fear that light will hurt the eyes actually produces sensitiveness to light. To demonstrate the truth of these statements is a great benefit.

Remember a letter or other object perfectly, and note that the sight is improved and pain and fatigue relieved; remember the object imperfectly, and note that the vision is lowered, while pain and fatigue may be produced or increased.

Rest the eyes by closing or palming, and note that the vision is improved, and pain and discomfort relieved; stare at a letter, concentrate upon it, make an effort to see it, and note that it disappears, and that a feeling of discomfort or pain is produced.

Note that a small part of a large object is seen better than the rest of it.

Accustom the eyes to strong light; learn to look at the sun; note that the vision is not lowered but improved, and that the light causes less and less discomfort.

Remember your successes (things seen perfectly); forget your failures (things seen imperfectly); patients who do this are cured quickly.

+ Modern Bates teacher's state to look at the sun with the eyes closed, but looking at the bright sunny sky is ok as long as over exposure/sunburn is avoided.

+ Palming = to cover the closed eyes with the palms of the hands and relax, think positive thoughts.

+ Staring at a letter = eye immobility, not shifting from part to part on the letter, not using central-fixation/the center of the visual field.

+ Seeing a small part of a large object better than the rest = using central-fixation; looking at one small part of the object at a time and placing it in the center of the visual field. This is done on any size objects, large or small at any distance close or far.

+ Remembering, imagining objects clear, storing only clear pictures of objects in the memory relaxes the mind, eye muscles, eyes, activates normal eye muscle/eye function, movement and clear vision.

See a large or small object clear by relaxing; don't try to see.
Just shift from part to part, relax, blink, and the vision becomes clear.

For years schools have taught that large print is better for the eyes. Bates Teachers state that large print causes eyestrain and unclear vision because the eyes have to travel over more areas of the letter to see it and this is difficult, slow, when trying to read, so the person starts to stare, diffuse, try's to see all parts of the letter at once, central and peripheral fields equally clear at the same time while limiting shifting, avoiding central-fixation in an attempt to hurry and move along the sentence. The eyes, brain strain trying to see too many areas at one time. These are Incorrect Vision Habits that cause mental strain, eye muscle tension, eyestrain and unclear vision.

Small and fine print is relaxing to the eyes. Fine print is easy to read, the eyes activate central-fixation automatically and the eyes do not have to travel over a large area to see each letter, word. Small and more frequent eye shifting occurs-saccadic shifts. The mind, eyes... stay relaxed and the print is seen clear. The mind, eyes, visual system must relax to see fine print clear. Reading fine print activates relaxation of the mind, eyes and clear vision.

Placing a bookmark under the sentence being read and/or using the finger to point to the words being read, moving the finger along under the sentence as the eyes move along the sentence improves central-fixation and prevents eyestrain. Children do this naturally. (Do not do this by holding the hand/arm up to the computer screen... because muscle tension in the arm, shoulder, neck will occur.)

Read fine print daily, outside in the sunlight, sun shining over the shoulder onto the print. Reading very small fine print improves the clarity of close and distant vision because fine print causes the eyes to use perfect central-fixation, the eyes center onto a very small point, placing it in the center of the visual field. The eyes move together perfectly from point to point. Perfect, balanced convergence, accommodation occurs in the left and right eyes.

Central-fixation is a main Correct Vision Habit that results in perfect clear vision, clearer than 20/20. Reading fine print is a main Natural Vision Improvement activity that produces clear close and distant vision. Improving the clarity of vision at any distance automatically improves vision at all distances. Reading fine print at close distances produces a round, naturally slightly lengthened eye shape while reading at the close distance. Shifting point to point on close objects also does this. (Dr. Bates states the eye lengthens slightly when looking at close distances. Eye doctors state the lens changes shape when looking at close distances.) The eye is normally in a round shape when looking to the distance. Reading fine print corrects a abnormally lengthened eye shape. (The eye with unclear distant vision has a abnormal lengthened shape due to outer eye muscle tension.) After reading the fine print, then looking to the distance; the eye changes to a round shape for clear distant vision. The relaxation and normal slightly lengthened eye shape from reading the fine print helps to prevent eye muscle tension, abnormal eye shape when looking to the distance. Inner lens, iris... and outer eye muscle function, eye circulation, health improves. The eye with unclear close vision has a abnormal shortened or round shape that will not lengthen slightly for clear close vision. Eye doctors state the lens has difficulty changing shape. Reading fine print also corrects these conditions. Reading fine print to improve close and distant vision is a safe, healthy alternative to the dangerous 'Plus Lens Eyeglasses Treatment' sold by eye doctors, un-natural vision improvement teachers that can cause; cataracts, eye muscle dysfunction, detached retina and other eye health impairment.

+Practice reading fine print at close distances; 3 ft from eyes, then 2 ft, 1 ft, 20 inches, 10 inch, 7,6,5,4,3,2,1 inch. from the eyes.

+Practice reading with; both eyes together, one eye at a time, then both eyes together again.

If vision is less clear in one eye; practice a little extra with that eye to get the vision equal, perfect in the left and right eyes. Avoiding greatly over-working one eye more than the other.

+Practice closer - place the print close to the eyes, 1/4 inch. almost touching the eyelashes. Shift on the print, read it and experience microscopic close vision. (Rip the paper edges off the page to avoid cutting the eye with the sharp edge of the paper.)

Look from the print to the distance occasionally. Shift on distant objects. Then back to the print.

READ FINE PRINT IN THE SUNLIGHT DAILY.

**Three copies of Dr. Bates 'Think Right' article in fine print;
Print them. Read the print without eyeglasses.**

THINK RIGHT

"As a man thinketh in his heart so is he," is a saying which is invariably true when the sight is concerned.

When a person remembers or imagines an object of sight perfectly the sight is perfect; when he remembers it imperfectly the sight is imperfect. The idea that to do anything well requires effort, ruins the sight of many children and adults; for every thought of effort in the mind produces an error of refraction in the eye. The idea that large objects are easier to see than small ones results in the failure to see small objects. The fear that light will hurt the eyes actually produces sensitiveness to light. To demonstrate the truth of these statements is a great benefit.

Remember a letter or other object perfectly, and note that the sight is improved and pain and fatigue relieved; remember the object imperfectly, and note that the vision is lowered, while pain and fatigue may be produced or increased.

Rest the eyes by closing or palming, and note that the vision is improved, and pain and discomfort relieved; stare at a letter, concentrate upon it, make an effort to see it, and note that it disappears, and that a feeling of discomfort or pain is produced.

Note that a small part of a large object is seen better than the rest of it.

Accustom the eyes to strong light; learn to look at the sun; note that the vision is not lowered but improved, and that the light causes less and less discomfort.

Remember your successes (things seen perfectly); forget your failures (things seen imperfectly); patients who do this are cured quickly.

Ophthalmologist William H. Bates – Better Eyesight Magazine – Dec. 1921

+ Modern Bates teacher's state to look at the sun with the eyes closed, but looking at the bright sunny sky is ok as long as over exposure/sunburn is avoided.

+ Palming = to cover the closed eyes with the palms of the hands and relax, think positive thoughts.

+ Staring at a letter = eye immobility, not shifting from part to part on the letter, not using central-fixation/the center of the visual field.

+ Seeing a small part of a large object better than the rest = using central-fixation; looking at one small part of the object at a time and placing it in the center of the visual field. This is done on any size objects, large or small at any distance close or far.

+ Remembering, imagining objects clear, storing only clear pictures of objects in the memory relaxes the mind, eye muscles, eyes, activates normal eye muscle/eye function, movement... and clear vision.

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Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters.

In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.

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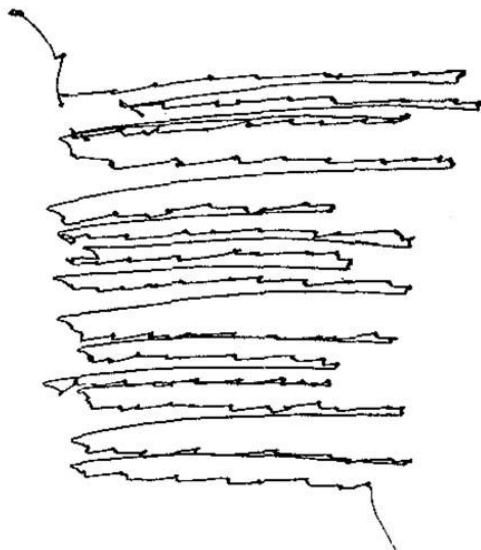
Eye Movements, Shifting, Saccades while Reading

Вы, мой стих не блещет новизной,
Разнообразьем переменившихся.
Не поискать ли мне тропы иной,
Приемов новых, сочетаний странных?

Я повторяю прежнее опять,
В одежде старой появляюсь снова.
И кажется, по имени назвать
Меня в стихах любое может слово.

Всё это оттого, что вновь и вновь
Решаю я одну свою задачу:
Я о тебе пишу, моя любовь,
И то же сердце, те же силы трачу.

Всё то же солнце ходит надо мной,
Но и оно не блещет новизной.



Print 3+ different sizes of small and fine print on paper cards. Keep the cards in a pocket and read the print in your spare time. Read in the sunlight.

Start with medium, small print if the fine print is not clear enough. Then, as the eyes get used to small print, practice with smaller and fine print. The eyes can read very small print; microscopic print. Even if the fine print is unclear; moving the eyes, (visual attention, center of the visual field) on, along the print, shifting on the letters, words will improve the vision.

Type your favorite verse, then change the letter size and print 3 - 5 different small/fine print sizes - 12 point, 10, 7, 5, 4, 3 point...

Read the larger type and memorize the words. When the verse is memorized it becomes a 'Familiar Object' and will be easy to see when reading the small, fine print size. (See the memory, imagination, familiar objects for clear vision chapter).

Avoid Incorrect Vision Habits; staring (eye immobility), squinting, trying hard to see clear.

Use Correct Vision Habits when reading;

+Shift; move the eyes (central field) upon, along the words, sentence even if it is unclear.

+Central-fixation; shift part to part, point to point on the blurry letters. Avoid trying to see all the words in a sentence clear at the same time. Shift from word to word by allowing the eyes to move freely along the sentence. Shift anywhere on the letters, words, page.

+Blink and relax. Breathe slow, comfortably deep.

Deep, slow, abdominal breathing (allowing the stomach/abdomen to rise first when breathing in) brings oxygen to all areas of the lungs; lower and upper and increases blood, oxygen flow to the brain, body and eyes, relaxes the mind, body, eyes resulting in clear vision.

< The picture on the left shows the true, natural eye movement pattern when reading. Patterns vary depending on the persons thoughts, subject reading...

Read; Use central-fixation; keep the word, letter the eyes are looking at in the center of the visual field and move the center of the visual field along the sentence passing over the letters, words being read. Let the eyes, central field move freely upon the words.

Some Bates Teachers tell the student to read through the 'Center-Of-The-Words' for central-fixation along the center of the sentence and this does produce clear vision.

Try reading through the ~~Center-Of-The-Words~~ to see a TV cable channel guide clear at a distance of 10 to 20 feet or a distant sign at 50-200+ feet, or close fine print. Do it easy. Avoid tension, immobility, avoid trying hard to keep the visual attention on the center of the words. Relaxed eyes. No effort.

Some students find it easier to use completely natural, un-controlled eye movement-to let the eyes move about freely on/along the sentence letters, words. See the pictures of natural eye movements, saccades in this chapter. As long as the eyes move, use central-fixation, shift from point to point, the vision remains clear.

This occurs quickly, automatically, no effort as the eyes move along the sentence.

Remember; don't try to see clear. Effort interferes with the eyes natural function and causes strain and unclear vision. Worrying about the clarity of vision interferes with relaxation and prevents clear vision. So, relax, 'forget about the eyes', enjoy reading the print and the first flashes of clear vision will occur soon and more often, last longer, become permanent. Use Correct Vision Habits, relax and the vision becomes clear on its own.

Reading Eye Movements-Shifting Saccades with Central Fixation

DANS, KÖN OCH JAGPROJEKT

På jakt efter ungdomars kroppsspråk och den "synkretiska dansen", en sammansmältning av olika kulturers dans, har jag i mitt fältarbete under hösten rött ung på olika arenor inom skolans värld. Nordiska, afrikanska, syd- och östeuropeiska ungdomar gör sina röster hörda genom sång, musik, skrik, skraff och gestaltar känslor och uttryck med hjälp av kroppsspråk och dans.

Den individuella estetiken framträder i kläder, frisyrer och symboliska tecken som förstärker ungdomarnas "jagprojekt" där också den egna stilen i kroppsrörelserna spelar en betydande roll i identitetsprövningen. Upphållsrummet fungerar som offentlig arena där ungdomarna spelar upp sina performance-liknande kroppsspråk.

The Natural Eyesight Improvement student practices shifting part to part, point to point on objects and shifting from object to object to return the eyes to this normal, natural movement with clear vision.

Pictures of eye movement patterns are examples. There is not a set pattern of movement. The eyes move freely. Each person will produce their own variety, pattern of eye movements when looking at a object depending on the objects shape, size, distance, if the object is moving... and the thoughts in the mind of the person when thinking about the object or other subjects while looking at, moving the visual attention on the object. Read Dr. Bates 'Do You Read Imperfectly?' Article in Better Eyesight Magazine-July 1919. >

The reading and other pictures are examples of free, uncontrolled natural eye movements when not

< The picture on the left and pg. 111 show eye movements when reading. The picture of the girl on pg. 113 shows eye movements when looking at her face. Movements and amount, type of movements (fixations and saccades, shifts) change depending on the person's thoughts, speed, ease, type of reading; skimming over the words or reading with more interest...

When the eyes, mind are relaxed with deep or active, dynamic relaxation; the eyes move, shift easy, saccades and other natural subconscious eye movements occur and vision is clear.

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

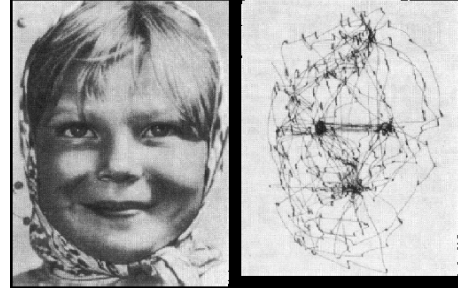
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practicing Natural Eyesight Improvement. The pictures do not show all of the smaller, tiny eye movements that also occur. For more pictures of eye movements, see the Book 'Eye Movements and Vision' by Alfred L. Yarbus. Many pictures of various eye movements. This is an old book. I have not researched all of it, so I cannot recommend everything in the book. See the pictures of Saccadic Eye Movements. When the vision is clear, these 'Saccades' and other movements occur; Large, small, medium, tiny eye movements, fast, easy, relaxed movements, vibrations, optical drift, high frequency shifts... of the eyes. Microscopic movements may not appear in the pictures which were created by certain machines, equipment to track eye movement.



This natural eye movement is why the Natural Eyesight Improvement student should practice, then don't practice; give the eyes a chance to activate this normal function 'on their own', without thinking about or controlling the eyes. Practice imitating normal eye function; shifting, central fixation., then, let the eyes activate all these eye movements, functions automatically, subconsciously, a normal body (visual system) function, just as the lungs breathing, the heart beating occurs without conscious control. This is when the vision is clearest.

Eyeglasses block, reduce natural eye shifting movements, saccadic shifts. Avoiding eyeglasses, practicing relaxation and shifting relaxes the mind, eye muscles, eyes. All eye movements return to normal, saccadic shifts are frequent, convergence, divergence, accommodation, un-accommodation eye movements also return to normal, perfect movement for clear vision at all distances. Blink-blinking causes the eyes to shift automatically, improves tear production, clarity of vision.

Reading fine print with shifting and central-fixation improves; accommodation and convergence, eye muscle function, coordination at close distances for fast close vision improvement. Look from the print to the distance, shift on distant objects for improved un-accommodation, divergence, eye muscle function, coordination at far distances, clear distant vision.

Reading fine print relaxes the mind and eyes because the mind, (brain) eyes must relax perfectly to see it clear. Central-fixation and eye movement activated by the fine print also relaxes the mind, eyes. Always read something you enjoy. This keeps the mind positive, interested in the subject, the mind, eyes relaxed and vision clear. Read the Memory, Imagination Step #7 chapter for clear reading vision with the mind relaxed, interested in the subject or daydreaming when not trying to see the letters.

Dr. Bates states that reading fine print in dim light (without effort, no squinting, no straining to see) while in a relaxed state of mind, body, eyes, greatly improves the vision. As long as there is a source of light to activate the cones in the eyes retina, the eyes can see print, objects clear. Sunlight also brings perfect clear vision. Read fine print in the sunlight daily or 1-3 times per week.

Dr. Bates states that reading fine print (in good light) even if it unclear, a bit uncomfortable in the beginning, will improve the sight and health of the eyes. Fine print activates perfect central-fixation as the eyes focus together on a small point-both eyes on the same point, center of the visual field, moving from point to point perfects convergence, accommodation, eye movement. Because fine print activates perfect accommodation, convergence, central-fixation, saccadic eye shifting and relaxation of the mind, eyes, eye muscles, body, neck, head; it returns the eyes to normal shape, removes tension, abnormal pressure on/in the eyes, lens, retina, returns perfect circulation of blood, oxygen, lymph... flow in the head, eyes. Cataracts and other eye health impairment is avoided, reversed. Fine print prevents cataracts along with good nutrition, sunlight, avoiding eyeglasses.



Avoid bending the head, neck down or pushing, pulling the neck, head forward or tilted upward, sideways, twisted when reading or looking at any object. (computer...) Use good posture; sit up straight. Neck straight and relaxed. Head aligned with spine, spine straight. Do this without losing relaxation and ease of movement.

Keep the neck relaxed. Place the print on a book holder up at eye level in the center of the visual field.

Better Eyesight Magazine - Dec. 1919
by Ophthalmologist William H. Bates

THE MENACE OF LARGE PRINT

If you look at the big "C" on the Snellen test card (or any other large letter of the same size) at ten, fifteen, or twenty feet, and try to see it all alike, you may note a feeling of strain and the letter may not appear perfectly black and distinct. If you now look at only one part of the letter, and see the rest of it worse, you will note that the part seen best appears blacker than the whole letter when seen all alike, and you may also note a relief of strain. If you look at the small "c" on the bottom line of the test card, you may be able to note that it seems blacker than the big "C". If not, imagine it as forming part of the area of the big "C". If you are able to see this part blacker than the rest of the letter, the imagined letter will, of course, appear blacker also. If your sight is normal, you may now go a step further and note that when you look at one part of the small "c" this part looks blacker than the whole letter, and that it is easier to see the letter in this way than to see it all alike.

[Shift from one small part to another, seeing one small part at a time darkest black, clearest.](#)

If you look at a line of the smaller letters that you can read readily, and try to see them all alike—all equally black and equally distinct in outline—you will probably find it impossible, and the effort will produce discomfort and, perhaps pain. You may, however, succeed in seeing two or more of them alike. This too, may cause much discomfort, and if continued long enough, will produce pain. If you now look at only the first letter of the line, seeing the adjoining ones worse, the strain will at once be relieved, and the letter will appear blacker and more distinct than when it was seen equally well with the others. [Looking at one letter—placing it in the central field. The object in the center of the visual field is clearest.](#)

If your sight is normal at the near-point, you can repeat these experiments with a letter seen at this point, with the same results. A number of letters seen equally well at one time will appear less black and less distinct than a single letter seen best, and a large letter will seem less black and distinct than a small one; while in the case of both the large letter and the several letters seen all alike, a feeling of strain may be produced in the eye. You may also be able to note that the [reading of very fine print](#), when it can be done perfectly, is markedly restful to the eye.

The smaller the point of maximum vision, in short, the better the sight, and the less the strain upon the eye. This fact can usually be demonstrated in a few minutes by anyone whose sight is not markedly imperfect; and in view of some of our educational methods, is very interesting and instructive. [See a large or small letter clear by shifting on it—shift small part to small part.](#)

[Here Ophthalmologist Bates lists a few examples of how schools and other institutions have allowed only large print to be read by small children. See entire article in Dr. Bates Better Eyesight Magazines & Medical Articles.](#)

Yet it has just been shown that large print is a strain upon the eyes, while the retinoscope demonstrates that a strain to see at the near-point always produces hypermetropia (commonly but erroneously called "farsight"). We should naturally expect, therefore, to find hypermetropia very common among small children; and it is. Of children eight and a half years old in the public schools in Philadelphia, Risley found that more than eighty-eight percent were hypermetropic, and similar figures may be found in all statistics of the subject. The percentage declines as the children become older, but hypermetropia, or hypermetropic astigmatism, remains at all ages the most common of all errors of refraction. Hypermetropia is, in fact, a much more serious problem than myopia, or nearsight. Yet we have heard very little about it, for the specialists have concluded, from its prevalence and its tendency to pass away or become less pronounced with the growth of the body, that it is the normal state of the immature human eye and therefore beyond the reach of preventive measures. It is true that many young children are not hypermetropic, but this fact is easily disposed of by the theory that the ciliary muscle alters the shape of the lens in such cases sufficiently to compensate for the shortness of the eyeball.

The baselessness of this theory, as well as the relation of large print to the production of hypermetropia, may be demonstrated by the fact that the condition can be relieved, and has been relieved in numerous cases, by the reading of fine print, combined with rest of the eyes. A child of eight was cured in a few visits by this means. Yet according to the British association she should not, at this age, have been allowed to read any type larger than 12-point, with capitals more than an eighth of an inch in height. Many grown people have been cured of hypermetropia in the same way, and in all forms of functional imperfect sight the reading of fine print, when it can be done with comfort, has been found to be a benefit to the eyes. Even straining to see fine print is sometimes a benefit in myopia.

hands and invited them to dance on the green. While the fairies were dancing and the children were trying to imitate them, the princes came down from the tower and danced with them. The jailer was so taken up by the unexpected attentions of the children that he forgot all about his prisoners.

One of the fairies said, "Let us play 'Follow my leader.'" She started off to run, and all the others behind her, but there were so many that they lost the leader and found themselves just going back toward London.

About this time the jailer appeared, and in a loud voice called out that he had something to say. So they placed him on top of a pillar where he could be seen by everybody. "My friends," he said, "I am only a poor jailer. Some wicked men in London came to me and offered me money to murder the two princes, because after they were killed their cousin would ascend the throne. But the fairies treated me so nicely and the princes treated me so nicely that instead of being their enemy, I am now their friend. Follow me to the house of those wicked men, and we will put them in a jail from which there is no escape."

All the men and women and the fairies and the children followed him to the house where the wicked people lived, and they were all dragged out and thrown into jail and placed under the care of the jailer. Then the princes and the fairies and all the people rushed up to the palace of the king and queen, and drove away the wicked soldiers who were holding them prisoners. The two princes were restored to their parents and there was great rejoicing. The king and queen felt very much indebted to the fairies because it was through their activity that things had all turned out so well. The two princes improved their sight very much by looking for the fairies; and the eyesight of the children in the kingdom was improved because they had to imitate the princes and be in the fashion.

Read Fine Print

ALL of our imperfect sight is just the result of our using our eyes wrong, and permitting bad habits to grow on us. Staring is only a bad habit, but it causes a great deal of trouble. When it is stopped and the eyes are rested by palming and blinking, the sight is immediately benefited.

Bad habit number two: The reading of large type in preference to finer print. It requires more of an effort to see a large letter than a small one, strange as it may seem. When you look at the big C on the Snellen Test Card, you don't see it all at once. You have to look at one part best, the hook on the upper right hand corner or the curve on the left side. You cannot look at the hook, the space on the right and the curve on the left side all at once. Some people think they see it at the same time, but they do not. Their eyes shift from one point to another, unconsciously.

Fine print is a benefit because it cannot be read while the eyes are under a strain. They have to be relaxed. For instance, in reading the chapter printed below, you cannot accomplish anything by staring at the letters, or screwing your face into a knot. Do not look at the letters but at the white spaces between them, and imagine them whiter than the margin. Blink and shift constantly to avoid the stare. If your eyes feel strained, stop and palm. You will notice that where it all looked blurred before, a word will appear clear and distinct. By constant practice more words clear up, until the entire chapter can be read easily.

S. MATTHEW 4 BEATITUDES



Bates Teachers teach relaxation and Correct Vision Habits that prevent strain when reading fine print. Dr. Bates cured his own vision; obtained clear close and distant vision with Natural Vision Improvement.

Dr. Bates shows his students how to experience use of Incorrect Vision Habits/wrong eye function that result in discomfort, strain and blur and how to experience use of Correct Vision Habits, normal eye function resulting in relaxation, comfort and clear vision. Read example in the first paragraphs of 'The Menace of Large Print' article.

+ Incorrect Vision Habits = Staring, eye immobility, trying to see all parts of a object, and/or two or more objects equally clear at the same time without moving the eyes; not shifting from object to object, not shifting from part to part on a object and not using central-fixation; not seeing one object/one small part of the object clearest at a time in the center of the visual field results in eyestrain, discomfort and blur. Staring at one object or one part of a object; not moving the eyes/central field to a new part or object also causes strain and blur.

+ Correct Vision Habits = Central-fixation; seeing one object clearest at a time in the center of the visual field and seeing one small part of the object clearest at a time in the center of the visual field and; shifting, moving the central field from part to part on the object or from object to object results in relaxation, correct function of the mind, eyes, eye muscles, comfort and clear vision. Shift point to point with relaxation for very clear, fine detailed vision.

When the student recognizes the cause of blur, strain, he/she learns to avoid it and use the eyes correct resulting in clear vision.

READ FINE PRINT IN THE SUNLIGHT

Full spectrum sunlight improves the clarity of vision. The eyes have developed over millions of years due to exposure to and function with sunlight. The eyes are built for absorbing, using sunlight. The eyes, brain and body need exposure to full spectrum sunlight daily.

Full spectrum sunlight is obtained by going outside in the sun without wearing eyeglasses, contact lenses, sunglasses, tinted, colored, UV blocking lenses. Full spectrum sunlight is sunlight that is not filtered through glass, plastic...

All eyeglass lenses, contact lenses, sunglasses, tinted, colored lenses including window glass, plastic at home, work, in cars, buses... blocks out part of the sun's light spectrum causing partial spectrum, unbalanced, unhealthy light to enter the eyes. Light travels from the eyes to the brain, up and down the spine to all organs, glands, systems, every cell, part of the body. When the light is unbalanced, as when passing through glass, plastic, or from partial spectrum artificial light; the eyes, brain and body receive abnormal light energy signals that impair the health and function of the eyes, brain, all organs, glands, systems, areas of the body.

Unbalanced, partial spectrum light impairs melatonin, serotonin and other hormone/chemical balance, production in the brain, body resulting in disrupted sleep cycle, depression, lowered memory, imagination, concentration... and health impairment.

When full spectrum, balanced sunlight enters the eyes; the eyes, brain, body, systems... receive correct light energy signals, function correct and remain healthy.

Artificial indoor lights produce unbalanced light, providing only part of the sun's light spectrum. Even full-spectrum lights are not completely natural as light from the sun.

When working, reading indoors always keep a open window with sunlight shining into the room.

Reading outside in the sunlight is the perfect reading light. The eyes benefit from reading the fine print and the full spectrum sunlight.

If the sun is too strong, read under a tree. The eyes will still receive natural full spectrum light through the tree branches and saccadic sunlight, sunning occurs. See sunlight chapter.

Avoid fluorescent light. Fluorescent lights impair health and function of the eyes, brain and body.

Fluorescent lights are very harmful to the eyes, health and vision. They produce partial spectrum, very unbalanced light with extremes in one-two light waves, abnormal shadow, contrast, flicker and other unnatural effects. This strains, confuses the brain, visual system, eye muscles, eyes causing unclear vision, fatigue, tension, headaches, impairs color, depth, distance perception and other functions of the visual system, eyes.

The constant flicker fluorescent lights produce impairs function of the eyes iris, pupil causing it to constantly contract, un-contrast, contract... with every flicker of the light. This strains, impairs function of the iris, pupil size/adjustment to light and dark, the eyes, eye muscles, retina and brain. Correct pupil size in light, dark, dim light improves the clarity of vision.

The ciliary/eye lens muscle is interconnected with the iris muscle and is also affected. Tear gland muscle, tear production can also be affected.

In 2007+ the public is being pressured to buy, use the new small and larger fluorescent light bulbs to conserve energy. Exposure to fluorescent light at work and at home causes, increases vision impairment; blur, astigmatism and leads to other eye and health problems. Exposing the eyes cornea, iris, lens, retina to this unbalanced light can lead to macula degeneration, cataracts and other eye health impairment. Full spectrum sunlight produces vitamin D and functions with other vitamins, minerals, nutrients to maintain eye health. Unbalanced, partial spectrum light impairs this function.

Fluorescent lights emit mercury vapor and other toxic gases, substances, radiation and EMF's (electro-magnetic field radiation). Mercury is a poison. EMF radiation, x-rays and other toxins emitted from fluorescent lights cause fatigue, impaired concentration, stress and health, vision impairment,

Fine Print a Benefit to the Eye

Seven Truths of Normal Sight

- 1--Normal Sight can always be demonstrated in the normal eye, but only under favorable conditions.
 - 2--Central Fixation: The letter or part of the letter regarded is always seen best.
 - 3--Shifting: The point regarded changes rapidly and continuously.
 - 4--Periphery: When the Sighting is slow, the letters appear to emerge from white to black, or in other directions, with a resolution line motion.
 - 5--Memory is perfect. The color and background of the letters, or other objects seen, are remembered perfectly, instantaneously and continuously.
 - 6--Imagination is good. One may even see the white part of letters black, diminished, dead, or form of the name.
 - 7--Ease or relaxation of the eye and mind is perfect and can always be demonstrated.
- When one of these seven fundamentals is perfect, all are perfect.

It is impossible to read fine print without relaxing. Therefore the reading of such print, contrary to what is generally believed, is a great benefit to the eyes. Persons who can read perfectly fine print, like the above specimen, are relieved of pain and fatigue while they are doing it, and this relief is often permanent. Persons who cannot read it are benefited by observing its blackness, and remembering it with the eyes open and closed alternately. By bringing the print so near to the eyes that it cannot be read pain is sometimes relieved instantly, because when the patient realizes that there is no possibility of reading it the eyes do not try to do so. In myopia, however, it is sometimes a benefit to strain to read fine print. Persons who can read fine print perfectly imagine that they see between the lines streaks of white whiter than the margin of the page, and persons who cannot read it also see these streaks, but not so well. When the patient becomes able to increase the vividness of these appearances [see *Halos*, February number] the sight always improves.

impairs the body's energy flow. Some light bulbs contain lead, another poison. In 2011 the U.S Govt. is about to pass a law banning the sale of incandescent light bulbs and will force the public to use fluorescent lights. The small bulbs produce the same health, vision problems as the large bulbs.

The plain old fashioned incandescent light bulbs do not produce full spectrum light but they are better for the eyes and health because; they do not produce extremely unbalanced light waves, they do produce better shadow, contrast and do not produce flicker, mercury vapor, radiation and other toxins that fluorescent lights produce. They do use more energy. There are full-spectrum incandescent bulbs. A low energy, non-fluorescent, full spectrum bulb needs to be invented. Solar and other natural energy sources are needed. Some light companies sell full spectrum light bulbs but they are hard to find. Most bulbs advertised as full spectrum are not truly full spectrum. Colored bulbs; pink, blue, red... produce unbalanced unhealthy light. Full spectrum fluorescent (and plain fluorescent) bulbs produce abnormal light and burn out partially resulting in production of extremely unbalanced partial spectrum light. Full spectrum fluorescent bulbs still emit radiation, mercury and other toxins. If fluorescent light bulbs are the only source of light at work, bring your own incandescent and other non-fluorescent full spectrum lights to the work. This will help provide a more balanced spectrum of light with shadow, contrast to the work area and reduce the unnatural effects of the fluorescent lights. Work by and look outside a open window often. When at home, work; take frequent breaks and go outside often and receive full spectrum sunlight on the skin, eyes. Full spectrum sunlight is the healthiest light for the eyes, body.

Practice Sunning daily.

Full spectrum incandescent bulbs or a mixture of incandescent and non-fluorescent full spectrum light bulbs with sunlight through open windows, skylights provide a good source of light. Pure full spectrum sunlight through many open windows without artificial lights is the best, healthiest light.

Read books by John Ott; 'Health and Light', and Jacob Lieberman; 'Light, Medicine of the Future' for more information on full spectrum sunlight and where to find full spectrum, non fluorescent light bulbs.

The picture shows why the eye needs to accommodate for close vision; >

Light rays from close objects diverge and focus beyond the eyes retina. The shape of the eye and the eyes lens changes to focus light rays from close objects onto the eyes retina to see objects at close distances clear.

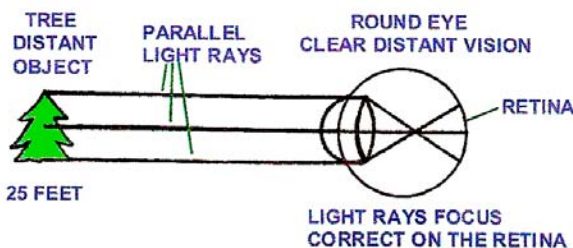
+Dr. Bates states that the round eye for clear distant vision lengthens slightly to bring the light rays from close objects back onto the retina for clear close vision.

+Most eye doctors state that only the lens changes shape.

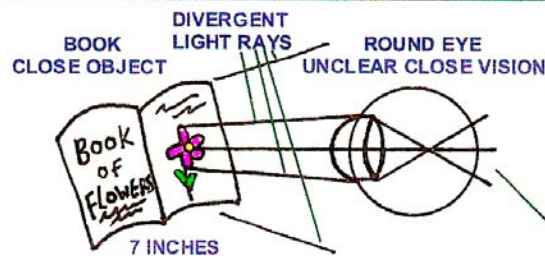
+A few doctors state that the lens and eye change shape to produce accommodation.

+Dr. Bates proved that outer eye muscle tension alters the eyes shape, disrupts the focus of light rays in the eye resulting in unclear vision.

ACCOMMODATION - CLEAR CLOSE VISION
Dr Bates states the eye lengthens to produce clear close vision.

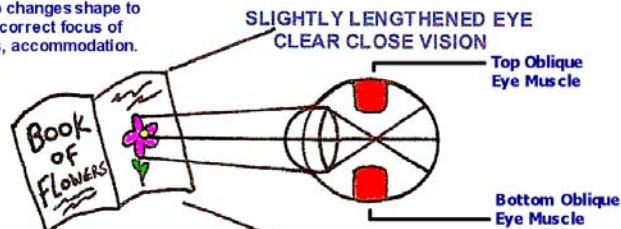


THE ROUND EYE IS THE PERFECT SHAPE FOR CORRECT FOCUS OF PARALLEL LIGHT RAYS FROM DISTANT OBJECTS ONTO THE RETINA.



DIVERGENT LIGHT RAYS FROM CLOSE OBJECTS FOCUS INCORRECT BEYOND THE RETINA IN THE ROUND EYE. THE EYE MUST LENGTHEN SLIGHTLY TO ENABLE DIVERGENT LIGHT RAYS TO FOCUS CORRECT ON THE RETINA.

Eye doctors state that the lens also changes shape to produce correct focus of light rays, accommodation.



THE EYE LENGTHENS SLIGHTLY TO PRODUCE ACCOMMODATION AND ENABLE DIVERGENT LIGHT RAYS FROM CLOSE OBJECTS TO FOCUS CORRECT ON THE RETINA AND PRODUCE CLEAR CLOSE VISION. THE OBLIQUE OUTER EYE MUSCLES CONTRACT SLIGHTLY TO LENGTHEN THE EYE. Most eye doctors state; Only the lens changes shape to produce accommodation, clear close vision.

Seeing Fine Print Clear

Read fine print in the sunlight for clear close and distant vision.

Sunning, Palming and the Long Swing help to relax the mind, eyes and bring clear vision.
(See other chapters.)

- +Take a break from reading occasionally and look at the bright sky, clouds, trees.
- +Then practice Sunning; Close the eyes, face the sun and move the eyes, head/face side to side.
- +Stand and do the long swing or, rock side to side (sway). See #6 Movement chapter.
- +Look to the distance, infinity and shift on far objects.
- +Palm; close and cover the eyes, relax.

Do not practice reading fine print and other treatments in this book on the computer or E-Book readers. Print the pages and practice on real paper in the sunlight.

The computer screen is a flat surface, has limited dimension, produces artificial 3-D dimension, depth, distance, blocks many normal, healthy eye functions, produces EMF radiation, strain and when over-used for reading is unhealthy for the eyes. The Artificial 3-D effect strains the brain, eye muscles, eyes. Reading a book, printed ink on real paper, outside in the sun (or inside in good lighting) provides true 3 dimensional 3D vision, is natural, healthy for the eyes.

Reading Fine Print to Improve the Clarity of Vision

+ Read fine print at a variety of close distances from the eyes, moving closer and closer until it is seen clear at 6 inches and closer.

The goal is to be able to improve the vision to seeing the smallest fine and microscopic print at all close reading distances, up to 6 inches from the eyes and, if preferred, closer to the eyes; 5, 4, 3, 2, 1 inches from the eyes. More vision improvement occurs when the eyes can practice reading fine print comfortably at closer than 6 inches from the eyes activating microscopic vision. Many people can see fine and microscopic print clear up close to the eyes/eye with the print touching the end of the eyelashes; about 1/4 th inch from the eyes. The eyes produce an effect like a microscope at these very close distances. Microscope eyes reading microscopic print. Like a child can look at a marble close to the eye and easily see it clear. This prevents presbyopia and cataracts. (Do this carefully, do not place the paper too close to the eyes, do not touch the eyes. Keep the sharp edge of the paper away from the eyes, tear the sharp edge off.) Reading fine, microscopic print also improves distant vision. (A natural, safe alternative to unhealthy, dangerous minus and plus eyeglass lenses and plus-lens eyeglass therapy.)

People have also experienced a type of telescopic vision when looking to the far distance using the Bates Method.

Normal reading distance is 6-20 inches, but the eyes should be able to see fine print clear at 6 inches when needed. 6-10 inches is good for reading a book. Practice at closer distances occasionally to keep clear vision available at all close distances for reading tiny print on medicine bottles, food labels...

+ To begin practice; Choose a print size that is comfortable to look at but still blurry. Start with larger print if needed and move to smaller, fine & microscopic, moving it closer and closer to the eyes as the vision improves, print is clearer. It is ok to start with the small, fine and microscopic print and at close distances from the eyes as long as it is done with relaxation. Fine and microscopic print activates natural, perfect central fixation, tiny saccadic eye shifting movements and clear vision.

Fine print cannot be seen clear without relaxation so it tends to cause the brain, eyes, body to activate relaxation when reading it. Then, as relaxation occurs, the vision clears. Dr. Bates says fine print is beneficial even when a little discomfort is felt. Relax away the tension, tightness in the eyes. See various print sizes in the Better Eyesight Magazine page samples in this book.

Use a Book-holder.

Place the print at eye level, center of the visual field. Constantly looking too high or low to read a page causes the eyes, head, neck to be turned, held upward or down, tenses the eye, neck muscles and leads to fatigue, strain.

Use a hands free book-holder and spiral binding for the book or page clips to keep the book open and up at eye level. This keeps good posture, blood flow to the brain, eyes and the hands, arms, shoulders, neck, head and the eyes free of tension. The reader can completely relax and enjoy the story.

+ Shift left and right, top and bottom, any direction on a letter, word.

Blink, Relax, Take a few deep breaths occasionally. Breath easy, abdominal diaphragm breathing. Imagine the print is dark black and clear. Do this with the eyes open, then in the imagination with the eyes closed, then eyes open again.

+ Read; move the eyes, visual attention along the sentences. Move along, through a sentence, then backwards along on the white space below the sentence and down to the next sentence. Then read that sentence. (Moving on the white space does not have to be exact. Just shift to the next sentence. It is not mandatory to move the eyes, visual attention along the white space when moving to the next sentence.)

Practice this even if the print is blurry. Just relax, blink, breath slow, comfortably deep and move the eyes, center of the visual field along the sentences. Avoid squinting, staring. Move the eyes in a easy, effortless manner.

+ Next; forget about the breath, do nothing, just relax, shift on letters, words and move along the sentences. Let the eyes move about freely on the words.

Some Natural Vision Improvement Teachers state to; Move the visual attention, tiny, exact center of the visual field through the ~~Center-Of-The-Words~~ to help the eyes apply central fixation on the blurry print. The reader can also move the pointed end of a nail or paperclip, through the center while the eyes, **visual attention, exact center of the visual field** moves along with it. Children do this naturally by pointing, moving their finger along the sentence, eyes moving the visual attention, through the sentence with the finger tip.

Reading through the ~~center-of-the-words~~ works, it brings clear vision. It is an optional technique. Avoid becoming stiff, rigid, trying hard to be perfect when doing this. Read through the center of the words, sentence easy, relaxed, no effort.

Reading through the center of the words does improve the vision due to its activation of perfect central fixation and the eyes also move, shift as they travel along the sentences. Done with relaxation, it's a good way to improve the vision as long as the eyes do not become stiff with limited movement; Avoid using effort to keep the eyes/visual attention (exact center of the visual field) moving through the center of the words. Relax. If the eyes, visual attention naturally move about to the top, bottom, corners... of the words, letters-that's normal, let the eyes move freely. You can bring the attention back to the center in a easy, relaxed manner.

It is ok to let the eyes, visual attention move 'jump, skip' around on any area of the letters, words, sentence while moving through the center or when reading completely natural without reading through the center. This freedom of eye movement is natural, normal, a healthy eye function. Clear relaxed eyes, vision is the goal. Choose the method that works best for you.

Central fixation is combined with shifting; the eyes, central field moving from part to part (point to point) on the black print. True central fixation, shifting does not place limits on the eyes movement, it keeps the eyes on the object of visual attention but allows the eyes to move freely upon it. The eyes also look away from an object occasionally, then back to see it again; as when taking a break from reading to look to the distance or when looking at objects in your environment.

Squinting, staring prevents eye movement. Avoid eye, head, neck, shoulder stiffness, tension; let the eyes move. Blink, Relax. Move the head/face with the eyes. Neck relaxed. The eyes shift about in a variety of movements when looking at an object. Forcing the eyes to remain still or constantly on only one area of the object disrupts normal eye movement, 'shifting' resulting in tension, unclear vision.

When reading a page, book held in the hand, let it move. Avoid trying to keep it perfectly still because this will cause the eyes, eye muscles, head, neck, arm, hand to become stiff, immobile and result in unclear vision. When the page moves, it causes the eyes to move, activates eye shifting, saccadic eye movements. This relaxes the eyes, improves the vision. When riding in a car, train; read a book and let it move about as the vehicle moves. Let the book, eyes, head/face, body relax and move freely. No tension=clear vision. This is healthy for the eyes.

Look out the window and see the scenery passing by. This relaxes the mind, eyes, improves eye movement and the clarity of vision.

More Techniques to Improve the Clarity of the Print

5 Steps for Practicing; Shifting, Memory, Imagination with Both Eyes and One Eye at a Time

Imagine, remember the print dark black and clear.

+ Read the print (or shift on a letter) and imagine it is dark black and clear. A perfect dark black.

Do this with;

- 1 - Both eyes together.
- 2 - One eye at a time – left, then right, then left, then right. Start with the clearest vision eye.
- 3 - If vision is less clear in one eye, practice extra time with that eye.
- 4 - Then practice a little bit again with the other, clearer vision eye; get the vision in the left and right eyes equally clear at all distances. Then practice time will be equal for each eye. This keeps the vision balanced, eyes working together correct.
- 5 - Practice with both eyes together again. Always end the practice with both eyes together to balance, integrate the left and right eyes function, left and right brain hemispheres, visual cortex, visual system. The brain working perfect, balanced with the left and right eyes and eye muscles.

Repeat steps 1 to 5 with;

- 1 - The eyes open.
- 2 - The eyes closed, using the memory, imagination.
- 3 - The eyes open again.
The eyes, head/face continue to move when imagining shifting on a letter or moving along a sentence with the eyes closed.

An eyepatch covers the eye not in use. The eye is open under the patch when the eye in use is open and it is closed when the eye in use is closed.

Practice until the vision is clearer than 20/20 and equal in the left and right eyes, at all distances.

The White Spaces, White Glow

This is an Old Effective Method Taught by Dr. Bates.

See The White Glow

Look at a page in a book. See the Black print on white paper in Dr. Bates Better Eyesight Magazine.

1 - Look at the edge of a white piece of paper. Notice that it appears whiter, a glowing bright, pure white line along the edge that is brighter white than the inner areas of the page. Move, shift the eyes along the edge to make the white glowing line appear. This also appears on a white page on the computer screen but is seen best and healthy for the eyes when seen on a real sheet of white paper.

2 - This same effect is seen anywhere the white page meets, is next, close to the black print, ink. The page is brightest, whitest closest to the edge of the black ink and less white away from it. Example; All areas of the white page next to, contacting the edge of the black ink of a letter, around the outer and inner edge of the letter is brightest white. Same thing appears around a word. Notice that the white spaces inside letters are whiter than areas of the page outside and away from the letters. Areas of the white space inside a letter that are closest to the ink are most brightest white.

- + Look at and shift point to point on the black print and imagine it is dark black and clear.
- + Then, look at and shift on the white page surrounding and inside the black ink and imagine it bright, pure, glowing white.
- + Then, look at, shift on the black print again and imagine it dark black and clear.
- + Repeat; looking at, using the imagination on the print, then space, then print, space...

3 - Look at the white space between two sentences.
Notice it appears whiter, brighter than areas of the page that do not contain print.

4 - See the thin white line under a sentence;

- + Notice that the area of the space closest, next to the bottom or top of a sentence, next to the edge of the black print appears brighter white than areas of the space away from the sentence, away from the black ink.
- + Notice that this brightest area close to the sentence forms a thin bright white glowing line directly under and above the sentence. This line is the combined white glow around all of the letters in the sentence. The line under the sentence is straighter, easier to see due to the bottom of most the black letters being level, thus the line is not interrupted by parts of the letters being below the sentence.

5 - The white glow is created by the contrast between the black print and white page and other functions of the eyes, brain, visual system. The white glow is a normal function of the visual system, a normal thing to see and improves the clarity of vision. It is an illusion, but a good, healthy illusion. Because it is normal; imagining, remembering the white glow helps the eyes, brain, visual system return to normal function with clear vision. Remembering, imagining any normal function of the eyes, visual system (remembering, imagining the white glow, dark black print clear, all objects clear...) improves the clarity of vision.

- + Move the eyes (Central field) along the white space and imagine it is clear, a pure bright white, without gray blur scattering onto it from blurry black print. Look at, shift on and imagine the white space clear. Then; look at, shift on (move the central field upon) the black print and imagine it dark black and clear. Repeat on the white space again, then the print...

(Practice steps 1, 2, 3, 4, 5 with; the eyes open, then in the memory, imagination with the eyes closed, then with the eyes open again.)

The white glow is also seen around blue, green... other colored print.

6 - The white glow can also be seen around, above the top of trees, mountains on the sky in the distance. Shift up from the tree to the sky above the tree, back to the tree, then up to the sky again and the glow will appear. The glow is also called the halo, energy field, aura. Seeing the white glow indicates normal vision, healthy eyes.

Improve the clarity of vision by moving the visual attention along the white spaces between sentences with relaxation.

When a person with unclear vision looks at black or any color blurry print, they sometimes get into the habit of straining, trying hard to see, 'squinting, staring'. Staring = no eye movement. This causes tension in the mind, eye muscles, eyes, prevents clear vision.

The mind, eyes, eye muscles relax when looking at the white spaces between the sentences because the white space is a blank surface, there is nothing to see. (Unless you want to try microscopic vision and see the tiny wood fibers in the paper, with relaxation, but that's for another lesson.) Because there is nothing to see; the person does not try to see, there is no effort, no squinting, staring=no tension, no strain. The mind, eyes, eye muscles relax, eyes function normally and the vision becomes clear.

The white page also activates the cells, cones, rods in the eyes retina as light does.

White print is light, similar to sunlight, is soothing, relaxing to the mind, eyes, is easy to read.

Read the white print on black page background in the Better Eyesight Magazine page in this book.

Black print does not do this as well. Black color ink is made of a few combined colors but it affects the eyes retina more as the darkness of night; no light. No light=no activation of the cones, rods in the eyes retina=no vision.

Colored print has more effect, activation of the retina than black. White the most effect, activation.

The white or other color page background helps the eyes retina stay active, see the black print.

White print, the white page is light, like sunlight. Sunlight is white light, consists of, produces all colors of the light spectrum, a balanced, healthy, full spectrum light.

Directions

Move the eyes, the visual attention along the white spaces between sentences

Do not try to see the black print clear while looking at the white spaces. Use central fixation; look at one thing at a time; the white spaces or the black print.

+ As the eyes, visual attention move along a white space; imagine the space is bright, glowing, pure white. Brighter, whiter than it is. Imagine it is perfectly clear.

Practice this with; the eyes open, then in the imagination with the eyes closed, using the memory, imagination, then with the eyes open again. Repeat.

This helps the brain, eyes imagine and see the white space the way it truly appears when the vision is clear; without the gray blur from the blurry black print scattering onto, covering the white space as is seen by eyes that need vision improvement.

Imagining the space correct; clear and white also improves the memory, imagination, function of eyes, brain, visual system and this improves ability to imagine, remember and see the print correct, dark black and clear.

Imagine painting the spaces;

+ Remember the color of pure white paint.

(Snow, white cloud, any white object to help you visualize white. Shift part to part on the white object in the mind.)

+ Imagine painting the white spaces between sentences with pure, bright white paint, using a small white paintbrush (or white nosefeather attached to the end of the nose, with the end at eye level, center of the visual field) painting along the space.

See picture; Nosefeather and eyes moving upon, painting the white space. >

The end of this feather is fluffy, the shape of an artists paintbrush. The center of the end has a point that moves on the space with the center of the visual field. All areas of the end of the feather touch, move upon, paint the white space.

The end of the paintbrush feather moves left and right through the white space, with the eyes/visual attention on and moving with the end of the paintbrush. Blink, breathe, relax.

The white paint removes the gray blur from the white space and returns it to bright, clear white. Imagine this as you paint - the space is covered with bright white paint and is clear.

Move the head/face with the eyes as the paintbrush, end of the nosefeather paints back and forth, left and right along the spaces between the sentences. Eyes, paintbrush, head, face move together, relaxed, in synchronization, at the same time, in the same direction.

+ See **Oppositional Movement** - As the paintbrush, eyes, head/face move left and right (this is a small Long Swing, Sway-see that chapter.); notice that the page, space moves in the opposite direction that the paintbrush, eyes, head/face are moving to;

+ Move the paintbrush, eyes, head/face left to right > along the space and see the page/space move right to left <.

+ Move the paintbrush, eyes, head/face right to left < along the space and see the page/space move left to right >.

This is oppositional movement. It relaxes the mind, eyes and prevents; staring, squinting, locking the eyes, visual attention on the page. The eyes, head/face movement and appearance of oppositional movement improves eye shifting, the clarity of vision. Relax with this swing; move the paintbrush, eyes, head/face back and forth; left, right, left, right on the spaces. Blink, breathe abdominally, relax.

+ Imagine painting the spaces, moving the brush left and right, eyes, head/face moving with the brush, seeing oppositional movement of the space, imagining the space is bright, pure, glowing, clear white with;

+ The eyes open.

+ Then in the imagination with the eyes closed.

+ Then with the eyes open again. Repeat.

(Continue to move the imaginary paintbrush and the eyes, head/face with the brush when doing this with the eyes closed.)



Paint the thin white line under sentences with the tiny pointed, feathered end of the nosefeather or a thin paintbrush. Paint around the edge of words, letters. Paint the white spaces inside letters.

+ Move the pointed end of a iron nail (real, not imaginary) along the spaces; move the nail left and right along through the center of a white space and see the space appear to move in the opposite direction. Practice with; the eyes open, then in the imagination with the eyes closed, (continuing to move the nail and eyes, head/face left and right, imagining seeing the oppositional movement of the space), then with the eyes open again. Repeat.

See the Print Clear

+ When the mind, eyes are relaxed from looking at the white spaces and the black print flashes clear; Move the eyes, visual attention (center of the visual field) to the black print, look directly at the print and read the print. The relaxation activated by looking at the white spaces is maintained, continues when the eyes look at the black print, resulting in clear vision, the print is seen dark black and clear. Return to the white spaces anytime for reinforcement of the relaxation.

+Read the fine print, then look to the distance, shift on distant objects (letters on a distant sign...), then back to the print. Repeat. Practice with; both eyes together, then one eye at a time (If vision is less clear in one eye; do a little extra practice with that eye.), then both eyes together again.

Practice these activities to improve the vision and also; spend time just reading for pleasure. Forget about the eyes. The eyes, visual system work completely natural with most perfect clear vision when the mind is not thinking about the eyes, vision. Practice, then forget about the eyes. Let them work automatically, on their own. Even when doing the activities; let the eyes, vision act 'on its own' as best as possible.

Avoid Artificial 3-D Image Fusion Exercises!

They can disrupt the eyes convergence, divergence, accommodation, un-accommodation, brain, eye function and lower the clarity of close and distant vision. See the warning on the website; www.cleareyesight.info and in the E-Book.

Relax the Neck, Shoulder Muscles

Avoid repetitive stress injuries from the computer mouse, typing... Alternating mouse hands may help or may cause other injury or the same type injury in both hands, arms, neck... Voice activation software, tools to replace the mouse, keyboard typing can help lessen tension, strain in the hands, arms, neck, head and eyes but, if the fingers still press on buttons, pads; injury can still develop.

Time away from the computer is best. Look away from the computer, to the distance every 5-10 minutes. Keep good computer posture and take frequent breaks, walk outside in the sunlight, look to the distance, infinity and shift on far objects. Do the figure eight, long swing. Practice sunning. Avoid excess caffeine, sugar, aspartame, diet soda, food, drink with artificial sweeteners. Headaches can lower the vision. Check your diet, muscle tension and stress? Air quality.

Shift on Small parts, Details of Close and Far Objects



Carry rhinestones, diamonds, small stones in a pocket and look at them in the sunlight and at night in the moonlight. Shift part to part, tiny detail to tiny detail.

See the colors, rainbows in the stone, glass when placed close to the eyes.

Practice with; both eyes together, then, one eye at a time. If vision is less clear in one eye, practice extra time with that eye, then practice a little time with the other clearer vision eye again. Practice until vision is perfect, equally clear in the left and right eyes. Then practice time will be equal for the left and right eyes. Last; practice with both eyes together again.

Always end by practicing with both eyes together for balanced vision.

Practice time for the left and right eyes individually is determined by the level of clarity in each eye; Less clarity in an eye; more practice time for that eye. Less practice time as its clarity improves.

Practice at a variety of close distances.

Practice looking close and far; shift on the stone, then on a distant object, then back to the stone. Practice the entire routine on distant objects for clear distant vision.

Fine Print, Clear Close Vision Videos;

<http://www.youtube.com/watch?v=t3qIFE8EKTo&feature=channel>

<http://cleareyesight.info/id79.html>

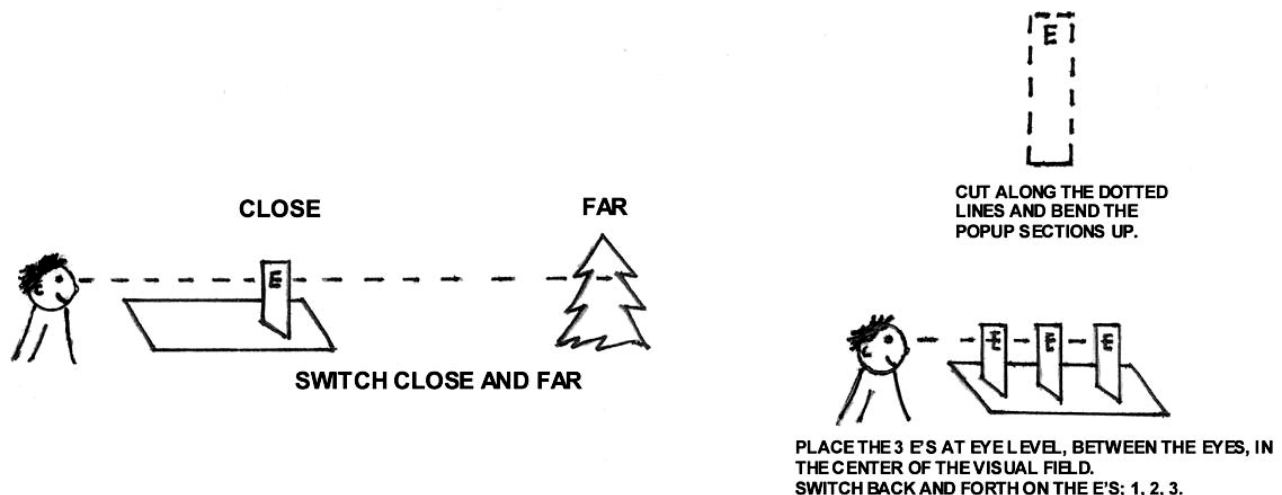
Use the Correct, Relaxed Vision Habits Card

Practice switching, shifting on the 3 identical pop-up section E letters as shown in the picture and videos. It perfects the eyes convergence, divergence, accommodation, un-accommodation, shifting, central-fixation and clarity of vision at close and far distances. Also tests the vision.

See card, directions;

CORRECT, RELAXED VISION HABITS CARD

For Clear Close, Reading and Distant Vision



The Correct Vision Habits card lists the main correct, relaxed, normal eye functions, 'Habits' to practice on the right side of the card. Practice these activities on close and far objects.

Directions

Cut out the card on pg.128 along the dashed lines. Then cut along on the dashed lines on the 3 pop-up sections. Bend the sections upright as shown in the picture. Align them in a straight line. Tape or paste the card onto a piece of cardboard. Place the card on a table with the E's on the 3 sections at eye level, between the left and right eyes, center of the visual field. The 3 sections are about 1-2 inches apart depending on the size of the printed card. Practice with different size cards, spacing of the sections. Different spacing improves convergence, divergence, accommodation, un-accommodation, visual clarity at a variety of close and reading distances.

Start with the card at a comfortable distance from the eyes; E #1 at 1-3 feet or less. Practice until all E's are clear at all close and reading distances, up to 6, 5, 4, 3, 2, 1 and even $\frac{1}{4}$ inch. from the eyes.

Switching and Shifting on the Three E's ('Pop-Up' Sections) Improves Close Vision

Practice Switching, Shifting on the on the 3 E's ;

- + Shift part to part on E #1 - closest E to the eyes.
- + Switch to E #3 - farthest E from the eyes. - Shift part to part on E #3.
- + Switch back to E #1. - Shift part to part on E #1.
- + Switch to E #3 again, shift on it. Repeat the steps; shifting on #1, #3, #1, #3...
- + Switch back and forth to E #2 at the middle distance, to and from E #1 and #3.

Shift part to part on E #2.

Switch back and forth on the 3 E's in any order.

Shift part to part on each E the eyes switch to/look at, one E at a time.

Blink and relax. Practice seeing one small part of an E darkest black and clearest at a time in the center of the visual field as the eyes, central field moves from part to part on a E. (See Shifting and Eyecharts Chapters.) Practice all steps on the side of the card and in this book; Switching, Shifting, Tracing, Central-Fixation, Head/Face Movement with the Eyes, Oppositional Movement, Memory, Imagination, Relaxation, Breathing, Blink...

(Try shifting small point to small point on the E's. The eyes true function with perfect central-fixation.)

Practice with;

- + Both eyes together.
- + One eye at a time.
- + If vision is less clear in one eye, practice a littler extra time with that eye. Then practice a couple seconds with the other clearer eye again. Practice equal time with each eye when vision is equal in the left and right eyes.
- + End with both eyes together again.

Practice until the vision is perfect, equal in the left and right eyes at all close and reading distances.

E's are placed between the left and right eyes, at eye level (center of the visual field) when using both eyes together and when using one eye at a time. (When using one eye; do not move the E's to the outer sides, areas of the eyes, face. Keep them between the left and right eyes. This keeps correct convergence, divergence, balanced vision, synchronized eye movement. Use an eyepatch over the eye not in use and keep the eye open under the patch when the eye in use is open.

The body, neck, head, eyes are relaxed. Move the head/face with the eyes, eye together, in the same direction the eyes (or eye when using one eye) moves to.

Practice with the memory and imagination as described in this book;

Shift, switch on the E's and remember, imagine each E the eyes look at is dark black and clear.

Then; look at and remember, imagine the white paper surrounding the E is bright, pure, glowing white. Then look at, shift on the E again and imagine it is dark black and clear.

Repeat.

Practice all steps with;

- + The eyes open.
- + Then in the imagination, memory with the eyes closed.
- + Then with the eyes open again. Continue to shift, switch on the imaginary E's in the mind when the eyes are closed.

Practice Switching and Shifting on Close and Distant Objects to Improve Close and Distant Vision;

Use one pop-up section (#1, 2 or 3) for a close object when switching close and far.

Practice with the card/section placed at various close distances. See the picture example of the man shifting on E #3 and a distant tree.

- + Shift part to part on the E on the #3 section. (close object)
- + Switch to a object in the distance directly beyond, in line with the E section.
Shift part to part on the distant object. Blink, relax, breathe.
- + Then switch back to the E - close object, shift on the E. Repeat switching, shifting close and far. Practice with objects at a variety of distances; close, middle, far for clear vision at all distances. Use central-fixation when shifting on a E and distant objects.

Practice switching, shifting, central-fixation with;

- + Both eyes together.
- + One eye at a time.
- + If vision is less clear in one eye, practice a little extra time with that eye. Then a couple seconds with the other eye again.
- + End with both eyes together again.

Place the 3 E's and distant objects in the center of the visual field, between the left and right eyes, at eye level when using both eyes together and one eye at a time. Relax, blink, allow movement of the head, body with the eyes. Eyes, head, neck, body are loose, relaxed.

Practice with the memory and imagination;

Shift, switch on the E and remember, imagine the E is dark black and clear.

Then; look at and remember, imagine the white paper surrounding the E is bright, pure glowing white, brightest white closest to the black ink. Look at the distant object; shift on it part to part and imagine it is clear. Shift point to point and see fine details clear. Blink.

Repeat switching back and forth and shifting on the E and distant object.

Do this with;

- + The eyes open.
- + Then in the imagination, memory with the eyes closed.
- + Then with the eyes open again. Continue to shift, switch on the imaginary E and distant object in the mind when the eyes are closed.

Practice with the memory, imagination with eyes open, closed, open using the previous described steps for practicing with both eyes together and one eye at a time on the close E and Distant object.

When looking at an E on a section or a distant object; shift part to part on the object the eyes are looking at. Shift point to point for perfect central-fixation, fine detailed, very clear vision. Blink and relax. Take a few deep, slow, relaxed breaths. Yawn, stretch, make a sound, hum. Use the Correct, Relaxed, Natural Vision Habits listed on the card; Switching, Shifting, Tracing, Central-Fixation, Head/Face Movement with the Eyes, Oppositional Movement, Memory, Imagination, Relaxation, Breathing, Blink...

Practice shifting, central-fixation... on the 3 smaller E's, then on the tiny dots below the E's for perfect central-fixation, tiny saccadic eye movements, very clear vision. Relax, Blink, Breathe.

This is the same activity described for switching on the 3 Pens in a Row. Follow the directions for the Pens in a Row in the Switching chapter # 8 when using the correct vision habits card; Relax, move, good posture. Holding the card up with the hand enables the person to move, walk around and the section can be moved, aligned with various distant objects. Avoid holding the card up with the hand too long. Place the card on a table to avoid muscle tension, fatigue in the arm, neck which can travel into the eye muscles and lower the vision.

Tape small and microscopic fine print and a sparkling mini color chart on the back of the card. Read the print in the sunlight. Practice color treatment with the chart; shift on the tiny colored sparkles with the card close to the eyes in the sunlight and at night in the moonlight. Close the eyes and see the color in the mind, memory and shift on the sparkles in the imagination.

Perfect convergence, accommodation produce clear close and reading vision.

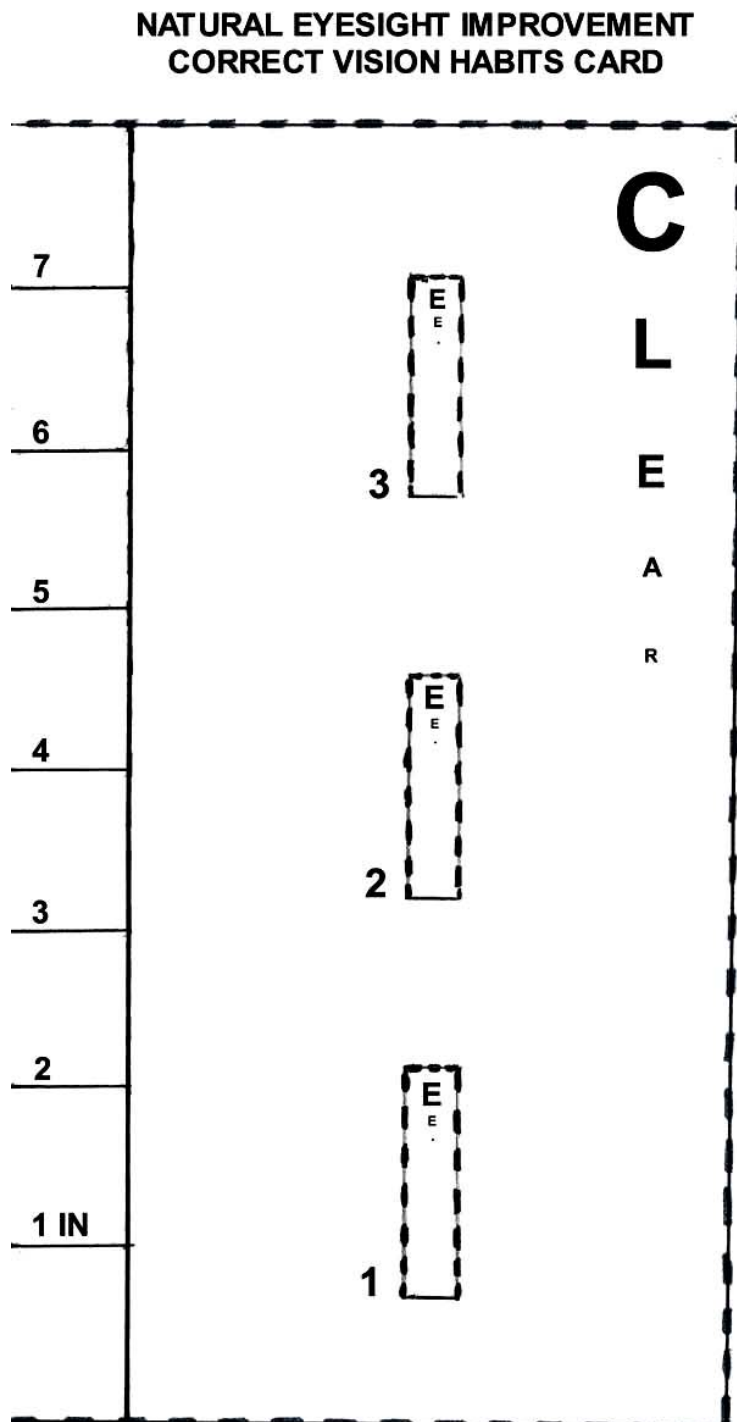
Perfect divergence, un-accommodation produce clear middle and distant vision.

All activities, practices described in this chapter for close vision also produce clear distant vision.

The correct vision habits card is a form of Behavioral Optometry mixed with the Bates Method.

Most schools, teachers describing this method forget to teach the person to shift on the object they look at, switch to. Shifting 'eye movement is necessary for normal eye function, clear vision. When the eyes do not move, not shifting; staring, eyestrain, eye muscle tension and unclear vision occur.

Correct, Relaxed Vision Habits Card



SWITCH BACK AND FORTH, CLOSE, MIDDLE, FAR ON THE THREE E'S PLACED AT THREE DIFFERENT CLOSE DISTANCES FOR CLEAR CLOSE EYESIGHT.

PRACTICE THE 8 CORRECT VISION HABITS ON THIS CARD WITHOUT EYEGASSES.

PRACTICE CORRECT VISION HABITS #1 TO 8

1 - RELAXATION

2 - BLINK

3 - BREATHE RELAXED,
DIAPHRAGMATIC/ABDOMINAL

4 - SHIFTING - SHIFT ON THE LETTER E; SHIFT LEFT AND RIGHT, TOP AND BOTTOM, DIAGONALLY, TO THE MIDDLE AND TO ANY PART IN ANY DIRECTION.

5 - CENTRAL FIXATION - SEE THE CENTER OF THE VISUAL FIELD CLEAREST. PLACE THE PART OF THE E THE EYES LOOK AT IN THE CENTER OF THE VISUAL FIELD. SEE ONE SMALL PART OF THE E CLEAREST AT A TIME IN THE CENTER OF THE VISUAL FIELD. SHIFT THE EYES/VISUAL ATTENTION FROM SMALL PART TO SMALL PART, RELAXED, SLOW, EASY, CONTINUALLY. THE CENTER OF THE VISUAL FIELD MOVES WITH THE EYES KEEPING EACH PART PERFECTLY CLEAR.

6 - MOVEMENT - MOVE THE HEAD/FACE AND BODY IN SYNCHRONIZATION WITH THE EYES, AT THE SAME TIME, IN THE SAME DIRECTION THE EYES SHIFT/MOVE TO. THE EYES, HEAD/FACE, NECK AND BODY ARE RELAXED AND MOVE FREELY. SEE THE ILLUSION OF OPPOSITIONAL MOVEMENT; THE E APPEARS TO MOVE IN THE OPPOSITE DIRECTION THE EYES SHIFT/MOVE TO. SHIFT RIGHT - THE E MOVES LEFT. SHIFT LEFT - THE E MOVES RIGHT. SHIFT UP - THE E MOVES DOWN. SHIFT DOWN - THE E MOVES UP.

7 - MEMORY AND IMAGINATION - SHIFT ON A LETTER E AND REMEMBER, IMAGINE AND SEE THE E DARK BLACK AND CLEAR. DO THIS WITH THE EYES OPEN, THEN CLOSED, THEN OPEN. REMEMBER, IMAGINE AND SEE THE WHITE GLOW ON THE WHITE PAPER SURROUNDING/AROUND THE E. PRACTICE PALMING AND REMEMBER, IMAGINE, THINK POSITIVE, PLEASANT THOUGHTS AND SEE OBJECTS IN THE IMAGINATION PERFECTLY CLEAR, IN COLOR, MOTION. IMAGINE USING CORRECT VISION HABITS; SHIFTING ON THE CLEAR OBJECTS IN THE MIND.

8 - SWITCHING - SWITCH BACK AND FORTH; CLOSE, MIDDLE, FAR ON THE 3 E'S #1, 2, 3 TO IMPROVE CLARITY OF EYESIGHT AT 3 DIFFERENT CLOSE DISTANCES. SHIFT ON EACH E THE EYES LOOK AT, ONE E AT A TIME.

PRACTICE SWITCHING AND SHIFTING ON THE 3 E'S WITH ONE EYE AT A TIME; BOTH EYES TOGETHER, THEN ONE EYE AT A TIME -- ONLY LEFT, THEN ONLY RIGHT, THEN PRACTICE WITH BOTH EYES TOGETHER AGAIN. IF EYESIGHT IS LESS CLEAR IN ONE EYE, PRACTICE A LITTLE LONGER WITH THAT EYE. PLACE AN EYE PATCH OVER THE EYE NOT IN USE AND KEEP BOTH EYES OPEN.

TRACE THE E'S WITH THE NOSEFEATHER

PRACTICE CORRECT VISION HABITS 1 TO 8 ON SMALL AND FINE PRINT LETTERS. SHIFT ON THE SMALL DOT BELOW THE E ON EACH POPUP SECTION.

IMPROVE THE CLARITY OF DISTANT EYESIGHT BY SWITCHING BACK AND FORTH CLOSE, FAR, CLOSE, FAR... ON ONE POPUP SECTION AND A DISTANT OBJECT; HOUSE, TREE IN THE DISTANCE, IN LINE WITH THE SECTION.

AVOID INCORRECT VISION HABITS; SQUINTING, STARING, TRYING HARD TO SEE CLEAR. BLINK AND SHIFT TO SEE A LETTER CLEAR. LOOK AT SOMETHING ELSE, THEN RETURN TO THE LETTER.

PRACTICE WITH THIS CARD OUTSIDE IN THE SUNLIGHT. OBTAIN FULL SPECTRUM SUNLIGHT DAILY. READ THE FINE PRINT ON THE BACK OF THIS CARD IN THE SUNLIGHT, SUN SHINING OVER THE SHOULDER, ONTO THE CARD.

PRACTICE CORRECT VISION HABITS ON ANY OBJECT, AT ANY DISTANCE; CLOSE, MIDDLE, FAR. WITH PRACTICE CORRECT VISION HABITS BECOME AUTOMATIC, OCCUR ON THEIR OWN, ALL THE TIME, RESULTING IN CLEAR EYESIGHT.

Practicing the Ten Correct Vision Habits is the Basics of the Bates Method, produces clear vision;

1 - Relaxation, 2 - Shifting, 3 - Central-fixation, 4 - Blinking, 5 - Abdominal Breathing, 6 - Movement & 'The Swing'-Illusion of Oppositional Movement, 7 - Memory and Imagination, 8 - Switching Close, Middle, Far with both eyes, and one eye at a time, 9 - Sunning, Sunlight, 10 - Reading Fine Print.

The first 8 steps; Correct, Relaxed Vision Habits # 1 to 8 occur together, are integrated, activated by the brain, eye muscles, nervous system, optic and eye muscle nerves, eyes and body. (Entire visual system.)

There is not a specific order to practice the habits. Start with relaxation, shifting. Practice all eight, and then, let the habits occur naturally, on their own, integrated together. Practicing one habit automatically activates the others;

Example; practice of relaxation, relaxes the mind, eye muscles, eyes, and gets the eyes moving, shifting, improves relaxed breathing and all other habits.

Practice of shifting, central-fixation, movement, abdominal breathing activates relaxation and all other Correct Vision Habits. Thinking positive thoughts, daydreaming and remembering, imagining objects clear, in color, motion induces relaxation, eye movement, shifting and all other Correct Vision Habits.

Correct Vision Habits are practiced to gently return the brain, visual system, eyes back to correct function and clear vision. Correct Vision Habits are practiced as easy relaxed habits all the time.

Practice the habits in a easy, effortless manner. Never as a strenuous exercise.

Practice, then don't practice. Forget about the eyes and let Correct Vision Habits, occur automatically, on their own. Then practice again. Do shifting, central fixation... anytime you notice that the eyes are staring, trying, straining to see a object.

When effort, trying to see is avoided, the vision becomes clear.

Avoid Incorrect Vision Habits; staring, squinting, trying hard to see objects clear.

Correct Vision Habits are the normal, natural function of the eyes. With practice Correct Vision Habits; shifting, central-fixation.., occur automatically, on their own. Automatic, subconscious habits/functions of the visual system.

Relaxation of the mind, positive thoughts, emotions, relaxed eye muscles, eyes, neck and body are main Natural Vision Improvement treatments to produce clear vision. All Correct Vision Habits relax the mind, body, neck, eye muscles and eyes. Notice the clarity of vision when the mind, mood, thoughts, emotions are positive, happy - the vision is clear.

Many people that practice Natural Vision Improvement and obtain clear vision often experience improved hearing and other senses, improved function of the mind, body.

9, 10; Sunlight, Fine print and other practices; The Long Swing, Rock, Switching on Close, Middle, Far objects in a straight line... are practiced to increase eyesight improvement, perfect the function of the eyes, brain, visual system.

Close Vision Video - <http://www.youtube.com/watch?v=t3qIFE8EKTo&feature=channel>

NUTRITION

A HEALTHY DIET = HEALTHY EYES = CLEAR EYESIGHT

Fresh, raw, organic, colorful vegetables, fruits, berries, whole grains, brown, wild rice and other natural foods keep the body, eyes healthy and vision clear.



Food, vitamins, minerals, and other nutrients that keep the eyes healthy and vision clear;

Dark greens, chard, spinach, dandelion greens with the flowers, stem, root, alfalfa, colorful dark blue, red, purple berries, bilberry, (bilberry fruit/berries, not the leaf), apples, yellow orange squash, yellow corn (maze- stone ground, salt free, not deep fried, yellow corn chips), red beets, unrefined whole grains, unrefined brown..., wild rice, oats, beans and other healthy food shown in the picture above keep the body, eyes, retina, lens healthy and vision clear. Lutein and beta-carotene natural vitamin A found in dark greens, chard, spinach, carrots, squash, dark blue, purple, red berries keep the eyes, retina, lens healthy. Red, itchy, sandy feeling eyes is often a sign of mal-nutrition and/or eyestrain, neck tension. Buy true organic-vegetables, herbs grown in complete nutrient rich soil.

The body eyes need a variety of nutrients;

Amino Acids from a balanced, complete food source protein; eggs, turkey, brewers yeast., burrito with rice/beans/cheese/sour cream, fresh vegetables... mixed together for a complete protein and other nutrients. Whole grain bread, pizza crust, macaroni products is healthy if grown, packaged...organic.

Healthy oils; olive and sesame oil, fish oil (mercury, toxin free), fresh flax seeds in oatmeal and other healthy oils. **EFA's-Essential Fatty Acids 3, 6, 9, with more 3.**

Vitamin A – natural from Beta-Carotene food source, **Vitamin C** – natural from fruit, food source only, **B-Vitamins** for a healthy nervous system, muscles, entire body. Too much B6 can cause nerve damage but the correct amount is necessary for healthy nerves, eyes. **B1, B12, B2, B3 (Niacin), B6, Folic Acid...** all the B-vitamins are necessary. Niacin and B1, B12 nourish the nerves, rebuilds the nerves outer coating when injured or worn from too much alcohol. Niacin is healthier than niacinamide. Niacin can cure anxiety, depression.

Healthy food, vitamins improve nerve, eye muscle function, optic nerve... B12 cures many health problems but it is hard to find a doctor to give B12 shots because they know it will cure the patient, then they lose money selling drugs. B12 for 'sublingual under the tongue' is available at health food stores. Buy sugar/chemical free. Carpel Tunnel Syndrome and other muscle, nerve... impairment can occur due to a B-vitamin deficiency.

Other healthy nutrients are; Selenium, Chromium, Zinc, Lutein, Taurine, Rutin, Bioflavonoids, (orange, lemon, grapefruit peels, including the white part contain bioflavonoids) keep the capillaries in the body, eyes, retina strong. Lutein is very beneficial to eye health. Zeaxanthin, Hesperidin, Quercetin, Cysteine, Glutathione, Coenzyme Q10, legumes, beans, Iron, Choline, Lecithin, Vitamin K, Potassium, (Potassium is necessary for muscle relaxation, correct function, nervous system health, water/electrolyte balance in the body. Bananas, potatoes, tomatoes... provide potassium. Avoid overdosing on potassium.), Manganese, Iodine, Folic Acid, Natural Vitamin D (D from sunlight is best) with Calcium, Zinc, Magnesium, (avoid calcium pills – they cause kidney stones, calcium deposits in the body, heart, organs, on the bones, joints, vertebrae in the neck, back, heel bone... Get calcium from full fat, Organic, Plain, full fat, sugar free Greek Yogurt and other natural sources.), Copper (too much copper is toxic), Biotin... Chromium exists in the body, eyes and is a necessary nutrient. Sugar destroys chromium resulting in lowered eye health and unclear vision.

Raw Organic Oatmeal with fresh ground flax seed is a old time healthy food. Roman meal, sugar free is a old time healthy cereal. Minerals must also be included in the diet.

Vitamin E – D-Alpha, natural only. (No DL-Alpha). Avoid overdose: too much causes unclear vision. Food source only! No pills!

Iodine is necessary for healthy thyroid. Seaweed/kelp is a good source but must be pure, free of mercury, toxins. Avoid overdosing on seaweed. Get Iodine from a variety of food sources. Most salt has iodine added but too much salt is not healthy. A little salt, sometimes more (organic, pure, natural Sea Salt from specific pollution free, high mineral areas of the ocean) is necessary, especially in hot, humid weather. (a correct amount, not too much or it raises blood pressure) Drink lots of water after taking the salt for healthy body, mobile joints, relaxed, strong muscles.

Dehydration causes muscle tension. Drink plenty of pure water. Salt and water are needed to prevent, cure dehydration. Drink enough water to clean the body/system and keep muscles, organs... hydrated. Lack of water causes a variety of health problems. Drink purified water. Twice filtered, then Steam Distilled is best but it removes healthy minerals... from the water so eat a healthy diet and take a organic vitamin, mineral supplement if your food source is not from nutrient rich soil.

All vitamins, minerals are best derived from a food source. Chemically made vitamins are not as healthy and some have side effects. Many eye health vitamins contain Eyebright and Bilberry Leaf (which are poison) and other toxins. Too much vitamin C and Calcium causes kidney stones but some is necessary. Do research and investigate all ingredients by obtaining info. from several sources that are not concerned with selling the products. Don't rely on the health food store sales person to tell you the truth. Talk to a natural health nutritionist, not brainwashed and controlled by the AMA, drug companies, expensive Health Food Stores. Even organic grocery stores sell food that is not truly organic. Laws had been passed that allow food that is not organic to be labeled organic.

I have not listed every nutrient necessary for healthy eyes, clear vision in this book because I am not a doctor and my experience/research is limited in this area. A Nutritionist that also specializes in natural health foods can provide more instruction. Study on your own but be careful; avoid overdosing on vitamins, minerals... You cannot believe everything written in books and on the Internet. Any idiot can write and publish a article book. A older man I knew at the Metropolitan Hotel in South San Francisco told me you can be healthy by eating a little bit of everything. Grazing.

American Indians, Old European, Eastern, American, Chinese... medicine has many foods, plants, spices, herbs, flowers, roots that are healthy for the body and eyes. Chrysanthemum flower is healthy for the eyes, vision, body. Careful: most Chinese and other stores sell herb products containing MSG, Sulfites, Nitrites, Ammonia and other toxic chemicals that impair health, cause migraine headaches and unclear vision. A few stores are now starting to sell chemical free nutrients. Be sure to order only organic, chemical free. The Chinese have medicine to cleanse, strengthen, improve health of the liver, kidneys, eyes for clear vision. Buy and use organic spices, a form of herbs, plants, flowers, roots, vegetables. Italian food contains healthy spices. Tea can be made from spices. Study the amount to use, the health benefits, effects of each spice. Sprinkle a bit in hot water and drink.

Many health problems, unclear vision are caused by toxins in the body.

Fasting is an ancient health cure. Fast for a few days, weeks and eat organic apples, apple cider vinegar, pure water, oatmeal to cleanse, purify the body, eyes. Clear vision will return.

A website providing very old, home remedies, time tested, effective health treatments is at;

www.bragg.com Jack Lalaine improved Paul Bragg's health and started him and his family on a lifetime of work on natural health foods. See the organic, raw, apple cider vinegar and honey drink. Breathing, Pure Water books. People living over 100 years claim to drink the cider vinegar mixture. It cures arthritis, helps balance the body's PH. This helps the neck move, relax.

The AC vinegar, honey mixture helps keep capillaries in the eyes clear. Eat an apple after or before the vinegar drink for added benefits.

The best fruit, vegetables is eaten in a fresh, raw state. (Clean well to remove parasites, worms from the soil they are grown in.) A raw state preserves the nutrients and the live cells in the food. Cooking vegetables and any food kills the cells and destroys some nutrients. Some food must be cooked a certain amount to enable digestion. The next best food is Frozen. Must be frozen immediately upon harvest to prevent cellular, nutrient decay, loss. Food that thaws and is re-frozen loses nutrients and the cell structure breaks down. Feel a box of vegetables in the frozen food lane at the supermarket. If the vegetables are on only one area of the package, clumped together, this can indicate they were refrozen one or more times. Canned food is unhealthy, very little nutrients, cell structure gone, a dead food. Chemicals are added and poisons can grow in the can botulism... Rare, but it happens. Dried food is also unhealthy. Sun-dried tomatoes, berries, vegetables, herbs... have some healthy nutrients (not as much as fresh), but the cell structure is gone. Most businesses that produce dried food add chemicals, preservatives. Packaged vegetables often contain bacteria and chemicals to fight the bacteria.

Fresh, live bean, alfalfa... sprouts grown at home, rich, organic soil, eaten fresh from the garden contains live cells, fresh vitamins, minerals...

Plain, full fat, sugar free Greek Yogurt for healthy intestinal bacteria, immune system. Yogurt contains healthy bacteria. The bacteria can also be consumed in pill form, but is best when yogurt is added. A Probiotic containing; L. acidophilus and a variety of other healthy bacteria. A very good product is; Jarro-Dophilus EPS. The Greek Yogurt and this product can be applied externally on the bladder opening to help prevent stinging from a sensitive bladder opening, help prevent infection and itching. (Always check with your doctor first to be sure a real infection is not present.) The yogurt can be placed inside a female's body, (as a tampon is used, using only the applicator, not the tampon. Or a straw-like applicator for other cream inserts can be used.); place a full applicator inside. This helps prevent itching, bladder infections. It is an old farmer's remedy. Also eat the yogurt and pill.

Cornsilk tea will also keep the bladder, urinary tract, kidneys healthy. Sugar-free cranberry pills or fresh or frozen cranberries also keep the bladder healthy. The vitamin C content in the berries can cause stinging if the body is too acidic. If the body is too alkaline: infection can grow. A perfect PH balance, little bit more alkaline has many health benefits.

More Nutrition For Clear Day and Night Vision

The eyes, vision adjust to light and dark, day and night vision by producing, controlling visual purple in the eyes retina. Bilberries, dark green leafy vegetables, carrots and other healthy food and sunlight is necessary for this eye function, clear day, night vision. The eyes need vitamin A to create visual purple and other functions in the eyes, maintain eye health and clear night vision. Too much vitamin A is toxic to the body, liver... and can result in unclear vision. Health of the liver and kidneys directly affects eye

health and vision. To obtain a safe, correct amount of vitamin A; avoid vitamin A from pills. Take Beta Carotene and get it from food; carrots, dark greens and other food sources.

Bilberry (the berry, not the leaf!) contains many ingredients for healthy eyes. European pilots in World War 2 ate bilberry jam before flying at night for clear night vision. Bilberries have a dark red/purple pigment, juice. Darker than blueberry.

The liver and kidneys have a direct affect on the health of the eyes and clarity of vision. Deep fried food-lard, trans-fats clog the liver. Exposure to chemicals impairs the livers health. Eat healthy food for a healthy liver, kidneys;

Dandelion; the whole plant; root, leaves, stem, flower and Milk Thistle herb purify, improve the health of the liver. Raw Red Beets. Cornsilk, the 'strings' inside and growing out the top of a ear of corn is a old healthy food for the kidneys, bladder and other body organs. Eat raw or make as tea. It can be dried and stored for the winter. Yellow Corn has a healthy nutrient for the eyes. Cranberries, no added sugar, are healthy for the kidneys.

Lutein, a carotenoid-I meet older people that buy organic lutein pills and it improves their vision. Find a natural food source of lutein-spinach, other vegetables, foods. Too much alcohol harms the liver. Most drugs impair liver health, including prescription and non-prescription drugs anti-acids and other drugs.



Parasites, worms can live in the intestines, liver... and lower body, eye health. Soar, stiff joints, fatigue, sinus congestion, indigestion... and other health conditions can be cured by removing parasites. Wormwood is an old Spanish herb for removing parasites. Drink it as a tea 1-2 days. Be careful, it can be poison - follow directions exactly. Do not use wormwood oil-it is too strong and very toxic.

Food/Chemicals that cause Unclear Vision and Eye Health Impairment;

+White processed sugar.

+High fructose corn syrup. High fructose corn syrup causes inflammation in the body, joints and other health problems. It is not natural, it is made by a chemical process.

+Too much of all sugars, even organic, raw cane... is not healthy all the time but a little natural, raw, organic sugars; cane, maple syrup, molasses, honey occasionally is ok. Most people notice their vision lowers when they develop the sugar habit, mainly processed, unnatural sugars. Sugar causes cavities and tooth loss, one reason being that it destroys the vitamins, minerals the teeth need to remain strong, prevent bacteria, decay. Eat mineral Rich food. Rinse the mouth with water after eating sugar.

Stevia is a natural sugar substitute but businesses are mixing it with chemicals, unhealthy sugars, processing it. My opinion is that Stevia has not been tested long enough for side effects. It makes my body feel strange, 'off'.

+Aspartame and other artificial sweeteners in diet soda, diet tea, many diet drinks/food, sugar-free cookies, cake, ice cream, candy, sugar substitutes for coffee, sugar-free cough drops, mouthwashes, toothpaste is toxic. Toxicity increases, multiplies when it's heated as in coffee, or at room temperature, in sunlight... in soda bottles. Aspartame causes many eye/vision problems, is toxic to the optic nerve, eye muscle nerves, causes; muscle dysfunction, tension, weakness, (this includes neck and eye muscle dysfunction...), balance problems, joint/vertebrae pain, swelling, stiff muscles, joints, shaking of the hands, legs, arthritis, M.S. symptoms, seizures, brain tumors, and many other health problems. Politicians promised jobs, money from the drug companies allowed it to pass as safe even though studies prove it as harmful. The company's that sells aspartame send out news reports stating that aspartame is only harmful to a few people that are allergic to it. This is false. Aspartame is harmful to all people, even if they don't notice health problems immediately, the aspartame is causing injury to the body. Television news stations, newspapers will not warn the public about the health problems caused by aspartame (phenylalanine). They state that it is safe because the pharmaceutical companies basically own most television stations, newspapers, magazines due to the large amounts of money the drug companies pay to place ads for drug sales on TV, radio, newspapers...

A major pharmaceutical company makes, sells aspartame to the food industry.

The drug company also sells drugs for; anxiety, panic attacks, depression, hyperactivity in children, muscle disorders (M.S.), seizures and other health problems all which are caused by aspartame.

Many health problems are cured by stopping use of aspartame. Aspartame is addictive. When first consumed it acts like a antidepressant bringing good mood and energy. This is soon replaced by

depression, anxiety and other health problems. It can take two weeks-30 days for withdrawal of aspartame and longer to repair other health impairments. Some people state that years later they still have muscle, joint impairment and other health problems from the aspartame.

Most doctors will tell their patients that aspartame is harmful only if taken in large dosages. This is false. Health problems occur from ingesting a very small amount. Many people that drink aspartame and must go to physical therapy for muscle dysfunction treatment would be easily cured if their doctor/therapist would insist they stop consuming aspartame. YouTube has many videos showing the health problems caused by aspartame.

+White processed flour, wheat, white macaroni, spaghetti... Whole organic grains are best. Some people cannot digest certain grains. A few processed and organic whole grain products are contaminated with non-food substances that are causing health problems; nausea, extreme weakness, other illness, strange chemical smell from the skin for days. I have experienced this 5 times after eating a whole grain product from the local supermarkets. When I eat a different brand, I feel fine.

+Margarine, hydrogenated fats and oils, trans-fats, palm oil.

+Diet and plain soda.

+Caffeine - caffeine dehydrates the body, muscles, causes muscle tension in the body, neck, eyes, and too much impairs health, function of the nervous system, optic nerve, eye muscle nerves. Caffeine destroys potassium, calcium, B vitamins and other nutrients needed for relaxed normally functioning muscles, strong bones, good health.

+Tea impairs health of the nervous system and contains a different but very unhealthy type of caffeine. Tea destroys iron in the body resulting in anemia. China sells Americans this black and green tea with caffeine. The Chinese drink a healthy green and other teas made from herbs, green vegetables, flowers, plants that are naturally caffeine free and healthy. Much of the tea and herbs they sell to the United States and other countries contain caffeine and toxic chemicals including sulfites, nitrites, ammonia...

Decaffeinated coffee, tea is usually decaffeinated with chemicals which are toxic. It must be Naturally Decaffeinated with water only! I know a 105 year old lady that loves Coco and Cream of Wheat.

Another lady, heavysset, drank coffee and lived over 105 years. A little coffee may be ok? Buy organic.

Cafix, a coffee substitute made with chicory, Barley, Figs, Red Beet is healthy. It can also be added to coffee. It helps balance the body's PH and keeps intestinal bacteria healthy.

+Dark chocolate, cocoa made with natural organic cane sugar or honey, molasses or plain without any sweetener has health benefits, boosts immunity, and improves mood but it causes some people to get migraine headaches which lowers the memory, imagination, concentration and clarity of vision. Try organic. I no longer get migraines since using organic dark chocolate. It has anti-oxidants.

Cocoa, chocolate is healthier than coffee, caffeine, tea and artificial caffeine in soda.

Dark chocolate acts like a antidepressant, improves sleep, has a relaxing and energizing effect without the nervousness, nervous system health impairment and dehydration that caffeine and tea produce. It does not affect the part of the nervous system that coffee and tea effect.

That is why chocolate gives energy without shakiness, jitters. It relaxes the body.

Chocolate causes some people to experience stiff joints, muscles, when consuming too much. This is noticed more in the summer in hot, humid weather. It may be from the processed sugar added to most chocolate bars, drinks. My Natural Vision Improvement Teacher says chocolate destroys calcium.

Avoid Chemicals

In 2008 Chinese businesses placed a poison chemical (melamine, a chemical used in plastics) in pet food that was sold to United States citizens. The chemical causes kidney failure and other health problems. Many animals died or now live with impaired health. Recently Chinese businesses placed this same chemical in dry and liquid milk and baby formulas in china. Chinese babies died and many are ill. The chemical is now being found in Chinese candy and other food products in china and sold to United States. Dry, powdered milk, soy and rice... milk, sports drinks, protein powders, sugar, flour, rice and wheat, grain pastas and other foods from china, and one type of sugar from Japan have been found to contain melamine and possibly other chemicals, unhealthy ingredients added to the food.

Avoid food imported from china and other countries.

I like the Chinese people, citizens, I worked for them for 4 years in California, at Brothers Restaurant in Burlingame. Jewish restaurant owned by a sweet Chinese man and woman. Retired Chinese Air Force military man. Very kind hard working people.

China's business owners and government need to learn respect for life, health and to inspect their food companies, products.

+Too much Soy, especially GMO soy, and soy cooked, prepared incorrect can lower the clarity of vision, impair digestion, and absorption of vitamins, minerals, protein, iron, impairs thyroid hormone function, causes gout, pain in the big toe, muscle tension in body, eyes, impairs tolerance to sunlight and causes other health problems.

If I eat soy for a couple days I will notice my vision is less clear and when I do sunning and look at the bright sky the sunlight and other light appear as 'a large blurry, hazy, ball of glare'. When I stop eating soy for a few days the sun and light returns to normal size, clarity, no haze or glare and vision is clear.

Doctors are stating soy causes breast cancer. I do not know how the Orientals eat soy and live healthy to an old age. They must prepare it a certain way, use natural soy, no GMO and eat iodine source foods and other food; fish, vegetables, minerals, vitamins... that prevent soy's negative effects.

If you eat soy and are experiencing abdominal pain, foot pain, fatigue, weakness and other health problems; stop eating the soy. In one to two weeks the health problems will go away.

Soy is in many foods; muffins, cake, cookies, cereals, bread, baby formulas... contain soy flour.

Eat onions, seaweed, a little iodized sea salt (organic) to obtain iodine to keep the thyroid healthy. Find a honest authentic oriental cook and learn the correct way to cook soy and the amount to eat.

+Sulfite's, sulfates, nitrites, nitrates, MSG and other chemicals, preservatives, smoked foods, genetic engineering and unnatural substances in food, herbs, drinks cause migraine headaches with impaired vision, gout and other health problems. Sulfites, nitrates are in; hotdogs, baloney, salami, pepperoni, processed meats, smoked meat, fish, wine and other food. Buy organic; sulfite, sulfate, nitrite, nitrate, msg, (all chemicals) free food, drink, wine, beer and avoid morning headaches, blurry vision, health impairment. Buy the new, chemical free organic pizzas.

Coors beer is free of chemicals and is made with pure Colorado mountain spring water.

I have never had a headache and hangovers are my mild when I drink Coors beer.

Ingredients in red wine (organic; no sulfite's, nitrates, chemicals) can extend life, maintain good health. Alcohol free wines are available. Be sure the alcohol is removed naturally, no chemical process...

MSG causes many health problems.

MSG causes temporary migraine headaches with flashing lights in the eyes/visual field, blind spots and other visual impairment and blurry vision at close and far distances that can last for days.

MSG and other toxins are labeled under different names to fool the consumer; yeast extract, vegetable protein... See www.truthinlabeling.org

+Avoid chemicals in soap, detergent, shampoos, deodorants, plastic bottles, food containers, cleansers, toothpaste, skin cream, face/eye makeup, eye liner, chemicals at work, prescribed artificial and non-prescription hormones, radiation, antibiotics, pesticides in meat, vegetables, fruit, milk, dairy.

Pure, clear, unscented, chemical free glycerin soap used for shampoo, bar soap, to clean cloths, dishes... is a healthy alternative to soaps/cleansers containing chemicals.

A old eye makeup/liner from India called Kajal (when made from a natural chemical/toxin free source) is a type of black eye liner that is healthy for the eyes. It used to be made from natural oils, plants... and did not cause irritation. Modern manufacturers have changed the original formula and now use chemicals and other ingredients that impair the eyes health, clarity of vision, cause red eyes and irritation. People in certain areas of some countries develop cataracts. Is it the diet, area they live in, something they put on your skin, eyes? It is best to avoid eye, skin makeup. Hair dye has many toxic chemicals, causes a variety of health problems, red eyes, travels into the eyes, lowers eye health, clarity of vision. Avoid permanent eye makeup, tattoos and drugs, substances to make the eye lashes grow, thicken. It harms the eyes health, vision and changes the color of the eyes iris, skin around the eyes, other areas of the eye. Glaucoma, cataract can develop.

+Plastics contain a variety of chemicals, toxins, unnatural, harmful xeno-estrogen's, BPA, melamine ... that cause health impairment such as; hormone imbalance in women and men causing reproductive health problems; breast cancer, prostate enlargement, cancer, fibroids, ovarian cysts, endometriosis and other health problems.

Food and drinks stored in plastic bottles, containers, wrappers absorb these toxins.

When hot/warm food, liquid is stored in plastic containers, bottles, even for a short time while consuming the food/drink, the toxin absorption increases.

Recently the news stations have stated that leaving plastic soda, water bottles in the sun causes toxins

to be released into the beverage and this causes health impairment.

The truth is that even cold beverage/food stored in plastic absorbs toxins.

A new television, newspaper broadcast, September 17, 2008 states; that BPA in plastics, cans may also cause diabetes, heart disease and other health problems.

Foods containing fat; cheese, milk, mayonnaise, butter also increase absorption of toxins from plastic containers. Heating food in plastic containers (Tupperware...) in microwave ovens is most harmful. Avoid drinking water, soda... from plastic bottles. Avoid plastic containers, bowls, plates, utensils, bottles.

Avoid cooking in/eating, drinking out of aluminum pans, cans..., avoid cooking in non-stick pans. These substances are toxic and cause health problems. Coffee makers usually have a aluminum container inside the machine and coffee pot. The hot coffee soaks up the aluminum.

Cook in pure iron, glass.

Store and consume food/drink, beer... from pure glass bottles, bowls...

Glass containers must be lead free, pure glass only.

Buy organic milk in cardboard/wax cartons (pure organic paper/wax).

Use organic pottery (free of lead, copper and other toxins).

Wrap cheese and other foods in pure organic wax paper.

Keeping warm or cold milk, baby formulas, juice in plastic baby bottles causes toxins from the plastic to enter the liquid and baby's body causing health impairment.

Some plastic bottle companies state they have removed the toxic chemical (BPA) from their bottles but there are other unhealthy chemicals in the plastic.

Blue bottles made from a different plastic like substance also contains chemicals.

Foam coffee cups contain chemicals. Use paper cups with chemical free wax coating.

Some cans contain toxic BPA, aluminum, plastic inner coating and other unhealthy chemicals.

+Natural Progesterone Cream – Causes dizziness, vertigo, thyroid dysfunction with extreme weakness, fatigue, migraine headache, extreme muscle tension, many health problems, often causes the problems it will cure at first, then has a opposite effect and causes/increases health impairment. The cream takes months for it to get out of the body, skin when the person stops using it.

It prevents the body's natural conversion to a different hormonal state that is necessary to maintain good health for the second half of life for 40-50+ more years after the middle age transition.

People are wondering if the cream can cause stroke and other problems that the artificial HRT in birth control pills, synthetic HRT sold by the Drug Companies cause.

Parabens in skin creams and other products are unnatural estrogens that impair hormone balance, health.

Women and Men have been abused by their doctors, the drug companies for years: unnecessary operations, drugs that cause more health impairment, death, information on natural cures hidden... Men are also victims of this malpractice. Plastics, growth hormone and other unnatural hormones, chemicals in milk, meat, other food, drink, all forms of soap... dyes, cosmetics, napkins, chemicals and other toxins in building materials, furniture, carpet for homes, our drinking water... and all prescription and non-prescription drugs cause reproductive health impairment and many other health problems.

Cabinets, furniture, walls in homes, apartments, vehicles... made of crushed wood, a type of wood that is made of pieces of wood scraps pressed and held together by glue and other toxic chemicals.

Formaldehyde is a main chemical produced by crushed wood. These chemicals cause breathing problems, other health damage. Mobile homes given to residents of New Orleans after the Katrina hurricane contained this toxic wood. People became sick. Many carpets fibers, carpet under-liners and glue used to set the carpet in place contain formaldehyde and other toxins. Bed mattresses contain chemicals.

+All drugs, prescription and non prescription cause many different eye problems; unclear vision, cataracts, glaucoma, macula degeneration, impaired tolerance to sunlight and artificial light...

Pain relievers for joint, muscle pain, inflammation and cough, cold syrups, drugs contain

Acetaminophen and other toxins that cause liver and joint damage and other health problems.

Never take alcohol with these drugs. Even without alcohol, the drugs cause liver damage.

Some herbs, plants, berries improve vision and eye health and some impair eye health and cause unclear vision. Be careful when picking your own herbs, berries... and don't rely on people at the health food and vitamin stores to tell the truth about side effects. Most of them only want to sell the product.

Giant Hogweed a plant native to Central Asia was found in Massachusetts. It has a substance on parts of the plant that burns the eyes, causes blindness when the substance gets on the eyes, usually by the person rubbing the eyes with the hands after contacting the plant. Do not touch the eyes, face when walking in the woods. It grows high, be careful not to walk into it.

Black cohosh, vitex, and other herbs cause migraine headaches, hormone imbalance, concentration, memory problems and impair blood flow to the head, eyes.

Eyebright, a herb sold in health food stores for eye health can impair the eyes health.

Maca sold in Spanish stores, health food stores impairs thyroid function and can cause hormone imbalance.

Bilberry Berries: the fruit (berry) is healthy for the eyes and improves clarity of day and night vision but the bilberry leaf is poisonous. Bilberry has anti-platelet effects, keeps the blood from clotting so it cannot be taken with aspirin, drugs to thin the blood. Check the effects of all herbs, fruit, food.

Eat the correct amount, the correct way.

Kava Kava causes liver damage, impairs eye, body health.

Too much vitamin C especially in pill form causes kidney stones, heartburn.

Too much calcium causes calcium deposits on the neck vertebrae, spine, feet/heels and other bones and deposits in the arteries, heart and other organs, joints... stiff immobile joints muscles in the neck, back, body occur, heart attack... The correct amount of calcium, magnesium, zinc and other minerals, vitamins, natural vitamin D and other nutrients are needed together, in balance to absorb calcium and other nutrients correct. Sunlight and food are the best natural sources.

Rose Flower Petals (a certain type) is healthy, relaxing but most businesses add chemicals to the flower. Read-'The Change' by Germaine Greer for natural middle-age health and transition. People can experience extreme joint and muscle stiffness in the late 40's, early to middle 50's as the body's hormones change. Temporary neck muscle and joint tension can temporarily affect and lower the vision. After hormones change, a new life, rebirth occurs. A good diet-stiffness cures itself, vision is clear.

+**Peanuts** are healthy but they are legumes/beans (not true nuts). They must not be eaten raw. Raw peanuts and the shells contain substances that can cause health problems. Peanuts must be roasted without oil, not deep fried. Salt free. Some people are allergic to peanuts.

The American Free Press is a newspaper that prints the truth about toxins in food, water, food containers and truth on many other subjects.

The information they print is not revealed on television news, newspapers, radio for months, years after it is first published in the American Free Press.

The American Free Press used to be called 'The Spotlight'.

The U.S. Government (along with other countries) closed it down because the paper was revealing the truth about poisons in our food, water, air, corruption in government, business, politicians.

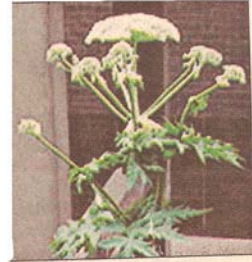
The American Free Press printed the truth about chemicals in plastics, drugs in our water supply, hormones, radiation, GMO's and other toxins in meat, milk, entire food supply, toxic mercury in tooth fillings, thyroid hormone imbalance and other health problems caused by soy products and many other hidden facts 5, 10, 15 + years ago.

They also print natural health cures hidden from the public.

They have a special section in the paper on health. www.americanfreepress.net

Avoid drugs, liquids for heartburn, acid reflux. They contain chemicals and other ingredients that cause a variety of health problems. They increase acid indigestion when the drug wears off.

Digestive Enzymes, from a natural food source; vegetables, fruits, plants, organic food sources is a natural healthy cure for heartburn, improves digestion of the food and absorption of vitamins,



The giant hogweed, which can reach 15 feet in height, causes severe burns and can cause blindness in humans who come in contact with it.

minerals, proteins, nutrients. Health food stores sell digestive enzymes. Buy enzymes made from organic food source only. No chemicals added.
Source of life - Vibra-Gest by Natures Plus Enzymes are good.

Yellow cornstarch/flour added to the morning cup of naturally decaffeinated coffee or whole grain beverage keeps the body's' blood sugar balanced.
Yellow corn is best, has nutrients for the eyes.

Avoid prescription and non-prescription sinus, nasal sprays. This includes plain saline sprays sold in the drug stores. They contain chemicals that impair the vision, eyes and body's health, cause unclear vision, a variety of visual disturbances, glaucoma, cataracts, loss of color perception.

A natural spray to relieve sinus and ear tube congestion, infection, dizziness is; Euphorbium homeopathic spray (now called Sinusin). www.heelusa.com. Use only when necessary. Even this natural product lists side effects.

Use completely natural methods; good, clean air quality, drink more water, use the sinus flush in Chapter 26, Physical Therapy, E-Book, get moisture into the air with a warm steam humidifier filled with pure water, and a little salt, good diet, drink enough water, good acid/alkaline balance, avoid chemicals, fumes... that can disrupt the body's hormone balance, lower immunity, infect the sinuses.

Be aware that dishonest businesses sometimes purchase a honest business and sell their products under the same name but add in toxic chemicals, alter the original ingredients.

Natural cure for sinus congestion, allergy to pollen; eat raw, organic Local Honey-honey made by bees from flowers, trees... growing in your neighborhood. Acts as a immunity shot.

Here is a natural old cure for head lice; avoid chemicals in lice shampoos, treatment. In the old days families would soak the head, hair in olive oil or mayonnaise and keep it on long enough to suffocate the lice. The lice eggs are then combed out with a very fine comb to prevent re-infestation. New chemical free formulas are now available.

Raw, fresh, organic cow and Goats Milk, straight from the cow, goat/farm provides many health cures. The dairy industry is trying to put raw, organic milk farmers out of business. Processed, non-organic milk causes health impairment. Buy hormone free milk. No growth or other hormones. Low fat milk loses much of its health benefits and because the natural structure is altered, the milk is unhealthy.

Natural weight loss; drink grapefruit juice when eating fat. The grapefruit prevents the fat from being absorbed. Grapefruit also interferes with certain drugs, so avoid it if taking drugs, medicines. I do not know if grapefruit blocks absorption of vitamins, minerals, nutrients.

Avoid glucosamine and chondroitin supplements! Scientists are trying to determine if it's the glucosamine, chondroitin or other ingredients in some joint formulas that are causing side effects. It is best to be safe and wait for more results of studies. Side effects occurring; possibly cataracts and other vision problems, heartburn, intestinal upset, rash, hives, painful skin eruptions, difficulty breathing, tightness in chest, swelling hands, mouth, tongue., migraine headache, blood sugar, insulin impairment, raised blood pressure, heart rate, palpitations, soar, swollen, inflamed joints, pain in joints, impaired joint movement, growths on joints, bone growths, spurs... (similar to calcium deposits that can occur on heels, neck vertebrae, bones, joints), possibly deposits in organs, heart, arteries...

Beware of natural health food products-they are often as harmful as prescription drugs. Advertisers swear the joint formulas work, but businesses selling coral calcium said the same thing about their product and it turned out that the calcium pills cause health problems. Shellfish is the main source for the joint formulas but, are the amounts in these pills normal, safe as eating the food itself? Allergies? Sulfate sources cause migraine headaches, vision disturbances. Natural sulfur from cabbage, food is ok-no migraines as far as I have experienced.

Natural Glucosamine HCI only, derived from corn, along with SULFUR from cabbage and other food sources might be beneficial but eating natural food is best. Corn is a natural source of glucosamine HCI but I do not know how the HCI product is made, if its healthy, safe. (Must be without sulfate. Sulfate, sulfites, nitrites, nitrates cause migraine headaches and other health problems.) What part of the corn, cob... is used, can people eat this naturally instead of buying the supplements?

Natural organic food source silica, gelatin, sulfur and bioflavonoid may help repair the joints, cartilage, ligaments... Silica can rebuild, grow cartilage, joints, ligaments, fingernails, hair, bones and has other health benefits... but it can build up like sand in the body, kidneys and cause kidney stones

and other conditions if too much is taken. Silica is in some joint formulas. Its best to get Silica from food; whole unrefined grains, apples, oats, peanuts, raw cabbage, fish, some water supplies. Check a few good books, nutritionists for a complete list.

I have had good results with one joint formula that is derived from food, corn, supposed to be completely natural, a liquid form but I still get side effects. I had to try it to repair neck ligament, cartilage damage caused by the bad chiropractors. It seemed to help. I read that taking HGH-Human Growth Hormone causes stiffness, pain in the joints as it grows new cartilage. Maybe glucosamine is similar. Glucosamine exists in the body but is it safe to consume it or is it best to eat a healthy diet, food that enables the body to create its own glucosamine? (After 5 months on the joint formula, my neck and other joints, muscles were very stiff. I stopped taking the glucosamine and now 4 months without it and I can walk better, less stiffness, neck injury healing better.)

A natural food source glucosamine from organic, humanely raised chicken; chicken soup with whole chicken, real bones, marrow, cartilage, gelatin, and onions, cabbage for natural sulfur, correct natural amount of silica, natural collagen and other nutrients added to the soup may help rebuild cartilage in the neck, back., bones, ligaments... A Chinese lady says to eat other parts of the chicken too, not just the meat. Said Americans have lost the original way to eat natural, healthy. Avoid swallowing the chicken bones, do not cut, break them open when preparing. Chicken bones can cause splinters that get caught in the throat, stomach, intestines. Never feed dogs, cats, pets chicken, turkey, bird bones. When cutting a chicken, bird, any food with bones; cut through the cartilage, joints only. Never through the bones. I was taught this by my cooking teacher Carl Tatem, retired Army, (Cute Black African American man!) in San Mateo California when I was taking job training, homeless, trying to move into a hotel, at age 20. He was the first person to teach me dexterity, brain hemisphere balance.

Most ingredients in Joint Formulas can be made naturally by the body when a good diet, food source is supplied. Organic chemical free Fish Oil, alkaline foods, rutin, potassium, vitamin K... Buy a good vitamin, mineral, nutrient book that lists the health benefits of nutrients and food sources.

A natural diet, old farm remedy for arthritis in the neck, body; Raw, organic apple cider vinegar with the mother mixed with raw organic honey (no sugar fed bees). Mix with pure water if it's too strong on the stomach. Drink daily or 3x... per week. It cleans out plaque and other hard deposits in the veins, arteries and the tiny capillaries that travel to the joints, vertebrae, cartilage. Circulation improves.

Then the Apple Cider Honey mixture cleans out the stony plaque., deposits in the joints. This helps the vertebrae, joints move and repair, the body to rebuild the cartilage naturally. It also cleans out the veins, arteries, capillaries that travel to the head, brain, ears and eyes, improving their health, function. It is a very old remedy and many people over 100 years old recommend it for a variety of health benefits. My neighbor in Daly City, California cured her dog of arthritis with this mixture. It took one month, then the dog could walk without dragging its legs. It contains potassium. Read Bragg Health books.

Extensive free information for Eye, Body Nutrition see: <http://www.janetgoodrichmethod.com/>
Janet and Carina Goodrich – Bates Teachers.

<http://www.rawfamily.com/index.htm> Raw Foods.

www.curezone.com is a website containing thousands of people discussing, selling natural cures, health information, truth about drug side effects and natural cures your doctor, drug companies won't tell you. Remember; use good judgment, investigation; some people selling natural cures, medicine, herbs... are dishonest and will sell harmful products, but many are honest people, selling safe, effective natural cures.

Thomas Quackenbush Bates Teacher has a course on Nutrition for the Eyes, Body, Natural Dentists, Soil Treatment to improve nutrient content of garden soil, full spectrum lights...

<http://www.naturalvisioncenter.com/> <http://www.naturalvisioncenter.com/Other.html>

Move to the middle, bottom of the page 'Other Resources' to see all links.

<http://www.resourcesforlife.net/product.asp?product=9>

http://www.ppnf.org/catalog/product_info.php?cPath=39&products_id=153&osCsid=d84508f62c5e4aa337aee99f6be074dd

<http://mizar5.com/rao.htm>

Chinese Herbs Direct' sells chemical free Chinese Medicine. <http://www.chineseherbsdirect.com/>

Chinese Herbs Direct- Herbs Direct, LLC
2475 Skypark Dr, Suite 102
Torrance, CA 90505 1-877-252-5436

Careful, they do sell some herbs that are not healthy; such as Black Cohosh... but I have had benefit from their 'Ming Mu Di Huang Wan' Teapills by Plum Flower and they have organic Chrysanthemum whole flower when in stock. 'Chinese Herbs Direct' sells a chemical free product of Ming Mu Di Huang Wan-Ancient Chinese Eye, Vision, Health Formula; 'Ming Mu Di Huang Wan Teapills, Plum Flower Chinese Herbs Direct'. Read the label, ingredients for each product. Contact customer service if needed to verify best, pure products, correct use. Retailers sell different brands so check for the brand shown here and double check that all ingredients are exact; no new ingredients added and all original ingredients are in the formula. <http://www.chineseherbsdirect.com/ming-mu-di-huang-teapills-ming-mu-di-huang-wan-200-ct-plum-flower-p-139.html>

Ming Mu Ti Huang Wan

Ancient Chinese Formula. Produces very clear vision and healthy eyes. Improves circulation to/in the eyes, head, brain, improves liver, kidney, eye health. Hard to find the original, authentic formula, a organic, chemical free product, pure ingredients. Many new formulas are missing ingredients and/or contain new ingredients that cause side effects: sulfites, nitrites, MSG, ammonia and other chemicals and herbs that cause migraine headaches, partial temporary blind spots, lights in the visual field, other visual disturbances, blurry vision and impaired health. The true formula does not cause migraines, visual disturbances, blur or other side effects unless the person is allergic to the herbs, food in the product. The only formula I have ever found that is the true, authentic formula, no side effects, brings my vision to better than 20/20 at close and far distances in only 1-2 days is the one shown on the next page. I purchased it after being referred to a Chinese store with a copy of the authentic bottle given to me by my Natural Vision Improvement Teacher Thomas Quackenbush when he taught on Taravel Street in San Francisco, CA, near Golden Gate Park and the Pacific Ocean. Cable Car access. The Chinese store address is provided in the pictures. I do not know if the same people run the store and sell the same formula. This is a copy of the original bottle and ingredients. The original box says Ming Mu Ti Huang Wan. Manufacturer says the word Ti and Di is the same but it may be best to buy the product that lists Ming Mu Ti Huang Wan.

Chinese Eye, Liver, Kidney Health Tonic Pills Ming Mu Ti Huang Wan Natural Chinese Formula For Clear Eyesight

Ingredients:

Rehmannia glutinosa Libosch	18.17%
Dioscorea japonica, Thunb.	9.09%
Paeonia suffruticosa Andrews	6.82%
Poria cocos Wolff	6.82%
Comus officinalis S. et Z.	9.09%
Alisma plantago-aquatica L.	6.82%
Lycium chinense Miller	6.82%
Haliotis gigantea Gmelin.	9.09%
Tribulus Terrestris Linne.	6.82%
Radix Paeoniae Lactiflorae	6.82%
Radix Angelicae sinensis	6.82%
Chrysanthemum indicum Linne	6.82%

Directions & Dosage:
For oral administration, 8 to 10 pills three times daily.

LANZHOU FO CI PHARMACEUTICAL FACTORY
LANZHOU CHINA



Ingredients:

Rehmannia glutinosa Libosch	18.17%
Dioscorea japonica, Thunb.	9.09%
Paeonia suffruticosa Andrews	6.82%
Poria cocos Wolff	6.82%
Comus officinalis S. et Z.	9.09%
Alisma plantago-aquatica L.	6.82%
Lycium chinense Miller	6.82%
Haliotis gigantea Gmelin.	9.09%
Tribulus Terrestris Linne.	6.82%
Radix Paeoniae Lactiflorae	6.82%
Radix Angelicae sinensis	6.82%
Chrysanthemum indicum Linne	6.82%

Directions & Dosage:
For oral administration, 8 to 10 pills three times daily.

LANZHOU FO CI PHARMACEUTICAL FACTORY
LANZHOU CHINA



The author of this book, Clark Night has used this formula for many years and always obtained clear vision and improved health. Ask for Organic, Chemical Free only. I have experienced migraine headaches, lowered vision when consuming a formula from a retailer that lies to me; 'says it is chemical free, organic when it is not'. Only the pure formula is healthy. It does improve, increase blood flow to the head, eyes. Check with your doctor first if you have any health condition of the body, eyes or may be allergic to certain herbs, food, combinations. Allergies can cause a headache. Read the instructions, precautions on the 'Chinese Herbs Direct' website.

Jiang's Acupuncture Clinic

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DR. BATES SUNLIGHT TREATMENTS (As described in Better Eyesight Magazine)

Shining direct sunlight on the sclera, the outer white part of the eye is a old treatment Dr. Bates applied to bring life, health, activity to the retina and its cells, cones, rods, nerves, blood vessels. Dr. Bates cured unclear vision and other eye problems, diseases with this treatment. People that were blind or almost blind would begin to see light and obtain clear vision as result of this treatment and other Bates activities.

Directions

1 - Face the sun with the eyes pupil directed away from the sun. Allow full spectrum sunlight to shine directly on the sclera, (white part of the eye) by pulling the upper eyelids up while looking down. The sun shines on the upper white area of the eye. The eyes pupil is down, under the lower eyelid to prevent direct sunlight from shining into the pupil.

Move the eyes and head/face side to side to move the sunlight over the entire sclera and retina, lens through the sclera. Keep the sunlight moving on the sclera for a few seconds. Then stop, rest. Repeat if comfortable. Do not overdo it. Movement of the eyes, light places sunlight on all areas of the eye, retina, improves absorption, use of the light, activation of the retinas cells, light receptors... and prevents overexposure, concentration of the light, sunburn on the eye.

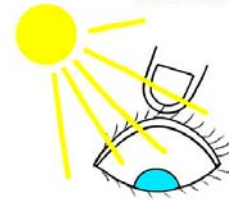
When pulling the eyelid; do not touch the eye or eyelid. Pull on the skin above the eyelid. Keep fingernails very short. Wash your hands first. Avoid chemical based soap. Do both eyes at the same time; left thumb pulls left lid, right thumb pulls right lid. Pull gently. This treatment also helps the eye build normal tolerance to sunlight, improves health and color of the sclera, perception of light, color, clarity of vision.

2 - Now, direct the sunlight onto the bottom of the sclera; Pull the lower eyelids down, move the eye/pupil up in the opposite direction so the sun shines on the lower area of the sclera and not directly into the pupil.

Move the eyes, head/face side to side. Keep the sunlight moving on the sclera for a few seconds. Then stop, rest. The head/body may need to be tilted back a bit to keep sunlight on the lower sclera and away from the pupil. Practicing this treatment repeatedly can tense the eye muscles and the pull of the fingers irritate the eyelids, skin. Use it occasionally.

Sunlight on the Sclera

Face the sun, the eyes pupil directed away from the sun.



1 - Pull the upper eyelid up and look down. Sunlight shines on the upper area of the Sclera. Sunlight does not shine into the pupil.



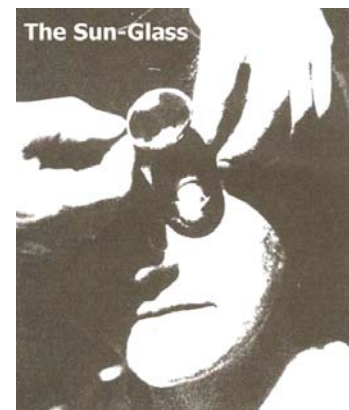
2 - Pull the lower eyelid down and look up. Sunlight shines on the lower area of the Sclera. Sunlight does not shine in the pupil.

Expose left and right eyes to the sun at the same time. Move the eyes left and right enabling the sun to shine/move on all areas of the Sclera.

Sun-Glass Treatment

Dr. Bates cured advanced eye problems, blindness by the sunlight methods and, also applying the use of the Sunglass to increase the strength of the sunlight on the eyes sclera and retina through the sclera. He moves the sunlight through the Sunglass quickly over the sclera for only a second, few seconds. He also moves the sunlight through the Sunglass on/over closed eyelids. Light is not directed into the pupil. The light is kept in movement and moved quickly on the sclera and not for too long; only a few seconds in order to prevent over concentrating sunlight on any one or more areas of the eye, to prevent overexposure, sunburn on/in the eye. Distance of the glass must be correct or the eye can be burned.

The patient is exposed to plain sunlight first, without the glass to get the eyes adjusted to the light before using the sun-glass. Do not do this at home without an eye doctor's direction. Done incorrect, it can burn the eye.



THE USE OF THE SUN GLASS

In using the sun glass, it is well to accustom the eyes of the patient to the strong light by having him sit in the sun with his eyes closed, and at the same time he should slowly move his head from side to side, in order to avoid discomfort from the heat. Enough light shines through the eyelid to cause some people a great deal of discomfort at first, but after a few hours' exposure in this way, they become able to gradually open their eyes to some extent without squeezing the lids. When this stage is reached, one can focus, with the aid of the sun glass, the light on the closed eyelids, which at first is very disagreeable. When the patient becomes able to open the eyes, he is directed to look as far down as possible, and in this way the pupil is protected by the lower lid. Then by gently lifting the upper lid, only the white part of the eye is exposed, while the sun's rays strike directly upon this part of the eyeball. The sun glass may then be used on the white part of the eye. Care should be taken to move the glass from side to side quickly. The length of time devoted to focusing the light on the white part of the eye is never longer than a few seconds. After such a treatment the patient almost immediately becomes able to open his eyes widely in the light.

Most Modern Natural Eyesight Improvement Teachers do not apply the Sunglass Treatment -(Mainly due to fear of the AMA.) Ophthalmologist Bates cured many vision problems, eye diseases, various types of blindness with the Sunglass and Sunlight, Sunning Treatments. Try plain Sunning, Sunlight first.

the Sunglass light is on the eyes.

Start with eyes closed, look far down. Bring the glass, light beam close, but a safe distance from the eye. **Move the light beam** on the white area of the eye through the eyelids. The movement helps to prevent too much heat. Test the intensity of the light, heat, distance of the glass... on the closed eyelids first. See the size of the light spot on the eye and the blood vessels... in the eyes sclera, retina. Keep the light moving, move it quickly on the sclera for a few seconds.

Then, **repeat with the eyes open;** still looking **far down**, eyes pupil under the lower eyelid, protected from the light; lift the upper eyelid, open the eyes and move the light quickly side to side, a few seconds on the white area, sclera of the eye. Then repeat the steps with the other eye.

The Sunglass is a glass. As described in other chapters; All glass, plastic.; eyeglasses, windows, sunglasses block out part of the sun's light spectrum causing unhealthy partial spectrum, unbalanced light to exit the glass and shine into the eyes, travel to the brain, body. This impairs health, function of the brain, body, eyes and clarity of vision. For this reason the sunglass is only used to get the cells, light receptors, capillaries... in the eye, retina, lens back to full life, activity, bring the vision back. Then the glass is not used. Plain sunlight not passing through glass is used by practicing Sunning, Sun-gazing... as described in this chapter.

Read more directions for Sunning, Sun-Gazing, Sunglass Treatments in the PDF Natural Eyesight Improvement E-book; Ophthalmologist Bates 'Better Eyesight Magazine' describes this treatment. See; Better Eyesight Magazine; April, May, June, August, October, December, 1926 and November, 1924 and

The Sunglass treatment is be done by a Bates Method Experienced Ophthalmologist and only if necessary in cases of blindness, extreme vision impairment and only after closed eyes sunning, daily sunlight exposure; eyes open (not staring into the sun), yes; looking at, shifting on the bright sunny sky, clouds, trees and other Bates Method Treatments have been tried first.

If these have not brought vision improvement, the Sunglass Treatment may.

Be aware that certain types of glass act as a magnifying glass. The Sunglass is a magnifier and sunlight passing through the Sunglass can burn the eye.

Only a professional should apply this method;

The glass is never still; the glass is moved continually side to side causing the light to move quickly on the white area of the eye. A short time; only a few seconds of light is placed on the eye. Do one eye at a time.

(Patch the eye not being worked upon with a white eyepatch to prevent the eye, pupil from moving into the light of the Sunglass. Keep the patch open on the outer side away from the glass to allow plain daylight into that eye to keep both brain hemispheres, eyes active. Do not wear any type of eyeglasses, contact lenses, sunglasses, tinted, UV blocking lenses when using the Sunglass, Sun-gazing, Sunning.)

Distance of the glass from the eye must be exact, a specific distance and the time the light is on the eye (white area, sclera only, through or under eyelids) must be brief, few seconds or the eye can be burned. It is a certain type of magnifying glass;

Type, size, thickness, curvature... of the glass, distance, angle from the eye, strength of the sun affects the strength, intensity, concentration of the light ray beam, heat of the sunlight through the glass. The heat increases with the amount of time the light is on the eye. The correct amount is relaxing, healthy for the eye. The light must never shine on/into the eyes pupil. Keep the light away from the pupil, iris. Keep the eye, pupil far down, under the lower lid to prevent the light beam from shining into the pupil. Do not move the eyes when

other 'Use of the Sunglass, Burning Glass' articles. Better Eyesight Magazine article June, 1926 in original form is shown on this page.

I place the instructions here due to the many cures Dr. Bates, Emily Lierman, Bates, other doctors obtained with the Sunglass and to enable persons to know if their Eye doctor is doing the treatment correct, safe.

Sun-Gazing; Looking into the sun with the eyes open, while moving the eyes, head/face side to side, keeping the eyes, head/face in movement 'shifting' is still done by some people in various countries, cultures. For sun-gazers that do look at the sun with the eyes open; Practice only for 5-10 seconds occasionally, always moving the head/face, eyes; shifting side to side, top and bottom... across the sun. Blink often. Never stare into the sun. Application time may vary with certain cultures, countries, treatments by experts.

Avoid areas where the sunlight is concentrated or the ozone layer is depleted.

Looking at the sun at sunrise, sunset in safe areas of the planet is allowed as long as staring, over-exposure is avoided. People have been looking at the sky, sunrise, sunset for millions of years.

Due to the depletion of the ozone layer, Modern Bates Teachers do not advise looking into the sun with the eyes open. Closed Eyes Sunning only is practiced.

Looking at the bright areas of the sky, clouds, tree tops with the eyes open on a sunny day is allowed.

Never look at or near the sun during a solar eclipse of the sun.

Good nutrition is necessary to maintain the eyes natural protection and tolerance to sunlight.

Sunlight through the eyes and on the skin is also necessary for the body to absorb, create, function with nutrients, vitamins, vitamin D, calcium., minerals, to help protect the eyes, skin from sunburn, overexposure to sunlight, to produce, balance, control hormones, chemicals in the brain, body, body organs, systems, including melatonin for a normal sleep cycle and serotonin, tryptophan... for a positive state of mind, good mood, positive thoughts, emotions. The eyes need sunlight to remain healthy, keep the vision clear.

Most drugs and some herbs impair the vision, eye health, natural tolerance, protection from over-exposure to sunlight.

Sunlight contains all colors, frequencies, energy of the light spectrum.



5. SUN TREATMENT. The eyes need sunlight. People who work in mines, where there is no sun, sooner or later develop inflammations of the interior of the eyes. The cloudiness of the lens from cataract is lessened by exposing the eye to the direct rays of the sun. When using the sun treatment, it is best to let the eyes become accustomed to the sun by mild treatment at first. Have the patient sit in a chair with his eyes closed and his face turned toward the sun. He should slowly move his head a short distance from side to side. The movement of the head prevents concentration of the sun's rays on one part of the eye. After some days of treatment, or when the patient becomes more accustomed to the light, one may use the sun-glass with added benefit. Direct the patient to look far down and while he does this, lift the upper lid gently, exposing to view the sclera or white part of the eye. Now, with the aid of the sun-glass focus the sunlight on the forehead or on the cheek, and then rapidly pass the concentrated light over various parts of the sclera. This requires less than a minute of time. It is

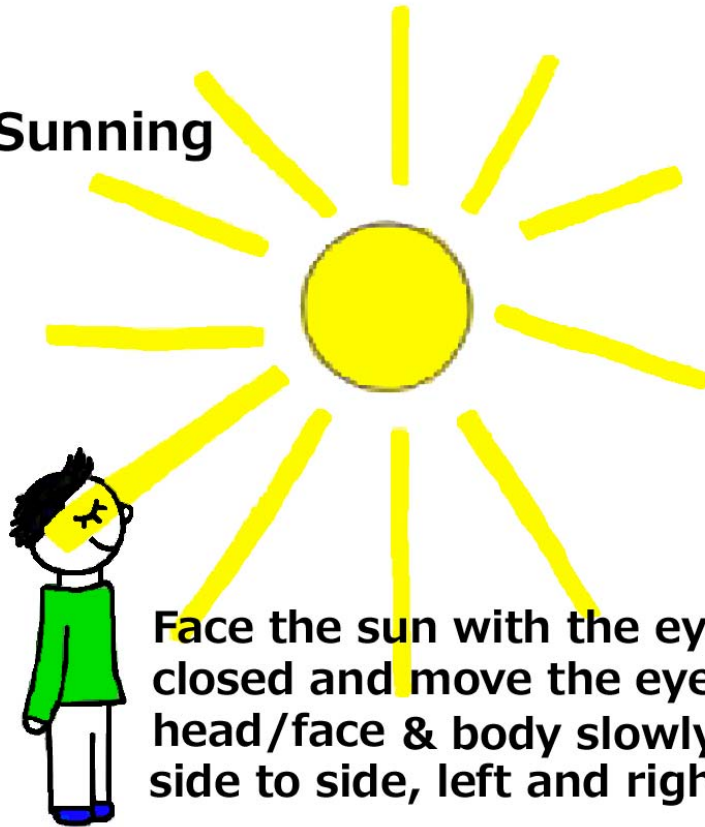
not well to be in a hurry. One should wait until the patient becomes sufficiently accustomed to the sun to permit the upper eyelid to be raised while he looks far down, exposing the sclera only. It is important that the patient be cautioned not to look directly at the sun.

Prognosis

The cure of cataract is usually accomplished more quickly than the cure of some other diseases of the eye. My assistant, Emily C. Lierman, has had unusual success in treating cataract cases, as she adapts my methods to each individual case. In her book, "Stories from the Clinic," the treatment is described in detail.



Sunning



Face the sun with the eyes closed and move the eyes, head/face & body slowly side to side, left and right.

Better Eyesight Magazine
July, 1919 to June, 1930 -132 Monthly Issues
By
Ophthalmologist William Horatio Bates M.D.

Better Eyesight

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

Vol. I

JULY, 1919

No. 1

Foreword

Fundamental Facts

Central Fixation

A Teacher's Experiences

Army Officer Cures Himself

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Ophthalmologist
William H. Bates

BETTER EYESIGHT

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

July, 1919 - June, 1930 - 132 Magazine Issues

Central Fixation Publishing Co.

New York, N.Y. USA

July, 1919



Emily C. Lierman, Bates

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe

also that the harder you try to see the worse you see? Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters. In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses. If you fail, ask someone with perfect sight to help you.

Do You Read Imperfectly? - This first article and others are placed on page 2 on the inside cover of each monthly Better Eyesight Magazine issue. The articles consist of a variety of the Best of Dr. Bates Original Natural Vision Improvement Treatments, Activities. The student can copy, paste these into a small fine print booklet to carry in a pocket and practice in your spare time.

FOREWORD

WHEN the United States entered the European war recruits for general military service were required to have a visual acuity of 20/40 in one eye and 20/100 in the other.¹ This very low standard, although it is a matter of common knowledge that it was interpreted with great liberality, proved to be the greatest physical obstacle to the raising of an army. Under it 21.68 per cent of the registrants were rejected, 13 per cent more than for any other single cause.²

Later the standard was lowered³ so that men might be "unconditionally accepted for general military service" with a vision of 20/100 in each eye without glasses, provided one eye was correctible to 20/40. For special or limited service they might be accepted with only 20/200 in each eye without glasses, provided one was correctible to 20/40. At the same time a great many defects other than errors of refraction were admitted in both classes, such as squint not interfering with vision, slight nystagmus, and color blindness. Even total blindness in one eye was not a cause for rejection to the limited service class, provided it was not due to progressive or organic change, and the vision of the other eye was normal. Under this incredible standard eye defects still remained one of three leading causes of rejection.

Over ten per cent, (10.65) of the registrants were disqualified by them, while defects of the bones and joints and of the heart and blood-vessels ran respectively one and one and a half percent higher.⁴

Most of the revelations about the physical condition of the American people which resulted from the operation of the draft law had been anticipated by persons who had been giving their attention to such matters - and whose warnings had long fallen upon deaf ears - but it is doubtful if anyone had formed an adequate conception of the truth regarding the condition of the nation's eyesight. That it should be impossible to raise an army with even half normal vision in one eye, and that one man in every ten rejected for military service should have been unable, even by the aid of glasses, to attain this standard, is a situation so appalling that words fail to characterize it, so incredible that only the most unimpeachable evidence could compel belief in it. Under these circumstances it seems to me the plain duty of anyone who has found any means of controlling the evil in question to give the facts the widest possible publicity.

Most writers on ophthalmology today appear to believe that defective eyesight is part of the price we must pay for civilization. The human eye, they say, was not designed for the uses to which it is now put. Eons before there were any schools, or printing presses, electric lights, or moving pictures, its evolution was complete. In those days it served the needs of the human animal perfectly, but it is not to be expected, we are told, that it should respond without injury to the new demands. By care it is thought that this injury may be minimized, but to eliminate it wholly is considered to be too much to hope for. Such is the depressing conclusion to which the monumental labors of a hundred years and more have led us.

I have no hesitation in stating that this conclusion is unqualifiedly wrong. Nature did not blunder when she made the human eye, but has given us in this intricate and wonderful mechanism, upon which so much of the usefulness as well as the pleasure of life depends, an organ as fully equal to the needs of civilization as to those of the Stone Age. After thirty-three years of clinical and experimental work, I have demonstrated to my own satisfaction and that of others that the eye is capable of meeting the utmost demands of civilization; that the errors of refraction which have so long dogged the footsteps of progress, and which have made

the raising of an army during the recent war so difficult, are both preventable and curable; and that many other forms of imperfect sight, long held to be incurable, may be either improved or completely relieved.

All these discoveries have been published in the medical press, but while their reliability has never been publicly disputed, the medical profession has so far failed to make use of them. Meantime the sight of our children is being destroyed daily in the schools, and our young men and women are entering life with a defect which, if uncorrected, must be a source of continual misery and expense to them, sometimes ending in blindness or economic ruin. Admitting for the sake of argument that I may be wrong in my conclusion that these things are unnecessary, it is time I was proven to be wrong. I should not be allowed to play on the forlorn hope of a suffering world. If I am right, as I know I am, a suffering world should no longer be deprived of the benefit of my discoveries.

To give publicity to these discoveries and arouse discussion regarding them is one of the objects for which this magazine has been started. At the same time its pages are open to everyone who has any light to throw upon the problem. It has too long been the custom of ophthalmologists to disregard every fact at variance with the accepted theories. Such facts, when observed, have usually not been published, and when published they have either been ignored or explained away in some more or less plausible manner.

The management of this magazine wishes to make it a medium for the publication of such facts, which, it may safely be asserted, are known to every ophthalmologist of any experience, and which, if they had received proper consideration, would long ago have led us out of the blind alley in which we are now languishing.

While I think it may be truthfully said that many of my methods are new and original, other physicians, both in this country and in Europe, have cured themselves and others by treatment without glasses. Lay persons have done the same.

Fine Print – For Clear Close Vision

In *The Autocrat of the Breakfast Table*, Oliver Wendell Holmes published a very remarkable case of the cure of presbyopia.

"There is now living in New York State," he says, "an old gentleman who, perceiving his sight to fail, immediately took to exercising it on the finest print, and in this way fairly bullied Nature out of her foolish habit of taking liberties at five-and-forty, or thereabouts. And now this old gentleman performs the most extraordinary feats with his pen, showing that his eyes must be a pair of microscopes. I should be afraid to say how much he writes in the compass of a half-dime, whether the Psalms or the Gospels, or the Psalms and the Gospels, I won't be positive."⁵

An officer in the American Expeditionary Forces, whose letter is published elsewhere, wrote to me about a year ago that he has cured himself of presbyopia, and after half a lifetime of misery was entirely free from eye discomfort. There must be many more of these cases, and we want to hear of them.

(Five and forty=fifties, forties... year of age.) Reading fine print maintains clear close and distant vision at all ages and keeps the eyes healthy, prevents development of eye diseases, cataracts. Along with good nutrition, avoiding eyeglasses.



FUNDAMENTAL FACTS

For about seventy years it has been believed that the eye accommodates for vision at different distances by changing the curvature of the lens, and this theory has given birth to another, namely, that errors of refraction are due to a permanent organic change in the shape of the eyeball. On these two ideas the whole system of treating errors of refraction is based at the present time.

My experiments and clinical observations have demonstrated that both these theories are wrong.⁶ They have shown:

- (1) That the lens is not a factor in accommodation;**
- (2) That the change of focus necessary for vision at different distances is brought about by the action of the superior and inferior obliques, which, by their contraction and relaxation, change the length of the eyeball as the length of the camera is changed by the shortening and lengthening of the bellows;**
- (3) That errors of refraction are due to the abnormal action of these muscles and of the recti, the obliques being responsible for myopia and the recti for hypermetropia, while both may combine in the production of astigmatism;**
- (4) That this abnormal action of the muscles on the outside of the eyeball is always due to mental strain of some kind.**

This being the case it follows that all errors of refraction can be cured by relaxation. All methods of treatment, therefore, are simply different ways of obtaining relaxation. And because it is impossible to relax the eye muscles without relaxing the mind-and the relaxation of the mind means the relaxation of the whole body - it also follows that improvement in the eyesight is always accompanied by an improvement in health and mental efficiency.

The fact that all errors of refraction are functional can often be demonstrated within five minutes. When a person with myopia, hypermetropia, or astigmatism, looks at a blank wall without trying to see, the retinoscope, with a plane mirror, at six feet, indicates, in flashes or more continuously no error of refraction. The conditions should be favorable for relaxation and the doctor should be as much at his ease as the patient.

It can also be demonstrated with the retinoscope that persons with normal sight do not have it all the time.⁷ When the vision of such persons becomes imperfect at the distance it will be found that myopic refraction has been produced;⁸ when it becomes imperfect at the near point it will be found that hypermetropia has been produced.

CENTRAL-FIXATION

An invariable symptom of all abnormal conditions of the eyes, whether functional or organic, is the loss of central-fixation. When a person with perfect vision looks at a letter on the Snellen test card he can always observe that all the other letters in his field of vision are seen less distinctly. He can also observe that when he looks at the bottom of even the smallest letter on the card, the top appears less black and less distinct than the part directly regarded, while the same is true of a letter of diamond type, or of the smallest letters that are printed. When a person with imperfect sight looks at the card he can usually observe that when he can read a line of letters he is able to look at one letter of a line and see it better than the others, but the letters of a line he cannot read may look all alike, or those not directly regarded may even be seen better than the one fixed.

These conditions are due to the fact that when the sight is normal the sensitiveness of the fovea is normal, but when the sight is imperfect, from whatever cause, the sensitiveness of the fovea is lowered, so that the eye sees equally well, or even better, with other parts of the retina. Contrary to what is generally believed, the part seen best when the sight is normal is extremely small. **The text-books say that at twenty feet an area having a diameter of a quarter of an inch can be seen with maximum vision, but anyone who tries at this distance to see every part of one of the small letters of the Snellen test card - the diameter of which is about a quarter of an inch - equally well at one time will immediately become myopic. The fact is that the nearer the point of maximum vision approaches a mathematical point, which has no area, the better the sight.**

The cause of this loss of function in the center of sight is mental strain; and as all abnormal conditions of the eyes, organic as well as functional, are accompanied by mental strain, all such conditions must necessarily be accompanied by loss of central-fixation.

When the mind is under a strain the eye usually goes more or less blind. The center of sight goes blind first, partially or completely, according to the degree of the strain, and if the strain is great enough the whole or the greater part of the retina may be involved. When the vision of the center of sight has been suppressed, partially or completely, the patient can no longer see the point which he is looking at best, but sees objects not regarded directly as well, or better, because the sensitiveness of the retina has now become approximately equal in every part, or is even better in the outer part than in the center. Therefore in all cases of defective vision the patient is unable to see best where he is looking. When the person with imperfect vision sees the peripheral field clearest, it is not as clear as the central field is when the vision is normal.

This condition is sometimes so extreme that the patient may look as far away from an object as it is possible to see it and yet see it just as well as when looking directly at it. In one case it had gone so far that the patient could see only with the edge of the retina on the nasal side. In other words, she could not see her fingers in front of her face, but could see them if she held them at the outer side of her eye. She had no error of refraction, showing that while every error of refraction is accompanied by eccentric fixation, the strain which causes the one condition is different from that which produces the other. The patient had been examined by specialists in this country and Europe, who attributed her blindness to disease of the optic nerve, or brain; but the fact that vision was restored by relaxation demonstrated that the condition had been due simply to mental strain.

Eccentric fixation, even in its lesser degrees, is so unnatural that great discomfort, or even pain, can be

produced in a few seconds by trying to see every part of an area three or four inches in extent at twenty feet, or even less, or an area of an inch or less at the near point, equally well at one time, while at the same time the retinoscope will demonstrate that an error of refraction has been produced. This strain, when it is habitual, leads to all sorts of abnormal conditions and is, in fact, at the bottom of most eye troubles, both functional and organic. The discomfort and pain may be absent, however, in the chronic condition, and it is an encouraging symptom when the patient begins to experience them.

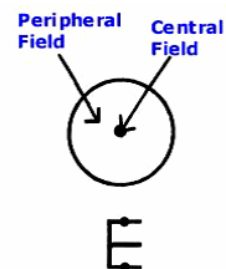
Natural health improvement doctors state; When health or vision is impaired, pain and other symptoms occur. When health/vision impairment increases, sometimes the pain, other uncomfortable symptoms vanish, are not felt. New symptoms may take their place. When healing occurs and the health/vision is reversing back to normal, is being corrected/cured; the old pains, symptoms may temporarily re-appear as the health/vision is passing backwards through previous beginning stages of the health or vision problem. Then, as the health/vision improves to perfect health, clear vision; the pain, symptoms are completely removed. Complete recovery without passing through pain, uncomfortable symptoms can also occur.

The center of the retina, macula and fovea centralis with its many cones produce the clearest vision and brightest color in the center of the visual field. Areas nearest the central field are also very clear-clarity decreasing outward into the peripheral field. The peripheral field of the retina produces less clear vision and less color in the peripheral field of vision. When the vision is normal, clear; the center of the visual field is clearest and the peripheral field less clear. The exact center of the visual field is produced by the fovea centralis and is the size of the pointed end of a pin and produces very clear vision, much clearer than 20/20 and brightest color, fine detailed vision, ability to see very small parts of objects at close and far distances.

Central-fixation – To look at/see one small part of a object clearest at a time in the center of the visual field. Shifting is combined with central-fixation- the eyes, center of the visual field moves, shifts continually from part to part (point to point) on a object to see the object clear. The center of the visual field also moves with the eyes from object to object seeing one object at a time clearest.

Natural Vision Improvement returns perfect clear central vision and brings the peripheral to its maximum clarity.

When the eye possesses central-fixation it not only possesses perfect sight, but it is perfectly at rest and can be used indefinitely without fatigue. It is open and quiet; no nervous movements are observable; and when it regards a point at the distance the visual axes are parallel. In other words, there are no muscular insufficiencies. This fact is not generally known. The text-books state that muscular insufficiencies occur in eyes having normal sight, but I have never seen such a case. The muscles of the face and of the whole body are also at rest, and when the condition is habitual there are no wrinkles or dark circles around the eyes.



Look at the dot on the top of the E. The dot is in the center of the visual field and is clearest. The dot on the bottom is in the peripheral field and is less clear. Shift dot to dot seeing one dot clearest at a time.

In most cases of eccentric fixation, on the contrary, the eye quickly tires, and its appearance, with that of the face, is expressive of effort or strain. The ophthalmoscope reveals that the eyeball moves at irregular intervals, from side to side, vertically or in other directions. These movements are often so extensive as to be manifest by ordinary inspection, and are sometimes sufficiently marked to resemble nystagmus. Nervous movements of the eyelids may also be noted, either by ordinary inspection, or by lightly touching the lid of one eye while the other regards an object either at the near point or the distance. The visual axes are never parallel, and the deviation from the normal may become so marked as to constitute the condition of **squint**. **Strain, eccentric fixation, diffusion causes squint, crossed, wandering eyes, imperfect convergence, divergence.** Redness of the conjunctiva and of the margins of the lids, wrinkles around the eyes, dark circles beneath them and tearing are other symptoms of eccentric fixation.

Eccentric fixation is a symptom of strain, and is relieved by any method that relieves strain; but in some cases the patient is cured just as soon as he is able to demonstrate the facts of central-fixation. When he comes to realize, through actual demonstration of the fact, that **(when experiencing blur, eccentric fixation, diffusion, not seeing with the center of the visual field)** he does not see best where he is looking, and that when he looks a sufficient distance away from a point **(when the eyes are working correct, relaxed, with central-fixation)** he can see it worse than when he looks directly at it, he becomes able, in some way, to reduce the distance to which he has to look in order to see worse, until he can look directly at the top of a small letter and see the bottom worse, or look at the bottom and see the top worse. The smaller the letter regarded in this way, or the shorter the distance the patient has to look away from a letter in order to see the opposite part indistinctly, the greater the relaxation and the better the sight. When it becomes possible to look at the bottom of a letter and see the top worse, or to look at the top and see the bottom worse, it becomes possible to see the letter perfectly black and distinct. At first such vision may come only in flashes. The letter will come out distinctly for a moment and then disappear. But gradually, if the practice is continued, central-fixation will become habitual. **Seeing objects or a part of a object worse when not looking directly at it—it is less clear because it is in the less clear peripheral field. When looking directly at the object, or part, it is in the central field and is clearest.**

Most patients can readily look at the bottom of the big C and see the top worse; but in some cases it is not only impossible for them to do this, but impossible for them to let go of the large letters at any distance at which they can be seen. In these extreme cases it sometimes requires considerable ingenuity, first to demonstrate to the patient that he does not see best where he is looking, and then to help him to see an object worse when he looks away from it than when he looks directly at it. The use of a strong light as one of the points of fixation, or of two lights five or ten feet apart, has been found helpful, the patient when he looks away from the light being able to see it less bright more readily than he can see a black letter worse when he looks away from it. It then becomes easier for him to see the letter worse when he looks away from it. This method was successful in the following case:

A patient with vision of 3/200, when she looked at a point a few feet away from the big C, said she saw the letter better than when she looked directly at it. Her attention was called to the fact that her eyes soon became tired and that her vision soon failed when she saw things in this way. Then she was directed to look at a bright object about three feet away from the card, and this attracted her attention to such an extent that she became able to see the large letter on the test card worse, after which she was able to look back at it and see it better. It was demonstrated to her that she could do one of two things: look away and see the letter better than she did before, or look away and see it worse. She then became able to see it worse all the time when she looked three feet away from it. Next she became able to shorten the distance successively to two feet, one foot and six inches, with a constant improvement in vision; and finally she became able to look at the bottom of the letter and see the top worse, or look finally she became able to read the ten line at twenty feet. By the same method also she became able to read diamond type, first at twelve inches and then at three inches. By these simple measures alone she became able, in short, to see best where she was looking, and her cure was complete.

The highest degrees of eccentric fixation occur in the high degrees of myopia, and in these cases, since the sight is best at the near point, the patient is benefited by practicing seeing worse at this point. The distance can then be gradually extended until it becomes possible to do the same thing at twenty feet. One patient with a high degree of myopia said that the farther she looked away from an electric light the better she saw it, but by alternately looking at the light at the near point and looking away from it she became able, in a short time, to see it brighter when she looked directly at it than when she looked away from it. Later she became able to do the same thing at twenty feet, and then she experienced a wonderful feeling of relief. No words, she said, could adequately describe it. Every nerve seemed to be relaxed, and a feeling of comfort and rest permeated her whole body. Afterward her progress was rapid. She soon became able to look at one part of the smallest letters on the card and see the rest worse, and then she became able to read the letters at twenty feet.

On the principle that a burnt child dreads the fire, some patients are benefited by consciously making their sight worse. When they learn, by actual demonstration of the facts, just how their visual defects are produced, they unconsciously avoid the unconscious strain which causes them. When the degree of eccentric fixation is not too extreme to be increased, therefore, it is a benefit to patients to teach them how to increase it. **When a patient has consciously lowered his vision and produced discomfort and even pain by trying to see the big C, or a whole line of letters, equally well at one time, he becomes better able to correct the unconscious effort of the eye to see all parts of a smaller area equally well at one time.** (Experience strain=learn to avoid it.)

In learning to see best where he is looking it is usually best for the patient to think of the point not directly regarded as being seen less distinctly than the point he is looking at, instead of thinking of the point fixed as being seen best, as the latter practice has a tendency, in most cases, to intensify the strain under which the eye is already laboring. One part of an object is seen best only when the mind is content to see the greater part of it indistinctly, and as the degree of relaxation increases the area of the part seen worse increases until that seen best becomes merely a point. (Exact center of visual field, fovea centralis, much clearer than 20/20.)

The limits of vision depend upon the degree of central-fixation. A person may be able to read a sign half a mile away when he sees the letters all alike, but when taught to see one letter best he will be able to read smaller letters that he didn't know were there. **The remarkable vision of savages, who can see with the naked eye objects for which most civilized persons require a telescope, is a matter of central-fixation.** Some people can see the rings of Saturn, or the moons of Jupiter, with



Look at/see clearest - one part (dot) of the C at a time, in the center of the visual field. The part (dot) in the peripheral field is less clear.

the naked eye. It is not because of any superiority in the structure of their eyes, but because they have attained a higher degree of central-fixation than most civilized persons do.

Not only do all errors of refraction and all functional disturbances of the eye disappear when it sees by central-fixation, but many organic conditions are relieved or cured. I am unable to set any limits to its possibilities. I would not have ventured to predict that glaucoma, incipient cataract and syphilitic iritis could be cured by central-fixation; but it is a fact that these conditions have disappeared when central-fixation was attained. Relief was often obtained in a few minutes, and sometimes this relief was permanent. Usually, however, a permanent cure required more prolonged treatment. Inflammatory conditions of all kinds, including inflammation of the cornea, iris, conjunctiva, the various coats of the eyeball and even the optic nerve itself, have been benefited by central-fixation after other methods had failed. Infections, as well as diseases caused by protein poisoning and the poisons of typhoid fever, influenza, syphilis and gonorrhoea, have also been benefited by it. Even with a foreign body in the eye there is no redness and no pain so long as central-fixation is retained.

Since central-fixation is impossible without mental control, central-fixation of the eye means central-fixation of the mind. It means, therefore, health in all parts of the body, for all the operations of the physical mechanism depend upon the mind. Not only the sight, but all the other senses - touch, taste, hearing and smell - are benefited by central-fixation. All the vital processes - digestion, assimilation, elimination, etc. - are improved by it. The symptoms of functional and organic diseases are relieved. The efficiency of the mind is enormously increased. The benefits of central-fixation already observed are, in short, so great that the subject merits further investigation.

Central-Fixation Example:

Look at the top part of the letter C. Place it in the center of the visual field. Shift on it to avoid staring. While looking at that part, in the center of the visual field; that part is clearest. Other parts of the C away from the part the eyes are looking directly at are in the peripheral field are seen worse, less clear.

When the eyes move, shift to a new part, example; a part on the bottom of the C; this part is now in the center of the visual field, is clearest and the top of the C and other parts are in the peripheral field, away from the central field and are seen less clear.

Shift from part to part on the C and see one small part at a time clearest in the center of the visual field - Central-fixation.

Practice on large, then smaller letters, any objects, then on small objects, a fine print letter.

When the eyes can shift: small point to small point on a small object, small part of a object, fine print letter and use central-fixation, vision is very clear.

Central-fixation must be combined with shifting; shifting from point to point.

Central-fixation does not mean to fix the eyes immobile on a point.

Eccentric fixation is; Diffusion - trying to see two or more objects or more than one part of a object at the same time, objects in the central and peripheral field equally clear at the same time, not shifting from part to part, object to object, to space the visual attention out to cover the entire field without moving the eyes. Using the peripheral area of the retina and field of vision to see with, placing the object of visual attention in the peripheral field.

A TEACHER'S EXPERIENCES

A teacher forty years of age was first treated on March 28, 1919. She was wearing the following glasses: O. D. convex 0.75 D. S. with convex 4.00 D. C., 105 deg.; O. S. convex 0.75 D. S. with convex 3.50 D. C., 105 deg. On June 9, 1919, she wrote:

I will tell you about my eyes, but first let me tell you other things. You were the first to unfold your theories to me, and I found them good immediately - that is, I was favorably impressed from the start. I did not take up the cure because other people recommended it, but because I was convinced: first, that you believed in your discovery yourself; second, that your theory of the cause of eye trouble was true. I don't know how I knew these two things, but I did. After a little conversation with you, you and your discovery both seemed to me to bear the earmarks of the genuine article. As to the success of the method with myself I had a little doubt. You might cure others, but you might not be able to cure me, However, I took the plunge, and it has made a great change in me and my life.

To begin with, I enjoy my sight. I love to look at things, to examine them in a leisurely, thorough way, much as a child examines things. I never realized it at the time, but it was irksome for me to look at things when I was wearing glasses, and I did as little of it as possible. The other day, going down on the Sandy Hook boat, I enjoyed a most wonderful sky without that hateful barrier, of misted glasses, and I am positive I distinguished delicate shades of color that I never would have been able to see, even with clear glasses. Things seem to me now to have more form, more reality than when I wore glasses. Looking into the mirror you see a solid representation on a flat surface, and the flat glass can't show you anything really solid. My eye-glasses, of course, never gave me this impression, but one curiously like it. I can see so clearly without them that it is like looking around corners without changing the position. I feel that I can almost do it.

I very seldom have occasion to **palm**.⁹ Once in a great while I feel the necessity of it. The same with **remembering a period**.

¹⁰ Nothing else is ever necessary. I seldom think of my eyes, but at times it is borne in upon me how much I do use and enjoy using them.

My nerves are much better. I am more equable, have more poise, am less shy. I never used to show that I was shy, or lacked confidence.

I used to go ahead and do what was required, if not without hesitation, but it was hard. Now I find it easy. Glasses, or poor sight rather, made me self-conscious. It certainly is a great defect and one people are sensitive to without realizing it. I mean the poor sight and the necessity for wearing glasses. I put on a pair of glasses the other day just for an experiment, and I found that they magnified things. My skin looked as if under a magnifying glass. Things seemed too near. The articles on my chiffonier looked so

close I felt like pushing them away from me. The glasses I especially wanted to push away. They brought irritation at once. I took them off and felt peaceful. Things looked normal.

I see better in the street than I ever did with glasses. I can see what people look like across the street, can distinguish their features, etc., a thing I could not do with glasses, or before I wore them. I can see better across the river and further into people's houses across the street.

Not that I indulge, but I noticed an increase of power while looking out of the window in school.

Speaking of school, I corrected an immense pile of examination papers the other day, five hours at a stretch, with an occasional look off the paper and an occasional turn about the room. I felt absolutely no discomfort after it. Two weeks previous to this feat I handled two hundred designs over and over again, looking at each one dozens and dozens of times to note changes and improvement in line and color.

Occasionally, while this work was going on. I had to palm in the mornings on rising.

I use my eyes with as much success writing, though once in a while after a lot of steady writing they are a little bit tired. I can read at night without having to get close to a light. I mention this because last summer I had to sit immediately under the light, or I could not see.

From the beginning of the treatment I could use my eyes pretty well, but they used to tire. I remember making a large Liberty Loan poster two weeks after I took off my glasses, and I was amazed to find I could make the whole layout almost perfectly without a ruler, just as well as with my glasses. When I came to true it up with the ruler I found only the last row of letters a bit out of line at the very end. I couldn't have done better with glasses. However this wasn't fine work. About the same time I sewed a hem at night in a black dress, using a fine needle. I suffered a little for this, but not much. I used to practice my exercises at that time and palm faithfully. Now I don't have to practice, or palm; I feel no discomfort, and I am absolutely unsparing in my use of my eyes. I do everything I want to with them. I shirk nothing, pass up no opportunity of using them. From the first I did all my school work, read every notice, wrote all that was necessary, neglected nothing.

Everything I was called upon to do I attempted. For instance, I had to read President Wilson's "Fourteen Points" in the assembly room without notice in a poor light-unusual wording, too,-and I read it unhesitatingly. I have yet to fail to make good.

Now to sum up the school end of it, I used to get headaches at the end of the month from adding columns of figures necessary to reports, etc. Now I do not get them. I used to get flustered when people came into my room. Now I do not; I welcome them. It is a peasant change to feel this way. And-I suppose this is most important really, though I think of it last-I teach better. I know how to get at the mind and how to make the children see things in perspective. I gave a lesson on the horizontal cylinder recently, which, you know, is not a thrillingly interesting subject, and it was a remarkable lesson in its results and in the grip it got on every girl in the room, stupid and bright. What you have taught me makes me use the memory and imagination more, especially the latter, in teaching.

Now, to sum up the effect of being cured upon my own mind. I am more direct, more definite, less diffused, less vague. In short, I am conscious of being better centered. It is central-fixation of the mind. I saw this in your latest paper, but I realized it long ago and knew what to call it.

ARMY OFFICER CURES HIMSELF

An engineer, fifty-one years of age, had worn glasses since 1896, first for astigmatism, getting stronger ones every couple of years, and then for astigmatism and presbyopia. At one time he asked his oculist and several opticians if the eyes could not be strengthened by exercises, so as to make glasses unnecessary, but they said: "No. Once started on glasses you must keep to them."

When the war broke out he was very nearly disqualified for service in the Expeditionary Forces by his eyes, but managed to pass the required tests, after which he was ordered abroad as an officer in the Gas Service. While there he saw in the Literary Digest of May 2, 1918, a reference to my method of curing defective eyesight without glasses, and on May 11 he wrote to me in part as follows:

At the front I found glasses a horrible nuisance, and they could not be worn with gas masks. After I had been about six months abroad I asked an officer of the Medical Corps about going without glasses. He said I was right in my ideas and told me to try it. The first week was awful, but I persisted and only wore glasses for reading and writing. I stopped smoking at the same time to make it easier on my nerves.

I brought to France two pairs of bow spectacles and two extra lenses for repairs. I have just removed the extra piece for near vision from these extra lenses and had them mounted as pince-nez, with shur-on mounts, to use for reading and writing, so that the only glasses I now use are for astigmatism, the age lens being off. Three months ago I could not read ordinary head-line type in newspapers without glasses.

Today, with a good light, I can read ordinary book type (18 point), held at a distance of eighteen inches from my eyes. Since the first week in February, when I discarded my glasses, I have had no headaches, stomach trouble, or dizziness, and am in good health generally. My eyes are coming back, and I believe it is due to sticking it out. I ride considerably in automobiles and trams, and somehow the idea has crept into my mind that after every trip my eyes are stronger. This, I think, is due to the rapid changing of focus in viewing scenery going by so fast.

Other men have tried this plan on my advice, but gave it up after two or three days. Yet, from what they say, I believe they were not so uncomfortable as I was for a week or ten days.

I believe most people wear glasses because they "coddle" their eyes.

July, 1919 footnotes

- 1 - Harvard: Manual of Military Hygiene for the Military services of United States, third revised edition 1917, p.195.
- 2 - Report of the Provost Marshal General to the Secretary of War on the First Draft under the Selective Service Act, 1917.
- 3 - Standards of Physical Examination for the Use of Local Boards, District Boards and Medical Advisory Boards under the Selective Service Act, Form 75, issued through office of the Provost Marshal General.
- 4 - Second Report of the Provost Marshal General to the Secretary of War on the Operations of the Selective Service System to December 20, 1918.
- 5 - Everyman's Library, 1908, pp. 166 and 167.
- 6 - Bates: The Cure of Defective Eyesight by Treatment Without Glasses. N. Y. Med. Jour., May 8, 1915. A Study of Images Reflected from the Cornea, Iris, Lens and Sclera. N. Y. Med. Jour., May 18, 1918.
- 7 - Bates: The Imperfect Sight of the Normal Eye. N. Y. Med. Jour., Sept 8, 1917.
- 8 - Bates: The Cause of Myopia. N. Y. Med. Jour., March 16, 1912.
- 9 - By palming is meant the covering of the closed eyes with the palms of the hands in such a way as to exclude all the light, while remembering some color, usually black.
- 10 - Bates: *Memory as an Aid to Vision*. N. Y. Med. Jour., May 24, 1919.

SCHOOL NUMBER

BETTER EYESIGHT

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

August, 1919

How to Use the Snellen Test Card

FOR THE

Prevention and Cure of Imperfect Sight in Children

The Snellen Test Card is placed permanently upon the wall of the classroom, and every day the children silently read the smallest letters they can see from their seats with each eye separately, the other being covered with the palm of the hand in such a way as to avoid pressure on the eyeball. This takes no appreciable amount of time, and is sufficient to improve the sight of all children in one week and to cure all errors of refraction after some months, a year, or longer.

Children with markedly defective vision should be encouraged to read the card more frequently.

Records may be kept as follows:

John Smith, 10, Sept. 15, 1918.

R. V. (vision of the right eye) 20/40.

L. V. (vision of the left eye) 20/20.

John Smith, 11, Jan. 1, 1919.

R. V. 20/30.

L. V. 20/15.

20/20

The numerator (top number) of the fraction indicates the distance of the test card from the pupil; The denominator (bottom number) denotes the line read, as designated by the figures printed above the middle of each line of the Snellen Test Card.

A certain amount of supervision is absolutely necessary. At least once a year some one who understands the method should visit each classroom for the purpose of answering questions, encouraging the teachers to continue the use of the method, and making a report to the proper authorities.

It is not necessary that either the inspector, the teachers, or the children, should understand anything about the physiology of the eye.

Glasses are often prescribed unnecessarily or 'too strong' (over-corrected) due to temporary nervousness, pressure to hurry, limited eye, head, neck, body movement, looking into test equipment during an eye exam. Eye doctors also prefer to prescribe an 'extra strength' to the eyeglass lenses. All eyeglasses, especially strong eyeglass lenses cause fast, increased vision/eye impairment and prescriptions for stronger and stronger lenses.

A HOUSE BUILT ON SAND

That the results of the present method of treating defects of vision are far from satisfactory is something which no one would attempt to deny. It is well known that many patients wander from one specialist to another, seeking vainly for relief, while others give up in despair and either bear their visual ills as best they may without assistance, or else resort to Christian Science, mental science, osteopathy, physical culture, or some of the other healing cults to which the incompetence of orthodox medicine has given birth. The specialists themselves, having daily to handle each other's failures, are scarcely better satisfied. Privately they criticize each other with great asperity and freedom, and publicly they indulge in much speculation as to the underlying causes of this deplorable state of affairs.

At the recent meeting of the Ophthalmological Section of the American Medical Association, Dr. E. J. Gardiner, of Chicago, in a paper on *The Present Status of Refraction Work*,¹ finds that ignorance is responsible for the largest quota of failure to get satisfactory results from what he calls the "rich heritage" of ophthalmic science, but that a considerable percentage must be

attributed to other causes. Among these causes he enumerates a too great dependence on measuring devices, the delegation of refraction work to assistants, and the tendency to eliminate cycloplegics, in deference to the prejudices of patients who have a natural objection to being incapacitated by "drops."

On the same occasion, Dr. Samuel Theobald, of Johns Hopkins University, noted a tendency to "minimize the importance of muscular anomalies" as an important cause of many failures to give relief to eye patients. Among cases that have come into his hands after glasses had been prescribed by other ophthalmologists he has often found that "though great pains had been taken to correct even minor faults of refraction, grave muscular errors had been entirely overlooked." From this fact and from the small number of latent muscular defects noted in the hospital reports which he has examined, the conclusion seems to him inevitable that such faults are in large measure ignored.

Dr. Walter Pyle, of Philadelphia, laid stress on "necessary but often neglected refinements in examination of ocular refraction." "Long practice, infinite care and attention to finer details," he said, "are imperative requisites, since a slight fault in the correction of a refractive error aggravates rather than relieves the accompanying asthenopic symptoms." This care, he says, must be exercised not only by the oculist but by the optician, and to the end that the latter may be inspired to do his part, he suggests that the oculist provide himself with the means for keeping tabs on him in the form of a mechanical lens measure, axis finder and centering machine.

Dr. Charles Emerson, of the Indiana University School of Medicine, suggested a closer co-operation between the ophthalmologist and the physician, as there were many patients who could not be helped by the ophthalmologist alone.

The fitting of glasses by opticians is usually condemned without qualification, but in the discussion which followed these papers, Dr. Dunbar Roy, of Atlanta, said that the optician, just because he does not use cycloplegics, frequently fits patients with comfortable glasses where the ophthalmologist has failed. When a patient needs glasses, said Dr. Roy, he needs them when his eyes are in their natural or normal condition and not when the muscle of accommodation is partially paralyzed. Even the heavy frames used in the adjustment of trial lenses were not forgotten in the search for possible causes of failure, Dr. Roy believing that the patient is often so annoyed by these contrivances that he does not know which is causing him the most discomfort, the frames or the glasses.

Nowhere in the whole discussion was there any suggestion that this great mass of acknowledged failure could possibly be due to any defect in fundamental principles. These are a "rich heritage," the usefulness of which is not to be questioned. If they do not produce satisfactory results, it must be due to their faulty application, and it is taken for granted that there are a select few who understand and are willing to take the trouble to use them properly.

The simple fact, however, is that the fitting of glasses can never be satisfactory. The refraction of the eye is continually changing.² Myopia, hypermetropia and astigmatism come and go, diminish and increase, and the same adjustment of glasses cannot suit the affected eyes at all times. One may be able, in many cases, to make the patient comfortable, to improve his sight, or to relieve nervous symptoms; but there will always be a considerable number of persons who get little or no help from glasses, while practically everyone who wears them is more or less dissatisfied. The optician may succeed in making what is considered to be a satisfactory adjustment, and the most eminent ophthalmologist may fail. I personally know of one specialist, a man of international reputation, who fitted a patient sixty times with glasses without affording him the slightest relief.

And even when the glasses do what is expected of them they do very little. Considering the nature of the superstructure built on the foundation of Donders, and the excellent work being done by leading men, Dr. Gardiner thinks the present status of refraction work might be deemed eminently satisfactory if it were not for the great amount of bad and careless work being done; but I do not consider it satisfactory when all we can do for people with imperfect sight is to give them eye crutches that do not even check the progress of the trouble, when the only help we can offer to the millions of myopic and hypermetropic and astigmatic and squinting children in our schools is to put spectacles on them. If this is the best that ophthalmology can do after building for three-quarters of a century upon the foundation of Donders, is it not time that we began to examine that foundation of which Dr. Gardiner boasts that "not one stone has been removed"? Instead of seeking the cause of our failure to accomplish even the little we claim to be able to do in the ignorance and carelessness of the average practitioner, great as that ignorance and carelessness often are; in the neglect of cycloplegics and the refinements of lens adjustment: in the failure to detect latent muscular anomalies; in the absence of co-operation between specialist and general practitioner: would it not be wiser to examine the foundation of our superstructure and see whether it is of stone or of sand?

THE PREVENTION OF MYOPIA

Methods That Failed

The publication in 1867 by Professor Hermann Cohn of Breslau of a study of the eyes of ten thousand school children first called general attention to the fact that while myopia is seldom found in the pre-school age, the defect increases steadily both in percentage of cases and in degree during the educational period. Professor Cohn's investigations were repeated in all the advanced countries, and his observations, with some difference in percentages, were everywhere confirmed. The conditions were unanimously attributed to the excessive use of the eyes for near work, and as it was impossible to abandon the educational system, attempts were made to minimize the supposed evil effects of the reading, writing and other near work which it demanded. Careful and detailed rules were laid down by various authorities as to the size of type to be used in school books, the length of the lines, their distance apart, the distance at which the book should be held, the amount and arrangement of the light, the construction of the desks, the length of time the eyes might be used without a change of focus, etc. Face rests were even devised to hold the eyes at the prescribed distance from the desk and to prevent stooping, which was supposed to cause congestion of the eyeball and thus to encourage elongation. The Germans, with characteristic thoroughness, actually used these instruments of torture, Cohn never allowing his children to write without one, "even at the best possible desk."³

The results of these preventive measures were disappointing. Some observers reported a slight decrease in the percentage of myopia in schools in which the prescribed reforms had been made; but on the whole, as Risley has observed in his discussion of the subject in Norris and Oliver's *System of Diseases of the Eye*, "the injurious effects of the educational process were not noticeably arrested."

"It is a significant, though discouraging fact," he continues, "that the increase, as found by Cohn, both in the percentage and in the degree of myopia, had taken place in those schools where he had especially exerted himself to secure the introduction of hygienic forms, and the same is true of the observations of Just, who had examined the eyes of twelve hundred and twenty-nine of the pupils of the two High Schools of Zittau, in both of which the hygienic conditions were all that could be desired. He found, nevertheless, that the excellent arrangements had not in any degree lessened the percentage of increase in myopia. It became necessary, therefore, to look beyond faulty hygienic environments for the cause of the pathological states represented by Myopia."⁴

With the passage of time further evidence to the same effect has steadily accumulated. In an investigation in London, for instance, in which the schools were carefully selected to reveal any difference that might arise from the various influences, hygienic, social and racial, to which the children were subjected, the proportion of myopia in the best lighted and ventilated school of the group was actually found to be higher than in the one where these conditions were worst.⁵ It has also been found that there is just as much myopia in schools where little near work is done as in those in which the demands upon the accommodative power of the eye are greater, while in any case it is only a minority of the children in any school who become myopic, although all may be exposed to practically the same eye conditions. Dr. Adolf Steiger, in his recent book on *Spherical Refraction*, bears witness, after a comprehensive survey of the whole question, to the "absolutely negative results of school hygiene," and Dr. Sidler-Huguenin reports⁷ that in the thousands of cases that have come under his care he has observed no appreciable benefit from any method of treatment at his command.

Facts of this sort have led to a modification of the myopia theory, but have produced no change in methods of myopia prevention. An hereditary tendency toward the development of the defect is now assumed by most authorities; but although no one has ever been able to offer even a plausible explanation for its supposed injuriousness, and though its restriction has been proven over and over again to be useless, near work is still generally held to be a contributing cause and ophthalmologists still go on in the same old way, trying to limit the use of the eyes at the near-point and encourage vision at the distance. It is incomprehensible that men calling themselves scientific, and having had at least a scientific training, can be so foolish. One might excuse a layman for such irrational conduct, but how men of scientific repute who are supposed to write authoritative textbooks can go on year after year copying each other's mistakes and ignoring all facts which are in conflict with them is a thing which reasonable people can hardly be expected to understand.

In 1912,⁸ and a good many times since, I published the observation that myopia is always lessened when the subject strains to see at the near point, and always produced in the normal eye when the subject strains to see at the distance. These observations are of the greatest practical importance, for if they are correct, they prove our present methods of preventing myopia to be a monumental blunder. Yet no one, so far as I have heard, has taken the trouble to test their accuracy. I challenged the medical profession to produce a single exception to the statements I made in the 1912 publication, and that challenge has stood for seven years, although every member of the Ophthalmological Section of the American Medical Association must have had an opportunity to see it, and anyone who knows how to use a retinoscope could have made the necessary tests in a few minutes. If any did this, they failed to publish the results of their observations, and are, therefore, responsible for the effects of their silence. If they found that I was right and neglected to say so, they are responsible for the fact that the benefits that must ultimately result from this discovery have been delayed. If they found that I was wrong, they are responsible for any harm that may have resulted from their indifference.

THE PREVENTION AND CURE OF MYOPIA AND OTHER ERRORS OF REFRACTION

A Method That Succeeded

You cannot see anything with perfect sight unless you have seen it before. When the eye looks at an unfamiliar object it always strains more or less to see that object, and an error of refraction is always produced. When children look at unfamiliar writing, or figures, on the blackboard, distant maps, diagrams, or pictures, the retinoscope always shows that they are myopic, though their vision may be under other circumstances absolutely normal. The same thing happens when adults look at unfamiliar distant objects. When the eye regards a familiar object, however, the affect is quite otherwise. Not only can it be regarded without strain, but the strain of looking later at unfamiliar objects is lessened.

This fact furnishes us with a means of overcoming the mental strain to which children are subjected by the modern educational system. It is impossible to see anything perfectly when the mind is under a strain, and if children become able to relax when looking at familiar objects, they become able, sometimes in an incredibly brief space of time, to maintain their relaxation when looking at unfamiliar objects.

I discovered this fact while examining the eyes of 1,500 school children at Grand Forks, N. D., in 1903.⁹ In many cases children who could not read all of the letters on the Snellen test card at the first test read them at the second or third test. After a class had been examined the children who had failed would sometimes ask for a second test, and then it often happened that they would read the whole card with perfect vision. So frequent were these occurrences that there was no escaping the conclusion that in some way the vision was improved by reading the Snellen test card. In one class I found a boy who at first appeared to be very myopic, but who, after a little encouragement, read all the letters on the test card. The teacher asked me about this boy's vision, because she had found him to be very "near-sighted." When I said that his vision was normal she was incredulous, and suggested that he might have learned the letters by heart, or been prompted by another pupil. He was unable to read the writing or figures on the blackboard, she said, or to see the maps, charts, and diagrams on the walls, and did not recognize people across the street. She asked me to test his sight again, which I did, very carefully, under her supervision, the sources of error which she had suggested being eliminated. Again the boy read all the letters on the card. Then the teacher tested his sight. She wrote some words and figures on the blackboard and asked him to read them. He did so correctly. Then she wrote additional words and figures, which he read equally well. Finally she asked him to tell the hour by the clock twenty-five feet distant, which he did correctly. It was a dramatic situation, both the teacher and the children being intensely interested. Three other cases in the class were similar, their vision, which had previously been very defective for distant objects, becoming normal in the few moments devoted to testing their eyes. It is not surprising that after such a demonstration the teacher asked to have a Snellen test card placed permanently in the room.

The children were directed to read the smallest letters they could see from their seats at least once every day, with both eyes together and with each eye separately, the other being covered with the palm of the hand in such a way as to avoid pressure on the eyeball. (Use of eye patch is best so the hand does not need to be held up – holding the hand up to eye causes the muscles in the hand, arm, shoulder, neck, then eyes to become tense.)

Those whose vision was defective were encouraged to read it more frequently, and in fact needed no encouragement to do so after they found that the practice helped them to see the blackboard, and stopped the headaches, or other discomfort, previously resulting from the use of their eyes.

In another class of forty children, between six and eight, thirty of the pupils gained normal vision while their eyes were being tested. The remainder were cured later under the supervision of the teacher by exercises in distant vision with the Snellen card. This teacher had noted every year for fifteen years that at the opening of the school in the fall all the children could see the writing on the blackboard from their seats, but before school closed the following spring all of them without exception complained that they could not see it at a distance of more than ten feet. After learning of the benefits to be derived from the daily practice of distant vision with familiar objects as the points of fixation, this teacher kept a Snellen test card continually in her classroom and directed the children to read it every day. The result was that for eight years no more of the children under her care acquired defective eyesight.

This teacher had attributed the invariable deterioration in the eyesight of her charges during the school year to the fact that her classroom was in the basement and the light poor. But teachers with well-lighted classrooms had the same experience, and after the Snellen test card was introduced into both the well-lighted and the poorly lighted rooms, and the children read it every day, the deterioration of their eyesight not only ceased, but the vision of all improved. Vision which had been below normal improved, in most cases, to normal, while children who already had normal sight, usually reckoned at 20/20, became able to read 20/15 or 20/10. And not only was myopia cured, but the vision for near objects was improved.

At the request of the superintendent of the schools of Grand Forks, Mr. J. Nelson Kelly, the system was introduced into all the schools of the city and was used continuously for eight years, during which time it reduced myopia among the children, which I found at the beginning to be about six per cent, to less than one per cent.

In 1911 and 1912 the same system was introduced into some of the schools of New York City¹⁰ with an attendance of about ten thousand children. Many of the teachers neglected to use the cards, being unable to believe that such a simple method, and one so entirely at variance with previous teaching on the subject, could accomplish the desired results. Others kept the cards in a closet except when they were needed for the daily eye drill, lest the children should memorize them. Thus they not only put an unnecessary burden upon themselves, but did what they could to defeat the purpose of the system, which is to give the children **daily exercise in distant vision with a familiar object as the point of fixation**. A considerable number, however, used the system intelligently and persistently, and in less than a year were able to present reports showing that of three thousand children with imperfect sight over one thousand had obtained normal vision by its means. Some of these children, as in the case of the children of Grand Forks, were cured in a few minutes. Many of the teachers were also cured, some of them very quickly. In some cases the results of the system were so astonishing as to be scarcely credible.

In a class of mental defectives, where the teacher had kept records of the eyesight of the children for several years, it had been invariably found that their vision grew steadily worse as the term advanced. As soon as the Snellen test card had been introduced, however, they began to improve. Then came a doctor from the Board of Health who tested the eyes of the children and put glasses on all of them, even those whose sight was fairly good. The use of the card was then discontinued, as the teacher did not consider it proper to interfere while the children were wearing glasses prescribed by a physician. Very soon, however, the children began to lose, break, or discard, their glasses. Some said that the spectacles gave them headaches, or that they felt better without them. In the course of a month or so most of the aids to vision which the Board of Health had supplied had disappeared. The teacher then felt herself at liberty to resume the use of the Snellen test card. Its benefits were immediate. The eyesight and the mentality of the children improved simultaneously, and soon they were all drafted into the regular classes, because it was found that they were making the same progress in their studies as the other children were.

Another teacher reported an equally interesting experience. She had a class of children who did not fit into the other grades. Many of them were backward in their studies. Some were persistent truants. All of them had defective eyesight. A Snellen test card was hung in the classroom where all the children could see it, and the teacher carried out my instructions literally. At the end of six months all but two had been cured and these had improved very much, while the worst incorrigible and the worst truant had become good students. The incorrigible, who had previously refused to study, because, he said, it gave him a headache to look at a book, or at the blackboard, found out that the test card, in some way, did him a lot of good; and although the teacher had asked him to read it but once a day, he read it whenever he felt uncomfortable. The result was that in a few weeks his vision had become normal and his objection to study had disappeared. The truant had been in the habit of remaining away from school two or three days every week, and neither his parents nor the truant officer had been able to do anything about it. To the great surprise of his teacher he never missed a day after having begun to read the Snellen test card. When she asked for an explanation he told her that what had driven him away from school was the pain that came in his eyes whenever he tried to study, or to read the writing on the blackboard. After reading the Snellen test card, he said, his eyes and head were rested and he was able to read without any discomfort.

To remove any doubts that might arise as to the cause of the improvement noted in the eyesight of the children comparative tests were made with and without cards. In one case six pupils with defective sight were examined daily for one week without the use of the test card. No improvement took place. The card was then restored to its place and the group was instructed to read it every day. At the end of a week all had improved and five were cured. In the case of another group of defectives the results were similar. During the week that the card was not used no improvement was noted, but after a week of exercises in distant vision with the card all showed marked improvement, and at the end of a month all were cured. In order that there might be no question as to the reliability of the records of the teachers some of the principals asked the Board of Health to send an inspector to test the vision of the pupils, and whenever this was done the records were found to be correct. **Dr. Bates has the children read the eyechart with both eyes together, then one eye at a time, then both eyes together again. He also has the children look close and distant, shifting on exact letters on two identical eyecharts placed at close and far distances. Also done with both eyes together, then one eye at a**

time, then both eyes together again. If vision needs more improvement in one eye, extra time is spent practicing with that eye to bring the vision equally clear, perfect in both left and right eyes. [Basic Behavioral Optometry.](#)

One day I visited the city of Rochester, and while there I called on the Superintendent of Public Schools and told him about my method of preventing myopia. He was very much interested and invited me to introduce it in one of his schools. I did so, and at the end of three months a report was sent to me showing that the vision of all the children had improved, while quite a number of them had obtained perfect sight in both eyes.

The method has been used in a number of other cities and always with the same result. The vision of all the children improved, and many of them obtained perfect sight in the course of a few minutes, days, weeks or months.

It is difficult to prove a negative proposition, but since this system improved the vision of all the children who used it, it follows that none could have grown worse. It is therefore obvious that it must have prevented myopia. This cannot be said of any method of preventing myopia in schools which had previously been tried. All other methods are based on the idea that it is the excessive use of the eyes for near work that causes myopia, and all of them have admittedly failed.

It is also obvious that the method must have prevented other errors of refraction, a problem which previously had not even been seriously considered, because hypermetropia is supposed to be congenital, and astigmatism was until recently supposed also to be congenital in the great majority of cases. Anyone who knows how to use a retinoscope may, however, demonstrate in a few minutes that both of these conditions are acquired; for no matter how astigmatic or hypermetropic an eye may be, its vision always becomes normal when it looks at a blank surface without trying to see. It may also be demonstrated that when children are learning to read, write, draw, sew, or to do anything else that necessitates their looking at unfamiliar objects at the near-point, hypermetropia, or hypermetropic astigmatism, is always produced. The same is true of adults. These facts have not been reported before, so far as I am aware, and they strongly suggest that children need, first of all, eye education. They must be able to look at strange letters or objects at the near-point without strain before they can make much progress in their studies, and in every case in which the method has been tried it has proven that this end is attained by daily exercise in distant vision with the Snellen test card. When their distant vision has been improved by this means children invariably become able to use their eyes without strain at the near-point.

The method succeeded best when the teacher did not wear glasses. In fact, the effect upon the children of a teacher who wears glasses is so detrimental that no such person should be allowed to be a teacher, and since errors of refraction are curable, such a ruling would work no hardship on anyone. Not only do children imitate the visual habits of a teacher who wears glasses, but the nervous strain of which the defective sight is an expression produces in them a similar condition. In classes of the same grade, with the same lighting, the sight of children whose teachers did not wear glasses has always been found to be better than the sight of children whose teachers did wear them. In one case I tested the sight of children whose teacher wore glasses and found it very imperfect. The teacher went out of the room on an errand, and after she had gone I tested them again. The results were very much better. When the teacher returned she asked about the sight of a particular boy, a very nervous child, and as I was proceeding to test him she stood before him and said, "Now, when the doctor tells you to read the card, do it." The boy couldn't see anything. Then she went behind him, and the effect was the same as if she had left the room. The boy read the whole card.

Still better results would be obtained if we could reorganize the educational system on a rational basis. Then we might expect a general return of that **primitive acuity of vision** which we marvel at so greatly when we read about it in the memoirs of travelers. But even under existing conditions it has been proven beyond the shadow of a doubt that errors of refraction are no necessary part of the price we must pay for education.

There are at least ten million children in the schools of the United States who have defective sight. This condition prevents them from taking full advantage of the educational opportunities which the State provides. It undermines their health and wastes the taxpayers' money. If allowed to continue, it will be an expense and a handicap to them throughout their lives. In many cases it will be a source of continual misery and suffering. And yet practically all of these cases could be cured and the development of new ones prevented by the daily reading of the Snellen test card.

Why should our children be compelled to suffer and wear glasses for want of this simple measure of relief? It costs practically nothing. In fact, it would not be necessary, in some cases, as in the schools of New York City, even to purchase the Snellen test cards, as they are already being used to test the eyes of the children. Not only does it place practically no additional burden upon the teachers, but, by improving the eyesight, health, disposition and mentality of their pupils, it greatly lightens their labors. No one would venture to suggest, further, that it could possibly do any harm. Why, then, should there be any delay about introducing it into the schools? If there is still thought to be need for further investigation and discussion, we can investigate and discuss just as well after the children get the cards as before, and by adopting that course we will not run the risk of needlessly condemning another generation to that curse which heretofore has always dogged the footsteps of civilization, namely, defective eyesight. I appeal to all who read these lines to use whatever influence they possess toward the attainment of this end.

[Native American Indians had perfect eyesight and health before they were forced into the white mans culture, schools, religion diet. Modern Indians are now reclaiming their heritage. An American Indian would be a great U.S. President. This book is free for Native American Indians to read, distribute, sell.](#)

THE STORY OF EMILY

[Children cured of defective eyesight by Dr. Bates, teach the Bates Method, cure defective sight; blur, astigmatism, cataract, crossed eyes in other children.](#)

The efficacy of the method of treating imperfect sight without glasses has been demonstrated in thousands of cases, not only in my own practice but in that of many persons of whom I may not even have heard; for almost all patients when they are cured proceed to cure others. At a social gathering one evening a lady told me that she had met a number of my patients; but when she mentioned their names, I found that I did not remember any of them, and said so.

"That is because you cured them by proxy," she said. "You didn't directly cure Mrs. Jones or Mrs. Brown, but you cured Mrs. Smith and Mrs. Smith cured the other ladies. You didn't treat Mr. and Mrs. Simpkins or Mr. Simpkins' mother and brother, but you

may remember that you cured Mr. Simpkins' boy of a squint, and he cured the rest of the family."

In schools where the Snellen test card was used to prevent and cure imperfect sight, the children, after they were cured themselves, often took to the practice of ophthalmology with the greatest enthusiasm and success, curing their fellow students, their parents and their friends. They made a kind of game of the treatment, and the progress of each school case was watched with the most intense interest by all the children. On a bright day, when the patients saw well, there was great rejoicing, and on a dark day there was corresponding depression. One girl cured twenty-six children in six months; another cured twelve in three months; a third developed quite a varied ophthalmological practice and did things of which older and more experienced practitioners might well have been proud. Going to the school which she attended one day, I asked this girl about her sight, which had been very imperfect. She replied that it was now very good, and that her headaches were quite gone. I tested her sight and found it normal. Then another child whose sight had also been very poor spoke up,

"I can see all right too," she said. "Emily"—indicating girl No. 1—"cured me."

"Indeed?" I replied. "How did she do that?"

The second girl explained that Emily had had her read the card, which she could not see at all from the back of the room, at a distance of a few feet. The next day she had moved it a little further way, and so on, until the patient was able to read it from the back of the room, just as the other children did. Emily now told her to cover the right eye and read the card with her left, and both girls were considerably upset to find that the **uncovered eye was apparently blind**. The school doctor was consulted and said that nothing could be done. The eye had been blind from birth and no treatment would do any good.

Nothing daunted, however, Emily undertook the treatment. She told the patient to cover her good eye and go up close to the card, and at a distance of a foot or less it was found that she could read even the small letters. The little practitioner then proceeded confidently as with the other eye, and after many months of practice the patient became the happy possessor of normal vision in both eyes. The case had, in fact, been simply one of high myopia, and the school doctor, not being a specialist, had not detected the difference between this condition and blindness.

In the same classroom, there had been a little girl with congenital **cataract**, but on the occasion of my visit the defect had disappeared. This, too, it appeared, was Emily's doing. The school doctor had said that there was no help for this eye except through operation, and as the sight of the other eye was pretty good, he fortunately did not think it necessary to urge such a course. Emily accordingly took the matter in hand. She had the patient stand close to the card, and at that distance it was found that she could not see even the big C. Emily now held the card between the patient and the light and moved it back and forth. At a distance of three or four feet this movement could be observed indistinctly by the patient. The card was then moved farther away, until the patient became able to see it move at ten feet and to see some of the larger letters indistinctly at a less distance. Finally, after six months, she became able to read the card with the bad eye as well as with the good one. After testing her sight and finding it normal in both eyes, I said to Emily

"You are a splendid doctor. You beat them all. Have you done anything else?"

The child blushed, and turning to another of her classmates, said:

"Mamie, come here."

Mamie stepped forward and I looked at her eyes. There appeared to be nothing wrong with them.

"I cured her," said Emily.

"What of?" I inquired.

"**Cross eyes**," replied Emily.

"How," I asked, with growing astonishment.

Emily described a procedure very similar to that adopted in the other cases. Finding that the sight of the **crossed eye** was very poor, so much so, indeed, that poor Mamie could see practically nothing with it, the obvious course of action seemed to her to be the restoration of its sight; and, never having read any medical literature she did not know that this was impossible. So she went to it. She had Mamie cover her good eye and practice with the bad one at home and at school, until at last the sight became normal and the eye straight. The school doctor had wanted to have the eye operated upon, I was told, but fortunately Mamie was "scared" and would not consent. And here she was with two perfectly good, straight eyes.

"Anything else?" I inquired, when Mamie's case had been disposed of. Emily blushed again, and said:

"Here's Rose. Her eyes used to hurt her all the time, and she couldn't see anything on the blackboard. Her **headaches** used to be so bad that she had to stay away from school every once in a while. The doctor gave her glasses; but they didn't help her, and she wouldn't wear them. When you told us the card would help our eyes I got busy with her. I had her read the card close up, and then I moved it farther away, and now she can see all right, and her head doesn't ache any more. She comes to school every day, and we all thank you very much."

This was a case of **compound hypermetropic astigmatism**. Such stories might be multiplied indefinitely. Emily's astonishing record cannot, it is true, be duplicated, but lesser cures by cured patients have been very numerous and serve to show that the benefits of the method of preventing and curing defects of vision in the schools which is presented in this number of BETTER EYESIGHT would be far-reaching. Not only errors of refraction would be cured, but many more serious defects; and not only the children would be helped, but their families and friends also.

August, 1919 -

1 - For reports of all the papers quoted, see Jour. Am. Med. Assoc. June 21, 1919.

2 - Bates: The Imperfect Sight of the Normal Eye, N. Y. Med. Jour., Sept. 8, 1917.

3 - The Hygiene of the Eye in Schools, English translation, edited by Turnbull, p. 127.

4 - System of Diseases of the Eye, 1897. Vol. II, p. 361.

5 - Brit. Med. Jour., June 18, 1898.

6 - Die Entstehung der sphärischen Refraktionen des menschlichen Auges, Berlin, 1913, p. 540.

7 - Archiv f. Augenhk., Vol. LXXIX, 1915, translated in Archives of Ophthalmology, Vol. XLV, No. 6, November 1916.

8 - Bates: The Cause of Myopia, N. Y. Med. Jour., March 16, 1912.

9 - Bates: The Prevention of Myopia in School Children, N. Y. Med. Jour., July 29, 1911.

10 - Bates: Myopia Prevention by Teachers, N. Y. Med. Jour., Aug. 30, 1913.

BETTER EYESIGHT

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

September, 1919

THE FLASHING CURE

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and **look at the first word or letter of a sentence for a fraction of a second**. If you have been able to relax, partially or completely, you will have a **flash of improved or clear vision**, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters.

In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.

When looking at a letter: shift on it part to part. Blink. The letter remains clear.

Shift dot to dot (part to part) on the E.

VISION AND EDUCATION

Poor sight is admitted to be one of the most fruitful causes of retardation in the schools. It is estimated¹ that it may reasonably be held responsible for a quarter of the habitually "left-backs," and it is commonly assumed that all this might be prevented by suitable glasses.

There is much more involved in defective vision, however, than mere inability to see the blackboard, or to use the eyes without pain or discomfort. Defective vision is the result of an abnormal condition of the mind, and when the mind is in an abnormal condition it is obvious that none of the processes of education can be conducted with advantage. By putting glasses upon a child we may, in some cases, neutralize the effect of this condition upon the eyes and by making the patient more comfortable may improve his mental faculties to some extent, but we do not alter fundamentally the condition of the mind and by confirming it in a bad habit we may make it worse.

It can easily be demonstrated that among the faculties of the mind which are impaired when the vision is impaired is the memory; and as a large part of the educational process consists of storing the mind with facts, and all the other mental processes depend upon one's knowledge of facts, it is easy to see how little is accomplished by merely putting glasses on a child that has "trouble with its eyes." The **extraordinary memory of primitive people** has been attributed to the fact that owing to the absence of any convenient means of making written records they had to depend upon their memories, which were strengthened accordingly; but in view of the known facts about the relation of memory to eyesight it is more reasonable to suppose that the retentive memory of primitive man was due to the same cause as his **keen vision**, namely, **a mind at rest**.

The primitive memory as well as primitive keenness of vision have been found among civilized people, and if the necessary tests had been made it would doubtless have been found that they always occur together, as they did in a case which recently came under my observation. The subject was a child of ten with such marvelous eyesight that

she could see the moons of Jupiter with the naked eye, a fact which was demonstrated by her drawing a diagram of these satellites which exactly corresponded to the diagrams made by persons who had used a telescope. **Her memory was equally remarkable**. She could recite the whole content of a book after reading it, as Lord Macauley is said to have done, and she learned more Latin in a few days without a teacher than her sister who had six diopters of myopia had been able to do in several years. She remembered five years afterward what she ate at a restaurant, she recalled the name of the waiter, the number of the building and the street in which it stood. She also remembered what she wore on this occasion and what every one else in the party wore. The same was true of every other event which had awakened her interest in any way, and it was a favorite amusement in her family to ask her what the menu had been and what people had worn on particular occasions.

When the sight of two persons is different it has been found that their memories differ in exactly the same degree. Two sisters, one of whom had only ordinary good vision, indicated by the formula 20/20, while the other had 20/10, found that the time it took them to learn eight verses of a poem varied in almost exactly the same ratio as their sight. The one whose vision was 20/10 learned eight verses of the poem in fifteen minutes, while the one whose vision was only 20/20 required thirty-one minutes to do the same thing. After palming the one with ordinary vision learned eight more verses in twenty-one minutes, while the one with 20/10 was only able to reduce her time by two minutes, a variation clearly within the limits of error. In other words, the mind of the latter being already in a normal or nearly normal condition, she could not improve it appreciably by palming, while the former whose mind was under a strain was able to gain relaxation, and hence improve her memory, by this means.

When the two eyes of the same person are different a corresponding difference in the memory has been noted according to whether both eyes were open, or the better eye closed. A patient with normal vision in the right eye and half-normal vision in the left when looking at the Snellen test card with both eyes open could remember a period for twenty seconds continuously, but could remember it only ten seconds when the better eye was closed. A patient with half-normal vision in the right eye and one-quarter normal in the left could remember a period for twelve seconds with both eyes open and only six seconds with

better eye closed. A third patient with normal sight in the right eye and vision of one-tenth in the left could remember a period twelve seconds with both eyes open and only two seconds when the better eye was closed. In other words if the right eye is better than the left the memory is better when the right eye is open than when only the left eye is open.

Under the present educational system there is a constant effort to compel the children to remember. These efforts always fail. They spoil both the memory and the sight. The memory cannot be forced any more than the vision can be forced. **We remember without effort, just as we see without effort, and the harder we try to remember or see the less we are able to do so.**

The sort of things we remember are the things that interest us, and the reason children have difficulty in learning their lessons is because they are bored by them. For the same reason, among others, their eyesight becomes impaired, boredom being a condition of mental strain in which it is impossible for the eye to function normally.

Some of the various kinds of compulsion now employed in the educational process may have the effect of awakening interest. Betty Smith's interest in winning a prize, for instance, or in merely getting ahead of Johnny Jones, may have the effect of rousing her interest in lessons that have hitherto bored her, and this interest may develop into a genuine interest in the acquisition of knowledge; but this cannot be said of the various fear incentives still so largely employed by teachers. These, on the contrary, have the effect, usually, of completely paralyzing minds already benumbed by lack of interest, and the effect upon the vision is equally disastrous.

The fundamental reason, both for poor memory and poor eyesight in school children, in short, is our irrational and unnatural educational system. **Montessori has taught us that it is only when children are interested that they can learn. It is equally true that it is only when they are interested that they can see.** This fact was strikingly illustrated in the case of one of the two pairs of sisters mentioned above. Phebe, of the keen eyes, who could recite whole books if she happened to be interested in them, disliked mathematics and anatomy extremely, and not only could not learn them but became myopic when they were presented to her mind. She could read letters a quarter of an inch high at twenty feet in a poor light, but when asked to read figures one to two inches high in a good light at ten feet she miscalled half of them. When asked to tell how much 2 and 3 made, she said "4," before finally deciding on "5"; and all the time she was occupied with this disagreeable subject the retinoscope showed that she was myopic. When I asked her to look into my eye with the ophthalmoscope she could see nothing, although a much lower degree of visual acuity is required to note the details of the interior of the eye than to see the moons of Jupiter.

Short-sighted Isabel, on the contrary, had a passion for mathematics and anatomy, and excelled in those subjects. She learned to use the ophthalmoscope as easily as Phebe had learned Latin. Almost immediately she saw the optic nerve, and noted that the center was whiter than the periphery. She saw the light-colored lines, the arteries; and the darker ones, the veins; and she saw the light streaks on the blood-vessels. Some specialists never become able to do this, and no one could do it without normal vision. Isabel's vision, therefore, must have been temporarily normal when she did it. Her vision for figures, although not normal, was better than for letters.

In both these cases the ability to learn and the ability to see went hand in hand with interest. Phebe could read a photographic reduction of the Bible and recite what she had read verbatim, she could see the moons of Jupiter and draw a diagram of them afterwards, because she was interested in these things; but she could not see the interior of the eye, nor see figures even half as well as she saw letters, because these things bored her. When, however, it was suggested to her that it would be a good joke to surprise her teachers, who were always reproaching her for her backwardness in mathematics, by taking a high mark in a coming examination, her interest in the subject awakened and she contrived to learn enough to get seventy-eight per cent. In Isabel's case letters were antagonistic. She was not interested in most of the subjects with which they dealt and, therefore, she was backward in those subjects and had become habitually myopic. But when asked to look at objects which aroused an intense interest her vision became normal.

When one is not interested, in short, one's mind is not under control, and without mental control one can neither learn nor see. Not only the memory but all other mental faculties are improved when the eyesight becomes normal. It is a common experience with patients cured of defective sight to find that their ability to do their work has improved.

The teacher whose letter was quoted in the first issue of BETTER EYESIGHT testified that after gaining perfect eyesight she "knew better how to get at the minds of the pupils, was "more direct, more definite, less diffused, less vague," possessed, in fact, "central fixation of the mind." In another letter she said, "The better my eyesight becomes the greater is my ambition. On the days when my sight is best I have the greatest anxiety to do things."

Another teacher reports that one of her pupils used to sit doing nothing all day long and apparently was not interested in anything. After the test card was introduced into the classroom and his sight improved, he became anxious to learn, and speedily developed into one of the best students in the class. In other words his eyes and his mind became normal together.

A bookkeeper nearly **seventy years of age** who had **worn glasses for forty years** found after he had **gained perfect sight without glasses** that he could work more rapidly and accurately and with less fatigue than ever in his life before. During busy seasons, or when short of help, he has worked for some weeks at a time from 7 a. m. until 11 p. m., and he reports that he felt less tired at night after he was through than he did in the morning when he started. Previously, although he had done more work than any other man in the office, it always tired him very much. He also noticed an improvement in his temper. Having been so long in the office and knowing so much more about the business than his fellow employees, he was frequently appealed to for advice. These interruptions, before his sight became normal, were very annoying to him and often caused him to lose his temper. Afterward, however, they caused him no irritation whatever. In the case of another patient whose story is given elsewhere symptoms of insanity were relieved when the vision became normal.

From all these facts it will be seen that the problems of vision are far more intimately associated with the problems of education than we had supposed, and that they can by no means be solved by putting concave, or convex, or astigmatic lenses before the eyes of the children.

THE DOCTOR'S STORY

One of the most striking cases of the relation of mind to vision that ever came to my attention was that of a physician whose mental troubles, at one time so serious that they suggested to him the idea that he might be going insane, were completely relieved when his sight became normal. He had been seen by many eye and nerve specialists before he came to me and consulted me at last, not because he had any faith in my methods, but because nothing else seemed to be left for him to do. He brought with him quite a collection of glasses prescribed by different men, no two of them being alike. He had worn glasses, he told me, for many months at a time without benefit and then he had left them off and had been apparently no worse. Outdoor life had also failed to help him. On the advice of some prominent neurologists he had even given up his practice for a couple of years to spend the time upon a ranch, but the vacation had done him no good.

I examined his eyes and found no organic defects and no error of refraction. Yet his vision with each eye was only three-fourths of the normal, and he suffered from **double vision and all sorts of unpleasant symptoms**. He used to see people standing on their heads, and little devils dancing on the tops of the high buildings. He also had other **illusions** too numerous to mention in a short paper. At night his sight was so bad that he had difficulty in finding his way about, and when walking along a country road he believed that he saw better when he turned his eyes far to one side and viewed the road with the side of the retina instead of with the center. At variable intervals, without warning and without loss of consciousness, **he had attacks of blindness**. These caused him great uneasiness, for he, was a surgeon with a large and lucrative practice, and he feared that he might have an attack while operating.

His memory was very poor. He could not remember the color of the eyes of any member of his family, although he had seen them all daily for years. Neither could he recall the color of his house, the number of rooms on the different floors, or other details. The faces and names of patients and friends he recalled with difficulty, or not at all.

His treatment proved to be very difficult, chiefly because he had an infinite number of erroneous ideas about physiological optics in general and his own case in particular and insisted that all these should be discussed; while these discussions were going on he received no benefit. Every day for hours at a time over a long period he talked and argued. Never have I met a person whose logic was so wonderful, so apparently unanswerable, and yet so utterly wrong.

His eccentric fixation was of such high degree that when he looked at a point forty-five degrees to one side of the big C on the Snellen test card, he saw the letter just as black as when he looked directly at it. The strain to do this was terrific, and produced much astigmatism; but the patient was unconscious of it, and could not be convinced that there was anything abnormal in the symptom. If he saw the letter at all, he argued, he must see it as black as it really was, because he was not color-blind. Finally he became able to look away from one of the smaller letters on the card and see it worse than when he looked directly at it. It took eight or nine months to accomplish this, but when it had been done the patient said that it seemed as if a great burden had been lifted from his mind. He experienced a wonderful feeling of rest and relaxation throughout his whole body.

When asked to remember black with his eyes closed and covered he said he could not do so, and he saw every color but the black which one ought normally to see when the optic nerve is not subject to the stimulus of light. He had, however, been an enthusiastic football player at college, and he found at last that he could remember a black football. I asked him to imagine that this football had been thrown into the sea and that it was being carried outward by the tide, becoming constantly smaller but no less black. This he was able to do, and the strain floated with the football, until, by the time the latter had been reduced to the size of a period in a newspaper, it was entirely gone. The relief continued as long as he remembered the black spot, but as he could not remember it all the time, I suggested another method of gaining permanent relief. This was to make his sight voluntarily worse, a plan against which he protested with considerable emphasis.

"Good heavens!" he said, "Is not my sight bad enough without making it worse."

After a week of argument, however, he consented to try the method, and the result was extremely satisfactory. After he had learned to see two or more lights where there was only one, by straining to see a point above the light while still trying to see the light as well as when looking directly at it, he became able to avoid the unconscious strain that had produced his double and multiple vision and was not troubled by these superfluous images any more. In a similar manner other illusions were prevented.

One of the last illusions to disappear was his belief that an effort was required to remember black. His logic on this point was overwhelming, but after many demonstrations he was convinced that no effort was required to let go, and when he realized this, both his vision and his mental condition immediately improved.

He finally became able to read 20/10 or more, and although more than fifty-five years of age, he also read diamond type at from six to twenty-four inches. His night blindness was relieved, his attacks of day blindness ceased, and he told me the color of the eyes of his wife and children. One day he said to me:

"Doctor, I thank you for what you have done for my sight; but no words can express the gratitude I feel for what you have done for my mind."

Some years later he called with his heart full of gratitude, because there had been no relapse.

LYING A CAUSE OF MYOPIA

I may claim to have discovered the fact that telling lies is bad for the eyes. Whatever bearing this circumstance may have upon the universality of defects of vision, it can easily be demonstrated that it is impossible to say what is not true, even with no intent to deceive, or even to imagine a falsehood, without producing an error of refraction.

If a patient can read all the small letters on the bottom line of the test card, and either deliberately or carelessly miscalls any of them, the retinoscope will indicate an error of refraction. In numerous cases patients have been asked to state their ages incorrectly, or to try to imagine that they were a year older, or a year younger, than they actually were, and in every case when they did this the retinoscope indicated an error of refraction. A patient twenty-five years old had no error of refraction when he looked at a blank wall without trying to see; but if he said he was twenty-six, or if someone else said he was twenty-six, or if he tried to imagine that he was twenty-six, he became myopic. The same thing happened when he stated or tried to imagine that he

was twenty-four. When he stated or remembered the truth his vision was normal, but when he stated or imagined an error he had an error of refraction.

Two little girl patients arrived one after the other one day, and the first accused the second of having stopped at Huyler's for an ice-cream soda, which she had been instructed not to do, being somewhat too much addicted to sweets. The second denied the charge, and the first, who had used the retinoscope and knew what it did to people who told lies, said:

"Do take the retinoscope and find out."

"I followed the suggestion, and having thrown the light into the second child's eyes, I asked:

"Did you go to Huyler's?"

"Yes," was the response, and the retinoscope indicated no error of refraction.

"Did you have an ice-cream soda?"

"No," said the child; but the tell-tale shadow moved in a direction opposite to that of the mirror, showing that she had become myopic and was not telling the truth.

The child blushed when I told her this and acknowledged that the retinoscope was right, for she had heard of the ways of the uncanny instrument before and did not know what else it might do to her if she said anything more that was not true.

The fact is that it requires an effort to state what is not true, and this effort always results in a deviation from the normal in the refraction of the eye. So sensitive is the test that if the subject, whether his vision is ordinarily normal, or not, pronounces the initials of his name correctly while looking at a blank surface without trying to see, there will be no error of refraction; but if he miscalls one initial, even without any consciousness of effort, and with full knowledge that he is deceiving no one, myopia will be produced.

CURED IN FIFTEEN MINUTES

Patients often ask how long it takes to be cured. The answer is that it takes only as long as it takes to relax. If this can be done in five minutes, the patient is cured in five minutes, no matter how great the degree of his error of refraction, or how long its duration. All persons with errors of refraction are able to relax in a few seconds under certain conditions, but to gain permanent relaxation usually requires considerable time. Some persons, however, are able to get it very quickly. These quick cures are very rare, except in the case of children under twelve; but they do occur, and I believe the time is coming when it will be possible to cure everyone quickly. It is only a question of accumulating more facts and presenting them in such a way that the patient can grasp them quickly.

A very remarkable case of a quick cure was that of a man of fifty-five who had worn glasses for thirty years for distant vision and ten years for reading, and whose distant vision at the time he consulted me was 20/200.

When he looked at the Snellen test card the letters appeared grey to him instead of black. He was told that they were black, and the fact was demonstrated by bringing the card close to him. His attention was also called to the fact that the small letters were just as black as the large ones. He was then directed to close and cover his eyes with the palms of his hands, shutting out all the light. When he did this he saw a perfect black, indicating that he had secured perfect relaxation and that the optic nerve and visual centers of the brain were not disturbed. While his eyes were still closed he was asked:

"Do you think that you can remember with your eyes open the perfect black that you now see?"

"Yes," he answered, "I know I can,"

When he opened his eyes, however, his memory of the black was imperfect, and though able to read the large letters, he could not read the small ones. A second time he was told to close and cover his eyes, and again he saw a perfect black. When he opened them he was able to retain complete control of his memory, and so was able to read the whole card. This was ten minutes after he entered the office.

Diamond type was now given him to read, but the letters looked grey to him, and he could not distinguish them. Neither could he remember black when he was looking at them, because in order to see them grey he had to strain, and in order to remember black he would have had to relax, and he could not do both at the same time. He was told that the letters were perfectly black, and when he looked away from them he was able to remember them black. When he looked back he still remembered them black, and was able to read them with normal vision at twelve inches. This took five minutes, making the whole time in the office fifteen minutes. The cure was permanent, the patient not only retaining what he had gained, but continuing to improve his sight, by daily reading of fine print and the Snellen test card, till it became almost **telescopic**.

September, 1919

1 - School Health News, published by the Department of Health of New York City, February, 1919.

BETTER EYESIGHT

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

October, 1919

THE SWINGING CURE

If you see a letter perfectly, you may note that it appears to pulsate, or move slightly in various directions. If your sight is imperfect, the letter will appear to be stationary. The apparent movement is caused by the unconscious shifting of the eye. The lack of movement is due to the fact that the eye stares, or looks too long at one point. This is an invariable symptom of imperfect sight, and may often be relieved by the following method:

Close your eyes and cover them with the palms of the hands so as to exclude all the light, and shift mentally from one side of a black letter to the other. As you do this, the mental picture of the letter will appear to move back and forth in a direction contrary to the imagined movement of the eye. Just so long as you imagine that the letter is moving, or swinging, you will find that you are able to remember it, and the **shorter and more regular the swing, the blacker and more distinct the letter will appear**. If

you are able to imagine the letter stationary, which may be difficult, you will find that your memory of it will be much less perfect.

Now open your eyes and look first at one side and then at the other of the real letter. If it appears to move in a direction opposite to the movement of the eye, you will find that your vision has improved. If you can imagine the swing of the letter as well with your eyes open as with your eyes closed, as **short**, as **regular** and as **continuous**, your vision will be normal.

SIMULTANEOUS RETINOSCOPY

Much of my information about the eye has been obtained by means of simultaneous retinoscopy.

The retinoscope is an instrument used to measure the refraction of the eye. It throws a beam of light into the pupil by reflection from a mirror, the light being either outside the instrument—above and behind the subject—or arranged within it by means of an electric battery. On looking through the sight-hole one sees a larger or smaller part of the pupil filled with light, which in normal human eyes is a reddish yellow, because this is the color of the retina, but which is green in a cat's eye, and might be white if the retina were diseased. Unless the eye is exactly focused at the point from which it is being observed one sees also a dark shadow at the edge of the pupil, and it is the behavior of this shadow when the mirror is moved in various directions which reveals the refractive condition of the eye. If the instrument is used at a distance of six feet or more, and the shadow moves in a direction opposite to the movement of the mirror, the eye is myopic. If it moves in the same direction as the mirror, the eye is either hypermetropic or normal; but in the case of hypermetropia the movement is more pronounced than in that of normality, and an expert can usually tell the difference between the two states merely by the nature of the movement. In astigmatism the movement is different in different meridians. To determine the degree of the error, or to distinguish accurately between hypermetropia and normality, or between the different kinds of astigmatism, it is usually necessary to place a glass before the eye of the subject.

This exceedingly useful instrument has possibilities which have not been generally realized by the medical profession. It is commonly employed only under certain artificial conditions in a dark room; but it is possible to use it under all sorts of normal and abnormal conditions on the eyes both of human beings and of the lower animals. I have used it in the daytime and at night; when the subjects were comfortable and when they were excited; when they were trying to see and when they were not; when they were lying and when they were telling the truth. I have also used it, under varying conditions, on the eyes of many cats, dogs, rabbits, birds, turtles, reptiles and fish.

Most ophthalmologists depend upon the Snellen test card, supplemented by trial lenses, to determine whether the vision is normal or not, and to determine the degree of any abnormality that may exist. This is a slow, awkward and unreliable method of testing the vision, and absolutely unavailable for the study of the refraction of the lower animals and that of human beings under the conditions of life. The test card can be used only under certain favorable conditions, but the retinoscope can be used anywhere. It is a little easier to use it in a dim light than in a bright one, but it may be used in any light, even with the strong light of the sun shining directly into the eye. It is available whether the subject is at rest or in motion, asleep or awake, or even under ether or chloroform. It is also available when the observer is in motion. It has been used successfully when the eyelids were partly closed, shutting off part of the area of the pupil; when the pupil was dilated; also when it was contracted to a pin-point; when the subject was reading fine print at six inches, or at a greater distance; and when the eye was oscillating from side to side, from above downward, or in other directions.

It takes a considerable time, varying from minutes to hours, to measure the refraction with the Snellen test card and trial lenses. With the retinoscope, however, the refraction can be determined in a fraction of a second. With the Snellen test card and trial lenses it would be impossible to get any information about the refraction of a baseball player at the moment he swings for the ball, at the moment he strikes it, and at the moment after he strikes it. With the retinoscope, however, it is quite easy to determine whether his vision is normal, or whether he is myopic, hypermetropic, or astigmatic, when he does these things; and if any errors of refraction are noted, one can guess their degree pretty accurately by the rapidity of the movement of the shadow.

With the Snellen test card and trial lenses conclusions must be drawn from the patient's statements as to what he sees; but the patient often becomes so worried and confused during the examination that he does not know what he sees, or whether different glasses make his sight better, or worse; and, moreover, visual acuity is not reliable evidence of the state of the refraction. One patient with two diopters of myopia may see twice as much as another with the same error of refraction. The evidence of the test card is, in fact, entirely subjective; that of the retinoscope is entirely objective, depending in no way upon the statements of the patient.

By means of simultaneous retinoscopy it has been demonstrated that the refraction of the eye is never constant; that all persons with errors of refraction have, at frequent intervals during the day and night, moments of normal vision when their myopia, hypermetropia, or astigmatism, disappears completely; and that all persons, no matter how good their sight may ordinarily be, have moments of imperfect sight when they become myopic, hypermetropic, or astigmatic. It has also been demonstrated that when the eye makes an effort to see, an error of refraction is always produced, and that when it looks at objects without effort, all errors of refraction disappear, no matter how great their degree, or how long their duration. It has been further demonstrated that when the eye strains to see distant objects myopia is always produced in one or all meridians, and when it strains to see near objects hypermetropia is always produced in one or all meridians.

The examination of the eyes of persons while asleep, or under the influence of ether or chloroform, has shown that the eye is rarely at rest during sleep, or while the subject is unconscious from any cause. Persons whose sight was normal while awake were found to have myopia, hypermetropia and astigmatism when asleep, and if these errors were present when they were awake, they were increased during sleep. This explains why so many people are unable to see as well in the morning as at other times, and why people waken with headaches and pain in the eyes. Under ether or chloroform, errors of refraction are also produced or increased, and when people are sleepy they have invariably been found to have errors of refraction.

Under conditions of mental or physical discomfort, such as pain, cough, fever, discomfort from heat or cold, depression, anger, or anxiety, errors of refraction are always produced in the normal eye, or increased in the eye in which they already exist. In a dim light, in a fog, or in the rain, the retinoscope may indicate no error of refraction in eyes which ordinarily have normal sight; but a pilot on a ship on a rainy night usually has an error of refraction, because he is straining to see, and it is rare to find persons in

positions of responsibility under unfavorable conditions with normal vision.

In order to obtain reliable results with the retinoscope it must be used at a distance of six feet or more from the subject. When used at a distance of three feet or less, as it commonly is, the subject becomes nervous and unconsciously strains, thus altering his refraction.

FLOATING SPECKS

A very common phenomenon of imperfect sight is the one known to medical science as *muscae volitantes*, or *flying flies*. These floating specks are usually dark, or black; but sometimes appear like white bubbles, and in rare cases may assume all the colors of the rainbow. They move somewhat rapidly, usually in curving lines, before the eyes, and always appear to be just beyond the point of fixation. If one tries to look at them directly, they seem to move a little farther away. Hence their name of *flying flies*.

The literature of the subject is full of speculations as to the origin of these appearances. Some have attributed them to the presence of floating specks—dead cells or the debris of cells—in the vitreous humor, the transparent substance that fills four-fifths of the eyeball behind the crystalline lens. Similar specks on the surface of the cornea have also been held responsible for them. It has even been surmised that they might be caused by the passage of tears over the cornea. They are so common in myopia that they have been supposed to be one of the symptoms of this condition, although they occur also with other errors of refraction, as well as in eyes otherwise normal. They have been attributed to disturbances of the circulation, the digestion and the kidneys, and because so many insane people have them, have been thought to be an evidence of incipient insanity. The patent-medicine business has thrived upon them, and it would be difficult to estimate the amount of mental torture they have caused, as the following cases illustrate.

A clergyman who was much annoyed by the continual appearance of floating specks before his eyes was told by his eye specialist that they were a symptom of kidney disease, and that in many cases of kidney trouble, disease of the retina might be an early symptom. So at regular intervals he went to the specialist to have his eyes examined, and when at length the latter died, he looked around immediately for some one else to make the periodical examination. His family physician directed him to me. I was by no means so well known as his previous ophthalmological adviser, but it happened that I had taught the family physician how to use the ophthalmoscope after others had failed to do so. He thought, therefore, that I must know a lot about the use of the instrument, and what the clergyman particularly wanted was some one capable of making a thorough examination of the interior of his eyes, and detecting at once any signs of kidney disease that might make their appearance. So he came to me, and at least four times a year for ten years he continued to come.

Each time I made a very careful examination of his eyes, taking as much time over it as possible, so that he would believe that it was careful; and each time he went away happy because I could find nothing wrong. Once when I was out of town he got a cinder in his eye and went to another oculist to get it out. When I came back late at night I found him sitting on my doorstep, on the chance that I might return. His story was a pitiable one. The strange doctor had examined his eyes with the ophthalmoscope, and had suggested the possibility of glaucoma, describing the disease as a very treacherous one which might cause him to go suddenly blind and would be agonizingly painful. He emphasized what the patient had previously been told about the danger of kidney disease, suggested that the liver and heart might also be involved, and advised him to have all of these organs carefully examined. I made another examination of his eyes in general and their tension in particular; I had him feel his eyeballs and compare them with my own, so that he might see for himself that they were not becoming hard as a stone; and finally I succeeded in reassuring him. I have no doubt, however, that he went at once to his family physician for an examination of his internal organs.

A man returning from Europe was looking at some white clouds one day when floating specks appeared before his eyes. He consulted the ship's doctor, who told him that the symptom was very serious, and might be the forerunner of blindness. It might also indicate incipient insanity, as well as other nervous or organic diseases. He advised him to consult his family physician and an eye specialist as soon as he landed, which he did. This was twenty-five years ago, but I shall never forget the terrible state of nervousness and terror into which the patient had worked himself by the time he came to me. It was even worse than that of the clergyman, who was always ready to admit that his fears were unreasonable. I examined his eyes very carefully, and found them absolutely normal. The vision was perfect both for the near-point and the distance. The color perception, the fields and the tension were normal; and under a strong magnifying glass I could find no opacities in the vitreous. In short, there were absolutely no symptoms of any disease. I told the patient there was nothing wrong with his eyes, and I also showed him an advertisement of a quack medicine in a newspaper which gave a great deal of space to describing the dreadful things likely to follow the appearance of floating specks before the eyes, unless you began betimes (in good time, early) to take the medicine in question at one dollar a bottle. I pointed out that the advertisement, which was appearing in all the big newspapers of the city every day, and probably in other cities, must have cost a lot of money, and must, therefore, be bringing in a lot of money. Evidently there must be a great many people suffering from this symptom, and if it were as serious as was generally believed, there would be a great many more blind and insane people in the community than there were. The patient went away somewhat comforted, but at eleven o'clock—his first visit had been at nine—he was back again. He still saw the floating specks, and was still worried about them. I examined his eyes again as carefully as before, and again was able to assure him that there was nothing wrong with them. In the afternoon I was not in my office, but I was told that he was there at three and at five. At seven he came again, bringing with him his family physician, an old friend of mine. I said to the latter:

"Please make this patient stay at home. I have to charge him for his visits, because he is taking up so much of my time; but it is a shame to take his money when there is nothing wrong with him."

What my friend said to him I don't know, but he did not come back again.

I did not know as much about *muscae volitantes* then as I know now, or I might have saved both of these patients a great deal of uneasiness. I could tell them that their eyes were normal, but I did not know how to relieve them of the symptom, which is simply **an illusion resulting from mental strain**. The specks are associated to a considerable extent with markedly **imperfect eyesight**, because persons whose eyesight is imperfect always strain to see; but persons whose eyesight is ordinarily normal may see them at times, because no eye has normal sight all the time. Most people can see *muscae volitantes* when they look at the sun, or any uniformly bright surface, like a sheet of white paper upon which the sun is shining. This is because most people strain when

they look at surfaces of this kind. The specks are never seen, in short, except when the eyes and mind are under a strain, and they always disappear when the strain is relieved. **If one can remember a small letter on the Snellen test card by central fixation, the specks will immediately disappear, or cease to move; but if one tries to remember two or more letters equally well at one time, they will reappear and move.**

Usually the strain that causes muscae volitantes is very easily relieved. See; April, 1925
Floating specks may be debris in the eyeball. A cleansing diet, improved circulation of blood, fluid to/in the eye can break down floaters and enable them to flow out of the eye. Eyestrain, mental strain, staring, poor diet, sugar, can cause floaters. Shifting, central fixation, relaxation can stop the appearance of floaters.

CORRESPONDENCE TREATMENT

Correspondence treatment is usually regarded as quackery, and it would be manifestly impossible to treat many diseases in this way. Pneumonia and typhoid, for instance, could not possibly be treated by correspondence, even if the physician had a sure cure for these conditions and the mails were not too slow for the purpose. In the case of most diseases, in fact, there are serious objections to correspondence treatment.

But myopia, hypermetropia and astigmatism are functional conditions, not organic, as the text-books teach, and as I believed myself until I learned better. Their treatment by correspondence, therefore, has not the drawbacks that exist in the case of most physical derangements. One cannot, it is true, fit glasses by correspondence as well as when the patient is in the office, but even this can be done, as the following case illustrates.

An old colored woman in the wilds of Honduras, far removed from any physician or optician, was unable to read her Bible, and her son, a waiter in New York, asked me if I could not do something for her. The suggestion gave me a distinct shock which I will remember as long as I live. I had never dreamed of the possibility of prescribing glasses for anyone I had not seen, and I had, besides, some very disquieting recollections of colored women whom I had tried to fit with glasses at my clinic. If I had so much difficulty in prescribing the proper glasses under favorable conditions, how could I be expected to fit a patient whom I could not even see? The waiter was deferentially persistent, however. He had more faith in my genius than I had, and as his mother was nearing the end of her life, he was very anxious to gratify her last wishes. So, like the unjust judge of the parable, I yielded at last to his importunity, and wrote a prescription for convex 3.00 D. S. The young man ordered the glasses and mailed them to his mother, and by return mail came a very grateful letter stating that they were perfectly satisfactory.

A little later the patient wrote that she couldn't see objects at the distance that were perfectly plain to other people, and asked if some glasses couldn't be sent that would make her see at the distance as well as she did at the near-point. This seemed a more difficult proposition than the first one; but again the son was persistent, and I myself could not get the old lady out of my mind. So again I decided to do what I could. The waiter had told me that his mother had read her Bible long after the age of forty. Therefore I knew she could not have much hypermetropia, and was probably slightly myopic. I knew also that she could not have much astigmatism, for in that case her sight would always have been noticeably imperfect. Accordingly I told her son to ask her to measure very accurately the distance between her eyes and the point at which she could read her Bible best with her glasses, and to send me the figures. In due time I received, not figures, but a piece of string about a quarter of an inch in diameter and exactly ten inches long. If the patient's vision had been normal for the distance, I knew that she would have been able to read her Bible best with her glasses at thirteen inches. The string showed that at ten inches she had a refraction of four diopters. Subtracting from this the three diopters of her reading glasses, I got one diopter of myopia. I accordingly wrote a prescription for concave 1.00 D. S., and the glasses were ordered and mailed to Honduras. The acknowledgment was even more grateful than in the case of the first pair. The patient said that for the first time in her life she was able to read signs and see other objects at a distance as well as other people did, and that the whole world looked entirely different to her.

Would anyone venture to say that it was unethical for me to try to help this patient? Would it have been better to leave her in her isolation without even the consolation of Bible reading? I do not think so. What I did for her required only an ordinary knowledge of physiological optics, and if I had failed, I could not have done her much harm.

In the case of the treatment of imperfect sight without glasses there can be even less objection to the correspondence method. It is true that in most cases progress is more rapid and the results more certain when the patient can be seen personally; but often this is impossible, and I see no reason why patients who can not have the benefit of personal treatment should be denied such aid as can be given them by correspondence. I have been treating patients in this way for years, and often with extraordinary success.

Some years ago an English gentleman wrote to me that his glasses were very unsatisfactory. They not only did not give him good sight, but they increased instead of lessening his discomfort. He asked if I could help him, and since relaxation always relieves discomfort and improves the vision, I did not believe that I was doing him an injury in telling him how to rest his eyes. He followed my directions with such good results that in a short time he obtained perfect sight for both the distance and the near-point without glasses, and was completely relieved of his pain. Five years later he wrote me that he had qualified as a sharpshooter in the army. Did I do wrong in treating him by correspondence? I do not think so.

After the United States entered the European war, an officer wrote to me from the deserts of Arizona that the use of his eyes at the near-point caused him great discomfort, which glasses did not relieve, and that the strain had produced granulation of the lids. As it was impossible for him to come to New York, I undertook to treat him by correspondence. He improved very rapidly. The inflammation of the lids was relieved almost immediately, and in about four months he wrote me that he had read one of my own reprints-by no means a short one-in a dim light, with no bad after effects; that the glare of the Arizona sun, with the Government thermometer registering 114, did not annoy him, and that he could read the ten line on the test card at fifteen feet almost perfectly, while even at twenty feet he was able to make out most of the letters.

A third case was that of a forester in the employ of the U. S. Government. He had myopic astigmatism, and suffered extreme discomfort, which was not relieved either by glasses or by long summers in the mountains, where he used his eyes but little for close work. He was unable to come to New York for treatment, and although I told him that correspondence treatment was somewhat uncertain, he said he was willing to risk it. It took three days for his letters to reach me and another three for my reply

to reach him, and as letters were not always written promptly on either side, he often did not hear from me more than once in three weeks. Progress under these conditions was necessarily slow; but his discomfort was relieved very quickly, and in about ten months his sight had improved from 20/50 to 20/20.

In almost every case the treatment of cases coming from a distance is continued by correspondence after they return to their homes; and although the patients do not get on so well as when they are coming to the office, they usually continue to make progress till they are cured.

At the same time it is often very difficult to make patients understand what they should do when one has to communicate with them entirely by writing, and probably all would get on better if they could have some personal treatment. At the present time the number of doctors in different parts of the United States who understand the treatment of imperfect sight without glasses is altogether too few, and my efforts to interest them in the matter have not been very successful. I would consider it a privilege to treat medical men without a fee, and when cured they will be able to assist me in the treatment of patients in their various localities.

BETTER EYESIGHT

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

November, 1919

THE MEMORY CURE

When the sight is perfect, the memory is also perfect, because the mind is perfectly relaxed. Therefore the sight may be improved by any method that improves the memory. The easiest thing to remember is a small black spot of no particular size and form; but when the sight is imperfect it will be found impossible to remember it with the eyes open and looking at letters, or other objects with definite outlines. It may, however, be remembered for a few seconds or longer, when the eyes are closed and covered, or when looking at a blank surface where there is nothing particular to see. By cultivating the memory under these favorable conditions, it gradually becomes possible to retain it under unfavorable ones, that is, when the eyes are open and the mind conscious of the impressions of sight. By alternately remembering the period with the eyes closed and covered and then looking at the Snellen test card, or other letters or objects; or by remembering it when looking away from the card where there is nothing particular to see, and then looking back; the patient becomes able, in a longer or shorter time, to retain the memory when looking at the card, and thus becomes able to read the letters with normal vision. Many children have been cured very quickly by this method. Adults who have worn glasses have greater difficulty. Even under favorable conditions, the period cannot be remembered for more than a few seconds, unless one shifts from one part of it to another. One can also shift from one period, or other small black object, to another.

REASON AND AUTHORITY

This article describes how eye doctors fought against Dr. Bates, tried to hide the Bates Method from the public so they could continue selling eyeglasses, surgery, drugs.

Some one—perhaps it was Bacon—has said: "You cannot by reasoning correct a man of ill opinion which by reasoning, he never acquired." He might have gone a step farther and stated that neither by reasoning, nor by actual demonstration of the facts, can you convince some people that an opinion which they have accepted on authority is wrong. A man whose name I do not care to mention, a professor of ophthalmology, and a writer of books well known in this country and in Europe, saw me perform an experiment upon the eye of a rabbit which, according to others who had witnessed it, demonstrated beyond any possibility of error that the lens is not a factor in accommodation. At each step of the operation he testified to the facts; yet at the conclusion he preferred to discredit the evidence of his senses rather than accept the only conclusion that these facts admitted.

First he examined the eye of the animal to be experimented upon with the retinoscope and found it normal, and the fact was written down. Then the eye was stimulated with electricity, and he testified that it accommodated. This was also written down. I now divided the superior oblique muscle, and the eye was again stimulated with electricity. The doctor observed the eye with the retinoscope when this was being done and said, "You failed to produce accommodation." This fact, too, was written down. The doctor now used the electrode himself, but again failed to observe accommodation, and these facts were written down. I now sewed the cut ends of the muscle together, and once more stimulated the eye with electricity. The doctor said, "Now you have succeeded in producing accommodation," and this was written down. I now asked:

"Do you think that superior oblique had anything to do with producing accommodation?"

"Certainly not," he replied.

"Why?" I asked.

"Well," he said, "I have only the testimony of the retinoscope. I am getting on in years, and I don't feel that confidence in my ability to use the retinoscope that I once had. I would rather you wouldn't quote me on this."

While the operation was in progress, however, he gave no indication whatever of doubting his ability to use the retinoscope. He was very positive, in fact, that I had failed to produce accommodation after the cutting of the oblique muscle and his tone suggested that he considered the failure ignominious. It was only after he found himself in a logical trap, with no way out except by discrediting his own observations, that he appeared to have any doubts as to their value.

Patients whom I have cured of various errors of refraction have frequently returned to specialists who had prescribed glasses for them, and, by reading fine print and the Snellen test card with normal vision, have demonstrated the fact that they were cured, without in any way shaking the faith of these practitioners in the doctrine that such cures are impossible. A girl of sixteen who had progressive myopia of such high degree that she was not allowed to read, and was unable to go about on the streets without a guide, was assured by the specialist whom her family consulted that her condition was quite hopeless, and that it was likely to

progress until it ended in blindness. She was cured in a very short time by means of the methods advocated in this magazine, becoming able to discard her glasses and resume all the ordinary activities of life. She then returned to the specialist who had condemned her to blindness to tell him the good news; but, while he was unable to deny the fact that her vision was normal without glasses, he said it was impossible that she would have been cured of myopia, because myopia was incurable. How he reconciled this statement with his former patient's condition he was unable to make clear to her.

A lady with compound myopic astigmatism¹ suffered from almost constant headaches which were very much worse when she took her glasses off. Every week, no matter what she did, she was so prostrated by eyestrain that she had to spend a few days in bed; and if she went to a theatre, or to a social function, she had to stay there longer. She was told to take off her glasses and go to the movies: to look first at the corner of the screen, then off to the dark, then back to the screen a little nearer to the center, and so forth. She did so, and soon became able to look directly at the pictures without discomfort. After that nothing troubled her. One day she called on her former ophthalmological adviser, in the company of a friend who wanted to have her glasses changed, and told him of her cure. The facts seemed to make no impression on him whatever. He only laughed and said, "I guess Dr. Bates is more popular with you than I am."

In some cases patients themselves, after they are cured, allow themselves to be convinced that it was impossible that such a thing could have happened, and go back to their glasses. A clergyman and writer, aged forty-seven, who had worn glasses for years for distance and reading, had what I should have considered the good fortune to be very quickly cured. By the aid of his imagination he was able to relax in less than five minutes, and to stay relaxed. When he looked at fine print it appeared grey to him, and he could not read it. I asked him if he had ever seen printer's ink. He replied, of course, that he had. I then told him that the paragraph of printed matter which he held in his hand was printed in printer's ink, and that it was black and not grey. I asked him if he did not know and believe that it was black, or if he could not at least imagine that it was black. "Yes," he said, "I can do that"; and immediately he read the print. It took him only about a minute to do this, and he was not more than five minutes in the office. The cure was permanent, and he was very grateful-for a time. Then he began to talk to eye specialists whom he knew, and thereupon grew skeptical as to the value of what I had done for him. One day I met him at the home of a mutual friend, and in the presence of a number of other people he accused me of having hypnotized him, adding that to hypnotize a patient without his knowledge or consent was to do him a grievous wrong. Some of the listeners protested that whether I had hypnotized him or not, I had not only done him no harm, but had greatly benefited him, and he ought to forgive me. He was unable, however, to take this view of the matter. Later he called on a prominent eye specialist who told him that the presbyopia (old sight) and astigmatism from which he had suffered were incurable, and that if he persisted in going without his glasses he might do himself great harm. The fact that his sight was perfect for the distance and the near-point had no effect upon the specialist and the patient allowed himself to be frightened into disregarding it also. He went back to his glasses, and so far as I know has been wearing them ever since. The story obtained wide publicity, for the man had a large circle of friends and acquaintances; and if I had destroyed his sight I could scarcely have suffered more than I did for curing him.

[Other Doctors try to hide Dr. Bates discoveries from the public. Doctors expel Dr. Bates from the Hospital he worked at after Dr. Bates cures patients without glasses, surgery, drugs and proves the facts of Natural Vision Improvement.](#)

Fifteen or twenty years ago the specialist mentioned in the foregoing story read a paper on cataract at a meeting of the ophthalmological section of the American Medical Association in Atlantic City, and asserted that anyone who said that cataract could be cured without the knife was a quack. At that time I was assistant surgeon at the New York Eye and Ear Infirmary, and it happened that I had been collecting statistics of the spontaneous cure of cataract at the request of the executive surgeon of this institution, Dr. Henry G. Noyes, Professor of Ophthalmology at the Bellevue Hospital Medical School. As a result of my inquiry I had secured records of a large number of cases which had recovered, not only without the knife, but without any treatment at all. I also had records of cases which I had sent to Dr. James E. Kelly of New York and which he had cured, largely by hygienic methods. Dr. Kelly is not a quack, and at that time was Professor of Anatomy in the New York Post Graduate Medical School and Hospital and attending surgeon to a large city hospital. In the five minutes allotted to those who wished to discuss the paper, I was able to tell the audience enough about these cases to make them want to hear more. My time was, therefore, extended, first to half an hour and then to an hour. Later both Dr. Kelly and myself received many letters from men in different parts of the country who had tried his treatment with success. The man who wrote the paper had blundered, but he did not lose any prestige because of my attack with facts upon his theories. He is still a prominent and honored ophthalmologist and in his latest book he gives no hint of having ever heard of any successful method of treating cataract other than by operation. He was not convinced by my record of spontaneous cures, nor by Dr. Kelly's record of cures by treatment; and while a few men were sufficiently impressed to try the treatment recommended, and while they obtained satisfactory results, the facts made no impression upon the profession as a whole, and did not modify the teaching of the schools. That spontaneous cures of cataract do sometimes occur cannot be denied; but they are supposed to be very rare, and any one who suggests that the condition can be cured by treatment still exposes himself to the suspicion of being a quack.

Between 1886 and 1891 I was a lecturer at the Post Graduate Hospital and Medical School. The head of the institution was Dr. D. B. St. John Roosa. He was the author of many books, and was honored and respected by the whole medical profession. At the school they had got the habit of putting glasses on the nearsighted doctors, and I had got the habit of curing them without glasses. It was naturally annoying to a man who had put glasses on a student to have him appear at a lecture without them and say that Dr. Bates had cured him. Dr. Roosa found it particularly annoying, and the trouble reached a climax one evening at the annual banquet of the faculty when, in the presence of one hundred and fifty doctors, he suddenly poured out the vials of his wrath upon my head. He said that I was injuring the reputation of the Post Graduate by claiming to cure myopia. Every one knew that Donders said it was incurable, and I had no right to claim that I knew more than Donders. I reminded him that some of the men I had cured had been fitted with glasses by himself. He replied that if he had said they had myopia he had made a mistake. I suggested further investigation. "Fit some more doctors with glasses for myopia," I said, "and I will cure them. It is easy for you to examine them afterwards and see if the cure is genuine." This method did not appeal to him, however. He repeated that it was impossible to cure myopia, and to prove that it was impossible **he expelled me from the Post Graduate, even the privilege of resignation being denied to me.** The fact is that, except in rare cases, man is not a reasoning being. He is dominated by authority, and when the facts are not in accord with the view imposed by authority, so much the worse for the facts. They may and indeed must win in

the long run; but in the meantime the world gropes needlessly in darkness and endures much suffering that might have been avoided.

THE EFFECT OF LIGHT UPON THE EYES

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. Extraordinary precautions are taken in our homes, offices and schools to temper the light, whether natural or artificial, and to insure that it shall not shine directly into the eyes; smoked and amber glasses, eye-shades, broad-brimmed hats and parasols are commonly used to protect the organs of vision from what is considered an excess of light; and when actual disease is present, it is no uncommon thing for patients to be kept for weeks, months and years in dark rooms, or with bandages over their eyes.

The evidence on which this universal fear of the light has been based is of the slightest. In the voluminous literature of the subject one finds such a lack of information that, in 1910, Dr. J. Herbert Parsons of the Royal Ophthalmic Hospital of London, addressing a meeting of the Ophthalmological Section of the American Medical Association, felt justified in saying that ophthalmologists, if they were honest with themselves, "must confess to a lamentable ignorance of the conditions which render bright light injurious to the eyes."² Since then, Verhoeff and Bell have reported³ an exhaustive series of experiments carried on at the Pathological Laboratory of the Massachusetts Charitable Eye and Ear Infirmary, which indicate that the danger of injury to the eye from light radiation as such has been "very greatly exaggerated." That brilliant sources of light sometimes produce unpleasant temporary symptoms cannot, of course, be denied; but as regards definite pathological effects, or permanent impairment of vision from exposure to light alone, Drs. Verhoeff and Bell were unable to find, either clinically or experimentally, anything of a positive nature.

The results of these experiments are in complete accord with my own observations as to the effect of strong light upon the eyes. In my experience such light has never been permanently injurious. Persons with normal sight have been able to look at the sun for an indefinite length of time, even an hour or longer, 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. In exceptional cases persons with defective sight have been able to look at the sun, or have thought that they have looked at it, without discomfort and without loss of vision; but, as a rule, the strain in such eyes is enormously increased and the vision decidedly lowered by sun-gazing, as manifested by inability to read the Snellen test card. **Blind areas (scotomata)** may develop in various parts of the field—two or three or more. The sun, instead of appearing perfectly white, may appear to be slate-colored, yellow, red, blue, or even totally black. After looking away from the sun, patches of color of various kinds and sizes may be seen, continuing a variable length of time, from a few seconds to a few minutes, hours, or even months. In fact, one patient was troubled in this way for a year or more after looking at the sun for a few seconds. Even total blindness lasting a few hours has been produced. Organic changes may also be produced. Inflammation, redness of the conjunctiva, cloudiness of the lens and of the aqueous and vitreous humours, congestion and cloudiness of the retina, optic nerve and choroid, have all resulted from **sun-gazing**. These effects, however, are **always temporary**. The scotomata, the strange colors, even the total blindness, as explained in the preceding chapter, are only mental illusions. No matter how much the sight may have been impaired by **sun-gazing**, or how long the impairment may have lasted, a return to normal has always occurred; while prompt relief of all the symptoms mentioned has always followed the relief of eyestrain, showing that the conditions are the result, not of the light, but of the strain. **Some persons who have believed their eyes to have been permanently injured by the sun have been promptly cured by central fixation, indicating that their blindness had been simply functional.**

By persistence in looking at the sun, a person with normal sight soon becomes able to do so without any loss of vision; but persons with imperfect sight usually find it impossible to accustom themselves to such a strong light until their vision has been improved by other means. **One has to be very careful in recommending sun-gazing to persons with imperfect sight; because, although no permanent harm can result from it, great temporary discomfort may be produced, with no permanent benefit. In some rare cases, however, complete cures have been effected by this means alone.** [Diet must also be healthy. No prescription, non-prescription drugs, including sinus sprays, cough/cold medicines...](#)

In one of these cases the sensitiveness of the patient, even to ordinary daylight, was so great that an eminent specialist had felt justified in putting a black bandage over one eye and covering the other with a smoked glass so dark as to be nearly opaque. She was kept in this condition of almost total blindness for two years without any improvement. Other treatment extending over some months also failed to produce satisfactory results. She was then advised to look directly at the sun. The immediate result was total blindness, which lasted several hours; but next day the vision was not only restored to its former condition, but was improved. The sun-gazing was repeated, and each time the blindness lasted for a shorter period. At the end of a week the patient was able to look directly at the sun without discomfort, and her vision, which had been 20/200 without glasses and 20/70 with them, had improved to 20/10, twice the accepted standard for normal vision.

Like the sun, a strong electric light may also lower the vision temporarily, but never does any permanent harm. In those exceptional cases in which the patient can become accustomed to the light, it is beneficial. After looking at a strong electric light some patients have been able to read the Snellen test card better.

It is not light but darkness that is dangerous to the eye. Prolonged exclusion from the light always lowers the vision, and may produce serious inflammatory conditions. Among young children living in tenements this is a somewhat frequent cause of ulcers upon the cornea, which ultimately destroy the sight. The children, finding their eyes sensitive to light, bury them in the pillows and thus shut out the light entirely. **The universal fear of reading or doing fine work in a dim light is, however, unfounded. So long as the light is sufficient so that one can see without discomfort, this practice is not only harmless, but may be beneficial.**

Sudden contrasts of light are supposed to be particularly harmful to the eye. The theory on which this idea is based is summed

up as follows by Fletcher B. Dresslar, specialist in school-hygiene and sanitation of the United States Bureau of Education:

"The muscles of the iris are automatic in their movements, but rather slow. Sudden strong light and weak illumination are painful and likewise harmful to the retina. For example, if the eye adjusted to a dim light is suddenly turned toward a brilliantly lighted object, the retina will receive too much light, and will be shocked before the muscles controlling the iris can react to shut out the superabundance of light. If contrasts are not strong, but are frequently made, that is, if the eye is called upon to function where frequent adjustments in this way are necessary, the muscles controlling the iris become fatigued, respond more slowly and less perfectly. As a result, eyestrain in the ciliary muscles is produced and the retina is over stimulated. This is one cause of headaches and tired eyes."⁴ There is no evidence whatever to support these statements. Sudden fluctuations of light undoubtedly cause discomfort to many persons, but far from being injurious, I have found them, in all cases observed, to be actually beneficial. The pupil of the normal eye, when it has normal sight, does not change appreciably under the influence of changes of illumination; and persons with normal vision are not inconvenienced by such changes. I have seen a patient look directly at the sun after coming from an imperfectly lighted room, and then, returning to the room, immediately pick up a newspaper and read it. When the eye has imperfect sight, the pupil usually contracts in the light and expands in the dark, but it has been observed to contract to the size of a pinhole in the dark. Whether the contraction takes place under the influence of light or of darkness, the cause is the same, namely, strain. Persons with imperfect sight suffer great inconvenience, resulting in lowered vision, from changes in the intensity of the light; but the lowered vision is always temporary, and if the eye is persistently exposed to these conditions, the sight is benefited. Such practices as reading alternately in a bright and a dim light, or going from a dark room to a well-lighted one, and vice versa, are to be recommended. Even such rapid and violent fluctuations of light as those involved in the production of the moving picture are, in the long run, beneficial to all eyes. I always advise patients under treatment for the cure of defective vision to go to the movies frequently and practice central fixation. They soon become accustomed to the flickering light, and afterward other lights and reflections cause less annoyance.

In later years Dr. Bates advises closed eyes sunning.

TWO POINTS OF VIEW

Being anxious to know what my colleagues think of BETTER EYESIGHT, I lately sent notes to a number of them asking for their opinion. The following replies were so interesting that I think the readers of the magazine have a right to see them.

Dear Doctor:

As long as you ask for my opinion of your new magazine entitled BETTER EYESIGHT, permit me to give it to you in all frankness. It is what we call in the vernacular, "PUNK."

Meaning no personal offense, I am,

Your colleague.

Dear Doctor

Your little note received this morning and am glad to have the opportunity to tell you what I think of BETTER EYESIGHT.

It is all that you claim for it, and I am always glad to receive it, as I know that I am going to get something beneficial for myself as well as something for the good of my patients.

If the medical bigots had BETTER EYESIGHT on their desks, and would put into practice what you give in each number, it would be a great blessing to the people who are putting eye crutches on their eyes. I first tried central fixation on myself and had marvelous results. I threw away my glasses and can now see better than I have ever done. I read very fine type (smaller than newspaper type) at a distance of six inches from the eyes, and can run it out at full arm's length and still read it without blurring the type.

I have instructed some of my patients in your methods, and all are getting results. One case who has a partial cataract of the left eye could not see anything on the Snellen test card at twenty feet, and could see the letters only faintly at ten feet. Now she can read 20/10 with both eyes together and also with each eye separately, but the left eye seems, as she says, to be looking through a little fog. I could cite many other cases that have been benefited by central fixation, but this one is the most interesting to me.

Kindly send me more of the subscription slips, as I want to hand them out to my patients.

Yours very truly,

November, 1919

1 - A condition in which the eye is shortsighted in all meridians, but more so in one than in the others.

2 - Jour. Am. Med. Assn., Dec. 10, 1910, p. 2028.

3 - Proc. Am. Acad. Arts and Sciences, July, 1916, vol. 51, No. 13.

4 - School Hygiene, Brief Course Series in Education, edited by Paul Monroe, Ph.D., 1916, pp. 235-236.

BETTER EYESIGHT

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

December, 1919

THE IMAGINATION CURE

When the imagination is perfect the mind is always perfectly relaxed, and as it is impossible to relax and imagine a letter perfectly, and at the same time strain and see it imperfectly, it follows that when one imagines that one sees a letter perfectly one actually does see it, as demonstrated by the retinoscope, no matter how great an error of refraction the eye may previously have had. The sight, therefore, may often be improved very quickly by the aid of the imagination. To use this method the patient may proceed as follows:

Look at a letter at the distance at which it is seen best. Close and cover the eyes so as to exclude all the light, and remember it. Do this alternately until the memory is nearly equal to the sight. Next, after remembering the letter with the eyes closed and covered, and while still holding the mental picture of it, look at a blank surface a foot or more to the side of it, at the distance at which you wish to see it. Again close and cover the eyes and remember the letter, and on opening them look a little nearer to it. Gradually reduce the distance between the point of fixation and the letter, until able to look directly at it and imagine it as well as it is remembered with the eyes closed and covered. The letter will then be seen perfectly, and other letters in its neighborhood will come out. **If unable to remember the whole letter, you may be able to imagine a black period as forming part of it. If you can do this, the letter will also be seen perfectly.**

Imagine the letter is composed of many black periods and shift from period to period (part to part) on the letter.

THE MENACE OF LARGE PRINT

If you look at the big "C" on the Snellen test card (or any other large letter of the same size) at ten, fifteen, or twenty feet, and try to see it all alike, you may note a feeling of strain and the letter may not appear perfectly black and distinct. If you now look at only one part of the letter, and see the rest of it worse, you will note that the part seen best appears blacker than the whole letter when seen all alike, and you may also note a relief of strain. If you look at the small "c" on the bottom line of the test card, you may be able to note that it seems blacker than the big "C." If not, imagine it as forming part of the area of the big "C." If you are able to see this part blacker than the rest of the letter, the imagined letter will, of course, appear blacker also. If your sight is normal, you may now go a step further and note that when you look at one part of the small "c" this part looks blacker than the whole letter, and that it is easier to see the letter in this way than to see it all alike.

If you look at a line of the smaller letters that you can read readily, and try to see them all alike—all equally black and equally distinct in outline—you will probably find it to be impossible, and the effort will produce discomfort and, perhaps, pain. You may, however, succeed in seeing two or more of them alike. This, too, may cause much discomfort, and if continued long enough, will produce pain. If you now look at only the first letter of the line, seeing the adjoining ones worse, the strain will at once be relieved, and the letter will appear blacker and more distinct than when it was seen equally well with the others.

If your sight is normal at the near-point, you can repeat these experiments with a letter seen at this point, with the same results. A number of letters seen equally well at one time will appear less black and less distinct than a single letter seen best, and a large letter will seem less black and distinct than a small one; while in the case of both the large letter and the several letters seen all alike, a feeling of strain may be produced in the eye. You may also be able to note that the reading of very fine print, when it can be done perfectly, is markedly restful to the eye.

The smaller the point of maximum vision, in short, the better the sight, and the less the strain upon the eye. This fact can usually be demonstrated in a few minutes by any one whose sight is not markedly imperfect; and in view of some of our educational methods, is very interesting and instructive.

Probably every man who has written a book upon the eye for the last hundred years has issued a warning against fine print in school books, and recommended particularly large print for small children. This advice has been followed so assiduously that one could probably not find a lesson book for small children anywhere printed in ordinary reading type, while alphabets are often printed in characters one and two inches high. The British Association for the Advancement of Science does not wish to see children read books at all before they are seven years old, and would conduct their education previous to that age by means of large printed wall-sheets, blackboards, pictures, and oral teaching. If they must read, however, it wants them to have 24- and 30-point type, with capitals about a quarter of an inch in height. This is carefully graded down, a size smaller each year, until at the age of twelve the children are permitted to have the same kind of type as their elders. Bijou editions of Bible, prayer-book and hymnals are forbidden, however, to children of all ages.¹

In the London myope classes, which have become the model for many others of the same kind, books are eliminated entirely, and only the older children are allowed to print their lessons in one- and two-inch types.²

Yet it has just been shown that large print is a strain upon the eyes, while the retinoscope demonstrates that a strain to see at the near-point always produces hypermetropia³ (commonly but erroneously called "farsight"). We should naturally expect, therefore, to find hypermetropia very common among small children, and it is. Of children eight and a half years old in the public schools of Philadelphia, Risley⁴ found that more than eighty-eight per cent were hypermetropic, and similar figures may be found in all statistics of the subject. The percentage declines as the children become older, but hypermetropia, or hypermetropic astigmatism, remains at all ages the most common of all errors of refraction. Hypermetropia is, in fact, a much more serious problem than myopia, or nearsight. Yet we have heard very little about it, for the specialists have concluded, from its prevalence and its tendency to pass away or become less pronounced with the growth of the body, that it is the normal state of the immature human eye and therefore beyond the reach of preventive measures. It is true that many young children are not hypermetropic, but

this fact is easily disposed of by the theory that the ciliary muscle alters the shape of the lens in such cases sufficiently to compensate for the shortness of the eyeball.

The baselessness of this theory, as well as the relation of large print to the production of hypermetropia, may be demonstrated by the fact that the condition can be relieved, and has been relieved in numerous cases, by the reading of fine print, combined with rest of the eyes. A child of eight was cured in a few visits by this means. Yet according to the British Association she should not, at this age, have been allowed to read any type larger than 12-point, with capitals more than an eighth of an inch in height. Many grown people have been cured of hypermetropia in the same way, and in all forms of functional imperfect sight the reading of fine print, when it can be done with comfort, has been found to be a benefit to the eyes. Even straining to see fine print is sometimes a benefit in myopia. [Large letters are not a strain if central fixation, shifting are applied. Avoid diffusion, eccentric fixation.](#)

SHIFTING AND SWINGING

Correct Appearance of Oppositional Movement

When the eye with normal vision regards a letter either at the near-point or at the distance, the letter may appear to pulsate, or move in various directions, from side to side, up and down, or obliquely. When it looks from one letter to another on the Snellen test card, or from one side of a letter to another, not only the letters, but the whole line of letters and the whole card, may appear to move from side to side. This apparent movement is due to the shifting of the eye, and is always in a direction contrary to its movement. If one looks at the top of a letter, the letter is below the line of vision, and therefore appears to move downward. If one looks at the bottom, the letter is above the line of vision and appears to move upward. If one looks to the left of the letter, it is to the right of the line of vision and appears to move to the right. If one looks to the right, it is to the left of the line of vision and appears to move to the left.

Persons with normal vision are rarely conscious of this illusion, and may have difficulty in demonstrating it; but in every case that has come under my observation they have always become able, in a longer or shorter time, to do so. When the sight is imperfect the letters may remain stationary, or even move in the same direction as the eye.

It is impossible for the eye to fix a point longer than a fraction of a second. If it tries to do so, it begins to strain and the vision is lowered. This can readily be demonstrated by trying to hold one part of a letter for an appreciable length of time. No matter how good the sight, it will begin to blur, or even disappear, very quickly, and sometimes the effort to hold it will produce pain. In the case of a few exceptional people a point may appear to be held for a considerable length of time; the subjects themselves may think that they are holding it; but this is only because the eye shifts unconsciously, the movements being so rapid that objects seem to be seen all alike simultaneously.

The shifting of the eye with normal vision is usually not conspicuous, but by direct examination with the ophthalmoscope⁵ it can always be demonstrated. If one eye is examined with this instrument while the other is regarding a small area straight ahead, the eye being examined, which follows the movements of the other, is seen to move in various directions, from side to side, up and down, in an orbit which is usually variable. If the vision is normal, these movements are extremely rapid and unaccompanied by any appearance of effort. The shifting of the eye with imperfect sight, on the contrary, is slower, its excursions are wider, and the movements are jerky and made with apparent effort.

It can also be demonstrated that the **eye is capable of shifting with a rapidity which the ophthalmoscope cannot measure.** ([Saccadic movements](#)) The normal eye can read fourteen letters on the bottom line of a Snellen test card, at a distance of ten or fifteen feet, in a dim light, so rapidly that they seem to be seen all at once. Yet it can be demonstrated that in order to recognize the letters under these conditions it is necessary to make about four shifts to each letter. At the near-point, even though one part of the letter is seen best, the rest may be seen well enough to be recognized; but at the distance it is impossible to recognize the letters unless one shifts from the top to the bottom and from side to side. One must also shift from one letter to another, making about **seventy shifts in a fraction of a second.**

A line of small letters on the Snellen test card may be less than a foot long by a quarter of an inch in height; and if it requires seventy shifts to a fraction of a second to see it apparently all at once, it must require many thousands to see an area of the size of the screen of a moving picture with all its detail of people, animals, houses, or trees, while to see sixteen such areas to a second, as is done in viewing moving pictures, must require a rapidity of shifting that can scarcely be realized. Yet it is admitted that the present rate of taking and projecting moving pictures is too slow. The results would be more satisfactory, authorities say, if the rate were raised to twenty, twenty-two or twenty-four a second. The human eye and mind are not only capable of this rapidity of action, and that without effort or strain, but it is only when the eye is able to shift thus rapidly that eye and mind are at rest, and the efficiency of both at their maximum. It is true that every motion of the eye produces an error of refraction; but when the movement is short, this is very slight, and usually the shifts are so rapid that the error does not last long enough to be detected by the retinoscope, its existence being demonstrable only by reducing the rapidity of the movements to less than four or five a second. The period during which the eye is at rest is much longer than that during which an error of refraction is produced. Hence, when the eye shifts normally no error of refraction is manifest. The more rapid the unconscious shifting of the eye, the better the vision; but if one tries to be conscious of a too rapid shift, a strain will be produced.

Perfect sight is impossible without continual shifting, and such shifting is a striking illustration of the mental control necessary for normal vision. It requires perfect mental control to think of thousands of things in a fraction of a second; and each point of fixation has to be thought of separately, because it is impossible to think of two things, or of two parts of one thing, perfectly at the same time. The eye with imperfect sight tries to accomplish the impossible by looking fixedly at one point for an appreciable length of time; that is, by staring. When it looks at a strange letter and does not see it, it keeps on looking at it in an effort to see it better. Such efforts always fail, and are an important factor in the production of imperfect sight.

+ One of the best methods of improving the sight, therefore, is to imitate consciously the unconscious shifting of normal vision, and to realize the apparent motion produced by such shifting. Whether one has imperfect or normal

sight, conscious shifting and swinging are a great help and advantage to the eye; for not only may imperfect sight be improved in this way, but normal sight may be improved also.

Detailed instructions for improving the sight by this method will be given in my forthcoming book, *The Cure of Imperfect Sight by Treatment without Glasses*.

Rapid and tiny shifts, the eyes ability to shift many times per fraction of a second are called Saccadic eye movements, vibrations. The eye produces many different movements, high frequency...

OPTIMUMS AND PESSIMUMS

In nearly all cases of imperfect sight due to errors of refraction there is some object, or objects, which can be regarded with normal vision. Such objects I have called *optimums*. On the other hand, there are some objects which persons with normal eyes and ordinarily normal sight always see imperfectly, an error of refraction being produced when they are regarded, as demonstrated by the retinoscope. Such objects I have called *pessimums*. An object becomes an optimum, or a pessimum, according to the effect it produces upon the mind, and in some cases this effect is easily accounted for.

For many children their mother's face is an optimum, and the face of a stranger a pessimum. A dressmaker was always able to thread a No. 10 needle with a fine thread of silk without glasses, although she had to put on glasses to sew on buttons, because she could not see the holes. She was a teacher of dressmaking, and thought the children stupid because they could not tell the difference between two different shades of black. She could match colors without comparing the samples. Yet she could not see a black line in a photographic copy of the Bible which was no finer than a thread of silk, and she could not remember a black period. An employee in a cooperage factory, who had been engaged for years in picking out defective barrels as they went rapidly past him on an inclined plane, was able to continue his work after his sight for most other objects had become very defective, while persons with much better sight for the Snellen test card were unable to detect the defective barrels. The familiarity of these various objects made it possible for the subjects to look at them without strain—that is, without trying to seem them. Therefore the barrels were to the cooper optimums; while the needle's eye and the colors of silk and fabrics were optimums to the dressmaker. Unfamiliar objects, on the contrary, are always pessimums.

In other cases there is no accounting for the idiosyncrasy of the mind which makes one object a pessimum and another an optimum. It is also impossible to account for the fact that an object may be an optimum for one eye and not for the other, or an optimum at one time and at one distance and not at others. Among these unaccountable optimums one often finds a particular letter on the Snellen test card. One patient, for instance, was able to see the letter K on the forty, fifteen and ten lines, but could see none of the other letters on these lines, although most patients would see some of them, on account of the simplicity of their outlines, better than they would such a letter as K.

Pessimums may be as curious and unaccountable as optimums. The letter V is so simple in its outlines that many people can see it when they cannot see others on the same line. Yet some people are unable to distinguish it at any distance, although able to read other letters in the same word, or on the same line of the Snellen test card. Some people again will not only be unable to recognize the letter V in a word, but also to read any word that contains it, the pessimum lowering their sight not only for itself but for other objects. Some letters, or objects, become pessimums only in particular situations. A letter, for instance, may be a pessimum when located at the end, or at the beginning of a line, or sentence, and not in other places. When the attention of the patient is called to the fact that a letter seen in one location ought logically to be seen equally well in others, the letter often ceases to be a pessimum in any situation.

A pessimum, like an optimum, may be lost and later become manifest. It may vary according to the light and distance. An object which is a pessimum in a moderate light may not be so when the light is increased or diminished. A pessimum at twenty feet may not be one at two feet, or thirty feet, and an object which is a pessimum when directly regarded may be seen with normal vision in the eccentric field—that is, when not directly regarded.

For most people the Snellen test card is a pessimum. If you can see the Snellen test card with normal vision, you can see almost anything else in the world. Patients who cannot see the letters on the Snellen test card can often see other objects of the same size and at the same distance with normal sight. When letters which are seen imperfectly, or even letters which cannot be seen at all, or which the patient is not conscious of seeing, are regarded, the error of refraction is increased. The patient may regard a blank white card without any error of refraction; but if he regards the lower part of a Snellen test card, which appears to him to be just as blank as the blank card, an error of refraction can always be demonstrated, and if the visible letters of the card are covered the result is the same. The pessimum may, in short, be letters or objects which the patient is not conscious of seeing. This phenomenon is very common. When the card is seen in the eccentric field it may have the effect of lowering the vision for the point directly regarded. For instance, a patient may regard an area of green wall-paper at the distance, and see the color as well as at the near-point; but if a Snellen test card on which the letters are either seen imperfectly, or not seen at all, is placed in the neighborhood of the area being regarded, the retinoscope may indicate an error of refraction. When the vision improves, the number of letters on the card which are pessimums diminishes and the number of optimums increases, until the whole card becomes an optimum.

A pessimum, like an optimum, is a manifestation of the mind. It is something associated with a strain to see, just as an optimum is something which has no such association. It is not caused by the error of refraction, but always produces an error of refraction; and when the strain has been relieved it ceases to be a pessimum and becomes an optimum.

HOME TREATMENT

It is not always possible for patients to go to a competent physician for relief. As the method of treating eye defects presented in this magazine is new, it may be impossible to find a physician in the neighborhood who understands it; and the patient may not be able to afford the expense of a long journey, or to take the time for treatment away from home. To such persons I wish to say that it is possible for a large number of people to be cured of defective eyesight without the aid either of a physician or of anyone else.

They can cure themselves, and for this purpose it is not necessary that they should understand all that has been written in this magazine, or anywhere else. All that is necessary is to follow a few simple directions.

Place a Snellen test card on the wall at a distance of ten, fourteen, or twenty feet, and devote half a minute a day, or longer, to reading the smallest letters you can see, with each eye separately, covering the other with the palm of the hand in such a way as to avoid touching the eyeball.

Keep a record of the progress made, with the dates. The simplest way to do this is by the method used by oculists, who record the vision in the form of a fraction, with the distance at which the letter is read as the numerator and the distance at which it ought to be read as the denominator. As already explained, the figures above the lines of letters on the test card indicate the distance at which these letters should be read by persons with normal eyesight. Thus a vision of 10/200 would mean that the big C, which ought to be read at 200 feet, cannot be seen at a greater distance than ten feet. A vision of 20/10 would mean that the ten line, which the normal eye is not ordinarily expected to read at a greater distance than ten feet, is seen at double that distance. This is a standard commonly attained by persons who have practiced my methods.

Children under twelve years who have not worn glasses are usually cured of defective eyesight by the above method in three months, six months, or a year. Adults who have never worn glasses are benefited in a very short time—a week or two—and if the trouble is not very bad, may be cured in the course of from three to six months. Children or adults who have worn glasses, however, are more difficult to relieve, and will usually have to practice the various methods of gaining relaxation which have been presented from month to month in this magazine and will be described in more detail in my forthcoming book, *The Cure of Imperfect Sight by Treatment without Glasses*.

It is absolutely necessary that the glasses be discarded. No half-way measures can be tolerated, if a cure is desired. Do not attempt to wear weaker glasses, and do not wear glasses for emergencies. Persons who are unable to do without glasses are not likely to be able to cure themselves.

Modern Natural Vision Improvement teachers state that reduced, weaker eyeglass lenses can be worn, but only when necessary. In later years Dr. Bates stated glasses can be worn if absolutely essential but, glasses will slow vision improvement.

Children and adults who have worn glasses will have to devote an hour or longer every day to practice with the test card and the balance of their time to practice on other objects. It will be well for such patients to have **two test cards, one to be used at the near-point, where it can be seen best, and the other at ten or twenty feet. The patient will find it a great help to shift from the near card to the distant one, as the unconscious memory of the letters seen at the near-point helps to bring out those seen at the distance.** (Switching close and far. Shift on the E on the close card. Switch to the distant card. Shift on the E on that card. Then back to the close card. Repeat. Remember, imagine the E clear.)

If the patient can secure the aid of some person with normal sight, it will be a great advantage. In fact, persons whose cases are obstinate will find it very difficult, if not impossible, to cure themselves without the aid of a teacher. The teacher, if he is to benefit the patient, must himself be able to derive benefit from the various methods recommended. If his vision is 10/10, he must be able to improve it to 20/10, or more. If he can read fine print at twelve inches, he must become able to read it at six, or at three inches. He must also have sufficient control over his visual memory to relieve and prevent pain.

Parents who wish to preserve and improve the eyesight of their children should encourage them to read the Snellen test card every day. There should, in fact, be a Snellen test card in every family; for when properly used it always prevents myopia and other errors of refraction, always improves the vision, even when this is already normal, and always benefits functional nervous troubles. Parents should improve their own eyesight to normal, so that their children may not imitate wrong methods of using the eyes and will not be subject to the influence of an atmosphere of strain.

December, 1919

1 - Report on the Influence of School Books upon Eyesight, second revised edition, 1913.

2 - Pollock: The Education of the Semi-Blind, Glasgow med. Jour., Dec, 1915.

3 - Bates: The cause of myopia, N.Y. Med. Jour., March 10, 1912.

4 - School hygiene, in System of Diseases of the Eye, edited by Norris and Oliver, vol. II, P. 353.

5 - An instrument for viewing the interior of the eye. When the optic nerve is observed with the ophthalmoscope, movements can be noted that are not apparent when only the exterior of the eye is regarded.

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Read, learn from Dr. Bates, the Best, Original Natural Vision Improvement Teacher

Picture Back Cover - Ophthalmologist Bates, Emily C. A. Lierman, Bates and a Bates Method Patient, Student

Floating Specks caused by Eyeglasses, Contacts, Laser Surgery, Sunglasses.

Eyeglasses, Contact lenses, Cornea Laser Surgery, Sunglasses, Staring cause Floating Specks by impairing natural eye movement, shifting, central-fixation, creating strain, tension in the eyes, eye muscles, neck, visual system, brain. Diet also affects the eyes health, function and can cause floaters.

Floaters, Floating Specks – Moving spots, lines, bubbles... in the visual field can appear in many forms, colors. They move when the eye moves and move away from the central field of vision. They are usually harmless.

Scientists state that floaters *Muscae Volitantes*, or *Flying Flies* are debris left in the eye from its development, injury or toxins in the body which can be removed by fasting, cleansing diet, improved liver, kidney health, avoiding: sugar, ingestion of chemicals, or chemicals in the air, on the skin, artery clogging food.

Ophthalmologist Bates states that tension in the mind, staring, squinting, limited eye movement, lack of central-fixation, eye muscle tension causes the appearance of floaters. Worrying about them, looking for the floaters, trying to prevent them from appearing and moving causes staring, eye muscle tension: the floaters then appear/stay in the visual field.

Dr Bates states that floating specks disappear when the mind, visual system, eye muscles, eyes relax causing the eyes to move, 'shift' correct – Relaxed mind, eye muscles, eyes produce all sizes, types of eye movements and it's the tiny, small shifts (saccadic eye movements, vibrations) and central-fixation that occur with relaxation, normal eye function that produce very clear vision, causes the floaters to disappear, stop moving around and the brain shuts them off.

Shift point to point on a fine print letter or small part on a distant or close object: left and right, top and bottom, diagonally... and notice the vision improves and floaters disappear. Clear vision removes floaters.

Practice shifting point to point on a fine print letter or tiny period with the eyes open. Then; imagine shifting on the letter or period with the eyes open without looking at it, see it in the mind only. Blink, relax. Then: do this with the eyes closed using the memory and imagination, then with eyes open again. Notice the eyes do tiny movements even when shifting on the imaginary tiny object with the eyes open or closed. The floaters disappear.

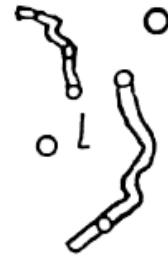
Relaxed eye muscles, neck muscles, exercise, deep breathing improve blood/oxygen, nutrient, lymph flow, circulation to the brain, eyes, allows the eyes to remove waste, return eye fluid, lymph flow to normal. This removes floaters.

All Correct Vision Habits: Shifting, Central-fixation, Blinking, Switching Practice... and other Bates Method Activities; Long Swing, Rock, Sunlight, Deep Abdominal Breathing, good diet, avoiding processed sugar, aspartame, chemical exposure removes floaters. Food that improves the circulation in body, eyes helps cleanse the eyes, improves eye health.

Many floaters, suddenly appearing, flashing lights are a different type of floater and a sign of detached retina or other eye condition. See an Eye Doctor Immediately.

Migraine headaches can cause temporary flashing moving lights, patterns, blind spots in the visual field with or without the headache. Sinus headache, pressure can cause floaters and disrupt eye movement, cause blurry vision.

Floating Specks.



See Better Eyesight Magazine for a variety of Articles on Floaters

BETTER EYESIGHT

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

October, 1919

FLOATING SPECKS

A man returning from Europe was looking at some white clouds one day when floating specks appeared before his eyes. He consulted the ship's doctor, who told him that the symptom was very serious, and might be the forerunner of blindness. It might also indicate incipient insanity, as well as other nervous or organic diseases. He advised him to consult his family physician and an eye specialist as soon as he landed, which he did. This was twenty-five years ago, but I shall never forget the terrible state of nervousness and terror into which the patient had worked himself by the time he came to me. It was even worse than that of the clergyman, who was always ready to admit that his fears were unreasonable. I examined his eyes very carefully, and found them absolutely normal. The vision was perfect both for the near-point and the distance. The color perception, the fields and the tension were normal; and under a strong magnifying glass I could find no opacities in the vitreous. In short, there were absolutely no symptoms of any disease. I told the patient there was nothing wrong with his eyes, and I also showed him an advertisement of a quack medicine in a newspaper which gave a great deal of space to describing the dreadful things likely to follow the appearance of floating specks before the eyes, unless you began betimes (in good time, early) to take the medicine in



Girl lying in the grass on a hill looking at the blue sky, white clouds and seeing floaters, imaging they are angels or outer space aliens, secret friends with magic powers that protect her.

question at one dollar a bottle. I pointed out that the advertisement, which was appearing in all the big newspapers of the city every day, and probably in other cities, must have cost a lot of money, and must, therefore, be bringing in a lot of money. Evidently there must be a great many people suffering from this symptom, and if it were as serious as was generally believed, there would be a great many more blind and insane people in the community than there were. The patient went away somewhat comforted, but at eleven o'clock—his first visit had been at nine—he was back again. He still saw the floating specks, and was still worried about them. I examined his eyes again as carefully as before, and again was able to assure him that there was nothing wrong with them. In the afternoon I was not in my office, but I was told that he was there at three and at five. At seven he came again, bringing with him his family physician, an old friend of mine. I said to the latter:

"Please make this patient stay at home. I have to charge him for his visits, because he is taking up so much of my time; but it is a shame to take his money when there is nothing wrong with him."

What my friend said to him I don't know, but he did not come back again.

I did not know as much about *muscae volitantes* then as I know now, or I might have saved both of these patients a great deal of uneasiness. I could tell them that their eyes were normal, but I did not know how to relieve them of the symptom, which is simply an illusion resulting from mental strain. The specks are associated to a considerable extent with markedly imperfect eyesight, because persons whose eyesight is imperfect always strain to see; but persons whose eyesight is ordinarily normal may see them at times, because no eye has normal sight all the time. Most people can see *muscae volitantes* when they look at the sun, or any uniformly bright surface, like a sheet of white paper upon which the sun is shining. This is because most people strain when they look at surfaces of this kind. The specks are never seen, in short, except when the eyes and mind are under a strain, and they always disappear when the strain is relieved. If one can remember a small letter on the Snellen test card by central-fixation, the specks will immediately disappear, or cease to move; but if one tries to remember two or more letters equally well at one time, they will reappear and move. Usually the strain that causes *muscae volitantes* is very easily relieved. [See; April, 1925 and other issues;](#)

Stories from the Clinic

NO. 76: CATARACT

By EMILY C. LIERMAN

MANY patients, after being cured of imperfect sight, go their way and we never see them again. However, many come back, even after a period of five years or more, to report, or to show their gratitude. If a patient is cured quickly, he is very apt to forget that he ever had eyestrain. Normal vision helps him to forget, and he is able to go on with things that interest him without tension or strain.

There is nothing that affects the whole nervous system more than eye strain.

I have deep sympathy for patients suffering from cataract. Some of these have told me that, when they first discovered, or were told that they had acquired cataract, the shock was so great it sometimes made them very ill. I have often wished that I could broadcast to every human being troubled with cataract, that they need not worry about an operation, nor fear blindness.

While treating patients at the Harlem Hospital Clinic, Dr. Bates placed under my care many patients with cataract. Some of them were children who were born with it, while others acquired it from an injury of some sort. If they faithfully practiced the daily treatment for their particular case, they always improved. There were no exceptions, although in all cases where the patient did not practice enough, it took much longer for a cure. Adults were also cured quickly when the directions for home treatment were faithfully carried out. Age made no difference.

A colored mammy, who was a faithful servant of one of our private patients, came regularly, three days a week for many months, and was treated for cataract. I have described her case in my book, "Stories from the Clinic." In the beginning of her treatment, she could not see the letters of the test card at five feet. As she explained it in her dialect: "Do you know, ma'am, ah can see nothin', no ma'am, nothin' at all at dis distance!"

Long periods of palming, early in the morning and late in the afternoon, when her work was done, helped her sight. In the clinic she was taught to sway her body slightly from side to side and to blink all the time. The swaying helped her to see things about the room moving opposite to the movement of her body. **The blinking prevented the stare, which is usually the cause of cataract.** The quickest way to obtain a cure is by palming, and I advise my private patients to practice it for several hours or many times each day. It would be impractical, however, to advise a clinic patient to use the same method, because they cannot spare the time from their work, nor can the employer spare them. If such advice were given them, their answer would surely be: "This treatment is only for those who can afford the time." Dr. Bates often tells them that it takes less time to use their eyes correctly than it does to use them incorrectly.

Clinic patients, as well as private ones, are advised to relax all day long. Mammy was to see things moving all day by watching her broom as she swept the floors; the washboard as she washed the clothes; the clothes-wringer as she turned the handle; and the dishes as she dried them and put them in the cupboard. We treated her many times, but occasionally she had a relapse. These were sad times for mammy, when she had tears in her eyes and a heavy heart. Frequently she would say: "Ma'am ah knows der is no hope for me. Ah has displeased de good Lord." A kind word or two always helped her, and I made sure that she received many of them.

As time went on, she obtained normal vision with the use of the test card, and became able to read very fine print and to thread a needle. We left the Harlem Hospital Clinic, never thinking that we would hear from her again. Six years had passed, and new patients were coming and going from our own clinic, when one day about three months ago, we received a letter from mammy. All

through the letter were words of gratitude and praise for what we had done for her. **She is now seventy-eight years old, and can still read her newspaper and thread a needle.** She asked for permission to come to see us. She wanted the Doctor to look at her eyes to prove that her cataract had entirely disappeared. We, of course, were anxious to see her. When she came both of her eyes were examined and no sign of cataract was found in either eye. Her vision with various test cards was 10/10, and she read fine print without any difficulty, because she did as she was told. She was cured. It was not always easy for her as her work at times required good eyes. Her madam had patience with her for she, also, was under treatment. During mammy's last visit, she said: "Ah jest knowed dat ah was cured 'cause ah could see de crumbs on de carpet to brush up, an' ah could see de dust all ober de furniture an' ah cleans better. De sun is clear now an' not in de mist no mo'."

About a month ago, another patient came with a report of good vision. She is **over eighty years old**, and has a disposition just as cheery as she had when I first knew her, about eight or nine years ago. Perhaps our readers will remember an article I wrote about her. She is the patient who was employed in an orphanage. Her duties there were to see that all the buttons were sewed on the clothes of little ones at the Home. She said she was the only daisy in the country while she was there. From the very beginning she had infinite faith that Dr. Bates could cure her without an operation. During one of her early treatments, when she noticed a decided improvement in her sight while palming, she could not resist the temptation to peep through her fingers at me and say: "I'll fool them yet." I asked her what she meant and she answered: "Oh! The other doctors who want to operate on my eyes." Well, she kept her word. She fooled them and was entirely cured. She has never worn glasses since her first treatment and the only reason for her being cured is, that she practiced faithfully the methods of treatment that helped her most. When she looks at you, her young, blue eyes twinkle and she wears a smile that won't come off.

Better Eyesight Magazine - November, 1927 – Alexander Technique

The question that comes up more prominently than any other is: What can the patient do to bring about relaxation of any group of muscles? A man, by the name of F.M. Alexander, of London, England has accomplished a great deal in the cure of all kinds of diseases. He says that all diseases of the body are caused by tension. They can all be cured by the relaxation of the tension. He has offered many methods of bringing about relaxation in the most interesting, although seemingly incredible way and the most successful is to bring about relaxation by having the patient state that it is desired.

For example, a patient sitting in a chair or lying down on the floor, whichever is easier, says: **"I desire relaxation of the muscles of my neck, so that my head can be lifted forwards and upwards." This is sometimes repeated one hundred to a thousand times.** Mr. Alexander has always succeeded in having the patient bring about **relaxation of the muscles of the neck** by this method.

Mr. Alexander goes further and brings about relaxation of the muscles of the chest, both outside and inside, by having the patient say: "I wish my shoulder to relax and to move downwards and backwards. I wish my chest to relax and to move backwards. I wish my whole body to relax and move backwards. I wish my foot to move backwards without effort, without strain of any muscles of the body."

It has been a great shock to many orthodox physicians to observe the cures that Alexander has made. Epilepsy, considered by the medical profession to be incurable, has been cured by relaxation, without the use of any other form of treatment. Of course, rheumatism responds perhaps more quickly to relaxation than a great many other diseases, but there are cases of so-called rheumatism affecting the shoulder in which all parts of the joint become immovable.

One patient was afflicted with Parkinson's disease; all the joints of the body became so fastened together, so immovable, that the patient was unable to produce any voluntary movement of the hand or the arm. As time passed, the voluntary and the involuntary muscles gradually became useless from tension. Mr. Alexander had the patient relax those muscles which she could relax most readily. When this was done, the more difficult muscles became relaxed, until finally she was cured completely by the relaxation of tension.

(The Alexander technique continues to be popular today; original and modern Natural Vision Improvement teachers apply neck relaxation, movement as a main vision improvement treatment. The Alexander Technique is known for improving breathing and vision.)

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Better Eyesight Magazine Articles by Dr. Bates & Emily Lierman, Bates, Teachers For Chapters, Steps # 1 to 10 in This Book

#1 - Relaxation, Palming

REST

By W. H. BATES, M.D.

REST and relaxation of the eye and mind is perfect when the vision is perfect, and can always be demonstrated.

When the eye is at rest, it is always moving. To demonstrate this, instruct the patient to close his eyes and imagine that he is looking fast over his right shoulder, then over his left shoulder. By alternating quite vigorously, the eyeballs can be seen to move from side to side. While the eyes are still closed, one can place the fingers on the closed eyelids and feel this movement. Now instruct the patient to imagine a shorter movement of the eyes from side to side, that is, look a shorter distance from right to left while the eyes are closed. The movement can usually be felt, but it is not so manifest to the observer as it is when the wide movement of the eyes is made. However, after a little practice, five minutes or more, when the patient is imagining the eyes are moving, one can feel the movement even though it may be very short, one-quarter of an inch or less. If the patient stares at a part of an imaginary letter with the eyes closed, the memory or the imagination of the letter becomes blurred and the movement of the eyeball is not continuous. On the other hand, if the patient remembers a letter perfectly, and shifts on it in the mind, the eyeball appears to move continuously a short distance in various directions.

When central fixation is practiced, that is, when one remembers or imagines one part of a letter best, the eyeballs move. If one tries to remember or imagine a letter, all parts equally well, the movement of the eyeballs cannot be seen or felt, and the eyeballs appear stationary. One can demonstrate the movement of the eyeballs very well with the aid of the ophthalmoscope. When the optic nerve is regarded with this instrument, one can always see the movement of the pigment of the eye or of the blood vessels of the retina when the sight, memory, or imagination is normal. This movement is slow, short, easy and continuous. When the sight, memory, or imagination is imperfect, the eyeball may move very irregularly, with frequent periods when it is stationary. Eye immobility, impaired shifting = unclear vision.

In nystagmus, the eyeballs move from side to side, usually continuously, a distance so great that it is conspicuous. The rapidity of this movement may vary. It is always stopped after closing the eyes and resting them a sufficient length of time, several minutes or longer, or by practicing the slow, short, easy swing.

Nystagmus is generally believed to be difficult to cure. In fact, it is so difficult that very few cases have ever been reported as benefited by orthodox methods of treatment. It has usually been considered an incurable symptom of disease of the eye. Nystagmus is, however, to a greater or less degree, under the control of the mind of the patient. Some people are able to stop the movement at will. These cases, however, are rare. Some children acquire the ability to practice nystagmus just as they learn to look cross-eyed. Nystagmus requires a strain. When practiced either consciously or unconsciously, the vision is always lowered. When the nystagmic movements are lessened or stopped altogether, the vision improves and has frequently become normal, either temporarily or permanently.

Some years ago I treated a boy, aged ten, for the cure of nystagmus. His mother told me that she had visited many physicians and had sacrificed a great deal financially in order to obtain a cure for her son. I tested his vision and found it normal at times, when the nystagmus would stop. Repeated tests demonstrated the fact that his vision was always worse when he had the nystagmus. While he was reading with almost normal vision, I said to him: "Stop the movement of your eyes!" Much to my surprise, he did what I told him and then read the card with normal vision. Then I said to him: "Start it up again and read the card." This he did very promptly, but he was unable to obtain normal sight. Again I asked him to stop the nystagmus and his vision became normal and remained normal as long as he had no nystagmus.

The mother paid close attention to the conversation. She realized that the boy was able to produce or stop the nystagmus at will. He seemed to be pleased by the attention he received when he showed off his control of it. The mother asked me no questions. There was no need of questions after the convincing demonstration that the boy gave of his ability to control the movement. There was a grim determination in her face when she left the office, and she grasped the arm of her boy with a great deal more force than was perhaps necessary. She spoke to the boy with considerable emphasis: "Just you wait until I get you home!" I am sorry that I cannot report what happened later, but I can guess. I hope that she was able to stop this bad habit without much severity.

It can be demonstrated that when the eyes are not at rest, the vision is always imperfect. When the memory or imagination is perfect with the eyes closed, the vision is improved when the eyes are opened. Usually the improvement of



Eyes closed - imagine looking back and forth over the left and right shoulders and lightly touch the fingers onto the upper closed eyelids and feel the eyes move left and right.
Next - imagine shifting left and right on a small letter and feel the eyes movement become smaller, shorter. The eyes, eye muscles and brain, mental pictures work together.

the vision is only temporary, and may last for only a second, or in flashes. In these cases, the memory soon becomes imperfect with the eyes open. By alternating perfect memory with the eyes closed, the memory with the eyes open usually improves. By practice, many patients become able to remember or imagine with their eyes open a small area of black or white, as well as they can imagine it with their eyes closed. When such patients look at a blank wall, where there is nothing in particular to see, no effort may be made to see and the vision improves. One can practice with the Snellen test card and remember for a moment one known letter of the card, with the eyes open, as well as one can for a longer time with the eyes closed. When one letter of the Snellen test card is improved, all the letters and other objects are also improved. The perfect memory of a known letter with the eyes closed is perfect rest, while an imperfect memory or imagination with the eyes closed or open is always a strain. It is a great help to many people with imperfect sight to demonstrate that rest improves the vision, while the stare or strain always lowers it.

To fail to see requires an effort. When the patient regards the letters which are so blurred and indistinct that he cannot tell what they are, he is always straining, trying to see, either consciously or unconsciously. People are cured of their imperfect sight when they cease to strain, stare, or make an effort to see. When I explained this to one of my patients, she said that I was wrong, that the only way she could see was by means of an effort. I had her test the facts. When she looked at the Snellen test card at ten feet, she could not read it with normal vision. At five feet her vision was better, but when she made an effort, her vision became much worse. The same was true when she regarded letters at a nearer point, three feet, two feet, or even one foot. An effort to see always made her sight worse. She had to demonstrate the facts repeatedly before she was finally convinced that her vision was good only when her eyes were at rest and no effort was made. Articles not labeled are by Dr. Bates or Emily Bates. A few sentences are added in some articles by Clark Night for descriptions of modern training.

Be Comfortable

By W. H. BATES, M. D.

IT can be stated without fear of successful contradiction that persons with perfect sight are always comfortable, not only as to their eyes, but as to the rest of the body. As soon as they cease to be so, it can be demonstrated, by examination with the retinoscope, that their sight has ceased to be perfect. They become nearsighted, farsighted, or astigmatic. The art of learning to use the eyes properly, is, in short, the art of learning to be comfortable. Even the memory of comfort improves the sight, while the memory of discomfort lowers it. Persons with imperfect sight often say and think that they are perfectly comfortable; but invariably such persons experience a feeling of relief when they close their eyes, demonstrating that they were not perfectly comfortable before, but had merely formed a habit of ignoring that discomfort. Persons with perfect sight, on the other hand, can immediately produce discomfort by producing imperfect sight, or even by remembering or imagining it, and persons with imperfect sight can produce a degree of discomfort that cannot be ignored by making their sight worse.

Imperfect sight cannot, in other words, be produced without effort, and this effort tears the nerves of the whole body to pieces. The same is true of an imperfect memory and imagination. To demonstrate these facts is often the best way of improving the sight.

While persons with imperfect sight may feel no discomfort when looking at letters on the test card which they do not ordinarily distinguish, they cannot blur their vision for a letter they do distinguish without great effort and discomfort. In fact, the effort and discomfort are so great that many patients cannot be induced to make the experiment. When they can be prevailed upon to do so, however, they realize that they must be unconsciously straining whenever they look at anything with imperfect sight. It is often hard to convince patients of the existence of this unconscious strain, and nothing helps more in their treatment than to have them demonstrate the facts.

What is true of the vision is true of the memory and imagination. When a letter is remembered perfectly, with the outlines clear, and the opening as white as snow or starch; when the attention shifts easily from one part of the letter to another and it appears to move in a direction opposite to that in which the attention shifts; it is remembered easily. There is no sense of effort, or strain, and the individual is perfectly comfortable. When, on the other hand, a letter is remembered imperfectly, with the outline obscured by a gray cloud which is all the time changing, the mind tires so quickly that the memory of the letter is lost from time to time and has to be brought back by an effort. Discomfort is soon produced, and if the effort is continued long enough, severe pain may result. At the same time the retinoscope will show that an error of refraction has been produced, or if this condition previously existed, that its degree has increased.

It should be added, however, that if the strain is to remember a near object, myopia may be decreased, because a strain to see a near object always decreases myopia and the memory of near objects has the same effect. Similarly a strain to remember distant objects may decrease hypermetropia.

Staring is uncomfortable, and lowers the vision. Shifting and the realization of the apparent movement resulting from it are comfortable, and improve the vision. Let anyone try to stop the apparent movement of telegraph poles and other objects past a moving train, and discomfort, pain and carsickness result. In the same way any effort to stop the slighter movement of stationary objects produced by the normal shifting of the eyes, results in discomfort and pain, even though the individual may not previously have been conscious of the movement.

Some people are able to close their eyes and be comfortable. Such persons are easy to cure. In one case a man with presbyopia was completely relieved by keeping his eyes closed for half an hour; and the cure was permanent. Later his wife

was cured by the same means. Other people cannot rest with their eyes shut, and are very difficult to cure. It is the same way with palming. Some persons, when they close and cover their eyes so as to exclude all the light, at once relax and are comfortable, and such persons are easily cured. Others strain more than ever, and are very difficult to cure.

Perfect sight, perfect memory and perfect imagination cannot, in short, coexist with the consciousness of any abnormal symptom, and all such symptoms are relieved when the sight becomes perfect, or when one is able to remember or imagine something seen perfectly. See Dr. Bates Palming Articles in the Relaxation Chapter #1.

New Uses for Relaxation

By BESSIE VREDENBURGH

I HEARD a woman say once that she had followed a certain cult for seventeen years, thoroughly believing in it, but that she had never really put it to the test. This explained what had often been a mystery to me, why certain beliefs and cults could flourish and apparently satisfy so many people, because they were seldom tested.

Not so with the discoveries and teachings of Dr. Bates. They must prove of definite and distinct service, else, they must be discarded, for they make no other appeal than just their own merit. There is no dust thrown in the eyes of the devotees—patients.

This fact was most forcefully brought home to me this summer. I had been greatly benefited by Dr. Bates' treatment in several ways. My eyes responded immediately in that they are now almost cured, but I want to tell of another way in which I was helped, really rescued from the slough of despond and failure. I have suffered many years from a sensitive, irritable skin. Heretofore, this would come in spells and then leave me free again for a little while. I say free, I mean comparatively speaking, for I always was troubled with it more or less. Either the sun was too hot and it became inflamed, or it was too cold and it got chapped and so inflamed, or the wind irritated it or warm clothing; most anything, in fact could cause me trouble.

Of late years it came to stay longer each time so that the periods of so-called freedom became less and less. I tried everything I could hear of to do. Doctors seemed to prefer to let me worry along by myself rather than attempt to cure me beyond suggesting certain diets, etc. I tried mental healing of various kinds also.

To make a very long story short, when I began practicing Dr. Bates' methods for improving my vision I found it rested and relaxed my nerves and also my skin.

I was so much better that I determined to take a little trip that I had wanted to take for some time, but I happened on a terribly hot wave!

My first stop was at St. Louis, and I thought I had never been in a hotter place in my life. The irritation of my skin became intense and my arms, hands, face and neck were red and swollen.

I had a wait of two and a half hours at St. Louis before taking the sleeper on for a point further west. The station was full of hot perspiring people, of all ages and races. I was covered with train dust and perspiration and just about crazy. I realized that I had to get better or go back home, as I couldn't go on like that. I determined to get the short swing more completely than I had ever been able to get it and give it a thorough trial.

I left the hot sultry station and went out into the equally hot and blistering streets, but I had more freedom outside. There I walked for two hours, slowly round and round, trying to maintain the swing. I thought I never could do it. I was under such a strain it seemed utterly impossible to relax. Then when I got a bit of relaxation it seemed as if I couldn't maintain it long enough to get much benefit. But more and more I got it until I felt a great peace and relief. When I finally got on my train for the next step of my journey, I was feeling quite comfortable for the first time in many hours. I was a long way from being entirely cured, but I was better, so that I could continue to get better and have one of the most delightful vacations I have ever had. I stood with equanimity a daily temperature of 110 degrees in the shade. I was out in the open fields, and so in the sun most of the time and did nothing to ease myself from what a person with a normal skin would do. I believe that I could have a normal skin at all times if I would continuously do as Dr. Bates suggested to me; but I forget it so often, and sometimes it seems easier to just let myself get nervous and my skin irritated than it is to try to relax. But it isn't easier in the end, and I envy people who have stronger wills than I have. For all the most wonderful methods in the world won't help those who fail to put them into practice.

Concentration and Relaxation

By LAWRENCE M. STANTON, M.D.

I KNOW of no writer who has so clarified the murky philosophy of concentration and relaxation as has Dr. Bates, and yet the final word has not been said, as he himself would undoubtedly avow.

Therefore, but with humblest intention, I offer a few thoughts upon the subject which is of the utmost importance to those who are striving for better eyesight.

Concentration - Attention

To my patients I have forbidden the practice of concentration, saying that the very word suggests strain, or else I bid them modify the dictionary's definition. I have reasoned that if by concentration you mean, as Dr. Bates says, doing or seeing one thing better than anything else, you may speak of concentration; but if by concentration you mean, as the

dictionary says, doing one thing continuously to the exclusion of all other things, then you must abandon the practice as an impossibility.

Concentration, however, cannot psychologically be ignored, and recent psychology, I believe, has given us a new interpretation which is worthy of our consideration.

Attention underlies concentration, as that word is commonly used, and Ribot's statement of attention is very enlightening. Ribot says "that the state of attention which seems continuous is in reality intermittent; the object of attention is merely a center, the point to which attention returns again and again, to wander from it as often on ever-widening circles. All parts of the object, and then the reflections inspired by these various parts hold our interest by turns. Even when the attention is fixed on the most trifling material object, it works in just the same fashion." This is entirely in accord with Dr. Bates' statement; it is central fixation.

There are, however, two aspects of concentration to be considered—voluntary and involuntary. Voluntary concentration is an effort and, as Dr. Bates has so clearly shown, cannot be maintained without fatigue. The highest grades of attention, to which this brief consideration is confined, are involuntary, and involuntary concentration can be defined as "a psychological equivalent of attention minus effort." In ordinary attention—that is, in voluntary concentration—our thought holds the object in focus, whereas in involuntary attention (which we shall consider synonymous with involuntary concentration) the object holds our thought without our volition, perhaps even against our will. "Spontaneous attention is rooted at the very center of our being," and things that hold the attention captive, as in fascination, fixed contemplation, the Hindu's meditation and reverie are instances of involuntary concentration, and involuntary concentration is as effortless as the rising sun—it just happens. Then, there are those cases of miraculous quick cures of imperfect sight by one or another of Dr. Bates' methods, where it was enough for the patient to see the better course in order to be able to follow it, the idea and its realization occurring simultaneously, without effort, without volition even. Contrast this with the attitude "No, I see the better course and approve it, but I follow the worse." Involuntary concentration is displayed in the case of the insect, related by Fabre and quoted by Dr. Bates, which in captivity hung downward for ten months, its whole life's span, and in this position performed all its functions, even to mating and laying of eggs, apparently without the least fatigue.

Still another instance is that of Napoleon, who could work for eighteen hours at a stretch on one piece of work without the least fatigue. Napoleon speaks of his various affairs arranged in his head "as in a wardrobe." He says: "When I wish to put any matter out of my mind, I close its drawer and open the drawer belonging to another. The contents of the drawers never get mixed and they never worry me or weary me. Do I want to sleep? I close all the drawers, and then I am asleep."

The question, then, may be asked wherein does involuntary concentration differ from relaxation. If involuntary concentration and relaxation are not always one and the same thing, they often are psychological alternatives and not the opponents we think them.

To regard all phases of relaxation as purely passive is as erroneous as it is to say that concentration of the kind under consideration is associated with effort. Relaxation of the passive kind usually ends in sleep or sleepiness, as experienced by many patients after palming. Relaxation combined with action, on the other hand, may also be absolutely free from effort and strain.

Dynamic Relaxation

In any case it is the matter of effort and strain that concerns us most, rather than a question of concentration or relaxation. Victor Hugo speaks of "the calm and intense fixation of the eyes," and surely nowhere is intensity so impressive as in calmness. To be calm is not to be oblivious, and to be intense need not be to strain.

Another thought about relaxation is this: Obstacles to relaxation may prove sources of relaxation. An instance of which, is found in the noise that is keeping us awake when wishing to go to sleep. If we sufficiently relax, if we accept the disturbance and sleep in spite of it, not only is the obstacle overcome, but because overcome it in turn becomes rather pleasantly associated with going to sleep. When again we desire to sleep, we find the noise soothing rather than annoying, and really a source of relaxation instead of an obstacle to it. (A child deeply relaxed, drifting in and out of sleep, safe amongst the trees inside the edge of a field in a dugout up on a small hill, buried in a deep leaf pile, the sound of trains passing by along the river, crickets chirping, brothers, sisters playing in the distance, fire crackling in a old fashioned outdoor fireplace, smell of hamburgers.) The following quotation from Jean Kenyon MacKenzie's "Minor Memories" well illustrates how obstacles may become ministering angels. She writes of the stillness of the African forest:

"I remember that stillness. Many a time when I am in the subway I remember the ineffable stillness of the forest. I wonder to find myself where I am—so savagely circumstanced—so pressed upon by alien bodies, so smitten by noise. Traveling like this, in white man's fashion, you are certainly safe from the snakes, and the leopards, and the cannibal tribes of that other world where you traveled in other fashions. Now that you are shut up so safely in the guts of Manhattan, your friends feel at ease about you—surely the sun shall not smite you by day nor the moon by night. And yet, perversely, in this perfection of safety you are intimidated. *Suddenly passive after your desperate adventures with traffic, you feel the hidden things of memory rise and flood your heart; you dream. You remember other times of day than the manufactured night of the subway and other ways of travel. And suddenly, in the indestructible silence that is the core of that incessant clamor, you hear a bugle calling in a forest-clearing that is half way around the world.*"* Certainly a remarkable experience—what relaxation, what imagination!

Involuntary concentration without effort is equivalent to relaxation in action. If you can achieve such equilibrium; if you can perform your mental functions without strain as Fabre's little insect performed its physical; if you can, whatever your particular captivity, hang by your feet head downward without effort, then "be my friend and teach me to be thine."

Palming

When palming is done correctly, the vision, memory, and imagination always improve. By palming is meant to close the eyes and cover them with the palm of one or both hands without exerting any pressure the closed eyelids. Think of something pleasant, something that you can remember perfectly. Then let your mind drift from one pleasant thought to another. This should be practiced for five minutes ten times daily, or more often when convenient. Some people obtain more benefit by palming for one-half hour, an hour or longer.

There are patients who have difficulty in palming, that is, they strain and make hard work of it. For them it is easier to simply close their eyes and in this way rest them. Other patients obtain relaxation by closing their eyes for part of a minute, then opening them for part of a second, and quickly closing them again. This is called flashing, and usually improves the vision immediately.

It is true that when the eye is perfectly at rest, the sight, memory, and imagination are always normal. Conversely, it is impossible for the sight to be imperfect when the eyes are perfectly at rest. Not only are all errors of refraction benefited and cured by rest, but also organic diseases of the eye,—glaucoma, cataract, opacity of the cornea, disease of the retina, choroid, or optic nerve are cured by rest and relaxation.

HOW I IMPROVED MY EYESIGHT

By PAMELA SPEYER

This patient was wearing when first seen the following glasses: each eye, concave 5.00 D.S. combined with concave 1.00 D.C. A number of competent men had said that her myopia was progressive, and that her vision was certain to become very imperfect even with glasses. They all insisted that she must wear glasses constantly. Yet after she had discarded them her vision improved in two days from 6/200 to 20/100.

I have always been near-sighted. When I was six years old, my father took me to a famous oculist in London, and he prescribed and fitted me with my first glasses. With these lenses I was able to distinguish things at a distance which before I had not been able to see. I found that I could read or see objects at close range just as well without the glasses. The only difference that they made to my sight in this case was that print appeared smaller and less black.

Every year stronger lenses were given to me, and I visited several oculists in England and America, in the hope of improvement. When I was fifteen an oculist told me that my eyesight, instead of improving each year as I had hoped, would gradually become worse. By this time I was wearing glasses all the time.

Then, quite by chance, my father heard of Dr. Bates through a friend whose eyesight had been cured by him. I was taken there at once. The first thing Dr. Bates did was to take away my glasses. I sat down in a chair, opposite which was a Snellen test card, fifteen feet away. I could not see the largest letter, a "C" about four inches by three, which people with normal vision are supposed to read at two hundred feet. He brought the card five feet nearer and then I read the "C." It appeared very blurred and indistinct. The smaller letters were so blurred that I could not see them at all.

The most helpful thing I learned was how to "palm." This I did by closing my eyes and then covering them with the palms of my hands, so that I saw black and remembered it perfectly. This perfect black rested my eyes a great deal. After doing this for some ten or fifteen minutes, I looked at the card and found that I could read the two letters on the next line.

After I had learned to "palm," I learned to "swing." The reason I strained my eyes so when looking at the card was that I stared at one place. So by imagining the letter was swinging like a pendulum, I moved my eyes instead of staring as I had done before. At first the swing was a long one, but after practicing for some weeks, I began getting it shorter until it was only half an inch on each side of the letter. The short swing was more difficult to do than the long one, but it helped more in the end.

Flashing

Then I learned to "flash." I looked at a small letter at fifteen feet distance and could not read it. The longer I looked the worse it grew. So by closing my eyes, remembering the swing for a few seconds, I just glanced at the letter and closing my eyes at once, I saw the letter in a flash.

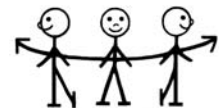
All these things must be practiced every day, and even now I have to "palm" every morning and night. Palming, swinging and flashing were the three fundamentals. As soon as they were mastered only practice remained. I have now been going to Dr. Bates for over a year, and my eyesight is almost cured. I often have flashes of

Palming



Treatment steps

- +Palm
- +Swing
- +Shift and see oppositional movement. Blink, relax.
- +Long Swing
- +Sway and shorter sway.
- +Shift on a small or fine print letter and see a small, very short swing, (small oppositional movement).
- + 'Flash' letters, objects for a fraction of a second: Shift on a letter for a fraction of a second, then palm.
- +Close the eyes and remember, imagine the letter clear and shift on it, see the swing in the mind.



Long Swing

Shift on a small letter and see a short swing.



Sway/rock left and right.

perfect sight. Dr. Bates has certainly helped me in a remarkable degree, more indeed than I ever thought possible when I first went to him wearing strong glasses.

The above article contains many of the main Natural Vision Improvement treatments: Palm, Shift, See the Swing/Oppositional Movement, Long Swing, Sway, Short Sway/Tiny Shift, Flash letters, objects, Memory, Imagination, Relaxation.

THE EFFECTIVENESS OF RELAXATION

By May Secor

Special Teacher of Speech Improvement, New York City Public Schools

STAMMERING, stuttering, lisping, and other speech defects may be considered erroneous speech habits which may be corrected by inculcating new, correct habits of speech. This presents a psychological problem. There is, however, another aspect to the work of speech correction - a physiological aspect. Many cases of speech defect are difficult to correct, because of the physical condition of the pupils. It is considered an important duty of the speech improvement teacher, therefore, to check up physical conditions and to advise parents to have corrected such defects as eyestrain, unhygienic dental conditions, malnutrition, and excessive fatigue.*

(I believe, however, that it is not the province of any teacher, principal, or nurse to advise, urge, or insist upon parents having children operated. Those in charge of children may, with propriety, advise parents to consult physicians regarding their children. In many cases, however, physicians differ among themselves as to the advisability of operating. I believe that the decision should be made by the physicians and parents.)

Many stammerers suffer from eye-strain. For years I urged the patients of such children to consult oculists - any oculists of good standing. They did so, and many cases returned with glasses; however, many of these children who used glasses continued to suffer from eyestrain. Upon returning to the oculist they were usually instructed to continue wearing their glasses until they "became accustomed to them." In many cases eyestrain continued, and the correction of stammering was still impeded. I was deeply concerned about the apparent impossibility of eliminating eye-strain.

Finally a friend placed in my hand Dr. Bates' book entitled "Perfect Sight Without Glasses." At that time I was wearing bifocals, and had used artificial lenses for many years.

I read Dr. Bates' book and decided to apply the method to the correction of my own visual defects.

On March 15, 1923, I removed my bifocals. I followed the Bates Method carefully, hopefully, and persistently and have never used glasses since. My near vision and distant vision are excellent and I enjoy great "eye comfort." I have come into contact with many other men and women who have attained normal vision without glasses by means of the Bates method, after having suffered along with eye-glasses and eyestrain for years.

Convinced of the efficacy of the Bates Method, I became a pupil of Dr. Bates and learned the secret of relaxation. I learned how to relax more completely, and how to help others relax. I began to realize the value of relaxation in education. I made relaxation the keynote of my work in speech correction, and there resulted a harmony that was most helpful to my pupils. It created a pleasant, healthful atmosphere, which enabled pupils to acquire more readily the desired, correct habits of speech.

To the stammerer, especially, palming, swaying, swinging, sun-treatment, and reading the Snellen card are Godsend.

In April 1925, I began work with the speech defect cases in two new schools. Among these cases were a number who wore glasses, and several of these children were cross-eyed. (The term "squint" is frequently misinterpreted.) To induce relaxation and thereby facilitate the formation of new, correct habits of speech I included in my program palming, swaying with music, swinging, the use of memory and imagination, and sun treatment. Early in June 1925, it became apparent that several pupils, who formerly were very noticeably cross-eyed, showed either no defect or a decidedly less acute condition. To verify my observations I photographed these children. I also requested several teachers, and a physician to observe them; they did so, and their findings coincided with mine. The following children were among those who entered my speech improvement groups early in April 1925:

+Case A - Boy, age 14; myopia and strabismus (crossed-eye, called also "squint"); used glasses several years; speech defects, stammering and lisping; known in school as a discipline case. June, 1925 - marked improvement in speech and strabismus entirely corrected.

+Case B - Boy, age 11; myopia and strabismus; used glasses two years; speech defects, stammering, defective phonation, and aphonia. June, 1925 - marked improvement in speech; strabismus much less acute, and entirely relieved at times, when glasses are not used.

+Case C - Boy, age 7; myopia and strabismus; never used glasses; speech defect, lisping. June, 1925 - speech improved; strabismus relieved - occasional relapse when under strain.

+Case D - Girl, age 8; strabismus (but normal vision); wears glasses, constant use; speech defect, lisping. June, 1925 - lisping corrected; when glasses are removed, strabismus is very evident and child sees "two ladies instead of one;" after removing glasses and relaxing a few minutes, strabismus and double vision disappear; subsequent use of glasses causes return of these two defects, which again disappear after the child removes the glasses and relaxes.

In these cases the relief of visual defects was merely a by-product of educational work, conducted on a basis of relaxation. Would it not be well for us to conduct all educational work in this way, and thus help to relieve eyestrain throughout our schools?

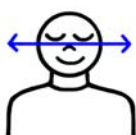
Let us consider the problem of the child having visual defects. What method has been used to help him? He has been urged to wear glasses, and if his eye distress or headaches persisted, he has been urged to continue wearing the glasses until he "becomes accustomed to them." Has this method been successful? Reports of the various sight conservation associations indicate that it has not been successful. What new method may we use to eliminate visual defects among school children? I suggest the Bates Method for Relaxation. Let teachers remove their glasses, and palm, sway, and swing. Let physicians and principals urge pupils to remove their glasses and practice these helpful exercises. Let us, as educators, be broad-minded and alert. When one method fails let us try another.

Relaxation occurs in many forms. See: Dynamic Relaxation – Book; The Art of Seeing by Aldous Huxley. Perfect relaxation can be deep as in the alpha, theta and delta brain wave states, hypnosis, meditation or dynamic: the mind, body, eyes can still be relaxed while more active, energetic. Example: when running a race; the runner is in a perfect state of relaxation, coordination. Mind, body positive, energetic, active but relaxed – no tension, strain. Walking in a relaxed strolling manner. (See Al Pacino walking in the park with his girlfriend in 'The Godfather' movie. Notice how his feet move outward, relaxed, strolling, perfect balance, coordination, character in his walk.) Working on a science project, mind moving from thought to thought, no tension is dynamic relaxation. See Better Eyesight Magazine April 1925 – Concentration and Relaxation.

#2 - SHIFTING-EYE MOVEMENT

SHIFTING AND SWINGING

Correct Appearance of Oppositional Movement



Eyes closed. Imagine looking over the left and right shoulders. Lightly touch the upper eyelids and feel the eyes move left and right when imagining looking left and right. The brain functions with the eyes.



Eyes closed. Imagine shifting left and right on the letter E. See it appear to move side to side opposite the movement of the eyes. Feel the eyes produce smaller movements.



Look at, shift on, see one letter clearest at a time in the center of the visual field. Practice with the eyes open and in the imagination with the eyes closed.



Blink - the eyes shift automatically up and down when blinking. Blink and shift in any direction.

When the eye with normal vision regards a letter either at the near-point or at the distance, the letter may appear to pulsate, or move in various directions, from side to side, up and down, or obliquely. When it looks from one letter to another on the Snellen test card, or from one side of a letter to another, not only the letters, but the whole line of letters and the whole card, may appear to move from side to side. This apparent movement is due to the shifting of the eye, and is always in a direction contrary to its movement. If one looks at the top of a letter, the letter is below the line of vision, and therefore appears to move downward. If one looks at the bottom, the letter is above the line of vision and appears to move upward. If one looks to the left of the letter, it is to the right of the line of vision and appears to move to the right. If one looks to the right, it is to the left of the line of vision and appears to move to the left.

Persons with normal vision are rarely conscious of this illusion, and may have difficulty in demonstrating it; but in every case that has come under my observation they have always become able, in a longer or shorter time, to do so. When the sight is imperfect the letters may remain stationary, or even move in the same direction as the eye.

It is impossible for the eye to fix a point longer than a fraction of a second. If it tries to do so, it begins to strain and the vision is lowered. This can readily be demonstrated by trying to hold one part of a letter for an appreciable length of time. No matter how good the sight, it will begin to blur, or even disappear, very quickly, and sometimes the effort to hold it will produce pain. In the case of a few exceptional people a point may appear to be held for a considerable length of time; the subjects themselves may think that they are holding it; but this is only because the eye shifts unconsciously, the movements being so rapid that objects seem to be seen all alike simultaneously.

The shifting of the eye with normal vision is usually not conspicuous, but by direct examination with the ophthalmoscope it can always be demonstrated. If one eye is examined with this instrument while the other is regarding a small area straight ahead, the eye being examined, which follows the movements of the other, is seen to move in various directions, from side to side, up and down, in an orbit which is usually variable. If the vision is normal, these movements are extremely rapid and unaccompanied by any appearance of effort. The shifting of the eye with imperfect sight, on the contrary, is slower, its excursions are wider, and the movements are jerky and made with apparent effort.

It can also be demonstrated that the eye is capable of shifting with a rapidity which the ophthalmoscope cannot measure. (Saccadic movements) The normal eye can read fourteen letters on the bottom line of a Snellen test card, at a distance of ten or fifteen feet, in a dim light, so rapidly that they seem to be seen all at once. Yet it can be demonstrated that in order to recognize the letters under these conditions it is necessary to make about four shifts to each letter. At the near-point, even though one part of the letter is seen best, the rest may be seen well enough to be recognized; but at the distance it is impossible to recognize the letters unless



Shift left and right, top and bottom and in any direction on the E and see it move (swing) in the opposite direction.

one shifts from the top to the bottom and from side to side. One must also shift from one letter to another, making about seventy shifts in a fraction of a second.

A line of small letters on the Snellen test card may be less than a foot long by a quarter of an inch in height; and if it requires seventy shifts to a fraction of a second to see it apparently all at once, it must require many thousands to see an area of the size of the screen of a moving picture with all its detail of people, animals, houses, or trees, while to see sixteen such areas to a second, as is done in viewing moving pictures, must require a rapidity of shifting that can scarcely be realized. Yet it is admitted that the present rate of taking and projecting moving pictures is too slow. The results would be more satisfactory, authorities say, if the rate were raised to twenty, twenty-two or twenty-four a second. The human eye and mind are not only capable of this rapidity of action, and that without effort or strain, but it is only when the eye is able to shift thus rapidly that eye and mind are at rest, and the efficiency of both at their maximum. It is true that every motion of the eye produces an error of refraction; but when the movement is short, this is very slight, and usually the shifts are so rapid that the error does not last long enough to be detected by the retinoscope, its existence being demonstrable only by reducing the rapidity of the movements to less than four or five a second. The period during which the eye is at rest is much longer than that during which an error of refraction is produced. Hence, when the eye shifts normally no error of refraction is manifest. The more rapid the unconscious shifting of the eye, the better the vision; but if one tries to be conscious of a too rapid shift, a strain will be produced.

Perfect sight is impossible without continual shifting, and such shifting is a striking illustration of the mental control necessary for normal vision. It requires perfect mental control to think of thousands of things in a fraction of a second; and each point of fixation has to be thought of separately, because it is impossible to think of two things, or of two parts of one thing, perfectly at the same time. The eye with imperfect sight tries to accomplish the impossible by looking fixedly at one point for an appreciable length of time; that is, by staring. When it looks at a strange letter and does not see it, it keeps on looking at it in an effort to see it better. Such efforts always fail, and are an important factor in the production of imperfect sight.

+ One of the best methods of improving the sight, therefore, is to imitate consciously the unconscious shifting of normal vision, and to realize the apparent motion produced by such shifting. Whether one has imperfect or normal sight, conscious shifting and swinging are a great help and advantage to the eye; for not only may imperfect sight be improved in this way, but normal sight may be improved also.

Detailed instructions for improving the sight by this method will be given in my forthcoming book, *The Cure of Imperfect Sight by Treatment without Glasses*.

Rapid and tiny shifts, the eyes ability to shift many times per fraction of a second are called Saccadic eye movements, vibrations. The eye produces many different movements, high frequency...

SHIFTING

By W. H. Bates, M.D.

Shifting: The point regarded changes rapidly and continuously.

A man with imperfect sight, who had obtained normal vision by my method of treatment without glasses, called about five years later and announced that the cure had proved permanent. His vision was normal when each eye was tested at twenty feet with Snellen test cards which he had not seen before.

He was asked, "What cured you?"

"Shifting." he answered.

All persons with imperfect sight make an effort to stare with their eyes immovable. The eyes have not the ability to keep stationary. To look intently at a point continuously is impossible, the eyes will move, the eyelids will blink, and the effort is accompanied by an imperfect vision of the point regarded. In many cases the effort to concentrate on a point often causes headache, pain in the eyes and fatigue.

All persons with normal eyes and normal sight do not concentrate or try to see by any effort. Their eyes are at rest, and, when the eyes are at rest, they are constantly moving. When the eyes move, one is able to imagine all stationary objects in turn to be moving in the direction opposite to the movement of the head and eyes. It is impossible to imagine with equal clearness a number of objects to be moving at the same time, and an effort to do so is a strain which impairs the vision, the memory, or the imagination. To try to do the impossible is a strain, which always lowers the mental efficiency. This fact should be emphasized.

Many patients have difficulty in imagining stationary objects to be moving opposite to the movements of the eyes or head. When riding in a fast moving train, and one regards the telegraph poles or other objects which are seen,—the near objects may appear to be moving opposite to the direction in which the train is moving, while more distant objects may appear to move in the same direction as the train.

The above facts may also be imagined when traveling in an automobile. The driver of the car and others occupying a front seat may imagine the road to be moving toward the moving car. When pain, fatigue or other symptoms are present it always means that the individual is consciously or unconsciously trying to imagine stationary objects are not moving. The effort is a strain.

Walking and Eye Movement, Oppositional Movement

When walking about a room, the head and eyes move in the same direction as the body moves, and the carpet and the furniture appear to move in the opposite direction. However, it can be demonstrated that when the head and eyes are moving forward they are also moving from side to side. Every time the right foot is placed forward the eyes move to the right, while stationary objects appear to move in the opposite direction,—to the left; when the left foot steps forward the whole body, including the eyes moves to the left, while stationary objects appear to move in the opposite direction,—to the right.

Patients with normal vision are able to imagine this movement more readily than those with imperfect sight. The head and eyes also move upwards and downwards as the foot is lifted and lowered. When you raise your foot to take a step, the eyes go up, and everything else that is stationary appears to go down. When you lower your foot or head, the eyes go down, and stationary objects appear to go up.

Shifting

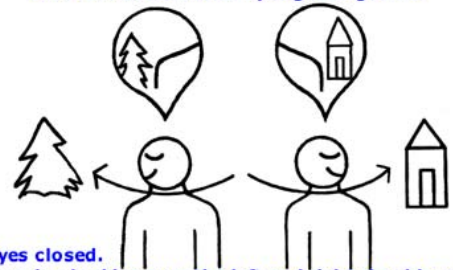
Shifting when practiced with the best results is usually unconscious. Very few people with normal sight, which may be continuous for many years, ever notice that they are constantly shifting correctly. One may shift in a wrong way, strain the eyes, and fail to improve the vision. What is the right way? The right way to shift is to move the eyes from one point to another slowly, regularly, continuously, restfully, or easily without effort or without trying to see. The normal eye with normal sight has the habit of always moving or shifting, usually an unconscious habit. When, by practice, the eye with imperfect sight acquires the conscious habit of shifting, the habit may become unconscious. When the shifting is done properly, the memory, imagination, mental efficiency, and vision are improved until they become normal.

It often happens that when one consciously or intentionally shifts in the wrong way, a better knowledge of the right way to shift may be obtained. When the eyes are moved to the right, stationary objects should appear to move to the left; and, when the vision is good, all objects not regarded are seen less distinctly than those regarded. When the vision is imperfect, objects not observed may be seen better, or an effort is made to see them better than those directly observed. In fact, it is always true that in all cases of imperfect sight the eyes do not see best where they are looking, and central fixation is lost. To shift properly requires relaxation or rest. To shift improperly and lower the vision requires an effort. When one stares at a point, without blinking or shifting; fatigue, distress, or pain is felt. To continue to stare without shifting is hard work. To see imperfectly is difficult; and, when one regards letters which are blurred or not distinguishable either at the distance,—ten feet or further, or at a near point,—six inches or less, the strain on the eyes can be felt. Imperfect sight or a failure to see requires much trouble and hard work. This fact should be demonstrated repeatedly by the patient until thoroughly convinced that rest of the eyes, mind or body can only be obtained by shifting easily, continuously and without effort.

What is true of sight is also true of the memory and imagination. With the eyes closed, one can imagine that he is looking over the right shoulder for a moment and then shift the imaginary gaze over the left shoulder. By lightly touching the closed eyelids with the tips of the fingers he can feel the eyeballs moving from side to side when the shifting is done right. It can be done wrong when one, by an effort, imagines the eyeballs stationary under all conditions.

With the eyes closed, one can imagine alternately looking from one side of a letter to the other. When the imagination of the shifting is done right, the letter remembered is imagined to be moving from side to side. Two letters close together may be imagined or remembered clearly, provided one is imagined better than the other, or when the attention is shifted to each alternately without effort or strain.

From Dr. Bates Better Eyesight Magazine.



Eyes closed.
Imagine looking over the left and right shoulders. First do this without moving the head. Then, imagine looking left and right and move the head with the eyes. Move relaxed, easy - look left, then right, left, right... no hurry. Notice the eyes move under the closed eyelids when imagining looking left and right. The brain, memory, imagination, left and right hemispheres... control eye movement. This activity relaxes the eyes, eye muscles, brain, head, neck, activates easy eye movement/shifting and activates, integrates the left and right brain hemispheres.

STOP STARING

It can be demonstrated by tests with the retinoscope that all persons with imperfect sight stare, strain, or try to see. To demonstrate this fact:

+ Look intently at one part of a large or small letter at the distance or near-point. In a few seconds, usually, fatigue and discomfort will be produced, and the letter will blur or disappear. If the effort is continued long enough, pain may be produced. To break the habit of staring:

(1) Shift consciously from one part to another of all objects regarded, and imagine that these objects move in a direction contrary to the movement of the eye. Do this with letters on the test card, with letters of fine print, if they can be seen, and with other objects.

(2) Close the eyes frequently for a moment or longer. When the strain is considerable, keep the eyes closed for several minutes and open them for a fraction of a second—flashing. When the stare is sufficient to keep the vision down to 2/200 or less, palm for a longer or shorter time; then look at the card for a moment. Later mere closing of the eyes may afford sufficient rest.

(3) Imagine that the white openings and margins of letters are whiter than the rest of the background. Do this with eyes closed and open alternately. It is an interesting fact that this practice prevents staring and improves the vision rapidly.

SHIFTING. When the eyes are normal, they are completely at rest and when they are at rest, they are always moving, which prevents the stare or strain. When looking at an object, do not try to see all parts of that object equally well, at once. That is, when you look at the back of a chair, you see that part best, and the seat and legs not so clearly. But do not hold the point regarded longer than a second.

Remember to blink, as you shift rapidly to the seat and then to the legs of the chair, seeing each part best, in turn. When the eyes stare and an effort is made to see, the vision is always lowered.

Blinking and Shifting

By W. H. BATES, M.D.

BY BLINKING is meant the opening and closing of the eyes more or less rapidly. The normal eye with normal vision blinks almost continuously. Sometimes the upper lid just covers the pupil while in other cases both lids may be completely closed. With the aid of the moving picture camera it has been demonstrated that one may blink five times in one second without being conscious of it.

When an effort is made to stop blinking, whether successful or not, the vision is always lowered. When the eyes are permitted to blink regularly, easily, continuously, the vision is usually benefited. The camera also shows that the lower lids move up with a strong contraction of the muscle.

In many cases of normal vision, especially in those cases which are even better than the average normal vision, blinking is sometimes practiced with incredible rapidity, and on other occasions the eyes may blink infrequently, perhaps once in ten or fifteen seconds. The blinking of the normal eye varies or is different from the blinking of the eye with imperfect sight. The blinking of the eye with imperfect sight is usually very irregular and jerky and is accompanied by a manifest strain of the muscles of the eyelids. With imperfect sight an effort is always being made to hold the eye stationary and to stop the blinking.

If the eyes are allowed to shift and to blink, the vision improves.

Blinking is fundamental and very important, because one cannot shift frequently or continuously with improvement in the vision, unless the eyes blink often. To keep the eyes open without blinking requires an effort, a stare or strain, the patient becomes unable to shift easily or rapidly, and the vision always becomes imperfect.

The best way to rest the eyes is to close them while many things in turn are remembered or imagined. Blinking is a rapid method of resting the eyes and can be practiced unconsciously all day long, regardless of what one may be doing.

It is interesting to observe some people's eyes when they are asleep. One may note that the eyelids are blinking, which prevents the eyes from staring or straining, although the patient is unconscious of his eyes.

It is a well known fact that when people are asleep the eyes are often under a terrific strain. The first thing in the morning, after such a patient opens the eyes, he may find that his sight is very imperfect. He may suffer from pain in the eyes, pain in the head or in other parts of the body, or from extreme fatigue, as if he had been awake and hard at work all night long. When first opening the eyes, the patient may experience a feeling of dizziness, after the eyes have been straining during sleep. It is not an easy matter to recommend successful methods of obtaining relaxation, to such patients so that instead of working hard during sleep, the eyes may be completely relaxed and rested.

In some cases, the patient may have fairly good vision when he first opens his eyes after a good sleep. However, such cases are uncommon.

When the normal eye has normal vision it is always at rest, shifting. (The eye is relaxed, at rest when it is in motion, shifting.) During sleep, however, with the aid of simultaneous retinoscopy it has usually been demonstrated that the eyes are straining, staring or making an effort to see. The unconscious blinking is nature's method of resting the eyes during sleep.

"Shifting"

Directions - How to Shift

When the normal eye has normal vision it is always shifting or moving from one point to another. This is true with the eyes open as well as with the eyes closed. The shifting with the eyes open may be from side to side, from above, downward, or in any other direction. The horizontal shifting is practiced more than the other forms of shifting. The eye is never stationary. When the vision is imperfect, the shifting is also imperfect and may be jerky. It may result in discomfort of the eyes, the head or in any other part of the body. The shift of the normal eye varies and is more or less irregular.

To know the proper way to shift the normal eye, in order that the vision may be continuously normal, it is well to demonstrate the wrong way. When the shifting is practiced or the eyes move from point to point, the vision is usually benefited, provided one shifts slowly, easily and continuously.

(The eye, brain will activate saccadic and other faster shifts automatically, on its own.)

Advise the patient to look directly at one point or one part of the smallest letter which can be distinguished. When he does this for a few seconds, he usually becomes able to feel that an effort is being made, and when the effort is continued or increased, much discomfort is felt and the vision always becomes imperfect. The patient is encouraged to prove that concentration does not last long, and that it is impossible for the eyes, memory or mind to see perfectly, remember perfectly, or imagine perfectly, when an effort is made to concentrate. When the eyes shift from one point to another, a feeling of relaxation soon follows and the vision improves. When the eyes do not shift from point to point, it can always be demonstrated that the vision becomes worse and that the eyes, mind and all the nerves of the body are uncomfortable and may be conscious of an effort or strain.

To constantly stare at one point of a letter or other object is wrong, because it lowers the vision and causes discomfort to the eyes. Perfect sight is not possible and cannot be imagined continuously, unless the shifting is continuous. The movement of letters or words which can always be demonstrated in normal vision, depends upon the shifting.

When the eyes stare and do not move, or when an effort is made to imagine letters or other objects to be stationary, the shifting stops, and if things seen are imagined to be stationary without shifting, or an effort is made to stop the shifting, the vision always becomes imperfect.

With the eyes open, it is possible to shift from the first letter of a line, of the Snellen test card, at fifteen feet, to the end of the line and improve the sight. In most cases a known letter of the Snellen test card can be remembered more or less perfectly with the eyes closed, but only when the eyes or the mind shifts from one letter to another, or from one part of one letter to another part. The letter remembered can be imagined or a mental picture of the letter obtained only by constant, slow, short, regular, continuous, easy shifting. When the patient can remember or imagine letters or other objects perfectly with the eyes open, as well as with the eyes closed, the vision is always benefited. If shifting is not practiced the vision always becomes worse.

Many people with imperfect sight are not able to shift or move their eyes without an effort. They complain that they lose their mental control because they are unable to shift easily or continuously. Much better vision is obtained with a short movement or shift of the eyes than with a long shift. (Shifting on small objects, parts of objects, fine print letter.)

It is necessary for those who have imperfect sight caused by a stare, a strain or an effort to see, to become able to shift in such a way as to benefit their vision. Keep the eyes closed for a large part of a minute and open them for a short time, a second or less. It takes time to stare, concentrate or make an effort to see. It is not possible to stare and lower the vision in a fraction of a second. Perfect sight is inconceivably quick. It is easy, regular and continuous. When shifting is practiced rapidly, easily and continuously, the symptoms of imperfect sight and other symptoms caused by strain are relieved at once. Shifting can be practiced slowly or rapidly, as long as effort, strain is avoided. Relax, practice easy.

The general belief is that when we read we are looking at the letters. When one reads with perfect sight one does not look at the letters, but at the white spaces between the lines and imagines the white centers of the letters to be whiter than they really are. Look directly at a small letter of the fine print that can be read and concentrate your mind and eyes on one part of the letter. You soon feel an effort or strain and the vision is always lowered. If the vision was not lowered, you were unable to keep your attention fixed on the same part of a small letter for a continuous length of time.

Modern teachers state: use central fixation. When you want to read the letters: look directly at the letters, move the eyes along the letters. Do not try to read by looking at/moving the eyes along the white spaces. This would be eccentric fixation, diffusion; looking at two things at the same time, central and peripheral field. Eccentric fixation, diffusion causes mental and visual strain, blur.

Shifting is very often practiced wrongly and the vision becomes lowered or no benefit is gained. To shift rapidly, look up for a moment and then look down quickly, rest the eyes for part of a minute; then repeat, look up and down quickly without paying much, if any attention to the sight. While looking down again, rest the eyes for part of a minute. Alternate until the shifting up and down can always be accomplished rapidly or rapidly enough to avoid testing the sight. When the eyes move up the test card or other stationary objects move down. When the eyes move down stationary objects move up or in the



Shift part to part on a letter and from letter to letter to remember, imagine and see letters clear.
Long Shift:
Shift 4 to R, R to 4.



Shift part to part (dot to dot) on the E to see it clear.
Short shift:
Shift dot to dot on the E, then try on a fine print E, then on one fine print dot.

opposite direction to the movement of the shifting eyes.

Try shifting relaxed, continuously from point to point on a object and from object to object. Blink.

Normal sight cannot be demonstrated continuously unless the eyes are continuously shifting. The patient is usually unconscious that he is shifting rapidly when he believes that he can see one letter of the bottom line perfectly and all the time.

Many people have said that they can see a letter with normal vision at fifteen feet or further without moving their eyes, and without imagining the letter to be moving. In other cases where some people thought they could regard one letter with normal vision without shifting, it was found that while doing this the eyes, when observed at the near point, a few feet or further, could be seen to move very quickly, up, down, from side to side or in other directions. The movement of the eyes was so rapid that it was not noticeable, unless the patient was observed very closely.

When the top of a large letter is regarded, that part may be seen best for a short time, while the rest of the letter is seen worse, i.e. central fixation. One cannot see with central fixation and have normal vision unless one is continuously shifting. When the bottom of the letter is regarded, it may be seen best, while all the rest of the letter is seen worse. By shifting alternately from the top to the bottom of the large letter, the vision is usually improved. At the same time, the uncomfortable feeling in the eyes or head is relieved and all pain is benefited.

One patient with very unusual vision read the bottom line marked "10" not only at ten feet but at a much greater distance. In a good light she claimed that she could see one letter of the "10" line at fifteen feet continuously without blinking and without shifting. Although she was not conscious of the fact she must have been blinking or shifting because the moving picture camera has always demonstrated that no one could see one letter of the Snellen test card continuously without rapid blinking or shifting.

It requires time for one's sight to become imperfect. The habit of staring or straining cannot be accomplished in a second. It takes a longer time to fail than it takes to succeed. Perfect sight can only be obtained quickly without effort or strain. The cure of imperfect sight, then, is to stop all effort. It is not accomplished by doing things; it can only come by the things that one stops doing.

SHIFTING AND SWINGING: When shifting is done properly, it is practiced easily, without effort or strain. When one shifts from a point to the left to a point to the right, the swing produced is continuous, regular, and promotes relaxation. It is possible to shift with the eyes closed with as much benefit as with the eyes open. There are some people who cannot shift with the eyes open without a strain and yet they can shift or swing or imagine perfect sight with the eyes closed.

Whenever the head and eyes are moved from side to side, one should imagine that stationary objects are moving in the opposite direction. This should be practiced at all times until the habit is obtained. (The various swings are described in the June and other issues of this magazine.)

Shifting

When the normal eye has normal sight it is at rest and when it is at rest it is always moving or shifting. Shifting may be done consciously with improvement in the vision, or it may be done unconsciously with impaired vision.

Shifting can be practiced correctly and incorrectly.

+A wrong way to shift is to turn the head to the right while the eyes are turned to the left, or to turn the head to the left while the eyes are turned to the right.

+Correct way = Eyes, head/face, body move together, synchronized, same time, same direction.

To improve imperfect sight by shifting, it is well to move the head and eyes so far away that the first letter or object imagined is too far away to be seen at all clearly. Shifting from small letters to large letters alternately may be a greater benefit than shifting from one small letter to another small letter. Quite frequently the vision is decidedly improved by shifting continuously from one side of a small letter to the other side, while the letter is imagined to be moving in the opposite direction. When the shifting is slow, short, and easy, the best results in the improvement in the vision are obtained.

The eye also moves quick, very fast (Saccadic) and this occurs automatically. Any attempt to stop the shifting always lowers the vision. The letter or other object which appeared to move is usually shifting a short distance – one half or one quarter of an inch. It is not possible to imagine any particular letter or other object stationary for a longer time than one minute.

Strain, blur begins when the eyes have not moved after a fraction of a second to one second.

While the patient is seated, benefit can be obtained from shifting, but even more benefit can be obtained when the shifting is practiced while the patient is standing and moving the head and shoulders, in fact the whole body, a very short distance from side to side. (The Sway, Rock) Shifting the whole body makes it easier to shift a short distance and may explain why this method is best. It is easy to see letters on a eyechart clear when shifting easily on the letters while doing the sway a short distance left and right. Blink, sway, relax.



Shift top and bottom, left and right, part to part in any direction on a letter, seeing one small part clearest at a time in the center of the visual field for relaxation, clear vision.

Shift left and right on the E and see it move in the opposite direction.
+Shift to the dot on the left, The E moves right.
+Shift to the dot on the right, the E moves left.



Palming

Palm and imagine black or any pleasant object, scene... Think happy thoughts. Shift on objects in the mind, see them clear, in color, motion.

Dodge It

By W. H. BATES, M.D.

WHENEVER your sight improves shift quickly to something else. Dodge your improved vision. Whenever you see things imperfectly shift your eyes quickly to something else. Dodge your imperfect sight. To stare always lowers the vision. Do not stare. Dodge it: It is interesting to demonstrate the great fact that perfect sight comes so quickly that you cannot avoid seeing things perfectly. The long swing is a great benefit as long as you dodge the improvement in your sight. The short swing requires more relaxation, and to dodge the improvement in your vision is more difficult. Practice the swing which gives you the best vision, or the vision that you are able to dodge. The eye should always be sufficiently relaxed so that you will be able to dodge. One patient was wearing very strong glasses concave 15 D. S. with which he obtained vision of only 20/70. Without his glasses he was able to remember a letter or a period perfectly as long as he did not try to see anything. With the retinoscope it was demonstrated that when his memory was perfect his eyes were normal, he had no nearsightedness. As soon as he tested his sight he lost his memory, the myopia or nearsightedness returned, and his vision became very imperfect. By practicing most of the time out of doors, or in the house on ordinary objects he became able to dodge any improvement in his sight, but not enough in the beginning, or not quickly enough to avoid the fact that his vision in a moment became worse. He was unable to do much with the Snellen Test Card at first, and the temptation to stare and not dodge prevented him from shifting from one object to another, quickly enough to retain his perfect memory. He finally became able to dodge any improvement in his sight before his memory failed. At the end of a week he reported one day when he came in to see me that he was cured. I tested his ability to dodge any improvement in his sight and found it as good as that of the normal eye. He could not only dodge the improvement in his sight for ordinary objects, but had at last become able to do it when he looked at the Snellen Test Card.

I asked him, "Can you look at the bottom line at twenty feet for so short a time that you do not lose your perfect memory?"

"Yes," he answered.

"Can you read any letters on the bottom line?"

"I cannot help but read them."

Another patient whose vision had been equally as poor and who had nearsightedness as well was very much benefited by the memory of a short swing of her body, about one-quarter of an inch. She could maintain this swing continuously with her eyes closed, and almost as continuously when she would look at a blank wall where there was nothing to see. When she regarded the bottom edge of the card with a perfect memory of a short body swing, the letters became perfectly black but she could not at first shift her eyes, or dodge the improvement in her sight quick enough to maintain the memory of the body swing. By practicing at all times and in all places, in the house or on the street, her ability to dodge became better. It was such a shock to her to read the bottom line at six feet without glasses, that she became panicky, and lost her mental control, failed to dodge, and lost her improved vision. Perfect dodging of improved vision can only be done perfectly by the normal eye. The normal eye does not have normal sight continuously unless it shifts or dodges what it sees at frequent intervals. (Dodging – to avoid staring by shifting the eyes to a new point.)

When dodging or shifting the shorter the shift the better provided one sees best where he is looking and sees worse all parts not regarded. One may shift to the right of the letter when the letter is to the left of the point regarded and then shift to the left of the letter when the letter is to the right of the point regarded. Every time the eyes move to the right the letter moves to the left, every time the eyes move to the left the letter moves to the right and by doing this a few times most people become able to imagine that when the eyes move the letter appears to move in the opposite direction. This is called the Swing and when one is able to imagine a letter moving or swinging from side to side the letter is not regarded directly, the stare is prevented by the shifting or dodging and the vision is improved. When one regards a small letter of the Snellen Test Card at a distance where it can be seen perfectly and continuously, most people can demonstrate that they do not see the right hand side best all the time or the left hand best all the time, but that they are shifting from one part of the letter to another, and this may all be done unconsciously. If one, however, stares at one part of the letter continuously the vision soon becomes blurred. It is necessary to keep dodging from one part of the letter to another. Every time the eyes move one can imagine the letter moves in the opposite direction. Staring at some point of the letter continuously always blurs the sight. Letter moves in the opposite direction = The swing, oppositional movement.

3 - CENTRAL FIXATION, See Clearest With the Center of the Visual Field

MENTAL EFFECTS OF CENTRAL FIXATION

A man of forty-four who had worn glasses since the age of twenty was first seen on October 8, 1917, when he was suffering, not only from very imperfect sight, but from headache and discomfort. He was wearing for the right eye: concave 5.00D.S. with concave 0.50D.C. 180 degrees, and for the left concave 2.50D.S. with concave 1.50D.C. 180 degrees. As his visits were not very frequent and he often went back to his glasses, his progress was slow. But his pain and discomfort were relieved very quickly, and almost from the beginning he had flashes of greatly improved and even of normal vision. This encouraged him to continue, and his progress, though slow, was steady. He has now gone without his glasses entirely for some months. His wife was particularly impressed with the effect of the treatment upon his nerves, and in December, 1919, she wrote:

"I have become very much interested in the thought of renewing my youth by becoming like a little child. The idea of the mental transition is not unfamiliar, but that this mental, or I should say spiritual, transition should produce a physical effect, which would lead to seeing clearly, is a sort of miracle very possible indeed, I should suppose, to those who have faith.

"In my husband's case, certainly, some such miracle was wrought, for not only was he able to lay aside his spectacles after many years constant use, and to see to read in almost any light, but I particularly noticed his serenity of mind after treatments. In this serenity he seemed able to do a great deal of work efficiently, and not under the high nervous pressure whose after-effect is the devastating scattering of forces.

"It did not occur to me for a long time that perhaps your treatment was quieting his nerves. But I think now that the quiet periods of relaxation, two or three times a day, during which he practiced with the letter card, must have had a very beneficial effect. He is so enthusiastic by nature, and his nerves are so easily stimulated, that for years he used to overdo periodically. Of course, his greatly improved eyesight and the relief from the former strain must have been a large factor in this improvement. But I am inclined to think that the intervals of quiet and peace were wonderfully beneficial, and why shouldn't they be? We are living on stimulants, physical stimulants, mental stimulants of all kinds. The minute these stop we feel we are merely existing, and yet if we retain any of the normality of our youth do you not think that we respond very happily to natural simple things?"

CENTRAL FIXATION: When the vision is best where the eyes are looking, and worse where the eyes are not looking, central fixation is evident. Central fixation when properly used is a relaxation and a benefit. It is interesting to observe that one cannot have perfect sight without central fixation. One should not strain and make an effort to obtain central fixation of a letter or any object, as by so doing, imperfect sight is very soon apparent. The normal eye shifts unconsciously from one part of an object to another, seeing the part regarded best and other parts worse, and the eye with imperfect sight must acquire this habit by practicing it consciously until it becomes an unconscious habit.

EXPERIENCES WITH CENTRAL FIXATION

By M. H. STUART, M.D.

Moultrie, Ga.

We are greatly indebted to Dr. Stuart for sending us this remarkable story of his own cure and that of his patients, all of which was accomplished without personal assistance by means of the information presented in this magazine.

Some sixteen years ago, when working as a stenographer, I developed indigestion and became extremely nervous, one of my symptoms being a tension in the spinal cord between the shoulder blades which was extremely uncomfortable. In the late afternoon and evening I would become so nervous that I could scarcely sit still, and I have walked five miles into the country and back again to get relief. I tried dieting for the indigestion, but after two months failed to get any relief. A medical student then suggested that the trouble might be due to my eyes. I went to an oculist, who fitted me with glasses, and all my troubles ceased.

The glasses given to me were convex 0.25, axis 90. A few years later, when I was in New York doing post-graduate work at the Polyclinic, they were changed to concave 0.25, axis 180, my refraction having changed from hypermetropia to myopia. In succeeding years the myopic astigmatism increased to concave 0.75, axis 180, and finally, after I had worn glasses for some fourteen years, to concave 1.00, axis 180. The last correction I had worn for about two years when I discarded glasses for good.

Slight as my error of refraction was, I was not able to leave off my glasses for more than an hour or two without suffering from nervousness and the feeling of tenseness in the spinal cord alluded to above. At other times I was perfectly

comfortable except for the last year or two, during which I had so much to do that I suffered at times from the old nervous trouble. I had no pain in my head or eyes, but the trouble in my back was so bad last fall that I had to have the services of a masseur in order to do my work.

Five years ago I first read about Dr. Bates' experiments upon the eye muscles of animals. While interested I was not prepared to abandon the accepted teachings on the subject, and I waited to hear more. Recently I read, in the May (1920) number of *BETTER EYESIGHT*, Dr. Arnau's story of how, his headaches were cured, and I was so impressed by it that I determined to try the relaxation method upon myself. I palmed for five minutes and then read the card three times with each eye as far as I could without effort. I did this six times a day for five days, and at the end of this time I had gained a very decided degree of relaxation. I had, of course, discarded glasses, and, although this caused me a little discomfort at first, I was able about a week later, to perform, without them, three tonsilectomies and one operation for cataract, and to remove two blind eyes. At the same time I went through my daily routine of treating ten to thirty patients, examining eyes, ears, noses and throats, much of which work requires extra good vision. At noon I lay down to rest as usual and read the Atlanta paper. At night I read the Moultrie daily paper and anything else that I wanted to.

After the first five days of systematic relaxation I have never done anything in a routine way for myself, but if I feel nervous, or my eyes feel drawn, I swing twenty times and palm. In this way I am always able to get relief. Another method of gaining relaxation that I have resorted to is to look at an imaginary period in any dark distant object. In this pine-woods district there are thousands of stumps, many of which have been burned and blackened. The third day after I discarded my glasses I had to drive about twenty-eight miles, and whenever my eyes felt drawn I would look in an easy relaxed way at a small point on one of these stumps and always got relaxation.

Nearly every afternoon at half past four I go out for a game of golf, and often I palm before going, as I find it gives me better control of my nervous system, and enables me to play a more consistent game.

I was so pleased with the results of the new treatment in my own case that I have since taught central fixation to about forty of my patients, and in only about two did I fail to improve the vision at the first sitting.

The following are some of my more notable cases.

Mr. S, an automobile mechanic, had been mentally deranged for two weeks, following an attack of flu, after which he gradually became rational, only to find that he saw double and his vision was imperfect in each eye. At the first examination he read with his right 20/120, and with the left 20/60. I suggested that he palm at least six times a day for five minutes, and on the second day he was greatly improved, reading with the right eye 20/80, left 20/40. On the third day he read with the right eye 20/40, left 20/30, an increase of vision in the right eye of 200 per cent, and in the left of 100 per cent. He is now at work, and when, occasionally, he has to lay off, it is not on account of any trouble with his eyes, but because of weakness in his knees.

A year ago a Mr. B consulted me about the sight of his right eye, the left having been blind for years. His vision was 10/40, and could not be improved by any lens. I advised him to have the left eye removed, since it was a menace to the other eye. He would not consent to this and I did not see him again until May 5 of this year, when he came to my office practically blind in his right eye from sympathetic ophthalmia. At one foot he could only count fingers. I advised the immediate removal of the blind eye and of a few teeth that had pus about them; but I could not promise that his vision would be saved. That afternoon I removed the eye, and the following day I was gratified to find that he could count fingers at three feet. I sent him home with some large letters to use for the practice of central fixation, and by the fifteenth he was able to count fingers at five feet. I then told him how to practice the universal swing, and on the twenty-second he could count fingers at seven feet. On the twenty-ninth he could read the small type on the 20 line of the test card at four inches, whereas he had been entirely unable to see them previously. He states that he can now see the small chickens running about near his feet, and can see small cotton plants seven feet away. I am confident that in a year, or some such matter, he will have sufficient vision to attend to the necessary work of his farm.

I have treated three cases of squint, all of them with success. One of them, Delia S, aged twelve, came to me on May 15, with her right eye turned in to such a degree that the cornea was partly hidden. The sight of this eye was so imperfect that at three feet she could only count fingers. With her left eye she could read 20/30. She was told to palm, and when she returned on May 24 she was able, with the squinting eye, to count fingers at six feet, twice as far as at her first visit, and the eye was straighter. On June 5 she came again, and counted fingers at eight feet, an increase of vision since the beginning of 700 per cent. On July 3, while I was writing this report, she came in, and I found that her right eye had improved to 20/60, one third of normal, while her left had become entirely normal, 20/20. Her right eye was entirely straight at times, and I feel sure that in a few months this condition will have become permanent.

Another case of squint was that of a young girl of fourteen with rather large, pretty blue eyes, one of which, the right, was slightly crossed inwardly. Her sight was very imperfect—half normal in the right eye and one-third normal in the left—while, like most cross-eyed people, she was troubled with double vision. I asked her to palm at least six times a day, and she came back with her eyes straighter and able to read 20/30 with both. The next week showed normal vision, the eyes being at times perfectly straight.

I was particularly pleased to be able to relieve these little girls of a disfigurement which means so much more to them than it would mean to a boy, and I was much interested to note how much prettier their eyes were, apart from the disappearance of the squint, after a few treatments. They were wide open, softer-looking, in short, relaxed.

AN ARTIST'S EXPERIENCE WITH CENTRAL FIXATION

By FLORENCE CANE

This patient consulted the editor on July 20, 1921, because her vision was getting worse, and she suffered from a constant feeling of strain and fatigue in her eyes. She had worn glasses since she was seven years old for hypermetropia, commonly called farsight, and was now wearing convex 4.00 D. S., a rather strong lens. Yet without her glasses she was able to read fine print imperfectly, and by the aid of her memory she became able at the first visit to read it at six inches. Her discomfort was relieved at the first visit, and her distant vision, which had been imperfect, though better than her near vision, also improved.

I have made a few observations while improving my eyesight by the methods recommended by Dr. Bates, and many thoughts and questions regarding them have suggested themselves to me.

The first thing I remember observing on leaving the doctor's office after my first treatment was a new sense of movement and life. Never before had I seen such dear, bright color in the crowd. I walked toward the library on Fifth Avenue, and never had the sun shone so brightly, or the world looked so exciting. My heart beat faster. I felt a great elation, as if a new vision, a new power, had been given me.

The second thing I remembered was that I sat down the same evening with *The Cure of Imperfect Sight by Treatment Without Glasses*, determined to see what I could do without my glasses. I found that by shifting and palming I could read a sentence or two, later more, and after a while I could read a paragraph without stopping. I found shifting from a point above a word to one below it particularly helpful.

I went to bed at ten o'clock, but was so excited, after reading there until twelve that I could not sleep much. The magnitude of the truth thrilled me. The relation of sight, memory and imagination to body, mind and soul—the use of one faculty to strengthen another—seemed to be such a wonderful conception.

Soon I observed that looking upward seemed to improve my sight. I took to practicing on high objects out of doors. I shifted on points like two apples in a tree, or on the clouds. This helped me very much, and overcame my shrinking from light. I found that I had never walked with my eyes really open before. When I told Dr. Bates about it, he said it was the light that helped me, not the height of the objects I looked at.

I have had several experiences in the application of the principles of central fixation which seem interesting enough to communicate to the readers of BETTER EYESIGHT. The first occurred when I had mislaid something. I had looked everywhere for it in vain. I sat down and palmed and, quietly but suddenly, I saw in my mind where I had laid it. I got up and looked, and it was there.

I burned myself at a beach fire on a piece of wood that I picked up. It had been in the fire, but it was dark and I did not notice it. I burned my thumb quite badly-enough to raise a big blister. It was very painful, and I had no remedy at hand. I remember that I had read in Dr. Bates' book about central fixation in relation to pain, and I tried remembering the small *o*. After a few minutes the pain ceased until I could not tell which thumb I had burned. The same thing happened after a bee had stung me; and one night when I had a severe cold and could not sleep because of difficulty in breathing, I was greatly helped by seeing the period and making it swing. I fell asleep and continued seeing the period in my sleep.

In painting I have had the most interesting experiences of all. If I am working from the memory or imagination and it won't come the way I want, I try palming. The first time this happened. I was painting a lake with some birches at one side. I just couldn't remember how birches grew, and the trees wouldn't look right. So I closed my eyes and waited, and soon a vision came to me of myself walking in a young birch wood that I used to know; I saw how the branches grew, and felt the white glimmer of reflected light from the bark, and the tender young green of the fragile leaves, and I painted the birches with ease and joy. This use of palming may be of great value to artists, because the artist works from the image, and sometimes this image is lost. By straining and effort he cannot regain it, but by palming he may.

I have also had interesting experiences in treating others, my first pupil being my little girl. She had a great fear of the water, so that she could not let herself go, and float face down. She has a cat of which she is very fond; so I suggested that she recall her cat washing itself when she tried to float. She did this and was able to float for twelve seconds.

Another case of interest was that of a woman who was in a nervous condition, overwrought and discouraged over her problems. I began teaching her how to improve her eyesight and at the first lesson she made such great progress that she was overcome with happiness. The magnitude of the thing she had done gave her a sense of control over herself, a new sense of power. She said, "If I can do this, why I can do anything." And it is true; she has pulled herself out of the overwrought state.

Among all the people with whom I have talked, or to whom I have tried to explain these ideas, I have met only one with a perfectly rigid mind. He was, as one would expect, a pure scientist of very high standing. He wouldn't even admit that his hand appeared to move when he swung his bead from side to side with his hand eight inches before his eyes. He said it merely made him dizzy. He knew the hand was in a fixed position, so it couldn't appear to him to move. This statement showed that he only used half his functions. He used his reason but refused to allow his senses to record how things appeared.

There is one thing Dr. Bates has said that I want to question. "We can see only what we imagine, and we cannot imagine something which we have not seen or experienced." As an example, he gives our inability to imagine a foreign alphabet. Well, if that statement is true, how do we get at a new truth? I think it is from the imagination. One can conceive of new

forms in art, and I should judge that a scientist must conceive a possible truth in his imagination, and then set about testing it by experiment and observation. The marriage of the two—facts and imagination—creates new truth and widens man's consciousness. This Dr. Bates has done. But he has only called imagination good. I think it is infinite, and by penetrating deeper into its mystery we are penetrating into the source of man's growth.

MY EXPERIENCE WITH CENTRAL FIXATION

By Dr. Doris J. Bowlby

THE correction of imperfect sight without the use of glasses, as taught by Dr. Bates, first came under my observation on January 1 of this year when Dr. Etha Marion Jones, of St. Petersburg, Fla., called my attention to the method. It appealed to me as being both simple and rational, and I began at once to study and later to practice it. Since that time I have taken glasses off about fifty patients, varying in age from ten to eighty years. Among them have been cases of squint, glaucoma, iritis, retinitis, double progressive myopia and muscae volitantes (floating specks). Many had worn glasses for years. Yet I had great success with all of them. The following are specimens of other equally interesting cases that might be cited:

Frank, aged ten, came to my office on September 1, 1921, for examination. He had been wearing glasses since he was four years old for what was supposed to be congenital myopia, and was then wearing the following:

Right eye, concave. 15.75 D. S., combined with concave 4.00 D. C., axis 15;
left eye, concave 15.75 D. S., combined with concave 4.00 D. C., axis 165.

With his left eye he could see only the 200 letter at one foot (1/200), and with his right he had only light perception. His parents hesitated about putting him in my care, as it seemed incredible that he could ever be cured, but were finally persuaded to snatch at what must have appeared to them a forlorn hope. The boy himself was unwilling to discard his glasses at first; but after the second treatment, when the vision of the left eye improved to 3/30 and that of the right to 3/40, he hesitatingly consented to go home without their aid. After his third treatment he felt safe in going anywhere without them. As he lives twenty-five miles from my office, I could see him only twice a week, but after every treatment the improvement was so marked that now, after two months, his right vision is as good as his left, both being 11/30 for the Snellen test card, while he reads diamond type at six inches and the larger type of his school books at eight inches. I feel sure that he will soon be reading 20/20. He looks and acts like a different boy, and is, naturally, a very happy one. The case has attracted much attention in the village where he lives.

On September 9, a young girl of eighteen came to me because of the intense pain which she was suffering in her eyes and head. She had not been able to go to school, or use her eyes in any way, for over a year, and during this time had been to three specialists. Her lenses had been changed a number of times, she had dark glasses to wear whenever she went into the light, and for eight months she had spent most of her time in dark rooms. Her sight had been perfect, so far as she knew, until she had had measles four years previously. During this illness she had read and studied, and afterward her eyes were red and weak. Two years ago she noticed that she could not see writing on the blackboard, and in a few days an eruption appeared on the eyelids and side of the face. Later she had an infected sinus, and also infected tonsils, tonsillectomy and an operation upon the nose having been performed eighteen months previously. No doubt the foci of infection which had existed at least a year had something to do with her trouble. When she came to me she was suffering from conjunctival congestion, with exudation of purulent material, and there was some hardening of the eyeballs. Her left vision was 7/30 and her right vision 7/50, and she was wearing:

Right eye, convex 1.00 D. S., combined with convex 1.00 D. C., axis 100;
left eye, convex 1.00 D. S., combined with convex 1.25 D. C., axis 80.

The patient came for treatment every day and has been very faithful in her palming and other exercises. After the third treatment all pain left her and she left her glasses with me. By October 1 she was able to return to school. She now reads the lowest line of the test card at twenty feet (20/10), and reads diamond type at ten inches. The retinoscope shows no error of refraction in either eye, and the strained look about her eyes and in her face has given way to one of relaxation.

135 Jefferson Street, Brookville, Pa. check this not double..

CENTRAL FIXATION

When the eye sees best where it is looking it is called Central Fixation. Of course when one sees one point best it must see all other parts worse. It is a great help in accomplishing Central Fixation to ignore or dodge all other objects or letters (objects/letters the eyes are not looking directly at, that are in the peripheral field). To see worse may require in a way greater rest of the mind because in Central Fixation a great many more things are seen worse and only one thing is seen

best. It must be borne in mind that dodging may be done right or it may be done wrong like many other methods of improving the sight. Dodging is done properly when things are ignored. We do not think so much of the objects seen worse (in peripheral field) as we do of the one object which is seen best (in the central field). It is impossible to have perfect sight without Central Fixation. Central Fixation is demonstrated to be a passive condition of the mind and is always accomplished without effort. It is necessary then to dodge the objects not regarded.

CENTRAL FIXATION

By W. H. Bates, M.D.

Central Fixation: *The letter or part of the letter regarded is always seen best.*

With normal vision, a letter or an object cannot be seen clearly or perfectly unless one sees a part of the letter or object best, or better than all other parts.

Central fixation is passive. We do not see by any effort. Things are seen, one part best. Furthermore, it is a condition of relaxation of the eye or mind obtained without any effort.

The normal eye with normal sight is always at rest. Nothing is done. No effort is made. Many cases of imperfect sight have been cured when no efforts were made to see. One cannot relax by working hard, straining, nor obtain rest of the eyes or mind by the help of a strain. When the eyes are normal, they are at rest. When they are imperfect, they are always under a strain.

+Central fixation should not be confused with concentration, which is defined by the dictionary to mean an effort to keep the eyes or mind continuously on one point only, and to ignore all other points.

Try it. Look directly, for example, at the point of the notch on the upper right corner of the large letter C on the Snellen test card. Keep the eyes open without blinking. In a few seconds, or part of a minute, the mind begins to tire from the monotony. An effort is made to hold the concentration. The effort increases with discomfort or Pain. The vision becomes less, the white of the notch looks gray, the black appears less black, less clear and less distinct. The notch regarded is not seen as well as other parts of the large letter not regarded, and Central Fixation is lost. Not only does the notch appear less clear, but by continuing the effort the large letter C, as well as all the letters on the card, are seen less and less perfectly. The white of the whole card is also modified and becomes less white. Other objects in the neighborhood of the Snellen card soon begin to blur and are seen imperfectly. The stare or strain has very much the same effect as if the sun were covered with a cloud or as if the light in the room, or the general illumination, were lessened. When central fixation is practiced, all the objects in the room, including the Snellen card, look brighter, clearer, just as though the light had increased.

Experience the cause of unclear vision; staring, not blinking, not shifting, eccentric fixation, trying hard, using effort to see clear.

Learn to avoid this. Learn to use the eyes correct; relaxation, no effort, shifting, blinking, central fixation and the vision is clear.

+Concentration is trying to see one thing only. It always fails.

+Central fixation is seeing one thing best, and all other objects not so well. Central fixation is combined with shifting; the eyes, center of the visual field, shifts, moves continually from point to point; part to part, object to object.

When the vision, memory, or imagination are imperfect, concentration can always be demonstrated.

When the vision, memory, or imagination are perfect, Central Fixation can always be demonstrated.

Central fixation is an illusion. All parts of small letters as well as large ones are printed with the same amount of blackness. We do not see illusions. They are only imagined. When we see best one part of a letter, or other object regarded, we think we see it best, or more accurately, we imagine it best. One can imagine anything desired, and much more easily than to make an effort to see it. This fact should be demonstrated repeatedly, and consciously, until it becomes an unconscious habit.

With the eyes closed the imagination of Central Fixation may be much better than with the eyes open. By alternating the imagination of Central Fixation with the eyes open and closed, both may improve.

Many persons have no mental pictures with their eyes closed. For example: A patient consulted me about his eyes. He was asked to look at a white pillow. "Can you see it?" he was asked. "Yes," he answered.

Shift point to point (dot to dot) on the E seeing on a small part (dot) clearest at a time in the center of the visual field. The central field moves with the eyes as the eyes shift dot to dot.



Stare at the point on the upper right notch of the C. Do not shift the eyes, eyes immobile, do not blink. Strain, tension, blur occurs. Now shift on the C part to part and experience relaxation and clear vision.



Remember and see the pillow clear with central fixation and shifting: Look at and see one corner of the pillow best at a time. Shift from corner to corner (dot to dot) seeing one corner at a time best, clearest in the center of the visual field. Shift part to part on any area of the pillow.



The pillow is seen clear.

"Now, close your eyes. Can you remember it?"

"No," he replied; "I remember a black pillow."

"With your eyes open, can you see one corner of the pillow best, and the other corners not regarded worse?"

He was able to demonstrate this fact, and that he could in turn see, or imagine, each corner regarded best and the other corners worse. With his eyes closed he was able to remember one corner at a time best, and when he remembers the pillow by Central Fixation, he obtained a mental picture of a white pillow almost as well as he could see it with his eyes open.

He was then asked to remember two corners simultaneously, both perfectly clear. At once he lost his mental picture of the pillow. He demonstrated with other objects as well that he could only remember or imagine mental pictures of them by Central fixation.

Another patient had suffered for many years with almost constant pain and fatigue. With his eyes open his vision was 20/20. He read diamond type as close as six inches, and as far off as twenty inches. He could imagine the white part of large or small letters whiter than the rest of the Snellen test card, but only with his eyes open when regarding the letters. With his eyes closed he could not remember mental pictures of any objects.

He was asked: "Which is whiter, the white center of a large letter of the Snellen card or the white snow on the top of a mountain?" He answered, "The white snow on the top of a mountain."

"Can you shift from one mountain top to another, remembering each one best and the others not so well, or worse?"

This also he was able to do. But when he tried to imagine two or more snow-capped mountains simultaneously, he at once was conscious of an effort and lost his imagination of his mental pictures of the snow.

The memory of the snow-capped mountains by Central Fixation helped him to imagine Central Fixation with his eyes open as well as closed.

A girl, age eight, had imperfect sight not corrected by glasses. The right eye turned in continuously. The vision of this eye was 3/200 with glasses. The left vision was one-half of the normal. She was taught Central Fixation and became able, in a few days, to imagine one part best of the larger letters. The vision of both eyes improved very much. She demonstrated the value of Central Fixation, and that she could not distinguish clearly even the large letters with each eye unless she imagined one part best. By repeated demonstrations this young patient acquired speed in the practice of Central Fixation. She became able to read a newspaper more than five feet from her eyes by artificial light. Fine print, or diamond type, was read rapidly, easily, at one inch from each eye.

She enjoyed the practice of conscious Central Fixation. It was to me very wonderful to observe her imagine very small letters by Central Fixation and read them at ten feet or further.

The squint disappeared permanently.

A girl, aged twelve, was treated for progressive myopia. The vision of each eye was 3/200. With concave 16D.S. the sight of each eye was improved to 20/70. The patient was very nervous. Her memory was poor, and she was behind in her schoolwork. Treatment with the aid of Palming and Central Fixation improved her vision slowly. After about six months there came a sudden change for the better. In one day, her vision improved from 10/200 to 10/10 plus. The next day she read the bottom line of each of three strange cards at twenty feet. It was remarkable, also, because she read all the letters as rapidly as she could pronounce them. The mother was worried because her daughter had suddenly acquired a habit of running down stairs three steps at a time. She had never stumbled or fallen once. The mother also reported that the patient had acquired much pleasure in coasting and was the most daring of all the children. Her scholarship had improved. The teacher said the patient would read a page of history in a few seconds, and recite it with a perfect memory after a few days, a month, or longer. Her memory for other subjects was equally as good.

Immediately after she read the strange cards with normal vision, I asked her: "What helped you?"

"Starch," she answered.

Then she explained that she had become able to imagine a small piece of white starch perfectly white by Central Fixation. When her imagination was perfect her myopia disappeared, her eyes were normal, which made it possible to obtain normal vision. The retinoscope used at the same time demonstrated that her myopia disappeared when she had a perfect imagination of Central Fixation.

Patients whose sight is very imperfect usually require a much longer time to acquire Central Fixation than do some others. One should not be discouraged when, after some weeks or many months, their vision remains imperfect. Too many are disappointed because they fail to obtain Central Fixation after long periods of time, practicing without the help of a competent teacher. One very determined patient devoted many hours daily for over a year without any apparent benefit whatever. She told me that she knew she was curable and was resolved to keep at it the rest of her life if necessary. I wrote her a few suggestions. She followed my advice and was cured in a week.



Central Fixation

When the vision of myopic patients is imperfect, it can always be demonstrated that the point regarded is not seen best, and other parts of a letter may be seen equally well or better. When the patient becomes able to remember or imagine one part of a letter or an object best, the myopia is lessened and the vision improves. When the strain is prevented, by shifting from one side of the letter to another, the letter appears to move from side to side. The vision may then become normal and the myopia disappears.

CENTRAL FIXATION: Central fixation is seeing best where one is looking and worst at all other points. When the patient is swaying before the card, he is told to see one part of a letter which he is regarding at a time and to see that part better than any other part, then to quickly shift his glance to another part, seeing that part best and other parts of the letter worse. The letter is seen much more readily in this way. The patient is reminded that the normal eye uses central fixation at all times.

BLINKING: It can always be demonstrated that when a patient with imperfect sight looks intently at one point, keeping the eyes open constantly, or trying to do so, a strain of the eyes and all the nerves of the body is usually felt, and the vision becomes imperfect. It is impossible to keep the eyes open continuously without blinking. Each time the eyes blink, a certain amount of rest is obtained and the vision is benefited. For this reason, the patient is instructed to blink frequently while swaying before the card, and at all other times.

#4 - BLINKING

It is a rest to the eyes to close them and keep them closed for a few minutes or a half hour or longer. When the eyes are open the vision is usually improved for a moment or longer. The normal eye can look at a small letter of the Snellen Test Card and see it continuously but when it does so the letter is always moving and the eyes are not kept open all the time. Closing the eyes effectually dodges perfect or imperfect sight. Usually unconsciously the normal eye closes and opens quite frequently and at irregular intervals and for very short spaces of time. Most people can demonstrate that when they regard a letter that they are able to see quite clearly it is possible for them to consciously close their eyes and open them quick enough and see the letter continuously. This is called Blinking and it is only another name for dodging. Dodging what? Dodging the tendency to look steadily at things all the time. All the methods which have been recommended for the improvement of the vision, central fixation, palming, swinging, blinking can all be grouped under the one word—dodging.

One of the characters in "Oliver Twist," by Charles Dickens, was called the "Artful Dodger." Persons with good sight may not be artful but they certainly are good dodgers.



Blinking rests the eyes, activates shifting-eye movement, tear production, coats the eyes, cornea with tears that clean, nourish, protect the eye/cornea, prevent dry eyes and act as a natural contact lens increasing the clarity of vision. Blinking prevents over-exposure of the eyes to strong light.

Blinking

THE normal eye when it has normal sight rests very frequently by closing the eyes for longer or shorter periods, and when practiced quickly it is called BLINKING. When the normal eye has normal sight and refrains from blinking for some seconds or part of a minute, the vision always becomes imperfect. You can demonstrate that normal vision at the near point or at the distance is impossible without frequent blinking. Most people blink so easily and for such a short period of time that things are seen continuously while the blinking is done unconsciously. In some cases one may blink five times or more in one second. The *frequency* of blinking depends on a number of factors.

The normal eye blinks more frequently or more continuously under adverse conditions as when the illumination is diminished, the distance is increased or the print read is too pale or otherwise imperfect. The distraction of conversation, noise, reflections of light, objects so arranged as to be difficult to see, all increase the frequency of blinking of the normal eye with normal sight. If the frequency of blinking is diminished under adverse conditions or from any cause the vision soon becomes imperfect.

The imperfect eye or the eye with imperfect sight blinks less frequently than the normal eye. Staring stops the blinking. The universal optical swing, the long or short swing when modified or stopped are always accompanied by less frequent blinking.

Blinking

Blinking is necessary to maintain normal vision in the normal eye. When blinking is prevented, the eyes become tired

and the vision very soon becomes worse. Some persons, without knowing it, will blink five times in one second as demonstrated by the camera. When regarding a large letter of a Snellen test card at twenty feet or one foot, while blinking consciously, the letter appears to move up while the eyelids close slowly, and to move downwards as the eyelids are slowly opened. This apparent movement is caused by shifting the eyes up and down while blinking. (Blinking causes the eyes to shift automatically.) Many patients are unable to shift their eyes a short distance with benefit. When blinking, they may fail to obtain relaxation, because they too often blink with an effort. It is possible for most patients to demonstrate that the shifting of the eyes up and down improves the vision, when blinking is done easily, without effort. Blinking is very important. It is not the brief periods of rest obtained from closing the eyes which helps the sight so much as the shifting or movements of the eyes. It should be repeatedly demonstrated that the eyes are only at rest when they are shifting.

Blindness

By W. H. BATES, M.D.

A GREAT many people are blind or have vision so imperfect that they are unable to find their way about a strange place with the aid of their eyes. They are usually an object of interest to their friends and are frequently recommended to try every new form of treatment which comes out that promises any relief. They are too often disappointed.

The orthodox ophthalmologist has been guided by a certain number of rules. For example: a patient who has no perception of light is at once considered incurable, no matter what may be the condition of the eyes. The first shock that I experienced in such cases was in that of a girl who had total blindness in one eye only, the other being fairly good. She had been to many physicians, and all pronounced her incurable because she had no perception of light in the blind eye. This was a long time ago, and at that time I did not know as much as I do now and told the patient that nothing could be done to improve the blind eye. The eye itself appeared normal. There was no opacity and no organic disease which I was able to find. She told me that one doctor said she was born with something wrong with the eye center in the brain, which accounted for the blindness in the one eye. However, I treated her, planning to improve the slight, imperfect sight that she had in the good eye. Much to my surprise, the vision in the blind eye simultaneously began to get better. The first improvement the patient noticed was that she could see strong light off to the outer side of the eye, while her vision straight ahead and to her left was still dark. One of the most remarkable things about the case was the rapidity with which the blind eye obtained perception of light when the vision improved for objects and letters of the Snellen Test Card. After two weeks of daily treatment the vision of the right eye had improved to 10/200, and at the end of another week she had 20/20. From the results of treatment and other reasons I believe that this was just a case of blindness from squint without the squint, which is called in the text books amblyopia ex anopsia. After doing her so much good, I expected that she would return or at least send word how she was getting along. She was not heard from again. I believe, if there had been any relapse, she might have returned. Sometimes these cases do relapse, and I learn the facts from friends of the patient.



Eyechart close to the face and move it side to side. If the vision is very unclear and the movement of the card cannot be seen: imagine it is moving. The letters will become clear. Then practice with the card at farther distances.

About five years ago a patient was led into my office, blind from retinitis pigmentosa. The vision of the right eye was perception of light, while that of the left eye was 5/200. The pupils of both eyes were small, and in order to examine the interior of her eyes her pupils were dilated with a weak solution of atropine. It was followed very quickly by an attack of acute glaucoma. This subsided after about two weeks. The vision of the better eye was lowered to perception of light while that of the right eye, which had been practically blind for many years, had improved to 10/200. This was a great surprise because it was so unexpected. After many months of daily treatment she obtained normal vision in the right eye and almost normal vision in the left eye. She stopped treatment against my advice. The case was published in the New York Medical Journal, February 3, 1917.

Glaucoma is a very treacherous disease. One may have an attack and recover promptly under treatment. The same patient may have a number of attacks of temporary blindness, but sooner or later the patient will suffer an attack of glaucoma with total blindness, from which no recovery follows spontaneously. The patient goes to some competent ophthalmologist, who at once tells him that there is no hope of anything being done. At one time I examined with a microscope six eyes which had been enucleated for the relief of great pain from absolute glaucoma. Not one of these eyes was imperfect in any way. Quite frequently I have seen cases of absolute glaucoma which came to me for treatment, and which were completely relieved by palming and obtained normal vision in a very few days or weeks, some in even a shorter time. One such case, about ten years ago, had pain so severe that he was unable to attend to his business, and had been strongly advised to have the eye removed. He came to me as his last resort. After a half hour of palming the pain disappeared, and has not returned since in all this time. I saw the patient a few days ago and he is still full of gratitude for the benefit he received.

If my method never did anything more than to relieve the tension and pain of glaucoma, I would feel that I had done something worth while. Whenever I think of those glaucoma cases I relieved, it is a very difficult matter for me to refrain from boasting. There are many eye doctors of my acquaintance who do not believe that palming does much for glaucoma,

although I have gone to a great deal of trouble to advertise the fact. So strongly impressed on the minds of ophthalmologists that absolute glaucoma is incurable, that I can understand how difficult it is for men of experience to imagine that any of these cases can be benefited. Some day, soon I hope, some doctor will try the palming on a hopeless case and be gratified to find that these cases can be helped. If he has the courage to publish the facts he will find that his brother practitioners will not be as severe with him as he might expect. Some eye specialists have privately observed my work; and, although they at the time admitted that I was right and everybody else was wrong, they hesitated to indorse any of my discoveries publicly.

Many patients have said to me: "You cured me after other doctors failed. When I went back to some of them and reported the facts, they had nothing to say. What is the matter with them?"

Recently I was asked if my methods were of any benefit to the blindness of babies who have lost their sight from an infection soon after birth. I believe that these cases can be prevented by the well-known simple treatment as most doctors agree, but after the disease has caused blindness very few or no doctors believe that much can be done to restore the sight.

Some years ago I treated a girl, aged fourteen, whose right eye was blind following a severe inflammation of her eyes soon after birth. She was unable to see moving objects with this blind eye, but had perception of light. I had her hold the Snellen Test Card in her hand, close to her face, and to move it from side to side for a half hour or longer. In the beginning she could not imagine that the card was moving, but by appealing to her common sense she admitted that she did move the card, and furthermore that although she could not see it move, she could imagine it. The next day she practiced in the same way, and told me that she could imagine some black specks on this moving card and that the card was beginning to look more or less white. In a week's time she was able, as a result of daily use of the card, to see about half the letters with the card held close to her eyes. In another week she read the whole card. Then the card was placed gradually further off, and at the end of about three months the opacity on the front part of her eye had almost entirely disappeared and her vision had improved to 20/20.

I wish to emphasize that many cases of so-called incurable blindness can be completely relieved. It is wrong for any doctor or group of doctors who cannot cure cataract, for example, without an operation, to insist that because they cannot cure it nobody else can.

Blinking

Blinking, when practiced properly, promotes relaxation or rest. The normal eye blinks continuously all day long when the patient is awake. At night, when the patient is asleep, a movement of the eyeballs can be seen which resembles the movement of the eyeballs when the eye blinks. When the eye blinks slowly and the upper eyelid is slowly closed, distant objects appear to move up. When the eyelids slowly open, objects appear to move down. This movement is usually accompanied by an improvement in the vision. Blinking is absolutely necessary in order to obtain continuous normal vision. The normal eye blinks unconsciously, easily, sometimes with great rapidity and at other times rather slowly. It is impossible to stop the blinking of the normal eye. Any effort to do so is a strain, which lowers the vision and, if kept up for some minutes or longer, produces pain, fatigue, dizziness, and other nervous symptoms.

The normal eye is shifting or looking from one point to another continuously, not only when one is awake, but also when one is asleep. This continuous movement of the eyes brings about a condition of perfect rest. To stare at one point for a few seconds or part of a minute is a difficult or painful thing to do. It requires a great effort which lowers the vision. It is not possible to see two black periods perfectly black at the same time. The only way that they can be seen perfectly black is to shift from one to the other alternately. It is not possible to see a large letter or a small letter perfectly without shifting or looking from one part of the letter to another part. It is well to realize that the human mind is not made to see more than one thing perfectly at a time. To see two or more things perfectly at the same time is impossible, but one can shift from one thing to another and alternately see each perfectly for a short time.

When regarding a person's face, it is impossible to see the whole face perfectly at once. It is necessary to shift from one part of the face to another to see those parts perfectly. If the shifting is more or less rapid, one gets the impression of seeing the whole of the face at once, when, as a matter of fact, only a small area is seen at a time.

One of my patients had normal sight in one eye and one-half normal vision in the other. He was very positive that he could see every letter of the Snellen test card perfectly at the same time. He was not aware that he shifted from one letter to the other, or that he shifted from one part to another of large and even small letters in order to see them clearly, or to be able to distinguish them at all. When he covered his good eye and looked with the poor one, he could read only one letter at a time. He was quite conscious that he did not see even the large letters perfectly; but when he practiced shifting with his poor eye, his vision improved not only for the large letters, but also for the small letters. It required considerable time and much patience to convince him that it was impossible for him to see all parts of any letter perfectly at the same time. When he demonstrated that staring lowered his vision, and that shifting improved it, he obtained normal vision in each eye.



Shift left and right from one period to the other.
One period at a time is seen clear in the center of the visual field. When looking at a period: shift on it: tiny part to tiny part to see it clear. Blink.

5 - BREATHING, Deep, Relaxed

BREATHING

MANY patients with imperfect sight are benefited by breathing. One of the best methods is to separate the teeth while keeping the lips closed, breathe deeply as though one were yawning. When done properly one can feel the air cold as it passes through the nose and down the throat. This method of breathing secures a great amount of relaxation of the nose, throat, the body generally including the eyes and ears.

A man aged sixty-five, had imperfect sight for distance and was unable to read fine print without the aid of strong glasses. After practicing deep breathing in the manner described he became able at once to, read diamond type quite perfectly, as close as six inches from the eyes. The benefit was temporary but by repetition the improvement became more permanent.

At one time I experimented with a number of patients, first having them hold their breath and test their vision, which was usually lower when they did not breathe. They became able to demonstrate that holding their breath was a strain and caused imperfect sight, double vision, dizziness and fatigue, while the deep breathing at once gave them relief.

There is a wrong way of breathing in which when the air is drawn into the lungs the nostrils contract. This is quite conspicuous among many cases of tuberculosis.

Some teachers of physical culture in their classes while encouraging deep breathing close their nostrils when drawing in a long breath. This is wrong because it produces a strain and imperfect sight. By consciously doing the wrong thing, breathing with a strain one becomes better able to practice the right way and obtain relaxation and better sight.

The habit of practicing frequently deep breathing one obtains a more permanent relaxation of the eyes with more constant good vision.

Abdominal, diaphragmatic breathing, yawning is taught by modern Natural Eyesight Improvement teachers.

The Rabbit's Throat

DURING the past ten years a method of breathing has been practiced which has improved the vision of many patients after other methods had failed. It consists of depressing the lower jaw with the lips closed and lowering the tongue and muscles below the chin. At the same time one breathes in through the nose and throat in a manner somewhat similar to snoring and when done properly one can feel a coolness of the air while it passes down into the lungs. This method of breathing is accompanied with the eyelids being more widely open in a natural way without staring. **The ear passages, nose, and throat dilate. The tube which goes from the throat to the middle ear becomes more widely open, with improved hearing in chronic deafness which does not respond to any other treatment.** If one rests the chin with the thumb below it and the forefinger just below the lower lip, one can feel with the thumb the hardening of the muscles below the jaw accompanied with a decided swelling. By practice, the swelling and hardness increase. This suggested the title of the Rabbit's Throat because of a similar swelling below the rabbit's chin. The **tension of the other muscles of the body becomes relaxed.** There is a wonderful increase of muscular control. Music teachers have told me that the singing voice becomes much better because of the **relaxation of the muscles of the throat.** The involuntary muscles of the digestive tract become relaxed in a striking manner with the relief of many symptoms of discomfort. **Redness and inflammation of the mucous membranes of the eye, ear, nose and throat and the rest of the body are relieved in a few minutes with the aid of the Rabbit's Throat.**

The Rabbits throat method improves breathing, relaxes the muscles in the neck, head, improves ear function. This helps to improve eye muscle and eye function, clarity vision. The visual system is connected/functions with the ears, balance system. Other breathing methods are found in yoga exercises, abdominal/diaphragmic breathing.

Relaxed throat, neck = improved circulation to the head, ears, eyes = clear vision.

REST—Children of all ages are benefited by resting their eyes and minds for a few minutes, several times a day. Teachers realize the benefit of rest in the school-room, and books are laid aside, windows opened, and a few exercises with deep breathing, are practiced. I am not aware that the school authorities have ever been criticized for devoting this daily amount of time to rest.

#6 - MOVEMENT, Oppositional Movement 'The Swing'

Demonstrate

1 - That a short, swaying movement improves the vision more than a long sway. Place the test card at a distance where only the large letter at the top of the card can be distinguished. This may be ten feet, further or nearer. Stand with the feet about one foot apart and sway the body from side to side. When the body sways to the right, look to the right of the card. When the body sways to the left, look to the left of the card. Do not look at the Snellen test card. Sway the body from side to side and look to the right of the Snellen test card, and alternately to the left of it. Note that the test card appears to be moving. Increase the length of the sway and notice that the test card seems to move a longer distance from side to side. Observe the whiteness of the card and the blackness of the letters. Now shorten the sway, which, of course, shortens the movement of the card. The card appears whiter and the letters blacker when the movement of the card is short, than when the movement of the card is long.

2 - Demonstrate that when the eyes are stationary, they are under a tremendous strain. Stand before the Snellen test card at a distance of fifteen or twenty feet. Look directly at one small area of a large letter, which can be seen clearly. Stare at that part of the letter without closing the eyes and without shifting the eyes to some other point. The vision soon becomes worse and the letter blurs. Stare continuously, and note that the longer you stare, the more difficult it is to keep the eyes focused on that one point or part of the letter. Not only does the stare become more difficult, but the eyes become tired; and by making a greater effort, the eyes pain, or a headache is produced. The stare can cause fatigue of the whole body when the effort is sufficiently strong and prolonged.



Stand, face the eyechart, sway side to side.
Sway right and look away to the right of the card.
Sway left and look to the left of the card. Sway and look right, left, right, left...
See the card appear to move in the opposite direction the eyes, body move, look to.
Sway, move the body, eyes longer left and right and see a longer movement of the card. Sway shorter (6 in. or 1-3 in.) side to side and see the card move shorter and the vision become clearer.
Small shifts, movements of the eyes (saccadic) and perfect central fixation on objects=clear vision.

THE SWINGING CURE

If you see a letter perfectly, you may note that it appears to pulsate, or move slightly in various directions. If your sight is imperfect, the letter will appear to be stationary. The apparent movement is caused by the unconscious shifting of the eye. The lack of movement is due to the fact that the eye stares, or looks too long at one point. This is an invariable symptom of imperfect sight, and may often be relieved by the following method:

Close your eyes and cover them with the palms of the hands so as to exclude all the light, and shift mentally from one side of a black letter to the other. As you do this, the mental picture of the letter will appear to move back and forth in a direction contrary to the imagined movement of the eye. Just so long as you imagine that the letter is moving, or swinging, you will find that you are able to remember it, and the shorter and more regular the swing, the blacker and more distinct the letter will appear. If you are able to imagine the letter stationary, which may be difficult, you will find that your memory of it will be much less perfect.

Now open your eyes and look first at one side and then at the other of the real letter. If it appears to move in a direction opposite to the movement of the eye, you will find that your vision has improved. If you can imagine the swing of the letter as well with your eyes open as with your eyes closed, as short, as regular and as continuous, your vision will be normal.



Shift left and right on the E and see it move in the opposite direction.
Practice with the eyes open, then closed with the imagination, then open.

The Thumb Movement



Move the thumb on the stationary finger tip in a 1/4 inch circle. Move clockwise for a while, then counter-clockwise. Move the thumb left and right, up and down... against the finger. Practice with left and right hands.

Rest the hand against an immovable surface. Place the ball of the thumb lightly in contact with the forefinger. Now move the end of the thumb in a circle of about one-quarter of an inch in diameter. When the thumb moves in one direction, the forefinger should appear to move in the opposite direction, although in reality it is stationary. In the practice of the universal swing, everything is imagined to be moving in the same direction, except the eyes. With the aid of the thumb movement,

however, one can imagine the spine and the head moving opposite to the direction of motion of the thumb, while the eyes, being fastened to the head, also move with the head and hand.

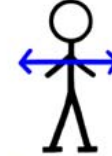
While watching the movement of the thumb, remember imperfect sight. At once, the thumb movement becomes irregular or may stop altogether. Demonstrate that any effort, no matter how slight, to see, remember or imagine, interferes with the movement of the thumb. The thumb is so sensitive to an effort or strain that the slightest effort is at once recorded by the motion.

While watching the movement of the thumb, remember perfect sight. Notice that the movement of the thumb is slow, short, continuous, and restful - with relaxation of all parts of the body.

Many patients have been successfully treated for pain, fatigue, and dizziness with the help of the thumb movement, after other treatment had failed. Some patients with severe pain complain that when they forget to practice the movement of the thumb, the pain comes back.

Not only have patients suffering from pain and symptoms of fatigue been relieved, but an equal number have been relieved of imperfect sight by the correct practice of the thumb movement.

Thumb movement done in various directions and with the left and right hands also activates, integrates the left and right brain hemispheres and eye movement, shifting.



Hang a ruler or curtain cord in front of an open window with a view of distant objects.

Rock left and right in front of the window. Body, head, eyes move together, at the same time, in the same direction.

See the cord appear to move opposite the movement of the body, head, eyes while distant objects appear to move with the body, head, eyes in the same direction.

The cord and distant objects move against each other in opposite directions.



Move the thumb side to side 1/4 inch or, do the thumb on finger tip movement as described in previous chapters. Move the eyes with the thumb. Imagine stationary objects moving, 'the swing' when the eyes shift.

MOVING

The world moves. Let it move. People are moving all day long. It is normal, right, proper that they should move. Just try to keep your head, or one finger, one toe, stationary, or keep your eyes open continuously. If you try to stare at a small letter or a part of it without blinking, note what happens. Most people who have tried it discover that the mind wanders, the vision becomes less, pain and fatigue are produced.

Stand facing a window and note the relative position of a curtain cord to the background. Take a long step to the right. Observe that the background has become different. Now take a long step to the left. The background has changed again. Avoid regarding the curtain cord. While moving from side to side, it is possible to imagine the cord moving in the opposite direction. By practice one becomes able to imagine stationary objects not seen to be moving as continuously, as easily, as objects in the field of vision.

Seeing objects at different distances move opposite each other improves relaxation, eye movement and the clarity of vision. It also helps people with very unclear vision distinguish one object from another object, improves the ability to look at and shift part to part on one object at a time. This improves shifting with central fixation which further improves the clarity of vision.

The speed of the movement of close and distant objects changes if the eyes look at close or distant objects when moving left and right. Normally when practicing moving left and right the eyes do not look at any objects - just let the eyes move along, pass by over objects in the visual field.

Universal Swing: When one becomes able to imagine all objects seen, remembered, or imagined, to be moving with a slow short, easy swing, this is called the Universal Swing. It is a very desirable thing to have, because when it is imagined with the eyes closed or open, one cannot simultaneously imagine pain, fatigue, or imperfect sight.

The universal swing can be obtained without one being conspicuous. With the hand covered, move the thumb from side to side about one-quarter of an inch, and move the eyes with the thumb. Stationary objects can be imagined to be moving.

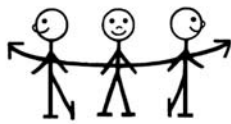
When walking rapidly forward, the floor or the sidewalk appears to move backward. It is well to be conscious of this imagined movement.

Never imagine stationary objects to be stationary. To do this, is a strain, a strain which lowers the vision.

Try Dancing

THERE has been repeatedly published in this magazine and in my book that the imagination of stationary objects to be moving is a rest and relaxation and a benefit to the sight. Young children, when one or both eyes turn in or out, are benefited by having them swing from side to side with a regular rhythmical motion. This motion prevents the stare and the strain and improves the appearance of the eyes. It helps the sight of most children to play puss-in-the-corner or to play hide-and-seek. Children become very much excited and laugh and carry on and have a good time and it certainly is a benefit to their sight. It seems to me that these children would be benefited by going to dancing school. Many of my patients practice the long swing in the office and give strangers the impression that they are practicing steps of a dance. One patient with imperfect sight from detachment of the retina recently told me over the telephone that he went to a dance the night before and although he lost considerable sleep his sight was very much improved on the following morning.

Dancing is certainly a great help to keep things moving or to imagine stationary objects are moving, and is always recommended. Some people have told me that the memory of the music, the constant rhythmic motion and the relaxation have improved the vision.

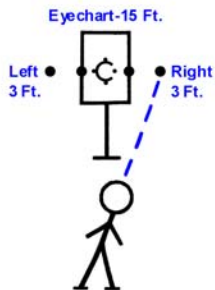


Long Swing

Swing the body left and right. Head/face, eyes, body move together, at the same time, in the same direction. See oppositional movement; objects in the visual field appear to move 'swing by' in the opposite direction. Do not stop to look at the objects. Keep swinging, relax and let them move.



Sway/rock left and right.



+Look 3 Feet to the right of the eyechart. Then, look 3 feet to the left of the eyechart. +Notice the chart moves in the opposite direction the eyes, head, body move to. +Shift long, left and right on the sides of the chart and see a long, wide oppositional movement. (see dots, shift dot to dot) +Then shift shorter, left and right on the edges of the chart and see a shorter opposite movement. (see dots) +Then shift shorter, smaller- left and right, top and bottom on the letter C and see a short, small opposite movement. (see dots) +Shift point to point on a small part of the C and see a tiny opposite movement. Small eye shifts on a object bring clearer, more fine detailed vision. Central Fixation. Practice at far and close distances.

SWAYING

It is a great help in the improving of vision to have the patient demonstrate that staring at one part of a letter at ten feet or further is a difficult thing to do for any length of time without lowering the vision and producing pain, discomfort, or fatigue.

With the eyes closed it is impossible to concentrate on the memory or the imagination of a small part of one letter continuously without a temporary or more complete loss of the memory or the imagination.

When an effort is made to think of one part of a letter continuously with the eyes closed, the letter is imagined to be stationary. When the imagination shifts to the right of the letter a short distance and then to the left alternately, every time the attention is directed to the right, > the letter is always to the left, < and when the attention is directed to the left < of the letter, the letter is always to the right >. By alternating, the patient becomes able to imagine the letter is moving from side to side, and as long as the movement is maintained the patient is able to remember or imagine the letter. It can be demonstrated that to remember a letter or other object to be stationary always interferes with the perfect memory of the letter. One cannot remember, imagine, or see an object continuously unless it is moving. The movement must be slow, short, and easy.

When patients stare habitually, the eyes become more or less fixed, and are moved with great difficulty. When the patient stands and sways the whole body from side to side, it becomes easier to move the eyes in the same direction as the body moves. No matter how long the staring has been practiced, the sway at once lessens it.

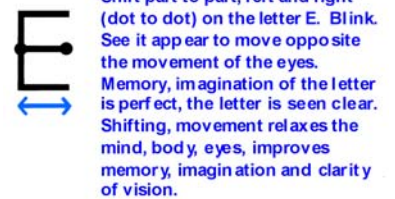
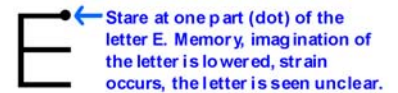
Swinging

By W. H. Bates, M.D.

The muscles on the outside of the normal eye are at rest when the sight is normal. Any contraction of one or more of these muscles by pressure, by operation or by electrical stimulation always produces an error of refraction. The removal of the crystalline lens may be done without changing the form of the eyeball.

The normal eye has normal sight when it is at rest. It is at rest, or relaxed, when it is moving to prevent the stare, strain, or effort to see. When the patient becomes aware that his eye troubles are always caused by one of these three, all of which are difficult, he becomes able easily to maintain the swinging of all objects. (Oppositional Movement)

Shifting or moving the eyes from side to side with a similar movement of the head



Natural Eyesight Improvement Astigmatism chart. Look at, shift on, see darkest black and clearest one black line at a time. Trace along a line, Shift line to line.

improves the sight when done properly. It can be done wrong when the eyes move in a different direction to the movement of the head. In some cases, when turning the head to the right, the eyes may turn in the opposite direction, for example, at the same time. Cases have been observed where one or both eyes appear stationary while the head may be moving.

One patient complained that when he planned to move his eyes with the movement of his head that he was not conscious that his eyes were moving as desired or that the eyes were moving and not stationary.

In some cases the eyes would move irregularly and unconsciously a longer or a shorter distance than the movements of the head. When one or more of the patient's fingers were pressed lightly on the closed eyelids, the eyes could be felt to move rapidly, slowly, or in any direction.

The eyes may move to the right while the head moves opposite, or to the left. Swaying the head and body a long distance to the right or left may be accompanied by an apparent movement of stationary objects in the opposite or in the same direction. Stationary objects with a prominent background move opposite, while objects partly covered may appear to move in the same direction.

Some people have difficulty in practicing the swing successfully. They cannot imagine any stationary object to be moving no matter how much swinging is practiced. They usually complain that they cannot imagine stationary letters or other objects to be moving when they move their head or eyes. They feel absolutely certain that the stationary object is always stationary and cannot be expected to move when the body sways from side to side in a long or short movement.

It is absolutely necessary that all persons with imperfect sight should become able to imagine stationary objects to be moving. When an effort is made to imagine stationary objects to be stationary, the eyes become fixed or stare at the letter or other object and make an effort which always fails. A very successful method of teaching nervous people how to imagine stationary objects to be moving is as follows;

The Snellen test card is fastened to a support about fifteen feet away from the patient. When the patient looks at a point about three feet to the right of the test card, the card is to the left of the point regarded, and advances farther to the left when the point regarded is moved to the right. When the patient is directed to regard a point to the left of the Snellen test card, the card moves to the right side of the point regarded.

The greater the shift from one point to another, the wider becomes the swing. By repetition, the patient becomes able to realize that whenever a point regarded is to the right of the card that the card and all other objects are to the left of the point regarded. When the eyes move to one side of the card, the card moves to the opposite side and this movement of the card can always be demonstrated by insisting that the patient imagine the Snellen test card moves to the left every time the eyes move to a point to the right. (The original sentence was; ...insisting that the patient cannot imagine the Snellen test card moves...) The word cannot is thought to be a misprint and has been taken out.)

This method is always a truth without any exceptions because no matter how much the patient may insist that he is right, he has to acknowledge that when he looks to the right, the Snellen test card moves to the left, and this movement is so decided that it very soon becomes impossible for the patient to fail to imagine stationary objects to be moving whenever the eyes move from right to left, from left to right, or in any other direction. This demonstration may be made very convincing with a little time and patience. There are so many of these patients who have difficulty in imagining stationary objects to be moving when the eyes move from side to side or in other directions that the swing should be practiced.

Long Swing: The patient stands with the feet about one foot apart and turns the body to the right - at the same time lifting the heel of the left foot. The head and eyes move with the body, synchronized: eyes, head, body move together, same time, same direction. One should not pay any attention to the apparent movement of stationary objects. Do not look at the objects that are showing oppositional movement. Relax, swing and let the objects 'swing', pass by in the opposite direction. The left heel is then placed on the floor; the body is turned to the left as the patient raises the heel of the right foot. I usually advise patients to practice this right and left swing one hundred times morning and night, counting one to the right, two to the left, and so on.

Variable swing: The patients holds the forefinger of one hand six inches from the right eye and about the same distance to the right, as he moves the head a short distance from side to side. The finger should appear to move in the opposite direction to the movement of the head. This can also be done with the finger held between the left and right eyes, at eye level.

Universal Swing: The Patient stands and sways the body from side to side. While the body is moving, the eyes are moving, and stationary objects nearby (close objects) which have a background (distant object beyond close object) appear to move in the opposite direction to the movement of the head and eyes. Objects located at more distant points which have no background always appear to move in the same direction as the movement of the body.

If the finger is held before the eyes while the head is moved from side to side, one may, by practice, become able to imagine that everything connected with the finger, either directly or indirectly, is moving in the opposite direction, while the back ground is moving in the same direction. The universal swing is very beneficial and usually prevents and cures pain, dizziness, and other nervous symptoms.

Circular Swing: There is one objection to the universal swing and that is that at the end of the count to the right or left, the patient in some cases stares. This stoppage of the swing may be corrected by the



Variable Swing with finger to side of face. Move the head left and right and see the finger move opposite.



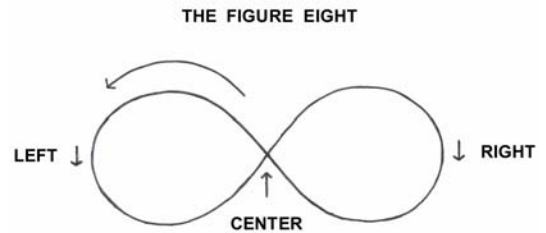
Variable Swing with finger in front, center of face, between the eyes, eye level.



Sway/rock left and right.

practice of the circular swing, when all objects are imagined to move continuously in a circular direction. The circular swing may be remembered with the eyes closed and differs from the other swings in that the finger, Snellen test card, or other objects appear to move in a circular direction. In the circular swing, the head and eyes are moved in a circular direction.

Square Swing: In the square swing, the head and eyes are moved in a horizontal line from one side to the other and then downward, across, upward, and across, without a stop being made in any part of the swing. Many patients can practice a square swing when they find it difficult or impossible to practice a circular swing. Either the circular or square swing may be practiced with the eyes open or closed. (The Figure Eight – Infinity Swing is an improved, modern version of the circular and square swings.



Not all persons can practice any particular kind of a swing successfully with the eyes open, but with the eyes closed, with the help of the memory and the imagination, almost any swing can be practiced with benefit. It is interesting to observe that swinging the head and eyes a long distance from side to side is more easily accomplished than a short movement, although a short swing when practiced properly is more beneficial. Practice the swings with the eyes open, closed, open and remember, imagine and see oppositional movement of objects.


The Optical Swing

By W. H. BATES, M. D.


MOST people when they look at stationary objects believe that they see such objects stationary; but if they observe the facts more closely, they find that when the normal eye regards a small letter of the Snellen Test Card with normal sight, the letter does not appear to be stationary, but seems to move from side to side, a distance about the width of the letter. This is called the *optical swing*. This is caused by the movement, shift of the eyes from point to point (part to part) on the letter.

During the late war, a soldier, who was rated as a sharpshooter, told me that when he regarded the bull's eye of a target five hundred yards away or further, that he had difficulty in aiming his gun properly because the bull's eye seemed to move from side to side a very short distance. Both he and others who had observed it did not discuss the matter with any great interest.

The movement of a letter or other object from side to side in the optical swing is so short, so slow, that most persons with normal eyes have never noticed it. There is no reference to the optical swing in any publication which I have seen. It is a truth that in all cases of normal sight the optical swing can be demonstrated. In all cases of imperfect sight the optical swing is modified; it may be lengthened, it may become too rapid and irregular. The swing is a necessary part of perfect sight. The importance of it has not been realized. With the short optical swing the vision is good while the mental efficiency and the efficiency of the nerves and muscles is enormously increased.



Shift left and right, top and bottom on a letter O and see it swing in the opposite direction. Practice on a fine print o.



Universal Swing
Shift on a letter on the eyechart and see it move, swing. Notice that the chart and any objects connected with the chart: other letters, the stand the chart is placed upon... also moves with the letter.



Variable Swing
Treatment for Conical Cornea, Blur...
Hold the finger to the side of the face/ eyes and move the head side to side while looking at the Snellen Eyechart. Notice the finger appears to move side to side 1+ inches while the chart moves a shorter distance or shows no movement. Shorten the movement of the head and notice the swing of the finger and chart become shorter, the chart showing less, and no movement. The chart may appear to move in the same direction the eyes, head move to; opposite the movement of the finger - Double Oppositional Movement.
This can also be practiced with the finger in front of the face/no see at eye level.

Oppositional Movement

Shift part to part on a letter and see it move 'swing' in the opposite direction. The movement is no longer than the size of the letter (size of the eyes shift on the letter) when the vision is normal. Practice on large, small and fine print letters at close and far distances.

Experience strain, blur.

1 - Stare at the dot on the middle of the E. Eyes immobile, not shifting, not blinking. The E does not move. Strain, tension in the mind, eyes, head, neck... occurs. Memory, imagination is lowered, the E becomes unclear.

Experience relaxation, clear vision;
2 - Shift point to point on the E and experience relaxation, perfect memory and imagination of the letter and clear vision.

The normal eye with clear vision shifts part to part (point to point; central fixation combined with shifting) on a object resulting in a movement 'swing' of the object.



THE SHORT SWING: When the swing is short, no more than the width of the letter, the vision is normal; when the vision is normal, the swing is short. One cannot have normal vision of a letter, a normal memory or a normal imagination, without demonstrating the presence of a short optical swing.

It can be demonstrated that it is impossible to remember or imagine with the eyes closed a letter, a color or any object without the optical swing. When the swing is stopped an effort or strain is necessary, which may be conscious or unconscious, and the memory or imagination becomes imperfect. Normal vision is not maintained continuously without the short optical swing. It is not necessary, however, for one to be conscious of the swing in order to demonstrate normal vision.

(Practicing seeing it improves the clarity of vision.)

Methods of treatment which restore the optical swing are a benefit to imperfect sight. When the short swing can be demonstrated, the vision, the memory and the imagination are normal. One cannot imagine the short swing and imperfect sight at the same time. One cannot remember or imagine pain, fatigue or any symptom of disease and the short swing at the same time. For example, the symptoms of acute indigestion have disappeared when the patient imagined the short swing of a letter or some other object. In some cases, hay fever symptoms have disappeared quickly and permanently, through the use of the short swing. Bronchial troubles, the cough associated with influenza and whooping cough, have disappeared quickly when the short swing was imagined quickly.

THE UNIVERSAL SWING: When you hold the Snellen Test Card in your hand, you can imagine a small letter "o" printed on the card to have a slow, short, easy, continuous, regular swing. Of course, when the "o" swings, the card to which it is fastened also swings; when the hand holding the card swings, the card swings and the letter "o" swings. When the letter "o" swings the card swings, the hand swings, the wrist, the forearm, the elbow, are all swinging with the "o". If the elbow rests on the arm of the chair, when the chair moves the elbow moves; when the elbow moves, the card moves. One can demonstrate that a letter "o" pasted on the Brooklyn Bridge moves when the bridge moves, and when the "o" moves the bridge moves. One may think of many objects, one at a time, each one in turn moving with the moving "o". This is called the *universal swing*.

This movement is caused by the movement, shift of the eyes. Moving the head/face, body with the eyes improves appearance of the movement.

The universal swing has been a wonderful benefit in improving many cases of imperfect sight, in the relief of pain, fatigue and other symptoms of disease. It can be demonstrated that when one has the universal swing the sight is perfect. If the universal swing becomes modified, the sight is imperfect. There are no exceptions. This fact has suggested successful treatment for myopia, cataract, and other causes of imperfect sight.

It is well to remember that some people have difficulty in imagining the universal swing. They are very apt to separate the letter "o" from the card and imagine that either the card or the letter moves; and it is difficult for them to imagine the letter and the card fastened together and one unable to move without the other moving. Of course one can imagine the hand moving and the arm stationary, but when the hand and the arm are in a vise or fastened very closely together without any hinges, it is difficult or impossible to imagine the hand is moving without the arm moving as well. Persons who have difficulty in imagining the universal swing should consult others who can demonstrate it, explain it and help them to accomplish it.

The entire visual field moves 'swings' in the opposite direction the eyes move, shift to.

I generally suggest to my patients that they practice the universal swing twice daily, morning and night; or better still, practice it at all times, in all places, no matter where they are or what they may be doing.

THE MEMORY SWING: With the eyes closed you can feel your eyes move under your fingers when lightly touching the eyelids. If you imagine that you are looking over your right shoulder, you can feel the eyeballs move to the right, and a long distance to the right. When you imagine that you are looking over your left shoulder, you can feel your eyeballs moving to the left, and far to the left. One can shorten the movement of the eyeballs by looking a shorter distance to the right, alternately looking to the left. With a little practice one can feel or imagine one feels, the eyeballs are moving the shortest possible distance from side to side. The eyeballs can be seen to move under the closed eyelids. The memory swing is a good thing to practice under conditions which would not be so convenient for the other kinds of swings. One can practice the memory swing in a dark room, on a dark night, in a dark cellar, in bed, and obtain a mental relaxation or an optical relaxation or a relaxation of the nerves which is worth while.

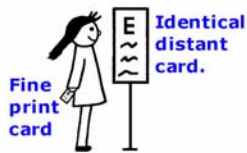
Imagine shifting left and right, top and bottom on a tiny fine print letter and feel the eyes move.

Imagine seeing the swing; the letter appears to move in the opposite direction the eyes shift to. Produces very clear vision.

THE OPTICAL SWING

By W. H. Bates, M. D.

For thousands of years mankind, both lay and professional, has overlooked a seemingly minute but vitally important phenomenon of the human system—the eye's normal inability to see a stationary object. Of the result in the science of the eye of the final observation of this vital matter, Dr. Bates tells in part in this article.



For Clear Distant Vision

+Shift on a fine print letter on a close card and imagine, see that it has a slow, short, easy swing, movement. Practice for a minute or less, 5-20 seconds. Avoid staring. Blink and keep the eyes moving on the letter.
 +Then, look at the same letter on an identical distant card for less than a fraction of a second.

As vision improves the eyes can look at a letter for a second or longer without experiencing blur.

+ Repeat looking at the letters on the close and distant cards. Practice on one letter at a time.

+Practice with the distant card farther away as vision improves.

+Practice with both eyes together, one eye at a time, then both eyes again.

+Reverse the process to improve close vision, looking at the close letter for the shortest time.

IN this magazine, and in other publications, I have quite frequently written about the swing. The matter is so important that I feel that it should be described and recommended more frequently. The benefits which come from the optical swing are far-reaching and of greater importance, I find at the present time, than I realized even six months or a year ago.

When a person of normal sight regards one letter of the Snellen test card with normal vision, the letter appears to move about a quarter of an inch or less from side to side, continuously and slowly, a little more rapidly than a movement each second. This is what I call the optical swing.

For many thousands of years people of normal sight have regarded small and large objects which were stationary and imagined that they saw them stationary. It can be demonstrated that when the normal eye imagines a letter, or a part of a letter, stationary, that the letter becomes very soon imperfect. Furthermore, the letter has a jerky movement, irregular, and variable, demonstrating that it is impossible by any kind of an effort to keep or imagine a letter stationary for any length of time.



Shift left and right on the E and see it move in the opposite direction the eyes move to. Shift top and bottom, diagonally and in any direction.

Swinging

It is also beneficial while practicing this method to sway the body, head and eyes, a short distance from side to side, and imagine the card and the letters to be moving in the opposite direction. It may help you to imagine the card moving by regarding the background close to one vertical edge of the card. By swaying from side to side the edge of the card appears to move over the background. The shorter the movement of the body, head and eyes, the shorter is the movement of the card and the better is it remembered, imagined or seen. The short swing is more beneficial than the long swing. It is necessary to realize, however, that it doesn't require much of a strain to stop the short swing and blur the whole card. When the short swing stops, you should increase the swing or the swaying of the body from side to side, until the card can be again imagined to be moving. This combination of swaying, memory with the eyes

closed, and imagination with the eyes open, is a cure for hypermetropia.

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

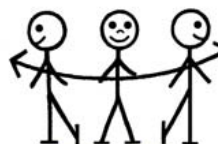
Swinging: When the eyes move slowly or rapidly from side to side, stationary objects appear to move in the direction opposite to the movement of the head and eyes.

PEOPLE with normal vision are not always conscious of the swing. When called to their attention, however, they can always demonstrate it, and are always able to imagine all stationary objects to be moving. In imperfect sight, the swing is modified or absent. This is a truth which has been demonstrated over a long period of years by a great many people, and no exceptions have been found.

The normal or perfect swing is slow, short, easy and continuous. When the swing is normal, it is always true that not only is the vision normal or perfect, but also the memory, the imagination, or the mental efficiency correspond. When the memory is imperfect, the imagination, the mental efficiency, and the sight are also imperfect.

All cases of imperfect sight from myopia, or near-sightedness, become normal when the swing becomes normal. The same is true in cataract, glaucoma, diseases of the optic nerve and retina. For example, a woman, aged sixty-three, was treated for imperfect sight from cataract. Her vision was 10/200, and was not improved by glasses. For twenty years she had not been able to read a newspaper with or without glasses. In three visits, with the help of the normal swing, her vision improved to 10/10 minus, with flashes of normal vision, and she read diamond type at twelve inches rapidly without glasses. Other similar cases have been relieved as promptly.

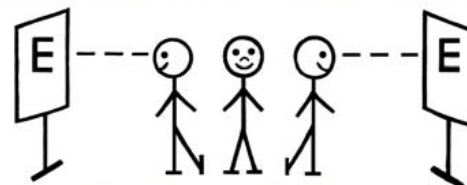
It is important to understand how the swing can be imagined. Some



The Long Swing

Swing and turn left and right. Swing, turn left-the heel of the right foot moves up. Swing and turn right - heel of left foot moves up. 50-100 times.

Long Swing relaxes the mind, body, eyes, activates eye shifting, clear vision. Do the Rock, (sway) a shorter swing for increased vision improvement. See oppositional movement.



The Long Swing with Two Eyecharts

Identical eyecharts placed on left and right side of the body. Swing and turn left and right and 'Flash' glance at, shift on a letter on the eyechart for a 'fraction of a second'- Swing, turn left and 'Flash' a letter on the left chart: Blink and shift quickly, easy on the letter. Do not stop swinging. Swing and turn right and flash a letter on the right chart. Keep swinging left and right, glancing at the letters. Relax, no effort to see - vision becomes clear.

people with mild cases of imperfect sight can imagine a letter or other object to be moving when they see or remember it perfectly. There are many others who fail. Severe pain, fatigue, or worry often prevent the demonstration of the swing. Blinking and palming are helpful in demonstrating the swing. The distance of the object regarded is important. The patient should be placed at a distance at which he can best demonstrate the swing. The distance varies with the patient.

It is unfortunate that many patients consider the swing complicated or impossible. However, they can usually demonstrate that a stare or strain lowers the vision. When holding a test card at a convenient distance from the eyes, patients may be convinced that the test card is seen better when moving. They may not profit by their experience, but continue to stare or strain, which always lowers the vision.

One patient was unable to imagine any kind of a swing. He was suffering from pain, mental depression, and imperfect sight for the distance. Reading the newspaper, even with glasses, was impossible. Since nothing he tried gave him any relief, I suggested that he stop trying to see and make no effort to imagine stationary objects to be moving. He practiced this while sitting in my waiting room. He paid no attention to the apparent movement of stationary objects, nor did he look at any object more than a fraction of a second. His vision after that improved from 20/50 to 20/10. He became able to imagine the movement of objects and demonstrated that all his pain and mental depression were caused by a stare or an effort to see all things stationary, when he regarded, remembered or imagined them. He was comfortable when he imagined objects moving or swinging, but very uncomfortable when he made an effort or imagined them to be stationary.

Recently, I tested the sight of a girl about ten years old. She read the Snellen card at ten feet with normal vision. She was asked: "Do you see any of the small letters moving from side to side?"

"Yes," she answered, "they are all moving."

"Now can you imagine one of the small letters stationary?" At once she quickly looked away and frowned.

"Why did you look away?" her father asked her.

She replied: "Because it gave me a pain in my eyes and head, and the letters became blurred. Don't ask me to do it again."

The experience of this child is the same as that of everyone, young or old, with perfect or imperfect sight. When the sight is normal and continuously good, to try to stop the swing of a letter or other object necessitates a strain,—an effort which always lowers the vision and produces discomfort or pain in one or both eyes.

It has been repeatedly demonstrated that a letter or other object cannot be remembered or even imagined perfectly and continuously, unless one can imagine it to be moving or swinging. Not only does the sight become imperfect, but also the memory, imagination, judgment, and other mental processes are temporarily lost. These facts should be known to teachers, because they greatly affect the sight, the mental efficiency, and the scholarship of their pupils.

When the memory, imagination and vision are normal, the eyes, the brain and the entire nervous system are at rest. The reverse is also true, for when the muscles and nerves of the body are not at rest, the sight, memory and imagination are imperfect, and the mental efficiency is lessened or lost.

It is impossible to imagine pain, or any symptom of disease and the normal swing at the same time. Children with whooping cough have been immediately relieved by the relaxation obtained from the swing. Many patients suffering from severe attacks of bronchitis have been promptly relieved in the same way. Angina pectoris, pneumonia, trifacial neuralgia, and other serious diseases have also been relieved after relaxation or rest was obtained with the aid of the swing.

The swing is generally beneficial. Some patients obtain more relaxation from one type of swing than from another. The long swing, however, is most helpful in a great many cases.

LONG SWING: Stand with the feet about one foot apart. Turn the body to the right, at the same time lifting the heel of the left foot. The head and eyes move with the movement of the body. Do not pay any attention to the apparent movement of stationary objects. Now place the left heel on the floor, turn the body to the left, raising the heel of the right foot. Alternate. Pain and fatigue are relieved promptly while practicing this swing. When done correctly, relief is felt in a short time. The long swing, when done before retiring, lessens eyestrain during sleep.

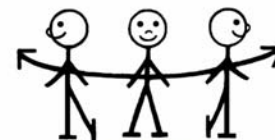
VARIABLE SWING: Hold the forefinger of one hand six inches from the right eye and about the same distance to the right. Look straight ahead and move the head a short distance from side to side. The finger appears to move in the direction opposite to the movement of the head and eyes.



Variable Swing with finger to side of face. Move the head left and right and see the finger move opposite.



Variable Swing with finger in front, center of face, between the eyes, eye level.



Long Swing

Swing the body left and right. Head/face, eyes, body move together, at the same time, in the same direction. See oppositional movement; objects in the visual field appear to move 'swing by' in the opposite direction. Do not stop to look at the objects. Keep swinging, relax and let them move.

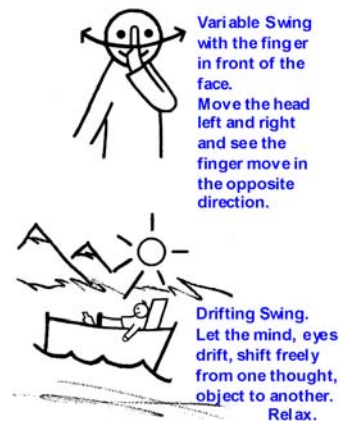
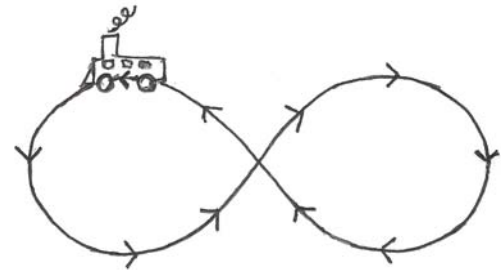
DRIFTING SWING: The patient does not think of nor regard anything longer than a fraction of a second. It is helpful in doing this for the patient to imagine himself floating down a river. He may be able to imagine the drifting movement of the boat in which he is floating, better with the eyes closed than with them open. In this case, alternate the imagination with the eyes open and with them closed. The imagination may be improved in this way.

SHORT SWING: When the sight is normal, one can demonstrate the short swing. When it is imperfect, one can demonstrate only the longer swing. When a patient with imperfect sight regards the Snellen test card at ten or fifteen feet, he may be able to imagine one of the letters on the card to be swinging a quarter of an inch or less. The imagination of a shorter swing always improves the sight. Some patients can imagine the short swing better with their eyes closed than with them open. Alternate the imagination of the swing of the letter with the eyes closed and with them open. By repetition, the vision of the letter with the eyes open will improve (at first in flashes, later more continuously), if the memory of the short swing is perfect with the eyes closed.

UNIVERSAL SWING: When the eyes are at rest, they are always moving. When the body is at rest, it can always be imagined, one part in turn, to be moving or swinging. The chair, on which the patient is sitting, is swinging. The floor, on which the chair rests, is also swinging. The walls of the room also swing when the floor swings. When one part of the building swings, one can imagine the whole building to be swinging. The ground, on which the building stands, is also swinging. When the ground swings, other buildings connected with it swing. One can imagine the whole city to be swinging, this continent and all other continents on the earth can be imagined swinging. In short, one can imagine not only that the whole world is moving, but also the universe, including the sun, the moon and stars. The practice of the universal swing is of the greatest benefit, for in this way one can obtain the maximum amount of relaxation.

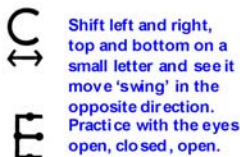
All objects appear to move, 'swing' in the opposite direction the eyes shift to. The Figure Eight shown on the right > is a new, improved version of a few different swings combined into one.

Trace up the center and to the left first for correct left and right brain hemisphere activation, integration.



Variable Swing with the finger in front of the face. Move the head left and right and see the finger move in the opposite direction.

Drifting Swing. Let the mind, eyes drift, shift freely from one thought, object to another. Relax.



Shift left and right, top and bottom on a small letter and see it move 'swing' in the opposite direction. Practice with the eyes open, closed, open.

THE VARIABLE SWING Oppositional Movement Conical Cornea Cured

RECENTLY I have been impressed very much by the value of the variable swing. By the variable swing is meant the ability to imagine a near object with a longer swing than one more distant.

Example: To move the eyes, head, body left and right and imagine and see oppositional movement: close objects appear to move 'swing by' in the opposite direction to the movement of the eyes, head, body while distant objects, beyond the close object appear to move with the eyes, head, body in the same direction. The close and distant objects also appear to move against each other in opposite directions. The close object shows the most movement. The distant object shows the least movement as long as the eyes do not lock onto any objects, at any distance while swinging side to side. This can be seen when doing the Sway or Long Swing, in front of two eyecharts or any stationary objects at close and far distances. A variety of examples for experiencing the variable swing are provided in Better Eyesight Magazines.

For example, a patient came to me with conical cornea, which is usually considered incurable. I placed a chair five feet away from her eyes, clearly on a line with the Snellen test card located 15 feet distant. When she looked at the Snellen test card and imagined the letters moving an inch or less (shifting on the letters) she could imagine the chair that she was not looking at moving quite a distance. As is well known the shorter the swing the better the sight. Some persons with unusually good vision have a swing so short that they do not readily recognize it. This patient was able to imagine the chair moving an inch or less and the card on the wall moving a shorter distance. She became able to imagine the chair moving a quarter of an inch

Treatment for conical cornea and unclear vision.



When looking at, shifting on the letters on the distant eyechart the chair and chart appear to move 'swing', in the opposite direction the eyes move to. The chair shows the most movement, more than the distant chart. Practice relaxation and shorter shifting on small letters on the chart and see a shorter swing.

Rock the body left and right in front of the chair, chart and see the chair appear to move opposite the movement of the eyes/body and the chart appear to move with the eyes/body in the same direction.

and the movement of the Snellen test card at 15 feet was so short that she could not notice it. In the beginning her vision with glasses was poor and without glasses was double, and even the larger letters on the Snellen test card were very much blurred. Now, when she imagined the chair moving a quarter of an inch and the Snellen test card moving so short a distance that she could not recognize it, the conical cornea disappeared from both eyes and her vision became normal. To me it was one of the most remarkable things I have seen in years. I know of no other treatment that has ever brought about so great a benefit in so bad a case.

The variable swing is something that most people can learn how to practice at their first visit. Some people can do it better than others. The improvement depends directly upon their skill in practicing the variable swing.

The Baby Swing

YOUNG babies suffer very much from eyestrain. The tension of the eye muscles is always associated with the tension of all the other muscles of the body. Their restlessness can be explained by this tension. I was talking with an Italian mother in the clinic one day about restless children, and asked her why it was that her baby was always so quiet and comfortable when she came to the clinic, while many other babies at the same time were very restless and unhappy.

"Oh," she said, "I love my baby. I like to hold her in my arms and rock her until she smiles."

"Yes, I know," I said, "but that mother over there is rocking her baby in her arms, and the child is screaming its head off."

"Yes," exclaimed the Italian mother, "but see how she rocks it."

Then I noticed that the other mother threw the child from side to side in a horizontal direction with a rapid, jerky, irregular motion, and the more she jerked the child from side to side, the more restless did it become.

"Now, doctor," said the Italian mother, "you watch me."

I did watch her. Instead of throwing the child rapidly, irregularly, intermittently from side to side, she handled her baby as though it had much value in her eyes, and moved her not in straight lines from side to side, but continuously in slow, short, easy curves. The Italian mother picked up the other mother's child, and soon quieted it by the same swing.

I learned something that day.

#7 - MEMORY AND IMAGINATION

MENTAL PICTURES AN AID TO VISION

By W. H. BATES, M.D.

WHEN an object is seen perfectly it is possible to form a perfect mental picture of it; when it is seen imperfectly this cannot be done. Persons with ordinarily good vision are able to form a perfect mental picture of some letter of the alphabet especially a letter of diamond type, when looking at the Snellen test card, or at fine print; but persons with ordinarily imperfect vision can do this only under certain favorable conditions, as with their eyes closed, or when looking at a blank surface where there is nothing particular to see. They may also be able to do it when looking at objects at a distance at which their vision is fairly good, as in the case of near objects in myopia. Persons with ordinarily good vision, on the other hand, have moments when they see imperfectly, and at such times their mental pictures are imperfect.

These facts are of the greatest practical importance, because many persons easily learn how to form mental pictures, and when they become able to do so under all conditions their sight becomes perfect.

Mental vision is subject to precisely the same laws as visual perception. The mental picture must be seen or imagined by central fixation; that is, one part of it at a time must be seen best, and the attention must shift continually from one point to another. This shifting of attention produces a swing which is even more pronounced than the visual swing. (The swing, opposite movement of the object the eyes are shifting on in the mind, imagination with the eyes closed is more pronounced than when shifting on a real object with the eyes open.) Furthermore, the mind adds details that do not exist in the object remembered or imagined. If this object is a black letter on a white background, for instance, the white openings and margins will appear more intense than the reality.

It is not possible to retain a mental picture of a letter of diamond type when one tries to think of one point continuously. The point may be remembered for a brief interval—a few seconds or part of a minute; then it is lost and with it the whole letter. One cannot, in short, "stare" at a point with the imagination any more than one can stare with the eye, and if one tries to do so the point disappears. If one tries to think continuously of two points of the letter, imagining them



Shift part to part on the apple, seeing one small part clearest at a time. (Central fixation combined with shifting). See the swing - The apple moves in the opposite direction the eyes shift to. Remember, imagine the apple is clear with perfect color. Practice with the eyes open and in the imagination with the eyes closed.

both to be equally black at the same time, the picture is lost more quickly. To think of four points or more, or to think of the whole letter perfectly black at the same time, is still more difficult.

Mental pictures cannot be retained for any length of time unless they appear to move. This movement may be so slight and easy that it is not observed until the attention is called to it, and even then it may not be realized. Some patients have told me that they could remember small letters of diamond type easily and continuously, and that they were not moving. Usually the patient can demonstrate the facts by trying to think of one part of the letter as stationary. In this case it immediately disappears. But the effort to keep the attention fixed on a point is so great that some patients cannot or will not make it. It is easier to let the attention shift naturally. In such cases I direct them to look at the letter *o* so close to their eyes, or so far away, that they are unable to see it clearly, and call their attention to the fact that now it seems to be stationary. Then I have them look at the letter at the distance at which they see it perfectly and ask them to imagine it stationary, as the letter at the preceding distance seemed to be. Usually they are able to do this, and to note that the letter blurs or disappears. After they become able to imagine that a letter which they see is stationary, they become able also to imagine that their mental picture of it is stationary, and to note that it cannot be held more than a moment under these conditions.

To imagine that other things seem to be moving helps some people to form and retain mental pictures. One patient, whose mental pictures were very poor, became able, when walking around the room and imagining things moving in the opposite direction, to imagine that a letter "o" was moving in the same direction as the furniture.

A mental picture need not be a complicated one. The perfect memory or imagination of even a small spot of color is sufficient to cure all errors of refraction—nearsight, farsight, and astigmatism—as well as many other abnormal conditions. But to form a perfect mental picture of a spot of color—say a black period—is not always easy. One may think one is imagining a black period perfectly, but when one compares one's mental picture with the reality, one usually finds that the former is several degrees paler than the latter. It is usually easier to form mental pictures with the eyes closed than with the eyes open, and by imagining a period, or other object, with the eyes closed and open alternately one can improve one's ability to imagine it under the latter condition. In a few exceptional cases, however, mental pictures are better and are more easily held with the eyes open than when they are closed.

When the sight is imperfect it is always easier to hold a mental picture when looking at nothing in particular than when looking at letters or other objects at distances at which they cannot be seen distinctly. To improve the ability to hold them under the latter conditions it is necessary, alternately, to imagine the object with the eyes closed, or looking away from the Snellen test card or printed page, and then to look back at the Snellen test card or reading matter.

Persons unable to imagine a period or letter may succeed with other objects. For example, one patient who could not imagine a white card with black letters on it which she had just seen in her hand was able, with her eyes closed, to imagine the color of her house, one part best, and the different objects—curtains, furniture, etc.—in the different rooms. She was able to see the lawn, the flower-bed, the numerous flowers, one part best, and to imagine the color of the eyes of her friends. After that she became able to imagine the white card with the black letters.

Persons who suffer from pain, fatigue, or other discomfort to their eyes, have great difficulty in forming mental pictures. Such persons, although they cannot remember a letter or other objects, are often able to remember the movement of a card held in the hand. If they cannot do this at first, they may become able to do it by alternately looking at the card and then closing their eyes and trying to recall the movement. When they become able to do this the pain stops and the sight becomes temporarily normal.

Most people are helped by learning how to fail. When they demonstrate that their sight is lowered by an imperfect mental picture, they become able to avoid such pictures. A patient with squint was cured when she learned to imagine double images. At first, with her eyes open, she could not imagine them more than two inches apart, Later, with her eyes open, she got them four feet apart, while, with her eyes closed, she could imagine one Snellen test card on one side of a bay five miles wide and another on the other. These images could be imagined either crossed or homonymous at will; that is, each eye sometimes seemed to see the image on its own side, and at other times the image seemed to be on the opposite side. When the images were homonymous the eyes turned in, and when they were crossed the eyes turned out. By means of this practice the patient gained such a degree of mental control that her eyes became almost continually straight, the slight occasional deviation not being noticeable.

HOW TO OBTAIN MENTAL PICTURES

Quick Distant Vision Improvement Activity

- + Look at a letter on the Snellen test card.
- + Remember its blackness.
- + Shift the attention from one part of this spot of black to another. It should appear to move in a direction contrary to the imagined movement.
- + If it does not, try to imagine it stationary. If you succeed in doing this it will blur, or disappear. Having demonstrated that it is impossible to imagine the spot stationary, it may become possible to imagine it moving.
- + Having become able to form a mental picture of a black spot with the eyes closed, try to do the same with the eyes open. Alternate until the mental vision with the eyes closed and open is the same.
- + Having become able to imagine a black spot try to imagine the letter *o* in diamond type with the center as white as snow. Do this alternately with eyes closed and open.
- + If you cannot hold the picture of a letter or period, commit to memory a number of letters on the test card and recite them to yourself while imagining that the card is moving.
- + If some other color or object is easier to imagine than a black spot it will serve the purpose equally well.
- + A few exceptional people may get better results with the eyes open than when they are closed.

Memory and Imagination

A perfect memory and perfect imagination cures myopia under favorable conditions. Patients who have a good memory of mental pictures have no myopia when the mental pictures are remembered or imagined perfectly. There are near-sighted people who, after a course of eye education, can look at a Snellen test card at ten feet or further and remember or imagine the white part of the card perfectly white and the black letters perfectly black. When this is accomplished, the myopia improves.

When school children regard the blackboard, they often half-close their eyelids, or stare and strain to see and thus produce myopia. When they can remember a mental picture of some small letter, and remember it as well with the eyes open as with the eyes closed, normal vision and a temporary cure of their myopia is obtained.

In myopia and other phases of imperfect sight, the white centers of all letters are imagined less white than the rest of the card. When the patient becomes able to imagine the white centers with a white background to be whiter than the rest of the card, the vision is improved and there is no myopia.

MEMORY AND IMAGINATION. The scholarship of children is affected by their memory of mental pictures. Measures which have been practiced by many school teachers for the preservation or the improvement of memory are quite numerous. When children learn how to remember some things perfectly, the memory of other things is improved. With a perfect memory, it is also possible to have a perfect imagination. We see only what we think we see, or what we imagine. When the imagination is perfect, the sight is perfect and when the sight is perfect, the memory is perfect. These and other clinical observations have demonstrated the truth that sight is largely mental. Perfect sight or imperfect sight is due to the condition of the mind. When the mind is healthy and active, perfect memory can usually be demonstrated, but when the mind has lost its efficiency, the memory becomes impaired. The memory is benefited by those methods which bring rest and relaxation. With the eyes closed, the memory is usually better than it is with the eyes open.

After regarding a letter which is seen imperfectly at a distance of ten feet or nearer, the student can remember the same letter more perfectly by closing his eyes. When the child can remember a perfect letter at ten feet with the eyes open, he soon becomes able to see and remember the same letter at eleven feet, and can gradually increase the distance to fifteen or twenty feet. Practicing the sway, alternately with the eyes open and with the eyes closed, is a benefit to the memory and the sight, because when the eyes are moving, a stare, strain or effort to see is more or less prevented.

When a line of letters on a Snellen test card can be read easily, it is usually possible to read some of the letters on the line below. However, if this cannot be done, have the child come closer, until all the letters of the bottom line are seen at a distance of five or ten feet. When a child cannot read all the letters on the 10 line at ten feet, he may be able to remember or imagine all the letters of the 10 line, with the eyes closed, better than with them open. By alternately closing the eyes for part of a minute or longer, and then opening them for only a moment, the vision improves.

A child may be able to see the first letter on the bottom line of the card when he is told what the letter is. Although he may not know what the second or third letters are, he may be able to actually see them and other letters on the bottom line by improving the vision of the first letter so that it is imagined perfectly. When the memory and imagination of the first letter is quite perfect, or sufficiently perfect to be distinguished, the eye becomes normal and the other letters are really

seen and not imagined.

A child, at some previous time, may have had an inflammation or disease of the eyeball, which caused his imperfect sight. For example, a scar, sufficiently thick to interfere materially with the vision, may have formed over the front part of the eyeball. A perfect memory or imagination of a letter with the eyes closed, always lessens the opacity, and the vision is always improved, at least temporarily. By repetition, the short periods of improved vision occur more frequently and last more continuously.

The imagination is very important, much more so than many of us believe. Some people think imagination is simply another word for illusion. However, it is possible to imagine correctly as well as to imagine incorrectly. Some people can imagine a truth perfectly, but react differently when they imagine things imperfectly.

A girl, twelve years of age, had unusually good vision. She was able to read the 10 line of a strange card, which she had never seen before, at fifty feet. She said that she could look directly at one letter of the 10 line and see it continuously, but when her eyes were observed while she was doing this, it was found that she shifted almost continuously.

Her memory was also unusually good. She was the only member of the party who could remember the names of the officers on the different steamers on which she had traveled to Europe. She remembered the numbers of her staterooms, as well as the numbers of the staterooms of the other members of the party. However, when she imagined all these things incorrectly, she felt decidedly uncomfortable, but when she remembered to imagined things perfectly, she felt no discomfort.

At school, her teachers considered her stupid, because she disliked some of her studies and devoted no time to those lessons. Her poor scholarship disappointed her family very much. She was very unhappy and decided to prove what she could do. About a week before the examinations, she read through her Latin textbook and remembered it perfectly. She also read her other textbooks and remembered what they contained. She asked to be examined in all her subjects and much to the surprise of the teachers, she passed the examinations with unusually high honors.

A student obtained high grades in history by creating movie pictures in his mind of every story, event he read in his history book.

He stole the history book for the next school year, read it during summer vacation (without pressure from teachers to hurry and get a perfect grade). In September he entered that class and earned all A's on his history papers.

+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 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 diamond type, 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 diamond type, 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 at 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 diamond type, 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 lesser 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. In the treatment of imperfect sight these fundamental principles are to a great extent interdependent. They cannot be separated as in the above article. It is impossible, for instance, to produce the illusion of a swing unless one possesses a certain degree of central fixation. That is, one must be able to shift from one point to another and see the point shifted from less distinctly than the one directly regarded. Successful palming is impossible without mental shifting and swinging and the use of the memory and imagination.

HOW TO IMPROVE THE SIGHT BY MEANS OF THE IMAGINATION: No. 2

Imagine parts of a letter correct/clear to see a letter clear.

In a recent issue directions were given for improving the vision by the aid of the imagination.

- + According to this method the patient ascertains what a letter is by imagining each of the four sides to be straight, curved, or open, and noting the effect of each guess upon the imagined swing of the letter.
- + Another method which has succeeded even better with many patients is to judge the correctness of the guess by observing its effect on the appearance of the letter:
- + Look at a letter which can be seen only as a gray spot, and imagine the top is straight. If the guess is right, the spot will probably become blacker; if it is wrong, the spot may become fainter or disappear.
- + If no difference is apparent, rest the eyes by looking away, closing, or palming, and try again.

In many cases, when one side has been imagined correctly, the whole letter will come out.

- + If it does not, proceed to imagine the other sides as directed above.
- + If, when all four sides have been imagined correctly a letter does not come out, palm and repeat.

One can even bring out a letter that one cannot see at all in this way.

- + Look at a line of letters which cannot be seen, and imagine the top of the first letter to be straight. If the guess is correct, the line may become apparent, and by continued practice the letter may come out clearly enough to be distinguished.

THE MEMORY CURE

When the sight is perfect, the memory is also perfect, because the mind is perfectly relaxed. Therefore the sight may be improved by any method that improves the memory. The easiest thing to remember is a small black spot of no particular size and form; but when the sight is imperfect it will be found impossible to remember it with the eyes open and looking at letters, or other objects with definite outlines. It may, however, be remembered for a few seconds or longer, when the eyes are closed and covered, or when looking at a blank surface where there is nothing particular to see. By cultivating the memory under these favorable conditions, it gradually becomes possible to retain it under unfavorable ones, that is, when the eyes are open and the mind conscious of the impressions of sight. By alternately remembering the period with the eyes closed and covered and then looking at the Snellen test card, or other letters or objects; or by remembering it when looking away from the card where there is nothing particular to see, and then looking back; the patient becomes able, in a longer or shorter time, to retain the memory when looking at the card, and thus becomes able to read the letters with normal vision. Many children have been cured very quickly by this method. Adults who have worn glasses have greater difficulty. Even under favorable conditions, the period cannot be remembered for more than a few seconds, unless one shifts from one part of it to another. One can also shift from one period, or other small black object, to another.



Remember, imagine and shift on a small black dot with the eyes closed. With practice it can also be remembered with the eyes open and the vision becomes clear.

MEMORY AND IMAGINATION: A perfect memory is a great benefit in obtaining perfect relaxation of the eyes as well as all the nerves of the body. One cannot remember a letter or other object perfectly unless it has been seen perfectly. When the memory is perfect, the imagination may also be perfect. Some people with a good imagination find it easier to imagine a letter or other object perfectly when they do not expend an effort in trying to see it. Knowing what the letter is, with the aid of the imagination, one becomes able to imagine that it is seen perfectly. (Familiar objects, Eyechart)

It is well to keep in mind that many patients believe that they see large letters perfectly when they do not and they can

be tested by bringing the card up close to the eyes. The vision should be just as good at fifteen feet as it is at one foot. By improving the memory and imagination one improves the vision.

MENTAL PICTURES: The mind is capable of imagining all kinds of mental pictures. When the mind is at rest and the memory and imagination are perfect, all kinds of mental pictures are produced. When the mind is under a strain, the memory and imagination are imperfect and mental pictures are indistinct and cannot be remembered for any length of time. Central fixation when properly imagined is very helpful. With its aid a perfect mental picture may be obtained easily. When a mental picture is remembered easily and perfectly, the vision is benefited. Shift on the mental pictures. Imagine them as a movie, a motion, active picture in the mind.

Demonstrate **That memory and Imagination improve the vision.**

- +Look at the large letter at the top of the card and note that it may be more or less blurred.
- +Close the eyes and remember or imagine the same letter perfectly.
- +Then open both eyes and imagine it as well as you can.
- +In a second or less, close your eyes and remember the letter perfectly.
- +When this is accomplished open the eyes and imagine it as well as you can.
- +Close them quickly after a second or less.
- +Practice the slow, short, easy swing and alternately remember the large letter with the eyes closed for part of a minute or longer, and then open the eyes and imagine it as well as you can.
- +When done properly, you will be able to improve your vision of the large letter until it becomes quite perfect.
- +Then practice in the same way with the first letter of the second line.
- +Improve your imagination of the first letter of the second line in flashes, until it improves sufficiently for you to recognize the next letter without looking at it.
- +Improve the sight of the first letter of each line by alternately remembering it with the eyes closed for part of a minute and then flashing it (looking at/shifting on it) for just a moment, a second or less. You should be told what the first letter of each line is. With your eyes closed remember it as perfectly as you can. Then open your eyes and test your imagination for the letter for a very short time, one second or even less. Keep your eyes closed for at least a part of a minute, while remembering the known letter.
- The flashes of the known letter with the eyes open become more frequent and last longer, until you become able to see, not only the known letter, but other unknown letters on the same line.



Open - 'Flash' shift on the letter for a second or less, 'fraction of a second'.



Closed - Shift on the letter in the imagination, part of a minute, 10-30 seconds.



Open - 'Flash' shift on the letter for a second or less, 'fraction of a second'. Repeat.

Mental Pictures

MANY patients with imperfect sight complain that when they close their eyes to remember a white card with black letters, they usually fail and remember instead a black card with white letters. The vision of these patients is very much improved when they become able to remember a white card white, with the black letters remembered perfectly black. Imperfect memory, imperfect imagination, imperfect sight are all caused by strain.

One patient could not remember a white pillow, but by first regarding the pillow and seeing one corner best and all the other corners worse and shifting from one corner to another he became able, when closing his eyes, to remember one corner in turn best, and obtained a good mental picture of the whole pillow. One cannot see a pillow perfectly without Central Fixation. To have Central Fixation requires relaxation or rest. One patient who could not remember a large letter C of the Snellen Test Card, with the eyes closed, was able to remember the colors of some flowers, and then he was able to remember a letter C. In order to remember a desired mental picture one should remember perfectly some other things. This is a relaxation which helps to remember the mental picture desired. It is well to keep in mind that one cannot remember one thing

Clear



Close the eyes and remember, imagine, shift on a perfectly clear, in color, mental picture of a flower or an object that is easy, pleasant to remember. This relaxes the mind, eyes and it is then easy to remember, imagine a clear C. Open the eyes and the C is seen clear.



Clear



Practice shifting on and remembering, imagining a clear letter C with the eyes open, closed, open.



perfectly and something else imperfectly at the same time.

In my book is described the case of a woman with imperfect sight who could remember a yellow buttercup with the eyes closed, perfectly, but with her eyes open and regarding the Snellen Card with imperfect sight, she had no memory of the yellow buttercup.

Memory

By W. H. BATES, M.D.

When the sight is normal, the memory is perfect. The color and background of the letters or other objects seen, are remembered perfectly, instantaneously, and continuously.

ONE of the quickest cures of imperfect sight has been gained through the use of the memory. When the memory is perfect, the eyes at once become normal with normal vision. A perfect memory changes the elongated eyeball of myopia into the shorter length of the normal eye. No matter how high a degree of myopia one may have, when he has a perfect memory of some one thing, he is no longer myopic, but has normal eyes with normal vision.

An imperfect memory or an imperfect imagination may produce organic changes in the eyeball. The organic changes, which are present in many diseases of the eye, have been relieved with the aid of a perfect memory. In some cases the vision has been reduced to perception of light from scars on the front part of the eyeball. Perfect memory brings about the absorption of such opacities. A perfect memory has cured these obstinate cases.

Conical cornea is a very serious disease. Neither operation nor the use of drugs relieves or cures it. A perfect memory gives instant relief, the curvature of the cornea becomes normal, and the patient obtains normal vision.

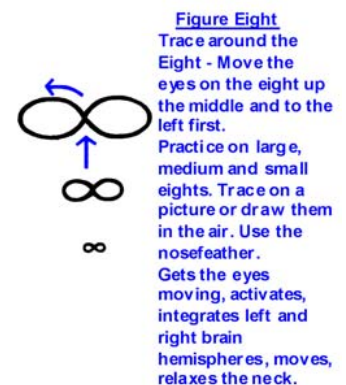
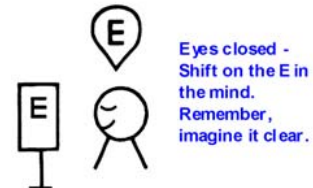
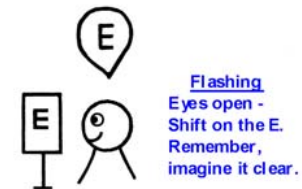
Glaucoma has been referred to as a very treacherous disease of the eye, because symptoms of blindness may become apparent at unexpected moments. The pain of glaucoma may be very severe. In most cases, the eyeball becomes very hard. The vision fails in a few hours, and all perception of light may be lost. These very severe cases are usually not benefited by operation nor drugs. The practice of a perfect memory has relieved all the disagreeable symptoms, and the vision has returned to normal.

There are patients who suffer from paralysis of one or more of the nerves connected with the eye. By resting the nerves or the muscles to bring about a condition of relaxation, which is best obtained by a perfect memory, the symptoms of paralysis are relieved. Paralysis of the nerves of the eye is caused by too great activity and is relieved by relaxation.

When one of the eyes has been injured or has a foreign body in the inside of the eyeball, the good eye may become affected and, in rare cases, may even be lost before the eye that has been injured is lost. This is called sympathetic ophthalmia. Through the use of the perfect memory, these cases, although of many years' duration, have been benefited and normal vision obtained. To be able to demonstrate a perfect memory habitually or unconsciously, it is necessary first to consciously remember with the eyes closed or open one thing perfectly, until an unconscious habit is formed.

A person can remember what his own name is without having a mental picture of each letter of the name. This is an example of what is known as an abstract memory. A concrete memory is a more perfect memory, because one remembers a mental picture of the object with the eyes closed, as well or better, than he can see it with the eyes open. One can remember perfectly only that which is seen perfectly. When a letter is seen perfectly, the whiteness of the card or page in the neighborhood of the black letter is imagined whiter than the rest of the card or page, or that part in which there are no black letters. The whiter that one can imagine the white in the neighborhood of a letter, or inside of the letter, enables one to see the blackness of the letter blacker than before. In other cases, where the whiteness in the neighborhood of the letter is apparently of the same whiteness as the rest of the card, the memory or the imagination of the black letter is imperfect.

Mental pictures are imagined perfectly when the memory is perfect. A great many patients complain that they are unable to remember mental pictures of the letters of the Snellen test card. They can remember what the letters are but have no mental pictures of them. To obtain perfect mental pictures, it is necessary that the sight should be continuously good. Most people, when they fail to imagine mental pictures, try to remember too much at once. When remembering a letter, it is not necessary to recall all parts of the letter. The memory of the color or one small portion of the letter is sufficient. The smaller the part of a black letter that you remember, the blacker it is, and the easier it is to recall. It should be emphasized that when one has a perfect



memory, central fixation can always be demonstrated. When central fixation is absent, the memory of the letter, as well as the imagination or the sight, is always imperfect. One can regard a point or a small part of a letter by central fixation for only a short time, not longer than a few seconds, without the memory becoming imperfect. Shifting is necessary to maintain a perfect memory, which is continuous. In other words, when practicing central fixation, the point regarded changes frequently.

Shift from part to part on the letter and the memory, mental and visual picture of the letter is clear.

After a demonstration that central fixation is necessary for a perfect memory, one patient became able to imagine, with his eyes closed, a small letter "O" with a white center as white as snow, starch, or any other white object that he had ever seen. He had no trouble in doing this. He said that he could remember it easily and quite continuously. Then I requested him to remember an imperfect "O," which was a shade of light gray instead of black. It had no white center, but was covered with a blur or a fog. He was able to remember it quickly, easily, for a few seconds, but when he was requested to remember the imperfect "O" for a minute or longer, the gray shade became darker and, at times, lighter, and the memory of the imperfect "O" became very difficult. In spite of all the efforts he made, he was unable to remember the "O" continuously. In strong contrast to the memory of the perfect "O" the memory or the imagination of the imperfect "O" was difficult. He agreed with me when I told him that in order to fail to see perfectly, he had to stare, strain, and make a tremendous effort. On the other hand, the memory or the imagination of the perfect "O" was spontaneous, easy, and continuous, and he experienced a feeling of general comfort in all his nerves. He was able to demonstrate that he could remember the perfect "O," provided he imagined it was moving, and that he could not remember it when he tried to imagine it stationary.

O is moving = The eyes are moving, shifting on the O.

Flashing is a great help in improving mental pictures. With the eyes open, one may see a letter quite perfectly and have a mental picture of that letter with the eyes closed for a fraction of a second. By repeatedly flashing the letter in this way, the mental picture becomes more frequent and lasts longer. When the sight becomes more continuously good, the memory is also benefited, and with this improvement in the memory, the mental pictures become more perfect. The converse is also true. When the memory is improved, the sight is improved. You cannot have a perfect memory by any effort or strain. The more perfect your memory, the greater is your relaxation, and the more perfect is your sight.

Memory, imagination, relaxation, clarity of vision function together, strengthen, improve each other.

Practice on eyechart letters and any objects at close, middle, far distances.

Memory and Imagination

A perfect memory and perfect imagination cures myopia under favorable conditions. Patients who have a good memory of mental pictures have no myopia when the mental pictures are remembered or imagined perfectly. There are near-sighted people who, after a course of eye education, can look at a Snellen test card at ten feet or further and remember or imagine the white part of the card perfectly white and the black letters perfectly black. When this is accomplished, the myopia improves.

When school children regard the blackboard, they often half-close their eyelids, or stare and strain to see and thus produce myopia. When they can remember a mental picture of some small letter, and remember it as well with the eyes open as with the eyes closed, normal vision and a temporary cure of their myopia is obtained.

In myopia and other phases of imperfect sight, the white centers of all letters are imagined less white than the rest of the card. When the patient becomes able to imagine the white centers with a white background to be whiter than the rest of the card, the vision is improved and there is no myopia.

MEMORY AND IMAGINATION. The scholarship of children is affected by their memory of mental pictures. Measures which have been practiced by many school teachers for the preservation or the improvement of memory are quite numerous. When children learn how to remember some things perfectly, the memory of other things is improved. With a perfect memory, it is also possible to have a perfect imagination. We see only what we think we see, or what we imagine. When the imagination is perfect, the sight is perfect and when the sight is perfect, the memory is perfect. These and other clinical observations have demonstrated the truth that sight is largely mental. Perfect sight or imperfect sight is due to the condition of the mind. When the mind is healthy and active, perfect memory can usually be demonstrated, but when the mind has lost its efficiency, the memory becomes impaired. The memory is benefited by those methods which bring rest and relaxation. With the eyes closed, the memory is usually better than it is with the eyes open.

After regarding a letter which is seen imperfectly at a distance of ten feet or nearer, the student can remember the same letter more perfectly by closing his eyes. When the child can remember a perfect letter at ten feet with the eyes open, he soon becomes able to see and



Look at, shift on a unclear letter on the eyechart. Close the eyes and shift on the letter in the mind and remember, imagine it clear. Open the eyes, shift on the letter, close the eyes and repeat. When the letter is clear, practice at farther distances. Do the reverse for close vision improvement.

remember the same letter at eleven feet, and can gradually increase the distance to fifteen or twenty feet. Practicing the sway, alternately with the eyes open and with the eyes closed, is a benefit to the memory and the sight, because when the eyes are moving, a stare, strain or effort to see is more or less prevented.

When a line of letters on a Snellen test card can be read easily, it is usually possible to read some of the letters on the line below. However, if this cannot be done, have the child come closer, until all the letters of the bottom line are seen at a distance of five or ten feet. When a child cannot read all the letters on the 10 line at ten feet, he may be able to remember or imagine all the letters of the 10 line, with the eyes closed, better than with them open. By alternately closing the eyes for part of a minute or longer, and then opening them for only a moment, the vision improves.

A child may be able to see the first letter on the bottom line of the card when he is told what the letter is. Although he may not know what the second or third letters are, he may be able to actually see them and other letters on the bottom line by improving the vision of the first letter so that it is imagined perfectly. When the memory and imagination of the first letter is quite perfect, or sufficiently perfect to be distinguished, the eye becomes normal and the other letters are really seen and not imagined.

A child, at some previous time, may have had an inflammation or disease of the eyeball, which caused his imperfect sight. For example, a scar, sufficiently thick to interfere materially with the vision, may have formed over the front part of the eyeball. A perfect memory or imagination of a letter with the eyes closed, always lessens the opacity, and the vision is always improved, at least temporarily. By repetition, the short periods of improved vision occur more frequently and last more continuously.

The imagination is very important, much more so than many of us believe. Some people think imagination is simply another word for illusion. However, it is possible to imagine correctly as well as to imagine incorrectly. Some people can imagine a truth perfectly, but react differently when they imagine things imperfectly.

A girl, twelve years of age, had unusually good vision. She was able to read the 10 line of a strange card, which she had never seen before, at fifty feet. She said that she could look directly at one letter of the 10 line and see it continuously, but when her eyes were observed while she was doing this, it was found that she shifted almost continuously.

Her memory was also unusually good. She was the only member of the party who could remember the names of the officers on the different steamers on which she had traveled to Europe. She remembered the numbers of her staterooms, as well as the numbers of the staterooms of the other members of the party. However, when she imagined all these things incorrectly, she felt decidedly uncomfortable, but when she remembered to imagined things perfectly, she felt no discomfort.

At school, her teachers considered her stupid, because she disliked some of her studies and devoted no time to those lessons. Her poor scholarship disappointed her family very much. She was very unhappy and decided to prove what she could do. About a week before the examinations, she read through her Latin textbook and remembered it perfectly. She also read her other textbooks and remembered what they contained. She asked to be examined in all her subjects and much to the surprise of the teachers, she passed the examinations with unusually high honors.

A student obtained high grades in history by creating movie pictures in his mind of every story, event he read in his history book.

He stole the history book for the next school year, read it during summer vacation (without pressure from teachers to hurry and get a perfect grade). In September he entered that class and earned all A's on his history papers.

Esther

Esther, aged seven, first came to me in January, 1927, to be relieved of squint. She had worn glasses since she was three years of age for the relief of squint in the right eye. Her parents noticed, after she had worn glasses a short time, that she was more nervous than before. Later, they were much concerned because she acquired bad habits, such as holding her head to one side instead of straight, especially while studying and reading her school lessons. Her glasses were then changed. It was thought that wrong glasses had been prescribed because she still kept her head to one side as before, and her nervousness became more pronounced. The parents were told that in time the squint would be corrected if Esther wore her glasses all the time.

The squint continued to get worse instead of better, so the parents brought her to me. The vision of her right eye was 10/15, but in order to read the letters of the test card, she had to turn her head so that it almost rested on her right shoulder. Her left vision was 15/15 and she read the letters of the card in a normal position. I tested her right eye again, placing the card up close. She turned her head just as much to one side as she did when the card was placed ten feet away. I asked her mother to hold the child's head straight, and again told Esther to tell me what the letters were. I held the test card two feet away while she covered her left eye. She said everything was all dark, and she could see nothing.

It did not take me long to find out that Esther was a bright child, and that she would willingly do anything for the benefit of her poor eye. She said to me, "It is too bad that my sister should have two good eyes and that I should have only one good one." I encouraged her to follow my directions closely and I told her if she continued to do so and practiced as often as she should at home, that we would then try to correct the vision of the poor eye.



**Left eye covered.
Using the right
(squint) eye.
Mom touches a
familiar toy and
the girl names it.**

Palming, Memory, Imagination

I found her to be quite an artist. When her eyes were covered, I asked her if she could remember a drawing of some kind. "Oh, yes," she answered, "while my eyes are closed and covered I can imagine that I am drawing your picture."

I said, "All right, you keep on imagining that you are drawing my picture and later on I will let you sit at my desk and draw a picture of me." We talked about pleasant things for five or ten minutes while she had her eyes covered.

Long Swing

I then taught her to swing her body from left to right, glancing for only a second at the test card, and then looking away to her left. I purposely avoided having her swing to the right, because she had the desire, while reading or trying to see more clearly to always rest her head on the right shoulder. I drew her mother's attention to the fact that, as she swung, both eyes moved in the same direction as her body was moving. When she stopped blinking, which I had encouraged her to do rhythmically with the swing, her right eye turned in and her head also turned to one side.

After she had practiced swinging for a little while, I noticed that she gaped a few times, which meant that she was straining. It is good for parents to notice this, in helping the child practice for the relief of squint, and to stop all practice with the exception of closing the eyes to rest them.

When practicing the Long Swing for the first few times, for some people with squint, (wandering/crossed eyes) the eye may wander, cross. This occurs due to the Long Swings function of removing different types, multiple layers of strain from the mind, eyes, eye muscles and correcting left and right brain hemisphere function, integration and eye movement. A negative thought, emotion, experience may have initially caused the first strain, slight blur, then the person worries about the blur, starts squinting, staring and this causes a additional, different strain: worry, eye muscle, eyestrain. Blur is increased, wandering/crossed eye occurs or increases and more worry, strain, staring, squinting and trying to force the eye straight occurs=a third type of strain.

The Long swing and other Bates activities will remove all these strains and reverse the condition back to normal - straight eyes, clear vision.

Esther palmed again for a little while and then I showed her some celluloid toy animals and asked her to name each one of them. She named each one correctly with the exception of the buffalo, so I did not use that one for her case. If a child under treatment for squint is asked to tell things in detail, the child must be familiar with the objects. While she again covered her eyes to rest them, I placed animals on the floor five feet away from where she was sitting. I told her mother to touch each animal and have Esther name them. Out of eight animals, she named three incorrectly. They were among the last ones she tried to see. We then noticed that her head turned to one side in order to see them. All this time her left eye was covered.

Then I had Esther sit at my desk and asked her to draw my picture. The drawing was quite well done for a little girl of her age. She kept her head straight while drawing. When strain is relieved, the symptoms of imperfect sight are relieved also. She enjoyed drawing, therefore it did not produce a strain. When she was asked to read the test card letters, she strained in order to see them and the condition of her eyes became worse.

Esther was encouraged to do something that she liked at every treatment, such as writing figures from one to ten, or drawing a line without using a ruler. At the first attempt, the lines were very crooked and the figures not straight.

Swinging and palming, practiced several times daily, soon improved the right eye to normal. At the last visit, her head remained straight and the squint had entirely disappeared.

The vision of her right eye became better than normal, as far as reading the test card was concerned. She read the bottom line at twelve feet and seven inches. This line is read by the normal eye at nine feet. She did equally as well with the left eye, which, of course, had normal vision in the beginning.

To be sure that the child was entirely relieved of squint, I told her to look at my right eye, then at my left eye, then to my chin and other parts of my face as I pointed with my finger to each part. She followed me with both eyes moving and her head perfectly straight and as yet she has had no relapse.

IMAGINATION: Another method is to improve the vision by a perfect imagination. If the patient is unable to see the letters on a certain line, he is told what the first letter is and is directed to close his eyes and imagine that letter as perfectly as he can, and then alternate by imagining it as perfectly as he can with his eyes open. When the letter is imagined perfectly enough, other letters on that line when regarded are seen and not imagined.

It is very evident that one cannot imagine unknown letters. Therefore, if the vision improves by the use of the imagination, unknown letters when regarded are seen and not imagined. It has been repeatedly demonstrated that an opacity of the cornea which may be so dense that the pupil or iris are not seen, will clear up in some cases after the alternate imagination of a known letter or a known object is practiced with the eyes open and closed. When opacity of the lens is examined with the aid of the ophthalmoscope, the opacity becomes increased when the patient remembers imperfect sight. The memory of imperfect sight causes a contraction of the muscles on the outside of the eyeball, which in turn produces imperfect sight, cataract, cornea scar...



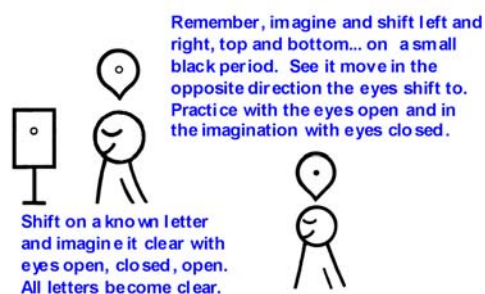
Shift dot to dot on the E seeing one dot clearest at a time in the center of the visual field.



The bird is seen clear by placing it in the center of the visual field. The eyes are looking at the middle of the bird, placing it in the exact center of the visual field. (See dot=exact center.) The dot (center) moves with the eyes as the eyes shift part to part, point to point on the bird seeing one part (actually one small point) clearest at a time.

MEMORY: The pupil is told to remember a small letter "o" with a white center which is whiter than other letters on the Snellen test card. A small letter may be imagined much better than large letters of the Snellen test card. When the facts are analyzed, it is discovered that the reason small letters are imagined better than large ones is because a small letter has not so much of an area to be seen. It is easier for the eye to remember or imagine a small object than a large one. A perfect letter "O" can only be remembered when no effort is made; an imperfect letter "O," on the contrary, is difficult to remember. When a letter "O" is remembered very black with a very white center, the vision is benefited because no effort is made.

A great many near-sighted patients believe that they can remember or imagine an imperfect letter "O" much easier than a perfect letter "O." These people are encouraged to remember or imagine an imperfect letter "O," which helps them to understand and realize as thoroughly as possible that the memory or the imagination of imperfect sight is very difficult and requires a good deal of hard work, whereas the memory of perfect sight can only be accomplished easily without effort.



THE PERIOD: With the help of the imagination, alternating with the eyes open and closed, it is possible for many patients to remember or imagine they see a small black period. It may not necessarily be a black period but may have any color of the spectrum and be of any shape—round, square, triangular or irregular. It is impossible to remember or imagine a period that is stationary. It must always be remembered by central fixation and be moving. Some patients can imagine a period as small as it is printed in the newspaper. Unfortunately, it is difficult or impossible to teach all patients how to remember a period perfectly. The great value of the period is that when it is remembered perfectly, many serious diseases, such as opacities of the cornea, opacities of the lens, diseases of the retina and choroid, diseases of the optic nerve and blindness can all be relieved promptly.

MEMORY AND IMAGINATION: A perfect memory is a great benefit in obtaining perfect relaxation of the eyes as well as all the nerves of the body. One cannot remember a letter or other object perfectly unless it has been seen perfectly. When the memory is perfect, the imagination may also be perfect. Some people with a good imagination find it easier to imagine a letter or other object perfectly when they do not expend an effort in trying to see it. Knowing what the letter is, with the aid of the imagination, one becomes able to imagine that it is seen perfectly. (Familiar objects, Eyechart)

It is well to keep in mind that many patients believe that they see large letters perfectly when they do not and they can be tested by bringing the card up close to the eyes. The vision should be just as good at fifteen feet as it is at one foot. By improving the memory and imagination one improves the vision.

REST: Rest or relaxation of the nerves of the eyes, mind and all other parts of the body is necessary before perfect vision can be obtained. When the nerves of the body are at rest, it is possible to remember, imagine or see all letters or other objects perfectly. It is not possible to remember, imagine, or see anything without perfect relaxation. Perfect relaxation or rest comes without effort. When the mind is at rest, any effort to improve the memory, imagination or sight is wrong. (Use the memory, imagination in a easy, relaxed manner.) When the eye is at rest, it is perfectly passive. The eye at rest is never stationary: it is always moving. This seems a contradictory statement to make, but it is a fact which does not permit of any explanation.

PALMING: One of the best methods of obtaining relaxation is by palming. There is more than one way of palming. One very good way, however, is to cup both hands, press the sides of the palms together, and place the two hands over the closed eyes and in front of the nose. When done properly, all light is excluded, one sees black perfectly and relaxation is obtained.

BLINKING: When the normal eye is at rest, the eyelids are continually closing and opening. Blinking may be done so rapidly that it does not become conspicuous. Moving pictures (movies) have demonstrated that the normal eye may open and close, or blink, five times or more in one second. The habit of blinking may be acquired by remembering to blink at frequent intervals. All patients with 15 diopters or more of myopia may blink five times or more in one second when the eye becomes normal and myopic alternately five times in one second. There are no exceptions to this truth.

MENTAL PICTURES: The mind is capable of imagining all kinds of mental pictures. When the mind is at rest and the memory and imagination are perfect, all kinds of mental pictures are produced. When the mind is under a strain, the memory and imagination are imperfect and mental pictures are indistinct and cannot be remembered for any length of time. Central fixation when properly imagined is very helpful. With its aid a perfect mental picture may be obtained easily. When a mental picture is remembered easily and perfectly, the vision is benefited. Shift on the mental pictures. Imagine them as a movie, a motion, active picture in the mind.

Shift left and right on the E and see it move in the opposite direction.
+ Shift to the dot on the left, The E moves right.
+ Shift to the dot on the right, the E moves left.



Palming

Palm and imagine black or any pleasant object, scene... Think happy thoughts. Shift on objects in the mind, see them clear, in color, motion.

The Memory Swing

The memory swing relieves strain and tension as do the long or the short swings which have been described at various times. It is done with the eyes closed while one imagines himself to be looking first over the right shoulder and then over the left shoulder, while the head is moved from side to side. The eyeballs may be seen through the closed eyelids to move from side to side in the same direction as the head is moved. When done properly, the memory swing is just as efficient as the swing which is practiced with the eyes open, whether it be short or long.

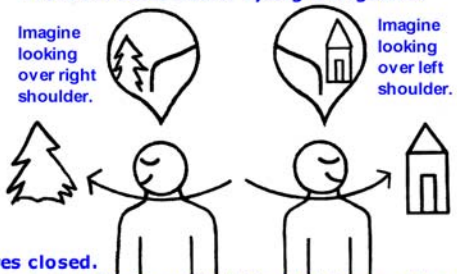
Feel the physical eyes move left and right when imagining moving left and right and when physically moving the head left and right. The eyes move in the same direction the mind imagines moving and the physical body, head moves. The brain works with the eyes.

This swing also relaxes, improves movement of the neck. Enjoy relaxation of the mind, eyes, head, neck, shoulders, body.

The memory swing can be shortened by remembering the swing of a small letter, a quarter of an inch or less, when the eyes are closed.

The memory swing has given relief in many cases of imperfect sight from myopia, astigmatism, and inflammations of the outside of the eyeball as well as inflammations of the inside of the eyeball. It is much easier than the swing practiced with the eyes open and secures a greater amount of relaxation or rest than any other swing. It may be practiced incorrectly, just as any swing may be done wrong, and then no benefit will be obtained.

From Dr. Bates Better Eyesight Magazine.



Eyes closed.
Imagine looking over the left and right shoulders. First do this without moving the head.

Then, imagine looking left and right and move the head with the eyes. Move relaxed, easy - look left, then right, left, right... no hurry. Notice the eyes move under the closed eyelids when imagining looking left and right.

The brain, memory, imagination, left and right hemispheres... control eye movement. This activity relaxes the eyes, eye muscles, brain, head, neck, activates easy eye movement/shifting and activates, integrates the left and right brain hemispheres.

Mental Activity

By W. H. BATES, M.D.

IT IS a truth that activities of the mind under favorable conditions accomplish many things. As an example, let us consider the following case. A man, aged 30, employed in a distant city as a helper in a library, was treated about 15 years ago. He called to see me at about seven o'clock in the evening and remained with me for more than two hours. The patient was born with cataracts in both eyes. He also had amblyopia from birth. Some months previous to his visit, the cataract in both eyes had been removed. The vision of the right eye was very poor and not corrected by glasses. The vision of the left eye was worse than that of the right and also was not improved by glasses.


The treatment which was prescribed was to rest both eyes by closing them. His attention was also called to a known letter of the Snellen test card, a letter which he imagined better with his eyes closed than with his eyes open. When a known letter was regarded by central fixation, the vision improved. It did not take longer than half an hour to improve the right eye in this way, at first in flashes and then more continuously later.

At first he was able to flash the letters of the Snellen test card when he had momentary glimpses of the known letter very much improved. It did not take long before, much to my surprise, he was able to read all the letters on the lowest line at 10 feet. The vision of the left eye improved much more slowly, but after continual practice the vision of this eye became normal.

The eye which obtains improved sight by the aid of the memory and imagination very soon obtains improved vision for all the letters. It was demonstrated in this case and in others that the memory and the imagination of a known letter is a cure for myopia, hypermetropia, astigmatism, cataract, glaucoma, atrophy of the optic nerve, and other diseases of the eye.

With the aid of the retinoscope it has been demonstrated that the memory and the imagination are capable of improving the vision of these cases of refraction until the functional element is relieved. It is interesting to observe that these patients become able to see as well without glasses as they had previously seen with them.

Congenital cataract, traumatic cataract, and simple cataract have all been promptly cured with the aid of the imagination when it became as good with the eyes open as with the eyes closed. When one letter, a part of one letter, a period, a comma, or a semi-colon, is imagined as well with the eyes open as with the eyes closed, there follows almost immediately a temporary cure of imperfect sight. To understand how this can occur, one should demonstrate how imperfect sight is produced by an effort. It is a truth that the memory of imperfect sight has produced myopia, hypermetropia, and the increased tension of the eye in glaucoma. School children acquire myopia by a strain to see better. Some forms of concentration produce an inflammation of the retina similar to the imperfect sight of amblyopia ex anopsia. This must be a truth because it suggests proper treatment for amblyopia; namely, rest of the eyes.



Eyes closed. Shift left and right on a small letter E in the imagination. See it move 1/4 inch or less in the opposite direction the eyes shift to.

Amblyopia is very frequently associated with imperfect sight, an imperfect field which may be irregular in its outline. For

many years amblyopia has been considered by authorities to be incurable, but these cases have been studied in recent years so that now most authorities believe that amblyopia is usually curable. It is a fact that some individuals with amblyopia ex anopsia recover without treatment. It seems reasonable to believe, if a number of patients recover spontaneously, that the treatment suggested to achieve this result would be successful in obtaining a cure. Normal eyes have been observed to acquire amblyopia, which was increased by an effort or a strain to see. By the practice of relaxation methods the amblyopia is usually benefited or cured.

There are diseases of the choroid which for many years have been understood to be incurable. The fact that a strain or effort to see may produce choroiditis suggests that relaxation methods should be practiced in order to obtain a cure. Cases of this type are too often neglected because they have not been sufficiently studied. The proper kind of mental activity benefits and cures functional or organic diseases of the eye: Some patients suffering from choroiditis obtain benefit quickly, while others take a longer time.

A man, aged 25, complained of many disagreeable symptoms. With both eyes open his vision at fifteen feet was one third of the normal. He suffered very much pain. Treatment relieved this pain and made it possible for him to read at the near point. At ten feet he read the bottom line of the test card with his right eye, a vision of 10/10. With the left eye at ten feet, he read the 50 line. In a poor light, his vision for distance and for the near point was much below the normal with either eye. When he covered the closed eyelid of the right eye with the palm of his hand, he saw a field of green which continued to be evident for part of a minute. When the eyelids of the left eye were covered with the palm of his hand, he imagined the whole field to be red, changing to yellow and orange. When he produced those colors in his closed eyelids he complained of headache, dizziness, and considerable pain in both eyes.

Some months previous each eye had started to turn in at different times. A stare, strain, or effort to see better increased the squint of the left eye. When the left eye was covered, an effort to see produced a squint of the right eye, which turned in. An operation, which was a failure, was performed on the left eye by a prominent ophthalmologist. Shortly after the operation the left eye turned out almost continuously.

The patient was nervous. His mind planned very unusual things which lowered the vision of the right eye when he stood six feet from the card. When he regarded the Snellen card at six feet and a half, only half a foot further off, his vision became much worse. When he regarded a letter at seven feet that he remembered or imagined, the vision of the right eye became normal for a few minutes. When the illumination of the Snellen test card was imperfect, his vision became very poor.

At a distance of ten feet, in ordinary daylight, his vision became normal. At twelve feet the vision of the right eye was reduced to one fourth of the normal. Most of the time the vision of the left eye was imperfect at a near distance, five feet or further. He was able to read fine print at ten inches from his eyes. At twelve inches he could remember or imagine diamond type, which he read quite readily, but at the same distance, he was unable to read print which was five times as large as diamond type. Such cases are rare.

After resting his eyes by palming for long periods of time—one hour, two hours, or longer—the vision of the right eye was improved to the normal for a few hours, but the vision of the left eye was improved to 1/20 of the normal for a few minutes only. Under favorable conditions the vision of the left eye was decidedly improved. When the light was quite bright, the vision of the left eye improved, while the vision of the right eye became worse. At twelve inches or farther, he was unable to read any of the print.

It was interesting to study his mind while the left eye was reading the Snellen test card at different distances. There were times when he could straighten the left eye when the Snellen test card was placed at five feet or ten feet. This ability to straighten the left eye was very changeable. With the right eye covered, the left eye read one half of the Snellen test card at five feet. Later the large letters of the Snellen test card were distinguished at 20 feet, while strange to say, his vision at five feet or ten feet was very poor. At about the same time he could read the Snellen test card with normal vision with the left eye at twelve inches.

It was difficult to explain or to find out why it was that there were periods of time when the vision at the middle distance was poor and why the vision at 20 feet was good. Sometimes the vision at the middle distance would be almost entirely absent. It was difficult or impossible for me on many occasions to understand the idiosyncracies of this man's vision. Another important fact was that the patient himself could improve his vision for any distance desired by some activity of his mind which was neither a strain or a relaxation. This patient, like other and similar cases, was bothered by a large blind area which interfered seriously with his sight. There were times when he was able to increase the blind area while there were other occasions when the area lessened its size.

The activity of this man's mind was very uncertain, and neither he nor his friends could prophesy what was going to happen next. He discontinued coming to me before he was entirely cured and I have not heard from him since.

Glaucoma is a very serious, treacherous disease of the eyes. The principal symptoms are hardness of the eyeball and a contracted field with imperfect sight. By prescribing rest or relaxation of the eyes all cases of acute glaucoma have been benefited.

Recently a number of patients were seen suffering from a mild form of glaucoma. Usually the field was contracted on the nasal side, but there were periods of time when the contracted field was on the temporal side. One patient could consciously manipulate the size, form, and location of the blind area of the field. A large letter which would appear about three inches in diameter, when regarded by an eye with normal sight, would seem to some cases of glaucoma to be only an

inch or less in diameter. The large letter which was seen by the normal eye to be a dark shade of black would appear to some patients as brown, lavender, yellow, or fiery red when regarded at fifteen feet or farther. At twelve inches the letters of the Snellen test card might have almost any color.

The letters might appear to be single, double, or more numerous. Every other line of letters would appear to consist of a number of letters instead of being seen properly one at a time. The mental strain to accomplish this consciously was not understood. As a matter of common sense, one would expect that if one line of letters was seen double, all the lines of letters should be seen double. Sometimes the letters of one line would be apparently one above the other. Sometimes the double images appeared to be slanting. The ways that the patient mentioned that he was able to have imperfect sight were very numerous. One of the peculiarities of his case was that he was able to see small letters more clearly than large letters. The different ways that he could see imperfectly with the left eye were not duplicated with the right eye.

Another patient, a girl with a very high degree of near-sightedness, had difficulty in finding a way which would produce some improvement in her sight. After spending a good many months in studying the problem and in trying various methods, she became able, with the aid of a rectangular swing, a swing which was accomplished by moving one hand in a rectangular direction, to obtain benefit. A finger of one hand was moved in such a way that she appeared to be drawing a rectangle, three feet by one foot. The patient was very much thrilled to find that the improved vision occurred at the same time that she produced the rectangular swing.

(Original, partial versions of the modern Infinity, Figure Eight swing.)

Some patients improved their vision by practicing the vertical swing; others, by practicing the oblique or horizontal swing, obtained an improvement in the sight. The more the facts were investigated, the greater became the evidence that it is a mental strain which lowers the vision and not a local strain of the eye itself. In all cases of imperfect sight a mental strain can always be recognized. When this strain is relaxed, the vision always improves.

In the treatment of imperfect sight by eye education, the results should be obtained very promptly. One soon becomes able to remember many other ordinary objects besides the letters of the Snellen test card. When the memory becomes as good with the eyes open as with the eyes closed, the mental strain disappears and the vision becomes normal. This suggests that by practicing with the Snellen test card at a near point—three, five, or ten feet—the memory will become more nearly normal. Patients with high degrees of myopia have been cured very promptly, perfectly, and continuously by the memory of perfect sight.

It is very important that mental activity be understood, because imperfect sight is not possible without a mental strain. When a patient with very imperfect sight is benefited or cured by relaxation methods he is very much inclined to say that he does not *see* the letters on the Snellen test card—that he just remembers or imagines them. The mind of the patient with imperfect sight will always imagine things wrong, although the patient may not be conscious of this fact. For example, he may see a large letter E at fifteen feet, and make the statement that it is not a letter E, but that it is a letter O. The patient may argue about that for some time. When he is told that it is a letter E, he says that it can't be a letter E, that it must be something else.

In short, most patients are more apt to miscall large letters than to miscall small letters. Sometimes the letter E is not imagined or seen until the letter is brought a foot or two away. Then when the letter becomes known by regarding it at the near point, it may gradually be taken farther away and still be seen as a letter E. The next day when the E is regarded, it may not be seen, although it is known to be an E. It may be necessary to place the letter E closer to the patient again before it is recognized.

I have repeatedly stated that it is usual for patients to see a known letter better with the eyes closed than with the eyes open. In the treatment of such cases one should realize that the number of ingenious methods employed to make the sight worse are sometimes very remarkable. If the patient knows what is wrong with his eyes, the knowledge is a great help in obtaining a cure. Some patients have been told a number of times that when they know what is the matter with their eyes or their sight that they are more readily cured. By repetition, the vision of most people has been permanently cured. Staring, squinting, not shifting on a letter and remembering, imagining it unclear causes strain and blur. Experiencing this teaches the person to avoid it.

There are many ways of securing relaxation, but the best one of all is the simplest. The perfect memory of a house or a chair is a great help, but one obtains still greater assistance by the memory of a very small part of a chair. The smaller the object, the more perfectly can it be remembered, imagined, or seen. After the patient becomes convinced that he is suffering from a mental trouble as well as an eye trouble, progress toward a complete recovery in a very short time is obtained. Patients with a high degree of myopia have been cured by the memory of one half of a large letter, but others have been cured more quickly by the memory of a smaller area. Large letters are not seen, remembered, or imagined as well as small periods.



Double image of the letter E caused by imperfect vision. Shift on the letter, part to part, blink, relax, use central fixation and the letter will merge into one clear image.

#8 - SWITCHING, Shifting Close, Middle, Far

Switch the Visual Attention at Close and Far Distances

Each day I varied the treatment. One day I placed her by a window and had her shift from the fine print up close to her eyes to the distant signs which I called to her attention, and to tops of houses and other buildings. An American flag waved in the distance and shifting from the flag to the flagstaff helped her to see the staff more clearly and by keeping up the constant sway of the body, blinking easily, but steadily all the while, she became able to see the harbor in the distance and also the boats which were moored near the shore. She told me that this was the first time in her life that she could ever see at such a distance.

She was the means of changing the mind of a skeptical husband who thought that the Bates treatment was a myth or something like it. However, he decided that if palming and swinging was a good thing for his wife and could make her so much more contented in her home duties than she was before, that perhaps it would help him to be a more agreeable person in his office as well as in his home. With just a few suggestions from me, my patient treated him successfully at home, and her last report was that he was reading his newspaper and book type without the use of his glasses.

I realized more and more that if Dr. Bates could live until the end of time that it would be his cured patients who would advertise him in the right and only way. Times without number there have been magazine and newspaper writers, as well as authors of books who were cured after being treated by Dr. Bates who offered to advertise him in the way that they thought best.

Many years ago, without realizing that it would harm him, Dr. Bates allowed these grateful patients to advertise him in their own way. They unintentionally caused him much worry and concern with the medical profession. The only way to make Dr. Bates' work known to the world is to have his cured patients talk about the benefit they received and in that way help others who are suffering from defective vision. (Optical Industry Trying to Hide Bates Method From the Public.)

During the last treatment I gave my patient she read the various test cards, 15/15, with the exception of the black card with white letters, which she was able to read 15/10. Also, the floating specks had entirely disappeared after her third treatment. This case was very interesting, because it is seldom that one has presbyopia and myopia simultaneously.

To carry out treatment successfully, I try to be careful to vary the method of treatment at each lesson. I find it true also that if I try out things by myself, without the help of Dr. Bates, or his suggestions in the matter, that I fail sooner or later. Our students will benefit greatly by doing the same thing always. If the student is in doubt as to whether he or she can cure a difficult case, it is always best to write or come directly to headquarters and find out what is wrong. It is Dr. Bates' desire *always* to help the students to cure any case which may be difficult.

School Children By Emily C. Lierman Davey

Davey, eight years old, was very near-sighted, and the glasses he was wearing, made him nervous and irritable. His father had been told about the Bates Method and what could be done to restore perfect sight without wearing glasses. Davey's father brought the boy to me, although he was skeptical and his mother was even more so. I could tell by the little boy's attitude toward me that the Bates Method had been much discussed in the home circle, and that I was considered a sort of mystic worker.

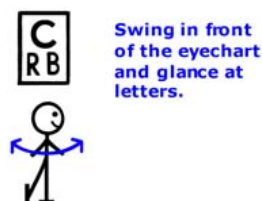
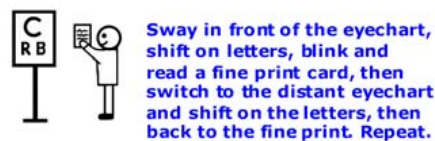
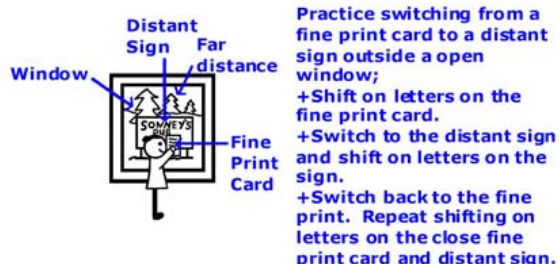
The first question Davey asked me was, "What are you going to do to me?"

I answered, "I am not going to do anything to you, but I will try to do a whole lot for you. I will help you to get rid of your thick glasses that I am sure you don't like."

His answer was, "O, yes, I would like my glasses if I could see out of them. Father said that if you don't help me, he will try to find other glasses that will help."

I let the little fellow talk for a while, because I thought it would help me to understand him better. I told him I was especially interested in children and that it was always my delight to give school children better sight. I said I would not interfere with him, if glasses were what he wanted most. He said that he was afraid to play baseball or other games which might not only break his glasses, but perhaps hurt his eyes.

I tested his vision with his glasses on, and found that at ten feet from the regulation test card, he could see only black smudges on the white, but no letters. Then I placed the card six feet away. All he could see at that distance was the letter



on the top of the card, seen normally at two hundred feet. I then had him take off his glasses to see what he could read without them. He could not see anything at all on the card. I asked him to follow me to the window and to look in the distance and tell me what he could see. To the right of me, about one hundred feet away, there was a sign. The letters of this sign appeared to be about three feet square. One word of the sign had four letters. The first letter was straight and the last was curved, and had an opening to the right. I explained this to Davey, as I told him to look in the direction in which I was pointing, and then to a small card with fine print that I had given him to hold. I told him to read what he could of the fine print. He read it at two inches from his eyes. Under my direction, he alternately followed my finger as I pointed to the fine print and then to the building sign. He told me he could not see anything in the distance.

Davey felt very uncomfortable because of his poor sight and became rather restless. I told him to hold the fine print card closer, and not to read the print this time, but to look only at the white spaces between the sentences, and to blink often. He shifted from the white spaces of the fine print to the sign in the distance, watching my finger as I pointed, first to the near point and then to the distance. Suddenly, he got a flash of the first letter of the first word on the sign. This practice was continued for twenty minutes, and then we had a rest period. Davey sat comfortably in a chair and palmed his eyes. Children are very apt to become bored with anything that takes time and patience, and I know that Davey had little patience with anything regarding his eyes.

I asked him questions about his school work, and what subjects he liked best. He said he just loved arithmetic. I asked his father to give him an example to do while he palmed. The little fellow thought this was great fun, and without hesitation he gave his father the correct answer for each example. This gave Davey a rest period of fifteen minutes. His mother remarked that this was the first time she had ever noticed him sit quietly for so long a time.

Long Swing and Sway

Davey was then shown how to swing, by moving his body slowly from left to right, and getting only a glimpse of the letters on the card, at six feet. When he looked longer than an instant at the card, he leaned forward and strained to see better, but failed each time. When he learned not to stare, but to shift and blink while he swayed, his vision improved to 6/50. We returned to the window. I told him to shift from the white spaces of the fine print, which I held close to his eyes, then to the distant sign, and he became able to read all of the sign without any difficulty.

Much had been accomplished in one treatment and both parents were grateful. Davey was given a card with instructions for home practice. He returned three days each week for further treatment. Every time he visited me, I placed the test card one foot further away. Eight weeks after his first treatment, he read all of the test card letters at ten feet. This was accomplished by reading fine print close to his eyes, then swinging and shifting as he read one letter of the card at a time.

This boy has sent other school children to me as well as a school teacher with progressive myopia, who practiced faithfully until she was cured. Every week, she sent me a report about her eye treatment and the progress she made. Her pupils noticed that she had discarded her glasses, and after school hours she invited some of them, who had trouble with their eyes, to practice the Bates Method with her. In eight weeks' time, her vision became normal, and all her pupils, with the exception of three, are improving their vision without the use of glasses.

Test Card Practice

By Emily C. Lierman

My experience with school children and with people who are advanced in years has proved to me that daily test card practice is the quickest way completely to relieve eyestrain and imperfect sight. It is the custom always to give a patient a large test card with a small pocket size test card for home practice. Patients are encouraged to write for more help if needed further to improve their vision if they no longer come to the office for treatment. There is not a day goes by but that a patient will report that he did not have time to practice reading the test card for the improvement of his sight.

This is a natural thing, because most of us have more plans made for the day than we have time to carry out. For that reason we find the miniature test card very valuable. The card is just large enough to be placed in a dress or coat pocket. It is not necessary to spend any extra time at home in practicing with this card if the patient has a journey before him in going to or from business. Riding in trains, taxicabs, the subway or surface cars will give the patient time enough to improve the vision by practicing with the little card, even if it is only for ten minutes at a time.

If one is riding in the subway, either sitting or standing, one can use the small test card by holding it about six or eight inches away and shifting from a letter of the card to a sign directly opposite. If the print of a sign looks blurred, the print will soon clear up if one practices shifting and blinking from the letter of the card up close to the letter of the sign.

Many people whom I have helped in this way have enjoyed practicing with the signs and small test card because by the time they arrived at their destination their eyestrain was entirely relieved. It is so much easier then to use the memory for objects seen without effort or strain. One can remember part of the sign which was seen in the subway and if during the course of the day there should be a strong desire on the patient's part to put on glasses again, all he has to do is to close his eyes for part of a minute and remember that sign. Instantaneous relief sometimes follows and this encourages the patient to practice. These small test cards are always available at the Central Fixation offices for a very small sum and there is always someone there to explain how the card can be used successfully.

Children like the small test card with numerals. The numbers are distributed so that wherever the eye glances there is always some number which can be seen perfectly within a normal distance from the eyes. Children, as a rule, are not satisfied until the card can be read normally with each eye separately. Over each line of numerals there is a small number

indicating at which distance the normal eye should read it. School children who have never been to the office or seen Dr. Bates or myself have been able to improve their imperfect sight to normal by the daily use of this small card.

Sometimes children do need encouragement from their parents or from their school teachers, because they forget just as grown folks do when a thing should be done for their benefit. I have been asked this question many times: "How about younger children who cannot read or write?" For them we have a card called the "pothook" card which contains inverted "E's." It does not take long for a two-year-old to be taught how to say which way the "E's" are pointing. Children soon learn how to say whether the "E's" are pointing up, down, left or right. By shifting from one "E" to the other, they notice the white spaces between the lines of "E's." Unconsciously they notice that the black letter "E's" become blacker or appear to, which is a good thing for the sight.

The "pot hook" test card is also used for sailors who have difficulty in reading flag signals at sea. Many mid-shipmen from Annapolis are at the present time using this card for the benefit of their sight.

There is a small black card with white letters for those who are partially blind, which is of great benefit to them. Such a patient is placed with his back to the sunlight and while the sun is shining on the black card, the white letters appear more clear and white and by closing the eyes often, avoiding the stare, the vision is not only improved, but if there is any pain or discomfort it soon disappears. The patient is advised to hold the card up close to the eyes and while the card is moved slightly from side to side about an inch or two, relief soon comes. The patient is then advised to hold the card a little further away day by day.

Patients to whom the large test card beginning with the letter "C" is given at the first visit find the pocket size test card, which is a duplicate of the large one, a great help. They shift from the small card, which is held in the hand, to the large card which is placed ten, fifteen, or twenty feet away. The patient looks at a letter of the small card, closes the eyes to rest them for part of a minute and then looks at the card in the distance and sees the same letter on the same line, (Switching close and far on identical familiar objects) which in most cases becomes clear and easy to see without strain.

For those who do close work, more than one small test card is used. During work hours two cards can be placed on the desk, for instance, or near to their work. One is placed to the left and the other to the right at an even distance of about two or three feet, or a little closer. The shifting, which is done rapidly and only takes a second to do, is done by first shifting from the work to the card at the left, back to the work, over to the card on the right and back to the work.

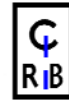
The patient soon notices that the small letters which were not seen clearly appear distinct. There are times when patients become discouraged because the sight does not appear to improve as rapidly as they expect. Sometimes the vision even becomes lower, which is discouraging. If those patients who have been to Doctor Bates can get in touch with him and explain just where the difficulty lies, the advice that will be given is sometimes all that is necessary.

I hesitate to mention my book to the subscribers of our magazine, but I always mention it to my patients. In it I have described as carefully as I could how important it is for patients to continue practicing after they have seen the Doctor. It is written so that everyone with eye trouble will find an article which will apply to his case. Those who have Dr. Bates' book find my book of additional help, and it is because of this that I mention it at this time. At the time the articles for my book were written, I had some blind and partially blind patients, an account of whose cases can be found in my book. Since the book has been written I have had further experience in treating difficult cases, which I try to explain in each number of the magazine.

I have found that practice with microscopic type is most helpful in near-sightedness. The patient holds the fine print as close as he can, looking at the white spaces between the black lines of type while blinking and then looking out of a window, for example, or at a distant corner of the room. Then looking at, shifting on the black fine print, remembering, imagining and seeing the fine print dark black and clear, then looking to the distant object and remembering, imagining, seeing it clear. Practice shifting on, remembering, imagining the fine print, then distant object, then fine print again, then distant object again... clear with the eyes: open, closed, open. Practice with both eyes together, then one eye at a time, then both together again. If vision is less clear in one eye, practice extra time with that eye to bring the vision equal, perfect in both eyes. Patch the eye not in use.

As I have said in this magazine before, all cases cannot be treated alike. There may be in one room at the same time ten or more cases of myopia, cataract, glaucoma or any other disease of the eye, and yet perhaps only one of the group would respond to one kind of treatment. For that reason, all cases have to be studied by the doctor or teacher and if one method of treatment does not help, another method must be applied immediately, so that the patient does not become discouraged. It takes just as much time in a great many cases to cure a simple case of imperfect sight as it does a more

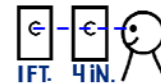
Distant chart - shift on the C.



Identical small close chart-shift on the C.



Shift on letters on two identical eyecharts placed at close and far distances. Use the memory, imagination; Shift on and remember, imagine the letters clear with the eyes open, closed, open.



Shift on letters on two identical eyecharts placed at two different close distances to improve: accommodation, unaccommodation, convergence, divergence and clarity of vision at all close distances.

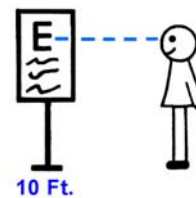
serious eye trouble, and yet it does not require a college education to be able to be cured of imperfect sight by the Bates Method. Switching, shifting on letters on two – three identical eyecharts (or 2-3 identical fine print cards) at two-three different close distances improves close vision and reading distance.

Test Card Practice

By EMILY A. BATES

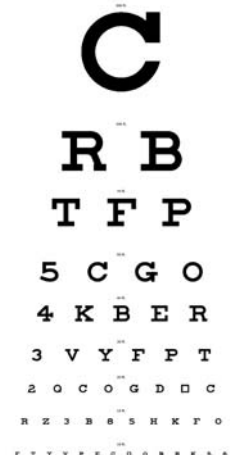
Editor's Note—The following is taken from Mrs. Bates' (Lierman) book, "Stories From The Clinic". Although the majority of our subscribers have Mrs. Bates' book, we believe that these suggestions can always be re-read with benefit.

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 should 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, 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 at which the normal eye can read them. Over the big C at the top of the card is the figure 200. The big C, therefore, should be read by the normal eye at a distance of two hundred feet. If you can read this line at ten feet, your vision would be 10/200. The numerator of the fraction is always the distance of the card from the eyes. The denominator always denotes the number of the line read. If you can only read the line marked 40 at ten feet, the vision is 10/40.
6. If you can only see the fifth line, for example, 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.
9. When you become able to read the bottom line with each eye at ten feet; your vision is normal for the distance, 10/10.
10. The distance of the Snellen test card from the patient is a matter of considerable importance. However, some patients improve more rapidly when the card is placed fifteen or twenty feet away, while others fail to get any benefit with the card at this distance. In some cases the best results are obtained when the card is as close as one foot. Others with poor vision may not improve when the card is placed at ten feet or further, or at one foot or less, but do much better when the card is placed at a middle distance, at about eight feet. Some patients may not improve their vision at all at ten feet, but at one foot. While some patients are benefited by practicing with the card daily, always at the same distance, there are others who seem to be benefited when the distance of the card from the patient is changed daily. Experiment with the test card placed at a variety of close, middle, far distances.



20 FT.
20 LINE

Read the test card daily in good light, sunlight is best. Shift on a letter and remember, imagine it clear, correct with the eyes open, then in the imagination with the eyes closed, then with the eyes open again. Repeat. Blink. Practice on smaller letters. Practice with both eyes together, one eye at a time, then both eyes together again. Practice with the chart at various distances 5 ft. to 200 ft. + Practice on fine print at 20 inches and closer to 3, 2, 1, inches from the eyes.



Better Eyesight in Schools

By a Superintendent of Public Schools

Editor's Note -The following was written by a superintendent of public schools who not only helped his own eyes, but also helped the nurses to help the children. Permission was given these nurses to attend the clinic so that they could test the vision of each child and make records accordingly. Further advice was given by Dr. and Mrs. Bates and the work was carried

on so that within a year's time it was noticed by those not interested in the Bates Method that there were less eye-glasses being worn by the school children.

UNDER the direction of our school nurse, a Snellen test of the eyes of all our pupils was made. A novel health experiment was begun, a campaign for "Better Eyesight." A second test was made in order to verify the value and progress in this phase of health work which showed marvelous, practical, successful results. Only the skepticism of principals, teachers and pupils, and the lack of faithfulness in carrying out its conditions, prevented the wonderful results achieved from paralleling those of an Arabian Night's story.

A Snellen test card was placed permanently in the class rooms. The children were directed to read the smallest letters they could see from their seats at least once every day, with both eyes together and with each eye separately, the other being covered with the palm of the hand in such a way as to avoid pressure of the eyeball. Those whose vision was defective were encouraged to read it more frequently, and in fact needed no encouragement to do so after they found that the practice helped them to see the blackboard, and stopped the headaches, or other discomfort, previously resulting from the use of their eyes.

Some years ago the same system was introduced into some of the schools of New York City with an attendance of about ten thousand children. Many of the teachers neglected to use the cards, being unable to believe that such a simple method and one so entirely at variance with previous teaching on the subject, could accomplish the desired results. Others kept the cards in a closet except when they were needed for the daily eye drill, lest the children should memorize them. Thus they not only put an unnecessary burden upon themselves, but did what they could to defeat the purpose of the system, which is to give the children daily exercise in distant vision with a familiar object as the point of fixation. A considerable number, however, used the system intelligently and persistently, and in less than a year were able to present reports showing that of three thousand children with imperfect sight over one thousand had obtained normal vision by its means.

Not only does this work place no additional burden upon the teachers, but, by improving the eyesight, health, disposition and mentality of their pupils, it greatly lightens their labors.

9 - SUNLIGHT, Sunning

Sun-Gazing

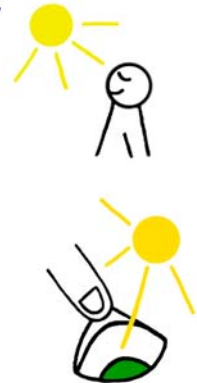
By W. H. BATES, M.D.

IT is a well-known fact that the constant protection of the eyes from the sunlight, or from other kinds of light, is followed by weakness or inflammation of the eyes or eyelids. Children living in dark rooms, where the sun seldom enters, acquire an intolerance for the light. Some of them keep their eyes covered with their hands, or bury their faces in a pillow and do all they possibly can to avoid exposure of their eyes to ordinary light. I have seen many hundreds of cases of young children brought to the clinic with ulceration of the cornea, which may become sufficient to cause blindness. Putting these children in a dark room is a blunder. My best results in the cure of these cases were obtained by encouraging the patients to spend a good deal of the time out of doors, with their faces exposed to the direct rays of the sun. In a short time these children became able to play and enjoy themselves a great deal more out of doors, exposed to the sunlight, than when they protected their eyes from the light. Not only is the sun beneficial to children with inflammation of the cornea, but it is also beneficial to adults.

When the patient looks down sufficiently, the white part of the eye can be exposed by gently lifting the upper lid, while the sun's rays strike directly upon this part of the eyeball. In most cases it is possible to focus the strong light of the sun on the white part of the eyeball with the aid of a strong convex glass, being careful to move the light from side to side quite rapidly to avoid the heat. After such a treatment, the patient almost immediately becomes able to open his eyes widely in the light. Plain sunlight (without use of the convex glass) is also very effective. Glass filters the light causing unbalanced, unhealthy (not full spectrum) sunlight to contact the eyes. The convex glass is only used by a experienced eye doctor and only in cases of extreme vision impairment, blindness and is not applied too often.

Looking at the bright area of the sky on a sunny day,(not directly into the sun) and closed eye sunning while facing directly at the sun are safer alternatives. **MOVE THE EYES, HEAD WHEN SUNNING.**

Sunning - face the sun, eyes closed, move the head side to side.



Sunlight shining on the sclera, white part of the eye. Person looks down, eyes pupil under the lower eyelid. Upper lid is pulled up to expose the sclera to the sunlight.

Demonstrate Sunning and use of the Sunglass

1 - That sun treatment is an immediate benefit to many diseases of the eye.

Before the treatment, take a record of your best vision of the Snellen test card with both eyes together and each eye separately without glasses. Then sit in the sun with your eyes closed, slowly moving your head a short distance from

side to side, and allowing the sun to shine directly on your closed eyelids. Forget about your eyes; just think of something pleasant and let your mind drift from one pleasant thought to another. Before opening your eyes, palm for a few minutes. Then test your vision of the test card and note the improvement. Get as much sun treatment as you possibly can, one, two, three or more hours daily.

When the sun is not shining, substitute a strong electric light. A 1,000 watt electric light is preferable, but requires special wiring. However, a 250 watt or 300 watt light can be used with benefit, and does not require special wiring. Sit about six inches from the light, or as near as you can without discomfort from the heat, allowing it to shine on your closed eyelids as in the sun treatment.

2 - That the strong light of the sun focused on the sclera, or white part of the eyeball, with the sun glass, also improves the vision.

After the eyes have become accustomed to the sunlight with the eyes closed, focus the light of the sun on the closed eyelids with the sun glass. Move the glass rapidly from side to side while doing this for a few minutes. Then have the patient open his eyes and look as far down as possible, and in this way, the pupil is protected by the lower lid. Gently lift the upper lid so that only the white part of the eye is exposed, as the sun's rays fall directly upon this part of the eyeball. The sun glass may now be used on the white part of the eye for a few seconds, moving it quickly from side to side and in various directions. Notice that after the use of the sun glass, the vision is improved.

Myopia and Presbyopia Relieved By Treatment

Floating Specks Relieved

By Emily C. Lierman

A woman, aged 51, whose vision had been impaired for a good many years, thought that she would try the Bates treatment and see if she could in time discard her undesirable glasses. When I tested her eyes, her vision was 15/70 with the right eye and 15/200 with the left. When I first meet a person I have an unconscious habit of looking at the eyes and I noticed particularly that this woman seldom blinked. She had worn glasses for twenty years, but recently she had worn them only at the theater, movies and in places where the light was dim.

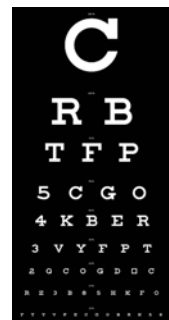
She complained of floating specks which at times seemed to her like miniature airplanes or tiny round white circles with gray centers. She boasted about being able to multiply these imaginary things floating before her eyes and to see them just as clearly with her eyes closed as she could with them open. It is hard to even imagine how terribly she strained in order to bring about such a condition.

She told me that previous to her coming to me she had visited an eye specialist who examined her eyes thoroughly and who told her that he could see no condition of her eyes that would cause floating specks, and that the retinas of her eyes were perfectly clear. He diagnosed her case as progressive myopia and then gave her a stronger pair of glasses than she had been accustomed to wearing. It was because of these stronger lenses and the discomfort that she experienced in trying to get accustomed to the wearing of them that prompted her to come to me.

The black card with white letters was used in testing the sight of my patient. While she was resting her eyes by palming, I placed the test card ten feet from her eyes instead of fifteen, just to see how much more she could read at a nearer distance. After a short period of palming, I asked her to read the card again and her vision had improved to 10/50. I was glad to see this improvement even though it was slight. However, I thought that it might have been her right eye which was reading the 50 line, even though she was reading the card with both eyes.

I wanted to be sure that improvement had been made, so I asked her to cover her right eye and read the card again with the left. She read up to the 50 line just the same, which I thought was a good improvement in so short a time. I told her how other patients had improved by practicing many times a day at home and that if she would follow my directions, and come to see me for a few lessons that she would make steady progress.

A few days later she came again and I noticed that she had acquired the habit of blinking. This was encouraging, because it is not often that patients who have only had one treatment can remember to keep up this good habit (correct vision habit) which is done unconsciously by people who have no trouble with their eyes. I did not mention this to the patient because I was afraid to make her conscious of the fact and again unconsciously get into her bad habit of staring. However, I made note of this in my record and the last time I saw her I drew her attention to it, which pleased her.



Look at the white spaces between sentences of fine print at a close distance to relax the mind, eyes and then look at, shift to on letters on a distant eye chart and see the letters clear.

Read fine print close to the eyes, in the sunlight daily or a few times a week for clear close and distant vision.

During her first treatment I did not make any special effort to relieve her trouble with the floating specks, nor did either one of us mention it. Before I tested her sight at her second treatment, she said she had something to tell me. She noticed for the first time that in trying to increase the number of floating specks which she formerly was able to do, she had produced a terrific pain in both eyes and so she stopped doing it.

At my patient's second treatment I used the black test card and I gave her a card with diamond type to hold near her eyes. I gave her the usual advice, saying that she was not to try to read the print but only to look at the white spaces between the lines of fine type. Closing the eyes often and remembering the white spaces helped her to see the letters of the distant card, seeing one letter at a time and then looking to the white spaces of the fine type. She read 10/40 with each eye separately, seeing each letter clear and white. She remarked that the whiter the letters appeared to her, the more black became the background of the card.

At her first treatment I noticed that the sclera or white parts of both her eyes were bloodshot and looked as though she did not get enough sleep. I wrote this in my record of her case, but I said nothing about it to her. At this, her second visit, I noticed that the patient's eyes looked clear and the white parts were as white as my own eyes.

I placed her before a mirror and told her to blink and to look at her right eye and then at her left. This helped her to see that her eyes were moving while she blinked. It was then that she remarked how white the white parts of her eyes were. I enjoy treating a patient like her because there is a great deal of satisfaction in having the patient know that there has been an improvement in so short a time. She told me that her husband had read to her for one whole hour while she was palming or just keeping her eyes closed and resting her arms on her lap or on the arms of her chair.

I gave her more advice about what she was to practice at home and then two days later I saw her again. This time I asked her to hold the fine print as close as she could read it and to read what she saw on the little card. During her first treatment, I did not ask her to read the fine print because I thought she would have no trouble in reading it. I was much surprised to hear her say that she could not read it.

I was out-of-town treating patients at this time and as I was away from Dr. Bates, I was not allowed by the medical authorities to use a retinoscope or an ophthalmoscope, or to do any examining of the eyes of any kind. I was perfectly willing to abide by the law and was told particularly by Dr. Bates himself to do so. Therefore, I could not determine just what was wrong and why, when she was myopic, she could not read fine type as most myopic patients can. However, that did not worry me in the least because all the articles comprising my book were reports of cases treated by me during more than nine years when I did not at any time use any apparatus in the treatment or in the cure of these cases. I did, however, use a sun glass.

This patient was sitting near a window with her back to the sun. I asked her to stand up while I turned the chair the opposite way and told her to keep her eyes closed as she sat in the sun, while I used the sun glass on her closed eyelids. I timed this treatment and gave her exactly eight minutes of the sun, focusing the sun glass on the closed eyelids, at the same time advising the patient not to open her eyes even for a second. Then I pulled down the shade to shut out the sunlight and immediately after opening her eyes she became able to read all of the fine print. And this with just that one treatment with the sunlight. After that she gave her eyes sun treatment many times a day and remained in the sunshine as much as possible, discarding her parasol which she usually carried with her and also leaving off her hat whenever it was possible.

All patients do not have the advantages which this patient had, I know. Yet patients are cured who have no chance to take sun treatment during the day except at their lunch hour. Patients who have found it impossible to get any sun treatment during the day have been successfully treated and cured of their imperfect sight by the use of a strong electric light.

While I was away from Dr. Bates, doing his work at the seashore and in other places, it was astounding to see so many people wearing dark glasses called "sun glasses" to protect their eyes from the glare of the sun. What a mistake it is to wear these glasses, even though so many specialists advise such a procedure! One cannot always wear them; therefore it is best for the human eye to get accustomed to all kinds of light without protection of any kind.

During the time I was treating this patient, while she was rapidly improving at each lesson, I had the great pleasure of meeting a noted criminologist who was very near-sighted. He had difficulty in seeing things clearly while driving his car and doing other necessary things which required good sight, unless he wore his strong glasses. This man mentioned the case of his brother, who had read Dr. Bates' book, "Perfect Sight Without Glasses" and practiced the methods advised.



Sunlight Treatments

Sunning - Face the sun, eyes closed and move the head slowly side to side.



Sunglass - Eyes closed. Head still. Sunglass with sunlight shining through the glass is moved quickly, 1-2 seconds on the eyelids.



Sunglass with eyes open - Head still. Eyes looking down, pupil under eyelid, away from the sun's light. Sunglass moves the sunlight quickly, 1-2 seconds on the sclera, upper white area of the eye.

Sunglass is used only in cases of blindness, by an experienced ophthalmologist, only when other methods have not helped restore the vision.



Sun Treatment

Pull the upper eyelid up, look down, pupil away from sun, let the sun shine directly on the upper white area of the eye. Then, release the upper lid, look up, head back and pull the lower lid down and let the sun shine on the lower white area of eye.

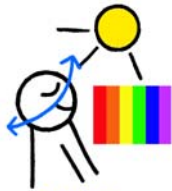
Sunning

He said that every day he practiced in the hot sun in the desert where all he could see was sand, distant mountains and the sky; he would close his eyes and allow the sun to shine on his closed eyelids, then open his eyes and look off at the distant mountains, alternately shifting from the saddle of his horse to the distant mountains. He was not only cured of his imperfect sight, but also became able to look at the sun by shifting and blinking without any tearing of the eyes or any discomfort whatever. He also noticed, being an expert in the different breeds of horses, that those which had blinders put on them acquired cataract, or could not see as well as horses who were free from any incumbrance as far as their eyes were concerned. After reading Dr. Bates' book he wrote to his brother and said that if the strong light of the sun was not injurious to an animal, why should it be injurious to the human eye? He was convinced that imperfect sight was caused by strain or an injury and if there were any sight at all that it could be improved by natural methods and not by the use of glasses.



Sunning
Face the sun,
eyes closed,
move the head
side to side
moving the
sunlight over
the entire retina.

To go back to my patient. She came for four days in succession for treatments, being encouraged at the progress she had made. At each treatment she improved, reading another line of the test card, by first reading the fine print as close as she could get it to her eyes. Shifting from a blank wall to the test card while she was standing and swaying her body slowly from side to side also helped in the improvement of her sight for the distance.



Sunning
+Face the sun, eyes closed, move the head side to side, up and down, circular...
Do the Sway.
+Open the eyes and look away from the sun to the bright sky, clouds, tree tops.
+Go outside in the sunlight daily.
Full spectrum sunlight contains all wave lengths, frequencies, colors, mixtures of colors of the light spectrum.
Full spectrum sunlight, not filtered through eyeglasses, contacts, sunglasses, windows keeps the eyes, brain, body healthy and vision clear.

Switch Visual Attention to Close and Far Distances

Each day I varied the treatment. One day I placed her by a window and had her shift from the fine print up close to her eyes to the distant signs which I called to her attention, and to tops of houses and other buildings. An American flag waved in the distance and shifting from the flag to the flagstaff helped her to see the staff more clearly and by keeping up the constant sway of the body, blinking easily, but steadily all the while, she became able to see the harbor in the distance and also the boats which were moored near the shore. She told me that this was the first time in her life that she could ever see at such a distance.

She was the means of changing the mind of a skeptical husband who thought that the Bates treatment was a myth or something like it. However, he decided that if palming and swinging was a good thing for his wife and could make her so much more contented in her home duties than she was before, that perhaps it would help him to be a more agreeable person in his office as well as in his home. With just a few suggestions from me, my patient treated him successfully at home, and her last report was that he was reading his newspaper and book type without the use of his glasses.

I realized more and more that if Dr. Bates could live until the end of time that it would be his cured patients who would advertise him in the right and only way. Times without number there have been magazine and newspaper writers, as well as authors of books who were cured after being treated by Dr. Bates who offered to advertise him in the way that they thought best.

Many years ago, without realizing that it would harm him, Dr. Bates allowed these grateful patients to advertise him in their own way. They unintentionally caused him much worry and concern with the medical profession. The only way to make Dr. Bates' work known to the world is to have his cured patients talk about the benefit they received and in that way help others who are suffering from defective vision. (Optical Industry Trying to Hide Bates Method From the Public.)

During the last treatment I gave my patient she read the various test cards, 15/15, with the exception of the black card with white letters, which she was able to read 15/10. Also, the **floating specks had entirely disappeared after her third treatment.** This case was very interesting, because it is seldom that one has **presbyopia and myopia simultaneously.**

To carry out treatment successfully, I try to be careful to vary the method of treatment at each lesson. I find it true also that if I try out things by myself, without the help of Dr. Bates, or his suggestions in the matter, that I fail sooner or later. Our students will benefit greatly by doing the same thing always. If the student is in doubt as to whether he or she can cure a difficult case, it is always best to write or come directly to headquarters and find out what is wrong. It is Dr. Bates' desire *always* to help the students to cure any case which may be difficult.

Dark Glasses Are Injurious

He was a very intelligent chauffeur, and very polite and popular with most people. I enjoyed listening to his experiences in driving various types of cars. Nothing seemed to give him so much pleasure as to get into a "jam" and get out without suffering any injury to his own car or without tearing the "enemy" apart. The "enemy," as he explained, were the numerous other cars which were driven by chauffeurs who did not understand their business very well and who enjoyed teasing the inexperienced drivers.

One day we were driving to the seashore. The sun was very bright and the reflection of the light from the sun on the water was very strong and made most of the occupants of the car very uncomfortable. Personally I enjoyed the strong light of the sun. The chauffeur did not wear glasses for the protection of his eyes from the sun or dust and I asked him if he had ever worn them. He very promptly answered me by saying that he had worn them at one time, but discontinued wearing them because he found that after wearing them for a few days, his eyes became more sensitive to the light than they were before. He said he could not understand why it was that when he wore glasses to protect his eyes from the dust he accumulated more foreign bodies in his eyes than ever before. This seemed strange to the people in the car and they asked him to explain. It was decided that when the dust got into the eyes, the glasses prevented the dust from going out.

The eyes need the light of the sun. When the sun's rays are excluded from the eyes by dark glasses, the eyes become very sensitive to the sun when the glasses are removed. Eye doctors sell sunglasses knowing it will lead to unclear vision, prescriptions for eyeglasses, eye surgery. Lack of sunlight causes cataracts and other eye problems.

The Sun as a Cure for Imperfect Sight

By EMILY A. MEDER

The article reprinted below gives us the opportunity to dwell in a little more detail on the benefits of the sun for all cases of defective vision. Although this subject was discussed in the January issue, too much stress cannot be laid on it:

SIGHT RESTORED BY SOLAR ECLIPSE

Lodi, N. J, January 27.—As the result of looking directly at the eclipse of the sun last Saturday, Louis Pretola, 54 years old, professes to have regained his sight after having been unable to see without glasses for seven years due to cataracts.

Pretola had undergone four unsuccessful operations for removal of the cataracts.

After he had gazed at the sun without smoked glasses he suffered severe pains, but within a few hours his sight began to return to normal and he discarded the strong glasses he had worn for seven years.—Cincinnati "Inquirer." Note by Clark Night; Eye Doctors have stated for years that looking at a solar eclipse without eye protection can cause eye/vision impairment. I do not advise looking at a eclipse, even though in this case it helped the persons vision.

I HAD an experience last week, which served to bring home more forcibly, the great healing, alleviating power of the sun.

I was to spend a few days at the ocean-side, and arrived in the midst of a terrific storm. The sky was black, the rain came down in great sheets, and the waves beat ceaselessly against the rocks under my window. It was a little frightening, watching this, but soon the rhythm of the gathering, rising, and receding of the huge billows seemed to form a natural swing. I could relax by moving forward and backward, almost imperceptibly, with the rise and fall of the waves.

The next day was beautiful, with the ocean smooth and peaceful, and the sun shining gloriously on everything. I left the hotel for a stroll along the boardwalk, but upon emerging from the dim light into the blazing sun, I was blinded. I tried to open my eyes but found them straining to close, and it seemed as though a great flashlight was being focused on my eye-balls. The sudden strain brought on a severe headache. Perhaps it was the glare of the sun on the water, or it may have been the intensified brightness after a dark and gloomy day that caused the sudden blindness.

There was a summer house about fifty yards off, overlooking the ocean. I made for that, and sat down, facing the water,



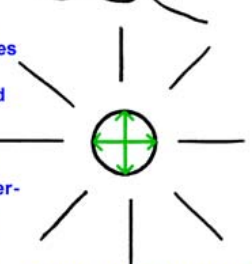
'Swing' move with the ocean waves.



Sunning at the beach. Face the sun, eyes closed. Eyes open; shift on objects in the sunlight: water, boats at different distances, birds, sand, clouds...



Sungazing - Looking directly at the sun, eyes open. Always shift, move the eyes left and right, up and down across the sun. Shift diagonally, circle the sun clockwise, counter-clockwise. Shift away then back to the sun. Never stare, eyes immobile at the sun.



Modern teachers advise only closed eyes sunning.

and with the sun beating down on my closed lids. After about fifteen minutes of this sunbath, I was able to open my eyes with comfort, and look across the water. The glare was gone, but I found it difficult to look directly at the sun. I just lazily shifted my glance from one object to another. A flock of sea-gulls amused me for about an hour. In my interest in them, I forgot about the sun's effect on my eyes, and caught myself glancing straight up, watching the flight of a particularly energetic pair of birds. There were so many of them, they were all so busy and active, that my eyes were not still for one moment.

I palmed again for about ten minutes, and when I removed my hands, I saw a fleet of four sailing ships away off in the distance. I could barely discern the outline, but this was more remarkable, because I did not see them when I first sat down, and they were much nearer then.

Before I left, I could look directly at the sun for about five seconds, but had to keep it swinging. Another unusual feature was that the sun, instead of being a blazing red, as it first appeared, changed to a silver or white color. This was more relaxing and soothing. Dr. Bates informed me that the sun always looks white to those with perfect sight.

That first attack was the only one I had during my stay. I enjoyed the sun and glanced up at it whenever I thought to do so, without discomfort. Pain and tension immediately disappeared.

With the spring on the way, there will be more opportunity to give your eyes a sun treatment. Try it.

Modern Scientists warn to never look at the sun during an eclipse. It can harm the eyes.

Read all directions for correct Sunning, Sunlight, Sun-Gazing Treatments in this book. Keep the eyes closed, move the eyes, head, face side to side. Avoid sunburn, overexposure.

#10 - FINE PRINT, Reading, Clear Close Vision

Fine Print a Benefit to the Eye

Its Effect the Exact Contrary of What Has been Supposed

Seven Truths of Normal Sight

1—Normal Sight can always be demonstrated in the normal eye, but only under favorable condition.

2—Central Fixation: The letter or part of the letter regarded is always seen best.

3—Shifting: The point regarded changes rapidly and continuously.

4—Swinging: When the shifting is slow, the letters appear to move from side to side, or in other directions, with a pendulum-like motion.

5—Memory is perfect. The color and background of the letters, or other objects seen, are remembered perfectly, instantaneously and continuously.

6—Imagination is good. One may even see the white part of letters whiter than it really is, while the black is not altered by distance, illumination, size, or form, of the letters.

7—Rest or relaxation of the eye and mind is perfect and can always be demonstrated.

When one of these seven fundamentals is perfect, all are perfect.

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7—Rest or relaxation of the eye and mind is perfect and can always be demonstrated.
When one of these seven fundamentals is perfect, all are perfect.

It is impossible to read fine print without relaxing. Therefore the reading of such print, contrary to what is generally believed, is a great benefit to the eyes. Persons who can read perfectly fine print, like the above specimen, are relieved of pain and fatigue while they are doing it, and this relief is often permanent. Persons who cannot read it are benefited by observing its blackness, and remembering it with the eyes open and closed alternately. By bringing the print so near to the eyes that it cannot be read pain is sometimes relieved instantly, because when the patient realizes that there is no possibility of reading it the eyes do not try to do so. In myopia, however, it is sometimes a benefit to strain to read fine print. Persons who can read fine print perfectly imagine that they see between the lines streaks of white whiter than the margin of the page, and persons who cannot read it also see these streaks, but not so well. When the patient becomes able to increase the vividness of these appearances [see *Halos*, February number] the sight always impro

Read Fine Print



Shift dot to dot (part to part) on the C. See one small part of the C darkest black and clearest at a time in the center of the visual field. The center of the visual field moves with the eyes as the eyes shift part to part on the C. Shift point to point on the top right hook in the blue circle.

ALL of our imperfect sight is just the result of our using our eyes wrong, and permitting bad habits to grow on us. Staring is only a bad habit, but it causes a great deal of trouble. When it is stopped and the eyes are rested by palming and blinking, the sight is immediately benefited.

Bad habit number two: The reading of large type in preference to finer print. It requires more of an effort to see a large letter than a small one, strange as it may seem. When you look at the big C on the Snellen Test Card, you don't see it all at once. You have to look at one part best, the hook on the upper right hand corner or the curve on the left side. You cannot look at the hook, the space on the right and the curve on the left side all at once. Some people think they see it at the same time, but they do not. Their eyes shift from one point to another, unconsciously.

Fine print is a benefit because it cannot be read while the eyes are under a strain. They have to be relaxed. For instance, in reading the chapter printed below, you cannot accomplish anything by staring at the letters, or screwing your face into a knot. Do not look at the letters but at the white spaces between them, and imagine them whiter than the margin. Blink and shift constantly to avoid the stare. If your eyes feel strained, stop and palm. You will notice that where it all looked blurred before, a word will appear clear and distinct. By constant practice more words clear up, until the entire chapter can be read easily.

S. MATTHEW 4 BEATITUDES



RELAXATION FROM FINE PRINT

+ A BUSINESS card, 3" x 2" with fine print on one side is held in front of the eyes as near as possible, the upper part in contact with the eyebrows, the lower part resting lightly on the nose.

+ The patient looks directly at the fine print without trying to see. Being so close to the eyes most people realize that it is impossible to read the fine print and do not try, in this way they obtain a measure of relaxation which is sufficient to benefit the sight very much.

+ The patient moves the card from side to side a short distance slowly and sees the card moving provided the movement is not too short or too slow. The shorter the movement and the slower it is, the better.

+ Some patients, although the card is held very close, note that the white spaces between the lines become whiter and the black letters become blacker and clearer. In some cases one or more words of the fine print will be seen in flashes or even continuously as long as no effort is made to see or to read the fine print.

+ This movement of the card should be kept up to obtain the best results, for many hours every day. The hand which holds the card may soon become fatigued; one may then use the hands alternately. Some patients vary this by holding the card with both hands at the same time. (This does not need to be done for many hours a day. Just a few minutes is beneficial.)

The amount of light is not important.



Fine print card placed in front of the eyes, lower part rests on nose, upper part on eyebrows. Look at the card without trying to see. Relax. Move the card side to side, slowly, a short distance. The print becomes clear when the eyes, mind relax. Microscopic vision.

READ FINE PRINT

Many nearsighted patients can read fine print or diamond type at less than ten inches from their eyes easily, perfectly and quickly, by alternately regarding the Snellen test card at different distances, from three feet up to fifteen feet or further. The vision may be improved, at first temporarily, and later, by repetition, a permanent gain usually follows.

It is a valuable fact to know, that when fine print is read perfectly, the near-sightedness or myopia disappears during this period. It can only be maintained at first for a fraction of a second, and later more continuously.

Nearsighted patients and others, with the help of the fine print can usually demonstrate that staring at a small letter always lowers the vision, and that the same fact is true when regarding distant letters or objects.

With the help of the fine print, the nearsighted patient can also demonstrate that one can remember perfectly only what has been seen perfectly; that one imagines perfectly only what is remembered perfectly, and that perfect sight is only a perfect imagination.

A great many people are very suspicious of the imagination, and feel or believe that things imagined are never true. The more ignorant the patient, the less respect do they have for their imagination, or the imagination of other people. It comes to them as a great shock, with a feeling of discomfort, to discover that the perfect imagination of a known letter improves

the sight for unknown letters of the Snellen test card, and for other objects.

It is a fact, that one can read fine print perfectly, with perfect relaxation, with great relief to eyestrain, pain, fatigue and discomfort, not only of the eyes, but of all other nerves of the body.

Fine Print

When the vision for distance becomes nearly normal, the vision at the near point can then be improved to normal. Hold a card of fine print about ten inches from the eyes. Do not look directly at the letters. Imagine that where the bottom of the letters comes in contact with the white space between the lines, that the whiteness is increased, and with practice you can become able to imagine a thin, white line, which is below the letters and whiter than the rest of the white space. When this thin, white line is imagined white enough, the letters are imagined black enough to be read.

If you fail to imagine this thin, white line, with your eyes open you may be able to imagine it with your eyes closed. Then open your eyes and imagine it as well as you can. Close your eyes and remember or imagine the thin, white line whiter. Then bring the card up an inch or two closer and imagine the thin, white line as well with the eyes open as you can remember it with the eyes closed. By alternately remembering, with the eyes closed, the thin, white line quite perfectly at ten inches, it becomes possible to imagine it with the eyes open at nine inches or six inches, or even nearer, and to imagine it as well with the eyes open as with the eyes closed. When you become able to imagine the thin, white line as well at six inches with the eyes open, as you can remember it with the eyes closed, the hypermetropia is usually corrected. This treatment has cured hypermetropia of 16 D.S.

SUN TREATMENT (with Memory, Imagination and Palming) : An important part of the routine treatment is the use of the direct sunlight. The patient is told to sit in the sun with his eyes closed, moving his head a short distance from side to side, and allowing the sun to shine directly on his closed eyelids. He is instructed to forget about his eyes, to think of something pleasant and let his mind drift from one pleasant thought to another. Before opening his eyes, he palms for a few minutes. When the sun is not shining, a strong electric light (1000 watts) is substituted. The patient sits about six inches from the light, or as near as he can without discomfort from the heat, allowing it to shine on his closed eyelids as in the sun treatment.

FINE PRINT: If the patient has presbyopia, he is directed to practice with the fine print in the Fundamental card in the following way: The card is held at first at the distance from his eyes at which he sees best. He is told not to look directly at the letters, but just at the white spaces between the lines and imagine that they are perfectly white - whiter than the margin. He is asked if he can imagine that there is a thin, white line beneath each line of letters, and that it is whiter than the rest of the white spaces between the lines.

When this line is imagined perfectly white, the eyes then shift to, look directly at the letters and the letters are read without effort or strain. If the patient cannot imagine the white line easily, he is told to close his eyes and think of a series of white objects; he may recall a white-washed fence, a snow drift, several pieces of white starch, or a pot of white paint. He is then directed to open his eyes again and look at the white spaces, imagining them to be as white as the white objects he remembered. He is told to close his eyes again and imagine that he has a pot of white paint and a fine pen and that he is drawing a thin, white line beneath a line of print, then to open his eyes and imagine that he is drawing a thin white line beneath each line of letters on the Fundamental card, as he moves his head from side to side. He is told to blink as he shifts from one end of the line to the other, to occasionally look away and to close his eyes frequently for half a minute or so to rest them. Imagining the white spaces and white line perfectly white causes the mind, eyes to remove the 'grey blur' and other incorrect images from the white page in and around the black letters, words. The brain imagines the page the way it truly appears; clear and white. This causes the letters to be seen dark black, distinct, and clear.

By practicing in this way, letters which could not be seen before appear black and distinct. As one's ability to read is improved, the card is brought closer and the patient is instructed to practice in this way, until the entire card can be read at six inches from his eyes. If it is impossible for him to do this during his treatment at the office, he is directed to practice in this way every day at home. The patient is told that fine print cannot be read when an effort is made see it and that it can only be read when the eyes are relaxed. For this reason, the reading of fine print is helpful in producing relaxation. Take a break anytime and look at the white spaces, thin white line to relax the eyes, mind. Shift on them. Avoid staring, eye immobility.

Use the soft end of a white imaginary feather (nosefeather) to imagine painting the white spaces and thin white line with bright, glowing, pure white paint.



BLIND FOR FIVE YEARS

(This case should encourage those who have only slight perception of light.)

A few weeks ago there was lead into the Clinic a man of 65 who told us he had been blind for five years and the doctors at the hospital had told him nothing more could be done for him, as his case was hopeless.

On testing his sight we found the right vision 3/80 and the left vision only just perception of light.

He was eager to know if we thought he could be helped and listened attentively while he was being told how to palm and how to strengthen his eyes by splashing them with cold water. He started right away palming and was left to amuse himself in this way, while other patients were attended to, and afterwards he said his eyes felt rested and much easier. He was asked what he was to do at home during the week to see if he had remembered the directions given to him, and then went home in a very hopeful frame of mind.

The following week he came along and looked rather more cheerful and was very excited to tell us that he thought he could see a little with the blind eye. Both eyes were tested, the right one was now 3/60, and with the blind eye he could see the big C, the 200 line when the Chart was held close.

Two weeks later we held the Clinic in another room and we were amazed to see him walk boldly in alone. He was looking much better and very proud of himself. He had been under the doctor's care for the last two or three months as he was generally run down, and this week he was delighted to tell us that he had caught his doctor napping. His doctor had greeted him one morning by saying how much better his eyes were looking, how much brighter and more alive. "Yes, because I am having treatment for them," said our friend. He told the doctor of the treatment, whose reply was that it was rubbish and could not possibly do any good. "Well, you said yourself how much better they were looking, and they must look very different for you to notice them and remark on them, and besides I can see more than I did."

He continues to be very much in earnest and is now able to see 3/30 with the right eye, and can read the 40 line quite easily close up to the other eye which previously had only perception of light.

A MAN WHO HAS WORN GLASSES FOR 60 YEARS

This man without his glasses was very helpless. He had no vision at all with the right eye, just perception of light, but very slight. The left eye was such that he could read with difficulty the 60 line at 6 inches. In three weeks the vision with both eyes was improved, so that at 6 inches he could read the 20 line comfortably and the 15 line with difficulty. The right eye is better but the improvement is not so marked as that of the left. It is a great joy to help this man, he is so grateful for the smallest thing that one does, and his childlike faith and obedience is something rarely seen. The reason he has made so much progress in so short a time is due to the fact that he cooperates willingly and with pleasure and is really interested in getting his sight.

One notices that on the whole people with slightly imperfect sight are not sufficiently interested in getting their sight normal to take much trouble. If it could be done for them they would not mind; but they do not like to bring it about themselves. The continuous relaxation practiced by those with imperfect sight is a joy to see and they are well paid for it.

Fine Print

By W. H. BATES, M.D.

THE photographic reduction of the fine print can be used with great benefit to patients suffering from high degrees of nearsightedness. At first it has to be held at a certain close distance from the eyes and cannot be seen so well if placed an inch further or an inch nearer. When read easily or perfectly the white spaces between the lines appear much whiter than they really are and the card seems to be moving from side to side or in other directions, if one takes the trouble to notice it. The eyes are blinking frequently and this is also usually an unconscious act.

More perfect rest or relaxation of the eyes is obtained by reading this fine print perfectly than by doing some other things. By alternately looking at the large letters of the Snellen Test Card at five or ten feet or further and reading the fine print close to the eyes, one can obtain flashes of improved vision at the distance. By practicing, these flashes become more frequent and the letters are seen more continuously. The method is to be highly recommended because it seems to be one of the best methods of improving the distant vision. (Fine print also improves close vision.)

Fine Print

By W. H. BATES, M.D.

MANY near-sighted patients can read fine print or diamond type at less than ten inches from their eyes, easily, perfectly, and quickly by alternately regarding the Snellen Test Card at different distances, from three feet up to fifteen feet or further. The vision may be improved, at first temporarily, and later by repetition, a permanent gain usually follows.

It is a valuable fact to know that when fine print is read perfectly, the near-sightedness disappears during this period. It can only be maintained at first for a fraction of a second, and later more continuously.

Near-sighted patients and others, with the help of the fine print can usually demonstrate that staring at a small letter always lowers the vision and that the same fact is true when regarding distant letters or objects.

With the help of the fine print, the near-sighted patient can also demonstrate that one can remember perfectly only what has been seen perfectly: that one imagines perfectly only what is remembered perfectly: and that perfect sight is only a perfect imagination.

A great many people are very suspicious of the imagination and feel or believe that things imagined are never true. The more ignorant the patient, the less respect do they have for their imagination or the imagination of other people. It comes to them as a great shock, with a feeling of discomfort and annoyance that the perfect imagination of a known letter improves the sight for unknown letters of the Snellen Test Card.

It is a fact that one can read fine print perfectly with a perfect relaxation, with great relief to eye-strain, pain, fatigue and discomfort, not only of the eyes, but of all other nerves of the body.

Regarding fine print, even when not read, is also of use in improving the distant vision of the Snellen Test Card, and the ability to read at a near point in patients whose imperfect sight is caused by Astigmatism, Hypermetropia (far-sight), Presbyopia and others.

Reading fine print brings clear close and distant vision.

This simple, effective cure has been hidden from the public by the optical/medical industry for years!

Look at, shift on a letter on a chart at a clear distance. Practice with the eyes open, then in the imagination with eyes closed, then open. Next, switch to a chart at a different distance and shift on the identical letter on that chart while keeping the clear mental picture of the letter seen on the chart at the clear distance.



20 Feet



15 Feet



3 Feet



Three identical eyecharts placed at 3 different distances. Fine print card is identical to the eyecharts. Shift on the letters on the fine print card and 3 eyecharts. Shift on the C on the fine print card.

Then shift on the C on the distant, 20 foot card, then back to the fine print card, then the distant, then fine print...

Then shift on the C on the fine print and 3 foot, or 15 foot card. Switch back and forth in any order on the 4 cards, shifting on the C on each card. Then practice on smaller letters. Practice until all letters are seen clear at all distances.

Fine print card can be placed on a table at eye level to avoid tension in the arm from holding the print up with the hand.

Presbyopia: its Cause and Cure

By W. H. Bates, M.D.

Most people, when they reach the age of forty years or older, become unable to read or see things clearly at the near point, while their sight for distance is usually good. This is called presbyopia or middle-aged sight. It is sometimes, although infrequently, found in children.

Old Gentleman Cures Unclear Close Vision by Reading, Writing Fine Print

While it is sometimes very difficult to cure presbyopia, it is, fortunately, very easy to prevent it. Oliver Wendell Holmes told us how to do it in "The Autocrat of the Breakfast Table," and it is astonishing, not only, that no attention was paid to his advice, but that we should be warned against the very course which was found so beneficial in the case he records:

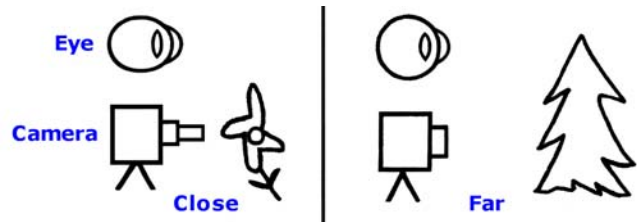
"There is now living in New York State," he says, "an old gentleman who, perceiving his sight to fail, immediately took to exercising it on the finest print, and in this way fairly bullied Nature out of her foolish habit of taking liberties at the age of forty-five or thereabouts. And now this old gentleman performs the most extraordinary feats with his pen, showing that his eyes must be a pair of microscopes. I should be afraid to say how much he writes on the compass of a half dime, whether the Psalms or the gospels, or the Psalms and the gospels, I won't be positive."

Presbyopia Cure

Persons, whose sight is beginning to fail at the near-point, or who are approaching the presbyopic age should imitate the example of this remarkable old gentleman. Get a specimen of diamond type, and read it every day in an artificial light, (sunlight is best) bringing it closer and closer to the eye till it can be read at six inches or less. Or get a specimen of type reduced by photography until it is much smaller than diamond type, and do the same. You will thus escape, not only the necessity of wearing glasses for reading and near work, but all of those eye troubles which now so often darken the later years of life.

Reading fine print prevents cataract and other eye problems. The smaller the print, the more vision improves.

Shifting point to point on tiny details of small objects; stone, jewelry... at close distances from the eyes also improves close vision. Practice relaxed, no effort, no force.



I remember an old darkey who said he was a hundred and six years old, who was quite blind for distant objects, and was unable to read an ordinary newspaper at one foot or further. With the aid of eye education, his vision for distance soon became normal, and his vision for near point also improved so that he could read diamond type at six inches without glasses.

The cause of presbyopia has been ascribed by most authorities to a hardening of the lens of the eye, so that the focus of the lens cannot be readily altered. This theory is incorrect. When the lens has been removed for cataract or some other reason, most cases have become able, by education, to read fine print at six inches or less without glasses.

Authorities on ophthalmology have always claimed that the focus of the eye was benefited by a change in the curvature of the lens. The evidence that the lens is not a factor in accommodation has only been recently proved. The eye changes its focus by a change in its length, brought about by the action of the muscles on the outside of the eyeball. In near-sightedness, the eyeball is squeezed by the external muscles and the optic axis is lengthened, i.e., the eyeball becomes elongated.

The human eye acts in the same way as a photographic camera acts. If a picture is taken at the near point, the bellows of the camera is lengthened in order to focus the near object, while to focus objects at the distance the bellows of the camera is shortened. When the eye is at rest, it has the form of a perfect sphere. See more info on the lens, outer, inner eye muscles, accommodation in the July, 1926 'The Great Delusion' issue of Better Eyesight Magazine.

Fine Print

When people are able to read fine print with perfect sight at six inches or further, the white spaces between the lines are seen or imagined whiter than the rest of the card. The ability to imagine the white spaces between the lines to be very white is accomplished by the memory of white snow, white starch or anything perfectly white, with the eyes closed for part of a minute. Some patients count thirty while remembering some white object or scene with the eyes closed. Then, when the eyes are opened for a second, the white spaces between the lines of black letters are imagined or seen much whiter than before. By alternately remembering something perfectly white with the eyes closed and opening them for a few seconds and flashing the spaces, the vision or the imagination of the white spaces improves. One needs to be careful not to make an effort or to regard the black letters. When the white spaces between the lines are imagined sufficiently white, or as white as they can be remembered with the eyes closed and with the eyes open; then, look at the black letters, see them clear, the black letters are read without effort or strain, or without the consciousness of regarding the black letters.

Fine Print



Read fine print for clear close vision.
See the 'Swing':
Place the fine print 6 in. from the eyes and the thumb 5 in. from the eyes in front of the fine print and 1/4 in. to the left of a letter. Move the head and eyes side to side and see the thumb move opposite the movement of the head/eyes and the fine print move in the same direction with the head/eyes. This prevents staring, keeps the eyes moving, relaxed and vision clear. See the thin white line.

The Thin White Line

Many people discover that they can imagine a thin white line where the bottom of the letters comes in contact with the white spaces. This thin line is very white, and the thinner it is imagined to be, the whiter it becomes. When it is imagined perfectly, the letters are read without the consciousness of looking at them and the vision or imagination of the white is very much improved. This thin white line can be imagined much whiter than any other part of the page, and is more easily imagined or seen than any other part. Of course, the eyes have to shift from the thin, white line to the letters in order to see them, but the shifting is done so readily, so continuously, so perfectly that the reader does not notice that he is constantly shifting. When the vision of the thin, white line is imperfect, the shifting is slow and

imperfect and the vision for the letters is impaired. The memory or the imagination of the thin, white line is usually so easy, so perfect and so continuous that everything regarded is seen with maximum vision. Patients with cataract who become able to imagine this thin, white line perfectly, very soon become able to read the finest print without effort or strain, and the cataract always improves, or becomes less. Patients with hypermetropia, astigmatism, squint, diseases of the retina and optic nerve are benefited in every way by the memory or the imagination of the thin, white line. Reading fine print with perfect sight benefits or improves all organic diseases of the eye.

Another reason Dr. Bates has the person remember, imagine and look at the white spaces, white line is that: white functions as/with 'light', and activates the eyes retina. For this reason there are eyecharts with white letters printed on a black, blue... background. They are easier to see and relaxing especially for patients with low vision.

FINE PRINT. When school children are able to read fine print at the distance from their eyes at which they see it best, the eyestrain is relieved as fine print cannot be read with an effort. The distance where fine print is seen best varies with people. All children should not be encouraged to see fine print at the same distance from their eyes.

With practice, relaxation, people can see fine print up close to the eyes, even seeing it in a 'microscopic view' close to the eyelashes of one eye at a time. Bates teaches to switch back and forth, close and far, shifting on the fine print up close and a distant object with both eyes, then one eye at a time, then both together again. Switching on two fine print cards at close distances about 3 inches to 1 foot apart also improves close vision. See the 'correct vision habits card' in our other book.

FINE PRINT: If the patient has presbyopia, he is directed to practice with the fine print in the Fundamental card in the following way: The card is held at first at the distance from his eyes at which he sees best. He is told not to look directly at the letters, but just at the white spaces between the lines and imagine that they are perfectly white - whiter than the margin. He is asked if he can imagine that there is a thin, white line beneath each line of letters, and that it is whiter than the rest of the white spaces between the lines.

When this line is imagined perfectly white, the eyes then shift to, look directly at the letters and the letters are read without effort or strain. If the patient cannot imagine the white line easily, he is told to close his eyes and think of a series of white objects; he may recall a white-washed fence, a snow drift, several pieces of white starch, or a pot of white paint. He is then directed to open his eyes again and look at the white spaces, imagining them to be as white as the white objects he remembered. He is told to close his eyes again and imagine that he has a pot of white paint and a fine pen and that he is drawing a thin, white line beneath a line of print, then to open his eyes and imagine that he is drawing a thin white line beneath each line of letters on the Fundamental card, as he moves his head from side to side. He is told to blink as he shifts from one end of the line to the other, to occasionally look away and to close his eyes frequently for half a minute or so to rest them. Imagining the white spaces and white line perfectly white causes the mind, eyes to remove the 'grey blur' and other incorrect images from the white page in and around the black letters, words. The brain imagines the page the way it truly appears; clear and white. This causes the letters to be seen dark black, distinct, and clear.

By practicing in this way, letters which could not be seen before appear black and distinct. As one's ability to read is improved, the card is brought closer and the patient is instructed to practice in this way, until the entire card can be read at six inches from his eyes. If it is impossible for him to do this during his treatment at the office, he is directed to practice in this way every day at home. The patient is told that fine print cannot be read when an effort is made see it and that it can only be read when the eyes are relaxed. For this reason, the reading of fine print is helpful in producing relaxation. Take a break anytime and look at the white spaces, thin white line to relax the eyes, mind. Shift on them. Avoid staring, eye immobility. Use the soft end of a white imaginary feather (nosefeather) to imagine painting the white spaces and thin white line with bright, glowing, pure white paint.

Natural Eyesight Improvement From Dr. Bates 'Better Eyesight Magazine' and 'Stories From The Clinic' by Emily C. A. Lierman, Bates.

SUGGESTIONS

1. If the vision of the patient is improved under the care of the doctor, and the patient neglects to practice, when he leaves the office, what he is told to do at home, the treatment has been of no benefit whatever. The improved vision was only temporary. Faithful practice permanently improves the sight to normal.
2. If the patient conscientiously practices the methods, as advised by the doctor, his vision always improves. This applies to patients with errors of refraction, as well as organic diseases.
3. For cases of squint we find that the long swing is beneficial to adults and to children.
4. When a patient suffers with cataract, palming is usually the best method of treatment, and should be practiced many times every day.
5. All patients with imperfect sight unconsciously stare, and should be reminded by those who are near to them to blink often. To stare is to strain. Strain is the cause of imperfect sight.

The following rules will be found helpful if faithfully observed:—

6. While sitting, do not look up without raising your chin. Always turn your head in the direction in which you look. Blink often.
7. Do not make an effort to see things more clearly. If you let your eyes alone, things will clear up by themselves.

Suggestions

8. Do not look at anything longer than a fraction of a second without shifting.
9. While reading, do not think about your eyes, but let your mind and imagination rule.
10. When you are conscious of your eyes while looking at objects at any time, it causes discomfort and lessens your vision.
11. It is very important that you learn how to imagine stationary objects to be moving, without moving your head or your body.
12. Palming is a help, and I suggest that you palm for a few minutes many times during the day, at least ten times. At night just before retiring, it is well to palm for half an hour or longer.

AIDS TO PERFECT SIGHT BY TREATMENT WITHOUT GLASSES

Psalm 23 A Psalm of David



S. Matthew 4 Beatitudes



Psalm 110



INSTRUCTIONS

Dr. W. H. Bates has made many remarkable discoveries relative to the prevention and cure of imperfect sight without the aid of glasses during his thirty-eight years of research and experimental work. Among the most important of these discoveries, and one that he has proved again and again, is the following:

**FINE PRINT IS A BENEFIT
TO THE EYE—LARGE PRINT
IS A MENACE.**

It is impossible to read microscopic or very fine print by making an effort to see it. It can only be read when the mind and eyes are relaxed.

The above chapters are written in diamond and microscopic type. At first it may seem difficult to become accustomed to the fine print, but by looking at

it without trying to read it, the print will become discernible.

Some people find it beneficial to imagine the white spaces between the lines, whiter than the margin. When one imagines the white spaces perfectly white, the print becomes very black and legible, apparently of its own volition.

Large print is detrimental to perfect sight because the eye tries to see the whole letter at once. When one is looking at an object, for instance, a chair, the object blurs if the whole is seen at once. You cannot possibly see the arms, legs, back and body of a chair all at once. You either see the back first or the seat. This is Central Fixation. Seeing best where you are looking.

We know that if these instructions are carefully followed, the above articles will prove extremely beneficial.

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W. H. BATES, M.D.
New York

TEST CARD PRACTICE

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 should 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, 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 at which the normal eye can read them. Over the big C at the top of the card is the figure 200. The big C, therefore, should be read by the normal eye at a distance of two hundred feet. If you can read this line at ten feet, your vision would be $10/200$. The numerator of the fraction is always the distance of the card from the eyes. The denominator always denotes the number of the line read. If you can only read the line marked 40 at ten feet, the vision is $10/40$.
6. If you can only see to the fifth line, for example, 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.

Test Card Practice

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.
9. When you become able to read the bottom line with each eye at ten feet, your vision is normal for the distance, 10/10.
10. The distance of the Snellen test card from the patient is a matter of considerable importance. However, some patients improve more rapidly when the card is placed fifteen or twenty feet away, while others fail to get any benefit with the card at this distance. In some cases the best results are obtained when the card is as close as one foot. Others with poor vision may not improve when the card is placed at ten feet or further, or at one foot or less, but do much better when the card is placed at a middle distance, at about eight feet. Some patients may not improve their vision at all at ten feet, but are able to improve their sight at twenty feet, or at one foot. While some patients are benefited by practicing with the card daily, always at the same distance, there are others who seem to be benefited when the distance of the card from the patient is changed daily.

Fundamentals

By

W. H. Bates, M. D.

1. Glasses discarded permanently.
2. Central Fixation is seeing best where you are looking.
3. Favorable conditions: Light may be bright or dim. The distance of the print from the eyes, where seen best, also varies with people.
4. Shifting: With normal sight the eyes are moving all the time.
5. Swinging: When the eyes move slowly or rapidly from side to side, stationary objects appear to move in the opposite direction.
6. Long Swing: Stand with the feet about one foot apart, turn the body to the right—at the same time lifting the heel of the left foot. Do not move the head or eyes or pay any attention to the apparent movement of stationary objects. Now place the left heel on the floor, turn the body to the left, raising the heel of the right foot. Alternate.
7. Drifting Swing: When practicing this swing, one pays no attention to the clearness of stationary objects, which appear to be moving. The eyes wander from point to point slowly, easily, or lazily, so that the stare or strain may be avoided.
8. Variable Swing: Hold the forefinger of one hand six inches from the right eye and about the same distance to the right, look straight ahead and move the head a short distance from side to side. The finger appears to move.
9. Stationary Objects Moving: By moving the head and eyes a short distance from side to side, being sure to blink, one can imagine stationary objects to be moving.
10. Memory: Improving the memory of letters and other objects improves the vision for everything.
11. Imagination: We see only what we think we see, or what we imagine. We can only imagine what we remember.
12. Rest: All cases of imperfect sight are improved by closing the eyes and resting them.
13. Palming: The closed eyes may be covered with the palm of one or both hands.
14. Blinking: The normal eye blinks, or closes and opens very frequently.
15. Mental Pictures: As long as one is awake one has all kinds of memories of mental pictures. If these pictures are remembered easily, perfectly, the vision is benefited.

SUN TREATMENT

Most ophthalmologists prescribe dark glasses to nearly all of their patients who suffer from the brightness of light. This practice, in my opinion, has been overdone. I remember one patient who was in the hospital for two years in a dark room, with both eyes bandaged with a dark binding day and night continuously. When she left the hospital she was in a very pitiable condition. She was practically blind in the bright sunlight. She went to a great many clinics and eye doctors and all they did for her was to give her stronger dark glasses. In time these dark glasses did not give her any relief. Instead of being helpful to her weak eyes, the glasses had the effect of making them more sensitive to the light than they had ever been before. It has been my experience that all persons who wear dark glasses sooner or later develop very serious 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 very injurious to the eyes.

Sunlight is as necessary to normal eye as is rest and relaxation. If it is possible, start the day by exposing the 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. Later, when you can look down sufficiently, by gently lifting the upper lid the white part of the eye can be exposed, while the sun's rays strike directly on it. 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.

EYECARTS

Letter size for the charts on the following pages are approximate; print from the PDF E-Book and resize with a copy machine for exact measurement. Print the 20/20 line 3/8 inches. When letters on that line and below are clear; vision is clearer than 20/20 for distant vision at 20 feet and farther. Print the charts small and fine print for close vision practice at 5 feet and up to 1 inch from the eyes.

**Read, See Small letters Clear on a Familiar Eyechart Daily;
Both eyes together, one eye at a time, both eyes together again.**

SNELLEN TEST CARDS

There should be a Snellen test card in every family and in every school classroom. When properly used it always improves the sight even when it is already normal. Children or adults with errors of refraction, if they have never worn glasses, are cured simply by reading every day the smallest letters they can see at a distance of ten, fifteen, or twenty feet.

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Videos are on Youtube. Download with Real Player SP.
Watch on computer. Can also be converted for television.

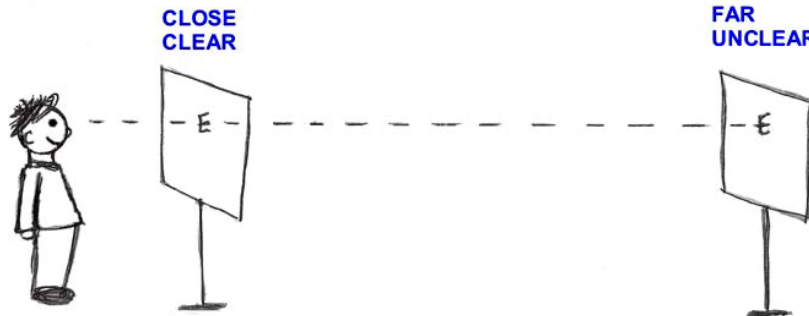


<http://www.youtube.com/watch?v=sM-EHgC-J6w&feature=channel>
<http://www.youtube.com/watch?v=863yFmc-Ius&feature=channel>
http://www.youtube.com/watch?v=mYpsYPPV_hg&feature=channel
<http://cleareyesight.info/id79.html>

When the vision becomes clear with Natural Eyesight Improvement, old fashioned paper Eyecharts and the new eye tests using a machine at the Eye Doctors office and when testing for a Drivers License are seen clear. Paper charts are healthier, natural. The machines prevent complete normal, natural eye function and can cause temporary unclear vision. Natural Eyesight Improvement can prevent unclear vision.

EYECHARTS TO TEST AND IMPROVE CLOSE AND DISTANT EYESIGHT

SWITCH AND SHIFT ON LETTERS ON TWO IDENTICAL EYE CHARTS PLACED AT CLOSE AND FAR/ CLEAR AND UNCLEAR DISTANCES.



SHIFT FROM PART TO PART (DOT TO DOT) ON THE E'S



Videos - <http://www.youtube.com/watch?v=863yFmc-Ius>

Meaning of 20/20; (for Distant Vision)

- +The top number indicates the distance the person is standing from the chart.
- +The bottom number indicates the size of the letter, the line the eyes are looking at.
A 20/20 letter is 3/8 inch. high.

E This E is about 3/8 inch. on 100% computer screen.

- +The bottom number also indicates the distance that a person with clear vision sees the letter clear.

- Example; the 20/20 line on the test chart for distant vision;
- +The top number, 20 indicates; the person is standing 20 feet away from the letter on the eyechart.
 - +The bottom number, 20 indicates the person is looking at the 20/20 line, 3/8 inch. letter and, that; a person with clear 20/20 vision can see the letter clear at 20 feet away.

The eyechart is placed at 20 feet to test distant vision because the eyes do not need to un-converge, un-accommodate any further when looking at about 20 feet and farther into the distance. If the letters are seen clear at 20 feet, they are seen clear at all distances beyond 20 feet.

Here's another example; 20/200;

- +The top number (20) indicates the person is standing 20 feet away from the eyechart.
 - +The bottom number (200) indicates the size of the letter, line the person is looking at.
- The 200 line letter is the largest letter on the top of the chart. A 20/200 letter is 3 1/2 inch. high.
- +The bottom number, (200) also indicates that a person with

Distant vision - Big C eyechart with a small 5 line added at bottom.

$\frac{20}{20}$ = 20 feet
 $\frac{20}{20}$ = 3/8 inch letter - 20 line.
 Normal, clear vision.

$\frac{20}{5}$ = 20 feet
 $\frac{20}{5}$ = Smallest letter, bottom of chart - 5 line.
 Clearer than 20/20.

$\frac{40}{5}$ = 40 feet
 $\frac{40}{5}$ = Smallest letter, bottom of chart - 5 line.
 Most clear vision, much clearer than 20/20.
 Person sees 5 line at 40 feet away.

$\frac{20}{200}$ = 20 feet
 $\frac{20}{200}$ = Largest letter, top of chart - 200 line.
 Most unclear vision for this eyechart.

$\frac{5}{200}$ = 5 feet
 $\frac{5}{200}$ = Largest letter, top of chart.
 Vision more unclear.
 The person must stand closer to the chart, at 5 feet, to see the 200 line letter clear.

$\frac{20}{300}$ = 20 feet
 $\frac{300}{20}$ = Letter larger than 200 line.
 More unclear than 20/200.
 Person cannot see the 200 line clear.
 A larger, 300 size letter is seen clear.
 The 200 and other lines might be seen clear at closer distances to the chart.

C
L
E
A
R

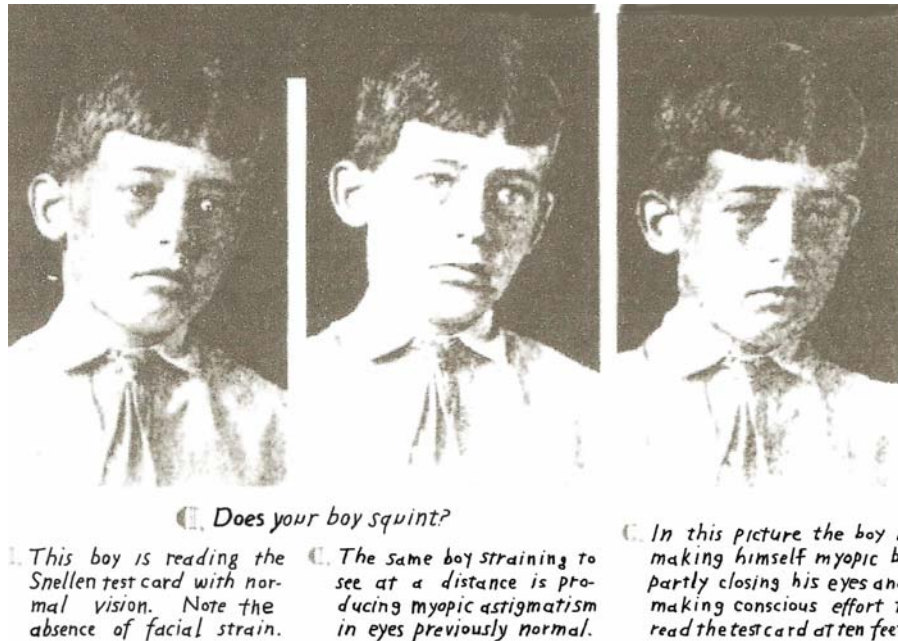
U
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C
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clear 20/20 vision can see the letter clear at 20 feet and up to 200 feet away. A person with 20/200 distant vision can see the large 20/200 letter at 20 feet but cannot see it clear farther than 20 feet. It may be seen clear at closer distances. Smaller letters below the 20/200 line are not seen clear at 20 feet and farther away. 20/200 vision is very unclear, much less clear than 20/20. Vision can be more unclear; 20/300, 5/200... Many people with 20/200, 300 and more unclear vision have attained 20/20 and clearer vision with practice of the Bates Method.

20/40 vision is clearer than 20/200 but less clear than 20/20. 20/40 is considered legal for driving in most states. 20/40 is close to 20/20 clarity and people can function comfortably with 20/40 vision without wearing eyeglasses. 20/30, 20/25 is clearer than 20/40 and almost 20/20. When vision is less clear than 20/40; 20/50, 70, 100... it is still best to avoid wearing eyeglasses as much as possible. Eyeglasses maintain and increase the eye muscle tension and blur. When glasses are avoided the eyes, eye muscles, mind/brain, (visual system) relax, correct vision habits are easily applied and clarity of vision improves.

Close vision is tested with smaller letters with the eyechart placed at various distances closer than 20 feet. Reading vision is tested at 3 ft. to 6 inches and closer to the eyes with small and fine print. Seeing fine print clear at 5 to 1 to 1/4 inches from the eyes is very clear vision. Healthy for the eyes.

Relax and Shift, Blink when Reading the Eyechart. Use Central-Fixation



Immediate Production of Myopia and Myopic Astigmatism in Eyes Previously Normal by Strain to See at the Distance;

Fig 1 - Boy reading the Snellen test card with normal vision. Note the absence of facial strain. A boy with normal eyes reading the X line of the Snellen test card at 10 feet. Notice the expression of the eyes with the focus completely relaxed.

Fig 2 - The same boy trying to see a picture at twenty feet. The effort, manifested by staring, produces compound myopic astigmatism, as revealed by the retinoscope. Simultaneous retinoscopy indicated compound myopic astigmatism. He was unconscious of the fact that his eyes were focused for a near point. Note the manifestation of effort by staring.

Fig 3 - The same boy making himself myopic voluntarily by partly closing the eyelids and making a conscious effort to read the test card at ten feet. Functional myopia produced voluntarily by partly closing the eyelids (squinting) and making an effort to read the Snellen test card at ten feet.

There are large and small close and distant eyecharts on the last pages of this book and in the Free PDF E-Book.

It is difficult to print the exact, correct letter size from a computer. Try printing at 100% or larger.

The Big C and E charts print out on 4 separate pages, 11 x 8 1/2 inches, landscape. Tape them together after printing.

If the print is too light, darken it to dark black with a black marker.

If they print too small or large; place them in a copier and use the zoom setting to enlarge or reduce the letters until all letters are the correct eyechart size. See correct sizes listed below.

Letters on the charts can be reduced to small and fine print for testing, improving close vision and reading vision distances, 3 feet, 20, 10, 7, 6, 5, 3... inches away from the eyes.

Small charts are also provided.

The charts can be printed from the PDF E-Book with white letters on a black, blue... background. White letters are easy to see and relaxing to the eyes. Color activates, is healthy for the eyes, brain, visual system.

The reader can also create small charts as a identical copy of the big C, E charts. Place the identical copy at a clear close distance and look at the identical clear letters to strengthen the memory, imagination of the same letter on the distant chart. If preferred, use a large close and distant chart.

The Big C chart is the eyechart Ophthalmologist Bates refers to in his Better Eyesight Magazine. The large big letter E and C charts are for testing distant vision. Print the chart with correct letter size;

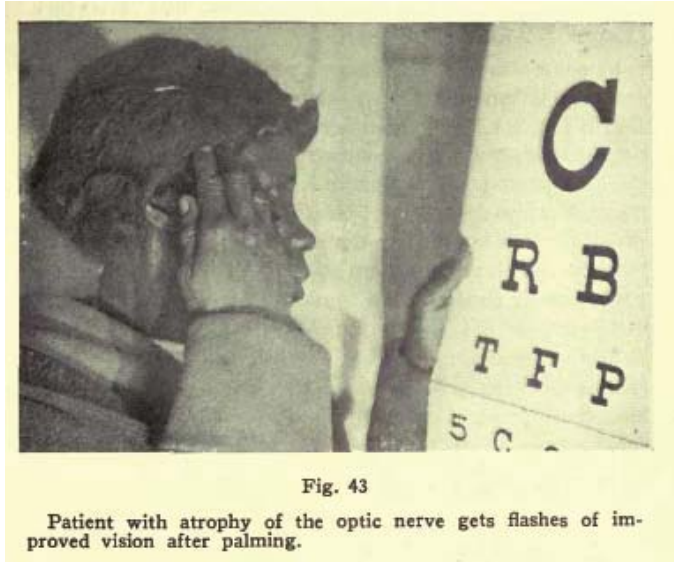


Fig. 43

Patient with atrophy of the optic nerve gets flashes of improved vision after palming.

Start with the big letter E (or C) at the top of the chart - 20/200 line;

20/200 - 3 1/2 inch. high

20/100 - 1 3/4 inch.

20/70 - 1 1/4 inch.

20/50 - 7/8 inch.

20/40 - 11/16 inch.

20/30 - 1/2 inch.

20/20 - 3/8 inch. ----- Normal clear vision at 20 feet away.

20/15 - 1/4 inch. All numbers below 20/20 indicate clearer than 20/20.

20/10 - 3/16 inch.

20/5 - 3/32 inch.

20/4, 3, 2, 1... Letters are smaller. Very clear vision.

Standing farther away and seeing the letters clear;

Example 40/5; standing 40 feet away and seeing the 20/5, 3/32 inch letter and/or smaller letters clear indicates very clear vision, much clearer than 20/20.

Practice Shifting, Central-Fixation, Switching Close and Far on the Eyecharts

Print the Eyecharts.

Make two identical copies of the chart, place them at close and far distances. Practice Correct Vision Habits: shifting, central-fixation... on the charts once or more per day.

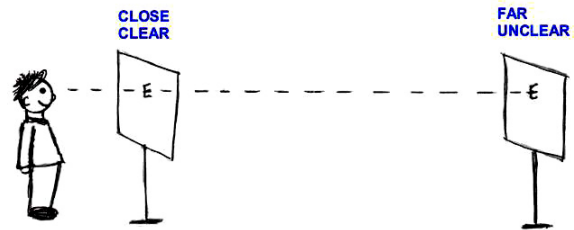
Practice in the sunlight, sun shining over the shoulder onto the charts.

Shifting, switching on the two identical charts improves the memory, imagination, ability to remember, imagine and see the letters clear, improves the brains function of storing clear images of objects in the memory.

The eyecharts become familiar objects.

Familiar objects are relaxing to the mind, eyes and are seen clear. When a letter on the chart is seen clear at a specific distance; all objects at that distance are seen clear.

SWITCH AND SHIFT ON LETTERS ON TWO IDENTICAL EYE CHARTS PLACED AT CLOSE AND FAR/ CLEAR AND UNCLEAR DISTANCES.



SHIFT FROM PART TO PART (DOT TO DOT) ON THE E'S



Practice Correct Vision Habits #1 to 8 on two identical eyecharts;

One chart is placed at a close distance.

The other chart is placed at a far distance. See picture.

Keep one chart at a clear distance.

When looking at a chart, place the chart at eye level, directly in line with the eyes, face.

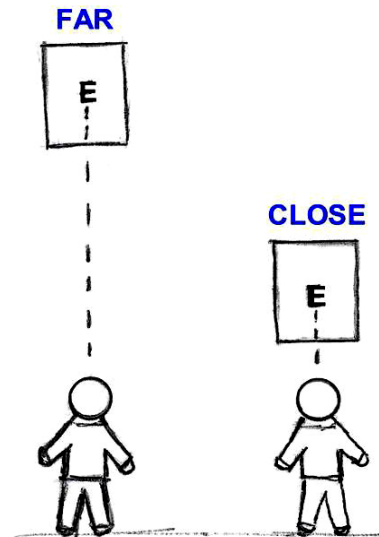
The letter the eyes look at is placed in the center of the visual field; between the left and right eyes, at eye level.

The far chart is placed about 1 foot to the left or right (alternate) so the close chart does not block the view of the far chart.

When looking at a chart, maintain central-fixation;

when looking at the close chart - stand directly in front of it.

When looking at the far chart - move and stand directly in front of it. See picture on right.



Shift on letters on the clear and unclear charts and remember, imagine and see the letters dark black and clear.

Practice with the eyes open, closed, open.

Practice with both eyes together, then one eye at a time, then both eyes together again. If vision is less clear in one eye, practice extra time with that eye. Then again a bit with the other eye, then both eyes together again to keep the vision balanced, equal in both eyes.

Keep the letter between the eyes, at eye level, center of the visual field when using both eyes together and when using one eye at a time.

Cover the eye not in use with a eyepatch and keep the eye open under the patch when the eye in use is open. Blink and relax.

Example; Person needs distant vision improvement.

Place one chart at a far, unclear distance.

Place the other identical chart at a clear close distance.

Look at the letter E at the clear close distance; shift on the letter.

Remember, imagine, see the E dark black and perfectly clear.

Do this with the eyes open, then, in the imagination with the eyes closed, then with the eyes open again.

Then; switch to the unclear distant chart.

Look at the identical letter E.

Shift on the E and continue to remember, imagine the E is dark black and clear.

Practice with the eyes open, closed, open.

With practice the distant E will be seen clear.

Switch back to the clear close E.

Repeat; shift on the E, Remember, imagine, see it dark black and clear.

Practice with the eyes open, closed, open.

Looking at the clear close E reinforces the clear image of the E in the brain/memory and helps the brain and eyes work together to produce a clear image of the E when it is seen at the far distance.

Switch back to the E at the far distance.

Shift on it, remember, imagine and see it dark black and clear.

Blink, breathe, relax.

Practice switching, shifting on the close and far E's with both eyes together, then one eye at a time, then both eyes together again for perfect equally clear 20/20 and clearer vision in the left and right eyes at close and far distances. Example: Both eyes together, then one eye at a time: start with either eye: left, then right, then left, right... If vision is less clear in one eye, practice extra time with that eye. Then; end with both eyes together again.

Allow the eyes, head/face, neck and body to relax, move freely when looking at the letters. Relaxation and movement bring clear vision.

Eye, head/face, neck, body immobility, tension, staring, squinting, straining, trying hard to see the letters clear produces unclear vision.

Practice on other letters.

Practice on smaller letters.

Practice at a variety of close, middle, far distances for clear vision at all distances.

Practice on two identical fine print charts with medium, small, smaller, and fine print size letters.

Place the charts at two different close distances.

Memorize the letters on the chart. Memorizing the letters causes the chart to become a familiar object, something that is easy to see. Familiar objects relax the mind, eyes and activate clear vision.

When the brain memorizes the letters, becomes familiar with them, there is not any effort to see them, mental strain and eyestrain are avoided, the mind/brain, eye muscles, eyes stay relaxed when viewing the chart and the letters are seen clear. This relaxation and clear vision continues when looking at other objects.

When taking a eye test at the eye doctors office, the patient is often hurried, pressured to see the letters on a unfamiliar eyechart clear.

This causes temporary mental strain, leads to squinting, staring, effort to see the letters. This causes temporary eye muscle tension, slightly altered eye, cornea shape with incorrect focus of light rays in the eye causing temporary blur that results in a unnecessary prescription for eyeglasses and over-corrected lenses that are too strong and cause increased eye muscle tension, abnormal eye shape, mental strain, increased blur and future prescriptions for stronger eyeglass lenses.

If the patient knew the letters on the chart and was allowed to relax, and use Correct Vision Habits; shifting, central-fixation... on the letters; the mind, eye muscles, eyes would remain relaxed, the letters on the memorized and unfamiliar eyecharts would be seen clear and the eyeglass prescription would be avoided.

Place a familiar eyechart in the home, work, school and shift on the letters occasionally.

Practice all Correct Vision Habits on the letters;

Central-fixation; the letter the eyes are looking at is placed in the center of the visual field; between the eyes, at eye level.

Look at and see one letter darkest black, clearest at a time in the center of the visual field. The letter the eyes are looking at is in the center of the visual field and is clearest.

Other letters on the chart around and away from the letter are in the peripheral field and are less clear. Avoid staring, squinting, trying hard to see letters clear. Blink, relax and combine shifting with central-fixation;

When looking at a letter; shift on it from small part to small part. Move the small exact center of the visual field part to part, (point to point) on the letters. Blink, let the eyes move. Shift relaxed, easy, continually, restful.

See Doctor Bates directions in his articles in the Close Vision chapter; 'The Menace of Large Print' and 'Think Right'.

See the 'Illusion of Oppositional Movement'; the letter appears to move in the opposite direction the eyes move to, a small, quick movement no larger than the size of the letter. 'The Swing.' See Better Eyesight Magazine and Chapter 6 - The Long Swing, Rock, Short Swing.

When reading a eyechart;

Don't spend a long time looking at a letter if it's unclear. Avoid staring, squinting, straining, trying hard to see it. Shift on it, then move, shift to a new letter. Shift on that letter.

Blink, breathe abdominally, relax.

Shift from letter to letter on the chart.

It is ok to stay on one letter if relaxation, eye shifting occurs. Relax, shift point to point-see small parts-let the eyes move on the letter automatically, on their own.

The eyes, head/face, neck and body are relaxed and move freely. Move the head/face and body with the eyes when shifting on a letter and from one letter to another.

When moving to a new letter, move the head/face, body with the eyes and look/face directly at the letter.

The center of the visual field is clearest. The center of the visual field moves with the eyes from letter to letter, placing each letter the eyes look at, one letter at a time, in the center of the visual field, keeping each letter perfectly clear.

The exact center of the visual field is most clear; place the part of the letter the eyes look at in the exact center of the visual field.

Shift the eyes (visual attention) from small part to small part, moving the small exact center of the visual field from small part to small part (point to point), seeing one small part (point) of the letter darkest black, clearest at a time in the exact center of the visual field. (The part (point) of the letter the central field is on, moving upon/over is clearest while the central field is on that part.)

Practice on small and fine print letters.

The exact center of the visual field; produced by the fovea centralis in the center of the macula, in the center of the eyes retina can be seen/measured by looking at a capitol letter E, 3/8" high, 20/20 line of the distant eyechart, from 20 feet away.

When looking directly at the E, the E occupies space in the center of the visual field produced by the macula and fovea. When looking at a small part of the E (Example; a part in the center of the E), that small part is in the exact center of the visual field produced by the fovea.

+Light rays from this part of the E focus on the center of the fovea when looking at this part, placing it in the center of the visual field.

+Light rays from other areas of the center of the visual field focus on the macula around the fovea.

+Light rays away from the E in the peripheral field of vision focus on the peripheral field of the retina around/away from the fovea and macula.

The fovea (especially the center of the fovea) produces the clearest vision, clearer than 20/20.

The outer fovea and macula produce very clear vision, clearer than 20/20, but not as perfect as the center of the fovea.

The peripheral field of the retina produces less clear vision.

The far outer peripheral field is the most unclear.

See a letter clear by placing it in the center of the visual field and then;

use the exact center of the visual field; place one small part of the letter at a time in the exact center of the visual field and see it darkest black and clearest.

Avoid staring; always shift the eyes to prevent staring, immobility; shift/move the eyes/visual attention (exact center of the visual field) from small part to small part on the letter; top to bottom, side to side, corner to corner, middle; shift from small part to small part in any direction on the letter.

Example; shift from dot to dot on the letter E. See picture on page 148.

As the eyes/exact center of the visual field move from part to part (dot to dot); see each part, one small part (dot) at a time darkest black, clearest in the exact center of the visual field.

The entire visual field moves with the eyes as the eyes shift from part to part;

Example;

Looking at the small part (dot) in the middle of the E.

This part is in the exact center of the visual field and is darkest black and clearest. All other parts are in the peripheral field and are less clear.

Now; shift from that small part in the middle of the E to a small part (dot) on the far edge of the top right side. The small part on the top right is now in the exact center of the visual field, its light ray is focusing on the fovea and it is seen darkest black and clearest.

The previous part and all other parts of the E are in the peripheral field and less clear.

Shift to a new small part; that new part is now in the exact center of the visual field and is darkest black and clearest. Blink.

The eyes can shift to a new part each second, fraction of a second, but, in that short time that a part is in the exact center of the visual field, it is seen darkest black and clearest. This is central-fixation.

When the eyes see the part/area of visual attention with the exact center of the visual field, central-fixation, the exact center is very clear, much clearer than 20/20, and the outer center of the visual field is also very clear, clearer than 20/20 and the peripheral field is normally less clear but is at its maximum clarity.

Seeing clear with central-fixation improves clarity and function of the entire visual field.

When the mind, body, eyes are relaxed the letters are clear.

Do the rock and long swing in front of the eyechart and do not try to see any letters clear. Just relax, rock or swing left and right and notice the soothing oppositional movement of the chart;

When the eyes, head/face, body swing left <; the chart appears to move right >.

When the eyes, head/face and body swing right >; the chart appears to move left <.

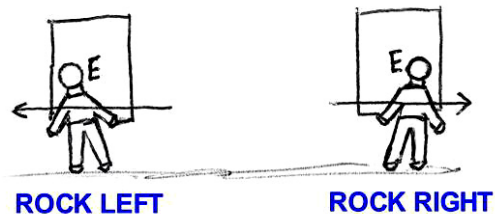
See chapter 6- rock, long swing.

Relax and rock or swing left and right without trying to see the letters.

Then, stop moving left and right. (Some small relaxed movement can be maintained.)

Look at the chart and shift on a letter for a second or two. Blink, breather, relax.

ROCK LEFT AND RIGHT IN FRONT OF THE CHART
RELAX, DONT TRY TO SEE THE LETTERS CLEAR



'The Short Swing'

See the 'Illusion of Oppositional Movement' of the letter when the eyes shift on it;

+Shift from the left side of the letter to the right side > ;
the letter appears to move 'Swing' to the left <.

+Shift from the right side of the letter to the left side < ;
the letter appears to move 'Swing' to the right >.

Shift up, down, any direction and see the letter appear to move in the opposite direction the eyes/visual attention move to.

Practice shifting and seeing oppositional movement on large, medium, small and fine print letters at close, middle and far distances.

The movement of the letter is short, less than the width of the letter.

Blink and relax.

Seeing oppositional movement of the letter relaxes the mind and eyes, improves the clarity of vision.

Practice shifting on the letter and seeing the illusion of oppositional movement with the eyes open, then in the imagination (use memory, imagination) with the eyes closed, then with the eyes open again.

The long swing and rock are longer movements of the eyes, head, body and produce a longer (swing) appearance of oppositional movement.

Shifting on a small letter produces a smaller oppositional movement, a small Short Swing.

With practice, smaller shifts, on small letters, with a small appearance of oppositional movement Short Swing of the letter can be done. This greatly improves shifting, central-fixation and produces very clear vision. Short, small and tiny shifts, swings produce very clear vision, clearer than long, larger shifts, swings. All shifts, swings activate relaxation, movement and improve the vision.

Next; return to the rock or long swing.

The rock, long swing keeps the mind, body, neck, eyes relaxed, keeps the eyes shifting and vision clear. Stop rocking, swinging left and right every once in a while and then, shift on the letters on the chart again. Notice they are seen clear when the mind/eyes are relaxed and there is no effort to see.

Shorten the rock for a short shift, swing:

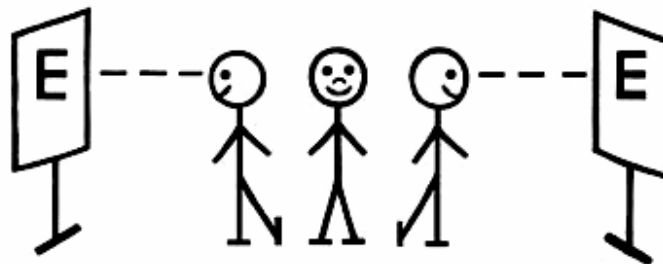
Rock left and right 2 feet, then 1 foot, then 6 inches, 4,3,2,1, 1/2... inch. Rock with a small movement 1/2 - 1 - 2... inches left and right and shift on the letters on the eyechart. See a small swing of oppositional movement of the letters. The rock keeps the eyes, head/face, neck, body relaxed, moving when looking at a letter. This prevents staring and blur. The small shift, swing also produces clear vision.

Practice Dr. Bates method of 'Flashing' the Letters; looking at, shifting on a letter for only a fraction of a second, then looking away to a different letter or object, shift on that object, then return to the letter, shift on it, fraction of a second, then look away, return, look away...

This prevents effort to see, prevents strain and blur; there is not enough time to strain, try to see any object so relaxation is maintained.

The normal eye moves continually, restful, shifting easy from point to point.

Practice The Long Swing with 2 Identical Eyecharts: Flashing, Shifting for a 'Fraction of a Second' on letters on the Eyecharts:



The Long Swing with Two Eyecharts

Identical eyecharts placed on left and right side of the body.

Swing and turn left and right and 'Flash' glance at, shift on a letter on the eyechart for a 'fraction of a second' -

Swing, turn left and 'flash' a letter on the left chart: Blink and shift quickly, easy on the letter. Do not stop swinging.

Swing and turn right and flash a letter on the right chart.

Keep swinging left and right, glancing at the letters. Relax, no effort to see - vision becomes clear.

Place 2 identical eyecharts on the left and right sides of the body.

Swing left and right and Flash a letter on the eyechart for a fraction of a second;

+Swing left < ; shift on, flash the letter for a fraction of a second on the left chart. Blink.

+Swing right > ; shift on, flash the identical letter for a fraction of a second on the right chart. Blink.

Then swing back to the left side, flash the same letter again... Repeat right, left, right, left...

Do this without stopping; keep moving, swinging left and right. Do not stop swinging when looking at the letter. The eyes, head/face and body move, swing and turn left and right together, at the same time, in the same direction. See The Long Swing.

The continual movement keeps the eyes, mind, body relaxed, left and right brain hemispheres integrated. The very short time the eyes, head, body are facing the chart prevents strain, staring at the letter. The eyes shift on the letter quick, easy, do not try to see it clear. Relaxation occurs and vision becomes clear. Practice on identical letters, then on any letters, then on smaller letters.

'Flashing the letters' = Shifting on a letter for a fraction of a second produces a 'Flash' of clear vision. The flash of clarity may last only a second but with practice, maintaining relaxation, the flashes occur more often, last longer, and vision remains clear.

Practice palming, covering the eyes, then reading, flashing the letters on the eyechart. **Palming chapter 1.**

- +Palm for a while and relax.
 - +Uncover and open the eyes and look at a letter on the chart.
 - +Shift on the letter for only a second or fraction of a second.
No effort to see clear.
 - +Then cover the eyes and palm again. Think pleasant thoughts. Remember, imagine shifting on the letter and see it dark black and clear in the mind. See the mental picture of the letter show oppositional movement as the eyes shift on the image of the letter.
 - +Uncover, open the eyes and shift on the letter again, fraction of a second.
 - +Palm again.
 - +Repeat palming and shifting on the letter (flashing the letter) for a fraction of a second.
- This method keeps the eyes, mind relaxed, prevents effort to see, mental, visual strain and blur. Flashes of clear vision will occur.
When relaxation of mind, eyes continues, the vision, letters remain clear.

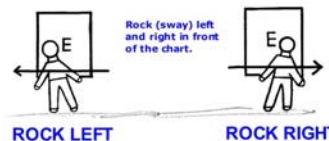
Rock, sway the body left and right in front of the eyechart again and see the chart, letters move, swing in the opposite direction.

Then; Reduce the length of the rock to 2-4 inches, moving left and right and shift part to part on a letter. Let the eyes move freely to another letter, then another as the body, head, eyes move left and right. No effort to see. Just relax, shift, blink, breathe abdominally.

Rock up and down 1-2 inches. Rock on the feet 1-2 inches forward and backward.

<http://www.youtube.com/watch?v=863yFmc-Ius>
http://www.youtube.com/watch?v=mYpsYPPV_hq

Click the links for YouTube Videos teaching Natural Vision Improvement with Eyecharts.



The pothooks eyechart is designed for children, adults that have not yet learnt to read the alphabet. The person points their hand in the direction the E is pointing.

Familiar objects relax the mind, eyes and keep the vision clear. This eyechart is easy to see clear because it is a **familiar object**: the person knows that every letter on the chart is an E. This makes it easier, more relaxing to look at the different size unclear E's and use the memory and imagination to see the E's clear: the person only needs to shift on the E, guess, imagine which way the E is pointing to see it clear.

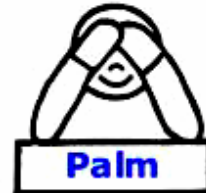
When the brain remembers, imagines a clear, dark black letter E and guesses, imagines the E pointing in the correct direction; the brain, eyes relax, the brain directs the eye muscles, eyes to move, shift correct, directly on the letter E and the E is seen clear.

If the person guesses an incorrect direction, the E remains unclear because the eyes, brain are trying to shift on, see an incorrect image, trying to shift, move the eyes along areas of the white page away from the E. See the Pothooks Eyechart on the right.

Read another example of guessing with the memory and imagination; looking at, guessing the # 7 on a bus; chapter 9 - Memory and Imagination.



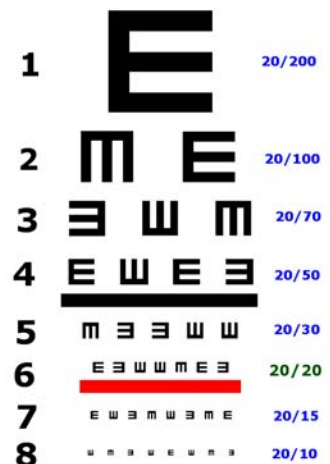
Shift top and bottom, left and right on the E. (Shift dot to dot). Blink.



Flash a letter -
+Shift on the E for a fraction of a second then +look away from it to another object or close the eyes, palm and remember the E, shift on it in the mind. Or just think any pleasant thoughts with the eyes closed.
+Open, shift on the E fraction of a second, +Close, repeat...

+Use the memory, imagination: Remember, imagine the E is clear when the eyes are open and when closed. Practice on any objects, at any distance.

Pothooks, Tumbling, Inverted E Eyechart



Eyechart Pictures From Ophthalmologist Bates Medical Articles

The pictures below show how strain, squinting, effort to see clear causes the letters on the eyechart to appear unclear.

Relaxation, no effort = the letters are seen clear.



Throw Away

By W. H. Bates, M. D.

When Mr. Hapgood was in Berlin he was astonished to see that the authorities had taken glasses off the school children. An American is pioneer in the movement



Does your boy squint?

This boy is reading the Snellen test card with normal vision. Note the absence of facial strain.

The same boy straining to see at a distance is producing myopic astigmatism in eyes previously normal.

In this picture the boy is making himself myopic by partly closing his eyes and making conscious effort to read the test card at ten feet.

It is not light that is injurious to the eye. This woman is reading the Snellen test card while the sun is shining into her eye.

Dr Bates, Emily Lierman, Bates and a Bates Method Student

Dr. Bates Directions for Eyecharts. From Better Eyesight Magazine

BETTER EYESIGHT

October, 1919

THE SWINGING CURE

If you see a letter perfectly, you may note that it appears to pulsate, or move slightly in various directions. If your sight is imperfect, the letter will appear to be stationary. The apparent movement is caused by the unconscious shifting of the eye. The lack of movement is due to the fact that the eye stares, or looks too long at one point. This is an invariable symptom of imperfect sight, and may often be relieved by the following method:

Close your eyes and cover them with the palms of the hands so as to exclude all the light, and shift mentally from one side of a black letter to the other. As you do this, the mental picture of the letter will appear to move back and forth in a direction contrary to the imagined movement of the eye. Just so long as you imagine that the letter is moving, or swinging, you will find that you are able to remember it, and the **shorter and more regular the swing, the blacker and more distinct the letter will appear**. If you are able to imagine the letter stationary, which may be difficult, you will find that your memory of it will be much less perfect. Now open your eyes and look first at one side and then at the other of the real letter. If it appears to move in a direction opposite to the movement of the eye, you will find that your vision has improved. If you can imagine the swing of the letter as well with your eyes open as with your eyes closed, as **short**, as **regular** and as **continuous**, your vision will be normal.

FUNDAMENTALS OF TREATMENT

By W. H. Bates, M. D.

BETTER EYESIGHT

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

June, 1921

HOW TO DEMONSTRATE THE FUNDAMENTAL PRINCIPLE OF TREATMENT

The 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.

- + **Close the eyes and keep them closed for fifteen minutes. Think of nothing particular, or think of something pleasant. When the eyes are opened, it will usually be found that the vision has improved temporarily. If it has not, it will be because, while the eyes were closed, the mind was not at rest.**
- + **One 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.**
- + **To demonstrate that 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 letter to disappear.**

ALL errors of refraction and many other eye troubles are cured by rest; but there are many ways of obtaining this rest, and all patients cannot do it in the same way. Sometimes a long succession of patients are helped by the same method, and then will come one who does not respond to it at all.

+ **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 impressions 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.

+ **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 (central) 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. On the principle that a burnt child dreads the fire, it is a great help to most patients to consciously increase the degree of their eccentric fixation. For when they have produced discomfort or pain by consciously trying to see a large letter, or a whole line of letters, all alike at one time, they unconsciously try to avoid the lower degree of eccentric fixation which has become habitual to them. Most patients, when they become able to reduce the area of their field of maximum vision, are conscious of a feeling of great relief in the eyes and head and even in the whole body. **Since small objects cannot be seen without central fixation, the reading of fine print, when it can be done, (with relaxation, without effort, no squinting, strain) 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. (Practice reading fine print in the sunlight for healthy eyes.)**

+Shifting and Swinging.—The eye with normal vision never regards a point for more than a fraction of a second, but shifts rapidly from one part of its field to another, thus producing a slight apparent movement, or *swing*, of all objects regarded. The eye with imperfect sight always tries to hold its points of fixation, just as it tries to see with maximum vision a larger area than nature intended it to see. This habit can be corrected by consciously **imitating the unconscious shifting of the normal eye and realizing the swing produced by this movement.** At first a very long shift may be necessary, as from one end of a line of letters to another, in order to produce a swing; but sometimes even this is not sufficient. In such cases patients are asked to hold one hand before the face while moving the head and eyes rapidly from side to side, when they seldom fail to observe an apparent movement of the hand. Some patients are under such a strain, however, that it may be weeks before they are able to do this. After the apparent movement of the hand has been observed, patients **become able to realize the swing resulting from slighter movements of the eye until they are able to look from one side to another of a letter of diamond type and observe that it seems to move in a direction contrary to the movement of the eye.** **A mental picture of a letter can be observed to swing precisely as can a letter on the test card and, as a rule, mental shifting and swinging are easier at first than visual.** The realization of the visual swing can, therefore, be cultivated by the aid of the mental swing. It is also an advantage to have the patient try to look continually at some letter, or part of a letter, and note that it quickly becomes blurred or disappears. When he thus demonstrates that staring lowers the vision he becomes better able to avoid it. **When visual or mental swinging is successful, everything one thinks of appears to have a slight swing.** This I have called the *universal swing*. Most patients get the universal swing very easily. Others have great difficulty. The latter class is hard to cure.

+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 is 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 diamond type, 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 diamond type, 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 at 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 diamond type, 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 lesser 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.

In the treatment of imperfect sight these fundamental principles are to a great extent interdependent. They cannot be separated as in the above article. It is impossible, for instance, to produce the illusion of a swing unless one possesses a certain degree of central fixation. That is, one must be able to shift from one point to another and see the point shifted from less distinctly than the one directly regarded. Successful palming is impossible without mental shifting and swinging and the use of the memory and imagination.

All these functions of the visual system work together, are integrated. Practicing, improving one, improves all. Practice improving each one and all are greatly improved. Relax, Blink, Breathe abdominally, Shift, Central Fixation, Memory and Imagination, Oppositional Movement (The Swing), Switching and Shifting on objects at close and far distances with both eyes together, one eye at a time, both eyes together again, shifting on familiar objects/eyechart letters, Flashing, Read Fine Print, Sunning, daily exposure to sunlight, Palming, Good Posture, exercise, Diet ...

STORIES FROM THE CLINIC

Better Eyesight Magazine

16: Methods That Have Succeeded

By Emily C. Lierman

The patients who come to our clinic do wonderful things, especially the schoolchildren. We can give each one of them, as a rule, only about five minutes of our time, and yet they are able to carry out the instructions given to them at home, and to get results. This is a great tribute to their patience and intelligence.

Most of the children, and of the grown people as well, are helped by palming, and some wonderful cures have been obtained by this means alone. In my first story for this magazine I told about a little boy named Joey whose left eye had been so injured in an automobile accident that he had only light perception left. It was some time before I could get him to palm regularly, but as soon as he became willing to do it many times a day his sight began to improve rapidly, and he is now completely cured.

There are some patients, however, who cannot or will not palm. One of these was a little colored girl, with corkscrew curls, for all the world like Topsy. She had been sent to the clinic because she could not see the writing on the blackboard, and the school nurse told me later that she was very unruly and a great trial to her teacher. She was something of a trial to me too at first, for I could not get her to palm for a moment, and did not know what to do with her. Then I discovered that she had a wonderful memory when she chose to use it, and I resolved to treat her by the aid of this faculty. I was able to improve her sight considerably, and the very next day her teacher noticed such a change in her behavior that on the next clinic day the school nurse came with her to see what I had done. I then asked her to remember, with closed eyes, a letter on the test card grey instead of black. She could not stand still a minute while she did so, and when she opened her eyes there was no improvement in her vision. Then I asked her to remember the blue beads she had around her neck. She did so for five minutes, standing perfectly still all the time, and when she opened her eyes she read an extra line on the test card. I had her do this again, and again she read an extra line. The nurse was thrilled by this demonstration of the fact that **perfect memory improves the sight and relieves nervousness.**

Recently a poor young man called at our magazine office and asked if Dr. Bates had written a book about the treatment of the eyes. When told that there was such a book, he bought it and also subscribed for the magazine. His sister was being treated at the clinic, he said, and he wished to take off his glasses as she had done. Later he came to the clinic, as he lives in the hospital district. I found that he could not read newspaper print without his glasses, while his distant vision was 12/70, both eyes. This was about six months ago. He now reads diamond type, and last week his sister asked Dr. Bates if he had finer print, as her brother found the diamond type so easy that he wanted something smaller. Dr. Bates gave her a page from a photographic reduction of the Bible, and he reads this also without any trouble. The methods he used were **swinging and flashing, together with palming.**

The influence of this cure has been extensive and is still going on. The patient loaned the book to a myopic youth in his office, and by means of palming he was able to improve his sight so that now he dispenses with glasses for long periods. An elderly man in the same office thought the palming a very absurd practice but, having borrowed the book, he started shifting and flashing at lunch time, just to pass the time. He now does much of his work without glasses.

HOW I IMPROVED MY EYESIGHT

By PAMELA SPEYER

This patient was wearing when first seen the following glasses: each eye, concave 5.00 D.S. combined with concave 1.00 D.C. A number of competent men had said that her myopia was progressive, and that her vision was certain to become very imperfect even with glasses. They all insisted that she must wear glasses constantly. Yet after she had discarded them her vision improved in two days from 6/200 to 20/100.

I have always been near-sighted. When I was six years old, my father took me to a famous oculist in London, and he prescribed and fitted me with my first glasses. With these lenses I was able to distinguish things at a distance which before I had not been able to see. I found that I could read or see objects at close range just as well without the glasses. The only difference that they made to my sight in this case was that print appeared smaller and less black.

Every year stronger lenses were given to me, and I visited several oculists in England and America, in the hope of improvement. When I was fifteen an oculist told me that my eyesight, instead of improving each year as I had hoped, would gradually become worse. By this time I was wearing glasses all the time.

Then, quite by chance, my father heard of Dr. Bates through a friend whose eyesight had been cured by him. I was taken there at once. The first thing Dr. Bates did was to take away my glasses. I sat down in a chair, opposite which was a Snellen test card, fifteen feet away. I could not see the largest letter, a "C" about four inches by three, which people with normal vision are supposed to read at two hundred feet. He brought the card five feet nearer and then I read the "C." It appeared very blurred and indistinct.

The smaller letters were so blurred that I could not see them at all.

After I had learned to "palm," I learned to "swing." The reason I strained my eyes so when looking at the card was that I stared at one place. So by **imagining the letter was swinging like a pendulum, I moved my eyes instead of staring** as I had done before. **At first the swing was a long one, but after practicing for some weeks, I began getting it shorter until it was only half an inch on each side of the letter. The short swing was more difficult to do than the long one, but it helped more in the end.**

Flashing

Then I learned to "flash." I looked at a small letter at fifteen feet distance and could not read it. The longer I looked the worse it grew. So by **closing my eyes, remembering the swing for a few seconds, I just glanced at the letter and closing my eyes at once, I saw the letter in a flash.**

All these things must be practiced every day, and even now I have to "palm" every morning and night.

Palming, swinging and flashing were the three fundamentals. As soon as they were mastered only practice remained. I have now been going to Dr. Bates for over a year, and my eyesight is almost cured. I often have flashes of perfect sight. Dr. Bates has certainly helped me in a remarkable degree, more indeed than I ever thought possible when I first went to him wearing strong glasses.

Palming



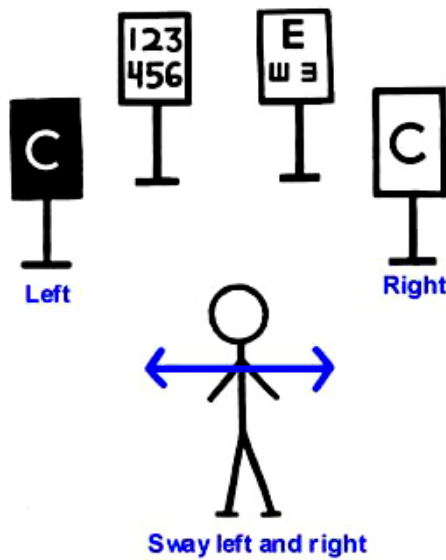
Treatment steps

- +Palm
- +Swing
- +Shift and see **oppositional movement. Blink, relax.**
- +Long Swing
- +Sway and shorter sway.
- +Shift on a small or fine print letter and see a small, very short swing, (small **oppositional movement**).
- + 'Flash' letters, objects for a fraction of a second: Shift on a letter for a fraction of a second, then palm.
- +Close the eyes and remember, imagine the letter clear and shift on it, see the swing in the mind.

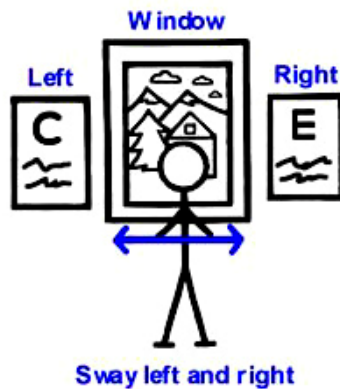


Palm and remember, imagine a flower, its color, white cloud with sun shining behind it, blue sky and any pleasant objects, scenery that is easily remembered clear, perfect.

See objects clear, in color, motion: wind blowing green grass, pink, blue, purple, red, orange... flowers, yellow black bee with golden pollen on its legs, rainbow colors in its clear wings flying about the garden.



Sway left and right in front of 4 eye charts. Blink. Notice the charts appear to move past in the opposite direction to the movement of the body. (More movement is seen with the charts at close distances before 20 ft.) Shift without effort on a letter on the charts for a second, fraction of a second when swaying in the direction of a chart. No effort to see. No staring. Keep moving. Relax. Do the same with the Long Swing. Swing right and 'shift for a fraction of a second' 'flash' on the letter C on the chart on the right. Then swing left and 'flash' the letter C on the chart on the left. Then, flash a number on the card on the left when moving left and flash an inverted E on the E card when moving right. Practice flashing, seeing clear smaller letters at various distances.



Charts can also be placed on the left and right sides of an open window. Sway and swing left and right and shift, flash the letters on the left and right charts as described above. Shift on distant objects outside the window. Practice day and night.

For Pilots - Aviators - Better Eyesight Magazine

Many articles on pilot's vision are posted in Dr. Bates Better Eyesight Magazines. Do word search in the Adobe Reader Better Eyesight Magazine PDF; Aviators, Pilots, Air Force, Military, Marines, Navy, Army, War, Soldiers...

Here is one of the Pilots Articles from Better Eyesight Magazine;

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](#)) 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.

20/200 at 200 Feet

E

20/100

F

P

20/70

T

O

Z

20/60

P D C

20/50

L P E D

20/40

P E C F D

20/30

E D F C Z P

20/25

F E L O P Z D

20/20 Vision at 20 Feet

20/20

D E F P O T E C 

20/15

L E F O D P C T

20/13

F D P L T C E O

20/10

P E Z O L C F T D

20/8

E D L T O Z F C P

20/6

L P C F E T O D Z

20/5

T F D O P Z L E C

Very Clear Vision, Small Print Clear at 20 Feet

Z C T L O P D F E

20/200

E

F P

T O Z

L P E D

P E C F D

E D F C Z P



F E L O P Z D

20/20

D E F P O T E C

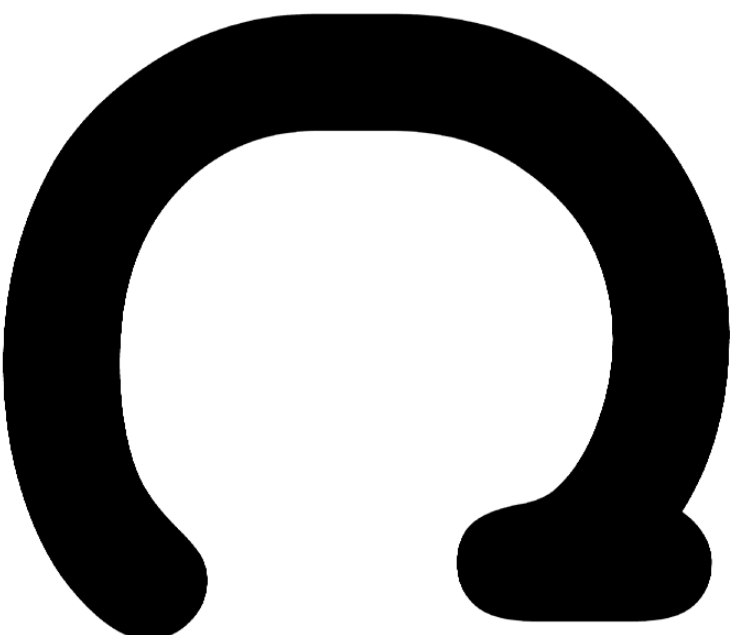


L E F O D F C T

F D P L T C E O

P E Z O L C F T D

20/200 Vision at 200 Feet



20/100

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20/70

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3 V Y F P T
20/30

20/20

2 Q C O G D □ C

20/15

R Z 3 B 8 S H K F O

20/10

F T Y V P E C □ O B R K 5 6

20/5

A B C D E F G H I J K L M N O P Q R S T

CLEAR EYESIGHT IS EASY WITH THE BATES METHOD

Very Clear Vision, Small Print Clear at 20 Feet

Big C Chart
From Better
Eyesight
Magazine

C

R B

T F P

5 C G O

4 K B E R

3 V Y F P T

20/20

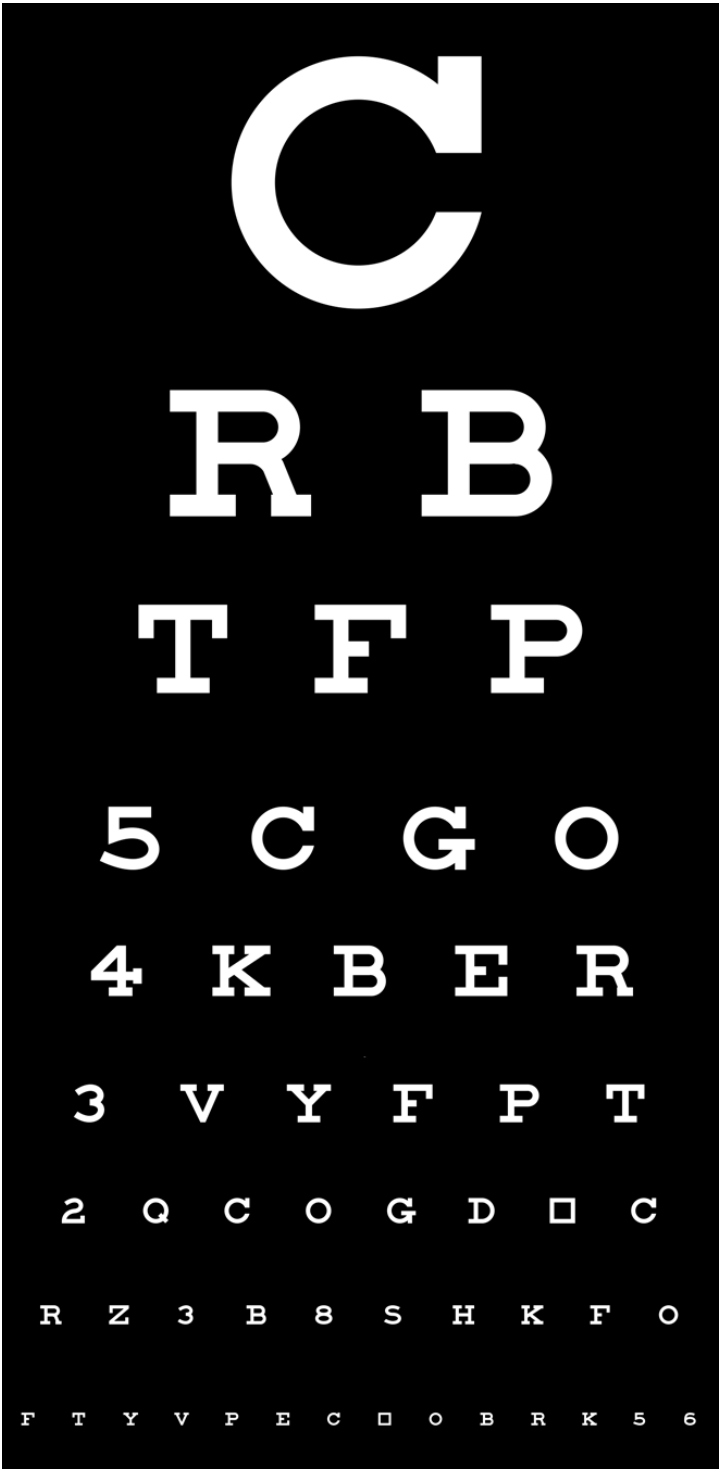
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F T Y V P E C □ O B R K 5 6

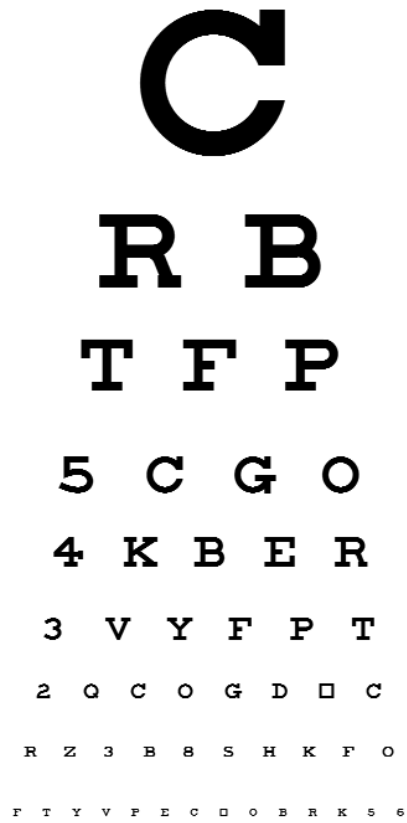
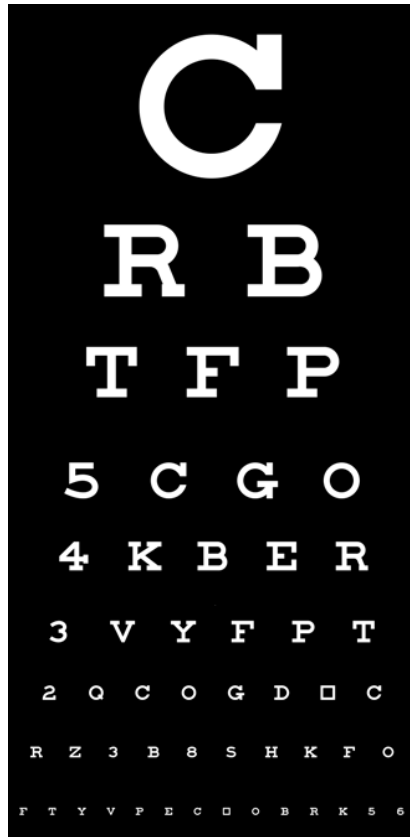
White Print Relaxes the Mind and Eyes



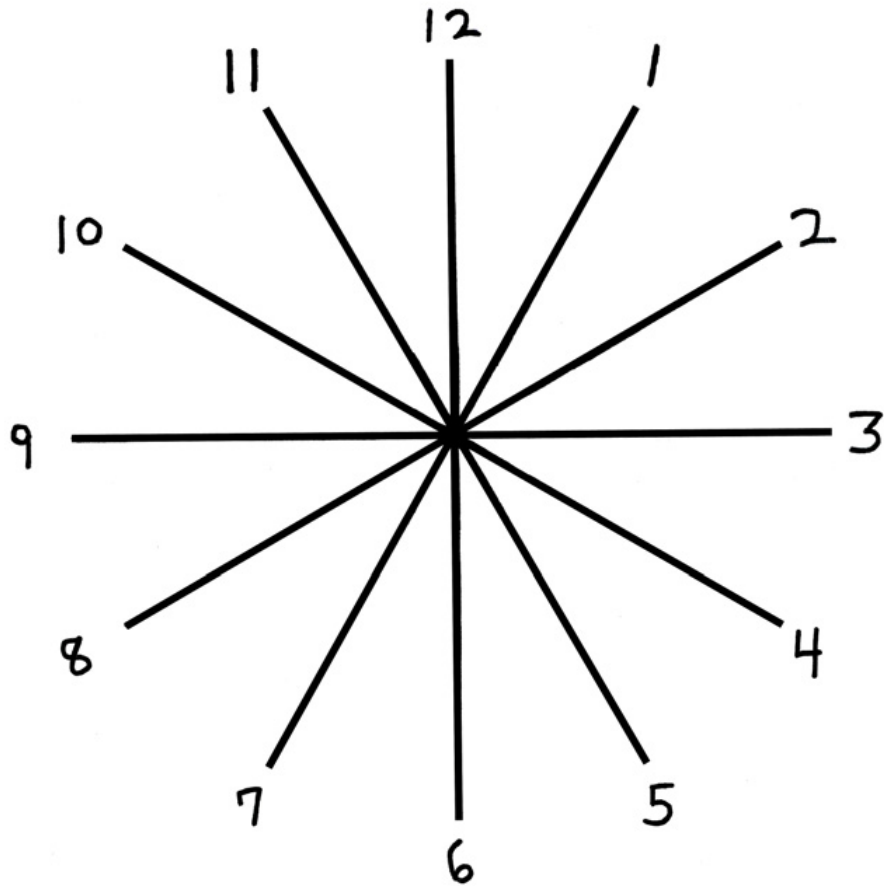
20/20



Close Reading Vision



Natural Eyesight Improvement astigmatism removal wheel



Shift on the lines;

Left and right - 9 to 3, 3 to 9

Up and down - 12 to 6, 6 to 12

Diagonally - 8 to 2, 2 to 8, 10 to 4, 4 to 10, 5 to 11, 7 to 1

Shift, trace on the lines in any direction; center to left or right, up, down, diagonally... and back to center.

Move the eyes/center of the visual field along the lines and remember, imagine, see the lines dark black and perfectly clear.

Central fixation; see one small part of a line clearest at a time in the center of the visual field and move the eyes/center of the visual field continually, easy, relaxed along the line from part of part.

Blink. breathe slow, abdominally, relax.

White Print is Light to the Eyes, Activates the Retina, Relaxes the Eyes and Mind

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters.

In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.

W. H. Bates
Aug. 28 1924

BETTER EYESIGHT

A Magazine devoted to the prevention and cure of imperfect sight without glasses

Copyright, 1919, by the Central Fixation Publishing Company

Editor—W. H. BATES, M.D.

Publisher—CENTRAL FIXATION PUBLISHING CO.

Vol. I

JULY, 1919

No. 1

FOREWORD.

WHEN the United States entered the European war recruits for general military service were required to have a visual acuity of 20/40 in one eye and 20/100 in the other.¹ This very low standard, although it is a matter of common knowledge that it was interpreted with great liberality, proved to be the greatest physical obstacle to the raising of an army. Under it 21.68 per cent. of the registrants were rejected, 13 per cent. more than for any other single cause.²

Later the standard was lowered³ so that men might be "unconditionally accepted for general military service" with a vision of 20/100 in each eye without glasses, provided one eye was correctible to 20/40. For special or limited service they might be accepted with only 20/200 in each eye without glasses, provided one was correctible to 20/40. At the same time a great many defects other than errors of refraction were admitted in both classes, such as squint not interfering with vision, slight nystagmus, and color blindness. Even total blindness in one eye was not a cause for rejection in the limited service class, provided it was not due to progressive or organic change, and the vision of the other eye was normal. Under this incredible standard eye defects still remained one of three leading causes of rejection.

¹Hayard: Manual of Military Hygiene for the Military services of the United States, third revised edition 1917, p. 195.

²Report of the Provost Marshal General to the Secretary of War on the First Draft under the Selective Service Act, 1917.

³Standards of Physical Examination for the Use of Local Boards, District Boards and Medical Advisory Boards under the Selective Service Act, Form 75, issued through office of the Provost Marshal General.

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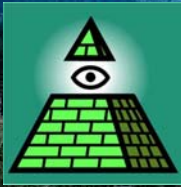
Your purchase supports free and low cost Natural Eyesight Improvement and Donations to the Guide Dog Schools, Perkins School for the Blind, DAV, ASPCA at; <http://clearsight.info/id73.html>

12 PDF E-Books: Natural Eyesight (Vision) Improvement Training

Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method

- + [A Exact Copy the Author's Natural Eyesight Improvement Website](#) in book form, with all Training, Activities, Treatments, Text, Pictures, Downloads, Links.
 - + [Natural Eyesight Improvement Training Book](#) with 100+ Color Pictures. Less reading: Easy to learn steps-Read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. (All of Dr. Bates, Clark Night's Kindle, PDF & Paperback books are in this E-Book.)
 - + [Better Eyesight Magazine](#) by Ophthalmologist William H. Bates - (Unedited, Full Set - 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training.
 - + [Original Better Eyesight Magazine](#) by Ophthalmologist William H. Bates - [Photo copy of all his Original Antique Magazine Pages](#) in the 1900's Print. (Unedited, Full Set 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! Magazines & Method Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions!
 - + [The Cure of Imperfect Sight by Treatment Without Glasses](#) by Dr. Bates (Photo Copy of the Original Antique Book Pages) with Pictures. Dr. Bates First, Original Book. (Text version with Modern Treatments included.) 2nd Printing Title: Perfect Sight Without Glasses.
 - + [Medical Articles](#) by Dr. Bates - with Pictures.
 - + [Stories From The Clinic](#) by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.)
 - + [Use Your Own Eyes](#) by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.)
 - + [Normal Sight Without Glasses](#) by Dr. William B. MacCracken M.D.
 - + [Strengthening The Eyes](#) by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.)
 - + [EFT Training Booklet](#) - with Acupressure, Energy balance, strengthening, Positive Emotions. Easy step by step directions with Pictures.
 - + [Seeing, Reading Fine Print Clear, Clear Close Vision](#) (Presbyopia Treatments) with Videos.
 - + [Eight Correct, Relaxed Vision Habits](#)- A Quick Course in Natural Eyesight Improvement.
 - + [Astigmatism Removal Treatments](#) - Natural Eyesight Improvement with Astigmatism Swings, Eyecharts and Videos.
 - + [Eyecharts Booklet](#) with Natural Eyesight Improvement Basic Training.
 - + [Eyecharts](#) - 15 Large, Small and Fine Print Big C, E Charts for Close and Distant Vision, White and Black Letter Charts, Tumbling E Chart, Astigmatism Test and Removal Charts, Behavioral Optometry Charts. Eyechart Video Lessons.
 - + [Audio Lessons in Every Chapter](#)
 - + [Video Links in Training Chapters](#) - Learn a Treatment, Activity Quick and Easy.
 - + [Videos Page](#): Links to 35+ Natural Eyesight Improvement Training Videos; YouTube and on the Author's Website. Download Videos to DVD with Real Player SP, Convert for Television. Watch YouTube Videos on Cable TV. Watch for new videos in 2011-2012.
- E-Book contains over 1500 pages. 650+ Color Pictures. No security; print, bind all 12 books. Read the Books, Watch the Videos for Complete Natural Eyesight Improvement Training. Check the 'New Stuff Page' on <http://clearsight.info/id61.html> for notice when new Chapters, Activities are added to the PDF, Kindle Books. Contact mclearsight@aol.com for the new download link. Print the pages, add them to the Paperback Book.





Do It Yourself - Natural Eyesight Improvement Better Eyesight Magazine

By
Ophthalmologist William H. Bates

Illustrated with 500 Pictures

Better Eyesight Magazine by William H. Bates, M. D.

Ophthalmologist - Eye, Ear, Nose & Throat

Central-fixation Publishing Co.,
New York City, New York, USA



Ophthalmologist
William H. Bates

Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method & Better Eyesight Magazine Illustrated with 500 Pictures by Ophthalmologist William H. Bates. Based on the Method, Treatments of Dr. Bates, the Eye Doctor that discovered The Bates Method of Natural Eyesight, (Vision) Improvement.

This Book contains Better Eyesight Magazine; a text version of the magazines Illustrated with 500 pictures & additional Modern Natural Eyesight Improvement Training, Activities and a copy of the Original Magazine Pages. Better Eyesight Magazine contains all 132 Monthly Magazine Issues, 11 years-July, 1919 to June, 1930.



Emily C. Lierman, Bates

Stories From The Clinic included; 123 True Stories of Dr. Bates and Emily C.A. Lierman Bates patients varied treatments, eyesight improvement. Written and published by Ophthalmologist William Horatio Bates and his assistant, wife Emily C. A. Lierman, Bates. Eyecharts, Videos, Audio Lessons & 12 E-Books included by Dr. Bates and other Bates Teachers, Doctors. Learn the Modern Treatments and the Original Method, Treatments, Activities from Dr. Bates.

Introduction

Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, nerves, mind/brain, thought patterns, body (entire visual system) to normal function with healthy eyes and clear vision. 'The Bates Method of Natural Eyesight Improvement.'

Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates & Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs.

The natural treatments they applied removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, wandering/crossed eyes (strabismus) and other conditions. Hundreds of Natural Treatments are listed.

Read more in Dr. Bates Dedication.

The 8 Correct, Relaxed, Vision Habits (natural, normal, relaxed eye, visual system function); Shifting, Central-fixation, Relaxation, Movement, Blinking, Abdominal Breathing, Switching Close and Far, Long Swing, Sway (Rock), Familiar Eyecharts, Memory and Imagination, Sunning, Palming, Reading Fine Print and other activities described on the Author's website www.clearsight.info and in this book are derived from Dr. Bates treatments, method and are listed in his Better Eyesight Magazine and books. The Natural Eyesight Improvement Student practices, imitates this normal eye function to gently coax, return the eyes (visual system) to normal, natural function and clear vision.

Dr. Bates Better Eyesight Magazines, books, Medical Articles are included in this E-Book to enable the Natural Eyesight Improvement student to learn directly from Ophthalmologist Bates, the original eye doctor that discovered Natural Eyesight Improvement, to provide the reader with access to Dr. Bates treatments,

Better Eyesight

A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION
AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES
Vol. 1 JULY, 1919 No. 1

Foreword

Fundamental Facts

Central Fixation

A Teacher's Experiences

Army Officer Cures Himself

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39-45 EAST 42nd STREET NEW YORK, N. Y.

teaching method, true Natural Eyesight Improvement. The reader can avoid fraudulent teachers, harmful methods.

The Author, Clark Night is a Natural Eyesight Improvement Graduated Student and Self Trained Teacher that has maintained clear eyesight, freedom from eyeglasses for 37 years. Completed 5 different Natural Eyesight (Vision) Improvement Courses, Trained by Teachers in Person and Home School, studied many Bates and other Natural Vision Improvement books) Improved her close and distant vision to 20/20 and clearer at age 17. Age 54, can read fine print clear at 3 ft.+ and to 30 to 1 to 1/4 inches from the eyes. Teaches friends, family, public how to obtain clear vision without eyeglasses. <http://www.clearsight.info>

This Book Teaches a Variety of Natural Vision Improvement Treatments, Activities

Shifting; (Natural Eye movements), Central-fixation, Relaxation of the Mind/brain, body, eye muscles, eyes, Blinking, Memory and Imagination, Switching Close, Middle, Far for Perfect, Equally Clear Vision, Convergence, Accommodation, Divergence, Un-Accommodation in the Left and Right Eyes at all Distances, Left and Right Brain Hemisphere Activation and Integration, Color Treatment, Visualization, Alpha, Theta, Delta Brain Wave Frequency Deep Relaxation, Palming, Long Swing, Short Swing/Rock and Figure Eight Infinity Swings, Astigmatism Removal Swings, Positive Thinking, Constructive Thoughts, Emotions, Correct Posture, Neck, Shoulder Relaxation, Coordinated Body Movement Exercises, Physical Therapy, Abdominal Deep Breathing, Energy Circulation/Strengthening, Sunning, Saccadic Sunning, Reading, Seeing Fine Print and Eyecharts Clear, EFT, Acupressure, Headache Treatments, Nutrition Chapter-Eye, body Nutrition and other Activities for Clear Close, Distant, Day and Night Vision and Healthy Eyes. Treatments to reverse, remove, prevent: Myopia, Presbyopia (Unclear Distant & Close Vision), Astigmatism, Strabismus, Cataracts, Glaucoma and other eye/vision conditions.

Eyeglass Strength Reduction & Freedom From Glasses - Learn how to work with a Bates Method Behavioral Optometrist or Ophthalmologist for a complete eye exam and be prescribed reduced, weaker and weaker eyeglass lenses (if needed for driving, work safety...) temporarily as vision is improving. Gain complete freedom from eyeglasses.

Treatments are Derived from Dr. Bates Better Eyesight Magazines and Books

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

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If your trouble is with distant instead of near vision, use the same method with distant letters.

In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.

*Right
Ar. W. J. Bates
7/28 1926*

PAGE TWO

BETTER EYESIGHT

A Magazine devoted to the prevention and cure of imperfect sight without glasses

Copyright, 1919, by the Central Fixation Publishing Company
Editor—W. H. BATES, M.D.
Publisher—CENTRAL FIXATION PUBLISHING CO.

Vol. I JULY, 1919 No. 1

FOREWORD.

WHEN the United States entered the European war recruits for general military service were required to have a visual acuity of 20/40 in one eye and 20/100 in the other.¹ This very low standard, although it is a matter of common knowledge that it was interpreted with great liberality, proved to be the greatest physical obstacle to the raising of an army. Under it 21.68 per cent. of the registrants were rejected, 13 per cent. more than for any other single cause.²

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¹Harvard: Manual of Military Hygiene for the Military services of the United States, third revised edition 1917, p. 195.

²Report of the Provost Marshal General to the Secretary of War on the First Draft under the Selective Service Act, 1917.

³Standards of Physical Examination for the Use of Local Boards, District Boards and Medical Advisory Boards under the Selective Service Act, Form 75, issued through office of the Provost Marshal General.

“PAGE TWO”

ON page two of this magazine are printed each month specific directions for improving the sight in various ways. Too many subscribers read the magazine once and then mislay it. We feel that at least page two should be kept for reference.

When the eyes are neglected the vision may fail. It is so easy to forget how to palm successfully. The long swing always helps but it has to be done right. One may under adverse conditions suffer a tension so great that the ability to remember or imagine perfectly is modified or lost and relaxation is not obtained. The long swing is always available and always brings sufficient relief to practice the short swing, central fixation, the perfect memory and imagination with perfect relief.

Be sure and review page two frequently; not only for your special benefit but also for the benefit of individuals you desire to help!

Persons with imperfect sight often have difficulty in obtaining relaxation by the various methods described in the book and in this magazine. It should be emphasized that persons with good vision are better able to help others than people who have imperfect sight or wear glasses. If you are trying to cure yourself avoid people who wear glasses or do not see well. Those individuals are always under a strain and the strain is manifested in their face, in their voices, in their walk, the way they sit, in short in everything that they do.

Strain is contagious. Teachers in Public Schools who wear glasses are a menace to their pupils' sight. Parents who wear glasses or who have imperfect sight lower the vision of their children. It is always well when treating children or adults to keep them away from people with imperfect sight.

G. L. B.
Dr. W. H. Bates
7 28 1924



Better Eyesight Magazine

By

Ophthalmologist William H. Bates

Original Magazine Pages

Better Eyesight Magazine by William H. Bates, M. D.

Ophthalmologist - Eye, Ear, Nose & Throat



Ophthalmologist
William H. Bates

Central-fixation Publishing Co.,
New York City, New York, USA

Original Antique Magazine Pages

This E-book contains Photo-Copies of the Original printed pages of 'Better Eyesight Magazine' written and published by Ophthalmologist William H. Bates and his assistant/wife Emily C. A. Lierman/Bates. 11 Years - All 132 Monthly Magazine Issues; July 1919 to June 1930. A History Book, Antique Collection.

Dr. Bates discovered the natural principles, true function of the eyes (Visual System) and applied relaxation, natural methods to return the eyes, eye muscles, nerves, mind/brain, body to normal function with clear vision and healthy eyes. The Bates Method.



Emily C. Lierman, Bates

The Stories, articles in Better Eyesight Magazine describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to prevent, remove, many different eye problems without use of eyeglasses, surgery, drugs; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, wandering and crossed eyes (Strabismus, Squint) and other conditions. Hundreds of Natural Treatments are listed. Dr. Bates used surgery only when necessary.

Better Eyesight Magazine consists of articles that are interesting, positive, fun to read. 'True Life Stories' of the doctors, patients, adults and children. Vision improvement based 'Fairy Stories' and other articles for children are included.

The magazines, books are the original source of Natural Eyesight (Vision) Improvement. The Original Better Eyesight Magazine collection is proof that Ophthalmologist William H. Bates discovered the Bates Method, Natural Eyesight Improvement and is the True Author of the Magazine.

Dr. Bates discovered Natural Eyesight Improvement over 100 years ago. The Optical and Medical Industry/Association and most Eye Doctors, Opticians have hidden Dr. Bates magazines, books, articles, Natural Eyesight Improvement from the public for over 100 years because: The writings are proof that Natural Eyesight Improvement works, produces clear vision, healthy eyes, it teaches people how to obtain clear vision 'on their own' and prevents the need for purchasing eyeglasses, contact lenses, sunglasses, eye surgery and drugs.

Due to the truth about Natural Medicine becoming available to the modern public, Dr. Bates work has been recovered from individual owners and re-published. Many modern Ophthalmologists, Optometrists are now learning, teaching the Bates Method.

Cataract Number

Better Eyesight

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

Vol. IV JANUARY 1921 No. 1

The Treatment of Cataract
A Report of a Case

Cataract: Its Cause and Cure
By W. H. Bates, M.D.

Traumatic Cataract Disappears
By Margaret Downie

Incipient Cataract Relieved
By C. L. Steenson, M.D.

Cataract at the Clinic
By Emily C. Lierman

\$2.00 per year 20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
342 WEST 42nd STREET NEW YORK, N. Y.

The 8 Correct Vision Habits, (natural, normal, relaxed eye, visual system function): Shifting, Central-fixation, Memory, Imagination, Switching Close and Far, Long Swing, Sunning, Palming and other activities described in this book are derived from Dr. Bates work, magazines.

Directions for the Original Better Eyesight Magazines

The Original Better Eyesight Magazine contains a few treatments that are no longer taught the old way to Natural Eyesight Improvement students. They have been changed, improved and new treatments, activities added. The E-Book 'Better Eyesight Magazine Illustrated with 500 Pictures' is attached free with this book. Read that modern text version of Better Eyesight Magazine to learn the new correct way a few of the old treatments in the original magazines are practiced.

Treatments, activities must be practiced correct to maintain healthy eyes, clear vision. Blue print and pictures in the text version describe the old, new, and improved treatments and the correct new way to practice them. The text version can also be used to check for correction of the old worn print in some copies of the original pages.



Fig. 8. The Usual Method of Using the Retinoscope
The observer is so near the subject that the latter is made nervous, and this changes the refraction.

Example of older methods that have been changed;

Open Eyes Sunning is no longer practiced in this way. Closed Eyes Sunning only is practiced.

Some people still practice open eyed sunning but in a specific way: Eyes, head/face continually move, eyes blinking, eyes, head/face shifting to the sky near the left, right, top, bottom of the sun and across the sun quickly. The person faces the sun for a brief time. Other directions are applied for safety.

Modern Bates Teachers teach Closed Eyes Sunning only and with eye, head/face movement. Looking at the bright sky, clouds, trees... away from the sun is allowed.

The Sunglass is used only in special cases of near or complete blindness by an experienced Bates Method Ophthalmologist if other methods fail. It can burn the eye, like a magnifying glass when used incorrect, and, because it is a glass, it blocks full spectrum light resulting in partial spectrum, unbalanced light emitting through, from the glass. The light does not go into the eyes pupil and is not directed at the cornea. It is only directed at the sclera, white area of the eye, but it still must not be overused. Partial spectrum light is unhealthy. Pure full spectrum sunlight, not passing through glass is best, healthy for the eyes, brain, body, clarity of vision. The Sunglass is only a short, temporary treatment to awaken, bring to life and action the cells in the eyes retina, lens... to reverse extreme vision impairment, blindness. Done correct, by a Bates Method Eye Doctor, it is beneficial and will not harm the eye.

Reading by 'first' looking at the white spaces between sentences - Do not try to see, read the print clear while at the same time, looking at the white spaces between sentences. Central-fixation must be used: look directly at the print to see, read it. In Better Eyesight Magazine, Dr. Bates explains in detail in his 'Questions and Answers Page' to: Use central-fixation when reading; Look directly at the object you want to see. First: Look at, move the eyes (visual attention, center of the visual field) along the white spaces between the sentences to relax the mind and eyes. (Looking at the white spaces causes relaxation because there if nothing to see, there is no effort to see anything clear, so, strain is avoided. This enables relaxation of the mind, eyes, eye muscles to occur. The relaxation produces clear vision, a 'Flash of Clarity'.) When the relaxation and clarity occur and the print flashes dark black and clear; then: look away from the spaces, look directly at the black print, place the print in the center of the visual field to read, see it clear. The relaxation and clear vision from looking at the white spaces continues when looking at the print. If it blurs, return to the spaces or Palm to regain relaxation. Then back to the print. Use the memory and imagination when looking at the white spaces: Imagine painting the spaces pure, bright white with a white paint brush and pure white paint while imagining the white space is seen pure, bright, glowing white and clear. Relax, no effort. Move the paintbrush, eyes left and right along the spaces, blink, relax. Practice with the eyes open, then in the imagination with the eyes closed, then open again. Paint with an imaginary paint brush in the hand or use a white Nosefeather. Practice on Fine Print in the Sunlight.

Some people misunderstood Dr. Bates in early times and would try to read the print while looking at the white spaces. Dr. Bates explained to; look at the space or the print; only one at a time, not both at the same time. Looking at, trying to see, think about 2 or more objects at the same time is the opposite of central-fixation: it is diffusion, eccentric fixation and causes tension, strain in the mind, (brain) eye muscles, eyes and unclear vision.

Look at one object at a time for clear vision. This is central-fixation: looking directly at the object of visual attention: first at the white spaces, then the black print, one object at a time, in the center of the visual field.

Palming and imagining, remembering, seeing perfect black on the closed eyes produces perfect relaxation and clear vision. Dr. Bates noticed that some patients used effort to imagine, see black and this prevented relaxation. Dr. Bates states that imagining, seeing black is not necessary to obtain perfect relaxation and clear vision. Remembering, imagining any pleasant thoughts, letting the mind drift from one happy thought, object to another while palming will produce the relaxation and clear vision. Then, black may also appear in front of the closed eyes. If black does not appear, it's alright, it will not make a difference in relaxation, clarity. See the palming chapter for examples.

Square, elliptical...swings - Some of the older swings are now combined into the Infinity, Figure Eight Swing. The Long Swing, Sway (Rock) remain as Dr. Bates created them and are also combined in the Figure Eight Swing.

In later editions of Better Eyesight Magazine and books, Dr. Bates and Emily Lierman, Bates lists these changes.

Dr. Bates himself stated that the Bates Method is continually advancing, being improved. As he treated thousands of patients over the years the Bates Method was perfected. Bates Teachers state they learn much from their patients, students, each student being an individual and various treatments being successful for each condition, state of mind, body, eyes and personality.

A few original magazine pages that are old with unclear print have an additional new clear page attached, typed in present date print. A few misprints are corrected with additional print, leaving the original pages untouched.

Book printing settings for the original pages is best at: darkest black and highest quality. Not too dark or it will smear the print. The Original Antique Magazines will be in Paperback on Amazon.com in 2011-2012.

Distributing this book free to the public is encouraged. Keep this page in the Original Better Eyesight Magazine

E-book that states; The modern version is free with the original book and should also be read to insure correct application of some of the older original practices, treatments.

Thank-You, in Historical Order

+The University of California Library - <http://www.lib.berkeley.edu/> and the Optometrist - Monroe J. Hirsch (name shown in old print, pictures in this book) and other Colleges, Libraries, Eye Doctors, Emily C. A. Lierman Bates, Bates Teachers, Individual Persons that preserved Ophthalmologist Bates Magazines, Books, hid them from the Optical Industry when these businesses, doctors were destroying Doctor Bates work. The law in Europe allowed preservation of Dr. Bates magazines, books.

+Thomas Quackenbush - <http://www.naturalvisioncenter.com> Bates Method, Natural Vision Improvement Teacher, Author of 'Relearning to See - Improve Your Eyesight Naturally' and 'Better Eyesight - The Complete Magazines of William H. Bates'. He is the first Natural Vision Improvement Teacher to re-publish and bring Dr. Bates work, treatments in Better Eyesight Magazine to the modern public.

+David Kiesling - <http://www.iblindness.org> For creating, bringing the first photo copy of all Dr. Bates Original Better Eyesight Magazines back to the public. Every page, month, year in original antique print type! This proved that Dr. Bates is the discoverer of Natural Eyesight, Vision Improvement, the true source of the Bates Method. Original Pictures of Better Eyesight Magazine Pages and Dr. Bates... were provided, purchased from David.

The following pages provide a sample of the 1919 Better Eyesight Magazine Issue Illustrated with 500 Pictures. Free in PDF form with this book.

Dedication

To Ophthalmologist William H. Bates

William H. Bates, Ophthalmologist discovered and perfected Natural Eyesight Improvement, 'The Bates Method'. He discovered the natural principles, true, normal function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles, nerves, mind/brain, thought patterns, body (entire visual system) to natural, normal function with healthy eyes and clear vision.

The Bates Method of Natural Eyesight Improvement.

He cured; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataracts, glaucoma, and other eye conditions. Natural Eyesight (Vision) Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts!

Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients, medical students and other doctors in the hospital where he worked with natural treatments, without use of eyeglasses, surgery, drugs and proved his method is fact and that some of the old theories of eye function are incorrect, only theories; the doctors, eye surgeons that preferred to sell eyeglasses, surgery, drugs became angry and expelled him. (See: 'Reason and Authority' and 'Dr. Bates Lecture' in Better Eyesight Magazine: November, 1919, April, 1923 and Articles in his book.)

Dr. Bates then opened his own office, a Clinic in Harlem, New York City. He treated thousands of people by natural methods, including many of the poor people that had little money. He kept his price for medical treatment low and also provided no charge office visits 'Free Clinic Days' for people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured the young and old, people of all ages, nationalities, cured a variety of eye conditions.

The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their friends, family, parents, teachers and other children of defective vision including crossed, wandering eyes. Read the 'true story of the two little girls that restored a blind mans eyesight' in the Oct. 1925 Magazine Issue. Read Dr. Bates full story in 'Better Eyesight Magazine' and his book 'The Cure of Imperfect Sight by Treatment Without Glasses'.

Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines, Books and Medical Articles. Dr. Bates Better Eyesight Magazines contain many Natural Treatments, a variety of Activities, Directions, Articles describing how Dr. Bates, Emily Lierman Bates, (his Clinic assistant, wife) and other eye Doctors, School Teachers, Bates Method Students, Bates Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems: unclear close and distant vision (nearsight, myopia, farsight, presbyopia), astigmatism, cataracts, glaucoma, conical cornea, cornea ulcers & scars, retinitis pigmentosa, wandering/crossed eyes (strabismus), amblyopia and other eye conditions. Done without eyeglasses, surgery, drugs. Dr. Bates used surgery, drugs only when necessary, (Eye injury, infection...).

The magazines contain 'True Life Stories' of the doctors, assistants, patients, treatments. Interesting, entertaining, fun to read. A History book, life in the early 1900's. Vision improvement based 'Fairy Stories' and other articles for children are included. The stories produce a positive, relaxed state of mind, activate,



Dr. William H. Bates
Ophthalmologist - M.D.
Eye, Ear, Nose & Throat.
Discovered the Principles
of Eye Function-Natural
Eyesight Improvement.



Fig. 37. Myopic Astigmatism comes and Goes According as the Subject Looks at Distant Objects With or Without Strain
No. 1.—Patient regarding the Snellen test card at ten feet without effort and reading the bottom line with normal vision.
No. 2.—The same patient making an effort to see a picture at twenty feet. The retinoscope indicated compound myopic astigmatism.



Fig. 43
Patient with atrophy of the optic nerve gets flashes of improved vision after palming.

improve the memory and imagination, teach Natural Eyesight Improvement, normal, correct eye functions. This improves the eyesight.

Dr. Bates discovered Natural Eyesight Improvement over 100 years ago - Started around the year 1886. Dr. Bates Better Eyesight Magazines, books are the original source of The Bates Method and true Natural Eyesight Improvement. The Original Better Eyesight Magazine collection is proof that Ophthalmologist William H. Bates discovered the Bates Method, Natural Eyesight (Vision) Improvement and is the True Author of the Magazine.

The Optical, Medical Industry/Association and most Eye Doctors, Opticians have hidden Dr. Bates work, magazines, books, articles, Natural Eyesight Improvement from the public for over 100 years because: The Bates Method improves the clarity of vision, eye function, Dr. Bates writings are proof that Natural Eyesight Improvement works, produces clear vision, healthy eyes, it describes, teaches people how to apply Natural Eyesight Improvement & obtain clear vision 'on their own' and prevents the need for purchasing eyeglasses, contact lenses, sunglasses, eye surgery and drugs. The Bates Method is safe, healthy for the eyes, reverses and prevents vision impairment.

After Dr. Bates death, the Optical Industry, Medical Doctors/Association destroyed Dr. Bates magazines, books, articles, removed them from libraries, schools, colleges, bookstores in an attempt to hide the truth about Natural Eyesight Improvement from the public, prevent people from curing their eyesight.

They bribed dishonest politicians, judges to pass laws preventing the public from teaching Natural Eyesight Improvement. They passed a law stating that only an eye doctor can teach the Bates Method. Most doctors refused to teach it. Ophthalmology, Optometry, Optician Colleges hid it, refused to teach it and Eye Doctors were taught in College to ignore the Bates Method. Honest eye doctors were afraid to teach it, were told that they would lose their medical license if they used it in their practice.

A few honest Eye Doctors, Bates Teachers, Students, Libraries from the 1900's - present have preserved and republished Dr. Bates magazines, books and continued to teach the Bates Method despite harassment from the Optical, Medical Industry: Emily Lierman/Bates, Dr. Harold Peppard, Cecil S. Price, Dr. William B. MacCracken, Bernarr MacFadden, Clara Hackett, Margaret Corbett, Aldous Huxley, Janet Goodrich and others. (See the case of Margaret Corbett and Aldous Huxley, New York City, USA; The Optical/Medical Industry, Association brought her to court, accused her of practicing Optometry without a license. She won all cases brought against her and cured the eyesight of many people that were in the courtroom. Aldous Huxley (famous Author) was a witness for Margaret Corbett, proved to the court how she reversed his near blindness, improved his eyesight. He later wrote the book: 'The Art of Seeing'. Many cured people were witnesses.

The Optical, Medical and Drug Industry prefers to sell eyeglasses, contact lenses, dangerous destructive cornea laser eye surgery, cataract lens surgery, other eye operations and drugs. They continue to suppress, hide the Bates Method from their patients, the public.

Dishonest Eye Doctors prescribe stronger and stronger eyeglass lenses, bifocals, unneeded astigmatism sections in the eyeglass lenses, tinted/UV blocking lenses & sunglasses knowing that this causes and increases vision impairment, eye muscle tension, abnormal pressure, tension on/in the eye, retina, lens., dependence on stronger eyeglasses and leads to development of cataracts, detached retina, other eye health impairment and thousands of dollars profit from performing cataract, retina, cornea... surgery. I suspect that some Opticians, Optometrists that sell stronger and stronger eyeglasses receive money, 'kickbacks' from eye surgeons when the business sends a patient that has developed a cataract or other eye problem, 'advanced and ready for surgery', to the eye surgeon for an operation.

Senior citizens are their main victim, 'customer', abused by their doctors, told to wait for surgery until the cataract grows large enough while the doctor sells stronger and stronger eyeglass lenses, bifocals, unnecessary astigmatism sections in the glasses, sunglasses... knowing that this practice will cause more vision impairment, increase, speed the growth, development of the cataract and prevent a natural reversal, cure of the cataract. Reading glasses, astigmatism sections in the lenses are a main cause of cataract.

A sales pitch for laser eye cornea surgery is often done after the patient's eyesight is greatly impaired from being prescribed addictive, stronger and stronger eyeglass lenses, bifocals and astigmatism lenses. When the patient feels helpless, scared, they are pressured into agreeing to eye cornea laser surgery.

Laser cornea eye surgeons destroy the health, structure of the eyes cornea knowing it will lead to a variety of eye, vision impairments, sale of eyeglasses, more eye surgery. Many patients have experienced extreme, disabling vision problems, eye pain and blindness has occurred. Patients have committed suicide, explaining to their family they would rather die than live with the greatly impaired vision, pain and poor quality of life that the laser cornea eye surgery caused. See the FDA 'Cornea Surgery Side Effects Warning' links at <http://www.fda.gov> & YouTube: <http://www.youtube.com/watch?v=976O9G6Dno0> <http://www.lasikcomplications.com> . The law states that eye doctors do not have to tell their patients all the dangers, side effects of cornea eye surgeries. Laser surgery destroys the cornea's health, function and often results in more eye surgeries to correct the damage done by the first laser surgery. Even though the TV

news stations and newspapers receive a lot of money for advertising Laser surgery they post reports on laser cornea eye surgery side effects.

An honest eye doctor prefers to get the patient to stop use of eyeglasses, will not prescribe strong eyeglasses, bifocals, tinted, UV blocking lenses, sunglasses, unnecessary astigmatism sections, laser cornea eye surgery. He/she teaches the patient how to reverse, prevent unclear vision, astigmatism, cataracts and other abnormal eye conditions.

Due to the truth about Natural Medicine being available to the modern public, interest in Natural Cures; Dr. Bates Better Eyesight Magazines, books, work has been recovered from individual owners, re-published and brought back to the public. Many Ophthalmologists, Optometrists are now learning, teaching the Bates Method and monitoring, recording their patients Natural Eyesight Improvement progress.

Dr. William H. Bates Life & The Bates Method History

Dr. Bates started his career as an orthodox ophthalmologist following the old, long time rules of the practice; prescribing eyeglasses...

During his practice, working with different patients, eye conditions, he realized that unclear close, distant vision, astigmatism and other conditions often cured itself, reversed back to clear vision, especially when his patients stopped wearing their eyeglasses. He noticed that wearing glasses weakened the eyes, resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses. He began his own studies on the eye and its function. This led him to discover that many of the old ophthalmologist, optometry 'supposed facts' about the eye, lens and its function and cause of unclear vision... are incorrect. Dr. Bates began teaching his patients to avoid eyeglasses, stop wearing their glasses. He taught them natural methods, including relaxation, correct use of the eyes, practice of normal, natural eye function to improve the vision. Dr. Bates cured his own eyesight, close vision, presbyopia. Distant vision also clear. He wrote an Article in his book, magazines describing how he did it with Memory, Imagination, Relaxation. He controlled, changed the focus of light rays in his eyes with his mind.

Dr. Bates performed experiments on the eyes of animals, and observed the function of thousands of animal, patient's eyes under different conditions, situations, state of mind, body, thoughts and emotions. He used the retinoscope to see the refraction, focus of light rays in the eye under these various conditions. He proved that the refraction, clarity of vision changes often and when the eyes are left alone, eyeglasses avoided, the refraction, clarity returns to normal, clear vision. He proved that the state of the mind, thoughts change the refraction of the eye, clarity of vision. Example: when the mind, body is relaxed, positive, happy thoughts, emotions: the refraction is normal and vision is clear. When the mind, body is under stress, strain: the refraction is abnormal and vision is unclear. Dr. Bates discovered that the main cause of unclear vision and other eye problems is: Wearing Eyeglasses, Mental Strain, Mental, Visual Effort to See, Incorrect Vision Habits (incorrect use of the eyes: squinting, staring, not shifting, lack of central-fixation, low memory, imagination...). Perfect Sight occurs only with Perfect Relaxation (deep or active/dynamic relaxation - See Aldous Huxley's book: The Art of Seeing). Relaxation occurs first and then the eyesight becomes clear.

His experiments on the outer eye muscles proved that tension in these muscles disrupts their function, the eyes movement, accommodation, convergence, un-accommodation, divergence, causes pressure, tension on/in the eye, alters the eyes shape, (and lens), disrupts focus of light rays on the retina and the clarity of vision. Circulation in the eyes is also affected.

Mental strain, stress, strain in the mind, negative thoughts, emotions cause eye muscle tension. Neck muscle tension causes eye muscle tension and neck tension is caused by mental strain, negative thoughts, emotions, incorrect posture, injury: vertebrae out of alignment). Inner eye muscle tension; ciliary/lens, iris, tear gland muscle... also occurs. When the mind is strained, tense, the brain and retina do not communicate, function together at optimum level, function of the retina is lowered.

Dr. Bates proved that MENTAL STRAIN causes unclear vision. RELAXATION of the mind produces clear vision. Dr. Bates used his retinoscope to show that the refraction/focus of light rays in the eye are disrupted resulting in unclear vision when a person lies. Lying causes a bit of mental strain. When the person tells the truth-no strain occurs, the refraction is perfect and vision clear. Many things can cause mental strain. Avoid eyeglasses, remove the stress, strain and vision returns to clear. Practice of Natural Eyesight Improvement can uncover old, forgotten stressful experiences, resulting in strong emotions, feelings being remembered, activated. Once the memory, feelings are acknowledged, released and new positive thoughts, emotions placed into the brain, system: often the vision immediately returns to normal 20/20 and clearer. No other practice is needed. The eyes relax, move, 'shift'... correct on their own.

Dedication to persons that directly and indirectly helped me to write this book

Robert Monroe - www.monroeinstitute.org

Author of 'Journeys out of the Body', Far Journey's & Ultimate Journey.

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866-881-3440 See his YouTube videos; <http://www.youtube.com/watch?v=VoZWOLWnQkw>

Read more about Robert Monroe in the Authors Natural Eyesight Improvement Experience below.

Dedication to My Mom

To Mrs. Nancy Oliver, Wilder. For raising me alone without a father, working for minimum wage in a hot laundry mat for years while we lived in a small apartment. We often did not have enough food. I would sneak outside and dig for empty soda bottles to cash in for money to buy crackers. I remember the day a man at the recycling store yelled at me, stating I cannot bring him bottles from the trash! Men would be cruel to Mom, try to corrupt her, but she would not break from her Catholic faith and favorite Saint, St. Anne. Mom saved her money and bought a Art Instruction Schools Course for me when I was 7 years old.

(The school that is advertised on matchbook covers and in TV Guide.) I remember thinking how boring it was to draw the stick figures of people, thinking its not helping my ability to draw and I wanted to go back to just copying cartoon pictures of Moose Miller, Fred Flintstone, Bugs Bunny, Donald Duck, Popeye, Dr. Strange... from the comics. I now realize at age 53 that the course helped me to draw the pictures in Better Eyesight Magazine and other books.

My Aunt Betty is a very good artist, used to draw lifelike pictures of baseball players, boxers, my grandfather when he was a Middle Weight Champion Boxer, Police Sergeant in New England, Massachusetts. She also drew cartoons and now paints. She helped to teach me how to draw. I cannot draw as well as most artists, but the basic skills helped to create this book.



Mom at Christmas

The Author's Experience with Natural Eyesight Improvement

In 4th grade Elementary School I had to wear eyeglasses to see the blackboard from the back of the classroom. Mom bought the eyeglasses for me though she could not afford to spend the money. Stress can cause unclear vision. I was in constant fear at school due to a large boy that would bully me every day, wait to scare me, threaten to beat me up after school at the end of a long dirt road. I can still see him standing there, picking out kids to bully, knowing I was next along the line.

I do not remember him actually hitting me, mainly just coming up to me and acting like he was going to in order to scare me. Frazzled my nerves daily. During childhood and adult life I was hit in the head, face a few times by other children and adult men. (Snow, ice balls, and violent people.) I know this contributed to unclear vision, and a very slight wandering eyes condition. Neck vertebrae, collarbone or skull, eye socket, joints, bones misalignment?

My teacher also wore glasses. Children pick up eyestrain, incorrect use of the eyes, tension and lowered vision from being around people that wear glasses and stressful experiences in school... I hated the glasses and threw them out in a couple weeks. I sat closer to the blackboard and this prevented strain, effort to see and the vision returned to clear. I could then see clear from the back of the class when necessary. Mom made friends with the bully's family, then he decided to be my friend. We played 'The Long Ranger' make believe game together.

Mom could not afford to pay for the glasses but was kind and let me go without wearing glasses. My vision remained about 20/20-20/40 for years and it never bothered me. (Wish I knew The Bates Method back then, would have had 20/20 and clearer vision.)

In 10th grade high school Mom had to buy glasses for me again to read the distant blackboard in school. Learning Algebra and French, did not like these subjects. I threw the glasses out after 2 days. At this time I found Aldous Huxley's book: 'The Art of Seeing' in a old bookstore in Brookfield, MA and practiced Switching

and Shifting on objects at close and far distances with: both eyes together, one eye at a time, both eyes together again. My left eye needed more vision improvement than the right so I practiced extra time with the left eye. Shifting was combined with the Switching. I understood and practiced a little Central-Fixation. The first time, few seconds that I shifted on an object, distant tree, my vision improved. Within only 5 minutes my vision improved to 20/20 and in 2 days was perfect, clear. Vision was so clear in both eyes that I could not remember which eye used to have less clear vision. My mind felt more balanced, relaxed. It is often easy for children, young people to improve their vision.

Practicing the Bates Method, having the power to improve my vision on my own resulted in an improvement in my mental, emotional state. It was easy to learn, remember at school, my grades improved, I gained confidence. The Bates Method activates, integrates, improves functions of the left and right brain hemispheres, all brain functions. I left a gang of kids that were a destructive influence and learned to have compassion for others and respect myself. I realized the mind has more functions, abilities, 'power' than we are taught in school, including college. Went into study of Psycho-Cybernetics, other science and spiritual subjects. (Human potential seems to be suppressed by our leaders. Politicians and some religions are trying to remove history and other books from libraries, bookstores, schools, the Internet.)

My vision remained about 20/20-20/30 for years and it never bothered me. Mainly 20/20, sometimes clearer.

In the U.S. Army I was forced to wear glasses: distant eyesight 20/40 at times. (It's normal for vision to fluctuate. Glasses prevent natural fluctuation back to clear vision.) I refused to wear the glasses. One day while in a foxhole shooting my rifle at the distant target, the Sergeant made me wear the glasses. I could not hit the target after many shots while wearing the glasses. I got mad and took off the glasses and threw them in the dirt. Then aimed the rifle and hit the target easily for the remaining shots. Sargent then allowed me to permanently discontinue use of the glasses.

Did not need glasses for the rest of my life until age 40, Year 1997 – unclear close vision – In the year 1995 the author of this book was listening to Robert Monroe's relaxation tapes. I worked a very high stress job in a old hotel dealing with violent, abusive people, life and death situations. I suffered with dizziness from an assault, neck injury. Drank too much beer at times to block out the stress. The tapes produced a great amount of relaxation and also teach a variety of tools to improve function of the brain, body. At the time I was reading Aldous Huxley's book 'The Art of Seeing' to try and improve my close vision & remove eye floaters at age 40. Practiced Bates Method activities: shifting, central-fixation, switching... at close distances. Also read fine print in the sunlight with relaxation, shifting, central-fixation, memory, imagination. It worked!

One night after falling asleep listening to Monroe's tape 'Focus 10', I heard a man's voice in a dream say; "Write a book on Natural Eyesight Improvement". The dream seemed very real and it woke me up. I remembered the mans voice and thought later that it would be a good idea to write a book on my experience with distant and close vision improvement for 30 years. I began writing the book: 'Do It Yourself – Natural Eyesight Improvement' and searching for more Bates Method Natural Vision Improvement books to study. This led me to teachings of Janet Goodrich, Martin Sussman-Cambridge Institute-The Program for Better Vision course, Carrie Anderson training at the Learning Annex, then in person training course and books by Thomas Quackenbush in San Francisco, CA, and further study of Dr. Bates Better Eyesight Magazines and other books. Distant and close vision improved to 20/20 and clearer.

Robert Monroe's tapes teach spiritual development, sprit travel and improvement of brain, body functions and produce natural states taught by Natural Vision Improvement Teachers: Deep, perfect relaxation in the beta, alpha, theta, delta brain wave states, dynamic relaxation, left and right brain hemisphere activation/integration, visualization of clear mental pictures, color treatment, creativity, imagination, memory, release of negative thoughts, emotions, energy strengthening, circulation, control. The activities on the tapes improve all functions of the brain. All of these conditions improve the clarity of vision. Listening to his tapes improved my ability to write and create pictures for this book. Many famous scientists, artists speak of entering into a deep relaxed state, contacting the subconscious mind to obtain greater power of the brain, improve skills, solve scientific theories, formulas... Monroe's tapes activate this state. (See books by Dion Fortune for further study.)

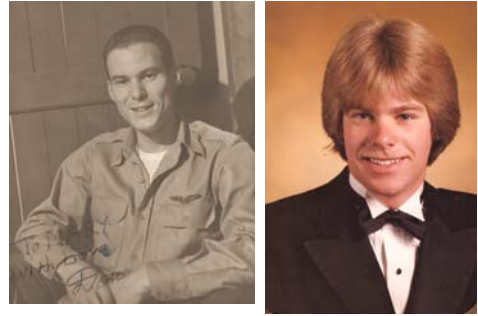
In Oct., 2009 I experienced a neck injury from a dishonest, inefficient chiropractor in Worcester, MA and it affected my vision: double vision, eyes divergence, converge, balance, hearing impaired, astigmatism... All from misaligned neck vertebrae and neck, back injury. Neck is healing with new doctor's treatment for 15 months and use of Natural Eyesight Improvement, Bates Method has returned the vision to clear. Occasional slight fluctuations in vision to 20/30 and eye movement problem returns a little when the neck injury flares up, sinus congestion in air polluted city. Neck muscle relaxation, Physical Therapy, Home 'do it yourself' non-invasive chiropractic, Clean air in Boston, MA by the Sea, less computer work, and The Bates Method always returns the vision to 20/20 and clearer. Vision remains clear at age 54. I know from experience that The Bates Method works!

Dedication To:

To Don Dixon - Best friend, Retired Air Force Pilot. Neighbor, landlord for 9 years in San Francisco Bay Area. Thanks for the Pilot Wings and taking me over the Golden Gate Bridge to the Marin Flea Market where I bought an Antique French Military Rifle.

Greg Dean and his Mom, Dad - Art and Jackie. Truly rare, strong, great people, best friends. RIP Greg. See you up there eventually. Stay out of trouble; 'or not' - Ha-Ha!

To Richard Hess, 'Best friend' Cherokee, German at the Metro.



To all the Senior Citizens and Young People in California.

I learnt many things from the diversified personalities in Los Angeles, San Diego, San Mateo, South San Francisco, San Francisco! Farmers Market Bar on Main Street, Broadway, Watts in Downtown Los Angeles and all the wild, fun American Indians, Vets, Old Italian Men, ladies in Daly City, CA, The Homeless. Learning from a variety of people makes a person grow on all levels, strengthens the personality, mind, sprit.

Thank you to Barbara Gibbons at the Metropolitan Hotel in South San Francisco for a great place to live, work and write!

Picture = Christmas Tree on San Bruno Mountain-South San Francisco, CA - View from room #40, Metropolitan Hotel.

I used to watch my TV reflected in this window at night and 'switch' to the distant mountain and watch 'shift' on the Christmas Tree, cars moving along the hill, lights in the houses, stars, planes in the sky, people in the buildings, street lights, people walking on Grand Avenue, good looking Italian Man working at the Liquor store.

At this time even though the job was stressful, I was very happy, lots of friends, jokes, active. A positive mental, emotional state has a major beneficial effect on the clarity of vision. Relaxed, positive mind=clear vision. Physically active job, good posture. My vision was improved to better than 20/20 close and far while living here. Thomas Quackenbush, Natural Vision Improvement Teacher's School was over the mountain in San Francisco near the beach and Golden Gate Park.



Moving objects on the TV screen reflected in the window also keeps the eyes moving, shifting easy, relaxed, vision clear.

How to Use The E-Book

This is a Natural Eyesight Improvement Paperback and Adobe Reader/Kindle PDF E-Book consisting of 1700+ pages. Chapter, Sub-Chapter, Title Navigation Bookmarks, Page Thumbnails, Multiple Pages view are on the left side of the E-book and a linked Chapter Index for moving quickly to any page, section of the book. A + sign is to the left of the main bookmarks; click it to reveal more bookmarks, books, pages, chapters.

Word Search for all 12 E-books; Type in a word, Example; Cataracts, Nearsight, Myopia, Farsight., and all areas of the book that provide information on cause/cure of these eye conditions will be listed. Example; If Nearsight or Myopia is typed; 50+ different treatments to cure unclear distant vision will be listed with chapter, article title, page number. Click a link to go directly to a page, treatment.

Adobe Reader & Kindle read aloud for persons with low vision, blindness. Language conversion, translates to Italian, Spanish, German... Click the View Tab in Adobe. Kindle and Adobe print can be enlarged for the visually impaired.

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Adobe can print in large, medium, small, fine & microscopic print. Fine print is healthy for the eyes, cures unclear close and distant vision when read correct with relaxation, shifting, central-fixation. Set Adobe Reader to print 2 or more pages per page for small print. 4 to 6... pages per page for a fine and microscopic print for perfect central-fixation, saccadic shifting, fine detailed vision at close and far distances. The Zoom Function also changes print size.

Create mini fine and microscopic print booklets to read in the sunlight daily. Practice the treatments described to prevent unclear vision, cataracts and other eye conditions.

In the Adobe Reader Print Setup: Select % of normal size, a number less than 100% or use page scaling. This will fit all text, pictures onto the paper, reduce the size to create a margin on the edge of the page for binding a printed book. Or print normal size 100% on larger paper.

Select 'Print Document and Comments/Markups' in the Adobe print box to print all page numbers on the upper right corner and text boxes in the book. Print pictures large for kids to color or to hang on a wall for Natural Vision Improvement Training. Adobe Acrobat 30 day Free Trial can be downloaded free from <http://www.adobe.com> to arrange the book pages as preferred.

For Better Eyesight Magazine

This book contains all publications of Dr. Bates Monthly 'Better Eyesight Magazine' – Unedited, everything included, July 1919 - June 1930, all of his original treatments and modern versions of older treatments.

- + Text in light blue are comments added by author Clark Night, Bates Method Natural Eyesight Improvement, Graduated Student, to clarify **Modern Natural Eyesight Improvement** versions of a few older methods described and to correct a few spelling errors in the original magazines.
- + Print in bold, black specifies Bates Method Natural Eyesight Improvement treatments for a variety of eye conditions, military articles, and other items of importance.
- + Print in bold, dark navy blue are specific Bates treatments, activities, steps for vision improvement.
- + This book contains 500 pictures placed on the right margin of the magazine pages to help the reader quickly understand every Bates Method treatment described.
- + The First Article and usually the 2nd article of each monthly Better Eyesight Magazine and other articles not labeled by author are written by Ophthalmologist Bates.
- + The First Article on page 2 (inside cover in the original magazines) consists of some of the best treatments, activities taught by Dr. Bates, specific directions for a Bates Method Natural Eyesight Improvement treatment. Example; July 1919 magazine PAGE TWO - Do You Read Imperfectly?

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters.

In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.

Dr. Bates Instructions for PAGE TWO

BETTER EYESIGHT

September 1927

Perfect Sight

By William H. Bates

If you learn the fundamental principles of perfect sight and will consciously keep them in mind your defective vision will disappear. The following discoveries were made by W. H. Bates, M. D., and his method is based on them. With it he has cured so-called incurable cases:

I. Many blind people are curable.

II. All errors of refraction are functional, therefore curable.

III. All defective vision is due to strain in some form.

You can demonstrate to your own satisfaction that strain lowers the vision. When you stare, you strain. Look fixedly at one object for five seconds or longer. What happens? The object blurs and finally disappears. Also, your eyes are made uncomfortable by this experiment. When you rest your eyes for a few moments the vision is improved and the discomfort relieved.

IV. Strain is relieved by relaxation.

To use your eyes correctly all day long, it is necessary that you:

1. Blink frequently. Staring is a strain and always lowers the vision.

2. Shift your glance constantly from one point to another, seeing the part regarded best and other parts not so clearly.

That is, when you look at a chair, do not try to see the whole object at once; look first at the back of it, seeing that part best and other parts worse. Remember to blink as you quickly shift your glance from the back to the seat and legs, seeing each part best, in turn. This is central-fixation. (with shifting.)

3. Your head and eyes are moving all day long. Imagine that stationary objects are moving in the direction opposite to the movement of your head and eyes. When you walk about the room or on the street, notice that the floor or pavement seems to come toward you, while objects on either side appear to move in the direction opposite to the movement of your body.

BETTER EYESIGHT

December 1927

INSTRUCTIONS FOR HOME TREATMENT

By William H. Bates

The most important fact is to impress upon the patient the necessity of discarding his glasses. He is told that when glasses are used temporarily a relapse always follows and the patient loses for a short time, at least, everything that has been gained. If it is impossible or unnecessary for the patient to return at regular intervals for further treatment and supervision, he is given instructions for home practice to suit his individual case, and is asked to report his progress or difficulties at frequent intervals.

The importance of practicing certain parts of the routine treatment at all times, such as blinking, central-fixation, shifting and imagining stationary objects to be moving opposite to the movement of his head and eyes, is stressed. The normal eye does these things unconsciously, and the imperfect eye must at first practice them consciously until it becomes an unconscious habit.

The Natural Vision Improvement student practices, imitates these normal, natural eye functions (relaxed, natural, Correct Vision Habits) to gently coax the brain, eyes, eye muscles, body (visual system) back to normal, relaxed function and clear vision. Then, the eyes, brain... function correct, automatically 'on their own' maintaining clear vision.

The Fundamental Principles of Treatment

Derived from Dr. Bates Better Eyesight Magazine -June, 1921 & other Issues

HOW TO DEMONSTRATE THE FUNDAMENTAL PRINCIPLE OF TREATMENT

Experience, demonstrate that strain, lowers the vision: think something disagreeable, some physical-discomfort, or something seen imperfectly. When the eyes are opened, it will be found that the vision has been lowered. Staring causes strain, blurred vision. Next: repeat and think something pleasant, happy - notice clear vision.

BASIC TREATMENTS

Resting the Eyes

Palming

Shifting and Swinging

Memory

Imagination

Flashing or Blinking

Central-fixation

Sun Treatment

How to Practice With the Test Card

Reading small, Familiar Letters Daily

Use the Adobe PDF E-Book to search for the complete directions for these steps in Better Eyesight Magazine and Dr. Bates Books. Also, see the latest version of 'Better Eyesight Without Glasses' 1940+ book editions, final extra chapter by Emily C. A. Lierman, Bates - her list, directions for these Treatments. They are basically the same as are described in Dr. Bates old copyright free books and 132 Issues of Better Eyesight magazine.

Adults can experience free Natural Eyesight Improvement Training by watching how children (that have clear vision) use their eyes: Relaxed, their eyes move, 'shift' often, easily, clear vision occurs effortless, automatically without thinking about, controlling their eyes and vision. (Do not let the child know you are watching their eyes because this might cause them to start thinking about their eyes, clarity of vision, try to control eye function and this will interfere with completely natural, normal eye function and visual clarity. Similar to a teacher placing a lot of pressure on a child to see an eyechart clear. The child must be allowed to see the chart in a relaxed state, memorize the letters.) Relaxation, good memory produces clear eyesight. Imitate, practice the child's correct eye function.

Videos – How to Use The PDF E-Book & Natural Eyesight Improvement Training

<http://www.youtube.com/watch?v=n1MWGeF0iU4>
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From The Back Cover

This book is written by a Bates Method, Natural Eyesight Improvement Graduated Student that has kept her eyesight clear since my teen years to present age of 54.



Ophthalmologist
William H. Bates

This book is a short version of the large book; 'Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method' for people that are busy, prefer quick training. Relaxation of the mind, eyes, eye muscles, using the eyes correct brings clear eyesight. When relaxation occurs the eyes automatically function correct. The practices in this book produce relaxation, normal, natural, healthy eye function. The large book contains detailed, in depth study of 'The Bates Method of Natural Eyesight Improvement' and additional activities-Download this book Free at the website; www.cleareyesight.info. Contains 11 E-books, printable, 1000+ pages. Includes Ophthalmologist William H. Bates Natural Eyesight Improvement books and his entire 'Better Eyesight Magazine' Monthly Issue collection teaching his many different natural treatments for clear eyesight, healthy eyes. Dr. Bates discovered Natural Eyesight Improvement, cured his own eyesight, then other doctors and patients eyesight using natural treatments, without eyeglasses, surgery, drugs. Treatments for; Clear Distant, Close and Reading Eyesight, Astigmatism, Cataract, Glaucoma, Crossed, Wandering Eyes, Conical Cornea and other conditions. Hidden from the public by Opticians, Eye Doctors, Eye Surgeons for over 100 years because it works, is safe and people can do It 'On Their own' with basic training. Many children, cured of defective eyesight by Dr. Bates, then on to cure their friends, parents, teachers eyesight. After a neck injury caused by a chiropractor in 2009; my eyes developed double, triple vision, strabismus, dark and white-out hazy vision, astigmatism and low clarity. Natural Eyesight Improvement, Physical Therapy brought the eyes back to normal function clear eyesight at all distances. The Bates Method improves more than the vision; it improves the brain, body's function, emotions, creativity and other skills.

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