EFT

Emotional Freedom Technique

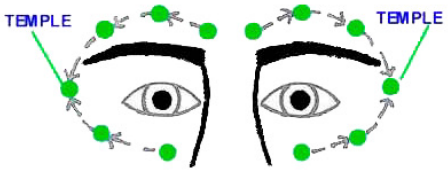
& Acupressure, Color Breathing, Visualization

For Healthy Mind, Body & Clear Eyesight

Natural Eyesight Improvement & EFT

ACUPRESSURE POINTS FOR EYE MUSCLE RELAXATION AND CLEAR EYESIGHT

1 - POINTS AROUND TOP, SIDES, BOTTOM OF EYES AND TEMPLES



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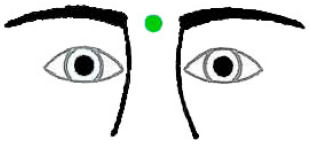

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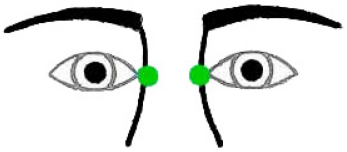

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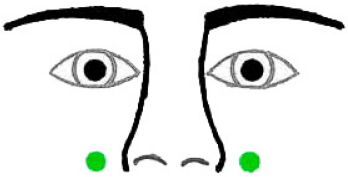
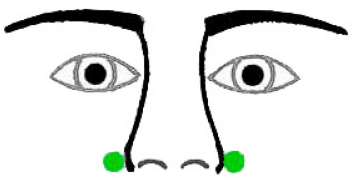


6 - LI20



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DISCLAIMER & DIRECTIONS

Read the Disclaimer on the final pages of this book and the Directions; Contact lenses cannot be worn before, during, after practicing Natural Eyesight Improvement. Contacts will not fit the eye, cornea as it changes to normal, healthy shape and function with practice of The Bates Method.

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

Natural Eyesight Improvement also changes the shape of the eye, cornea back to normal, healthy condition. If eye, retina, cornea... surgery has been done on the eyes; check with your Eye Doctor first to be sure the surgery and Natural Eyesight Improvement do not conflict, interfere with eachother, with the eye shape the doctor has fit the surgery to. Natural Eyesight Improvement may help the surgery, eye to heal or it may work against the surgery because; Natural Eyesight Improvement brings the eye, cornea to normal shape - but, the surgery may have been done to place, keep the eye in a abnormal shape, the shape it was in before the surgery or a new abnormal shape. Example; Retina surgery done on a eye that is abnormally lengthened due to advanced Nearsight, many years wearing eyeglasses, may act differently if the patient practices Natural Eyesight Improvement and returns the eye to normal, round shape, normal eye pressure, normal fluid, circulation flow...

Same warning for eye cornea laser and other surgeries. Possibly cataract surgery.

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

Thank-You for Reading a Paperback, Kindle or PDF E-Book

Contact mclearsight@aol.com, www.cleareyesight-batesmethod.info, www.cleareyesight-batesmethod.info/id148.html for the Color PDF version of this book, videos and 20 E-books.

Your purchase supports free and low cost Natural Eyesight Improvement and Donations to the Guide Dog Schools, Perkins School for the Blind, DAV at; http://cleareyesight.info/id73.html

20 PDF E-Books: Natural Eyesight (Vision) Improvement Training

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

Picture above; Dr. Bates observes perfect light ray refraction (focus) with the glass and retinoscope as the patient sees fine print clear with relaxation.

+ A Exact Copy the Author's Natural Eyesight Improvement Website www.cleareyesight-batesmethod.info and Dr. Bates Better Eyesight Magazine website in book form with all Training, Activities, Text, Pictures, Downloads and Links.
+ Natural Eyesight Improvement Training Book with 100+ Color Pictures. Less reading; Easy to learn steps-read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. (All of Dr. Bates, Clark Night's Kindle, Paperback and PDF books are in this E-Book and the 20 E-books collection.)
+ Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set - 132 Magazine Issues - 11 Years - July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional up to date Modern Natural Eyesight Improvement Training.
+ Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. (Unedited, Full Set - 132 Magazine Issues - 11 Years - July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! Magazines and Method Hidden from the public by eye surgeons, optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses, drugs, eye drops, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions including glaucoma, various types of partial and full blindness!
+ The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (Photo Copy of the Original Antique Book Pages) with Pictures. Dr. Bates First, Original Book. (Text version with Modern Treatments included.) Main title, on book cover; Perfect Sight Without Glasses.
+ Medical Articles by Dr. Bates - with Pictures.
+ Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.)
+ Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.)
+ Normal Sight Without Glasses by Dr. William B. MacCracken M.D.
+ Strengthening The Eyes by Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.)
+ EFT Training Booklet - with Acupressure, Energy Balance, Strengthening, Positive Emotions. Easy step by step directions with Pictures.
+ Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments) with Videos.
+ Eight Correct, Relaxed Vision Habits - A Quick Course in Natural Eyesight Improvement. (10 Steps For Clear Eyesight.)
+ Astigmatism Removal Treatments - Natural Eyesight Improvement with Astigmatism Swings, Eyecharts and Videos.
+ Eyecharts Booklet with Natural Eyesight Improvement Basic Training.
+ Eyecharts - 15 Large, Small & Fine Print Big C, E Charts for Close and Distant Vision, White and Black Letter Charts, Tumbling E Chart, Astigmatism Test and Removal Charts, Behavioral Optometry Charts. Eyechart Video Training.
+ Audio Training in Every Chapter
+ Video Links in Training Chapters - Learn a Treatment, Activity Quick and Easy.
+ Videos Page; Links to 120+ Natural Eyesight Improvement Training Videos; YouTube and on the Author's Website. Download Videos to DVD. Convert for Television. Watch YouTube Videos on Cable TV. New videos added in 2015+; https://www.youtube.com/user/ClarkClydeNight/videos

E-Book contains over 1500 pages. 650+ Color Pictures. No password; print, bind all 20 books. Read the books, watch the videos for an entire Natural Eyesight Improvement Training Course.

Check the 'New Stuff Page'; http://cleareyesight.info/id61.html for notice when new Free PDF E-Books, new Chapters, Activities are added to the E-Books. Print the pages, add them to the paperback book.

This list is limited. More books have been added; http://cleareyesight-batesmethod.info/id148.html and the GuestPage; http://naturaleyesightimprovement-batesmethod.com/GuestPage/index.php

This book and all the Author's books on Amazon included; http://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp_byline_cont_pop_book_1 Books are in Color with Pictures. Read or listen to/record Dr. Bates Better Eyesight Magazines on the Internet at; http://www.cleareyesight.info/naturalvisionimprovementoriginalandmodernbatesmethod/

Add s to http (https) links for security, newest websites.

Ophthalmologist William H. Bates' Amazon Books, Free Training Videos; https://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_1

Entire Introduction, Dedication to Dr. Bates, The Bates Method of Natural Eyesight Improvement History, Original and Modern Practices, Directions and Eyecharts are placed at the end of this book. See the pictures with short directions to quickly learn the method. Then the Ophthalmology, technical part of the book, purpose for the eye, eye muscle... experiments and each practice taught by Dr. Bates will be easy to absorb, put into immediate practice for fast eyesight improvement.

UPDATE; 2021-2022+ new book editions with more pages, pictures, training, and new books are only in Paperback, Hardcover and Kindle... This prevents bootleg reproduction theft. Provides money to pay for the websites, office, preservation of more antique books and free, low cost Natural Eyesight training by phone…

Introduction continued on Final Pages.

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Better Eyesight Magazine by Ophthalmologist William H. Bates

SUNGLASS, Dangers of Eye Cornea Surgery, Contact Lenses, EYECHARTS, PICTURES, DEDICATION

Better Eyesight Magazine by William H. Bates, M. D.

Ophthalmologist - Eye, Ear, Nose & Throat

Central-fixation Publishing Co.,
New York City, New York, USA

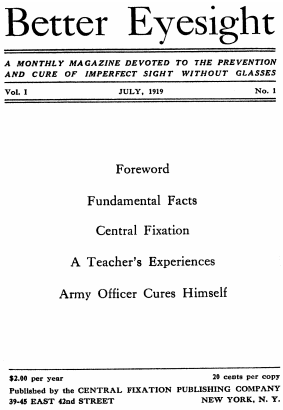
Ophthalmologist
William H. Bates

Emily C. Lierman, Bates

Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method & Better Eyesight Magazine Illustrated with 500 Pictures by Ophthalmologist William H. Bates. Based on the Method, Treatments of Dr. Bates, the Eye Doctor that discovered The Bates Method of Natural Eyesight, (Vision) Improvement.

This Book contains Better Eyesight Magazine; a text version of the magazines Illustrated with 500 pictures & additional Modern Natural Eyesight Improvement Training, Activities and a copy of the Original Magazine Pages. Better Eyesight Magazine contains all 132 Monthly Magazine Issues, 11 years-July, 1919 to June, 1930.

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.


Better Eyesight

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

Vol. 1 JULY, 1919 No. 1

Foreword

Fundamental Facts

Central Fixation

A Teacher's Experiences

Army Officer Cures Himself

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

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.cleareyesight.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,

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.cleareyesight.info

This Book Teaches a Variety of Natural Vision Improvement Treatments, Activities

Shifting; (Natural Eye movements), Central-fixation, Relaxation of the Mind/brain, body, eye muscles, eyes, Blinking, Memory and Imagination, Switching Close, Middle, Far for Perfect, Equally Clear Vision, Convergence, Accommodation, Divergence, Un-Accommodation in the Left and Right Eyes at all Distances, Left and Right Brain Hemisphere Activation and Integration, Color Treatment, Visualization, Alpha, Theta, Delta Brain Wave Frequency Deep Relaxation, Palming, Long Swing, Short Swing/Rock and Figure Eight Infinity Swings, Astigmatism Removal Swings, Positive Thinking, Constructive Thoughts, Emotions, Correct Posture, Neck, Shoulder Relaxation, Coordinated Body Movement Exercises, Physical Therapy, Abdominal Deep Breathing, Energy Circulation/Strengthening, Sunning, Saccadic Sunning, Reading, Seeing Fine Print and Eyecharts Clear, EFT, Acupressure, Headache Treatments, Nutrition Chapter-Eye, body Nutrition and other Activities for Clear Close, Distant, Day and Night Vision and Healthy Eyes. Treatments to reverse, remove, prevent: Myopia, Presbyopia (Unclear Distant & Close Vision), Astigmatism, Strabismus, Cataracts, Glaucoma and other eye/vision conditions.

Eyeglass Strength Reduction & Freedom From Glasses - Learn how to work with a Bates Method Behavioral Optometrist or Ophthalmologist for a complete eye exam and be prescribed reduced, weaker and weaker eyeglass lenses (if needed for driving, work safety...) temporarily as vision is improving. Gain complete freedom from eyeglasses.

Treatments are Derived from Dr. Bates Better Eyesight Magazines and Books

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

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.

Eight
Dr. W. H. Bates
Jr. 28 1924

PAGE TWO

BETTER EYESIGHT

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

Copyright, 1919, by the Central Fixation Publishing Company
Editor—W. H. BATES, M.D.
Publisher—CENTRAL FIXATION PUBLISHING CO.

Vol. I JULY, 1919 No. 1

FOREWORD.

WHEN the United States entered the European war recruits for general military service were required to have a visual acuity of 20/40 in one eye and 20/100 in the other.[1] This very low standard, although it is a matter of common knowledge that it was interpreted with great liberality, proved to be the greatest physical obstacle to the raising of an army. Under it 21.68 per cent. of the registrants were rejected, 13 per cent. more than for any other single cause.[2]

Later the standard was lowered[3] 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 interferring 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.

[1]Havard: Manual of Military Hygiene for the Military services of the United States, third revised edition 1917, p. 195.

[2]Report of the Provost Marshal General to the Secretary of War on the First Draft under the Selective Service Act, 1917.

[3]Standards of Physical Examination for the Use of Local Boards, District Boards and Medical Advisory Boards under the Selective Service Act, Form 75, issued through office of the Provost Marshal General.

3

Read entire Better Eyesight Magazine article at;
https://cleareyesight-batesmethod.info/id148.html

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BREATHING

MANY patients with imperfect sight are benefited by breathing. One of the best methods is to separate the teeth while keeping the lips closed, breathe deeply as though one were yawning. When done properly one can feel the air cold as it passes through the nose and down the throat. This method of breathing secures a great amount of relaxation of the nose, throat, the body generally including the eyes and ears.

A man aged sixty-five, had imperfect sight for distance and was unable to read fine print without the aid of strong glasses. After practicing deep breathing in the manner described he became able at once to read diamond type quite perfectly, as close as six inches from the eyes. The benefit was temporary but by repetition the improvement became more permanent.

At one time I experimented with a number of patients, first having them hold their breath and test their vision, which was usually lower when they did not breathe. They became able to demonstrate that holding their breath was a strain and caused imperfect sight, double vision, dizziness and fatigue, while the deep breathing at once gave them relief.

There is a wrong way of breathing in which when the air is drawn into the lungs the nostrils contract. This is quite conspicuous among many cases of tuberculosis.

Some teachers of physical culture in their classes while encouraging deep breathing close their nostrils when drawing in a long breath. This is wrong because it produces a strain and imperfect sight. By consciously doing the wrong thing, breathing with a strain one becomes better able to practice the right way and obtain relaxation and better sight.

The habit of practicing frequently deep breathing one obtains a more permanent relaxation of the eyes with more constant good vision.

Better Eyesight

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

Vol. VII FEBRUARY, 1923 No. 8

The Optimum Swing

Eye Strain When Sleeping
By W. H. Bates, M. D.

Stories from the Clinic
Unusual Cases
By Emily C. Lierman

The Better Eyesight League
Minutes of the Meeting
By Emily A. Meder

Meeting at East Orange
By Minnie E. Marvin

$2.00 per year 20 cents per copy

Published by the CENTRAL FIXATION PUBLISHING COMPANY
300 MADISON AVENUE NEW YORK, N. Y.

Doctors are needed all over the world to cure people without glasses

Chapter 1

Emotional Freedom Technique

& Acupressure, Color Breathing, Visualization

For Healthy Mind, Body & Clear Eyesight

Better Eyesight

The Eye Class in Erasmus Hall

By GEORGE J. WEISS, Pupil

AIDING my fellow pupils in the eye class at Erasmus Hall High School has proved very interesting to me. There is no end to the little demonstrations that are in themselves proofs of Dr. Bates' method.

In one case, a boy who could only read at ten feet the line that is normally read at forty feet, was surprised to find that he was able to read the ten-foot line at ten feet. This came about in an unusual manner. The boy, whose name is Fred, was doing some chart work with me when I noticed him bending slightly forward and trying to see the letters. I knew that it would be useless for him to continue in such fashion, so I had him close his eyes after reading each letter. This eased him a great deal and he was able to read more than he expected. Fred became anxious again and tried to see all the letters on the bottom line without closing his eyes. I knew to let him go on that way would do him more injury than good. He gradually relaxed while I talked to him, and when he accidentally turned to the chart he saw all the letters on the ten-foot line at ten feet. This was a great revelation to him, for he not only proved the statement with his own eyes, but it taught him to stop trying to see.

Nearly everyone who comes to us has some fault which is the cause of his poor sight. This fault is sometimes discovered the first week, and usually no progress is made until the fault is found and corrected, as in the case of Fred. Many of our pupils stare, and as faults are mostly habit, so is staring.

It sometimes happens that they do not realize they are staring, and when they come to the next lesson they wonder why they have made no progress. This fault is always corrected by practicing the exercises regularly and conscientiously. We have found that the pupils who do so are always the quickest to be restored to normal sight.

Better Eyesight

Reminders for Summer Eye Practice

By KATHLEEN E. HURTY

Miss Hurty distributed these instructions to her patients for use during the summer. These are the fundamentals of Dr. Bates' method and are important to bear in mind at all seasons.

Palming—Do this at least three times a day for not less than five minutes each time. Always palm a few minutes just before going to sleep.

In palming best results are obtained when the whole body is comfortable and relaxed. While palming let the imagination play with pleasant scenes and let your mind drift laxly. Never follow a definite train of thought.

Long Swing—Practice this as often as possible. Keep an easy, lazy, rhythmical motion. Things should appear to move in the opposite direction.

Snellen Card—Practice with the card at least twice daily, using the fine print, your memory of a letter, a short swing, blinking, etc., to help you see the letters on the card.

Sun—Let the sun shine on your closed eyelids for short intervals. Choose preferably the early morning sunlight. It is the light rays which benefit the eyes rather than the heat rays. The sun loses some of its effect when it comes through glass.

Blinking—Normal eyes blink constantly. If you have unconsciously formed the habit of staring, practice the quick blinking exercise in order to overcome this tendency. Practice it often.

General Directions—Try to see things moving all day long.

Never make an effort to focus. Let things come to you.

Do not make a task of your eyes exercises. Make a game out of improving your vision.

If you get a chance, teach someone else. It will help you.

Never let a feeling of strain continue. Stop and practice one of the methods of relaxation. Let me hear from you at least once during the summer.

EFT

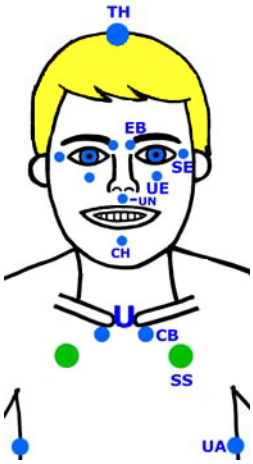
Emotional Freedom Technique

& Acupressure, Color Breathing, Visualization

For Healthy Mind, Body & Clear Eyesight

Natural Eyesight Improvement & EFT

EFT is an Easy Type of Chinese Acupressure/Puncture without Needles or Hard Pressure



EFT is applied by 'TAPPING', activating energy points, meridians on/in the body with the fingertips. Tapping removes energy blocks, (stuck, stagnant energy), orients, 'polarizes', corrects, balances and strengthens the energy flow in the body, through the Meridians/Energy Pathways, Energy Points, Chakras, Nervous System. (Electric, Chi and other Energies, Physical and Spiritual.) Tai Chi, Qi Gong, Karate Energy Control Methods are related to EFT.

EFT removes negative, destructive emotions, thoughts, feelings, stress from the mind/brain, system by correcting energy flow. The body's energies flow correct and strengthen. EFT balances and improves function of the left and right brain hemispheres. This produces good health, clear eyesight.

Neck, chest, shoulder, eye muscle tension, stiff, infrequent eye 'shifting' movements, headaches, strain in the mind/brain, negative, unhappy past/present thoughts, emotions, experiences, blocked energy flow, lowered liver/kidney health, staring, squinting cause unclear eyesight.

Negative, destructive thoughts, emotions, worry are a common cause of mental strain, back, chest, shoulder, neck, eye muscle tension and unclear eyesight. Lowered eyesight increases worry, mental strain, which then increases the body.., neck, eye muscle tension. Eye function is impaired. Light rays focus incorrect in the eye. Circulation to/in the eye lowers. Vision is more unclear.

EFT, Nutrition, Natural Eyesight Improvement corrects these conditions;

Blocked energy (experienced during a stressful event) happens first, before the negative emotions occur and locks them into the mind/body. Negative thoughts, emotions maintain blocked energy flow.

Removing blocked energy first results in removal of the negative emotions, thoughts, feelings and often brings instant clear eyesight. As EFT Tapping removes energy blocks, corrects the energy flow, resulting in removal of negative emotions, thoughts, feelings; the person can then place positive, constructive thoughts into the mind, system; think, feel in a positive, constructive way about the past or present stressful event. Positive thoughts, emotions help to correct and strengthen the body's energy flow. Correct energy flow is now maintained. Mental and physical health improve, eye function returns to normal, eyesight is 20/20 and clearer at all distances, close and far. Health of body organs, systems improve as energy flows correct throughout the body.

EFT improves the function of the brain, visual cortex, left and right brain hemisphere activation, integration. This improves function of the brain with the eyes, retina, eye muscles and body. Eyesight and mental, physical health improve. Memory, imagination, math, science, speech, learning, creativity, art, music.., skills - all functions of the brain, left and right hemispheres even the oldest, deep survival areas of the brain improve. This is a main treatment of Natural Eyesight Improvement. See; The Long Swing, Cross Crawl in this Book. Use the Color Breathing Relaxation Chart, Acupressure points, Shifting, Central-Fixation… in this book to increase benefits of EFT.

EFT is powerful, it works! Study EFT first before applying it to be sure it is done correct!

Karate and other methods work with the body's energy, acupressure points and meridians. A karate Master can send energy out of the body. Example; Direct energy out of the hands and throw/direct it at an opponent through space and knock the opponent down without physical contact. A true master does not abuse this power. It is used only when absolutely necessary in self-defense. Energy control is used in creative, constructive ways.

EFT is similar to Tai Chi and Chi Gong..; They all can be dangerous if applied incorrectly!

This energy is magnetic, it attracts back to the sender the thing it is used for twice as strong. It is more than just physical energy, it has spiritual aspects.

EFT removes negative, destructive emotions, thoughts, feelings from the brain/system;
The energy blocks are removed first enabling the energy to flow correct, strengthen. Then the negative emotions, thoughts are removed. This also results in removal of specific health problems in various areas of the body connected with areas where the energy was stuck, blocked/moving backward/incorrect. Mental, Physical health are improved, return to normal. Energy in the body, spine, neck, head and eyes moves correct. All these healthy conditions produce relaxation and clear eyesight.

Energy points, meridians, 'energy flow' exist throughout the body and are connected with body organs, parts, systems. The energy flow affects their function. Energy flowing in, near a certain body part or energy in another area of the body that connects to energy in that part affects that body parts function, health. Energy flows incorrect, blocked=lowered health. Flows correct=good health. Example;
Neck, chest muscle tension, headache, unclear eyesight – Remove the energy blocks in the mind, body, chest, neck=energy flows correct=negative emotions, thoughts are removed and replaced with positive ones=strain/tension in the mind, neck, chest, body and eye muscles is removed, the mind and body relax, headaches are prevented, health improves, the eyes move, function correct and eyesight is clear.

Blocked energy in another area of the body can also cause the neck tension. Removing blocked energy in all areas of the body by tapping all EFT points ensures relaxation of the neck and eye muscles.

Good Nutrition and correcting energy flow in the liver, kidneys has a direct connection to improvement in the health of the eyes and clarity of eyesight. Tap EFT points on the body for the liver, kidneys, eyes. The liver, kidney, eye energy points and other points near the eyes, on the head, face and throughout the body improve the health of the liver, kidneys, eyes and clarity of eyesight.

Tap through all the EFT points to correct energy flow in and health of all areas of the body, brain, eyes for clear eyesight.

Practice Natural Eyesight Improvement & EFT

Natural Eyesight Improvement students practicing the Bates Method may experience a sudden awareness of old forgotten, unhappy events, emotions, thoughts. They are then acknowledged, released, replaced with positive thoughts, ways of thinking about the experience (past or present) and are followed by a return to clear eyesight.

EFT, Palming, The long Swing and other Left and Right Brain Hemisphere Activation/Integration Exercises, Correct, Relaxed Vision Habits and other Natural Eyesight Improvement activities help to remove blocked energy, negative thoughts, emotions, mental strain resulting in clear eyesight. Function of the brain with the eye muscles, retina, eyes is improved.

Books, CD's and in person training from Robert Monroe, The Monroe Institute provides a similar but different method for obtaining deep relaxation, left and right brain hemisphere activation, integration, correct energy flow and removal of destructive, negative thoughts, emotions. Many students report eyesight improvement after taking the course. http://www.monroeinstitute.org/

EFT Founder Gary Craig describes how a negative emotion gets stuck in the brain/system;
The negative emotion is caused by the energy disruption that can occur during a unpleasant experience. The energy disruption causes the negative emotion to occur-after the energy is blocked, flow disrupted.

Example; An Army soldier experiences a friend's loss of life or injury on the battlefield. He/she reacts in a way that disrupts the body's energy flow. The energy is blocked and may even reverse its flow and stays that way. This causes a negative, unpleasant emotion related to the event to occur and the energy block maintains it. Negative emotions, stress can maintain, increase the disruption in the energy flow, pattern.
The energy block and negative emotion impair the function/health of the mind/body and can affect the visual system, clarity of eyesight. People have become blind from extremely strong unhappy experiences, emotions.

If the initial reaction to the event was different and did not cause a energy disruption in the mind/body, the negative emotion would not have formed.

When I was in the Military in Fort Gordon, Georgia, USA, on a 1 day leave, I was attacked by two civilian men. Assaulted in a most unpleasant way and punched so hard that my feet left the ground and I flew through the air. My head crashed into a tree. I escaped, ran, was caught and hit again. The man went back to get a gun. I ran and hid in the woods, buried myself under the leaves and stayed quiet, imagining I was in another place. (This is an old trick based on the idea that people can sense another person, like when you feel someone behind you staring at you or how a animal senses fear. You hide and think completely of something else, imagine that you are in a different place, think and feel you are in that other place and the enemy will pick up on that thought, feeling and think you have left the area.) They came back and could not find me, gave up quickly and left. I then hitch-hiked home to the Army Base without cloths. (They stole my cloths) A nice older man gave me a ride to the base and then I went to the hospital. Severe bruises on head. The police told me that the two men had used my coat and cloths as a mask/disguise when they robbed a store 30 minutes later. They were traveling the highways robbing people, violent.

I was trained well by the U.S. Army. As a soldier I expected danger and my only thoughts were that I escaped and conquered the situation by being alive and returning to base camp! Never had a mental or physical health problem from the experience. There was not any fear, nervousness… during the experience. Only thoughts later that day were about what fun I was to have with friends on the next vacation. Maybe because I had about 20 beers and white lightning that night. No bad reactions=no energy disruption=no negative emotions.

EFT Tapping removes energy blocks, corrects the energy flow, resulting in removal of negative emotions, thoughts, feelings. The person can then place positive, constructive thoughts into the mind, system, feel, think in a positive, constructive way about the past or present unpleasant, stressful event. Mental and physical health improve, eye function returns to normal, eyesight is 20/20 and clearer at all distances, close and far.

EFT was discovered, created by Gary Craig – Website, Free Training Videos and Booklets at;

Gary Craig EFT, PO Box 269 Coulterville, CA 95311
36808 Greencroft Close, The Sea Ranch, CA 95497

EFT Videos, Websites, Chart

Gary Craig website; https://www.emofree.com
https://www.emofree.com/unseen-therapist/read-this-first.html

EFT Video for This Book - http://www.youtube.com/watch?v=BXDdMjFoeug

Main Instructions

+ Tap with the fingertips, not the fingernails. **+** Tap firm but with gentle pressure.
+ Tap with 2 fingers - the index (pointer) and middle finger when tapping around the eyes, face… on small areas. Be careful; do not tap into/on the eyes or eyelids.
+ Tap with 4 fingers on larger areas; top of the head, under arm…
+ It is easiest to tap with the dominant hand – Example: if you are right handed, tap with the fingers of the right hand. (See pictures.)
Left and right hands can be used- alternating tapping with the left and right hands fingers to activate and integrate the left and right brain hemispheres. (Dexterity)

+ There are some **Double Points**; two points, on the left and right sides of the body;
EB has two points, **SE, UE, CB, UA, BN…**
These can be tapped by tapping only one point on one side of the body, with one hands fingers, or;
by tapping with both left and right hands fingers at the same time; Example, CB - left hands fingers tap CB point on the left side of body and right hands fingers tap CB point on the right side of body.
Also; When tapping with one hand on any double points its ok to alternate the side of the body to tap a point on; Example; Tap the eyebrow point (EB) on the right side of the face with the right hands fingers, then tap the side eye (SE) point on the left side of the face with right hands fingertips, (or left hands fingertips) then as you move down the body tapping points and reach the CB (below collar bone) point; alternate back to the right side of the body to tap that point on the right side with right or left hands fingertips…
Alternating tapping on the left and right sides, using left and right hands activates and integrates the left and right brain hemispheres and good dexterity. This improves eyesight in the left and right eyes at all distances, close, middle and far. Crossing over the center of the body with the left and right hands also activates/integrates the left and right brain hemispheres;
+Tap the left side of the body with the left hand and sometimes tap it with the right hand crossing over the body.
+Tap the right side of the body with the right hand and sometimes tap it with the left hand crossing over the body.
This improves the brains process of working with EFT and improves the brains function with the eyes, eye muscles, clarity of eyesight. I was trained as a cook in California by a retired Army Sergeant, Carl Tatem to use the left and right hands equally. It improved my brain function, math skills, personality.

Tapping on a point does not have to perfect, exactly on the point; all points are interconnected by the meridians, so relax, the point, energy center will be activated even when the tap is not directly on the point.

EFT Instructions – Basic Method

#1A - Analyze the Problem

Think of the problem and negative feeling that you want to resolve, remove.
(Start with a small, easy problem to cure.)
Examples;

+ A destructive unpleasant emotion, thought, feeling caused by a past or present event, experience, situation, person…
+ A bad habit; sugar, caffeine, alcohol craving… A Incorrect Vision Habit: squinting, staring.
+ Fear of something, anger, guilt, anxiety...
+ A physical condition; neck muscle tension, headache, unclear eyesight...
+ Think how you feel about this problem right now, in the present.
+ Where is it located in the body? Locate uncomfortable sensations the negative emotion, thought, feeling creates in the body.
+ What type of feeling is it? How does it feel?
+ How strong is it, its intensity on a scale of #1-10? 10 being the highest, 1 lowest, 0 none.

In the example below I will use neck muscle tension as the problem I want to cure, since neck muscle tension is a main cause of eye muscle tension, limited eye movement, unclear eyesight and, I have neck tension from a bad treatment by a dishonest chiropractor. I will also be tapping away the fear, sadness, frustration, anger, helplessness I feel from being purposely harmed by this criminal type of doctor.

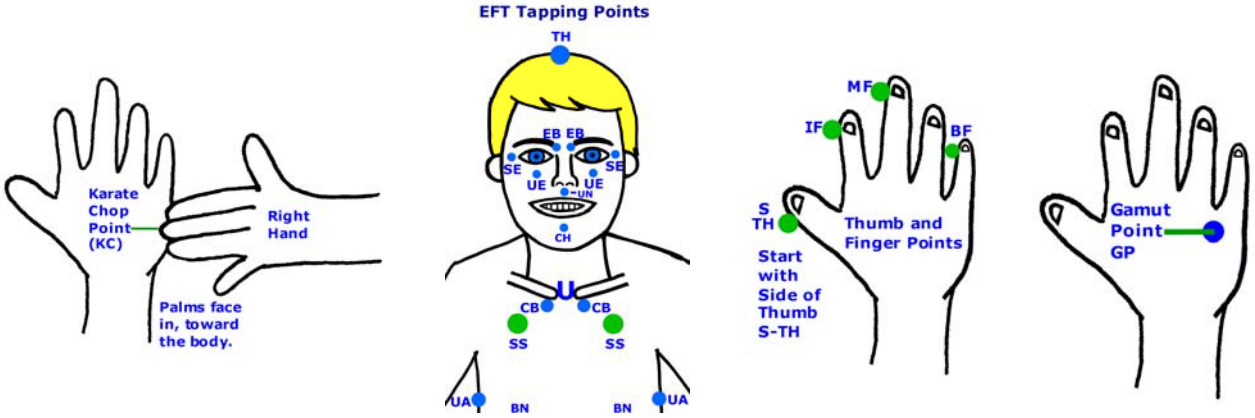
Create Your Affirmation

State the Problem with a Positive, Constructive Statement About Yourself;

"Even though I have this Neck Muscle Tension, I deeply and completely accept myself".

(Neck muscle tension can be replaced by; unclear eyesight, fear, anxiety, stomachache, craving for sugar… any problem, negative feeling, condition you want to remove.) Don't dwell on the unpleasant experience. Just state it into the affirmation, then you will tap it away with the positive affirmation.

Tap the points shown below in the order listed in the pictures and directions



#1- Setup-KC **#2 - Sequence-Points on Head, Face, Body, Fingers** **#3 - Gamut - 9 Steps**

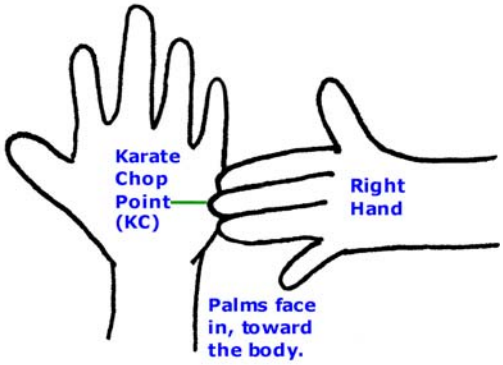
Large pictures with complete directions for each step are on the last page of this chapter.

#1B – The Setup

KC – Karate Chop Point - Tap KC <u>continuously</u> (Tap, Tap, Tap, Tap…) as you state your affirmation out loud (3) three times:

"Even though I have this <u>Neck Muscle Tension</u>, I deeply and completely accept myself".
"Even though I have this <u>Neck Muscle Tension</u>, I deeply and completely accept myself".
"Even though I have this <u>Neck Muscle Tension</u>, I deeply and completely accept myself".

Say it with <u>feeling</u>, think where it is felt, how it feels and be <u>positive</u> about yourself. Let the mind/body know the difference between the negative feeling and a good/positive feeling/state.



Tap with 2-3 fingers, firm but gentle pressure. You can use the left or right hands fingers to Tap. It is easiest to Tap with the dominant hands fingers onto the non-dominate hands KC Point.
Example: if you are right handed, tap with the right hands fingers onto the left hands KC Point. See picture.

Breathe deep and relax.

The Soar Spot (SS) can be used in place of KC for the Setup #1. KC is used often because it is quicker.
The Soar Spot is more effective especially when energy blocks are stubborn.
Do not tap the Soar Spot. Rub the Soar Spot as you state the affirmation.
See directions in the large picture for locating the Soar Spot.
Rubbing the Soar Spot also improves lymph flow in this area & relaxes muscle tension in the chest. Rub both left and right Soar Spots with left and right hands or rub only one side with one hand. At first it feels soar but continue to rub the spot and lymph and energy will flow correct and the soreness will stop.

The Setup #1 (KC or Soar Spot) is <u>done first</u> to Polarize, orient the body's energy correct to enable the energy to unblock and flow normally, in the correct direction when tapping the other points and to place the mind in a positive, constructive state. Negative emotions can cause the body's energy flow, polarity (like a battery) to reverse – a unhealthy state which prevents normal energy flow and lowers the health. This must be corrected first with the Setup–Step #1.

#2A - The Sequence – Part A – Head, Face, Body Points

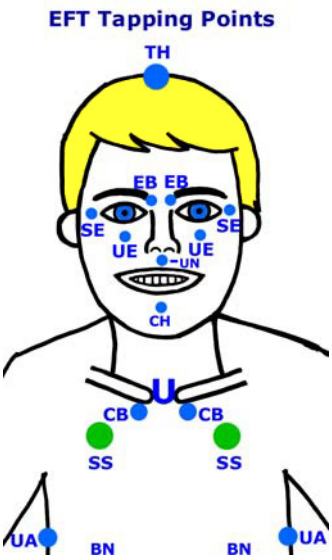
Begin by **creating a shorter 2 word 'reminder' phrase for the affirmation; Example: "Neck Tension"**.

This will be repeated as you tap the remaining points on the head, face, body and fingers. Tap down the body, from the head down, each point following the previous point. (This is easy to memorize.)
It is easiest to Tap with the dominant hands fingertips. Tap with the index and middle fingers firmly but with gentle pressure. More than 2 fingers can be used on larger areas. Two fingers are used on small areas such as the eyes… (Be careful not to tap into/on the eyes or eyelids. Cut fingernails short.)
Tap with fingertips only near the eyes, no fingernails.
(Tap about 7 times on each point. Do not count or focus on the taps. Its ok if the taps are 5-8… times.
Keep the mind on the feeling you are tapping away, the affirmation.)

Tap 7 times (7x) on each point and **state the Short Affirmation once on each point as it is being Tapped**;

TH – Top of the Head – Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with both left and right hands fingertips, 4 fingers per hand, total 8. Tap Lightly.
This is a group of points, many meridians/energy pathways connect here.
It is a major Chakra, Crown Chakra, large energy point, wheel. Clears the mind, brings the thoughts, emotions to a positive state, awakens entire energy system.



EB – Eyebrow Point - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with 2 fingers. Careful, do not tap on/into the eye or eyelids.

SE – Side of the Eye - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with 2 fingers. Careful, do not tap on/into the eye or eyelids.

UE – Under Eye - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with 2 fingers.

UN – Under Nose - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with 2 fingers

CH – Chin - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with 2 fingers

CB – Collar Bone - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with the flat of the hand, 4 fingers. Improves adrenal gland and kidney function.

UA – Under Arm - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

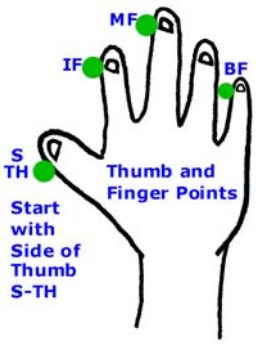
Tap with 4 fingers.

BN – Below Nipple - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap with 2 fingers. On lower area of upper chest.
Improves liver health. A Liver meridian. Healthy liver, kidneys=Clear Eyesight.

More eye points are in the acupressure chapter. They improve the clarity of eyesight. All points/meridians connect.
Tap all the EFT points to improve health in every body organ, system, part of the body, visual system.
Use the Acupressure points 15 minutes - 1 hour... after practicing EFT.

#2B - The Sequence – Part B – Finger Points



S-TH – Side of Thumb - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Tap S-TH and all finger points with 2 fingers

IF – Index (Pointer) Finger - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

MF – Middle Finger - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

(Skip the Ring Finger)

BF – Baby (Little) Finger - Tap 7x while stating the short affirmation once out loud: **"Neck Tension".**

Breathe Deep and Relax.
Check the strength/level of the negative feeling on a scale of 1-10.
How does it feel? Has it moved, changed?

#3 – The Gamut Point with 9 Steps

(Steps 1-9 take about 10 seconds. They must be done in this order.)

Tap the Gamut Point continuously as you perform Steps 1-9:

1 – Close the eyes

2 – Open the eyes

3 – Look all the way down and to the right. (Hard without force.)

(Keep the head straight, still, the head does not move with the eyes in steps #3, 4, 5, 6)
In steps 3-4, EFT Teachers state to look down hard. Be sure to avoid force, eye muscle tension. The natural eye function is to move the head/face with the eyes and to look easy, not hard, but it's ok to do it as described for this EFT exercise. The head, neck are relaxed, no tension.

4 - **Look all the way down and to the left. (Hard without force.)**

5 – Roll the eyes all the way around clockwise > in a complete circle.

Pretend the nose is the center of a clock and the eyes are looking at the numbers around the edge of the clock. The head does not move around with the eyes in steps # 5, 6 but do allow a relaxed head, neck. A small movement is ok. Avoid muscle tension.

6 - Roll the eyes all the way around counter-clockwise < in a complete circle.

Looking down left and right, rolling the eyes around clockwise and counter-clockwise activates and integrates the Left and Right Brain Hemispheres and activates many areas, functions of the brain.

7 – Hum a favorite song – 2 seconds

Activates the Right Brain Hemisphere – Creativity, art, music, intuition, feeling…

8 – Count out loud, quickly 1, 2, 3, 4, 5

Activates the Left Brain Hemisphere – Math, Calculating, digital, formulas, details, analytical…

9 – Hum a favorite song again – 2 seconds

+Then, Breathe deep and relax.

The Gamut Point with 9 steps fine tunes the brain, activates many areas of the brain and activates, integrates the left and right brain hemispheres maximizing all the brains functions, increases ease and effectiveness of EFT, improves the brains absorption and process of the EFT Tapping exercise, brings a pleasant feeling, relaxation, correct energy flow and removes negative/destructive thoughts, emotions.

The Gamut Point/9 steps, Tapping KC and all the EFT points removes energy blocks, gets energy flowing correct, like a battery that has been positioned correct in a device, improves health, removes negative, unhappy thoughts, emotions, enables the person to place positive thoughts, emotions into the brain, system, removes muscle tension in the body, neck, head, eye muscles.

Tapping points on the body, KC, Fingers and the Gamut point and doing the eye movements, counting, humming in the 9 Gamut steps activates and integrates the left and right brain hemispheres, activates/improves function of all parts of the brain, visual system, memory, imagination, math, science, skills… and other brain functions. All of these positive conditions improve the clarity of eyesight. (See the Left and Right Hemisphere chart in this book.) Tapping points that improve energy flow/meridians connected to the liver/kidneys, eyes improves eye health and clarity of eyesight. Chinese medicine states a direct link to the liver, kidneys, eyes, vision.

#4 – Check for Improvement

Check the level of the feeling on a scale of 1-10.

Is it gone or has it reduced in strength? Has it moved to another part of the body? Does it feel different?
The feeling may be stronger now because the 9 Gamut steps activate areas of the brain, left and right hemispheres and this improves the brains ability to focus upon and work on the feeling.

+ If the feeling is stronger or is still there but reduced in strength or changed or if it is gone but a new negative, unpleasant feeling, thought, emotion takes its place:

+ **First change your affirmation to fit the new feeling; Examples:**
"Even though I still have this feeling (neck tension…), I deeply and completely accept myself"
or:
"Even though I have this (state the new feeling if a new negative feeling, thought took the place of the old one or it has moved…) I deeply and completely accept myself."

Also; make a new 'short two word phrase' for your affirmation.

#5 - Repeat all steps again, Tapping the points listed below starting at #2 (The Sequence) with the new short affirmation.

Head-TH,
Face -EB, SE, UE, UN, CH.
Body – CB, UA, BN
Fingers – S-TH, IF, MF, BF (No 9 Gamut Point on this step)

[The affirmation is changed each time the 'Feeling' changes as you Tap through a round of EFT.]

#6 - Check the feeling again as described in step #4.

If the feeling remains at any level – **Redo Step #4 and #5 again.**
(TH is not mandatory on every repeat cycle – Start with TH or EB).

Head-TH,
Face -EB, SE, UE, UN, CH.
Body – CB, UA, BN
Fingers – S-TH, IF, MF, BF (No 9 Gamut Point on this step)

#7 – Check the feeling again. It should be reduced. If any of the feeling remains:

Redo Step#4 and then;

Repeat the entire routine again; Number #1A, 1B, 2, 3, and 4. Go thorough all the steps, points. The Gamut Point 9 steps are included this time; go directly into the Gamut #3 after # 2 without rechecking the feeling.

KC-Karate Point
Head-TH,
Face -EB, SE, UE, UN, CH
Body – CB, UA, BN
Fingers – S-TH, IF, MF, BF
Gamut Point-GP - with 9 steps

After the Gamut, repeat Number # 2A, 2B without the Gamut Point.

Head-TH,
Face -EB, SE, UE, UN, CH.
Body – CB, UA, BN
Fingers – S-TH, IF, MF, BF (No Gamut)

Check the feeling – (Repeat #4 – Check for Improvement.)
The feeling should be greatly reduced or completely gone.
If any bit of the feeling remains: Revise the affirmation as needed.
Redo the entire routine From KC to the Gamut Point again:

KC-Karate Point
Head-TH,
Face -EB, SE, UE, UN, CH.
Body – CB, UA, BN
Fingers – S-TH, IF, MF, BF
Gamut Point-GP - with 9 steps

Breathe deep and relax

Last – Repeat until the feeling and all negative feelings, thoughts, emotions are removed;

Head-TH,
Face -EB, SE, UE, UN, CH.
Body – CB, UA, BN
Fingers – S-TH, IF, MF, BF (No Gamut)

End with TH-Top of the Head Point – Tap with 8 fingers: 4 left hand, 4 right hand.

+ Breathe deep and relax – drink some water. Then;
+ Do the Figure Eight, Long Swing, Rock, Cross Crawl to further activate and integrate the left and right brain hemispheres and assimilate the EFT effects into the brain, body, system.

There are two versions of EFT – The Basic (Full) Version and the Short Quick Version.
The full version covers all areas of blocked energy, all the major Tapping points, meridians and is especially effective in stubborn cases, where blocked energy takes a while to locate and correct.
This book provides directions for the full Basic Version.
Directions and EFT Tapping Points on the head/face, body, hands are shown in the pictures.
New shorter EFT versions are often just as effective.
See the website links for more points and the Short EFT Version.

The Basic Routine is easy to memorize;

+Think of the problem and create an affirmation. (Create the long and short two word affirmations.)
+The Setup - KC or SS with the long affirmation.
+The Sequence – Points on the head, face, body with short affirmation.
Tap the Points *down the body* from the head downward. Each point is below the last one.
+The Finger Points with short affirmation.
+The Gamut Point with 9 steps.
+ Check the feeling. Adjust affirmation.
+Repeat.

There are more points on other areas of the body.
Check the websites for free booklets, and list of body organs, systems each point is connected to, and negative emotions, thoughts each point removes and positive ones they activate.

+ When the negative feelings, thoughts, emotions are Tapped away you can now tap all the points again while thinking positive, constructive thoughts. Tap positive thoughts, emotions, feelings, energy into your brain, body, system. Create a new positive phrase to state as you tap.
These positive thoughts, emotions, and correct energy flow creates positive, healthy energy in the body, mind, sprit and this connects with, attracts positive energy. This is the 'Law of Attraction'; You attract the same type of energy, thoughts, deeds you create, maintain.
Radiate positive thoughts, energy and it comes back to you twice as strong.

Certain Yoga eye exercises, meditation such as; staring at a candle with the eyes forced upward and immobile, kept in that position for a long time causes; eye muscle tension and eyesight impairment.
There are some Yoga eye exercises on YouTube teaching to look to the left, right, up, down while keeping the head/face straight, not in the same direction the eyes move to and to force, stretch the eyes as far to the side, up, down... as possible. This is against Bates teaching of Natural Eyesight Improvement is the opposite of central-fixation and prevents easy, relaxed eye movement, shifting, blinking and this causes eye muscle tension and unclear eyesight.
The true, natural eye function is to move the eyes and head together, in the same direction, easy, relaxed with no force, no effort. The eyes normally move continually, automatically, shifting from point to point. Some Yoga eye exercises are helpful when done without force, no strain. The 9 Gamut EFT steps is the best version I have seen, it will not tense the eyes, eye muscles. Do as a exercise for a few seconds. Do not do it all the time as a habit. (It is normal for the eyes to move up, down, left, right... with or without moving the head/face when remembering something, figuring a task... This occurs when certain areas of the brain are activated by thought, emotion, creating mental pictures...) Detectives observe this to determine if a person is lying.
Moving the eyes only (without moving the head/face with the eyes) up, down, left, right, circular... is a EFT (Emotional Freedom Technique) exercise that activates/improves function of many areas of the brain, activates, integrates the left and right brain hemispheres and this does improve function of the visual system and the clarity of eyesight.

Always return to normal eye function; Bates Method, Correct, Relaxed, Natural Vision Habits-Shifting, Central-Fixation, Moving head/face with the eyes when looking at objects.

Natural, Drug Free Anxiety, Depression Cure & Muscle Relaxation

The Midwest Center for Stress and Anxiety, Inc.
Attacking Anxiety and depression
Lucinda Bassett, CEO - http://www.stresscenter.com/mwc/ support@stresscenter.com
CDs, Book, Training.
PO Box 205,
Oak Harbor, OH 43449
1-866-955-6027

Notice that when the eyesight is clear, the mind is in a positive, happy state.
Worry, a tense mind/brain=lowered function of the brain with the eyes/retina, lens, eye muscles, nerves in the eyes, tense neck, eye muscles=unclear vision.

When the mind/brain is relaxed, positive, it functions correct with the eyes, retina, lens, nerves, muscles..,. the neck, body, eye muscles relax and vision is clear.
+Notice what you are thinking, feeling when the vision is unclear.
+Notice what you are thinking, feeling when the vision is clear.
Dr. Bates emphasizes that the state of the mind can create clear and unclear vision.

Self-Hypnosis is another helpful Tool.
Also, Read – Psycho-Cybernetics by Maxwell Maltz, M. D.

Natural, Drug Free, AA alternative for Alcohol, Drug and other Addictions

Jack Trimpey – Rational Recovery
Addictive Voice Recognition Technique® (AVRT®) Rational Emotive Therapy - Cognitive-Behavioral Therapy – Teaches independence, how to be strong, avoid alchole by using your own brain, thoughts and proper nutrition to heal the brain/body chemistry, sugar levels, nerves, rebuild the coating on the nerves...
(Albert Ellis - American Psychologist developed Rational Emotive Behavior Therapy)
https://rational.org/index.php?id=1
Box 800 - Lotus, CA 95651 - 530-621-2667
Books;
+The Small Book: A Revolutionary New Alternative for Overcoming Alcohol and Drug Dependence (Rational Recovery)
+Rational Recovery: The New Cure for Substance Addiction

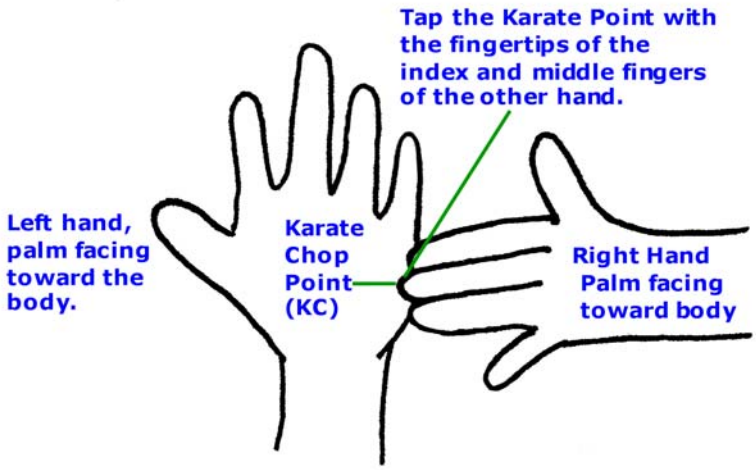
The public is realizing that AA, Alcoholics Anonymous is Religion/Cult based, does not teach nutrition to heal the body, nerves, brain chemistry, correct healthy thinking to correct the brains chemistry, strengthen the persons mind. AA teaches harmful psychological tactics to keep the person believing he/she is weak, powerless, dependent on AA and other addicts for life. Very low success rate.

http://www.youtube.com/watch?v=uCMTqaz9Ghg&feature=related

The 3 Pictures show the EFT steps in correct order;

Karate Chop Point (KC) - First Tapping Point

To align, orient, 'polarize' the body's energy correct to enable energy to unblock, flow normally when tapping the other EFT points. (The 'Soar Spot' Point can be used in place of KC.)



Tap KC continuously while stating the long affirmation out loud three (3) times;
"Even though I have this feeling: (state the thing you want to remove: Neck tension, unclear vision, anxiety, anger, guilt, stress, craving for sugar, caffeine...) I deeply and completely accept myself."

Karate Chop Point (KC) is located on the left and right hands, in the center of the outer side/edge of the hand between the base of the little finger and top of the wrist. It is easiest to tap with the dominant hand onto KC of the non-dominant hand.

Example: If you are right handed; the right hand's fingertips tap the Karate Point on the left hand. See diagram.

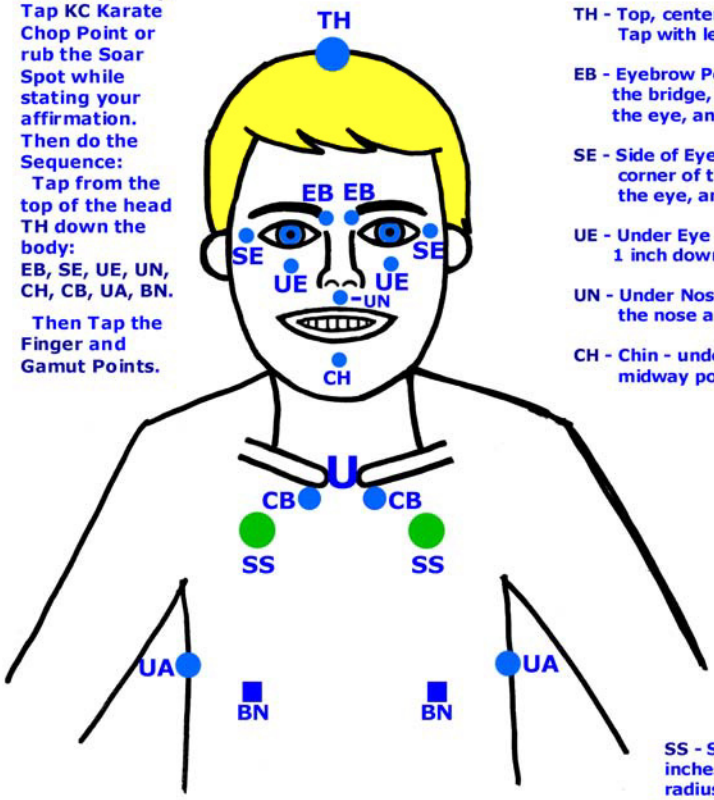
It's ok if more than two fingers tap the point. More fingers are used on larger points/areas and 2 fingers on smaller points on the face, near the eyes...

KC is the starting point, first point that is tapped while stating your affirmation: emotion, problem... to be removed, cured.

EFT Tapping Points

Start-#1 Setup:
Tap KC Karate Chop Point or rub the Soar Spot while stating your affirmation.
Then do the Sequence:
Tap from the top of the head TH down the body:
EB, SE, UE, UN, CH, CB, UA, BN.

Then Tap the Finger and Gamut Points.



#2 - The Sequence

TH - Top, center of the head - a group of points.
Tap with left and right hands, 8 fingertips. Tap gentle, lightly.

EB - Eyebrow Point - inner edge of eyebrow, just above and close to the bridge, side of the nose. Tap with 2 fingers. Do not tap on/into the eye, and not on the eyelids.

SE - Side of Eye - End of eyebrow, on the bone bordering on outside corner of the eye. Tap with 2 fingers. Do not tap on/into the eye, and not on the eyelids.

UE - Under Eye - On the bone under the eye directly under and about 1 inch down from the eyes pupil.

UN - Under Nose - under the nose in the crevice between the bottom of the nose and top of the upper lip.

CH - Chin - under the bottom lip, between the bottom lip and chin, midway point of chin and bottom of lower lip.

CB - Collarbone - (not on the collarbone). Below the inner end of the collarbone and over a bit: Place your finger in the U indentation between the collarbone ends, center/base of the neck and move the finger down 1 inch and out to the left or right 1 inch. Tap with the flat of the hand, 4 fingers.

UA - Under arm - 4 inches down from the armpit on side of body. Tap with 4 fingertips.

BN - Below Nipple - Bottom of upper chest. Improves liver health.

Next: Tap the Finger Points, then the Gamut Point with 9 steps. See other directions, diagrams.

SS - Soar Spot - Place the finger in the U. Move it down 3 inches and out left or right 3 inches and press/rub in a 2 inch radius to find a soar area/spot. Rub the spot, do not tap it. The Soar Spot is done in place of KC in the Setup. Use either.

Tapping Points on Left and Right Hands Fingers and Gamut Point.

S-TH - Side of Thumb - On the outside edge of the thumb, side facing the other hand, even with the base of the thumbnail.

IF - Index/Pointer Finger - On the side of the index finger, side facing the thumb, even with the base of the fingernail.

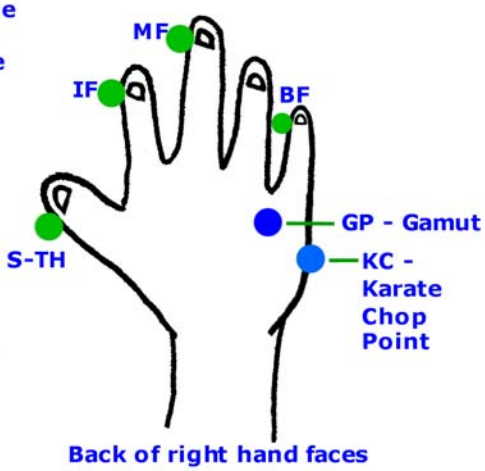
MF - Middle finger - On the side of the middle finger, side facing the thumb, even with the base of the fingernail.

(Skip the Ring Finger.)

BF - Baby/Little Finger - On the side of the little finger, side facing the thumb, even with the base of the fingernail.

GP - Gamut Point - On the back of the hand. Start between the base/ knuckles of the ring and little fingers and move back 1/2 inch toward the wrist into the valley between the finger bones.

Right hand, back of the hand is shown in the picture. This person is left handed and is tapping the points on the right hand with the dominant hand: the left hands fingertips.



Back of right hand faces the body when Tapping the Finger Points. Palm of hand faces body when Tap the Gamut Point.

Tap each Finger Point about 7x while stating the short 2 word affirmation once on each point.

Then tap the Gamut Point continuously while doing doing the 9 Gamut steps:

1. **–Close the eyes**
2. **–Open the eyes**
3. **–Look all the way down and to the right.** Head still.
4. **-Look all the way down and to the left.** Head still.
5. **–Roll the eyes all the way around clockwise in a complete circle.**
6. **-Roll the eyes all the way around counter-clockwise in a complete circle.**
7. **–Hum a favorite song – 2 seconds.**
8. **–Count out loud, quickly 1, 2, 3, 4, 5.**
9. **–Hum a favorite song again – 2 seconds.**

+ Breathe deep and relax .

The Gamut Point and 9 steps activates and integrates the left and right brain hemispheres, activates many areas/functions of the brain, visual system, greatly improves the brains function/process of EFT Tapping.

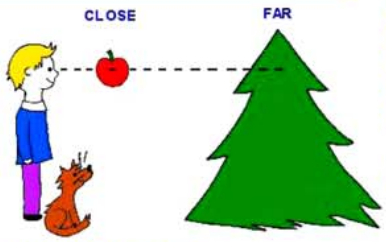
DO IT YOURSELF
NATURAL EYESIGHT IMPROVEMENT
Original and Modern Bates Method
with Better Eyesight Magazine

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

COLOR BREATHING RELAXATION CHART

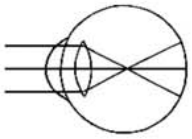
Practice Abdominal Breathing, Palming, Color Visualization, Deep Relaxation and Correct Vision Habits in the Alpha, Theta and Delta brain wave states with the Color Breathing Relaxation Chart to relax the mind, eyes, eye muscles, neck and body for clear eyesight. Notice that eyesight is clear when the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

Switch and shift on objects at close and far distances for 20/20 and clearer eyesight at all distances, close and far.
See Chapters 11-13.



A percent of profits from the sale of this book is donated to the blind, visually impaired: Guide Dog Schools, free Natural Eyesight Improvement Training.

This Book Teaches the Original and Modern Bates Method of Natural Eyesight Improvement Discovered by Ophthalmologist Dr. William Horatio Bates. The Clarity of Eyesight can be Improved to 20/20 and Clearer at All Distances.



NORMAL ROUND EYE SHAPE WITH CORRECT FOCUS OF LIGHT RAYS ON THE RETINA. EYESIGHT IS CLEAR.

The Bates Method of Natural Eyesight Improvement relaxes the mind, eye muscles, eyes, body, (entire visual system), returns the eye muscles, eyes to normal function, movement, coordination and activates, perfects; the normal function of the eyes: Saccadic Shifting Eye Movements, Central Fixation, Perfect Convergence, Accommodation: clear vision when looking at close distances, Un-Convergence (Divergence) Un-Accommodation: clear vision for far distances, Left and Right Brain Hemisphere Activation and Integration, Memory and Imagination, Positive Thinking, Emotions, Correct Posture, Neck, Shoulder Relaxation and all functions of the visual system.

Color treatment, Full Spectrum Sunlight, Physical Movement Activities, Acupressure Points, Physical Therapy, Improved Circulation to the head, brain, ears, eyes, eye muscles, retina, lens, cornea, Energy Strengthening-Circulation, EFT, Healthy Diet for Healthy Eyes and other natural activities are practiced. Learn how to permanently discontinue the use of eyeglasses.

Relaxation of the mind, body, neck, eye muscles, eyes, practicing, activating healthy correct vision habits (normal, relaxed eye function) and other natural treatments keeps the eye in normal shape with correct focus of light rays in the eye, on the retina for clear vision. Eye pressure returns to normal. Tension, strain is removed from the eyes. Health and function of the eyes, retina, lens, cornea, optic nerve, all parts of the eye returns to normal.

Saccadic Shifting - perfect, relaxed eye movements, including tiny microscopic movements are re-activated resulting in clear eyesight (clearer than 20/20: 20/15, 20/10...) at all distances, close and far, day and night.

Eyeglasses, bifocals, contact lenses, sunglasses, tinted/colored lenses, eye cornea laser surgery, all prescription and non-prescription drugs cause and increase vision impairment: blur, astigmatism, impairs the health, function of the eyes; results in cataracts, detached retina, glaucoma, cornea ulcers, macula degeneration and other eye, vision impairment.

The Bates Method of Natural Eyesight Improvement produces clear eyesight and healthy eyes.

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Do It Yourself-Natural Eyesight Improvement

New Edition March, 2022

165 Free *Natural Eyesight Improvement* Training Videos;
https://www.youtube.com/user/ClarkClydeNight/videos
Website; https://cleareyesight-batesmethod.info

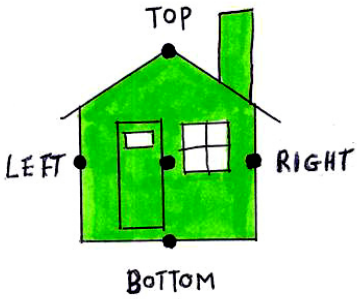
2 - 'DO IT YOURSELF' BATES METHOD NATURAL EYESIGHT IMPROVEMENT; PRACTICE OF SHIFTING AND OTHER CORRECT, RELAXED, NATURAL VISION HABITS, (THE NATURAL, NORMAL FUNCTION OF THE EYES, VISUAL SYSTEM). THE NOSEFEATHER.

CORRECT, RELAXED VISION HABITS

Practice Correct Vision Habits and other Natural Eyesight Improvement activities without glasses. When wearing glasses-continue to use Correct Vision Habits; Shifting, Central-Fixation...

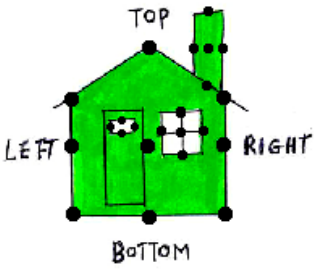
SHIFTING

Shifting is a Natural Eye Function and is practiced as a Correct Relaxed Vision Habit. Correct Vision (Eyesight) Habits; Shifting, Central-Fixation, Relaxation, Memory & Imagination, Movement, Blinking, Abdominal Breathing, Switching... are 'the normal function of the eyes, brain, body (visual system)'
Practice of Shifting, Central-Fixation..., Correct Relaxed, Vision Habits is 'imitating, activating normal, correct function of the eyes, brain, visual system'. Practice, imitate correct eye function, relaxed vision habits as a easy, effortless 'habit', all the time.
With a little practice, the eyes, eye muscles, brain, body (Visual system) will return to normal function, relaxation and Correct Vision Habits will be activated, occur 'on their own', all the time, as a automatic, subconscious habit, maintaining relaxation and clear eyesight at all distances. (Just as the heart, lungs, other organs function without conscious control, direction.)
Then, the student will consciously practice only occasionally if needed to prevent staring, squinting, blur-a tune-up to remind the visual system to stay with correct, relaxed function.



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

Staring; eye immobility, squinting, straining, trying hard, using effort to see clear are Incorrect Vision Habits that cause mental strain, eyestrain, eye muscle tension, neck, shoulder tension and unclear eyesight. Even a small amount of effort lowers the clarity of eyesight.
Natural Eyesight Improvement Teacher, Clara Hackett says; Staring is the main Incorrect Vision Habit that causes tension, strain and unclear eyesight.
Shifting 'eye movement' relaxes the mind, body, eye muscles, eyes, and brings clear eyesight. Shifting prevents staring and unclear eyesight.



Example;

Look at the picture of the green house.
The dots on the house represent small parts of the house.
Practice shifting from small part to small part on the house by moving the eyes (visual attention/center of the visual field) on the dots;
Shift from dot to dot on the house.
Look at the dot on the left side of the house,
then shift to the dot on the right side, then left, right, left...
Then shift to the dot on the top, then shift to the dot on the bottom. Shift top, bottom, top, bottom...

Shift on the dots (small parts of the house) in any order, direction; left and right, top and bottom, middle, top to right or left, right to bottom...
Avoid staring at a dot; let the eyes move, shifting continually, easy, relaxed from dot to dot. Even when looking at a dot; the eyes move, shift point to point on the dot. Blink and relax. Shift to other small parts near the dot and back to the dot in any direction. (point to point=central-fixation-using the exact center of the visual field.)

Shift without the dots; corner to corner, corner to middle, to top, to side and to any part in any order, direction.
Shift on small parts; window, left side of window, right side, top, bottom, corners, middle.., window pane, small part to small part of the window pane, door, chimney, bricks in the chimney...

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

The eyes do not have to shift in a straight line.
The normal function of the eyes is to move the visual attention, center of the visual field from point to point on objects in a variety of patterns. Let the eyes move freely in any direction from one small part of the house to another small part. Look for small fine details, without effort. Relax and shift from tiny detail to tiny detail (Point to point - perfect central-fixation.)
(See the eye movement pattern pictures of the house on the right > and on the next page)

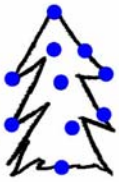
THE DIAGRAM ABOVE SHOWS A EXAMPLE OF THE NATURAL SHIFTING PATTERN OF THE EYES.. NOTICE THE EYES MOVE FREELY ON THE HOUSE IN A VARIETY OF PATTERNS, DIRECTIONS.

Blink soft, easy, and relax.
Blinking causes the eyes to shift automatically.
Blinking coats the eyes with healthy tears and increases normal tear production. Tears improve the clarity of vision by nourishing, moisturizing the cornea, eyes and acting as a natural contact lens.

Relax, breathe slow, abdominally.
The head/face and body move with the eyes, in synchronization, at the same time, in the same direction the eyes shift to. Face directly at the object the eyes are looking at.
The eyes head/face, neck, shoulders and body are loose, relaxed and move freely.

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

Shift dot to dot on the Tree.



Blink, Relax

Shift dot to dot on the Dog.

The correct way to practice shifting is; to shift (move) the eyes (and head/face with the eyes) from one small part to another small part on the object, shifting from point to point, relaxed, slowly, easy, continually. Shift from object to object in the scenery. Read Dr. Bates Shifting article on the next pages.
Do this when looking at any size object large or small at any distance close and far. Avoid trying hard to do this. Let the eyes do it naturally.
As slow relaxed shifting is practiced, the brain, eyes begin to return to normal function and the faster 'Saccadic', high frequency, tiny, microscopic, and other natural shifts/eye movements also improve and occur automatically, a subconscious function producing very clear eyesight, clearer than 20/20.
Avoid trying to shift fast. Practice shifting slow and easy and the eyes will automatically move quickly, easy point to point, part to part, object to object. Let faster shifts occur on their own, a automatic, subconscious eye, brain (visual system) function. Then, when shifting improves, it's easy, vision clearer, practice faster shifts, but always let the eyes control the movement-avoid effort, force. Stay relaxed. The eyes can read an entire eyechart clear in a couple seconds, sometimes less when the eyes, mind are relaxed, vision clear. Shift in a carefree manner, without effort. Don't try to see clear. Clear vision will occur on its own. Constantly thinking about how the eyes should function and worrying about the clarity of

eyesight, forcing the eyes to move a certain way... causes strain in the mind, eye muscle tension, interferes with the eyes natural, normal function and prevents clear eyesight from occurring.

Relax, forget about the eyes. Eyesight becomes clear when the mind is not worrying, not thinking about the eyes, clarity of eyesight, not forcing the sight to be clear.
Practice shifting, then, don't practice; let the eyes shift on their own, completely natural, a automatic function, habit, just as the heart beats, lungs breathe without thinking about it.
If the eyes stare, move infrequently, practice shifting, central-fixation again. Relax and shift to prevent blur. With practice, shifting occurs on its own, all the time, the normal function of the eyes, a automatic, subconscious habit, function maintaining clear eyesight.

Flashes of clear eyesight will occur lasting a few seconds or longer. Avoid trying to hold onto the flash by staring, freezing up, eyes, body immobile. Relax, keep shifting, moving, blink, breathe and flashes of clear eyesight will return, last longer, become permanent.

Remember, it is normal for the clarity of vision to fluctuate - clear, less clear and back to clear. Avoid eyeglasses. Shift to see a object clear and the clarity returns to 20/20. Natural Eyesight Improvement keeps the vision clearer than 20/20 and fluctuations are not usually noticed.

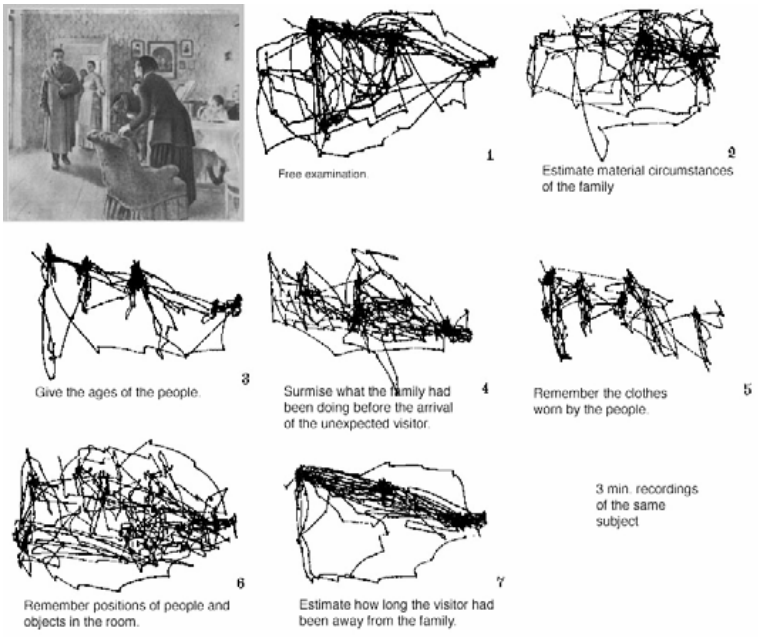
Practicing Shifting is not a Eye Exercise. The Natural Eyesight Improvement Student practices shifting to gently nudge, direct, coax the eyes, visual system back to correct function.
Staring, eye immobility, squinting, trying hard to see clear causes strain, tension and unclear eyesight.
Shifting, eye movement relaxes the mind, eyes and produces clear eyesight.

Now; try shifting on the smaller house, smaller parts of the house, pictures.
Then, practice shifting on any size objects in your environment at any distances, close, middle and far. Shift as a fun habit throughout the day, night.
+Practice shifting on small parts of far objects for clear distant eyesight.
+Practice shifting on small parts of close objects for clear close eyesight. (Read Fine Print.)
+Shift from object to object in the visual field, the eyes moving continually, easy, relaxed.
Blink. Blinking activates automatic eye shifting. Relax, enjoy the scenery!

Click the video link for shifting practice and other Natural Eyesight Improvement vides;
Shifting, Central-Fixation Videos: http://www.youtube.com/watch?v=lkQ9KEpA8zE
http://cleareyesight.info/id93.html - http://www.youtube.com/watch?v=WO9AS4A8f_c

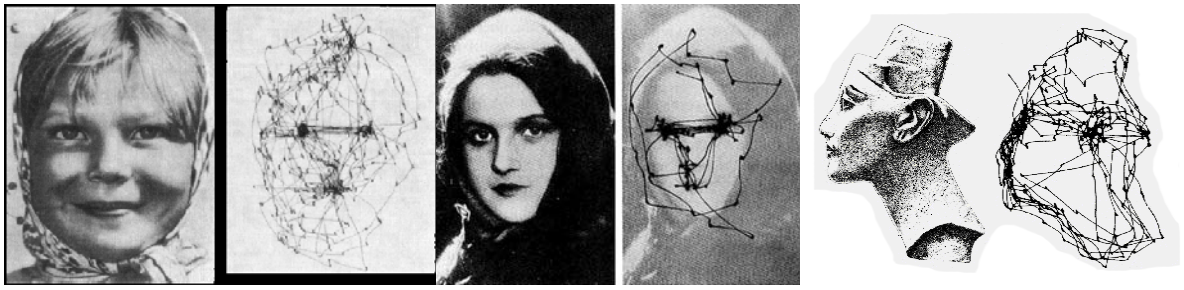
Eye Movements - Shifting, Saccades, with Central Fixation as the person looks at objects, people in the scene, thinks about them...

Thoughts in a person's mind, what the mind is thinking about the objects the eyes are looking at, other thoughts, images in the mind, shape, movement.... of the objects also affects eye movements.
Eye Movements - Shifting, Saccades, with Central Fixation as the person looks at objects, people thinks about them...
Notice how the eyes, visual attention, (exact center of the visual field) move freely as the person looks at objects, thinks various thoughts. See the central field, visual attention move point to point on parts of objects and from object to object.
A persons thoughts produce eye movements when the eyes are open looking at objects and when closed thinking about subjects, objects using the memory, imagination.



+Relaxation improves the memory, imagination and eyesight.
+Improving the memory, imagination and relaxation improve the clarity of eyesight.

More Eye Movements with Central-Fixation, Fixations



Shift part to part on a picture. Then, close the eyes, remember the picture clear and shift part to part on the picture in the mind. Feel the eyes move. Notice that the shifting, eye movement keeps the picture clear, visible when the eyes are open and in the mind, memory, imagination when closed.

Saccades

Natural Eye Movement Patterns
Click the links below for more examples;

[Click Here - Eye Movement Pattern Pictures]

[Book, Pictures of eye Movements by Yarbus]

Shifting

By W. H. BATES, M.D.

Shifting: The point regarded changes rapidly and continuously.

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.

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

When the vision is clear, eyes normal, relaxed - eye movement is frequent, easy and a variety of movement occurs and tiny saccadic shifts occur often. Eyes look at shift point to point on small parts of objects, see tiny details clear = 'Central-Fixation'.

When the vision is unclear, eyes tense, the movement is less, movements are stiff, longer. Small and tiny, detailed saccadic eye movements, shifting is reduced. Eye muscle tension and blur increases.

Relax and shift for clear vision. Blink.

Reading, Eye Movements - Shifting, Saccades with Central Fixation

Eye Movements and Vision by Alfred L. Yarbus.

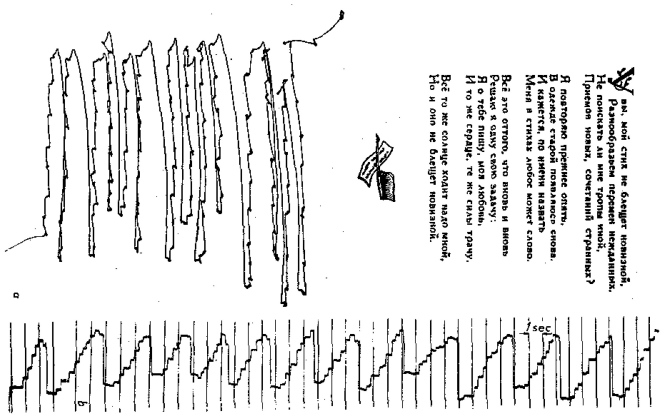


Fig. 125. Record of the eye movements of a subject reading a Shakespeare sonnet. Record on stationary photosensitive paper (a) and on moving phototape of a photokymograph (b).

Eyeglasses block, reduce natural eye shifting movements, Saccadic shifts.
Avoiding eyeglasses, practicing relaxation, shifting relaxes the mind, eye muscles, eyes and all eye movements return to normal, saccadic shifts are frequent, convergence, divergence, accommodation, un-accommodation eye movements also return to normal, perfect movement for clear eyesight at all distances.

SHIFTING AND SWINGING

By Ophthalmologist William H. Bates

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

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

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

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

The shifting of the eye with normal vision is usually not conspicuous, but by direct examination with the ophthalmoscope it can always be demonstrated. If one eye is examined with this instrument while the other is regarding a small area straight ahead, the eye being examined, which follows the movements of the other, is seen to move in various directions, from side to side, up and

down in an orbit which is usually variable. If the vision is normal these movements are extremely rapid and unaccompanied by any appearance of effort. The shifting of the eye with imperfect sight, on the contrary, is slower, its excursions are wider, and the movements are jerky and made with apparent effort.

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

Rapidity of Eye's Motion

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

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

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

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

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

The Shift That Rests

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

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

The shorter the shift the greater the benefit; but even a very long shift - as much as three feet or more - is a help to those who cannot accomplish a shorter one. When the patient is capable of a short shift, on the contrary, the long shift lowers the vision. The swing is an evidence that the shifting is being done properly, and when it occurs the vision is always improved. It is possible to shift without improvement; but it is impossible to produce the illusion of a swing without improvement, and when this can be done with a long shift, the movement can gradually be shortened until the patient can shift from the top to the bottom of the smallest letter, on the Snellen test card or elsewhere, and maintain the swing. Later he may become able to be conscious of the swinging of the letters without conscious shifting. (The Swing: Natural illusion of movement of the object, in the opposite direction the eyes, visual attention shift, move to, upon the object; Oppositional Movement.)

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

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

obtained a temporary or permanent cure in a few weeks.

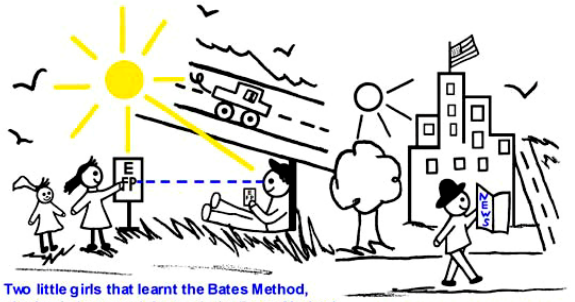
Shifting may be done slowly or rapidly, according to the state of the vision. At the beginning the patient will be likely to strain if he shifts too rapidly; and then the point shifted from will not be seen worse, and there will be no swing. As improvement is made, the speed can be increased. It is usually impossible, however, to realize the swing if the shifting is more rapid than two or three times a second.

Seeing the previous point worse=the new point shifted to is in the central field and is clearest. The previous point is now in the peripheral field and is less clear, seen worse. The central field is clearest. The peripheral field is less clear. This is normal vision.

THE BLIND MAN

From Better Eyesight Magazine

Little Girls Cure Homeless Man of Blindness



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 eyecharts, 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.

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

Dear Dr. Bates:

I cannot resist telling you what my little Edith Collins, aged twelve years, has done for a blind man that she picked up on the street. His eyes were very much sunken. She taught him to palm and sun-gaze. She and a little girl friend visited him in his hovel once or twice a week. Much of the time he was so ill that he kept t o his bed, but had this so placed that the sun shone on his eyes.

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

CENTRAL FIXATION

By W. H. Bates, M.D.

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

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

CENTRAL FIXATION

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

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

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

+**Central fixation should not be confused with concentration, which is defined by the dictionary to mean an effort to keep the eyes or mind continuously on one point only, and to ignore all other points.** Try it. Look directly, for example, at the point of the notch on the upper right corner of the large letter C on the Snellen test card. Keep the eyes open without blinking. In a few seconds, or part of a minute, the mind begins to tire from the monotony. An effort is made to hold the concentration. The effort increases with discomfort or Pain. The vision becomes less, the white of the notch looks gray, the black appears less black, less clear and less distinct. The

notch regarded is not seen as well as other parts of the large letter not regarded, and Central Fixation is lost. Not only does the notch appear less clear, but by continuing the effort the large letter C, as well as all the letters on the card, are seen less and less perfectly. The white of the whole card is also modified and becomes less white. Other objects in the neighborhood of the Snellen card soon begin to blur and are seen imperfectly. The stare or strain has very much the same effect as if the sun were covered with a cloud or as if the light in the room, or the general illumination, were lessened. When central fixation is practiced, all the objects in the room, including the Snellen card, look brighter, clearer, just as though the light had increased.

Experience the cause of unclear vision; staring, not blinking, not shifting, eccentric fixation, trying hard, using effort to see clear.

Learn to avoid this. Learn to use the eyes correct; relaxation, no effort, shifting, blinking, central fixation and the vision is clear.

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

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

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

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

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

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

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

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

"Can you see it?" he was asked.

"Yes," he answered.

"Now, close your eyes. Can you remember it?"

"No," he replied; "I remember a black pillow."

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

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

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

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

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

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

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

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

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

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

The squint disappeared permanently.

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

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

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

"Starch," she answered.

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

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

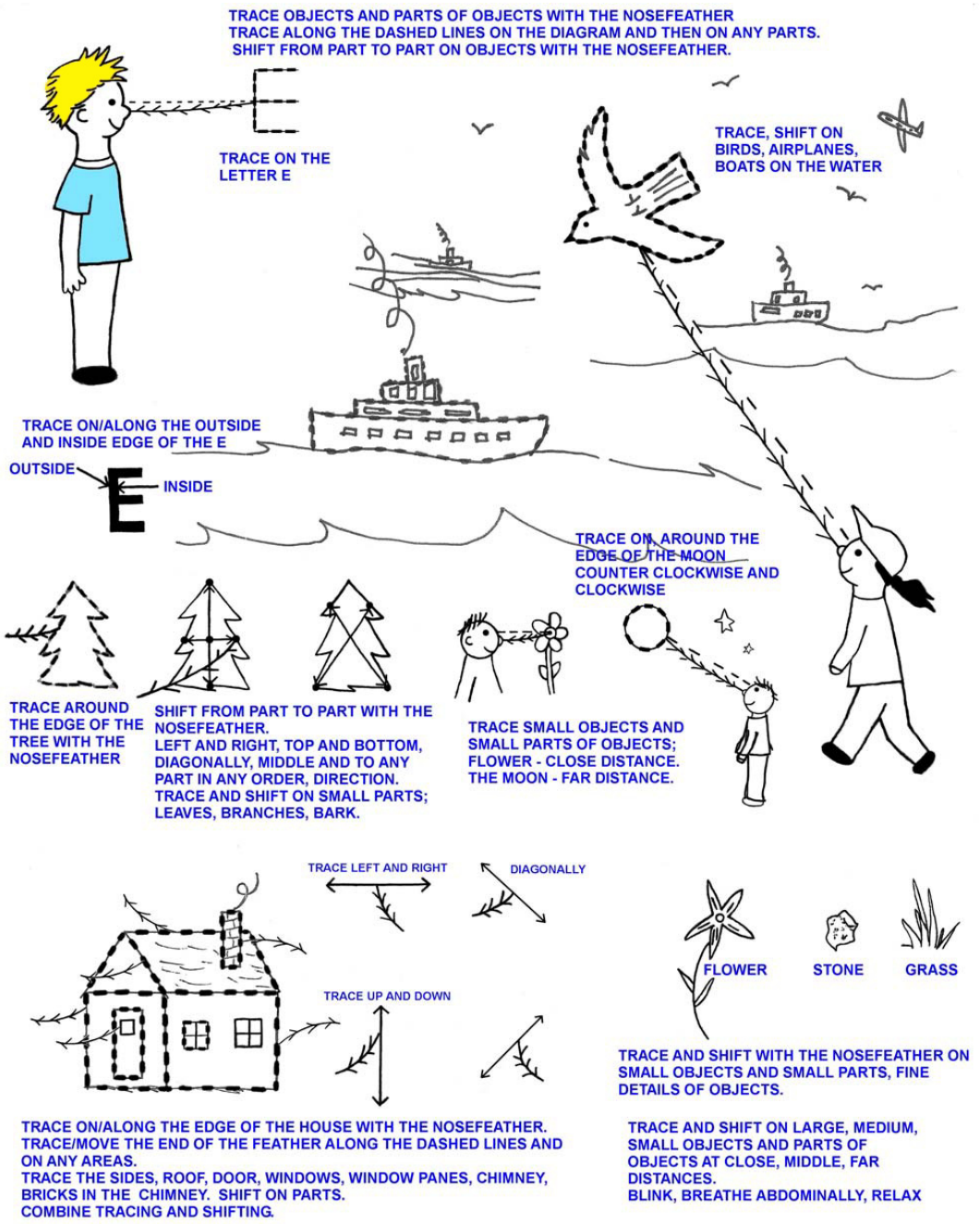
SHIFT, TRACE WITH THE NOSEFEATHER

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

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

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

Trace, Shift, Central-Fixation with the Nosefeather



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

NOSEFEATHER - DIRECTIONS

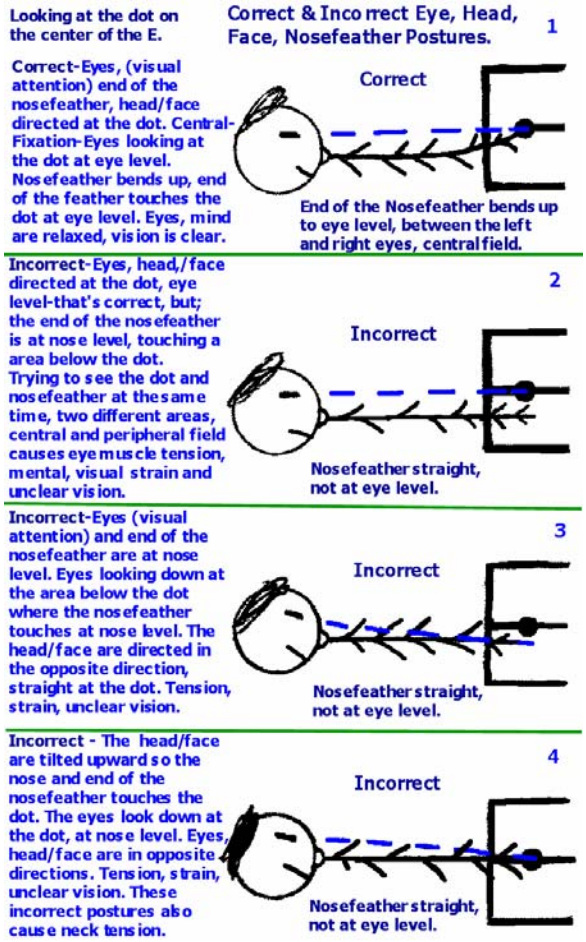
Natural Eyesight Improvement Teachers get their students to shift the eyes and relax by imagining there is a thin, lightweight, flexible, soft feather attached to the end of the nose. The Nosefeather. (See pictures).

The feather is thin. The (feathered) end of the Nosefeather forms into a small point.

The end of the feather extends outward from the center of the nose and bends up and touches the part of the object the eyes are looking at, in the center of the visual field, between the left and right eyes, at eye level. The eyes, visual attention and end of the Nosefeather are always on the same point.

(Do not place the pointed end of the feather on the object at nose level and do not look down at the object at nose level.) Looking down to nose level is imperfect central-fixation, eye/head posture.

Use correct central-fixation; keep the eyes, visual attention and end of the feather on the object at eye level. See pictures.



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

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

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

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

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

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

The soft, easy movement of the feather is soothing, relaxing to the eyes, mind and body. Feel relaxation resonate in to the eyes, head, brain/mind, neck, body. Shifting, central-fixation occur automatically, without trying.

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

The movement of the feather keeps the eyes, head/face and body moving together in synchronization, at the same time, in the same direction. (Movement, another Correct Vision Habit). This movement keeps the neck and eyes relaxed and mobile.

Neck muscle tension is a main cause of headaches and unclear eyesight.

When the neck relaxes and moves, the eye muscles and eyes relax enabling the eyes to move, shift easy, perfect resulting in clear eyesight.

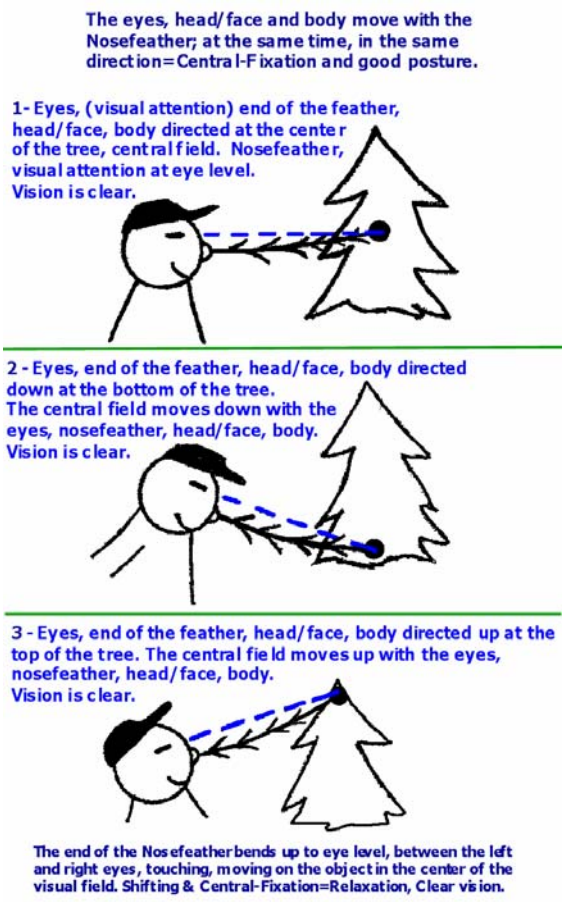
Relaxation of the neck muscles improves blood, oxygen, lymph and energy flow to the brain, ears, eyes and improves balance, coordination. These conditions also improve eyesight.

Trace the house with the Nosefeather; move the eyes/visual attention and the fine pointed end of the

feather around, directly on/along the edge of the house, directly on/along the edges, counter-clockwise and clockwise. (see dashed lines.)
Then; trace up, down, left, right, diagonally... directly on/along the edges of the house.
Then; trace smaller parts; trace around the door, trace the window and window panes, chimney, bricks in the chimney... Trace directly on the edge of the parts.
Shift from dot to dot on the green house and other pictures with the end of the feather; the end of the feather touches the dot (part) the eyes are looking at in the center of the visual field.
The end of the feather moves with the eyes, central field from dot to dot.

Move the head/face and body with the eyes and Nosefeather as the eyes, feather traces objects, parts of objects and shifts from small point to small point on objects and moves from object to object.
The eyes, head/face, neck, shoulders and body are relaxed and move freely.

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

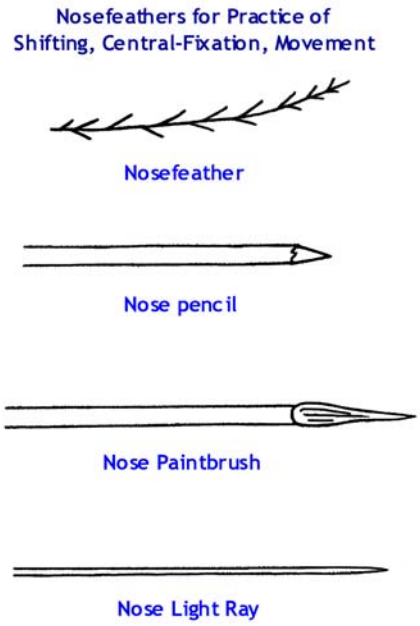


<u>Use Central-Fixation when Tracing on Objects</u>;
Avoid tracing with the eyes/Nosefeather near but away from the edge of the object or part of the object. Tracing in the air, or on a different object away from the edge of the object you want to see is incorrect eye function, prevents central-fixation and causes diffusion, strain.

Use <u>central-fixation</u>=Look at, trace <u>directly on/along</u> the edge of the object and on/along the edge of parts of the object. Always look at, trace directly on the object; look at, trace <u>directly on</u> the edge of the object or parts of the object for perfect, exact central fixation with eye movement and fine detailed clear vision. Do this relaxed, no effort.

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

A big fluffy feather can be used to sweep over objects as long as the eyes continue to use central fixation; Some teachers say the feather is to be imagined invisible. This prevents the mind, imagination from being on two diff things; the feather and object the eyes are looking at. Other teachers say it's ok to imagine seeing the feather (and any color; white, blue...) as it sweeps upon objects-it is normal for the brain to use the imagination this way and it improves memory, imagination, relaxation and the clarity of vision. Practice with the feather that is most relaxing for you, brings clear vision.
Sweep the feather on objects, from object to object-the eyes, head, neck, body moving, relaxed.



Tracing, Shifting Example - 'Yellow Kitty'

Trace and Shift on Yellow Kitty and the Angle:

Move the central field, end of the Nosefeather along the edge of the cat; See the dots; move on/along the dots tracing on the cat and parts of the cat. Shift dot to dot in any direction. Do the same on the Angle without the dots.

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

This simple action is the main treatment for keeping the eyesight clear. Most Eye doctors have hidden this 'Secret For Clear Vision' from their patients for over 100 years! They preferred to sell addictive eyeglasses, harmful eye surgery and drugs. Eyeglasses impair, block the eyes movement, all normal, natural eye functions; shifting, central fixation, convergence, divergence, accommodation, un-accommodation, posture... and impair the eye's health.

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

Shift, Trace on Yellow Kitty

Shift from dot to dot in any direction: top and bottom, side to side. diagonally... on his face, eyes, nose, mouth, head, any part. Then shift without the dots part to part, any part, any direction.
Trace the kitty: Follow the dots: Trace on/along the dots: on the black ink/dots around his head, fur, whiskers, ears, eyes, nose, month...
Move the head/face with the eyes as the eyes, 'center of the visual field' shift and trace on the cat. Use the Nosefeather. Blink, Breathe, Relax.

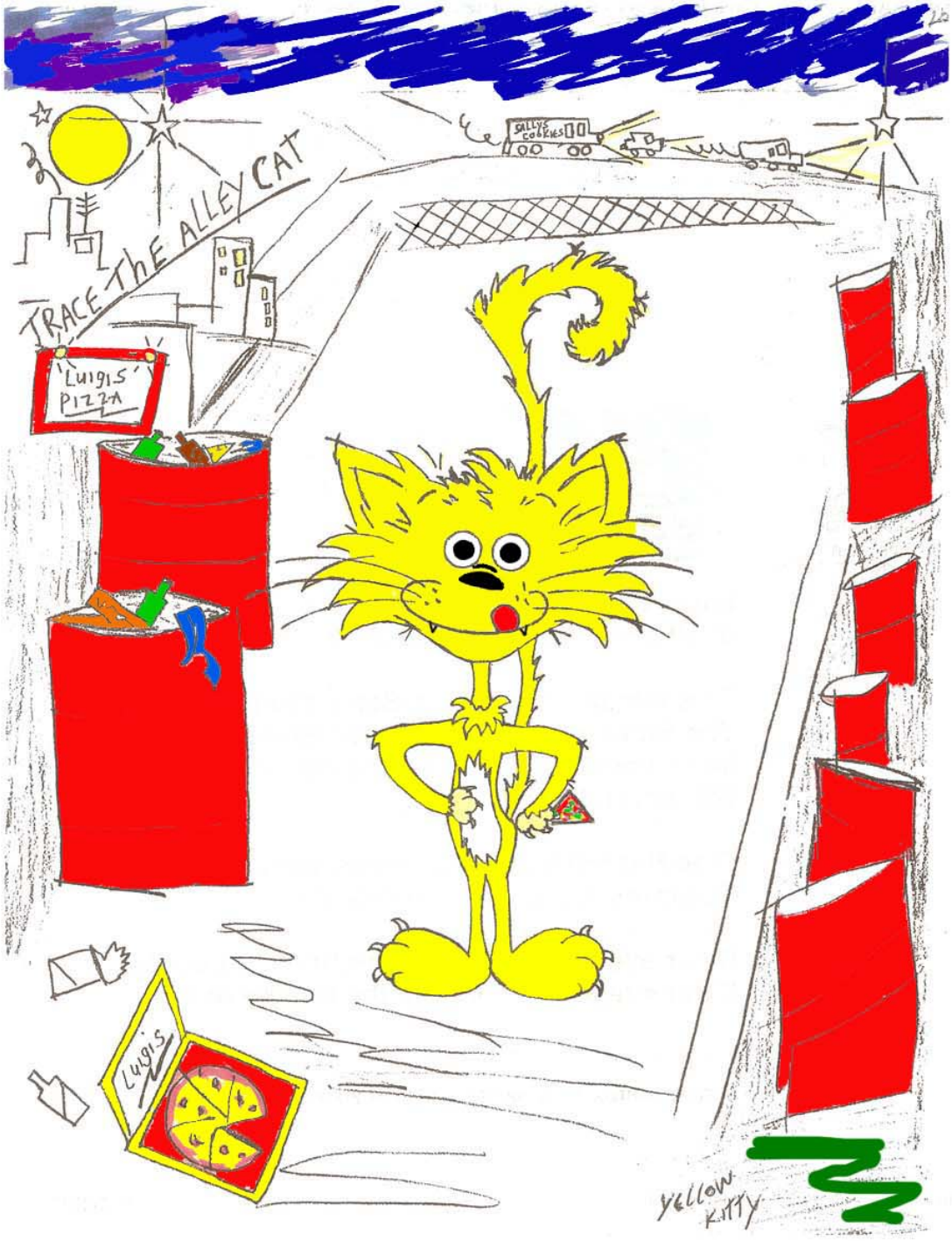
Yellow Kitty

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

Practice Shifting, Tracing, Central Fixation on Yellow Kitty

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

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



Yellow Kitty gets a free meal every night in the alley behind Luigi's Pizza!
Coloring is fun, relaxing, activates eye movement/shifting, central fixation on fine details, and natural color treatment to activate and integrate the left and right brain hemispheres.

USE THE MEMORY AND IMAGINATION

Trace and shift on a object, parts of the object with the Nosefeather and remember, imagine and see the object clear with the eyes open, closed, open.

Practice shifting, then; forget about the eyes and let the eyes shift on their own.
Notice flashes of clear eyesight and how the mind, body, eyes feel when functioning correct, with clear vision. It will be a clear, positive state of mind, body with deep or dynamic active relaxation, energy. Shifting is practiced to activate natural perfect eye movement. With practice shifting will occur on its own, automatically and flashes of clear eyesight will occur more often, last longer and be permanent.

Practice shifting on a dog, cat, favorite pet and remember, imagine it clear with the eyes open, closed in the imagination, then open again. Continue to shift on the imaginary object when eyes are closed and notice that the physical eyes move: The brain and eyes work together.

(All photos are from Microsoft Free Clipart.)

If the student needs eyeglasses for driving, other activities as vision is improving; continue to practice Correct Vision Habits when wearing the glasses and wear reduced, weaker lenses.

THUMB ON FINGERTIP MOVEMENT

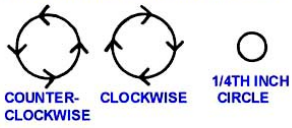
From Dr. Bate's Better Eyesight Magazine

A 'Swing' for Relaxation, Movement, Central-Fixation of the Mind & Eyes

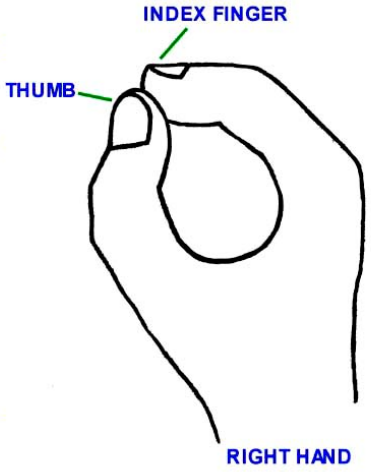
DR. BATES USED MANY DIFFERENT METHODS TO RELAX THE MIND AND EYES FOR CLEAR VISION. THE DIAGRAM BELOW SHOWS THE "THUMB ON FINGER MOVEMENT" TO RELAX THE MIND, BODY, EYES, ACTIVATE SHIFTING/ CORRECT VISION HABITS AND CLEAR VISION.

DIRECTIONS

START WITH THE RIGHT HAND.
LIGHTLY TOUCH THE TOP END OF THE THUMB TO THE TIP OF THE INDEX (POINTER) FINGER.
THE HAND, THUMB, FINGER ARE RELAXED.
THE THUMB MOVES, THE FINGER REMAINS STATIONARY;
1 - MOVE THE TOP OF THE THUMB ON THE TIP OF THE FINGER IN A SMALL CIRCLE LESS THAN 1/4TH INCH IN DIAMETER.
MOVE THE THUMB LIGHTLY, EASY COUNTERCLOCKWISE, CLOCKWISE, COUNTERCLOCKWISE, CLOCKWISE...



2 - THEN; MOVE THE THUMB ON THE FINGER, A SMALL MOVEMENT; LEFT AND RIGHT, UP AND DOWN.
3 - THEN MOVE THE THUMB IN A CIRCLE AGAIN.
4 - PRACTICE STEP # 1, 2, 3 WITH THE RIGHT HAND, THEN THE LEFT, THEN RIGHT, THEN LEFT.
THE MOVEMENT OF THE THUMB IS LIGHT, SLOW, SHORT, EASY, CONTINUOUS.



+THE THUMB ON FINGER MOVEMENT RELAXES THE MIND, BODY, EYE MUSCLES, EYES, ACTIVATES EYE MOVEMENT; SHIFTING, SACCADIC SHIFTS AND CLEAR VISION.

THE MOVEMENT OF THE THUMB IS A FORM OF SHIFTING, A TINY SWING, LIKE THE LONG SWING OR ROCK IN CHAPTER- THE MOVEMENT PREVENTS INCORRECT VISION HABITS; STARING, SQUINTING, DIFFUSION, EYESTRAIN AND BLUR.

+THE TINY CIRCULAR AND OTHER SMALL MOVEMENTS OF THE THUMB ON THE FINGER CALMS, RESTS, CLEARS, CENTERS THE MIND AND ACTIVATES CENTRAL FIXATION; SEEING CLEAREST WITH THE CENTER OF THE VISUAL FIELD, SEEING SMALL FINE DETAILS CLEAR WITHOUT EFFORT.

+THE MOVEMENT OF THE THUMB ON THE STATIONARY FINGER ACTIVATES AWARENESS OF OPPOSITIONAL MOVEMENT WHICH ALSO ACTIVATES SHIFTING AND CLEAR VISION. SEE CHAPTER –
EXAMPLE; WHEN THE THUMB MOVES LEFT, THE STATIONARY FINGER APPEARS TO THE RIGHT OF THE THUMB.
WHEN THE THUMB MOVES RIGHT, THE FINGER APPEARS TO THE LEFT.
SEE, FEEL THIS OPPOSITIONAL MOVEMENT WHEN MOVING THE THUMB LEFT, RIGHT, UP, DOWN.
THIS IS SIMILAR TO THE SHIFT OF THE EYES; WHEN THE EYES SHIFT LEFT, A STATIONARY OBJECT IN FRONT OF THE EYES APPEARS TO THE RIGHT OF THE EYES.
WHEN THE EYES SHIFT RIGHT, THE STATIONARY OBJECT APPEARS TO THE LEFT.

+ MOVING THE THUMB ON THE FINGER COUNTERCLOCKWISE, CLOCKWISE, COUNTERCLOCKWISE... AND LEFT, RIGHT, UP, DOWN, DIAGONALLY AND PRACTICING STEPS 1, 2, 3 WITH THE RIGHT HAND, THEN LEFT, THEN RIGHT, THEN LEFT... ACTIVATES AND INTEGRATES THE LEFT AND RIGHT BRAIN HEMISPHERES WHICH IMPROVES THE CLARITY OF VISION IN THE LEFT AND RIGHT EYES AT ALL DISTANCES CLOSE, MIDDLE, FAR.

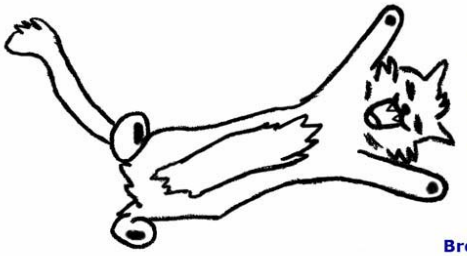
MOVE THE THUMB ON THE FINGER AND BLINK, BREATHE ABDOMINALLY, RELAX, LET THE MIND DAYDREAM SOMETHING HAPPY. THE EYES DO NOT NEED TO LOOK AT THE THUMB, FINGER.
THE BODY, SHOULDERS, NECK, HEAD/FACE, EYES ARE LOOSE, RELAXED AND MOVE FREELY.
PRACTICE SHIFTING ON DISTANT AND CLOSE OBJECTS AND REMEMBER, IMAGINE AND SEE OBJECTS CLEAR.

As the movement of the thumb on the stationary finger relaxes the mind, the mind is brought to a positive state. The mind drifts away from negative stressful thoughts and moves into positive happy thoughts, emotions. Do this lightly, relaxed-no muscle tension in the fingers, arm.
Counting odd numbers when the thumb moves in one direction, then even numbers for the opposite direction relaxes the mind, eyes. It can immediately take the mind off any worry, anxiety, fear, negative thoughts. It relaxes muscles the body, neck, eyes, centers, clear the mind, improves brain function. Then movement of the thumb activates automatic, natural eye movement, shifting and the small movement of the thumb activates central-fixation. 'The Swing' of oppositional movement is felt.
A famous Hollywood movie director used to use a similar method: moving a diamond around in his hand, hand in his pocket when working. See Better Eyesight Magazine.

3 - Abdominal/Diaphragm Breathing

Deep Breathing Improves the Clarity of vision.

Abdominal Deep Breathing relaxes the mind, body, eye muscles and eyes, improves oxygen, blood, nutrient, lymph and energy flow in the body, brain, eyes resulting in clear eyesight, healthy eyes. Deep breathing stretches, relaxes the neck, shoulder, chest muscles.
Abdominal breathing is also called Diaphragmatic or Diaphragm Breathing because the diaphragm muscle, located below the lungs helps to expand the rib cage during inhalation to increase the amount of air entering the lower and upper lungs.
The diaphragm helps to contract the rib cage during exhalation to completely empty air from the lungs.
Practicing relaxation of the mind, body, good posture and Natural Eyesight Improvement activities, deep breathing will relax the diaphragm muscle, lungs, muscles in the chest, rib cage area, upper back, neck, head, eye resulting in easy, full, relaxed breathing and clear eyesight.
Practice slow, comfortably deep abdominal breathing as shown in the pictures in this chapter.
Practice relaxed deep breathing with shifting and see the clarity of vision improve.



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

Basic Yoga Breathing Exercise

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

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

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

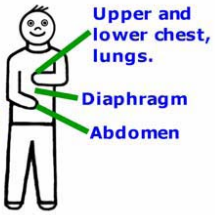
Advanced Yoga breathing is done a specific way with the heartbeat, energy control and other variations.
Yoga breathing activates Chi, Prana, Kundalini and other energies. Before trying advanced methods always learn natural, safe ways to first open the body's energy centers/Chakras so energy flows correct, easy. Never force the energy to flow. Let the energy flow on its own when the body, mind, sprit are ready, experienced, evolved.
See the book: 'Super Power Breathing' by Paul Bragg for safe natural breathing exercises.

Abdominal, Diaphragm Deep Breathing

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

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

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



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

+Breathe in - abdomen rises first, then stomach, then lower lungs inflate with air, chest begins to rise, then upper lungs/chest inflate with air, rise last.
+Breathe out - reverse order; upper lungs/chest exhale and lower first, then lower lungs exhale, then stomach lowers, then abdomen lowers.

Breathe in a relaxed easy manner. Breathe slow and deep but comfortably deep.
Avoid tensing and pulling the shoulders up and forcing the chest to rise. Let the shoulders drop down and relax and let the chest expand naturally, on its own when breathing in and lower by itself when breathing out.
Practice relaxation; let the mind and body relax deeper, more and more on each breath. When you exhale, relax more, think a happy thought or think nothing and just enjoy relaxing. Let all the muscles relax. Relax the neck. Abdominal breathing can be practice with the Color Chart.
Practice while sitting or lying down.
Practice abdominal breathing and deep relaxation while standing and walk around in perfect relaxation of mind, body, eyes. Practice shifting on objects and notice clear eyesight.
Normal breathing is usually in and out through the nose.
Some breathing exercises teach breathing in through the nose and out through the mouth and nose and other variations to also control energy, various body functions….

People with unclear eyesight, especially people that wear eyeglasses and squint, stare, strain, try hard to see clear often develop muscle tension and reduced movement in the neck, shoulders, head/face, eyes, arms, chest, collarbones, upper and lower back, entire body.
This causes muscle tension and constriction around the chest, rib cage and lungs causing short, shallow, tense breathing. More muscle tension occurs. Muscle tension in the body, especially the shoulders, chest/collarbones, neck can travel into the head and eye muscles lowering the eyes movement and clarity of vision.
The person may feel short of breath. Short, shallow breathing is an Incorrect Vision Habit that increases muscle tension, incorrect breathing and unclear eyesight.
Typing, writing all day without a break and using incorrect posture; bending, tilting the upper body, neck, head/face down, up, pushing, stretching the neck, head forward, holding the arms, hands up high or too low for a long time when writing, typing, using the computer mouse.., increases upper body, chest, neck, shoulder.., eye muscle tension, immobility and causes short, tense breathing (breathing with only the upper lungs) and unclear eyesight.
Muscle tension in the shoulders, neck and short tense breathing lowers oxygen, blood, lymph, nutrient, energy flow to the head, brain, eyes resulting in lowered vision and eye health.
Relaxation, deep, relaxed breathing, relaxed shoulders, neck, good posture improves oxygen, blood, lymph, nutrient, energy flow to the head, brain, eyes increases the clarity of vision and improves eye health. Natural Vision Improvement Teachers combine deep breathing with shifting and other activities. This greatly improves visual clarity. When the eyes receive oxygen, nutrients: the retina, lens, all parts of the eyes, eye muscles are at maximum function. The brain works with the eyes. Bringing healthy oxygen to the brain improves function of the entire visual system.
Practice relaxation and abdominal breathing. When breathing is correct the mind, body, eye muscles, eyes relax, the eyes move easily, shifting and all Correct Vision Habits and clear eyesight are activated.

Yawning is a Type of Breathing

Yawning stretches and relaxes the upper body, shoulder, chest, collarbone, neck, head, face, jaw muscles. Relaxation resonates into the eye muscles. The outer and inner eye muscles relax.
Yawn a few times. Stretch the entire body a couple times when yawning to also stretch and relax the back and all body muscles. Make a sound or sing, hum. Like a lion, dog… does when yawning, stretching - it massages, relaxes the bones, muscles in the head/skull, eye-socket, eyes, neck.
Relaxed eye muscles move, shift the eyes perfectly, easy; shifting, central-fixation, blinking, convergence, divergence, accommodation, un-accommodation… all eye movements are relaxed, perfect, vision is clear at all distances.
Practice breathing, yawning as the eyes shift on objects at various distances in the visual field.
Deep breathing, yawning, stretching improves blood, oxygen, lymph, energy flow in the body, all organs, head, eyes, balances the body's PH level.
Yawning relaxes, clears, energizes the mind, activates positive thoughts, emotions.
Yawning, deep breathing prevents headaches, improves health of the liver.
All these conditions improve the clarity of eyesight.
Most people can yawn just by thinking about it. Touching the top of the mouth with the tip of tongue will produce a yawn.

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

The flow of tears improves eye health, function. I know a homeless lady that had cataracts. She was 80% blind. She said; 'when she cried, eyes full of tears, her vision would return, was clear.' She began using the Bates Method. Shifting brought flashes of clear vision. One day she was sitting on the bus and heard a clicking sound next to her. She could not see through the cataracts. She then practiced shifting while looking in the direction of the sound, using her central field of vision. The vision cleared and she saw that it was a lady knitting yarn in the seat next to her. The clicking sound was the knitting needles. Her central and peripheral vision cleared.

Blinking causes the eyes to move, shift automatically.
Blinking, shifting, deep breathing, yawning prevents staring, eyestrain and blur.

Blink, Breathe, Yawn, Shift and Relax - Practice Relaxation, Deep Breathing with Shifting and See the Clarity of Eyesight Improve!

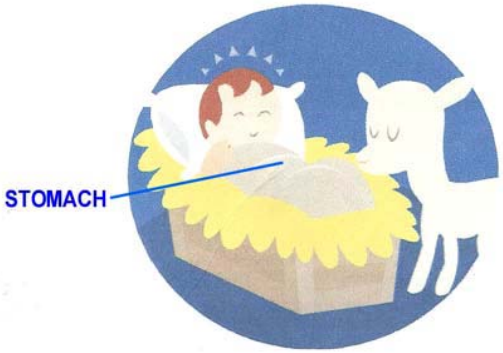
Other relatives of healthy breathing are; Singing, Humming, Whistling.
Singing is also a form of dynamic, active, positive relaxation.
Singing vibrates, aligns, massages the bones of the skull.
Eye muscles are attached to the skull bones and nerves, blood vessels... travel through, around the bones in the head, face, skull. Bones surround the eyes; the eye socket. When the bones are aligned the muscles, nerves, blood flow, function is improved. Aligned skull bones relax the eye muscles, return the muscles to normal function, coordination, corrects crossed, wandering eyes, astigmatism, blur and other conditions.

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

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

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

Allow children to make noise! It improves their mind, body and eyesight.



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

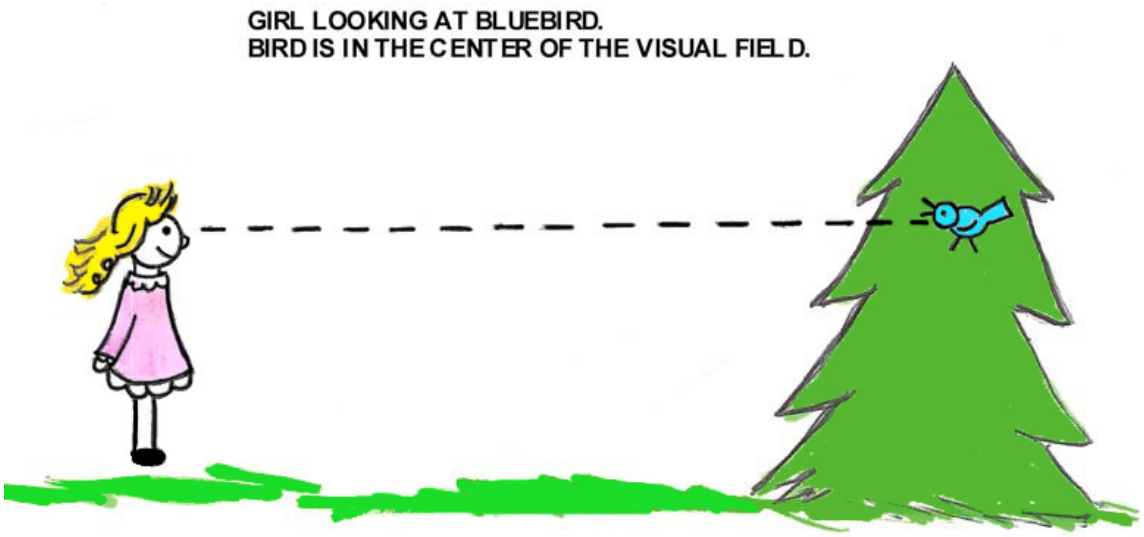
Watch a Baby Breathe

The baby's chest rises last and not as much as the stomach. Watch healthy children for a free Breathing lesson.

Watch a child that has clear vision, watch the child's eyes, the eyes movements. Notice how easy, continually they move, 'shift' and see the sparkle caused by the movement and tiny saccadic eye shifts. This is a way to learn Free Natural Vision Improvement.
Do not let the child know you are watching their eyes because it can interfere with the eyes completely natural movement-the child might begin to think about the eyes, control the eyes movement. When anyone thinks too much about the eyes function, tries hard to control the eyes movement, it blocks natural eye movement and lowers the clarity of eyesight.

This is why Natural Eyesight Improvement; shifting, central-fixation, blinking.., are practiced, then; don't practice – let the eyes alone, think of something else, positive thoughts and the eyes will work completely natural, 'on their own' automatically producing, maintaining maximum visual clarity. Eyesight is clearest when there is no thought about the clarity of eyesight, no effort to see.

4 - CENTRAL- FIXATION – Seeing Clearest with the Center of the Visual Field

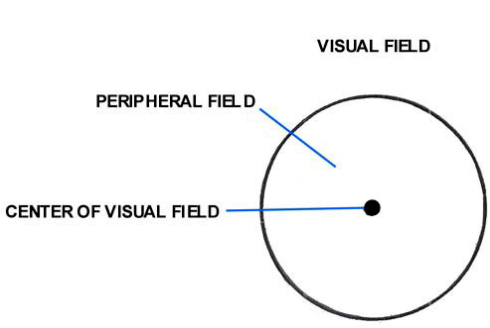


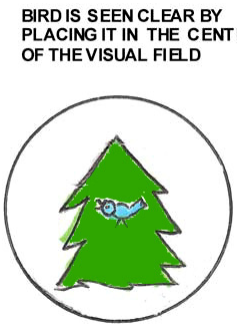
Central-fixation is a Correct, Natural Vision Habit, (the normal, relaxed function of the eyes) that produces very clear fine detailed eyesight.

Central-fixation = to see clear by using the center of the visual field.
To place the object the eyes are looking at in the center of the visual field.
The center of the visual field is between the left and right eyes, at eye level.
The center is the clearest area of the visual field, clearer than 20/20. The center of the visual field is produced by the fovea centralis, macula in the center of the eyes retina. The fovea and macula produce the clearest vision, clearer than 20/20.
The center of the visual field, (central Field) moves with the eyes, visual attention; from object to object and part to part on objects. See one small part (point) of a object clearest at a time, in the center of the visual field. Move the central field from part to part. Each new part the eyes shift to, look at is in the center of the visual field and is seen clearest. The new part is clearest while the central field is on that part. Then, when the eyes (central field) move to a new part, that part will be seen clearest. The eyes move continually from part to part, seeing one part at a time clearest, in the central field.

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

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





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

Experience Central-Fixation and clear vision, and lack of Central-Fixation, unclear vision;

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

Example #2 - Now, experience incorrect movement, lack of Central-Fixation to experience strain, blur and know how to avoid it; Turn the eyes, head/face, body to the right > facing toward the apple and try to see the tree on the left clear out of the side of the face, side of the eyes retina, peripheral area of the retina, visual field. Keep the eyes, head, face and body still, immobile, staring at the apple. This is eccentric fixation, diffusion, the opposite of central fixation. Notice that strain and lowered vision occurs.
Stain, eccentric fixation also occurs when the head/face, body is directed right > at the apple while the eyes move, look left < at the tree. Feel pulling of the eyes, muscles, strain.

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

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

The small part of the object the eyes are looking directly at is in the exact center of the visual field. (See dot and bird in the center of the circles in the picture.)
Example; practice shifting from part to part (dot to dot) on the blue bird. Shift top and bottom, left and right, middle, from small part to small part on any area of the bird. Blink and relax. Breathe.

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

As the eyes shift from one small part to another small part on the bird, the exact center of the visual field moves with the eyes from part to part keeping each part the eyes look at perfectly clear.
Move the head/face and body with the eyes even when shifting on a very small object.
Relax and move the neck. (Head, face, body movement when shifting on very small objects, parts may be tiny, almost imperceptible but it is there. Just let the head, neck, body relax.)

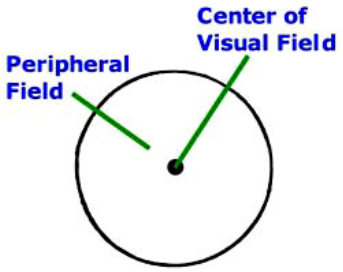
The exact center of the visual field is very small, about the size of the pointed end of a pin.
This small area is the most perfect, clearest area of the visual field and is produced by the fovea centralis and its many cones in the macula in the exact center of the eyes retina. The fovea produces very clear, fine detailed eyesight, much clearer than 20/20; 20/10, 15, 5 and clearer with bright color perception.

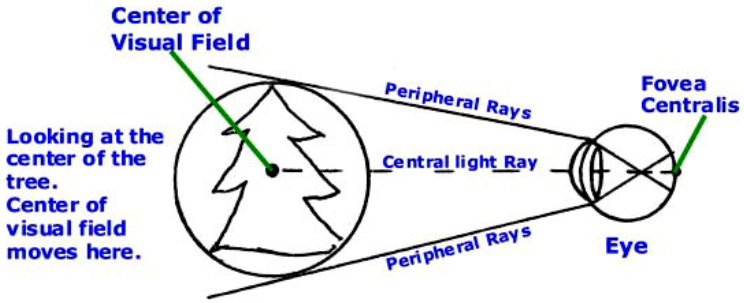
(The left and right eyes, fovea centralis combine their central fields into one central field with the exact center being the size of the pointed end of a pin and producing very clear vision, better than 20/20 vision and bright color.)

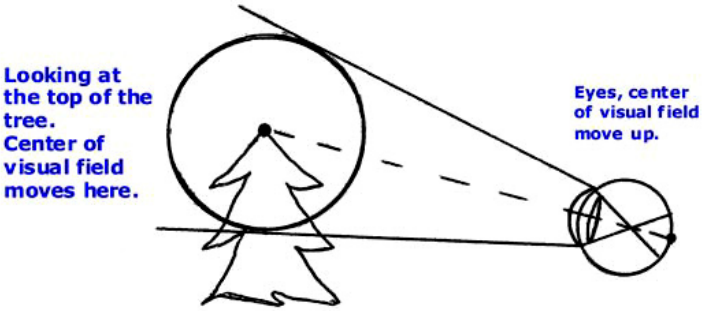
This is why Dr. Bates teaches his students to shift from <u>small point to small point</u> on a object; to see clear with the center of the visual field, central-fixation; to move the small exact center of the visual field from small part to small part (point to point) on a object for very clear, fine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

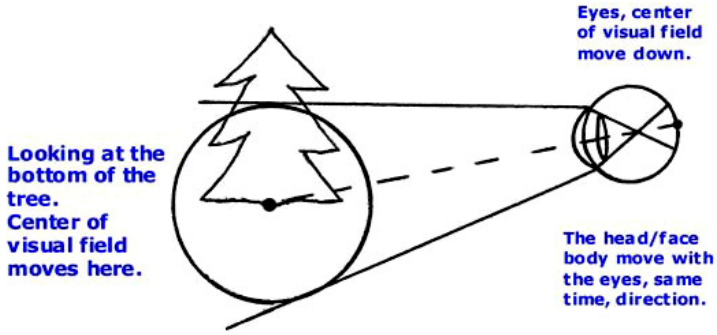
Seeing with the center of the visual field relaxes the mind and eyes. When the mind relaxes the eyes relax and eyesight is clear.

Central Fixation and Shifting.
The center of the visual field moves, shifts with the eyes, point of visual attention.









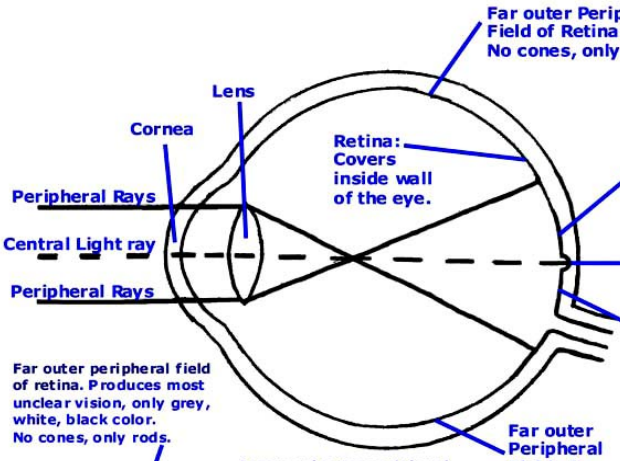
The eyes face directly at the object of visual attention, placing the center of the fovea centralis/visual field directly on the part of the object the eyes are looking at.
The eyes, head/face, center of visual field are directed at the part of the object the eyes are looking at.
The center of the visual field moves with the eyes (& head, face) as the eyes move 'shift' from part to part on the object and from object to object.

The Central light ray from the part of the object the eyes are looking directly at/center of visual field focuses on the exact center of the fovea centralis in the center of the macula, eyes retina.
Peripheral rays focus on the peripheral areas of the retina.
Vision is perfectly clear.

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

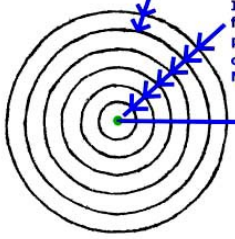
the visual field and clearest vision.
Using the exact center of the visual field activates perfect central-fixation, clearer than 20/20 central vision and maximum clarity of the peripheral vision. Clarity of the entire visual field improves.
When the eyes see clear with the center of the visual field,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

Central Fixation-Center of the Retina produces the Center of the Visual Field.
The center of the visual field is clearest.



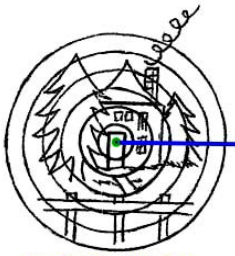
Central Fixation:
See a object clear by placing it in the center of the visual field. The central field moves with the eyes as the eyes move 'shift' on a object and from object to object. The brain, eyes continue to be aware of the peripheral field, but the object of mental/visual attention is placed in the clear central field.
The peripheral field keeps the brain aware of other objects, moving objects... in the peripheral field.
People that have unclear vision, cataracts, astigmatism, macula degeneration... tend to try to see objects clear with the peripheral field by turning, tilting the head, eyes to place the object away from the central field and into the peripheral. This increases the blur, vision impairment.
Central Fixation activates clear vision and healthy eyes.
Even when looking at a tiny part of a object: place it in the center of the visual field.

Far outer peripheral field of retina. Produces most unclear vision, only grey, white, black color. No cones, only rods.



Inner and outer peripheral field of retina - Produces peripheral field of vision, less clear vision. Cones and rods. No cones in far outer field.

Center of retina, Macula and Fovea Centralis - Produces center of visual field, clearest vision. Cones and rods, mainly cones. Only cones in center of fovea. Green dot is the macula. Fovea= blue dot in center of the macula. Fovea produces the clearest vision, clearer than 20/20 with fine detail, bright color.



Center of visual field produced by Macula and Fovea. Green dot=outer central field produced by the macula. Blue dot =inner central field, exact center of visual field produced by center of the fovea centralis- Very clear vision, clearer than 20/20.
Central Fixation: Place the exact center of the visual field on the object and move it part to part with the eyes as the eyes shift from part to part (point to point) on the object. The exact center of the visual field is the size of the pointed end of a pin, can see tiny, fine details clear at close and far distances.

Eyes looking at the top, center of the house door. The exact center of the visual field moves point to point on this area.

+Central Field of retina and visual field: located in the center of the retina and center of the visual field - Clearest vision.
+Peripheral Field of retina and visual field: all areas around, near (but not within) and away from the macula/fovea, away from the central field of vision - Less clear vision.

The retina contains light/photo sensitive, receptor cells; 'Cones and Rods' that convert light energy by electro-chemical action into signals that are carried by the optic nerve to the brain, then travel down the spinal cord to the body.
Cones produce very clear, fine detailed vision and bright color.
Rods produce less clear vision, only grey, black, white color.
The central field of vision is clearest, due to the macula, fovea containing many cones.
See clear by using the center of the visual field.
Cones exist in the central and peripheral areas of the retina and increase in number closest to and in the center of the retina, macula. Cones decrease in the peripheral field.
Many cones exist in the macula and fovea. Few rods. An increased, maximum amount of cones (no rods) are in the exact center of the fovea. This produces very clear vision in the exact center of the visual field.
The outer central field produced by the macula is less clear than the inner, exact central field produced by the center of the fovea centralis.
Cones stop functioning in very dim light.

Rods in the Peripheral field sense objects, movement and continue to function in very dim light, almost complete darkness. Only rods (no cones) exist in the far outer peripheral field of the retina. This causes vision to be most unclear in the far outer peripheral field.
All areas of the peripheral are less clear due to less cones and more rods in the peripheral field of the retina.
The inner peripheral field closest to the center is clearer than the outer peripheral areas but is less clear than the central field.
In very dim light when the cones stop functioning causing the exact center of the visual field to stop functioning: the rods, peripheral field continue to produce vision.

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

Practice shifting on the tiny crater's on the moon for clear distant eyesight and on small details on a piece of jewelry, in a stone for clear close eyesight. Blink and relax.
When the eyes shift to a different object, the center of the visual field moves with the eyes to the new object.
The head/face and body move with the eyes at the same time, in the same direction.
This keeps the object the eyes are looking at in the center of the visual field.

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

The central light ray must focus on the fovea centralis in the macula, center of the retina (not the peripheral) to produce clear eyesight.
Central-fixation; placing the part of the object the eyes are looking at in the exact center of the visual field, keeps the central light ray on the fovea centralis resulting in clear central vision and perfect focus of peripheral light rays on the peripheral area of the retina for maximum clarity of central and peripheral vision.
As the eyes, 'center of the visual field' moves from object to object, part to part, (point to point); the central light ray from each part of a object the eyes look at, one small part (point) at a time, focuses on the center of the fovea centralis.
Seeing with central-fixation, the center of the visual field reverses and prevents unclear eyesight, astigmatism, cataracts, macula degeneration, crossed, wandering eyes and other eye problems resulting in healthy eyes and clear eyesight.

Ophthalmologist Bates taught, that when looking at a object; one small part is seen clearest at a time. The center of the visual field is clearest and the peripheral is less clear.
This is normal. This is central-fixation.
Example; look at the apple.
Trying to see the entire apple (parts in the central and peripheral field) perfectly clear at the same time, without shifting the eyes, visual attention part to part causes strain and blur.
The eyes relax and the apple is seen clear by seeing one small part of the apple clearest at a time in the center of the visual field and shifting continually, easily from part to part. Each part the eyes shift to, look at is seen clearest, perfectly clear in the center of the visual field, one part a time.
Example; look at/see the dot on the left clearest, then look at/see the dot on the right clearest, then the dot on the top, then bottom, then middle.
The center of the visual field moves with the eyes from dot to dot, keeping each dot (part) the eyes look at clear. The apple is seen clear.

Staring; eye immobility causes unclear eyesight;
+Example; stare at one small part of the apple (one dot) without moving the eyes to another part. Keep the eyes immobile, looking at only one part.
In a second or two, eyestrain is felt and the clarity of eyesight lowers.
+Trying to see the entire object all parts, central and peripheral field clear without moving the eyes from part to part also causes strain and blur.
+Trying hard to see clear, squinting, staring causes strain and blur.
+Relaxation and eye movement (no effort to see) brings clear eyesight.
The eyes relax and eyesight is clear when the eyes apply shifting with central-fixation; see one small part clearest at a time in the center of the visual field and move the eyes by shifting continually, slowly, relaxed, easy from one small part to another.
This is the normal function of the eyes.
As slow, continual shifting is practiced, faster shifting occurs subconsciously, a automatic eye function. Saccadic, microscopic and other eye movements. The eyes can shift so fast with the center of the visual field moving quickly from small part to small part that the entire object appears clear. In reality, only one small part is seen clear at a time as the center of the visual field passes over that part. The center of the visual field may be on a part for only a fraction of a second. During that fraction of a second, the part is in the center of the visual field and is seen clearest.

Practice shifting and central-fixation and the eyes and brain will activate these Natural Correct Vision Habits/functions and clear eyesight automatically, all the time, 'on their own'.
Practicing, imitating normal eye function to return the eyes, visual system back to normal function.

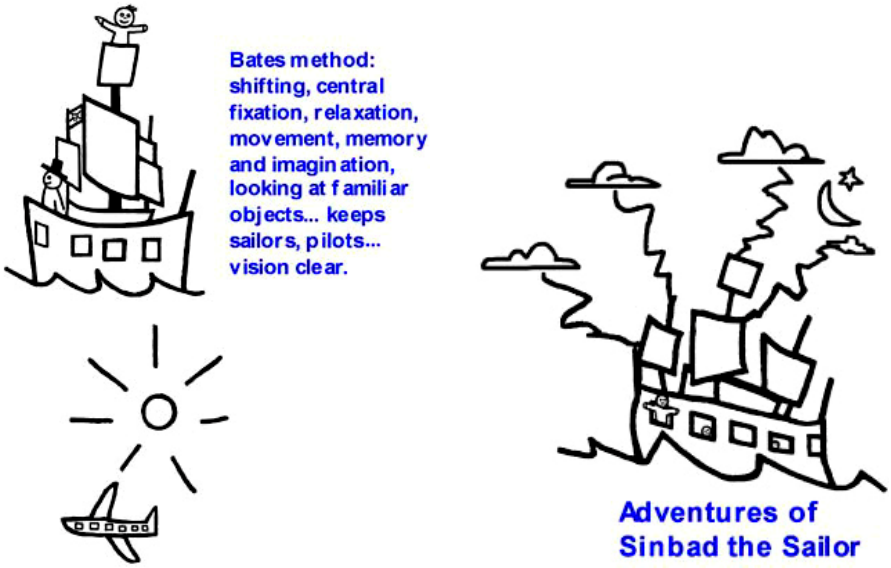
The eye, brain produces many different types of eye movements; larger/longer movements as the eyes shift from object to object and part to part on a object, smaller movements when shifting on smaller

objects, small and tiny parts of objects, saccadic shifts, high frequency vibrations, optical drift, natural tremors, small, tiny, microscopic and other movements. These movements combine, integrate together and produce hundreds, thousands of eye movements per second. The movements keep the eye muscles relaxed and vision very clear, clearer than 20/20.
This is the normal optimum function of the eye.
All eye movements are subconscious, automatic. Just as the heart beats and other body organs function on their own, automatically, the eye moves automatically. Eye movement occurs like a automatic habit; shifting, a Correct, Natural, Relaxed Vision Habit. Relaxation brings clear vision.

When vision is unclear and the eye muscles are tense, all eye movements are reduced, imperfect, rigid, too slow. This causes unclear vision.
When the eyes move continually, frequently, easy, vision is clear.
Watch a person that has clear eyesight. Notice their correct eye movement; when looking at distant or close objects the eyes move, shift continually from object to object, part to part, small point to small point on objects.
Practicing shifting, relaxation, central-fixation and all Correct Vision Habits returns all eye movements to normal, resulting in eye muscle relaxation and clear eyesight.
The brain activates all eye movements. Relaxation of the mind/brain improves function of the brain, activates normal eye movements and clear eyesight.

Dr. Bates teaches that tension, strain in the mind tenses the eye muscles, eyes and causes unclear vision. When the mind relaxes, the eyes, eye muscles relax, the eyes move, shift easy, effortless, perfect and relaxed. Vision is clear.
Practice shifting easy, without effort - a relaxed, natural, correct vision habit.
When the eye moves, shifts with ease - it relaxes and this relaxes the mind/brain, visual system and body. This relaxation further improves the eyes movement and relaxation.

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



Practice shifting and central-fixation on any size objects; small, medium, large at any distance; close, middle, far.
+The object the eyes are looking at is in the center of the visual field and is seen clearest.
+The part of the object the eyes are looking at is in the center (exact center) of the visual field and is clearest, clearer than other parts the eyes are not looking directly at.
Avoid staring at a object, part of a object. Shift from object to object, part to part.

Central fixation = see one object clearest at a time in the center of the visual field.
Example; look at one letter o at a time on the diagram below.
Place the o the eyes are looking at in the center of the visual field; between the eyes, at eye level.
Notice that the o the eyes are looking directly at, in the center of the visual field, is clearest.
The other o is in the peripheral field and is less clear. This is normal vision. The central field is clearest. The peripheral is less clear.
Blink, breath, relax.
Practice on the o's from top to bottom; o's that are far apart and then on the o's that are closer together, then on the smaller o's. See one o clearest at a time in the center of the visual field. When looking at a o – shift on it; shift the eyes, visual attention from part to part.
Shifting prevents staring, eye immobility, strain and blur.
When looking at two o's that are close together, the o in the peripheral field will appear almost as clear as the o in the center of the visual field. The o in the center of the visual field will still be clearest. This occurs because there are more, many cones (cones produce very clear vision and bright color) close to and in the center of the eyes retina, macula, fovea, so the area of the visual field closest to the center is clearer than the peripheral field.
The macula, fovea centralis in the center of the retina produces the clearest vision in the center of the visual field.

Shift on the o on the left.
When looking at the o on the left it is in the center of the visual field and is seen clearest.

The o on the right is in the peripheral field and is less clear.
This is normal vision.

When you reach the bottom small single o;
Shift on the one o.
Shift part to part; left and right, top and bottom and in any direction.
Try shifting on the inner edge of the o; inner left to inner right, left, right...
See one small part of the o clearest at a time in the center of the visual field.
The exact center of the visual field is very small and produces very clear vision.
Seeing clear with the center of the visual field produces clearer than 20/20 vision.
Very small fine details are seen clear.
Microscopic vision is experienced.
Practice at close, middle and far distances.

LEFT RIGHT

O O

O O

O O

O O

O O

O O

OO

oo

o

Shift on the o on the right.
When looking at the o on the right it is in the center of the visual field and is seen clearest.

The o on the left is in the peripheral field and is less clear.
This is normal vision.

The normal eye shifts/moves continually, very fast from small point to small point, (saccadic and other shifts) moving the tiny perfectly clear center of the visual field from point to point, part to part on a object and from object to object in the visual field.
This causes the entire visual field to appear very clear, though, in reality, the center of the visual field is always clearest.
Using the center of the visual field improves clarity of the central and peripheral fields of vision.
Shift back and forth on the two o's; left, right, left, right and see one o clearest at a time in the center of the visual field.
Move the head/face with the eyes when shifting left and right.

The center of the visual field is produced by the fovea centralis and its many cones in the macula, center of the eyes retina.
The fovea centralis produces a very small area (about the size of the end of a pin) of most clear vision, much clearer than 20/20 in the exact center of the visual field enabling the eyes to see small details clear.
Practice shifting and central fixation on the 5 o's on the right; look at, see one o clearest at a time in the center of the visual field.
Example; look at the o in the middle of the 5 o's.
When looking at the o, it is in the center of the visual field and is clearest.
The other 4 o's are in the peripheral field and are less clear.

O

O O O

Next; look at the o on the left side.
This o is now in the center of the visual field and is seen clearest.
The other 4 o's are in the peripheral field and are less clear.
Shift from one o to another (left, right, top, bottom, middle… and see one o clearest at a time in the center of the visual field.
Shifting can occur very fast, the eyes, center of the visual field moving continually from point to point. For the fraction of a second that a o is in the center of the visual field it is seen clearest.

O

Diffusion is the opposite of central fixation.
Diffusion = trying to see more than one object, more than one part of a object equally clear at the same moment. Trying to see objects in the central and peripheral fields equally clear. Staring, eye immobility, squinting, not shifting.
Avoid trying to see two or more o's equally clear at the same time. Avoid trying to see the o's in the peripheral field as clear as the o in the center of the visual field.
See one o clearest at a time in the center of the visual field.
If you want to see a o in the peripheral field clear; shift to it, look directly at it and place it in the center of the visual field.
Shift from object to object, part to part on objects for clear eyesight.

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

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

Shifting is combined with central-fixation.
Staring, eye immobility, eyestrain, eye muscle tension and blur occur when the eyes look at one point (part) of a object for longer than a second without shifting to a new point and, when the eyes try to see all points (all parts) of a object clear at the same time without shifting from point to point, from one point to another.
The eyes must shift (move) to maintain relaxation and clear vision.
People that have unclear vision stare, squint, avoid central-fixation and shifting.
The normal eye, functioning with clear vision shifts to a new point every fraction of a second.
The shift may be long from one object to another object or shorter, from one part of a object to another part or the shift may be a very small, tiny shift from one tiny point to another point. Example; only 1/64 inch or less from one side of a small dot to the other side then back to the original point.
As long as the eyes move/shift, relaxation and clear vision remain.
The center, clearest area of the visual field moves with the eyes from object to object, part to part (small point to small point) on objects keeping each part of a object the eyes look at in the center of the visual field and perfectly clear.
The center of the visual field is clearest.
The peripheral field is less clear.
See clearest with the center of the visual field. (Practice on the letter o's in the picture above.)

Here is another Example; In pictures # 1 to 5 below the circle represents the visual field.
The green dot is the center of the visual field. The green dot/center of the visual field is clearest.
(The exact center of the visual field is smaller than the dot and is most clear but, for this example the green dot is made larger for easy viewing).
The peripheral area of the visual field consists of all areas of the circle around, near and away from the green dot/central field.
The center of the visual field and peripheral field move with the eyes as the eyes move/shift from object to object, part to part on objects.

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

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

Move the head/face with the eyes when shifting from dot to dot.
When looking at a dot, continue to shift on the dot - shift point to point on even smaller parts of the dot for perfect central-fixation and shifting.

Shift to other smaller parts of the part of a object.
Example; shift around on the house door, then on the three - branch to branch.., the chimney, along the fence... Blink and relax. Breathe deep, abdominal. Yawn, stretch.

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

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

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

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

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

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

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

Dr. Bates taught his students how to experience incorrect use of the eyes, eyestrain and blur in order to know how to avoid these conditions and use the eyes correct for clear vision.
Try this experiment; Look at diagram # 6. Stare at one dot.
Don't shift to another dot - do not move the eyes.
In about one second eyestrain and unclear vision occurs.
Now, try to see all the dots equally clear at the same moment without shifting, not moving the eyes. Again eyestrain and unclear vision occurs.
This is staring, a main incorrect vision habit that causes eyestrain, eye muscle tension and unclear vision. Squinting, a form of staring also causes eyestrain and blur.
Next; shift from dot to dot .
Notice that shifting prevents eyestrain, tension, blur.
Shifting relaxes the mind, body, eyes and brings effortless clear vision.
Relax, blink and shift.

#6 - Central fixation and shifting relaxes the mind, body, eyes and maintains clear vision.
Central fixation; see one small part of a object clearest at a time in the center of the visual field and
shift; shift continually from one small part to another small part;
Shift from dot to dot on the objects in diagram # 6.
Shift continually, relaxed, easy from part to part, (small point to small point - dot to dot) on the objects; trees, house, fence, lawn.
Blink, breathe slow, easy and relax.
See each point (small green dot) clearest in the center of the visual field, one small point (dot) at a time.
Then practice this shifting and central fixation without the dots on any objects at any distance; close, middle, far.
Avoid trying to see clear. Just relax and shift.
Central fixation and shifting causes the center of the visual field to be much clearer than 20/20 with areas around, near the central field to be at 20/20 and clearer and the peripheral field at maximum clarity and function.
Central fixation improves the clarity of the entire visual field.

6

Shift from part to part (dot to dot).

Looking at the middle area of the door

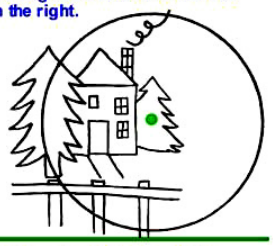
1

Looking at the middle of the tree on the left.

2

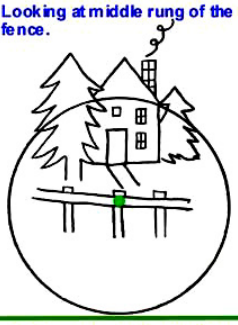
Looking at the middle of the tree on the right.

3



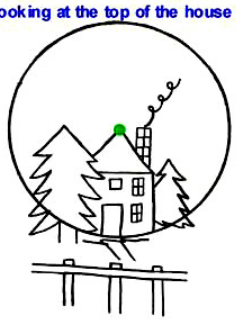
Looking at middle rung of the fence.

4



Looking at the top of the house roof

5



Central fixation, shifting and movement

The head/face and body move with the eyes, at the same time, in the same direction the eyes move/shift to as the eyes shift from object to object and part to part on a object.
This keeps each part of the object the eyes shift to/look at between the eyes, at eye level, in the center of the visual field and perfectly clear.
Face the object the eyes are looking at - eyes, head, face, body directed toward the part of the object the eyes are looking at.
To see a object clear; look at, see clearest, one small part of the object at a time in the center of the visual field and shift continually from one small part to another small part.
The part of the object the eyes are looking at is placed in the center of the visual field and is seen clearest.
The center of the visual field moves with the eyes keeping each object, part of the object the eyes look at in the center of the visual field and perfectly clear.
Moving the head/face, body with the eyes, facing the object, part of the object the eyes are looking at improves central fixation, shifting, relaxation and movement of the eyes, head/face, neck, body, convergence, accommodation, divergence, unaccommodation and clarity of vision.

Example; Shift on a tree.
The black dot on the diagrams of the tree on the right shows the center of the visual field, the part of the tree the man is looking at.
The man faces the part of the tree the eyes are looking at for perfect central fixation.

#1 - The man is looking at, shifting on a small part in the middle of the tree. (See dot)
The eyes, head/face and body are directed toward the part in the middle of the tree.
The part (dot) is between the eyes, at eye level, in the center of the visual field and is seen clearest.
Other areas of the tree are in the peripheral field and are less clear.

#2 - The man is looking at, shifting on a small part on the left side of the tree.
The eyes, head/face and body shift/move left and are directed toward the part on the left side of the tree.
This new part is now in the center of the visual field and is seen clearest.
Other areas of the tree are in the peripheral field and are less clear.

#3 - Looking at, shifting on a small part on the right side of the tree.
The eyes, head/face and body shift/move right and are directed toward the part on the right.
The part is in the center of the visual field and is seen clearest.

#4 - Looking at, shifting on a small part on the top of the tree.
The eyes, head/face and body shift/move up and are directed toward the part on the top of the tree.
The part is in the center of the visual field and is seen clearest.

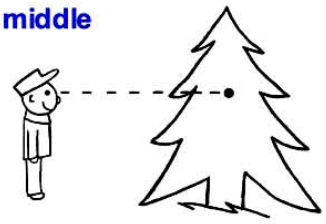
#5 - Looking at a small part on the bottom of the tree.
The eyes, head/face and body shift/move down and are directed toward the part on the bottom of the tree.
The part is in the center of the visual field and is clearest.

Blink and relax.
When looking at a small part (dot) continue to shift on the small part and it will be seen clear.
Avoid becoming stiff, immobile when placing a part in the center of the visual field.
You don't have to try to place it perfectly.,
The eyes will do this automatically.
Let the eyes, head/face and body relax and move.

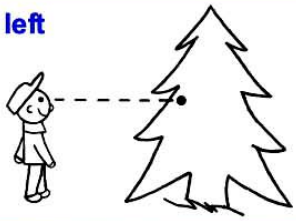
#6 - Shift from part to part (dot to dot) on the tree in diagram # 6.
Shift continually, easy, relaxed, moving the eyes, head/face, center of the visual field from dot to dot.
When the center of the visual field is on a dot it is seen clearest, clearer than the other dots that are in the peripheral field.
The eyes, center of the visual field may be on a dot for only a fraction of a second as the eyes move about the tree but during that fraction of a second, that dot is clearest.
Practice shifting from small part to small part on any objects at close and far distances.

Seeing one small part of a object clearest at a time and shifting from small part to small part is relaxing to the eyes, mind, body and produces clear vision.
Ophthalmologist Bates taught his patients to remember, imagine, see and shift on a small black dot - a period at the end of a sentence.
This relaxes the mind, body, eyes, activates central fixation, shifting and clear vision.
Look at a small dot below the tree on the right.
Practice on the smallest dot possible.
Shift on the black dot and remember, imagine and see the dot dark black and perfectly clear.
Do this with the eyes open, then in the imagination with the eyes closed, then with the eyes open again.
Shifting on the dot when the eyes are open, and shifting on the dot in the imagination when the eyes are closed relaxes the eyes, mind, keeps the memory and imagination strong and keeps the image of the dot in the mind clear and the dot seen with the eyes open clear.
Shift relaxed and easy - left and right, top and bottom, diagonally, middle and in any direction on the dot.
Blink, breathe abdominally, relax.
Shift on the dot with eyes open, closed, open and see oppositional movement; the swing;
The dot appears to move in the opposite direction the eyes shift to on the dot.
Shift left, the dot moves right.
Shift right, the dot moves left, shift up, dot moves down, shift down, dot moves up.
This also relaxes the mind, eyes, and keeps the dot dark black and clear with the eyes open, closed, open.

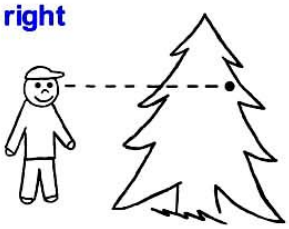
1- middle



2 - left

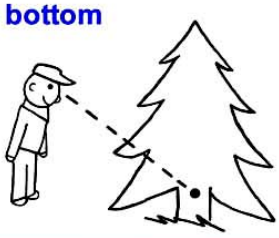


3 - right



4- top

5 - bottom



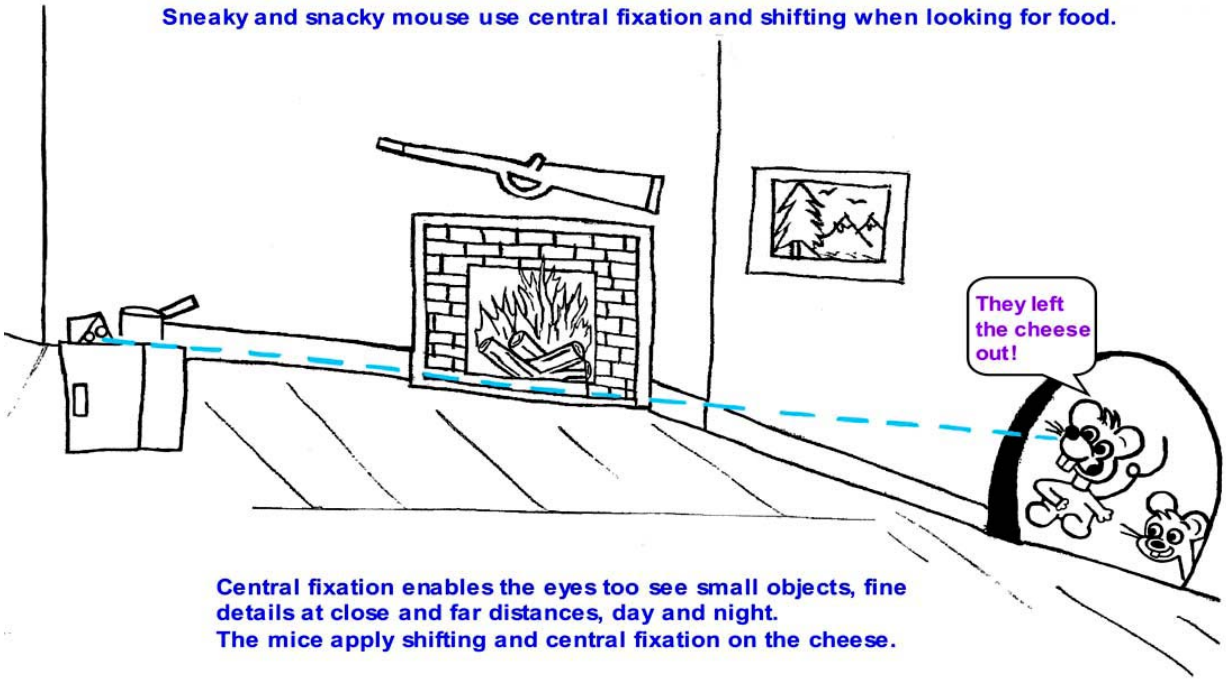
6
Shift on the tree from dot to dot.

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

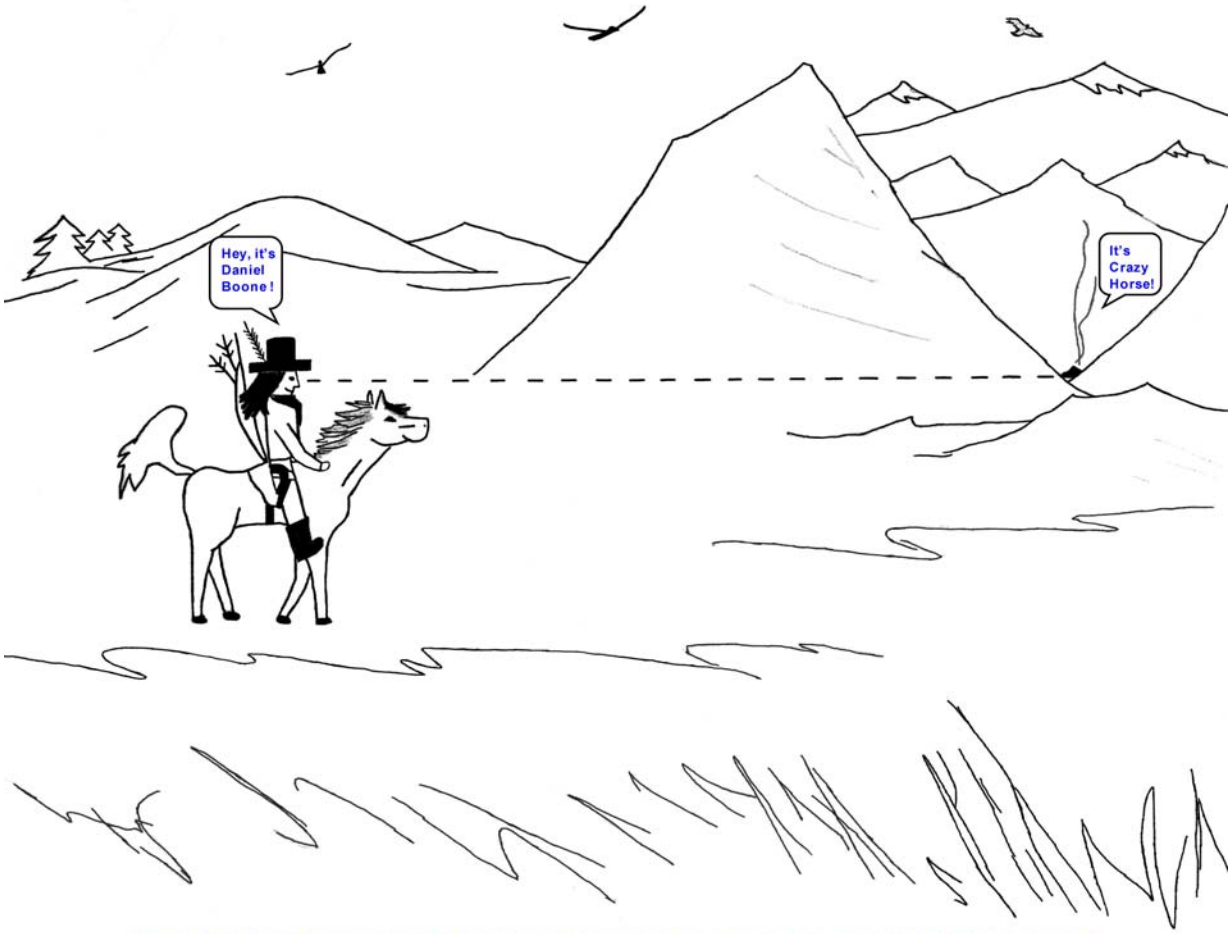
Avoid incorrect posture, Incorrect Vision Habits;
+Avoid looking to the left, eyes directed left <, with the head/face, body facing in the opposite direction to the right >.
+Avoid looking to the right > with the head, face, body directed to the left <.
+Avoid looking up with the head, face, body directed down.
+Avoid looking down with the head, face, body directed up.

+Example; Eyes looking left < at a page on the left side of the computer monitor while the head, face, body are directed straight ahead to the computer screen or to the right > of the screen.
Try this incorrect posture, only once, to experience the tension, pulling, strain it causes in the eyes, head, neck and body. Then you know how to avoid this incorrect posture.
Keep good eye, head/face, body posture; The eyes, head/face, body turn, face the same direction; Eyes, head/face directed at the page or the computer screen. One object at a time.

+Example; Looking up over the top of eyeglasses with the head, face directed down.
Looking down through the bottom of eyeglasses with the head, face directed up.
Bifocals also cause these Incorrect Vision Habits.
All these incorrect postures, vision habits cause eye muscle tension, dysfunction, eyestrain, neck, head/face, body muscle tension, immobility, unclear vision, astigmatism.



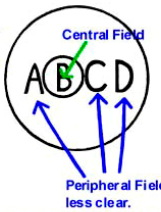
CENTRAL FIXATION



Central fixation and shifting enables the eyes to see small objects, small parts, fine details of objects clear at close and far distances. Blink, breathe abdominally, relax and shift from point to point.

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

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



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

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

5 - EIGHT CORRECT, NATURAL VISION HABITS
(The Normal, Relaxed, Correct Function of the Eyes, Mind, Body)

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

EIGHT CORRECT, NATURAL VISION HABITS

 # 1 - RELAXATION - Relaxation of the mind, body, neck, eye muscles and eyes. Relaxation is the main treatment that brings clear eyesight. All Correct Vision Habits and Natural Eyesight Improvement activities relax the mind, body, eye muscles and eyes.
Use Correct Vision Habits and, choose an extra relaxation method that is easy, best for you.
Each person is different; many students need to do only one thing to attain relaxation and clear eyesight.
Example; Correct Vision Habits; shifting, central-fixation... on objects may be enough to attain relaxation, clear eyesight. One or more of the following activities will also activate, increase relaxation, natural eye function and clarity of eyesight;

Palming with Memory, Imagination, Happy Thoughts.

PALMING; Covering the closed eyes with the palms of the hands while practicing relaxed abdominal breathing, thinking positive thoughts, letting the mind drift from one pleasant thought to another, and remembering, imagining objects, scenes in the mind clear, in color and motion. Sunning, the Rock, Long Swing, Abdominal Deep Breathing, Self Hypnosis, Biofeedback, Tai Chi and any natural relaxation method brings clear vision.
Read the book; Psycho Cybernetics by Maxwell Maltz M.D. for relaxation and positive thinking methods, how to use, control the brain for success, health.

When the brain, body are deeply relaxed, the brain activates Alpha, Theta and Delta brain wave states.
+Alpha - awake while very relaxed.
+Theta - awake, deep relaxation, on the verge of falling asleep and into the first stages of sleep.
+Delta - asleep, deep sleep.
Notice the deep perfect state of relaxation that is felt just before falling asleep. This is the alpha, theta and delta states.
Practice staying awake while in a deeply relaxed state of alpha, theta, drifting close to falling asleep toward delta, but remaining awake. Then drift awake more, then back toward sleep & feel, float in deep relaxation. Then drift into sleep.
Practicing this once or twice a day/night keeps the mind, body, eye muscles, eyes and neck relaxed and eyesight clear.
Relaxation remains when the person is fully awake, active.
(When in the deep relaxed state; choose a number, 3-7+ for this state. Think of, mentally state the number to activate a relaxed state anytime.

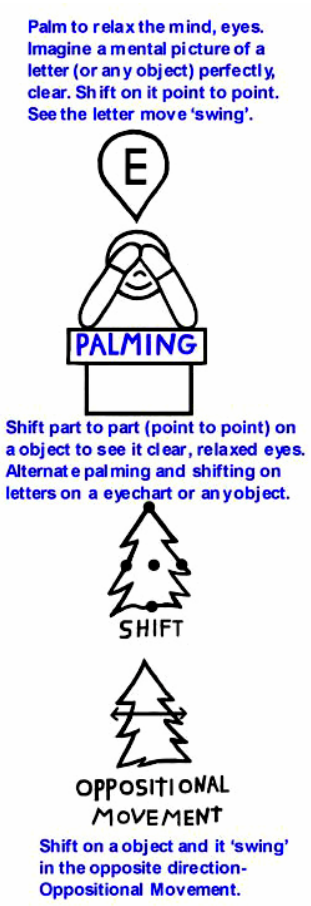
ROBERT MONROE

See book by Aldous Huxley; 'The Art of Seeing' and read about 'Dynamic Relaxation', relaxed while active, alert. Deep and dynamic relaxation combined with positive thinking has many health benefits.
Robert Monroe, a businessman, (Author of 'Journey's Out of the Body' and other books.) invented the use of sound waves (person listens to a tape that places two different sound waves in the left and right ears) that produce deep states of relaxation; Beta, Alpha, Theta, Delta brain wave states, mind, body relaxation. The tapes, method also activates, integrates the left and right brain hemispheres, releases negative thoughts, emotions, removes unconstructive reactions to past and present stressful

events, experiences, and replaces them with positive thoughts, emotions, healthy ways of thinking about experiences... The tapes also teach relaxed abdominal breathing, energy circulation, control, color visualization, visualization of other objects, activities with the mind/brain, sprit and body, neck, eye muscle relaxation.

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

Practice Correct Vision Habits, shifting, central-fixation, ... on objects in the imagination and remember, imagine clear objects, clear eyesight while in a deep relaxed alpha, theta state and while drifting off to sleep into delta. Also practice on objects with the eyes open when in alpha and lighter stages of relaxation. This will cause Correct Vision Habits and clear pictures of objects to be stored in the brain, left and right hemispheres causing Correct Vision Habits, normal eye, brain, visual system function; shifting, central fixation, perfect memory, imagination... and clear eyesight to occur automatically, all the time.
The deep state of relaxation and positive state of mind activated by listening to the Monroe tape stays with the person after listening to a tape. After using the tape a few times the person can activate the relaxed state anytime without the tape. Continue to use Correct Vision Habits when active, walking around in the beta, alpha states.
The relaxation, positive state of mind, left and right brain hemisphere activation and integration and other conditions produced by listening to the tape relax the mind, body, neck, eye muscles, eyes resulting in clear eyesight. Many people, including this books author experience perfect relaxation and immediate eyesight improvement; 20/20 and clearer after listening to Monroe's tapes.
A variety of self improvement tapes are available. (Tapes are now on CD.)



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

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

SEE YOU TUBE VIDEOS; ROBERT MONROE AND THE MONROE INSTITUTE
http://www.youtube.com/watch?v=VoZWOLWnQkw&feature=related

Ophthalmologist Bates applied relaxation to cure many people of unclear eyesight and other eye problems. Relax and see clear.

 # 2 - BLINKING - Allow the eyes to blink.

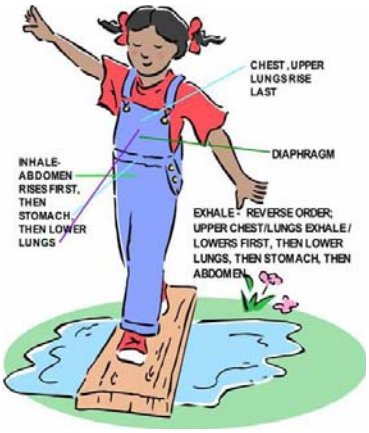
Blink often, relaxed, easy.
Blinking prevents staring, strain, effort to see and unclear vision.
Blinking causes the eyes to shift automatically.
Blinking coats the eyes with healthy tears and improves the eyes production of tears. A coating of tears on the eye, cornea improves the clarity of vision and protects the eyes, keeps them moist.

Blink soft, easy, light, like a butterfly opening and closing its wings.
Blinking causes the eyes to move, shift automatically.
Blinking improves eye movement, shifting.
Blinking prevents staring, squinting, eyestrain and blur.
Blinking keeps the eye muscles relaxed. Blinking activates normal tear production and distributes/coats the eyes, corneas with tears. Tears contain water, oil, nutrients, natural antibiotics and other substances that nourish and protect the eyes, corneas.
Tears prevent dry eyes. Tears act as a natural contact lens that increases the clarity of eyesight.
If your eyes are dry; avoid dry air, dry heat and chemicals.

Avoid eye drops, sinus sprays and drugs to increase tears. Many prescription and non prescription drugs to treat health problems cause dry eyes, cataracts, glaucoma and other eye, health impairment. Eye drops contain chemicals that destroy the eyes natural tear structure and prevents the eyes from producing natural tears. Toxic chemicals in eye drops, sinus sprays, all drugs travel through the body and the outer eyes, skin, sinuses, blood stream into the eyes, brain, body causing eye damage, unclear eyesight, impaired eye, brain, body health. A main side effect of popular prescription and non prescription nasal sprays is glaucoma, cataracts impaired retina function, health, lowered color perception, unclear vision, dull, blind like spots in the visual field. The drug companies are now forced to state some of these side effects on the product label, advertisements.
Eye drops are addictive and cause dry eyes. Drugs sold to improve tear production impairs natural eye tear production and health of the body and eyes.
Avoid using eye drops, drugs.
Avoid caffeine. Caffeine dehydrates the body, eyes.
When the eyes, corneas become dry; dust, dirt, a foggy white film can form on the cornea and cause temporary unclear vision.
A normally moist, smooth cornea refracts/focuses light rays perfectly.
A dry cornea may become slightly uneven, temporarily or contains dust, dirt and this interferes with perfect focus of light rays by the cornea, causing temporary unclear vision and astigmatism...
When the eyes have less tears, the natural contact lens effect of tears over the cornea that produces an increase in the clarity of vision does not occur.
Imperfect vision, slightly imperfect cornea surface, dirt... on the cornea blocks perfect central-fixation, precise shifting and this contributes to blur.
Unclear vision due to dry eyes is temporary.
Avoid using eyeglasses to treat this condition.
The glasses will cause, increase and maintain eye muscle tension, abnormal eye/cornea shape, impair shifting and all Correct Vision Habits, prevent vision improvement, increase and maintain the blur.
Sinus congestion, infection, bloody nose occurs from dry heat, air. Sinus pressure affects the eyes, eye muscles, nerves, eye shape, eye movement, clarity of vision and causes astigmatism.
Drink water to stay hydrated.
Use a warm steam humidifier with purified water to eliminate dry air in the home caused by dry heat and low humidity in the winter. This will keep the nose, sinuses moist. No chlorine, other chemicals, fragrance... in the water. Filter the water two+ times. Chlorine burns, dries the eyes, corneas.
Avoid rubbing the eyes. Placing pressure on the eyes increases irritation.

Blink, yawn and shift the eyes to produce natural tears.
People that have unclear eyesight, especially eyeglass wearers do not blink enough.
They avoid blinking, they stare, squint, strain, try hard to see objects. Their eyes are often immobile

and shift infrequently.
Blinking causes the eyes to shift. Shifting, eye movement also increases normal tear production and coating of tears evenly over the eye/cornea.
Not blinking reduces eye movement, causes eye muscle tension, dry eyes and unclear eyesight.
People with clear eyesight blink often, easy, soft, quick. The left and right eyes blink together.
Blinking is automatic, a subconscious habit. Blink and shift for clear eyesight.



3 - BREATHING - Abdominal Deep Breathing.

Abdominal breathing relaxes the mind, body, eye muscles and eyes, improves oxygen, blood, nutrient, lymph and energy flow in the body, brain, eyes resulting in clear eyesight.
Abdominal breathing is also called diaphragmatic breathing because the diaphragm muscle, located below the lungs helps to expand the rib cage during inhalation to increase the amount of air entering the lower and upper lungs.
The diaphragm helps to contract the rib cage during exhalation to completely empty air from the lungs.
Practicing relaxation of the mind, body, will relax the diaphragm muscle, lungs and muscles in the chest, rib cage area, upper back resulting in easy, full relaxed breathing and clear eyesight.
Practice slow, comfortably deep abdominal breathing as shown in the pictures of the girl and baby;

+Breathe in - abdomen rises first, then stomach, then lower lungs inflate with air, chest begins to rise, then upper lungs/chest inflate with air, rise last.
+Breathe out - reverse order; upper lungs/chest exhale and lower first, then lower lungs exhale, then stomach lowers, then abdomen lowers.
Breathe in a relaxed easy manner.
Breathe slow and deep but comfortably deep, just enough to receive a good amount of oxygen; do not force the air into the lungs. Avoid tensing and pulling the shoulders up and forcing the chest to rise.
Let the shoulders drop down and relax and allow the chest to expand naturally on its own when breathing in and lower by itself when breathing out.

Practice relaxation; let the mind and body relax deeper, more and more on each breath.
When you exhale, relax more, completely let go, relax and think a happy thought or think nothing and just enjoy relaxing.
Let all the muscles relax. Relax the neck. Turn the head easy, side to side.
Practice while sitting or lying down. Practice abdominal breathing and deep relaxation while standing and walk around in perfect relaxation of mind, body, eyes. Do the rock or Figure Eight.
Practice shifting on objects and notice clear eyesight as oxygen travels to the brain and eyes.

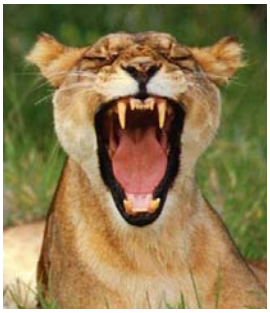
A BABY BREATHES CORRECT; NATURAL, RELAXED ABDOMINAL BREATHING. NOTICE THAT THE BABIES STOMACH MOVES UP AND DOWN; BREATHE IN - STOMACH RISES BREATHE OUT - STOMACH LOWERS.

Children are the best Natural Eyesight Improvement Teachers. They teach us for free! Children's eyes shift, move perfectly.
A baby breathes abdominally, natural; watch a baby sleeping or resting;
+when the baby breathes in - the stomach rises.
+when the baby breathes out - the stomach lowers.

People with unclear eyesight, especially people that wear eyeglasses and squint, stare, strain, try hard to see clear often develop muscle tension and reduced movement in the neck, shoulders, head/face, eyes, arms, chest, upper and lower back and <u>entire body</u>.
This causes muscle tension and constriction around the chest, rib cage and lungs causing short, shallow, tense breathing. The person may feel short of breath.
Short, shallow breathing is a <u>Incorrect Vision Habit</u> that increases muscle tension, incorrect breathing and unclear eyesight.
Typing, writing all day without a break and using incorrect posture; bending the upper body, neck,

head/face down, pushing, stretching the neck, head forward, up, twisted sideways, holding the arms, hands up high or too low for a long time when writing, typing, using the computer mouse... increases upper body, chest, collarbone, neck, shoulder.., eye muscle tension immobility, causes short, tense breathing (breathing with only the upper lungs) and unclear eyesight. Looking at the computer screen, one close distance all day long causes eye, head, neck, shoulder, body muscle tension, freezes the eyes, locks up the muscles, can slow divergence, eye movement.

Practice relaxation, abdominal breathing correct posture, get up and move, look to the distance. When breathing is correct; the mind, body, eye muscles, eyes relax, the eyes move easily, shifting, central fixation and all Correct Vision Habits and clear eyesight are activated.



YAWN - Yawning is a form of correct breathing.
Yawning stretches and relaxes the muscles in the neck, shoulders, back, chest, ribs, head/face, eyes and all body muscles.
Yawning improves oxygen, blood, energy flow in the body, brain, eyes, improves lymph flow, and increases normal tear production and coating of tears over the eyes. Yawn, blink and shift to activate natural tears.

Yawning improves/balances the body's PH level/acid/alkaline balance and chemistry. Yawning relaxes the mind, body, eyes and brings the mind/mood to a positive state, positive thoughts, feelings.
Most people can yawn just by thinking about it. Touching the end of the tongue to the top, back of the mouth helps to activate a yawn.
Stretch when yawning - copy your kids, pets; dog, cat - notice how they stretch the entire body when yawning. This stretches, relaxes all the muscles, improves blood, oxygen, lymph, and energy flow in all muscles, all areas of the body.

Blink, breathe abdominally, yawn, relax, look at a pleasant, interesting object, scenery and shift the eyes, visual attention on the objects, scenery.
Abdominal breathing is a main skill taught in stress prevention classes.

Singing, humming, making sound improves breathing, aligns the bones in the skull, massages the eyes, eye muscles, improves alignment of neck vertebrae, and relaxes muscles in the body, chest, shoulders, neck, head, face and eyes. Allow children to make noise, sing, yell, play. When yawing, stretch and make a loud sound; like a lion roars when it yawns. It's healthy!

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

 # 4 - SHIFTING - EYE MOVEMENT
Shift the eyes (visual attention, center of the visual field) from one small part to another small part on a object to see it clear. Shift continually, easy, slowly, relaxed from part to part. Blink. The eyes do move faster-let it occur naturally, on its own when first practicing.

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

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

Practice on objects in your neighborhood. Shift from object to object, part to part on objects. Shift on large and small objects, small parts of objects at close, middle and far distances. Shift on tiny parts, small details; point to point. Shift and trace on objects and parts of objects with the Imaginary Nosefeather.
Shifting relaxes the mind, eye muscles, eyes and produces clear eyesight. Shifting, moving the eyes, helps keep good circulation of blood and other fluids inside and outside around the eyes. Shifting and blinking activates tear production and coats the eyes, corneas with healthy tears.

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

SACCADIC EYE MOVEMENT

Practicing shifting activates Saccadic Eye Movements - very fast, tiny, automatic shifts, movements, vibrations of the eyes. Saccadic eye movements keep the eyesight perfectly clear; clearer than 20/20. Saccadic shifts/movements pull light into the eyes which greatly improves the eyes use of light, color perception and clarity of vision. Saccadic movements are most easily seen when looking at the eyes of a person that has clear eyesight, does not wear eyeglasses. The saccadic movement is very fast, rapid, movement is small and tiny, easy, effortless, relaxed, the eyes in continual motion moving from point to point on objects, small parts of objects. The eyes move freely in a variety of directions and can move over many small parts, details of a object in a fraction of a second.
Saccadic eye movements produce a sparkling reflection, flickering of light, like a little moving star on the eyes surface-The 'Twinkle in the Eye'.
The normal eye activates hundreds, thousands of saccadic and other eye movements every minute, second. The eye shifts to a new point every fraction of a second. This fast, tiny automatic shift of the eyes produces very clear eyesight.
A object consists of many small parts. Each small part consists of more small parts, tiny details which contain even more small parts all the way to microscopic and even smaller parts.
Example; look at a picture in a newspaper.
The picture is made up of small parts, tiny dots of ink. Each dot contains smaller parts.
The paper is made of small parts of wood fibers.
The wood fibers contain even smaller and smaller parts, to the microscopic level.
The eyes can shift on, see all these tiny parts.
Use central-fixation; shift from small point to small point, (tiny part to tiny part).
See one tiny part/point clearest at a time in the center of the visual field. As the eyes shift from point to point the central field moves with the eyes from point to point, part to part. Each new point the eyes, center of the visual field shift to, move upon is the clearest point (small part) while the eyes, visual attention, central field is on that point.
Practice shifting on the fibers of thread in a piece of cloth.

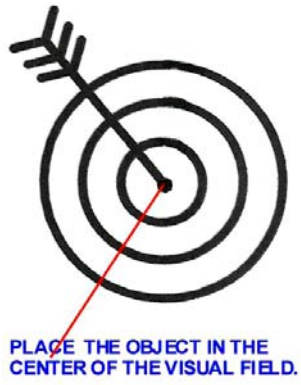
There are many different eye movements; microscopic, high frequency movements, optical drift and other tiny, subconscious, automatic movements, and the larger, medium and small movements that occur when the eyes shift across the visual field from object to object, and from part to part, small point to small point upon a object and when the eyes converge, accommodate for clear close vision and un-converge, un-accommodate for clear distant vision.
Very tiny, microscopic, high frequency... movements cannot be seen by the human eyes.
A special instrument is used to detect them.
All these movements are necessary to produce clear eyesight.
They keep the eyes shifting, the eye muscles relaxed, functioning correct and eyesight clear.
All eye movements are automatic, a normal function of the visual system.
Practice shifting, then, forget about the eyes, let them move on their own, completely natural for perfect clear vision.

If shifting, saccadic eye movements occur slower, less often the eyesight becomes unclear.
If the movement is very slow, infrequent or stops, the eyesight is most unclear and other eye problems develop. Blindness has occurred from extreme mental, emotional shock, stress, causing the eyes to freeze, frozen in fright, a stare. EFT, the color chart and other methods of releasing negative thoughts, emotions, stress returns the eyes to movement, restores the vision. Staring, squinting blocks eye movement, causes stiff, tense, incomplete eye movement and eye muscle tension. Eye muscle tension produces rigid, infrequent eye movement.
When the eyesight is unclear, especially if eyeglasses are worn, the eyes shift slower, infrequently, rigid, with effort and saccadic and other tiny, fast, microscopic... eye movements are also reduced, slow resulting in unclear eyesight.
Eyeglasses cause and increase mental strain, eye muscle tension, impairs, blocks eye movement; shifting and impairs convergence, un-convergence, accommodation, un-accommodation and causes other abnormal conditions that impairs, slows, blocks all types of eye movements resulting in increased eyesight impairment, blur.
Eye movement is necessary for clear eyesight and healthy eyes.

Avoid eyeglasses.

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

The long swing, rock, figure eight activates relaxation and all eye movements.
Relax the neck. A relaxed neck, moving freely relaxes the eyes muscles and improves eye movement.



 # 5 - CENTRAL-FIXATION
The center of the visual field is clearest.
See objects in the center of the visual field clearest.
Place the object the eyes are looking at in the center of the visual field.
Place each part of the object the eyes look at in the center of the visual field, one small part at a time.
When the eyes use the center of the visual field, the central light ray focuses exactly on the fovea centralis in the center of the retina/macula producing perfect, clearer than 20/20 eyesight in the center of the visual field, with perfect focus of peripheral light rays in the peripheral field of the retina for maximum clarity, function of peripheral vision.
The center of the visual field moves with the eyes as the eyes shift from object to object and from part to part on a object keeping each object, each part of the object perfectly clear. Saccadic and other automatic, subconscious fast shifting of the eyes moves the center of the visual field very fast, causing the entire visual field to appear clear, though, in reality, for the fraction of a second the small center of the visual field is on a small part of a object, that part is most clear; much clearer than 20/20.
Each eye produces its own central field. The left and right eyes central and peripheral fields combine into one central and one peripheral field. See picture.

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

Face the object you want to see for perfect central-fixation, easy eye shifting, relaxed neck, body.
The eyes, head, face and body move together, in synchronization, at the same time, in the same direction.
The object the eyes are looking at is in the center of the visual field, the eyes, head/face and body all directed toward the object.
Central-fixation is perfect when the eyes, head, face and body are facing the same direction, facing the object of visual attention.
It is normal to turn the eyes, head/face left, right, up, down... to look at something without moving the rest of the body but, maintaining this position too long pulls, twists, tenses the muscles in the eyes, neck, back, and entire body leading to impaired movement and unclear eyesight.
See the baseball player. When he hits the ball, he looks directly at the ball, turns and faces the ball with eyes, head/face and body directed toward the ball.
A object is seen clear when the muscles in the eyes, head/face, body are relaxed and the entire body moves easily. Face the object of visual attention and notice the muscles stay relaxed, eyes, head/face, neck, body move easily with clear eyesight.
The eyes, face, head should be facing in the same direction.
Constantly looking out of the top, bottom, sides of the eyes, face; eyes in one direction with the face/head in the opposite direction (example; looking up with the eyes, with the face/head down, or looking down with the eyes, head/face directed up) causes eye muscle tension, dysfunction, impairs central-fixation, shifting, movement, convergence, un-convergence, accommodation, un-accommodation and causes unclear eyesight and astigmatism.
Wearing eyeglasses, (especially bifocals) often results in this incorrect posture, this Incorrect Vision Habit; the person looks out over the top of close vision eyeglasses, eyes looking upward, head/face

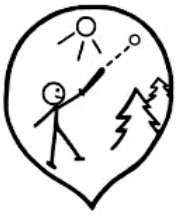
tilted down in the opposite direction to see distant objects or looks out over the top of distant vision glasses to see close objects, eyes up with face tilted down. The person looks out of the top section of bifocals, the eyes looking upward a bit and the head/face tilted down a bit or looks out of the bottom section of bifocals, the eyes looking down with the head/face tilted upward a bit.
These incorrect postures/habits, even when its only a little bit, cause extreme eye, neck, shoulder muscle tension, impaired neck, eye movement, eye muscle dysfunction, blur, astigmatism, cataracts, lowered circulation in the head, eyes. Neck muscle tension further impairs head, eye movement and the neck tension travels into the eye muscles increasing eye muscle tension, impairing eye movement.

Face the object the eyes are looking at for relaxed muscles and clear eyesight.

OPPOSITIONAL MOVEMENT - Notice Oppositional Movement; 'The Swing'.
Shift on a letter and see it appear to move in the opposite direction the eyes move/shift to. Do the rock, long swing in front of close and distant objects, relax and see oppositional movement of the objects. Taking time occasionally to see oppositional movement improves eye shifting, relaxes the mind, eyes and improves the clarity of eyesight.

 # 7 - MEMORY AND IMAGINATION
Shift part to part on objects and remember, imagine the objects clear. Practice on small, large, any size objects at close, middle, far distances.
+ Remember, imagine and see the object the eyes are looking at clear while shifting part to part on the object.
Practice with the eyes open, closed, open.
Shifting on the object with the eyes open and in the imagination with the eyes closed improves the memory, imagination image of the object in the mind and clarity of the object.
Remember, imagine the objects color is perfect.
When eyesight is unclear objects appear blurred and their color is lighter, duller.
Remembering, imagining objects clear with perfect bright color improves the clear memory image of the object in the brain and the object is seen clear. Shift on and see parts of the object clear-look at smaller parts and remember, imagine them clear.

Palming
Imagining something that is fun, interesting, pleasant relaxes the mind, eyes, improves the clarity of vision. The boy gains relaxation, clear vision by imagining playing baseball, his favorite subject. He sees the imaginary objects clear, in color and in motion like a movie in the mind: Sees and feels the bat hit the ball and the ball fly into the field, wind blowing the grass, trees... voices of friends. Sees, feels the sun shining.



+ Practice daydreaming - Remember and/or imagine a pleasant object, scene, happy experience, favorite things...with the eyes open or closed. In the picture the boy likes baseball-he gains relaxation, perfect memory, imagination and clear vision by paling and imagining playing baseball.
Example; fishing on the river, watching a boat on the ocean...
Let the mind drift from one pleasant thought to another.
Remember, imagine objects in the scene perfectly clear. Shift on the objects in the mind, imagine using all corrects vision habits.
Remember, imagine the objects in color.
Remember, imagine objects in motion; Boat moving on the water, ocean waves, birds flying, sun sparkling on the water... Look at a close object; sand, seashell in your hand. Shift on it, small part to small part. Hear the birds, feel and hear the wind blowing, feel the warmth of the sun.
Notice that the eyes continue to shift, move when shifting on a object in the mind with eyes open or closed.
Vision is mainly mental, controlled by the brain.
That is the reason that relaxing the mind/brain improves the clarity of eyesight. When the mind/brain is relaxed, the brain, eyes function correct, the eye muscles relax, the eyes shift normally and eyesight is clear.

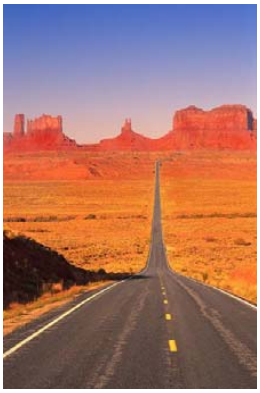
The brain and mind are integrated, function together.
Brain=physical function of brain. Mind=thoughts, emotions, feelings, spirit.
+Left brain hemisphere-Mainly analytical, math, science, speech, memory, details, close vision.
+Right brain hemisphere-visualizing, imagination, memory, creativity, art, music, feeling, emotion, sprit.., distant vision.
Remembering, imagining positive, happy scenes, events, pleasant objects clear relaxes the brain, mind and eyes. Notice that the eyesight is clear when the mind is relaxed, happy, thinking something positive and not trying to see clear, not thinking, worrying about the eyes clarity of vision.

Palming can be used with the memory and imagination to increase relaxation of mind and eyes.
The color chart and color treatment can be used with palming.

Always remember, imagine objects clear, store only clear pictures of objects in the mind.

8 - SWITCHING

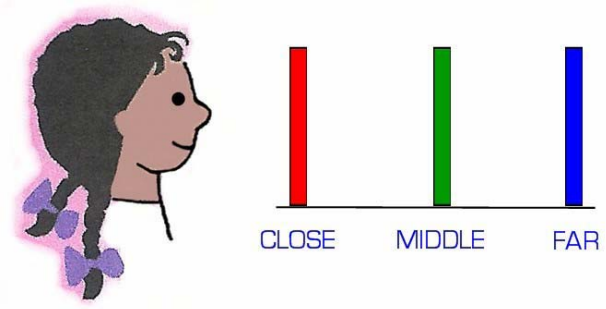
Change, 'switch' the visual attention from one distance to another distance. Switch back and forth on objects at different distances; close, middle and far.
Shift part to part on a close object.
Then, switch to a far object and shift part to part on it.
Switch back to the close object, shift on it.
Switch to the far object, shift on it.
Switch to a object at the middle distance to and from close and far objects. Shift on the middle object.



Place the object the eyes are looking at in the center of the visual field, between the left and right eyes, at eye level.
Use all Correct Vision Habits; relax, blink, breath abdominally, shift, central fixation, movement, memory imagination.

Practice switching close and far with; both eyes together, then one eye at a time, then both eyes together again.
If vision is less clear in one eye, practice a little longer with that eye.

Practice Switching Close, Middle, Far on objects that are in a straight line with each other. Example; three pens in a row. The pens are aligned with eachother in a straight line, 3 pens placed between the left and right eyes, center of the visual field. See picture below.



SWITCH AND SHIFT ON THE PENS

+Shift on the RED pen. Then switch to the BLUE pen. Shift on it. Then switch back to the RED. Shift on it. Then switch to, shift on the BLUE pen again, then RED, BLUE, RED...
+Switch back and forth, to, from the GREEN pen to, from the RED and BLUE pens.
Blink, breathe, relax.
Eyes, head/face, neck, body are loose, relaxed and allowed to move freely.
Use the memory and imagination; shift on the pens and remember, imagine each pen clear with the eyes open, then closed in the imagination, then open again.
Practice with both eyes together, then one eye at a time, then both eyes together again.
If vision is less clear in one eye; practice extra time with that eye to get the vision equal, clear in the left and right eyes. Then end by practicing with both eyes together for equally clear, balanced, perfect eye function, movement, vision in the left and right eyes. (Never work only one eye. Maintain a balance of practice with each eye. When the clarity of vision in the eye that has less clear vision is equal to the other eye; then practice equal time with each eye.
Keep the pens in the central field, between the left and right eyes when practicing with both eyes together and with one eye at a time.
Practice with the pens spaced and placed at a variety of close, middle, far distances.
Then practice on any objects.
Less clear vision in one and/or both eyes can be caused by one or both eyes not converging, accommodating perfectly at close distances or not un-converging (divergence), unaccommodating perfectly at far distances. Even a slight imperfection can lower the clarity of vision in both eyes.
Practicing switching close, middle, far with both eyes and one eye at a time perfects convergence, accommodation, un-convergence, un-accommodation for equally clear, 20/20 and clearer vision in the left and right eyes at all distances. Improving the clarity of vision in a eye with less clear vision automatically improves the vision in both eyes. When the vision becomes equal in the left and right eyes, clarity in both eyes increases and improves quickly.
Practicing Correct Vision Habits; shifting, central-fixation, switching close, middle, far with both eyes and then with one eye at a time; left eye, then right eye, then left, then right, then both eyes together again keeps the vision balanced, equally, perfectly clear.
With practice the vision in the left and right eyes is so perfect and equally clear that the person may forget which eye had less clear vision.
Always practice switching, shifting in a relaxed, easy manner. No effort to see. Avoid staring, squinting; always shift the eyes, visual attention from part to part on the object the eyes are looking at. Blink and relax.

The left and right brain hemispheres function together to produce equally clear vision in the left and right eyes.
Switching close, middle and far activates, integrates and improves function of the left and right brain hemispheres, their function with the eyes and clarity of vision.
Practicing left and right brain hemisphere activation, integration activities; the rock, long swing, cross crawl, figure eight, color treatment improves left and right hemisphere function and clarity of vision in the left and right eyes at all distances.
All Correct Vision Habits activate and integrate the left and right hemispheres.
Practicing the Eight Correct Vision Habits is the Basis of the Bates Method and will produce clear eyesight;

1 - Relaxation, 2 - Blinking, 3 - Abdominal Breathing, 4 - Shifting, 5 - Central-fixation, 6 - Movement & 'The Swing'-Illusion of Oppositional Movement, 7 - Memory and Imagination, 8 - Switching Close, Middle, Far with both eyes, and one eye at a time.

Fine print, small objects, close vision practice

+Reading fine print daily produces clear close and distant vision, prevents cataracts and other eye problems. Print the fine print in the box a variety of small sizes and read with relaxation in the sunlight daily.

Read Fine Print in the Sunlight Daily

THINK RIGHT

"As a man thinketh in his heart so is he," is a saying which is invariably true when the sight is concerned.
When a person remembers or imagines an object of sight perfectly the sight is perfect; when he remembers it imperfectly the sight is imperfect. The idea that to do anything well requires effort, ruins the sight of many children and adults; for every thought of effort in the mind produces an error of refraction in the eye. The idea that large objects are easier to see than small ones results in the failure to see small objects. The fear that light will hurt the eyes actually produces sensitiveness to light. To demonstrate the truth of these statements is a great benefit.

Remember a letter or other object perfectly, and note that the sight is improved and pain and fatigue relieved; remember the object imperfectly, and note that the vision is lowered, while pain and fatigue may be produced or increased.
Rest the eyes by closing or palming, and note that the vision is improved, and pain and discomfort relieved; stare at a letter, concentrate upon it, make a effort to see it, and note that it disappears, and that a feeling of discomfort or pain is produced.

Note that a small part of a large object is seen better than the rest of it.

Accustom the eyes to strong light; learn to look at the sun; note that the vision is not lowered but improved, and that the light causes less and less discomfort.

Remember your successes (things seen perfectly); forget your failures (things seen imperfectly); patients who do this are cured quickly.
Ophthalmologist William H. Bates – Better Eyesight Magazine – Dec. 1921

+ Modern Bates teacher's state to look at the sun with the eyes closed, but looking at the bright sky is ok as long as over exposure/sunburn is avoided.
+ Palming = to cover the closed eyes with the palms of the hands and relax, think positive thoughts.
+ Staring at a letter = eye immobility, not shifting from part to part on the letter, not using central-fixation/the center of the visual field.
+ Seeing a small part of a large object better than the rest = using central-fixation; looking at one small part of the object at a time and placing it in the center of the visual field. This is done on any size objects, large or small at any distance close or far.
+ Remembering, imagining objects clear, storing only clear pictures of objects in the memory relaxes the mind, eye muscles, eyes, activates normal eye muscle/eye function, movement... and clear eyesight.

Psalm 23 (King James Version)

[1]The LORD is my shepherd; I shall not want.
[2]He maketh me to lie down in green pastures: he leadeth me beside the still waters.
[3]He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
[4]Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
[5]Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
[6]Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Shift point to point (small part to small part) on small objects, small parts of objects at close and far distances. See the small, tiny parts of a flower, stone. Break a stone open and look for gold, gems.

**Practice Sunning - Get healthy full spectrum sunlight outside daily.
No eyeglasses, contacts, sunglasses.**

Palming, Sunning, The Rock (Sway), Long Swing, Figure Eight, Cross Crawl, Switching on objects in line with each other at different distances; close, middle and far with both eyes together and one eye at a time and all other Natural Eyesight Improvement activities are practiced to increase relaxation, activate Correct Vision Habits, correct eye/brain function and clear eyesight.

**Correct Vision Habits # 1 to 8 occur together, are integrated, activated by the brain, visual system, eye muscles, nervous system, optic and eye muscle nerves, eyes and body.
There is not a specific order to practice the habits in. Practice all eight, and then, let the habits occur naturally, on their own, integrated together. Practicing one habit automatically activates the others; Example; practice of relaxation, relaxes the mind, eye muscles, eyes, and gets the eyes moving, shifting, and blinking, improves relaxed breathing and all other habits.
Practice of shifting, central-fixation, movement, abdominal breathing activates relaxation and all other Correct Vision Habits. Thinking positive thoughts, daydreaming and remembering, imagining objects clear, in color, motion induces relaxation, eye movement, shifting and all other Correct Vision Habits.**

**Correct Vision Habits are practiced to gently return the brain, visual system, eyes back to correct function and clear eyesight. Correct Vision Habits are practiced as easy relaxed habits all the time.
Practice the habits in a easy, effortless manner. Never as a strenuous exercise.
Practice, then don't practice. Forget about the eyes and let Correct Vision Habits, occur automatically, on their own. Then practice again. Do shifting, central fixation... anytime you notice that the eyes are staring, trying to see a object.
When effort, trying to see is avoided, the eyesight becomes clear.
Avoid Incorrect Vision Habits; staring, squinting, trying hard to see objects clear.
Correct Vision Habits are the normal, natural function of the eyes. With practice Correct Vision Habits; shifting, central-fixation.., occur automatically, on their own. Automatic, subconscious**

habits/functions of the visual system. Just as the heart beats, lungs breathe on their own, correct eye function occurs all the time without conscious control.

Relaxation of the mind, positive thoughts, emotions, relaxed eye muscles, eyes, neck and body are main Natural Eyesight Improvement treatment to produce clear eyesight. All Correct Vision Habits relax the mind, body, neck, eye muscles and eyes. Notice the clarity of vision when the mind, mood, thoughts, emotions are positive, happy - the vision is clear.

Many people that practice Natural Eyesight Improvement and obtain clear eyesight often experience improved hearing and other senses, improved function of the mind, body.

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

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

6 - SWITCHING CLOSE, MIDDLE AND FAR

Switching Close, Middle, Far on objects at different distances is a type of Shifting that improves the clarity of eyesight at all distances.

Switching; to switch (change) the visual attention from one distance to another distance.

Example;
+Look at a object at a close distance, the cat on the fence. Shift part to part on the cat. Blink, Relax.

+Then switch to a object at a far distance - trees, mountains, sky. Shift part to part on the far objects.

+Then switch back to the close object - cat. Shift part to part on the cat.

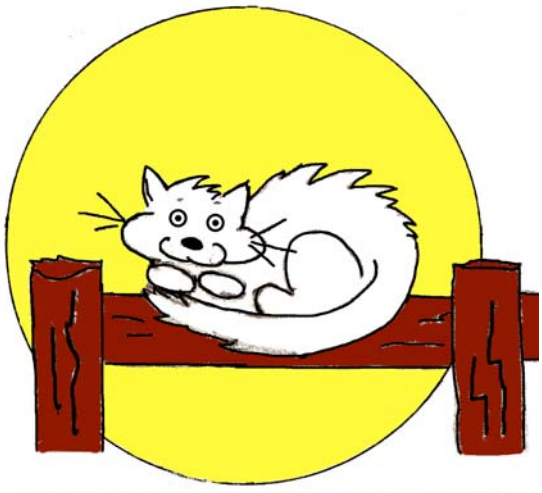
+Switch back and forth; cat, trees, mountains, sky, cat, trees, mountains, sky, cat... Shift on each object the eyes look at, one object at a time.

+Switch to the middle distance;
cat to house, house to cat, to house... to trees, mountains, house...

Switch back and forth on any objects, any distances, close, middle, far, in any order. Let the eyes move, shift freely from object to object and part to part on objects: shift along the fence, grass, flowers, truck, dog, house, owl, trees, mountains, sky, birds. Shift on small parts, tiny details on objects; shift part to part on the windows in the house, window panes, chimney, bricks in the chimney. Shift on the owls face, eyes, ears, wings, claws. Central-fixation: shift point to point on tiny parts. No effort to see. Blink, breathe deep, relax.
Trace on/along the edge of objects, parts of objects with the Nosefeather: mountains, hills, trees, house, fence, any object.

Switch on objects at close, middle, far distances that are in a straight line, row with eachother.

In the picture of the kitty on the fence, house, mountains: To practice switching, shifting on the objects; the person stands with the cat, fence at eye level, height of the cat, fence is in front of the persons face. This causes some distant objects (house, trees...) to be directly behind the cat, fence. The objects are aligned with eachother. Placing a few objects in a straight line with eachother (as in the pens in a row activity in this chapter) greatly improves accommodation, un-accommodation and convergence, divergence when looking close, middle and far, switching back and forth on the cat, house.... This

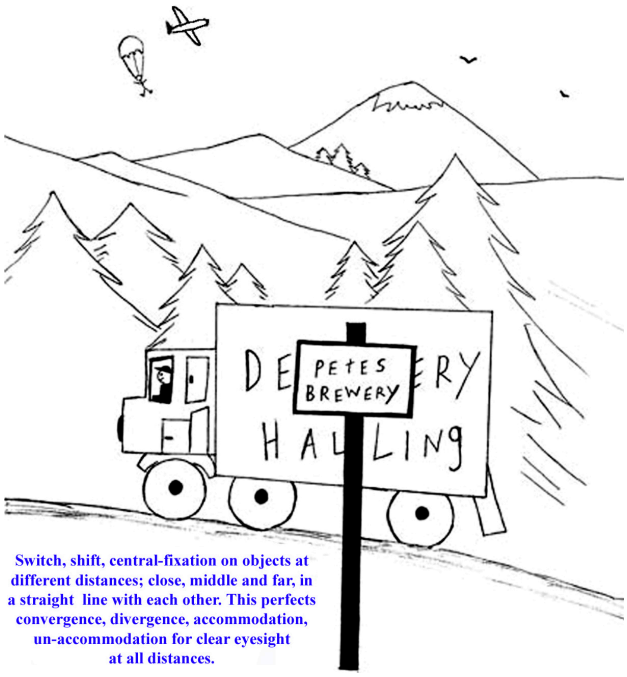


Shift on the kitty, then the distant moon, then the kitty, then moon, kitty... Blink, relax.

improves the clarity of vision.

Example: See the picture of the kitty and moon on the right. The kitty and moon are in a row, aligned. Shift part to part on the kitty, then switch to the distant moon and shift on the moon, then back to the kitty, then moon, kitty… See the pictures below; The man switches, shifts close, middle, far on 5 telephone poles aligned with

Switch, Shift, Trace on objects at different distances in a straight line with eachother to perfect: accommodation, un-accommodation, convergence, divergence, clarity of vision. Practice with: both eyes together, then one eye at a time, then both eyes together again.



Switch, shift, central-fixation on objects at different distances; close, middle and far, in a straight line with each other. This perfects convergence, divergence, accommodation, un-accommodation for clear eyesight at all distances.

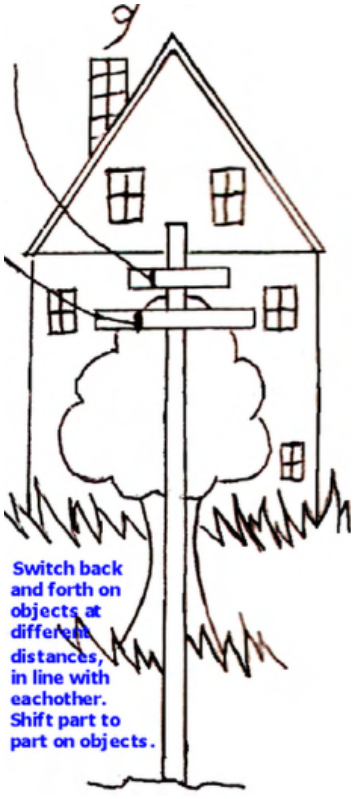
eachother, in a straight line down the side of the street. He shifts, traces on the poles, one at a time.

He then does the Rock: moves the eyes, head, face, body side to side and notices oppositional movement of the poles: Poles at different distances appear to move in opposite directions as he rocks side to side. The close pole moves opposite his eyes, head, body moment and the far distant pole appears to move with him in the same direction.

He also switches, shifts on the houses along the side of the street. He gets a good view of the house aligned by standing where to the kitty is by the edge of the house.

The 2 other pictures show more objects in a straight line.

Example: Shifting part to part on the Pete's brewery sign, then on the truck beyond it, then back to the sign, then to the truck, then to the trees, back to the truck, then, trees, sign, trees, truck… Switch to and shift on the fields, mountains, airplane, parachute, birds. Switch to any object, any order and shift on it.



Switch back and forth on objects at different distances, in line with eachother. Shift part to part on objects.

(Switching is not done only on objects in a straight line. Switching is also practiced on objects at a variety of locations; left, right, up, down, diagonally… to give the eyes complete freedom of shifting movement. This is the normal, natural function of the eyes. Straight line switching is only practiced a short time to 'tune up' the eyes function, visual clarity.) More examples for switching in a straight line are in the 'Pens in a Row' section in this chapter.

Here's another video: Switching, shifting… at night:
http://www.youtube.com/watch?v=r5JxOFVi3hc

Practice switching, shifting, central fixation… on real objects in your environment. (Switching cannot be done on these pictures because they are on a flat surface, all are at one distance so changes in

convergence, accommodation, divergence, un-accommodation do not occur when looking at objects that appear at different distances on the paper.) Shifting, central-fixation can be done on the pictures with benefit.

When looking at a object; shift on it, even when looking at the object for only a few seconds. Shift from part to part.

Central-fixation - keep the object the eyes are looking at in the center of the visual field. The center of the visual field is clearest, clearer than 20/20. Placing the object (part of the object) the eyes are looking at in the center of the visual field keeps the object clear.
The center of the visual field moves with the eyes as the eyes move, shift from part to part on a object and from object to object keeping every object, every part of a object the eyes look at perfectly clear.
The head, face and body move with the eyes, at the same time, in the same direction.
The eyes, head/face, neck and body are relaxed and move freely, easy. Blink and relax.

Keep the eyes moving, shifting easy, relaxed from part to part and object to object. Look at a object and shift on it. Then look at a different object, shift on it, then look at another object, shift on it.
Eye movement keeps the mind, eyes relaxed and vision clear.
With practice the eyes shift 'on their own', automatically, without the person thinking about it, the true natural function of the eyes.

Practice switching back and forth on objects at close, middle and far distances with;
Both eyes together, then with one eye at a time, then, both eyes together again.
If eyesight is less clear in one eye, practice a little more with that eye to get the vision equal and perfectly clear in the left and right eyes at all distances. When the vision is equal in the left and right eyes, the eyesight quickly improves to perfect clarity. The memory, imagination, left and right brain hemispheres work with the eyes. Their function improves when the vision is equal in the left and right eyes. Brain function with the eyes, visual system, all brain functions and clarity of vision improve.

Keep the objects in the center of the visual field, between the left and right eyes, at eye level when using both eyes together and when using one eye at a time.

The eye that is not in use is covered with a eye patch and the eye is kept open under the patch. (Closing one eye causes eye muscle tension and blur so keep both eyes open when using one eye at a time). Both eyes close when the eye in use is closed. Leave a little space between the eye and patch so some light gets in to keep both eyes, left and right brain hemispheres activated.

Practice switching, shifting, tracing, central fixation on objects, parts of objects with the Nosefeather.

Switching improves convergence and accommodation of the eyes when looking at objects at close distances - (20 feet and closer) for clear close eyesight and improves un-convergence (divergence) and un-accommodation when looking at objects at far distances (about 20 feet and farther into the distance) for clear distant eyesight.

The author of this book learnt switching and shifting from reading Aldous Huxley's book 'The Art of Seeing' in high school 1974 and regained clear distant eyesight in 5 minutes, 20/20 and clearer eyesight in one day and threw away her glasses.
Close and distant eyesight continues to be clear at age 54.

Window pane bars (wood surrounding a window pane) can be used to practice switching close and far.

The bar is the close object. The objects outside the window (tree, birds, house…) are the distant objects.
Switch back and forth, close and far, on a window bar and a distant object in line with the bar.
Then move the eyes, (visual attention) throughout the scene, looking at, shifting on any objects, at any location. Shift on the close and far objects, use central-fixation, shift on small objects, parts. Blink.

Practice with; both eyes together, then one eye at a time, then both eyes together again.
Extra practice with a eye that has less clear vision.

A open window is best, bringing full spectrum sunlight onto the face, eyes and a perfect view, unobstructed by glass. Open the window and hang a pencil vertically on a string in the center of the window for the close object. Cap the pointed end of the pen for safety.

Switch, shift back and forth on the pencil and distant objects beyond the pencil.

Hang a few more pencils or other objects in the window so the eyes, head/face, body have more movement, more close objects (pencils) to look at. Objects can be hung on a rope at close, middle, far distances outside in the sunlight.

See The Illusion of Oppositional Movement

Rock the body side to side, left and right, while facing the window bar and distant objects and see oppositional movement, 'The Swing';

+ When the eyes, head/face, body move to the left <
the window bar (close object) appears to move in the opposite direction, to the right. >
+ When the eyes, head/face, body move to the right >
the window bar appears to move in the opposite direction, to the left. <
+ Notice that the house (distant object) appears to move with the eyes, head/face, body in the same direction.
+ Notice that the window bar (close object) and the house (distant object) appear to move against eachother, in opposite directions.

Do not lock the eyes/visual attention on any objects when moving left and right; just relax and let the objects move. Don't try to see anything clear.

This activity relaxes the mind, body, eye muscles, eyes and improves the clarity of vision.

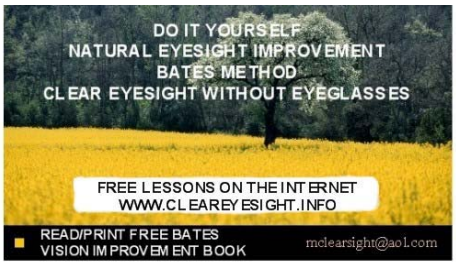
When the eyes can move, shift on small and tiny objects and see oppositional movement-the eyes function is perfect and vision is most clear; Practice shifting on and seeing 'The Swing' of a small tiny object=fine print letter or tiny flower.

Shift left to right > on the letter - the letter moves, 'swings' to the left <.
Shift right to left < on the letter- the letter moves, 'swings' to the right >.
Blink and relax. No effort to see the letter or the swing. This brings very clear, fine detailed vision.

Practice shortening the rock, eye, head/face, body movement; shift on a small object; letter, fine print and see a small swing of oppositional movement. This activates saccadic eye movements, perfect central fixation and very clear eyesight. Small eye shifts, seeing tiny details clear with relaxation. Switching and seeing oppositional movement can be done most anywhere throughout the day and at night. There are always close and far objects in the visual field to practice on.

Just a little practice, couple minutes a day or two, three days week will improve the vision.

Once vision is clear, practice only if needed to bring the vision clearer than 20/20 in times of normal fluctuations. Keep natural, normal eye, visual system function as a healthy habit.



The business cards showing the San Francisco Bridge in California, USA and the field, trees can be given to people that need eyesight improvement. Pictures on the cards are pleasant to look at, induce a positive, happy state of mind, relax the mind, body and eyes.

The person presenting the card can be a Natural Eyesight Improvement Teacher and give the person a quick, easy lesson by describing how to switch the visual attention back and forth on objects at close, middle and far distances; bridge at close distance, sea at middle distance, city of San Francisco and skyline, clouds far distance. Describe shifting from object to object in the visual field, shifting part to part on objects, moving the head/face, body with the eyes, central-fixation; placing objects, parts of objects in the center of the visual field, seeing the central field clearest, seeing small fine details clear at close and far distances, relaxation, memory, imagination.

Videos - Most of the Authors 58+ YouTube videos show switching, shifting, central-fixation examples. Scroll through the Videos to find Switching Training;

http://www.youtube.com/watch?v=r5JxOFVi3hc&feature=channel
http://www.youtube.com/watch?v=lkQ9KEpA8zE&feature=channel
http://www.youtube.com/watch?v=n1MWGeF0iU4
http://www.youtube.com/watch?v=lkQ9KEpA8zE&feature=related

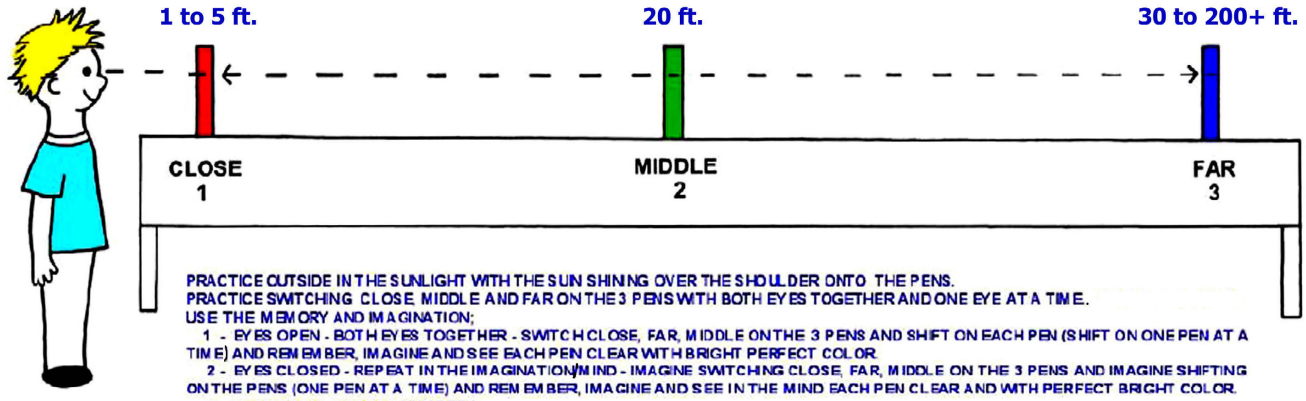
More videos at www.cleareyesight.info and on Ophthalmologists Bates Amazon.com page;
http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_2

Click a book, then scroll down the page to the Authors review, video.

SWITCH CLOSE, MIDDLE AND FAR ON THE THREE PENS

SWITCH BACK AND FORTH; CLOSE, MIDDLE, FAR ON THREE PENS FOR CLEAR VISION AT ALL DISTANCES

DIRECTIONS; PLACE THREE COLORED PENS (OR POPSICLE STICKS) UPRIGHT INTO A CARDBOARD BOX, IN A STRAIGHT LINE AT CLOSE, MIDDLE AND FAR DISTANCES.
THE 3 PENS ARE IN THE CENTER OF THE VISUAL FIELD, BETWEEN THE EYES, AT EYE LEVEL.
RED, GREEN AND BLUE ARE THE MAIN COLORS OF THE SUNS LIGHT SPECTRUM. COMBINATIONS OF RED, GREEN, BLUE CREATES OTHER COLORS.
THE CONES IN THE EYES RETINA DETECT RED, GREEN, BLUE AND ALL OTHER COLORS.
RED ACTIVATES THE LEFT BRAIN HEMISPHERE AND CLEAR CLOSE VISION.
BLUE ACTIVATES THE RIGHT BRAIN HEMISPHERE AND CLEAR DISTANT (FAR) VISION.
GREEN ACTIVATES AND INTEGRATES BOTH LEFT AND RIGHT BRAIN HEMISPHERES AND CLEAR CLOSE AND DISTANT VISION.
ALL 3 COLORS ACTIVATE CLEAR MIDDLE DISTANCE VISION.
ACTIVATING AND INTEGRATING THE LEFT AND RIGHT BRAIN HEMISPHERES PRODUCES EQUALLY CLEAR PERFECT VISION IN THE LEFT AND RIGHT EYES AT ALL DISTANCES CLOSE, MIDDLE, FAR.
SWITCHING ON ANY OBJECTS; CLOSE, FAR, CLOSE, FAR AND TO THE MIDDLE DISTANCE ACTIVATES AND INTEGRATES THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLEAR VISION AT ALL DISTANCES. SWITCHING ON THE RED, BLUE AND GREEN PENS INCREASES ACTIVATION AND INTEGRATION THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLARITY OF VISION.



PRACTICE OUTSIDE IN THE SUNLIGHT WITH THE SUN SHINING OVER THE SHOULDER ONTO THE PENS.
PRACTICE SWITCHING CLOSE, MIDDLE AND FAR ON THE 3 PENS WITH BOTH EYES TOGETHER AND ONE EYE AT A TIME.
USE THE MEMORY AND IMAGINATION;
1 - EYES OPEN - BOTH EYES TOGETHER - SWITCH CLOSE, FAR, MIDDLE ON THE 3 PENS AND SHIFT ON EACH PEN (SHIFT ON ONE PEN AT A TIME) AND REMEMBER, IMAGINE AND SEE EACH PEN CLEAR WITH BRIGHT PERFECT COLOR.
2 - EYES CLOSED - REPEAT IN THE IMAGINATION/MIND - IMAGINE SWITCHING CLOSE, FAR, MIDDLE ON THE 3 PENS AND IMAGINE SHIFTING ON THE PENS (ONE PEN AT A TIME) AND REMEMBER, IMAGINE AND SEE IN THE MIND EACH PEN CLEAR AND WITH PERFECT BRIGHT COLOR.
3 - EYES OPEN - REPEAT NUMBER 1.

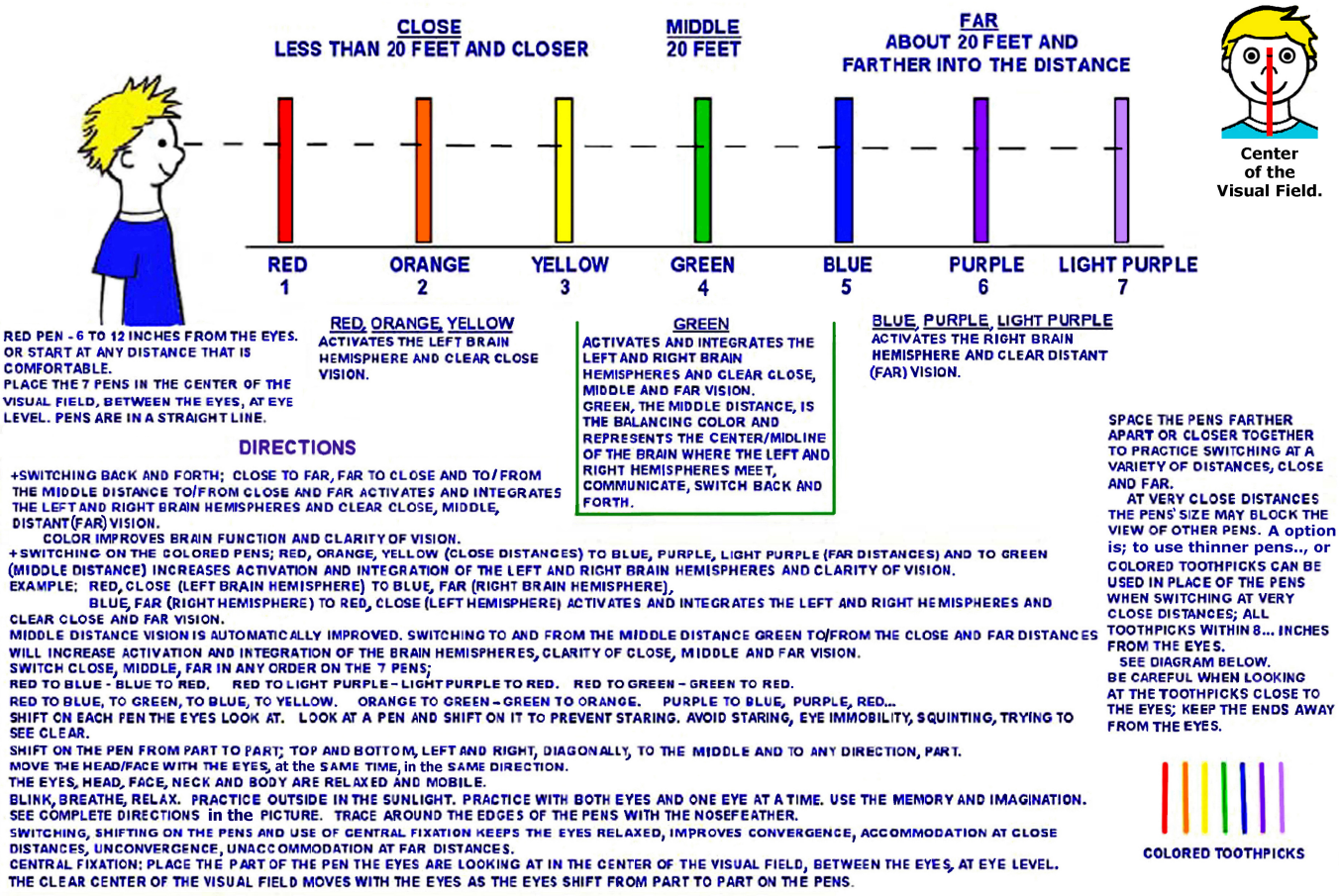
4 - ONE EYE AT A TIME - REPEAT NUMBER 1, 2, 3 WITH ONE EYE AT A TIME; LEFT EYE (RIGHT EYE COVERED WITH PATCH AND OPEN UNDER THE PATCH) - SWITCH, SHIFT ON THE 3 PENS AND REMEMBER, IMAGINE AND SEE THE PENS CLEAR AND WITH PERFECT BRIGHT COLOR WITH THE EYE OPEN, CLOSED, OPEN.
REPEAT WITH THE RIGHT EYE (LEFT EYE COVERED WITH PATCH AND OPEN UNDER THE PATCH).
REPEAT WITH LEFT EYE AGAIN, THEN RIGHT, LEFT, RIGHT.
IF VISION IS LESS CLEAR IN ONE EYE - PRACTICE WITH THAT EYE A LITTLE LONGER.
WHEN USING ONE EYE; KEEP THE PEN BETWEEN THE EYES, AT EYE LEVEL, CENTER OF THE VISUAL FIELD.

5 - END BY PRACTICING WITH BOTH EYES TOGETHER AGAIN - STEPS 1,2,3.

PRACTICE WITH THE PENS PLACED AT A VARITY OF DISTANCES FOR CLEAR VISION AT ALL DISTANCES.

Video - http://www.youtube.com/watch?v=xCAVnepbF2I&feature=mfu_in_order&list=UL

Switch Back and Forth on the 7 Colored Pens Placed at Close, Middle and Far Distances;



Switch back and forth; close, middle, far, in any order, on the 'Three Pens in a Row, Straight Line' to improve convergence, accommodation at close distances and un-convergence, un-accommodation at far distances for clear eyesight in the left and right eyes at all distances. Switching Close, middle, far and looking at the different colors also activates and integrates the left and right brain hemispheres. This increases the clarity of vision.

All 3 pens are placed in the center of the visual field, between the left and right eyes, at eye level.
Pens are in a straight line with each other, and upright, straight.
The head/face is straight, eyes looking at the pens. Avoid tilting the head left, right, up, down...

Practice switching close, middle, far on the pens with; both eyes together, then one eye at a time, then both eyes together again. If eyesight is less clear in one eye, practice a little longer with that eye. (See eye patch directions.)
When using one eye, continue to keep all 3 pens between the left and right eyes, at eye level.
Do not place the pens in front of only one eye.
Placing the pens in front of only one eye impairs convergence, accommodation, divergence, un-accommodation, eye movement, central fixation...
Improving the clarity of eyesight in the eye with less clear eyesight improves eyesight in both left and right eyes and brings quick eyesight improvement. Often a slight imperfection in convergence, accommodation or un-convergence, un-accommodation in one or both eyes is the only cause of unclear eyesight and it can be easily corrected with switching, shifting, central-fixation and all Correct Vision Habits. Switching improves the speed of adjustment, focus of the eyes to a new distance, object. This also prevents blur.
Switching close, far, close, far, middle often brings instant eyesight improvement.
When looking at a pen, shift on it; keep the eyes moving from part to part on the pen; left and right, top and bottom, diagonally, middle and in any direction.
Move the head/face with the eyes at the same time, in the same direction the eyes shift to. The eyes,

head/face, neck and body are relaxed and move freely. No tension in the eyes, head, neck. Avoid staring, squinting.
Relax, breathe deep, abdominally and blink, shift, switch on the pens.
The pens can be spaced at various distances to improve the clarity of eyesight at all distances;
Example;
10 feet apart to improve close and far eyesight. 1 foot apart to improve close eyesight.
1 - 3 inches apart to improve close reading distance eyesight.

School Children
By Emily C. Lierman

Davey

(Switching, Shifting Example)

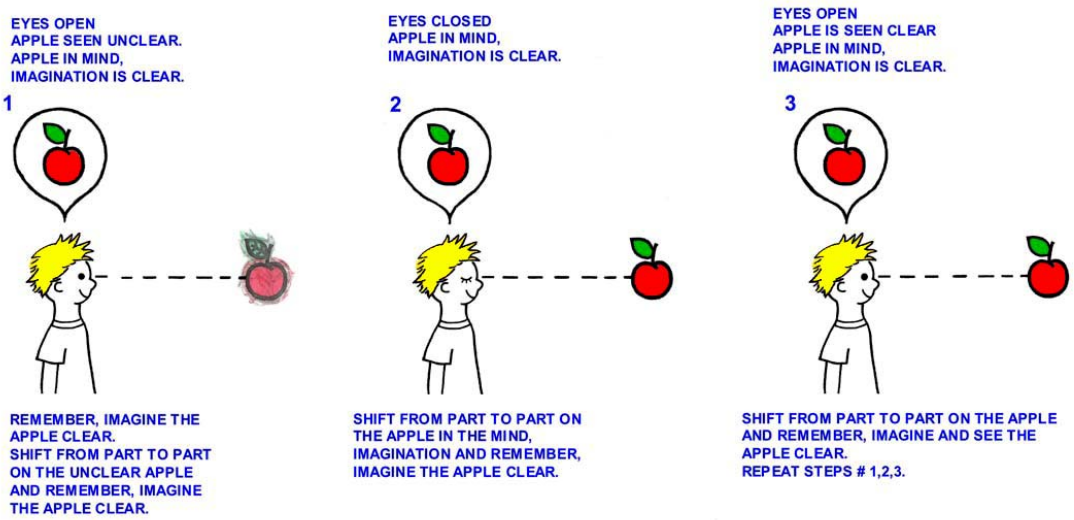
Davey, eight years old, was very near-sighted, and the glasses he was wearing, made him nervous and irritable. His father had been told about the Bates Method and what could be done to restore perfect sight without wearing glasses. Davey's father brought the boy to me, although he was skeptical and his mother was even more so. I could tell by the little boy's attitude toward me that the Bates Method had been much discussed in the home circle, and that I was considered a sort of mystic worker.
The first question Davey asked me was, "What are you going to do to me?"
I answered, "I am not going to do anything to you, but I will try to do a whole lot for you. I will help you to get rid of your thick glasses that I am sure you don't like."
His answer was, "O, yes, I would like my glasses if I could see out of them. Father said that if you don't help me, he will try to find other glasses that will help."
I let the little fellow talk for a while, because I thought it would help me to understand him better. I told him I was especially interested in children and that it was always my delight to give school children better sight. I said I would not interfere with him, if glasses were what he wanted most. He said that he was afraid to play baseball or other games which might not only break his glasses, but perhaps hurt his eyes.
I tested his vision with his glasses on, and found that at ten feet from the regulation test card, he could see only black smudges on the white, but no letters.
Then I placed the card six feet away. All he could see at that distance was the letter on the top of the card, seen normally at two hundred feet. I then had him take off his glasses to see what he could read without them. He could not see anything at all on the card. I asked him to follow me to the window and to look in the distance and tell me what he could see. To the right of me, about one hundred feet away, there was a sign. The letters of this sign appeared to be about three feet square. One word of the sign had four letters. The first letter was straight and the last was curved, and had an opening to the right. I explained this to Davey, as I told him to look in the direction in which I was pointing, and then to a small card with fine print that I had given him to hold. I told him to read what he could of the fine print. He read it at two inches from his eyes. Under my direction, he alternately followed my finger as I pointed to the fine print and then to the building sign. He told me he could not see anything in the distance. Davey felt very uncomfortable because of his poor sight and became rather restless. I told him to hold the fine print card closer, and not to read the print this time, but to look only at the white spaces between the sentences, and to blink often. He shifted from the white spaces of the fine print to the sign in the distance, watching my finger as I pointed, first to the near point and then to the distance. Suddenly, he got a flash of the first letter of the first word on the sign. This practice was continued for twenty minutes, and then we had a rest period. Davey sat comfortably in a chair and palmed his eyes. Children are very apt to become bored with anything that takes time and patience, and I know that Davey had little patience with anything regarding his eyes.
I asked him questions about his school work, and what subjects he liked best. He said he just loved arithmetic. I asked his father to give him an example to do while he palmed. The little fellow thought this was great fun, and without hesitation he gave his father the correct answer for each example. This gave Davey a rest period of fifteen minutes. His mother remarked that this was the first time she had ever noticed him sit quietly for so long a time.

Long Swing and Sway

Davey was then shown how to swing, by moving his body slowly from left to right, and getting only a glimpse of the letters on the card, at six feet. When he looked longer than an instant at the card, he leaned forward and strained to see better, but failed each time. **When he learned not to stare, but to shift and blink while he swayed, his vision improved to 6/50.** We returned to the window. I told him to shift from the white spaces of the fine print, which I held close to his eyes, then to the distant sign, and he became able to read all of the sign without any difficulty.
Much had been accomplished in one treatment and both parents were grateful. Davey was given a card with instructions for home practice. He returned three days each week for further treatment. Every time he visited me, I placed the test card one foot further away. Eight weeks after his first treatment, he read all of the test card letters at ten feet. This was accomplished by reading fine print close to his eyes, then swinging and shifting as he read one letter of the card at a time.
This boy has sent other school children to me as well as a school teacher with progressive myopia, who practiced faithfully until she was cured. Every week, she sent me a report about her eye treatment and the progress she made. Her pupils noticed that she had discarded her glasses, and after school hours she invited some of them, who had trouble with their eyes, to practice the Bates Method with her. In eight weeks' time, her vision became normal, and all her pupils, with the exception of three, are improving their vision without the use of glasses.

7 - MEMORY AND IMAGINATION

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



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.

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

Improve and use the Memory and Imagination for Relaxation and Clear Eyesight

The brain controls the function of the eyes and clarity of eyesight. When the mind (brain) is relaxed it functions normally with the visual system, eye muscles, eyes, retina... and eyesight is clear.

Memory and imagination are main functions of the brain and visual system.
Memory and imagination function with the brain and eyes to produce clear eyesight.
When a object can be remembered and/or imagined perfectly clear, the brain, eyes produce a clear image of the object. This is the normal function of the visual system;
A baby learns to see clear by becoming familiar with objects.
Example;
The baby sees a new object; the eyes shift part to part on the object as the brain becomes familiar with the object and stores a mental picture of the object in the memory.
Each time the object is seen the mental picture is refined, perfected, becomes clearer and is reinforced in the memory. When the object is seen a few times it becomes a 'Familiar Object' and the brain stores a perfect clear image/picture of the object in the memory. Eye movements, shifting patterns on the object, the objects shape, size... are recorded in the memory.
When the object is seen again, the brain activates the clear memory picture of the object. This helps the brain and eyes work together to see the object clear. The brain sends messages to the eyes, eye muscles causing the eyes to shift quickly, perfectly on the object producing a clear image of the object. This process of storing clear pictures of objects in the memory occurs each time the baby sees a new object.

Notice that a new born baby's eyes move/shift less frequently when it is beginning to encounter, see new objects. The eyes move/shift faster, more frequently as the baby grows and becomes familiar with objects and the brain stores clear familiar pictures of the objects in the memory.

This continues into adulthood; notice that a new, unfamiliar object (usually a distant object that is unknown) may be a bit unclear until the eyes shift on it and the eyes/brain become familiar with the object; figures out the identity of the object. The person moves up close to the object, inspects parts, details. Viewing a unfamiliar distant object at a close distance helps the brain, eyes become familiar with it. Then the object becomes a 'familiar object' and is seen clear.

When a person strains, squints, stares, tries hard to see a unfamiliar object, the mind and eyes become strained and relaxation is prevented. The mind and eyes do not function together and the object is seen unclear.

Familiar objects are relaxing to the eyes, mind because there is not any mental effort to see a familiar object. No strain. When the mind, eyes remain relaxed eyesight is clear.

Shifting, central-fixation, all Correct Vision Habits relax the mind and eyes.

Strain and unclear eyesight can be avoided when looking at a new unfamiliar object when relaxation and Correct Vision Habits are used. Relax, shift on the unfamiliar object and remember and/or imagine it clear, use central-fixation, blink and it will be seen clear.

Keep a Eyechart in the home, School, at Work.
Look at the chart at close and far distances.
Shift on the letters, memorize the letters.
The chart will then become a familiar object.
Notice that it is easy to see the letters on the chart when the brain knows what the letters are, has a clear picture of the letters stored in the memory.
This is not cheating! This is the normal function of the visual system.
Practicing Correct Vision Habits on the familiar eyechart daily; (shifting, central-fixation…) keeps the mind, eye muscles, eyes relaxed, memory and imagination strong.
The relaxed mind, eyes can then see a unfamiliar eyechart and all other objects clear.

Shift on letters on two identical, familiar eyecharts placed at close and far distances. Remember, imagine the letters clear. (See Eyecharts Chapter and Videos.)

Practice looking at, shifting on the letters on the charts with; both eyes together, then with one eye at a time, then both eyes together again. If vision in one eye is less clear, practice a little more with that eye.
Remember, imagine the letters clear.
Practice at close, middle and far distances.
Use Correct Vision Habits;
+See one letter at a time clearest in the center of the visual field. Shift from letter to letter moving the center of the visual field over one letter at a time.
+See one small part of a letter clearest at a time in the center of the visual field and shift continually, relaxed from part to part on the letter, moving the center of the visual field from part to part, seeing one small part at a time clearest as the central field moves over the part..
Avoid squinting, staring, trying hard to see clear.
Blink and relax.

Example;
Look at the letter o.
Shift from small part to small part on the o.
Shift left and right, top and bottom, diagonally and in any direction.
Move the head/face with the eyes in synchronization; at the same time, in the same direction.
This will be a very small head movement when looking at a small o. The eyes, head, neck relax.
(Large letters, objects=the body also moves with the eyes, head/face.)

Shift right > on the letter; eyes, head/face shift/move right >.
Shift left < on the letter; eyes, head, face shift/move left <.

The eyes, head, face, neck, shoulders and entire body are relaxed and move freely.
Avoid becoming stiff, immobile when looking at the letters.
Movement activates relaxation of mind, body, eyes and clear eyesight.

Straining and staring; trying hard to see a letter clear, looking at one letter for a long time without eye movement causes eyestrain, eye muscle tension and blur.
If a letter is unclear, shift on it, then; look at/shift to a different letter or object.
Shift on that object. The shift 'movement' of the eyes stops/prevents staring, strain and activates relaxation and clear eyesight.
Then, when the eyes are relaxed, return to the original letter, shift on it, and it will be seen clear.

Remembering, imagining objects clear produces clear eyesight.
Remember a object clear, or, if the mind does not have a clear picture of the object stored in

the memory; imagine the object clear.
The memory and imagination function together.
Improve one and both improve.

Practice steps 1, 2, 3 shown in the picture of the man shifting on the apple and remembering, imagining it clear on a letter on the eyechart.

Example; **O** **o** **。**

Shift from part to part on the letter o. Large, small and fine print o's.
Remember/imagine the o is dark black and clear. Store this clear picture of the o in the mind/memory.
Imagine the eyesight is clear and the o is easily seen clear.
As the eyes shift from part to part on the letter, imagine each part is seen darkest black and clearest, one small part at a time, in the center of the visual field. Each part the visual attention, central field moves upon is dark black, clearest while looking at that part. (The eyes see one small part of a object at a time clearest in the central field, as the central field moves, passes over one part at a time. The central field may be on a part for only a fraction of second-during that fraction of second, that part (point) is clearest.)
Blink and relax. Take some slow, relaxed, deep breaths.
Relax, blink and rock side to side a little.
When a black letter is unclear, the letter also appears lighter black or grey.
When a black letter is seen clear, the color black is also perfect; dark black, with perfect outline and the white page is clear, pure white.
Remembering, imagining the letter dark black and clear, the way it should appear when seen clear, helps the brain and eyes function correct to produce the true correct clear image of the letter; dark black and clear. Relax, think positive. When the mind is perfectly relaxed the memory, imagination and eyesight are perfect.
Shifting on a object with the eyes open and shifting on the object in the imagination with the eyes closed improves the ability to maintain a clear image of the object seen by the eyes and in the mind when the eyes are open or closed. Shifting improves the memory, imagination, relaxation and clarity of vision.

Practice steps 1, 2, 3;
1 - Eyes open.
Shift on the letter o.
Remember, imagine the o is dark black and clear.

2 - Eyes closed.
Shift on the letter o in the mind/imagination and
remember and imagine the o dark black and clear.

3 - Eyes open.
Shift on the letter o.
Continue to remember, imagine the o dark black and clear.
Check for vision improvement.
Repeat steps 1, 2, 3.

Imagine and see the Illusion of oppositional Movement - 'The Swing'; the o appears to move, a short, quick, easy 'swing' in the opposite direction the eyes shift to.
Shift left < - the o moves right >. Shift right > - the o moves left <.
Remembering, imagining and seeing the illusion of oppositional movement improves the clarity of the letter, relaxes the mind and eyes. The illusion of movement is due to the movement of the eyes.

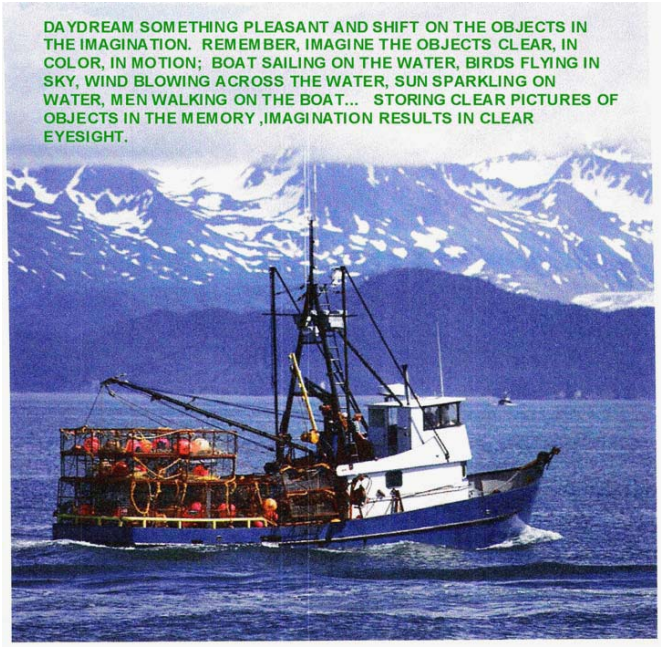
Practice steps 1, 2, 3 and see the Swing with; both eyes together; - then with one eye at a time; left eye only; 1, 2, 3 -, then right eye only; 1, 2, 3, then left, then right...). If vision is less clear in one eye, practice extra time with that eye to get the eyesight equal, perfect in the left and right eyes. Then practice with both eyes together again; 1, 2, 3. Practice with the eyes open, and closed, open. When using one eye-start with the clearer vision eye to get the best mental, memory image of the object into

the brain.
Cover the eye not in use with a eyepatch and keep it open under the patch. Both eyes open, one eye covered.

Practice steps 1, 2, 3 using the memory and imagination with; eyes open, closed, open on any objects, at any distance, close, middle, far.
Practice on a flower or fine print letter at close distances.
Practice on a distant tree, house, mountains, the moon at night...

Remembering, imagining any object perfectly clear (with the eyes open or closed) relaxes the mind, eye muscles, eyes and causes all objects to be remembered, imagined and seen clear.
Remember, imagine objects that you enjoy, something pleasant that brings the mind, eyes to a relaxed, positive state.
Read Better Eyesight Magazine for memory, imagination exercises; Example; imagining a beach-ball on the water, up close, large, then floating farther and farther out to sea, until it is in the far distance, a small tiny speck, dot. Shift on it when it is up close, farther away and into the far distance, the size of a small dot, period.

With practice of shifting, central-fixation, Correct Vision Habits a 'Flash' of clear eyesight will occur lasting about a second or longer. Future flashes of clear eyesight last longer and become permanent. Avoid becoming immobile, staring, not blinking, attempting to hold onto the flash of clarity. Continue to shift, blink, move, relax and flashes will remain.
(It is natural for the refraction, focus of the eye to change when shifting from one object, distance to another, but when the vision is clear, eyes, eye muscles relaxed, eyes functioning normal; blur is not seen because the change in refraction, focus is very fast, quickly changing for the new object, distance.
Staring, not moving the eyes causes eye, eye muscle tension, a slow, stiff change in refraction, focus resulting in appearance of blur.)



+When reading or trying to work on a project using the eyes; notice that if the mind is bored with the subject being read, and the mind drifts to something different and visualizes mental pictures, thoughts of a different subject, different objects, while still trying to read, understand, think and visualize the subject in front of the eyes, the mind and eyes become strained trying to read, think two different things at the same time. This is diffusion-eccentric fixation-it prevents central fixation of the mind and eyes. This can cause eye muscle tension, eyestrain and unclear eyesight.

+If the person is reading something interesting, enjoyed, the mind stays on the subject being read, creates mental pictures of objects pertaining to this subject, is relaxed, positive, the eyes remain relaxed and eyesight is clear.

+Also; if the eyes are looking at a object, example; fine print and the person is not trying to read/understand the printed words, and the mind drifts to something pleasant, something different not associated with the subject printed, the mind is not trying to think about two different things; the print is in front of the eyes but the mind does not try to understand it-the mind is daydreaming something else, thinking pleasant thoughts, clear mental pictures of objects, events.., then; the vision will remain clear. In this case the mind and eyes stay relaxed and the print will flash perfectly clear because the mind is perfectly relaxed. Then the person can bring the mind back to the printed words and read them easily.
If the fine print is of a interesting subject, the mind stays on the subject being read, the mind, eyes relax and the print remains clear. (Fine print can be used as a close, reading vision Eyechart.)
Looking at the white spaces between sentences is a old activity to relax the mind and eyes. When looking at the spaces, moving the visual attention-central field left and right along the spaces and imagining them bright, pure, glowing white and clear, in deep relaxation, without effort, the print will flash dark black and clear when the right amount of relaxation occurs. Because there is nothing to see, no print on the white page, the person avoids effort to see, avoids strain and the eyes function correct. When the print flashes clear-look directly at the print, move the central the field to the print and read it.
Notice that in all situations it is the state of the mind that affects the function of the eyes and clarity of eyesight. Mind strained, tension = eyes strained = eye muscle tension = unclear eyesight.
Mind relaxed = eyes and eye muscles relax = eyesight clear.
Dr. Bates cured many patients by teaching relaxation.
Thinking pleasant thoughts, daydreaming happy positive things with the eyes open or closed relaxes the mind, eyes and brings clear eyesight. (Remember to let the eyes move, shift when daydreaming. Avoid staring into space, with the eyes immobile.)
People with unclear eyesight have been hypnotized and became able to see clear when a relaxed state of hypnosis with a positive suggestion of clear eyesight was given.

Past or present stressful experiences, trauma, negative thoughts, emotions can cause strain in the mind and unclear eyesight. Relax the mind, remove the negative thoughts, emotions and replace it with positive thoughts and eyesight improves.

Remembering, imagining objects clear improves the memory and imagination, relaxes the mind, eyes and improves the brains function of storing clear mental pictures of objects in the memory.
It is easy for the brain, eyes to produce clear eyesight when the brain has clear memory pictures of objects to work with.
Relaxation, good memory and imagination, Correct Vision Habits, left and right brain hemisphere activation and integration and clear eyesight function together, are integrated and strengthen each other. Improve one and all improve, eyesight becomes clear.

Example;
+Improving relaxation automatically improves memory, imagination, left and right brain hemisphere activation and integration, Correct Vision Habits and clarity of eyesight.
+Improving the memory and imagination improves relaxation, left and right brain hemisphere activation and integration, Correct Vision Habits and clarity of eyesight.

Practice improving all five for perfect 20/20 and clearer eyesight;
+ Practice Relaxation; Palming and Sunning.
All Natural Eyesight Improvement activities, Correct Vision Habits listed in this book induce relaxation of mind, body and eyes and improve all other functions of the visual system.
+ Practice shifting, central-fixation, switching, abdominal breathing...
+ Practice remembering, imagining objects clear.
+ Practice left and right brain hemisphere activation and integration exercises; the rock, long swing, cross crawl, figure eight. These exercises also relax the mind, body, eyes and improve eye, body movement. Palm and remember, imagine happy things.

When relaxation of the mind is perfect; memory and imagination are perfect, left and right brain hemispheres are activated and integrated, Correct Vision Habits (normal eye function) occurs and eyesight is clear.

Forget memories, mental pictures of unclear eyesight.
Remember, imagine clear eyesight. Remember, imagine objects clear.
Store only clear memory pictures of objects in the mind.
If a object appears unclear, always shift on it and remember and/or imagine it clear. Shifting part to part on a object helps the brain store a clear picture of every part of the object, creating a complete, clear picture.

The mind works with the eyes to produce clear vision.
Try this activity; look at a unfamiliar object that appears unclear;
Example; a number on the front of a bus approaching in the distance.

The number of the bus is 7.
The number is unclear and the person does not know the number.
The person shifts on the unclear number and guesses the number;
+first guess = number 4.
The person remembers, imagines a number 4 while shifting on the unclear number.
The brain causes the eyes to shift on a number 4.
This causes the eyes to look at, shift on areas where parts of a number 4 would be, where parts of a number 7 do not exist.
This confuses, strains the mind, eye muscles, eyes. The eyes should be shifting on a number 7, shifting on parts of a number 7.
The number remains unclear.
+The persons then guesses number 3.
The brain activates eye movement, shifting that should occur on a number 3. Strain occurs. The vision remains unclear.
+Next, the person guesses, remembers, imagines a number 7.
The brain activates eye movements for a number 7.
The eyes shift left and right along the top, and shift diagonally top and bottom and shift from part to part on any area of the 7. Blink.
The eyes shift on the correct areas of a number 7 and the 7 is seen clear.
The 7 becomes clear because the person remembers, imagines the correct mental picture; a number 7 and the brain, eyes relax, function together, the brain easily activates correct eye movements on a number 7. The 7 is seen clear.

Happy thoughts, mental pictures when palming.

Another way to see a unclear number, (any object) clear is to relax and daydream something pleasant and remember, imagine any pleasant object clear.
Don't try to see the number clear.
Just relax, look around and shift on any objects.
When the mind and eyes relax; look at the number, the number will be seen clear.

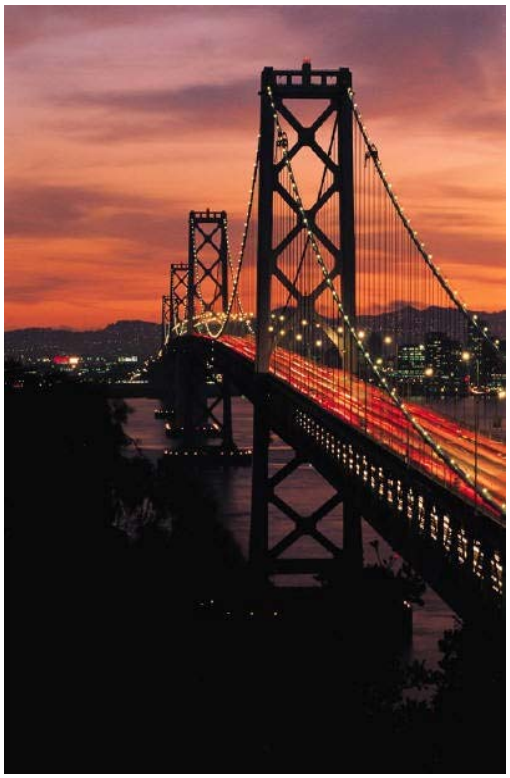
Palming improves clarity of vision.

Palming is practiced with the memory and imagination. Palming relaxes the mind/brain, body and eyes.
Relaxation activated from palming improves the memory and imagination.
Improved memory, imagination increases relaxation. Perfect relaxation, memory, imagination activate clear eyesight. Clear eyesight improves the memory, imagination and relaxation. All improve, strengthen eachother. Improve one and all improve.

Look at your hand. Trace around on the fingers, edges, outline of the hand and shift part to part; with the eyes and the other hands finger, moving it along on the hand with the eyes. Then; repeat in the imagination, using the memory, imagination with the eyes closed. Imagine seeing and tracing, shifting on the hand. Touch the hand, move the finger on the hand with the image, eye movement in the imagination. Notice the eyes move on the image in the mind. Open the eyes, repeat. Close, repeat…

Practice other memory improvement exercises; Remember every thing you did from the morning backward 2 days and nights. A week, month…

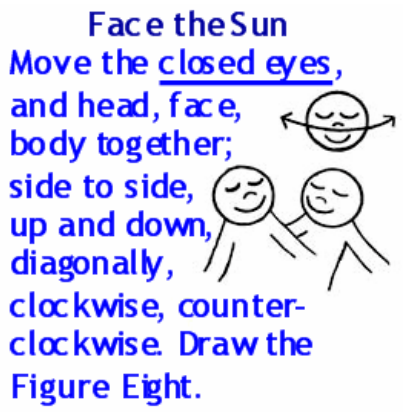
Imagine re-living a vacation; remember, see the towns, cities, land… every place you walked, drove through, things you did. Remember all the towns, cities along the west coast of California, or other state…



Shift on Objects at Night and Remember, Imagine the Objects Clear; Eyes Open, Closed, Open.

See the E-Book for Night Vision Training.

8 - SUNLIGHT, SUNNING, SACCADIC SUNNING



SUNNING - Facing directly at the sun with the EYES CLOSED while moving the eyes, head/face side to side to distribute, move the sunlight, the suns light, energy spectrum over the entire area of the eyes, cornea, lens, retina improves the health of the eyes and clarity of eyesight.
(Allow the body to move with the eyes, head/face.)

Sunlight is healthy for the eyes and activates 20/20 and clearer vision day and night, close and far. Sunlight improves health and function of the cones, rods, macula, fovea centralis, cells, capillaries, nerves and all parts of the retina, the retinas production of visual purple for clear day and night vision/adjustment to light and dark, improves health and function of the eye muscles, optic and eye muscle nerves, the lens, cornea, iris, all parts of the eyes, and improves blood, oxygen, nutrient and energy flow in the eyes, brain, body.

Sunning is a very old Natural Eyesight Improvement activity.
Years ago the Natural Eyesight Improvement Student was taught to look at the sun with the eyes open. Sunning is now done with the eyes closed.
Walking around outside in the sunlight daily and looking at the bright sunny sky (not directly at the sun) with the eyes open is healthy and safe for the eyes.
Doctor Bates cured blindness and other eye problems by applying specific ways of exposing the open eyes to direct sunlight. Sunlight brings life, renewal to the retina and the cells, cones, rods, nerves in the retina.
Some people still practice sunning with the eyes open at sunrise and sunset when the suns UV light is lowest and for brief times during the day.
Their eyes are in continual movement, shifting, blinking and the head, face, eyes move together side to side, up, down and in other directions. Staring, eye immobility and overexposure to sunlight is avoided; they practice for only a short time when the eyes are open. Relax, allow the eyes to blink, move, think positive thoughts.
Looking at the sun with the eyes open is a ancient practice called Sungazing.
Sun-gazers state that the sun is the earth's energy source and allowing it to enter the eyes improves health of mind, body, eyes, sprit but; sungazing must be done correct.
Sungazing must not be done on areas of the planet where the ozone layer is depleted, holes in the ozone due to air pollution. The ozone layer absorbs different types of UV and other light waves to protect the planet, life on the planet from being over-exposed to specific light waves of the suns light

spectrum. The eyes cornea and lens, also contribute to this protection.
A normal ozone layer (not depleted) keeps a perfect, healthy, balanced amount of sunlight, light waves entering the planets atmosphere/surface.
Read the original and Modern Sungazing, Sunning article directions from Better Eyesight Magazine at the end of this chapter.

Never face/look at the sun with the eyes open or closed during an eclipse of the sun. Looking at the sun during an eclipse can result in blindness. The blindness may or may not be temporary, curable but it is not worth taking a chance on eye injury.
Do not wear eyeglasses, contact lenses, sunglasses, tinted lenses when sunning.
(Avoid eyeglasses, contacts at all times in sunlight, artificial light, day and night).
When sunlight passes through close or distant eyeglass lenses, contacts, the lenses act as a magnifying glass that concentrates and/or widens the light abnormally onto the eyes cornea, lens, retina. This can burn the cornea, lens, retina. It usually builds up over time, no effects until damage has occurred but can also occur quickly. Glasses without frames can also act as magnifiers along the edge burning the skin, eyes.
Never look at or near the sun with eyeglasses on with the eyes open or closed.
Eyeglasses also reduce eye movement resulting in increased concentration of the light on one area of the lens, retina. This is similar to holding a magnifying glass still while sunlight passes through it and burns a object on the other side of the glass.
Eyeglasses, sunglasses, tinted, colored lenses also unbalance the suns light spectrum, block out part of the suns healthy full light spectrum, causing concentrated, abnormally high amounts of unhealthy, unbalanced, partial spectrum light to enter the eyes, brain, body.
Even when not looking at/near the sun; eyeglass/sunglass... lenses cause an unbalanced, abnormal and concentrated amount of light to enter the eyes resulting in impaired health, function of eyes, brain, body.

Natural Eyesight Improvement Teachers continue to train their students to practice sunning only with the eyes closed. Open eyed sunning is omitted from later 2nd editions of Dr. Bates book but he may not have authorized this, might have been only after his death, done by other writers giving in to pressure from the AMA, Optical Industry. Sunlight does improve the eyes health, clarity of vision.
The Author of this book Clark Night practices Closed-Eyed Sunning. I also practice Open-Eyed Sunning, Sun-Gazing for a short time every few days. I follow the directions for keeping the eyes in movement. I shift from the left to right, top and bottom of the sun, diagonally... most often out to the sky around the sun, always keeping the eyes, head in movement and blinking. The healthiest I have ever been in Adult life is when I worked selling newspapers at the train station in Boston, MA and did Sunning with a few seconds of sungazing every day or two. People at the train station did this as a natural habit, with closed eyes. They never heard of Natural Eyesight Improvement.
In 2008 I was practicing longer time open-eyed sunning to test its effect on the eyes before I wrote more in this book. I over-did the practice, too long, less eye movement and ended up with a scotoma: temporary sunspot in my visual field (not the type that refers to retina, eye injury, spot...). It stayed as a red color of light, then changed to different colors as time passed, day 3 changed to yellow and finally disappeared. I have not suffered any damage from this but now have gone back to staying with only the brief periods of glancing at the sun, open-eyed a few seconds only, lot of continual eye movement. Closed eyes sunning is done for a longer time. Eyesight good.

Avoid sunburn and overexposure to strong light. Sunlight can burn the eyes if the body, eyes are malnourished. When the eyes, body are healthy, receive a good diet/nutrition, normal sunlight will not harm the eyes. The eyes and body need sunlight and a healthy diet.
The eyes, body need a good diet with all vitamins, minerals, proteins, nutrients to fully absorb and utilize sunlight and prevent over-exposure to sunlight. The body needs daily sunlight through the eyes and on the skin for complete absorption and use/interaction of vitamins, minerals, proteins.
Sunlight produces natural vitamin D in the skin, body.
Natural vitamin D is necessary for absorption, use of calcium and other nutrients.

Many prescription and non-prescription drugs and some herbs impair the eyes natural tolerance to sunlight leaving the eyes, lens, retina and skin prone to overexposure, sunburn, injury. The drugs also impair circulation of blood, oxygen, nutrients to/in the eyes, impairs eye pressure, fluid, tear production, flow and eye health resulting in cataracts, macula degeneration and other eye problems.

Avoid drugs. Maintain a healthy diet.
Sunlight at high altitudes, flying, mountains, and skiing on snow in high altitudes is stronger. Temporary sunglasses may be need as the eyes adjust to these climates, areas. Snow-Sun burn on the cornea, irritation to retina possibly can occur causing temporary blindness. A good place to learn more about this might be the Air force: they tend to tell the truth about use of sunglasses since they need pilots with good eyesight, preferably without need for eyeglasses. The military has trained pilots in the Bates Method, Natural Eyesight Improvement and hired Bates Teachers during the War. Sunglasses are addictive, impair the health of the eyes, clarity of vision.

Sunlight through the eyes and on the skin is necessary for normal production, balance of chemicals, hormones in the brain and body including melatonin for a normal sleep cycle and serotonin for a positive state of mind, good mood, positive thoughts, emotions.

Sunning and daily exposure to sunlight improves the clarity of eyesight, color perception, can reverse/cure cataracts and other eye problems, types of blindness, stop watering of the eyes, eliminate depression, improve sleep, and cure many health problems. Exposing the eyes, skin to sunlight increases, normalizes the eyes and skins natural tolerance to sunlight.
Persons of Irish…, white, light skin need more skin protection; clothing. Their skin burns easy. A white full face cloth with eye holes can be used to protect the skin, face from sunburn when sunning.

DIRECTIONS

Practice sunning in bare feet, standing or sitting on the plain ground, grass or sand (no concrete) for maximum absorption and circulation of the suns energy. Sitting in your favorite chair is ok.
Sunning is still effective if the person must wear shoes. Practice palming before and after sunning to increase relaxation and improve the eyes, pupil/iris, retina adjustment to light and dark and production, control of visual purple. Also practice alternating 5, 10-30 seconds of palming with sunning. Example; Palm for 5 seconds, then sun 10 seconds, palm again, then sun…

Practice sunning with eyes closed 5 to 15, 30 minutes at sunrise and sunset.
UV light is weaker at sunrise and sunset so sunburn is avoided but; the eyes need UV light, all light waves of the suns spectrum, so; also, practice when the sun is higher above the horizon after sunrise and before sunset to get a full amount of light. A few seconds to 1-5 minutes of sunning can be practiced at other times throughout the day. If the suns too strong, sun under a tree.
It's beneficial to look at the bright sky, eyes open, away from the sun occasionally to increase eye health and vision improvement. Shift on the clouds, tree tops, birds, airplanes.

Practice Sunning;

Face the sun, eyes closed and move the eyes, head/face (and body also if moving longer as with the rock…) slowly side to side, left and right so the sun shines, moves upon all parts of the eyes and retina. The eyes, head/face and body move together, in synchronization, at the same time, in the same direction. This eye, head/face movement improves activation, function of the retina, and all areas of the eyes and prevents concentrating the sunlight on only one area of the retina. Let the eyes move, shift. The normal eye is in movement, enabling light rays to constantly move on the retina keeping it active, healthy and preventing sunburn, overexposure to sunlight. Every cell in the cornea, lens, retina is nourished, energized.
Think something pleasant (as when palming), daydream something happy when sunning.
Practice the figure eight while sunning.
Practice the rock and long swing when sunning.
Trace around the sun counter-clockwise and clockwise with the imaginary Nosefeather. (eyes closed).
Sweep the feather across the sun and notice oppositional movement of the suns light on the closed eyes; Sweep right > - the sun moves left <
Sweep left < - the sun moves right >

Do not wear eyeglasses, contact lenses, sunglasses, tinted, uv blocking lenses, plain lenses when sunning (and Sungazing). All these lenses block part of the suns light spectrum causing unhealthy,

unbalanced, partial spectrum light to enter the eyes and travel to the brain, down the spinal cord and into the body causing eye damage, unclear vision, impaired health of the mind, body, eyes.

Contact lenses seal over the entire pupil completely blocking out full spectrum light.

Eyeglasses, contact lenses, sunglasses, tinted, uv blocking lenses also impair, weaken the eyes natural tolerance to sunlight, are addictive causing the eyes to hurt, water, experience abnormal, increased glare when in the sunlight and even in indoor light when the lenses are not worn. Wearing the lenses causes vision impairment, unclear eyesight. The eyes and entire body need full spectrum, balanced sunlight daily (without any type of eyeglasses, sunglasses…) to remain healthy with clear eyesight.

Full spectrum sunlight is pure sunlight not filtered, not passing through eyeglasses, contact lenses, sunglasses, tinted, colored lenses, uv blocking lenses including glass and plastic windows.

Suntan lotion, sunscreen lotion, many skin creams, and face, body makeup also blocks full spectrum sunlight causing unhealthy partial spectrum light to impair the health of the skin, cause skin cancer and impair the sun/skins production of natural vitamin D. Chemicals in the products are toxic.

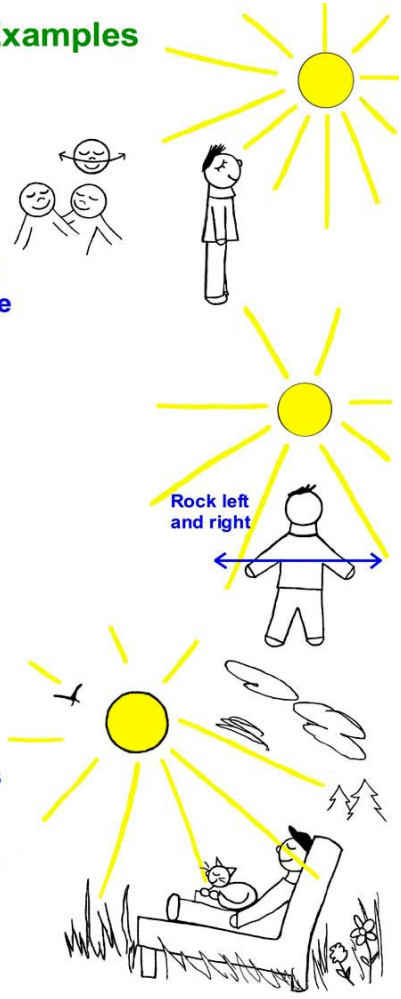
Go outside in the sun every day. Wear a hat with a wide brim and full clothing in place of sunglasses, skin creams in strong sunlight.

Sunning Examples

Face the sun with the eyes closed and move the head/ face slowly, relaxed side to side; left, right, left, right... Feel and see the sun move across the face/closed eyes. Then, move the head/face up and down, then circular; trace around the sun counter clockwise, clockwise. The eyes, head/face (and body) move together, at the same time, in the same direction.

Do the rock while sunning; Face the sun with the eyes closed and rock the entire body side to side, left and right. Do the long swing.

Sit facing the sun, relax, eyes closed and daydream pleasant thoughts. Occasionally move the head/ face side to side.



The pictures show a variety of sunning activities;
Face the sun with the eyes closed and move the head/face slowly side to side; left, right, left, right. Relax, think positive thoughts or think nothing.
Then, move the head/face up and down, then circular; trace around the sun with the nose-feather, counter-clockwise and clockwise.
Face the sun, (eyes closed) and do the rock; rock, sway the whole body slowly, relaxed side to side; left, right, left, right. Then, do the long swing, then the figure eight while facing the sun.

(Practice can be done with the eyes open when the sun does not shine directly into the eyes).

Sit in your favorite chair outside in the sun.
Let the sun shine on the closed eyes and daydream pleasant thoughts.
Occasionally move the head/face side to side.
Move the chair under a tree and let the sun shine through the branches on the eyes, face, (a safe amount of sunlight that will not cause sunburn). The tree branches will move the light for you if there is a breeze; when the wind blows the branches, leaves on the tree, this activates saccadic sunning, healthy saccadic eye movements as described in the following pages, pictures.
Let the mind daydream happy things, drift into deep relaxation and sleep.

Notice how a cat and other animals will sit in a window or outside facing the sun, eyes open for a while, then close the eyes, relaxed, contented. Animals instinctively know the sun is healthy.

SACCADIC SUNNING CANNOT BE DONE BY EPILEPTIC PERSONS PRONE TO SEIZURES CAUSED BY FLASHING LIGHT.
(All other persons can practice saccadic sunning for healthy eyes and clear vision.)

Saccadic sunning is taught by Natural Eyesight Improvement teachers. (See pictures next page.)
Saccadic sunning relaxes the eyes, eye muscles and gets the eyes moving, shifting normally.
Saccadic sunning occurs naturally. Example;
When walking or driving in a car, train... under, beside, past trees, rungs of a fence with the sun shining through the tree branches, leaves, rungs of the fence.
As the person moves, the sun shining through the tree branches, rungs of the fence produce sparkling, flickering, moving light and shadows on the face, eyes, retina. This is very healthy for the eyes.
The shining, flickering, moving light and shadow on the eyes relaxes the mind, eyes, eye muscles, and activates saccadic eye movements - saccadic shifting of the eyes.
Saccadic eye movements are very small, tiny, including microscopic, fast automatic, eye movements. Watch a person that has normal eye function, clear vision; the eyes sparkle as their eyes move and light moves upon, reflects on the moving eyes. Saccadic movement is the most perfect, normal eye function that produces very clear vision, much clearer than 20/20.
The tiny movements also activate, perfect central-fixation; to shift on and see very small fine details of objects clear, to see clearest with the center of the visual field.
Saccadic sunning and saccadic eye movements massage, activate, improve function and health of; the eyes retina, cones, rods, optic and other nerves in the retina, the eye muscles, lens, cornea, iris, all areas of the eye. Eye movement, relaxed eye muscles improve/normalize blood, fluid flow in the eyes.

Saccadic Sunning

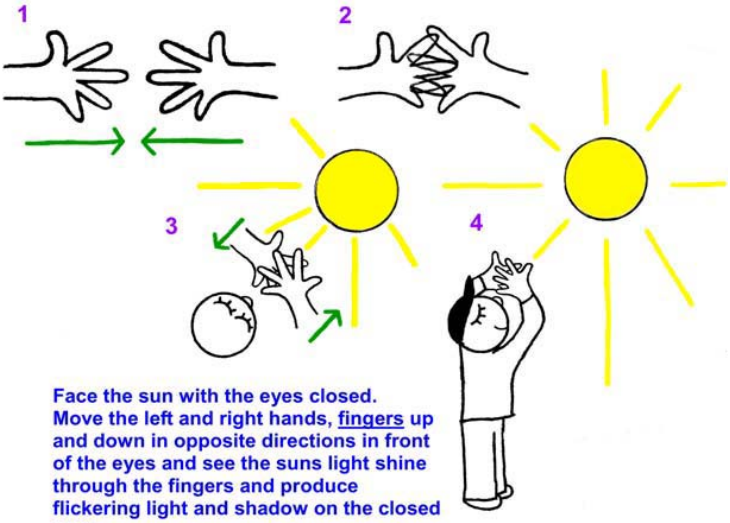
Face the sun with the eyes closed.

Place the hands in front of the eyes, the left and right hands 1-2 inches apart.
The hand closest to the face is 4-5 inches from the eyes.
The palms of the hands are facing inward toward the eyes with the fingers in front of the eyes.
The fingers are apart and relaxed, not stretched. See diagrams # 1 and 2.

Move the left and right hands (fingers) up and down in opposite directions in front of the closed eyes.
Move the head/face side to side.
See diagrams # 3 and 4.
As the fingers of the left and right hands pass eachother as one hand moves up and the other moves down, the sun shines on the eyes through the open fingers producing flickering, moving light and shadow on the eyes, retina.
Move the hands slow, then faster, slow... and notice the light, shadow move fast, slow and produce colors.

Palms of hands toward the face. Fingers apart, relaxed.

Move the fingers/hands in front of each other, not touching, not interlocked. The hands are about 1-2 inches apart. Hand closest to the face is 4-5 inches from the eyes.
Fingers are in front of the eyes.



Face the sun with the eyes closed.
Move the left and right hands, fingers up and down in opposite directions in front of the eyes and see the suns light shine through the fingers and produce flickering light and shadow on the closed eyes.

The flickering sunlight and shadow on the closed eyes activates eye, eye muscle relaxation and saccadic eye movements, shifting - very small, fast, automatic eye movements; the natural, most perfect eye function that brings light into the eyes, relaxes the mind, eyes, eye muscles and produces very clear vision.

Bookkeepers and people who work by artificial light wear contrivances of all kinds to shade their eyes from the artificial light. Is sunlight injurious? It is not. Of course after remaining in a dark room and suddenly going out into the bright sunlight one feels the change, and if one is at all nervous the effect of the light on the eyes is magnified—exaggerated. Some people believe it injures the eyes to read in the bright sunlight with the sun shining on the page. They complain that the light dazzles their eyes.

I know a farmer who for fifteen years had never been able to do a stroke of work out in the sun. He complained that the light blinded him and so he remained in a dark room most of the time and was not as happy as he might have been. He had a large family and in their sympathy they believed as he did and all the time cautioned him to protect his eyes. If someone opened the door suddenly and let in the daylight, there was a great rush to close the door and protect the gentleman from the light.

He came to me with his eyes well wrapped up and protected from any light striking his eyes. I darkened the room and had him look down, and when he looked far down I lifted the upper lid and focused a strong light on the white part of his eye—first the artificial light and then the strong light of the sun.

The effect was miraculous. He smiled and walked around the room, looked out the window, put on his hat, walked down the street, and came back feeling first rate. Ever afterwards he enjoyed the light instead of suffering from it. All he needed was a little encouragement. Focusing the strong light on his eyes with the aid of the burning glass and doing it right caused him no pain or discomfort whatever.

I know a white man who lives in Borneo, an island in the tropics. This man goes around without a hat. He told me that the natives did not wear hats and had no discomfort from the sun and what was good enough for the natives was good enough for him, and it certainly worked. He has lived there thirty years or more and the sun does not do him any harm. Did he ever suffer sunstroke? No. Did anybody else ever suffer sunstroke in Borneo? There is no record. Out in the Canadian northwest in the summer time the sun is very strong and the crops mature in a few months. They raise fine wheat there. Do you hear of anybody being sunstruck working in the wheat fields?

In New York City the papers publish records of sunstroke from time to time during the hot weather. I have been called to attend such cases. Quite a number of people living in tenement houses have been ill during the very hot weather and I am quite sure that many years ago I believed that I was treating cases of sunstroke. It is very queer but many of these cases never saw the sun and most of them had a breath that we in the days of prohibition might envy.

I do not believe any baseball player or any tennis player, in spite of his strenuous exercise on bright sunshiny days, has ever suffered from any bad effect of the sun. Most tennis players do not even wear a cap to protect their eyes from the sun and you have to have good eyesight to play a good game of tennis. The light of the sun often shines directly into their eyes when they serve the ball and the experts are able to drive the ball quite accurately in spite of the sun.

Many years ago I listened to the older and the wiser men who treat the eye and they complained that something ought to be done to prevent children playing out in the sun without any hats on. We are more liberal now and treat tuberculosis in children by exposing not only the head and eyes but their whole bodies naked to the sun and I understand it is a very successful treatment. Miners who seldom see the sun always have disease of their eyes. All people who wear dark glasses and avoid the bright sunlight have trouble with their eyes.

I had a patient once who spent two years in a hospital here in New York many years ago, occupied a dark room, had her eyes bandaged with a black cloth so that not a ray of light could possibly enter her eyes, and at the end of her treatment left the hospital worse than she was before. I cured her by having her practise looking at the sun. At first when she did it she was temporarily blinded. She said that she had no perception of light whatever, but in a few hours she recovered and her eyes felt better.

I undertook to caution her by suggesting that she do it gradually so as not to get too much of the sun at once, to wait until she became more accustomed to it; but she paid no attention to what I said and went ahead and blinded her eyes again and kept it up every day, with very rapid improvement in her sight, until not more than a week or so later she could look straight at the sun without suffering any inconvenience whatsoever. Her vision, which had been one-tenth of the normal with glasses, became normal without glasses after the sun treatment.

SUNLIGHT, LIGHT ENERGY TRAVELS INTO THE EYES, BRAIN, BODY, CHAKRAS
SUNLIGHT CONTROLS FUNCTION, HEALTH OF THE EYES, BRAIN, BODY AND KEEPS ENERGY IN THE BODY FLOWING, BALANCED, STRONG.

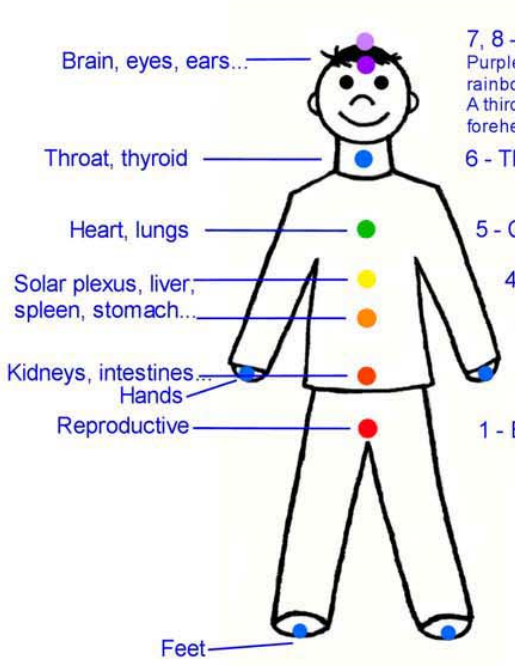
Sunlight, light energy travels into the eyes, brain, body, to organs, systems and chakras, (energy centers) along the spine and in all areas of the body.

Sunlight is necessary to maintain normal function, communication, health of all areas/parts of the body, brain, eyes.
Light and darkness controls the production and balance of melatonin, serotonin, and all chemicals, hormones, energy, functions in the eyes, brain, body.
Sunlight, light energy travels into the eyes and to the brain, pituitary, hypothalamus, pineal, and other organs, glands, left and right hemispheres, visual cortex, all areas of the brain.
Light energy then travels down and up the spine to all areas of the body.

Sunlight, energy also travels in the brain and along the spine through energy centers, chakras (related to acupressure points).
The eight main chakras along the spine, head and on the hands, feet are shown in the diagram.
Many more chakras are located throughout the body connected by energy pathways similar to the circulatory system.
When energy flows correct, balanced in the body; normal health is maintained.
Full spectrum sunlight traveling in through the eyes and on the skin keeps energy strong, balanced for perfect health and clear vision.
Tai Chi, Qi gong, Karate, Meditation, breathing exercises strengthen, balance, control the bodies energies.

Organs, systems

Chakras



7, 8 - Top of head and above head.
Purple, light purple, white and all colors of the rainbow.
A third main chakra exists below the center of the forehead, between the eyebrows.

6 - Throat, neck - blue

5 - Chest - green

4 - Solar plexus - yellow

3 - Below solar plexus - orange

2 - Lower abdominal area - orange/red

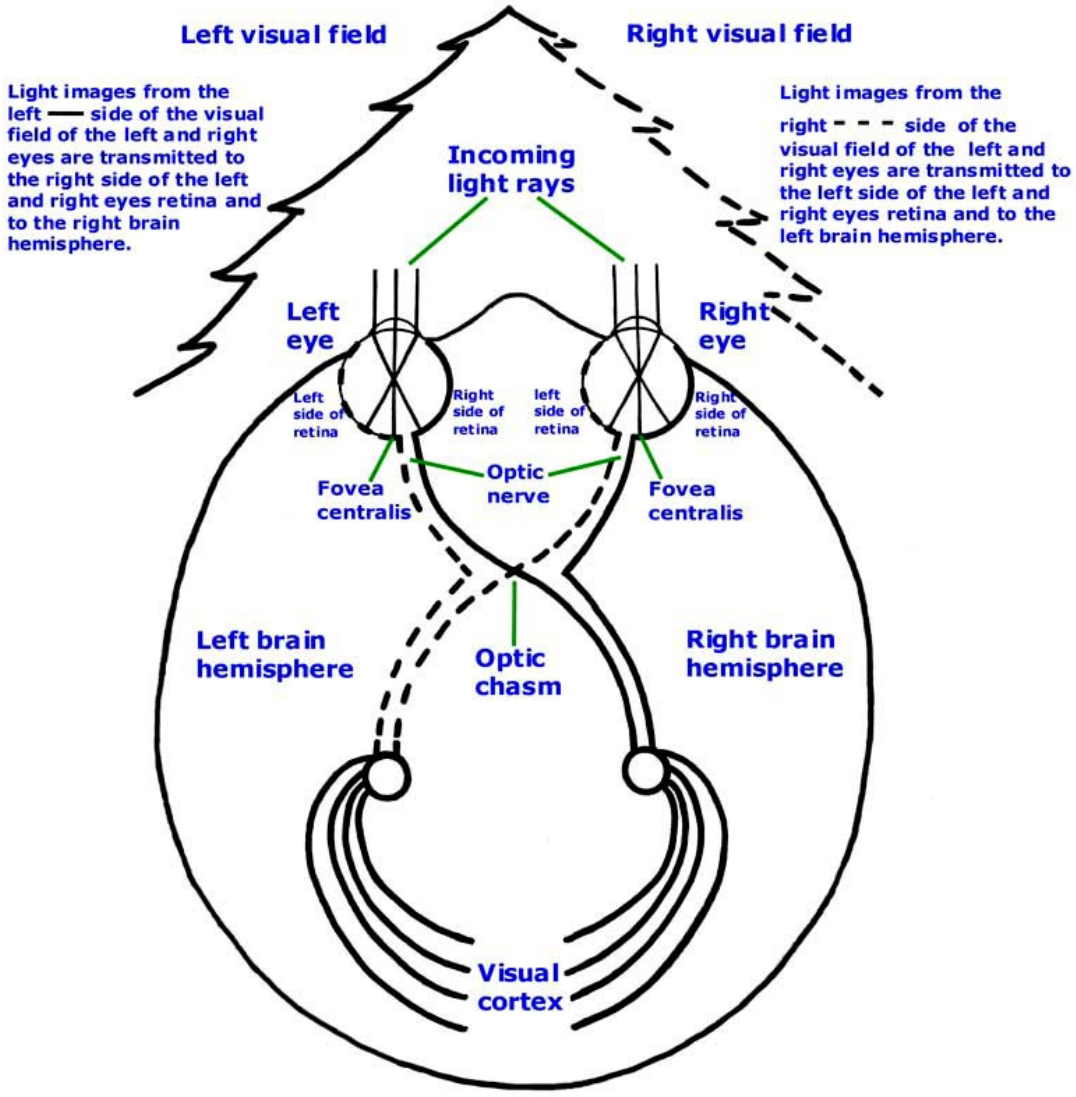
1 - Base of spine, tailbone area - red

Obtain full spectrum sunlight daily, no eyeglasses, contacts, sunglasses.
Take your hat off and let sunlight shine on the top of the head and strengthen charka energy.

The sun contains the 7 colors of the rainbow and all mixtures, levels of these colors.
Each color has its own light wave frequency and properties.

When looking at, visualizing each color, notice the feeling it generates in the eyes, mind and body; energy, relaxation, different types of positive feelings, mood.
Each color has a specific healthy energy.

Sunlight, light energy enters the eyes, focuses on the retina, is converted to electricity, light energy, then travels along the optic nerve to the brain, crosses through the optic chasm, through the left and right brain hemispheres to the visual cortex in the back of the brain producing a clear visual image seen by the eyes, brain.

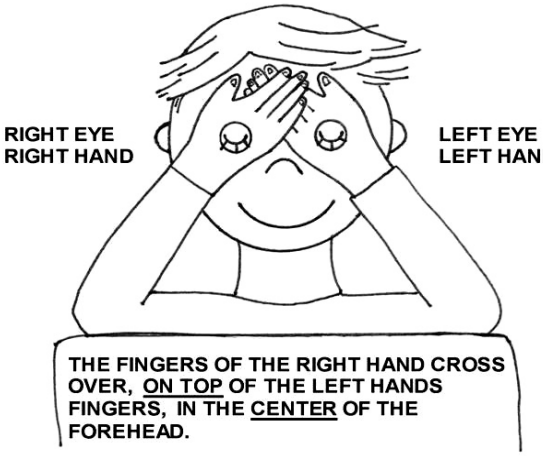


The visual fields of the left and right eyes combine, fuse together to form one visual field with one central field, one peripheral field.
The brain and eyes function together to produce clear vision.
Vision is mainly a function of the brain.
Relaxation of the mind/brain activates perfect function of the brain, eye muscles, nerves, retina, eyes and clear vision.
Natural eyesight improvement; shifting, central fixation, switching close, middle, far, relaxation, memory and imagination, left and right brain hemisphere activation and integration activities activate correct function of the brain, eyes, perfect left and right brain hemisphere activation and integration for equally clear 20/20 and better vision in the left and right eyes at all distances, close and far.

9 - PALMING

PALMING

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



THE FINGERS OF THE RIGHT HAND CROSS OVER, ON TOP OF THE LEFT HANDS FINGERS, IN THE CENTER OF THE FOREHEAD.

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

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

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

PALMING

The pictures show palming; to cover the closed eyes with the palms of the hands AND RELAX.

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

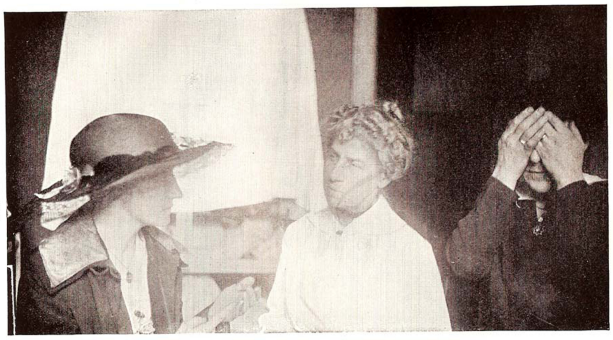


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Fig. 52. Neuralgia Relieved by Palming and the Memory of Black
While the visitor was explaining to her sceptical hostess the method of relieving pain by palming and the memory of black, another member of the family, who was suffering from trigeminal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

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

Palming also activates and integrates the left and right brain hemispheres when the mind relaxes, using the memory, and imagination and by crossing the left and right hands fingers across the center of the forehead.

Chakras, energy/acupressure points on the center of the forehead are activated by the light touch of the hands on the forehead. Energy from the chakras in the hands enters the eyes.

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

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

DIRECTIONS

Sit and relax with good posture.
Rest the elbows on a pillow. Relax, loosen the shoulders, neck.

Place the palms of the hands over the eyes as shown in the picture.
+Place the left hand over the left eye first and place the fingers onto the center of the forehead.
+Then, place the right hand over the right eye with the right hands fingers on top of the left hands fingers and also over the center of the forehead.
The left and right hands fingers meet/cross on the center of the forehead.
The heel of the palms of the left and right hands rests on the cheekbones, without placing strong pressure on the cheekbones.
Cup the palms of the hands over the eyes. The hands are relaxed.
Do not press the hands on the eyes or eyelashes.
It is ok if a little light shines through the fingers.
Close the eyes.

Relax. Breathe slow, deep, comfortable. Abdominal breathing.
Daydream about something you like. Think something positive.
Forget about the eyes.
Let the mind drift from one pleasant thought to another.
Remember, imagine objects in the mind clear, in color-as in real life, like a movie, motion picture in the mind. See, hear, feel, smell, taste...
When looking at a object, scene in the mind, shift on it just as the eyes normally look at things. This keeps the mental images clear.
Look at objects, people at close, middle and far distances. Shift object to object, part to part on objects. Imagine, see and shift on small parts, tiny details of objects.
Move, walk around in the scene. Enjoy looking at the scenery.
Do this relaxed, no effort, enjoy the daydream, happy thoughts.
Then, let the mind, eyes shift on their own, just sit back and relax.

My friend likes to imagine he is laying back in his boat, floating down the Quaboag River in Brookfield, Massachusetts.
His fishing pole is in the water, he hears the birds, crickets, feels the sun shining and wind blowing, sees and hears the high grass and tree leaves moving in the wind, sees the sun sparkling, moving on the water. His friends boat is sailing farther down stream, kids are running flying a kite along shore... A train moves along the tracks beside the river, birds fly about, a butterfly fly's along the river, fields, lands on flowers, tall grass, cattails, apple tree. See the peach trees and remember stealing peaches. A fox drinks on the side of the river, a snapping turtle hangs out on the rocks then dives into the river...
He imagines everything as in a motion picture; in action, color and clear. All objects in the imagination are seen clear.
He drifts into deeper and deeper relaxation.

Moving colors may be seen under the closed eyelids when palming. Some teacher's state this is a sign that the eyes, brain needs relaxation. They state that "when perfect, dark black is seen, the eyes, mind are relaxed and vision is clear". Black can be seen by relaxation methods or remembering, imagining something perfect black.

Modern teachers state that trying hard to see black interferes with relaxation and it is easier and more effective to obtain relaxation by daydreaming pleasant, happy thoughts.
Let black occur on its own, and if it does not occur, that is ok, relaxation is still obtained.

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

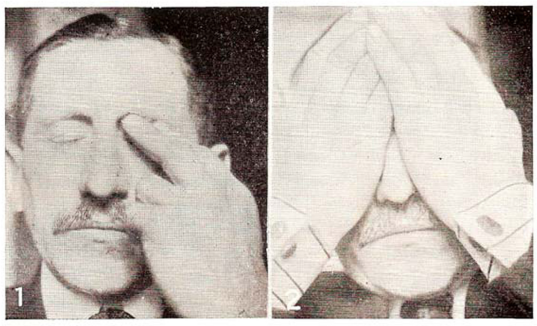


Fig 45

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

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

Palm 10 minutes a few times a day, and/or 30+ minutes twice a day. Palm morning and night before sleep. Palming can bring instant clear vision. A man in Better Eyesight Magazine cured his vision by palming for 24+ hours. Palming can bring instant clear vision.

Palming is a relaxation, meditation method, healthy for the eyes, mind, body, relaxes the mind, body, neck, eye muscles, eyes.
Tai chi/chi gong teaches that energy from the hands enters the eyes, brain when palming. The energy is healing, balances the energy in the eyes, brain, visual system. (Read the color chart chapter.)

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

Palming Examples from Ophthalmologist Bates Better Eyesight Magazine

Palming

By W. H. BATES, M.D.

(Memory and Imagination while Palming)

Happy thoughts, mental pictures when palming.

Palming improves clarity of vision.

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

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

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

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

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

successfully than others.

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

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

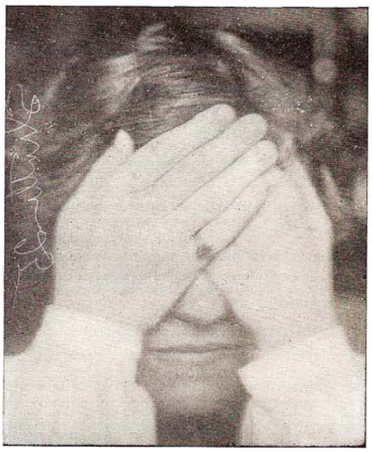


Fig. 42. Palming

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

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

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

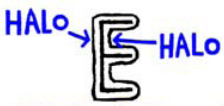
One patient who had great difficulty in palming successfully was very much disturbed by seeing different colored lights. When she tried to get rid of them by an effort, they became much worse, and her discomfort was increased by the palming, instead of being relieved.

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

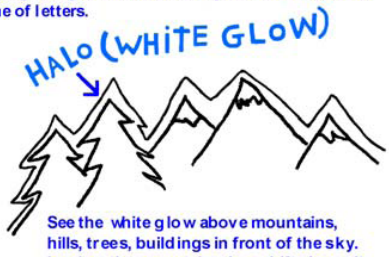
Some people while palming can remember the branches of trees or high grass moving in the wind. The running water of a brook can be remembered with benefit, provided no effort is made. A trip to the seashore becomes restful, enjoyable when one imagines the rollers or waves flowing in and out. When riding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

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

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



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



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

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

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

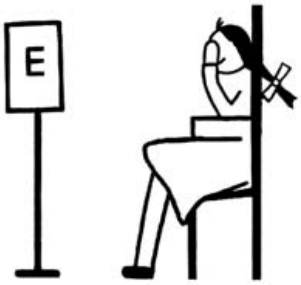
Remembering, Imagining clear mental pictures improves the memory, imagination, relaxation and clarity of vision.
The girl palms and thinks of her doll, (a favorite thing), remembers, imagines, shifts part to part on her doll seeing one part best at a time (Central Fixation). Doll is imagined clear, in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

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

Palming

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

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



Perfect mental pictures, relaxation=clear vision.

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

PERMANENT IMPROVEMENT

MANY patients find that while it is easy for them to obtain a temporary improvement in their sight by palming a sufficient length of time or by other methods, they do not seem to hold it permanently. In this connection it is well to remember that the normal eye with normal sight can only maintain normal sight permanently by consciously or unconsciously practicing the slow, short, easy swing. When the normal eye has imperfect sight it can always be demonstrated that the swing stops from an effort. When the normal eye has normal sight, the eyes are at rest and all the nerves of the body feel comfortable. When the swing stops, one always feels more or less uncomfortable. To have perfect sight can only be obtained easily, without effort. To have imperfect sight always requires a strain or an effort which stops the swing. Near-sighted patients who have normal vision for reading at the near point become able, when their attention is called to it, to demonstrate that they are more comfortable when reading the fine print than they are when they fail to see distant objects perfectly.

One of the great benefits of the drifting swing is the comfortable relaxed feeling it brings. The retinoscope always shows that the eye is not near-sighted when no effort is made. Persons with imperfect sight should imitate the eye with normal sight by practicing a perfect memory, a perfect imagination, a perfect swing, without effort, with perfect comfort all the time that they are awake. As I have said before many times, it is a good thing to know what is the matter with you because it makes it possible to correct it.

BETTER EYESIGHT

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

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Publisher, CENTRAL FIXATION PUBLISHING COMPANY

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Quick Cures

By W. H. BATES, M.D.

CHILDREN are more easily cured of imperfect sight than are adults. Children twelve years of age or younger who have never worn glasses, who can read 20/100 or better, may obtain normal sight in two weeks or less by reading the Snellen Test Card four times a day after palming and practicing the swing for five minutes or longer. To obtain a permanent cure it is necessary that such children should devote at least five minutes a day to palming, swinging and reading the Snellen Test Card as long as they attend school. There is a great difference in the minds of children. Some have good memories and can maintain mental pictures perfectly for long periods of time. Many of these cases have been cured temporarily in one visit by palming for an hour or longer while remembering mental pictures perfectly. Those children who were unable to remember or imagine mental pictures were not so readily cured, yet many of them were taught how to remember mental pictures at the first visit, and, with the help of palming and swinging a sufficient length of time, they also obtained normal vision at the first visit.

A small boy who plays baseball frequently becomes able to see, remember or imagine mental pictures connected with a game of baseball, and the better he remembers the ball game the better becomes his vision.

Squint, which is more or less prevalent in young children, is oftentimes relieved promptly by playing games which require running. If the children enjoy the game the strain of the eyes will be relieved and they will be-

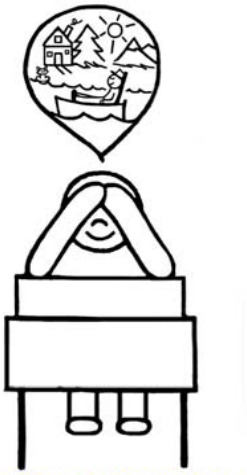
Palm and remember a sunset, blue sky, white cloud... and shift part to part on the objects and from object to object. Then, it is easy to remember a clear, black letter o. Place the o on the white cloud and shift on the o and see it move, 'swing' opposite the shift of the eyes. Open the eyes, vision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

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

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

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

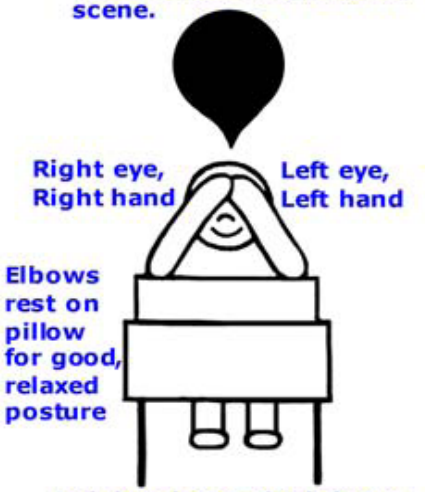
Palm and imagine drifting down a river. See objects in color, clear, motion. Movement of the boat, water, wind, birds flying, sun shining, sparkling on the river, animals walking on the shore, colorful dragonflies... Imagine all the senses; touch, warmth of sun, feel the breeze, hear the water, birds,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



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

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

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



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

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

10 - The Color Breathing Relaxation, Energy Chart can be used with or without palming to relax the mind, body, eye muscles, eyes, enter the Alpha, Theta, Delta brain wave states of deep relaxation and improve; the memory, imagination, energy circulation, strengthening, breathing and the clarity of eyesight. Start at number 1- color red - bottom of the chart.

COLOR BREATHING RELAXATION CHART

START AT THE BOTTOM OF THE CHART; BETA #1 WHITE, THEN RED.
RELAX AND PRACTICE SLOW ABDOMINAL BREATHING AND IMAGINE EACH COLOR, #1 RED, BETA TO #7 LIGHT PURPLE, ALPHA.
RELAX MORE, DEEPER ONE EACH NUMBER/COLOR AND ON EACH OUTWARD BREATH.
PERFECT, DEEP RELAXATION OF THE MIND/BRAIN, BODY, EYE MUSCLES, EYES OCCURS IN ALPHA AND DEEPER STATES OF THETA, DELTA.
BRAIN WAVE FREQUENCY, CYCLES PER SECOND (CPS) ARE SLOWER IN ALPHA, THETA AND DELTA. IN ALPHA, THETA, DELTA;

DELTA - DEEPEST STATE OF RELAXATION - ON THE BORDERLINE OF AND INTO DEEP SLEEP. BRAIN WAVES SLOWEST.	1 - 3 CPS
THETA - A DEEPER STATE OF RELAXATION - ON THE BORDERLINE OF BEING AWAKE AND FALLING ASLEEP.	4 - 6 CPS
ALPHA - A RELAXED STATE - BRAIN WAVE CYCLES ARE SLOWER THAN BETA..	7 - 13 CPS

THE EYE MUSCLES RELAX, THE EYE IS IN NORMAL HEALTHY SHAPE, EYES AND BRAIN FUNCTION CORRECT, LIGHT RAYS FOCUS CORRECT ON THE RETINA, MEMORY AND IMAGINATION ARE PERFECT AND EYESIGHT IS CLEAR.
AFTER RELAXING IN ALPHA; IMAGINE WHITE LIGHT AGAIN, THEN RELAX DEEPER INTO THE THETA AND DELTA BRAIN WAVE STATES AND LET THE MIND IMAGINE ANY COLORS, PLEASANT SCENES, THOUGHTS, OBJECTS, HAPPY DAYDREAMS.
REMEMBER, IMAGINE OBJECTS IN COLOR AND PERFECTLY CLEAR. IMAGINE, REMEMBER, SEE OBJECTS, PEOPLE... IN THE MIND IN MOTION AS IN REAL LIFE, LIKE A MOVIE PICTURE. HEAR THE WIND, BIRDS, FEEL THE WARM SUN...
REMEMBER, IMAGINE USING CORRECT VISION HABITS ON OBJECTS; SHIFTING, SWITCHING, CENTRAL FIXATION...
DRIFT OFF TO SLEEP OR, BRING THE MIND BACK TO ALPHA, OPEN THE EYES, WALK AROUND AND PRACTICE CORRECT VISION HABITS AND OTHER NATURAL EYESIGHT IMPROVEMENT ACTIVITIES IN PERFECT RELAXATION;
THE ROCK, LONG SWING, FIGURE EIGHT, CROSS CRAWL, SUNNING, SACCADIC SUNNING...
PALMING (CHAPTER --) IS OPTIONAL. IT CAN BE USED WHILE VISUALIZING THE COLORS. CHI ENERGY STRENGTHENING, CIRCULATION CAN BE PRACTICED WITH ABDOMINAL BREATHING AND COLOR ENERGY VISUALIZATION. SEE PAGE---

DEEP RELAXATION		BRAIN WAVE FREQUENCY, CYCLES PER SECOND	
ALPHA 7		7 - 13 CPS	RELAX - BREATHE SLOWLY AND IMAGINE SPARKELING LIGHT PURPLE LIGHT
			BREATHE OUT AND IMAGINE SPARKLING WHITE LIGHT
6			RELAX - BREATHE SLOWLY AND IMAGINE SPARKLING PURPLE LIGHT
			BREATHE OUT AND IMAGINE SPARKLING WHITE LIGHT
5			RELAX - BREATHE SLOWLY AND IMAGINE SPARKLING BLUE LIGHT
			BREATHE OUT AND IMAGINE SPARKLING WHITE LIGHT
4			RELAX - BREATHE SLOWLY AND IMAGINE SPARKLING GREEN LIGHT
			BREATHE OUT AND IMAGINE SPARKLING WHITE LIGHT
3			RELAX - BREATHE SLOWLY AND IMAGINE SPARKLING YELLOW LIGHT
			BREATHE OUT AND IMAGINE SPARKLING WHITE LIGHT
2			RELAX - BREATHE SLOWLY AND IMAGINE SPARKLING ORANGE LIGHT
			BREATHE OUT AND IMAGINE SPARKLING WHITE LIGHT
1			RELAX - BREATHE SLOWLY AND IMAGINE SPARKLING RED LIGHT
BETA	ACTION, MENTAL AND PHYSICAL ACTIVITY. MIND/BODY ARE RELAXED WHILE ACTIVE; "DYNAMIC RELAXATION" BETA IS A HEALTHY STATE WHEN THE MIND, THOUGHTS ARE POSITIVE, HAPPY, CONSTRUCTIVE..	14+ CPS	START HERE - RELAX, BREATHE ABDOMINALLY, SLOW, COMFORTABLY DEEP. IMAGINE THAT YOU SEE AND FEEL SPARKLING WHITE LIGHT ENERGY IN THE ENTIRE BODY; EYES, BRAIN, BODY AND OUTSIDE, AROUND, SURROUNDING THE BODY. THEN RELAX, BREATHE AND IMAGINE, FEEL EACH COLOR ON THE CHART, ONE COLOR AT A TIME, RED, ORANGE, YELLOW, GREEN, BLUE, PURPLE, LIGHT PURPLE. SEE, REMEMBER, IMAGINE, FEEL EACH COLOR AS SPARKLING, HEALTHY, PROTECTIVE, COLORED, LIGHT ENERGY IN AND AROUND THE BODY. BREATHE IN AND OUT SLOWLY A FEW TIMES WHILE IMAGINING A COLOR. THEN, BREATHE OUT, IMAGINE WHITE LIGHT ENERGY, RELAX MORE AND MOVE TO THE NEXT COLOR. LOOK AT THE COLORS ON THE CHART TO HELP THE MIND REMEMBER, IMAGINE A COLOR, THEN PRACTICE WITH THE EYES CLOSED,

Video - http://www.youtube.com/watch?v=txC1e8TOQfw&feature=mfu_in_order&list=UL

Relaxation of the mind, body, eye muscles, eyes experienced in the alpha, theta, delta deep relaxed states while palming or using the color chart continues when fully awake, active in the beta state. 'Dynamic Relaxation'. Eyesight is clear.

Create a Energy Field In/Around the Hands, Body Before Palming

A Tai Chi, Qi Gong Exercise.

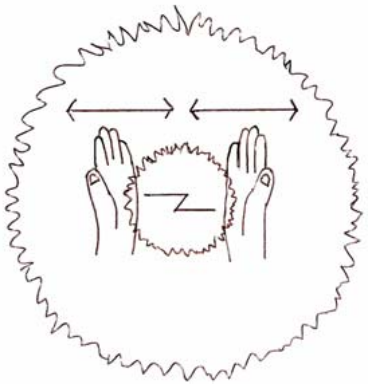
Practice deep, diaphragm breathing and energy circulation, strengthening. Place the hands about a foot apart. Move the hands in and out; close together, then farther apart, then close, then apart, close... Spacing is about 1 Ft. apart to 1 inch close. Feel the energy in and around the hands. Feel a energy ball, electric, magnetic energy between the hands. Do not touch the hands together- it will shut off the energy flow, strength. Strengthen and circulate the energy;

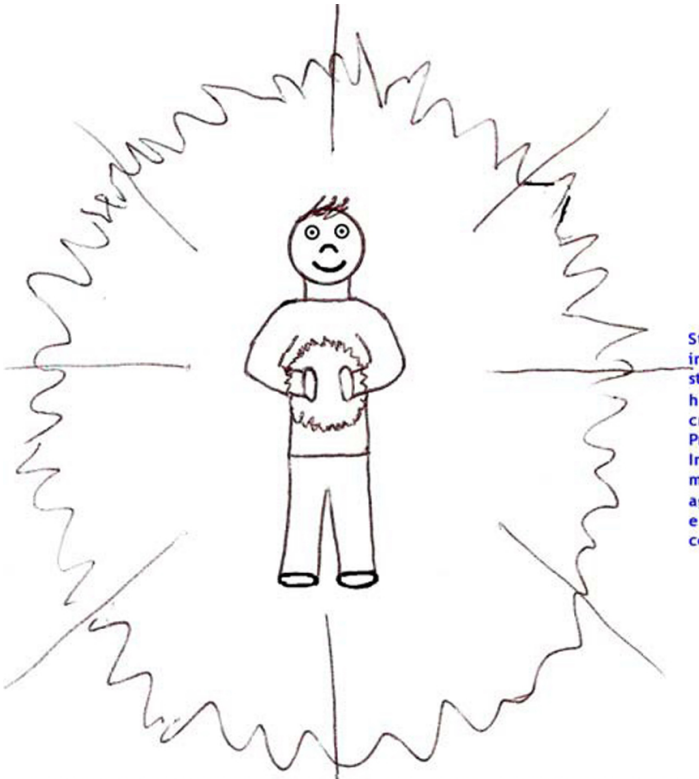
Breathe in and out, comfortably deep, relax and move the hands in and out. Breathe in and pull energy up through the ground, feet, up the spine, throughout the body, up into the head, then breathe out and move the energy out the top of the head, like a water hose releasing the water up over the head, 'a energy halo', then the energy moves down around the body. Straight down, then practice moving it in a clockwise spiral. Repeat; pull the energy back up through the feet, body... Feel and strengthen it in and around the body. The in breath will also pull more energy into the body. This is Chi, Qi Gong and other body, sprit energies. A magnetic, electric feeling energy-protective force-field around the body. The human Aura, energy field.

The energy in, around the body, hands can be imagined white, blue, purple and different colors as done with the Color Breathing Relaxation Chart. Imagine it as electric, magnetic, sparkling, moving, with life.

Chi Energy Field in and around the hands and Energy Ball between the hands.

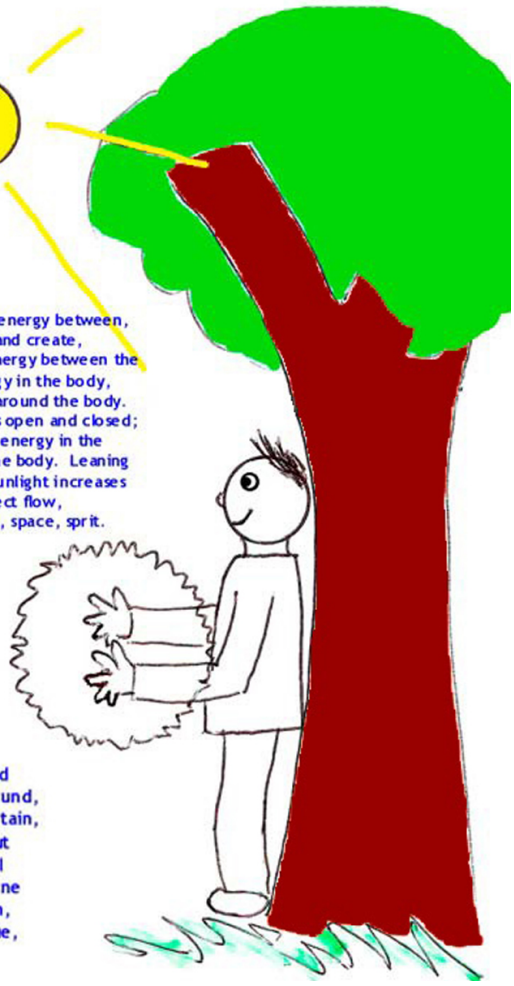
Palms of hands face in toward eachother Move the hands in and out, close and farther apart. Breathe deep, relax and feel, strengthen the energy. Then circulate it throughout the body and around outside the body. Do not touch the hands together.





Activate, strengthen Chi Energy between, in and around the hands. Circulate it in the body and around the body as a Protective, Healthy Electric, Magnetic Force Field, Aura. Pull energy up through the ground, up through the body, along the spine, throughout the body, out the top of the head, like a water fountain, then send the energy down, all around the body and back up the feet, spine, through the body and out the top of the head again. Repeat. Practice diaphragm/abdominal breathing with the exercise and pull energy in, up the body on the in breath and out the top of the head on the out breath. The breath alone also brings energy into the body. Practice with the tree for increased grounding, centering, expansion, energy strength and correct flow. Imagine the energy different colors, one color at a time; white, blue, purple, green and other colors. Practice with directions for the Color Breathing Relaxation Chart.

Strengthen, circulate energy between, in, around the hands and create, strengthen a ball of energy between the hands. Circulate energy in the body, create a energy field around the body. Practice with the eyes open and closed; Imagine, see, feel the energy in the mind, body, around the body. Leaning against a tree in the sunlight increases energy strength, correct flow, connection with earth, space, sprit.

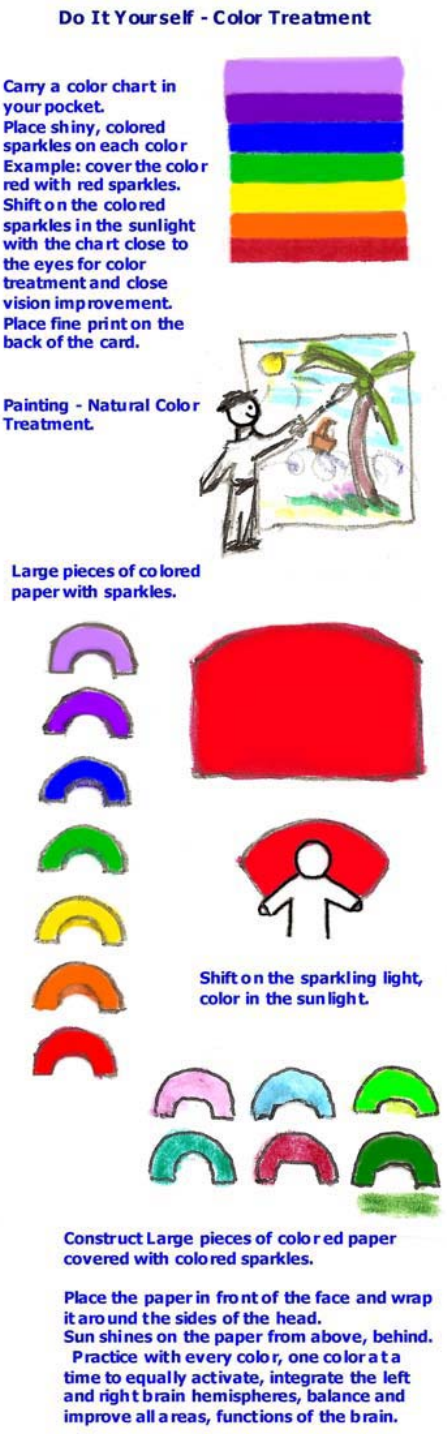


Print the Color Chart. A wallet size is provided here. Colored sparkles are glued to each color; red sparkles on the color red, orange sparkles on the color orange... to simulate live, moving energy.
Practice shifting on the colors, tiny sparkles outside in the sunlight with the sun shining on the sparkling colors. Practice at night, in the moonlight before falling asleep. This is color treatment; different colors activate, integrate the left and right brain hemispheres, improves their function with the eyes, clarity of eyesight.

The mind/brain controls the function, clarity of the visual system/eyesight.
Example; persons with unclear eyesight, (abnormally lengthened or shortened eye shape, incorrect focus of light rays in the eye producing unclear vision) when placed under hypnosis and told by the hypnotist that they have clear vision are able to see clear without glasses.
<u>The shape of their eyes and focus of light rays in the eyes also return to normal</u>. The brain, personality, thoughts, emotions do this.
Persons with multiple personalities can have unclear vision, abnormal eye shape with incorrect focus of light rays in the eye and wear eyeglasses while in one personality, then, when in a different personality; the same person has clear vision, normal eye shape, correct focus of light rays and does not wear eyeglasses.
Relax the mind/brain, body, eyes. Release negative thoughts, emotions. Acquire positive thoughts, emotions and positive thoughts about vision. Remember, imagine clear vision and how the mind, body, eyes feel when the vision is clear and the vision will become clear.

Practice Natural Eyesight Improvement, Color Treatment to help the brain, eyes return to normal function. See pictures on the right.

For the bottom pictures on the right: A large piece of colored sparkling, shiny paper is wrapped around the head, upper body about 1 foot - 4 inches from the eyes. Sunlight shines on the paper from above, behind the body. Shift on the sparkles. Practice with one color at a time. At night: place a light near the colored paper. A light bulb, the same color as the paper is best. (Careful; do not get the sparkles in the eyes. Laminate the paper after the sparkles are placed on the colored paper.)



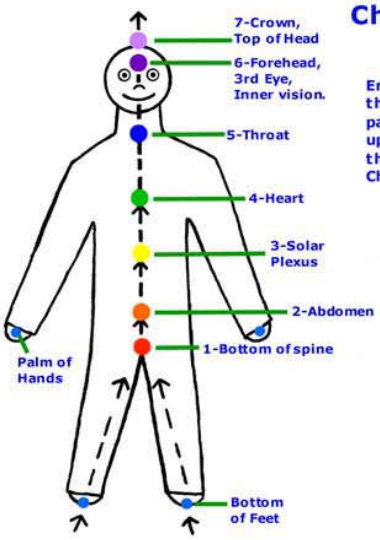
CD Recordings, Books by Robert Monroe
(<u>www.monroeinstitute.com</u>) to relax the mind, body, neck, eye muscles, eyes, provides a method to release negative thoughts, emotions, stress, and help the person to remember, imagine and circulate, strengthen colored light energy. Other memory, imagination exercises, Beta, Alpha, Theta, Delta brain wave activation, control and many other activities to strengthen the mind/brain, sprit. All improve the clarity of eyesight.
See the books introduction for their address in the USA.

Energy Flow Through the Body, Chakras with Color Breathing- Left and Right Brain Hemisphere Chart

		Alpha and into Theta, Delta deep relaxation brain wave states.	Chakra	Distance of Vision	Brain Hemisphere Activated
White					
Light PUrple	7		Crown-Top of head and above head. Higher sprit.	Distant Vision	Right Brain Hemisphere
Purple	6		Center of forehead, midbrain, 3rd eye, inner vision	Distant Vision	Right Brain Hemisphere
Blue	5		Throat	Distant Vision	Right Brain Hemisphere
Green	4		Heart	Close and Distant vision. All distances, close, middle, far. Green is a balancing color, very healthy, soothing for the eyes, improves vision at all distances.	Left and Right Brain Hemisphere activation/ integration. Center of the brain, body
Yellow	3		Solar Plexus	Close Vision	Left Brain Hemisphere
Orange	2		Abdominal area	Close Vision	Left Brain Hemisphere
Red	1		Bottom of spine, near tailbone	Close Vision	Left Brain Hemisphere
		Beta Brain Wave Alert, active.			

The Chakra Chart is used with the Color Breathing Relaxation Chart.
Practice outside at night in the moonlight and in sunlight during the day.
Sitting under a tree, back against the tree improves energy flow.
After practicing deep breathing and relaxation with the chart, go outside in the sunlight and practice shifting, central fixation-Natural Eyesight Improvement.
The relaxed and energy balanced mind, body, eyes will absorb correct eye function, activate clear vision easily.

Chakras



Energy flows in the body, along pathways, and up the spine through the Chakras.

Energy flows throughout the body, though chakras, energy points, and pathways. This diagram shows main chakras. Many more chakras of varying size and energy pathways exist in the body.

Energy, Color Breathing Exercise:

+Breathe in deep, slow, relaxed as you pull white sparkling energy in from the earth, air through the feet and up the body to the head.

+Then breathe out, relax and let the energy flow out the top of the head.
The energy combines with external energy and then flows down all around the body, a sparkling, protective, white force field of energy.
Imagine the energy as moving, bright, shining light, electric.

+Then: breath in and pull the energy back up the body through the feet again. Repeat.

+Imagine each color #1 Red to 2, 3, 4, 5, 6, #7 Light Purple, in that order, one color at a time per each breathing/energy cycle in and around the body.
Imagine the energy color moving in and around the body.
+Change the color to white before moving to the next color. End the exercise with the color white.
Practice with other colors: sea blue/green, pink, magneta...

Next: move the energy down around the body in a clockwise spiral, circling around, down the body, then up through the feet again.

This is Chi, Qi Gong and other types of energy. Do not force it. Let it flow easy, on its own.
Energy flows up through the chakras. Chakras must be open, enabling energy to flow. If energy feels stuck; learn how to open the chakras naturally. No force. Read the section on EFT.

Another type of energy that flows when practicing advanced breathing, energy, Yoga exercises is Kundalini.
Many people prefer safer Ritual, religious practices for spiritual development and energy control.
Other energy control, movement is practiced by Karate Teachers. Energy can be directed in/out the hands, feet and other areas of the body.

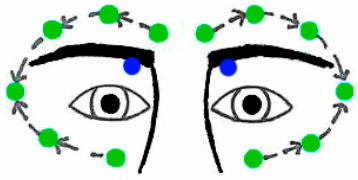
The moving, sparkling, colored light relaxes the mind, body, eyes.
The movement of the sparkling colored light activates eye movement, shifting.
The tiny sparkles activate central-fixation.

Looking at the colors improves the memory and imagination.
Improving the memory and imagination, ability to remember, imagine, store clear pictures of objects in the brain/mind activates perfect relaxation and clear vision.
Use the memory and imagination with the colors; see full directions for use of the Color Breathing Relaxation Chart and use that visualization activity when looking at the colors in the lamp;
Example; look at the color light purple shining in the lamp.
Remember, imagine, see and feel the light purple color as sparkling, shining, moving colored light energy inside the eyes, brain, body and outside surrounding the body, a protective energy field.
Practice chi energy strengthening, circulation; feel the color as energy.
Repeat this for every color, one color at a time.
Blink, breathe abdominally, yawn and stretch.
Relax deeper and deeper into the Alpha, Theta, Delta brain wave frequency states.

When buying a lamp, obtain one from a good merchant. Some lamps made of shaped, cut glass and other substances have acted as a magnifying glass causing the light shining from inside the lamp, through the globe to be concentrated and set objects in the room on fire.

There are many ways to practice color treatment;
I know a man that built a large clear glass crystal angel and placed it in his garden. He built a large waterfall with a swimming pool in the garden. He placed a colored light wheel under the water fall and the angel. (Electric wheel... placed in a dry area)
He relaxes and looks at the colors at night.
Our old house had a window on the stairs containing stain colored glass sections around the clear glass window.
A string of colored Christmas tree lights can be used at night to practice switching as shown for the Bead String in the free PDF E-Book
Gardening, looking at colorful flowers is a form of color treatment.
The person also receives healthy full spectrum sunlight and exercise.
The flowers also provide scents that scientists state acts as a type of Hormone, Pheromone that activates healthy chemical and other reactions in the brain, body.
Carry colored gemstones, rings, bracelets in your pocket and look at the colors at close and far distances. Diamonds, rhinestones contain miniature rainbows containing many colors.
Looking at, shifting on the colors and tiny details in the stones, jewelry, placing them up close to the eyes improves clarity of close vision.
Practice with both eyes together, then one eye at a time, then both eyes together again.
Read fine print in the sunlight for extra close and distant vision improvement.

11 - ACUPRESSURE POINTS

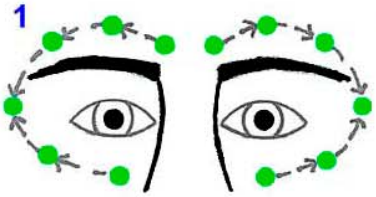


Main Acupressure points for healthy eyes, good circulation in the eyes, relaxed eye muscles and clear vision.

Pictures in this chapter show acupressure points to improve circulation in the eyes, relax the eye muscles, eyes, neck, shoulders, back and body.
Neck, shoulder muscle tension, immobility is a main cause of eye muscle tension causing abnormal eye shape, incorrect focus of light rays on the retina and reduced, rigid eye movement. These conditions cause headaches, unclear eyesight.
Neck muscle tension also places pressure on the vertebrae, nerves, blood, lymph vessels in the neck impairing blood, nerve signal flow to brain, eyes, eye muscles, optic and eye muscles nerves, lens, retina resulting in unclear eyesight and impaired health of the eyes.
Cataracts, macula degeneration, wandering eyes and other eye problems can occur when vertebrae misalignment, pressure on nerves, blood and lymph vessels is increased due to accidents, injury or just lack of movement, poor diet, resulting in reduced blood, lymph, nerve flow, signals to the brain, eyes.

ACUPRESSURE POINTS

1



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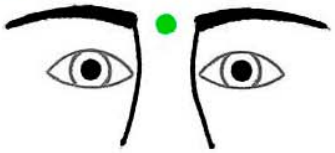

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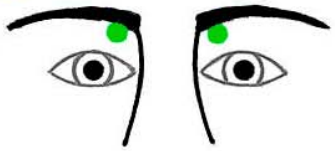

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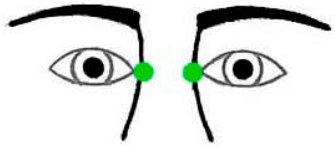

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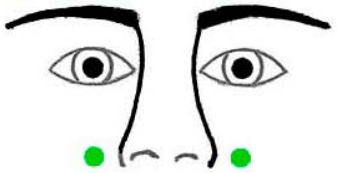

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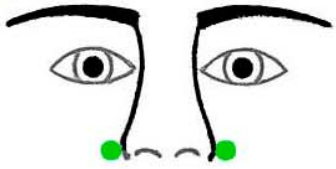


Activating acupressure points shown in diagrams #1 to #13 on these pages relaxes the eyes, eye muscles, muscles in the head/face, neck, shoulders, back and body.
neck muscle relaxation travels directly to the eye muscles.
Relaxation of the neck also improves blood, oxygen, nutrient, lymph, energy flow and nerve signals to the brain, ears and eyes.
When the body, neck... and eye muscles relax the mind relaxes.
Relaxation of the mind increases relaxation of the eye muscles, neck, all body muscles and improves function of the brain/visual system with the eyes resulting in clear eyesight.
When the eye muscles relax, the eyes move easy and shifting, central fixation, all correct vision habits and convergence/accommodation, unconvergence, unaccommodation are perfect, the eye is in normal shape with correct focus of light rays on the retina and eyesight is clear.

The acupressure points prevent eyestrain, discomfort, fatigue, headaches, sinus congestion.
Headaches are a major cause of unclear visio

Many points are on chakras; energy centers in the body.
Activating these acupressure point ts improves energy flow in the chakras. (See Color Chart, chapter_.

Activating acupressure points #1 to #13 also improves blood, oxygen, lymph, energy flow and nerve signals in the eyes, eye muscles, retina, lens.., brain, visual system, neck, along the spine and in the entire body. This also improves the clarity of vision and health of the eyes.

DIRECTIONS

When applying pressure to acupressure points near the eyes;
Do not press on/touch the eyeball.
Fingernails must be very short.
Do not press eye points and any other points with the fingernails.
Close the eyes when applying pressure to a point near the eyes.

When applying pressure to points on the neck and back near the spine; do not press on the spine/vertebrae or the ends of the vertebrae which extend out from the spine.
A professional massage therapist or chiropractor knows how much pressure can be safely applied to these areas without causing injury or vertebrae disalignment.

When activating points around the eyes, on the face; support/rest the elbows on a padded table or pillow to prevent tension, fatigue in the arms, hands, neck and to maintain straight posture.
Some points cannot be used during pregnancy.
Do not apply pressure to points before or after a large meal.

Relax the body, neck when applying pressure to points on the face, around the eyes, on the head, neck, and any area of the body.
Press with the fingertips.
Apply pressure at a 90 degree angle without pulling on the skin.
Pressure is applied slow, steady while increasing the pressure.
Avoid extreme pressure.
Apply pressure for 2 - 3 minutes.
Breathe abdominally, slow, comfortably deep and relax when pressing on a point.
Abdominal breathing relaxes the mind, body, eyes, eye muscles, all body muscles, nervous system and circulates oxygen, blood and energy in the body, brain, eyes and to the acupressure points.
When a pulse is felt when pressing on a point, circulation in the point/that area of the body is improved.
Pressure is withdrawn slowly, gradually.
A little muscle massage can then be applied to the area for a few seconds after the point is released.

When pressing a point it is normal for the point to sometimes feel a bit of pain, but the pain is not uncomfortable or strong.
The feeling indicates that the point is being activated enabling circulation, energy flow.
When pressing on a point a light pain may be felt in a different area of the body.
This means that the point is activating other points/parts of the body associated/connected with the point being activated.
Example; when pressing point GB20 on the back right side of the neck, a light pain may be felt in the forehead above the right eyebrow.
This indicates that impaired circulation, energy blocks, tension, headaches in this area are being removed.

Chinese medicine states; Acupressure points exist throughout the body and are connected by meridians/pathways that energy (chi) flows along.
Pressing a acupressure point in one area of the body activates energy flow/healing in that point/area and in other points/areas connected to that point.

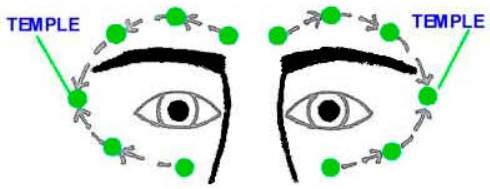
Practice activating acupressure points to prevent eye muscle tension, eyestrain and blur when working with a computer, and doing other visual tasks.

Practice palming (chapter__), the rock, long swing, cross crawl (chapter__) and sunning (chapter __) before and/or after using acupressure points to increase relaxation and clear eyesight.

ACUPRESSURE POINTS FOR EYE MUSCLE RELAXATION AND CLEAR EYESIGHT

Breathe abdominally, relax the eyes, head, face, neck and body.
Avoid being immobile, rigid when pressing a point; relax and allow a little body, neck movement.
Activate the points in diagram # 1.
Massage the left and right temples with the thumbs;
Left thumb on left temple.
Right thumb on right temple.
Then, gently press, release, press, release the temple points.
Press the left and right temples at the same time.

1 - POINTS AROUND TOP, SIDES, BOTTOM OF EYES AND TEMPLES



Next; keep the thumbs on the temples and press/move the first or second knuckles of the index fingers (pointer finger next to thumb) of the left and right hands on/along the top pressure points on the bone above the left and right eyebrows.
Rub the knuckles from above the inner area of the eyebrows outward to the temples in the direction of the arrows in diagram #1.

Next; Keep the thumbs on the temples and press/move/rub the index finger knuckles of the left and right hands across the bottom points on the top of the cheekbone below the left and right eyes.
Rub/Move the knuckles from the inner points outward to the temples as shown by the arrows.

The temple points relax and improve function of the recti outer eye muscles.
When the recti muscles are tense they pull the eye into a abnormal shortened shape which impairs focus of light rays in the eye and impairs convergence, accommodation and unconvergence, unaccommodation resulting in unclear close and distant vision and wandering, crossed eyes.
When the recti muscles relax they function correct, the eye returns to normal shape, light rays focus correct on the retina, the eyes move/shift perfect, and eyesight is clear.
Relaxed recti muscles cause relaxation to resonate into the oblique and other eye muscles improving function of all eye muscles.

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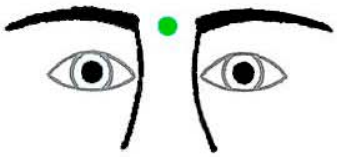
2 - GV24.5



Point # 2 - GV24.5 - The third eye point is located on a chakra, energy center.
This point is located between the eyebrows in the center of the indentation where the bridge of the nose meets the forehead.
Apply light pressure with the 3rd finger of the left or right hand and look straight ahead, or;
face the palms of the left and right hands toward each other and lightly touch the point with the index and 3rd fingers of both left and right hands with the head tilted down a little bit.
Avoid touching the palms of the hands together.
Breathe and relax.
This point prevents eyestrain, discomfort, headaches, sinus congestion and activates/ improves function of the pituitary gland in the brain, the endocrine system, relaxes the central nervous system, removes emotional tension and improves many functions of the brain, body.
These conditions improve eyesight.

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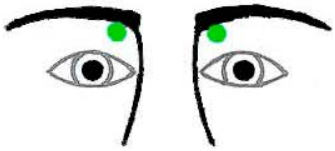
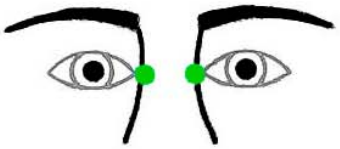
3 - B2



Point # 3 - B2 is in the small dent in the upper bone of the outer area of the eye socket under the eyebrows, out from the bridge of the nose.
Press with the thumbs up into the points and; press, release, press, release... massage.
Left thumb to left side
Right thumb to right side
Press left and right sides at the same time.
This point relaxes and improves function of the superior (top) oblique outer eye muscle.
The oblique muscles move the eyes and produce accommodation and unaccommodation.
Tense oblique muscles place pressure on/in the eye causing abnormal eye shape, a abnormal lengthening of the eye resulting in incorrect focus of light rays in the eye, impaired accommodation, unaccomodation and impaired eye movement.
These conditions result in unclear distant vision and in advanced cases also unclear close vision. Impaired convergence, unconvergence can also occur.
When the oblique muscles relax, they function correct, the eye returns to a normal round shape for unaccommodation/ clear distant vision and lengthens slightly for accommodation/clear close vision. light rays focus correct on the retina, the eyes move/ shift perfect, eyesight is clear.
When the top oblique muscle relaxes, relaxation resonates into the bottom oblique muscle, the recti and other eye muscles.
Function of all eye muscles improve.
B2 also prevents eyestrain, fatigue, red eyes, headaches and sinus congestion.

4



The points in diagram #4 are on the inner sides of the bridge of the nose, even with the inner corners of the eyes.
Use the thumbs or index fingers of the left and right hands to press both points at the same time;
left hands finger, left side of nose
right hands finger, right side of nose
One hand can be used; index finger on one side of nose and thumb on the other side.
Press in and massage down and up and then; press, release, press, release... massage again.
Do not press into the eye or into the eye socket.
These points relax all the eye muscles and brings clear eyesight.

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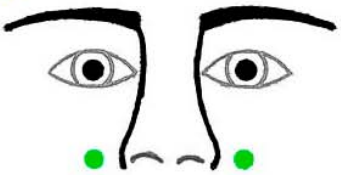
5 - ST3



Points # 5 - ST3 are located on the bottom of the cheekbone, under/directly in line with the eyes pupils, outward from the nostrils.
Press the points at the same time with the index fingers;
left hands finger - left side
right hands finger - right side
The points prevent eyestrain, fatigue, pressure, sinus congestion in the head, and activates clear eyesight.

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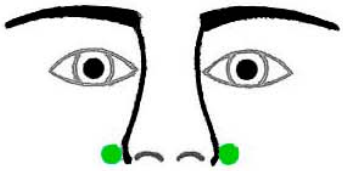
6 - LI20



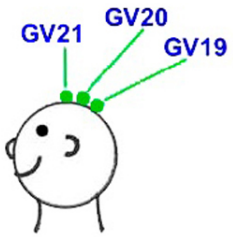
Point #6 - LI20 are on the left and right sides of the nostrils.
Press both points at the same time with the index fingers.
left hands finger - left side
right hands finger - right side
These points prevent sinus pain, nasal congestion, facial swelling.
Headaches, sinus congestion cause unclear vision.
Preventing headaches, congestion keeps eyesight clear.

After activating all points near the eyes and on the face; massage the muscles in the forehead with all the fingers of the left and right hands.
Relaxed muscles in the forehead resonates relaxation into all the facial and eye muscles.
This relaxation travels into the neck muscles.
Neck muscle relaxation then travels to the eye muscles, increasing eye muscle relaxation and clear eyesight.

Acupressure points #1 to # 13 relax the muscles in the eyes, face, head, neck, shoulders, back and body.
Muscle relaxation in these areas, especially the shoulders, neck, head, face resonates/travels directly into the eye muscles resulting in clear eyesight.
Neck, shoulder muscle tension, limited movement is a main cause of eye muscle tension, reduced eye movement, headaches, imperfect balance, coordination and unclear eyesight.
When the neck and shoulder muscles relax, relaxation travels into the body, head/face and eyes.
Neck, body, head, face, eye movement(shifting, saccadic shifts) and balance, coordination improves which then increases relaxation and clear eyesight.
Relaxed eye muscles return the eye to normal shape with correct focus of light rays on the retina resulting in more vision improvement.

DIAGRAM # 7

7



GV20 IS LOCATED IN THE INDENTATION ON THE TOP CENTER AREA OF THE HEAD, A LITTLE BACKWARDS, IN LINE WITH THE BACK OF THE EARS.
GV21 IS IN A SMALL INDENTATION IN FRONT OF GV20.
GV19 IS IN A SMALL INDENTATION IN BACK OF GV20.
ACTIVATING THESE 3 POINTS PREVENTS HEADACHES AND RELAXES THE MUSCLES IN THE HEAD, NECK, IMPROVES ENERGY FLOW IN THE HEAD. BRAIN, EYES, CLEARS THE MIND, BALANCES THE EMOTIONS, IMPROVES MEMORY, IMAGINATION, CONCENTRATION, RELAXATION, BALANCE AND COORDINATION.
GV20 CLEARS THE SINUSES.

APPLY PRESSURE TO GV20, 21, 19 WITH THE FINGERTIPS;
CENTER FINGERTIP ON GV20, RING FINGER ON GV21, POINTER FINGER ON GV19.
THEN, MASSAGE OVER THE POINTS WITH THE FINGERTIPS OF BOTH HANDS, THEN MASSAGE THE ENTIRE SCALP.
THERE ARE MANY PRESSURE POINTS ON THE HEAD.

8

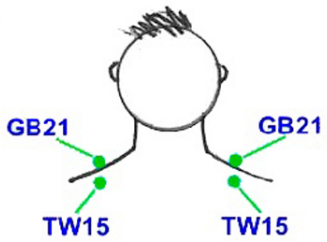


DIAGRAM # 8

GB21, TW15 AND THE TRAPEZIUS MUSCLES
(PREGNANT WOMEN PRESS THESE POINTS LIGHTLY).
APPLY PRESSURE AND MASSAGE TO THESE POINTS/MUSCLES AS SHOWN IN DIAGRAMS 9A, B, C, D.
START BY WORKING ON ONE SHOULDER AT A TIME;
REACH AROUND THE FRONT OF THE BODY WITH THE HAND AND PRESS/MASSAGE THE SHOULDER POINTS/MUSCLES.
EXAMPLE; + LEFT HAND/FINGERS PRESS AND MASSAGE THE RIGHT SHOULDER.
(RIGHT HAND SUPPORTS LEFT ARMS ELBOW).
THEN; + RIGHT HAND/FINGERS PRESS AND MASSAGE THE LEFT SHOULDER.
(LEFT HAND SUPPORTS RIGHT ARMS ELBOW).
LET THE SHOULDERS RELAX AND DROP DOWN.

9A

THE LEFT AND RIGHT HANDS CAN PRESS/MASSAGE THE POINTS AND TRAPEZIUS MUSCLES ON THE LEFT AND RIGHT SHOULDERS AT THE SAME TIME; SEE DIAGRAM 9A
LEFT HAND TO LEFT SIDE.
RIGHT HAND TO RIGHT SIDE.
SUPPORT THE LEFT AND RIGHT ELBOWS WITH A PILLOW TO PREVENT FATIGUE/MUSCLE TENSION IN THE ARMS.

GB21 IS LOCATED IN THE MUSCLE ON THE TOP CENTER OF THE SHOULDER, ON THE HIGH AREA OF THE MUSCLE, 1 - 2 INCHES OUT FROM THE SIDE/BOTTOM OF THE NECK.
LOCATE A STIFF/TIGHT AREA AND/OR KNOT IN THE MUSCLE AND APPLY PRESSURE TO IT WITH THE FINGERS.
GB21 RELAXES THE SHOULDER MUSCLES AND CAUSES RELAXATION TO TRAVEL INTO THE BODY, BACK, NECK, HEAD/FACE AND EYE MUSCLES RESULTING IN CLEAR EYESIGHT.

TW15 IS LOCATED BELOW GB21 ON THE BACK OF THE SHOULDER ABOUT 1/2 TO 1 INCH BELOW THE TOP OF THE SHOULDER, ABOVE THE TOP OF THE SHOULDER BLADE.
LOCATE A TIGHT AREA/KNOT IN THE MUSCLE AND PRESS.
TW15 RELAXES THE SHOULDERS, BODY, BACK, NECK, HEAD/FACE AND EYE MUSCLES.

9B

9C

TRAPEZIUS MUSCLE - DIAGRAMS 9A, B, C, D, E
THE TRAPEZIUS MUSCLE SHOWN IN RED IN DIAGRAM 9E COVERS A LARGE AREA OF THE NECK, SHOULDERS, UPPER BACK.
MASSAGING THE AREA OF THE MUSCLE SHOWN IN BLUE IN DIAGRAM 9A RELAXES ALL AREAS OF THE MUSCLE.
IT IS EASIEST TO MASSAGE THESE MUSCLES, ONE SHOULDER AT A TIME AS SHOWN IN DIAGRAMS 9B, C, D.
+ 9B - THE RIGHT HAND REACHES OVER AND BEHIND THE LEFT SHOULDER TO MASSAGE THE LEFT TRAPEZIUS MUSCLE.
(THE LEFT HAND SUPPORTS THE ELBOW OF THE RIGHT ARM. SEE DIAGRAM D).
+ 9C - THEN, THE LEFT HAND REACHES OVER AND BEHIND THE RIGHT SHOULDER TO MASSAGE THE RIGHT TRAPEZIUS MUSCLE.
(THE RIGHT HAND SUPPORTS THE ELBOW OF THE LEFT HAND).
ELBOW IS SUPPORTED TO PREVENT FATIGUE, MUSCLE TENSION IN THE ARM.
PLACE THE HAND/FINGERS ON THE MUSCLE, DOWN BEHIND THE SHOULDER AND PRESS ON, PULL, MASSAGE THE MUSCLE WITH THE FINGERS, THEN PRESS, PULL, STRETCH THE MUSCLE WHILE MOVING THE HAND/FINGERS AWAY FROM THE SPINE, UP AND OVER/ON TOP OF THE SHOULDER AND INWARD TOWARD THE NECK.
PRESS, KNEAD, MASSAGE TO BREAK UP KNOTS IN THE MUSCLE.
SEE BLUE AREA IN DIAGRAM 9A FOR AREA OF MUSCLE TO PRESS, KNEAD, MASSAGE. LAST; MASSAGE ALONG THE TOP OF THE SHOULDER FROM INNER BOTTOM OF NECK TO OUTER END OF SHOULDER.

9D

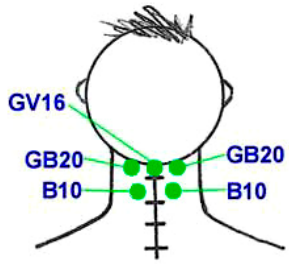
9E

TENSION IN THE TRAPEZIUS MUSCLES CAUSE TENSION TO TRAVEL INTO THE UPPER BACK, SHOULDERS, NECK, HEAD, FACE AND EYE MUSCLES RESULTING IN UNCLEAR VISION.
MASSAGING THE TRAPEZIUS MUSCLES RELAXES ALL THESE MUSCLES, PREVENTS HEADACHES AND BRINGS CLEAR EYESIGHT.

Do not press, massage areas on the neck from the back end of the ear to the front of the neck. Glands, arteries, veins, sensitive parts in the front and some side areas of the throat, neck, below the jaw... must be avoided. Massage the back neck muscles only from behind the back end of the ears. See picture on last page, this chapter. Do not massage, press on the spine, vertebrae.
Collarbone and other muscles can be massaged by a professional.

PRESSURE POINTS ON THE BACK OF THE NECK

10

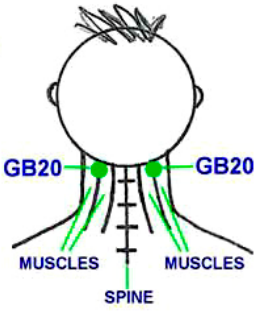


GB20 AND B10 ARE LOCATED ON THE BACK OF THE NECK.
ACTIVATING THESE POINTS RELAXES THE NECK, SHOULDER, HEAD/FACE AND EYE MUSCLES, IMPROVES BALANCE, COORDINATION AND CLARITY OF VISION AND PREVENTS HEADACHES, NECK PAIN, EYESTRAIN, TENSION, FATIGUE, SINUS CONGESTION.
PRESSING B10 AND GB20 CAN CORRECT MINOR NECK VERTEBRAE DISALIGNMENT.
THE POINTS ACTIVATE CHI ENERGY UP AND DOWN THE SPINE, BODY; NECK, HEAD, TO FEET.
SEE CHI ENERGY CHART PAGE--.

WHEN PRESSING GB20, B10, GV16 ON THE NECK AND POINTS ON THE BACK; DO NOT PRESS ON THE SPINE/VERTEBRAE.
PRESS ONLY ON THE MUSCLES ON THE LEFT AND RIGHT SIDES OF THE SPINE, OUTWARD, AWAY FROM THE VERTEBRAE.
DO NOT PRESS ON POINTS ON THE NECK, BACK IF A FRACTURED, INJURED VERTEBRAE, CARTILAGE EXISTS NEAR THE POINT.
CHECK WITH A DOCTOR FIRST.
FOR HEALTHY VERTEBRAE THAT ARE A LITTLE OUT OF ALIGNMENT DUE TO MUSCLE TENSION IN THE NECK, BACK; A EXPERIENCED MASSAGE THERAPIST CAN MASSAGE, RUB THE MUSCLES ON THE LEFT AND RIGHT SIDES OF THE NECK/BACK VERTEBRAE/SPINE AND APPLY THE CORRECT SAFE AMOUNT OF PRESSURE, MOVEMENT DIRECTLY ON THE VERTEBRAE RESULTING IN SAFE VERTEBRAE ALIGNMENT WHICH WILL IMPROVE MUSCLE RELAXATION.

ACTIVATION OF PRESSURE POINTS IS IMPROVED WHEN THE NECK, BACK MUSCLES ARE RELAXED.
YAWNING BEFORE, DURING AND AFTER PRESSING ACUPRESSURE POINTS STRETCHES AND RELAXES THE MUSCLES IN THE NECK, BACK, BODY, SHOULDERS, HEAD/FACE AND EYES AND IMPROVES ACTIVATION OF THE POINT AND CIRCULATION OF BLOOD, OXYGEN, ENERGY TO THE POINT.
BREATHE SLOW AND ABDOMINALLY WHEN ACTIVATING THE POINTS.
DO NOT TWIST/BEND THE HEAD, NECK, BACK WHEN PRESSING THE POINTS.
THE HEAD IS TILTED BACK A LITTLE WHEN PRESSING GB20 AND GV16.

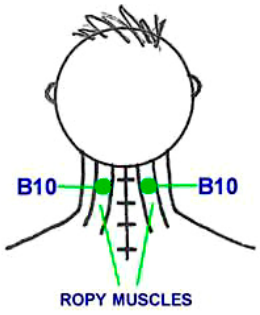
11



GV16 - THIS POINT IS LOCATED IN THE INDENTATION DIRECTLY UNDER THE BOTTOM OF THE SKULL, BACK OF THE HEAD, ABOVE THE TOP CENTER OF THE NECK.
THIS POINT RELAXES THE NECK, HEAD AND EYE MUSCLES.
(THE POINTS ON THE TOP OF THE NECK ARE CLOSE TO THE UPPER NECK VERTEBRAE WHICH EXTEND UP INTO THE BASE OF THE SKULL AND CONTAIN THE NERVES, BLOOD VESSELS PASSING THROUGH THESE VERTEBRAE WHICH HAVE A DIRECT CONNECTION TO THE BRAIN, EYES AND CLARITY OF VISION.
DISALIGNED VERTEBRAE CAN CAUSE BLINDNESS.
DO NOT PRESS ON THE VERTEBRAE.
GV16 USED CORRECT IMPROVES EYESIGHT.

PRESS UPWARD AND INTO THE POINT WITH THE 3RD FINGERS OF THE LEFT AND RIGHT HANDS AND TILT THE HEAD BACK A LITTLE, SLOWLY.
PRESS INTO THE MUSCLE, NOT ON THE VERTEBRAE.
AVOID PRESSING HARD.
BREATHE ABDOMINALLY, COMFORTABLY DEEP, RELAX. 1 - 2 MINUTES.

12

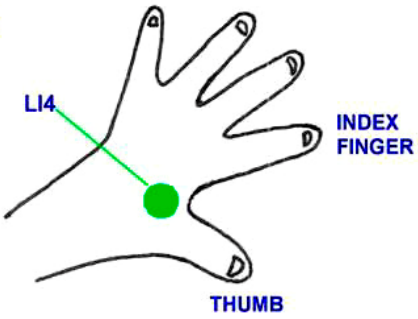


GB20 - LOCATED IN THE INDENTATION BETWEEN THE TWO LARGE NECK MUSCLES ON THE LEFT AND RIGHT SIDES OF THE SPINE, BELOW THE BOTTOM OF THE SKULL.
PRESS INTO THE POINTS, UP AND UNDER THE BOTTOM OF THE SKULL WITH THE THUMBS OF THE LEFT AND RIGHT HANDS. (THE HANDS FINGERS CAN REST ON THE HEAD.)
PRESS LEFT AND RIGHT POINTS AT THE SAME TIME;
LEFT THUMB, LEFT SIDE
RIGHT THUMB, RIGHT SIDE
TILT THE HEAD BACK SLOWLY.
BREATHE ABDOMINALLY, COMFORTABLY DEEP AND RELAX.1 - 2 MINUTES.

B10 - LOCATED ABOUT 1/2 TO 1 INCH BELOW THE BOTTOM OF THE SKULL, ON THE UPPER NECK, ON THE ROPY MUSCLES THAT RUN ALONG THE LEFT AND RIGHT SIDES OF THE SPINE.
PRESS LEFT AND RIGHT POINTS AT THE SAME TIME;
LEFT FINGERTIP , LEFT MUSCLE
RIGHT FINGERTIP, RIGHT MUSCLE. BREATHE ABDOMINALLY AND RELAX.

TOP OF LEFT HAND

13



LI4 - LOCATED BETWEEN THE THUMB AND INDEX FINGER ON THE LEFT AND RIGHT HANDS.
(PREGNANT WOMEN - DO NOT PRESS THIS POINT, IT CAN CAUSE UTERUS CONTRACTIONS.)
ACTIVATE THE LEFT HANDS POINT FIRST;
+ THE RIGHT HANDS THUMB IS PLACED ON THE TOP OF THE LEFT HAND, ON THE SKIN/WEBBING BETWEEN THE THUMB AND INDEX (POINTER) FINGER. (SEE BLUE DOT IN DIAGRAM 13.)
+ THE RIGHT HANDS INDEX FINGER IS PLACED UNDER THE RIGHT HANDS THUMB, UNDER THE BLUE DOT ON THE BOTTOM/PALM SIDE OF THE LEFT HAND.

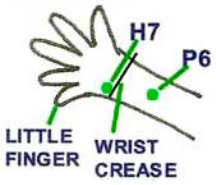
LI4 IS ON THE HIGHEST AREA OF THE MUSCLE THAT RISES UP WHEN THE THUMB AND INDEX FINGER OF THE LEFT HAND ARE PLACED TOGETHER.
AFTER FINDING THE POINT, RELEASE THE THUMB AND INDEX FINGER OF THE LEFT HAND AND OPEN THE HAND.
KEEP THE HAND/FINGERS AND THUMB APART, LOOSE, RELAXED.
DO NOT STRETCH THEM APART.
ACTIVATE THE POINT; PRESS THE RIGHT HANDS THUMB (TOP OF LEFT HAND) AND INDEX FINGER (BOTTOM OF LEFT HAND) TOGETHER AND SQUEEZE THE MUSCLE IN THE WEBBING OF THE LEFT HAND.

PRESS TOGETHER AND INWARD TOWARD THE BONE THAT IS CONNECTED TO THE LEFT HANDS INDEX FINGER.
PRESS ONE MINUTE. BREATHE ABDOMINALLY AND RELAX.
NEXT; REPEAT ON LI4 ON THE RIGHT HAND USING THE LEFT HANDS THUMB AND INDEX FINGER.
LI4 PREVENTS HEADACHES, SINUS CONGESTION, PAIN IN THE SHOULDERS AND MOST ANY AREA OF THE BODY, HELPS RELIEVE TOOTHACHES AND IMPROVES THE CLARITY OF VISION.

MANY ACUPRESSURE POINTS RELAX THE MIND AND BODY.
WHEN THE MIND AND BODY MUSCLES RELAX, RELAXATION TRAVELS TO THE EYE MUSCLES AND CLARITY OF EYESIGHT IMPROVES.

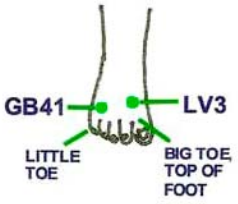
CV17 IS LOCATED ON THE CENTER OF THE BREASTBONE ABOUT 2 AND 1/2 INCHES UP FROM THE BOTTOM OF THE BONE.
PRESS, BREATHE ABDOMINALLY AND RELAX.
CV17 RELAXES THE MIND, BODY, CHEST MUSCLES AND BRINGS THOUGHTS AND EMOTIONS TO A POSITIVE STATE.

RIGHT HAND
PALM UP



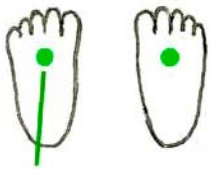
P6 IS LOCATED IN THE MIDDLE OF THE INNER WRIST, BETWEEN THE TWO BONES, 2 AND 1/2 FINGER WIDTHS UP THE ARM AWAY FROM THE CREASE IN THE WRIST.
P6 RELAXES THE MIND AND BODY, PREVENTS NAUSEA, STOMACHACHES.

H7 IS LOCATED ON THE HAND/PALM SIDE OF THE WRIST CREASE IN LINE WITH THE LITTLE FINGER.
H7 INDUCES RELAXATION.

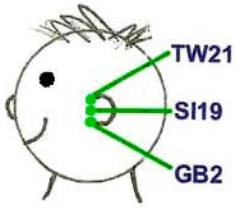


LV3 IS LOCATED ON THE TOP OF THE FOOT IN THE WEBBING/ INDENTATION BETWEEN THE BONES OF THE BIG AND SECOND TOE, UP IN THE AREA BEFORE THE TWO BONES JOIN IN A V.

PRESS AND RUB UP AND DOWN ON THE POINTS ON BOTH LEFT AND RIGHT FEET AT THE SAME TIME.
LV3 PREVENTS HEADACHES, EYESTRAIN, ALLERGIES, FOOT CRAMPS.
GB41 - THE TOP OF THE FOOT, ONE INCH ABOVE THE WEBBING IN THE INDENTATION BETWEEN THE BONES OF THE 4TH AND FIFTH LITTLE TOES.
GB41 PREVENTS HEADACHES, TREATS SYMPTOMS OF ARTHRITIS, SCIATICA AND RELAXES THE SHOULDERS AND HIPS.



THERE ARE MANY ACUPRESSURE AND REFLEX POINTS ON THE TOP AND BOTTOM OF THE FEET.
K1 ON THE BOTTOM OF THE FOOT IN THE CENTER OF THE TWO PADS RELIEVES FATIGUE, CHEST/LUNGCONJESTION, COUGHING, ANXIETY, DEPRESSION.



KEEP THE MOUTH PARTLY OPEN, TEETH APART WHEN PRESSING POINTS TW21, SI19, GB2.
PRESS ALL 3 POINTS ON BOTH LEFT AND RIGHT EARS AT THE SAME TIME;
LEFT 3 FINGERS TO LEFT 3 EAR POINTS.
RIGHT 3 FINGERS TO RIGHT 3 EAR POINTS.

TW21 - 1/2 INCH ABOVE SI19
PLACE THE RING FINGER IN THIS POINT.
PRESS INTO THE INDENTATION FELT BETWEEN THE BONES.

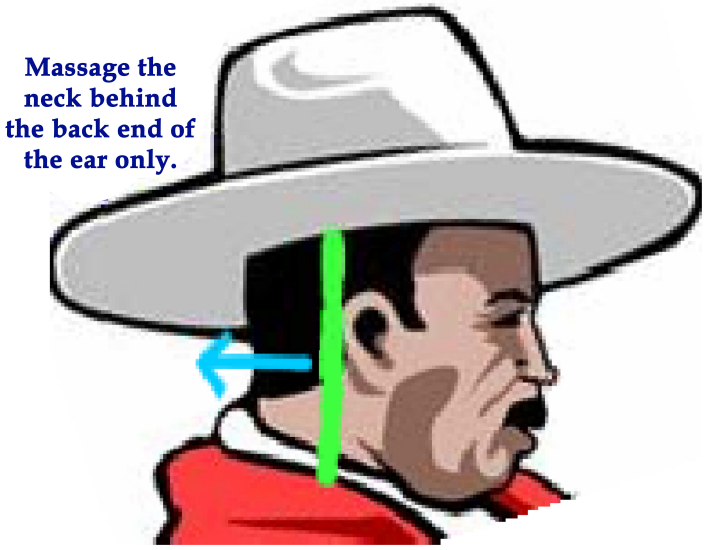
SI19 - IN THE INDENTATION THAT IS FELT IN FRONT OF THE EAR OPENING WHEN OPENING THE MOUTH.
PLACE THE 3RD FINGER INTO THIS POINT AND APPLY PRESSURE.

GB2 - 1/2 INCH BELOW SI19.
PLACE THE INDEX (POINTER) FINGER INTO THIS POINT AND PRESS INTO THE INDENTATION FELT BETWEEN THE BONES.
APPLY PRESSURE 1 - 2 MINUTES TO ALL 3 POINTS BOTH LEFT AND RIGHT EARS.
WHEN A PULSE IS FELT, THIS INDICATES BLOOD AND ENERGY FLOW IN THE POINT/EARS IS IMPROVED. RELEASE THE PRESSURE GRADUALLY.

There are points on the foot that affect the Visual Cortex in the brain and improve the vision.

Acupressure pictures with blue color points can be downloaded free on www.cleareyesight.info Green is a balancing color, relaxing to the eyes, mind. Blue is also a good color-it is a energy, spiritual color. Purple also... Imagine different colors, one at a time as colored light energy moving in the mind, eyes, body while relaxing, breathing deep and pressing a acupressure point.

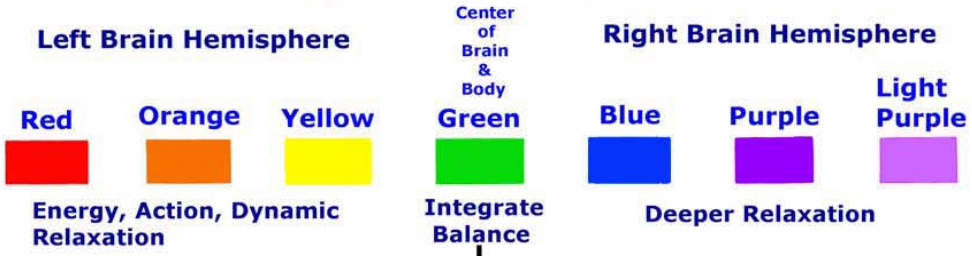
Massage the back neck muscles only from behind the back end of the ears, back of the neck. See green line, blue arrow in picture. Do not massage, press on the spine, vertebrae. Massaging the muscles on the skull bone is ok. Do not press in the indentations on the bottom left and right sides of the skull where the outer ends of the top neck vertebrae C-2, C-2 exist.



Pictures from Microsoft Free Clipart.

12 - LEFT AND RIGHT BRAIN HEMISPHERE ACTIVATION AND INTEGRATION FOR PERFECT EQUALLY CLEAR VISION IN THE LEFT AND RIGHT EYES AT ALL DISTANCES, CLOSE, MIDDLE, FAR

Left and Right Brain Hemisphere Functions

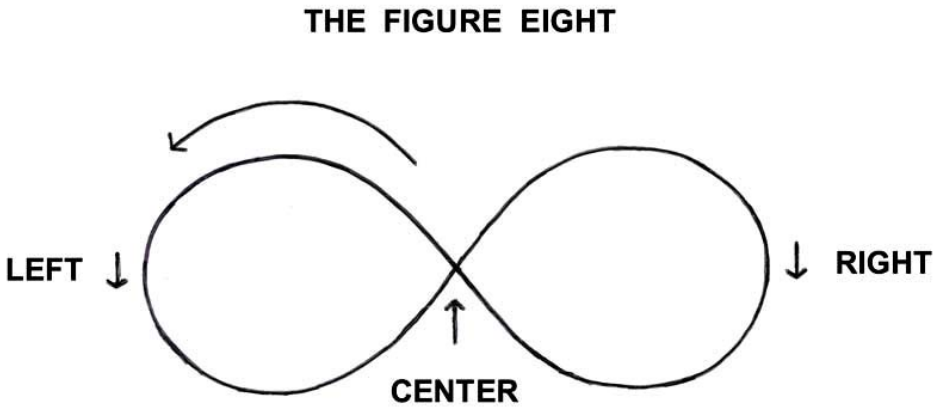


Dominates Close Vision Convergence & Accommodation	Dominates Distant Vision Divergence & Un-Accommodation
Eye muscles contract	Eye muscles un-contract
Right hand - Right side of body movement	Left hand - Left side of body movement
Dominates Hearing	Dominates Vision
Trying to see, concentrating, using effort, analyzing, a organized, detailed plan to see. Effort to move.	Easy, relaxed, effortless clear vision. Seeing occurs automatic without trying, not thinking about the eyes, vision. Moving the body, eyes/visual attention through space, the scenery easily, freely. Eye shifting.
Alert, Active, Energetic. Dynamic relaxation. Left and right brain hemisphere activation and integration is necessary for clear vision at all distances: close, middle, far in the left and right eyes. Practice left and right brain hemisphere activities.	Relaxed, calm mind, deep perfect relaxation of mind, body, eyes, muscles. Alpha, Theta, Delta deep relaxed brain wave frequencies. Activating the right brain hemisphere activates relaxation and practicing relaxation activates the right brain hemisphere. Deeper dynamic relaxation.
Learning new skills, calculating, analyzing, digital side of brain, math, science formulas, to design a plan, to figure out a solution to a question, puzzle, attention to small fine details. (Central Fixation) Thoughts in a specific order, rational, logic, reason, structured, organized.	Automatic, subconscious habits, functions: Riding a bike, singing, free type dance, swimming. Creative, imagination, art, emotions, feeling, intuition, 'gut feeling', sprit. When a skill is learned with the left hemisphere, the right hemisphere creates it into a automatic habit/function; the person does not need to think, analyze... to perform the activity. Movements occur automatic, easy. Left and right hemispheres work together.
Learning, consciously practicing correct vision habits to return the eyes, visual system to normal function, clear vision.	The right brain hemisphere activates automatic, subconscious correct vision habits, normal eye functions, clear vision.
Short term memory. Remembering a list of numbers, words... for a few seconds. Time.	Long term memory. Remembering things that occurred a hour, day, week, month, years ago. Space.

Practice a variety of left and right brain hemisphere activities; art, music, singing, dance, sports, science, math, language.., work with a variety of different colors to equally activate and integrate the left and right hemispheres for equal, perfect clear vision in the left and right eyes at all distances.

THE FIGURE EIGHT, THE ROCK, LONG SWING, CROSS CRAWL AND OTHER MOVEMENT, RELAXATION, LEFT AND RIGHT BRAIN HEMISPHERE ACTIVATION AND INTEGRATION ACTIVITIES - FOR EQUALLY CLEAR, PERFECT VISION IN THE LEFT AND RIGHT EYES AT ALL DISTANCES - CLOSE, MIDDLE, FAR.

THE FIGURE EIGHT (Infinity Swing)

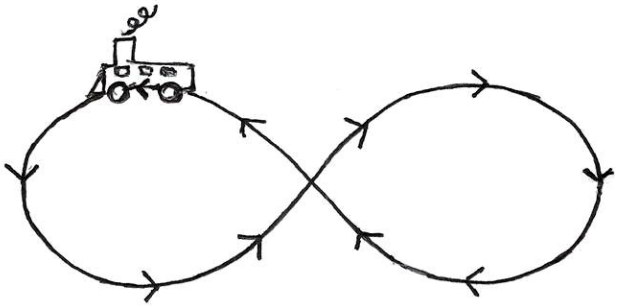


Drawing the Figure Eight
improves the Clarity of Eyesight.

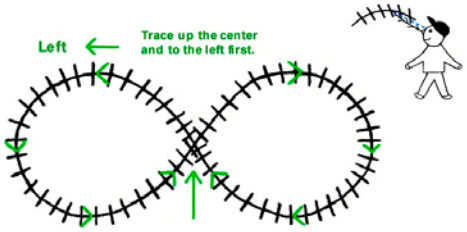
Trace the figure eight with the eyes and end of the imaginary Nosefeather. (Nosefeather is optional.) The eyes (visual attention, center of the visual field) and end of the Nosefeather move left and right, on/along the figure eight.

Trace up the center and to the left first <;
+Trace up and over the top left, down the left side, along the bottom and up through the center again, then trace the right side;
+up and over the top right, down the right side, along the bottom and up again through the center.
+Trace the left side again, then right, left, right, left...
+The left side < is traced counterclockwise. Activates Right Brain Hemisphere.
+The right side > is traced clockwise. Activates Left Brain Hemisphere.

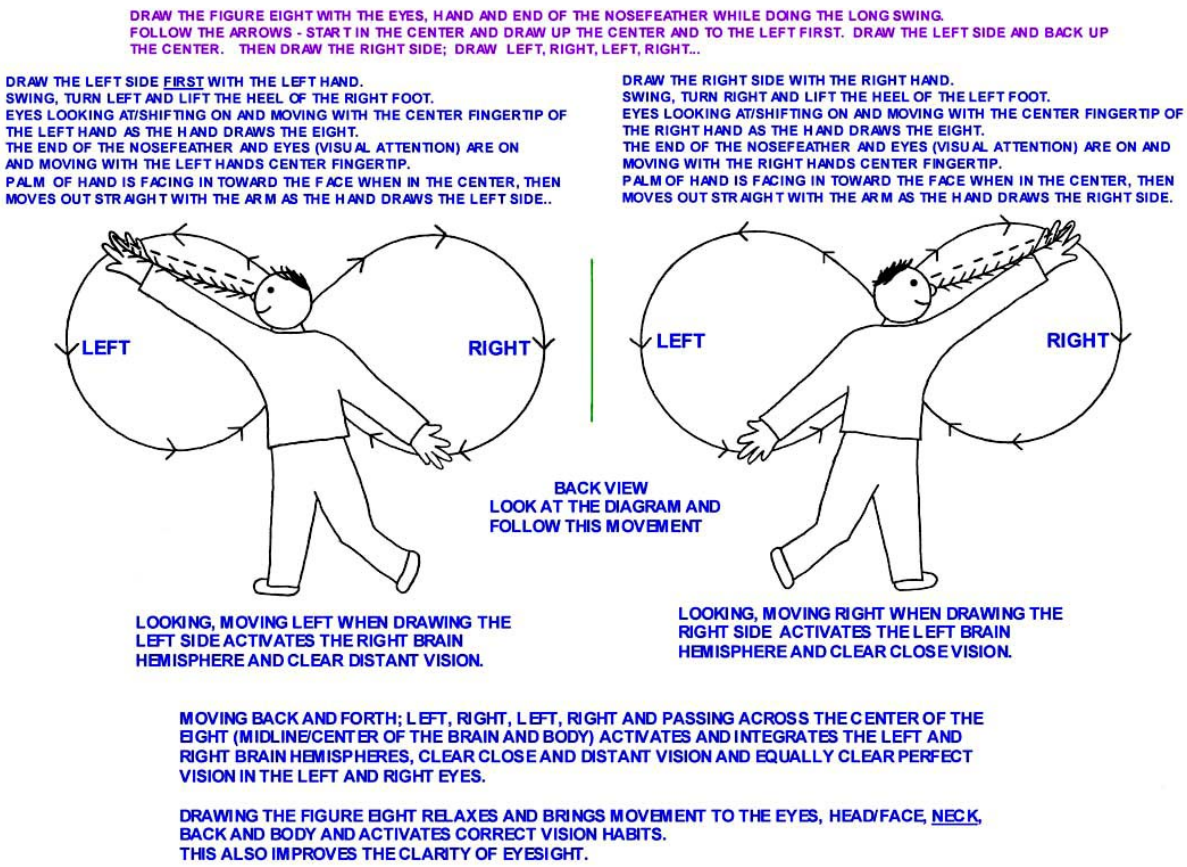
Do not stop in the center when tracing. Keep the eyes moving, continually tracing up through the center and around the eight, left and right.
Relax, blink, breathe abdominally.



Move the eyes, (visual attention, center of the visual field), tracing around the eight as if watching a small train moving along the figure eight. Follow the arrows in the picture.
Trace at a comfortable speed; not extremely slow, but too not fast.
Movement and relaxation is the goal.
Practice drawing imaginary figure eights in the air with the eyes and Nosefeather.
Draw large, medium, small eights. Fine print size eights.
Drawing the figure eight activates eye, head/face, neck and entire body movement. Movement activates relaxation, positive energy and improves the clarity of eyesight.
Draw railroad tracks on large and small, tiny pictures of the eight and trace on it with the eyes, Nosefeather to activate saccadic eye movements. Blink.



Natural Eyesight Improvement Teachers include entire body movement when drawing a large figure eight, (similar to the long swing); Directions;



Draw the left side; the left hand extends out and moves up and around counter-clockwise to draw the left side < of the figure eight with the eyes (visual attention, center of the visual field) and end of the Nosefeather on and moving with the hand, eyes looking at, shifting on the left hands center fingertip, while the body also leans, turns to the left and the heel of the right foot raises off the ground.
The hand, eyes and Nosefeather move around the left side, under the bottom, then up the center of the eight, body moving back to the center with the hand, eyes, Nosefeather.
The heel of right foot returns to the ground.

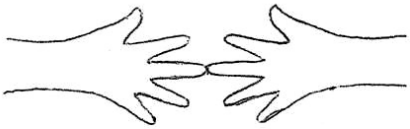
The center fingertips of the left and right hands (palms facing inward toward the face) meet, touch together in front of the eyes in the center of the eight for a second as the eyes, end of the Nosefeather trace up through the center of the eight and shift from the left hands fingertip to the right hands fingertip. Do not stop in the center. Keep moving;

Draw the right side; then the right hand extends out and moves up and around clockwise to draw the right side > of the eight, with the eyes, (visual attention) end of the Nosefeather on and moving with the right hand, eyes looking at, shifting on the center fingertip while the body leans, turns to the right and the heel of the left foot raises off the ground.
The hand, eyes and Nosefeather move around the right side, under the bottom, then back up the center of the eight, body returns to the center and the heel of the left foot returns to the ground.

The left and right hands center fingertips touch in the center of the eight again as the eyes, end of the Nosefeather shifts from the end of the right hands fingertip to the end of the left hands fingertip and then the left side is drawn again. Do not stop in the center; Keep moving, continue drawing; left, right, left, right...

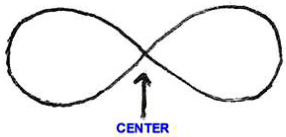
The eyes, Nosefeather, head/face, body look at, move in synchronization with the moving hand as it draws the eight in the air. All move together, at the same time, in the same direction.

Drawing the figure eight increases relaxation and movement of the eyes, head, neck, shoulders and body, aligns the spine; lower, middle, upper back, neck vertebrae, improves balance, coordination, activates and integrates the left and right brain hemispheres, gets the eyes moving 'shifting' correct.
This results in clear eyesight at all distances, close, middle and far with equally clear eyesight in the left and right eyes.



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 relaxes and brings full mobility to the neck.
Neck, shoulder muscle tension, stiffness, limited movement is a main cause of eye muscle tension, dizziness, headaches, reduced blood/oxygen, lymph, energy flow to the eyes, head/brain and unclear eyesight.
Neck relaxation and movement removes these conditions and returns clear eyesight.



CENTER
STARTING POINT

Always draw the figure Eight as described in this book and as shown in the pictures; up the center and to the left first.
Always down the outer sides.
Do not trace down the center, up the outer sides, to the right first. This is a incorrect direction and can imbalance the left and right brain hemispheres.
A small percent of the population have some brain hemisphere functions reversed. Contact a expert in this field for directions on drawing the eight if your hemisphere functions are reversed.

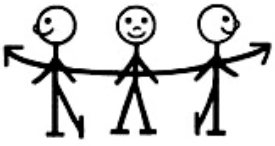
START IN THE CENTER

FRONT VIEW

The Figure Eight (Infinity Swing) is a modern, improved, combined version of the elliptical, square, circular... swings described in Ophthalmologist Bates 'Better Eyesight Magazine'.

http://www.youtube.com/watch?v=BjQW2C4CPbA **- Figure Eight Video**

The Rock (Sway), Long Swing, Cross Crawl and Figure Eight are movement exercises that relax the mind, body, neck, eye muscles and eyes, breaks the staring habit, activates eye movement (shifting), brings synchronized movement to the eyes, head/face, neck and body, improves balance and coordination, activates and integrates the left and right brain hemispheres resulting in equally clear, perfect eyesight in the left and right eyes at all distances; close, middle and far.



Long Swing

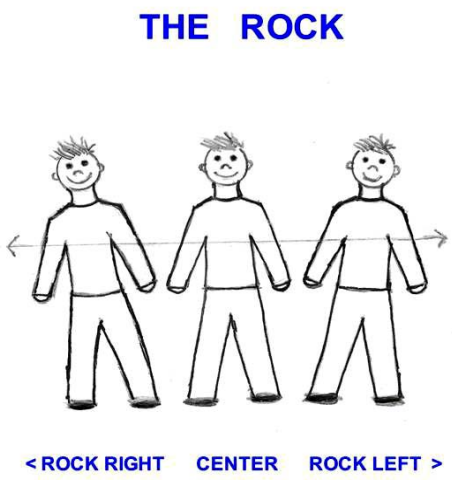
Shift on a small letter and see a short swing.

E

Sway/rock
left and right.

Pictures in this chapter show left and right movements for a person facing the reader. To view the pictures for the readers left and right; view the picture in a mirror or place the picture on your chest, facing outward and look down at the picture for a moment to memorize the movement before trying it.

The Rock - (also called The Sway)



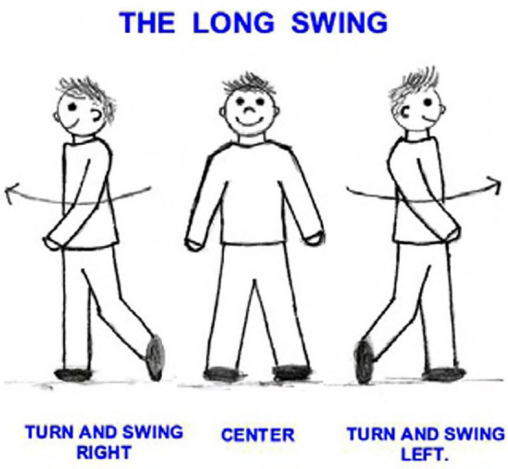
Stand with feet about 1-2 feet apart.
Depends on your physical size. Usually 1 ft. is correct, comfortable. Bend the knees a little.
Rock (sway) the body side to side, left and right.
The eyes, head/face and body move together, in synchronization, at the same time, in the same direction.
The neck is relaxed and moves freely.
Do not stop in the center.
Rock slow, continually, relaxed; left, right, left, right...
Breathe slowly, relaxed. Blink soft, easy.
Think something positive, happy.
Rock 1 - 2 feet side to side.
See 'The Swing' - Oppositional Movement;
+ Rock to the left < - close objects appear to move right >.
Distant objects appear to move with the eyes, head, body in the same direction to the left<.
+ Rock to the right > - close objects appear to move left <.
Distant objects appear to move with the eyes, head, body in the same direction to the right >.
+When swinging left and right; close and distant objects appear to move against eachother in opposite directions. Middle distance objects also show specific movements.

The rock can also be done by moving ½ - 1- 4+ inches side to side. A small movement that can be done at work, in line at the supermarket... for relaxation, clear vision. 'A short swing.'
Try rocking a few inches forward and backward on the feet: heel to toe, toe to heel.

Practice shortening the rock, 'doing a shorter swing' and see a 'Short Swing' of oppositional movement; Rock side to side, left and right; 1 ft, 6, 5, 4, 3, 2, 1, ½ inches and see a shorter and shorter swing. Practice in front of any object. Rock in front of a eyechart; See the chart and letters move in the opposite direction a shorter and shorter, smaller movement as the rock is shortened.
Shift on a small letter, small object and see it move in the opposite direction the eyes, head move to; a small, short, tiny shift producing a short, tiny, swing of the small letter. Practice on a fine print letter.
Short shifts produce; perfect saccadic tiny eye movements, central-fixation=very clear vision, small fine details of objects are seen clear. Practice on close and far objects.

Eye movement, shifting produces the swing of oppositional movement.
Do a very short Rock and see a short, small swing on a letter on the eyechart as the eyes shift left and right on the letter with the movement of the head, body. Eyes, head, body move together, same time, direction.

The Long Swing - The Long Swing is a long movement of the eyes, head/face and body. A longer swing, long eye shift.



The eyes, head/face and body move in a long swing to the left and to the right.
Follow the same directions as for the rock, except; the swing is longer and
+When moving/swinging to the left; turn and face the left.
+When moving/swinging to the right; turn and face the right.
Do not stop in the center. Swing left, right, left, right, left...
Swing left and right continually, relaxed, easy, semi-slow at a comfortable pace.
Eyes, head/face and body move together, in synchronization, at the same time, in the same direction.
+When swinging, turning left, the heel of the right foot raises off the ground as the foot and body turns.
+When swinging right, the heel of the left foot raises off the ground as the foot and body turns.

The Rock produces a Shorter Swing of Oppositional Movement.
The Long Swing produces a large, Long Swing of Oppositional Movement.

Example;
+ Swing and turn to the left < - close objects appear to move, swing by to the right >.
+ Swing and turn to the right > - close objects appear to move, swing by to the left <.
Do not stop and look at the objects that appear to move, pass by in the opposite direction the eyes, head, body are swinging to. Avoid locking the eyes onto the objects because this will interrupt the swing. Just relax, continue to swing and let the scenery pass by in the opposite direction.

When doing the rock and long swing, the feet do not have to be straight; let the toes point outward a little as is comfortable and provides best balance. Let the legs, feet turn naturally and the arms move freely as the body swings and turns left and right. Complete relaxation and freedom of movement.
The long swing and rock brings deep relaxation to the mind, body, eye muscles, eyes and clear eyesight, prevents staring and improves eye movement 'shifting', increases relaxation and movement of the neck, brings movement to the entire body, moves and aligns the vertebrae along the spine, back, neck, relaxes muscles along the spine, back, neck, eyes and entire body, improves balance, coordination and activates and integrates the left and right brain hemispheres. The rock, long swing and other Natural Eyesight Improvement exercises are similar to tai chi, qi gong exercises.

Practice 50 - 100 swings twice a day.
Morning for clear eyesight and relaxation throughout the day and night for relaxing sleep and clear eyesight in the morning. It prevents eyestrain, eye muscle tension during sleep.

The Cross Crawl - The Cross Crawl gets the body moving, improves balance and coordination and activates and integrates the left and right brain hemispheres.
Activating and integrating the left and right brain hemispheres activates perfect, equally clear eyesight in the left and right eyes at all distances close and far and improves all brain hemisphere functions; memory, imagination, mathematics, science, art, positive state of mind, emotions...

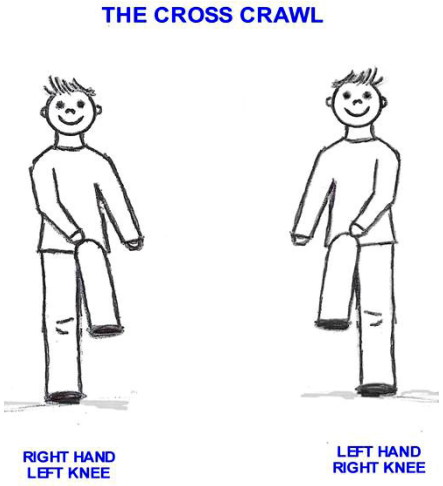
+ Moving the left side of the body activates the right brain hemisphere. The right hemisphere activates clear distant vision and relaxation.

+ Moving the right side of the body activates the left brain hemisphere. The left brain hemisphere activates clear close vision and energy.

+ Moving the left and right sides of the body, Example; left foot/right hand at the same time and then, placing them together, in the center of the body, activates and integrates the left and right brain hemispheres, all brain functions. Clear vision at all distances.
Repeat with right foot/left hand.

Practice the cross crawl;
Stand with the feet comfortably apart.
 # 1 - Lift the left knee up and touch it with the right hand.
The knee and hand touch in front of the center of the body.
Then release the knee and hand and return the foot to the ground.

 # 2 -Lift the right knee up and touch it with the left hand.
Knee and hand touch in front of the center of the body.
Then release the knee and hand, foot returns to ground.
Then repeat the exercise, continually switching back and forth;
#1, #2, #1, #2 Practice at a comfortable, easy pace.



Left and right brain hemisphere activation, integration keeps the vision in the left and right eyes equal, perfectly clear at all distances; close, middle, far and corrects crossed, wandering eyes. Left and right hemispheres work with the left and right eyes.

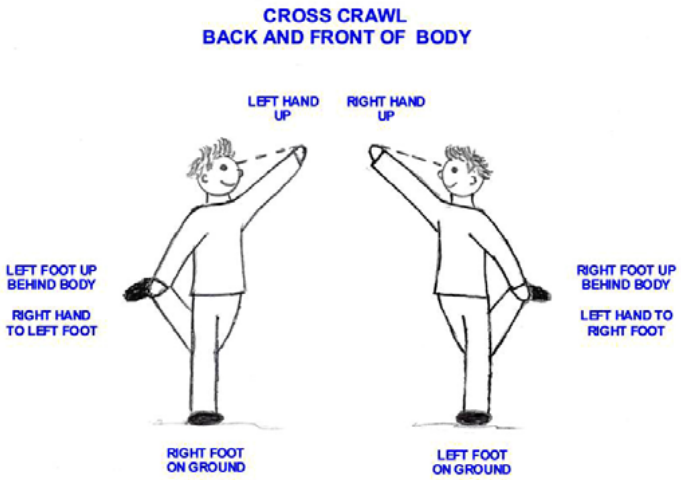
Combine the Cross Crawl with the Figure Eight for increased left and right brain hemisphere activation and integration; Do the cross crawl while drawing the figure eight in the air with the eyes and imaginary Nosefeather.

The picture below shows a **Variation of the Cross Crawl** done with hands and feet in the back and front of the body. The foot behind the body is touched for a second with the opposite hand. Then the hand/foot are released.
The person then switches hands/feet to the opposite side.

Example;

1-Reach out and up with the left hand and look up to the left at the hand.
Place the left leg/foot up behind the body.
The right hand reaches behind the body and touches the left foot (top of foot or toes) for a second.
Then release the hand and foot.
Foot returns to ground and left and right hands move down to the left and right sides of the body.

2-Repeat with opposite hands, foot;
Right hand up, look up to right hand.
Right leg/foot up behind body.
Left hand touches right foot behind body.
Release hand, foot and left and right hands move down to sides.
Repeat; #1, #2, #1, #2...



Looking up with the other hand raised upward also increases left and right brain hemisphere activation, integration.

Many variations of the cross crawl can be done throughout the day to relax the mind, eyes, stay alert, activate maximum brain function and clear vision;
+ Move the fingers of the left hand and toes of the right foot at the same time.
+ Then, move the fingers of the right hand and toes of the left foot at the same time.

Natural Eyesight Improvement Videos - http://www.youtube.com/watch?v=863yFmc-Ius

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Better Eyesight Magazine by Ophthalmologist William H. Bates
July & August-Year 1919

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Shift, Trace on objects in a favorite scenery: along the mountains, trees, fence...

Better Eyesight Magazine

July, 1919 to June, 1930 -132 Monthly Issues

By

Ophthalmologist William Horatio Bates M.D.

Better Eyesight

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

Vol. I JULY, 1919 No. 1

Foreword

Fundamental Facts

Central Fixation

A Teacher's Experiences

Army Officer Cures Himself

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THE EASY SHIFT

SOME time ago a man came to me for treatment of his eyes. Without glasses his vision was about one-half of the normal. This patient could not palm without suffering an agony of pain and depression. He had pain in different parts of his body as well as in his eyes and the pain was usually very severe. The long swing, the short swing tired him exceedingly and made his sight worse. I asked him to tell me what there was that he could remember which caused him no discomfort.

He said, "Everything that I see disturbs me if I make an effort." "I try very hard not to make an effort, but the harder I try the worse do I feel."

When he could not practise palming, swinging or memory successfully I suggested to him that he look from one side of the room to the other, paying no attention to what he saw, but to remember as well as he could a room in his home. For two hours he practised this and was able to move his eyes from one side of the room to the other without paying any attention to the things that were moving or to the things he saw. This was a rest to him, and when his vision was tested, much to my surprise, he read the Snellen Test Card with normal vision at twenty feet. I handed him some diamond type, which he read without difficulty and without his glasses.

Since that time I have had other patients who were unable to remember or imagine things without straining and they usually obtained marked benefit by practising the EASY SHIFT.

No one can obtain perfect sight without constantly shifting, easily, without effort. THE EASY SHIFT is easy because it is done without trying to remember, to imagine or to see. As soon as one makes an effort the shift becomes difficult and no benefit is obtained.

Ophthalmologist
William H. Bates

BETTER EYESIGHT

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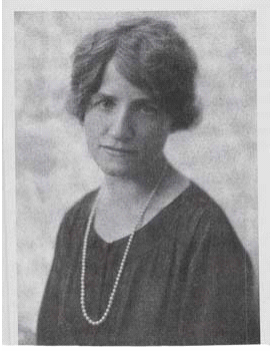


Emily C. Lierman, Bates

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see? Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters.
In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.

Do You Read Imperfectly? - This first article and others are placed on page 2 on the inside cover of each monthly Better Eyesight Magazine issue. The articles consist of a variety of the Best of Dr. Bates Original Natural Eyesight Improvement Treatments, Activities. The student can copy, paste these into a small fine print booklet to carry in a pocket and practice in your spare time.

FOREWORD

WHEN the United States entered the European war recruits for general military service were required to have a visual acuity of 20/40 in one eye and 20/100 in the other.[1] This very low standard, although it is a matter of common knowledge that it was interpreted with great liberality, proved to be the greatest physical obstacle to the raising of an army. Under it 21.68 per cent of the registrants were rejected, 13 per cent more than for any other single cause.[2]

Later the standard was lowered[3] so that men might be "unconditionally accepted for general military service" with a vision of 20/100 in each eye without glasses, provided one eye was correctible to 20/40. For special or limited service they might be accepted with only 20/200 in each eye without glasses, provided one was correctible to 20/40. At the same time a great many defects other than errors of refraction were admitted in both classes, such as squint not interfering with vision, slight nystagmus, and color blindness. Even total blindness in one eye was not a cause for rejection to the limited service class, provided it was not due to progressive or organic change, and the vision of the other eye was normal. Under this incredible standard eye defects still remained one of three leading causes of rejection.

Over ten per cent, (10.65) of the registrants were disqualified by them, while defects of the bones and joints and of the heart and blood-vessels ran respectively one and one and a half percent higher.[4]

Most of the revelations about the physical condition of the American people which resulted from the operation of the draft law had been anticipated by persons who had been giving their attention to such matters - and whose warnings had long fallen upon deaf ears - but it is doubtful if anyone had formed an adequate conception of the truth regarding the condition of the nation's eyesight. That it should be impossible to raise an army with even half normal vision in one eye, and that one man in every ten rejected for military service should have been unable, even by the aid of glasses, to attain this standard, is a situation so appalling that words fail to characterize it, so incredible that only the most unimpeachable evidence could compel belief in it. Under these circumstances it seems to me the plain duty of anyone who has found any means of controlling the evil in question to give the facts the widest possible publicity.

Most writers on ophthalmology today appear to believe that defective eyesight is part of the price we must pay for civilization. The human eye, they say, was not designed for the uses to which it is now put. Eons before there were any schools, or printing presses, electric lights, or moving pictures, its evolution was complete. In those days it served the needs of the human animal perfectly, but it is not to be expected, we are told, that it should respond without injury to the new demands. By care it is thought that this injury may be minimized, but to eliminate it wholly is considered to be too much to hope for. Such is the depressing conclusion to which the monumental labors of a hundred years and more have led us.

I have no hesitation in stating that this conclusion is unqualifiedly wrong. Nature did not blunder when she made the human eye, but has given us in this intricate and wonderful mechanism, upon which so much of the usefulness as well as the pleasure of life depends, an organ as fully equal to the needs of civilization as to those of the Stone Age. After thirty-three years of clinical and experimental work, I have demonstrated to my own satisfaction and that of others that the eye is capable of meeting the utmost demands of civilization; that the errors of refraction which have so long dogged the footsteps of progress, and which have made

the raising of an army during the recent war so difficult, are both preventable and curable; and that many other forms of imperfect sight, long held to be incurable, may be either improved or completely relieved.

All these discoveries have been published in the medical press, but while their reliability has never been publicly disputed, the medical profession has so far failed to make use of them. Meantime the sight of our children is being destroyed daily in the schools, and our young men and women are entering life with a defect which, if uncorrected, must be a source of continual misery and expense to them, sometimes ending in blindness or economic ruin. Admitting for the sake of argument that I may be wrong in my conclusion that these things are unnecessary, it is time I was proven to be wrong. I should not be allowed to play on the forlorn hope of a suffering world. If I am right, as I know I am, a suffering world should no longer be deprived of the benefit of my discoveries.

To give publicity to these discoveries and arouse discussion regarding them is one of the objects for which this magazine has been started. At the same time its pages are open to everyone who has any light to throw upon the problem. It has too long been the custom of ophthalmologists to disregard every fact at variance with the accepted theories. Such facts, when observed, have usually not been published, and when published they have either been ignored or explained away in some more or less plausible manner.

The management of this magazine wishes to make it a medium for the publication of such facts, which, it may safely be asserted, are known to every ophthalmologist of any experience, and which, if they had received proper consideration, would long ago have led us out of the blind alley in which we are now languishing.

While I think it may be truthfully said that many of my methods are new and original, other physicians, both in this country and in Europe, have cured themselves and others by treatment without glasses. Lay persons have done the same.

Fine Print – For Clear Close Vision

In *The Autocrat of the Breakfast Table*, Oliver Wendell Holmes published a very remarkable case of the cure of presbyopia.

"There is now living in New York State," he says, "an old gentleman who, perceiving his sight to fail, immediately took to exercising it on the finest print, and in this way fairly bullied Nature out of her foolish habit of taking liberties at five-and-forty, or thereabouts. And now this old gentleman performs the most extraordinary feats with his pen, showing that his eyes must be a pair of microscopes. I should be afraid to say how much he writes in the compass of a half-dime, whether the Psalms or the Gospels, or the Psalms and the Gospels, I won't be positive."[5]

An officer in the American Expeditionary Forces, whose letter is published elsewhere, wrote to me about a year ago that he has cured himself of presbyopia, and after half a lifetime of misery was entirely free from eye discomfort.

There must be many more of these cases, and we want to hear of them.

(Five and forty=fifties, forties… year of age.) Reading fine print maintains clear close and distant vision at all ages and keeps the eyes healthy, prevents development of eye diseases, cataracts. Along with good nutrition, avoiding eyeglasses.

FUNDAMENTAL FACTS

For about seventy years it has been believed that the eye accommodates for vision at different distances by changing the curvature of the lens, and this theory has given birth to another, namely, that errors of refraction are due to a permanent organic change in the shape of the eyeball. On these two ideas the whole system of treating errors of refraction is based at the present time.

My experiments and clinical observations have demonstrated that both these theories are wrong.[6] They have shown:

(1) That the lens is not a factor in accommodation;
(2) That the change of focus necessary for vision at different distances is brought about by the action of the superior and inferior obliques, which, by their contraction and relaxation, change the length of the eyeball as the length of the camera is changed by the shortening and lengthening of the bellows;
(3) That errors of refraction are due to the abnormal action of these muscles and of the recti, the obliques being responsible for myopia and the recti for hypermetropia, while both may combine in the production of astigmatism;
(4) That this abnormal action of the muscles on the outside of the eyeball is always due to mental strain of some kind.

This being the case it follows that all errors of refraction can be cured by relaxation. All methods of treatment, therefore, are simply different ways of obtaining relaxation. And because it is impossible to relax the eye muscles without relaxing the mind-and the relaxation of the mind means the relaxation of the whole body - it also follows that improvement in the eyesight is always accompanied by an improvement in health and mental efficiency.

The fact that all errors of refraction are functional can often be demonstrated within five minutes. When a person with myopia, hypermetropia, or astigmatism, looks at a blank wall without trying to see, the retinoscope, with a plane mirror, at six feet, indicates, in flashes or more continuously no error of refraction. The conditions should be favorable for relaxation and the doctor should be as much at his ease as the patient.

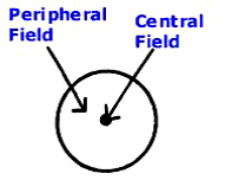
It can also be demonstrated with the retinoscope that persons with normal sight do not have it all the time.[7] When the vision of such persons becomes imperfect at the distance it will be found that myopic refraction has been produced;[8] when it becomes imperfect at the near point it will be found that hypermetropia has been produced.

CENTRAL-FIXATION

An invariable symptom of all abnormal conditions of the eyes, whether functional or organic, is the loss of central-fixation. When a person with perfect vision looks at a letter on the Snellen test card he can always observe that all the other letters in his field of vision are seen less distinctly. He can also observe that when he looks at the bottom of even the smallest letter on the card, the top appears less black and less distinct than the part directly regarded, while the same is true of a letter of diamond type, or of the smallest letters that are printed. When a person with imperfect sight looks at the card he can usually observe that when he can read a line of letters he is able to look at one letter of a line and see it better than the others, but the letters of a line he cannot read may look all alike, or those not directly regarded may even be seen better than the one fixed.

These conditions are due to the fact that when the sight is normal the sensitiveness of the fovea is normal, but when the sight is imperfect, from whatever cause, the sensitiveness of the fovea is lowered, so that the eye sees equally well, or even better, with other parts of the retina. Contrary to what is generally believed, the part seen best when the sight is normal is extremely small. **The text-books say that at twenty feet an area having a diameter of a quarter of an inch can be seen with maximum vision, but anyone who tries at this distance to see every part of one of the small letters of the Snellen test card - the diameter of which is about a quarter of an inch - equally well at one time will immediately become myopic. The fact is that the nearer the point of maximum vision approaches a mathematical point, which has no area, the better the sight.**

The cause of this loss of function in the center of sight is mental strain; and as all abnormal conditions of the eyes, organic as well as functional, are accompanied by mental strain, all such conditions must necessarily be accompanied by loss of central-fixation. When the mind is under a strain the eye usually goes more or less blind. The center of sight goes blind first, partially or completely, according to the degree of the strain, and if the strain is great enough the whole or the greater part of the retina may be involved. When the vision of the center of sight has been suppressed, partially or completely, the patient can no longer see the point which he is looking at best, but sees objects not regarded directly as well, or better, because the sensitiveness of the retina has now become approximately equal in every part, or is even better in the outer part than in the center. Therefore in all cases of defective vision the patient is unable to see best where he is looking. When the person with imperfect vision sees the peripheral field clearest, it is not as clear as the central field is when the vision is normal.



**Look at the dot on the top of the E.
The dot is in the center of the visual field and is clearest. The dot on the bottom is in the peripheral field and is less clear. Shift dot to dot seeing one dot clearest at a time.**

This condition is sometimes so extreme that the patient may look as far away from an object as it is possible to see it and yet see it just as well as when looking directly at it. In one case it had gone so far that the patient could see only with the edge of the retina on the nasal side. In other words, she could not see her fingers in front of her face, but could see them if she held them at the outer side of her eye. She had no error of refraction, showing that while every error of refraction is accompanied by eccentric fixation, the strain which causes the one condition is different from that which produces the other. The patient had been examined by specialists in this country and Europe, who attributed her blindness to disease of the optic nerve, or brain; but the fact that vision was restored by relaxation demonstrated that the condition had been due simply to mental strain.

Eccentric fixation, even in its lesser degrees, is so unnatural that great discomfort, or even pain, can be produced in a few seconds by trying to see every part of an area three or four inches in extent at twenty feet, or even less, or an area of an inch or less at the near point, equally well at one time, while at the same time the retinoscope will demonstrate that an error of refraction has been produced. This strain, when it is habitual, leads to all sorts of abnormal conditions and is, in fact, at the bottom of most eye troubles, both functional and organic. The discomfort and pain may be absent, however, in the chronic condition, and it is an encouraging symptom when the patient begins to experience them.

Natural health improvement doctors state; When health or vision is impaired, pain and other symptoms occur. When health/vision impairment increases, sometimes the pain, other uncomfortable symptoms vanish, are not felt. New symptoms may take their place. When healing occurs and the health/vision is reversing back to normal, is being corrected/cured; the old pains, symptoms may temporarily re-appear as the health/vision is passing backwards through previous beginning stages of the health or vision problem. Then, as the health/vision improves to perfect health, clear vision; the pain, symptoms are completely removed. Complete recovery without passing through pain, uncomfortable symptoms can also occur.

The center of the retina, macula and fovea centralis with its many cones produce the clearest vision and brightest color in the center of the visual field. Areas nearest the central field are also very clear-clarity descreasing outward into the peripheral field. The peripheral field of the retina produces less clear vision and less color in the peripheral field of vision. When the vision is normal, clear; the center of the visual field is clearest and the peripheral field less clear. The exact center of the visual field is produced by the fovea centralis and is the size of the pointed end of a pin and produces very clear vision, much clearer than 20/20 and brightest color, fine detailed vision, ability to see very small parts of objects at close and far distances.

Central-fixation – To look at/see one small part of a object clearest at a time in the center of the visual field. Shifting is combined with central-fixation- the eyes, center of the visual field moves, shifts continually from part to part (point to point) on a object to see the object clear. The center of the visual field also moves with the eyes from object to object seeing one object at as time clearest.

Natural Eyesight Improvement returns perfect clear central vision and brings the peripheral to its maximum clarity.

When the eye possesses central-fixation it not only possesses perfect sight, but it is perfectly at rest and can be used indefinitely without fatigue. It is open and quiet; no nervous movements are observable; and when it regards a point at the distance the visual axes are parallel. In other words, there are no muscular insufficiencies. This fact is not generally known. The text-books state that muscular insufficiencies occur in eyes having normal sight, but I have never seen such a case. The muscles of the face and of the whole body are also at rest, and when the condition is habitual there are no wrinkles or dark circles around the eyes.

In most cases of eccentric fixation, on the contrary, the eye quickly tires, and its appearance, with that of the face, is expressive of effort or strain. The ophthalmoscope reveals that the eyeball moves at irregular intervals, from side to side, vertically or in other directions. These movements are often so extensive as to be manifest by ordinary inspection, and are sometimes sufficiently marked to resemble nystagmus. Nervous movements of the eyelids may also be noted, either by ordinary inspection, or by lightly touching the lid of one eye while the other regards an object either at the near point or the distance. The visual axes are never parallel, and the deviation from the normal may become so marked as to constitute the condition of **squint**. Strain, eccentric fixation, diffusion causes squint, crossed, wandering eyes, imperfect convergence, divergence. Redness of the conjuctiva and of the margins of the lids, wrinkles around the eyes, dark circles beneath them and tearing are other symptoms of eccentric fixation.

Eccentric fixation is a symptom of strain, and is relieved by any method that relieves strain; but in some cases the patient is cured just as soon as he is able to demonstrate the facts of central-fixation. When he comes to realize, through actual demonstration of the fact, that (when experiencing blur, eccentric fixation, diffusion, not seeing with the center of the visual field) he does not see best where he is looking, and that when he looks a sufficient distance away from a point (when the eyes are working correct, relaxed, with central-fixation) he can see it worse than when he looks directly at it, he becomes able, in some way, to reduce the distance to which he has to look in order to see worse, until he can look directly at the top of a small letter and see the bottom worse, or look at the bottom and see the top worse. The smaller the letter regarded in this way, or the shorter the distance the patient has to look away from a letter in order to see the opposite part indistinctly, the greater the relaxation and the better the sight. When it becomes possible to look at the bottom of a letter and see the top worse, or to look at the top and see the bottom worse, it becomes possible to see the letter perfectly black and distinct. At first such vision may come only in flashes. The letter will come out distinctly for a moment and then disappear. But gradually, if the practice is continued, central-fixation will become habitual. Seeing objects or a part of a object worse when not looking directly at it=it is less clear because it is in the less clear peripheral field. When looking directly at the object, or part, it is in the central field and is clearest.

Most patients can readily look at the bottom of the big C and see the top worse; but in some cases it is not only impossible for them to do this, but impossible for them to let go of the large letters at any distance at which they can be seen. In these extreme cases it sometimes requires considerable ingenuity, first to demonstrate to the patient that he does not see best where he is looking, and then to help him to see an object worse when be 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:

Look at/see clearest - one part (dot) of the C at a time, in the center of the visual field. The part (dot) in the peripheral field is less clear.

A patient with vision of 3/200, when she looked at a point a few feet away from the big C, said she saw the letter better than when she looked directly at it. Her attention was called to the fact that her eyes soon became tired and that her vision soon failed when she saw things in this way. Then she was directed to look at a bright object about three feet away from the card, and this attracted her attention to such an extent that she became able to see the large letter on the test card worse, after which she was able to look back at it and see it better. It was demonstrated to her that she could do one of two things: look away and see the letter better than she did before, or look away and see it worse. She then became able to see it worse all the time when she looked three feet away from it. Next she became able to shorten the distance successively to two feet, one foot and six inches, with a constant improvement in vision; and finally she became able to look at the bottom of the letter and see the top worse, or look finally she became able to read the ten line at twenty feet. By the same method also she became able to read diamond type, first at twelve inches and then at three inches. By these simple measures alone she became able, in short, to see best where she was looking, and her cure was complete.

The highest degrees of eccentric fixation occur in the high degrees of myopia, and in these cases, since the sight is best at the near point, the patient is benefited by practicing seeing worse at this point. The distance can then be gradually extended until it becomes possible to do the same thing at twenty feet. One patient with a high degree of myopia said that the farther she looked away from an electric light the better she saw it, but by alternately looking at the light at the near point and looking away from it she became able, in a short time, to see it brighter when she looked directly at it than when she looked away from it. Later she became able to do the same thing at twenty feet, and then she experienced a wonderful feeling of relief. No words, she said, could adequately describe it. Every nerve seemed to be relaxed, and a feeling of comfort and rest permeated her whole body. Afterward her progress was rapid. She soon became able to look at one part of the smallest letters on the card and see the rest worse, and then she became able to read the letters at twenty feet.

On the principle that a burnt child dreads the fire, some patients are benefited by consciously making their sight worse. When they learn, by actual demonstration of the facts, just how their visual defects are produced, they unconsciously avoid the unconscious strain which causes them. When the degree of eccentric fixation is not too extreme to be increased, therefore, it is a benefit to patients to teach them how to increase it. **When a patient has consciously lowered his vision and produced discomfort and even pain by trying to see the big C, or a whole line of letters, equally well at one time, he becomes better able to correct the unconscious effort of the eye to see all parts of a smaller area equally well at one time.** (Experience strain=learn to avoid it.)

In learning to see best where he is looking it is usually best for the patient to think of the point not directly regarded as being seen less distinctly than the point he is looking at, instead of thinking of the point fixed as being seen best, as the latter practice has a tendency, in most cases, to intensify the strain under which the eye is already laboring. One part of an object is seen best only when the mind is content to see the greater part of it indistinctly, and as the degree of relaxation increases the area of the part seen worse increases until that seen best becomes merely a point. (Exact center of visual field, fovea centralis, much clearer than 20/20.)

The limits of vision depend upon the degree of central-fixation. A person may be able to read a sign half a mile away when he sees the letters all alike, but when taught to see one letter best he will be able to read smaller letters that he didn't know were there. **The remarkable vision of savages, who can see with the naked eye objects for which most civilized persons require a telescope, is a matter of central-fixation.** Some people can see the rings of Saturn, or the moons of Jupiter, with

the naked eye. It is not because of any superiority in the structure of their eyes, but because they have attained a higher degree of central-fixation than most civilized persons do.

Not only do all errors of refraction and all functional disturbances of the eye disappear when it sees by central-fixation, but many organic conditions are relieved or cured. I am unable to set any limits to its possibilities. I would not have ventured to predict that glaucoma, incipient cataract and syphilitic iritis could be cured by central-fixation; but it is a fact that these conditions have disappeared when central-fixation was attained. Relief was often obtained in a few minutes, and sometimes this relief was permanent. Usually, however, a permanent cure required more prolonged treatment. Inflammatory conditions of all kinds, including inflammation of the cornea, iris, conjunctiva, the various coats of the eyeball and even the optic nerve itself, have been benefited by central-fixation after other methods had failed. Infections, as well as diseases caused by protein poisoning and the poisons of typhoid fever, influenza, syphilis and gonorrhea, have also been benefited by it. Even with a foreign body in the eye there is no redness and no pain so long as central-fixation is retained.

Since central-fixation is impossible without mental control, central-fixation of the eye means central-fixation of the mind. It means, therefore, health in all parts of the body, for all the operations of the physical mechanism depend upon the mind. Not only the sight, but all the other senses - touch, taste, hearing and smell - are benefited by central-fixation. All the vital processes - digestion, assimilation, elimination, etc. - are improved by it. The symptoms of functional and organic diseases are relieved. The efficiency of the mind is enormously increased. The benefits of central-fixation already observed are, in short, so great that the subject merits further investigation.

Central-Fixation Example:
Look at the top part of the letter C. Place it in the center of the visual field. Shift on it to avoid staring. While looking at that part, in the center of the visual field; that part is clearest. Other parts of the C away from the part the eyes are looking directly at are in the peripheral field are seen worse, less clear.
When the eyes move, shift to a new part, example; a part on the bottom of the C; this part is now in the center of the visual field, is clearest and the top of the C and other parts are in the peripheral field, away from the central field and are seen less clear.
Shift from part to part on the C and see one small part at a time clearest in the center of the visual field – Central-fixation.
Practice on large, then smaller letters, any objects, then on small objects, a fine print letter.
When the eyes can shift: small point to small point on a small object, small part of a object, fine print letter and use central-fixation, vision is very clear.
Central-fixation must be combined with shifting; shifting from point to point.
Central-fixation does not mean to fix the eyes immobile on a point.
Eccentric fixation is; Diffusion – trying to see two or more objects or more than one part of a object at the same time, objects in the central and peripheral field equally clear at the same time, not shifting from part to part, object to object, to space the visual attention out to cover the entire field without moving the eyes. Using the peripheral area of the retina and field of vision to see with, placing the object of visual attention in the peripheral field.

A TEACHER'S EXPERIENCES

A teacher forty years of age was first treated on March 28, 1919. She was wearing the following glasses: O. D. convex 0.75 D. S. with convex 4.00 D. C., 105 deg.; O. S. convex 0.75 D. S. with convex 3.50 D. C., 105 deg. On June 9, 1919, she wrote:

I will tell you about my eyes, but first let me tell you other things. You were the first to unfold your theories to me, and I found them good immediately - that is, I was favorably impressed from the start. I did not take up the cure because other people recommended it, but because I was convinced: first, that you believed in your discovery yourself; second, that your theory of the cause of eye trouble was true. I don't know how I knew these two things, but I did. After a little conversation with you, you and your discovery both seemed to me to bear the earmarks of the genuine article. As to the success of the method with myself I had a little doubt. You might cure others, but you might not be able to cure me, However, I took the plunge, and it has made a great change in me and my life.

To begin with, I enjoy my sight. I love to look at things, to examine them in a leisurely, thorough way, much as a child examines things. I never realized it at the time, but it was irksome for me to look at things when I was wearing glasses, and I did as little of it as possible. The other day, going down on the Sandy Hook boat, I enjoyed a most wonderful sky without that hateful barrier, of misted glasses, and I am positive I distinguished delicate shades of color that I never would have been able to see, even with clear glasses. Things seem to me now to have more form, more reality than when I wore glasses. Looking into the mirror you see a solid representation on a flat surface, and the flat glass can't show you anything really solid. My eye-glasses, of course, never gave me this impression, but one curiously like it. I can see so clearly without them that it is like looking around corners without changing the position. I feel that I can almost do it.

I very seldom have occasion to **palm**.[9] Once in a great while I feel the necessity of it. The same with **remembering a period**.[10] Nothing else is ever necessary. I seldom think of my eyes, but at times it is borne in upon me how much I do use and enjoy using them.

My nerves are much better. I am more equable, have more poise, am less shy. I never used to show that I was shy, or lacked confidence.

I used to go ahead and do what was required, if not without hesitation, but it was hard. Now I find it easy. Glasses, or poor sight rather, made me self-conscious. It certainly is a great defect and one people are sensitive to without realizing it. I mean the poor sight and the necessity for wearing glasses. I put on a pair of glasses the other day just for an experiment, and I found that they magnified things. My skin looked as if under a magnifying glass. Things seemed too near. The articles on my chiffonier looked so

close I felt like pushing them away from me. The glasses I especially wanted to push away. They brought irritation at once. I took them off and felt peaceful. Things looked normal.

I see better in the street than I ever did with glasses. I can see what people look like across the street, can distinguish their features, etc., a thing I could not do with glasses, or before I wore them. I can see better across the river and further into people's houses across the street.

Not that I indulge, but I noticed an increase of power while looking out of the window in school.

Speaking of school, I corrected an immense pile of examination papers the other day, five hours at a stretch, with an occasional look off the paper and an occasional turn about the room. I felt absolutely no discomfort after it. Two weeks previous to this feat I handled two hundred designs over and over again, looking at each one dozens and dozens of times to note changes and improvement in line and color.

Occasionally, while this work was going on. I had to palm in the mornings on rising.

I use my eyes with as much success writing, though once in a while after a lot of steady writing they are a little bit tired. I can read at night without having to get close to a light. I mention this because last summer I had to sit immediately under the light, or I could not see.

From the beginning of the treatment I could use my eyes pretty well, but they used to tire. I remember making a large Liberty Loan poster two weeks after I took off my glasses, and I was amazed to find I could make the whole layout almost perfectly without a ruler, just as well as with my glasses. When I came to true it up with the ruler I found only the last row of letters a bit out of line at the very end. I couldn't have done better with glasses. However this wasn't fine work. About the same time I sewed a hem at night in a black dress, using a fine needle. I suffered a little for this, but not much. I used to practice my exercises at that time and palm faithfully. Now I don't have to practice, or palm; I feel no discomfort, and I am absolutely unsparing in my use of my eyes. I do everything I want to with them. I shirk nothing, pass up no opportunity of using them. From the first I did all my school work, read every notice, wrote all that was necessary, neglected nothing.

Everything I was called upon to do I attempted. For instance, I had to read President Wilson's "Fourteen Points" in the assembly room without notice in a poor light-unusual wording, too,-and I read it unhesitatingly. I have yet to fail to make good.

Now to sum up the school end of it, I used to get headaches at the end of the month from adding columns of figures necessary to reports, etc. Now I do not get them. I used to get flustered when people came into my room. Now I do not; I welcome them. It is a peasant change to feel this way. And-I suppose this is most important really, though I think of it last-I teach better. I know how to get at the mind and how to make the children see things in perspective. I gave a lesson on the horizontal cylinder recently, which, you know, is not a thrillingly interesting subject, and it was a remarkable lesson in its results and in the grip it got on every girl in the room, stupid and bright. What you

have taught me makes me use the memory and imagination more, especially the latter, in teaching.

Now, to sum up the effect of being cured upon my own mind. I am more direct, more definite, less diffused, less vague. In short, I am conscious of being better centered. It is central-fixation of the mind. I saw this in your latest paper, but I realized it long ago and knew what to call it.

ARMY OFFICER CURES HIMSELF

An engineer, fifty-one years of age, had worn glasses since 1896, first for astigmatism, getting stronger ones every couple of years, and then for astigmatism and presbyopia. At one time he asked his oculist and several opticians if the eyes could not be strengthened by exercises, so as to make glasses unnecessary, but they said: "No. Once started on glasses you must keep to them."

When the war broke out he was very nearly disqualified for service in the Expeditionary Forces by his eyes, but managed to pass the required tests, after which he was ordered abroad as an officer in the Gas Service. While there he saw in the Literary Digest of May 2, 1918, a reference to my method of curing defective eyesight without glasses, and on May 11 he wrote to me in part as follows:

At the front I found glasses a horrible nuisance, and they could not be worn with gas masks. After I had been about six months abroad I asked an officer of the Medical Corps about going without glasses. He said I was right in my ideas and told me to try it. The first week was awful, but I persisted and only wore glasses for reading and writing. I stopped smoking at the same time to make it easier on my nerves.

I brought to France two pairs of bow spectacles and two extra lenses for repairs. I have just removed the extra piece for near vision from these extra lenses and had them mounted as pince-nez, with shur-on mounts, to use for reading and writing, so that the only glasses I now use are for astigmatism, the age lens being off. Three months ago I could not read ordinary head-line type in newspapers without glasses.

Today, with a good light, I can read ordinary book type (18 point), held at a distance of eighteen inches from my eyes. Since the first week in February, when I discarded my glasses, I have had no headaches, stomach trouble, or dizziness, and am in good health generally. My eyes are coming back, and I believe it is due to sticking it out. I ride considerably in automobiles and trams, and somehow the idea has crept into my mind that after every trip my eyes are stronger. This, I think, is due to the rapid changing of focus in viewing scenery going by so fast.

Other men have tried this plan on my advice, but gave it up after two or three days. Yet, from what they say, I believe they were not so uncomfortable as I was for a week or ten days.

I believe most people wear glasses because they "coddle" their eyes.

July, 1919 footnotes

1 - Harvard: Manual of Military Hygiene for the Military services of United States, third revised edition 1917, p.195.
2 - Report of the Provost Marshal General to the Secretary of War on the First Draft under the Selective Service Act, 1917.
3 - Standards of Physical Examination for the Use of Local Boards, District Boards and Medical Advisory Boards under the Selective Service Act, Form 75, issued through office of the Provost Marshal General.
4 - Second Report of the Provost Marshal General to the Secretary of War on the Operations of the Selective Service System to December 20, 1918.
5 - Everyman's Library, 1908, pp. 166 and 167.
6 - Bates: The Cure of Defective Eyesight by Treatment Without Glasses. N. Y. Med. Jour., May 8, 1915. A Study of Images Reflected from the Cornea, Iris, Lens and Sclera. N. Y. Med. Jour., May 18, 1918.
7 - Bates: The Imperfect Sight of the Normal Eye. N. Y. Med. Jour., Sept 8, 1917.
8 – Bates: The Cause of Myopia. N. Y. Med. Jour., March 16, 1912.
9 - By palming is meant the covering of the closed eyes with the palms of the hands in such a way as to exclude all the light, while remembering some color, usually black.
10 - Bates: *Memory as an Aid to Vision.* N. Y. Med. Jour., May 24, 1919.

SCHOOL NUMBER

BETTER EYESIGHT

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

August, 1919

How to Use the Snellen Test Card
FOR THE
Prevention and Cure of Imperfect Sight in Children

The Snellen Test Card is placed permanently upon the wall of the classroom, and every day the children silently read the smallest letters they can see from their seats with each eye separately, the other being covered with the palm of the hand in such a way as to avoid pressure on the eyeball. This takes no appreciable amount of time, and is sufficient to improve the sight of all children in one week and to cure all errors of refraction after some months, a year, or longer.

Children with markedly defective vision should be encouraged to read the card more frequently.

Records may be kept as follows:

John Smith, 10, Sept. 15, 1918.
R. V. (vision of the right eye) 20/40.
L. V. (vision of the left eye) 20/20.
John Smith, 11, Jan. 1, 1919.
R. V. 20/30.
L. V. 20/15.

20/20

The numerator (top number) of the fraction indicates the distance of the test card from the pupil;
The denominator (bottom number) denotes the line read, as designated by the figures printed above the middle of each line of the Snellen Test Card.

A certain amount of supervision is absolutely necessary. At least once a year some one who understands the method should visit each classroom for the purpose of answering questions, encouraging the teachers to continue the use of the method, and making a report to the proper authorities.

It is not necessary that either the inspector, the teachers, or the children, should understand anything about the physiology of the eye.

Glasses are often prescribed unnecessarily or 'too strong' (over-corrected) due to temporary nervousness, pressure to hurry, limited eye, head, neck, body movement, looking into test equipment during an eye exam. Eye doctors also prefer to prescribe an 'extra strength' to the eyeglass lenses. All eyeglasses, especially strong eyeglass lenses cause fast, increased vision/eye impairment and prescriptions for stronger and stronger lenses.

A HOUSE BUILT ON SAND

That the results of the present method of treating defects of vision are far from satisfactory is something which no one would attempt to deny. It is well known that many patients wander from one specialist to another, seeking vainly for relief, while others give up in despair and either bear their visual ills as best they may without assistance, or else resort to Christian Science, mental science, osteopathy, physical culture, or some of the other healing cults to which the incompetence of orthodox medicine has given birth. The specialists themselves, having daily to handle each other's failures, are scarcely better satisfied. Privately they criticize each other with great asperity and freedom, and publicly they indulge in much speculation as to the underlying causes of this deplorable state of affairs.

At the recent meeting of the Ophthalmological Section of the American Medical Association, Dr. E. J. Gardiner, of Chicago, in a paper on *The Present Status of Refraction Work*,1 finds that ignorance is responsible for the largest quota of failure to get satisfactory results from what he calls the "rich heritage" of ophthalmic science, but that a considerable percentage must be

attributed to other causes. Among these causes he enumerates a too great dependence on measuring devices, the delegation of refraction work to assistants, and the tendency to eliminate cycloplegics, in deference to the prejudices of patients who have a natural objection to being incapacitated by "drops."

On the same occasion, Dr. Samuel Theobald, of Johns Hopkins University, noted a tendency to "minimize the importance of muscular anomalies" as an important cause of many failures to give relief to eye patients. Among cases that have come into his hands after glasses had been prescribed by other ophthalmologists he has often found that "though great pains had been taken to correct even minor faults of refraction, grave muscular errors had been entirely overlooked." From this fact and from the small number of latent muscular defects noted in the hospital reports which he has examined, the conclusion seems to him inevitable that such faults are in large measure ignored.

Dr. Walter Pyle, of Philadelphia, laid stress on "necessary but often neglected refinements in examination of ocular refraction." "Long practice, infinite care and attention to finer details," he said, "are imperative requisites, since a slight fault in the correction of a refractive error aggravates rather than relieves the accompanying asthenopic symptoms." This care, he says, must be exercised not only by the oculist but by the optician, and to the end that the latter may be inspired to do his part, he suggests that the oculist provide himself with the means for keeping tabs on him in the form of a mechanical lens measure, axis finder and centering machine.

Dr. Charles Emerson, of the Indiana University School of Medicine, suggested a closer co-operation between the ophthalmologist and the physician, as there were many patients who could not be helped by the ophthalmologist alone.

The fitting of glasses by opticians is usually condemned without qualification, but in the discussion which followed these papers, Dr. Dunbar Roy, of Atlanta, said that the optician, just because he does not use cycloplegics, frequently fits patients with comfortable glasses where the ophthalmologist has failed. When a patient needs glasses, said Dr. Roy, he needs them when his eyes are in their natural or normal condition and not when the muscle of accommodation is partially paralyzed. Even the heavy frames used in the adjustment of trial lenses were not forgotten in the search for possible causes of failure, Dr. Roy believing that the patient is often so annoyed by these contrivances that he does not know which is causing him the most discomfort, the frames or the glasses.

Nowhere in the whole discussion was there any suggestion that this great mass of acknowledged failure could possibly be due to any defect in fundamental principles. These are a "rich heritage," the usefulness of which is not to be questioned. If they do not produce satisfactory results, it must be due to their faulty application, and it is taken for granted that there are a select few who understand and are willing to take the trouble to use them properly.

The simple fact, however, is that the fitting of glasses can never be satisfactory. The refraction of the eye is continually changing.2 Myopia, hypermetropia and astigmatism come and go, diminish and increase, and the same adjustment of glasses cannot suit the affected eyes at all times. One may be able, in many cases, to make the patient comfortable, to improve his sight, or to relieve nervous symptoms; but there will always be a considerable number of persons who get little or no help from glasses, while practically everyone who wears them is more or less dissatisfied. The optician may succeed in making what is considered to be a satisfactory adjustment, and the most eminent ophthalmologist may fail. I personally know of one specialist, a man of international reputation, who fitted a patient sixty times with glasses without affording him the slightest relief.

And even when the glasses do what is expected of them they do very little. Considering the nature of the superstructure built on the foundation of Donders, and the excellent work being done by leading men, Dr. Gardiner thinks the present status of refraction work might be deemed eminently satisfactory if it were not for the great amount of bad and careless work being done; but I do not consider it satisfactory when all we can do for people with imperfect sight is to give them eye crutches that do not even check the progress of the trouble, when the only help we can offer to the millions of myopic and hypermetropic and astigmatic and squinting children in our schools is to put spectacles on them. If this is the best that ophthalmology can do after building for three-quarters of a century upon the foundation of Donders, is it not time that we began to examine that foundation of which Dr. Gardiner boasts that "not one stone has been removed"? Instead of seeking the cause of our failure to accomplish even the little we claim to be able to do in the ignorance and carelessness of the average practitioner, great as that ignorance and carelessness often are; in the neglect of cycloplegics and the refinements of lens adjustment: in the failure to detect latent muscular anomalies; in the absence of co-operation between specialist and general practitioner: would it not be wiser to examine the foundation of our superstructure and see whether it is of stone or of sand?

THE PREVENTION OF MYOPIA

Methods That Failed

The publication in 1867 by Professor Hermann Cohn of Breslau of a study of the eyes of ten thousand school children first called general attention to the fact that while myopia is seldom found in the pre-school age, the defect increases steadily both in percentage of cases and in degree during the educational period. Professor Cohn's investigations were repeated in all the advanced countries, and his observations, with some difference in percentages, were everywhere confirmed. The conditions were unanimously attributed to the excessive use of the eyes for near work, and as it was impossible to abandon the educational system, attempts were made to minimize the supposed evil effects of the reading, writing and other near work which it demanded. Careful and detailed rules were laid down by various authorities as to the size of type to be used in school books, the length of the lines, their distance apart, the distance at which the book should be held, the amount and arrangement of the light, the construction of the desks, the length of time the eyes might be used without a change of focus, etc. Face rests were even devised to hold the eyes at the prescribed distance from the desk and to prevent stooping, which was supposed to cause congestion of the eyeball and thus to encourage elongation. The Germans, with characteristic thoroughness, actually used these instruments of torture, Cohn never allowing his children to write without one, "even at the best possible desk."3

The results of these preventive measures were disappointing. Some observers reported a slight decrease in the percentage of myopia in schools in which the prescribed reforms had been made; but on the whole, as Risley has observed in his discussion of the subject in Norris and Oliver's *System of Diseases of the Eye*, "the injurious effects of the educational process were not noticeably arrested."

"It is a significant, though discouraging fact," he continues, "that the increase, as found by Cohn, both in the percentage and in the degree of myopia, had taken place in those schools where he had especially exerted himself to secure the introduction of hygienic forms, and the same is true of the observations of Just, who had examined the eyes of twelve hundred and twenty-nine of the pupils of the two High Schools of Zittau, in both of which the hygienic conditions were all that could be desired. He found, nevertheless, that the excellent arrangements had not in any degree lessened the percentage of increase in myopia. It became necessary, therefore, to look beyond faulty hygienic environments for the cause of the pathological states represented by Myopia."4

With the passage of time further evidence to the same effect has steadily accumulated. In an investigation in London, for instance, in which the schools were carefully selected to reveal any difference that might arise from the various influences, hygienic, social and racial, to which the children were subjected, the proportion of myopia in the best lighted and ventilated school of the group was actually found to be higher than in the one where these conditions were worst.5 It has also been found that there is just as much myopia in schools where little near work is done as in those in which the demands upon the accommodative power of the eye are greater, while in any case it is only a minority of the children in any school who become myopic, although all may be exposed to practically the same eye conditions. Dr. Adolf Steiger, in his recent book on *Spherical Refraction*, bears witness, after a comprehensive survey of the whole question, to the "absolutely negative results of school hygiene," and Dr. Sidler-Huguenin reports7 that in the thousands of cases that have come under his care he has observed no appreciable benefit from any method of treatment at his command.

Facts of this sort have led to a modification of the myopia theory, but have produced no change in methods of myopia prevention. An hereditary tendency toward the development of the defect is now assumed by most authorities; but although no one has ever been able to offer even a plausible explanation for its supposed injuriousness, and though its restriction has been proven over and over again to be useless, near work is still generally held to be a contributing cause and ophthalmologists still go on in the same old way, trying to limit the use of the eyes at the near-point and encourage vision at the distance. It is incomprehensible that men calling themselves scientific, and having had at least a scientific training, can be so foolish. One might excuse a layman for such irrational conduct, but how men of scientific repute who are supposed to write authoritative textbooks can go on year after year copying each other's mistakes and ignoring all facts which are in conflict with them is a thing which reasonable people can hardly be expected to understand.

In 1912,8 and a good many times since, I published the observation that myopia is always lessened when the subject strains to see at the near point, and always produced in the normal eye when the subject strains to see at the distance. These observations are of the greatest practical importance, for if they are correct, they prove our present methods of preventing myopia to be a monumental blunder. Yet no one, so far as I have heard, has taken the trouble to test their accuracy. I challenged the medical profession to produce a single exception to the statements I made in the 1912 publication, and that challenge has stood for seven years, although every member of the Ophthalmological Section of the American Medical Association must have had an opportunity to see it, and anyone who knows how to use a retinoscope could have made the necessary tests in a few minutes. If any did this, they failed to publish the results of their observations, and are, therefore, responsible for the effects of their silence. If they found that I was right and neglected to say so, they are responsible for the fact that the benefits that must ultimately result from this discovery have been delayed. If they found that I was wrong, they are responsible for any harm that may have resulted from their indifference.

THE PREVENTION AND CURE OF MYOPIA AND OTHER ERRORS OF REFRACTION

A Method That Succeeded

You cannot see anything with perfect sight unless you have seen it before. When the eye looks at an unfamiliar object it always strains more or less to see that object, and an error of refraction is always produced. When children look at unfamiliar writing, or figures, on the blackboard, distant maps, diagrams, or pictures, the retinoscope always shows that they are myopic, though their vision may be under other circumstances absolutely normal. The same thing happens when adults look at unfamiliar distant objects. When the eye regards a familiar object, however, the affect is quite otherwise. Not only can it be regarded without strain, but the strain of looking later at unfamiliar objects is lessened.

This fact furnishes us with a means of overcoming the mental strain to which children are subjected by the modern educational system. It is impossible to see anything perfectly when the mind is under a strain, and if children become able to relax when looking at familiar objects, they become able, sometimes in an incredibly brief space of time, to maintain their relaxation when looking at unfamiliar objects.

I discovered this fact while examining the eyes of 1,500 school children at Grand Forks, N. D., in 1903.9 In many cases children who could not read all of the letters on the Snellen test card at the first test read them at the second or third test. After a class had been examined the children who had failed would sometimes ask for a second test, and then it often happened that they would read the whole card with perfect vision. So frequent were these occurrences that there was no escaping the conclusion that in some way the vision was improved by reading the Snellen test card. In one class I found a boy who at first appeared to be very myopic, but who, after a little encouragement, read all the letters on the test card. The teacher asked me about this boy's vision, because she had found him to be very "near-sighted." When I said that his vision was normal she was incredulous, and suggested that he might have learned the letters by heart, or been prompted by another pupil. He was unable to read the writing or figures on the blackboard, she said, or to see the maps, charts, and diagrams on the walls, and did not recognize people across the street. She asked me to test his sight again, which I did, very carefully, under her supervision, the sources of error which she had suggested being eliminated. Again the boy read all the letters on the card. Then the teacher tested his sight. She wrote some words and figures on the blackboard and asked him to read them. He did so correctly. Then she wrote additional words and figures, which he read equally well. Finally she asked him to tell the hour by the clock twenty-five feet distant, which he did correctly. It was a dramatic situation, both the teacher and the children being intensely interested. Three other cases in the class were similar, their vision, which had previously been very defective for distant objects, becoming normal in the few moments devoted to testing their eyes. It is not surprising that after such a demonstration the teacher asked to have a Snellen test card placed permanently in the room.

The children were directed to read the smallest letters they could see from their seats at least once every day, with both eyes together and with each eye separately, the other being covered with the palm of the hand in such a way as to avoid pressure on the eyeball. (Use of eye patch is best so the hand does not need to be held up – holding the hand up to eye causes the muscles in the hand, arm, shoulder, neck, then eyes to become tense.)
Those whose vision was defective were encouraged to read it more frequently, and in fact needed no encouragement to do so after they found that the practice helped them to see the blackboard, and stopped the headaches, or other discomfort, previously resulting from the use of their eyes.

In another class of forty children, between six and eight, thirty of the pupils gained normal vision while their eyes were being tested. The remainder were cured later under the supervision of the teacher by exercises in distant vision with the Snellen card. This teacher had noted every year for fifteen years that at the opening of the school in the fall all the children could see the writing on the blackboard from their seats, but before school closed the following spring all of them without exception complained that they could not see it at a distance of more than ten feet. After learning of the benefits to be derived from the daily practice of distant vision with familiar objects as the points of fixation, this teacher kept a Snellen test card continually in her classroom and directed the children to read it every day. The result was that for eight years no more of the children under her care acquired defective eyesight.

This teacher had attributed the invariable deterioration in the eyesight of her charges during the school year to the fact that her classroom was in the basement and the light poor. But teachers with well-lighted classrooms had the same experience, and after the Snellen test card was introduced into both the well-lighted and the poorly lighted rooms, and the children read it every day, the deterioration of their eyesight not only ceased, but the vision of all improved. Vision which had been below normal improved, in most cases, to normal, while children who already had normal sight, usually reckoned at 20/20, became able to read 20/15 or 20/10. And not only was myopia cured, but the vision for near objects was improved.

At the request of the superintendent of the schools of Grand Forks, Mr. J. Nelson Kelly, the system was introduced into all the schools of the city and was used continuously for eight years, during which time it reduced myopia among the children, which I found at the beginning to be about six per cent, to less than one per cent.

In 1911 and 1912 the same system was introduced into some of the schools of New York City10 with an attendance of about ten thousand children. Many of the teachers neglected to use the cards, being unable to believe that such a simple method, and one so entirely at variance with previous teaching on the subject, could accomplish the desired results. Others kept the cards in a closet except when they were needed for the daily eye drill, lest the children should memorize them. Thus they not only put an unnecessary burden upon themselves, but did what they could to defeat the purpose of the system, which is to give the children **daily exercise in distant vision with a familiar object as the point of fixation**. A considerable number, however, used the system intelligently and persistently, and in less than a year were able to present reports showing that of three thousand children with imperfect sight over one thousand had obtained normal vision by its means. Some of these children, as in the case of the children of Grand Forks, were cured in a few minutes. Many of the teachers were also cured, some of them very quickly. In some cases the results of the system were so astonishing as to be scarcely credible.

In a class of mental defectives, where the teacher had kept records of the eyesight of the children for several years, it had been invariably found that their vision grew steadily worse as the term advanced. As soon as the Snellen test card had been introduced, however, they began to improve. Then came a doctor from the Board of Health who tested the eyes of the children and put glasses on all of them, even those whose sight was fairly good. The use of the card was then discontinued, as the teacher did not consider it proper to interfere while the children were wearing glasses prescribed by a physician. Very soon, however, the children began to lose, break, or discard, their glasses. Some said that the spectacles gave them headaches, or that they felt better without them. In the course of a month or so most of the aids to vision which the Board of Health had supplied had disappeared. The teacher then felt herself at liberty to resume the use of the Snellen test card. Its benefits were immediate. The eyesight and the mentality of the children improved simultaneously, and soon they were all drafted into the regular classes, because it was found that they were making the same progress in their studies as the other children were.

Another teacher reported an equally interesting experience. She had a class of children who did not fit into the other grades. Many of them were backward in their studies. Some were persistent truants. All of them had defective eyesight. A Snellen test card was hung in the classroom where all the children could see it, and the teacher carried out my instructions literally. At the end of six months all but two had been cured and these had improved very much, while the worst incorrigible and the worst truant had become good students. The incorrigible, who had previously refused to study, because, he said, it gave him a headache to look at a book, or at the blackboard, found out that the test card, in some way, did him a lot of good; and although the teacher had asked him to read it but once a day, he read it whenever he felt uncomfortable. The result was that in a few weeks his vision had become normal and his objection to study had disappeared. The truant had been in the habit of remaining away from school two or three days every week, and neither his parents nor the truant officer had been able to do anything about it. To the great surprise of his teacher he never missed a day after having begun to read the Snellen test card. When she asked for an explanation he told her that what had driven him away from school was the pain that came in his eyes whenever he tried to study, or to read the writing on the blackboard. After reading the Snellen test card, he said, his eyes and head were rested and he was able to read without any discomfort.

To remove any doubts that might arise as to the cause of the improvement noted in the eyesight of the children comparative tests were made with and without cards. In one case six pupils with defective sight were examined daily for one week without the use of the test card. No improvement took place. The card was then restored to its place and the group was instructed to read it every day. At the end of a week all had improved and five were cured. In the case of another group of defectives the results were similar. During the week that the card was not used no improvement was noted, but after a week of exercises in distant vision with the card all showed marked improvement, and at the end of a month all were cured. In order that there might be no question as to the reliability of the records of the teachers some of the principals asked the Board of Health to send an inspector to test the vision of the pupils, and whenever this was done the records were found to be correct. Dr. Bates has the children read the eyechart with both eyes together, then one eye at a time, then both eyes together again. He also has the children look close and distant, shifting on exact letters on two identical eyecharts placed at close and far distances. Also done with both eyes together, then one eye at a

time, then both eyes together again. If vision needs more improvement in one eye, extra time is spent practicing with that eye to bring the vision equally clear, perfect in both left and right eyes. Basic Behavioral Optometry.

One day I visited the city of Rochester, and while there I called on the Superintendent of Public Schools and told him about my method of preventing myopia. He was very much interested and invited me to introduce it in one of his schools. I did so, and at the end of three months a report was sent to me showing that the vision of all the children had improved, while quite a number of them had obtained perfect sight in both eyes.

The method has been used in a number of other cities and always with the same result. The vision of all the children improved, and many of them obtained perfect sight in the course of a few minutes, days, weeks or months.

It is difficult to prove a negative proposition, but since this system improved the vision of all the children who used it, it follows that none could have grown worse. It is therefore obvious that it must have prevented myopia. This cannot be said of any method of preventing myopia in schools which had previously been tried. All other methods are based on the idea that it is the excessive use of the eyes for near work that causes myopia, and all of them have admittedly failed.

It is also obvious that the method must have prevented other errors of refraction, a problem which previously had not even been seriously considered, because hypermetropia is supposed to be congenital, and astigmatism was until recently supposed also to be congenital in the great majority of cases. Anyone who knows how to use a retinoscope may, however, demonstrate in a few minutes that both of these conditions are acquired; for no matter how astigmatic or hypermetropic an eye may be, its vision always becomes normal when it looks at a blank surface without trying to see. It may also be demonstrated that when children are learning to read, write, draw, sew, or to do anything else that necessitates their looking at unfamiliar objects at the near-point, hypermetropia, or hypermetropic astigmatism, is always produced. The same is true of adults. These facts have not been reported before, so far as I am aware, and they strongly suggest that children need, first of all, eye education. They must be able to look at strange letters or objects at the near-point without strain before they can make much progress in their studies, and in every case in which the method has been tried it has proven that this end is attained by daily exercise in distant vision with the Snellen test card. When their distant vision has been improved by this means children invariably become able to use their eyes without strain at the near-point.

The method succeeded best when the teacher did not wear glasses. In fact, the effect upon the children of a teacher who wears glasses is so detrimental that no such person should be allowed to be a teacher, and since errors of refraction are curable, such a ruling would work no hardship on anyone. Not only do children imitate the visual habits of a teacher who wears glasses, but the nervous strain of which the defective sight is an expression produces in them a similar condition. In classes of the same grade, with the same lighting, the sight of children whose teachers did not wear glasses has always been found to be better than the sight of children whose teachers did wear them. In one case I tested the sight of children whose teacher wore glasses and found it very imperfect. The teacher went out of the room on an errand, and after she had gone I tested them again. The results were very much better. When the teacher returned she asked about the sight of a particular boy, a very nervous child, and as I was proceeding to test him she stood before him and said, "Now, when the doctor tells you to read the card, do it." The boy couldn't see anything. Then she went behind him, and the effect was the same as if she had left the room. The boy read the whole card.

Still better results would be obtained if we could reorganize the educational system on a rational basis. Then we might expect a general return of that **primitive acuity of vision** which we marvel at so greatly when we read about it in the memoirs of travelers. But even under existing conditions it has been proven beyond the shadow of a doubt that errors of refraction are no necessary part of the price we must pay for education.

There are at least ten million children in the schools of the United States who have defective sight. This condition prevents them from taking full advantage of the educational opportunities which the State provides. It undermines their health and wastes the taxpayers' money. If allowed to continue, it will be an expense and a handicap to them throughout their lives. In many cases it will be a source of continual misery and suffering. And yet practically all of these cases could be cured and the development of new ones prevented by the daily reading of the Snellen test card.

Why should our children be compelled to suffer and wear glasses for want of this simple measure of relief? It costs practically nothing. In fact, it would not be necessary, in some cases, as in the schools of New York City, even to purchase the Snellen test cards, as they are already being used to test the eyes of the children. Not only does it place practically no additional burden upon the teachers, but, by improving the eyesight, health, disposition and mentality of their pupils, it greatly lightens their labors. No one would venture to suggest, further, that it could possibly do any harm. Why, then, should there be any delay about introducing it into the schools? If there is still thought to be need for further investigation and discussion, we can investigate and discuss just as well after the children get the cards as before, and by adopting that course we will not run the risk of needlessly condemning another generation to that curse which heretofore has always dogged the footsteps of civilization, namely, defective eyesight. I appeal to all who read these lines to use whatever influence they possess toward the attainment of this end.

Native American Indians had perfect eyesight and health before they were forced into the white mans culture, schools, religion diet.
Modern Indians are now reclaiming their heritage. An American Indian would be a great U.S. President.
This book is free for Native American Indians to read, distribute, sell.

THE STORY OF EMILY

**Children cured of defective eyesight by Dr. Bates, teach the Bates Method,
cure defective sight; blur, astigmatism, cataract, crossed eyes in other children.**

The efficacy of the method of treating imperfect sight without glasses has been demonstrated in thousands of cases, not only in my own practice but in that of many persons of whom I may not even have heard; for almost all patients when they are cured proceed to cure others. At a social gathering one evening a lady told me that she had met a number of my patients; but when she mentioned their names, I found that I did not remember any of them, and said so.

"That is because you cured them by proxy," she said. "You didn't directly cure Mrs. Jones or Mrs. Brown, but you cured Mrs. Smith and Mrs. Smith cured the other ladies. You didn't treat Mr. and Mrs. Simpkins or Mr. Simpkins' mother and brother, but you

may remember that you cured Mr. Simpkins' boy of a squint, and he cured the rest of the family."

In schools where the Snellen test card was used to prevent and cure imperfect sight, the children, after they were cured themselves, often took to the practice of ophthalmology with the greatest enthusiasm and success, curing their fellow students, their parents and their friends. They made a kind of game of the treatment, and the progress of each school case was watched with the most intense interest by all the children. On a bright day, when the patients saw well, there was great rejoicing, and on a dark day there was corresponding depression. One girl cured twenty-six children in six months; another cured twelve in three months; a third developed quite a varied ophthalmological practice and did things of which older and more experienced practitioners might well have been proud. Going to the school which she attended one day, I asked this girl about her sight, which had been very imperfect. She replied that it was now very good, and that her headaches were quite gone. I tested her sight and found it normal. Then another child whose sight had also been very poor spoke up,

"I can see all right too," she said. "Emily"—indicating girl No. 1—"cured me."

"Indeed"" I replied. "How did she do that?"

The second girl explained that Emily had had her read the card, which she could not see at all from the back of the room, at a distance of a few feet. The next day she had moved it a little further way, and so on, until the patient was able to read it from the back of the room, just as the other children did. Emily now told her to cover the right eye and read the card with her left, and both girls were considerably upset to find that the **uncovered eye was apparently blind.** The school doctor was consulted and said that nothing could be done. The eye had been blind from birth and no treatment would do any good.

Nothing daunted, however, Emily undertook the treatment. She told the patient to cover her good eye and go up close to the card, and at a distance of a foot or less it was found that she could read even the small letters. The little practitioner then proceeded confidently as with the other eye, and after many months of practice the patient became the happy possessor of normal vision in both eyes. The case had, in fact, been simply one of high myopia, and the school doctor, not being a specialist, had not detected the difference between this condition and blindness.

In the same classroom, there had been a little girl with congenital **cataract**, but on the occasion of my visit the defect had disappeared. This, too, it appeared, was Emily's doing. The school doctor had said that there was no help for this eye except through operation, and as the sight of the other eye was pretty good, he fortunately did not think it necessary to urge such a course. Emily accordingly took the matter in hand. She had the patient stand close to the card, and at that distance it was found that she could not see even the big C. Emily now held the card between the patient and the light and moved it back and forth. At a distance of three or four feet this movement could be observed indistinctly by the patient. The card was then moved farther away, until the patient became able to see it move at ten feet and to see some of the larger letters indistinctly at a less distance. Finally, after six months, she became able to read the card with the bad eye as well as with the good one. After testing her sight and finding it normal in both eyes, I said to Emily

"You are a splendid doctor. You beat them all. Have you done anything else?"

The child blushed, and turning to another of her classmates, said:

"Mamie, come here."

Mamie stepped forward and I looked at her eyes. There appeared to be nothing wrong with them.

"I cured her," said Emily.

"What of?" I inquired.

"**Cross eyes**," replied Emily.

"How," I asked, with growing astonishment.

Emily described a procedure very similar to that adopted in the other cases. Finding that the sight of the **crossed eye** was very poor, so much so, indeed, that poor Mamie could see practically nothing with it, the obvious course of action seemed to her to be the restoration of its sight; and, never having read any medical literature she did not know that this was impossible. So she went to it. She had Mamie cover her good eye and practice with the bad one at home and at school, until at last the sight became normal and the eye straight. The school doctor had wanted to have the eye operated upon, I was told, but fortunately Mamie was "scared" and would not consent. And here she was with two perfectly good, straight eyes.

"Anything else?" I inquired, when Mamie's case had been disposed of. Emily blushed again, and said:

"Here's Rose. Her eyes used to hurt her all the time, and she couldn't see anything on the blackboard. Her **headaches** used to be so bad that she had to stay away from school every once in a while. The doctor gave her glasses; but they didn't help her, and she wouldn't wear them. When you told us the card would help our eyes I got busy with her. I had her read the card close up, and then I moved it farther away, and now she can see all right, and her head doesn't ache any more. She comes to school every day, and we all thank you very much."

This was a case of **compound hypermetropic astigmatism**. Such stories might be multiplied indefinitely. Emily's astonishing record cannot, it is true, be duplicated, but lesser cures by cured patients have been very numerous and serve to show that the benefits of the method of preventing and curing defects of vision in the schools which is presented in this number of BETTER EYESIGHT would be far-reaching. Not only errors of refraction would be cured, but many more serious defects; and not only the children would be helped, but their families and friends also.

August, 1919 -

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3 - The Hygiene of the Eye in Schools, English translation, edited by Turnbull, p. 127.
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BETTER EYESIGHT

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

September, 1919

THE FLASHING CURE

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the ones you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and **look at the first word or letter of a sentence for a fraction of a second**. If you have been able to relax, partially or completely, you will have a **flash of improved or clear vision**, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters.

In this way you can demonstrate for yourself the fundamental principles of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.

When looking at a letter: shift on it part to part. Blink. The letter remains clear.
Shift dot to dot (part to part) on the E.

VISION AND EDUCATION

Poor sight is admitted to be one of the most fruitful causes of retardation in the schools. It is estimated1 that it may reasonably be held responsible for a quarter of the habitually "left-backs," and it is commonly assumed that all this might be prevented by suitable glasses.

There is much more involved in defective vision, however, than mere inability to see the blackboard, or to use the eyes without pain or discomfort. Defective vision is the result of an abnormal condition of the mind, and when the mind is in an abnormal condition it is obvious that none of the processes of education can be conducted with advantage. By putting glasses upon a child we may, in some cases, neutralize the effect of this condition upon the eyes and by making the patient more comfortable may improve his mental faculties to some extent, but we do not alter fundamentally the condition of the mind and by confirming it in a bad habit we may make it worse.

It can easily be demonstrated that among the faculties of the mind which are impaired when the vision is impaired is the memory; and as a large part of the educational process consists of storing the mind with facts, and all the other mental processes depend upon one's knowledge of facts, it is easy to see how little is accomplished by merely putting glasses on a child that has "trouble with its eyes." The **extraordinary memory of primitive people** has been attributed to the fact that owing to the absence of any convenient means of making written records they had to depend upon their memories, which were strengthened accordingly; but in view of the known facts about the relation of memory to eyesight it is more reasonable to suppose that the retentive memory of primitive man was due to the same cause as his **keen vision**, namely, **a mind at rest**.

The primitive memory as well as primitive keenness of vision have been found among civilized people, and if the necessary tests had been made it would doubtless have been found that they always occur together, as they did in a case which recently came under my observation. The subject was a child of ten with such marvelous eyesight that
she could see the moons of Jupiter with the naked eye, a fact which was demonstrated by her drawing a diagram of these satellites which exactly corresponded to the diagrams made by persons who had used a telescope. **Her memory was equally remarkable**. She could recite the whole content of a book after reading it, as Lord Macauley is said to have done, and she learned more Latin in a few days without a teacher than her sister who had six diopters of myopia had been able to do in several years. She remembered five years afterward what she ate at a restaurant, she recalled the name of the waiter, the number of the building and the street in which it stood. She also remembered what she wore on this occasion and what every one else in the party wore. The same was true of every other event which had awakened her interest in any way, and it was a favorite amusement in her family to ask her what the menu had been and what people had worn on particular occasions.

When the sight of two persons is different it has been found that their memories differ in exactly the same degree. Two sisters, one of whom had only ordinary good vision, indicated by the formula 20/20, while the other had 20/10, found that the time it took them to learn eight verses of a poem varied in almost exactly the same ratio as their sight. The one whose vision was 20/10 learned eight verses of the poem in fifteen minutes, while the one whose vision was only 20/20 required thirty-one minutes to do the same thing. After palming the one with ordinary vision learned eight more verses in twenty-one minutes, while the one with 20/10 was only able to reduce her time by two minutes, a variation clearly within the limits of error. In other words, the mind of the latter being already in a normal or nearly normal condition, she could not improve it appreciably by palming, while the former whose mind was under a strain was able to gain relaxation, and hence improve her memory, by this means.

When the two eyes of the same person are different a corresponding difference in the memory has been noted according to whether both eyes were open, or the better eye closed. A patient with normal vision in the right eye and half-normal vision in the left when looking at the Snellen test card with both eyes open could remember a period for twenty seconds continuously, but could remember it only ten seconds when the better eye was closed. A patient with half-normal vision in the right

eye and one-quarter normal in the left could remember a period for twelve seconds with both eyes open and only six seconds with better eye closed. A third patient with normal sight in the right eye and vision of one-tenth in the left could remember a period twelve seconds with both eyes open and only two seconds when the better eye was closed. In other words if the right eye is better than the left the memory is better when the right eye is open than when only the left eye is open.

Under the present educational system there is a constant effort to compel the children to remember. These efforts always fail. They spoil both the memory and the sight. The memory cannot be forced any more than the vision can be forced. **We remember without effort, just as we see without effort, and the harder we try to remember or see the less we are able to do so.**

The sort of things we remember are the things that interest us, and the reason children have difficulty in learning their lessons is because they are bored by them. For the same reason, among others, their eyesight becomes impaired, boredom being a condition of mental strain in which it is impossible for the eye to function normally.

Some of the various kinds of compulsion now employed in the educational process may have the effect of awakening interest. Betty Smith's interest in winning a prize, for instance, or in merely getting ahead of Johnny Jones, may have the effect of rousing her interest in lessons that have hitherto bored her, and this interest may develop into a genuine interest in the acquisition of knowledge; but this cannot be said of the various fear incentives still so largely employed by teachers. These, on the contrary, have the effect, usually, of completely paralyzing minds already benumbed by lack of interest, and the effect upon the vision is equally disastrous.

The fundamental reason, both for poor memory and poor eyesight in school children, in short, is our irrational and unnatural educational system. **Montessori has taught us that it is only when children are interested that they can learn. It is equally true that it is only when they are interested that they can see.** This fact was strikingly illustrated in the case of one of the two pairs of sisters mentioned above. Phebe, of the keen eyes, who could recite whole books if she happened to be interested in them, disliked mathematics and anatomy extremely, and not only could not learn them but became myopic when they were presented to her mind. She could read letters a quarter of an inch high at twenty feet in a poor light, but when asked to read figures one to two inches high in a good light at ten feet she miscalled half of them. When asked to tell how much 2 and 3 made, she said "4," before finally deciding on "5"; and all the time she was occupied with this disagreeable subject the retinoscope showed that she was myopic. When I asked her to look into my eye with the ophthalmoscope she could see nothing, although a much lower degree of visual acuity is required to note the details of the interior of the eye than to see the moons of Jupiter.

Short-sighted Isabel, on the contrary, had a passion for mathematics and anatomy, and excelled in those subjects. She learned to use the ophthalmoscope as easily as Phebe had learned Latin. Almost immediately she saw the optic nerve, and noted that the center was whiter than the periphery. She saw the light-colored lines, the arteries; and the darker ones, the veins; and she saw the light streaks on the blood-vessels. Some specialists never become able to do this, and no one could do it without normal vision. Isabel's vision, therefore, must have been temporarily normal when she did it. Her vision for figures, although not normal, was better than for letters.

In both these cases the ability to learn and the ability to see went hand in hand with interest. Phebe could read a photographic reduction of the Bible and recite what she had read verbatim, she could see the moons of Jupiter and draw a diagram of them afterwards, because she was interested in these things; but she could not see the interior of the eye, nor see figures even half as well as she saw letters, because these things bored her. When, however, it was suggested to her that it would be a good joke to surprise her teachers, who were always reproaching her for her backwardness in mathematics, by taking a high mark in a coming examination, her interest in the subject awakened and she contrived to learn enough to get seventy-eight per cent. In Isabel's case letters were antagonistic. She was not interested in most of the subjects with which they dealt and, therefore, she was backward in those subjects and had become habitually myopic. But when asked to look at objects which aroused an intense interest her vision became normal.

When one is not interested, in short, one's mind is not under control, and without mental control one can neither learn nor see. Not only the memory but all other mental faculties are improved when the eyesight becomes normal. It is a common experience with patients cured of defective sight to find that their ability to do their work has improved.

The teacher whose letter was quoted in the first issue of BETTER EYESIGHT testified that after gaining perfect eyesight she "knew better how to get at the minds of the pupils, was "more direct, more definite, less diffused, less vague," possessed, in fact, "central fixation of the mind." In another letter she said, "The better my eyesight becomes the greater is my ambition. On the days when my sight is best I have the greatest anxiety to do things."

Another teacher reports that one of her pupils used to sit doing nothing all day long and apparently was not interested in anything. After the test card was introduced into the classroom and his sight improved, he became anxious to learn, and speedily developed into one of the best students in the class. In other words his eyes and his mind became normal together.

A bookkeeper nearly **seventy years of age** who had **worn glasses for forty years** found after he had **gained perfect sight without glasses** that he could work more rapidly and accurately and with less fatigue than ever in his life before. During busy seasons, or when short of help, he has worked for some weeks at a time from 7 a. m, until 11 p. m., and he reports that he felt less tired at night after he was through than he did in the morning when he started. Previously, although he had done more work than any other man in the office, it always tired him very much. He also noticed an improvement in his temper. Having been so long in the office and knowing so much more about the business than his fellow employees, he was frequently appealed to for advice. These interruptions, before his sight became normal, were very annoying to him and often caused him to lose his temper. Afterward, however, they caused him no irritation whatever. In the case of another patient whose story is given elsewhere symptoms of insanity were relieved when the vision became normal.

From all these facts it will be seen that the problems of vision are far more intimately associated with the problems of education than we had supposed, and that they can by no means be solved by putting concave, or convex, or astigmatic lenses before the eyes of the children.

THE DOCTOR'S STORY

One of the most striking cases of the relation of mind to vision that ever came to my attention was that of a physician whose mental troubles, at one time so serious that they suggested to him the idea that he might be going insane, were completely relieved when his sight became normal. He had been seen by many eye and nerve specialists before he came to me and consulted me at last, not because he had any faith in my methods, but because nothing else seemed to be left for him to do. He brought with him quite a collection of glasses prescribed by different men, no two of them being alike. He had worn glasses, he told me, for many months at a time without benefit and then he had left them off and had been apparently no worse. Outdoor life had also failed to help him. On the advice of some prominent neurologists he had even given up his practice for a couple of years to spend the time upon a ranch, but the vacation had done him no good.

I examined his eyes and found no organic defects and no error of refraction. Yet his vision with each eye was only three-fourths of the normal, and he suffered from **double vision and all sorts of unpleasant symptoms**. He used to see people standing on their heads, and little devils dancing on the tops of the high buildings. He also had other **illusions** too numerous to mention in a short paper. At night his sight was so bad that he had difficulty in finding his way about, and when walking along a country road he believed that he saw better when he turned his eyes far to one side and viewed the road with the side of the retina instead of with the center. At variable intervals, without warning and without loss of consciousness, **he had attacks of blindness**. These caused him great uneasiness, for he, was a surgeon with a large and lucrative practice, and he feared that he might have an attack while operating.

His memory was very poor. He could not remember the color of the eyes of any member of his family, although he had seen them all daily for years. Neither could he recall the color of his house, the number of rooms on the different floors, or other details. The faces and names of patients and friends he recalled with difficulty, or not at all.

His treatment proved to be very difficult, chiefly because he had an infinite number of erroneous ideas about physiological optics in general and his own case in particular and insisted that all these should be discussed; while these discussions were going on he received no benefit. Every day for hours at a time over a long period he talked and argued. Never have I met a person whose logic was so wonderful, so apparently unanswerable, and yet so utterly wrong.

His eccentric fixation was of such high degree that when he looked at a point forty-five degrees to one side of the big C on the Snellen test card, he saw the letter just as black as when he looked directly at it. The strain to do this was terrific, and produced much astigmatism; but the patient was unconscious of it, and could not be convinced that there was anything abnormal in the symptom. If he saw the letter at all, he argued, he must see it as black as it really was, because he was not color-blind. Finally he became able to look away from one of the smaller letters on the card and see it worse than when he looked directly at it. It took eight or nine months to accomplish this, but when it had been done the patient said that it seemed as if a great burden had been lifted from his mind. He experienced a wonderful feeling of rest and relaxation throughout his whole body.

When asked to remember black with his eyes closed and covered he said he could not do so, and he saw every color but the black which one ought normally to see when the optic nerve is not subject to the stimulus of light. He had, however, been an enthusiastic football player at college, and he found at last that he could remember a black football. I asked him to imagine that this football had been thrown into the sea and that it was being carried outward by the tide, becoming constantly smaller but no less black. This he was able to do, and the strain floated with the football, until, by the time the latter had been reduced to the size of a period in a newspaper, it was entirely gone. The relief continued as long as he remembered the black spot, but as he could not remember it all the time, I suggested another method of gaining permanent relief. This was to make his sight voluntarily worse, a plan against which he protested with considerable emphasis.

"Good heavens!" he said, "Is not my sight bad enough without making it worse."

After a week of argument, however, he consented to try the method, and the result was extremely satisfactory. After he had learned to see two or more lights where there was only one, by straining to see a point above the light while still trying to see the light as well as when looking directly at it, he became able to avoid the unconscious strain that had produced his double and multiple vision and was not troubled by these superfluous images any more. In a similar manner other illusions were prevented.

One of the last illusions to disappear was his belief that an effort was required to remember black. His logic on this point was overwhelming, but after many demonstrations he was convinced that no effort was required to let go, and when he realized this, both his vision and his mental condition immediately improved.

He finally became able to read 20/10 or more, and although more than fifty-five years of age, he also read diamond type at from six to twenty-four inches. His night blindness was relieved, his attacks of day blindness ceased, and he told me the color of the eyes of his wife and children. One day he said to me:

"Doctor, I thank you for what you have done for my sight; but no words can express the gratitude I feel for what you have done for my mind."

Some years later he called with his heart full of gratitude, because there had been no relapse.

LYING A CAUSE OF MYOPIA

I may claim to have discovered the fact that telling lies is bad for the eyes. Whatever bearing this circumstance may have upon the universality of defects of vision, it can easily be demonstrated that it is impossible to say what is not true, even with no intent to deceive, or even to imagine a falsehood, without producing an error of refraction.

If a patient can read all the small letters on the bottom line of the test card, and either deliberately or carelessly miscalls any of them, the retinoscope will indicate an error of refraction. In numerous cases patients have been asked to state their ages incorrectly, or to try to imagine that they were a year older, or a year younger, than they actually were, and in every case when they did this the retinoscope indicated an error of refraction. A patient twenty-five years old had no error of refraction when he looked at a blank wall without trying to see; but if he said he was twenty-six, or if someone else said he was twenty-six, or if he tried to imagine that he was twenty-six, he became myopic. The same thing happened when he stated or tried to imagine that he

was twenty-four. When he stated or remembered the truth his vision was normal, but when he stated or imagined an error he had an error of refraction.

Two little girl patients arrived one after the other one day, and the first accused the second of having stopped at Huyler's for an ice-cream soda, which she had been instructed not to do, being somewhat too much addicted to sweets. The second denied the charge, and the first, who had used the retinoscope and knew what it did to people who told lies, said:

"Do take the retinoscope and find out."

"I followed the suggestion, and having thrown the light into the second child's eyes, I asked:

"Did you go to Huyler's?"

"Yes," was the response, and the retinoscope indicated no error of refraction.

"Did you have an ice-cream soda?"

"No," Said the child; but the tell-tale shadow moved in a direction opposite to that of the mirror, showing that she had become myopic and was not telling the truth.

The child blushed when I told her this and acknowledged that the retinoscope was right, for she had heard of the ways of the uncanny instrument before and did not know what else it might do to her if she said anything more that was not true.

The fact is that it requires an effort to state what is not true, and this effort always results in a deviation from the normal in the refraction of the eye. So sensitive is the test that if the subject, whether his vision is ordinarily normal, or not, pronounces the initials of his name correctly while looking at a blank surface without trying to see, there will be no error of refraction; but if he miscalls one initial, even without any consciousness of effort, and with full knowledge that he is deceiving no one, myopia will be produced.

CURED IN FIFTEEN MINUTES

Patients often ask how long it takes to be cured. The answer is that it takes only as long as it takes to relax. If this can be done in five minutes, the patient is cured in five minutes, no matter how great the degree of his error of refraction, or how long its duration. All persons with errors of refraction are able to relax in a few seconds under certain conditions, but to gain permanent relaxation usually requires considerable time. Some persons, however, are able to get it very quickly. These quick cures are very rare, except in the case of children under twelve; but they do occur, and I believe the time is coming when it will be possible to cure everyone quickly. It is only a question of accumulating more facts and presenting them in such a way that the patient can grasp them quickly.

A very remarkable case of a quick cure was that of a man of fifty-five who had worn glasses for thirty years for distant vision and ten years for reading, and whose distant vision at the time he consulted me was 20/200.

When he looked at the Snellen test card the letters appeared grey to him instead of black. He was told that they were black, and the fact was demonstrated by bringing the card close to him. His attention was also called to the fact that the small letters were just as black as the large ones. He was then directed to close and cover his eyes with the palms of his hands, shutting out all the light. When he did this he saw a perfect black, indicating that he had secured perfect relaxation and that the optic nerve and visual centers of the brain were not disturbed. While his eyes were still closed he was asked:

"Do you think that you can remember with your eyes open the perfect black that you now see?"

"Yes," he answered, "I know I can,"

When he opened his eyes, however, his memory of the black was imperfect, and though able to read the large letters, he could not read the small ones. A second time he was told to close and cover his eyes, and again he saw a perfect black. When he opened them he was able to retain complete control of his memory, and so was able to read the whole card. This was ten minutes after he entered the office.

Diamond type was now given him to read, but the letters looked grey to him, and he could not distinguish them. Neither could he remember black when he was looking at them, because in order to see them grey he had to strain, and in order to remember black he would have had to relax, and he could not do both at the same time. He was told that the letters were perfectly black, and when he looked away from them he was able to remember them black. When he looked back he still remembered them black, and was able to read them with normal vision at twelve inches. This took five minutes, making the whole time in the office fifteen minutes. The cure was permanent, the patient not only retaining what he had gained, but continuing to improve his sight, by daily reading of fine print and the Snellen test card, till it became almost **telescopic.**

September, 1919

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

BETTER EYESIGHT

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October, 1919

THE SWINGING CURE

If you see a letter perfectly, you may note that it appears to pulsate, or move slightly in various directions. If your sight is imperfect, the letter will appear to be stationary. The apparent movement is caused by the unconscious shifting of the eye. The lack of movement is due to the fact that the eye stares, or looks too long at one point. This is an invariable symptom of imperfect sight, and may often be relieved by the following method:

Close your eyes and cover them with the palms of the hands so as to exclude all the light, and shift mentally from one side of a black letter to the other. As you do this, the mental picture of the letter will appear to move back and forth in a direction contrary to the imagined movement of the eye. Just so long as you imagine that the letter is moving, or swinging, you will find that you are able to remember it, and the **shorter and more regular the swing, the blacker and more distinct the letter will appear**. If

you are able to imagine the letter stationary, which may be difficult, you will find that your memory of it will be much less perfect.

Now open your eyes and look first at one side and then at the other of the real letter. If it appears to move in a direction opposite to the movement of the eye, you will find that your vision has improved. If you can imagine the swing of the letter as well with your eyes open as with your eyes closed, as **short**, as **regular** and as **continuous**, your vision will be normal.

SIMULTANEOUS RETINOSCOPY

Much of my information about the eye has been obtained by means of simultaneous retinoscopy.
The retinoscope is an instrument used to measure the refraction of the eye. It throws a beam of light into the pupil by reflection from a mirror, the light being either outside the instrument—above and behind the subject—or arranged within it by means of an electric battery. On looking through the sight-hole one sees a larger or smaller part of the pupil filled with light, which in normal human eyes is a reddish yellow, because this is the color of the retina, but which is green in a cat's eye, and might be white if the retina were diseased. Unless the eye is exactly focused at the point from which it is being observed one sees also a dark shadow at the edge of the pupil, and it is the behavior of this shadow when the mirror is moved in various directions which reveals the refractive condition of the eye. If the instrument is used at a distance of six feet or more, and the shadow moves in a direction opposite to the movement of the mirror, the eye is myopic. If it moves in the same direction as the mirror, the eye is either hypermetropic or normal; but in the case of hypermetropia the movement is more pronounced than in that of normality, and an expert can usually tell the difference between the two states merely by the nature of the movement. In astigmatism the movement is different in different meridians. To determine the degree of the error, or to distinguish accurately between hypermetropia and normality, or between the different kinds of astigmatism, it is usually necessary to place a glass before the eye of the subject.

This exceedingly useful instrument has possibilities which have not been generally realized by the medical profession. It is commonly employed only under certain artificial conditions in a dark room; but it is possible to use it under all sorts of normal and abnormal conditions on the eyes both of human beings and of the lower animals. I have used it in the daytime and at night; when the subjects were comfortable and when they were excited; when they were trying to see and when they were not; when they were lying and when they were telling the truth. I have also used it, under varying conditions, on the eyes of many cats, dogs, rabbits, birds, turtles, reptiles and fish.

Most ophthalmologists depend upon the Snellen test card, supplemented by trial lenses, to determine whether the vision is normal or not, and to determine the degree of any abnormality that may exist. This is a slow, awkward and unreliable method of testing the vision, and absolutely unavailable for the study of the refraction of the lower animals and that of human beings under the conditions of life. The test card can be used only under certain favorable conditions, but the retinoscope can be used anywhere. It is a little easier to use it in a dim light than in a bright one, but it may be used in any light, even with the strong light of the sun shining directly into the eye. It is available whether the subject is at rest or in motion, asleep or awake, or even under ether or chloroform. It is also available when the observer is in motion. It has been used successfully when the eyelids were partly closed, shutting off part of the area of the pupil; when the pupil was dilated; also when it was contracted to a pin-point; when the subject was reading fine print at six inches, or at a greater distance; and when the eye was oscillating from side to side, from above downward, or in other directions.

It takes a considerable time, varying from minutes to hours, to measure the refraction with the Snellen test card and trial lenses. With the retinoscope, however, the refraction can be determined in a fraction of a second. With the Snellen test card and trial lenses it would be impossible to get any information about the refraction of a baseball player at the moment he swings for the ball, at the moment he strikes it, and at the moment after he strikes it. With the retinoscope, however, it is quite easy to determine whether his vision is normal, or whether he is myopic, hypermetropic, or astigmatic, when he does these things; and if any errors of refraction are noted, one can guess their degree pretty accurately by the rapidity of the movement of the shadow.

With the Snellen test card and trial lenses conclusions must be drawn from the patient's statements as to what he sees; but the patient often becomes so worried and confused during the examination that he does not know what he sees, or whether different glasses make his sight better, or worse; and, moreover, visual acuity is not reliable evidence of the state of the refraction. One patient with two diopters of myopia may see twice as much as another with the same error of refraction. The evidence of the test card is, in fact, entirely subjective; that of the retinoscope is entirely objective, depending in no way upon the statements of the patient.

By means of simultaneous retinoscopy it has been demonstrated that the refraction of the eye is never constant; that all persons with errors of refraction have, at frequent intervals during the day and night, moments of normal vision when their myopia, hypermetropia, or astigmatism, disappears completely; and that all persons, no matter how good their sight may ordinarily be, have moments of imperfect sight when they become myopic, hypermetropic, or astigmatic. It has also been demonstrated that when the eye makes an effort to see, an error of refraction is always produced, and that when it looks at objects without effort, all errors of refraction disappear, no matter how great their degree, or how long their duration. It has been further demonstrated that when the eye strains to see distant objects myopia is always produced in one or all meridians, and when it strains to see near objects hypermetropia is always produced in one or all meridians.

The examination of the eyes of persons while asleep, or under the influence of ether or chloroform, has shown that the eye is rarely at rest during sleep, or while the subject is unconscious from any cause. Persons whose sight was normal while awake were found to have myopia, hypermetropia and astigmatism when asleep, and if these errors were present when they were awake, they were increased during sleep. This explains why so many people are unable to see as well in the morning as at other times, and why people waken with headaches and pain in the eyes. Under ether or chloroform, errors of refraction are also produced or increased, and when people are sleepy they have invariably been found to have errors of refraction.

Under conditions of mental or physical discomfort, such as pain, cough, fever, discomfort from heat or cold, depression, anger, or anxiety, errors of refraction are always produced in the normal eye, or increased in the eye in which they already exist. In a dim light, in a fog, or in the rain, the retinoscope may indicate no error of refraction in eyes which ordinarily have normal sight; but a pilot on a ship on a rainy night usually has an error of refraction, because he is straining to see, and it is rare to find persons in

positions of responsibility under unfavorable conditions with normal vision.

In order to obtain reliable results with the retinoscope it must be used at a distance of six feet or more from the subject. When used at a distance of three feet or less, as it commonly is, the subject becomes nervous and unconsciously strains, thus altering his refraction.

FLOATING SPECKS

A very common phenomenon of imperfect sight is the one known to medical science as *muscae volitantes*, or *flying flies*. These floating specks are usually dark, or black; but sometimes appear like white bubbles, and in rare cases may assume all the colors of the rainbow. They move somewhat rapidly, usually in curving lines, before the eyes, and always appear to be just beyond the point of fixation. If one tries to look at them directly, they seem to move a little farther away. Hence their name of *flying flies*.

The literature of the subject is full of speculations as to the origin of these appearances. Some have attributed them to the presence of floating specks—dead cells or the debris of cells—in the vitreous humor, the transparent substance that fills four-fifths of the eyeball behind the crystalline lens. Similar specks on the surface of the cornea have also been held responsible for them. It has even been surmised that they might be caused by the passage of tears over the cornea. They are so common in myopia that they have been supposed to be one of the symptoms of this condition, although they occur also with other errors of refraction, as well as in eyes otherwise normal. They have been attributed to disturbances of the circulation, the digestion and the kidneys, and because so many insane people have them, have been thought to be an evidence of incipient insanity. The patent-medicine business has thrived upon them, and it would be difficult to estimate the amount of mental torture they have caused, as the following cases illustrate.

A clergyman who was much annoyed by the continual appearance of floating specks before his eyes was told by his eye specialist that they were a symptom of kidney disease, and that in many cases of kidney trouble, disease of the retina might be an early symptom. So at regular intervals he went to the specialist to have his eyes examined, and when at length the latter died, he looked around immediately for some one else to make the periodical examination. His family physician directed him to me. I was by no means so well known as his previous ophthalmological adviser, but it happened that I had taught the family physician how to use the ophthalmoscope after others had failed to do so. He thought, therefore, that I must know a lot about the use of the instrument, and what the clergyman particularly wanted was some one capable of making a thorough examination of the interior of his eyes, and detecting at once any signs of kidney disease that might make their appearance. So he came to me, and at least four times a year for ten years he continued to come.

Each time I made a very careful examination of his eyes, taking as much time over it as possible, so that he would believe that it was careful; and each time he went away happy because I could find nothing wrong. Once when I was out of town he got a cinder in his eye and went to another oculist to get it out. When I came back late at night I found him sitting on my doorstep, on the chance that I might return. His story was a pitiable one. The strange doctor had examined his eyes with the ophthalmoscope, and had suggested the possibility of glaucoma, describing the disease as a very treacherous one which might cause him to go suddenly blind and would be agonizingly painful. He emphasized what the patient had previously been told about the danger of kidney disease, suggested that the liver and heart might also be involved, and advised him to have all of these organs carefully examined. I made another examination of his eyes in general and their tension in particular; I had him feel his eyeballs and compare them with my own, so that he might see for himself that they were not becoming hard as a stone; and finally I succeeded in reassuring him. I have no doubt, however, that he went at once to his family physician for an examination of his internal organs.

A man returning from Europe was looking at some white clouds one day when floating specks appeared before his eyes. He consulted the ship's doctor, who told him that the symptom was very serious, and might be the forerunner of blindness. It might also indicate incipient insanity, as well as other nervous or organic diseases. He advised him to consult his family physician and an eye specialist as soon as he landed, which he did. This was twenty-five years ago, but I shall never forget the terrible state of nervousness and terror into which the patient had worked himself by the time he came to me. It was even worse than that of the clergyman, who was always ready to admit that his fears were unreasonable. I examined his eyes very carefully, and found them absolutely normal. The vision was perfect both for the near-point and the distance. The color perception, the fields and the tension were normal; and under a strong magnifying glass I could find no opacities in the vitreous. In short, there were absolutely no symptoms of any disease. I told the patient there was nothing wrong with his eyes, and I also showed him an advertisement of a quack medicine in a newspaper which gave a great deal of space to describing the dreadful things likely to follow the appearance of floating specks before the eyes, unless you began betimes (in good time, early) to take the medicine in question at one dollar a bottle. I pointed out that the advertisement, which was appearing in all the big newspapers of the city every day, and probably in other cities, must have cost a lot of money, and must, therefore, be bringing in a lot of money. Evidently there must be a great many people suffering from this symptom, and if it were as serious as was generally believed, there would be a great many more blind and insane people in the community than there were. The patient went away somewhat comforted, but at eleven o'clock—his first visit had been at nine—he was back again. He still saw the floating specks, and was still worried about them. I examined his eyes again as carefully as before, and again was able to assure him that there was nothing wrong with them. In the afternoon I was not in my office, but I was told that he was there at three and at five. At seven he came again, bringing with him his family physician, an old friend of mine. I said to the latter:

"Please make this patient stay at home. I have to charge him for his visits, because he is taking up so much of my time; but it is a shame to take his money when there is nothing wrong with him."

What my friend said to him I don't know, but he did not come back again.

I did not know as much about **muscae volitantes** then as I know now, or I might have saved both of these patients a great deal of uneasiness. I could tell them that their eyes were normal, but I did not know how to relieve them of the symptom, which is simply **an illusion resulting from mental strain**. The specks are associated to a considerable extent with markedly **imperfect eyesight**, because persons whose eyesight is imperfect always strain to see; but persons whose eyesight is ordinarily normal may see them at times, because no eye has normal sight all the time. Most people can see muscae volitantes when they look at the sun, or any uniformly bright surface, like a sheet of white paper upon which the sun is shining. This is because most people strain when

they look at surfaces of this kind. The specks are never seen, in short, except when the eyes and mind are under a strain, and they always disappear when the strain is relieved. **If one can remember a small letter on the Snellen test card by central fixation, the specks will immediately disappear, or cease to move; but if one tries to remember two or more letters equally well at one time, they will reappear and move.**

Usually the strain that causes muscae volitantes is very easily relieved. See; April, 1925
Floating specks may be debris in the eyeball. A cleansing diet, improved circulation of blood, fluid to/in the eye can break down floaters and enable them to flow out of the eye. Eyestrain, mental strain, staring, poor diet, sugar, can cause floaters.
Shifting, central fixation, relaxation can stop the appearance of floaters.

CORRESPONDENCE TREATMENT

Correspondence treatment is usually regarded as quackery, and it would be manifestly impossible to treat many diseases in this way. Pneumonia and typhoid, for instance, could not possibly be treated by correspondence, even if the physician had a sure cure for these conditions and the mails were not too slow for the purpose. In the case of most diseases, in fact, there are serious objections to correspondence treatment.

But myopia, hypermetropia and astigmatism are functional conditions, not organic, as the text-books teach, and as I believed myself until I learned better. Their treatment by correspondence, therefore, has not the drawbacks that exist in the case of most physical derangements. One cannot, it is true, fit glasses by correspondence as well as when the patient is in the office, but even this can be done, as the following case illustrates.

An old colored woman in the wilds of Honduras, far removed from any physician or optician, was unable to read her Bible, and her son, a waiter in New York, asked me if I could not do something for her. The suggestion gave me a distinct shock which I will remember as long as I live. I had never dreamed of the possibility of prescribing glasses for anyone I had not seen, and I had, besides, some very disquieting recollections of colored women whom I had tried to fit with glasses at my clinic. If I had so much difficulty in prescribing the proper glasses under favorable conditions, how could I be expected to fit a patient whom I could not even see? The waiter was deferentially persistent, however. He had more faith in my genius than I had, and as his mother was nearing the end of her life, he was very anxious to gratify her last wishes. So, like the unjust judge of the parable, I yielded at last to his importunity, and wrote a prescription for convex 3.00 D. S. The young man ordered the glasses and mailed them to his mother, and by return mail came a very grateful letter stating that they were perfectly satisfactory.

A little later the patient wrote that she couldn't see objects at the distance that were perfectly plain to other people, and asked if some glasses couldn't be sent that would make her see at the distance as well as she did at the near-point. This seemed a more difficult proposition than the first one; but again the son was persistent, and I myself could not get the old lady out of my mind. So again I decided to do what I could. The waiter had told me that his mother had read her Bible long after the age of forty. Therefore I knew she could not have much hypermetropia, and was probably slightly myopic. I knew also that she could not have much astigmatism, for in that case her sight would always have been noticeably imperfect. Accordingly I told her son to ask her to measure very accurately the distance between her eyes and the point at which she could read her Bible best with her glasses, and to send me the figures. In due time I received, not figures, but a piece of string about a quarter of an inch in diameter and exactly ten inches long. If the patient's vision had been normal for the distance, I knew that she would have been able to read her Bible best with her glasses at thirteen inches. The string showed that at ten inches she had a refraction of four diopters. Subtracting from this the three diopters of her reading glasses, I got one diopter of myopia. I accordingly wrote a prescription for concave 1.00 D. S., and the glasses were ordered and mailed to Honduras. The acknowledgment was even more grateful than in the case of the first pair. The patient said that for the first time in her life she was able to read signs and see other objects at a distance as well as other people did, and that the whole world looked entirely different to her.

Would anyone venture to say that it was unethical for me to try to help this patient? Would it have been better to leave her in her isolation without even the consolation of Bible reading? I do not think so. What I did for her required only an ordinary knowledge of physiological optics, and if I had failed, I could not have done her much harm.

In the case of the treatment of imperfect sight without glasses there can be even less objection to the correspondence method. It is true that in most cases progress is more rapid and the results more certain when the patient can be seen personally; but often this is impossible, and I see no reason why patients who can not have the benefit of personal treatment should be denied such aid as can be given them by correspondence. I have been treating patients in this way for years, and often with extraordinary success.

Some years ago an English gentleman wrote to me that his glasses were very unsatisfactory. They not only did not give him good sight, but they increased instead of lessening his discomfort. He asked if I could help him, and since relaxation always relieves discomfort and improves the vision, I did not believe that I was doing him an injury in telling him how to rest his eyes. He followed my directions with such good results that in a short time he obtained perfect sight for both the distance and the near-point without glasses, and was completely relieved of his pain. Five years later he wrote me that he had qualified as a sharpshooter in the army. Did I do wrong in treating him by correspondence? I do not think so.

After the United States entered the European war, an officer wrote to me from the deserts of Arizona that the use of his eyes at the near-point caused him great discomfort, which glasses did not relieve, and that the strain had produced granulation of the lids. As it was impossible for him to come to New York, I undertook to treat him by correspondence. He improved very rapidly. The inflammation of the lids was relieved almost immediately, and in about four months he wrote me that he had read one of my own reprints-by no means a short one-in a dim light, with no bad after effects; that the glare of the Arizona sun, with the Government thermometer registering 114, did not annoy him, and that he could read the ten line on the test card at fifteen feet almost perfectly, while even at twenty feet he was able to make out most of the letters.

A third case was that of a forester in the employ of the U. S. Government. He had myopic astigmatism, and suffered extreme discomfort, which was not relieved either by glasses or by long summers in the mountains, where he used his eyes but little for close work. He was unable to come to New York for treatment, and although I told him that correspondence treatment was somewhat uncertain, he said he was willing to risk it. It took three days for his letters to reach me and another three for my reply

to reach him, and as letters were not always written promptly on either side, he often did not hear from me more than once in three weeks. Progress under these conditions was necessarily slow; but his discomfort was relieved very quickly, and in about ten months his sight had improved from 20/50 to 20/20.

In almost every case the treatment of cases coming from a distance is continued by correspondence after they return to their homes; and although the patients do not get on so well as when they are coming to the office, they usually continue to make progress till they are cured.

At the same time it is often very difficult to make patients understand what they should do when one has to communicate with them entirely by writing, and probably all would get on better if they could have some personal treatment. At the present time the number of doctors in different parts of the United States who understand the treatment of imperfect sight without glasses is altogether too few, and my efforts to interest them in the matter have not been very successful. I would consider it a privilege to treat medical men without a fee, and when cured they will be able to assist me in the treatment of patients in their various localities.

BETTER EYESIGHT

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

November, 1919

THE MEMORY CURE

When the sight is perfect, the memory is also perfect, because the mind is perfectly relaxed. Therefore the sight may be improved by any method that improves the memory. The easiest thing to remember is a small black spot of no particular size and form; but when the sight is imperfect it will be found impossible to remember it with the eyes open and looking at letters, or other objects with definite outlines. It may, however, be remembered for a few seconds or longer, when the eyes are closed and covered, or when looking at a blank surface where there is nothing particular to see. By cultivating the memory under these favorable conditions, it gradually becomes possible to retain it under unfavorable ones, that is, when the eyes are open and the mind conscious of the impressions of sight. By alternately remembering the period with the eyes closed and covered and then looking at the Snellen test card, or other letters or objects; or by remembering it when looking away from the card where there is nothing particular to see, and then looking back; the patient becomes able, in a longer or shorter time, to retain the memory when looking at the card, and thus becomes able to read the letters with normal vision. Many children have been cured very quickly by this method. Adults who have worn glasses have greater difficulty. Even under favorable conditions, the period cannot be remembered for more than a few seconds, unless one shifts from one part of it to another. One can also shift from one period, or other small black object, to another.

REASON AND AUTHORITY

This article describes how eye doctors fought against Dr. Bates, tried to hide the Bates Method from the public so they could continue selling eyeglasses, surgery, drugs.

Some one—perhaps it was Bacon—has said: "You cannot by reasoning correct a man of ill opinion which by reasoning, he never acquired." He might have gone a step farther and stated that neither by reasoning, nor by actual demonstration of the facts, can you convince some people that an opinion which they have accepted on authority is wrong. A man whose name I do not care to mention, a professor of ophthalmology, and a writer of books well known in this country and in Europe, saw me perform an experiment upon the eye of a rabbit which, according to others who had witnessed it, demonstrated beyond any possibility of error that the lens is not a factor in accommodation. At each step of the operation he testified to the facts; yet at the conclusion he preferred to discredit the evidence of his senses rather than accept the only conclusion that these facts admitted.

First he examined the eye of the animal to be experimented upon with the retinoscope and found it normal, and the fact was written down. Then the eye was stimulated with electricity, and he testified that it accommodated. This was also written down. I now divided the superior oblique muscle, and the eye was again stimulated with electricity. The doctor observed the eye with the retinoscope when this was being done and said, "You failed to produce accommodation." This fact, too, was written down. The doctor now used the electrode himself, but again failed to observe accommodation, and these facts were written down. I now sewed the cut ends of the muscle together, and once more stimulated the eye with electricity. The doctor said, "Now you have succeeded in producing accommodation," and this was written down. I now asked:

"Do you think that superior oblique had anything to do with producing accommodation?"

"Certainly not," he replied.

"Why?" I asked.

"Well," he said, "I have only the testimony of the retinoscope. I am getting on in years, and I don't feel that confidence in my ability to use the retinoscope that I once had. I would rather you wouldn't quote me on this."

While the operation was in progress, however, he gave no indication whatever of doubting his ability to use the retinoscope. He was very positive, in fact, that I had failed to produce accommodation after the cutting of the oblique muscle and his tone suggested that he considered the failure ignominious. It was only after he found himself in a logical trap, with no way out except by discrediting his own observations, that he appeared to have any doubts as to their value.

Patients whom I have cured of various errors of refraction have frequently returned to specialists who had prescribed glasses for them, and, by reading fine print and the Snellen test card with normal vision, have demonstrated the fact that they were cured, without in any way shaking the faith of these practitioners in the doctrine that such cures are impossible. A girl of sixteen who had progressive myopia of such high degree that she was not allowed to read, and was unable to go about on the streets without a guide, was assured by the specialist whom her family consulted that her condition was quite hopeless, and that it was likely to

progress until it ended in blindness. She was cured in a very short time by means of the methods advocated in this magazine, becoming able to discard her glasses and resume all the ordinary activities of life. She then returned to the specialist who had condemned her to blindness to tell him the good news; but, while he was unable to deny the fact that her vision was normal without glasses, he said it was impossible that she would have been cured of myopia, because myopia was incurable. How he reconciled this statement with his former patient's condition he was unable to make clear to her.

A lady with compound myopic astigmatism1 suffered from almost constant headaches which were very much worse when she took her glasses off. Every week, no matter what she did, she was so prostrated by eyestrain that she had to spend a few days in bed; and if she went to a theatre, or to a social function, she had to stay there longer. She was told to take off her glasses and go to the movies: to look first at the corner of the screen, then off to the dark, then back to the screen a little nearer to the center, and so forth. She did so, and soon became able to look directly at the pictures without discomfort. After that nothing troubled her. One day she called on her former ophthalmological adviser, in the company of a friend who wanted to have her glasses changed, and told him of her cure. The facts seemed to make no impression on him whatever. He only laughed and said, "I guess Dr. Bates is more popular with you than I am."

In some cases patients themselves, after they are cured, allow themselves to be convinced that it was impossible that such a thing could have happened, and go back to their glasses. A clergyman and writer, aged forty-seven, who had worn glasses for years for distance and reading, had what I should have considered the good fortune to be very quickly cured. By the aid of his imagination he was able to relax in less than five minutes, and to stay relaxed. When he looked at fine print it appeared grey to him, and he could not read it. I asked him if he had ever seen printer's ink. He replied, of course, that he had. I then told him that the paragraph of printed matter which he held in his hand was printed in printer's ink, and that it was black and not grey. I asked him if he did not know and believe that it was black, or if he could not at least imagine that it was black. "Yes," he said, "I can do that"; and immediately he read the print. It took him only about a minute to do this, and he was not more than five minutes in the office. The cure was permanent, and he was very grateful-for a time. Then he began to talk to eye specialists whom he knew, and thereupon grew skeptical as to the value of what I had done for him. One day I met him at the home of a mutual friend, and in the presence of a number of other people he accused me of having hypnotized him, adding that to hypnotize a patient without his knowledge or consent was to do him a grievous wrong. Some of the listeners protested that whether I had hypnotized him or not, I had not only done him no harm, but had greatly benefited him, and he ought to forgive me. He was unable, however, to take this view of the matter. Later he called on a prominent eye specialist who told him that the presbyopia (old sight) and astigmatism from which he had suffered were incurable, and that if he persisted in going without his glasses he might do himself great harm. The fact that his sight was perfect for the distance and the near-point had no effect upon the specialist and the patient allowed himself to be frightened into disregarding it also. He went back to his glasses, and so far as I know has been wearing them ever since. The story obtained wide publicity, for the man had a large circle of friends and acquaintances; and if I had destroyed his sight I could scarcely have suffered more than I did for curing him.

Other Doctors try to hide Dr. Bates discoveries from the public. Doctors expel Dr. Bates from the Hospital he worked at after Dr. Bates cures patients without glasses, surgery, drugs and proves the facts of Natural Eyesight Improvement.

Fifteen or twenty years ago the specialist mentioned in the foregoing story read a paper on cataract at a meeting of the ophthalmological section of the American Medical Association in Atlantic City, and asserted that anyone who said that cataract could be cured without the knife was a quack. At that time I was assistant surgeon at the New York Eye and Ear Infirmary, and it happened that I had been collecting statistics of the spontaneous cure of cataract at the request of the executive surgeon of this institution, Dr. Henry G. Noyes, Professor of Ophthalmology at the Bellevue Hospital Medical School. As a result of my inquiry I had secured records of a large number of cases which had recovered, not only without the knife, but without any treatment at all. I also had records of cases which I had sent to Dr. James E. Kelly of New York and which he had cured, largely by hygienic methods. Dr. Kelly is not a quack, and at that time was Professor of Anatomy in the New York Post Graduate Medical School and Hospital and attending surgeon to a large city hospital. In the five minutes allotted to those who wished to discuss the paper, I was able to tell the audience enough about these cases to make them want to hear more. My time was, therefore, extended, first to half an hour and then to an hour. Later both Dr. Kelly and myself received many letters from men in different parts of the country who had tried his treatment with success. The man who wrote the paper had blundered, but he did not lose any prestige because of my attack with facts upon his theories. He is still a prominent and honored ophthalmologist and in his latest book he gives no hint of having ever heard of any successful method of treating cataract other than by operation. He was not convinced by my record of spontaneous cures, nor by Dr. Kelly's record of cures by treatment; and while a few men were sufficiently impressed to try the treatment recommended, and while they obtained satisfactory results, the facts made no impression upon the profession as a whole, and did not modify the teaching of the schools. That spontaneous cures of cataract do sometimes occur cannot be denied; but they are supposed to be very rare, and any one who suggests that the condition can be cured by treatment still exposes himself to the suspicion of being a quack.

Between 1886 and 1891 I was a lecturer at the Post Graduate Hospital and Medical School. The head of the institution was Dr. D. B. St. John Roosa. He was the author of many books, and was honored and respected by the whole medical profession. At the school they had got the habit of putting glasses on the nearsighted doctors, and I had got the habit of curing them without glasses. It was naturally annoying to a man who had put glasses on a student to have him appear at a lecture without them and say that Dr. Bates had cured him. Dr. Roosa found it particularly annoying, and the trouble reached a climax one evening at the annual banquet of the faculty when, in the presence of one hundred and fifty doctors, he suddenly poured out the vials of his wrath upon my head. He said that I was injuring the reputation of the Post Graduate by claiming to cure myopia. Every one knew that Donders said it was incurable, and I had no right to claim that I knew more than Donders. I reminded him that some of the men I had cured had been fitted with glasses by himself. He replied that if he had said they had myopia he had made a mistake. I suggested further investigation. "Fit some more doctors with glasses for myopia," I said, "and I will cure them. It is easy for you to examine them afterwards and see if the cure is genuine." This method did not appeal to him, however. He repeated that it was impossible to cure myopia, and to prove that it was impossible **he expelled me from the Post Graduate, even the privilege of resignation being denied to me.** The fact is that, except in rare cases, man is not a reasoning being. He is dominated by authority, and when the facts are not in accord with the view imposed by authority, so much the worse for the facts. They may and indeed must win in

the long run; but in the meantime the world gropes needlessly in darkness and endures much suffering that might have been avoided.

THE EFFECT OF LIGHT UPON THE EYES

Although the eyes were made to react to the light, a very general fear of the effect of this element upon the organs of vision is entertained both by the medical profession and by the laity. Extraordinary precautions are taken in our homes, offices and schools to temper the light, whether natural or artificial, and to insure that it shall not shine directly into the eyes; smoked and amber glasses, eye-shades, broad-brimmed hats and parasols are commonly used to protect the organs of vision from what is considered an excess of light; and when actual disease is present, it is no uncommon thing for patients to be kept for weeks, months and years in dark rooms, or with bandages over their eyes.

The evidence on which this universal fear of the light has been based is of the slightest. In the voluminous literature of the subject one finds such a lack of information that, in 1910, Dr. J. Herbert Parsons of the Royal Ophthalmic Hospital of London, addressing a meeting of the Ophthalmological Section of the American Medical Association, felt justified in saying that ophthalmologists, if they were honest with themselves, "must confess to a lamentable ignorance of the conditions which render bright light injurious to the eyes."2 Since then, Verhoeff and Bell have reported3 an exhaustive series of experiments carried on at the Pathological Laboratory of the Massachusetts Charitable Eye and Ear Infirmary, which indicate that the danger of injury to the eye from light radiation as such has been "very greatly exaggerated." That brilliant sources of light sometimes produce unpleasant temporary symptoms cannot, of course, be denied; but as regards definite pathological effects, or permanent impairment of vision from exposure to light alone, Drs. Verhoeff and Bell were unable to find, either clinically or experimentally, anything of a positive nature.

The results of these experiments are in complete accord with my own observations as to the effect of strong light upon the eyes. In my experience such light has never been permanently injurious. Persons with normal sight have been able to look at the sun for an indefinite length of time, even an hour or longer, without any discomfort or loss of vision. Immediately afterward they were able to read the Snellen test card with improved vision, their sight having become better than what is ordinarily considered normal. Some persons with normal sight do suffer discomfort and loss of vision when they look at the sun; but in such cases the retinoscope always indicates an error of refraction, showing that this condition is due, not to the light, but to strain. In exceptional cases persons with defective sight have been able to look at the sun, or have thought that they have looked at it, without discomfort and without loss of vision; but, as a rule, the strain in such eyes is enormously increased and the vision decidedly lowered by sun-gazing, as manifested by inability to read the Snellen test card. **Blind areas (scotomata)** may develop in various parts of the field—two or three or more. The sun, instead of appearing perfectly white, may appear to be slate-colored, yellow, red, blue, or even totally black. After looking away from the sun, patches of color of various kinds and sizes may be seen, continuing a variable length of time, from a few seconds to a few minutes, hours, or even months. In fact, one patient was troubled in this way for a year or more after looking at the sun for a few seconds. Even total blindness lasting a few hours has been produced. Organic changes may also be produced. Inflammation, redness of the conjunctiva, cloudiness of the lens and of the aqueous and viterous humours, congestion and cloudiness of the retina, optic nerve and choroid, have all resulted from **sun-gazing**. These effects, however, are **always temporary**. The scotomata, the strange colors, even the total blindness, as explained in the preceding chapter, are only mental illusions. No matter how much the sight may have been impaired by **sun-gazing**, or how long the impairment may have lasted, a return to normal has always occurred; while prompt relief of all the symptoms mentioned has always followed the relief of eyestrain, showing that the conditions are the result, not of the light, but of the strain. **Some persons who have believed their eyes to have been permanently injured by the sun have been promptly cured by central fixation, indicating that their blindness had been simply functional.**

By persistence in looking at the sun, a person with normal sight soon becomes able to do so without any loss of vision; but persons with imperfect sight usually find it impossible to accustom themselves to such a strong light until their vision has been improved by other means. **One has to be very careful in recommending sun-gazing to persons with imperfect sight; because, although no permanent harm can result from it, great temporary discomfort may be produced, with no permanent benefit. In some rare cases, however, complete cures have been effected by this means alone.**
Diet must also be healthy. No prescription, non-prescription drugs, including sinus sprays, cough/cold medicines...

In one of these cases the sensitiveness of the patient, even to ordinary daylight, was so great that an eminent specialist had felt justified in putting a black bandage over one eye and covering the other with a smoked glass so dark as to be nearly opaque. She was kept in this condition of almost total blindness for two years without any improvement. Other treatment extending over some months also failed to produce satisfactory results. She was then advised to look directly at the sun. The immediate result was total blindness, which lasted several hours; but next day the vision was not only restored to its former condition, but was improved. The sun-gazing was repeated, and each time the blindness lasted for a shorter period. At the end of a week the patient was able to look directly at the sun without discomfort, and her vision, which had been 20/200 without glasses and 20/70 with them, had improved to 20/10, twice the accepted standard for normal vision.

Like the sun, a strong electric light may also lower the vision temporarily, but never does any permanent harm. In those exceptional cases in which the patient can become accustomed to the light, it is beneficial. After looking at a strong electric light some patients have been able to read the Snellen test card better.

It is not light but darkness that is dangerous to the eye. Prolonged exclusion from the light always lowers the vision, and may produce serious inflammatory conditions. Among young children living in tenements this is a somewhat frequent cause of ulcers upon the cornea, which ultimately destroy the sight. The children, finding their eyes sensitive to light, bury them in the pillows and thus shut out the light entirely. **The universal fear of reading or doing fine work in a dim light is, however, unfounded. So long as the light is sufficient so that one can see without discomfort, this practice is not only harmless, but may be beneficial.**

Sudden contrasts of light are supposed to be particularly harmful to the eye. The theory on which this idea is based is summed

up as follows by Fletcher B. Dresslar, specialist in school-hygiene and sanitation of the United States Bureau of Education:

"The muscles of the iris are automatic in their movements, but rather slow. Sudden strong light and weak illumination are painful and likewise harmful to the retina. For example, if the eye adjusted to a dim light is suddenly turned toward a brilliantly lighted object, the retina will receive too much light, and will be shocked before the muscles controlling the iris can react to shut out the superabundance of light. If contrasts are not strong, but are frequently made, that is, if the eye is called upon to function where frequent adjustments in this way are necessary, the muscles controlling the iris become fatigued, respond more slowly and less perfectly. As a result, eyestrain in the ciliary muscles is produced and the retina is over stimulated. This is one cause of headaches and tired eyes."4 There is no evidence whatever to support these statements. Sudden fluctuations of light undoubtedly cause discomfort to many persons, but far from being injurious, I have found them, in all cases observed, to be actually beneficial. The pupil of the normal eye, when it has normal sight, does not change appreciably under the influence of changes of illumination; and persons with normal vision are not inconvenienced by such changes. I have seen a patient look directly at the sun after coming from an imperfectly lighted room, and then, returning to the room, immediately pick up a newspaper and read it. When the eye has imperfect sight, the pupil usually contracts in the light and expands in the dark, but it has been observed to contract to the size of a pinhole in the dark. Whether the contraction takes place under the influence of light or of darkness, the cause is the same, namely, strain. Persons with imperfect sight suffer great inconvenience, resulting in lowered vision, from changes in the intensity of the light; but the lowered vision is always temporary, and if the eye is persistently exposed to these conditions, the sight is benefited. Such practices as reading alternately in a bright and a dim light, or going from a dark room to a well-lighted one, and vice versa, are to be recommended. Even such rapid and violent fluctuations of light as those involved in the production of the moving picture are, in the long run, beneficial to all eyes. I always advise patients under treatment for the cure of defective vision to go to the movies frequently and practice central fixation. They soon become accustomed to the flickering light, and afterward other lights and reflections cause less annoyance.

In later years Dr. Bates advises closed eyes sunning. Open Eyes Sunning IS also allowed; use a time limit, keep the eyes Moving (Shifting) and Blinking. The head/face moves with the eyes, in the same direction.

TWO POINTS OF VIEW

Being anxious to know what my colleagues think of BETTER EYESIGHT, I lately sent notes to a number of them asking for their opinion. The following replies were so interesting that I think the readers of the magazine have a right to see them.

Dear Doctor:

As long as you ask for my opinion of your new magazine entitled BETTER EYESIGHT, permit me to give it to you in all frankness. It is what we call in the vernacular, "PUNK."

Meaning no personal offense, I am,

Your colleague.

Dear Doctor

Your little note received this morning and am glad to have the opportunity to tell you what I think of BETTER EYESIGHT.

It is all that you claim for it, and I am always glad to receive it, as I know that I am going to get something beneficial for myself as well as something for the good of my patients.

If the medical bigots had BETTER EYESIGHT on their desks, and would put into practice what you give in each number, it would be a great blessing to the people who are putting eye crutches on their eyes. I first tried central fixation on myself and had marvelous results. I threw away my glasses and can now see better than I have ever done. I read very fine type (smaller than newspaper type) at a distance of six inches from the eyes, and can run it out at full arm's length and still read it without blurring the type.

I have instructed some of my patients in your methods, and all are getting results. One case who has a partial cataract of the left eye could not see anything on the Snellen test card at twenty feet, and could see the letters only faintly at ten feet. Now she can read 20/10 with both eyes together and also with each eye separately, but the left eye seems, as she says, to be looking through a little fog. I could cite many other cases that have been benefited by central fixation, but this one is the most interesting to me. Kindly send me more of the subscription slips, as I want to hand them out to my patients.

Yours very truly,

November, 1919

1 - A condition in which the eye is shortsighted in all meridians, but more so in one than in the others.
2 - Jour. Am. Med. Assn., Dec. 10, 1910, p. 2028.
3 - Proc. Am. Acad. Arts and Sciences, July, 1916, vol. 51, No. 13.
4 - School Hygiene, Brief Course Series in Education, edited by Paul Monroe, Ph.D., 1916, pp. 235-236.

BETTER EYESIGHT

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

December, 1919

THE IMAGINATION CURE

When the imagination is perfect the mind is always perfectly relaxed, and as it is impossible to relax and imagine a letter perfectly, and at the same time strain and see it imperfectly, it follows that when one imagines that one sees a letter perfectly one actually does see it, as demonstrated by the retinoscope, no matter how great an error of refraction the eye may previously have had. The sight, therefore, may often be improved very quickly by the aid of the imagination. To use this method the patient may proceed as follows:

Look at a letter at the distance at which it is seen best. Close and cover the eyes so as to exclude all the light, and remember it. Do this alternately until the memory is nearly equal to the sight. Next, after remembering the letter with the eyes closed and covered, and while still holding the mental picture of it, look at a blank surface a foot or more to the side of it, at the distance at which you wish to see it. Again close and cover the eyes and remember the letter, and on opening them look a little nearer to it. Gradually reduce the distance between the point of fixation and the letter, until able to look directly at it and imagine it as well as it is remembered with the eyes closed and covered. The letter will then be seen perfectly, and other letters in its neighborhood will come out. **If unable to remember the whole letter, you may be able to imagine a black period as forming part of it. If you can do this, the letter will also be seen perfectly.**
Imagine the letter is composed of many black periods and shift from period to period (part to part) on the letter.

THE MENACE OF LARGE PRINT

If you look at the big "C" on the Snellen test card (or any other large letter of the same size) at ten, fifteen, or twenty feet, and try to see it all alike, you may note a feeling of strain and the letter may not appear perfectly black and distinct. If you now look at only one part of the letter, and see the rest of it worse, you will note that the part seen best appears blacker than the whole letter when seen all alike, and you may also note a relief of strain. If you look at the small "c" on the bottom line of the test card, you may be able to note that it seems blacker than the big "C." If not, imagine it as forming part of the area of the big "C." If you are able to see this part blacker than the rest of the letter, the imagined letter will, of course, appear blacker also. If your sight is normal, you may now go a step further and note that when you look at one part of the small "c" this part looks blacker than the whole letter, and that it is easier to see the letter in this way than to see it all alike.

If you look at a line of the smaller letters that you can read readily, and try to see them all alike-all equally black and equally distinct in outline-you will probably find it to be impossible, and the effort will produce discomfort and, perhaps, pain. You may, however, succeed in seeing two or more of them alike. This, too, may cause much discomfort, and if continued long enough, will produce pain. If you now look at only the first letter of the line, seeing the adjoining ones worse, the strain will at once be relieved, and the letter will appear blacker and more distinct than when it was seen equally well with the others.

If your sight is normal at the near-point, you can repeat these experiments with a letter seen at this point, with the same results. A number of letters seen equally well at one time will appear less black and less distinct than a single letter seen best, and a large letter will seem less black and distinct than a small one; while in the case of both the large letter and the several letters seen all alike, a feeling of strain may be produced in the eye. You may also be able to note that the reading of very fine print, when it can be done perfectly, is markedly restful to the eye.

The smaller the point of maximum vision, in short, the better the sight, and the less the strain upon the eye. This fact can usually be demonstrated in a few minutes by any one whose sight is not markedly imperfect; and in view of some of our educational methods, is very interesting and instructive.

Probably every man who has written a book upon the eye for the last hundred years has issued a warning against fine print in school books, and recommended particularly large print for small children. This advice has been followed so assiduously that one could probably not find a lesson book for small children anywhere printed in ordinary reading type, while alphabets are often printed in characters one and two inches high. The British Association for the Advancement of Science does not wish to see children read books at all before they are seven years old, and would conduct their education previous to that age by means of large printed wall-sheets, blackboards, pictures, and oral teaching. If they must read, however, it wants them to have 24- and 30-point type, with capitals about a quarter of an inch in height. This is carefully graded down, a size smaller each year, until at the age of twelve the children are permitted to have the same kind of type as their elders. Bijou editions of Bible, prayer-book and hymnals are forbidden, however, to children of all ages.1

In the London myope classes, which have become the model for many others of the same kind, books are eliminated entirely, and only the older children are allowed to print their lessons in one- and two-inch types.2

Yet it has just been shown that large print is a strain upon the eyes, while the retinoscope demonstrates that a strain to see at the near-point always produces hypermetropia3 (commonly but erroneously called "farsight"). We should naturally expect, therefore, to find hypermetropia very common among small children, and it is. Of children eight and a half years old in the public schools of Philadelphia, Risley4 found that more than eighty-eight per cent were hypermetropic, and similar figures may be found in all statistics of the subject. The percentage declines as the children become older, but hypermetropia, or hypermetropic astigmatism, remains at all ages the most common of all errors of refraction. Hypermetropia is, in fact, a much more serious problem than myopia, or nearsight. Yet we have heard very little about it, for the specialists have concluded, from its prevalence and its tendency to pass away or become less pronounced with the growth of the body, that it is the normal state of the immature human eye and therefore beyond the reach of preventive measures. It is true that many young children are not hypermetropic, but

this fact is easily disposed of by the theory that the ciliary muscle alters the shape of the lens in such cases sufficiently to compensate for the shortness of the eyeball.

The baselessness of this theory, as well as the relation of large print to the production of hypermetropia, may be demonstrated by the fact that the condition can be relieved, and has been relieved in numerous cases, by the reading of fine print, combined with rest of the eyes. A child of eight was cured in a few visits by this means. Yet according to the British Association she should not, at this age, have been allowed to read any type larger than 12-point, with capitals more than an eighth of an inch in height. Many grown people have been cured of hypermetropia in the same way, and in all forms of functional imperfect sight the reading of fine print, when it can be done with comfort, has been found to be a benefit to the eyes. Even straining to see fine print is sometimes a benefit in myopia. Large letters are not a strain if central fixation, shifting are applied. Avoid diffusion, eccentric fixation.

SHIFTING AND SWINGING

Correct Appearance of Oppositional Movement

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

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

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

The shifting of the eye with normal vision is usually not conspicuous, but by direct examination with the opthalmoscope5 it can always be demonstrated. If one eye is examined with this instrument while the other is regarding a small area straight ahead, the eye being examined, which follows the movements of the other, is seen to move in various directions, from side to side, up and down, in an orbit which is usually variable. If the vision is normal, these movements are extremely rapid and unaccompanied by any appearance of effort. The shifting of the eye with imperfect sight, on the contrary, is slower, its excursions are wider, and -the movements are jerky and made with apparent effort.

It can also be demonstrated that the **eye is capable of shifting with a rapidity which the ophthalmoscope cannot measure**. (Saccadic movements) The normal eye can read fourteen letters on the bottom line of a Snellen test card, at a distance of ten or fifteen feet, in a dim light, so rapidly that they seem to be seen all at once. Yet it can be demonstrated that in order to recognize the letters under these conditions it is necessary to make about four shifts to each letter. At the near-point, even though one part of the letter is seen best, the rest may be seen well enough to be recognized; but at the distance it is impossible to recognize the letters unless one shifts from the top to the bottom and from side to side. One must also shift from one letter to another, making about **seventy shifts in a fraction of a second**.

A line of small letters on the Snellen test card may be less than a foot long by a quarter of an inch in height; and if it requires seventy shifts to a fraction of a second to see it apparently all at once, it must require many thousands to see an area of the size of the screen of a moving picture with all its detail of people, animals, houses, or trees, while to see sixteen such areas to a second, as is done in viewing moving pictures, must require a rapidity of shifting that can scarcely be realized. Yet it is admitted that the present rate of taking and projecting moving pictures is too slow. The results would be more satisfactory, authorities say, if the rate were raised to twenty, twenty-two or twenty-four a second. The human eye and mind are not only capable of this rapidity of action, and that without effort or strain, but it is only when the eye is able to shift thus rapidly that eye and mind are at rest, and the efficiency of both at their maximum. It is true that every motion of the eye produces an error of refraction; but when the movement is short, this is very slight, and usually the shifts are so rapid that the error does not last long enough to be detected by the retinoscope, its existence being demonstrable only by reducing the rapidity of the movements to less than four or five a second. The period during which the eye is at rest is much longer than that during which an error of refraction is produced. Hence, when the eye shifts normally no error of refraction is manifest. The more rapid the unconscious shifting of the eye, the better the vision; but if one tries to be conscious of a too rapid shift, a strain will be produced.

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

+ One of the best methods of improving the sight, therefore, is to imitate consciously the unconscious shifting of normal vision, and to realize the apparent motion produced by such shifting. Whether one has imperfect or normal

sight, conscious shifting and swinging are a great help and advantage to the eye; for not only may imperfect sight be improved in this way, but normal sight may be improved also.

Detailed instructions for improving the sight by this method will be given in my forthcoming book, *The Cure of Imperfect Sight by Treatment without Glasses*.

Rapid and tiny shifts, the eyes ability to shift many times per fraction of a second are called Saccadic eye movements, vibrations. The eye produces many different movements, high frequency…

OPTIMUMS AND PESSIMUMS

In nearly all cases of imperfect sight due to errors of refraction there is some object, or objects, which can be regarded with normal vision. Such objects I have called *optimums*. On the other hand, there are some objects which persons with normal eyes and ordinarily normal sight always see imperfectly, an error of refraction being produced when they are regarded, as demonstrated by the retinoscope. Such objects I have called *pessimums*. An object becomes an optimum, or a pessimum, according to the effect it produces upon the mind, and in some cases this effect is easily accounted for.

For many children their mother's face is an optimum, and the face of a stranger a pessimum. A dressmaker was always able to thread a No. 10 needle with a fine thread of silk without glasses, although she had to put on glasses to sew on buttons, because she could not see the holes. She was a teacher of dressmaking, and thought the children stupid because they could not tell the difference between two different shades of black. She could match colors without comparing the samples. Yet she could not see a black line in a photographic copy of the Bible which was no finer than a thread of silk, and she could not remember a black period. An employee in a cooperage factory, who had been engaged for years in picking out defective barrels as they went rapidly past him on an inclined plane, was able to continue his work after his sight for most other objects had become very defective, while persons with much better sight for the Snellen test card were unable to detect the defective barrels. The familiarity of these various objects made it possible for the subjects to look at them without strain—that is, without trying to seem them. Therefore the barrels were to the cooper optimums; while the needle's eye and the colors of silk and fabrics were optimums to the dressmaker. Unfamiliar objects, on the contrary, are always pessimums.

In other cases there is no accounting for the idiosyncracy of the mind which makes one object a pessimum and another an optimum. It is also impossible to account for the fact that an object may be an optimum for one eye and not for the other, or an optimum at one time and at one distance and not at others. Among these unaccountable optimums one often finds a particular letter on the Snellen test card. One patient, for instance, was able to see the letter K on the forty, fifteen and ten lines, but could see none of the other letters on these lines, although most patients would see some of them, on account of the simplicity of their outlines, better than they would such a letter as K.

Pessimums may be as curious and unaccountable as optimums. The letter V is so simple in its outlines that many people can see it when they cannot see others on the same line. Yet some people are unable to distinguish it at any distance, although able to read other letters in the same word, or on the same line of the Snellen test card. Some people again will not only be unable to recognize the letter V in a word, but also to read any word that contains it, the pessimum lowering their sight not only for itself but for other objects. Some letters, or objects, become pessimums only in particular situations. A letter, for instance, may be a pessimum when located at the end, or at the beginning of a line, or sentence, and not in other places. When the attention of the patient is called to the fact that a letter seen in one location ought logically to be seen equally well in others, the letter often ceases to be a pessimum in any situation.

A pessimum, like an optimum, may be lost and later become manifest. It may vary according to the light and distance. An object which is a pessimum in a moderate light may not be so when the light is increased or diminished. A pessimum at twenty feet may not be one at two feet, or thirty feet, and an object which is a pessimum when directly regarded may be seen with normal vision in the eccentric field—that is, when not directly regarded.

For most people the Snellen test card is a pessimum. If you can see the Snellen test card with normal vision, you can see almost anything else in the world. Patients who cannot see the letters on the Snellen test card can often see other objects of the same size and at the same distance with normal sight. When letters which are seen imperfectly, or even letters which cannot be seen at all, or which the patient is not conscious of seeing, are regarded, the error of refraction is increased. The patient may regard a blank white card without any error of refraction; but if he regards the lower part of a Snellen test card, which appears to him to be just as blank as the blank card, an error of refraction can always be demonstrated, and if the visible letters of the card are covered the result is the same. The pessimum may, in short, be letters or objects which the patient is not conscious of seeing. This phenomenon is very common. When the card is seen in the eccentric field it may have the effect of lowering the vision for the point directly regarded. For instance, a patient may regard an area of green wall-paper at the distance, and see the color as well as at the near-point; but if a Snellen test card on which the letters are either seen imperfectly, or not seen at all, is placed in the neighborhood of the area being regarded, the retinoscope may indicate an error of refraction. When the vision improves, the number of letters on the card which are pessimums diminishes and the number of optimums increases, until the whole card becomes an optimum.

A pessimum, like an optimum, is a manifestation of the mind. It is something associated with a strain to see, just as an optimum is something which has no such association. It is not caused by the error of refraction, but always produces an error of refraction; and when the strain has been relieved it ceases to be a pessimum and becomes an optimum.

HOME TREATMENT

It is not always possible for patients to go to a competent physician for relief. As the method of treating eye defects presented in this magazine is new, it may be impossible to find a physician in the neighborhood who understands it; and the patient may not be able to afford the expense of a long journey, or to take the time for treatment away from home. To such persons I wish to say that it is possible for a large number of people to be cured of defective eyesight without the aid either of a physician or of anyone else.

They can cure themselves, and for this purpose it is not necessary that they should understand all that has been written in this magazine, or anywhere else. All that is necessary is to follow a few simple directions.

Place a Snellen test card on the wall at a distance of ten, fourteen, or twenty feet, and devote half a minute a day, or longer, to reading the smallest letters you can see, with each eye separately, covering the other with the palm of the hand in such a way as to avoid touching the eyeball.

Keep a record of the progress made, with the dates. The simplest way to do this is by the method used by oculists, who record the vision in the form of a fraction, with the distance at which the letter is read as the numerator and the distance at which it ought to be read as the denominator. As already explained, the figures above the lines of letters on the test card indicate the distance at which these letters should be read by persons with normal eyesight. Thus a vision of 10/200 would mean that the big C, which ought to be read at 200 feet, cannot be seen at a greater distance than ten feet. A vision of 20/10 would mean that the ten line, which the normal eye is not ordinarily expected to read at a greater distance than ten feet, is seen at double that distance. This is a standard commonly attained by persons who have practiced my methods.

Children under twelve years who have not worn glasses are usually cured of defective eyesight by the above method in three months, six months, or a year. Adults who have never worn glasses are benefited in a very short time—a week or two—and if the trouble is not very bad, may be cured in the course of from three to six months. Children or adults who have worn glasses, however, are more difficult to relieve, and will usually have to practice the various methods of gaining relaxation which have been presented from month to month in this magazine and will be described in more detail in my forthcoming book, *The Cure of Imperfect Sight by Treatment without Glasses*.

It is absolutely necessary that the glasses be discarded. No half-way measures can be tolerated, if a cure is desired. Do not attempt to wear weaker glasses, and do not wear glasses for emergencies. Persons who are unable to do without glasses are not likely to be able to cure themselves.

Modern Natural Vision Improvement teachers state that reduced, weaker eyeglass lenses can be worn, but only when necessary. In later years Dr. Bates stated glasses can be worn if absolutely essential but, glasses will slow vision improvement.

Children and adults who have worn glasses will have to devote an hour or longer every day to practice with the test card and the balance of their time to practice on other objects. It will be well for such patients to have **two test cards, one to be used at the near-point, where it can be seen best, and the other at ten or twenty feet. The patient will find it a great help to shift from the near card to the distant one, as the unconscious memory of the letters seen at the near-point helps to bring out those seen at the distance.** (Switching close and far. Shift on the E on the close card. Switch to the distant card. Shift on the E on that card. Then back to the close card. Repeat. Remember, imagine the E clear.)

If the patient can secure the aid of some person with normal sight, it will be a great advantage. In fact, persons whose cases are obstinate will find it very difficult, if not impossible, to cure themselves without the aid of a teacher. The teacher, if he is to benefit the patient, must himself be able to derive benefit from the various methods recommended. If his vision is 10/10, he must be able to improve it to 20/10, or more. If he can read fine print at twelve inches, he must become able to read it at six, or at three inches. He must also have sufficient control over his visual memory to relieve and prevent pain.

Parents who wish to preserve and improve the eyesight of their children should encourage them to read the Snellen test card every day. There should, in fact, be a Snellen test card in every family; for when properly used it always prevents myopia and other errors of refraction, always improves the vision, even when this is already normal, and always benefits functional nervous troubles. Parents should improve their own eyesight to normal, so that their children may not imitate wrong methods of using the eyes and will not be subject to the influence of an atmosphere of strain.

December, 1919

1 - Report on the Influence of School Books upon Eyesight, second revised edition, 1913.
2 – Pollock: The Education of the Semi-Blind, Glasgow med. Jour., Dec, 1915.
3 – Bates: The cause of myopia, N.Y. Med. Jour., March 10, 1912.
4 – School hygiene, in System of Diseases of the Eye, edited by Norris and Oliver, vol. II, P. 353.
5 - An instrument for viewing the interior of the eye. When the optic nerve is observed with the ophthalmoscope, movements can be noted that are not apparent when only the exterior of the eye is regarded.

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Read, learn from Dr. Bates, the Best, Original Natural Eyesight Improvement Teacher

Picture Back Cover - Ophthalmologist Bates, Emily C. A. Lierman, Bates and a Bates Method Patient, Student

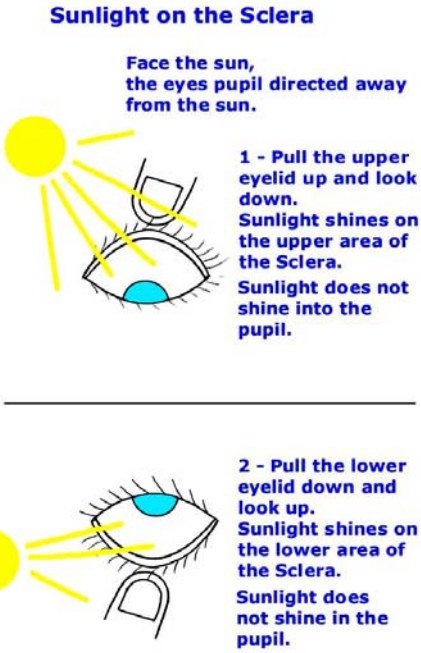
DR. BATES SUNLIGHT TREATMENTS
(As described in Better Eyesight Magazine)

Shining direct sunlight on the sclera, the outer white part of the eye is a old treatment Dr. Bates applied to bring life, health, activity to the retina and its cells, cones, rods, nerves, blood vessels. Dr. Bates cured unclear vision and other eye problems, diseases with this treatment. People that were blind or almost blind would begin to see light and obtain clear vision as result of this treatment and other Bates activities.

Directions

1 - Face the sun with the eyes pupil directed away from the sun. Allow full spectrum sunlight to shine directly on the sclera, (white part of the eye) by pulling the upper eyelids up while looking down. The sun shines on the upper white area of the eye. The eyes pupil is down, under the lower eyelid to prevent direct sunlight from shining into the pupil.

Move the eyes and head/face side to side to move the sunlight over the entire sclera and retina, lens through the sclera. Keep the sunlight moving on the sclera for a few seconds. Then stop, rest. Repeat if comfortable. Do not overdo it. Movement of the eyes, light places sunlight on all areas of the eye, retina, improves absorption, use of the light, activation of the retinas cells, light receptors... and prevents overexposure, concentration of the light, sunburn on the eye.



When pulling the eyelid; do not touch the eye or eyelid. Pull on the skin above the eyelid. Keep fingernails very short. Wash your hands first. Avoid chemical based soap.
Do both eyes at the same time; left thumb pulls left lid, right thumb pulls right lid. Pull gently.
This treatment also helps the eye build normal tolerance to sunlight, improves health and color of the sclera, perception of light, color, clarity of vision.

2 - Now, direct the sunlight onto the bottom of the sclera; Pull the lower eyelids down, move the eye/pupil up in the opposite direction so the sun shines on the lower area of the sclera and not directly into the pupil.
Move the eyes, head/face side to side. Keep the sunlight moving on the sclera for a few seconds. Then stop, rest. The head/body may need to be tilted back a bit to keep sunlight on the lower sclera and away from the pupil. Practicing this treatment repeatedly can tense the eye muscles and the pull of the fingers irritate the eyelids, skin. Use it occasionally.

Sun-Glass Treatment

Dr. Bates cured advanced eye problems, blindness by the sunlight methods and, also applying the use of the Sunglass to increase the strength of the sunlight on the eyes sclera and retina through the sclera. He moves the sunlight through the Sunglass quickly over the sclera for only a second, few seconds. He also moves the sunlight through the Sunglass on/over closed eyelids. Light is not directed into the pupil.
The light is kept in movement and moved quickly on the sclera and not for too long; only a few seconds in order to prevent over concentrating sunlight on any one or more areas of the eye, to prevent overexposure, sunburn on/in the eye. Distance of the glass must be correct or the eye can be burned.

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

THE USE OF THE SUN GLASS

In using the sun glass, it is well to accustom the eyes of the patient to the strong light by having him sit in the sun with his eyes closed, and at the same time he should slowly move his head from side to side, in order to avoid discomfort from the heat. Enough light shines through the eyelid to cause some people a great deal of discomfort at first, but after a few hours' exposure in this way, they become able to gradually open their eyes to some extent without squeezing the lids. When this stage is reached, one can focus, with the aid of the sun glass, the light on the closed eyelids, which at first is very disagreeable. When the patient becomes able to open the eyes, he is directed to look as far down as possible, and in this way the pupil is protected by the lower lid. Then by gently lifting the upper lid, only the white part of the eye is exposed, while the sun's rays strike directly upon this part of the eyeball. The sun glass may then be used on the white part of the eye. Care should be taken to move the glass from side to side quickly. The length of time devoted to focusing the light on the white part of the eye is never longer than a few seconds. After such a treatment the patient almost immediately becomes able to open his eyes widely in the light.

Most Modern Natural Eyesight Improvement Teachers do not apply the Sunglass Treatment -(Mainly due to fear of the AMA.) Ophthalmologist Bates cured many vision problems, eye diseases, various types of blindness with the Sunglass and Sunlight, Sunning Treatments. Try plain Sunning, Sunlight first.

The Sunglass treatment is be done by a Bates Method Experienced Ophthalmologist and only if necessary in cases of blindness, extreme vision impairment and only after closed eyes sunning, daily sunlight exposure; eyes open (not staring into the sun), yes; looking at, shifting on the bright sunny sky, clouds, trees and other Bates Method Treatments have been tried first.

If these have not brought vision improvement, the Sunglass Treatment may.

Be aware that certain types of glass act as a magnifying glass. The Sunglass is a magnifier and sunlight passing through the Sunglass can burn the eye.

Only a professional should apply this method;

The glass is never still; the glass is moved continually side to side causing the light to move quickly on the white area of the eye. A short time; only a few seconds of light is placed on the eye. Do one eye at a time.

(Patch the eye not being worked upon with a white eyepatch to prevent the eye, pupil from moving into the light of the Sunglass. Keep the patch open on the outer side away from the glass to allow plain daylight into that eye to keep both brain hemispheres, eyes active. Do not wear any type of eyeglasses, contact lenses, sunglasses, tinted, UV blocking lenses when using the Sunglass, Sun-gazing, Sunning.)

Distance of the glass from the eye must be exact, a specific distance and the time the light is on the eye (white area, sclera only, through or under eyelids) must be brief, few seconds or the eye can be burned. It is a certain type of magnifying glass;

Type, size, thickness, curvature... of the glass, distance, angle from the eye, strength of the sun affects the strength, intensity, concentration of the light ray beam, heat of the sunlight through the glass. The heat increases with the amount of time the light is on the eye. The correct amount is relaxing, healthy for the eye. The light must never shine on/into the eyes pupil. Keep the light away from the pupil, iris. Keep the eye, pupil far down, under the lower lid to prevent the light beam from shining into the pupil. Do not move the eyes when the Sunglass light is on the eyes.

Start with eyes closed, look far down. Bring the glass, light beam close, but a safe distance from the eye. Move the light beam on the white area of the eye through the eyelids. The movement helps to prevent too much heat. Test the intensity of the light, heat, distance of the glass... on the closed eyelids first. See the size of the light spot on the eye and the blood vessels... in the eyes sclera, retina. Keep the light moving, move it quickly on the sclera for a few seconds.

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

The Sunglass is a glass. As described in other chapters; All glass, plastic..; eyeglasses, windows, sunglasses block out part of the sun's light spectrum causing unhealthy partial spectrum, unbalanced light to exit the glass and shine into the eyes, travel to the brain, body. This impairs health, function of the brain, body, eyes and clarity of vision. For this reason the sunglass is only used to get the cells, light receptors, capillaries... in the eye, retina, lens back to full life, activity, bring the vision back. Then the glass is not used. Plain sunlight not passing through glass is used by practicing Sunning, Sun-gazing... as described in this chapter.

Read more directions for Sunning, Sun-Gazing, Sunglass Treatments in the PDF Natural Eyesight Improvement E-book; Ophthalmologist Bates 'Better Eyesight Magazine' describes this treatment.
See; Better Eyesight Magazine; April, May, June, August, October, December, 1926 and November, 1924 and

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. (Theres varying opinions on this Eclipse statement)

Good nutrition is necessary to maintain the eyes natural protection and tolerance to sunlight.
Sunlight through the eyes and on the skin is also necessary for the body to absorb, create, function with nutrients, vitamins, vitamin D, calcium.., minerals, to help protect the eyes, skin from sunburn, overexposure to sunlight, to produce, balance, control hormones, chemicals in the brain, body, body organs, systems, including melatonin for a normal sleep cycle and serotonin, tryptophan... for a positive state of mind, good mood, positive thoughts, emotions. The eyes need sunlight to remain healthy, keep the vision clear.
Most drugs and some herbs impair the vision, eye health, natural tolerance, protection from over-exposure to sunlight.

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

5. SUN TREATMENT. The eyes need sunlight. People who work in mines, where there is no sun, sooner or later develop inflammations of the interior of the eyes. The cloudiness of the lens from cataract is lessened by exposing the eye to the direct rays of the sun. When using the sun treatment, it is best to let the eyes become accustomed to the sun by mild treatment at first. Have the patient sit in a chair with his eyes closed and his face turned toward the sun. He should slowly move his head a short distance from side to side. The movement of the head prevents concentration of the sun's rays on one part of the eye. After some days of treatment, or when the patient becomes more accustomed to the light, one may use the sun-glass with added benefit. Direct the patient to look far down and while he does this, lift the upper lid gently, exposing to view the sclera or white part of the eye. Now, with the aid of the sun-glass focus the sunlight on the forehead or on the cheek, and then rapidly pass the concentrated light over various parts of the sclera. This requires less than a minute of time. It is

not well to be in a hurry. One should wait until the patient becomes sufficiently accustomed to the sun to permit the upper eyelid to be raised while he looks far down, exposing the sclera only. It is important that the patient be cautioned not to look directly at the sun.

Prognosis

The cure of cataract is usually accomplished more quickly than the cure of some other diseases of the eye. My assistant, Emily C. Lierman, has had unusual success in treating cataract cases, as she adapts my methods to each individual case. In her book, "Stories from the Clinic," the treatment is described in detail.

Sunning

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Fluctuations in the vision are normal for everyone, and some slightly double 'astigmatism like effect' or blur can occur as the vision is improving, reversing back to normal eye/cornea shape, clear vision and this may not be a problem with the cornea. It would be normal and it clears up quickly with relaxation and Bates Method practice.
When the cornea is weakened, parts removed, due to laser surgery: the cornea, eyes natural protection, tolerance to sunlight is impaired. The cornea and lens protect the eye from over-exposure to sunlight. I do not know if Sunning is safe if the eyes have been treated with cornea surgery. If the cornea does not get some natural full spectrum sunlight, it will not stay healthy and growth, repair may be blocked. Closed Eye Sunning only and some sunlight exposure by taking a walk outside daily wearing a hat with a brim, worn on and off may help.
Check with your eye doctor first.

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

The lens structure is different than the cornea and since the lens is attached to the eye, like, but different than the cornea; if it has been treated with surgery, it may or may not be affected adversely when the eye changes back to normal shape with application of Natural Vision Improvement.
Also; If the lens changes shape with or without the eye to produce accommodation, un-accommodation as most eye doctors state; this function might be affected by surgery. Will the lens adjust to work with the eye, or can it be harmed as a surgically altered cornea is, as described above?

Dr. Bates writes about people that have had cataract lens surgery, then obtaining clear vision with The Bates Method of Natural Vision Improvement.
Cornea surgery is done to change the corneas shape to fit an abnormal eye shape.
Cataract surgery is done to remove part of or the entire lens to remove a cataract.

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

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

AVOID LASER CORNEA EYE SURGERY AND OTHER CORNEA SURGERIES. LASER AND OTHER CORNEA EYE SURGERIES CAUSE EYE HEALTH IMPAIRMENT, UNCLEAR VISON, A VARITEY OF VISION PROBLEMS INCLUDING BLINDNESS

Eye surgeons advertise expensive cornea surgery to improve the clarity of distant and close vision but are not required to warn the patient about all of the side effects the surgery causes. The eye surgeon does not tell the patient the truth; that many different types of vision impairment and blindness can, has and will occur due to cornea laser surgery.
A woman on a television news show described how laser cornea surgery has caused her to be blind at night and in low light. She cannot go outside at night due to extreme glare, halos from lights.
Other vision impairments have developed, unclear daytime vision, reading vision. This condition is permanent. The woman says the cornea surgery has ruined her life.

In 2008 - Television news broadcast - a father telling about how his son was so depressed, his life miserable due to the incurable eye problems, near blindness, eye pain he suffered caused by laser cornea eye surgery. The son committed suicide.
Many people have impaired vision due to cornea surgery.
Read Laser surgery side effects warning - FDA; www.fda.gov Click medical devices, lasik.

See YouTube videos on eye/vision impairment caused by lasik.
Type in 'laser surgery, suicidal patients'. http://www.youtube.com/watch?v=976O9G6Dno0

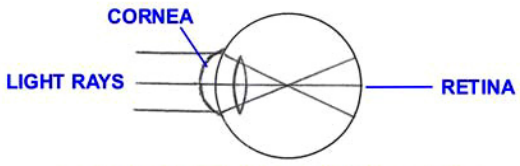
Also see website, YouYube videos: www.lasikcomplications.com
Many patients are developing cataracts after laser cornea surgery.

Some of the side effects of laser and other cornea surgeries are;
The surgery destroys, weakens the cornea's structure. Part of the cornea is permanently removed.
Cornea injury, ulcers, scars, infection in the cornea and eye, waves, uneven and torn areas in the cornea and other impairments occur resulting in; vision less clear than it was before surgery at close and far distances, double, triple vision, astigmatism, dizziness, cloudy, dull vision, haze, spots in the visual field, impaired tolerance to light and large halos, glare from indoor lights, from sunlight and from lights at night resulting in night blindness and low daylight vision.
The peripheral field of vision is lowered and the central field becomes unclear..
Increased cornea structure impairment occurs. Many people have become blind right after the surgery or a short time into the future after the surgery. The permanently weakened cornea is easily injured and the person must avoid certain activities, sports, climates, altitudes... for life. Even a soft touch of the hand, a blanket, sleeve... to the cornea can injure it. Cornea injury can occur from a light blow to the body, head.
Pilots, various government, military persons and people in certain occupations are not allowed to have cornea surgery.
Some surgery results in clearer than 20/20 vision but this is temporary and the clarity of vision goes below 20/20 in a short time. Most people still need eyeglasses after cornea surgery.
Cornea surgery causes the eyes to feel tired and the clarity of vision to lower during the day and become more unclear at night. Most cornea surgery patients need permanent use of eyeglasses at night and in dim light. The eyeglasses then cause and increase eye muscle tension, abnormal eye/cornea shape and vision impairment resulting in eyeglass prescriptions for the day and night at close and far distances. More vision impairment occurs and stronger and stronger eyeglass prescriptions are prescribed causing increased eye muscle tension, abnormal eye shape with pulling, stretching, tension on/in the eye, cornea. The surgically weakened cornea develops waves, tears, ulcers. Multiple eye problems develop. Cornea transplants and other eye surgeries are needed.

The eyes cornea and lens absorb/control the amount of sunlight and UV light that enters the eye, protecting the eye from over exposure to sunlight, UV light. Cornea surgery; removing part of the cornea destroys this natural eye function. Cornea surgery leaves the cornea, iris/pupil, lens, retina overexposed to sunlight/UV light and overexposed to unhealthy partial spectrum artificial light.
This can result in impaired eye health, damage to the cornea, lens, retina... causing pupil malfunction, cataracts, macula degeneration, and other retina damage, unclear vision and other eye problems, including blindness.
Abnormal pupil enlargement in sunlight, artificial light and in dim light occurs. This also causes a abnormally large amount of sunlight and unhealthy partial spectrum light to enter the eyes.

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

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



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

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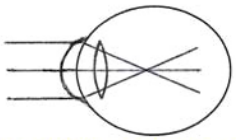
2 ABNORMAL LENGTHENED EYE SHAPE DUE TO OUTER EYE MUSCLE TENSION. NO CORNEA SURGERY.



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

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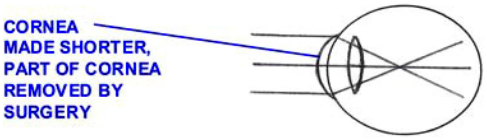
3 AFTER CORNEA SURGERY.
EYE SHAPE STILL ABNORMAL, LENGTHENED.
EYE MUSCLES STILL TENSE.



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

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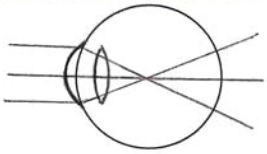
4 5 MONTHS AFTER CORNEA SURGERY. VISION IS MORE IMPAIRED THAN BEFORE SURGERY.

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



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

This causes the eye problems listed above. Cornea surgery impairs the eyes natural tolerance to sunlight and artificial light. The eyes hurt, are sensitive in all types of light. This causes the person to wear sunglasses, tinted and UV blocking eyeglass lenses which are addictive, cause and increase vision impairment, close and distant blur, and causes more abnormal pupil enlargement, further impairs the eyes tolerance to light. The enlarged pupil increases the eyes exposure to unhealthy partial spectrum light that passes through the sunglasses, tinted, UV blocking lenses.
All eyeglasses, contact lenses; plain, tinted, UV blocking, dark, colored...cause partial spectrum light to enter the eyes, brain, body, cause abnormal pupil enlargement and impair the eyes tolerance to light.

The sunglasses, tinted, UV blocking lenses also block out full spectrum sunlight causing a constant flow of unhealthy partial spectrum sunlight and even more unbalanced partial spectrum artificial light to enter the

**eyes, brain, body. Health and function of the eyes, brain, body become impaired.
Cataracts, macula degeneration, detached retina and other eye problems occur.
Sunglasses, tinted, UV blocking lenses and plain eyeglasses cause and increase vision impairment resulting in prescriptions for eyeglasses.**

**The cornea and lens refract, bend, focus light rays in the eyes. Cornea - 80% Lens - 10%.
Removing part of the cornea by surgery impairs the corneas natural focus of light rays.**

**Outer eye muscle tension can cause a abnormal eye/cornea shape with incorrect focus of light rays in the eyes and unclear vision. When the eye muscles relax due to natural causes; relief of stress and mental strain, improved diet and health, good posture, relaxation of the neck.., use of Natural Eyesight Improvement; Correct Vision Habits, relaxation... the eye returns to normal shape with correct focus of light rays and clear vision. (See picture 1)
(Correct Vision Habits and other Natural Eyesight Improvement states can occur automatically, without the person learning, consciously using Natural Eyesight Improvement because; it is the normal function of the eyes. The visual system always returns the eyes to normal correct function.)**

Cornea surgery does not correct the cause of unclear vision. Cornea surgery does not relax tense eye muscles, does not remove; stress, mental strain, use of Incorrect Vision Habits, does not return the eye to normal shape, does not remove abnormal pressure, tension, pulling, stretching on/in the eye, retina, lens, cornea, does not improve circulation to, in the eye.

**Example; the eye surgeon cuts off part of the eyes cornea in an attempt to make the shape of the eye closer to a normal round shape with better focus of light rays in the eye for clearer distant vision.
(see picture)**

**If, in the future, after cornea surgery, the eye muscles relax due to natural conditions; relief of stress, strain, improved diet, health, better job, life situation... using the eyes correct with relaxation, Correct Vision Habits, Natural Eyesight Improvement, correct posture, relaxed neck and other natural causes and the eye returns to normal shape; the surgically altered, impaired cornea will be too flat and cannot return to normal shape and function with the eye. This causes the eye to be too short.
(see picture 4) Focus of light rays in the eye are now more impaired than before surgery. Light rays focus beyond the retina resulting unclear close and distant vision.
The weakened, impaired cornea stretches, pulls, experiences tension, pressure as it tries to return to normal shape with the eye. This causes the cornea to develop waves, uneven areas, ulcers. Infection in the cornea and eye, scars occur resulting in unclear vision, astigmatism, blind spots, large halos, glare from lights and other eye problems.**

The cornea also changes shape with the eye when the eye lengthens slightly when looking at close distances and returns to a round shape when looking at far distances. The surgically weakened, impaired cornea will not be able to change shape perfectly with the eye-the cornea will stretch, pull, develop waves, uneven areas causing blur, astigmatism, glare and other eye problems.

**It is normal for the shape of the eye and cornea to change, fluctuate slightly and this can occur often; within a second, minute, hour, day...causing the clarity of vision to fluctuate slightly and temporarily; clear, little less clear and back to clear. A surgically altered cornea will cause the temporary state of less clear vision to be increased. The vision is much more unclear.
When the cornea is normal, not altered by surgery, temporary states of less clear vision are slight and are usually not noticed. The clarity of vision always fluctuates back to normal when eyeglasses, surgery are avoided.**

**Natural Eyesight Improvement keeps the vision clearer than 20/20; to 20/15, 10, 5, 40/20...
When temporary fluctuations of clarity occur, vision goes from 20/5, 20/10 to 20/15, 20/20, occasionally to 20/30, 40 and then returns back to clearer than 20/20.
Vision rarely goes less clear than 20/20, 20/30.**

Cornea surgery does not remove the underlying cause of unclear vision; does not remove eye muscle tension, mental strain, use of Incorrect Vision Habits, neck tension... and abnormal eye shape.

**After cornea surgery eye muscle tension may increase, causing the shape of the eye to become more abnormal. This will also impair focus of light rays in the eye and result in unclear eyesight.
(Example; cornea surgery was done for a eye that is abnormally lengthened. The eye surgeon cut, shortened the shape of the cornea to fit that specific eye shape. If, after surgery, the eye muscle tension and abnormal**

eye shape increases: the surgically altered cornea will not fit the eye, cannot change shape with the eye.) Increased pulling, stretching on the cornea occurs resulting in cornea injury and vision impairment as described previously.

Wearing eyeglasses after cornea surgery will increase the eye muscle tension, abnormal eye shape (increased lengthened, shortened, irregular shape), vision impairment and cornea, eye injury. Stronger and stronger lenses are prescribed causing more vision impairment.

(Contact lenses must never be worn after cornea surgery because the contacts easily injure and infect the weakened cornea. Contacts cause injury even to a healthy, strong non-surgically altered cornea.)

The same side effects occur due to cornea surgery to steepen, (raise, lengthen) the cornea in an attempt to improve close vision and altering the shape of the cornea to treat astigmatism.
All these surgeries involve permanently removing part of the cornea, removing a healthy, normal part of the eye. This is poor medical practice, breaks a medical law: 'Do not harm, destroy healthy tissue'.
Notice that cornea surgery applied in an attempt to obtain clearer distant vision is done to make a lengthened eye more round and, that, cornea surgery to obtain clearer close vision is done to make a shortened eye longer but; eye doctors, surgeons refuse to admit that a abnormally lengthened or shortened eye/cornea shape is caused by outer eye muscle tension and that the eye muscles can be relaxed naturally with Natural Eyesight Improvement enabling the eye, cornea to return to normal shape with clear close and distant vision, thus avoiding cornea eye surgery.

(Cornea surgery is necessary sometimes for treating a eye cornea injury, possibly infection... if other, preferably natural methods, cannot save the eye, vision.)

Natural Eyesight Improvement (no glasses, no surgery) relaxes the eye muscles and returns the eye to normal healthy shape with clear vision at all distances.

Natural Eyesight Improvement may improve the clarity of vision by relaxing the eye muscles if the eye muscles have become more tense after cornea surgery, but may result in less clear vision if the eye muscles completely relax and returns the eye to normal shape because the surgically impaired cornea will not be able to return to normal shape with the eye.
Increased eye muscle tension, further impairing the shape of the eye, cornea also can result in more vision impairment after cornea surgery. See Article below:

CONTACT LENSES CAUSE EYE INJURY

Cornea injury and vision impairment occur often due to wearing of contact lenses;
It is normal for the shape of the eye/cornea to change often, naturally, on its own. The shape of the eye/cornea can change, fluctuate in a second, minute, hour, day... It is impossible to prescribe a exact size/fit for contact lenses because the size, shape of the cornea is always changing. The contacts will never fit the cornea and will scrape, infect, injure, scar the cornea and eye.
Contact lenses enable bacteria, and a variety of germs to grow on the cornea and on/in the eyes. Contact lens solutions often contain bacteria, viruses and other contaminants that cause frequent cornea/eye infection and can and has caused blindness, loss of the infected eye.

ORTHO-KERATOLOGY; Fitting the eyes corneas with contact lenses that are a different size/shape than the cornea, to be used as braces on the corneas to try to force the cornea to change shape in an attempt to remove close and distant blur, astigmatism results in frequent cornea injury.

Because Natural Eyesight Improvement causes the shape of the eye and cornea to change as the eye muscles relax and the eye/cornea returns to normal shape; contact lenses must never be worn before, during and after use of Natural Eyesight Improvement - the contacts will not fit the changing cornea shape.
Never wear contacts at night, during sleep; the shape of the eye/cornea changes during sleep. The contacts will injure the eyes corneas during sleep. Any injury to the cornea can result in infection which can go into the eye and cause cornea/eye damage, vision impairment and blindness.
The eye, cornea changes shape often, a natural, normal function, with or without Natural Eyesight Improvement. This makes it impossible to prescribe a correct contact lens size.

ORTHO C-ORTHOCULOGY - A new method using contact lenses to force the cornea, lens, eye to change shape, force some eye muscles to become tense, stretch, and other eye muscles to un-contract in a abnormal state. This is unnatural and dangerous. People selling this method warn the patient that there are risks; cornea, eye infection, injury, permanent damage, abnormal eye and eye muscle function, dependence on the method and other eye, vision impairment.
Avoid these and all unnatural methods.

The Bates Method teaches that all the eye muscles must relax, function together, contracting and un-contracting in a coordinated, relaxed state. The eye, cornea, lens returns to normal shape on its own.

Contact lenses impair the shape of the eyes cornea causing a uneven cornea shape and astigmatism.
A uneven cornea is easily scraped, injured by contact lenses.
Contact lenses must not be worn when the cornea/eye contains astigmatism.
Astigmatism is caused by a uneven area in the cornea and abnormal eye/cornea shape.
The degree, type, shape, and placement of the astigmatism/abnormal eye/cornea shape/wave causing the astigmatism changes frequently.
Contact lenses will never fit the changing cornea shape.
Contacts often injure the cornea that contains astigmatism.

Contact lenses impair tear production, coating of tears over the eyes/corneas, cause abnormal pupil enlargement, impair tolerance to light, block oxygen, nutrient flow to the cornea. The cornea becomes dry, weak and injured. All contact lenses; soft, flexible, night wear... cause eye injury and act as eyeglasses causing increased vision impairment leading to prescriptions for stronger and stronger contact lenses and eyeglasses. Contact lenses impair; balance, coordination, blinking, shifting and other Correct Vision Habits. Contact lenses completely block out all full spectrum sunlight causing the eyes, brain, body to be constantly exposed to unhealthy partial spectrum light. UV blocking, tinted and colored contacts cause light to be more unbalanced and increase abnormal pupil enlargement.
Eyeglasses allow some full spectrum sunlight to enter around the edges of the frames.
No eyeglasses is best.

Avoid all cornea surgeries, contact lenses and eyeglasses.
Use natural eyesight improvement to relax the eye muscles and return the eye, cornea to normal shape with correct focus of light rays in the eye, clear eyesight at all distances and healthy eyes.

The Bates Method of Natural Eyesight Improvement cures many different eye problems. Natural Eyesight Improvement relaxes the outer and inner eye muscles causing the eye, cornea, lens to return to normal healthy shape, function. This condition along with neck muscle relaxation, movement improves circulation in the eye and normalizes eye pressure. This can reverse and cure glaucoma, cataracts and other eye problems.
(If taking drugs, eye drops to lower eye pressure to treat glaucoma, check with your eye doctor. As Natural Eyesight Improvement normalizes eye pressure, the drug may have to be reduced or discontinued.) Check with your Ophthalmologist if you have had or are going to have any eye surgery or are being treated with drugs for a eye condition and let him/her know you plan to apply Natural Eyesight Improvement. Most eye doctors prefer to sell surgery, drugs, eyeglasses and contact lenses. Find an eye doctor that teaches the Bates Method of Natural Eyesight Improvement and prefers to avoid surgery, drugs, eyeglasses, contacts.

Avoid Sunglasses. Sunglasses cause eye sensitivity to light, lowers natural light tolerance, lowers, impairs use of sunlight by the eyes, brain, body, causes watering, burning eyes, eye infections, sties, unclear vision, cataracts, and other eye diseases, impairs vitamin D and other nutrient absorption, hormone balance, sleep cycle and other functions. Sunglasses cause unbalanced, partial spectrum light to enter the eyes, brain, body. Sunglasses block healthy full spectrum sunlight.
Impairment of the health and function of the eyes, eye muscles, lens, retina, brain, left and right brain hemispheres and body occur due to lack of full spectrum sunlight and exposure to the unhealthy, unbalanced light entering the eyes through the sunglasses.

EYECHARTS

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.

For Sale By

The Central Fixation Publishing Company

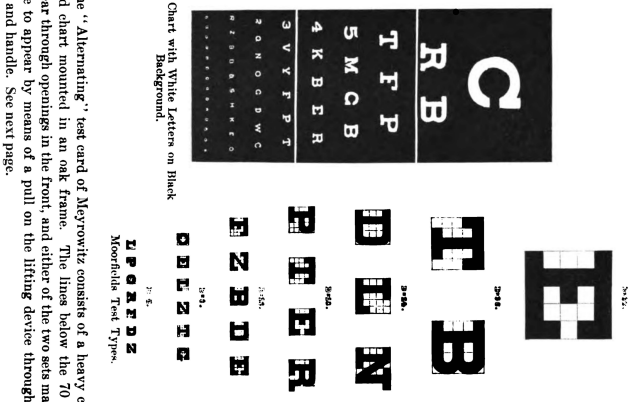
Paper ....50 Cents

Cardboard (folding) .....75 Cents

DELIVERED

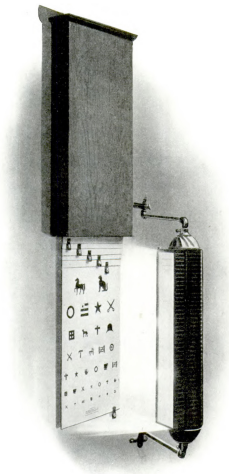
Back numbers BETTER EYESIGHT: single copies, 30 cents; first and second years, unbound, $3 each; bound in cloth, $1.25 extra. Photographic reductions of the Bible,$4. Ophthalmoscopes (best quality), $20. Burning glasses, $4. Reprints of articles by Dr. Bates in other medical journals, a limited number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

Free Eyecharts on the website;
https://cleareyesight-batesmethod.info/id25.html



Test Chart with White Letters on Black Background.

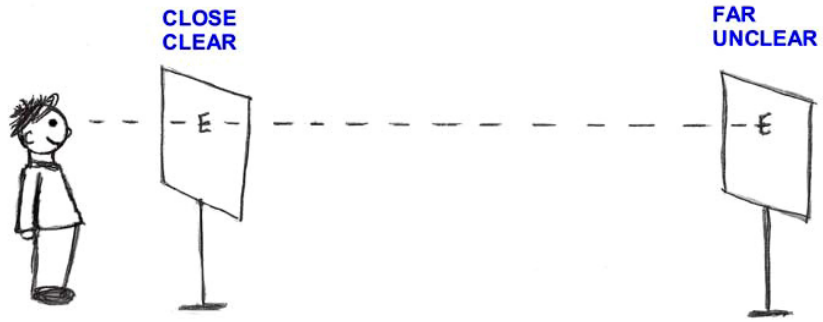
The "Alternating" test card of Meyrowitz consists of a heavy cardboard chart mounted in an oak frame. The lines below the 70 feet appear through openings in the front, and either of the two sets may be made to appear by means of a pull on the lifting device through the cord and handle. See next page.



Test Card Cabinet with Reflector as Used in Wills' Eye Hospital.

EYECHARTS TO TEST AND IMPROVE CLOSE AND DISTANT EYESIGHT

SWITCH AND SHIFT ON LETTERS ON TWO IDENTICAL EYE CHARTS PLACED AT CLOSE AND FAR/ CLEAR AND UNCLEAR DISTANCES.



SHIFT FROM PART TO PART (DOT TO DOT) ON THE E'S

TOP AND BOTTOM | LEFT AND RIGHT | DIAGONALLY CORNER TO CORNER | MIDDLE | SHIFT FROM PART TO PART IN ANY DIRECTION

Meaning of 20/20; (for distant vision)
+The top number indicates the distance the person is standing from the chart.
+The bottom number indicates the size of the letter, the line the eyes are looking at.
A 20/20 letter is 3/8 in. high.

E **This E is about 3/8 inch. on 100% computer screen.**

+The bottom number also indicates the distance that a person with clear vision sees the letter clear.

Example; the 20/20 line on the test chart for distant vision; the top number, 20 indicates; the person is standing 20 feet away from the letter on the eyechart.
The bottom number, 20 indicates the person is looking at the 20/20 line, 3/8" letter and, that; a person with clear 20/20 vision can see the letter clear at 20 feet away.

The eyechart is placed at 20 feet to test distant vision because the eyes do not need to un-converge, un-accommodate any further when looking at about 20 feet and farther into the distance.
If the letters are seen clear at 20 feet, then they should be seen clear at all distances beyond 20 feet.

Distant vision - Big C eyechart with a small 5 line added at bottom.

20 = 20 feet
20 = 3/8 inch letter - 20 line.
Normal, clear vision.

CLEAR

20 = 20 feet
5 = Smallest letter, bottom of chart - 5 line.
Clearer than 20/20.

40 = 40 feet
5 = Smallest letter, bottom of chart - 5 line.
Most clear vision, much clearer than 20/20.
Person sees 5 line at 40 feet away.

---

20 = 20 feet
200 = Largest letter, top of chart - 200 line.
Most unclear vision for this eyechart.

UNCLEAR

5 = 5 feet
200 = Largest letter, top of chart.
Vision more unclear.
The person must stand closer to the chart, at 5 feet, to see the 200 line letter clear.

20 = 20 feet
300 = Letter larger than 200 line.
More unclear than 20/200.
Person cannot see the 200 line clear.
A larger, 300 size letter is seen clear.
The 200 and other lines might be seen clear at closer distants to the chart.

Here's another example;
20/200;
+The top number (20) indicates the person is standing 20 feet away from the eyechart.
+The bottom number (200) indicates the size of the letter, line person is looking at. The 200 line letter is the largest letter on the top of the chart.
A 20/200 letter is 3 and 1/2 inch high.

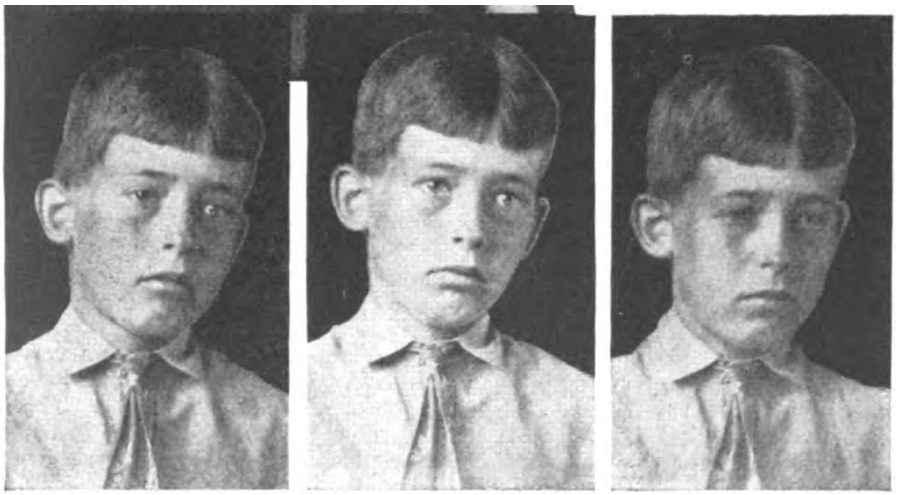
+The bottom number, (200) also indicates that a person with clear 20/20 eyesight can see the letter clear at 20 feet and up to 200 feet away.

A person with 20/200 distant vision can see the large 20/200 letter at 20 feet but cannot see it clear farther than 20 feet. It may be seen clear at closer distances.
Smaller letters below the 20/200 line are not seen clear at 20 feet and farther away.
20/200 vision is very unclear, much less clear than 20/20.
Vision can be more unclear; 20/300, 5/200... Many people with 20/200, 300 and more unclear vision have attained 20/20 and clearer vision with practice of the Bates Method.

20/40 vision is clearer than 20/200 but less clear than 20/20. 20/40 is considered ok for driving in most states. 20/40 is close to 20/20 clarity and people can function comfortably with 20/40 vision without wearing eyeglasses. 20/30, 20/25 is clearer than 20/40 and almost 20/20.
When vision is less clear than 20/40; 20/50, 70, 100... it is still best to avoid wearing eyeglasses as much as possible. Eyeglasses maintain and increase the eye muscle tension and blur. When glasses are avoided the eyes, eye muscles, mind/brain, visual system relax, correct vision habits can be easily applied and clarity of vision improves.

Close vision is tested with smaller letters with a eyechart placed at various distances closer than 20 feet. Reading vision is tested at 3 ft. to 6 inches and closer to the eyes with small and fine print. Seeing fine print clear at 5 to 1 to 1/4 inches from the eyes is very clear vision. Healthy for the eyes.

Relax and Shift, Blink when Reading a Eyechart. Use Central-fixation.

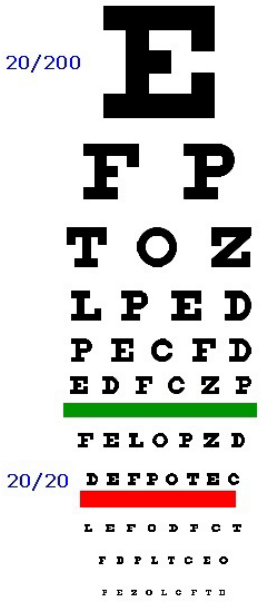


¶ *Does your boy squint?*

¶ *This boy is reading the Snellen test card with normal vision. Note the absence of facial strain.*

¶ *The same boy straining to see at a distance is producing myopic astigmatism in eyes previously normal.*

¶ *In this picture the boy is making himself myopic by partly closing his eyes and making conscious effort to read the test card at ten feet.*



Immediate Production of Myopia and Myopic Astigmatism in Eyes Previously Normal by Strain to See at the Distance;

Fig 1 - Boy reading the Snellen test card with normal vision. Note the absence of facial strain.
A boy with normal eyes reading the X line of the Snellen test card at 10 feet.
Notice the expression of the eyes with the focus completely relaxed.

Fig 2 - The same boy trying to see a picture at twenty feet. The effort, manifested by staring, produces compound myopic astigmatism, as revealed by the retinoscope. Simultaneous retinoscopy indicated compound myopic astigmatism. He was unconscious of the fact that his eyes were focused for a near point. Note the manifestation of effort by staring.

Fig 3 - The same boy making himself myopic voluntarily by partly closing the eyelids and making a conscious effort to read the test card at ten feet. Functional myopia produced voluntarily by partly closing the eyelids (squinting) and making an effort to read the Snellen test card at ten feet.

It is difficult to print the exact, correct letter size from a computer. Try printing at 100% or larger.
The Big C and E charts print out on 4 separate pages, 11 x 8 1/2 inches, landscape.
Tape them together after printing.
If print is too light, darken it to dark black with a black marker.
If they print too small or large; place them in a copier and use the zoom setting to enlarge or reduce the letters until all letters are the correct eyechart size.
See correct sizes listed below.
Letters on the charts can be reduced to small and fine print for testing, improving close vision, reading distance, 3 feet, 20, 10, 7, 6, 5... inches away from the eyes.

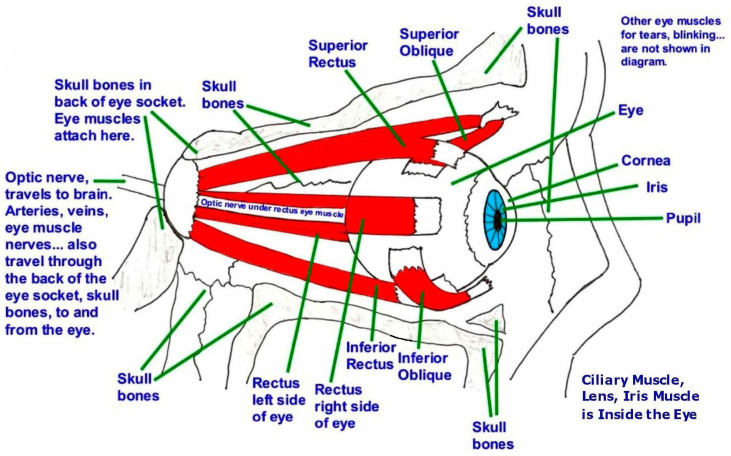
Small charts are also provided.
The charts can be printed from the PDF E-Book and Microsoft word... with white letters on a black background. White letters are easy to see and relaxing to the eyes.

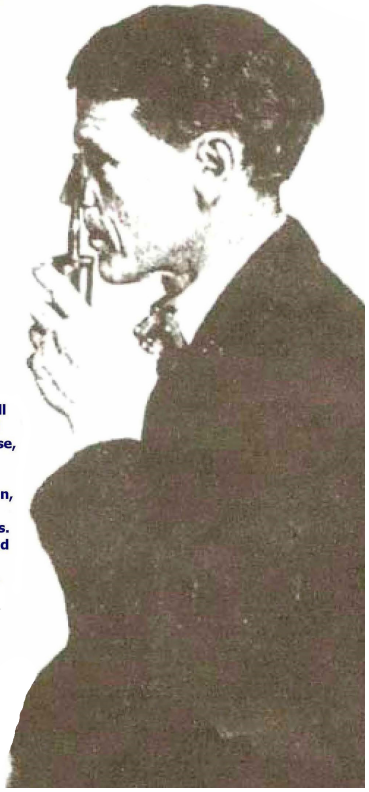
The reader can use the small charts as a identical copy of the big C , E charts. Keep the identical copy at a clear close distance and look at the identical clear letters to strengthen the memory, imagination of the same letter on the distant chart. If you prefer, use a large close and distant chart.

The Big C chart is the eyechart Ophthalmologist Bates refers to in his Better Eyesight Magazines.
The large big letter E and C charts are for testing distant vision.
Print the chart with correct letter size;
Start with the big letter E (or big C) at the top of the chart - 20/200 line;

20/200 - 3 and 1/2 inch high
20/100 - 1 and 3/4 inch
20/70 - 1 and 1/4 inch **All numbers above 20/20 indicate vision**
20/50 - 7/8 inch **less clear than 20/20.**
20/40 - 11/16 inch
20/30 - 1/2 inch
20/20 - 3/8 inch ---------- Normal clear vision at 20 feet away.
20/15 - 1/4 inch **All numbers below 20/20 indicate clearer**
20/10 - 3/16 inch **than 20/20.**
20/5 - 3/32 inch
20/4,3,2,1... Letters are smaller. Very clear vision.
Standing farther way and seeing the letters clear, example 40/5; standing 40 feet away and seeing the 20/5, 3/32 inch letter and/or smaller letters clear indicates very clear vision, much clearer than 20/20.

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





The eye socket is composed of bone segments. These are connected with the skull bones. Eye muscles attach to the skull bones in the back of the eye socket. Eye muscle nerves, the optic nerve, blood, lymph vessels also travel from the spinal cord/brain stem, brain, neck through the eye socket, skull bones. Unclear vision is usually caused by mental strain, tense, incorrect use of the eyes, 'staring-squinting', incorrect posture, stress, negative thoughts, emotions. These can cause: outer and inner eye muscle tension, abnormal eye shape, disrupted focus of light rays in the eye, tension, abnormal pressure on/in the eye, impair circulation in the eye, resulting in unclear vision... Extreme neck, shoulder muscle tension, incorrect posture places pressure, tension, pulling on the nerves, blood, lymph vessels that travel from the spine, neck, brain stem to the eyes, eye muscles, retina, lens, brain. Neck muscle tension also travels directly up into the eye muscles. These conditions cause: tension, abnormal pressure on/in the eye, optic nerve, eye muscle nerves, retina, lens, outer and inner eye muscle tension/dysfunction, abnormal eye shape, disrupts focus of light rays in the eye, resulting in: unclear vision, astigmatism, crossed, wandering eyes, imperfect convergence, divergence, accommodation, un-accommodation, cataracts and other conditions. Circulation of blood, oxygen, lymph, fluid, tears... in the eye is impaired. Tension, migraine headaches, disrupted sinus and ear function can also occur and affect the vision.
Wearing eyeglasses creates, increases, maintains all of these causes and resulting conditions.

The Bates Method of Natural Eyesight Improvement, relaxation of the mind, neck, body, eye muscles, eyes, good posture returns the eyes to normal function with 20/20 and clearer close & distant Vision. Wandering, Crossed Eyes, Astigmatism are corrected. Cataracts and other eye conditions are reversed, removed without use of eyeglasses, eye surgery, drugs.

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

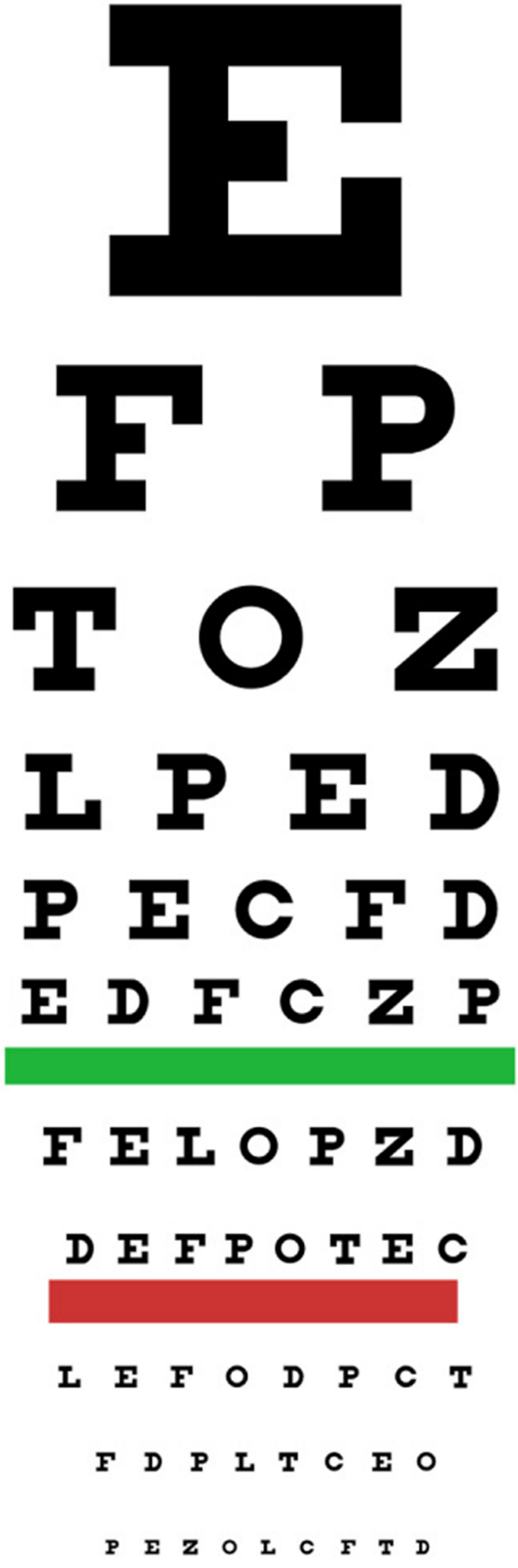
L P C F E T O D Z

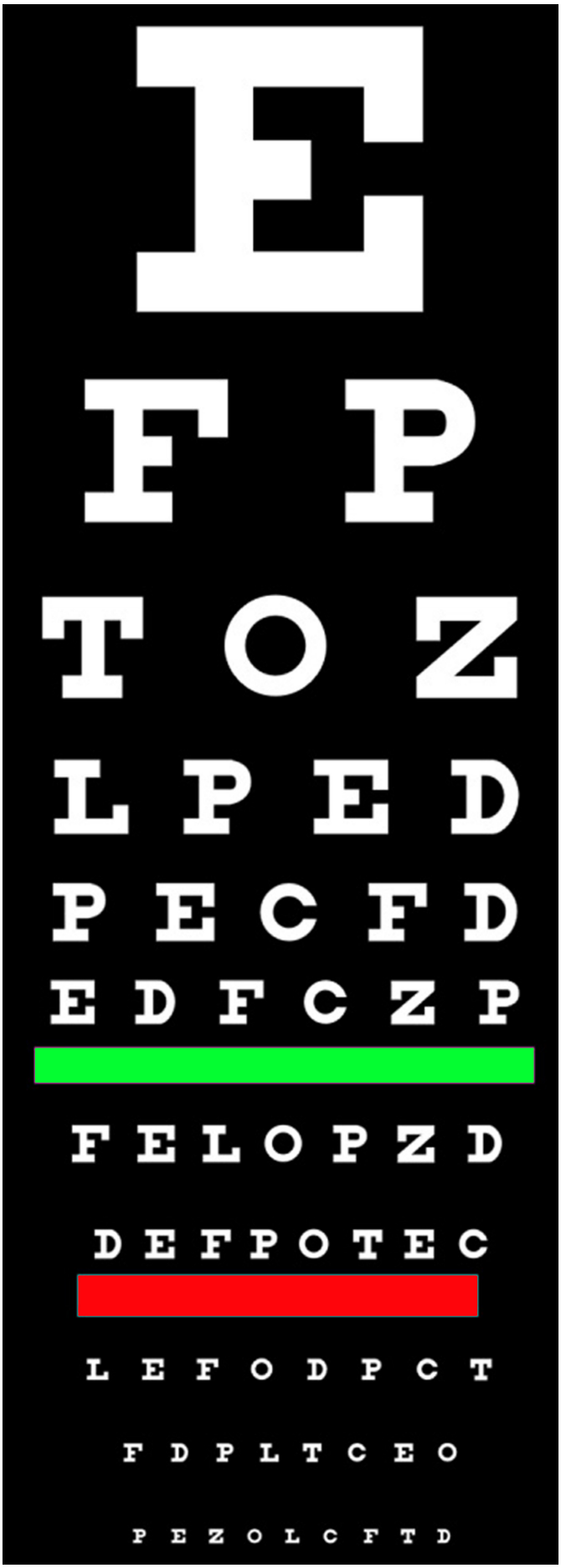
20/5

T F D O P Z L E C

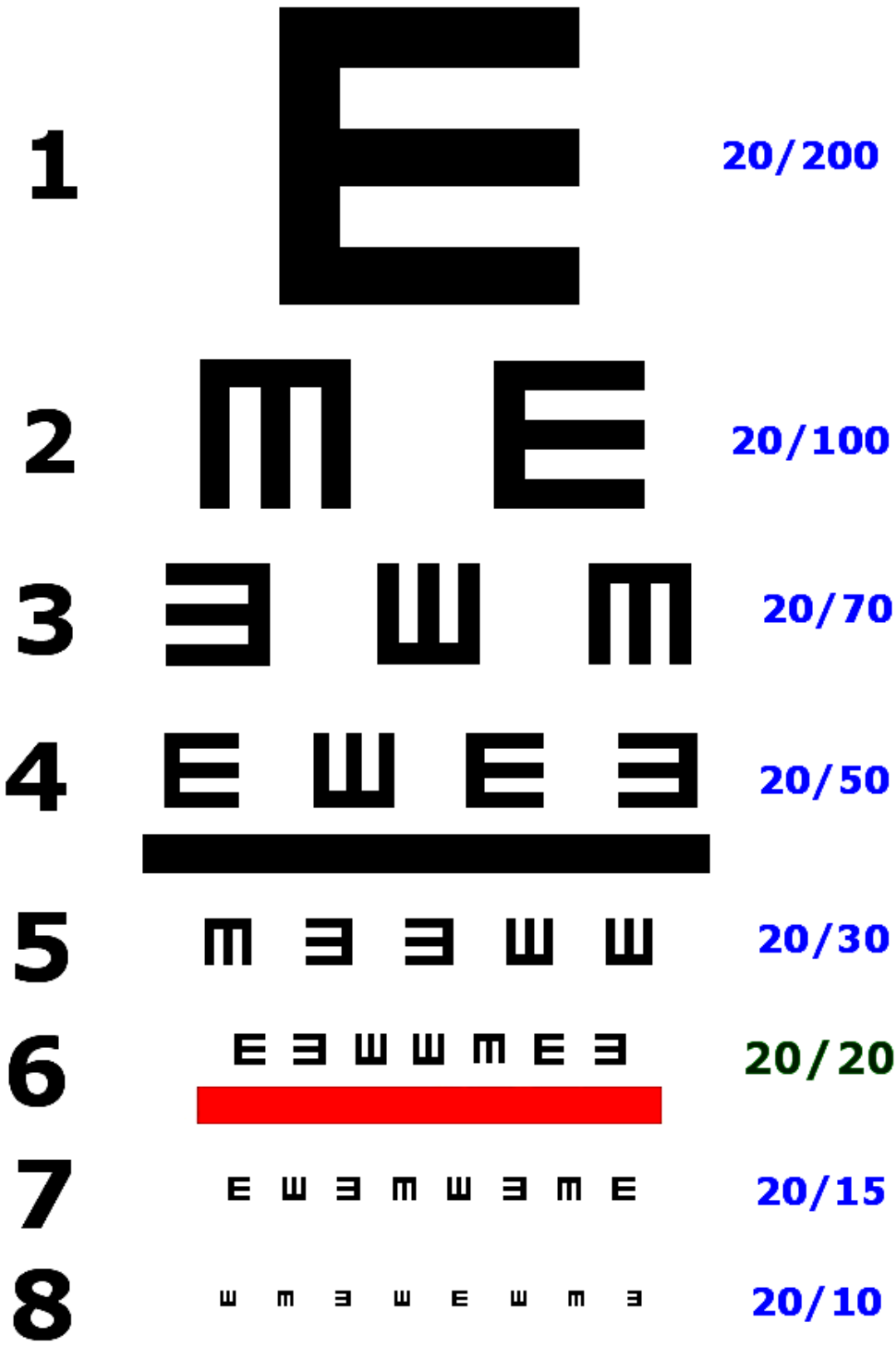
Very Clear Vision, Small Print Clear at 20 Feet

Z C T L O P D F E

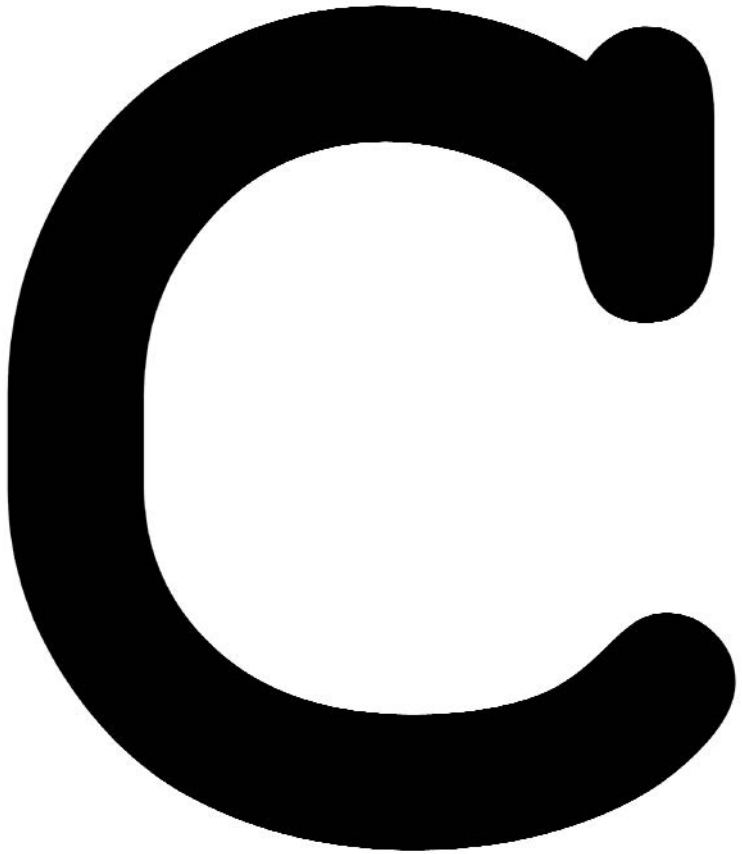

E
F P
T O Z
L P E D
P E C F D
E D F C Z P
F E L O P Z D
D E F P O T E C
L E F O D P C T
F D P L T C E O
P E Z O L C F T D


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
D E F P O T E C
L E F O D P C T
F D P L T C E O
P E Z O L C F T D

Pothooks, Tumbling, Inverted E Eyechart



20/200 Vision at 200 Feet



20/100

R B

20/70

T F P

20/50

5 C G O

20/40

4 K B E 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

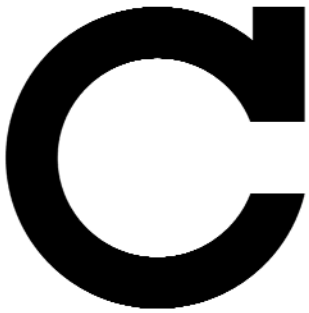
20/5

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



R B

T F P

5 C G O

4 K B E R

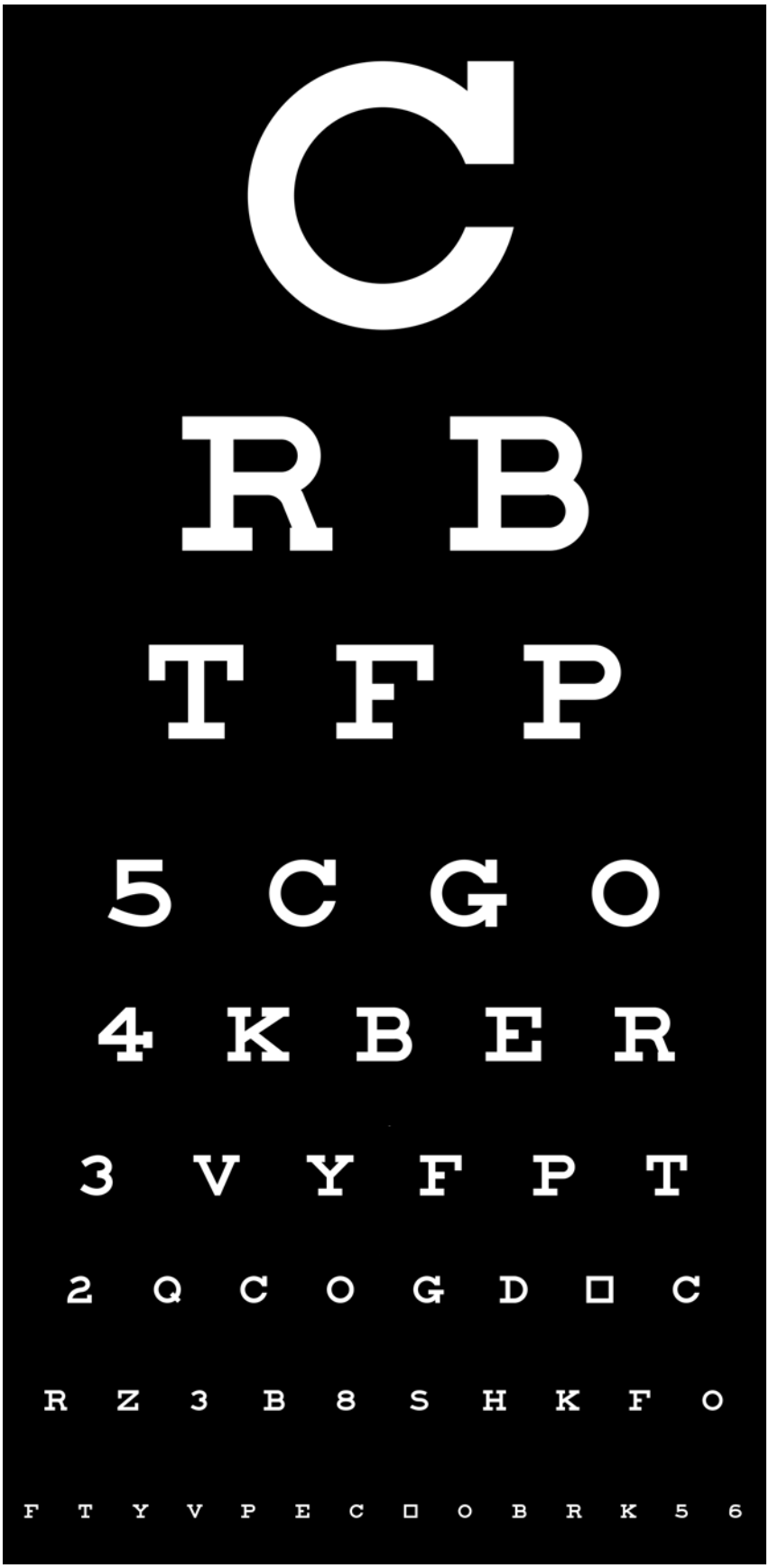
3 V Y F P T

20/20 2 Q C O G D □ C

R Z 3 B 8 S H K F O

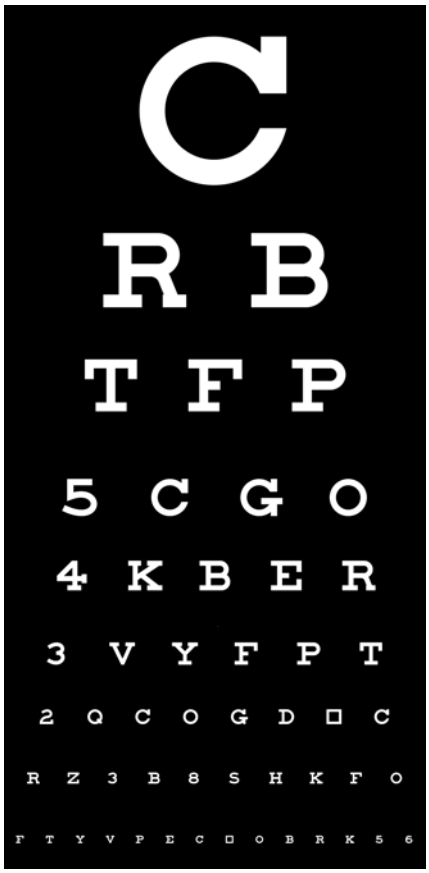
F T Y V P E C □ O B R K 5 6

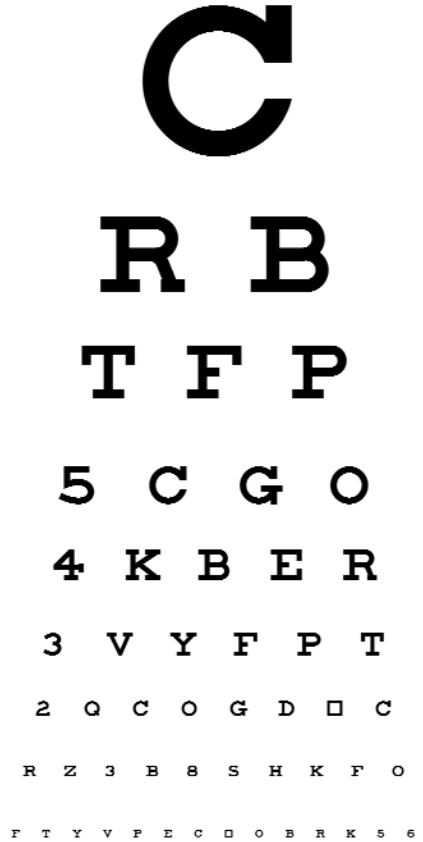
White Print Relaxes the Mind and Eyes



20/20

Close Reading Vision





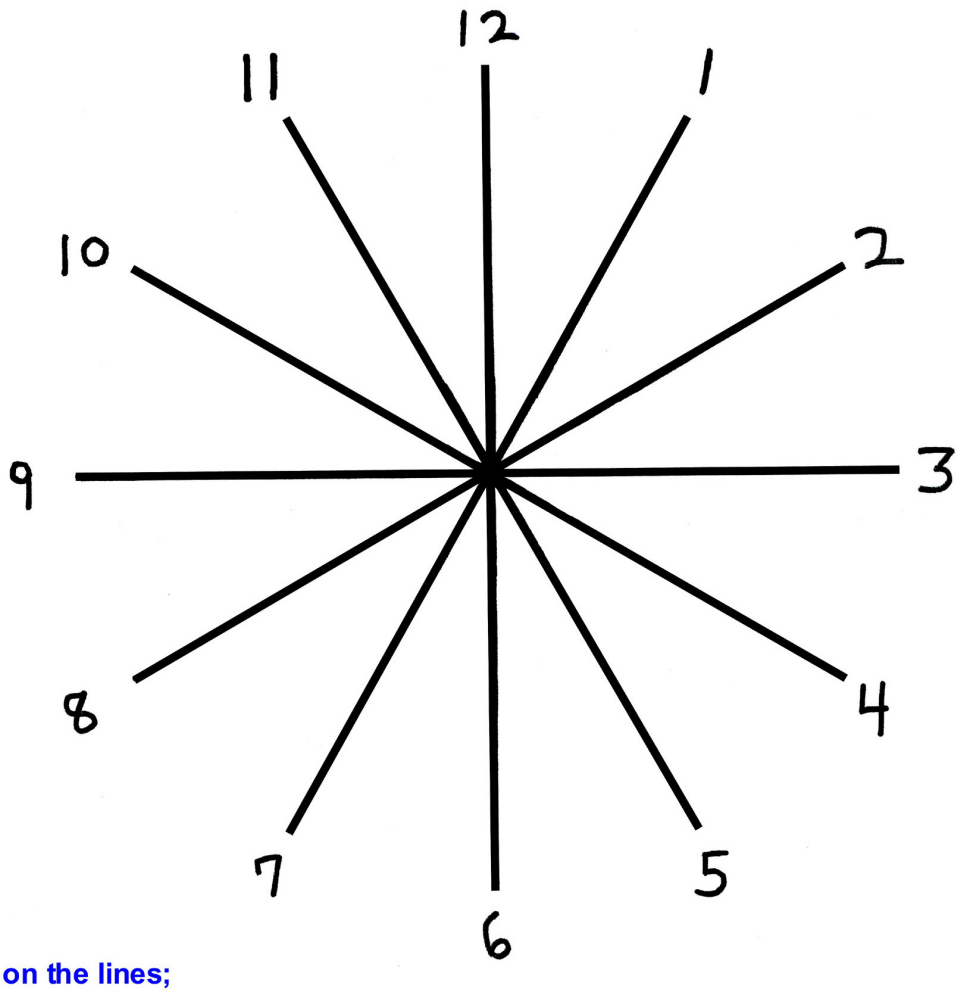
Seven Truths of Normal Sight

1. Normal Sight can always be demonstrated in the normal eye, but only under favorable conditions.
2. Central Fixation: The letter or part of the letter regarded is always seen best.
3. Shifting: The point regarded changes rapidly and continuously.
4. Swinging: When the shifting is slow, the letters appear to move from side to side, or in other directions with a pendulum-like motion.
5. Memory is perfect. The color and background of the letters or other objects seen, are remembered perfectly, instantaneously and continuously.
6. Imagination is good One may even see the white part of letters whiter than it really is, while the black is not altered by distance, illumination, size, or form, of the letters.
7. Rest or relaxation of the eye and mind is perfect and can always be demonstrated.

When one of these seven fundamentals is perfect, all are perfect.

By W. H. BATES. M. D.

Natural Eyesight Improvement
Astigmatism Test & 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. Shift, trace along the entire line. Shift on lines and from line to line. Move the eyes/center of the visual field along the lines and remember, imagine, see the lines dark black and perfectly clear. Do this with the eyes open and closed. 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 ot part. Look at the white page, then black lines, then white, black... Blink, breathe slow, abdominally, relax. See the 'white glow' on the white paper next to the edge of the black line. Shift back and forth on the glow, line, glow, line. Blink.

Shift from line to line and part to part on lines. Combine shifting and tracing on lines. Practice with; Both eyes together, then with one eye at a time, then with both eyes together again.

Do extra shifting, tracing... practice on lines that appear blurry, lighter, wavy, double, triple... (Those incorrect images indicate where the astigmatism is in the eye/vision.) If one eye has more astigmatism; practice extra time with that eye. Do not close one eye. Use a eyepatch on the eye not in use. The patched eye is open when the eye in use is open. Both eyes open and close together. Dr. Bates says; astigmatism placement/amount in the eye can change often and completely disappear. Astigmatism prescription in glasses maintain and increase the astigmatism by forcing the eye muscles that are causing the astigmatism to remain tense, increase tension and maintain/increase abnormal, imbalanced eye muscle function. The glasses impair the function of the brain, left and right hemispheres with the eye muscles, retina, eyes.

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.

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A. W. H. Bates
Nov. 28 1924

BETTER EYESIGHT

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

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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 lowered[3] 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 interferring 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.

[1]Havard: Manual of Military Hygiene for the Military services of the United States, third revised edition 1917, p. 195.

[2]Report of the Provost Marshal General to the Secretary of War on the First Draft under the Selective Service Act, 1917.

[3]Standards of Physical Examination for the Use of Local Boards, District Boards and Medical Advisory Boards under the Selective Service Act, Form 75, issued through office of the Provost Marshal General.

CENTRAL FIXATION.

An invariable symptom of all abnormal conditions of the eyes, whether functional or organic, is the loss of central fixation. When a person with perfect vision looks at a letter on the Snellen test card he can always observe that all the other letters in his field of vision are seen less distinctly. He can also observe that when he looks at the bottom of even the smallest letter on the card, the top appears less black and less distinct than the part directly regarded, while the same is true of a letter of diamond type, or of the smallest letters that are printed. When a person with imperfect sight looks at the card he can usually observe that when he can read a line of letters he is able to look at one letter of a line and see it better than the others, but the letters of a line he cannot read may look all alike, or those not directly regarded may even be seen better than the one fixed.

These conditions are due to the fact that when the sight is normal the sensitiveness of the fovea is normal, but when the sight is imperfect, from whatever cause, the sensitiveness of the fovea is lowered, so that the eye sees equally well, or even better, with other parts of the retina. Contrary to what is generally believed, the part seen best when the sight is normal is extremely small. The text-books say that at twenty feet an area having a diameter of a quarter of an inch can be seen with maximum vision, but anyone who tries at this distance to see every part of one of the small letters of the Snellen test card—the diameter of which is about a quarter of an inch—equally well at one time will immediately become myopic. The fact is that the nearer the point of maximum vision approaches a mathematical point, which has no area, the better the sight.

[1]Bates: 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.

BETTER EYESIGHT

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

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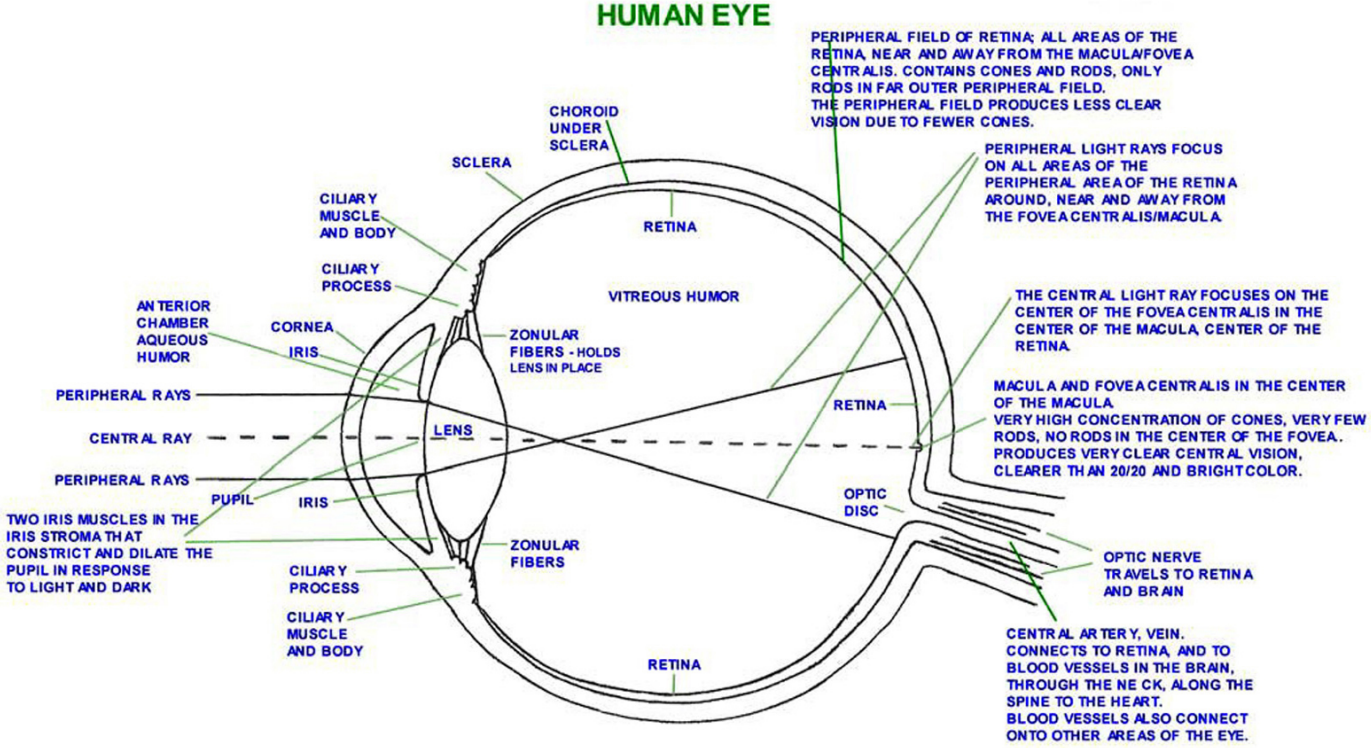
Editor—W. H. BATES, M.D.
Publisher—CENTRAL FIXATION PUBLISHING CO.

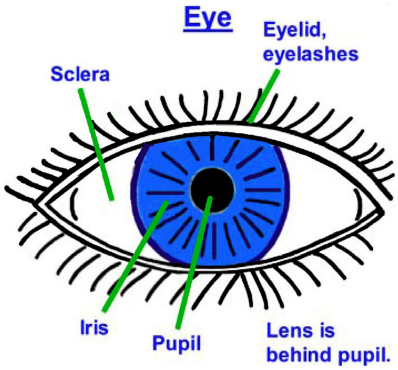
Vol. I JULY, 1919 No. 1

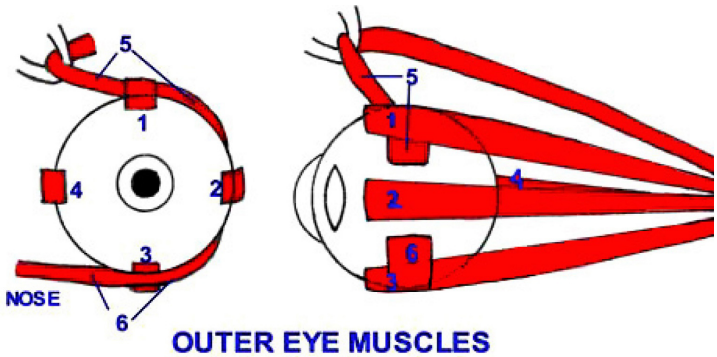
CENTRAL FIXATION - SEE CLEAR WITH THE CENTER OF THE VISUAL FIELD

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 PERFECT 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.

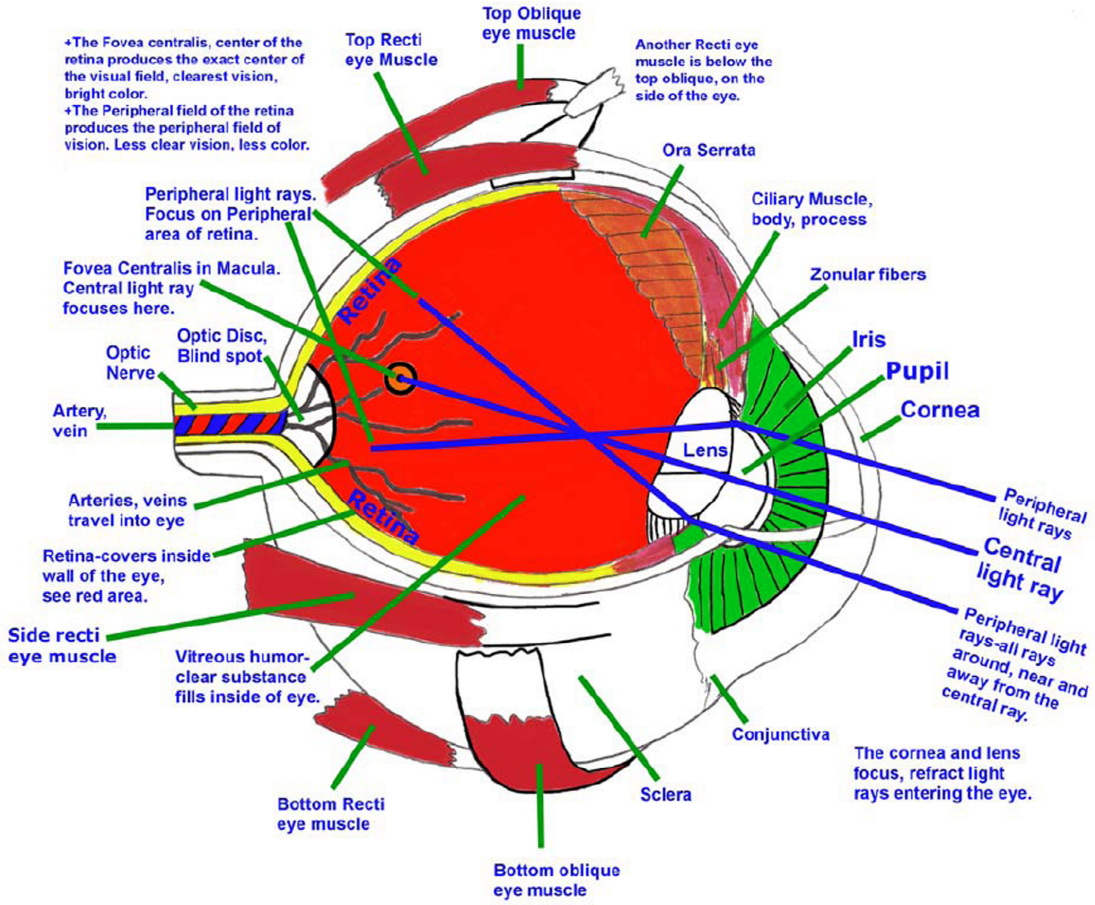


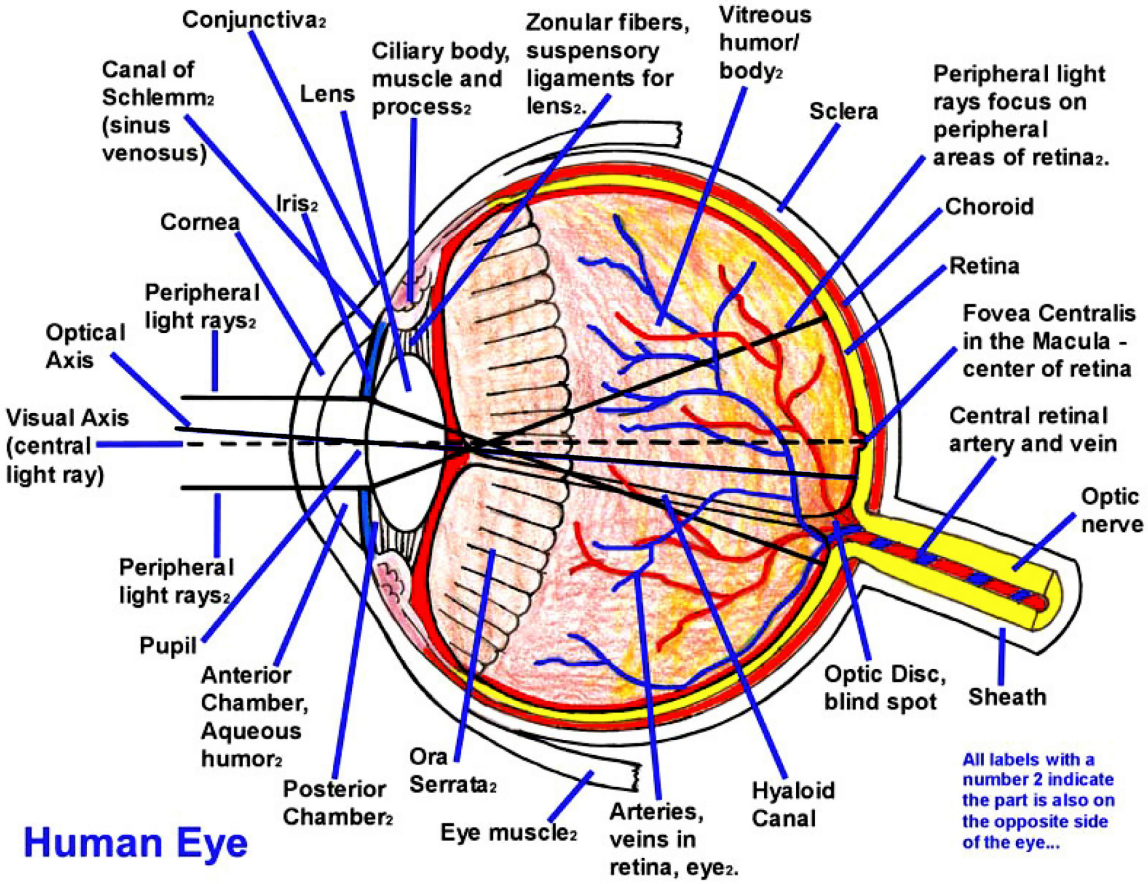


OUTER EYE MUSCLES
RECTI - # 1, 2, 3, 4
OBLIQUE - 5, 6

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.

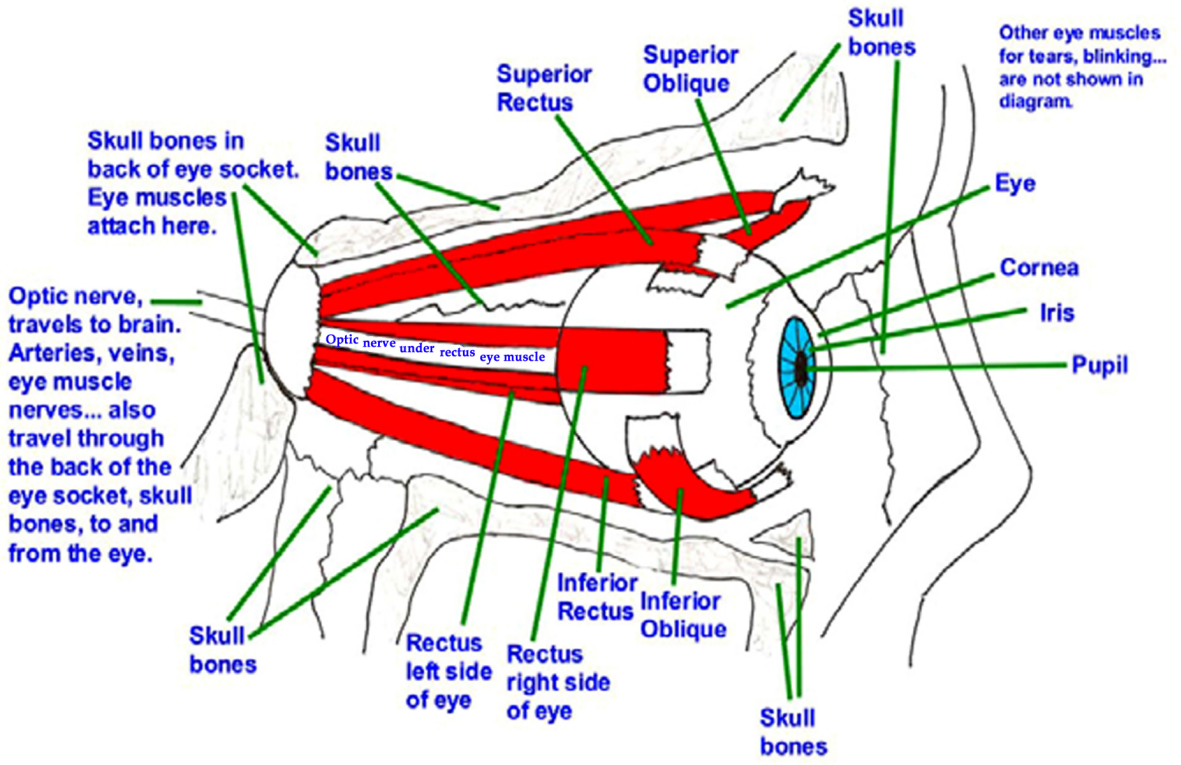
+The Fovea centralis, center of the retina produces the exact center of the visual field, clearest vision, bright color.
+The Peripheral field of the retina produces the peripheral field of vision. Less clear vision, less color.



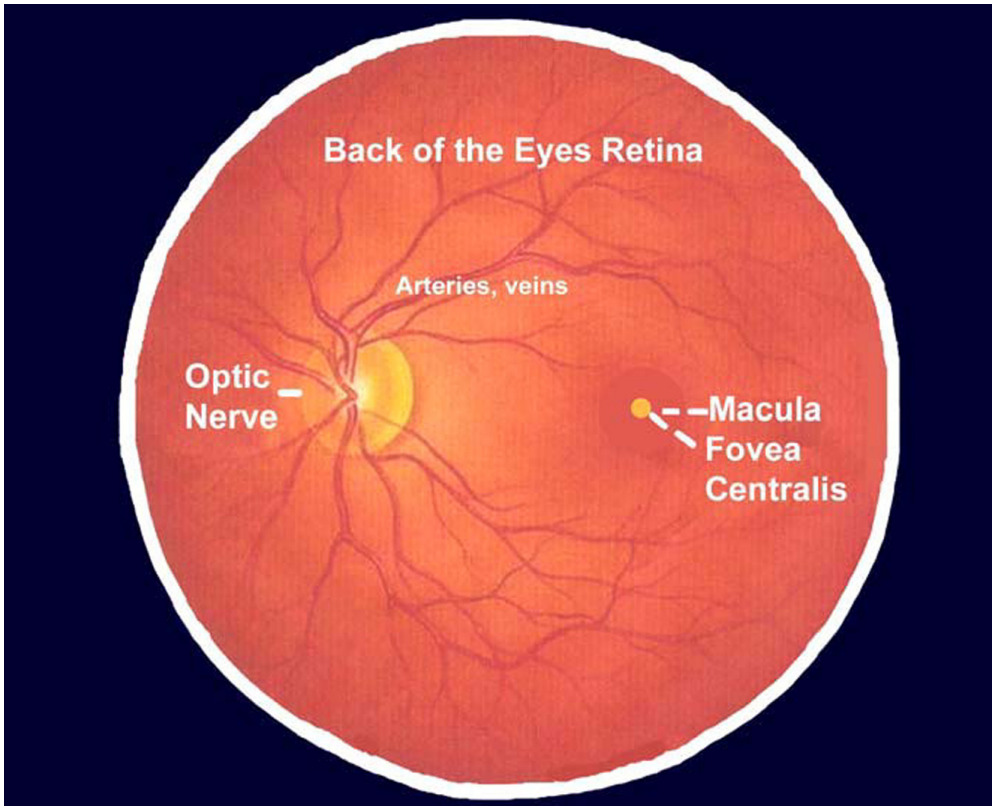


Human Eye

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.



Dedication

To Ophthalmologist William H. Bates

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

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.)

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.

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.

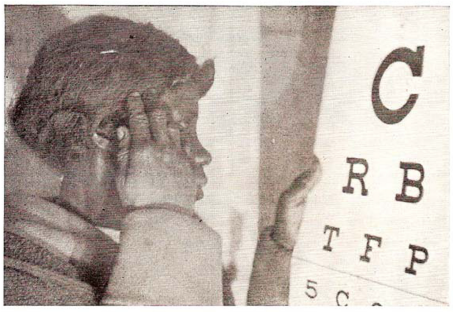


Fig. 43

Patient with atrophy of the optic nerve gets flashes of improved vision after palming.

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,

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 know as 'The Bates Method'. Glaucoma, cataracts and other eye conditions were also reversed successfully with Dr. Bates Natural Treatments.

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...

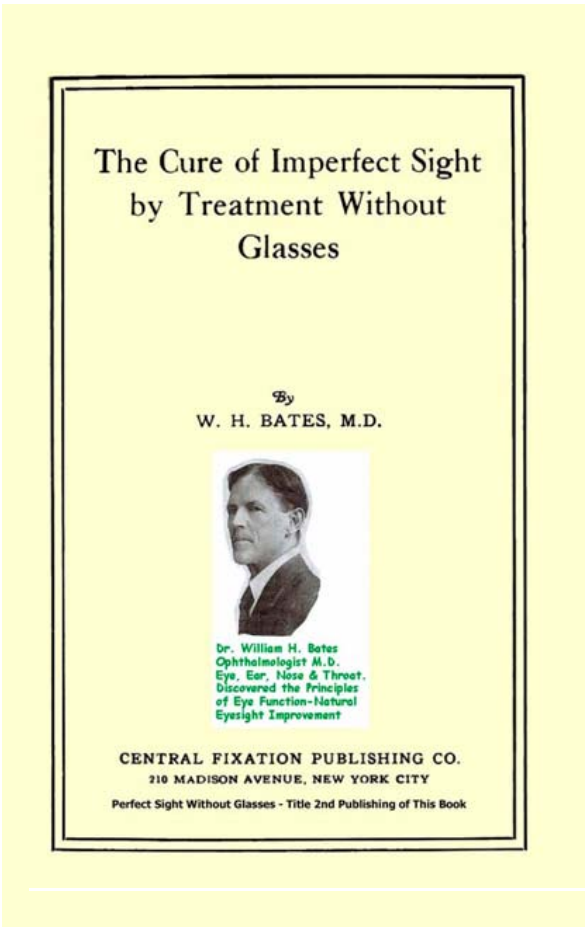
1943 - Emily Lierman/Bates re-publishes Dr. Bates book with a new title 'Better Eyesight Without Glasses'. Many treatments in the book are removed causing The Bates Method to be mis-understood by students. Students confused Natural Eyesight Improvement with Eye Exercises. (The Bates Method uses relaxation 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.

Time to Practice

MANY busy people complain that they have not time to practice my methods. They say that wearing glasses is quicker and much easier. Persons with normal vision or perfect sight without glasses are practicing consciously or unconsciously all the time when they are awake. When one sees a letter or an object perfectly the eyes are at rest. Any effort to improve the sight always makes it worse. The only time the eyes are perfectly at rest is when the vision is perfect. Persons with imperfect sight have to strain in order to see imperfectly. Persons with headaches, pain and other symptoms of discomfort in the eyes or in other parts of the body are under a constant strain to see, which is usually unconscious.

When a patient says he has no time to practice he is mistaken. He has all the time there is to use his eyes in the right way or he can use them in the wrong way. He has just as much time to use his eyes properly as he has to use them improperly. He has the choice and when patients learn the facts, to complain that they have no time to practice is an error.

Some patients object to removing their glasses on the ground that their vision is not sufficiently good for them to attend to their work, and feel that they have to put off the treatment until they have a vacation. Some of my patients have very poor vision and yet find time to practice without their glasses. Some school teachers with 15 diopters of myopia with a vision of less than 10/200 have found time to practice without interfering with their work. In fact practicing without their glasses soon enabled them to do their work much better than before.



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.

Distance of the Snellen Test Card

THE distance of the Snellen Test Card from the patient is a matter of considerable importance. Some patients improve more rapidly when the card is placed fifteen or twenty feet away while others fail to get any benefit with the card at this distance.

In some cases the best results are obtained when the card is as close as one foot. I recall a patient with very poor sight who made no progress whatever, when the card was placed at ten feet or further, but became able to improve the vision very materially with the card at about six inches. After the vision was improved at six inches the patient became able to improve the card at a greater distance until normal sight was obtained at twenty feet. Some cases with poor vision may not improve when the card is placed at ten feet or further, or at one foot or less but do much better when the card is placed at a middle distance, at about eight or ten feet. Other individuals may not improve their vision at all at ten feet, but are able to improve their sight at twenty feet or at one foot. I recall one patient with 20 diopters of myopia whose vision at ten feet was peculiar. The letters at twenty feet and at one foot were apparently all the same normal size, but at ten feet they appeared to be one-fifth of the normal size. Practicing with the card at twenty feet or at one foot helped him greatly, more than practicing with the card at about ten feet. While some patients are benefited by practicing with the card daily always at the same distance, there are others who seem to be benefited when the distance of the card from the patient is changed daily.

This book is also dedicated to the following persons: (Dedicated in Historical order.)
They worked with Dr. Bates & Emily and/or continued their work and wrote books on Natural Eyesight Improvement. This book (or the E-Book) contains a chapter providing more information on teachers, their books and links to websites.

+Emily C. A. Lierman, Bates- Dr. Bates assistant and wife. Dr. Bates cured her vision. Emily then worked with Dr. Bates in his clinic and continued his work after his death. She wrote a book; 'Stories From The Clinic' containing true articles, stories of the patients, natural treatments she and Dr. Bates applied to cure a variety of eye conditions.

Her stories are also in Dr. Bates monthly Better Eyesight Magazine. The book contains a few additions to the stories. With her kind manner she easily cured children, adults naturally of unclear vision, crossed, wandering eyes, cataracts and other conditions.

+William B. MacCracken M. D. - Medical Doctor - Trained with Dr. Bates and cured his patient's eyesight with the Bates Method. Wrote 2 books.

+Harold M. Peppard –Optometrist - Also trained with Dr. Bates and continued Bates teachings. Book: Sight Without Glasses.

+ Cecil S. Price - Trained by Dr. Bates - Book : The Improvement of Sight by Natural Methods.

+Clara Hackett - One of the first, best Bates Method Natural Eyesight Improvement Teachers. Books.

+Bernarr A. MacFadden - Physical Fitness, Natural Eyesight Improvement. Studied Bates Method with Dr. Bates. Wrote a course, book with Dr. Bates. Only MacFadden's name was listed on later book versions.

+Margaret Corbett - Famous Bates Teacher. Saved writer Aldous Huxley from blindness. The Optical/Medical Industry brought her to court in an attempt to stop her from teaching the Bates Method. She won all cases. Wrote 4+ books: Help Yourself to Better Sight, How to improve your sight. Simple daily rules in relaxation....

+Aldous Huxley - Famous writer, cured of near blindness by Margaret Corbett, he then wrote; 'The Art of Seeing'. See his photo on the right; from the back of his book. A Natural Eyesight Improvement Book that has helped many people achieve clear vision. My first Bates Teacher, by book at age 17. Cured my distant vision.

+John N. Ott - Studied and wrote books on the health benefits of sunlight. He proved with his experiments the healthy effects sunlight produces for the body, brain, eyes, vision. Dr. Bates proved that lack of sunlight causes unclear vision, cataracts, many eye diseases.

+Janet Goodrich, Carina Goodrich - www.janetgoodrichmethod.com - Famous Bates Teachers, Modern and Original Method. They preserved the Bates Method for years. Books, Kits, Courses in person and home study. Free Training: Articles, Blog, Videos, Audio lessons on her website.

+Jacob Liberman, Optometrist - http://www.exerciseyoureyes.com - Bates Method, Natural Vision Improvement Optometrist – Books, Sunlight benefits for health of body, brain, eyes, Vision Training System using Moving Colored Light. Similar to John Ott's work with sunlight.

+Paul E. Dennison and Gail E. Hargrove – http://www.braingym.com - Left and Right Brain Hemisphere Activation and Integration Treatments. Method also improves eyesight and strabismus.

+Thomas R. Quackenbush – http://www.naturalvisioncenter.com - This is one of my 1st Natural Vision Improvement Teachers. He is the first Bates Teacher, the Pioneer (after Dr. Bates) that brought Better Eyesight Magazine to the modern public in the United States. See his books: 'Better Eyesight - The Complete Magazines of William H. Bates' & 'Relearning to See - Improve Your Eyesight Naturally'. The books contain the original and up to date Bates Method.

Modern Teachers before him did not make the magazines known and available to their students. This true source of the Bates Method was hidden. Why?, because it is free in a few libraries in the U.S and Europe and the method is simple, easy, people do not have to pay money to learn, apply and teach it. Mr. Quackenbush's books enable people that are low income, cannot travel, to have access to the best, complete and low cost Natural Vision Improvement Training. I was able to study his books and the original Better Eyesight Magazines and learn which old treatments have been changed, improved and new treatments added to the Bates Method. Taking his course resulted in clearer than 20/20 close and distant vision, improved my ability to relax, my state of mind, self-esteem, emotions, intelligent and creative thinking. I quit a dangerous job at a hotel, quit drinking beer using Rational Recovery, 'The Small Book' by Albert Ellis Ph.D. and Jack Trimpey and found an honest chiropractor that cured my neck/dizziness after taking Mr. Quackenbush's class.

+ All Bates Method Natural Vision Improvement Teachers, Bates Method Behavioral Optometrists, Ophthalmologists.

There are many more teachers in the U.S. and overseas and I apologize that I have not been able to list them all. Spanish, German, Italian, African, Chinese teachers... I have listed the teachers that I have taken in person & home study classes from and/or studied their books. Links to other teachers are in this book. All teachers books not listed here are in chapter 2 of the main Paperback book or PDF.

I have not listed teachers that are greedy, charge an extremely high price for Student and Teacher Training, hide Dr. Bates work, magazines and refuse to give out free vision improvement help to the public.

(Students must avoid Teachers that sell, advise referrals to eye doctors selling unhealthy, dangerous Plus Lens Eyeglass Therapy, any type of Contact Lenses, Laser Cornea Eye Surgery Treatments.)

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.

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.

Dedication to persons that directly and indirectly helped me to write this book

Robert Monroe - www.monroeinstitute.com
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

Mom at Christmas

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.

The Author's Experience with Natural Eyesight Improvement

In 4th grade Elementary School I had to wear eyeglasses to see the blackboard from the back of the classroom. Mom bought the eyeglasses for me though she could not afford to spend the money. Stress can cause unclear vision. I was in constant fear at school due to a large boy that would bully me every day, wait to scare me, threaten to beat me up after school at the end of a long dirt road. I can still see him standing there, picking out kids to bully, knowing I was next along the line.
I do not remember him actually hitting me, mainly just coming up to me and acting like he was going to in order to scare me. Frazzled my nerves daily. During childhood and adult life I was hit in the head, face a few times by other children and adult men. (Snow, ice balls, and violent people.) I know this contributed to unclear vision, and a very slight wandering eyes condition. Neck vertebrae, collarbone or skull, eye socket, joints, bones misalignment?
My teacher also wore glasses. Children pick up eyestrain, incorrect use of the eyes, tension and lowered vision from being around people that wear glasses and stressful experiences in school... I hated the glasses and threw them out in a couple weeks. I sat closer to the blackboard and this prevented strain, effort to see and the vision returned to clear. I could then see clear from the back of the class when necessary. Mom made friends with the bully's family, then he decided to be my friend. We played 'The Long Ranger' make believe game together.
Mom could not afford to pay for the glasses but was kind and let me go without wearing glasses. My vision remained about 20/20-20/40 for years and it never bothered me. (Wish I knew The Bates Method back then, would have had 20/20 and clearer vision.)
In 10th grade high school Mom had to buy glasses for me again to read the distant blackboard in school. Learning Algebra and French, did not like these subjects. I threw the glasses out after 2 days. At this time I found Aldous Huxley's book: 'The Art of Seeing' in a old bookstore in Brookfield, MA and practiced Switching

and Shifting on objects at close and far distances with: both eyes together, one eye at a time, both eyes together again. My left eye needed more vision improvement than the right so I practiced extra time with the left eye. Shifting was combined with the Switching. I understood and practiced a little Central-Fixation. The first time, few seconds that I shifted on an object, distant tree, my vision improved. Within only 5 minutes my vision improved to 20/20 and in 2 days was perfect, clear. Vision was so clear in both eyes that I could not remember which eye used to have less clear vision. My mind felt more balanced, relaxed. It is often easy for children, young people to improve their vision.

Practicing the Bates Method, having the power to improve my vision on my own resulted in an improvement in my mental, emotional state. It was easy to learn, remember at school, my grades improved, I gained confidence. The Bates Method activates, integrates, improves functions of the left and right brain hemispheres, all brain functions. I left a gang of kids that were a destructive influence and learned to have compassion for others and respect myself. I realized the mind has more functions, abilities, 'power' than we are taught in school, including college. Went into study of Psycho-Cybernetics, other science and spiritual subjects. (Human potential seems to be suppressed by our leaders. Politicians and some religions are trying to remove history and other books from libraries, bookstores, schools, the Internet.)

My vision remained about 20/20-20/30 for years and it never bothered me. Mainly 20/20, sometimes clearer.

In the U.S. Army I was forced to wear glasses: distant eyesight 20/40 at times. (It's normal for vision to fluctuate. Glasses prevent natural fluctuation back to clear vision.) I refused to wear the glasses. One day while in a foxhole shooting my rifle at the distant target, the Sergeant made me wear the glasses. I could not hit the target after many shots while wearing the glasses. I got mad and took off the glasses and threw them in the dirt. Then aimed the rifle and hit the target easily for the remaining shots. Sargent then allowed me to permanently discontinue use of the glasses.

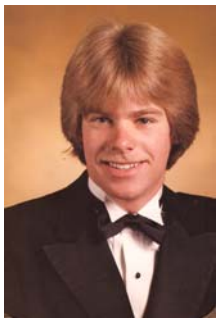
Did not need glasses for the rest of my life until age 40, Year 1997 – unclear close vision –
In the year 1995 the author of this book was listening to Robert Monroe's relaxation tapes. I worked a very high stress job in a old hotel dealing with violent, abusive people, life and death situations. I suffered with dizziness from an assault, neck injury. Drank too much beer at times to block out the stress. The tapes produced a great amount of relaxation and also teach a variety of tools to improve function of the brain, body. At the time I was reading Aldous Huxley's book 'The Art of Seeing' to try and improve my close vision & remove eye floaters at age 40. Practiced Bates Method activities: shifting, central-fixation, switching... at close distances. Also read fine print in the sunlight with relaxation, shifting, central-fixation, memory, imagination. It worked!

One night after falling asleep listening to Monroe's tape 'Focus 10', I heard a man's voice in a dream say; "Write a book on Natural Eyesight Improvement". The dream seemed very real and it woke me up. I remembered the mans voice and thought later that it would be a good idea to write a book on my experience with distant and close vision improvement for 30 years. I began writing the book: 'Do It Yourself – Natural Eyesight Improvement' and searching for more Bates Method Natural Vision Improvement books to study. This led me to teachings of Janet Goodrich, Martin Sussman-Cambridge Institute-The Program for Better Vision course, Carrie Anderson training at the Learning Annex, then in person training course and books by Thomas Quackenbush in San Francisco, CA, and further study of Dr. Bates Better Eyesight Magazines and other books. Distant and close vision improved to 20/20 and clearer.

Robert Monroe's tapes teach spiritual development, sprit travel and improvement of brain, body functions and produce natural states taught by Natural Vision Improvement Teachers: Deep, perfect relaxation in the beta, alpha, theta, delta brain wave states, dynamic relaxation, left and right brain hemisphere activation/integration, visualization of clear mental pictures, color treatment, creativity, imagination, memory, release of negative thoughts, emotions, energy strengthening, circulation, control. The activities on the tapes improve all functions of the brain.
All of these conditions improve the clarity of vision. Listening to his tapes improved my ability to write and create pictures for this book. Many famous scientists, artists speak of entering into a deep relaxed state, contacting the subconscious mind to obtain greater power of the brain, improve skills, solve scientific theories, formulas... Monroe's tapes activate this state. (See books by Dion Fortune for further study.)

In Oct., 2009 I experienced a neck injury from a dishonest, inefficient chiropractor in Worcester, MA and it affected my vision: double vision, eyes divergence, converge, balance, hearing impaired, astigmatism... All from misaligned neck vertebrae and neck, back injury. Neck is healing with new doctor's treatment for 15 months and use of Natural Eyesight Improvement, Bates Method has returned the vision to clear. Occasional slight fluctuations in vision to 20/30 and eye movement problem returns a little when the neck injury flares up, sinus congestion in air polluted city. Neck muscle relaxation, Physical Therapy, Home 'do it yourself' non-invasive chiropractic, Clean air in Boston, MA by the Sea, less computer work, and The Bates Method always returns the vision to 20/20 and clearer. Vision remains clear at age 54. I know from experience that The Bates Method works!

Dedication To:



To Don Dixon - Best friend, Retired Air Force Pilot. Neighbor, landlord for 9 years in San Francisco Bay Area. Thanks for the Pilot Wings and taking me over the Golden Gate Bridge to the Marin Flea Market where I bought an Antique French Military Rifle.

Greg Dean and his Mom, Dad - Art and Jackie.
Truly rare, strong, great people, best friends. RIP Greg. See you up there eventually. Stay out of trouble; 'or not' - Ha-Ha!

To Richard Hess, 'Best friend' Cherokee, German at the Metro.

To all the Senior Citizens and Young People in California.
I learnt many things from the diversified personalities in Los Angeles, San Diego, San Mateo, South San Francisco, San Francisco! Farmers Market Bar on Main Street, Broadway, Watts in Downtown Los Angeles and all the wild, fun American Indians, Vets, Old Italian Men, ladies in Daly Cit, CA,The Homeless. Learning from a variety of people makes a person grow on all levels, strengthens the personality, mind, sprit.

Thank you to Barbara Gibbons at the Metropolitan Hotel in South San Francisco for a great place to live, work and write!

Picture = Christmas Tree on San Bruno Mountain-South San Francisco, CA - View from room #40, Metropolitan Hotel.
I used to watch my TV reflected in this window at night and 'switch' to the distant mountain and watch 'shift' on the Christmas Tree, cars moving along the hill, lights in the houses, stars, planes in the sky, people in the buildings, street lights, people walking on Grand Avenue, good looking Italian Man working at the Liquor store.

At this time even though the job was stressful, I was very happy, lots of friends, jokes, active. A positive mental, emotional state has a major beneficial effect on the clarity of vision. Relaxed, positive mind=clear vision. Physically active job, good posture. My vision was improved to better than 20/20 close and far while living here. Thomas Quackenbush, Natural Vision Improvement Teacher's School was over the mountain in San Francisco near the beach and Golden Gate Park.

Moving objects on the TV screen reflected in the window also keeps the eyes moving, shifting easy, relaxed, vision clear.

How to Use 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

at the beach or under a tree and use the Audio Function. Print the Kindle, PDF E-books on Paper. Reading 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.cleareyesight.info & YouTube; http://www.youtube.com/watch?v=WO9AS4A8f_c http://www.youtube.com/watch?v=5E5lBZ0BQuY

E-Books are the new 'Do It Yourself ' way to buy books at a decent price. No expensive publishers, printers, bar-codes, shipping, no censorship by governments, corporations, businesses... The reader can view the book on computer, laptop, Kindle other small electronic devices without Internet connection and the E-Book moves faster than highest speed Internet. Carry the book on a disk or in your pocket on a tiny computer chip disk, view it on any local library, hotel... computer.

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.

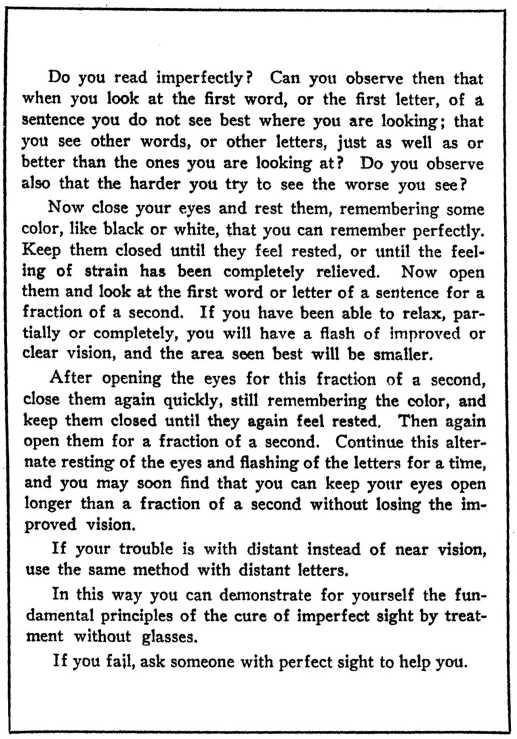
Select 'Print Document and Comments/Markups' in the Adobe print box to print all page numbers on the upper right corner and text boxes in the book. Print pictures large for kids to color or to hang on a wall for Natural Vision Improvement Training. Adobe Acrobat 30 day Free Trail can be downloaded free 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.

+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,

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!!

Clark Nights E-books are allowed to be distributed free by 4 Bates Teachers and all book customers. Be aware that a few photograph and other pictures in the book were taken from the Internet, Microsoft Free Clipart, historical sources that gave permission to use the pictures, Dr. Bates books, Articles and other old copyright free books. They stated the pictures are 'royalty free' but I did not get this in writing, only by phone and E-mail. I take full responsibility for all pictures in my books. 95% in the 2 main books are drawn, copyright by Clark Night.

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

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 though 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 (click here) 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 owls eyes, iris was altered when the bird was sick, injured and it returned to normal as the birds health healed.

Children - Read/use this books contents only with direction of, supervised by parents and a Bates Method Eye Doctor. Children and adults: do not us 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 drugs 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, corneas 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.

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 craw 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.

Dr. Bates proved that all these eye conditions are most always caused by mental strain, incorrect use of the eyes and outer eye muscle tension placing pressure, pulling, stretching, tension on/in the eye, cornea, lens, retina, distorting their shape, function, disrupting the focus of light rays in the eye, on the retina, impairing blood, oxygen, nutrient, fluid, energy circulation to, in, out of the eyes and tear production. (Tears contribute to clear vision by acting as a natural contact lens and keeping the cornea, eye healthy. People state their vision improves to clear, even cataracts clearing from the eyes after crying. Crying improves eye circulation, cleansing inside and outside the eye, and stretches, relaxes the muscles in the eyes, head, neck, shoulders.)

Outer & Inner eye muscle tension affects eye, lens, iris/pupil, tear... function, health of the eye, clarity of vision.

Neck, shoulder muscle tension is a major cause of eye muscle tension, eye muscle and eye nerve dysfunction, impaired circulation in the head, eyes and unclear vision. Extreme neck muscle tension can pull or tilt a neck vertebra temporarily out of alignment, placing pressure, pulling on the nerves in the neck that travel to/connect to the brain stem, brain, eyes, retina, eye muscles, ears. (Eyes, ears, balance and vision are connected, work together.) Blood, lymph vessels can be affected. Neck muscle tension alone can do this to a lesser degree.

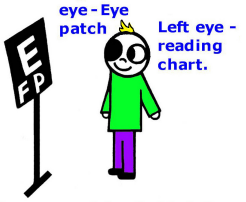
The Author, assembler (Clark Night) of this book experienced a crossed/wandering eye condition with astigmatism, double vision, sinus inflammation, congestion, ear ringing, balance impairment from a neck injury, misaligned vertebrae, torn muscles, ligaments, injured nerves in the neck from a dishonest chiropractor. The Bates Method and a new, good chiropractor corrected the eye, vision, sinus condition.

Natural Eyesight Improvement, Dr. Bates Method relaxes the mind/brain, body, eye muscles, eyes, neck, returns all parts of the eye to normal shape, function, circulation, correct focus of light rays in the eyes for healthy eyes and clear vision at all distances.

Eyestrain

The eyes of all people with imperfect sight are under a strain. This is a truth. Most people believe that during sleep the eyes are at rest and that it is impossible to strain the eyes while sound asleep. This, however, is not true. Persons who have good sight in the daytime under favorable conditions may strain their eyes during sleep. Many people awake in the morning suffering pain in the eyes or head. Often the eyes are very much fatigued and have a feeling of discomfort. There may be also a feeling of nervous tension from the eyestrain, or there may be a feeling as of sand in the eyes. At times all parts of the eye may be suffering from inflammation. The vision is sometimes lowered for several hours whereupon it begins to improve until it becomes as good as it was before the person retired the night before. Many people become alarmed and seek the services of some eye doctor. Usually the doctor or doctors consulted prescribe glasses which very rarely give more than imperfect or temporary relief.

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



Man improves vision in his left eye, the eye with less clear vision.
+Shift on letters on the large distant card and close fine print card with the left eye. Blink.
+Shift on a letter with the eye open and remember, imagine it clear.
+Then: repeat in the imagination with the eye closed.
+Open, repeat.

Next; use the black letters on white paper card;

+Look at and remember, imagine the white spaces between sentences, and the white areas in and around letters are pure, bright white. Do this with; the eye open, closed, open.
+Then: look at the black print and see, read it clear.
+Last: practice with the right eye, then left again, then both eyes together.

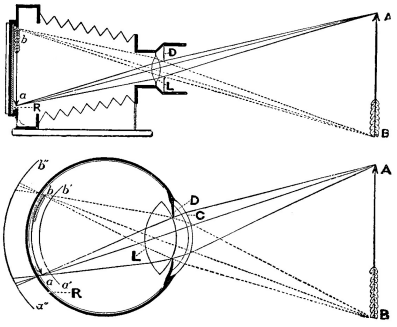


Fig. 5. The Eye As a Camera

The photographic apparatus; D, diaphragm made of circular overlapping plates of metal by means of which the opening through which the rays of light enter the chamber can be enlarged or contracted; L, lens; R, sensitive plate (the retina of the eye ; AB, object to be photographed; ab, image on the sensitive plate.

The eye: C, cornea where the rays of light undergo a first refraction; D, iris (the diaphragm of the camera); L, lens, where the light rays are again refracted; R, retina of the normal eye; AB, object of vision; ab, image in the normal or emmetropic eye; a′ b′, image in the hypermetropic eye; a″ b″, image in the myopic eye. Note that in a′ b′ and a″ b″, the rays are spread out upon the retina instead of being brought to a focus as in ab, the result being the formation of a blurred image.

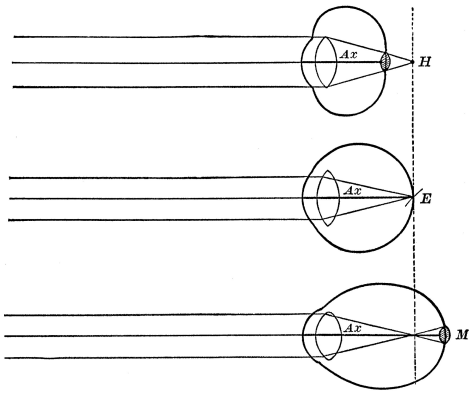


Fig. 4. Diagram of the Hypermetropic, Emmetropic and Myopic Eyeballs

H, hypermetropia; E, emmetropia; M, myopia; Ax, optic axis. Note that in hypermetropia and myopia the rays, instead of coming to a focus, form a round spot upon the retina.

SAVE A TREE – PLEASE PRINT THIS BOOK ON 100% RECYCLED PAPER WITH ORGANIC ENVIRONMENTALLY SAFE INK

The Original Method for Practicing Natural Eyesight Improvement Described by Ophthalmologist William H. Bates

BETTER EYESIGHT

September 1927

Perfect Sight

By William H. Bates

If you learn the fundamental principles of perfect sight and will consciously keep them in mind your defective vision will disappear. The following discoveries were made by W. H. Bates, M. D., and his method is based on them. With it he has cured so-called incurable cases:

I. Many blind people are curable.

II. All errors of refraction are functional, therefore curable.

III. All defective vision is due to strain in some form.

You can demonstrate to your own satisfaction that strain lowers the vision. When you stare, you strain. Look fixedly at one object for five seconds or longer. What happens? The object blurs and finally disappears. Also, your eyes are made uncomfortable by this experiment. When you rest your eyes for a few moments the vision is improved and the discomfort relieved.

IV. Strain is relieved by relaxation.

To use your eyes correctly all day long, it is necessary that you:

1. Blink frequently. Staring is a strain and always lowers the vision.

2. Shift your glance constantly from one point to another, seeing the part regarded best and other parts not so clearly.
That is, when you look at a chair, do not try to see the whole object at once; look first at the back of it, seeing that part best and other parts worse. Remember to blink as you quickly shift your glance from the back to the seat and legs, seeing each part best, in turn. This is central-fixation. (with shifting.)

3. Your head and eyes are moving all day long. Imagine that stationary objects are moving in the direction opposite to the movement of your head and eyes. When you walk about the room or on the street, notice that the floor or pavement seems to come toward you, while objects on either side appear to move in the direction opposite to the movement of your body.

BETTER EYESIGHT

December 1927

INSTRUCTIONS FOR HOME TREATMENT

By William H. Bates

The most important fact is to impress upon the patient the necessity of discarding his glasses. He is told that when glasses are used temporarily a relapse always follows and the patient loses for a short time, at least, everything that has been gained. If it is impossible or unnecessary for the patient to return at regular intervals for further treatment and supervision, he is given instructions for home practice to suit his individual case, and is asked to report his progress or difficulties at frequent intervals.

The importance of practicing certain parts of the routine treatment at all times, such as blinking, central-fixation, shifting and imagining stationary objects to be moving opposite to the movement of his head and eyes, is stressed. The normal eye does these things unconsciously, and the imperfect eye must at first practice them consciously until it becomes an unconscious habit.

The Natural Vision Improvement student practices, imitates these normal, natural eye functions (relaxed, natural, Correct Vision Habits) to gently coax the brain, eyes, eye muscles, body (visual system) back to normal, relaxed function and clear vision. Then, the eyes, brain… function correct, automatically 'on their own' maintaining clear vision.

The Fundamental Principles of Treatment

Derived from Dr. Bates Better Eyesight Magazine -June, 1921 & other Issues

HOW TO DEMONSTRATE THE FUNDAMENTAL PRINCIPLE OF TREATMENT

Experience, demonstrate that strain, lowers the vision: think something disagreeable, some physical-discomfort, or something seen imperfectly. When the eyes are opened, it will be found that the vision has been lowered. Staring causes strain, blurred vision. Next: repeat and think something pleasant, happy - notice clear vision.

BASIC TREATMENTS

Resting the Eyes

Palming

Shifting and Swinging

Memory

Imagination

Flashing or Blinking

Central-fixation

Sun Treatment

How to Practice With the Test Card
Reading small, Familiar Letters Daily

Use the Adobe PDF E-Book to search for the complete directions for these steps in Better Eyesight Magazine and Dr. Bates Books. Also, see the latest version of 'Better Eyesight Without Glasses' 1940+ book editions, final extra chapter by Emily C. A. Lierman, Bates - her list, directions for these Treatments. They are basically the same as are described in Dr. Bates old copyright free books and 132 Issues of Better Eyesight magazine.

Adults can experience free Natural Eyesight Improvement Training by watching how children (that have clear vision) use their eyes: Relaxed, their eyes move, 'shift' often, easily, clear vision occurs effortless, automatically without thinking about, controlling their eyes and vision. (Do not let the child know you are watching their eyes because this might cause them to start thinking about their eyes, clarity of vision, try to control eye function and this will interfere with completely natural, normal eye function and visual clarity. Similar to a teacher placing a lot of pressure on a child to see an eyechart clear. The child must be allowed to see the chart in a relaxed state, memorize the letters.) Relaxation, good memory produces clear eyesight. Imitate, practice the child's correct eye function.

Videos – How to Use The PDF E-Book & Natural Eyesight Improvement Training

http://www.youtube.com/watch?v=n1MWGeF0iU4
http://www.youtube.com/watch?v=863yFmc-Ius
http://www.youtube.com/watch?v=-HcAMLGptHo
http://www.youtube.com/watch?v=WO9AS4A8f_c
http://www.youtube.com/watch?v=ZsiBKELMxDw
http://www.youtube.com/watch?v=mYpsYPPV_hg
http://www.youtube.com/watch?v=YVQ6pWHcO

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

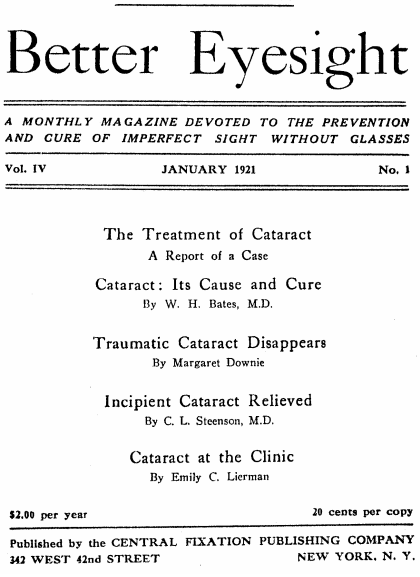
Original Antique Magazine Pages

Emily C. Lierman, Bates

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.

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.



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.

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.

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.

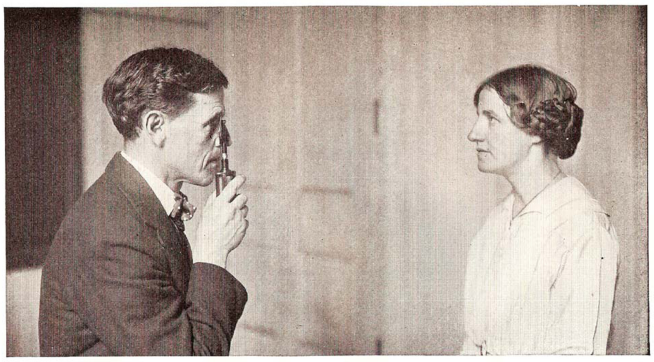


Fig. 8. The Usual Method of Using the Retinoscope
The observer is so near the subject that the latter is made nervous, and this changes the refraction.

18

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.

+In 2005 people created the first public Internet PDF scan copy of the entire 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 people converted the PDFs and other photo-scan copies of the magazines, articles and Dr. Bates book into paper books. Small and fine microscopic print magazine, book versions were also created. Clark Night, Clearsight Publishing Co. placed Dr. Bates magazines, books on-line free in PDF after refining the quality. Four teachers, sellers tried to convince Clark to remove the free magazines or charge a high price for them. He kept the magazines, books free on-line for the public. Dr. Bates magazines, book are stored at the Library of Congress in microfilm along with other doctors and Dr. Bates trained Natural Eyesight teachers books. That magazine price is expensive. Buy it in person to be sure of the clarity and full content. There are a few extra things in that copy.

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.

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In 2005-2012 people converted the PDFs and other photo-scan copies of the magazines, articles and Dr. Bates book into paper books. Small and fine microscopic print magazine, book versions were also created. Clark Night, Clearsight Publishing Co. placed Dr. Bates magazines, books on-line free in PDF after refining the quality. Four teachers, sellers tried to convince Clark to remove the free magazines or charge a high price for them. He kept the magazines, books free on-line for the public. Dr. Bates magazines, book are stored at the Library of Congress in microfilm along with other doctors and Dr. Bates trained Natural Eyesight teachers books. That magazine price is expensive. Buy it in person to be sure of the clarity and full content. There are a few extra things in that copy.

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

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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Central Fixation Publishing Company
39-45 EAST 42nd Street, NEW YORK, N.Y.

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

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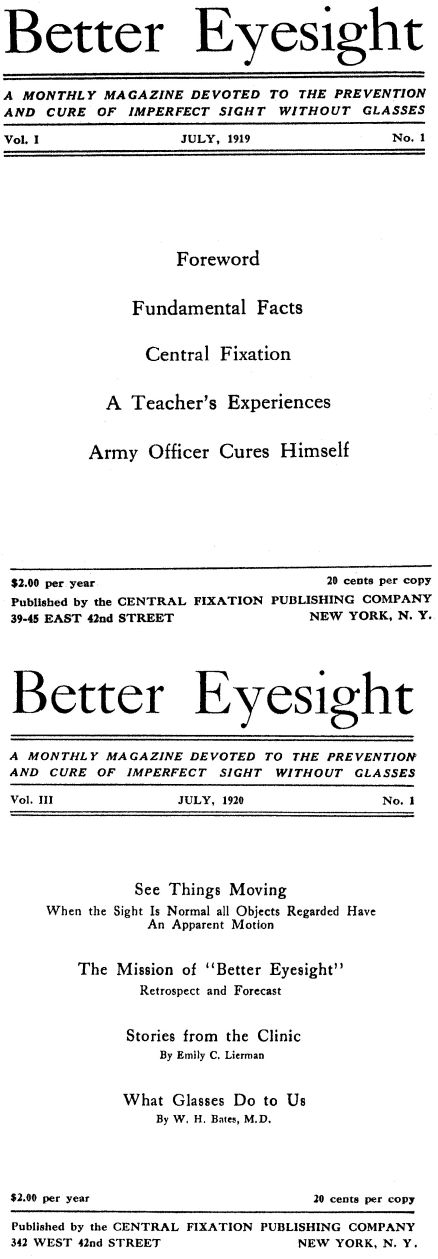

Better Eyesight

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

Vol. I JULY, 1919 No. 1

Foreword

Fundamental Facts

Central Fixation

A Teacher's Experiences

Army Officer Cures Himself

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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
By W. H. Bates, M.D.

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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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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

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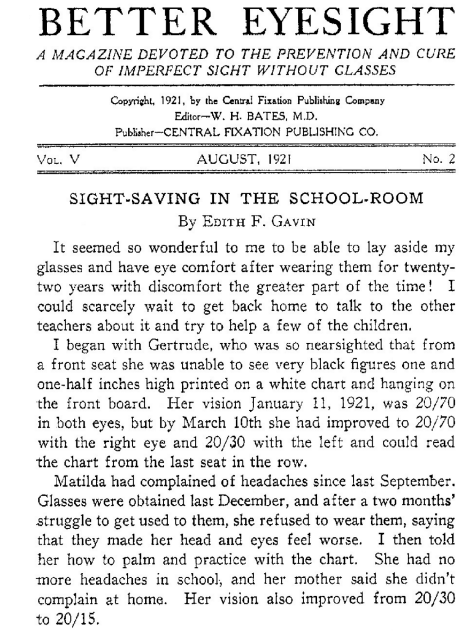

BETTER EYESIGHT

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. V AUGUST, 1921 No. 2

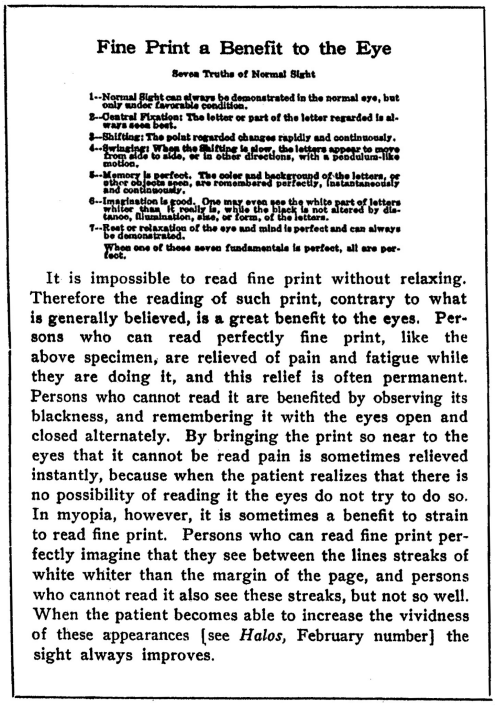
SIGHT-SAVING IN THE SCHOOL-ROOM

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.

Matilda 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.



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 condition.
2—Central Fixation: The letter or part of the letter regarded is always seen best.
3—Shifting: The point regarded changes rapidly and continuously.
4—Swinging: When the shifting is slow, the letters appear to move from side to side, or in other directions, with a pendulum-like motion.
5—Memory is perfect. The color and background of the letters, or other objects seen, are remembered perfectly, instantaneously and continuously.
6—Imagination is good. One may even see the white part of letters whiter than it really is, while the black is not altered by distance, illumination, size, or form, of the letters.
7—Rest or relaxation of the eye and mind is perfect and can always be demonstrated.

When one of these seven fundamentals is perfect, all are perfect.

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.

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.

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The Mind's Eye

By EDITH MCNAMARA

DO you enjoy your mind's moving pictures or your mental pictures? I do. I get four times the value of a trip to the country or any place else by remembering the mental pictures of it perfectly.

I was not conscious at the time that while my physical eye was seeing everything around me my mind's eye was making a mental picture of it to be brought back later with the help of a perfect memory. After a few experiments with perfect mental pictures I came to the conclusion that I could only imagine what I remembered. It was impossible to imagine an object unless I could remember it perfectly. If I could not remember it perfectly it became only a jumbled up, hazy recollection of something.

I think its lots of fun playing tag with the memory or mental pictures. I like to dig out of my memory all the perfect mental pictures I can—one by one—for Central Fixation plays a big part in mental pictures, remembering one thing best at a time.

Having once been to Canada my favorite way of getting relaxed is to go there by mental pictures. I go along a beautiful country road, remember a lake that had impressed me, visualize it with my mind's eye and so on. Sometimes I skip a couple of towns and arrive in Canada very quickly and other times I get enough relaxation by just staying in one town for a while.

Why don't you try this? Perhaps someone will tell you a story that will remind you of an incident which happened years ago. Follow it up with the help of your memory and see how perfect a mental picture you can obtain. I am sure that you will find pleasure and relaxation in so doing. If you have to make an effort to form this mental picture let it alone for a while and then go back to it again and start where you left off. This will benefit you in your palming.

At the Movies

By MRS. A. L. REED

Mrs. Reed is studying this method, and is practicing at the East Orange clinic. The following report will be helpful to those who experience discomfort at the movies.

Glasses and strain at the movies produced imperfect sight and headache; the removal of the glasses and using the eyes without strain relieved the headache and improved the vision more than with the glasses.

MY patient had not been to the clinic in several weeks and when she entered with a twinkle in her eye I knew something was coming. After a few minutes' work she explained, "I've got to admit you are right. The last time I came you told me something that made me think you were wrong. You said the movies were good for the eyes if we looked at them right. Last week I went to the movies and in a short time I had a headache. Then I thought of what you had told me and decided to try it. First I took my glasses off and tried to relax all over, then I stopped trying to hold the pictures still, and just let them go. I looked at one thing at a time and didn't worry about the rest. After a few minutes I realized that my headache was gone, and my next surprise was when it dawned on me that I was seeing the picture clearer than I had ever seen it with my glasses on. I didn't miss much of the show either after I stopped trying to see it all at once, and straining after every little detail.

When I came out of the theatre I said to my husband, "I guess I was wrong instead of Mrs. Reed and I'll go back to the clinic and get some more help."

I told her that she certainly had profited by the show, thanks to Dr. Bates' method.

Blinking

THE normal eye when it has normal sight rests very frequently by closing the eyes for longer or shorter periods, and when practiced quickly it is called BLINKING. When the normal eye has normal sight and refrains from blinking for some seconds or part of a minute, the vision always becomes imperfect. You can demonstrate that normal vision at the near point or at the distance is impossible without frequent blinking. Most people blink so easily and for such a short period of time that things are seen continuously while the blinking is done unconsciously. In some cases one may blink five times or more in one second. The *frequency* of blinking depends on a number of factors.

The normal eye blinks more frequently or more continuously under adverse conditions as when the illumination is diminished, the distance is increased or the print read is too pale or otherwise imperfect. The distraction of conversation, noise, reflections of light, objects so arranged as to be difficult to see, all increase the frequency of blinking of the normal eye with normal sight. If the frequency of blinking is diminished under adverse conditions or from any cause the vision soon becomes imperfect.

The imperfect eye or the eye with imperfect sight blinks less frequently than the normal eye. Staring stops the blinking. The universal optical swing, the long or short swing when modified or stopped are always accompanied by less frequent blinking.

Blink in the early morning,
Blink when the sun sets at night;
Blink when the sun is dawning,
But be sure you do it right.

The Prevention of Myopia

THE August number of Better Eyesight is a school number devoted almost exclusively to the problem of the cure or prevention of nearsightedness in school children. The great value of the method as a preventive is emphasized by the fact that the vision of all school children has always improved, and when the vision is improved of course imperfect sight is prevented. It is well to remember that my method for the prevention of myopia in school children is the only one that is a success. It has been in continuous use for more than twenty years in the public schools of New York and other cities. Once daily or oftener the children read the card, first with one eye and then with the other, covering each eye alternately with the palm of the hand in such a way as to shut out all the light without any pressure on the eyeball. Teachers who have studied my book or have been patients find it an advantage to have the children palm five minutes three or four times a day. They claim that palming quiets the children and gives them an improved mental efficiency, which is a great help to their memory and imagination as well as their sight. I believe other children should be taught how to palm, swing, blink and improve their vision of the Snellen Test Card. The method is of great value to young children in the kindergarten, children in the high schools, and should be practiced by students and teachers in colleges and universities. In the military school and naval academy the method should be employed for the prevention of imperfect sight.

STOP STARING

It can be demonstrated by tests with the retinoscope that all persons with imperfect sight stare, strain, or try to see. To demonstrate this fact:

Look intently at one part of a large or small letter at the distance or nearpoint. In a few seconds, usually, fatigue and discomfort will be produced, and the letter will blur or disappear. If the effort is continued long enough, pain may be produced.

To break the habit of staring:

(1) Shift consciously from one part to another of all objects regarded, and imagine that these objects move in a direction contrary to the movement of the eye. Do this with letters on the test card, with letters of fine print, if they can be seen, and with other objects.

(2) Close the eyes frequently for a moment or longer. When the strain is considerable, keep the eyes closed for several minutes and open them for a fraction of a second—flashing. When the stare is sufficient to keep the vision down to 2/200 or less, palm for a longer or shorter time; then look at the card for a moment. Later mere closing of the eyes may afford sufficient rest.

(3) Imagine that the white openings and margins of letters are whiter than the rest of the background. Do this with eyes closed and open alternately. It is an interesting fact that this practice prevents staring and improves the vision rapidly.

BETTER EYESIGHT

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

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

VOL. VI. JANUARY, 1922 No. 1

BE COMFORTABLE

By W. H. BATES, M. D.

IT can be stated without fear of successful contradiction that persons with perfect sight are always comfortable, not only as to their eyes, but as to the rest of the body. As soon as they cease to be so, it can be demonstrated, by examination with the retinoscope, that their sight has ceased to be perfect. They become nearsighted, farsighted, or astigmatic. The art of learning to use the eyes properly, is, in short, the art of learning to be comfortable. Even the memory of comfort improves the sight, while the memory of discomfort lowers it. Persons with imperfect sight often say and think that they are perfectly comfortable; but invariably such persons experience a feeling of relief when they close their eyes, demonstrating that they were not perfectly comfortable before, but had merely formed a habit of ignoring that discomfort. Persons with perfect sight, on the other hand, can immediately produce discomfort by producing imperfect sight, or even by remembering or imagining it, and persons with imperfect sight can produce a degree of discomfort that cannot be ignored by making their sight worse.

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Suggestions to Patients

By EMILY C. LIERMAN

(1) Palm in the morning while in bed.
(2) Take sun treatment for twenty minutes or longer every day.
(3) Mentally or physically, keep up that pendulum-like motion.
(4) After sitting in the sun, hold the small card and flash the white spaces.
(5) What you do not see immediately, do not worry about.
(6) While practicing with the Seven Truths of Normal Sight, always move the card slowly from side to side as you hold it six or eight inches from your eyes.
(7) To induce sleep when suffering from headache or nervous strain, close your eyes, remember the small F or T of the ten line of the test card and imagine it is moving slightly, about one-quarter of an inch, either up and down or to the left and right.
(8) There is a right way and a wrong way to blink the eyes while practicing. Children like to hold up their two hands about ten or twelve inches apart, looking first at one hand and then at the other. In this way one blinks when looking at the right hand and again when looking at the left hand. The head should turn in the same direction with the eyes.
(9) Near-sighted patients sometimes get along faster in the cure of their eyes by using two similar test cards at the same time while practicing. One card is held in the hand while the other is five or ten feet away. The patient looks at a letter up close and imagines he sees the same letter on the distant card. Then the patient closes his eyes and imagines that letter perfectly. Having seen it perfectly up close, he becomes able by practice to see it just as well on the distant card.

A Case Report

(Report of a man, 63 years old, who has worn glasses for a great many years. He improved his own vision merely by following directions. Others can do the same.)

I WILL be 63 years old in July and have not worn lenses since reading "Perfect Sight Without Glasses"; it will be two years the latter part of next July.

I have had monocular vision all my life, congenital convergent squint of left eye producing what has always been called "partial blindness from disuse." I could always see parts of everything but nothing distinctly; enough to get around if I closed my good eye, but could never see to read any printed matter with it.

At first I could not see the big "C" at any distance with the left eye. Now I can see its whole outline at about six inches and all of the letters on line ten at three or four feet.

In scanning even fine print I can now discern lines and spaces and almost distinguish the letters by holding it close up.

I should add that I have not been at all diligent nor faithful in using Dr. Bates' methods and am surprised at the results obtained by me in spite of that fact. With more devotion I am sure I will get better results.

One patient, a woman of 25 or 30, had worn glasses seventeen years. She was myopic with astigmatism, seeing about half the distance with the left eye as with the right. She had frequent headaches, could not go to the "movies" without great distress. She spent $300 or more on glasses, had no comfort with them and could not see well with or without them.

She was induced to buy Dr. Bates' book last March. She laid aside her glasses and began to work according to the method, wholly by herself, with most satisfactory results.

Very gratefully yours,
Fred W. Morris, D.O.,
Ridgewood, N. J.

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.

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.

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.

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Vol. III SEPTEMBER, 1920 No. 3

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Ophthalmologist William H. Bates

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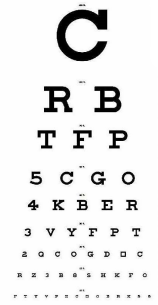
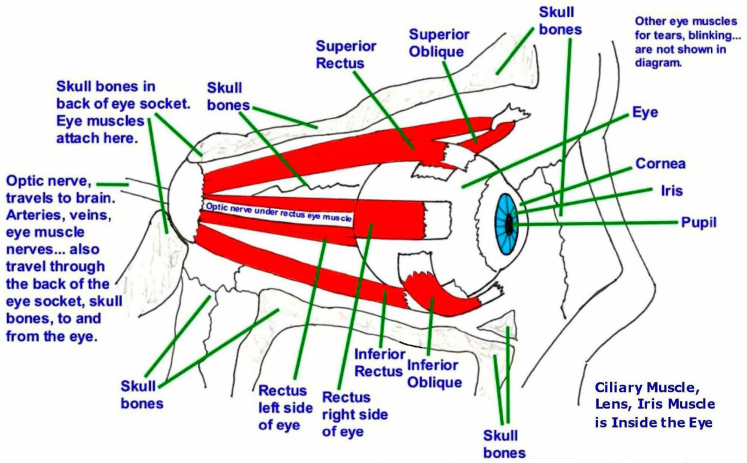
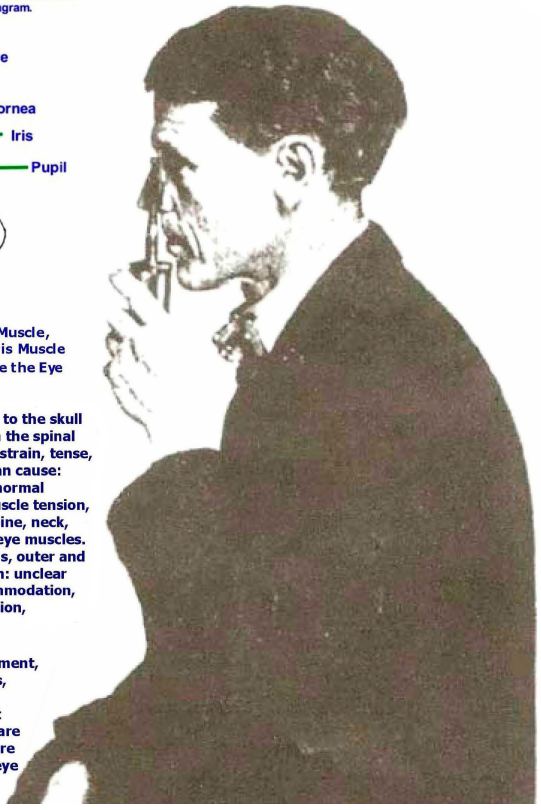
Author of Better Eyesight Magazine



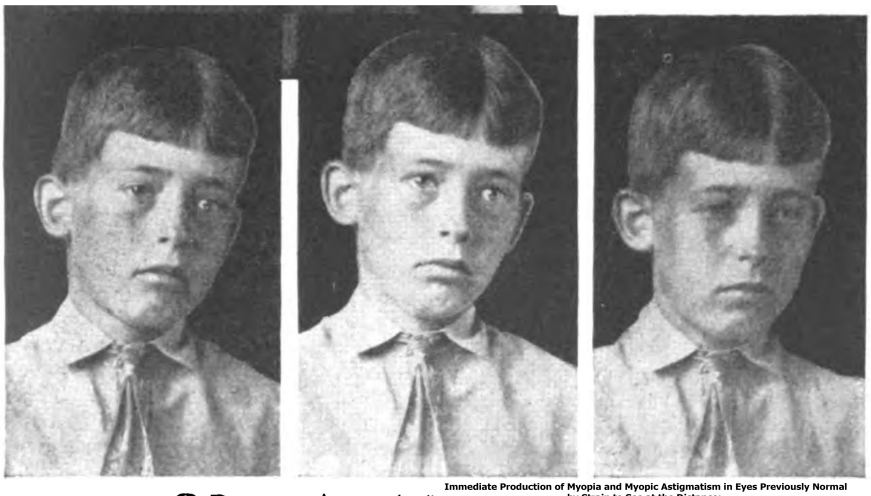
Eye socket, bones, eye, eye muscles, optic nerve.





The eye socket is composed of bone segments. These are connected with the skull bones. Eye muscles attach to the skull bones in the back of the eye socket. Eye muscle nerves, the optic nerve, blood, lymph vessels also travel from the spinal cord/brain stem, brain, neck through the eye socket, skull bones. Unclear vision is usually caused by mental strain, tense, incorrect use of the eyes, 'staring-squinting', incorrect posture, stress, negative thoughts, emotions. These can cause: outer and inner eye muscle tension, abnormal eye shape, disrupted focus of light rays in the eye, tension, abnormal pressure on/in the eye, impair circulation in the eye, resulting in unclear vision... Extreme neck, shoulder muscle tension, incorrect posture places pressure, tension, pulling on the nerves, blood, lymph vessels that travel from the spine, neck, brain stem to the eyes, eye muscles, retina, lens, brain. Neck muscle tension also travels directly up into the eye muscles. These conditions cause: tension, abnormal pressure on/in the eye, optic nerve, eye muscle nerves, retina, lens, outer and inner eye muscle tension/dysfunction, abnormal eye shape, disrupts focus of light rays in the eye, resulting in: unclear vision, astigmatism, crossed, wandering eyes, imperfect convergence, divergence, accommodation, un-accommodation, cataracts and other conditions. Circulation of blood, oxygen, lymph, fluid, tears... in the eye is impaired. Tension, migraine headaches, disrupted sinus and ear function can also occur and affect the vision.
Wearing eyeglasses creates, increases, maintains all of these causes and resulting conditions.

The Bates Method of Natural Eyesight Improvement, relaxation of the mind, neck, body, eye muscles, eyes, good posture returns the eyes to normal function with 20/20 and clearer close & distant Vision. Wandering, Crossed Eyes, Astigmatism are corrected. Cataracts and other eye conditions are reversed, removed without use of eyeglasses, eye surgery, drugs.



Immediate Production of Myopia and Myopic Astigmatism in Eyes Previously Normal by Strain to See at the Distance;

Does your boy squint?

This boy is reading the Snellen test card with normal vision. Note the absence of facial strain.

The same boy straining to see at a distance is producing myopic astigmatism in eyes previously normal.

In this picture the boy is making himself myopic by partly closing his eyes and making conscious effort to read the test card at ten feet.

Avoid Squinting - Learn to 'Shift' for Clear Vision

Dr. Bates, Emily C. A. Lierman, Bates. Bates Method Student in Dr. Bates Clinic reading the Eyechart with strain, blur and without strain, blur.