

Better Eyesight Magazine

Original Antique Pages

by

Ophthalmologist William H. Bates

July, 1919 to December, 1919 - 6 Issues

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

\$2.00 per year

20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET

NEW YORK, N. Y.

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This list is limited. More books have been added; <http://cleareyesight-batesmethod.info/id148.html>

Many more books included; all the Author's books on Amazon; http://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp_byline_cont_pop_book_1 This book included. All books, pictures in Color. Listen to Dr. Bates Better Eyesight Magazines on the Internet at; <http://www.cleareyesight.info/naturalvisionimprovementoriginalandmodernbatesmethod/>



Patient reading fine print in a good light at thirteen inches, the object of vision being placed above the eye so as to be out of the line of the camera. Simultaneous retinoscopy indicated that the eye was focused at thirteen inches. The glass was used with the retinoscope to determine the amount of the refraction.

Fig. 34. Straining to See at the Near-Point Produces Hypermetropia

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Better Eyesight Magazine - Original Antique Pages By Ophthalmologist William H. Bates
July, 1919 to December, 1919 - 6 Issues - Natural Vision Improvement.**

**See the following pages for the entire copyright and directions for practice of Natural Eyesight
Improvement-The Bates Method**

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Read entire information on the following pages, end of this book and the PDF on the main Copyright, Directions, Disclaimer webpage; <http://cleareyesight-batesmethod.info/id110> This is long but it's worth the read; it also describes how to detect, avoid unnatural methods, things to avoid when practicing Natural Eyesight Improvement;

Do not wear contact lenses. Be aware of conflicting results if the eyes have had surgeries, any treatment. Avoid strong eyeglasses. Strong prescriptions cause and increase cataract, detached retina, glaucoma, increased blur and other eye-eyesight problems. No glasses is the healthiest way to go. If glasses are needed; 20/40 reduced, 'weaker and weaker' eyeglass lenses can be used temporarily, only when needed for safety when driving, work... as the eyesight is improving with practice of The Bates Method. Read the directions to learn how to safely and legally reduce your prescription until you achieve clear eyesight and permanent freedom from eyeglasses.

The eyesight improves easier, faster and the eyes remain healthy when eyeglasses, contacts are avoided. See a Behavioral Optometrist, Ophthalmologist and on-line mail order Opticians for affordable eyeglasses.

Contact lenses must not be worn before, during, after practicing Natural Eyesight Improvement. Contacts will not fit the eye, cornea as they change to normal healthy shape and function with practice of Natural Eyesight Improvement. The contacts can scrape, infect and scar the cornea. This can occur even without practice of Natural Eyesight Improvement because the eye, cornea naturally change shape on their own. Stop use of contacts before practicing and do not return to them. Contact lens drops, cleaning solutions contain unhealthy ingredients and have caused cornea-eye infection, parasites..., blindness.

Natural Eyesight Improvement normalizes, corrects the eyes pressure, improves eye health. If there is any eye condition, glaucoma, cataract, surgery..., you are taking drugs, eye drops for glaucoma or other eye conditions to lower or raise the eyes pressure or any other drugs, treatments for any eye-eyesight condition; ask your eye doctor's advice first before practicing the Bates Method, Natural Eyesight Improvement. Eye drops, drugs, the drugs strength, amount to take, un-natural treatments for eye pressure, other treatments might need to be changed, reduced, discontinued. If the doctor allows the patient to practice, the doctor must monitor the eyes-eyesight, eye pressure and other eye conditions, functions as Natural Eyesight Improvement is practiced.

Natural Eyesight Improvement changes the eye, cornea, lens, retina... back to normal healthy shape and function. If the eye, cornea, lens, retina... has had surgery, if any treatment has been applied to the eyes; check with your eye doctor first before applying Natural Eyesight Improvement to be sure the surgery, treatment and Natural Eyesight Improvement do not conflict, interfere with each other, with the eye shape, state the doctor has set, fit the surgery, treatment to. Natural Eyesight Improvement might help the surgery, eye to heal or it might work against the surgery because; Natural Eyesight Improvement brings the eye, cornea, lens, retina, vitreous... to normal shape but; the surgery may have been done to place, keep the eye in an abnormal shape, a shape it was in before the surgery or a new abnormal shape. Example; detached retina surgery done on an eye that is abnormally lengthened due to very tense outer eye muscles, advanced nearsight (myopia) from many years wearing minus eyeglasses 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, normal retina shape... Will it help strengthen the surgery and heal the eye, retina back into correct placement or impair the surgery, treatment, pull the surgery loose and detach the retina? Even if the eyes shape is normal, the doctor might tell the patient to wait until the surgery has fully healed before practice of Natural Eyesight Improvement. (Detached retina can also occur from tense outer eye muscles causing a shortened eye shape due to many years wearing reading 'plus' eyeglasses.)

Same warning for eye cornea laser surgery, other cornea, eye surgeries and some cataract surgeries, including artificial eye lens implants containing an eyeglass prescription. This places a permanent prescription inside the eye. All surgeries that place a prescription in the cornea or eye for nearsight, (myopia) farsight, presbyopia, astigmatism, bifocal... cannot be changed if the eyesight improves with practice of Natural Eyesight Improvement, or if the eyesight becomes more impaired without practice. (Prescriptions are addictive, cause more eyesight impairment.) Eyesight will be unclear; like trying to look through an incorrect, too strong or too weak eyeglass prescription, a prescription that is locked inside the eye. Only more surgery can change an eye, lens implant prescription and all surgery has risks.

(Doctors can place an artificial lens replacement without a unnatural prescription in it into the eyes after cataract surgery. This enables the person the option of wearing eyeglasses for one distance or practicing Natural

Eyesight Improvement. A artificial lens can be set to the eyes natural lens' focus for far distance, but patients are given the option of a close or far lens focus. Dr. Bates states the eye can lengthen like a camera to solely accommodate for clear close-reading eyesight, so; opting for far focus in the artificial lens is best. Be sure the lens refraction is natural, exactly as the normal healthy eye's focus. No myopia, farsight, presbyopia, astigmatism, bifocal... prescription in the artificial lens. In the old days some people had no replacement lens but they could see clear without a lens. In later years a real human eye's donor lens was tried; it contained the eyes natural focus and can change shape to accommodate for clear close eyesight and un-accommodate for clear far eyesight, if attached correct, is the correct size. It may have been placed into the original lens capsule or the entire lens implanted. The new modern artificial lens cannot change shape 'accommodate, un-accommodate' so doctors set it to one distance. Far eyesight will be blurry, un-accommodation cannot occur if you opt for the close focus lens setting.

Doctors are working on creating an artificial lens that can change shape for clear focus at all distances same as a natural lens. Note; plastic is toxic. Hopefully they will find a healthy, natural substance. Maybe grow a real human lens from cells, DNA with a perfect movement, focus 'refraction of close and far light rays'.)

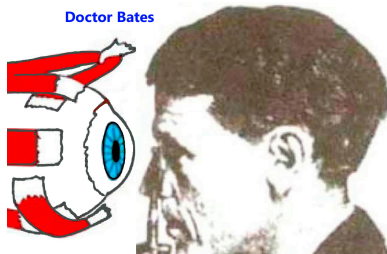
More surgery on the cornea includes a high risk of injury, it further impairs the cornea's health, structure, function, weakens it, increases intolerance to light, impairs use of, function with light. Avoid elective cornea surgery, cornea prescription implants. Cornea surgery destroys the eyes natural tear production resulting in lifelong monthly prescriptions for eye drops and 'special kits'... Read more cornea surgery side effects in our books and at the FDA.

I have communicated with Natural Eyesight Improvement students that had; cataracts, glaucoma, holes, fluid leaking in the eyes retina, retinitis pigmentosa, other conditions and they have benefited, regained good eye health and clear eyesight from practicing Natural Eyesight Improvement, The Bates Method, stopping use of eyeglasses, contacts, sunglasses and by working with a Bates Method Ophthalmologist. People have returned to clear eyesight after some forms of unsuccessful eye surgery and eye muscle surgery but always check with an eye doctor and honest, true Bates Method teacher first. Choose an experienced Bates Method Natural Eyesight Improvement Behavioral Ophthalmologist, Optometrist, teacher with many excellent patient references. Choose doctors that prefer natural health treatment, prefer to teach Natural Eyesight Improvement and discontinue use of eyeglasses, keep the eyes healthy and avoid eye surgery, drugs. Avoid eye doctors selling laser and other eye cornea surgeries, drugs that are not needed, unnecessary lens removal/surgery, eyeglasses (especially strong over-corrected eyeglass lenses), addictive astigmatism sections in the glasses, bifocals, multi-section, multi-focal, mono-vision lenses, tinted, colored lenses, sunglasses, contact lenses, ortho-keratology, ortho C... and all types of eyeglasses.

An experienced eye doctor can detect health of the eyes and body by examining, looking at and into the eyes. Blood pressure, sugar levels, injury, stroke and many health conditions are reflected in the eyes, often in an early reversible stage.

An eye doctor experienced in iridology can determine health of organs, systems in the body. See the story of Ignatz Von Peczely, physician. He cured an injured owl and during treatment noticed that the owls eyes, iris were altered when the bird was sick, injured. The eyes, iris returned to normal as the bird's health healed.

Children - read/use the books, websites, videos, audios... all content only with direction of, supervised by parents and a Bates Method Eye Doctor. Children and adults; do not us the Sunglass (Burning Glass) and other methods that are listed for application only by an experienced Bates Method Ophthalmologist. If in doubt about how to apply a method; ask a Bates teacher and Bates Method eye doctor. For more information, extra modern training; read 'Better Eyesight Magazine Illustrated with 500 pictures' and the other free E-books.



Avoid Un-Natural, Harmful Eyesight Methods

There are dishonest teachers, authors altering Dr. Bates original books, method by adding unnatural practices that impair the eyesight, eyes health. Example; the harmful cataract, detached retina, astigmatism... producing 'Plus Lens Method'. (Also called Anti-Corrective Lenses.) It consists of forcing the eyes to look through blurry, incorrect, too strong close eyesight reading eyeglass prescriptions. Avoid this! The method is addictive, it causes unclear eyesight to develop. The method forces the ciliary-lens muscle and other inner, outer eye muscles and the lens to become stiff, immobile. Circulation in the eye is lowered, health of the eyes, lens is impaired. The eyes natural refraction, movement is blocked. Tense outer eye muscles press on the eye altering its shape, cause tension in the eye, retina, lens. Bleeding in the retina, blind spots develop. Notice people that wear stronger and stronger reading glasses develop cataract and are then sold surgery. All eyeglasses, - minus and + plus lenses, prisms, astigmatism... lead to addiction to stronger eyeglasses, cataract, detached retina, glaucoma and other eye problems. Cataract, glaucoma... are also a side effect of drugs taken for certain medical and eye conditions. Eyeglasses increase the risk.

Another method to avoid is Artificial 3-D Fusion eye exercises. (Autostereogram, single-image stereogram, SIS, magic eyes pictures...) It creates an optical illusion of depth, distance. It consists of staring straight ahead into space before or beyond 2 objects that are placed on the left and right sides of the face-eyes (in the eyes peripheral field) to form an illusion of a 3rd merged object of the 2 objects in front of the face between the left and right eyes. The object is not truly in the central field. This method is not natural, it blocks, impairs central-fixation, eye shifting, relaxation and normal eye-brain function. Staring is a main cause of unclear eyesight. Only a Behavioral Optometrist, Ophthalmologist can apply this Artificial 3-D correct. It must be done a specific way for each individual patient, condition and used only if absolutely necessary after first trying The Bates Method which is a safe, effective, truly natural method to correct strabismus. The false 3-D method is often not needed when the Bates Method alone is practiced. The artificial 3-D pictures are amusing but they can cause strabismus, impaired eye movement, un-balanced-uneven eyesight in the left and right eyes, double vision, astigmatism, blurry eyesight and impaired convergence, divergence, accommodation, un-accommodation when looking at close and far distances by disrupting the way the brain, left and right hemispheres, visual cortex, nerves work with the eyes, eye muscles, retina, depth, distance perception...

Practice of the Bates Method can help reverse impairment to the visual system, eyesight that the artificial 3-D has caused. 3-D video games, TV's, computer screens, electronic readers, phones produce another form of harmful artificial 3-D.

People selling Dr. Bates books, his Better Eyesight Magazine for 4 times the normal price tried to get our copy of Dr. Bates paperback Better Eyesight Magazine, books and the free Better Eyesight Magazines on our website, GoogleBooks unpublished. We had to prove copyright, public domain three times. The assembler, illustrator of this book was attacked though computer hacking and other ways seven times by people trying to prevent this book and Dr. Bates Original Antique Better Eyesight Magazines from being published for a lower price than they sell for. *Dr. Bates magazines, books belong to the public.*

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If you have read this book or the free E-books; please teach it, help other people learn The Bates Method and avoid unclear eyesight, cataract, other eye-eyesight problems, addiction to eyeglasses and unnecessary eye surgeries.

Author Clark Night provides 'Free Natural Eyesight Improvement Training' to the blind, visually disabled by Phone, Skype..., in Person, E-Books and Audio-Video. Part of our profit from paperback..., kindle book sales is given to the blind, Perkins and Guide Dog Schools;

<http://www.clearsight.info/id73>

Donation receipts, yearly records available to the public.



Hadley - Ten years of service



5. The Perkins Institution for the Blind, South Boston, c. 1840
Courtesy Boston Public Library ³ Department.

This Book and Dr. Bates 132 Better Eyesight Magazine Issues are Preserved by Eye Doctors, Bates Teachers

Ophthalmologist William Horatio Bates Better Eyesight Magazine and books contain the true principles of the eyes function, Natural Eyesight Improvement, the Bates Method. Taught directly from the eye doctor that discovered this healthy effective practice. Improves function of the eyes, eyesight, mind and body (Visual System). An independent 'Do It Yourself' home study course.

Dr. Bates magazines and books (in their original, unedited, antique print from the 1900's) were destroyed, hidden from the public by eye doctors/surgeons, the optical industry for many years after Dr. Bates death. Most eye doctors prefer to sell eyeglasses, eye surgery, drugs and hide Natural Eyesight Improvement from their patients. Honest doctors who tried to teach, preserve the Bates Method, Dr. Bates work were outcast, risked losing their medical license. Dr. Bates worked to prevent this during his lifetime. After Dr. Bates passed away in 1931; Emily A. Bates, Bates teachers, students and a few honest eye doctors (Dr. Harold M. Peppard...) preserved Dr. Bates original 'Better Eyesight Magazines', book 'Perfect Sight Without Glasses' and 'Medical Articles', hid them from eye doctors, the optical industry in order to prevent their destruction. Dr. Monroe J. Hirsch preserved Dr. Bates work in optometry, ophthalmology college libraries. (In later years people made photocopies, then converted to books.)

Bates Method teachers were taken to court as eye doctors tried to stop them from teaching. See cases of Margaret Corbett and famous writer Aldous Huxley. They won the right to practice, teach and preserve the Bates Method! Huxley was saved from blindness, his eyesight restored by Margaret Corbett teaching him how to practice the Bates Method. He then wrote 'The Art of Seeing'. Jealous people attacked him when he used his glasses for a moment to read a paper in public one day. He was almost blind before the Bates Method! Most of the time he went without glasses. (Nervousness, trying to see when under pressure, stress, people working against you can temporarily lower the eyesight. This causes a lot of false eye exam results, unnecessary eyeglass prescriptions.)

As time went on natural cures became popular, the public realized the harm that eyeglasses, drugs, certain eye surgeries (elective cornea laser...) cause. Public demand, true freedom of the press on the Internet made it safe for Dr. Bates magazines, books to be returned to the public without fear of imprisonment, fines... The Alexander Technique by F. Matthias Alexander (endorsed by Dr. Bates), massage, myofascial release of muscle knots in the shoulders, neck, body, movement and relaxation... methods combined with Dr. Bates practice. There are now more honest ophthalmologists, optometrists teaching Natural Eyesight Improvement. Opticians, optical businesses work with Bates Method Behavioral Optometrists, Ophthalmologists, Natural Eyesight Improvement teachers and students to provide low cost, weaker and weaker reduced eyeglass prescriptions (used temporarily, only if needed for safety; driving, work...) as the Bates Method student reverses his/her eyesight back to perfect clarity with practice of Natural Eyesight Improvement. They obtain 20/20 and clearer eyesight, freedom from eyeglasses. (There are many eye doctors, people posing as Bates Method teachers but they are not true teachers. They teach unnatural methods that impair the eyesight, eyes health, sell eyeglasses and eye surgery. *Avoid them.*)

Most Modern Natural Eyesight Improvement teachers do not provide their students access to Dr. Bates original magazines, books. They hide their information, source of knowledge so they can charge a high price for training, 'hundreds, thousands of dollars' and prevent people from becoming perfect teachers, *their competition*. Thomas Quackenbush, a famous, honest Natural Eyesight Improvement Teacher, teaching full time since 1983, (trained by Janet Goodrich, another great teacher) published Dr. Bates magazines in 2001. 1st book in 1997 contained some magazines; 'Relearning to See-Improve Your Eyesight Naturally'. This re-enlightened the public to the existence of Dr. Bates magazines, books and medical articles. I attended Tom's student class in 1999 at age 40 and obtained clear close reading eyesight (presbyopia healed) and clearer than 20/20 distant eyesight! Present age 57, Aug., 2014 and still see clear even after a neck injury in 2009 caused many eye, eyesight problems. The Bates Method brought the eyesight back to 20/20 and clearer.

Dr. Bates work is preserved free in Color PDF E-books at; www.clearsight-batesmethod.info Includes Dr. Bates original first book *Perfect Sight Without Glasses*, his *Medical Articles*, *Stories From The Clinic* by his devote wife, New York City Clinic assistant Emily C. A. Lierman/Bates and the entire collection of Dr. Bates Original, Unedited, Antique *Better Eyesight Magazine* in the 1900's print. 11 years, 132 issues, every year, month, page. Over 2400 pages and a text copy of the magazines with 500 color pictures and additional modern practices. Pass this knowledge along freely, help others enjoy perfect eyesight, healthy eyes. (Thank you, Clark Night)

SCHOOL NUMBER
Better Eyesight

A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION
AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES
Vol. XI AUGUST, 1926 No. 7

Demonstrate

School Children
By W. H. Bates, M.D.

Stories from the Clinic
No. 73; School Children
By Emily C. Lierman

What the Bates Method Did for One School Boy
By May Sauer

Questions and Answers

\$2.00 per year 20 cents per copy Back numbers 25 cents
Published by the CENTRAL FIXATION PUBLISHING COMPANY
383 MADISON AVENUE NEW YORK, N. Y.

CHILDREN MAY IMPROVE THEIR SIGHT BY CONSCIOUSLY DOING THE WRONG THING

Children often make a great effort to see the blackboard and other distant objects in school. It helps them to overcome this habit to have them demonstrate just what the strain to see does.

Tell them to fix their attention on the smallest letter they can see from their seats, to stare at it, to concentrate on it, to partly close their eyelids—in short, to make as great an effort as possible to see it.

The letter will blur, or disappear altogether, and the whole card may become blurred, while discomfort, or pain in the eyes or head, will be produced.

Now direct them to rest their eyes by palming. The pain or discomfort will cease, the letter will come out again, and other letters that they could not see before may come out also.

After a demonstration like this children are less likely to make an effort to see the blackboard, or anything else; but some children have to repeat the experiment many times before the subconscious inclination to strain is corrected.

BETTER EYESIGHT

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

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Editor—W. H. BATES, M.D.
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Vol. V AUGUST, 1921 No. 2

SIGHT-SAVING IN THE SCHOOL-ROOM By EDITH F. GAVIN

It seemed so wonderful to me to be able to lay aside my glasses and have eye comfort after wearing them for twenty-two years with discomfort the greater part of the time! I could scarcely wait to get back home to talk to the other teachers about it and try to help a few of the children.

I began with Gertrude, who was so nearsighted that from a front seat she was unable to see very black figures one and one-half inches high printed on a white chart and hanging on the front board. Her vision January 11, 1921, was 20/70 in both eyes, but by March 10th she had improved to 20/70 with the right eye and 20/30 with the left and could read the chart from the last seat in the row.

Mistula had complained of headaches since last September. Glasses were obtained last December, and after a two months' struggle to get used to them, she refused to wear them, saying that they made her head and eyes feel worse. I then told her how to palm and practice with the chart. She had no more headaches in school, and her mother said she didn't complain at home. Her vision also improved from 20/30 to 20/15.

BETTER EYESIGHT

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Editor—W. H. BATES, M.D.
Publisher—CENTRAL FIXATION PUBLISHING COMPANY

Vol. X DECEMBER, 1925 No. 6

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

Better Eyesight Magazine by William H. 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

\$2.00 per year 20 cents per copy
Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET NEW YORK, N. Y.

SCHOOL NUMBER

Better Eyesight

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

Vol. XI AUGUST, 1926 No. 2

Demonstrate

School Children

By W. H. Bates, M.D.

Stories from the Clinic

No. 78: School Children

By Emily C. Lierman

What the Bates Method Did for One School Boy

By May Secor

Questions and Answers

\$2.00 per year 20 cents per copy Back numbers 30 cents
Published by the CENTRAL FIXATION PUBLISHING COMPANY
383 MADISON AVENUE NEW YORK, N. Y.

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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
July 28, 1926

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.

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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.

¹Harvard's Manual of Military Hygiene for the Military services of the United States, third revised edition 1917, p. 85.

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.

132 Issues of Better Eyesight Magazine containing a variety of Dr. Bates natural cures, practices for every eye, vision condition. 11 years practice in his Clinic in New York City. Free in the PDF E-Books. This book 'Perfect Sight Without Glasses' and the Magazines contain an entire Bates Method, Natural Vision Improvement course. 132 'PAGE TWO' Best Training Practices by Dr. Bates from his Better Eyesight Magazines in Small Print and extra Modern Practices, Pictures are placed at the end of this book. Read or Listen to Better Eyesight Magazine in any Language; <http://www.clearsight.info/naturalvisionimprovementoriginalandmodernbatesmethod/>



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**Ophthalmologist
William H. Bates**

The Cure of Imperfect Sight by Treatment Without Glasses by Ophthalmologist William H. Bates

Dr. Bates First, Original Book



Ophthalmologist
William Horatio Bates

Ophthalmologist William Horatio Bates discovered the natural function-principles of the eyes, eyesight 'visual system'. The Bates Method of Natural Eyesight Improvement. He cured thousands of patient's eyesight without use of eyeglasses, surgery, drugs; Unclear Distant and Close Vision, (Nearsight, Farsight, Presbyopia), Astigmatism, Crossed/Wandering eyes (Strabismus), Amblyopia, Cataracts, Glaucoma, Cornea Ulcers and Scars, Optic Nerve function, Retinitis Pigmentosa, Retina health-function, Color Blindness, various types of Blindness and other conditions. Surgery, drugs were used only when absolutely necessary; eye injury, specific conditions.

Author of 'The Cure of Imperfect Sight by Treatment Without Glasses' (Perfect Sight Without Glasses), 'Better Eyesight Magazine' and a variety of 'Medical Articles' beginning after college in 1881.



Emily C. Lierman, Bates

This is Dr. Bates original 1919-1920 book. In later editions after 1940, after Dr. Bates passed away many methods were removed, changed. Example; Open Eyes Sunning, 'Sun-Gazing'. The new treatment is; Sun-Gazing, Sunning is mainly practiced with the eyes closed, but looking at the bright sunny sky away from the sun with the eyes open is allowed. When Sunning, Sun-Gazing, facing the sun or near it with the eyes open or closed; keep the eyes and head moving, shifting side to side, up, down... across the sun and sky. The head moves with the eyes in the same direction. Open Eyes Sunning is done a specific way, for a brief time, few seconds and with the eyes, head constantly moving 'eyes shifting' and blinking. Never stare into the sun. Keep the eyes moving, look away from the sun often. More time is allowed when looking at the sunset, sunrise on the horizon when the sun's strength is low. The sunlight practices along with the entire Bates Method has cured various forms of blindness. See the end of this book for the entire directions, precautions.

There are many old very effective methods in Dr. Bates original books that are not included in later editions. This is due to teachers, authors fearing organized eye surgeons, doctors, businesses (who prefer to sell eye surgery, eyeglasses, contacts and drugs) bringing Bates Teachers to court in an attempt to stop them from teaching this healthy practice. Teacher, author's Margaret Corbett and Aldous Huxley won all cases brought against them and preserved the right for all people to practice, teach The Bates Method. To this day teachers have to keep a low profile, limit advertising.

The 1940 edition of Perfect Sight Without Glasses contains extra practices from Dr. Bates Better Eyesight Magazine added by his wife, assistant Emily C. Lierman (A. Bates). She also wrote 'Stories From The Clinic' (originally in Better Eyesight) describing many of their patient's eye conditions, the natural treatments applied by Dr. Bates and Emily... in his New York City Clinic and other locations. They also taught in California. Many teachers were trained. Movies were created in Los Angeles, CA illustrating the Bates Method for curing imperfect sight. The Method is used in Schools, the Military, Airforce to cure, prevent unclear eyesight enabling people to enter their profession, the service with clear, legal eyesight.

Bates Method teachers, students prefer Dr. Bates original practices in this book and his Better Eyesight Magazine, Medical Articles. Dr. Bates' original treatments, experiments, directions are necessary to understand the true method, training from the mind of the Original Bates Teacher, the Eye Doctor that discovered, practiced, taught Natural Eyesight Improvement. True life stories, 12+ years of recorded treatments, practice by the doctors, patients, parents, children, school teachers, adults, seniors and certified Bates Teachers.

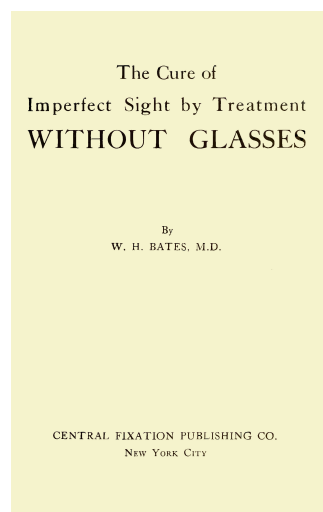
www.clearsight-batesmethod.info preserves Dr. Bates books with extra practices, pictures, Original and Modern Training, entire 132 Issues of Dr. Bates Better Eyesight Magazine - Years 1919-1930. All books, magazines in the Original Antique Print, Unedited, preserved in the 1st print edition. Includes 'Better Eyesight Magazine Illustrated with 500 Pictures', Emily's book 'Stories From The Clinic', her extra Suggestions-Fundamental Principles from the 1940 edition and 20 E-Books containing other doctor's, author's books.

Blue and Navy print, extra pictures in this book are by Natural Vision Improvement Teacher, Author Clark Night to describe new modern practices, additions to a few of the older, original treatments.

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TO THE MEMORY OF THE PIONEERS OF OPHTHALMOLOGY
THIS BOOK IS GRATEFULLY DEDICATED





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.

+In 2005 people created the first public Internet PDF photo copy of all 132 issues of Dr. Bates Original Better Eyesight Magazine and Medical Articles. Every year, month, page in the original antique print! This proved that Dr. Bates discovered Natural Eyesight-Vision Improvement, he is the true source of the Bates Method. In 2005-2012 two people converted the PDF's and their own photo-copies of the magazines, articles and Dr. Bates book into paper books and free on-line PDF's. Small and fine microscopic print magazine, book versions were also created.

The following pages provide a sample of the 1919 Better Eyesight Magazine Issue Illustrated with 500 Pictures. Free in PDF form with this book.



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 PDF 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.clear eyesight.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,

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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.

Eye-glass 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.

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.

Clark Night
Ar. W. J. Bates
7/28/26

PAGE TWO

BETTER EYESIGHT

A Magazine devoted to the prevention and cure of imperfect sight without glasses

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Editor—W. H. BATES, M.D.
Publisher—CENTRAL FIXATION PUBLISHING CO.

Vol. I JULY, 1919 No. 1

FOREWORD.

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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.

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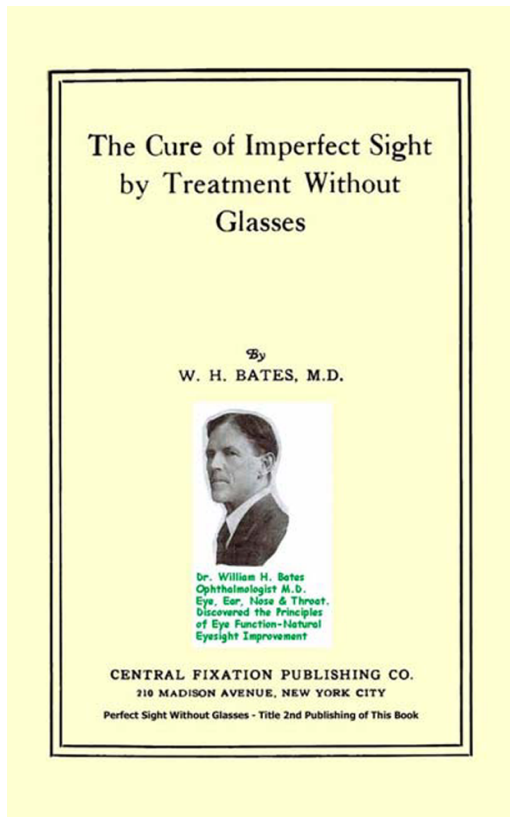
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Ophthalmologist Bates Better Eyesight Magazine Illustrated with 500 Pictures and other books, videos are included on a CD or download link with the Paperback copy of this E-book. 11 of the E-Books are included, attached to the E-book. The Original Better Eyesight Magazines (as shown here) and a few new books are provided in separate E-books.

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.

The numerator of the fraction indicates the distance of the test card from the pupil; the denominator 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.

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

AUGUST, 1919

No. 2

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

¹ For reports of all the papers quoted, see Jour. Am. Med. Assn, June 21, 1919.

Introduction, Directions, Dedication Continued

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.

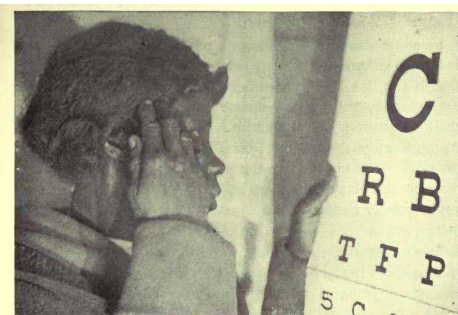


Fig. 43

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 a 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.

Dr. Bates published Medical Articles, Books describing his experiments on the eyes, eye muscles, the effect of memory on the eyes, vision and the effect of the clarity of vision on the memory: 1891 'A Study of

Images Reflected from the Cornea, Iris, Lens, and Sclera' & 'Memory as an Aid to Vision'. These Articles and others are placed in his 1920 book: The Cure of Imperfect Sight by Treatment without Glasses, Better Eyesight Magazine and his Medical Articles E-Book.

Dr. Bates created Natural Treatments, Activities to cure: reverse, correct and prevent unclear vision and other eye conditions based on his discoveries. This became known as 'The Bates Method'. Glaucoma, cataracts and other eye conditions were also reversed successfully with Dr. Bates Natural Treatments.

He made other discoveries, eye surgery inventions. Later, after he discovered the natural function of the eyes, vision, he stopped use of certain surgeries and cured the eyes-vision with his natural method.

Dr. Bates History - Dates

1860 - Born December, 23rd - New Jersey, USA.

1881 - Graduate - B.S. (Bachelor of Science) Agriculture - Cornell University in New York.

1885 - Graduate - MD (Medical Degree - Doctor of Medicine) - College of Physicians & Surgeons - Columbia University, New York.

1886 - Invented new operation for a type of deafness by incising the ear drum membrane and published article.

Published more articles on the Eye, Eye Muscles, Lens, Cornea, Cataracts, Accommodation, Myopia... from this date onward.

Discovered and published Article on properties of the aqueous extract of the suprarenal capsule, 'Adrenalin'.

1886 - First Natural Eyesight Improvement Application - Dr. Bates cures a medical student of unclear distant vision, 'Myopia' without eyeglasses, surgery, drugs.

1886 -1902 - Eye surgeon - Instructor of Ophthalmology - New York Postgraduate Medical School, Hospital. Dr. Bates teaches the other doctors, medical students to stop wearing their eyeglasses and how to cure their eyesight, myopia with Natural Methods. Dr. Bates natural treatments were successful. He states, proves the natural cure for Myopia, unclear distant vision.

(1891 - Dr. Roosa, the chief director of the institution, expelled Dr. Bates in an attempt to hide Natural Eyesight Improvement from the public and maintain the practice of solely prescribing eyeglasses, surgery and drugs.)

Dr. Bates then opens his own office, clinic and works for better hospitals.

Attending Physician, Surgeon, Clinic Assistant - Manhattan Eye & Ear hospital, Bellevue hospital, New York Eye Infirmary-Northern, Northeastern, Northwestern dispensary & Harlem Hospital.

Invented Astigmatic Keratotomy, an operation to correct astigmatism. He discontinued applying this operation after he realized through further study of Natural Eyesight Improvement that the operation eventually impairs the eyes function, cornea, vision, health. It works against the natural function of the eye.

Dr. Bates discontinued his hospital schedules for a while and started experimental work, studied the eyes natural function at the laboratory at Columbia University., Research at the Pathology Laboratory of Dr. Pruden at the College of Physicians and Surgeons, Columbia University.

Dr. Bates goes to Grand Forks, North Dakota, (Medical License) and teaches his Natural Eyesight Improvement Method, correct natural use of Snellen Eyecharts in the schools, brings clear vision to the children and teachers. Elected president of the Grand Forks district Medical Society.

Back to New York, worked as Attending Physician - Harlem Hospital in New York City. Teaches his method, use of Snellen Eyecharts in the schools, brings clear vision to the children and teachers in New York City.

1911+ - Met Emily C. Lierman. Dr. Bates cured her eyesight, then hired her as his assistant clinic nurse -They worked his experiments in the Physiological Laboratory at the College of Physicians and Surgeons in New York and treated patient's eyesight with natural methods in the Harlem Hospital, Clinic. Many years giving free treatments to the Public. They Married in 1928.

Dr Bates performs experiments on the eyes of Animals, Fish proving that the outer eye muscles when tense can alter the shape of the eye, lens and cause unclear vision, cataracts and other conditions. He proves the outer eye muscles, oblique can accommodate the eyes for clear close vision.

1918 - 1924 - Course, book 'Strengthening the Eyes' by Bernarr Macfadden & Dr. W. H. Bates - Physical Culture Publishing Co. In later book editions, Only MacFadden's name was listed on the book.

1919 -1930 - Dr. Bates Published his Monthly 'Better Eyesight Magazine' - Central-Fixation Publishing Co. - 11 Years-132 Issues recording various Natural Treatments for many different eye conditions of the patients of Dr. Bates, Emily and other doctor's... patients. A Gold Mine, History of Natural Eyesight Improvement Methods, Applications.

1920 - Dr. Bates published his book: 'The Cure of Imperfect Sight by Treatment Without Glasses'. 2nd print renamed: 'Perfect Sight Without Glasses'.

Medical Article - The American Journal of Clinical Medicine 'A Clinical and Experimental Study of Physiological Optics with a view to the Cure of Imperfect Sight Without glasses'. Basic information on The Bates Method. Many Medical Articles proving the effectiveness of The Bates Method were published though the years.

Elected Vice President of Allied Medical Associations of America.

Stopped work at Harlem Hospital, Clinic and starts Free Clinic treatments day at new location.

1926 - Emily C. A. Lierman (Bates) writes, publishes the book: 'Stories From The Clinic' describing The Bates Method, various natural treatments Dr. Bates and Emily applied to cure many different eye conditions for patients in their Clinic.

1931, July 10th - Dr. Bates Deceased, age 70 at his home in New York City. Emily Lierman/Bates, Dr. Harold Peppard, Dr. William B. MacCracken, C.S. Price, Clara Hackett, Margaret Corbett, Aldous Huxley and others continue to teach The Bates Method. Better Eyesight Magazine and Bates Books, Articles were Preserved. Bates Teachers work in Cities in the U.S.A., England, Germany, Spanish Teachers, South Africa,..

1940 - Emily Lierman, Bates re-published Dr. Bates book with an additional chapter teaching The Bates Method's Application: The Fundamental Principles of Treatment. (The list of treatments is placed in this introduction and is derived from Better Eyesight Magazine, June, 1921 and other issues & Dr. Bates original books). Sometime during her teaching profession she and others continued to bring the Bates Method to California and other states, countries. Thousands of person's eyesight cured naturally. Emily and other teachers made a Movie on 'How to Apply The Bates Method'. It is hard to find.

1940 -1941+ - Natural Eyesight Improvement Teachers are sued by the Optical, Medical Industry, Association in an attempt to stop them from teaching The Bates Method. (See Margaret Corbett, Aldous Huxley case in this book.) Optical Industry, AMA, Eye Doctors destroy Dr. Bates Books, Magazines, Articles, remove them from Colleges, Libraries, Bookstores...

1943 - Emily Lierman/Bates re-publishes Dr. Bates book with a new title 'Better Eyesight Without Glasses'. Many treatments in the book are removed causing The Bates Method to be mis-understood by students. Students confused Natural Eyesight Improvement with Eye Exercises. (The Bates Method uses relaxation of the mind, body, eye muscles and eyes. Exercise, hard effort is not applied.) Emily wrote this new limited book out of fear of Law Suits, Abuse, Imprisonment by the Medical People (Optical Industry, AMA...) that preferred to continue selling harmful Eyeglasses, Eye Surgery, Drugs and hide Natural Eyesight Improvement from the public.

Emily and other Natural Eyesight Improvement Bates Teachers, a few honest Eye Doctors secretly preserved Dr. Bates Original Books, Medical Articles, Better Eyesight Magazines in the U.S.A. and other countries.

A Bates teacher stated that toward the end of Dr. Bates' life the eye doctors that wanted to hide The Bates Method, to sell only eyeglasses, eye surgery and drugs ganged together, were taking Dr. Bates to court in an attempt to stop him from teaching Natural Eyesight Improvement. They wanted to take away his ophthalmology-medical license. Dr. Bates died before they could bring him to court. Some people wonder if the cause of his death was natural, really the flu or was it a conspiracy. Was he murdered by 'certain organizations'? Some drug companies and other businesses, corrupt politicians would have been happy to help, possibly exposed Dr. Bates to a 'mysterious virus'.

Teaching, working under adverse conditions, harassment for years may have been challenging. Dr. Bates disappeared, reappeared, worked in different locations, hospitals. He learned, taught much in his travels and found friends, support among other honest eye doctors.

After Dr. Bates passed away and time went by, people could not find his original unedited magazines, books, articles and other books he and Emily may have or had been in process of creating. See Better Eyesight Magazine, April, 1930; "... Dr. Bates and Mrs. Bates to devote more time to the writing of new books on treatment alone for which there has been a very great demand during the past year". Emily stated in Better Eyesight Magazine, May, 1927 that they were showing training movies in California; "Mrs. Lierman is delivering lectures throughout California and is showing moving pictures which illustrate the Bates Method of curing imperfect sight." ('Showing' = the movies were already created and were being shown?) No one has found the movies or new books... to this date. Were they destroyed? Are they being hidden by people afraid to come forward, were people threatened? Are some vision teachers hiding the movies, books due to ego, a power-control type of mindset. I appeal to your conscience, heart and humanity's education; come forward, preserve this great work. Do it anonymously if privacy, safety is the issue.

If I find them I will place on YouTube and publish the books free in PDF e-book and paperback.

**Bates life, work time-line originally researched
by a variety of Bates Teachers**

The Following Words Describe Eye Conditions Listed in This Book

+**Emmetropia**=Normal Round Eye=clear distant vision.

Dr. Bates states that the eye lengthens slightly (due to action of the outer oblique eye muscles) to produce accommodation for clear close vision. Other eye doctors state that the lens, or lens and eye, change shape (lens; due to action of the ciliary, inner eye muscle) to produce accommodation, others theorize the lens may move, as in a camera. The iris, pupil size, iris muscle also affects the function of the eye, light rays., clarity of vision.

+**Myopia**=Nearsighted=abnormally lengthened eyeball=unclear distant vision.

+**Hypermetropia**=Hyperopia=Farsighted=abnormally shortened eyeball=unclear close vision.

+**Presbyopia**=abnormally shortened or greatly lengthened eyeball due to outer eye muscle tension, and/or the lens is inflexible, ciliary muscle stiff=unclear close 'Reading' Vision. Extreme neck muscle tension, arthritis lowering blood, oxygen, nutrient flow to the head, eyes, retina, lens and causing neck muscle tension to travel into the outer and inner eye muscles can cause unclear close, distant vision, cataracts and other eye problems.

The Bates Method, nutrition, sunlight, posture, movement., corrects this condition.

Reading fine print cures presbyopia. See the Close Vision chapter and Better Eyesight Magazine.

+**Astigmatism**=irregular, abnormal cornea, lens, eye shape, due to outer, inner eye muscle tension, dysfunction.

Vision/objects are distorted, blurred, unclear in various areas of the visual field at close and/or far distances. Headaches, dizziness can be experienced due to distortion of objects in the visual field. Objects can appear to move, produce a variety of visual effects when the eyes move and the astigmatism area of the eyes cornea passes over objects. It is usually the eye and cornea that have the abnormal shape, not often the lens.

Headaches, sinus congestion, pressure can also affect the eyes nerves, muscles, eye movement, entire eye, eye shape and cause unclear vision, astigmatism, a variety of visual disturbances. Check with your doctor if a sinus infection is suspected. Usually is harmless but occasionally infection can travel. See the Nutrition Chapter for natural prevention of sinus congestion, infection. Extreme neck muscle tension, misaligned neck vertebrae can affect eye muscle, nerve, ear, sinus... function causing many different eye, vision problems.

Relax the neck, stay healthy, use the Bates Method to avoid astigmatism, blur, eyeglasses.

+**Amblyopia**=Amblyopia Ex Anopsia=Dim, low, no vision or less clear vision in one eye, often in a wandering/crossed eye due to lack of use of the eye or the brain shutting off the image in the wandering/crossed eye to prevent double vision. Can occur in both eyes. Can occur in an eye with very unclear, blurry vision.

+**Squint**=Strabismus=Wandering/Crossed/Lazy Eye - Dr. Bates uses the word 'Squint' to describe this condition.

A tense outer eye muscle pulls the eye in, out, up, down... causing strabismus, slow, stiff, un-coordinated eye movement, imperfect convergence, divergence, double vision. The state of convergence, for close vision, divergence for distant vision functions with and affects accommodation for clear close vision, un-accommodation for clear distant vision.

Strain in the mind, left and right brain hemisphere imbalance, one hemisphere or part of the brain not working correct with a eye muscle, not activating its movement or partially activating it can cause strabismus, imperfect eye movement. Exercises, games, Bates Method corrects this condition.

Imperfect Left and right brain hemisphere function, imbalance, interfering with a baby's crawling, natural walking stage, use of baby walkers, (This disrupts natural left and right brain hemisphere development, activation & integration as the baby grows, learns to crawl and walk. The brain, hemispheres work with the eyes, eye muscles, eye development, clarity of vision.), injury from forceps birth delivery, (incorrect handling of the baby at birth, doctors forcing mothers to avoid natural, healthy instincts of safe ways to massage, caress the baby's body, head that naturally insures perfect skull bone alignment after passing through the birth canal, 'like animals do with their tongue'), misaligned skull & eye socket bones and/or neck, back vertebrae, collarbones, other bones, pressure, pulling on nerves, muscles in/along the spine, neck, skull, eye socket can also cause eye muscle tension, eye/eye muscle dysfunction, strabismus, blur, astigmatism and other eye problems. Usually;

Mental strain, eye muscle tension, eyestrain, staring, not shifting, lack of central-fixation and other incorrect use of the eyes, wearing eyeglasses, sunglasses, lack of sunlight, using incorrect posture, is the cause of defective vision; blur, astigmatism, strabismus...

Stress, negative emotions, thoughts, experiences can also strain, tense the mind/brain, eye muscles, cause Brain Hemisphere imbalance and un-coordinated eye muscle function, vision impairment. Stress can temporarily shut off part of the brain, lower certain brain functions, communication with the eyes, eye muscles, retina. Computer use; looking all day at that one close distance, at the artificial 3-D images on the screen can tense up the eye muscles and eye movement in one or both eyes, cause one brain hemisphere to be dominant and one eye to be dominant at close distances, less clear vision at other distances... Divergence when looking to the distance after hours on the computer can be slow, double vision, one or both eyes movement almost frozen for close distance. (Looking at print, images, videos on the computer screen is different than looking at real print, pictures on a piece of paper. The computer screen strains the eyes when overdone.) Diet also affects the eyes health and vision.

“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.

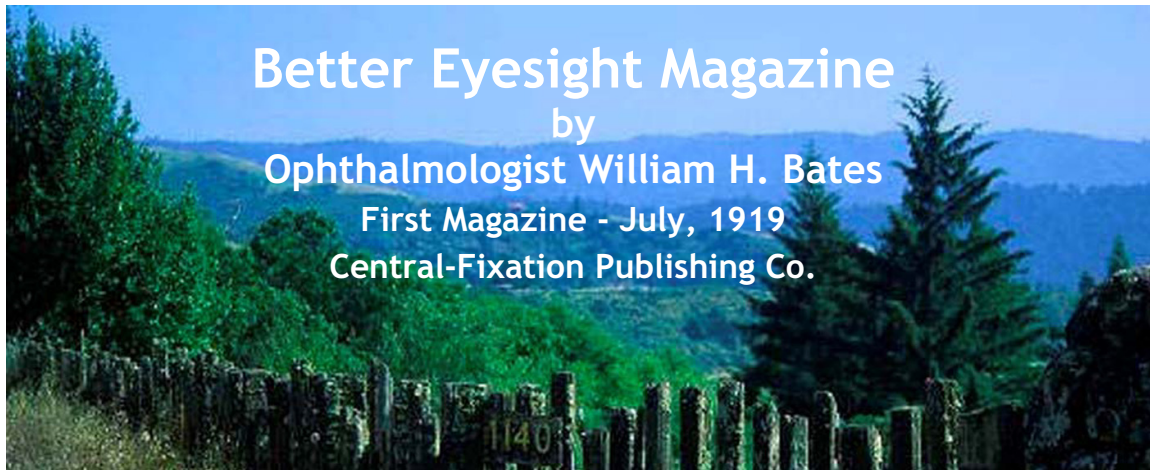
When the eyes are neglected the vision may fail. It is so easy to forget how to palm successfully. The long swing always helps but it has to be done right. One may under adverse conditions suffer a tension so great that the ability to remember or imagine perfectly is modified or lost and relaxation is 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.

*Gift
Dr. W. H. Bates
7 28 1924*



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

\$2.00 per year

20 cents per copy

**Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET**

NEW YORK, N. Y.

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.

Right-
A. W. D. Bates
M. 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.

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.

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 per cent. higher.¹

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 experi-

¹Second Report of the Provost Marshal General to the Secretary of War on the Operations of the Selective Service System to December 20, 1918.

mental 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.

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."¹

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.

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.² 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.

¹Everyman's Library, 1908, pp. 166 and 167.

²Bates: *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.

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.¹ When the vision of such persons becomes imperfect at the distance it will be found that myopic refraction has been produced;² 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,

¹Bates: *The Imperfect Sight of the Normal Eye*. N. Y. Med. Jour., Sept. 8, 1917.

²*Idem*: *The Cause of Myopia*. N. Y. Med. Jour., March 16, 1912.

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.

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 fixa-

tion, 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.

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.

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. 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 he does not see best where he is looking, and that when he looks a sufficient distance away from a point 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.

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 at the top and see the bottom worse. With practice she became able to look at the smaller letters in the same way, and 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.

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.

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 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 cata-

ract 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 gonorrhœa, 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.

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 ear-marks 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.¹ Once in a great while I feel the necessity of it. The same with remembering a period.² 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.

¹By 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.

²Bates: *Memory as an Aid to Vision*. N. Y. Med. Jour., May 24, 1919.

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 pleasant 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.

SCHOOL NUMBER

Better Eyesight

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

Vol. I

AUGUST, 1919

No. 2

How to Use the Snellen Test Card

A House Built on Sand

The Prevention of Myopia

Methods That Failed and
A Method That Succeeded

The Story of Emily

\$2.00 per year

20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET

NEW YORK, N. Y.

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.

The numerator of the fraction indicates the distance of the test card from the pupil; the denominator 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.

BETTER EYESIGHT

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

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Editor—W. H. BATES, M.D.

Publisher—CENTRAL FIXATION PUBLISHING CO.

Vol. 1

AUGUST, 1919

No. 2

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

¹ For reports of all the papers quoted, see Jour. Am. Med. Assn, June 21, 1919.

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.¹ 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

¹ Bates: The Imperfect Sight of the Normal Eye, N. Y. Med. Jour., Sept. 8, 1917.

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."¹

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 reforms, 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."²

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.³ 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

¹ The Hygiene of the Eye in Schools, English translation, edited by Turnbull, p. 127.

² System of Diseases of the Eye, 1897, Vol. II, p. 361.

³ Brit. Med. Jour., June 18, 1898.

survey of the whole question, to the "absolutely negative results of school hygiene,"¹ and Dr. Sidler-Huguenin reports² 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 1912,³ 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 Asso-

¹ Die Entstehung der sphärischen Refraktionen des menschlichen Auges, Berlin, 1913, p. 540.

² Archiv f. Augenhk., Vol. LXXIX, 1915, translated in Archives of Ophthalmology, Vol. XLV, No. 6, November, 1916.

³ Bates: The Cause of Myopia, N. Y. Med. Jour., March 16, 1912.

ciation 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 1903.¹ In many

¹ Bates: The Prevention of Myopia in School Children, N. Y. Med. Jour., July 29, 1911.

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. 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 City¹ with an attendance of about ten thousand children. Many of the teachers neglected to use the cards, being unable to believe that such

¹ Bates: Myopia Prevention by Teachers, N. Y. Med. Jour., Aug. 30, 1913.

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.

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 travellers. 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.

THE STORY OF EMILY

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 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.

THE CURE OF IMPERFECT SIGHT

By Treatment Without Glasses

By W. H. BATES, M.D., New York

A RESUME of animal experiments and clinical observations which demonstrate that the lens is not a factor in accommodation and that **all errors of refraction are functional and therefore curable.**

METHODS OF TREATMENT whereby such **cures have been effected in thousands of cases.** These methods will enable not only physicians, but parents, teachers, and others who themselves possess normal vision to cure all children under twelve years of age who have never worn glasses, and many children and adults who have. Many persons with minor defects of vision are able to cure themselves.

Thoroughly scientific, the book is at the same time written in language which any intelligent layman can understand. It is profusely illustrated with original photographs and drawings, and will be published shortly at \$3, post-paid. Orders may be placed now with the

Central Fixation Publishing Company,
39-45 East 42nd Street, New York.

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Better Eyesight

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

Vol. I

SEPTEMBER, 1919

No. 3

The Flashing Cure

Vision and Education

The Doctor's Story

Lying a Cause of Myopia

Cured in Fifteen Minutes

\$2.00 per year

20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET NEW YORK, N. Y.

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.

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. 1

SEPTEMBER, 1919

No. 3

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

¹ School Health News, published by the Department of Health of New York City, February, 1919.

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.

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OCTOBER, 1919

No. 4

The Swinging Cure

Simultaneous Retinoscopy

Floating Specks

Correspondence Treatment

\$2.00 per year

20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET NEW YORK, N. Y.

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.

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Editor—W. H. BATES, M.D.

Publisher—CENTRAL FIXATION PUBLISHING CO.

Vol. I

OCTOBER, 1919

No. 4

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 focussed 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 débris 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 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.

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.

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

Vol. I

NOVEMBER, 1919

No. 5

The Memory Cure

Reason and Authority

The Effect of Light Upon the Eyes

Two Points of View

\$2.00 per year

20 cents per copy

Published by the **CENTRAL FIXATION PUBLISHING COMPANY**
39-45 EAST 42nd STREET **NEW YORK, N. Y.**

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.

BETTER EYESIGHT

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

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Editor—W. H. BATES, M.D.

Publisher—CENTRAL FIXATION PUBLISHING CO.

Vol. I

NOVEMBER, 1919

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REASON AND AUTHORITY

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

¹ A condition in which the eye is shortsighted in all meridians, but more so in one than in the others.

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 benefitted 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.

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."¹ Since then,

¹ Jour. Am. Med. Assn., Dec. 10, 1910, p. 2028.

Verhoeff and Bell have reported¹ 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

¹ Proc. Am. Acad. Arts and Sciences, July, 1916, vol. 51, No. 13.

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.

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 overstimulated. This is one cause of headaches and tired eyes."¹

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

¹ School Hygiene, Brief Course Series in Education, edited by Paul Monroe, Ph.D., 1916, pp. 235-236.

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.

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 EYE-SIGHT.

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,

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By W. H. BATES, M.D., New York

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Better Eyesight

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

Vol. I

DECEMBER, 1919

No. 6

The Imagination Cure

The Menace of Large Print

Shifting and Swinging

Optimums and Pessimisms

Home Treatment

\$2.00 per year

20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET NEW YORK, N. Y.

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.

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.

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Vol. I

DECEMBER, 1919

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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, Risley found⁴ 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

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.

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.

SHIFTING AND SWINGING

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 ophthalmoscope¹ 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

¹An 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.

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 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 pro-

duced 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*.

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.

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.

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.

Better Eyesight

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

Vol. II

JANUARY, 1920

No. 1

The Palming Cure

The Variability of the Refraction of the Eye

How Long Will It Take?

Relief After Twenty-five Years

Facts Versus Theories

\$2.00 per year

20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET NEW YORK, N. Y.

Next Book - Year, 1920 - 12 Issues
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BATES METHOD HISTORY - TEACHERS, BOOKS, WEBSITES

IN HISTORICAL ORDER, YEARS 1800's, 1901 to PRESENT

The Best Natural Eyesight Improvement Training



Ophthalmologist
William H. Bates

+THE CURE OF IMPERFECT SIGHT BY TREATMENT WITHOUT GLASSES (Perfect Sight Without Glasses), 1920-1940. 9 print editions. By Ophthalmologist William Horatio Bates, M.D., Eye, Ear, Nose and Throat. Authors name on book; W. H. Bates. Advertised in Better Eyesight Magazine Sept., 1919.

Dr. Bates wrote Medical Articles, invented operations, discovered adrenalin, began his experiments and started to cure patient's eyesight naturally in 1886. He published STRENGTHENING THE EYES - A New Course in Scientific Eye Training in 28 Lessons, a kit-book with Bernarr MacFadden, a Natural Health teacher, body builder in 1918. Dr. Bates worked in hospitals, colleges treating



Emily C. Lierman, Bates

patients without eyeglasses, surgery, drugs. He cured other doctor's eyesight, taught them Ophthalmology and Natural Eyesight Improvement. This resulted in the head surgeon (Dr. Roosa, New York Post Graduate Hospital, Medical School) daring Dr. Bates to prove his statements about natural eye function are fact, then expelling Dr. Bates after Dr. Bates proved his discoveries are a fact and the natural practice is effective. (Read *Reason and Authority - Man Not a Reasoning Being* in the final chapter of *Perfect Sight Without Glasses*.)

Dr. Bates and the Bates Method survived. He was welcome in many hospitals, colleges as he continued to prove his method works. He opened his own office, clinic in New York City. Thousands of people were cured of unclear eyesight, cataract, glaucoma and other conditions. Often Dr. Bates and Emily, his assistant provided free-no charge for treatment clinic days. See his Better Eyesight Magazine for hundreds of documented natural eyesight cures.

Perfect Sight Without Glasses is Dr. Bates original, first book, it contains the complete, unedited antique edition. Treatments for blindness and other conditions. Some prints from 1920 to 1940 have a picture removed, new added, bit of text changed in the fine print section... and the printers, address are different. The 1940 final print of the book contains; a certificate, letter from T. K. Peters, Oglethorpe University, Ga., Oct., 18th, 1938 stating the book is *preserved in the Crypt of Civilization for future generations*. A small C eyechart with *Suggestions To Patients* and step by step directions *How To Demonstrate the Fundamental Principles of Treatment* are added by Emily A. Bates and an *Appreciation by Dr. Bates' Church Reverend, Dr. Rev. Daniel Poling*. Editions after 1940 have different titles, are not the complete version of Dr. Bates original book. Many of his natural treatments (The Sunglass, other Sunlight Treatments that can cure blindness, cataract...), his experiments and all pictures are removed.

5 original editions combined in one book are free in PDF E-book on our website and preserved in paperback. All 9 editions will be combined. I found 8 editions as of Sept, 2014. Single editions will also be created in paperback.

+BETTER EYESIGHT (Better Eyesight Magazine) - A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES By Ophthalmologist William H. Bates. 1919 11 Years, July, 1919 to June, 1930. 132 Issues, 2400+ pages. Includes 'STORIES FROM THE CLINIC' By Emily C. Lierman, A. Bates. 123 True Stories of Dr. Bates' patient's, treatments. Better Eyesight Magazine describes how Dr. Bates and Emily Lierman/Bates and other teachers, doctors applied Natural Eyesight Improvement, the Bates Method to cure patients of unclear vision, 'myopia, farsight, presbyopia, astigmatism', crossed-wandering eyes, cataracts, glaucoma, blindness, conical cornea, cornea scars, retinitis pigmentosa and many other eye-vision problems, disease without use of eyeglasses, surgery, drugs. The true method, it's origin. They teach how they did it and how to do it yourself. This proves the Bates Method works, is safe and healthy.

Eye doctors, surgeons and the optical industry became angry, feared they would lose a lot of money as people were being cured naturally and did not need to purchase eyeglasses, surgery and drugs. The eye doctors, opticians tried to stop Dr. Bates from curing his patient's eyes-vision naturally, teaching Natural Eyesight Improvement to the public and certifying teachers. To date; year 2014+, eye doctors, businesses that prefer to sell; eyeglasses, contact lenses, eye drops, drugs, cornea lasik, cataract... eye surgery continue to hide Natural Eyesight Improvement, the Bates Method, to prevent the public from learning how to obtain clear eyesight and cure, prevent eye problems, disease naturally, *on their own*. Dr. Bates life history; <http://cleareyesight-batesmethod.info/id110.html>

Better Eyesight Magazine and all Dr. Bates, Clark Night's books listed on this page are free in 20PDF E-books at; <http://cleareyesight-batesmethod.info/id148.html> 'Print your own book'. Read, listen to Dr. Bates *Better Eyesight Magazine* website; <http://www.cleareyesight.info/naturalvisionimprovementoriginalandmodernbatesmethod> Magazines in Paperback or E-book in Original Antique Print and Modern Print in Color with 500 Pictures. See the website homepage navigation on the left for low cost paperback books, other doctors, teacher's books; copy/paste any book title from this page into the bookstores search bar. Teachers trained and certified directly by Dr. Bates are listed in his *Better Eyesight Magazine*, in this book's introduction and on the website.

+STORIES FROM THE CLINIC By Emily C. Lierman 1926

Doctor, patient experiences, natural treatments in Dr. Bates New York City Clinic, offices. Emily C. Lierman's eyesight was cured by Ophthalmologist William H. Bates. She then worked as Dr. Bates assistant in his Clinic in New York City, U.S.A. for many years. They married in 1928. Her name changed to Emily A. Bates.

Emily Lierman, Bates is known for her kind, gentle, understanding way of treating, teaching adults and children how to obtain clear eyesight and healthy eyes naturally, and for her devotion to Dr. Bates work. She continued teaching The Bates Method of Natural Eyesight Improvement after Dr. Bates passed away in 1931 and preserved his books, Better Eyesight Magazine. The book contains true stories of their patients, describes the natural treatments that Dr. Bates and Emily applied without use of eyeglasses, surgery, drugs to cure; Unclear Close and Distant Vision (Myopia, Farsight, Presbyopia), Astigmatism, Crossed, Wandering Eyes (Squint-Strabismus), Cataracts, Glaucoma, Cornea Ulcers, Scars, Blindness and other eye problems. A variety of patients, their eye-vision conditions were treated. Dr. Bates, Emily's patients became teachers, applied Natural Eyesight Improvement to cure many people in the United States and other countries. Children cured by Dr. Bates and Emily then cured their friends, parents, school teachers with the Bates Method. Emily's 'Stories From The Clinic' were originally published in 'Better Eyesight Magazine' by Ophthalmologist William H. Bates, Central Fixation Publishing Co., New York City, U.S.A.

The stories in her book contain a few different, additional sentences, descriptions. *Free on this website.*

+THE BATES METHOD FOR BETTER EYESIGHT WITHOUT GLASSES By William H. Bates and Emily C. Lierman, A. Bates 1943 Emily A. Bates published the 1940 and 1943 editions of Dr. Bates book.

European version; GOOD SIGHT WITHOUT GLASSES

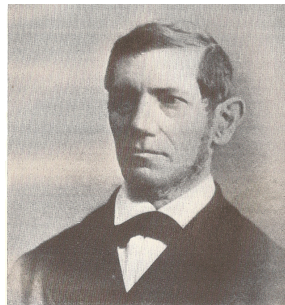
1943 and later editions are not the complete version of Dr. Bates original book. Blindness cures; looking into the sun with eyes open (the correct way, specific directions, time limit, eyes moving, blinking...), the sunglass and other original treatments, experiments and all pictures are removed from the book. (Fear of imprisonment, fines due to pressure from eye doctors, optical businesses trying to destroy Dr. Bates work, hide the truth.) Emily may have been reluctant to continue publishing Dr. Bates original book and its true title after Dr. Bates passed away in 1931 and Margaret Corbett, other Bates Method teachers were taken to court in the 1940's by dishonest eye doctors trying to suppress the Bates Method so they can continue selling eyeglasses, surgery, drugs. Right before Dr. Bates died in 1931 the dishonest eye surgeons... planned to take him to court, take away his medical license and stop him from teaching his natural method. Emily A. Bates' list of the basic practices 'Fundamental Principles of Treatment' are placed at the end of the 1940, 1943 books. My two copies state; copyright; 1940, 1943 by Emily A. Bates. 1940 is the original, has extra pages. 1943 has a full-size Big C Eyechart. Page 53; picture of the human eye. 1968, 18th printing. Owl Book edition 1981. Other books are labeled by different titles. Some people alter, corrupt the book's method.

(Clearsight Publishing Co. has all of Emily's treatments included 'legally, public domain' from Dr. Bates Better Eyesight Magazine in our reproduction of Dr. Bates original 1920 to 1940 editions combined.)

Two of the Best Eye Doctors, Scientists That Studied the Human Eye, Lens, Accommodation and Refraction Of Light Rays;

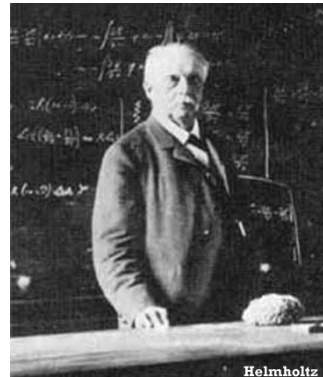


Hermann von Helmholtz



FERDINAND VON ARLT
(1812-1887)

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



Helmholtz



Helmholtz

Hermann Ludwig Ferdinand von Helmholtz, Great German Scientist, inventor, philosopher, physics, contributed to optics, electrodynamics, mathematics, physiology, meteorology, measured the speed of the nerve impulse, submitted a theory of color vision, the perception of musical tones. From 'Psychology and Life', 6th edition. Read the chapter on vision, page 264. Great description of eye movements, fixations, left and right brain hemisphere function with the eyes... He studied the eyes' lens and invented instruments to inspect the inside of the eye, light rays, retina, lens... 'the ophthalmoscope and ophthalmometer'. He stated his experiments developed the theory that the eyes lens changes shape to produce accommodation, clear close vision. Dr. Bates disagreed with this and produced experiments, stated that the eye changes shape during accommodation but the lens does not. He stated the eye lengthens from front to back during accommodation, 'for clear close vision'. Dr. Bates definitely proved as fact that the outer eye muscles, 'oblique and recti', when tense alter the eyes shape, the eyes refraction of light rays, pressure., clarity of vision at close and far distances

causing; unclear vision, astigmatism, cataract, glaucoma, strabismus and other eye-vision conditions. When the mind, body and eye muscles relax, these conditions are reversed, cured. Ophthalmologist Ferdinand Von Arlt originally studied the theory that the eye accommodates by lengthening, 'like a camera'. Modern eye doctors state they have proved that the lens and eye change shape during accommodation. The eye lengthens a bit when the lens changes shape. So, Dr. Bates and Arlt, Helmholtz are right. Tension in any eye muscle; the outer oblique, recti and inner ciliary-lens, iris-pupil muscles and even the tear gland and eyelid-blinking muscles can affect each other's function, the eyes function and the clarity of vision. Neck, shoulder and even back, body muscle tension, incorrect posture can affect the eye muscles and clarity of vision.

+STRENGTHENING THE EYES - A New Course in Scientific Eye Training in 28 Lessons By Bernarr A. Macfadden and William H. Bates, M.D. 1918, 1924, 1925. His first book;

+STRONG EYES - HOW WEAK EYES CAN BE STRENGTHENED AND SPECTACLES DISCARDED 1901.

Possibly the first person or one of the first people to write a book about Natural Eyesight Improvement. 1901 is a good book, has wonderful poetry..., but needed some improvement. Contains a few practices I do not recommend. In later years, MacFadden with the help of Dr. Bates wrote a new book with many changes, additions; The 1918, 1924-1925 book 'eyesight kit' editions of 'STRENGTHENING THE EYES' is a result of Bernarr MacFadden learning Ophthalmologist William H. Bates Method of Natural Eyesight Improvement, in person training from Dr. Bates. MacFadden published Physical Culture; A fitness, natural health, food, body building magazine. In this magazine and other magazines, newspapers Dr. Bates and MacFadden advertised the Bates Method, their 'Strengthening the Eyes' Natural Eyesight Course consisting of training booklets, 28 lessons and an eyechart. This and Dr. Bates Medical Articles, work around 1886 started the Natural Eyesight (Vision) Improvement revolution. In later years MacFadden turned the kit into a book.

Dr. Bates name was on most 1918-1925 red cover kits as author with MacFadden. Later book editions were authored only by MacFadden. Did Dr. Bates want to change, improve some of the practices in the book? Or maybe he preferred to place all his attention on his projects; Better Eyesight Magazine, Perfect Sight Without Glasses, Medical Articles, Clinic work. Bates 1919-1920 book, magazines contain many new practices. (*Clearsight Publishing Co., www.clearsight-batesmethod.info has added the Original and Modern Bates Method training to MacFadden's book; changed, corrected some practices, treatments and added new practices while maintaining the original text, pictures, practices 'entire book'.*)

MacFadden's practice of looking at 'shifting on' small parts of a close object (pencil), then looking beyond it to a far object on the horizon; looking at the far object's small parts, then back to the pencil, then far, then pencil... improves the eyesight quickly to 20/20 and clearer. Perfect convergence, divergence improve all eye-vision function. Bernarr MacFadden is one of the first Natural Health, Physical Fitness teachers. Sadly, he died in 1955 from a urinary tract infection after refusing standard medical doctor's treatment. Many people have improved their vision with the Bates Method. It is hidden by the medical community due to its success, competition; prevents need for glasses, surgery... The Bates Method works if the patient will learn and apply it. Many people prefer eyeglasses or surgery; a quick fix with no study, practice. Glasses, contacts, surgery are addictive, maintain and increase eye-vision problems, cause cataract, detached retina... With a little practice the Bates Method 'natural eye-vision function' becomes automatic and conscious practice is not needed.

+EL USO NATURAL DE LA VISION (THE NATURAL USE OF VISION) By Dr. Ramon Ruiz Arnau, M.D. 1924 Spanish - Berkley, CA Optometry Library; <http://oskicat.berkeley.edu/search~S1?/cre925+.R93+1924/cre++925+r93+1924/-3%2C-1%2C0%2CB/frameset&FF=cre++925+r93+1924&1%2C1%2C> Also preserved in the Library of Congress. Studied, successfully taught Dr. Bates Method. From Dr. Bates in Better Eyesight Magazine, Nov., 1924;

"This book should appeal to Spanish-speaking people, because it contains numerous demonstrations of the truth which make it possible to cure imperfect sight by treatment without glasses. In the magazine, "Better Eyesight," of May, 1920, is an article by Dr. Arnau with the title "My Headaches" in which he describes at length how he was cured of chronic headaches and imperfect sight by treatment without glasses. As a result of his cure he has become able to give relief to his patients. The author's most important contribution is his claim that the true use of the ciliary muscle is not to increase the curvature of the lens when the eye is focused for reading at the near point, but just the opposite: The ciliary muscle prevents any change of form in the curvature of the crystalline lens. He has written a great deal about mind strain as the real and only cause of defective eye-sight. He discusses the unconscious movements of the vegetative functions of the body, circulation, respiration and the constant mental shifting as entirely in accord with the new ideas of Einstein, Korbzyski and others. The Tachorthoscope was discovered by Dr. Arnau. It is an apparatus for the treatment of patients who are not benefited promptly by other methods. (It shows that voluntary or artificial attention, as is with spontaneous attention, oscillates, needs alternate contractions and relaxations. Forcing one fixation causes fatigue, lowers the vision..., perfect perception. Constant voluntary muscle contraction creates spasms, results in many impaired body, mind... functions.) He has also investigated the use of music by which some patients find an easy way to obtain a short swing through the auditory memory."

Here's another Spanish book on Scribd; Different author listed. EL MÉTODO NATURAL DEL OFTALMÓLOGO NORTE AMERICANO DOCTOR W. H. BATES J. de S'Agaró Como se recupera la VISIÓN NORMAL SIN GAFAS; <http://www.scribd.com/doc/89556144/Vision-Sin-Gafas> I have not read it entirely, can't read full Spanish.

+BETTER SIGHT WITHOUT GLASSES OR CONTACT LENSES By Harry Benjamin N. D. 1929

Also wrote a book on his experience with Myopia, books on Diet and Vegetarianism. Cured many people of defective sight. Describes how glasses impair the eyes natural accommodation, other functions. Good chapter on Mental Strain. Lot of pictures, easy to learn; the sway, swing, looking close and far to return natural accommodation, memory, imagination... Nutrition for the eyes. Very good book. Possibly trained with Dr. Bates.

+THE IMPROVEMENT OF SIGHT BY NATURAL METHODS - A Complete Treatise Upon the Newer Methods of Treating all Conditions of Imperfect Sight by Natural Means, and Obviating the Necessity for Glasses, Drugs, or Operations 1934 By Cecil S. Price

Trained by Ophthalmologist Bates. Captain of the Australian Army Medical Corps, Principal of the School of Eyesight Training (London). This is from Dr. Bates in Better Eyesight Magazine, Jan., and Mar., 1925;

"Capt. C. S. Price, of London, England, will visit Dr. Bates around the latter part of January. He is planning to discuss with Dr. Bates the best methods which are employed for the cure of imperfect sight without glasses. The spread of Dr. Bates' method in England is largely due to Capt. Price's enthusiasm and success in helping others. There are now two clinics, and a Better Eyesight League in England, all reporting favorable results. Capt. Price has been the guest of Dr. Bates for several weeks. Dr. Bates wishes to announce that he finds Captain Price thoroughly capable of curing imperfect sight by his methods."

+SIGHT WITHOUT GLASSES By Optometrist, Dr. Harold M. Peppard 1936

Worked with and was trained in The Bates Method by Ophthalmologist Bates. Continued Dr. Bates work in New York City with Dr. Bates' wife Emily A. Bates after Dr. Bates death in 1931.

Book has step by step Bates Method directions for various eye problems. The effect health, stress, diet, neck, shoulder tension and headaches... have on the eyes, vision. He states that imperfect, slow-stiff close distance eye convergence *sometimes* occurs as we age and is the cause of presbyopia, unclear reading vision. It is easily corrected. The Bates Method, long swing and reading fine, microscopic print is the natural cure. Glasses cause stiffness, impair convergence, accommodation.

After Dr. Bates passed away, the eye doctors that prefer to sell eyeglasses, eye surgery and drugs, to hide the Bates Method, Dr. Bates work and discoveries tried to destroy Dr. Bates books, Better Eyesight Magazines. Emily Lierman, A. Bates and others preserved Dr. Bates work. Dr. Peppard and other honest doctors helped to protect Emily during this time and preserve Dr. Bates Original unedited book 'Perfect Sight Without Glasses', His Medical Articles and 132 Monthly Better Eyesight Magazine Issues. See picture on the right > Dr. Monroe J. Hirsch preserves Dr. Bates magazines in a medical college library. (Movies, books Dr. Bates and Emily stated they created and were in process of creating are 'missing').

+USE YOUR OWN EYES 1937

+NORMAL SIGHT WITHOUT GLASSES By Dr. William B. MacCracken, M.D. 1945

Trained by Dr. Bates. Very successful in his medial practice curing his patient's eyesight with the Bates Method. A blind student I work with has success with this doctor's book. From the book;

In many cases it is quite practicable to teach a patient who is having trouble with eyesight how to correct the abnormal function and regain good normal vision. There are different techniques, or procedures, in the method originated by Dr. Bates. They are all very simple, and they are varied so that they are adaptable to every kind of condition, and temperament and opportunity. In this book all of these practices will be described so that it will be possible to learn definitely from the text how to carry them out.

Dr. MacCracken's books are free to download on this website.

+SEEING WITHOUT GLASSES By Dr. Emery C. Ingham 1941 Dr. Ingham was trained in the Bates Method of Natural Eyesight Improvement by her mother, Doctor Clara Ingham who was trained in person by Ophthalmologist Bates, the founder of the Bates Method of Natural Eyesight Improvement. Both had clear eyesight their entire life. She is mentioned in Dr. Bates monthly magazine as a qualified teacher and she posted in the magazine;

By Dr. Bates; Dr. Ingham, who also practices by Dr. Bates' method, is going back to Oregon. She will have access to the orphanage, and expects to start the system there free of charge. Dr. Ingham is a true member of the League. She not only gives her time, but her valuable experience in curing defective eyesight. She is most enthusiastic and we hope to hear very favorable results of her work in Oregon, and that a BETTER EYESIGHT LEAGUE is established there.

Perfect Book! Video; https://www.youtube.com/watch?v=ELLV_aHBoME&list=UU8f8jhrxbwrHc-4v0fz7qcQ

+THE ART OF SEEING By Aldous Huxley 1942 Almost blind, he learned the Bates Method, was trained by Margaret Corbett and improved his eyesight, could see without glasses, prevented the full, permanent blindness that his eye doctors stated would definitely occur. Sunlight and palming were two of his favorite practices. Famous writer 'Brave New World' and other books. Read his experience in Margaret Corbett's story below. The easy directions, practices in his book helped many people achieve clear eyesight. My first Bates Teacher. Corrected my eyesight, removed myopia in high school at age 17 and presbyopia at age 40. Now age 57, 2014 still see clear.



+EYES - THEIR USE AND ABUSE - How to Improve Defective Sight 1948 By Ethel Beswick
Worked with Cecil S. Price and other teachers, studied Dr. Bates work. Nice short book, straight to the subject, contains the basic training, variety of information.



THE LIBRARY
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GIVEN WITH LOVE TO THE
OPTOMETRY LIBRARY
BY
MONROE J. HIRSCH, O.D., Ph.D.

+HOW TO IMPROVE YOUR SIGHT - SIMPLE DAILY DRILLS IN RELAXATION
(How to Improve Your Eyes) 1938 +HELP YOURSELF TO BETTER SIGHT 1949
+A QUICK GUIDE TO BETTER VISION; HOW TO HAVE GOOD EYESIGHT WITHOUT GLASSES By Margaret Corbett 1957

Margaret Corbett is a Natural Eyesight Improvement teacher that worked with and was trained as a Bates teacher by Dr. Bates. She cured famous writer Aldous Huxley's eyesight, saved him from blindness. She improved the eyesight of many people, including pilots and people of various professions in the military, stars in Hollywood, Los Angeles, CA, USA.

In the 1940's, California; eye doctors and people in the optical-medical profession tried to stop Margaret Corbett and her assistant from teaching the public how to improve their eyesight naturally and stop use of eyeglasses. They accused her of practicing optometry without a license. They brought her and others to court a few times. Aldous Huxley and other cured Bates Method graduates were witnesses, testified for Margaret Corbett. Huxley proved that she improved his eyesight, he sees clear without glasses. Many people proved she cured them of cataract, near blindness and other eye-vision conditions, proved they had healthy retinas due to Bates' sunlight practice and obtained clear eyesight, freedom from eyeglasses. She won the 2 cases brought against her and later improved the eyesight of more people that were in the courtroom that day and worldwide. Other teachers won similar cases.

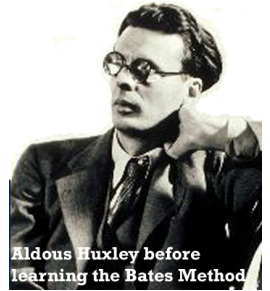
She was accused of violating the Medical Practice Act of CA for treating the eyes without a license. Mrs. Corbett explained in court that she was not practicing optometry or ophthalmology, is not acting as a doctor. That she is only an instructor of eyesight training. After she won the cases; the optometrists and ophthalmologists fought back by proposing a bill in the CA State Legislature to cause eyesight education to be illegal without an optometry... or medical license. The bill was defeated. New York succeeded in passing bills. Emily A. Bates, in N.Y. was affected by this abuse. The bills were eventually discontinued.

Huxley wrote the book; 'The Art of Seeing' in 1942 to describe the Bates Method and how his eyesight was cured. See his pictures on the right > ; top picture - strong, thick eyeglasses, unclear eyesight, near blindness before Natural Eyesight Improvement. Bottom picture - without eyeglasses, he has clear eyesight after his eyes-sight was cured by the Bates Method.

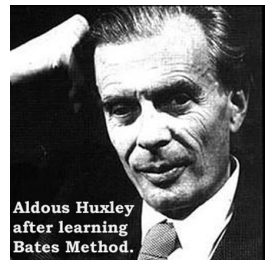
Critics state that later in life, Huxley was giving a speech and could not read part of a page without using a magnifier glass. People must realize that it is normal for the clarity of vision to fluctuate and especially when under pressure, a bit nervous giving a speech while knowing 'certain people' will be working against him, hoping his vision won't be perfect. Aldous Huxley had a major eye problem, was almost completely blind before treatment from Margaret Corbett. Age 16; attack of keratitis punctate, had opacities on the cornea blocking his vision, hyperopia, astigmatism. He wore very strong glasses for years and used a powerful magnifying glass to read. These things further impaired his vision. The Bates Method helped correct this. His eye injuries were not 100% cured but after the Bates Method he could see well. Due to the injuries he used a magnifier occasionally, mainly to see in dim light. Read Aldous wife's book for facts; his eyesight and the Bates Method; This Timeless Moment; A Personal View of Aldous Huxley by Laura Archera Huxley. *Margaret Corbett published other books.*



Margaret Corbett



Aldous Huxley before learning the Bates Method



Aldous Huxley after learning Bates Method.

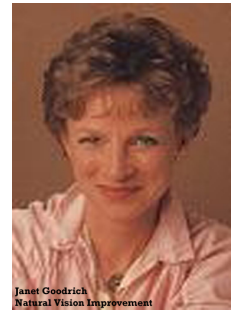
For many years, since eyeglasses were invented and sold to the public, eye doctors and optical businesses that prefer to hide the truth about Natural Eyesight Improvement and to prescribe/sell eyeglasses, eye surgery and drugs have tried to stop true Bates Method teachers from teaching the public how to cure unclear eyesight and other eye problems naturally without glasses, surgery and drugs. Bates teachers are often threatened with lawsuits, fines, imprisonment by organized eye doctors, surgeons. Eyeglasses are addictive, lead to prescriptions for stronger and stronger lenses, cause and increase; mental strain, eye muscle tension, eyestrain, vision impairment, abnormal eye, cornea, lens shape, tension on and inside the eye, cornea, lens, retina, optic nerve, eye muscle nerves, capillaries and all parts of the eye, increase eye pressure resulting in; unclear eyesight, astigmatism, crossed/wandering eyes, cataracts, detached retina, broken retina blood vessels, macula degeneration, glaucoma and other eye problems. Eye doctors prescribe laser and other cornea surgeries which are very harmful to the eyes and result in unclear day and night vision, blindness, pain, light streaks, halos, impaired light tolerance and other eye-vision problems. Lifelong sales of eye drops, other treatments, more destructive surgery and eyeglasses after cornea surgery profit the doctors and drug companies. (Some honest eye doctors are teaching the Bates Method.) Natural Eyesight Improvement improves the clarity of eyesight and health of the eyes without side effects.

+RELAX AND SEE; A DAILY GUIDE TO BETTER VISION By Clara A. Hackett 1955 Great Natural Vision Improvement teacher. One of the first Bates Method Teachers. She placed some of her training in audio. I heard it once. Can't find a copy. May have trained with Dr. Bates, Margaret Corbett and other Bates teachers.

+YOUR INNATE POWER 1967 By Olive Lyle Brown Very interesting, uplifting book. Combines methods of Dr. Roger Vittoz, F. Matthias Alexander, Dr. William H. Bates and others. Healthy Mind/Body technique, healing on all levels. Shows how to think, control thoughts a certain 'correct' way to improve function, health of mind, body and spirit. Positive effect on the eyesight. These old techniques are different, very effective from their original creator.

+NATURAL VISION IMPROVEMENT By Janet Goodrich 1985

+HELP YOUR CHILD TO PERFECT EYESIGHT WITHOUT GLASSES By Janet Goodrich 1996
Famous Natural Vision Improvement Teacher. Variety of Original and Modern Bates Method practices. Reichian Therapy. Free videos, audios. Covers all aspects of Natural Vision practice. Wrote other books. Thomas Quackenbush was trained, certified to be a Natural Vision Teacher by Janet Goodrich. www.janetgoodrichmethod.com Janet passed away in 1999. Worked as a teacher, author; 1970 -1999.



CARINA GOODRICH (Janet Goodrich's daughter) now runs the school and published a book;

+THE PRACTICAL GUIDE TO NATURAL VISION IMPROVEMENT 2010

Original and Modern Natural Vision Improvement. She has a lifetime of experience learning and teaching this method with her mom and family. Very good book! I do not use the artificial 3-D fusion 'Merging Circles'... in the Goodrich books. Prefer it to be applied by an eye doctor. (also called Auto-Streograms.) It's only for an Optometrist, Ophthalmologist to apply a specific way for each individual case if necessary to treat strabismus. The Bates Method alone can correct crossed, wandering eyes without the artificial 3-D. The Goodrich books, school also has natural 3-D practices.

Read more on the following pages.

+HEALTH AND LIGHT By John N. Ott 1973 One of the first to study sunlight and it's benefit to life, health, eyesight, sleep, brain function. With his experiments he proved the healthy effects sunlight has on the body, brain, eyes and eyesight. Dr. Bates observed and proved many times that lack of sunlight causes unclear vision, cataracts, many eye diseases and blindness. The eyes must have full spectrum sunlight, no eyeglasses, to remain healthy and see clear.

+TAKE OFF YOUR GLASSES AND SEE - A Mind/Body Approach to Expanding Your Eyesight and Insight

+LIGHT; MEDICINE OF THE FUTURE By Jacob Liberman, Optometrist 1995 1991 Liberman and Ott teach the subject of light perfect! Experiments, directions included. Indoor full spectrum lightbulbs improve health, eyesight.

+EYE EXERCISE CARD - DO IT YOURSELF - NATURAL EYESIGHT IMPROVEMENT 1996, 1999, 2007, 2008

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paperback and PDF. Click #1, my name, then #1 to see books; http://cocatalog.loc.gov/cgi-bin/Pwebrecon.cgi?Search_Arg=EYE+EXERCISE+CARD&Search_Code=TALL&PID=mu2dCN42gFzP8kromYRd_bIKVH&SEQ=20131103082801&CNT=25&HIST=1

+DO IT YOURSELF - NATURAL EYESIGHT IMPROVEMENT - Original and Modern Bates Method With Better Eyesight Magazine By Ophthalmologist William H. Bates

+BETTER EYESIGHT MAGAZINES BY OPHTHALMOLOGIST WILLIAM H. BATES by Clark Night, (Mary Iva Oliver), Clearlight Publishing Co., www.clearsight-batesmethod.info Books authored, assembled by owner of the website. We also preserve Dr. Bates, Emily C. Lierman, A. Bates books, Medical Articles and 132 Better Eyesight Magazine issues in text with 500 pictures and in the original antique print. They are public domain. Other books copyrighted with a 'poor mans' old fashioned copyright, self and professionally published.

+RELEARNING TO SEE - IMPROVE YOUR EYESIGHT NATURALLY! 1997

By Thomas R. Quackenbush

+BETTER EYESIGHT; THE COMPLETE MAGAZINES OF WILLIAM H. BATES 2001 Edited

By Thomas R. Quackenbush www.naturalvisioncenter.com

Thomas Quackenbush is an Original and Modern Bates Method, Natural Vision Improvement teacher. He is the first person, *the pioneer* (after Dr. Bates) that restored Dr. Bates Better Eyesight Magazine, preserved 11 years, 132 issues into one book. Tom's book, the magazines brought Dr. Bates work, the entire Bates Method, true Natural Vision Improvement to the modern public.

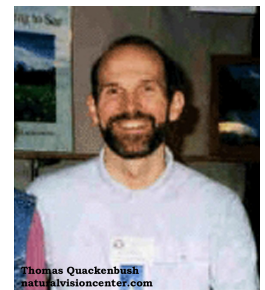
Tom is the first modern teacher that has not hidden Dr. Bates Better Eyesight Magazine, books.

Many teachers before him took full credit for Ophthalmologist Bates work and hid Dr. Bates magazines, books so the public could not learn for free, have complete training. This true source of the Bates Method was and still is hidden because; it is simple, easy and people do not have to pay money to learn, apply and teach it. It's free in libraries in the U.S., Europe. Mr. Quackenbush's books also enable people that are low income, cannot travel to have access to the best, complete and honest priced Natural Vision Improvement Training.

Tom is one of my 1st Natural Vision Improvement Teachers. I obtained clearer than 20/20 eyesight at close and far distances as a result of taking a natural vision course from him at his school when he taught in San Francisco, California. I studied his books, the original Better Eyesight Magazines and learned all practices of the TRUE Original and the Modern Bates Method. Resulted in seeing the small bottom 10 eyechart line and smaller lines at 20 to 40 feet! My ability to relax, state of mind, self-esteem, emotions, intelligent and creative thinking improved. I quit a dangerous job at a hotel in South San Francisco, CA, quit drinking too much beer and found an honest doctor that cured a neck injury/dizziness after insights about natural alternative medicine, therapy from taking Thomas Quackenbush's class.

See Tom's website for free Natural Vision Improvement information, nutrition... links. Download the *Tom Q Radio Talk Shows* on the 'Healthy Vision Program' for free Bates Method, Natural Vision discussion by Thomas Quackenbush and an Ophthalmologist who is also a graduate of Tom's school. Click; [NVCRadio1.mp3](#) and [NVCRadio2.mp3](#).

See his link to the FDA for warnings about vision impairment, blindness caused by laser and other cornea surgery. See pictures of his school, the teacher and students in action! <http://www.naturalvisioncenter.com/CoursesSeminars.html>



Tom trained thousands of students and certified hundreds of students to be teachers. If you can't travel to the Netherlands to visit Tom's school; contact him for the best teachers in your area. See my video review of his book, palming and other things I learned in his school; <http://www.youtube.com/watch?v=Wy7666JJBO0> His books are free in public libraries.

RESTORING YOUR EYESIGHT - A TAOIST APPROACH By Doug Marsh, Foreword By Thomas R. Quackenbush 2006 Excellent Natural Vision training and in depth information about how the mind, emotions, thoughts... influence eyesight. Describes how eyeglasses injure the eyes, vision; how they are most always prescribed too strong and incorrect leading to fast impairment of the vision and eyes' health causing addiction to stronger and stronger eyeglass lenses. One example; Abnormal lighting in the exam room and eye test machine ups the prescription; its too strong. Mr. Marsh attended Thomas Quackenbush's school, studied his books and other teacher's books, training. I learned a lot from this book.

BOOKS TEACHING LEFT AND RIGHT BRAIN HEMISPHERE ACTIVATION AND INTEGRATION

For equal, perfect clear eyesight in the left and right eyes at all distances (close, middle, far) and improvement of all brain functions with the visual system and perfect function of eye muscles. (This advanced study, practice started in the 1960's.);

+PERSONALIZED WHOLE BRAIN INTEGRATION 1985 By Paul E. Dennison and Gail E. Hargrove

+BRAIN GYM By Paul E. Dennison and Gail E. Dennison <http://www.braingym.com> <http://www.braingym.org>

+SWITCHING ON By Paul E. Dennison (They have more books)

+DRAWING ON THE RIGHT SIDE OF THE BRAIN 1979, 1989, 1999 By Betty Edwards

Left and right brain hemisphere activation and integration for equally clear eyesight in the left and right eyes at all distances close, middle and far. Awakens, improves all brain functions and areas of the brain not always used in this modern time. Improves artistic skills, creativity, memory, imagination, math, science, sports performance, emotions, all skills-functions of the brain, brain hemispheres, visual cortex, body and many other functions. The exercises, methods in these 4 books also help correct unclear vision, astigmatism, crossed-wandering eyes, amblyopia and other eye, eyesight problems. As the brain, body function, relaxation improves, this automatically improves the eyesight.

+JOURNEYS OUT OF THE BODY and FAR JOURNEYS, ULTIMATE JOURNEY 1971+

By Robert A. Monroe Left and right brain hemisphere activation, integration, synchronization, deep relaxation into the alpha, theta, delta brain wave states. Improves memory, imagination, color visualization, energy strengthening and control, freedom from negative emotions, thought patterns. Spiritual growth, travel and other practices. All improve the eyesight! I like his Discovery Wave 1, 6 DVDs. I have 6 WAVE packages with 6 training level DVDs in each and his Hemi Sync DVDs. Great! Prepare to GROW! <http://www.monroeinstitute.org> Also see the book; Captain of My Ship, Master of My Soul BY F. Holmes Atwater, (Skip Atwater) and Joseph McMoneagle Military training in remote viewing 'a type of astral projection' for protection of the United States and Allies. I have experienced Astral 'Sprit' Travel and sprit-body *protection* from using the original method Robert Monroe and his partners created during his lifetime. Like it! Check out the colored energy, energy bar tool, balloon!



PSYCHO-CYBERNETICS, A New Way to Get More Living Out of Life 1967 By Maxwell Maltz M.D., F.I.C.S.

Plastic surgeon notices; after many patients' facial and other abnormalities are corrected by surgery, the patient still acts shy, their self-image is low, they continue to have problems achieving success and confidence. Dr. Maltz studies this and develops a method to control the brain, thoughts, emotions and release, increase your inner brain... power, achieve your goals. This method really works! A bit like self-hypnosis but different. Changed my life. My school grades improved, I left a destructive gang. Mind never stopped growing after learning this method. Also has a positive spiritual effect.

+THE EFT MANUAL - Emotional Freedom Techniques 2008 By Gary and Tina Craig Similar to Acupressure, Karate energy control. Aligns, corrects and strengthens the body's energy 'chi' and other energies. When energy blocks are removed, energy flows correct and negative emotions, trauma... is removed from the mind/brain. Mental and physical health improves. Helps military persons cure post-traumatic stress, anxiety-panic attack disorder (PTSD). Works for removing mental, emotional blocks that cause unclear eyesight. <http://www.emofree.com/>

Definitely see Magnus Tapping; <http://www.youtube.com/watch?v=6i33V2EcVIY> Free booklet and chart.

Free book on this website, scroll down the page; <http://cleareyesight-batesmethod.info/id27.1>

get magnus ytt, text out! see new nei 10. His website i s hacker now ;

THE MIDWEST CENTER for Stress and Anxiety By Lucinda Bassett <http://www.midwestcent>

I like this teacher, have her course, tapes and books. She gave the course to me free. Over \$300.00 value. She does that a lot. On many TV talk shows providing free training, people cured of extreme fear. A great and very good hearted natural drug free anxiety, depression, stress cures teacher, motivational speaker. Rational Emotive, Cognitive-Behavior Therapy.

THE SMALL BOOK 1989 and RATIONAL RECOVERY 1996 By Jack Trimpey and Albert Ellis Ph. D.

Natural alternative to Alcoholics Anonymous and other often ineffective, destructive *phony* psychology, psychiatry and religious methods. Rational Recovery, 'RR', Rational Emotive & Cognitive-Behavior Therapy puts YOU in control, power over your own mind, emotions, health and life. Freedom from dependence upon others and use, abuse by others.

HEALING BACK PAIN - The Mind-Body Connection John E. Sarno, M.D 1979+ Many books, natural pain... cures.

+The ALEXANDER TECHNIQUE, Yoga, Tai Chi, Qi Gong, Dance, Physical Therapy and other methods to correct the posture, movement, balance, coordination, function of the body with the eyes and eyesight; brings clear eyesight, improved hearing and other health benefits. Incorrect posture-movement causes tension, pressure, pulling of the vertebrae, muscles in the body, back and especially the neck, shoulders and head. This causes tension, pressure and pulling on the spine, spinal cord, brainstem, nerves, blood, lymph vessels in the spine, body, neck, and those that travel to the head, brain, ears, sinus., eyes, retina, eye muscles. This disrupts function of the eyes, eye muscles, retina, lens, hearing, balance and even the brain and optic nerve. This results in unclear eyesight, impaired eye health and impairs coordinated, relaxed movement of the head, body with the eyes and a relaxed mobile neck. Correct, relaxed eye movement (shifting, convergence, divergence...) is restricted, stiff and unbalanced. Correct posture, movement, relaxation, good diet returns the body, mind/brain, eyes and eye muscles to normal health and function resulting in clear eyesight. I prefer Physical Therapy, Movement, Tai Chi and other natural movements, postures like the Alexander Technique invented by Frederick Matthias Alexander. Dr. Bates likes these methods, doctors. Three teacher's books on movement, the mind;

+ THE ALEXANDER TECHNIQUE: THE ESSENTIAL WRITINGS OF Frederick Matthias Alexander.

Also known by F. M. Alexander.

+ Man's Supreme Inheritance: Conscious Guidance and Control in Relation to Human Evolution

+ Constructive Conscious Control of the Individual (Man's Supreme Inheritance, V. 2)

+ The Use of the Self (He has other books)

THE FELDENKRAIS METHOD By Moshé Feldenkrais;

+ Awareness Through Movement: Health Exercises for Personal Growth, to Improve Your Posture, Vision, Imagination, and Personal Awareness

+ The Potent Self: A Study of Spontaneity and Compulsion

+ Body Awareness as Healing Therapy: The Case of Nora (He has other books)

DR. ROGER VITTOZ;

+ Treatment of neurasthenia by teaching of brain control (1911)

+ Treatment of neurasthenia by means of brain control (1913)

+ Les confréries de Lausanne au Moyen Âge

Be sure to obtain THEIR books. Not new ones created by different teachers that alter or impersonate the method. A few originals are free on GoogleBooks. Public domain books are on the website e-books page and the GuestPage; <http://naturaleyessightimprovement-batesmethod.com/GuestPage/forumdisplay.php?fid=15>

BOOKS TEACHING HOW THE BODY, BRAIN and EYES CONNECT, WORK TOGETHER: How the body, neck muscles, nerves, circulation affect, connect to the head, brain, certain parts, functions of the brain, eyes, ears-hearing, sinus and other systems. Some teachers combine training of the Alexander Method... with other movement... methods. Some teachers are very good but others impersonate the original teachers, authors and teach incorrect. Choose carefully. I have used two spine, neck alignment methods 'without touching, twisting... my neck, spine'. They are safe alternatives to the risky, often dangerous method of chiropractic. Also used various physical therapy/movement methods, some yoga. I prefer to stay with the original books by Frederick Matthias Alexander and other safe methods. One popular eye-body teacher is strange; he sells unnatural methods such as pinhole glasses without listing the side effects. Much of his training seems to be 'made up', missing parts, not teaching the true connection of the body, nerves, muscles with the eyes and brain.

I prefer study of ophthalmology, nervous, circulatory, lymph, energy systems, muscles, massage, myofascial release (to relax contracted muscles, muscle knots, improve blood, lymph flow, and improve the muscle stretch reflex), acupressure and EFT. The spiritual, energy bodies also affect the health of the physical body and mind. Healing from a higher ^ level.

My experience with other teachers, good and bad; After years of study, application I disagree with some teacher's methods. I do not like most of a very popular high priced teacher's eyesight training. It's unnatural.

Example; his blocking the eyes' central field with a black paper while using only the peripheral field to see with. This is directly against Ophthalmologist Bates #1 practice of central-fixation and normal eye shifting 'movement'. Central-fixation, 'central vision' with normal, completely free eye shifting is essential for clear eyesight, healthy eyes. It cures glaucoma, cataract, macular degeneration, myopia, presbyopia, astigmatism and other eye-vision problems, keeps the central vision perfectly clear, better than 20/20 and the peripheral at its maximum normal function. Using the peripheral field to see the object of mental-visual attention (placing the object you want to see in the eyes peripheral field) causes glaucoma, cataract, macular degeneration, myopia, presbyopia, astigmatism and other eye-vision problems.

The unnatural teacher's physical movement, yoga book made me realize there are alternative ways to heal a neck, spine injury that was caused by a dishonest chiropractor, but; he teaches some movements, muscle practices wrong. His specialty is supposed to be movement, muscle relaxation, posture but he teaches things that impair these functions. His 'palming' hands position is set with the hands straight up, side by side. This causes neck, head and shoulder tension (a main cause of unclear eyesight) and prevents brain hemisphere integration and activation of a major chi-charka energy center. The hands fingers must be crossed on the forehead for complete benefit. Try it and feel the difference; <http://cleareyesight-batesmethod.info/id49.html> One of his movements helped. I then searched for other movement, posture teachers. It took many different physical therapists, doctor's books, tools, methods and better movements to correct the neck, spine.

I don't like teachers that alter, corrupt Dr. Bates Method, make it unnatural in order to 'create their own method' so it attracts attention, can be mass marketed, sold for a very high price by the hour lessons, expensive seminars, endless \$300.00 to \$5000.00+ multi-level training, teach things that are harmful, hold back training and hide the true, easy Bates Method.

Be aware of this and avoid them. Many videos on the internet contain partial or incorrect training.

I now refuse to allow most doctors and even natural healers to touch my head, neck, spine... The chiropractors injured me on purpose. They did not like my webpage that describes how chiropractic has become corrupt, the main secret method they use to misalign the spine, back, hips, neck and head in order to sell endless treatments. I quit chiropractors after a few broke, dislocated my neck resulting in vertigo, ringing ears..., hospital visits. It is dangerous even when in the hands of a honest doctor. A bad masseuse pressed hard on my lower spine vertebrae and caused loss of feeling in my legs. A good masseuse and doctor corrected it and permanently cured back pain. The DORN Method by Thomas Zudrell is very good. I was advised not to use the tool on my 'broken' neck but the movements and other treatments are great and aligned my body naturally! I used the tool on some areas. <http://www.dorn-method.com> A few honest chiropractors taught me what the dishonest ones did to injure me, then taught me how to undo the injuries, misalignments without using the invasive bone, cartilage twisting forms of chiropractic. Read experiences here; <http://cleareyesight-batesmethod.info/id150.htm>

Many teacher's prices for in person training and teacher certification are extremely high. I wish their greedy leader and others would give free training to the blind. Many blind, semi-blind people called him and a famous lady teacher and other high priced teachers; asked about this and they answered; "they do not help the blind or anyone for free". Just a seminar (but that's limited and mainly for advertisement). Semi-blind people also asked them; "If a person is going blind, is wearing strong -6, -8 and up glasses; should they stop wearing the glasses?" The teachers said NO, to keep wearing the glasses. This is very bad advice from these teachers, their leader and his staff. *Eyeglasses, especially strong prescriptions cause and increase detached retina, other retina problems, macula degeneration, cataract, glaucoma, myopia, presbyopia, astigmatism and most all eye-vision problems. Wearing the glasses can lead to retina detachment, blindness. Stopping the use of eyeglasses will help the retina heal and reverse blindness, other eye problems.* The dishonest teachers also told us they cannot say if the leader's method is Ophthalmologist Bates Method and said; "That question has to be asked to the leader in person only, you must travel to his location, pay \$". But in his books, school he uses Dr. Bates' name. (*deceptive*) This teacher alters, corrupts the Bates Method. He hides Dr. Bates true method, book and Better Eyesight Magazines.

Many people with retina conditions, cataract, glaucoma, partially or full blind, advanced myopia, presbyopia, astigmatism, cross eye... have contacted me for free help after teachers have taken their money and not given complete training, then ask for more money, have given incorrect training or refused to give free training. It is cruel, inhuman to allow a person to go blind because they have little money. Many blind people are on disability, a limited income.

The blind people the popular teacher and other dishonest teachers reject can be helped. It's so easy to teach; just tell them to stop wearing the eyeglasses and give them the basic ten steps in our free e-books and Dr. Bates book, Better Eyesight Magazines. Many have regained their vision with these simple practices and some, including senior citizens on pensions are now teaching, curing others for free. A Mormon in Utah is integrating the Bates Method with the Bible and its natural health cures. His pure salt and water recipes greatly helped heal my neck and other injuries. *Glasses prevent normal eye, brain function. When glasses are removed the eyes activate Natural Eyesight Improvement automatically, 'on their own', the normal eye-visual system function.* Dishonest teachers hide this fact. They make the Bates Method seem long, complicated. Avoid these crooks charging hundreds, thousands of dollars for classes, more for teacher training. Note; if a teacher will not give the full training free to help a blind, partially blind person; they are dishonest. Avoid them.

The popular high priced teacher in San Francisco, CA states he was blind at birth, had cataracts, eye operations that caused lens injury and other eye problems. He states he cured his eyesight naturally, can now see clear to drive without glasses. His sight is not 20/20 clear but he achieved a lot if he is telling the truth about his past eye conditions and surgery results. I sometimes suspect he is hiding the full truth. He states the Bates Method cured his sight. But he teaches so much of it wrong. If it healed him; I think he is hiding the true, entire Bates Method which he used for himself, is refusing to fully reveal it to others. Or he only learned some of it. He invents his own stuff but it's not healthy and often not entirely effective. This enables him to sell more and more classes, holding back training until more money is paid and then he still hides complete training. Many bad teachers do this. I wish he would give due credit to Dr. Bates by telling the truth and preserving and providing Dr. Bates books, Better Eyesight Magazines which are free-public domain and contain complete Natural Eyesight Improvement training. Please teach the entire and true, correct method. I wish these teachers would stop altering, corrupting and hiding Dr. Bates Method in order to make it 'their own method' so they can charge a high price.

To all teachers that use these underhanded practices; PLEASE change your heart, stop destroying Dr. Bates great method. Teach it correct, for an honest price and set up free help for the blind and low vision people. At least give 1 day a week and 30 min. to 1 hour a day in person or Skype, Google, Phone. Give the gift of sight that heaven gave you to others.

All Dr. Bates books, magazines are free on our website. Distribute them free to the public when you train people. Don't lie to us, saying your method is superior to Dr. Bates. That's just an excuse to take people's money. Dr. Bates' method is true and free. *These bad guys also corrupt Dr. Bates method because dishonest eye doctors like this, will endorse it.*

If a teacher does not provide Ophthalmologist Bates Better Eyesight Magazines, books, Medical Articles and his wife Emily Lierman's book Stories From The Clinic; then the teacher is withholding the true, entire method.

Avoid teachers charging hundreds of dollars for Dr. Bates Better Eyesight Magazines, books. (The books, magazines are free in the Library Of Congress and some Optometry, Ophthalmology college libraries, on our website and GoogleBooks.)

There are other teachers, people that have preserved Dr. Bates work but they use Dr. Bates' name, books and magazines to sell eyeglasses, eye-cornea surgery and other unnatural treatments, products. I will not list them. Endorsing corrupt

behavior gives the person the idea that he, she has a license to continue these practices that harm the public's health, sight.

Even some teachers that are certified to teach by famous, excellent teachers become corrupt; after they get their diploma, they then alter the Bates method, make it unnatural, teach it wrong and speak against their teacher. They do this so the method they teach is different, they can call it 'their own' and charge a high price, direct students away from the honest teacher that certified them.

Best Teachers, Websites that Teach the True Bates Method and Provide Free and Honest Priced, High Quality Natural Eyesight Improvement, Books are;

www.NaturalVisionCenter.com - Thomas Quackenbush. Netherlands. My teacher. Professional, easy to learn complete course. Great books. He can refer people to teachers he has trained in the USA and other countries. See a real Natural Eyesight Improvement school in action! Natural health information, full spectrum lights, natural dentists, free introductory lectures and review classes. Colored light treatment. Includes strabismus correction. Totally holistic.

www.janetgoodrichmethod.com - Janet and Carina. Great! Years of experience teaching this method, one of the first original/modern teachers after Bates, Lierman, Corbett, Hackett, Peppard... Trained, certified Thomas Quackenbush. Free audios, videos. Books, kits, courses in person and home study. Janet and Carina have taught Natural Vision Improvement in their school for many years, helped people remove a variety of eye-vision problems. Also wrote books for correction of children's vision. Relaxation, positive thoughts, emotions, movement, games, brain hemisphere balancing, color and other techniques. Also provides treatment for strabismus, books for adults, and parents to help baby's and children's vision. I read all of the Goodrich books. Learned much from her books and website. They improved my teaching skills and keep my eyesight clear. Like the diverse practices, breathing and relaxation with positive thoughts, emotions. Janet cured her eye-vision conditions naturally; she had a very strong astigmatism prescription around -5 with -6 myopia and strabismus. Took her 2 1/2 years to cure them all, see clear, pass her driving test without glasses.

(Some people experience quick cures, 1-2 days to 2-3 months, get perfect clarity when they remove their glasses and practice the Bates Method. It can take other people longer, but with practice they will achieve clear eyesight, permanent freedom from glasses. Depends upon the type, amount of tension in the visual system, eyes, eye muscles, the mind, body. Many years wearing glasses often disrupts the eyes movement and causes neck tension, advanced eye muscle tension... Coordinating and relaxing eye movement, improving, equalizing the clarity of sight in both eyes often brings fast results. Emotions have an effect. But, some who wore glasses for years get quick cures.)

(I don't use the 'Merging Circles'... Artificial 3-D Fusion, (Autostereograms-Magic Eyes pictures) in the Goodrich books. It's not the Bates Method. I prefer Dr. Bates Method of looking close and far and the Bead String, Phoria Swings... Janet, Carina also teach these and many more natural fusion practices. I prefer auto-stereograms to be applied only by an eye doctor. Done a certain way with direction by an optometrist, ophthalmologist 'Behavioral Optometry'; a specific type of Artificial 3-D might correct strabismus, (crossed, wandering eyes) but it can cause it if done wrong, trying to do it alone from a book... Read my and others experience with Artificial 3-D on the website, in my book and on the following pages. Try the Bates Method first. If you need the extras, contact an eye doctor. Find an expert in brain hemisphere and other brain area functions, its effect on relaxation, contraction, un-contraction of eye muscles and eye movement (shifting and looking close and far) and how mind-brain strain can cause eye muscle tension. Some eye doctors know this. The Goodrich school teaches this. Also start here; Edu-Kinesthetics, Whole Brain Learning. <http://www.braingym.com> I don't use pinhole glasses. The Goodrichs state that they are not natural and provide insight on their function. If needed; I prefer a different type pinhole glasses; one hole in the cardboard per eye so the fovea is not blocked when the eyes move. Move the head with the eyes. Use only if necessary. Not for driving... due to much of the peripheral field is blocked. Mainly for reading, quick glance at a object. (I am not familiar with all the other teachers, doctors linked on the Goodrich website. One is my teacher but I don't list him. They should also place Thomas Quackenbush, Janet's best on there!) Preserve all of Janet and Carina's books. Some of Janet's books (Natural Vision Improvement) might not be listed, so check used bookstores.

www.cleareyesight-batesmethod.info - By Clark Night, (Mary I. Oliver). Books by Ophthalmologist William H. Bates, Emily C. Lierman, A. Bates, other doctors, teachers. Dr. Bates Better Eyesight Magazine website, contains entire 132 issues - 11 years, 3x spell check, linked index and bookmarks navigation for every year, month. Translator, speaker reads aloud; <http://www.cleareyesight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod> YouTube Channel; <https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

Original and modern teachers, books are listed in the bookstores; <http://cleareyesight-batesmethod.info/id92.html> See my book, vitamin and product reviews on Amazon, the good and the bad teachers, authors; https://www.amazon.com/gp/pdp/profile/A9ARVDAUZEHD?ie=UTF8&ref_cm_aya_bb_pdp

There are more true Bates teachers that provide perfect training but have no school, books. They teach for free on-line. Their internet names are available on request. See the training certificates webpage and chapter in this book and here; <http://cleareyesight-batesmethod.info/id60.html> Teachers trained and certified directly by Dr. Bates posted in his Better Eyesight Magazine; [PDF list](#), and here; <http://cleareyesight-batesmethod.info/id4.html> and below.

THERE ARE OTHER VERY GOOD TEACHERS in the USA and OTHER COUNTRIES; I do not list-endorse them if I have not taken their in person or home study course and/or studied their books. I have certificates, receipts from 5. Some teachers I have taken courses from, read their books are 1/2 to 3/4 percent natural, they teach some very effective, healthy methods. Contact me for names and information, the beneficial methods they teach and the unnatural methods to avoid.

I have learned from more teachers but I don't list them because they have gone against their original training and are selling unnatural methods and products, cornea laser surgery and other harmful cornea, eye surgeries, dangerous eye-vision experimental retina and other surgery 'done on perfectly healthy eyes!', practices that impair the vision, eyes' movement and health. Some are advising all children, adults to wear glasses. That IS NOT the Bates Method.

Three teachers asked me to raise the price of my e-books and charge money for the videos; \$175.00. They continually try to prevent free public access to the books, videos, Dr. Bates magazines. After I refused to raise the price and then set all the e-books for free download; the teachers have become abusive, lot of cruel messages in emails, phone, online forums.

Some Natural Vision teachers are organized into groups and post their members, prices on their website. Teachers must pay a yearly fee to be part of the group and listed. Note they limit free books, training unless you pay. I don't like some of the arrogant teachers that charge high prices and endorse lasik, contact lenses, magic eyes, pinhole glasses... They flip-flop on issues so they can please everyone 'customers', even if that means allowing unnatural methods that impair the eyesight. Teachers are creating laws to present to dishonest politicians, doctors to force the public to pay thousands of dollars to be certified as a teacher, by them. This will make it illegal to teach the public the Bates Method unless you are certified.

For true Natural Eyesight Improvement; I prefer to stay solely with Ophthalmologist Bates original training from his book 'Perfect Sight Without Glasses', his 'Better Eyesight Magazine' and Thomas Quackenbush (my favorite teacher) for student and teacher training, certification and a few other teachers that stay with the true, natural Bates Method. Modern training is also beneficial if it is natural. I am confident in Thomas Quackenbush's way of training. I can send people to him knowing they will be in a safe place. Tom provides all Dr. Bates Better Eyesight Magazines, his own book Relearning To See-Improve Your Eyesight Naturally, complete original and modern training for a honest price.

Other teachers I like are from the old days; Dr. Bates, Emily C. Lierman/Bates, Optometrist Harold M. Peppard, Dr. Emery C. Ingham and her mother - a doctor that was trained directly by Dr. Bates; Dr. Clara Ingham, C. S. Price, Margaret Corbett, Aldous Huxley, Clara Hackett, Dr. R. Ruiz Arnau, M.D. and other original teachers. Many that were trained in person by Dr. Bates are listed in his Better Eyesight Magazine. Search for their books. Also check members of Dr. Bates, Emily's Better Eyesight League. Started in the USA and grew in Europe, many countries. They preserved Dr. Bates method, books.

Better Eyesight and the League are listed in the Library Of Congress. Search for Dr. Bates Better Eyesight (with and without the word magazine) preserved in 14 Volumes. Maybe others are preserved. They have Dr. Bates book Perfect Sight Without Glasses 1st and 1940 editions, often titled The Cure Of Imperfect Sight By Treatment Without Glasses, Ruiz Arnau's book El Uso Natural De La Vision and Emily Lierman's book Stories From The Clinic. These are in original antique print. The Copyright office <http://www.copyright.gov/> is different from the library of Congress. Search both; <http://catalog.loc.gov/vwebv/holdingsInfo?searchId=6088&recCount=25&recPointer=2&bibId=8731874>

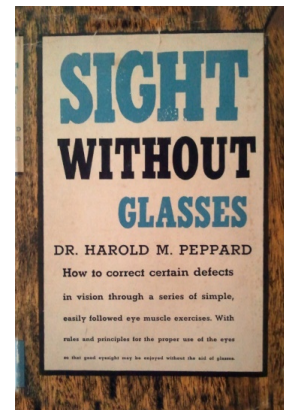
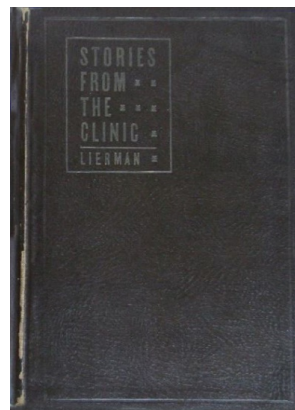
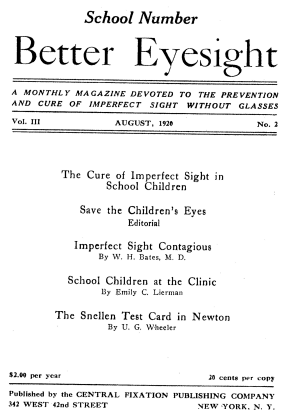
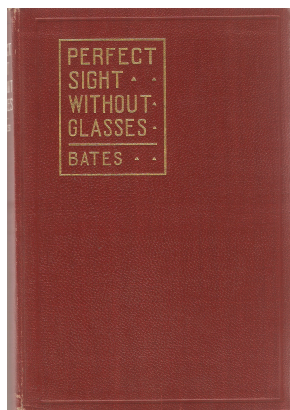
A lot of school teachers, doctors and the military applied the method with success. I like teachers that describe the benefits of sunlight, color treatment, left and right brain hemisphere activation and integration, memory, imagination, relaxation, EFT, acupressure, massage, movement and other practices. I am studying more of the brain's function with the eyes to discover which areas of the brain, its actions, emotions and nerves, body muscles when tense can cause a specific eye muscle to be tight resulting in strabismus. There's other causes of strabismus. Left, right hemisphere, certain brain areas' balance, coordination, development is also a cause of crossed, wandering eyes and less clear vision in one eye, a distance.

Three of the Best Original Books;

Dr. William H. Bates Book and Magazine

Emily C. Lierman

Dr. Harold M. Peppard



Dr. Bates, Emily Lierman (A Bates) and Dr. Peppard worked together in New York City.

An Ophthalmologist (Eye, Ear, Nose and Throat), a Clinic Assistant-Teacher-Wife and Optometrist.

*Warning; Choose a Natural Eyesight (Vision) Improvement Teacher, Books, Forum-Group Carefully!
Investigate, Seek Truly Natural Original & Modern Bates Method Practices*

Natural Eyesight Improvement has been in existence before Dr. Bates discovered it. Eye doctors and the public have used it in the 1800's and earlier. Sailors have used it for hundreds of years to navigate the sea by looking at the stars, moon, sun, planets in the sky, flow of ocean water, seeking other ships, landmarks, birds, fish migration, wind... and lighthouses. Hunters use it in ancient and modern times. It's also used when looking at close distances to create tools, shelter, inspect, sort food, draw and write to preserve heritage, education... Natural Eyesight Improvement is the normal function of the eyes and vision and brain, body function with the eyes, vision, 'the entire visual system'. It has been in existence since the creation of life, fish, animals, humans on this planet, the evolution-development of the eye and its function with light and dark, response to sunlight. The eye needs sunlight. Light, survival and movement created the eyes. I suspect Mother Nature threw in beauty, happiness and love. Sunlight maintains the eyes health and function. Trees, plants, microscopic life have a visual instinct, function. They react to light, are drawn to it and grow healthy due to sunlight.

Practice only the Bates Method. It is the true natural eyesight practice. The Bates Method teaches; relaxation of the mind, body, eye muscles, eyes, neck, shoulders and correct posture, movement, '*correct relaxed, natural vision habits*' (imitating, inducing the normal function of the eyes, visual system; *shifting, central-fixation 'centralizing', memory, imagination, the opposite swing, blinking...*), tests for and perfects accommodation, convergence, un-accommodation, divergence, normal eye movement, body movement, left and right brain hemisphere activation and integration, color treatment, full spectrum sunlight (sunning), breathing and other natural activities. This produces 20/20 and clearer eyesight at all distances, close and far, day and night. The Bates method returns the eyes, vision, eye muscles, brain, body 'entire visual system' to normal function, maintaining clear eyesight automatically, on its own. After some practice, you don't need to consciously practice.

The Bates Method does not consist of repetitive, forceful eye exercises, eye stretches...

The Bates Method relaxes and aligns the left and right eyes and eye muscles' movement, perfects their function. Switching, shifting on close and far objects (looking close and far) is 'kind of an exercise', but; it is done in a relaxed way, integrating Dr. Bates natural practices. It is very effective. See Switching and Shifting in the books and on the website.

Many eyesight improvement teachers claim to teach the Bates Method but they do not. They teach tension, effort inducing eye exercises and other unnatural treatments that cause mental strain, eyestrain, eye muscle tension, headaches, neck tension, unclear vision and other side effects. Forceful eye exercises are not natural and do not produce perfect and permanent clear eyesight. Eye or eye muscle injury can occur. Avoid teachers that refuse to give free help for advanced eye, vision conditions, blindness. A honest teacher will help you free of charge, has years of experience, written one or more books and provides their book and Dr. Bates Better Eyesight Magazines, books (complete training) for a honest, affordable price or free. Clear eyesight, healthy eyes is the birthright of ALL people. Dr. Bates always helped the blind, people needing eyesight improvement. He charged a low price and often trained free in his New York City Clinic, Offices.

I notice many teachers books teach tracing on objects (with or without the nosefeather) incorrectly; they have the person looking into space near but not on the object. This is diffusion, the opposite of central-fixation. Their pictures should show the nosefeather and 'central field' tracing line - - - - directly ON the edge of the object you are tracing on. (or if looking at a part; on the edge of the part of the object.) Not off to the side into space. Example; looking at, tracing on the edge of the roof of a house. Trace on the edge. Do NOT trace on the sky away from the edge. Even when you use the big fluffy feather with no point on the end; the eyes' central field still moves on the edge of the object. 'Central-Fixation with Shifting'. See the Nosefeather Chapter in the book and on the website; <http://cleareyesight-batesmethod.info/d56.html>

**Many Teachers Teach Things That are Unnatural, Wrong, Unsafe,
are Not the True Original Bates Method;**

Avoid teachers, websites, forums that teach, sell and/or refer to eye doctors that sell these harmful, unnatural methods; Lasik and other Cornea Eye Surgeries, use of Contact Lenses or Contact Lens Treatments to try to force the cornea/eye to change shape (Ortho-keratology, Ortho-k, Orthocology-Ortho C... This can injure, warp the cornea.), Eyeglasses, the harmful, unhealthy Plus Lens method. Also called Anti-Corrective-Stress Relieving Eyeglass method (It CAUSES stress, cataract, detached retina, astigmatism, eye muscle tension-dysfunction, eye and vision impairment... It consists of wearing stronger and stronger addictive plus or minus eyeglasses.), Bifocals, Progressive, no-line Bifocals, Trifocals., Multi-Section and Mono-Vision Glasses, Sunglasses, Tinted/Colored Eyeglass Lenses, Autostereograms (Artificial 3-D Fusion Exercises, 3-Cups, Magic Eyes pictures... They can impair the eye muscles and eyes movement. Read more below.), Eye Muscle Surgery and Prisms for Crossed/Wandering Eyes (Strabismus), Eye-Eye Muscle Stretching (forcing the eyes to look, stay far left, right, up, down... and keeping the head in the opposite direction), Chiropractic and other unnatural methods.

Try to avoid implanted eyeglass myopia, farsight, presbyopia, astigmatism, bifocal... prescriptions in cataract surgery artificial lens replacement inside the eyes; it traps you with an eyeglass prescription that cannot be changed-removed without more surgery. More surgery has risks. A prescription in the eye is also addictive, increases vision impairment.

Read our entire Warnings, Directions PDF; <http://cleareyesight-batesmethod.info/id110.html> and in our book copyright.

Cornea laser surgery is similar; the lasik and other cornea surgeries place a prescription in the cornea. More cornea surgery to change it can result in cornea injury, blindness.

All these unnatural treatments, exercises, surgeries are not the Bates Method. They cause cornea injury, strabismus, impair eye muscle, eye function and movement, impair the clarity of vision, cause astigmatism, conical cornea, cataracts, glaucoma, detached retina, other eye-vision problems, impaired eye health and can result in blindness. They disrupt the brains function with the eyes-vision. I do not endorse, advise use of lasik, Artificial 3-D eye exercises, Plus Lens method, Contact Lenses, any unnatural method.

I disagree with the use of pinhole glasses and do not like teachers that sell them without warning of the side effects, without teaching healthy alternatives. Reason is posted on the website with video and PDF; <http://cleareyesight-batesmethod.info/id114.html> They block many natural eye-vision functions, can impair the vision, eyes health. The smaller the holes are in the glasses, the more they impair the visual system's function. The black areas constantly move over-block the eyes fovea-macula; the exact central field, the main area of the retina that produces clear eyesight.

I don't like teachers that sell colored eyewear 'color treatment glasses'. This imbalances the sun's natural healthy full light spectrum. It turns healthy sunlight into partial unhealthy light that imbalances the visual system, brain and body's function, chemical, hormone production. Sunglasses, colored, tinted and even plain glass, plastic block full spectrum sunlight. It impairs the eye, cornea, iris-pupil, lens and retina's function and health. True color therapy and colored light therapy does not involve wearing colored glasses. I prefer the original natural colored light treatment (without colored glasses) taught by Thomas Quackenbush and other natural teachers and plain good old sunlight which contains all colors.

See the real method here; <http://cleareyesight-batesmethod.info/id59.html> and here; <http://cleareyesight-batesmethod.info/id37.html> and in the paperback or e-book *Do it Yourself - Natural Eyesight Improvement in the Sunlight and Color, Colored Light Treatment* chapters; <http://cleareyesight-batesmethod.info/id148.html>

The website, books list all the unnatural methods, eyeglasses to avoid. Choose a Bates Method Behavioral Optometrist, Ophthalmologist only, if an eye doctor is needed. AVOID LASER... CORNEA SURGERY! No cornea surgery, no contact lenses, no plus lens method... Don't let them sway, sweet talk you. Some vision improvement teachers receive money 'kickbacks' from Optometrists, Ophthalmologists, Opticians, Chiropractors and other businesses by referring students to them through links on their website or in private chats, messages, in person. Avoid teachers that endorse contacting their 'affiliate' Behavioral Optometrists or other eye doctors, teachers that sell, teach the harmful practices listed here as 'to avoid'. Some eye doctors are ok, they teach the true Bates Method, but some are not natural, they prefer to sell eyeglasses, lasik and other eye surgery, contact lenses, the plus lens method, other unnatural practices. They want you to develop cataract so they can sell that expensive surgery. Know the side effects, risks of chiropractic. See the Chiropractic Warning page; <http://cleareyesight-batesmethod.info/id26.html> and <http://cleareyesight-batesmethod.info/id150.htm>

I do not allow people I am training to use contact lenses. They cause cornea, eye injury. Contact lenses are never a perfect fit for the cornea because the eye, cornea naturally change shape, often. This occurs more frequently as the eyes, cornea return to normal healthy shape with practice of Natural Eyesight Improvement. The contacts will not fit; they can easily scrape, injure, infect and scar the cornea. Contact lens cleaning solutions, eye drops get contaminated with bacteria, parasites. People have gone blind, lost their entire eye. Some teachers allow use of contact lenses, strong eyeglasses and other destructive methods because they want endorsement from eye doctors to help sell their training and books.

True Bates Method teachers, schools teach that only reduced *weaker and weaker* eyeglass lenses, usually 20/40 clarity (no contacts) are used and only temporarily, only *if needed* for driving, safety at work... as the vision is improving with practice of the Bates Method. Example; a person with -3.00 eyeglasses for myopia might try reducing to -2.50 or -2.00. The eyechart will show 20/40 clarity with glasses on. Avoid glasses as much as possible. Keep practicing the Bates Method. Then continue to reduce until seeing clear without glasses. A person with +3.00 eyeglasses for presbyopia, farsight might reduce to +2.50 or +2.00 and continue to reduce. If the eyeglasses have uneven lens strength for the left, right eyes; try to get the strength even. See directions on the eyeglasses page; <http://cleareyesight-batesmethod.info/id36.html> and here;

If the eyeglasses have uneven prescription strength in the left and right eyeglass lenses;

It's best to change the lenses to equal strength; Don't use the stronger lens from the less clear vision eye's eyeglass lens because it will impair-lower the vision in the best-clearest vision eye. Use the *weakest eyeglass lens* from the best *clearest vision* eye and place it in both left and right eyeglass lens' frame. Then; reduce (weaken) both the left and right lenses strength equally. Ask your eye doctor for the number; maybe reduce 0.50 or 1.00 diopter. + or - depending on the prescription. Some people reduce more; 2.00. The clearest vision eye will see 20/40 clarity through its reduced eyeglass lens. (20 feet, #40 eyechart line.) The less clear vision eye will have the same strength eyeglass lens but it must catch up (improve its vision) to see 20/40 through its lens, see equally clear as the clearest vision eye. Note that the clearest vision eye will also be improving; so do some extra Bates Method practice with the less clear eye (without glasses). The goal is to get the clarity of vision improved and equal in the left and right eyes when not wearing glasses. When glasses are worn; the left and right eyeglass lenses are equal strength and the eyes see at an equal level through the reduced eyeglass lenses.

If the lenses are too weak or too strong; vision through the eyeglasses will be too blurry and cause strain, effort to see, headache. Find a balance where the glasses are weaker, not 20/20 clear but just right to see comfortable with no strain.

Uneven vision and uneven eyeglass lenses cause imbalance, tension in the visual system, brain, eyes, retinas, eye

muscles and slows vision improvement. Correcting this and removing bifocal, multi-section, astigmatism, prism, UV blocking, tinting, coating... from the eyeglass lenses enables easy, faster vision improvement, helps to reverse addiction to glasses and is not as harmful to the eye's health as glasses with multiple and strong prescriptions. No eyeglasses is the healthiest option. Glasses, level of clarity with and without glasses must be legal, safe for driving, work...

If you cannot get the left and right eyeglass lens strength equal; it's still important to reduce the strength of each lens. Getting the lenses equal and reduced is the best option, but some people have a large difference in the left, right eyes clarity so equalizing the eyeglass lenses may feel uncomfortable, at first, so they reduce only. An option is to buy 2 pair of glasses; the *equal and reduced* and *reduced only*. Then; wear your way into the equal and reduced as the vision improves.

When buying; reduce the equal and reduced strength glasses a bit more to fit improvement in the vision. All glasses need more reduction as the sight improves and the lenses become too strong. Before glasses give 20/20; its time to reduce.

No bifocal! If you need to reduce for far and close vision; buy two pair of glasses; one reduced for far. One reduced for close. Wear them around your neck on a string. One higher to prevent scratching. Use glasses as little as possible.

The P.D., centering and height of the left and right eyeglass lenses, exact fit of the frames, handles... must be placed in the prescription. Here's an optician that teaches about the P.D., height and other eyeglass settings that some online opticians don't tell you; <https://www.youtube.com/watch?v=7Hc81FJTMaw&list=UURZDLUHjkNwkm-4QMrqyTNA>

P.D., eyeglass lens, frames measurement; <http://cleareyesight-batesmethod.info/id36.html>

Most people can do without glasses when the vision is clear at 20/70 to 20/50. Some at 20/100 or more unclear prefer to go without glasses. No glasses = eyesight improves faster. (Always stay legal, safe for driving, work, hobbies...) Eyeglasses are discontinued permanently as soon as possible. It is best to try and stop use of eyeglasses immediately. If the prescription is strong, the eyes contain cataract, detached retina, retina, optic nerve problem, glaucoma, potential for these or any eye health condition; STOP WEARING EYEGLASSES! Eyeglasses cause and increase cataract, detached retina, torn, leaking blood vessels, capillaries in the eye, retina and most all eye health problems. (Strong prescriptions will advance these conditions.) Eyeglasses can interfere with healing of an eye injury. Contact lenses also cause all of these problems.

A man who wore strong glasses for many years started to see flashing blue lights. He told his eye doctor. The eye doctor then increased the eyeglass prescription, prescribed the strongest glasses the man ever wore. He then saw more blue lights, had a bout of temporary blindness. Doctor told him to keep wearing the glasses. Then more blue lights, then blindness. A blood vessel burst in his retina, glaucoma came back and black cataract in both eyes.

In the past this man stopped wearing eyeglasses for a couple years and used the Bates Method. He cured cataract in both eyes and 80% of his glaucoma and myopia. Then he had a lot of stress in his life, lost his home and family. His vision blurred a bit from the stress. *Stress can lower the vision.* If glasses are avoided, relaxation obtained; the vision returns to clear. Unfortunately he followed his eye doctor's advice and went back to glasses. This is when the trouble started, strong glasses prescribed which lead to blindness. Eye surgery was performed on the broken retina blood vessel. He is now staying away from glasses *forever* and works to restore his sight naturally. He refuses surgery for the cataracts because many of his eye problems occurred years ago due to eye surgery so he's reluctant to trust doctors, hard to find a good one.

Some teachers, businesses that sell books, courses on Natural vision Improvement sell vitamins, nutrients for the eyes. The health of the liver, kidneys, gall bladder, spleen, digestion... affect vision, the eyes health. There are healthy effective remedies that improve function of the body organs, circulation... Choose carefully. Some herbs, vitamins, minerals... can be toxic, impair body chemistry, hormones, health and vision. Some teachers sell herbs, ingredients in their eye vitamins, formulas that have side effects, impair the eyes health and clarity of vision. They do not warn about this.

Healthy food, good nutrition has a positive effect on the clarity of vision, health of the body and eyes. Most vitamins, nutrients... are beneficial but they are best acquired from fresh food. If taken in pill form; it must be created from food, not artificially from chemicals... No additives. Read the Nutrition Chapter; cleareyesight-batesmethod.info/id21.html and avoid products containing bilberry leaf, eyebright, sulfite's, sulfate, nitrites, nitrate and other unhealthy ingredients, certain herbs, preservatives, chemicals. Natural sulfur from cabbage... is healthy. Chemical versions are not. Sulfite's, sulfate, nitrites, MSG, hydrolyzed... protein, corn, soy, yeast., aspirin, aspirin type herbs, other herbs can cause temporary migraine headaches with flashing lights, blind spots in the visual field, impaired memory, a variety of health problems. Read the labels, check all the ingredients. MSG is also called flavor enhancer. MSG and other chemicals are labeled under many different names that the govt. has legalized so the food industry, restaurants can hide ingredients. Aspirin causes kidney, stomach damage, headache, other health impairment. It's addictive. Acetaminophen, NSAID's cause kidney, liver, joint damage, heart attacks, impairs eye health, vision and is the cause of many health problems. Avoid calcium in pill form. It causes deposits in the body, kidneys... Drug store (and also many phony natural) eye drops contain chemicals, toxins. Diet, injuries, drugs, chemicals, sinus sprays (sinus sprays, chemicals cause glaucoma, cataract, lower central and peripheral vision, color perception), eye drops, some eye medicine, sinus infection or congestion, mold allergy, lead, tooth cavities are other causes of eye-vision problems. Bilberry berries are healthy. When buying bilberry, ask for pure organic bilberry fruit, the berries only, no leaf. (Bilberry leaf CAN be toxic.) The berries are excellent. Pure bilberries improve eye health and day, night vision. It's an old World War Two pilots food for clear night vision when flying. They ate it as bilberry jam. Best without adding processed sugar. True bilberry contains a lot of dark red/purple juice inside the berry and the skin. It temporarily stains the skin when the berry is compressed in the fingers, as a blackberry or wild blueberry does. This juice and entire berry is healthy for the eyes, retina, its cells, cones-rods light receptors. Lutein and other nutrients, carrots, spinach, lemon-orange peels, cornsilk, certain types of chrysanthemum... are also beneficial.

Many Natural Vision Improvement websites have discussion forums, groups, guestbooks, blogs where people can post subjects on the Bates method-Natural Vision Improvement, ask questions and learn from others that have improved their vision. When you connect with the right people it is a very positive experience. Life evolves through the exchange of ideas, sharing experience, cooperation and new creations. Beware of some Natural Vision Teachers that 'hang out' on groups, forums giving limited help; they often are trying to lure people into taking private lessons for \$50.00 to \$200.00+ per hour, \$300.00 - \$5000.00 and up seminars. Sellers also post for them. Most of the people on these forums are honest, very helpful, but there are a few that go on the forums giving the impression that they are strict Bates Method people but in reality they are providing links to websites, eye doctors that sell unnatural use of eyeglasses 'plus lens method'., lasik and other cornea surgery, contact lenses, artificial 3-D, pinhole glasses and other harmful products, treatments. Some people state incorrect, harmful advice and/or hide true Bates Method training. They try to make it seem difficult, complicated, state that only a highly intelligent personality can understand it and be successful. This is false. The Bates Method is easy, simple, a 'Do It Yourself' practice. Children learn it, are cured and become effective teachers. Many people obtain clear eyesight by only removing their glasses, learning to relax and shift, know what central-fixation is. A quick 10-30 minute lesson.

Be careful downloading free software from websites and typing, clicking on a forum chat, e-mail forum post or private message notifications. I was hacked many times on a forum chat and other ways by competing teachers, authors from Iowa, Kiev-Ukraine, Russia, Italy and their partners in other countries. Some websites, software contain spyware, hacker viruses. A popular Better Eyesight Magazine website gives free software for the computer screen, eyesight but it acts as a virus, slows the computer..., produces pop-ups asking for money. Some teachers link to it on their websites and advertise it in their books. It's hard to remove, hides in the computer. You can use Norton tools; Power Eraser (careful; hackers sneak in and corrupt it), other virus, spyware... removal or find a good repair/detective guy to remove it. The magazines on that website have many spelling mistakes and missing issues. For years I have offered the owner help to fix the magazines but he does not reply. Site has some kind of tracker, cookie that locks into your computer. He may have just moved on, does not care to work on the magazines but I find that a very strange thing to do. I suspect there is a new 'secret owner or co-owner', they prefer the magazines to stay incomplete, mis-spelled so they can sell high priced paperback, PDF complete copies. This type of people hacked me 7 times trying to shut down our free magazines, bookstores on Amazon... and link to that and two other duplicate websites in the U.S., Kiev, Russia... They use Dr. Bates name, picture... to sell unhealthy adult content, drugs... They want to stop honest teachers from providing Dr. Bates books, magazines for free and low price. They sell for a very high price. There are bad people in the world. The good must stand up and protect Dr. Bates work!

For Natural Eyesight Improvement Bates Method forums, groups, discussion websites and book reviews, comments at bookstores; Note that some group... owners and members posting have become corrupt and are selling advertisements. Avoid their ads for lasik and other eye surgery, unnatural vision courses, eyeglasses, contact lenses, eyedrops, some vitamins, herbs... It's so sad that Dr. Bates name and work are being used in this way. Speak up against this corruption!

Read more information on the different types of teachers, authors, books - the good and the bad, what's best, all the unnatural methods, eyeglasses to avoid; See the 2 Warnings, Directions... PDF's on top of this page; <http://cleareyesight-batesmethod.info/id110.html> and here; <http://cleareyesight-batesmethod.info/id36.html> Study these so you can detect a false teacher. My videos on YouTube show how all eyeglasses; plus and minus lens, astigmatism lens, contacts, prisms harm the eyes, eyesight. Watch for new videos in 2015 showing more natural cures for myopia, farsight, presbyopia.

For the antique books I preserve, publish and sell on the website, Amazon...; about 3% of the training in some doctors, teacher's antique books have modern practices included to update or add to some of their original methods. New practices, clarifications are in blue. I never remove the antique pages, pictures, training. Modern practices and pictures are added while maintaining the original work. Other teacher's books I like and list have 100-97% perfect training, but a few contain 3% unnatural practice. It's worth it to read, learn from their books. Things to avoid such as artificial 3-D, pinhole and colored glasses... are posted here and on the website.

People have been stealing my website, books' content and using that and Dr. Bates books to create their books with unnatural methods, use of eyeglasses... added. I do not endorse, do not allow this. In Sept., 2014 Amazon took control of my Amazon Author's page; http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_atlr_dp_pel_pop_1 that I created for Dr. Bates and his books. It's a public domain law Amazon must follow. Other authors might now be posting their books on that page under Dr. Bates name and any Amazon page that contains Dr. Bates books. This means that books with unnatural content added might get mixed in with Dr. Bates true, natural method books I have assembled. I cannot stop this. Amazon allows me total free speech, videos, pictures, twitter, blog... on my Clark Night page. Read directions for selecting Dr. Bates true books without unnatural methods added; http://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp_byline_cont_pop_book_1 Amazon might create a publishers page with only the publisher's books allowed.

The best option is to find our books by the titles, authors and covers on the website; <http://cleareyesight-batesmethod.info> I'm building a new Dr. William H. Bates Author's Page for our books on the website and linking to Amazon. Be careful; other author's books might sneak onto the Amazon page. Will invite true natural teachers and antique dealers to also post their and Dr. Bates authentic books on the website.

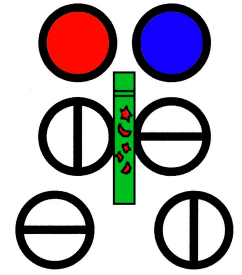
I removed the names of the dishonest and high priced teachers, the ones described in this book, website that teach harmful methods. I did this to avoid harassment, frivolous lawsuits and to be kind to the teachers that do teach beneficial practices, but unfortunately also teach unnatural practices. I will give their names to people that contact me by phone or e-mail so you can avoid them, prevent harm to your eyes, vision and also check out the good practices that some teachers provide. You have these pages and our Warnings, Directions PDFs listed in this book, website to protect you; so you know what to watch for; what is healthy, beneficial, safe to practice and what must be avoided.

Some teachers, authors tried to do a hostile takeover of my business, website, book rights after I refused to sell it to them. I have lawyers on retainer. The Bates Method works! That's why so many people are fighting over who can sell it and most eye doctors, surgeons hide it.

Stay with the true original Bates Method for clear eyesight and healthy eyes.

Warnings, Descriptions For Artificial 3-D Fusion Autostereograms, Magic Eyes Pictures;

I do not teach, advise Artificial 3-D Fusion Eye Exercises, Also labeled as; 'Autostereograms, Magic Eyes Pictures, Merging Objects, 3-Cup Images...' It can cause strabismus, *crossed, wandering eyes*, impair the eyes convergence, divergence, accommodation, un-accommodation, the eye muscles and eyes movement, cause eye muscle tension, double vision, astigmatism and blur in normal eyes and more so if there is a slight or advanced strabismus or other eye, medical problem, imbalance of the brain hemispheres or other brain functions, neck injury-tension, mis-aligned skull bones, other conditions. The Artificial 3-D can make a slight strabismus condition worse. It causes strain, tension, stress and confusion in the brain, eyes, retina and eye muscles. *It is not the Bates Method.*



Artificial 3-D Fusion exercises are not necessary to obtain clear vision, normal eye movement. It was not taught by Ophthalmologist Bates. The Bates Method alone can cure strabismus; there are plenty of other activities, methods with *true* fusion, 3-D to obtain clear, balanced vision, coordinated eye movement in Dr. Bates book, magazine. Dr. Bates and modern Bates Method Natural Eyesight (Vision) Improvement teachers teach different activities, natural ones with true 3-D (Three-Dimensional vision, depth, distance... perception) for correcting crossed, wandering eyes 'strabismus' and amblyopia, unclear vision.

The picture on the right shows an artificial 3-D example; looking at the pen placed in the central field, between and before the 2 red-blue circles which are in the peripheral field, to create an illusion of a 3rd circle between them. (Many teachers make this even more abnormal by not using the pen; the eyes just stare into space. The pen brings at least some normal effect.) Thinking red makes the circle turn red. Thinking blue makes it turn blue. This strains, confuses the brain, eyes, retina and eye muscles. See the Artificial 3-D warning at; <http://clear eyesight-batesmethod.info/id103.html> and in our books. Dr. Bates has extra 'similar but different' practices that correct strabismus naturally. Search treatments for squint, crossed eyes, double vision... in his book *Perfect Sight Without Glasses* and *Better Eyesight Magazine*.

Look for the practice using a candle flame and the girl that learned to turn the eyes in any direction and avoid tension.

Some Behavioral Optometrists, Ophthalmologists teach forms of Artificial 3-D Fusion as activities, tests a special way for each individual person's strabismus condition and obtain good results. It should be used for strabismus (*crossed, wandering eyes*) only. Ask a Bates Method Behavioral Optometrist, Ophthalmologist for guidance if you have tried the Bates Method FIRST, worked with a Bates teacher and still need additional help. Follow your doctor's directions. Do not copy it from a book, website created by an unqualified person. The doctor's activity might help correct imperfect convergence, divergence, fusion, strabismus when applied correct. It must be practiced with the guidance of a Bates Method Behavioral Optometrist, Ophthalmologist. The eye doctor will teach the patient which activities are to be done for specific conditions, distances that the patient's eye movement, convergence, divergence, fusion... needs improvement. The doctor might have the patient practice with the 3-D image card placed at only one, two distances or at a variety of close, middle and far distances, fusing the two images into a 3rd by looking at one or a variety of different close distances/objects before the card and/or one or a variety of different far distances/objects beyond the card. (one distance at a time.) Distance of the card might be varied. Spacing between the two images might be at a variety of widths or limited. Merging, fusing images that are further apart or closer together being accomplished with advanced fusion training if needed. How many are practiced, length of time each or only some of these activities, routines are practiced is determined by the student's condition; convergence or divergence impairment, eye, eyes in, out, up, down, angled..., degree of impairment and other eye-vision and brain conditions. Other old and new treatments, pictures... might be applied.

This is NOT a one size fits all, just carelessly thrown in a book, webpage for every person's treatment! Only a professional can prescribe a safe, correct, *precise* routine for each individual. Practicing too much or too little at a specific distance, at the wrong distance, on pictures spaced a specific width that's not needed, the wrong activity... can impair convergence, divergence and cause other eye, vision problems, astigmatism, cause and increase amblyopia.

Some teachers place the Artificial 3-D in their books, school to attract attention, seem professional. They teach it wrong. They should warn about the side effects. It effects how the brain works with the eyes, retina, eye muscles. It is not to be toyed with. Do not interfere with a child or adult's natural brain, eye development, function. It must be applied by a professional experienced in the function of the eyes, the brain, brain hemispheres, visual cortex, nerves, eye muscles and other functions. Accommodation, un-accommodation of the eyes and lens work-occur with the eyes convergence, divergence, fusion. All are affected, improved or impaired when the activities, tests are done correct or incorrect.

Most vision teachers do not teach this the correct way, do not warn about the side effects of doing it wrong because they cannot prescribe for every individual person's condition in the class, in books and usually do not know the entire, correct Behavioral Optometry treatment. Even a Behavioral Optometrist, Ophthalmologist needs the best training and experience, know exactly what part of the brain needs work. They also need to learn the Bates Method of Natural Eyesight Improvement so they can give their patient an option; true natural (Bates Method) treatment, or if needed, the artificial 3-D and be sure it's done correct, and apply both methods; the Bates Method and the professional Artificial 3-D. The artificial 3-D is a temporary treatment. The Bates Method is a permanent practice, an art, natural correct vision function.

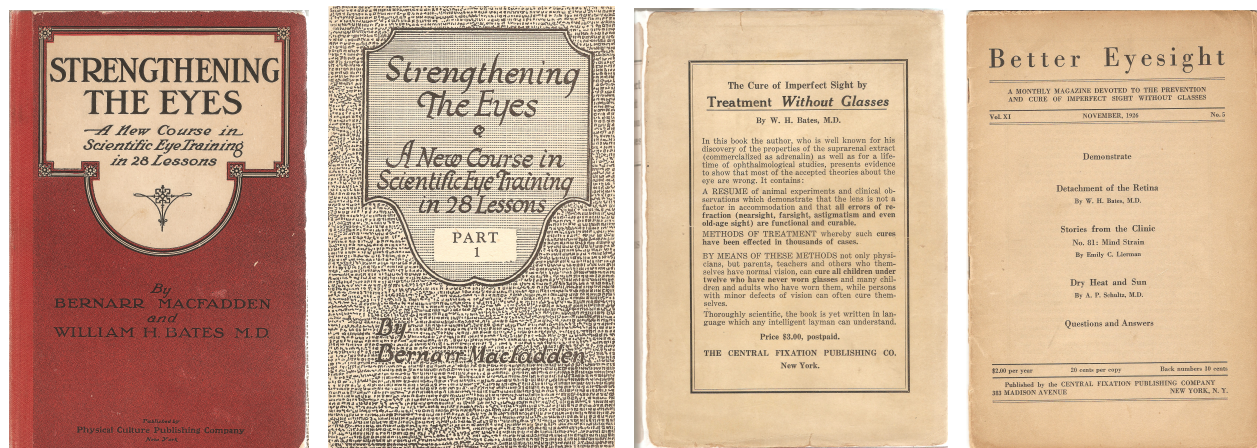
The Artificial 3-D activities do produce a natural 3-D effect created by the eyes, retina, brain, left and right brain hemispheres, visual cortex. Seeing the correct fused image indicates the brain, eyes and eye muscles are working together, eyes are balanced-aligned. But; I call the activities *Artificial* 3-D because it is not the normal way a person uses the eyes-vision to see an object clear. The Artificial 3-D has the person staring into space between, and before or beyond 2 objects

placed in the left and right peripheral field, merging these two into a 3rd object which shows an illusion of it being in the central field. In reality it is 2 areas/objects of the peripheral field combined and still in the peripheral. The person is using the peripheral vision to see with. Diffusion occurs. This prevents Dr. Bates #1 natural practice of central-fixation (true central vision). Shifting, natural eye movement is also prevented, impaired. Artificial 3-D causes strain, tension, confusion in the brain, eyes, dizziness and other side effects. Impairing the eyes natural movement leads to unclear eyesight.

True completely natural 3-D vision for healthy eyes, correct eye-brain function, clear vision occurs when; looking directly at the object you want to see, directly at the distance the object is at, in the true central field with the mind, eyes 'mental-visual attention' on/at that object, distance. And; the central field, (the retina's fovea) 'visual-mental attention' are moving 'shifting' part to part upon the object. True natural fusion produces a completely natural 3-D vision created by the eyes, retina, brain, left and right hemispheres, visual cortex. You can determine true depth, distance of objects, time, speed to travel to, from one object to another... You see the object's texture, shape, all parts large to tiny, light, shadows.

Try the Bates Method first; relaxation, central-fixation (centralizing), shifting, switching (looking close and far), bead string, pens in a row (natural healthy fusion with true 3-D), phoria swings, memory and imagination, natural movement, long swing, left and right brain hemisphere activation and integration, color treatment and other natural methods are usually all that are needed. See the Switching, Bead String and other chapters in the books to test and correct the vision.

**Bernarr MacFadden & Dr. William H. Bates first book-kit, 1918 & Dr. Bates 1920 book
Perfect Sight Without Glasses & his Better Eyesight Magazine, 1919 to 1930;**



COPYRIGHT 1918 BY
PHYSICAL CULTURE PUBLISHING COMPANY
NEW YORK CITY

Central-Fixation Publishing Co. - 1919, 1920-1940

Natural Vision Improvement GuestPage-Forum; <http://naturaleyessightimprovement-batesmethod.com/GuestPage>

Google Hangouts, Video Chat; <http://cleareyesight-batesmethod.info/id93.html>

YouTube 120 videos; <https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

Facebook; <https://www.facebook.com/MaryIOliver?ref=profile>

Twitter; <https://twitter.com/mclearsight>

Skype; [mary.oliver981](https://www.skype.com/user/mary.oliver981)

Go to; <http://cleareyesight-batesmethod.info> for free e-books, paperbacks, vitamins, colored lights and other products.

Questions; E-mail; mclearsight@aol.com Phone; 1-508-754-0162 Address; [Broadway-8th St. South Boston, MA](https://www.google.com/maps/place/Broadway+8th+St,+South+Boston,+MA)

This book is also dedicated to all the teachers listed in this *Bates Method History, Teachers, Books* chapter (Dedicated in Historical order.) They worked with Dr. Bates & Emily and/or continued their work and wrote books on Natural Eyesight Improvement.

Dr. Bates listed many of his personally trained 'certified' Bates Method teachers in his Better Eyesight Magazine.

The bottom of the next page and following pages list Bates Method teachers that were trained in person, directly by Dr. Bates from 1918 to 1931. Some have written excellent books. It's created for people that want to search for these teachers' books, movies... and possible books, creations by their ancestors. Top of the list belongs to;

Doctor William Horatio Bates

& his New York City Clinic Assistant, Wife Emily C. Lierman (Emily A. Bates)

In 1918 William H. Bates M.D. and Bernarr A. Macfadden wrote;
Strengthening The Eyes - A New Course in Scientific Eye Training in 28 Lessons

Announcements

We are publishing the following names to aid those who cannot consult Dr. Bates personally, but who wish to follow his method correctly. These pupils have taken his course of treatment and are qualified to help others. They are constantly in touch with Dr. Bates' work and learn immediately of his latest discoveries.

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>CALIFORNIA
Dr. E. Sisson, 1611 Castro Street, Oakland</p> <p>COLORADO
Dr. H. F. Fisher, Barth Bldg., Denver
Dr. M. W. MacManus, 434 Empire Bldg., Denver</p> <p>FLORIDA
Dr. N. S. Berry, 1902 Morgan Bldg., Tampa.
Dr. E. M. Jones, 476 First Avenue, N. St. Petersburg</p> <p>GEORGIA
Mrs. R. S. Bottenfield, D. O., 102 East 9th Street, Atlanta.</p> <p>ILLINOIS
Dr. E. T. Fisher, 29 East Madison Street, Chicago
Miss Elisabeth D. Hansen, 308 N. Prospect Avenue, Park Ridge</p> <p>MASSACHUSETTS
Mrs. F. S. Low, Danvers</p> <p>MINNESOTA
Miss R. Mitchell, 508 First Avenue, St. Cloud
Mrs. W. W. Morse, 1635 West 26th Street, Minneapolis</p> <p>MISSOURI
Dr. H. J. Geis, Kirksville</p> <p>NEW JERSEY
Dr. M. E. Gore, 51 Main Street, Orange</p> | <p>Dr. G. W. Reade, 517 Main Street, East Orange
Miss Mildred Shepard, 50 Main Street, East Orange
Dr. J. M. Watters, 2 Lombardy Street, Newark
Mrs. A. L. Reed, East Orange (away for summer)
J. L. MacKinnon, D.C., 260 Fair Street, Kingston</p> <p>NEW YORK CITY
Dr. C. E. Achorn, 6 West 51st Street
Miss May Secor, 521 West 122nd Street
Dr. R. Arnau, 238 West 106th Street
Dr. L. Stanton, 49 West 57th Street
Miss Anna Woessner, 220 West 42nd Street, Room 1205. Tuesday and Thursday, 5 to 7.</p> <p>BROOKLYN
Miss K. Hurty, 177 Woodruff Avenue</p> <p>OREGON
Dr. Clara Ingham, 306 Alisky Bldg., Portland</p> <p>PENNSYLVANIA
Dr. X. G. Couch, 304 Empire Bldg., Philadelphia</p> <p>VERMONT
Mrs. L. J. Hathaway, Middlebury</p> |
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Announcements

Space does not permit us to print the entire list of Dr. Bates' authorized representatives in the United States, Canada and Europe, which we should like to do for the benefit of our subscribers. The following, however, is a list of those who have taken courses of instruction in the Bates Method within the past few months. Those subscribers who wish to know if there is an authorized representative in their city may obtain this information by writing direct to Dr. Bates at 210 Madison Avenue, New York City.

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Miss Clara M. Brewster, Studio 6, Aquila Court, Omaha, Nebraska.
Miss Mary E. Wilson, 2538 Channing Way, Berkeley, Calif.
Dr. Paul J. Dodge, 911 New Industrial Trust Bldg., Providence, R. I.
Mrs. D. L. Corbett, 1712½ Fifth Ave., Los Angeles, Calif.
Miss Jane Button, 249 Harvey St., Germantown, Pa.</p> | <p>Mr. Fred Baechtold, 572 12th St., West New York, N. J.
Tel.—Palisade 6-7735
Mr. Harold E. Ensley, 112 West 104th St., New York City.
Dr. Med. E. Schluter, Hamburg, Mundsburgerdamm 11, Germany.
Mrs. R. Norman Jolliffe, 171 West 71st St., New York City.</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Announcements

We take pleasure in announcing that the following have recently completed courses of instruction at Dr. Bates' office and are qualified to practice the Bates Method:

- Dr. Paul J. Dodge,
911 New Industrial Trust Building, Providence, R. I.
Dr. med. E. Schlüter (prominent eye specialist),
Hamburg, Mundsburgerdamm 11, Germany

More Teachers Trained Directly By Dr. Bates & Listed in His Better Eyesight Magazine as Qualified To Teach;

April 1924;

Announcement

Miss Mildred Shepard, 50 Main St., Orange, N. J., is now a certified teacher of better eyesight. She is well qualified to cure imperfect sight by treatment without glasses. The Editor of Better Eyesight takes great pleasure in recommending her to any who may need her services.

Nov 1924;

El Uso Natural de La Vision

(The Natural Use of Vision)

By R. RUIZ ARNAU, M.D.

THIS book should appeal to Spanish-speaking people, because it contains numerous demonstrations of the truth which make it possible to cure imperfect sight by treatment without glasses. In the magazine, "Better Eyesight," of May, 1920, is an article by Dr. Arnau with the title "My Headaches" in which he describes at length how he was cured of chronic headaches and imperfect sight by treatment without glasses. As a result of his cure he has become able to give relief to his patients. **The author's most important contribution is his claim that the true use of the ciliary muscle is not to increase the curvature of the lens when the eye is focused for reading at the near point, but just the opposite: The ciliary muscle prevents any change of form in the curvature of the crystalline lens.**

He has written a great deal about mind strain as the real and only cause of defective eye-sight. He discusses the unconscious movements of the vegetative functions of the body, circulation, respiration and the constant mental shifting as entirely in accord with the new ideas of Einstein, Korzbyski and others.

The Tachorthoscope was discovered by Dr. Arnau. It is an apparatus for the treatment of patients who are not benefited promptly by other methods. He has also investigated the use of music by which some patients find an easy way to obtain a short swing through the auditory memory.

Dr. Ruiz Arnau of Madrid, who is now there introducing Dr. Bates' method into schools, and to those medical doctors who desire to learn a better way of obtaining perfect vision, than the use of eyeglasses. Dr. Arnau became interested in the Bates Method some years ago when he himself was suffering with continual headaches and other discomforts caused by mind and eyestrain. He came from San Juan, Porto Rico, leaving a good practice to seek the only Doctor who could help him. Dr. Arnau has shown his appreciation for what Dr. Bates has done for him by writing a book entitled, "El Uso Natural de la Vision," which he dedicated to Dr. Bates.

Jan 1925;

Announcement

We are pleased to announce that Capt. C. S. Price, of London, England, will visit Dr. Bates around the latter part of January. He is planning to discuss with Dr. Bates the best methods which are employed for the cure of imperfect sight without glasses. The spread of Dr. Bates' method in England is largely due to Capt. Price's enthusiasm and success in helping others. There are now two clinics, and a Better Eyesight League in England, all reporting favorable results. We are hopeful that Capt. Price will attend the February meeting of the League.

April 1925;

Announcements

THE WORK IN ENGLAND

Capt. C. S. Price, of London, England, has been the guest of Dr. Bates for several weeks. Dr. Bates wishes to announce that he finds Captain Price thoroughly capable of curing imperfect sight by his methods.

July 1925;

Announcements

Correction

Dr. J. L. MacKinnon, a student of Dr. Bates, is using his method successfully in Kingston, New York. The June issue of "Better Eyesight" removed him from Kingston, New Jersey, in error.

Aug 1925;

Announcement

Our readers may be interested to know that of November first, Miss S. I. Paisley, formerly of Washington, D. C., will be in Los Angeles as a representative of Dr. Bates. Other representatives who have just completed Dr. Bates' Course on the "Cure of Imperfect Sight Treatment Without Glasses" are:

DR. J. B. CLAVERIE,
1467 East 53rd Street,
CHICAGO, ILLINOIS,

DR. ST. GEORGE FECHTIG,
97 Madison Avenue,
NEW YORK CITY,
and
PALM HARBOR,
Pinellas County, Florida.

Dec 1926;

Announcement

Miss Katherine Hayes, of the Central Fixation Publishing Company, will be pleased to improve cases of imperfect sight by treatment without glasses at 303 West 122nd Street, New York City, Telephone – Cathedral 3450.

May 1927;

Announcement

Because of the increased demand for the Bates Method in California, Emily C. Lierman, assistant to Dr. W. H. Bates for fourteen years and also manager of the Central Fixation Publishing Company of New York City, has opened an office at 609 South Grand Avenue, Los Angeles, California, where she is treating patients. Mrs. Lierman is also giving courses of instruction to those who desire to cure imperfect sight by the Bates method. At the completion of the course, the student receives a certificate authorizing him or her to improve defective vision by treatment without glasses. Mrs. Lierman is delivering lectures throughout California and is *showing moving pictures which illustrate the Bates Method of curing imperfect sight*.

May 1927;

Announcement

Dr. H.M. Peppard, of 71 Park Avenue, is a representative of Dr. Bates and is qualified to improve or cure imperfect sight by the Bates method. Office hours - 9:30 to 6:00 Telephone Caledonia 4694

Oct 1927;

Announcement

Dr. Bates wishes to announce that Mrs. E. C. Lierman, his assistant for fifteen years, has finished her work in California, and has resumed her work at his office.

Oct 1929;

Announcement

Dr. Bates takes pleasure in announcing that Dr. John A. Rath of 111 North West Ave., Jackson, Mich., has recently completed a course of instruction under him and is fully qualified to practice the Bates Method.

Feb 1930

Announcement

Dr. Bates takes pleasure in announcing that the following have recently completed courses of instruction under him and he highly recommends them to anyone desiring their services:

Miss Clara M. Brewster,
Studio 6, Aquila Court,
Omaha, Nebraska.

Was Clara trained by Dr. William H. Bates or one of his trained teachers? **Miss Clara M. Brewster** is listed as a certified teacher in Dr. Bates Feb., 1930 issue. Was this her maiden name? Or, maybe she was trained by Margaret Corbett. Clara's Book, Relax and See, A Daily Guide To Better Vision, 1955.

Mr. Fred Baechtold,
633 Hudson Ave.,
West New York, New Jersey.

Mr. Baechtold will be pleased to visit those patients who desire to receive treatment at home. Appointments can be arranged by telephoning him at Palisade 7735.

Mar 1930;

Announcements

Dr. Bates wishes to announce that the following have recently completed courses of instruction and are authorized to practice the Bates Method:

Miss Mary E. Wilson,
2538 Charming Way,
Berkeley, Calif.

Miss Wilson is the principal of the Anna Head School for Girls in Berkeley and plans to introduce the method into the school for the prevention and cure of imperfect sight in her pupils.

Mr. Harold E. Ensley,
112 West 104th Street, Tel. Academy 6941, and 45 W. 45th Street, New York City, Tel. Regent 9483. Mr. Ensley was formerly a student at Princeton University.

April 1930;

We desire to inform our subscribers that the "Better Eyesight" magazine will be discontinued after the June, 1930, issue. This will enable *Dr. Bates and Mrs. Bates to devote more time to the writing of new books on treatment alone for which there has been a very great demand during the past year.* Subscriptions for the remaining months, however, are being received. We request that all those who desire to be notified upon the publication of new books kindly send us their names and addresses, which will be kept on file.

May 1930

We take pleasure in announcing that the following have recently completed courses of instruction at Dr. Bates' office and are qualified to practice the Bates Method:

Dr. Paul J. Dodge,
911 New Industrial Trust Building, Providence, R. I.
Dr. med. E. Schluter (prominent eye specialist),
Hamburg, Mundsburgerdamm 11, Germany

I'm sure there are more teachers. Search in the magazines, his books, articles, advertisements.

OCTOBER MEETING

PERHAPS no speaker has brought greater encouragement to those endeavoring to gain better eyesight than Miss Florian Shepard, of Orange, N. J., who spoke to our League on October ninth. The special significance of her cure lies in the fact that it has been one of the unusually slow ones. Miss Shepard told the history of her case and related the gradual steps in her progress. At first nothing seemed to work. Palming, swinging, everything produced strain instead of relaxation. It was only by long perseverance that she was able to arrive at any real success. Again and again Miss Shepard spoke of the marvelous patience and understanding with which Dr. Bates helped her find a way out of all her difficulties. Her testimony proves that Dr. Bates can succeed not only with easy cases but also with hard and unresponsive ones.

Miss Shepard spoke of the trick of timing the swing with the thumb and finger, and Dr. Bates later discussed this point. Attention was called to the fact that the September magazine had an article on the subject.

At Dr. Bates' request Miss Mildred Shepard gave a short account of her cure. The most interesting part of all was perhaps the fact that since her eyes have become normal she is much less tense and consequently less nervous in all phases of her life. She spoke of herself as having become "happy-go-lucky."

LEAGUE BUSINESS

Miss May Secor, of 521 West 122nd Street, has been elected corresponding secretary.

The League has voted to amend the constitution to make the dues \$1 a year instead of \$3. The subscription to the magazine will not be included. Anyone wishing to join the League now will have paid up to January, 1925.

Of Special Interest

Throw Away Your Glasses

DOCTOR BATES' article in the September issue of Hearst's International Magazine awakened more interest in his method of treatment than any previous writings. Hundreds of letters were relayed from Norman Hapgood, Editor, to Dr. Bates and contained congratulations, inquiries and appointments for treatment. A special notice of this article was placed in the New York Times by the editor of Hearst's.

In view of this fact we have had reprints made of the article and will fill orders immediately upon receipt.

The title is **THROW AWAY YOUR GLASSES**, and it explains how this can be accomplished. Everyone interested in curing their own sight will be enlightened on many points by reading this reprint.

Don't wait until the initial supply is exhausted before placing your order. Price 35c.

Are You Nearsighted—Farsighted—Astigmatic? Have You Cataract—Glaucoma?

Then send for the number of the **BETTER EYESIGHT MAGAZINE** which deals with each of these defects individually. Dr. Bates explains the cause of each and how it can be cured by his treatment. These instructions can be followed by the layman.

ALL BACK NUMBERS 30c.

Bound Better Eyesight

July, 1922—June, 1923—Price \$4.25

Bound in leather the same color as the book, and both together make an attractive set. This volume contains many helpful suggestions and instructions for the use of the various swings, shifting and palming. Progressive myopia, astigmatism and other defects are treated and their cause and cure explained. The cure of eye defects in children is described in various parts of the book.

Clark Night's (Mary Iva Oliver) Natural Eyesight Improvement Training Certificates
My Favorite Teachers! Where I Received My Training, Experience;

The author of this book, website; www.cleareyesight-batesmethod.info has taken 5 Natural Eyesight Improvement Courses from Bates Teachers in 1996, 1999, 2008, 2009, 2010. I began study, use of the Bates Method in 1974, age 17. 1st book I studied was 'The Art Of Seeing' by Aldous Huxley found in a used bookstore on Rt. 9/148 intersection, end of the common in Brookfield, Massachusetts. Cured myopia. Age 40, cured presbyopia. Studied many Natural Eyesight (Vision) Improvement books, Dr. Bates Better Eyesight Magazines, (11 years, 132 Issues, 2400+ Pages), his book Perfect Sight Without Glasses, Medical Articles, all teachers, author's books listed on the website *Bates Method History page*; <http://cleareyesight-batesmethod.info/id4.html>, other pages of the website and a variety of books related to Natural Eyesight Improvement; Natural Health Cures, Physical Therapy, Movement, Posture, EFT, Tai Chi, Acupressure, Color Treatment, Relaxation Methods, Robert Monroe books, tapes; Left-Right Brain Hemisphere Synchronization and other skills, Basic Nutrition. I stay informed of the best original and modern up to date training. It's all free in the e-books and on the website. Completed part of an optician course from Penn Foster to be able to communicate with students as they work with their eye doctor to stop use of eyeglasses. Some people need to reduce their prescription strength 'weaker and weaker' in stages in order to drive, work... legal and safe; <http://cleareyesight-batesmethod.info/id36.html>

Now age 57 and continue to see clear, even after many eye, vision, health problems due to neck, spine injuries that were caused by a dishonest chiropractor. (I am against most chiropractic treatment because even the best honest, helpful doctor-technique can cause injury. It's risky.)

After years of research, use and study of the Bates Method I have learned everything there is to know to keep my eyesight clear. I continually learn more from others, study, keeping up on new ideas. I like optometry, ophthalmology books, deep contemplation of the eyes-vision, brain's mechanics, chemistry, light focus, ect... It's fascinating. The eyes are part of the brain. There is spirit, energy and light-color energy moving in and through the eyes, brain, body.

I learn a lot from the people I teach. They teach me! Many minds are better than one. I have learned much by communicating with, teaching, observing the vision improvement process of different people on the Bates Method Internet forums, groups since 2007. After May, 2014 I rarely attend these groups due to them being taken over by people who sell eyeglasses, lasik and other eye surgery, unnatural harmful eyesight methods, drugs, other products and people that sell high priced books, hourly training. They are very aggressive, forcing Natural Eyesight Improvement teachers off the forums, *especially if you teach for free and provide Dr. Bates entire collection of Better Eyesight Magazine and his books.* In 2014 I was banned, blocked from a few popular Bates Method forums (where I posted since 2007, 1500 posts helping people see clear) because I spoke up about members advising, selling lasik eye surgery, eyeglasses, other unnatural-harmful methods such as the cataract producing plus lens method, drugs and revealed the identity of 3 people (competing teachers, authors) who hack Natural Vision teacher's computers, bookstores and are a threat to their schools, safety. Obviously they are no longer true Bates Method Forums. I learned a lot from the old time members before the trolls and greed for money took it over. My posts might be deleted, altered by the forum, group owners *without my permission.*

I now teach solely by phone, GoogleHangouts, Skype, some Facebook and our [GuestPage](#). Places where people are kind, honest, show their true face and identity. Members can block anyone they prefer not to communicate with. It's much more effective teaching on a video chat. Very relaxed, positive atmosphere for both teachers and students. You learn easier, faster.

Some of the people I trained have become teachers, they cured their friends, family.

Thank you for preserving the Bates Method. Pass the torch!

In 1994 I read more Bates Method books, then started writing, publishing in 1995-1996.
 The books are in the U. S. Copyright Office; http://cocatalog.loc.gov/cgi-bin/Pwebrecon.cgi?Search_Arg=EYE+EXERCISE+CARD&Search_Code=TALL&PID=mu2dCN42gFzP8kromYRd_bIKVH&SEQ=20131103082801&CNT=25&HIST=1

See the picture below;

Copyright
 United States Copyright Office

Help Search History Titles Start Over

http://cocatalog.loc.gov/cgi-bin/Pwebrecon.cgi?Search_Arg=EYE+EXERCISE+CARD&Search_Code=TALL&PID=mu2dCN42gFzP8kromYRd_bIKVH&SEQ=20131103082801&CNT=25&HIST=1

Public Catalog
 Copyright Catalog (1978 to present)
 Search Request: Author = OLIVER, MARY IVA, 1957-
 Search Results: Displaying 1 through 4 of 4 entries.

◀ previous next ▶

Resort results by: [v] Set Search Limits

#	Name Heading	Author	Full Title	Date
<input type="checkbox"/> [1]	Oliver, Mary Iva, 1957-		Better Eyesight Magazines by Ophthalmologist William H. Bates - July 1919 to June 1930.	2007
<input type="checkbox"/> [2]	Oliver, Mary Iva, 1957-		DO IT YOURSELF NATURAL EYESIGHT IMPROVEMENT.	2008
<input type="checkbox"/> [3]	Oliver, Mary Iva, 1957-		Do it yourself : natural eyesight improvement.	1999
<input type="checkbox"/> [4]	Oliver, Mary Iva, 1957-		Eye exercise card for close vision.	1996

Resort results by: [v] Set Search Limits

Copyright
 United States Copyright Office

Help Search History Titles Start Over

Public Catalog
 Copyright Catalog (1978 to present)
 Search Request: Simple Search = EYE EXERCISE CARD
 Search Results: Displaying 1 through 2 of 2 entries.

◀ previous next ▶

Resort results by: [v] Set Search Limits

#	Title <	Full Title	Copyright Number	Date
<input type="checkbox"/> [1]	EYE EXERCISE CARD AND PAMPHLET OF INSTRUCTIONS AND VARIOUS EYE EXERCISES AND INFORMATION	DO IT YOURSELF NATURAL EYESIGHT IMPROVEMENT.	TX0006856777	2008
<input type="checkbox"/> [2]	Eye exercise card for close vision.	Eye exercise card for close vision.	TX0004416669	1996

Better Eyesight Magazine and all Dr. Bates books that I assemble are copyrighted to preserve Dr. Bates work as public domain, protect his original copyright, prevent dishonest people from blocking it.

My Author's pen name is Clark Night. Birth name is Mary Iva Oliver.
 (See reason for pen name at the end of the certificates, teachers section.)

1st Class with a Real Live Teacher! Carrie Anderson - Great!

San Francisco, California, 1997 - 1999

Course fee \$39 / Members course fee \$49

Improve Your Eyesight — Naturally!

Without Glasses, Contacts or Surgery



Imagine throwing your glasses or contact lenses away! There is a proven, effective way to improve eyesight without glasses, contact lenses, exercises — or surgery! In this exciting seminar with a certified natural vision instructor, you will learn the holistic technique that has helped

thousands overcome their dependence on glasses. In this seminar, based on the original research of ophthalmologist William H. Bates, M.D., you will discover: • What causes blurry vision and how eyesight can be improved natu-

rally • How to improve your eyesight by learning to see in a relaxed, effortless way — without doing any eye exercises • How your eyesight can be improved, even if you work on a computer or do a lot of reading • That thousands of people have improved their eyesight naturally, including author Aldous Huxley.

Carrie Anderson, M.S., has improved her eyesight from 20/800 to 20/60 and continues to improve. She teaches people to improve nearsightedness, farsightedness, astigmatism, "middle-aged" vision and more.

Course 290

Sec. A Wed. June 4

Sec. B Thu. July 10

Sec. C Tue. Aug. 5

Course fee \$39 / Members course fee \$34

Downtown

6:30 - 9:30pm

6:30 - 9:30pm

6:30 - 9:30pm



Call (415) 788-5500 to register. See page 38 for registration information



Teacher - Carrie Anderson - 1998

Mary Oliver - writers pen name; Clark Night

Live Class with Thomas Quackenbush in San Francisco, CA, 1999!

Learned that vision can be much clearer than 20/20, close and far! (Use Centralization. Also known as *Central-Fixation with Shifting*.) Saw local homeless man 5 blocks away from top of Grand Avenue in So. San Francisco. Saw crystal clear fine details of his face, beard... Also quickly cured presbyopia that occurred at age 40.

**SKETCH,
BREATHE,
and BLINK
— ALWAYS.**

Thomas R. Quackenbush

The importance of practicing certain parts of the routine activities at all times, such as blinking, centralizing, and imagining stationary objects to be moving opposite to the movement of the head, is emphasized. The normal vision does these things unconsciously, and the imperfect vision must at first practice them consciously until they become unconscious habits [again.]

**Now teaching student and teacher
training in Europe; Malden, The
Netherlands.
www.NaturalVisionCenter.com**

William H. Bates, M. D.



NATURAL VISION CENTER OF SAN FRANCISCO

THOMAS R. QUACKENBUSH, Director

P. O. Box 986
Ashland, Oregon 97520 USA
Office: (541) 512-2525
Fax (541) 512-2626
Internet: www.nvcfs.com
Email: RELRN2SEE@nvcfs.com

August 14, 2001

Dear Mary,

Thank you for your recent letter. Sorry for the delay in my reply; I have been very busy with the Summer schedule, including training and certifying nine Teacher Trainees last week.

I do not offer a "certificate" for the regular Natural Eyesight Improvement course you attended; only the Teacher Training Program. However, this letter can vouch for your attendance in the regular Natural Eyesight Improvement course April-May 1999 in San Francisco. My records do not indicate you missed the last class, at which you should have received a "Sketch, Breathe and Blink" diploma. I have enclosed an extra copy for you with this letter; it is signed by me on the back.

Enclosed is information regarding the Winter 2002 Certified Natural Eyesight Improvement Teacher Training Program (TTP). There is a \$250 discount for Winter 2002 TTP tuitions paid in full by August 31, 2001. I now offer shared room housing in my modern, comfortable home during the TTP.

I hope you will be able to take advantage of this excellent training at your earliest convenience.

Sincerely,

Thomas R. Quackenbush, Director
Author of *Relearning to See: Improve Your Eyesight—Naturally!*
Editor of *Better Eyesight: The Complete Magazines of William H. Bates*

Teachers signature has been removed for security on internet.

Clark Night is writers pen name for Mary Oliver

My teacher's classroom; <http://www.naturalvisioncenter.com/CoursesSeminars.html>
<http://www.naturalvisioncenter.com/TeacherTrainingProgram.html>

Now in the Netherlands; <http://www.naturalvisioncenter.com>

Before and again during Thomas Quackenbush's class I read, studied his book; 'Relearning to See-Improve Your Eyesight Naturally!' I later bought, studied his 2nd book; 'Better Eyesight - The Complete Magazines of William H. Bates' (Ophthalmologist Bates). After comparing many teachers I now prefer Thomas Quackenbush's training. He teaches only natural, healthy practices, the true Bates Method. His books are like college textbooks that work well with his class and at home.

Certificates from three teachers, schools I have taken courses from previously posted here have been removed from the website and books due to them selling unnatural methods, things I disagree with. They have a lot of good training but then they ruin it by directing the student in the wrong way, into unnatural practices that are unhealthy for the eyes, vision.

So I placed them in a PDF for people that want to see my full training and why I left some teachers as my knowledge, experience grew. Contains 5 certificates, the best-truly natural teachers and the unnatural teachers, methods to avoid, things they teach that is wrong, harmful. I don't want to 'bite the hands that taught me' so their certificates and names are removed from public view. The PDF is free via e-mail on request; mclearsight@aol.com.

A list of more teachers I've taken courses from, books I have studied is listed on the [*Bates Method History, Teachers, Books*](#) page in this book and on the website; <http://cleareyesight-batesmethod.info/id4.html> Here's a bit of information about my three other teachers;

Home Study Course; (*name and certificate picture removed*)

This course was taken in April, 1997. A few of the things in this teacher's course (*name and certificate picture removed*) I strongly disagree with; advertising the unhealthy plus lens -anti corrective eyeglass method, some of their unnatural behavioral optometrists, orthokeratology (ortho-k), use of auto-stereograms 'artificial 3-D-Magic Eyes' (causes crossed-wandering eyes, double vision, astigmatism) and some of their herbs, supplements and other products. The Optometric Extension Program they are affiliated with uses unnatural methods including the harmful cataract, detached retina producing plus lens method. Avoid these unnatural methods. 70% of the course was beneficial, worth learning. Shifting, looking close and far, tracing and other simple easy practices they teach improve the vision. See my website, books to learn what is true healthy Natural Eyesight Improvement and what is unnatural, causes impaired eyesight.

2009 - Completed 2 Home Study, Student DVD and Book Natural Vision Improvement Courses From (*names and 2 certificates picture removed.*)

I learned some beneficial things from these two popular eyesight courses, but unfortunately they also teach, sell unnatural methods, products; colored lenses, pinhole glasses without warning of the side effects, blocking the eyes central field, methods that cause muscle tension and other destructive advice, practice. One charges over \$5000.00 dollars for multi levels of unnecessary and false training. He hides Dr. Bates books, medical articles and magazines. He refuses to help the blind unless they pay 'bigtime money'. I listed the methods, products, teachers to avoid so students can detect unnatural teachers. Read the entire experience, see list of original and modern teachers on the [*Bates Method History, Teachers, Books*](#) website page and chapter in this book.

See PDF's top of this page. <http://cleareyesight-batesmethod.info/id110.html>

My Pen Name

A famous poet is named Mary Oliver. So I do not use this name to publish books.

One of my favorite poems by her is about her father; 'A Visitor'.
See her poems on this website;

http://www.best-poems.net/mary_oliver/index.html
www.poets.org/poet.php/prmPID/265
<http://maryoliver.beacon.org/aboutmary/>

I chose the pen name Clark Night when I was a young kid playing secret agent with my five cousins and neighbors on Kimball Street in Brookfield, Massachusetts. Mike was the leader. I was one of his agents. **Some** of our favorite TV shows and songs were; The Man From Uncle, Secret Agent Man, The Lone Ranger, Batman and Hogan's Heroes. We had a hideout 'office' underground in the cellar. We would climb up the old stone/brick wall through a hole in the top of the wall and jump down into the other end of the cellar. This was our secret escape route. I had a pet spider named speedy. We would crawl through the drain pipe that ran underground where the brook flowed from the frog pond in the woods, under the street, through a tall grass field, down the waterfall and into the swamp. We would hide in there safe and secure, spy on the neighbors and plan our next adventure. We raced homemade boats down the brook. Ate wild wine and blueberries. We had hideouts in the woods, trees and about town. We were always happy, laughing, often about some mischief we had done or were planning. I remember when my cousin Tom, with help from Mike printed up a bunch of *Secret Agents for Hire* cards with their parent's phone number on them. Tom placed them on all the neighbors' front doors. All night long my aunt was getting phone calls from people asking about the card! We would steal food, candy. One night when we were throwing dirt bombs at cars from our spruce tree hideouts, a man circled back and dragged Tom out of a tree, brought him into the house and forced him to confess to Mom. There was a lot of action that night! In fear, one of the girls jumped down the tree face to face with the man! Many happy memories from childhood, remembered clear, in color, motion keeps the memory, imagination strong, mind-emotions positive and eyesight clear.

See the YouTube Channel for free Original and Modern Bates Method Training;
<https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

See the new webpage for more directions, optical stores, P.D. (spacing of the left, right eyes eyeglass lens for correct eyeglass frame size) and other topics; <http://cleareyesight-batesmethod.info/id36.html>

<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.

Bates Method Behavioral Optometrists, Ophthalmologists will prescribe reduced lenses and Natural Vision Improvement training. Choose carefully; Avoid eye doctors selling the plus lens anti-corrective method, auto-stereograms-magic eyes and other unnatural methods. Go to a true Bates Method teacher to be referred to a true Bates Method eye doctor.

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 lense.

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.

Incorrect Eyeglass Prescription Example

In Oct. 2009-Nov 2010, a neck, back injury caused by a dishonest Chiropractor in Worcester, MA resulted in this patient (Clark Night, book Author) experiencing health and vision impairments: many neck, back vertebrae out of alignment, twisted on the spine, (this places tension, pulling on the spinal cord, brain stem, eye muscle nerves, optic nerve, muscles, nerves, lymph, blood vessels traveling to the brain, eyes, ears, sinus, arms, legs...) extreme neck muscle tension, sprain, swirling black lines, black dot, moving colors in the visual field, foggy, dark visual field upon awakening, double vision, ghostlike after images of objects (another form of double vision: I will look at a object, then when I look away; a ghostly, in color, image of the object appears for a second), sleep disturbances, nightmares, ringing ears, balance impairment, dizziness, vertigo, all over body muscle, joint tension, severe trouble walking for 12 months, sinus infections, swelling, fluid in sinus placing pressure on the eyes, optic nerve, eye muscle nerves, visual illusions: wavy, moving objects in the central and peripheral field, temporary lowered distant and close vision with astigmatism, other visual disruptions, stiff, 'frozen like' eyes, eye movement 'shifting', convergence, divergence, fusion impairment.

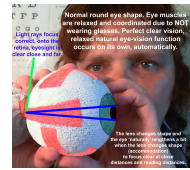
Medical Doctors and an Optometrist's Optician assistant said the neck injury, along with the air pollution in Worcester can cause the sinus pressure and the neck, sinus conditions can cause the eye problems. All are connected. (Incorrect use of a non-Bates Method Artificial 3-D Fusion eye exercise may have started or added to the eye movement, divergence impairment, astigmatism condition experienced in Sept-Nov. 2010 with the sinus pressure. I regretfully went against my Bates Teacher's advice. He states to avoid the Artificial 3-D Fusion eye exercises. I always test, experience vision treatments myself, first, before writing about it, so I can give my readers correct information. This is explained further in this books Fusion Chapter.)



3 - MENTAL STRAIN, EYE MUSCLE TENSION, ABNORMAL EYE SHAPE CAUSES UNCLEAR EYESIGHT

Dangers of, Vision Impairment Caused by: Laser Cornea Eye Surgery, Eyeglasses and Contact Lenses

Eyeglasses cause strain, tension and increase visual blur.

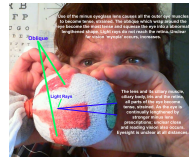


Strain, tension in the mind, visual system, incorrect posture, shoulder, neck muscle tension, Incorrect Vision Habits cause eye muscle tension. Tension in the outer eye muscles places pressure on/in the eye causing abnormal eye shape, incorrect focus of light rays in the eye and unclear vision. Muscles 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.

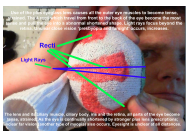
+ The central light ray focuses on the center of the fovea centralis in the macula in the center of the retina. This produces the center of the visual field. + Peripheral light rays focus on the peripheral areas of the retina (all areas around, near and away from the macula and fovea) which produces 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. Caused by 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.

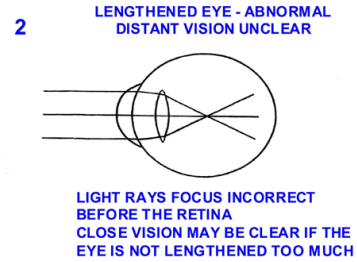
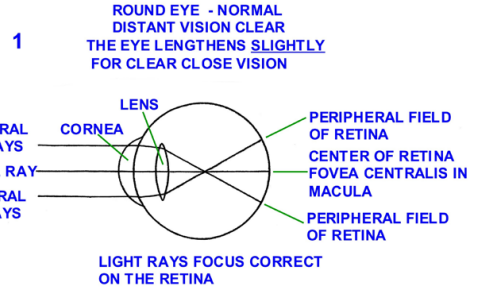


+Picture # 4 shows a Irregular, Uneven Eye Shape. Caused by tension in one or more outer eye muscles, oblique and/or recti. The shape of the cornea is also uneven. Astigmatism, unclear vision. This condition can occur with a abnormal lengthened or shortened eye shape. Light rays focus incorrect; all or some light rays focus incorrect before and/or beyond the retina.

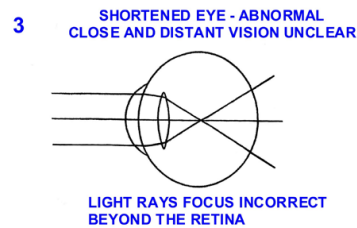
Eyeglasses, contact lenses CAUSE and INCREASE; strain, tension in the mind, eyes, eye muscles, abnormal eye shape, all the conditions listed in # 2, 3 and 4. Leads to Detached retina, cataract, glaucoma and other conditions.



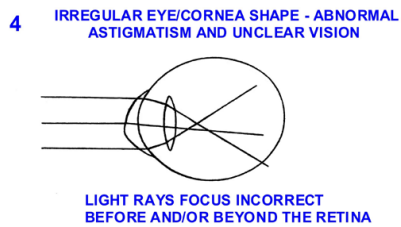
Look straight forward and try to clearly distinguish the smallest letters of objects at a distance.



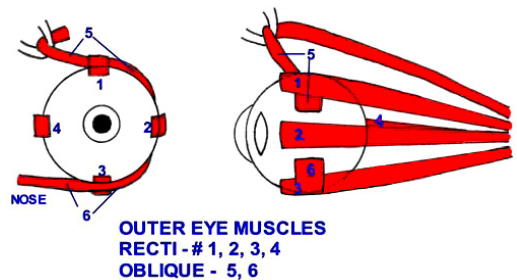
Caused and increased by - minus lens distant vision eyeglasses.



Caused and increased by + plus lens close vision eyeglasses.



Caused and increased by - minus lens distant vision and/or + plus lens close vision eyeglasses. A uneven long or short eye occurs.



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. Diagrams of abnormal eye shapes are accentuated for easy view.

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.

THE MONROE INSTITUTE
365 ROBERTS MOUNTAIN ROAD
FABER, VA 22938

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. (I don't advise all in the Cambridge course)

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.)

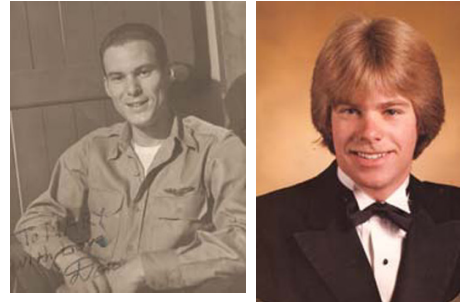
In Oct., 2009 I experienced a neck injury from a dishonest, inefficient chiropractor in Worcester, MA and it affected my vision: double vision, eyes divergence, converge, balance, hearing impaired, astigmatism... All from misaligned neck vertebrae and neck, back injury. Neck is healing with new doctor's 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 Cit, CA, The Homeless. Learning from a variety of people makes a person grow on all levels, strengthens the personality, mind, spirit.

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 This 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.

Special Note for Kindle, PDF Computer, Mobile Book Readers; Voice, Read Aloud Option is Best for the Blind, Visually Impaired and for all people, to avoid reading on electronic screens all the time. Like carrying a small lightweight radio that speaks, reads to you. I read on PDF and Kindle occasionally. I prefer to sit back, relax at

the beach or under a tree and use the Audio Function. Print the Kindle, PDF E-books on Paper. Read on real paper, in the sunlight is most healthy for the eyes: true dimension, shadow, contrast, texture and detail.

<http://www.adobe.com/products/reader/languages/> See the E-Book videos for directions on how to use the E-books & free Natural Eyesight Improvement Training videos at; www.clearsight.info & YouTube; <http://www.youtube.com/watch?v=WO9AS4A8fc> <http://www.youtube.com/watch?v=5E5IBZ0BQuY>

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This book is unlocked, no security. The reader can copy, paste, print and change the size of the print. Print your own book with home computer/printer or copy the book to a CD and bring it to a printer for printing, book binding. Print in color or black ink. Any size paper. Choose **spiral binding** so the book opens fully when set on a book holder - prevents the need to hold the book open with the hands for relaxed arms, shoulders, neck when reading.

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

+The original photo copies of Better Eyesight Magazine are included with this book so the reader can verify the modern version, treatments in this book with the original printed magazines from the 1900's. See original sample page on right. >

Dr. Bates 'Better Eyesight Magazines' contain hundreds of different natural treatments that he and his assistant Emily Lierman/Bates and other eye doctors applied to cure: unclear distant and close vision, (nearsight, farsight) astigmatism, cataracts, glaucoma, cornea scars, wandering/crossed eyes, amblyopia and other eye problems. A few Eye Doctors, Ophthalmology College Libraries have preserved these magazines. See Monroe J. Hirsch O.D. Ph. D.

Pictures in This book

A main Bates Method activity to relax the mind, body, eyes and bring clear vision is to improve the memory, imagination of mental pictures. This is a normal function of the eyes, brain, visual system to produce clear vision. A baby (and adults) see a unfamiliar, new object clear by first 'shifting on it' (looking at different parts, moving the visual attention part to part on the object, examining small details). The object becomes clear, familiar, memorized, a clear memory picture of the object is stored in the brain. The next time the baby looks at the object it is familiar, remembered clear and the brain quickly activates the correct eye movements on the object, no effort to see it, relaxation occurs and it is seen clear.

This process is done for every new object encountered. The brain stores thousands of pictures of objects. Example:

A baby sees an apple for the first time and it may be imperfectly clear due to it being a unfamiliar, new object. At first, the baby's eyes move, 'shift' slowly on the apple part to part as the baby's eyes, brain investigate the new object, become familiar with it. The baby's eyes, visual attention move from part to part on the apple, the brain registering, storing a image of each part the eyes look at. A image of the apple forms in the brain, memory each time the baby sees the apple again. Each time the apple is seen, a clearer and clearer, more familiar mental, visual picture of the apple is created and stored in the brain, memory and it is easier to see; the brain activates eye movement, shifting on the round, red object easy, relaxed and the eyes movement is improved, quicker. Smaller saccadic eye movements occur. A perfectly clear image of the apple is stored in the brain, memory and it is now a familiar object. When the baby looks at it, the brain moves the eye muscles, eyes correct, quick and easy, part to part on the apple and it remains clear.

When the brain remembers, imagines, creates, stores clear pictures in the mind, in color, motion like a real life movie: the mind, body, eyes relax, eyes move easy and vision is clear. (Even a stationary object appears to move, with 'oppositional movement' (The Swing) as the eyes shift part to part on it.)

Blind people use mental pictures, touch... and other senses. One treatment to help cure blindness, near blindness is to improve the memory, mental pictures of objects. Improve the memory, imagination, clear mental pictures to obtain clear vision. Read Helen Keller's story in Better Eyesight Magazine Illustrated with 500 Pictures.

The pictures, true life stories and fairy tales in Better Eyesight Magazine cause the person to create clear mental pictures, like an active motion 'movie' picture occurring in the mind. The stories are entertaining, interesting and fun to read.

This relaxes the mind, eyes, brings the mind to a positive state. All these keep the vision clear.

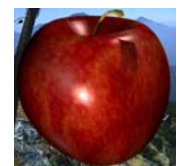
When the mind is positive, relaxed, vision clear: the memory and imagination improve and the improved memory, imagination further improve relaxation and the vision. Then the clearer vision further improves the memory, imagination, relaxation. More vision improvement occurs. Ability to remember, imagine and see a object clear is greatly improved. It's easy, relaxing to remember, imagine a clear object. Practice imagining, remembering objects clear. All functions of the visual system are connected. Improve one and all improve.

700+ pictures are placed in the main E-book and in Better Eyesight Magazine to help the reader easily see/imagine in the mind, learn and apply each treatment, activity Dr. Bates describes. Less reading, fast eyesight improvement.

Each picture teaches a Natural Eyesight Improvement treatment. Read the print below the picture for a quick lesson.

Remembering, imagining, creating clear mental/visual pictures is a main Natural Eyesight Improvement treatment, normal function of the visual system. The brain works with the eyes to produce clear vision.

Babies, children and adults learn to see clear by first shifting on a new object: moving the visual attention, central field from part to part on the object, becoming familiar with it, the brain visualizing, creating, storing a clear mental and visual picture of the object in the memory. In this way, the object is seen clear by the function of the brain activating, retrieving the clear memory picture of the object each time the eyes look at the object. The brain works with the eyes, eye muscles to move the eyes, (visual attention) on the object correct and see it clear. The object becomes familiar, easy to see and the brain, eyes relax, function perfect,



see no david pdf for new
textbox notes jan 1, 2014

the object is seen clear.

Familiar objects are easy to see, relax the mind, eyes, produce clear vision.

The imagination also works with the memory to produce clear objects, vision.

The pattern of eye movement can change, move freely, vary each time the eyes look at the object but the brain will also produce certain eye movements for that specific object; the brain knows how to move the eyes, visual attention on that objects specific shape; Example: The brain moves the eyes, visual attention on a round object in a different pattern than when moving on a square object; The eyes, visual attention (center of the visual field) move in a certain basic pattern on the round shape, areas of a apple: the center, areas within the circular shape, along curved edges, top, bottom, sides...

If the eyes, visual attention try to move on the apple as if it has a square shape, squared edges and other shapes... (as in the middle picture, painting hanging on the wall), then the eyes will be moving, looking out into space sometimes, away from the apple (see 3rd picture). This will be diffusion, eccentric fixation, no central-fixation because the eyes are not on the object when looking away from it. Moving the visual attention, center of the visual field along, around the edge of an apple is different than moving along the edge, corner of a square. (See example; looking at the #7 on the bus in the Memory, Imagination chapter.)

A memorized, familiar object activates easy, mentally stored eye movements, shifting part to part, perfectly, automatically on the object. Perfect central-fixation, the object is seen clear. New, different eye movements are also added for each individual object and each time the object is viewed again because the eyes move freely and the eye movements on the object, scenery is also affected by thoughts in the mind, what the brain is thinking about the object or other subjects, the distance, angle the object is at, lighting, contrast, size...

Familiar objects are easy to see, relax the mind, eyes and produce clear vision. This is why Dr. Bates advises keeping a familiar, memorized Eyechart in the classroom to practice on, keep the children's vision clear.

Books that contain entertaining, interesting pictures improve the brain, visual systems memory, imagination of clear pictures of objects. This improves eye function with the brain and clarity of vision. Children enjoy books with pictures. The small pictures in the book can be printed larger for children to assemble into a coloring book. The child will learn the Bates Method as the parent describes what each picture is.

Coloring - eyes moving with the crayon, filling in small details, using a variety of colors activates eye movement 'shifting', central-fixation, relaxation, positive mind, left and right brain hemisphere activation, integration. These are Bates Method natural eye functions that produce clear vision and straight eyes.

Reading Comic books improve the clarity of vision due to the many colorful action pictures, interesting, fun to read stories engaging the memory and imagination. Eye movement, shifting is activated, improved as the eyes, mind look at a picture and move from picture to picture and on the bubbles of printed words.

The small pictures in this book prove that Natural Eyesight Improvement works! Most pictures in this book are drawn by the author. As stated earlier, the author of this book attained clear close vision at age 40 by using Aldous Huxley's book and taking a Bates Method Natural Vision Improvement course from Thomas Quackenbush in San Francisco, CA. At age 54 my close and distant vision is still clear. 500+ pictures were drawn by hand, in small size 1½ inches height/width using my memory, imagination as I read each article in Better Eyesight Magazines. Pictures were drawn on paper, then traced over on a window pane two times, sunlight shining through the window, looking at the pictures 1 inch to 6-20 inches and up to 5 ft. from the eyes seeing the fine details of pictures clear on paper.

Pictures were then scanned into a computer, refined again in Microsoft Digital Image and Photoshop. All this was done without eyeglasses or magnifiers. The Bates Method works!!



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The Natural Eyesight Improvement student must get an eye exam, to check the health of the eyes, preferably from an eye doctor experienced with the Bates Method of Natural Eyesight Improvement. A eye exam from a natural based eye doctor that performs exams without constant use of eye drops, without drugs, machines, time limits for reading charts is most healthy for the eyes and will result in the best, accurate prescription, not over prescribed/too strong in eyeglass strength.

Looking into a machine, mechanical or electronic device to test the clarity of vision blocks many natural eye functions, can cause temporary: increased visual blur, stiff neck, block relaxed, normal eye movements and result in a unnecessary eyeglass prescription and too strong prescription. This will maintain, increase vision impairment and interfere with application of Natural Eyesight Improvement, prevent the eyes from returning to normal function, clear vision. I do not trust the new 'Eye Scan Machines. Artificial light... into the eyes, directly on the retina.

An old fashioned paper eyechart hung on a wall with sunlight on the chart, no glare, used when the eyes, mind are relaxed, no pressure to hurry is the best way to test for the true level of visual clarity, along with the old time

These pages repeat a bit. They are from the old books. A new directions page is on the top of this book.

All will be combined in the final editions in 2015-2017. I left these pages on because they contain some extra information from the old and new books. Final PDF editions will have embedded training Videos.

retinoscope and other harmless instruments to look into, inspect the eye. Natural Bates Method Eye Doctors will do this. They give the patient time to read the chart.

Eye drops are used to widen the eyes pupil so the doctor can look into the eyes and completely check the eyes health. This may be necessary to insure a thorough eye exam but constant use of eyedrops on every exam can impair the eyes health. The eyedrops cause; a paralyzed eye muscle, widened pupil, blurred vision, light sensitivity... I personally will not allow eyedrops when taking an eye exam. The drug companies are placing harmful and unnecessary chemicals, toxins in the eyedrops, various drugs for the eyes, tear production drugs and drugs for other medical conditions. This causes eye, vision, health impairment. Toxins, chemicals are placed in vaccines, flu shots, even our food, water supply. Contact lens solutions have been contaminated with bacteria resulting in eye infections, blindness. Chemicals in Sinus, Nasal sprays cause Glaucoma, Cataracts, vision impairment. Modern Natural Eye Doctor's are seeking a safe alternative to eyedrops, drugs.

Disclaimer

The Author of this book; (Do It Yourself – Natural Eyesight Improvement – Original and Modern Bates Method & Better Eyesight Magazine Illustrated with 500 Pictures, EFT and all books by the Author) must place a disclaimer in this book to protect herself from lawsuits, imprisonment, destruction of this book by the Medical Association, Drug/Optical Industries, corrupt politicians, fraudulent vision improvement teachers that attempt to prevent the public from acquiring free, authentic Natural Eyesight Improvement information, training;

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This book and other books, videos, website by the author consist solely of **Educational Information** for improving the clarity of vision and health/function of the eyes along with the student's communication with an Optometrist, Ophthalmologist. Always obtain an eye exam by an Ophthalmologist and medical exam by a Medical Doctor.

Choose a **Bates Method** Behavioral Ophthalmologist, Optometrist and Medical Doctor that prefers natural health treatment, prefers to teach Natural Eyesight Improvement, discontinue use of eyeglasses, keep the eyes healthy and prevent use of eye surgery, drugs. Avoid eye doctors selling laser and other eye cornea surgeries, drugs that are not needed, unnecessary lens removal/surgery, eyeglasses (especially strong over-corrected eyeglass lenses), unnecessary, addictive astigmatism sections in the glasses, contact lenses, bifocals, mono-vision lenses, plus lens treatment, tinted, colored lenses, sunglasses and all types of eyeglasses. (Legal 20/40 reduced, weaker eyeglass lenses can be used temporarily, only if needed for driving, work... safety as the vision is improving. See a Behavioral Optometrist and on-line mail order low cost optical stores.)

An experienced eye doctor can detect health of the eyes and body by examining, looking at and into the eyes. Blood pressure, sugar levels, injury, stroke and many health conditions are reflected in the eyes, often in an early reversible stage.

An eye doctor experienced in iridology can determine health of organs, systems in the body. See the story of Ignatz Von Peczely, Physician, a man that cured a injured owl and noticed that the owl's eyes, iris was altered when the bird was sick, injured and it returned to normal as the bird's health healed.

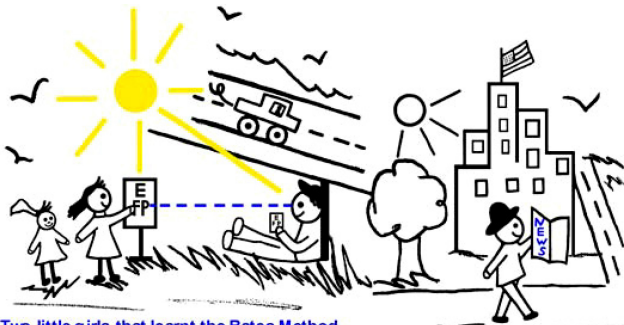
Children - Read/use this book's contents only with direction of, supervised by parents and a Bates Method Eye Doctor. Children and adults: do not use the Sunglass and other methods that are for application only by an experienced Bates Method Ophthalmologist. If in doubt about how to apply a method; ask a Bates Teacher and Bates Method Eye doctor. See 'Better Eyesight Magazine Illustrated with 500 pictures'.

Natural Eyesight Improvement normalizes, corrects the eyes pressure. If a person is taking drugs, eye drops... for Glaucoma, eye pressure or other eye conditions; to lower or raise the pressure; ask your eye doctor's advice first before applying Natural Eyesight Improvement. The drug's strength, amount to take, may need to be changed or the drug may need to be discontinued. The doctor must monitor the eyes pressure as the person practices Natural Eyesight Improvement. Natural Eyesight Improvement also changes the eyes, cornea's shape; back to normal, healthy shape. If the eye, cornea, retina has been operated upon, surgery; speak to your eye doctor first before applying Natural Eyesight Improvement to be sure it does not interfere with the surgery. Detached retina surgery... Read the laser cornea surgery articles in this book. I have communicated with Natural Eyesight Improvement Students that had; cataracts, glaucoma, holes, fluid leaking in the eyes retina, retinitis pigmentosa, other conditions and they have only benefited, regained good eye health and clear vision from practicing Natural Eyesight Improvement, The Bates Method and working with a Bates Method Ophthalmologist.

Sunning, Sun-Gazing For Healthy Eyes, Mind, Body and Clear Eyesight



Face the sun with the eyes closed and move the eyes, head/face & body slowly side to side, left and right.



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.



Persons with normal sight can look directly at the sun without injury or discomfort. Note that the eyes are wide open, with no evidence of pain and no watering.

Most modern teachers advise only closed eyes sunning. Others allow the original open-eyed method shown above by Emily C. Lierman. (Emily A. Bates, Dr. Bates Wife, Assistant in his Clinic in New York City.) The eyes are kept in constant movement; eyes, head/face moving side to side and in other directions. Blink often, relaxed, easy. Circle the sun counter-clockwise and clockwise, draw the figure eight. Shift the eyes and blink when facing the sun. Close and open the eyes. Palm. See the E-books for 'Saccadic Sunning', the end of this book and Dr. Bates Better Eyesight Magazines for pictures, more directions for Sunning, Sun-Gazing and drawing the Figure Eight correct.

The eye evolved in sunlight. The eyes and entire body; brain, all organs, systems, skin... need pure full spectrum sunlight, all frequencies, light waves to remain healthy, function correct, produce clear eyesight. Mood, sleep, absorption, creation and use of nutrients, chemical, hormone production, regulation, energy, chi, aura..., memory and all brain, body functions need full spectrum sunlight. Sunlight and raw apple cider vinegar and honey can cure arthritis. Eyeglasses, sunglasses, tinted, colored, uv blocking eyeglasses, windows, all glass, plastic... blocks out part of the sun's light spectrum causing partial spectrum, unbalanced, unhealthy light to enter the eyes, brain, body lowering health and eyesight. Contact lenses completely seal over the cornea, pupil blocking out all full spectrum light. Sunlight destroys harmful bacteria, germs, mold..., protects the cornea, sclera, eyes from infection.

ARTIFICIAL LIGHT MAY BE BENEFICIAL

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

Additional page, photo from another 1920 edition.



FIG. 47. WOMAN READING THE SNELLEN TEST CARD WITH NORMAL SIGHT WHILE THE SUN IS SHINING ALMOST DIRECTLY INTO HER EYE

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 ulti-

If the eyes are sensitive to sunlight from years of wearing eyeglasses, contacts or addiction to tinted lenses, sunglasses or just lack of sunlight exposure; start by sunning with one eye at a time. Equal time for each eye, alternating and then end with both eyes together to keep the treatment, vision balanced.



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.

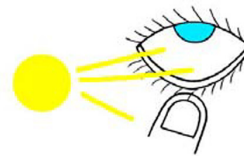
2 - Now, direct the sunlight onto the bottom of the sclera; Pull the lower eyelids down, move the eye/pupil up in the opposite direction so the sun shines on the lower area of the sclera and not directly into the pupil. Move the eyes, head/face side to side. Keep the sunlight moving on the sclera for 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 can 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.



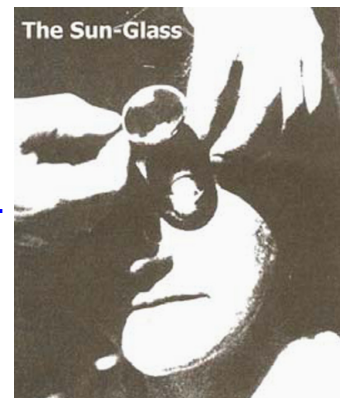
2 - Pull the lower eyelid down and look up. Sunlight shines on the lower area of the Sclera. Sunlight does not shine in the pupil.

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. Light on closed eyelids is done first. 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.

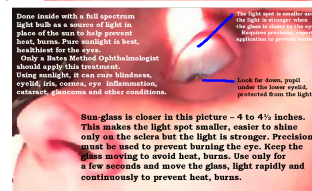
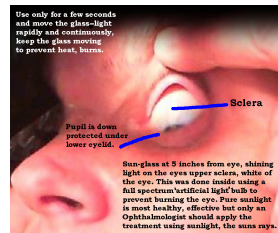
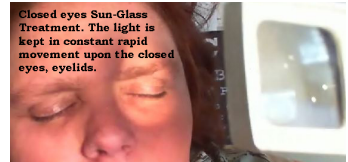
The patient is exposed to plain sunlight first, without the glass to get the eyes adjusted to the light before using the sun-glass. Do not do this at home without an eye doctor's direction. Done incorrect, it can burn the eye.



Closed-Eyes Sunning, (and Open-Eyes Sunning if needed), then the Sunlight on the Sclera treatment shown above are done first to adjust the eyes to bright light. THEN; CLOSED-EYES Sun-Glass Treatment is done first before Open-Eyes Sun-Glass. See the following pages for entire Sun-Glass, Open and Closed-Eyes Sunning directions. Find a Bates Method Ophthalmologist if you need this treatment. If the eyes have been treated with surgery, drugs, medicine, any medical treatment, drugs for the eyes, mind, body; the patient may not be able to do specific sunlight treatments. Lasik and other cornea surgeries, possibly certain lens surgeries, impair the eyes natural refraction, control, absorption and use of sunlight.

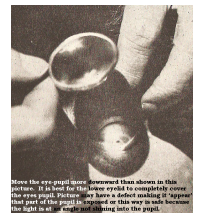
The Sun-Glass (Burning-Glass) Treatment is only for the blind, cases of advanced vision impairment. The sun-glass can burn the eye if done incorrect. It is a magnifying glass, it can set objects on fire! The sun-glass must be a small convex lens () magnifying glass, plus diopters. When used correct it activates, brings function, life to the eyes retina, light receptors, nerves, lens... Closed Eyes Sun-Glass treatment is applied first. It is the safest way to do the treatment and is often completely effective along with the other sunlight treatments without applying the Open-Eyed Sun-Glass. For both closed eyes and open eyes sun-glass treatment; precautions must be taken. Only an Ophthalmologist trained in this method should apply it.

All these conditions must be exact so the light emitted from the glass does not burn the eye; Size, (length across the center of the circular glass from one side to the other), strength-diopter, thickness-amount of curvature of the convex magnifying glass, amount of magnification of the glass, the placement and angle of the glass and the distance the glass is placed from the eye, size and strength of the light spot on the eye (sclera), how strong must the light be to be effective but also safe, not too hot. Do not use the sunglass in very strong sunlight. The brightness, strength of the sun speeds and increases the heat of the light through the sunglass posing a risk of burning the eye. Strength of the sun-time of day, area on planet, ozone layer state and other conditions affect the heat of the light spot, it's potential to burn, injure the eye. Precision, perfect application must be applied. After distance of the glass is determined, then placement of the glass might be above the eye by the forehead, eyebrow or top sclera. Do not shine the light into the eyes pupil! When applying open eyes sun-glass; the eye looks far down with the pupil protected, covered by the lower eyelid. The upper eyelid is lifted. The Sun-glass light spot is then moved quickly, continuously for only a few seconds on the upper white (sclera) area of the eye. On the sclera only. (Patch the other eye.) Keep the glass moving-the light spot in constant rapid movement upon the eyes sclera for a short time; Closed Eyes; part of a minute; 10-20... seconds, Open-Eyes; only a few seconds; 2- 3 seconds. Movement of the light helps prevent heat, burns and activates all parts of the sclera and inside the eye, retina... Allow NO HEAT but get a good beam of light, not too strong but effective enough to activate the cells, light receptors... in the eye. Avoid placing strong, concentrated light on the cornea. See pictures > (Read entire tests, directions below before applying.)



TEST the light strength, distance of the magnifying glass first; Test the strength of the sunlight 'heat' through the glass on a piece of paper first, then on the hands skin to determine the distance the glass is to be placed to control the strength of the light, avoid heat so it does not burn the skin. The distance of the glass changes the size of the spot of light emitted from the glass. The distance of the glass, size, brightness of the light spot circle affects the strength-intensity of the light, heat and the speed that the light spot becomes hot, can set things on fire. This is concentrated energy..., light waves. Test the distance; move the glass far away from the paper; the light is big and not very strong. When the glass is moved closer to the paper, the light spot turns into a small very bright circle of light and is very hot, burns the paper and hand quickly. This is the dangerous light. At very close distances, 1 1/2... inches, the circle becomes large again, the heat is reduced but still burns the hand. Give it time on the paper, then hand/skin to be sure of the distance; Test, find the distance with the sun-glass light immobile on the hand without burning it, feeling no heat for 30 seconds. Then test at the same distance on the hand 1 minute with the glass-light moving. If no heat, no burn when it is immobile for 30 seconds and when moving it for 1 minute; that might be the safe distance to use the sunglass on the eye (sclera) for a few seconds.

I prefer a small round glass for an even circle of light as shown in Dr. Bates sun-glass picture on the right. > For the experiment below and above I used a small square magnifier. Below; test with pure sunlight. Above; test using a light bulb. Other size, strength magnifiers will act differently. Entire information with large color pictures are in the free PDF E-book. Picture below on the far right > shows a test using a light bulb, closer glass, small stronger light spot on closed eyes. The light bulb is unnatural, less beneficial. Read the Sunglass, partial light warning on the following pages. (In the experiment below for this glass; 5-4 inches might be the correct light, distance.)



1

Magnifying glass (Sun-Glass) 2 inches from the paper. Light spot on the paper is large, and very bright. Glass light very hot. Glass light very hot. Glass light very hot.

2

Magnifying glass (Sun-Glass) 4 inches from the paper. Light spot on the paper is smaller, and very bright. Glass light very hot. Glass light very hot. Glass light very hot.

3

Magnifying glass (Sun-Glass) 5 inches from the paper. Light spot on the paper is very small, and very bright. Glass light very hot. Glass light very hot. Glass light very hot.

4

Magnifying glass (Sun-Glass) 6 inches from the paper. Light spot on the paper is very small, and very bright. Glass light very hot. Glass light very hot. Glass light very hot.

5

Magnifying glass (Sun-Glass) 1 1/2 to 1 inch from the paper. Light spot on the paper turns into a large well defined square as the glass moves closer. The light is bright, still strong but less strong than at 2 to 3 inches. It is stronger and smaller than the square at 5 inches.



1st tests; in pictures #1 to 5 above (light immobile) were done in Worcester, Massachusetts, USA on April 24th, 2013 at 5:30-6:00 PM on a sunny day, no clouds. 2nd tests; #1 to 5; the light was moving continual, rapidly on the hand for 10 seconds; I felt heat (mostly from the smaller, brighter lights) but it did not burn my hand.

The EYE WILL BE MORE SENSITIVE to the light, heat so additional adjustments are needed to prevent injury when the light shines on the white area of the eye and also when shining the light on closed eyelids. Do not allow heat to occur because it can quickly turn to fire. You want only the concentrated 'but not too concentrated, not too strong' light beam circle on the eyes sclera. (Test the strength of the moving light on the forehead, then closed eyelids first before moving the light on the open eyes sclera.) Time the light is on the eye affects intensity of the heat; Short time=less heat. Rapid continual movement of the glass keeping the light spot moving on the sclera helps prevent heat. Pictures are a basic example. Ask the eye doctor for the exact distance, placement of the glass... Practice the entire Bates Method to gain clear eyesight. Do not rely solely on the sun-glass, sunning.)

Directions from Dr. Bates Better Eyesight Magazine;

THE normal eye needs light in order to maintain normal health and normal sight. People who do not see the sun always have eye trouble. Miners working in the dark all day long, and never seeing the sun, all have trouble with their eyes. Children living in dark tenement houses acquire a great sensitiveness to the light, and spend most of their time holding a cloth up to their eyes, or they bury their heads in a pillow, shutting out all light. They acquire many kinds of inflammation of the eyelids, and of the eyeball. The burning glass has a very wonderful effect on some of these cases. I remember one man who had not been able to do any work because of the sensitiveness of his eyes to the light. He was very promptly cured by a few minutes exposure of the eyeball to the strong light of the burning glass.

In using the burning glass, it is well to prepare the eyes of the patient by having him sit in the sun with his eyes closed. 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 burning glass, the light on the outside of the eyeballs, 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 this can be done in such a way that the pupil is protected by the lower lid. It is not well to use the burning glass when the patient squeezes the eyelids shut. As long as the light is focused on the white of the eye, and is done quickly, all heat is avoided. The length of time devoted to focusing the light on the white part of the eye, is never longer than a few seconds, moving the light from side to side, up and down, or in various directions.

WITHIN the past few months we have received innumerable inquiries regarding the use of the burning glass. It is well known that the sun strengthens the eyes, and with the aid of the burning glass the direct rays of the sun are focused on the sclera.

Have you ever noticed that upon emerging from a dark room into a strongly lighted one, or from the dark movies into the sunlight, that you are temporarily blinded? This should not be. The normal eye accommodates to the varying conditions, and if it fails to do so the vision is defective. The burning glass accustoms the patient to the strong sunlight, and strengthens the eye.

Q—Is the effect of the burning glass and that of sunshine falling on closed eyelids different, so that one needs both kinds each day?

A—The sun treatment with the burning glass is more intensive than without it. At first, patients become accustomed to strong light by sitting in the sun and allowing the sun's rays to shine directly on the closed eyelids, as they slowly move their heads a short distance from side to side. Then, with the burning glass, the strong light of the sun is focused on the closed eyelids, and when the eyes are accustomed to that, one can consider the advisability of focusing the direct rays of the sun upon the eyeball, itself. This is done by lifting the upper lid while the patient looks down. When the sun is focused upon the naked eyeball, one should keep moving the glass from side to side, and for a short time only, so as not to produce discomfort from the heat. (Note by Clark Night; I notice in some of Dr. Bates, Emily's directions for using the sun-glass with CLOSED EYES; they do not say to look far down. I have advised looking far down for safety even when the eyes are closed but this may not be necessary all the time. Allowing the eyes to look to another direction when they are closed; up, down, sideways, corners enables the sun-glass light to shine through the closed eyelids onto more areas of the sclera; top, bottom, sides... Ask the Ophthalmologist to be sure. Looking far down is mandatory when using the sun-glass with the eyes open.) Never place the sunglass and its light directly in front of the eyes pupil when the eyes are closed or open.

When the eyes are inflamed from disease of the eyelids, the cornea, the iris, the retina, the optic nerve, from glaucoma and other inflammations, the use of the burning glass (sun-glass) has been followed immediately by a lessening of the congestion and a decided improvement in vision.

Many people ask the question: "How long does it take to obtain a sufficient benefit to be noticeable?" When the sun treatment is employed, the improvement in the sight may be demonstrated in a very short time. The sun treatment improves the vision of all patients who are wearing glasses for the relief of pain, fatigue, and imperfect sight, no matter what kind of glasses are worn or how strong they may be. (Do not wear eyeglasses, contact lenses, sunglasses... during any type of sunlight treatments.)

The direct sunlight focused on the white part of the eye is a benefit in many cases of blindness with hardening of the eyeball (glaucoma), or softening of the eyeball (cyclitis), also in cases of cataract, and of opacities in other parts of the eye. It was interesting to observe the improvement in a large number of patients blind from scar tissue on the front part of the eye, the cornea. They were benefited so much that their sight became normal. (Be careful using telescopes, binoculars... My friend burned his cornea, developed a cornea scar that blocked part of his vision by looking at the bright sky, near the sun with a telescope. The previous user forgot to replace the eye protection piece in the telescope.)

One of the best treatments is to focus the strong light of the sun on the white part of the eye with the aid of a burning glass (sunglass), which is kept moving from side to side to prevent the discomfort of the heat, while the patient is looking far down. In many cases treatment has accomplished in a few minutes a complete cure of sensitiveness to light. Paul was a boy who came for treatment. His father telephoned before sending his son, telling me that the school authorities had insisted very strongly that he get glasses for Paul, but the father refused to submit to such a thing, until he was sure that nothing else could be done. Paul had never worn glasses and when they were suggested to him, if Dr. Bates could not help him, he wept bitter tears and at times was disobedient, which sometimes called for punishment. Paul came with a written statement from his mother, saying that at the age of five years, he was taken ill with measles and after that sties appeared at intervals, causing an almost constant inflammation of the eyelids. Because Paul had played with a child who was supposed to have an incurable eye trouble, Paul's mother feared that he had acquired this incurable disease also. His eyelids were itchy most of the time and at the advice of an eye doctor a solution of boric acid was used and a medicine called "mecca" was also applied. Paul found some relief from the use of these applications, but the sties appeared just the same and he noticed that the letters on the blackboard at school became less distinct at such times. In 1928 he had scarlet fever, and pink eye began three months previous to his visit to me. Paul's vision with each eye was 10/10 but he strained to see as he read the smaller letters of the test card. The sun was shining through the windows in the room where I was treating him. I placed him in the sun with his eyes closed and used the sun glass rapidly on the edge of his eyelids as well as on the upper and lower lids. This was about midday, and the sun was rather hot so I had to use the glass very rapidly in order to avoid any discomfort or burning of the lids. His elder brother who came with him remarked how well the eyelids looked after the sun treatment. This was accomplished in less than an hour's time.

Question - a - How often should the sunglass be used? **b** - How long on the closed lids before using it on the eyeballs themselves? **c** - Can one use the sunglass on one's own eyes? **Answer - a** - Daily for two or three minutes. (Clarification; Two or three seconds at a time for open eyes. Applying the sunglass for only a few seconds prevents burning the eye. Minutes are too long if the eyes are open. On closed eyelids the time can be increased to part of a minute at a time.)

b - Usually for several weeks on the closed lids before using it on the eyeballs themselves, although the length of time varies with each individual case. **c** - Some people can, but it is rather difficult and awkward to do.

In my experience, the wearing of dark glasses or the use of other methods to reduce the glare of strong daylight or artificial light is an injury rather than a benefit. One of the best methods to relieve or prevent the intolerance of all kinds of light is to encourage the individual to become accustomed to strong light. **Sunglass - A convex glass of about 18 D**, is very useful in these cases. One way to use the glass is to have the patient look far downwards while the instructor lifts the upper lid of the eyeball with the help of the thumb. This procedure exposes a considerable amount

of the sclera. The strong light of the sun is now focused on the white sclera for only short periods of time to prevent the heat produced by the strong glass from causing discomfort. (To be safe, I use a much lower D. 'diopter' than 18 D. Check with a professional Bates Method Ophthalmologist)

Dr. Bates examined a patient with the ophthalmoscope and found Keratitis, or inflammation of the front of the eyeball of the left eye. The right eye was normal. While the examination was going on, Albert's sister was weeping. She tried very hard to conceal her tears but in vain. They had been to other doctors and were told that Albert would always have to wear glasses to save the right eye; nothing more could be done for the left eye. The last oculist they consulted said the left eye had cataract and as there was no sight, there was no use to operate. What a shock it was to his family!

I placed Albert in the sun and focused the sunglass on his closed eyelid. Then I raised the upper lid and quickly focused the strong light of the sun on the white part of the eye as he looked down. Immediately he called out to his sister: "I see the light. I can see a sort of web inside of my eye when the light is focused on it." This made me very happy indeed. I knew then that Albert could be benefited.

The light through the sunglass is constantly moving and is used for a short time to prevent the sun from burning the eye.

(Closed eyes sun-glass treatment can be longer; part of a minute. Open eyes sun-glass treatment on the sclera is always only for a few seconds. The light is always moved rapidly and continuously on closed eyes sclera and on the open eyes sclera.)

Another one had irritated eyelids, the appearance of which was worse than the discomfort or pain that the boy experienced. He blinked more rapidly than the normal eye does unconsciously. Sun treatment was given to him also. When the mother saw that he had obtained a noticeable amount of relief from the first treatment, she purchased a sunglass and under my supervision she learned how to use the glass on his closed eyelids and in this way all he needed was the one treatment.

Dr. Bates discovered many years ago the benefit of strong light on the eyes and I have seen many patients cured by the sun treatment alone. Some of these cases were seriously affected because of their inability to stand even the rays of the sun. It is curious but true that this patient has benefited mostly by a magnifying glass which focused the light on the white part of each eye as he looked down while the upper lid was raised. In the beginning of his treatment the mere mention of light would make him frown and shrink with fear. Now he enjoys sitting in the sun all day long and realizes that it gives him the greatest benefit. He is steadily improving. While he is not entirely cured, he reads the bottom line of the test card occasionally at ten feet.

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. **(Full spectrum bulbs, no fluorescent)** 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. **(Warning; light bulbs can suddenly burn out and break throwing glass into the eye. Avoid other people, pets, clutter so the bulb is not accidentally broken by people, pets running by... Do not practice during a lightning storm which can blow out, shatter the electric bulb. Avoid high heat bulbs... that can burn the eyes, skin.)**

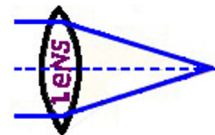
The strong light of the sun focused on the sclera, or white part of the eyeball, with the sun glass, also improves the vision. After the eyes have become accustomed to the sunlight with the eyes closed, focus the light of the sun on the closed eyelids with the sun-glass. Move the glass rapidly from side 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. **When the light is on the sclera, it is normal to see a reflection of the blood vessels in the eye.**

Whenever possible she was placed in the sun, and the sunlight was focused on her closed eyelids with the sunglass. This always improved her vision. When there was no sun, I placed her close to a strong electric light for a half hour or longer. She liked this treatment because the sunlight was so restful to her, and she could read the test card at ten feet. *More of Dr. Bates sun-glass, sunlight articles can be found in his Better Eyesight Magazines by searching in the PDF for; Sunglass, Sun-Glass, Burning Glass, Sun Treatment.*

The Eye is a Natural Sun-Glass

Plain sunlight, closed and open-eyes sunning and sunlight on the sclera without the sun-glass is all that is needed in most cases to return the vision to perfect clarity with healthy eyes. Plain open-eyes and closed-eyes sunning, daily sunlight with the natural eye is the healthiest way to obtain sunlight. The eyes lens is a double convex lens. See picture on right. > It is a perfect, natural, safe sun-glass (burning glass)! The eyes cornea is also convex. The cornea, aqueous, lens, vitreous... control the amount, focus of light entering and in the eye. The cornea, lens, eye... are the exact shape, thickness, curvature, (diopters) strength, distance, position to perfectly focus-refract, concentrate sunlight in the eyes and on the retina safely.



For Sun-Gazing, Sunning, Sunlight Practice (no sunglass) ;

The mind, body, eyes must be relaxed, happy positive thoughts. Keep good and easy relaxed posture. Avoid twisting the neck, tilting the head to one side. Avoid tensing the face, head, neck muscles. No squinting, staring. Relax, allow movement. Teeth apart-not clenched together. Deep but relaxed, comfortable abdominal breathing. Nose in and out breathing is most relaxing, beneficial. If it is more comfortable; breathe out through the nose and mouth. Yawn to stretch, relax the neck, head... muscles and produce healthy tears. Deep breathing, yawning induces relaxation and brings oxygen, blood, lymph, energy flow to the head, eyes, body. The brighter the sunlight, the more it relaxes the eyes, mind and body. The best, brightest sunlight is when it's strong, high in the sky; 11 am-1 pm but sunburn occurs faster at this time. Also, the head has to be tilted up more and this can tense the neck, unless you sit or lay back. Sunning is best with bare feet on the bare dirt ground because this connects the body with the planet's energy. Native American Indians lean against a tree to connect with its energy into the earth and up into the air. Deep breathing strengthens the energy. Sunlight is energy. Full spectrum sunlight contains all colors, frequencies, energy of the light spectrum even more than seen in the rainbow. See the E-book color chart chapter for chi energy circulation, strengthening, movement. Area of the planet, ozone layer should be considered when sunning when the sun is brightest, strongest. When sunning, (open and closed eyes), moving the head and eyes side to side, up and down... ; see oppositional movement 'the swing' of the sun; the sun appears to move in the opposite direction the eyes, head move to. Shift and blink. Shift the eyes, head across the sun left and right, up, down, diagonally from one side of the sun to the other. Shift to the left and right, top, bottom... area of the sky around the sun. Do the long swing and sway at sunrise and sunset; swing, rock left and right and see the sun appear to move opposite. This helps blind people regain their vision. Practice swinging with the sun shining through a fence to activate massage and saccadic eye movements. (see e-book) Do the figure eight.

Avoid staring at the sun. Do not look at the sun longer than a fraction of a second before moving the eyes, head (visual position) to a new part of the sun or sky. Keep the eyes (where you look) moving across the sun and sky. Look away from the sun to the sky often. Blink frequently. Staring 'eye immobility' causes eyestrain, eye muscle tension and unclear vision. When the eyes are strained, sunlight can feel uncomfortable and cause colored light-spots in the visual field. If the sun makes the eyes feel like they need to close 'sleepy'; close the eyes. Take a break. Do closed eyes sunning. Take your time building tolerance to full open-eyed sunlight. Sun-Gazing, open-eyes does NOT mean staring at the sun, eyes immobile. Always keep the eyes, head moving and look away from the sun often. Limit time the eyes look directly at the sun to a few seconds.



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 treatment is to 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 (never staring into the sun), yes; looking at, shifting on the bright sunny sky, clouds, trees and other Bates Method Treatments have been tried first. (See other sunlight treatments in this book.)

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 top 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 treated with a thick 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 eyelids or eyes open) must be brief, a 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 eyes. 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 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 closed eyelids. The movement helps to prevent heat. Test the intensity of the light, heat, distance of the glass... on the forehead, closed eyelids first. Through closed eyes notice the size of the light spot on the eye and the blood vessels... in the eyes, sclera. Keep the light moving, move it quickly on the upper sclera for a few seconds. (Light is kept away from the eyes pupil.)

Then, repeat with the eyes open; still looking far down, eyes pupil under the lower eyelid, protected from the light. Do one eye at a time; lift the upper eyelid, eyes open and move the light quickly side to side, small circles... a few seconds on the white area, upper sclera of the eye. Then repeat the steps with the other eye.

(When the eyes are closed; do one eye at a time and then you may also move the light over both eyes; side to side, up, down, diagonally.)

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

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.

Chi, the body's electrical-magnetic energy flow is strengthened by sunlight.

Sunlight contains all colors, frequencies, energy of the light spectrum.



People that have had eye surgery; 'the eyes lens altered, removed, replaced', cornea surgery; 'part of the cornea removed or altered' or other eye surgeries might not be able to practice certain types of sunlight treatments, especially the sun-glass. Plain closed-eyed sunning, possibly some open-eyed and daily sunlight with open-eyes, not facing the sun may be practiced but check with your eye doctor first because; the cornea..., lens, vitreous control the amount of sunlight entering the eyes, prevents over-exposure. An artificial or altered lens in the eye might not function perfectly correct with sunlight as the eyes natural lens.

A partial and/or altered cornea will not function perfectly correct with sunlight. Sunlight is necessary to keep the eyes, cornea, iris, lens, retina... healthy. It can help eye, vision conditions, surgery to heal, it fights infection. Sunglasses, eyeglasses and avoiding sunlight leads to eye problems, blindness.

Use the Bates Method to avoid eye, vision impairment and surgery.

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

Aspirin, sinus sprays, tobacco impair the eyes health and vision. Skin creams, soaps, food containing chemicals, phony natural ingredients that harm the eyes health can raise or lower eye pressure to abnormal levels.

Better Eyesight

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.

Light is necessary to the health of the eye, and darkness is injurious to it. Eye shades, dark glasses, darkened rooms, weaken the sight and sooner or later produce inflammations. Persons with normal sight can look directly at the sun, or at the strongest artificial light, without injury or discomfort, and persons with imperfect sight are never permanently injured by such lights, though temporary ill effects, lasting from a few minutes to a few hours, days, weeks, months, or longer, may be produced. In all abnormal conditions of the eyes, light is beneficial. It is rarely sufficient to cure, but is a great help in gaining relaxation by other methods.

For Healthy Eyes, Body & Clear Eyesight

Also for the blind, advanced vision impairment, cataract, glaucoma and people very sensitive to sunlight due to addiction to sunglasses or many years wearing eyeglasses. (Epileptics affected by flashing, moving light cannot do parts of this practice. See 'Saccadic Sunning' with the tree leaves, fence, hands... in the E-book. If the eyes had surgery; see the previous page for directions.) Other people may do all the practices. Practice in a state of relaxation. The body, eyes should be free of drugs, medications, eye drops, chemicals. A good diet, nutrition maintained. Avoid eating soy, tofu, certain herbs. They impair the vision, thyroid and eye function.

Sunlight, Closed & Open-Eyed Sunning, Sunlight on the Sclera and the Sun-Glass Treatment are applied in this way, order #1-8b; (Take your time. # 7 - 8b can be practiced in the future after the eyes build tolerance to sunlight.)

1 - Expose the open eyes to natural full spectrum sunlight outside. No sunglasses, tinted, colored, uv blocking... lenses, no eyeglasses or contact lenses. No sunscreen, uv blocking skin creams. Start by walking around in partial shade under a tree. Wear a white hat with a wide brim if the light feels too strong.

2 - Face the sunlight, then the sun through the tree leaves. Blink and move 'shift' the eyes and head/face with the eyes side to side; left, right, left, right, then up, down... Relaxed, easy, slowly. Then; work your way into the sunlight with, then without the hat. Walk around in the sunlight, look at the tree tops, clouds. Blink, eyes shifting.

3a - Face the bright sky, then sky near the sun with eyes open. Blink, eyes shifting. Then, close the eyes and face directly at the sun with the hands a few inches in front of the eyes. Open the fingers and move the hands-fingers across the eyes/face; left and right, up and down, diagonally... allowing sunlight and shadows to shine, move upon the closed eyes. The eyes, head are moved side to side, up, down... as the hands, fingers also move.

3b - Repeat # 3a with eyes open. Blink frequently, keep the eyes, head moving, shifting. Rest.

4 - Practice Open-Eyes Sunning, briefly, for a few seconds. (no hands) Face the sun. Keep the eyes and head moving. Eyes shifting. Blink frequently. Then stop. Rest. Repeat, then rest. Bare feet, stand on the earth's land when sunning.

Try Saccadic Sunning; move the hands-open fingers up and down, left and right, diagonally... in front of the eyes while facing the sun; eyes open, then closed, then open. Eyes, head moving. (see picture below)

When facing the sun, sunning; a white cloth mask with non-obstructed eyeholes (and nose-mouth-breathing holes) is worn to protect the face from sunburn. Get some sunlight on the skin for vitamin D... production and top of the head (no hat) to strengthen chakras, chi energy centers, flow. (When sunning, moving the head, eyes; see the sun 'swing' opposite.)

5 - Practice the Sunlight on the Sclera 'white of the eye' Treatment. Face the sun. Eyes open. Look down, the eye's pupils under bottom eyelids. Pull both eyes top eyelids up and move the eyes, head side to side to move sunlight upon the top of the sclera. Then do the bottom sclera. (See directions on previous pages.) Stop the sclera treatment. Rest.

6 - Do Closed-Eyes Sunning. Face the sun. Move the eyes, head/face side to side-left and right, up, down, diagonally, circle the sun counter-clockwise, clockwise, draw the figure eight. The head moves with the eyes in the same direction. Closed eyes sunning can be done for 10-30... minutes or longer. (No sunglasses, eyeglasses..!)

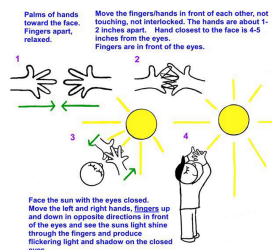
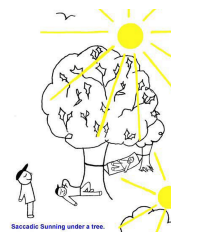
7 - Practice Open-Eyes Sunning, briefly, a few seconds. Keep the eyes and head moving. Head moves with the eyes, in synchronization. Blink frequently. Then stop and rest. Repeat, then rest. Open-eyed sunning can be practiced for a bit longer time as the eyes get used to the sunlight. If you see a light-spot in the visual field (like a temporary after-image seen after looking at a light bulb or a neon sign at night); stop, limit open-eyed sunning exposure time until the eyes build more tolerance to the sun. Light-spots are yellow, red, blue, various colors and change color. Light-spots should disappear in a short time. When the eyesight, eyes, mind-visual system are functioning normal, relaxed, healthy, no tension, strain; there is no sensitivity to sunlight, light-spots are few and fade away. Light spots and other effects in the visual field can last for months if sunning is done wrong and/or there is tension, strain in the visual system. Limit eye exposure to a few seconds.

Improve adjustment of the eyes, vision, retina, visual purple production, iris-pupil reaction size to light and dark by alternating; Palming, Sunning, Palming, Sunning. Sunlight, Sunning and Palming improves day and night vision. Sunlight relaxes the mind, body, eyes and eye muscles. The clearer the vision=the less sensitivity to sunlight.

8a - Use the Sun-Glass Treatment on Closed Eyes. Do one eye at a time. (See complete directions, placement, distance of the glass, heat tests... on previous and next pages. Use only if necessary.) Look far down, the eyes pupil is under the lower eyelid to keep light away from the pupil. Keep the eyes closed. The 'light spot' through the sun-glass is moved rapidly and continuously side to side... 10-20 seconds on the closed eyelids, upon the upper sclera area, through the eyelid. Then do the other eye. Alternate on left and right eyes. The eyes can be moved up, down, left, right as long as they stay closed. This way the light shines on many areas of the sclera through the closed eyelids. Light on the closed eyelids is also healthy.

Rest. Repeat if comfortable. (For 8a & 8b; Time the light is on the eye can be longer when done by an eye doctor.)

8b - Use the Sun-Glass Treatment on Open Eyes. (See complete directions, placement, distance of the glass, heat tests... on previous and next pages. Use only if necessary.) Do one eye at a time. The eyes look far down, the eyes pupil is under the lower eyelid to keep the light away from the pupil. Sunlight through the glass must not shine into the pupil! (Patch the other eye.) Lift the upper eyelid of the un-patched eye. The light spot through the sun-glass is moved rapidly and continuously for a few seconds on the eyes upper sclera 'white area' of the eye. Stop. Now switch the eyepatch to this eye. Do the sun-glass treatment on the other eye. Stop the sun-glass treatment. Rest. Walk around in normal sunlight alternating with shade under a tree. Do a few seconds of open-eyed sunning (no sun-glass); blink and shift the eyes across the sun to get balanced, full spectrum sunlight into the eyes because; a negative effect of the sun-glass is that it emits unbalanced light. (See next page.) If blind; watch for moving light, shadow when doing sunlight treatments. Watch for flashes of clear or partially clear vision immediately or as time passes. Moving the hands in front of the eyes when facing the sun helps activate the retina, cones, rods, nerves, lens, brain's function with the eyes and appearance of moving light which leads to a return of the vision. (The Sun-Glass Treatment is used only if necessary, temporarily and is applied only by an experienced Bates Method Natural Eyesight Improvement Ophthalmologist with many excellent patient references.)



Precautions, Benefits for the Sun-Glass, Sunlight Treatments

This is an old-time Bates Method treatment. It can heal some types of blindness, advanced eye problems, cataract, glaucoma... It must be preserved but done correct. Complete old-original and modern directions, warnings must be taught for safety of the Sunglass (Burning Glass) because it is a magnifying glass and sunlight passing through a magnifying glass can burn, blind the eye. Dr. Bates is not here now to apply it, teach us how to use it correct. It must not be advised for, given out carelessly to every student.

The sunglass is not needed except sometimes in advanced cases of vision impairment, blindness and should be done only by an expert Ophthalmologist experienced in the Bates Method and only after other Bates' methods are tried first. This type of doctor is hard to find so people often apply this method on their own or with a friend's help. Be careful! Study the directions completely and be sure you can trust the friend. Experts with clear enough eyesight and/or perfect perception of the location of the light can do it themselves.

The Sunglass is a magnifier, a glass and similar to a strong reading eyeglass prescription; sunlight passing through it becomes very unbalanced, no longer full spectrum, it converts to partial spectrum light and abnormally focused light which is not healthy, it's not the beneficial full spectrum sunlight we get when it's not passing through glass, plastic, windows, eyeglasses... People that use the Sunglass every day or weekly... are placing unbalanced, partial spectrum light on the eyes. This continual exposure to unbalanced sunlight waves, frequencies, altered energy is unhealthy. Even monthly or less often can be harmful; it is only needed for treating blindness..., some types of eye infections. and must be a temporary practice!

Using the sun-glass inside under artificial light bulbs (which produce unbalanced light), makes the light through the sunglass more unbalanced, unnatural, removes more of the light spectrum, impairs the eyes, retina, lens... health, function and clarity of vision. The light is not 'perfect' full spectrum as healthy natural pure sunlight not passing through a glass, even if you use the best full spectrum lamp. A safe type of full spectrum lamp (no fluorescent, no types that are too hot) is healthy for indoor light and can be used for sunning the eyes when stuck working inside and in low sunlight areas of the planet, but; passing this light through the sunglass makes it partial, unbalanced, unhealthy. This lamp can be used with the sun-glass for some benefit to the blind if pure sunlight is unavailable.

Used correct, temporarily by an Ophthalmologist, the sun-glass treatment with pure sunlight can save the eyesight, the eyes health, but; it's a temporary treatment and is combined with permanent use of the Bates Method and natural full spectrum sunlight NOT passing through the sunglass. The Sun-Glass and Open-Eyed Sunning are not needed for most cases. Open-eyed sunning (and the Sunglass Treatment) are also controversial due to the depletion of the planet's ozone layer from pollution so detailed instructions, precautions must be given. Some areas of the planet have better ozone protection. Colored spots in the visual field lasting for days, months is a side effect when these treatments are done wrong. Some open-eyed sunning can be done safely and with great benefit to the health of the eyes, body, mind and vision. Sunlight is a natural antidepressant, a healer. Vision can become clear, eyes healthy with use of the Bates Method, avoiding eyeglasses and obtaining natural exposure to normal sunlight by just walking outside daily, looking at the bright sky, clouds, trees, moving the eyes, head/face across the sun with blinking for short periods and using Closed-Eyes Sunning.

Do not wear any type of eyeglasses, sunglasses, tinted, colored, UV blocking lenses, contact lenses... while sunning, sun-gazing, applying sunlight on sclera, using the sun-glass or any sunlight treatments. These eyeglasses, lenses can act as a magnifying glass causing sunlight through the eyeglass lens to burn the eyes even when the eyes are closed. The eyeglasses, lenses impair the natural structure of the sun's light rays causing unbalanced, partial spectrum, unhealthy light to enter the eyes, visual system resulting in eye, vision, health impairment. NO binoculars, telescopes when facing the sun! (The sun-glass light never shines on, in the eyes pupil. It shines only on the sclera, white area of the eye.)

I prefer direct, pure full spectrum, balanced sunlight on the sclera 'white of the eye' (pulling the eyelids up, down while looking in the opposite direction with the eyes pupil away from the sun. See directions, pictures on previous pages) without the light passing through the sunglass or any type of glass, plastic, eyeglasses, sunglasses... I also use closed eyes sunning and a bit of occasional open-eyed sunning done correct; look directly at the sun, always with eye, head movement, keep the eyes shifting, blink often, avoid staring. Move the head with the eyes, at the same time, in the same direction. Limit eye exposure time and protect the skin from sunburn. Do the long swing, sway, figure eight facing the sun and see opposite movement; eyes closed, open, closed. Try saccadic sunning by facing the sun under a tree or in front of a fence or with hand/fingers movement. I like to watch, copy animals, birds natural reaction to the sun, their instincts. Good nutrition, diet, no drugs, chemicals... Healthy eyes work best with healthy full spectrum sunlight.

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.

By Dr. Bates; Looking at the sun, while slower in its results, has often been sufficient to effect permanent cures, sometimes in a very short time. There is a right way and a wrong way to do this. Persons with imperfect sight should never look directly at the sun at first, because, while no permanent harm can come from it, great temporary inconvenience may result. Such persons should begin by looking to one side of the sun, and after becoming accustomed to the strong light, should look a little nearer to its source, and so on until they become able to look directly at the sun without discomfort.

This book includes all Dr. Bates treatments and gives exact directions. If advanced treatments are needed; ask an experienced Bates Method Ophthalmologist. The sunlight section of this book is a bit repetitive. This is to ensure that people learn how to apply the practice correct. Repetition improves the memory and automatic correct habits, functions.

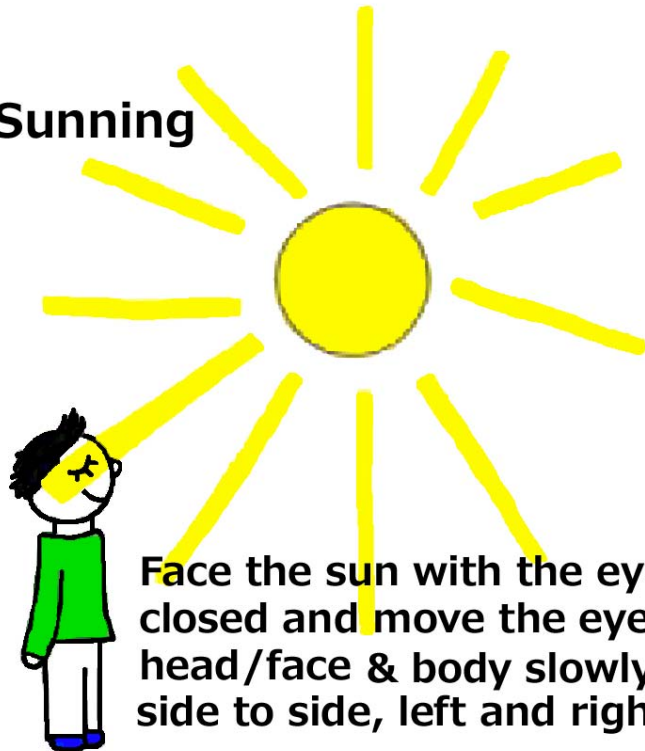
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Sunning



Face the sun with the eyes closed and move the eyes, head/face & body slowly side to side, left and right.

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.

Read the Free E-Book, PDF;
 'Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method' for
 directions on how to reduce the strength of eyeglass lenses, wear weaker and weaker lenses and
 permanently discontinue use of Eyeglasses.

Lenses are worn only if absolutely necessary for driving, safety at work...
 Not wearing eyeglasses is the fastest, easiest way to obtain perfect, clear 20/20 and better vision
 at all distances, close and far.



**AVOID EYEGLASSES, SURGERY AND DRUGS.
 EYEGLASSES, SURGERY AND DRUGS CAUSE AND
 INCREASE EYE MUSCLE TENSION, MENTAL STRAIN,
 ABNORMAL EYE SHAPE, UNCLEAR VISION, CATARACTS
 AND ALL EYE PROBLEMS.**

90 *Cause and Cure of Errors of Refraction*



Patient reading fine print in a good light at thirteen inches, the object of vision being placed above the eye so as to be out of the line of the camera. Simultaneous retinoscopy indicated that the eye was focused at thirteen inches. The glass was used with the retinoscope to determine the amount of the refraction.

Fig. 34. Straining to See at the Near-Point Produces Hypermetropia

When the room was darkened the patient failed to read the fine print at thirteen inches and the retinoscope indicated that the eye was focused at a greater distance. When a conscious strain of considerable degree was made to see, the eye became hypermetropic.



Imperfect Sight Can be Cured Without Glasses
 You Can Cure Yourself
 You Can Cure Others

Better Eyesight

A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION
 AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES
 Vol. III SEPTEMBER, 1920 No. 3

Make Your Sight Worse

This is an excellent method of improving it

Experiences with Central Fixation

By M. H. Stuart, M.D.

How I Improved My Eyesight

By Pamela Speyer

Sleepiness and Eyestrain

By W. H. Bates, M.D.

Stories from 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 CURE OF IMPERFECT SIGHT

By Treatment Without Glasses

By W. H. BATES, M.D., New York

A RESUME of animal experiments and clinical observations which demonstrate that the lens is not a factor in accommodation and that all errors of refraction are functional and therefore curable.

METHODS OF TREATMENT whereby such cures have been effected in thousands of cases. These methods will enable not only physicians, but parents, teachers, and others who themselves possess normal vision to cure all children under twelve years of age who have never worn glasses, and many children and adults who have. Many persons with minor defects of vision are able to cure themselves.

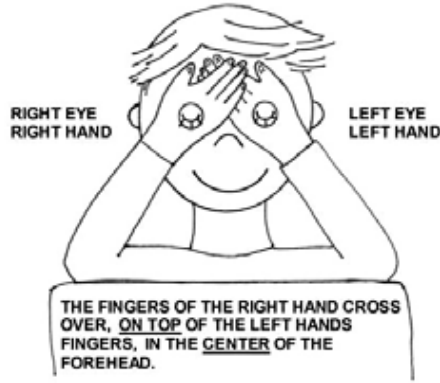
Thoroughly scientific, the book is at the same time written in language which any intelligent layman can understand. It is profusely illustrated with original photographs and drawings, and will be published shortly at \$5, post-paid. Orders may be placed now with the

Central Fixation Publishing Company
 342 West 42nd Street, New York.

PALMING

PALMING

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

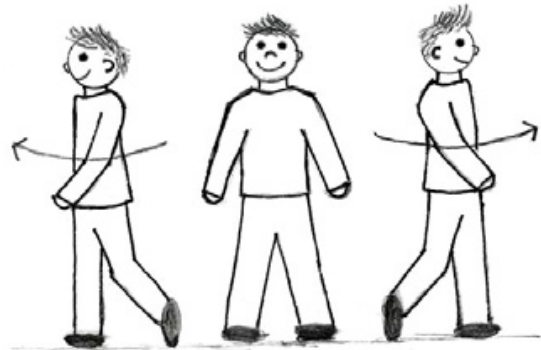


THIS PICTURE SHOWS THE LEFT AND RIGHT HANDS/EYES OF A PERSON FACING THE READER. TO SEE HOW THE READERS HANDS ARE PLACED; VIEW THIS PICTURE IN A MIRROR OR PLACE THE PICTURE OUTWARD ON THE CHEST AND LOOK DOWN AT THE PICTURE FOR A SECOND.

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.

THE LONG SWING

THE LONG SWING



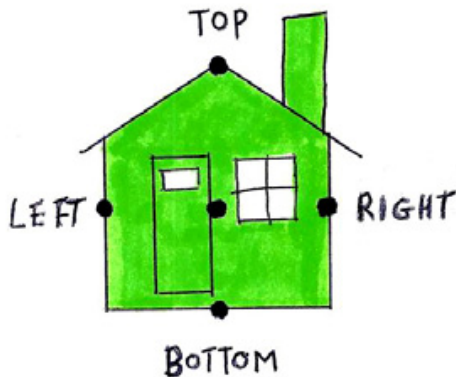
TURN AND SWING RIGHT

CENTER

TURN AND SWING LEFT.

SHIFTING – EYE MOVEMENT – THE EYES/VISUAL ATTENTION/CENTER OF THE VISUAL FIELD SHIFT/MOVE FROM POINT TO POINT, PART TO PART ON A OBJECT AND FROM OBJECT TO OBJECT.

SHIFT ON THE HOUSE, DOT TO DOT.



SHIFT IN ANY DIRECTION/PATTERN.



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.

CENTRAL FIXATION

BIRD IS SEEN CLEAR BY PLACING IT IN THE CENTER OF THE VISUAL FIELD



SUNNING



When looking at the bird;
Place it in the center of the visual field.
Shift part to part on the bird, moving the exact center of the visual field part to part.
Do this for any object the eyes look at; shift part to part on the object. Blink, relax.
Move the head/face, body with the eyes, in the same direction.
The center of the visual field moves with the eyes from object to object, part to part.
Use perfect, exact central fixation; shift small point to small point on objects and small parts of objects.

MEMORY AND IMAGINATION – CLEAR MENTAL PICTURES

REMEMBERING, IMAGINING OBJECTS CLEAR IMPROVES FUNCTION OF THE BRAIN WITH THE EYES AND CLARITY OF VISION.

1 EYES OPEN
APPLE SEEN UNCLEAR.
APPLE IN MIND,
IMAGINATION IS CLEAR.

2 EYES CLOSED
APPLE IN MIND,
IMAGINATION IS CLEAR.

3 EYES OPEN
APPLE IS SEEN CLEAR
APPLE IN MIND,
IMAGINATION IS CLEAR.

REMEMBER, IMAGINE THE APPLE CLEAR.
SHIFT FROM PART TO PART ON THE UNCLEAR APPLE AND REMEMBER, IMAGINE THE APPLE CLEAR.

SHIFT FROM PART TO PART ON THE APPLE IN THE MIND, IMAGINATION AND REMEMBER, IMAGINE THE APPLE CLEAR.

SHIFT FROM PART TO PART ON THE APPLE AND REMEMBER, IMAGINE AND SEE THE APPLE CLEAR.
REPEAT STEPS # 1,2,3.

USE THE IMAGINARY NOSEFEATHER WITH STEPS # 1,2,3. (SEE NOSEFEATHER, CHAPTER --)
REMEMBER, IMAGINE, SEE THE APPLE CLEAR WITH THE EYES OPEN, CLOSED, OPEN WHILE SHIFTING FROM PART TO PART ON THE APPLE WITH THE NOSEFEATHER. TRACE AROUND THE EDGES OF THE APPLE, STEM, LEAF WITH THE END OF THE FEATHER. TRACE SMALL PARTS OF THE APPLE.
PRACTICE STEPS # 1,2,3 WITH BOTH EYES TOGETHER, THEN ONE EYE AT A TIME, THEN BOTH TOGETHER AGAIN.
PRACTICE ON ANY SIZE OBJECT; LARGE, MEDIUM, SMALL, TINY AT CLOSE, MIDDLE, FAR DISTANCES.

Remembering, imagining any pleasant object, scene, happy memory, fantasy relaxes the mind, body, eye muscles, eyes resulting in clear vision.

Remembering, imagining the objects, scene clear while relaxed, easy, without effort improves the clarity of vision. If the boy remembers, imagines a different object, any happy memory, image, scene (playing baseball, a favorite adventure...) with the eyes open looking at the apple, shifting on it and when the eyes are closed shifting on the imaginary image: when the eyes are opened - the apple will be seen clear. He can remember, imagine the apple or any pleasant object clear, shift on it in his mind and the apple will be seen clear. Palming with the eyes closed combined with the memory imagination activity brings clear vision.

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.

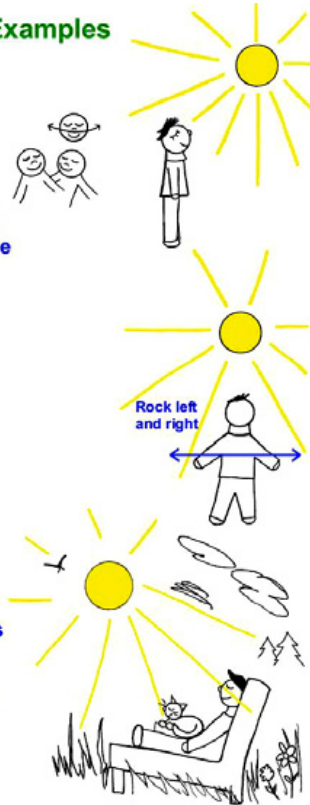
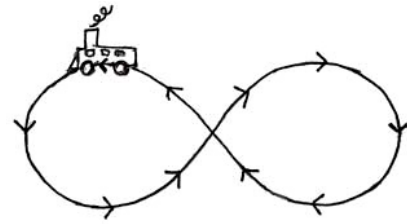
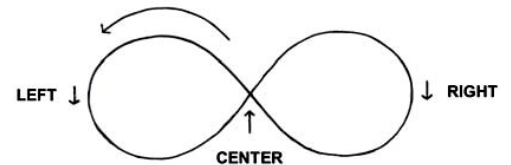


FIGURE EIGHT



THE FIGURE EIGHT



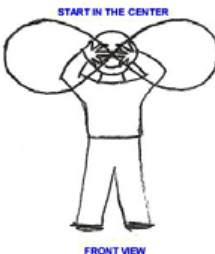
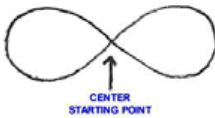
THE FINGERTIPS OF THE 3RD FINGER OF THE LEFT AND RIGHT HANDS TOUCH WITH THE PALMS FACING IN TOWARD THE FACE. THIS IS THE START POSITION AT THE CENTER OF THE FIGURE EIGHT.

THE FIGURE EIGHT - INFINITY SWING

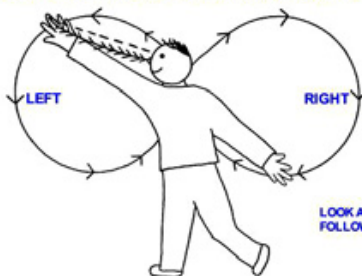
DRAW THE FIGURE EIGHT WITH THE EYES, HAND AND END OF THE NOSEFEATHER WHILE DOING THE LONG SWING. FOLLOW THE ARROWS - START IN THE CENTER AND DRAW UP THE CENTER AND TO THE LEFT FIRST. DRAW THE LEFT SIDE AND BACK UP THE CENTER. THEN DRAW THE RIGHT SIDE; DRAW LEFT, RIGHT, LEFT, RIGHT...

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 HAND'S 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 HAND'S 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.

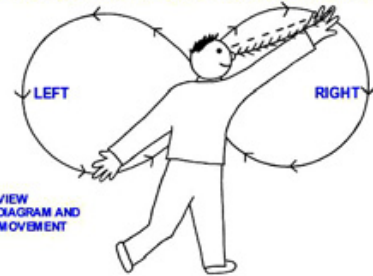


FRONT VIEW



BACK VIEW
LOOK AT THE DIAGRAM
AND FOLLOW THIS MOVEMENT

LOOKING, MOVING LEFT WHEN DRAWING THE LEFT SIDE ACTIVATES THE RIGHT BRAIN HEMISPHERE AND CLEAR DISTANT VISION.



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.

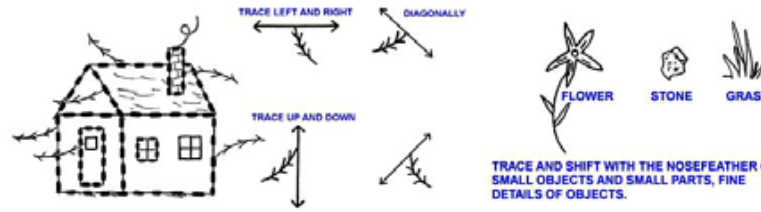
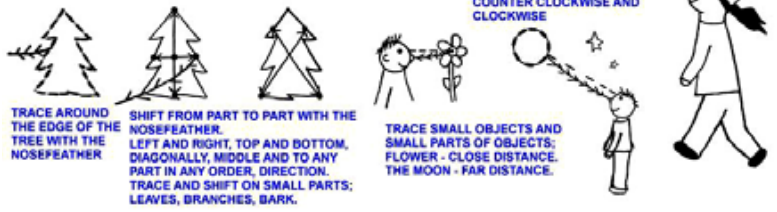
The Figure Eight - Infinity Swing

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, HEADFACE 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 HEADFACE, 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.

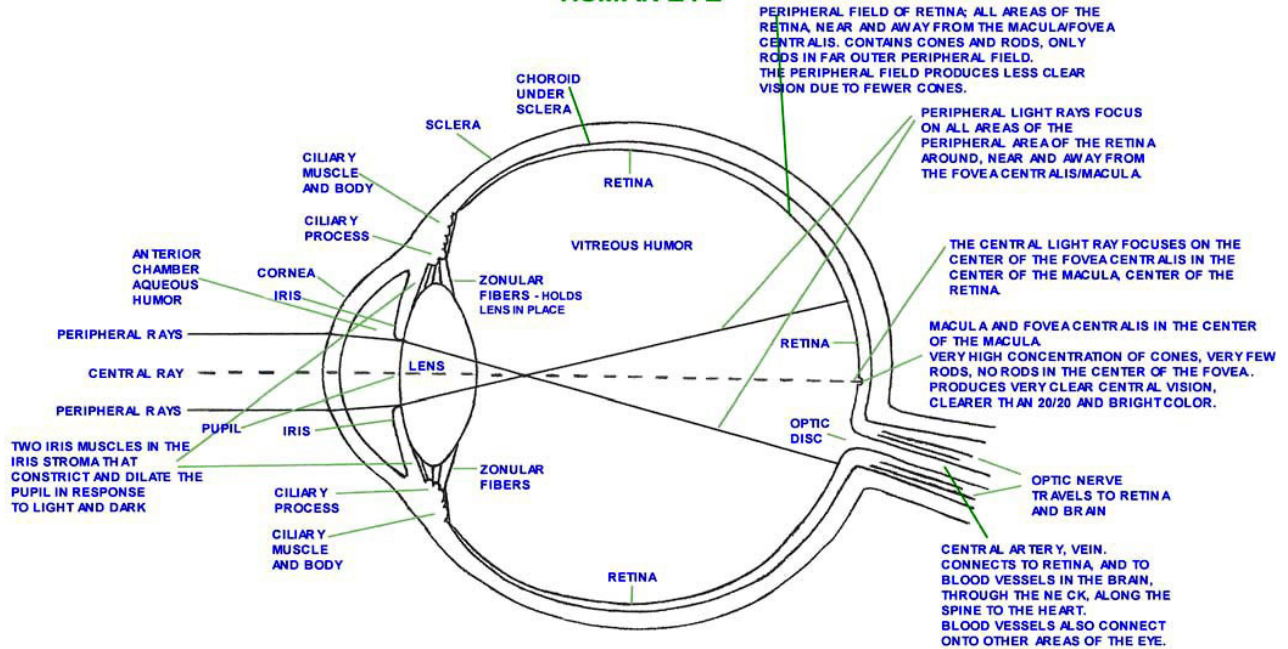
TRACE OBJECTS AND PARTS OF OBJECTS WITH THE NOSEFEATHER.
 TRACE ALONG THE DASHED LINES ON THE DIAGRAM AND THEN ON ANY PARTS.
 SHIFT FROM PART TO PART ON OBJECTS WITH THE NOSEFEATHER.



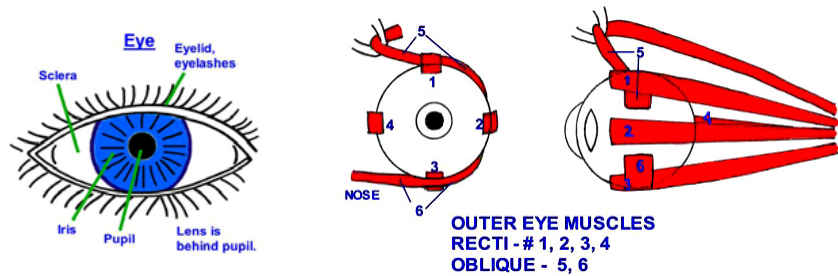
TRACE ON ALONG THE EDGE OF THE HOUSE WITH THE NOSEFEATHER. TRACE/MOVE THE END OF THE FEATHER ALONG THE DASHED LINES AND ON ANY AREAS.
 TRACE THE SIDES, ROOF, DOOR, WINDOWS, WINDOW PANES, CHIMNEY, BRICKS IN THE CHIMNEY. SHIFT ON PARTS. COMBINE TRACING AND SHIFTING.
 TRACE AND SHIFT ON LARGE, MEDIUM, SMALL OBJECTS AND PARTS OF OBJECTS AT CLOSE, MIDDLE, FAR DISTANCES.
 BLINK, BREATHE ABDOMINALLY, RELAX

CENTRAL FIXATION - SEE CLEAR WITH THE CENTER OF THE VISUAL FIELD

HUMAN EYE

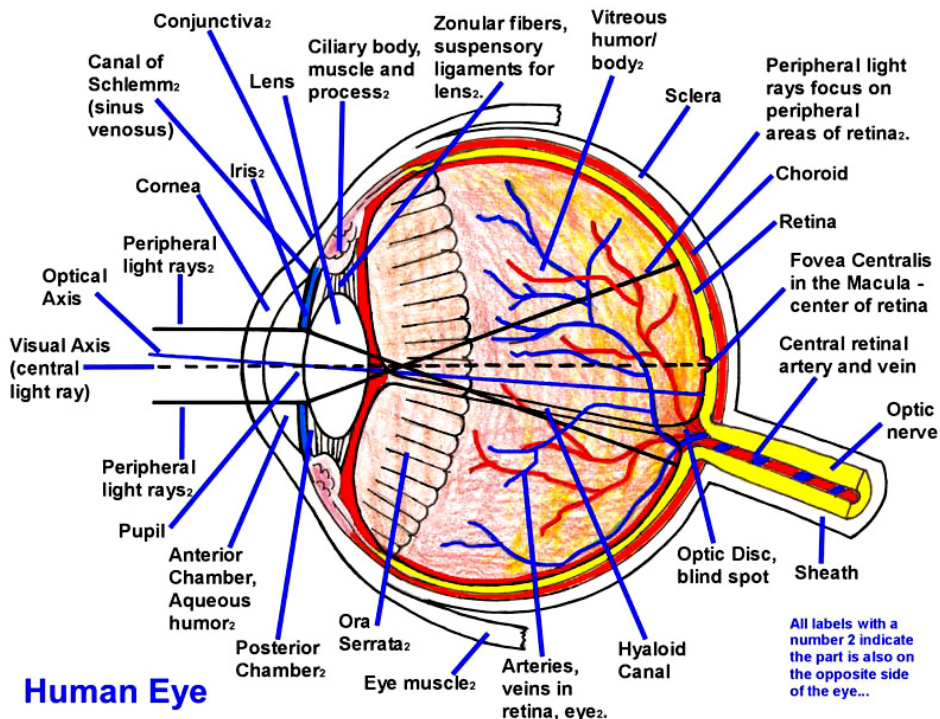
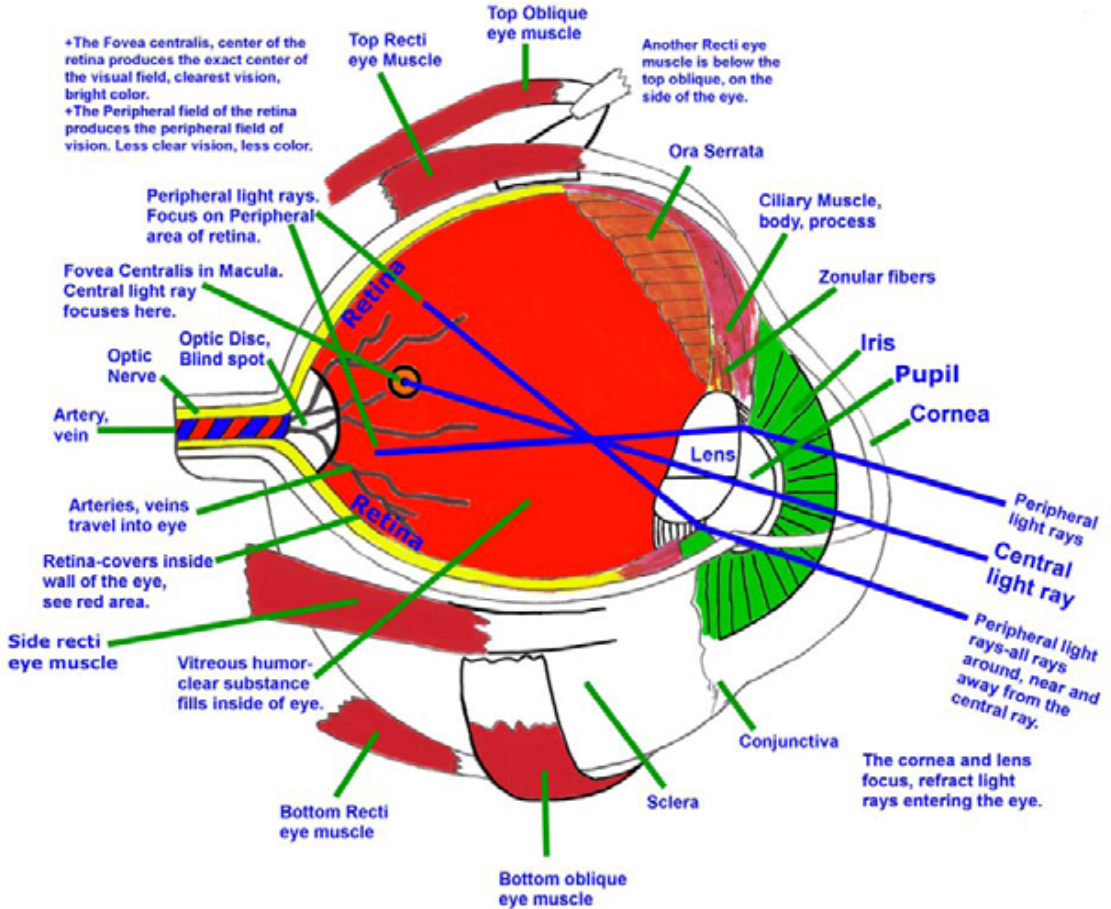


THE RETINA CONTAINS CONES AND RODS - LIGHT, ENERGY RECEPTORS. CONES PRODUCE VERY CLEAR VISION - CLEARER THAN 20/20 AND BRIGHT COLOR. RODS PRODUCE LESS CLEAR VISION (20/400) - RODS PERCEIVE GREY/BLACK/WHITE, LIGHT AND DARK BUT NO OTHER COLORS. RODS DETECT MOVEMENT OF OBJECTS IN THE VISUAL FIELD AND CONTINUE TO FUNCTION IN ALMOST COMPLETE DARKNESS. THE FOVEA AND MACULA IN THE CENTER OF THE RETINA CONTAIN MANY CONES, (ONLY CONES IN THE CENTER OF THE FOVEA) AND PRODUCE VERY CLEAR VISION IN THE CENTER OF THE VISUAL FIELD. THE PERIPHERAL FIELD OF THE RETINA AROUND, NEAR AND AWAY FROM THE FOVEA/MACULA CONTAINS LESS CONES AND MORE RODS, AND ONLY RODS (NO CONES) IN THE FAR OUTER PERIPHERAL FIELD. THIS RESULTS IN LESS CLEAR PERIPHERAL VISION, THE FAR OUTER PERIPHERAL FIELD BEING MOST UNCLEAR. SEE CLEAR WITH CENTRAL FIXATION - A CORRECT VISION HABIT - PLACE THE OBJECT OF VISUAL ATTENTION IN THE CENTER OF THE VISUAL FIELD. WHEN THE EYES USE THE CENTER OF THE VISUAL FIELD, THE CENTRAL RAY FOCUS PERFECTLY ON THE CENTER OF THE FOVEA CENTRALIS. RAYS CLOSEST TO THE CENTRAL RAY FOCUS ON THE MACULA, AND PERIPHERAL RAYS FOCUS PERFECTLY ON THE PERIPHERAL FIELD OF THE RETINA RESULTING IN PERFECT CLEAR CENTRAL VISION, CLEARER THAN 20/20 AND MAXIMUM CLARITY AND FUNCTION OF THE PERIPHERAL FIELD. THE CLARITY OF THE ENTIRE VISUAL FIELD IMPROVES.



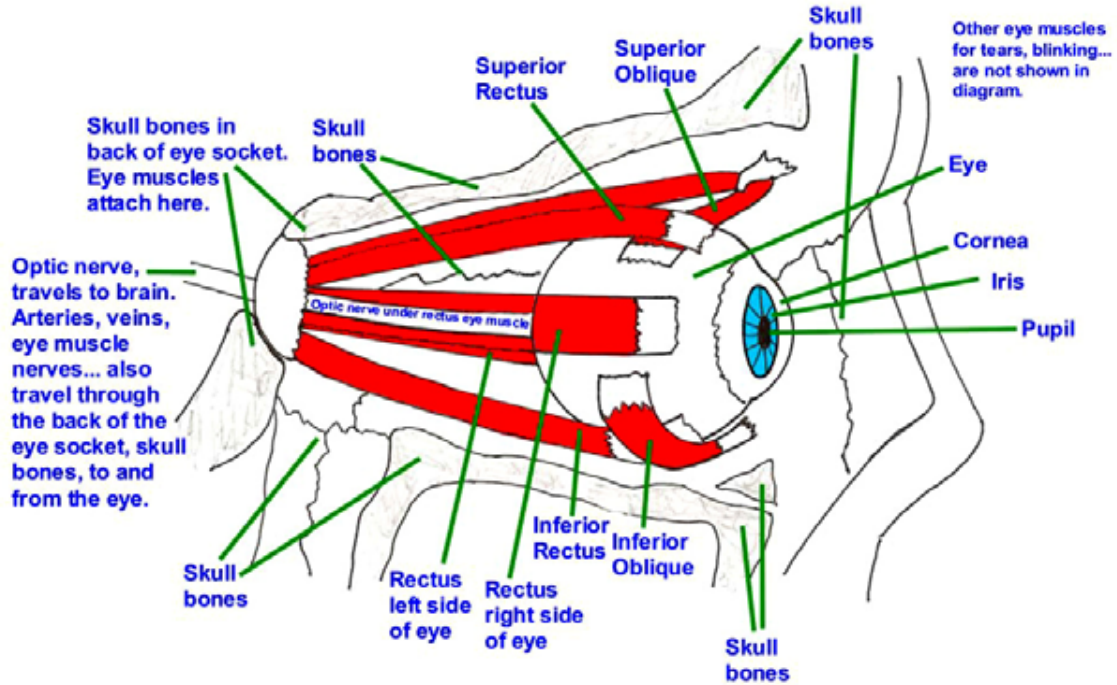
Video - <http://www.youtube.com/watch?v=nIrKuQEJ6y4>

The retina contains cones and rods, light receptors. Cones=very clear vision, bright color. Activated in light. Stops functioning in almost complete darkness. Rods=Less clear vision, grey, white color. Also senses movement in the visual field and continues to function in very dim light, almost complete darkness. The macula contains many cones, and a few rods. The fovea contains a high concentration of cones and no rods. The peripheral field of the retina contains many rods and some cones with less and no cones into the far outer peripheral. This is why the center of the visual field is clearest. See clear by using the Macula, Fovea Centralis, center of the visual field. See much clearer, fine details, brightest color by using the fovea, exact center of the retina, visual field. The center of the visual field moves with the eyes from object to object, part to part on objects keeping the vision clear.

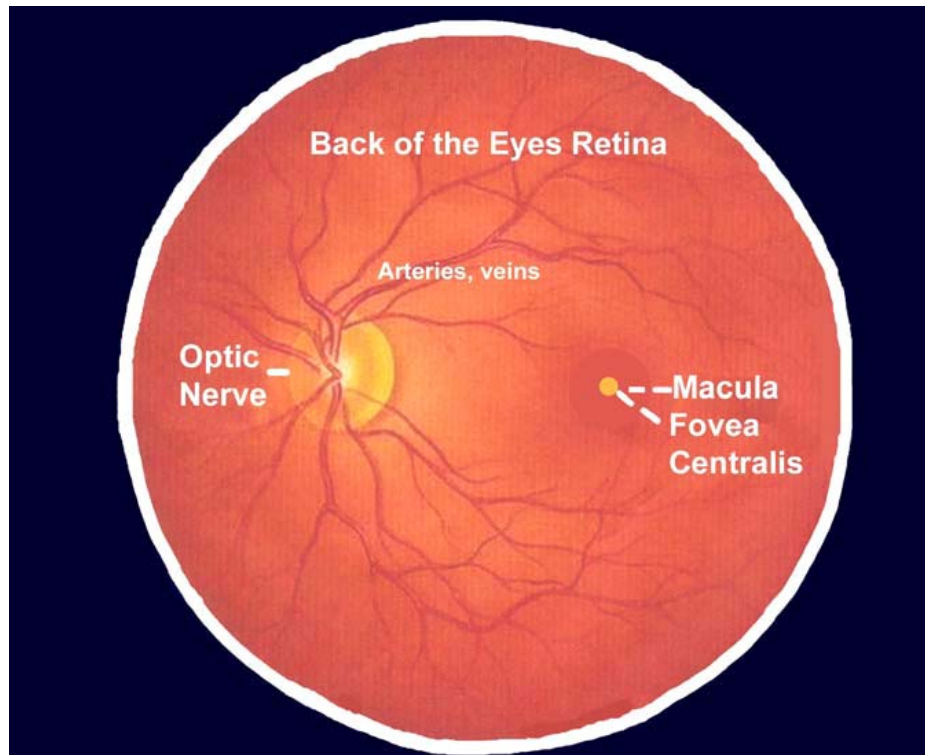


Human Eye

Eye socket, bones, eye, eye muscles, optic nerve.



Notice that the eye socket is composed of bone segments, aligned, grown together. These are part of the skull bones. Eye muscles attach to the skull bones in the back of the eye socket. Misalignment of the eye socket or skull bones due to accidents, birth trauma, forcep, suction delivery... can mis-align the bones, place pressure, tension on/in the eye, optic nerve, eye muscles resulting in crossed, wandering eyes, imperfect convergence, divergence, accommodation, un-accommodation, unclear vision, astigmatism and other abnormal eye conditions. Special chiropractors (Cranial, Cranio Sacral Therapy, Osteopathy) can re-align the bones of the skull if needed. Often, use of the Bates method alone can correct eye function and clarity of the vision.



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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The Central Fixation Publishing Company

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Cardboard (folding)75 Cents

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Back numbers BETTER EYESIGHT: single copies, 30 cents; first and second years, unbound, \$3 each; bound in cloth, \$1.25 extra. Photographic reductions of the Bible, \$4. Ophthalmoscopes (best quality), \$20. Burning glasses, \$4. Reprints of articles by Dr. Bates in other medical journals, a limited number for sale. Send for list.

Eyechart Videos

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>

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

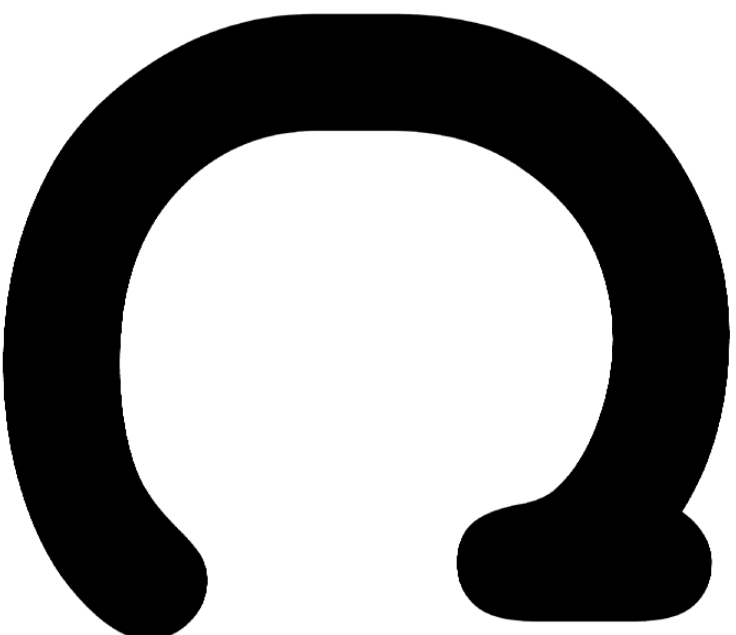


L E F O D F C T

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

五 五

T

20/70

F

P

5

20/50

C

G

O

20/40

4

K

B

H

R

20/30

3 V Y F P T

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

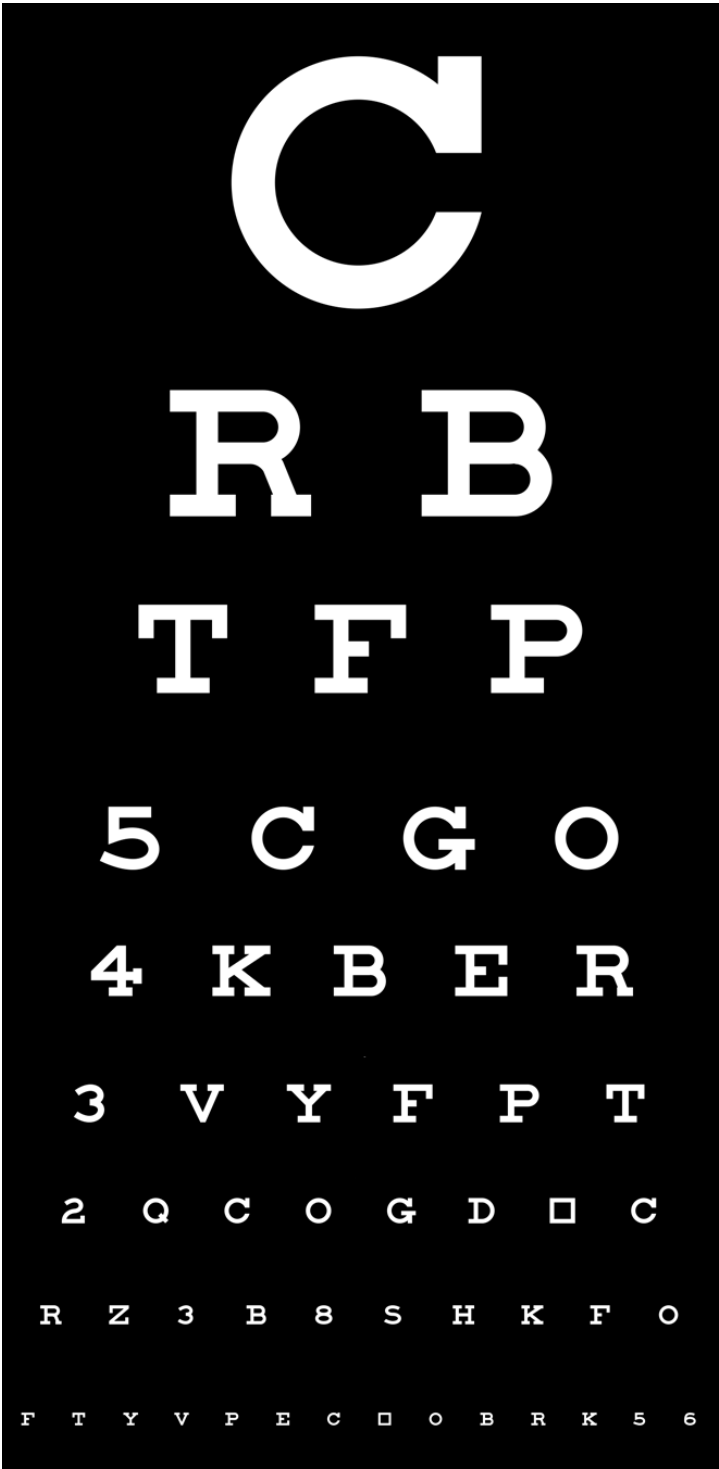
2 Q C O G D □ C



R Z 3 B 8 S H K F O

F T Y V P E C □ O B R K 5 6

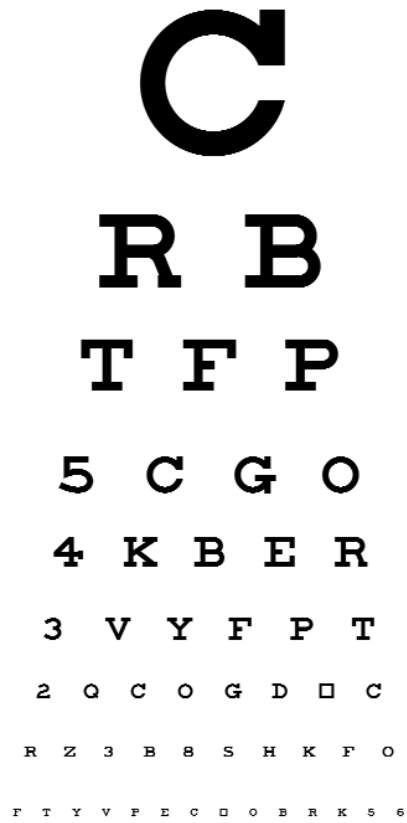
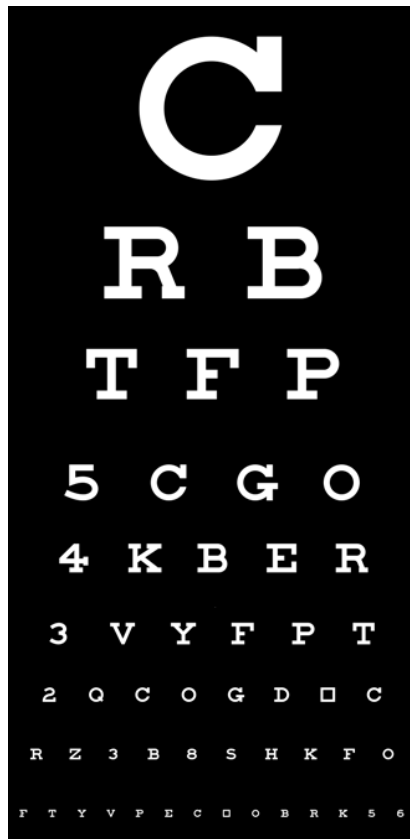
White Print Relaxes the Mind and Eyes



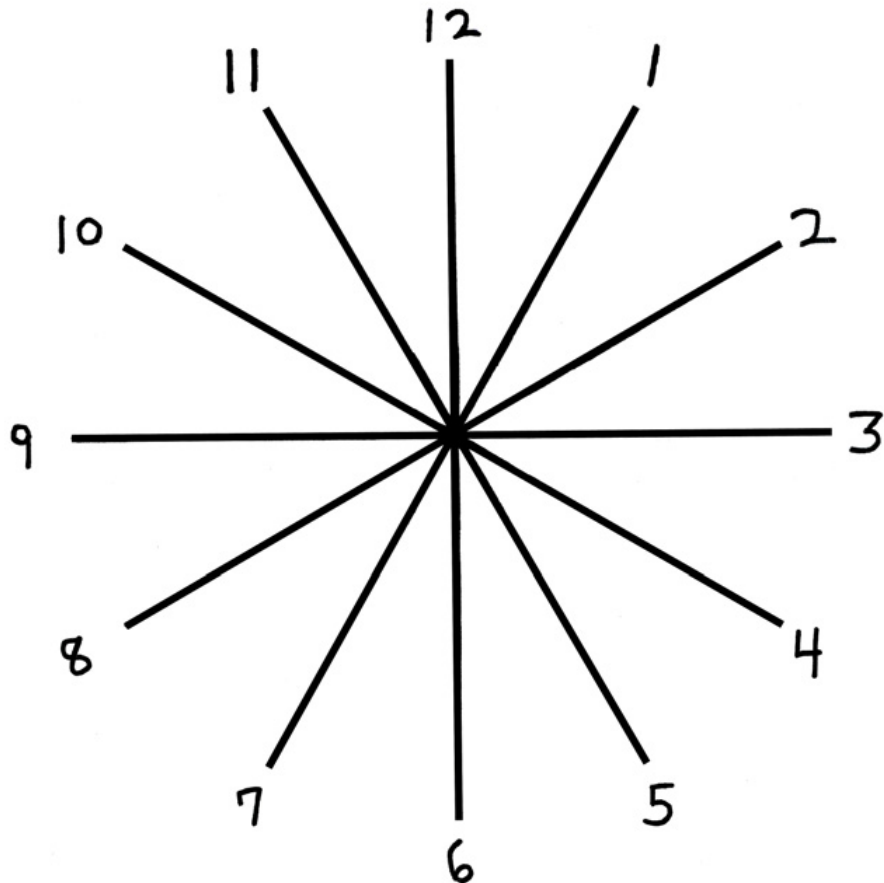
20/20



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.

Revised
By W. H. Bates
July 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.

¹Havard: 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.

Better Eyesight Magazine

Original Antique Magazine Pages

July, 1919 to June, 1930 - 132 Monthly Issues

By Ophthalmologist William Horatio Bates M.D.,

Eye, Ear, Nose & Throat

Stories From The Clinic by
Emily C. A. Lierman, Bates Included

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

\$2.00 per year 20 cents per copy
Published by the CENTRAL FIXATION PUBLISHING COMPANY
39-45 EAST 42nd STREET NEW YORK, N. Y.

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 at least one inch.
 - 3-Shifting: The point regarded changes rapidly and continuously.
 - 4-Relaxation: When the patient is given the letters appear to come from left to right, or in other directions, with a simultaneous motion.
 - 5-Intensity is perfect. The color and background of the letters, or the background.
 - 6-Imagination is good. One may even see the white part of letters when they are really in white the black is not shared by distance, illumination, size, or form, of the letters.
 - 7-For an enlargement of the eye and mind to 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.



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

Natural Eyesight Improvement The Bates Method

This Book Contains a Photo Copy of the Original Printed Pages of Ophthalmologist William H. Bates Better Eyesight Magazine. Every Year, Month, Page from July, 1919 to June, 1930. Unedited. True History! An Antique Collection, The Origin of Natural Eyesight Improvement. Treatments, Activities from the Eye Doctor that discovered and practiced this effective technique of Natural, Normal Eye Function.

Book consists of his Original Treatments and a 2nd additional Better Eyesight Magazine Book Illustrated with 500 Pictures, containing the Original and Modern Versions of Older Treatments & New Treatments. Read the Original and New 2nd Book to learn which treatments have been improved or changed, how to practice the activities, treatments correct.

Pictures with directions are placed in the 2nd book to help the reader quickly understand each activity Dr. Bates describes. Learn and apply Natural Eyesight Improvement, obtain clear vision easy and fast. Safe, Natural Treatments for Clear Close, and Distant Vision, Astigmatism, Cataract, Glaucoma and other Eye Conditions.

12 Natural Eyesight Improvement E-Books, Eyecharts, Videos & Audio Training included.

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William H. Bates M.D.

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Better Eyesight Magazine

Illustrated with 500 Pictures

July, 1919 to June, 1930 - 132 Monthly Issues

By Ophthalmologist William Horatio Bates M.D.,
Eye, Ear, Nose & Throat

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Vol. III JULY, 1920 No. 1

See Things Moving
When the Sight Is Normal all Objects Regarded Have
An Apparent Motion

The Mission of "Better Eyesight"
Retrospect and Forecast

Stories from the Clinic
By Emily C. Lierman

What Glasses Do to Us
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Natural Eyesight Improvement

Original and Modern Bates Method

This book contains Doctor Bates Better Eyesight Magazine. Every Year, Month, Page from July, 1919 to June, 1930 - Unedited. The Origin of Natural Eyesight Improvement. Safe, Natural Treatments for Clear Close, and Distant Vision, Astigmatism, Cataract, Glaucoma and other Eye Conditions.

Illustrated with 500 Pictures. All of his Original Treatments and Modern Versions of Older Treatments & New Treatments.

Pictures with directions are placed in the book to help the reader quickly understand each activity Dr. Bates describes. Learn, apply & obtain Natural Eyesight Improvement, clear vision easy and fast.

Remembering, imagining, creating clear mental/visual pictures is a main Natural Eyesight Improvement Treatment. The Brain, Memory, Imagination, Visual System work with the eyes to produce clear Eyesight (Vision).

Books that contain entertaining, interesting pictures improve the brain, visual systems memory, imagination of clear pictures, clear mental, visual images of objects the eyes look at. This improves eye function with the brain, relaxation and clarity of Eyesight.

12 Natural Eyesight Improvement E-books, Eyecharts, Videos, Audio Training and the Original Antique Print Pages of Better Eyesight Magazine included.

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Do It Yourself - NATURAL EYESIGHT IMPROVEMENT

Bates Method - FREE Training & Books

(www.ClearEyesight-BatesMethod.info)



GuestPage



A part of the treatment. The patient has learned to turn both eyes in by looking at a pencil held over the bridge of the nose. Later she became able to turn them in without the pencil, as to turn either eye in while the other remained straight.

[Basic Training](#) [Advanced Training](#) [E-Books-Free](#) [Paperback Books](#) [Better Eyesight Magazine - Train Directly From Dr. Bates](#) [Pilots - See Clear Naturally](#) [Eyeglasses - 'Reverse Addiction To' Contact - Phone, Video Chat](#)

NATURAL EYESIGHT IMPROVEMENT
Bates Method
FREE 'Do It Yourself' Training for Perfect, Clearer Than 20/20 Eyesight. Correct Myopia, Presbyopia, Astigmatism and Other Eye-Vision Conditions Without Eyeglasses, Surgery

PERFECT SIGHT WITHOUT GLASSES
Dr. Bates Original 1920 Book in the Antique Print - Free

SEE BETTER NOW!
Perfect Clearer Than 20/20 Vision at all Distances, Close and Far! Quick Easy Training

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Ophthalmologist Bates Life History, Natural Eyesight Improvement Experience. AVOID the Harmful 'Plus Lens' Eyeglass Method! Dangers of Laser Cornea

Videos - Free Natural Eyesight Improvement Training



[News, Dangers of Lasik Surgery, Contacts Lenses... Natural Eyesight](#)

[Blind, Visually Disabled Achieve Independence Dr. Bates Magazines](#)
[Bates 132 Natural Cures](#)

[20 E-Books - Natural Eyesight Improvement by Ophthalmologist Bates, Variety of Authors. Free-Click Here](#)

[Better Eyesight Magazine by Ophthalmologist William H. Bates, English, Spanish, Italian... Free-Click Here](#)

20 Natural Eyesight Improvement PDF E-Books with Eyecharts, Video, Audio Training and Dr. Bates 11 year [Better Eyesight Magazine](#). An Entire Bates Method - Natural Eyesight Course. In Color, Printable. All the books listed below in 20 E-Books including this Entire Website and Dr. Bates Better Eyesight Magazine website; [Click Here](#) The E-Books combine well with the Paperback, Kindle books at [Dr. Bates Amazon.com Authors Page](#), available in any Bookstore. Click the pictures below and see the [Google E-Books Page](#) for free on-line books, 100% internal view of the Paperbacks, E-Books, Videos of internal pages, Free Natural Eyesight Training, 7 Books in one PDF, Single E-books, Eyecharts. Move down this page for more links to Free E-books, Videos of Dr. Bates Book and 2400+ pages of Dr. Bates Better Eyesight Magazine.



Dr. William H. Bates - M. D.
Ophthalmologist, Eye, Ear, Nose & Throat. Discovered the True Principles of the Eyes Function, Original Bates Method of Natural Eyesight Improvement. 1860-1931.



Shift relaxed, easy from one small part of the T-Bear to another small part; left and right, top and bottom on his head, face, nose, his eyes, ears, necktie, body. Shift on the lady's face. Blink, breathe, relax.



Color Paperback or Lower Price Black & White Versions on Amazon, Barnes and Noble...
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This website and the free E-books contain every practice, treatment needed to obtain clear eyesight;
[Click Here to go to Navigation Page # 5](#) for 1st Free Natural Eyesight Improvement Training Lesson on this website.
Then [Click Page # 1+](#) for more chapters, training, eyeglasses info. Use the Navigation bar as a on-line book chapter index.
This entire website, **everything**; Navigation Chapters, Pictures, Links, PDF Downloads, & more... included in the E-Books.
[Click Here](#)
[Click Here to Read](#) Dr. Bates Better Eyesight Magazine, treatments for every eye condition. Or listen with the Speaker.
<http://clarknight.wordpress.com/>
[Click Here for the Audio Page](#) - Blind, Low Vision; Listen to Dr. Bates Treatments here or download to CD.
YouTube; <http://www.youtube.com/user/ClarkClydeNight/videos>

GuestPage, Live Training, Video Chat;

Blog;

Surgery, Most
Cataract Surgeries,
Contact Lenses.

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teachers illegally
using our books,
website title, videos

CONTACT, Phone,
Address - Question
Answer Page.
Video; Dangers,
Blindness, Vision
Problems Caused
by Cornea Laser
Surgery, Contact
Lenses.

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Ophthalmologist
William H. Bates,
Emily Lierman,
Other Doctors and
Teachers.
Eyecharts, Videos-
Free Training.

EFT - Emotional
Freedom
Technique,
Acupressure and
Color Breathing...
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Improvement
Books, Training by



Ophthalmologist
William H. Bates

Do It Yourself - Natural Eyesight Improvement Original and Modern Bates Method

Improve the clarity of eyesight to 20/20 and clearer at all distances, close and far with; The Bates Method of Natural Eyesight Improvement discovered and taught by Ophthalmologist William Horatio Bates This website is dedicated to Dr. Bates and Emily C. Lierman (A. Bates). It is written by a Bates Method Natural Eyesight Improvement Graduated Student and Self-Trained Bates Teacher that has kept her eyesight 20/20 and clearer for 37 years using the Bates Method - Original and Modern Natural Eyesight Improvement. The author preserves Dr. Bates and his wife, assistant Emily Bates' books, magazines, medical articles and teaches friends, family, the public how to obtain clear eyesight, healthy eyes. *Free Training*. See Author's Certification, 5 Schools, Driver's Licenses-proof of clear eyesight here;

<http://cleareyesight-batesmethod.info/id60.html> <http://www.cleareyesight-batesmethod.info/id95.html>

Free Original and Modern Bates Method and other Bates derived Natural Eyesight Improvement lessons with diagrams for fast, easy learning, clear eyesight are posted on this website. See [Navigation Page # 1 <](#) for first training starting with the cause (strain, tension, *eyeglasses*) and correction of unclear eyesight.



First lesson; See the cat. The eyes blink. See the green house; Move 'Shift' the eyes, 'mental-visual attention' part to part on an object and blink, relax for clear eyesight. ([See navigation page 5.](#))



Read Ophthalmologist Bates 'True Life Story', discovery and practice of The Bates Method of Natural Eyesight Improvement and his 'Battle with the Optical Industry, Eye Doctors, Surgeons' for the right to practice, teach and preserve Natural Eyesight Improvement for all people on his [Better Eyesight Magazine Page](#); Dr. Bates original books, 132 magazines are available for free download/printing. [Click Here](#) for his *On-Line Magazines with Language*



Translator, Speaker. An Adobe PDF E-Book version and Paperback Illustrated with 500 Pictures and Photos of all Dr. Bates Original Magazine pages attached can be purchased. *Better Eyesight* is a monthly magazine Dr. Bates wrote, published from 1919 to 1930. The magazines contain true life stories of his patients, their various eye, vision conditions and the many natural treatments, practices Dr. Bates applied without use of eyeglasses, eye surgery, drugs to restore their eyesight to 20/20 and clearer at all distances. Myopia, Presbyopia, Farsight, Astigmatism, Cataracts, Glaucoma and other eye conditions were cured.

Read the [Bates Method history](#), Dr. Bates life, books, the best teachers trained by Dr. Bates (For best webpage view; [Click Here](#))

Most Eye Doctors, Surgeons, Optical businesses hide the truth about Natural Eyesight Improvement. Eyeglasses, contact lenses are addictive, lead to stronger and stronger eyeglass lens prescriptions, increased blur, astigmatism, cataracts, macula degeneration, detached retina and other eye health, vision impairment. Laser and other cornea eye surgeries cause a variety of vision impairments and many people have developed blindness after the surgery.

Natural Eyesight Improvement Teachers Must Give Free Training. Honest teachers will charge a decent price. Choose a teacher carefully. Dishonest Teachers hide-withhold training until a high price is paid. They are secretive about their sources and hide Ophthalmologist Bates Books, *Better Eyesight* Magazines, Medical Articles; the true source of Natural Eyesight Improvement. There are hundreds of schools, websites, advertising Natural Eyesight, Vision

Different Teachers. Iridology, Breathing, Nutrition, Body Movement and Relaxation Tools, Strengthen the Mind, Spirit... Self-Help. Better Eyesight Magazine, Books by Ophthalmologist William H. Bates. Shop at Amazon and Other New and Used Paperback Bookstores

PINHOLE EYEGASSES - Pros and Cons, Healthier Than Eyeglasses

Vitamins, Minerals..., Eye Health Vitamins; Bilberry, Lutein... Ming Mu Di Huang Wan Ancient Chinese Eye Formula for Healthy Eyes, Body, Liver, Clear Eyesight. Neck Muscle Relaxation. Health Books

TRANSLATOR Convert Website Pages, E-Books to Other Languages. Audio; Hear in English, Spanish... Blind; Listen, Learn Without Reading

HISTORY The Bates Method, Natural Eyesight Improvement - Best Teachers, Books, Websites, Blogs, Training, variety of Information. 1800's, 1901 to Present Date

BETTER EYESIGHT

DELTA	
THETA	
7 LIGHT PURPLE ALPHA	
6 PURPLE	
5 BLUE	
4 GREEN	
3 YELLOW	
2 ORANGE	
1 RED BETA	

COLOR BREATHING RELAXATION CHART

Practice Abdominal Breathing, Palming, Color Visualization, Deep Relaxation and Correct Vision Habits in the Alpha, Theta and Delta brain wave states with the Color Breathing Relaxation Chart to relax the mind, eyes, eye muscles, neck and body for clear eyesight. Notice that eyesight is clear when the mind, body, eyes are relaxed, in a positive state. See chapter 22-23.

Improvement for about \$40.00 to \$500.00+ and up to \$7000.00 to be Trained, Certified as a Natural Vision Improvement Teacher. Very few provide free, complete, genuine training. A teacher on the east coast of the U.S. in Massachusetts raised her price for my Teacher Training, Certification to \$5500.00 stating it may go higher when she realized who I was, that I teach for free, place everything I learn about Natural Eyesight Improvement on this website and in books. A few Graduated Teachers have told me their Teacher Training School content was basically the same as the Student Course.

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, 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 companies. Colleges are corrupt, charging thousands of dollars to be a Doctor, Optician, Optometrist, Ophthalmologist... 30 to 40 thousand dollars for the first year of Optometry College! Only the wealthy can go to college.

It is legal for a mother, father to teach a child to walk, read, learn. Teaching the Bates Method is a human right.

A person that has clear eyesight, successful Bates Method Natural Eyesight Improvement experience can teach other people to obtain clear eyesight. Dr. Bates describes in his books, magazines how many patients, (including children) cured of unclear vision teach others to see clear. Many people were trained to be Bates teachers. Read the *True Story of the Two Little Girls that Restored a Blind Mans Eyesight'* in the Oct. 1925 Magazine Issue. Another article describes how a child cured another child of crossed eyes. 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) and their eyesight improves because; 'it is the normal, natural function of the eyes.' Removing the eyeglasses, then learning how to **Shift**, understand **Central-Fixation** and practice a little **Switching** is often all that is needed to return the vision to 20/20 and clearer at all distances. **Relaxation** is a main practice. When eyeglasses are avoided, relaxation occurs automatically. Memory, imagination, all functions of the visual system are perfect as the Bates Method is applied and the eyesight improves.

Here is the main practice; #1, #2, #3, #4a, #4b, #5, #6, #7, #8, #9, #10, #11, **Movement, posture...** are also effective practices.

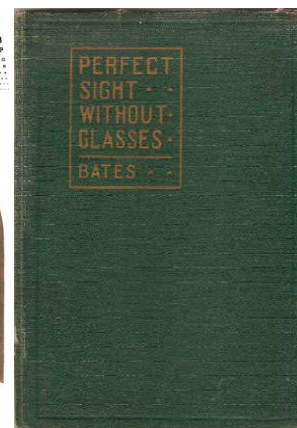
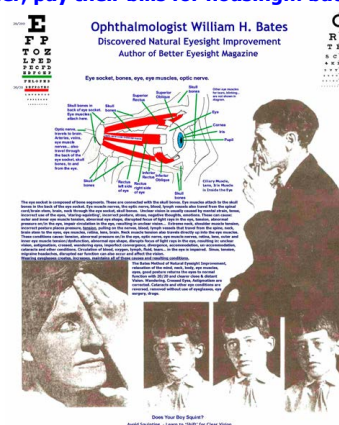
Sailors have used the Bates Method instinctively to navigate the ocean for hundreds of years. People with clear Eyesight use it all the time.

Clear Eyesight is the Birthright of All People.
Clear Eyesight Improves the Quality of Life.

The **search bar** on the bottom of this page is for searching this website for specific vision improvement information. Example; Type in the word 'Nearsight or Myopia' to find natural treatments for unclear distant vision. If the answer is not on the website; do word search in the Adobe Reader PDF E-books.

Most pictures on this website are drawn by the author. The pictures prove that Natural Eyesight Improvement works! The author is 57 years old and has clear close and distant vision (no eyeglasses). Pictures are drawn by hand, with the eyes 5+ feet away and up to 3,2,1 feet, 10 inches, 6 to 1 inches from the eyes seeing the fine details of pictures clear on paper. 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 Natural Vision Improvement Teachers, author of the book **Relearning to See, Improve Your Eyesight Naturally** (<http://www.naturalvisioncenter.com/>) 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. Other Modern Natural Vision Improvement teachers before him did not provide their students with access to Better Eyesight Magazine. Better Eyesight Magazine is the original source of the Bates Method, and true Natural Vision Improvement. See video of his book, my experience in his school here; <http://www.youtube.com/watch?v=Wy7666JJB00>

The print size for this website is small/medium to enable people with unclear eyesight to see it. The Bates Method teaches that small and fine print is easier to read,



MAGAZINE By Ophthalmologist William H. Bates', Introduction. 132 Issues, July 1919 to June 1930. Original Training, Cures from the Eye Doctor that Discovered Natural Vision Improvement

BETTER EYESIGHT MAGAZINE - Entire 132 Issues on One Page or Link to the Main Magazine Website, Individual Monthly Issues. Read, Listen Free on the Internet in any Language

AUDIOS For the Blind, Low Vision - Better Eyesight Magazine Treatments; Myopia, Presbyopia, Cataract Glaucoma, Retina Health, Strabismus, Astigmatism...

Dedication to My Mom Nancy

Native American Videos - Natural Life=Clear Sight

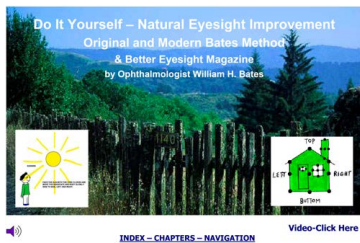
SKYPE, GOOGLE Live Video on the Internet - Telephone Natural Eyesight Improvement Training. Student and Group Training

1 - Natural Eyesight Training Starts Here, Page #1 to #40. MENTAL STRAIN, EYE MUSCLE TENSION CAUSES UNCLEAR EYESIGHT. Dangers of Laser Eye Cornea Surgery, Eyeglasses and Contact Lenses

2 - STRONG EYEGLASSES = Addiction, Progressive Vision, Eye Impairment Verses REDUCED,

relaxes the mind, eyes, improves central fixation and the clarity of eyesight at close and far distances. Change the print to smaller or larger size using the settings on the Internet server tool bar. Text is in a variety of colors. Color improves the function of the brain with the eyes.

For people that are too busy to read this entire website; navigation page - chapter 9 describes the **Ten Correct, Relaxed, Natural Vision Habits**. These are the basic Bates Method activities that produce clear eyesight. Practice them in a relaxed, easy manner. Correct, **Relaxed**, Vision Habits are the normal function of the eyes. Practicing Correct Vision Habits 'Shifting, Central-Fixation'... is the act of imitating normal eye, brain (visual System) function that occurs when eyesight is clear. This 'practice' will gently coax the eyes, brain back to correct, normal function. After practice of Correct Vision Habits, the eyes, brain, eye muscles, entire visual system will activate correct vision habits, automatically, subconsciously (without the person thinking about it, without practicing) resulting in clear vision.



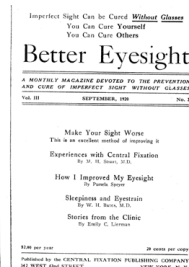
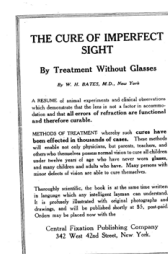
Introduction
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4 - STRONG EYEGLASSES - VISION IMPAIRMENT VERSES REDUCED, WEAKER LENSES - VISION - 32

Natural Eyesight Improvement, Correct Vision Habits and other activities on this website are derived from Ophthalmologist Bates 'Better Eyesight Magazine' (11 years, 132 monthly issues), his books & Original, Modern Bates Teachers training, classes.

Click the pictures for Free Natural Eyesight Improvement Training Videos. 100 YouTube Videos. Videos show the internal Paperback, Kindle & PDF E-book chapters, pages for 'Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method' and other books. All videos provide training steps for clear eyesight, guide you though the book chapters.

<http://www.youtube.com/watch?v=xCAVnepbF2I> - YouTube Videos
<http://www.facebook.com/profile.php?id=1270180867&ref=profile> - Videos Comedy, Music... on Facebook.

Public GuestPage - Live Training, Share Natural Vision Improvement Experiences, News



WEAKER,
TEMPORARY
EYEGLOSS
LENSES = Vision,
Eye Health
Improvement.
EYEGASSES
Low Cost Reduced
20/40, 20/50 Weaker
Prescription Lenses
by Mail &
Behavioral
Optometrists.
Pass the Drivers
License Eyesight
Exam - Practice on
the Govt. RMV,
DMV... Eyecharts

3 - HUMAN EYE
Function, Anatomy,
Light Rays, Cornea,
Iris-Pupil, Lens,
Retina, Macula,
Fovea, Optic Nerve,
Eye Muscles...

4 - Front View of
Eye. Pupil, Iris,
Ciliary, Lens,
Sclera., Outer Eye
Muscles; Oblique,
Recti. THE EYE
CHANGES LENGTH
LIKE A CAMERA
(with the lens) TO
FOCUS CLOSE-
FAR

5 - DO IT YOURSELF
NATURAL
EYESIGHT
IMPROVEMENT;
Practice Shifting
and Other Relaxed,
Natural, Correct
Eye-Vision
Functions.

The IMAGINARY
NOSEFEATHER

Play with the Moving
Pointer to get the
Eyes Shifting,
Relaxed. Move with
the Figure Eight

6 - CENTRAL-
FIXATION - Central
Vision
'Centralizing'. See
Clearest with the
Center of the Visual
Field. Combine With
Shifting. The
Central Field
MOVES as the Eyes,

Ophthalmologist William H. Bates & The Bates Method History - Natural Eyesight Improvement, Better Eyesight Magazine - Free Sample - Click Here

Warning: Avoid Un-natural Methods. Directions... - Click Here

Better Eyesight Magazine Article by Dr. Bates - Click Here

Books For Sale, Free; <http://cleareyesight-batesmethod.info/id120.html> <http://cleareyesight-batesmethod.info/id64.html>

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Bookmarks and page thumbnails are included on the left side of the E-books for; chapter, sub-chapter, title navigation. Word search tool functions throughout the E-Book including the website section and Better Eyesight magazines, all books attached. See the E-Book videos above for directions on using 'word search' and other tools in the E-Book. Example; Type in the word nearsight or myopia - the book will show a list of 50+ different treatments to cure unclear distant vision. Click a link to go directly to a chapter, page. Watch the [E-Books Page](#) for new editions, methods, pictures. New pictures, practices added to this website are placed in the new book editions.

Dr. Bates [Better Eyesight Magazines](#) contain hundreds of different natural treatments he and his clinic assistant, wife Emily Lierman/Bates and other eye doctors applied to cure; unclear distant and close vision (myopia/nearsight, farsight), astigmatism, cataracts, glaucoma, cornea scars, wandering/crossed eyes, and other eye problems. Dr. Bates discovered Natural Eyesight Improvement over 100 years ago in the 1800's.

The Optical and Medical Industry destroyed Dr. Bates books, magazines after his death in an attempt to hide the truth about Natural Eyesight Improvement from the public. The Optical, Medical Industry prefers to sell eyeglasses, dangerous cornea laser eye surgery, other eye operations and drugs. They continue to suppress the Bates Method. They bribed dishonest politicians to pass laws preventing all people from teaching Natural Eyesight Improvement.

Due to Modern interest in Natural Cures, Dr. Bates magazines, books, work has been recovered from individual owners and brought back to the public.

Author Clark Night's Training is derived from 5 different Original and Modern Bates Method Natural Eyesight Improvement courses, study of 50+ Natural Eyesight, optometry, ophthalmology, natural healing, movement and other books. 38 years of study, successful application. Started the Bates Method in Tantasqua high School, 1974.

This website keeps Free Natural Eyesight Improvement available to the public. Part of the profits from book sales, donations are given to help the blind, visually disabled, Guide Dog Schools for the Blind, Disabled Military Vets, Perkins School for the Blind, Pet shelters for animal eye... injuries, adoptions. [See page 38.](#)

Receipts for donations are posted on the page and Clark Night (Mary I. Oliver), cleareyesight.info is on the donations list for these organizations.

Pictures on this website are drawn by author Clark Night. 10% from Microsoft free clip art. Text on this website is in a variety of colors. Color activates and integrates the left and right brain hemispheres, improves mood, activates different positive emotions, energy levels and improves the clarity of vision at all distances and balances the vision in the left, right eyes. See palming and color treatment chapters in the books and on the website.

The words eyesight and vision basically mean the same thing. Vision is used at times pertaining to the entire visual system; eyes, eye muscles, nerves, brain, body, thoughts, emotions, spirit.

The reader of this website/book, Natural Eyesight Improvement student must get routine eye exams to check the health of the eyes. An eye doctor can also determine a lot about the health of the body by looking into the eyes. Choose a Bates Method Behavioral Optometrist, Ophthalmologist that prefers to teach Natural Eyesight Improvement, discontinue use of eyeglasses, keep the eyes healthy and prevent use of eye surgery, drugs. Check *iridology*; detecting the state of health by the condition of the eye's iris.

Avoid eye doctors selling laser and other eye cornea surgeries, unnecessary lens removal, surgery, eyeglasses (especially strong over-corrected eyeglass lenses, astigmatism and bifocal prescriptions), contact lenses, mono-vision lenses, tinted, colored lenses, sunglasses and all forms of eyeglasses. See the eyeglasses page;



Dr. Bates says:
Throw Away
Your Glasses
And See Clear,
At All Distances
Close and Far

The Bates Method
Natural Eyesight
Improvement

20 E-Books, Videos,
Audios and Better
Eyesight Magazine by
Ophthalmologist Bates

Mind-Attention
Move 'Shift'

7 - CENTRAL-FIXATION STICK
Use the Gate to Find the Exact Central Field and Move it. Test for Balanced Eyes, Vision

8 - MEMORY AND IMAGINATION
Improve the Mind, Eyesight, Body, Spirit. PALMING, EFT

9 - TEN CORRECT, RELAXED, NATURAL VISION HABITS Practice Normal, Eye-Vision 'Visual System' Functions

10 - SWITCHING, SHIFTING CLOSE, MIDDLE AND FAR For Clear Eyesight at All Distances. Bates Method Combined with Behavioral Optometry, Relaxed Eye Exercises

11 - SWITCH CLOSE, MIDDLE, FAR ON THE THREE PENS IN A ROW. THE BEAD (BROCK) STRING

12 - WARNING - Avoid Artificial 3-D Fusion Pictures, Repetitive Eye Exercises; 'Autostereograms, 'Magic Eyes'

13 - EYECHARTS TEST AND IMPROVE CLOSE AND DISTANT EYESIGHT
Eyechart Pictures From Dr. Bates Medical Articles

14 - THE FIGURE EIGHT (Infinity Swing) Left and Right Brain Hemisphere Activation,

[Here and Here](#)

The author of this website and the book; Do it Yourself - Natural Eyesight Improvement must place a disclaimer on this website, book to protect herself from lawsuits, imprisonment, closing of this website by the medical/drug/optical industry, corrupt politicians, fraudulent vision improvement teachers that attempt to prevent the public from acquiring free, authentic, Natural Eyesight Improvement training;

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I advise the public to obtain the training, e-books, pictures, videos solely from this (my) website and my, Dr. Bates' Paperback, Kindle publishers.

Read entire information in a PDF on the main Copyright, Directions, Disclaimer page; <http://cleareyesight-batesmethod.info/id110.html>

[Click Here](#)

[Play With the Moving Pointer to Get the Eyes Shifting, Relaxed For Clear Vision. Shift on the Green House -](#)

Click the links below for free Books. The books are older versions but the basics are provided;

[+Dr. Bates Original Book; The Cure of Imperfect Sight By Treatment Without Glasses in Adobe reader - Free-click here](#)

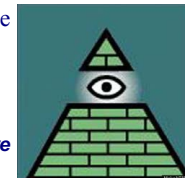
[+Stories From The Clinic By Emily C. Lierman - Free-click here](#)

[Guestbook, Comments - Question/Answer Page - Click Here](#)

Tuesday August 26, 2014 11:33AM

The eye in the pyramid on this webpage; Some people say it's a symbol of corrupt big business, politicians, power used for evil. My use for it is the true old source; Ancient Egypt, spirit world, great power used for good, spiritual growth, staying with heaven's forces. The 3rd eye, higher chakra and other spirit, energy/power development practice. Using the *inner vision*, memory, imagination. (Working on a blinking eye.)

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Dr. Bates Original Antique Better Eyesight Magazine

Better Eyesight

*A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION
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Vol. I

JULY, 1919

No. 1

Foreword

Fundamental Facts

Central Fixation

A Teacher's Experiences

Army Officer Cures Himself

\$2.00 per year

20 cents per copy

**Published by the CENTRAL FIXATION PUBLISHING COMPANY
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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.

¹Havard: 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.

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.

Recd.
Dr. W. H. Bates
J. 28. 1924.

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Imagine a little black spot on the right-hand side of the *o* blacker than the rest of the letter; then imagine a similar spot on the left-hand side. Shift the attention from the right-hand period to the left, and observe that every time that you think of the left period the *o* appears to move to the right, and every time you think of the right one it appears to move to the left. This motion, when the shifting is done properly, is very short, less than the width of the letter. Later you may become able to imagine the *o* without conscious shifting and swinging, but whenever the attention is directed to the matter these things will be noticed.

Now do the same with the *a* letter on the test card. If the shifting is normal, it will be noted that the letter can be regarded indefinitely, and that it appears to have a slight motion.

To demonstrate that the attempt to concentrate spoils the memory, or imagination, and the vision:

Try to think continuously of a period on one part of an imagined letter. The period and the whole letter will soon disappear. Or try to imagine two or more periods, or the whole letter, equally black and distinct at one time. This will be found to be even more difficult.

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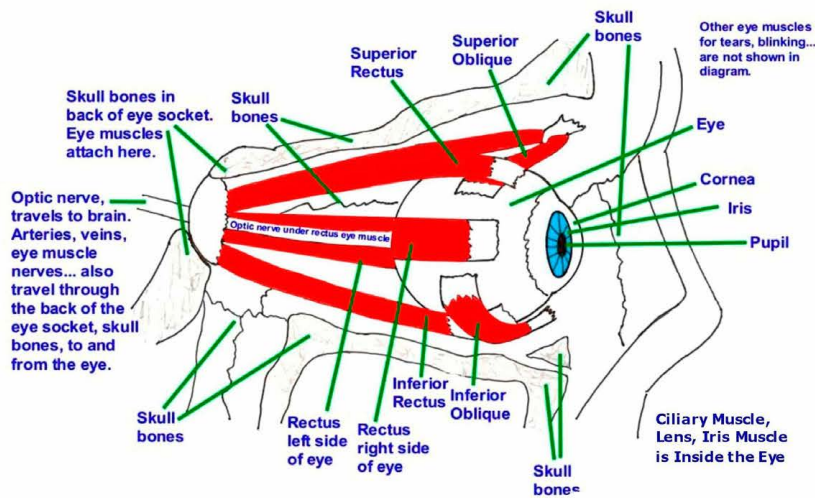
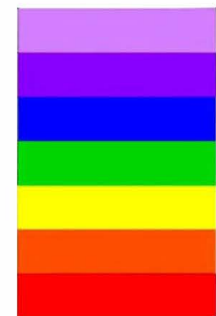
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