



GuestPage - Post a Question, Share Experiences, Discuss Doctor Bates Method, True Natural Eyesight Improvement

Questions & Answers by Dr. Bates From His Better 'Eyesight Magazine' and book 'Perfect Sight Without Glasses'

NATURAL EYESIGHT IMPROVEMENT **Bates Method**

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

PERFECT SIGHT WITHOUT GLASSES

Dr. Bates Original 1920 Book in the Antique Print - Free

SEE BETTER NOW!

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

COPYRIGHT, DISCLAIMER,

Respect, Tolerance, TRUTH!



Step # 1: Get a Gmail account;

<https://mail.google.com/intl/en/mail/help/about.html#inbox>

Step # 2: Join Google Plus+; <http://www.google.com/+learnmore/hangouts/>

Step # 3: Add to me your circles; <http://www.youtube.com/user/ClarkClydeNight/videos>

Look for my profile on Google >

Step # 4: When you are ready, Contact me; [mclearsight@aol.com](mailto:mclearsight@aol.com), tell me to sign into Google to answer your questions, start training. Up to 10 people at once can communicate or private single person training.

Or; Join the new Forum for written, audio and video training;

## Discussion Groups;

GuestPage/Forum and Google-YouTube Video Chat

Free LIVE Natural Eyesight Improvement Training Here;

<https://plus.google.com/+googleplus/posts>



Mary Iva Oliver (Natural Clear Eyesight)

#### DIRECTIONS

Ophthalmologist  
Bates Life History,  
Natural Eyesight  
Improvement  
Experience. AVOID  
the Harmful 'Plus  
Lens' Eyeglass  
Method! Dangers of  
Laser Cornea  
Surgery, Most  
Cataract Surgeries,  
Contact Lenses.

Avoid un-natural  
teachers illegally  
using our books,  
website title, videos

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

AMAZON.COM,  
Barnes & Noble...  
CUSTOMERS

17 FREE Bates  
Method, Natural  
Eyesight PDF E-  
Books; Direct Link to  
the Download Page.  
Thank-You For 7  
Years Support!

#### BOOKSTORE

Paperback Books by  
Dr. Ophthalmologist  
William H. Bates,  
Emily Lierman,  
Other Doctors and  
Teachers. Eyecharts,  
Videos-Free Training.  
EFT - Emotional  
Freedom Technique,

**Ask Questions, Discuss, Learn Natural Eyesight Improvement on the Guest Page (Forum); [Click Here](#)  
Send a e-mail with your forum name to [mclearsight@aol.com](mailto:mclearsight@aol.com) to activate registration and obtain the password.  
Forum is live, members can post on the open forums. More public pages and embedded Google Video Chat soon.**

**[Click Here for Ophthalmologist William H. Bates Questions and Answers From 132 Issues of His Better Eyesight Magazine](#)**

**[Dr. Bates placed his best treatments, practices on PAGE TWO of each magazine - Click Here for the entire 132 pages](#)**

#### Here's the New GuestPage/Forum Introduction, Rules...

Got tired of eyesight groups, forums allowing harmful methods, unnatural teachers to post. Only 2-4 people and myself are on the groups, chat all the time trying to warn people to avoid the unnatural teachers, methods, trying to protect people from harm. Many groups allow ads and posts for lasik surgery, contact lenses, unnatural vision schools, the dangerous Plus Lens-anti-corrective method... (Called stress relieving but it causes stress, tension) These methods, surgeries cause impaired vision, blindness! There is too much privacy; Posting names of computer hackers that have attacked Natural Vision teachers is not allowed. In March 2014 I was banned from speaking against, telling the truth about the destructive Plus Lens method and cornea lasik surgery on my favorite forum where I have posted for many years helping obtain clear vision. That forum is now ruled by eyeglass and eye surgery sales people. Many of these forums, groups are labeled as non-profit but this is false; The owners sell ads for lasik and other eye surgery, drugs, unnatural methods. These methods, surgeries impair the vision, eyes health.

So I started this GuestPage/Forum. Here you can totally vent your opinion, state the complete truth and learn the true, Natural Bates Method. Unnatural methods are not allowed.

The Guest Page is a special place solely for natural methods and people that have a variety of questions. This way many people can learn instead of me having to re-type the same answers, directions in e-mail privately for each person. Individual training is still available when needed. Option for your E-mail to not be posted and you may use a pseudonym.

For people that like to discuss Ophthalmologist Bates Better Eyesight Magazine treatments, practices; The original antique magazines, Volume 1 are placed on the bottom of this page in a GoogleBooks previewer. Google viewer seems to limit one book per webpage so Vol. 2 is linked for view on GoogleBooks and Dr. Bates Magazines page below. Dr. Bates 132 main Natural Eyesight Improvement practices are on the bottom of the home page; <http://cleareyesight-batesmethod.info/default.htm> His magazines in text form with index for each year, month are here; <http://cleareyesight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod/default.htm> All books are here; <http://cleareyesight-batesmethod.info/id64.html> and; <http://cleareyesight-batesmethod.info/id148.html>

It took a while to find secure Forum Software. (Reason is posted down this page. Competitors try to invade the Forum) Members now have a few options; Join the Forum or contact me on *Google Hangouts* for a video chat; <http://www.google.com/tools/dlpage/hangoutplugin> or via YouTube; [www.youtube.com/user/ClarkClydeNight/videos](http://www.youtube.com/user/ClarkClydeNight/videos) You may record the video chat for future use. Read the Directions, Copyright PDF on this page. Forum also has video, audio reply to questions. Phone, Skype always available.

When joining, posting a comment; send an e-mail to [mclearsight@aol.com](mailto:mclearsight@aol.com) with your forum name so I may activate your membership, *know who you are*. Place your first forum post in the e-mail. No spammers. I check ip's... for safety. The Guest Page is for learning, gaining clear eyesight ASAP. Weeding out phonies improves this service and leaves more time for members.

I purchased SiteLock virus, hacker protection for this website and forum and apply additional security features; I prefer members to keep e-mail separate; members *who know-trust eachother* contact through their personal e-mails only. Do not opt for automatic e-mail Forum comments... Just log on yourself to check for new comments, topics. Hackers can imitate, use phony e-mails to hack computers. This is what happened to three well known Yahoo and Google Bates Method, Eyesight Groups. Competing authors, eyesight teachers did that. Be careful who you accept private messages from. Some Groups allow the same person to post under 2, 3 names in order to increase member count, drive traffic to the website. This will not be done here. I studied how to block ip's of the bad guys. This benefits the atmosphere and security of the Forum. A few will sneak by as they change computers, cell phones, get friends to post for them but they cannot do that forever. As each new ip is blocked these guys will run out of options.

Here's the old Yahoo group; <https://groups.yahoo.com/neo/groups/NaturalEyesightImprovement-TheBatesMethod/info> Keeping it only for people to link to the free books page on this website and this



Acupressure and  
Color Breathing...  
View, Description,  
Directions for, link to  
17 FREE Color  
Natural Eyesight  
Improvement PDF  
E-Books

GOOGLEBOOKS;  
Natural Eyesight  
Improvement  
PAPERBACK and  
E-BOOKS. Read  
100% Internal Pages

BOOKS - Paperback,  
Kindle. Variety of  
Natural Eyesight  
Improvement Books,  
Training by Different  
Teachers. Iridology,  
Breathing, Nutrition,  
Body Movement and  
Relaxation Tools,  
Strengthen the Mind,  
Spirit... Self-Help.  
Better Eyesight  
Magazine, Books by  
Ophthalmologist  
William H. Bates.

Shop at Amazon  
and Other New and  
Used Paperback  
Bookstores

PINHOLE  
EYEGLASSES - Pros  
and Cons, Healthier  
Than Eyeglasses

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

**Guest Page.** Yahoo, Google posts advertisements for lasik cornea surgery, contact lenses, other unnatural, harmful methods. I do not approve of this. I have noticed that Yahoo and some other groups, forums allow the owner-moderator to edit 'change' members posts. They remove sentences or alter the words, add things. This is not good, that practice allows someone else to write under your name and alter the way you teach, communicate. It can destroy a teacher's good reputation! **Our Guest Page, moderator will never edit member's posts.** A post might not be approved if it contains unnatural methods that can impair the vision but your posts will never be altered. *Be aware that my posts on other forums, groups might be altered, deleted by the owner without my permission. For this reason I no longer post on other Internet forums, groups.* Some are easily hacked by competing teachers-authors and general crooks trying to get personal information. Some owners track, hack members computers. This invasion of privacy will never occur on this Guest Page.

## Here's the Guest Page Rules;

Will set new members for posting without approval as I get to know them. For people that join this group and post within the rules, are here to honestly help people improve their vision naturally; you will not need your posts, topics approved. Rules also help protect you when visiting other Internet groups, forums and finding a teacher. One trusted expert teacher is also a moderator. All members must **first** read the Directions, Disclaimer, and then sign, state in e-mail or on the forum that you have read, understand it; [Click Here](#)

No lasik or other cornea eye surgeries advertisements, endorsements. No eyeglass lens prescription implants. (My warnings against eye surgeries do not pertain to necessary eye surgery to repair an eye injury or advanced condition that natural methods cannot cure; detached retina... Even Ophthalmologist Bates applied surgery when needed.)

No Plus Lens, Anti-Corrective Eyeglasses Method. Also called stress relieving glasses (it really causes, increases stress in the eyes, eye muscles, retina, lens, cornea, mind, entire visual system. It causes cataract, detached retina, astigmatism, blurry vision, destroys the eyes health. ) Otis Brown, Aethersky, Bifocal and their plus lens gang are not allowed on this Forum. I do NOT endorse the unnatural Power Vision System. I WILL be watching, so don't sign on with a different name, then post nice to get my approval, then start sneaking in Plus Lens and Lasik posts. You guys and members have developed many eye, vision problems, Myopia, Presbyopia, Astigmatism, Cataract, retina problems., have had eye surgeries, implanted myopia prescriptions into the eyes lens., lasik on the cornea, are addicted to eyeglasses, plus and minus; all due to that harmful Plus Lens method. You ARE NOT allowed to post on here and harm more people, children, pilots, seniors.

*(Warning; the plus lens people link to a unnatural teacher who uses a fake name, fake clinic address. He is really a lasik... eye surgeon posing as a natural vision teacher. See how another group member exposed him; Frauenfeld Clinic in Austria doesn't exist, and 'Alexander Frauenfeld' (commonly known as Alex Frauenfeld) is in fact, Mark D. Meyer, M. D.*

*from ... <https://www.marksdailyapple.com/forum/thread99978.html> Google search and PDF [CLICK HERE](#) in case they remove the nice lady's post; Update, they did! Her and others threads, posts telling the truth about the harm the Plus Lens method causes, how they are affiliated with the phony Frauenfeld Clinic, Lasik-cataract surgeons... were removed from Marksdailyapple, other forums by the administrators. Read the PDF above ^ ; I preserved her posts, links in the past suspecting this might happen, but; even those links have changed; looks like the Lasik surgeon has removed some of his pictures, changed addresses. Did 'someone' threaten the forum owners, force them to remove the posts? A plus lens method user, eyeglass seller developed cataract 2 times, astigmatism, advanced myopia, presbyopia. 2 cataract surgeries with myopia lens implant. Lasik on his cornea. Still wears glasses. This is a surgeon he advises and it might be his eye surgeon, lives in the same area. Eyeglasses lead to eye problems and surgery.*

*Don't allow these bad guys on other forums, groups to fool you. Myself and others were banned from posting this truth about the plus lens and Lasik people on 4 forums, groups.*

Lasik and eyeglasses lead to impaired eye health, blindness. See video; <http://cleareyesight-batesmethod.info/id61.html>

I encourage people that have been harmed by the Plus Lens method, Lasik, Magic Eyes, Contact Lenses, eyeglasses and other unnatural treatments to post your experience here. The plus lens and other unnatural teachers, sales people do not allow truthful posts stating the harm their methods cause. On our forum victims have complete freedom to post their entire story and help warn others about the side effects.)

No contact lenses. No ortho-keratology, Ortho-keratotomy...; using contact lenses to force the eye, cornea to alter its shape. This can cause cornea injury, infection, scarring, blindness. No unnatural cornea alterations, implants of any kind. Contact lenses drops, solutions have been contaminated with bacteria. Infection can enter the eye. People have lost one or both eyes.

No Artificial 3-D; Autostreograms - Magic Eyes pictures, eye exercises; these cause impaired vision, double vision, strabismus, dizziness and impair the function of the brain with the eyes, eye muscles and other systems of the mind, body, eyes. See warning here; <http://cleareyesight-batesmethod.info/id103.html>

No ads for sunglasses, colored, tinted lenses, UV blocking. The eyes need light! Full Spectrum, pure unfiltered sunlight. A main practice taught by Dr. Bates.

No ads for eyeglasses, but; I do allow a few on-line eyeglass optical businesses because they work with Natural Vision Improvement students, help them buy low cost, quality *weaker and weaker reduced* eyeglasses as their vision is improving with practice of Natural Eyesight Improvement toward the goal of complete, permanent freedom from glasses; <http://cleareyesight-batesmethod.info/id36.html> (No contact lenses.) See the PDF, Warnings on page; <http://cleareyesight-batesmethod.info/id110.html>

Relaxation. Health Books

#### TRANSLATOR

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

#### HISTORY

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

#### BETTER EYESIGHT

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

#### BETTER EYESIGHT

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

AUDIOS For the Blind, Low Vision - Better Eyesight Magazine Treatments; Myopia,

(Zenni is now on the bottom of the list. See the other 2 much better optical stores above Zenni.)

Eye drops are addictive and impair the eyes natural tear production. No eye drops unless applied to cure an eye infection., injury, glaucoma... and prescribed by an Ophthalmologist. NOTE: glaucoma medicine may need to be reduced or eliminated as the Bates Method improves the eyes health, pressure. Always have the eye doctor monitor the eyes and vision. Follow his, her advice, direction. No ads on here. This is the eye doctor's job.

No Natural Vision Improvement Teachers that join groups only to advertise high priced training or their new books (unless it's a really good book, complete natural method), high priced Better Eyesight Magazine while they hide true, complete training, bully people trying to learn and do not provide free or at least low cost access to Dr. Bates Books, Magazines. Yes I am talking to the men in Milan, Italy and Kiev, Ukraine; John Giovanni Gatti 'Rishi' and Oleg Krupnov and the few brainwashed violent cult members (who hacked my and other teachers computers... may times) and post as S. Yung on Amazon writing false 1 star reviews of my teacher Thomas Quackenbush and my books; [http://www.amazon.com/gp/cdp/member-reviews/AGFV2L2AMTRXV?sort\\_by=MostRecentReview&display=public&x=7&y=8](http://www.amazon.com/gp/cdp/member-reviews/AGFV2L2AMTRXV?sort_by=MostRecentReview&display=public&x=7&y=8). They are on many internet groups, forums worldwide under a variety of secret names (kazekage, kyazekage, Roy Folker...) being abusive and hacking. The leader threatened to beat my teacher with a baseball bat. I will not put up with people who retaliate in this way because someone disagreed with them on a group, forum, Amazon comment, book review. They attack me because this website provides *free* books, Better Eyesight Magazine by Dr. Bates.) They sell the books, magazines for over \$400.00. They want this website and our paperbacks, free PDF books destroyed.

No bullies, ego, greed problems... allowed on this GuestPage! (I have learned things from Giovanni and Oleg K. but their actions, motives are detrimental to students, teachers and they teach some things wrong, hold back full training so others cannot learn, pass the method along.) The magazines, books are here for the public to learn complete and free.

No unclean language, No sexual content allowed. This includes in forum signatures, Avatars.

No bashing the USA. I am a citizen. I am against many of the corrupt medical practices, drug, food industry... but I still love my country.

No ads for herbs, vitamins... for the eyes or body unless approved. Many are toxic. Choose carefully. No eyebright. No ads for cataract eyedrops cures. Some have been posted on the news as poisoning the eyes. I have heard that one product works but I have no experience so cannot chance posting it here.

No pinhole glasses sales people. See the 'Pinholes Pros and Cons' Warning Page; <http://cleareyesight-batesmethod.info/id114.html> They are not perfect, they have many side effects. They block natural eye, brain function and can prevent vision improvement. Do NOT use if you have any advanced eye condition.

Absolutely NO '**VISION WITHOUT GLASSES' Duke Peterson's'** inferior, unnatural, highly advertised, multi marketed e-book ads! Same for the **REBUILD YOUR VISION, RECLAIM YOUR VISION** and other Clickbank vendor E-book vision courses. You guys are giving true Natural Vision Improvement a bad reputation! Like the See Clearly Method did. They are not true Bates teachers. The ClickBank sellers used my name, website, book titles and videos without my permission to falsely advertise their E-books. Do It Yourself-Natural Eyesight Improvement, Better Eyesight Magazine, Cleareyesight.info... is NOT affiliated with, is not and does not endorse Vision Without Glasses and these other unnatural courses, books.

I also do not agree with, do not endorse Meir Schneider and other unnatural teacher's expensive eyesight classes involving blocking the central field of vision with a black paper, constant keeping the mind, eyes awareness in the peripheral field and other unnatural methods that are directly against Dr. Bates teaching of Central-Fixation (centralizing; my choice of word) and normal eye Shifting. Much of the unnatural teacher's training is a scam, they alter Dr. Bates method, make it 'different' to attract customers. Many semi-blind, blind people come to us because these high priced teachers (including some of the famous 'supposedly nice' lady high priced teachers) refused to help them unless they pay over \$150.00 per hour. Even if paid, things are held back, hidden in order to sell more training; thousands of dollars for multi levels, seminars.

The free method on this website and in Dr. Bates books, magazines, our books have cured 4 of these blind people, reversed the blindness and others continue to improve back to 100% vision. Very little training was needed. Often just removing glasses is a major factor in improvement. The unnatural teachers would not tell them this simple, essential thing. Continuing to wear the glasses would have advanced the eye, vision problems which can lead to detached retina, advanced cataract., blindness. Eyeglasses cause blindness! Shame on the teachers that claim they cured themselves of blindness but refuse to help other blind people for free. I am starting to doubt many more things they have claimed. You are heartless crooks. A 'honest teacher' investigated these unnatural teachers; posing as a semi-blind man with very strong -8 glasses, he called the dishonest unnatural teachers. The dishonest teachers refused to help him unless he paid a lot of money. The dishonest teachers told the blind man to keep wearing those strong glasses. Similar cases that occurred came to us. We removed his glasses, trained him for free and he improved 'restored' his vision.

I like some teachers practices 100%. Others I do not fully agree with but they all have contributed to the history, advancement of The Bates Method, Original and Modern Natural Vision Improvement. I like some of Meir's movement practices in his book. They helped me heal my spine, but I also learned many things he does not teach from other alternative teachers and 4 Physical Therapists., all for free.

[See list of the best teachers, history: Click Here.](#)

I will have to block posts by a few popular teachers. I like a lot of their training but one advertises the harmful Plus Lens method and other unhealthy practices as affiliate with eye doctors. He and others also sell the magic eyes books, autostereograms pictures which can cause strabismus. Certain herbs, supplements are not healthy. I do not like teachers that carelessly sell eyebright and other herbs that have side effects, can be toxic. Another has given into selling eyeglasses, contact lenses, sunglasses, colored lenses.

Presbyopia, Cataract  
Glaucoma, Retina  
Health, Strabismus,  
Astigmatism...

Dedication to My  
Mom Nancy

Native American  
Videos - Natural  
Life=Clear Sight

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

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

2 - STRONG  
EYEGLASSES =  
Addiction,  
Progressive Vision,  
Eye Impairment  
Verses REDUCED,  
WEAKER,  
TEMPORARY  
EYEGLASS LENSES =  
Vision, Eye Health  
Improvement.  
EYEGLASSES  
Low Cost Reduced  
20/40, 20/50 Weaker  
Prescription Lenses  
by Mail & Behavioral  
Optometrists.  
Pass the Drivers

**No Chiropractors and other doctors; Do not link on here to try and sell your risky treatments.** A chiropractor in California did this to me on YouTube. Used my books pages, pictures... to make videos, while using Natural Eyesight Improvement to also sell chiropractic neck manipulation. I was injured by a few chiropractors, almost had a stroke when they broke my neck and spine. **I do not endorse chiropractic** or vision teachers that advise chiropractic to get \$ kickbacks for referring their Natural Vision students to the chiropractor. This is dangerous, you are placing your students health, life and eyesight in harm's way! I heard that chiropractor is still illegally using my books to make videos to sell his practice in his seminars, offices. He does not teach the Bates method correct. He needs to re-study it and to stop using it to sell chiropractic.

No ads for other teachers (that teach incorrect, methods that impair the vision. ) by *wanna-be students* hanging around these high priced teachers in hopes of getting a low priced certification as a teacher or working as an affiliate for them. Your blocking the truth about these teachers out of your mind, heart because you have \$ signs in your eyes, want to be certified and charge thousands of dollars like they do. This type of mind-set results in more teachers altering the Dr. Bates method, inventing more and more abnormal practices to attract people to you and away from true teachers. Your corrupted technique injures the vision, eyes health.

*Is Natural Eyesight Improvement safe after cornea surgery or cataract surgery with an eyeglass prescription implanted in the eyes?*

These surgeries place a prescription for myopia, presbyopia... in the eye. It can't be changed. The cataract lens prescription can be changed but only with more surgery. All surgery has risks. More lasik surgery can cause blindness. There can be problems when mixing surgery with Natural Eyesight Improvement and even without Natural Eyesight Improvement; If the vision improves or becomes more impaired after surgery; the prescription implanted in the cornea or eyes will cause blurry vision; just like looking through an incorrect too strong or to weak eyeglass prescription. NO teachers allowed on here that refuse to post this warning on their websites and in their answers to posted questions. Too many greedy teachers in the world want to sell eyesight training without regard for side effects, the students eyesight, health.

*Read our PDFs, Warnings, Directions to know what to avoid, how to practice;*

<http://cleareyesight-batesmethod.info/id110.html>

<http://cleareyesight-batesmethod.info/id148.html>

<http://cleareyesight-batesmethod.info/id4.html>

**[To Avoid Confusion; Here Are All 3 Web Pages, Directions, Warnings, Disclaimer PDF's... Combined Into One PDF; Click Here](#)**

See an honest teacher's warning here; <http://www.naturalvisioncenter.com/Other.html> Thomas Quackenbush. This is my teacher. The best! He can provide directions to honest eye doctors, true Bates Method teachers worldwide, in your area. Years training thousands of students, certified hundreds of teachers.

People that sell methods that cause cataract, retina damage, strabismus, such as; 'The Harmful Plus Lens-Anti Corrective Method, Magic Eyes Artificial 3-D Auto-Stereograms (3-Cups), Lasik Surgery, Contact Lenses, Orthokeratology, Prescription Len Implants... are not allowed to join, post on our forum. (Avoid them, the Plus Lens method causes cataract, retina damage, other eye problems. Lasik and other eye surgeries destroy the eyes health ad clarity of vision.) I created a PDF to warn people what is the real, safe Bates Method and what is not, what methods are dangerous and should be avoided. See the PDF 'maroon link' above ^ True Bates Method people fight back, speak the truth. We state the harm the unnatural methods cause to protect people from eye-vision injury. I advise people to stay away from the Plus Lens, Lasik and other harmful, unnatural methods. I constantly fight back, posting the truth about the dangerous method on many internet forums, groups every time one of those evil crooks posted but it got to be an exhausting, relentless job and was taking time away from my books, videos and most importantly helping people attain clear eyesight, healthy eyes through free training. Evil, people with power trips, ego problems, greed exist. We must know the truth and leave these bad guys behind. So we now have our own Forum. All the bad guys are blocked. We can speak our mind, true experiences. We are not treated like weak silent followers being lead to the slaughter by a false teacher! We help people along the path to clear eyesight and healthy eyes.

The true Bates Method is NOT about wearing eyeglasses, having eye surgeries, doing strenuous unnatural eye exercises. The people that avoid eyeglasses have the best results. There are a few that refuse to stop use of glasses. This prevents progress. In this case, reduced weaker lenses are the best option. The glasses are used temporarily as the vision improves in stages with natural eyesight practice. But these glasses also slow progress. If you have cataract, retina, vitreous condition, any advanced eye-vision problem; stop using all eyeglasses (except for safety driving, work... but this can still impair the eyes health). Glasses cause and lead to advanced cataracts, detached retina, glaucoma, other problems, even when reduced weaker lenses are worn.

Avoid the ads for lasik, contacts, unnatural methods... when visiting any other group, forum, website. I do not endorse these destructive practices.

There are other groups, forums on the internet that claim to be The Bates Method but they are not. They advise, sell harmful methods and only people that will NOT speak up, will not tell the truth about the harm the methods (*Plus Lens-Anti-Corrective, Magic Eyes, Orthokeratology, Lasik, Implants...*) cause are allowed to post comments. People that speak the truth, try to state that they or 'often' their children were harmed by these methods are blocked from posting and banned from the Group.

License Eyesight Exam - Practice on the Govt. RMV, DMV... Eyecharts

### 3 - HUMAN EYE

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

### 4 - Front View of Eye.

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

### 5 - DO IT YOURSELF NATURAL EYESIGHT IMPROVEMENT;

Practice Shifting and Other Relaxed, Natural, Correct Eye-Vision Functions.

The IMAGINARY NOSEFEATHER

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

### 6 - CENTRAL-FIXATION

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

There are a few other beneficial forums, blogs, groups but I have removed their address from this website after I found out the owners and some of their group members have become cultish, have jealousy, greed problems, sell natural eyesight books, classes, Dr. Bates Better Eyesight Magazines, books for a very high price, over \$400.00. They hack, shut down honest natural vision teachers, author's computers, bookstores, websites, Yahoo, Google Groups and write anonymous 1 star untruthful reviews of Dr. Bates and other teachers books published on Amazon.com, Barnes and Noble... bookstores and their schools. They did this to me and my teachers. [Click Here](#). They hold back on complete training in order to sell their books but even then they hide full training so others cannot obtain perfect eyesight and learn to be teachers, help others for free. Avoid these negative people. The Plus Lens guys and the phony Bates teachers-hackers attack many websites, groups. Search Yahoo Bates Method and other groups posts by Delbert, but DO NOT click to enter the Group. This is just one group that was infected by these hackers but it's been repaired. I was hacked 2 times on a popular forum chat by an enemy. The Yahoo Bates Method group allows the plus lens people to post, sell so I no longer post there except to give free books, occasionally speak up against the plus lens people. There are some good teachers but most groups, forums also allow harmful practices so I will not post them.

Surprisingly some of the Groups owned by Optometrists, Ophthalmologists are insightful, helpful, including the Lazy Eye Groups that prefer to avoid eye muscle surgery and glasses. They fight against the Plus Lens people and the unnatural teachers. See Sci-med Google Groups, Optometry and others; <https://groups.google.com/forum/#!topic/sci.med.vision/JNPUrCnJhgI> (Note that William Horatio Bates, Kazekage, Kyazekage, Ms Brainey, Hatake Kakashi... seem to be the same person or 2-3 people working together. The main 2 men, leaders hacked my computer trying to shut down this website, Dr. Bates free [Better Eyesight Magazines](#) here and on our Googlebooks account. The internet names they use are derived from a warrior type cartoon, or video game, maybe Japanese or Russian. Their main objective is to destroy every natural eyesight improvement book, website, bookstore and force the public to pay them for their high priced books, partial training. There are also many natural vision teachers that troll on forums solely to appear intelligent, kind but they charge a lot of money by the hour for phone, Skype, high priced schools, are on-line mainly to draw in customers or advertise their new book. This problem with competing sellers of various eyesight products attacking Natural Eyesight teachers has been going on for years. Even back in Dr. Bates time; his entire life, after he discovered the natural eyesight method and proved it works; eye doctors, then later on, phony teachers tried to stop him from teaching, publishing his books, magazines.

Old post; [Jan 19, 2014](#); Already!! On the old Forum a man (2 men) that have hacked my computer, attacks my books on Amazon and wants this website, the free books, Dr. Bates Better Eyesight Magazines to be deleted have tried to hack the Forum. I had to delete the entire Forum to remove them! The ip he used to hack is; 134.249.51.61 The ip goes to Kiev Ukraine, Russia, home of a main hacker. A website of the hacker was also posted in his comment, profile and the name he used was one of those zyk.. types they often use to hack, troll. Here's 3 other ip's they work with in London under Kazekage, Kyazekage; 90.195.30.64, 77.238.189.21, 77.238.189.211 And his boss in Milan, Italy; 87.5.208.184, 82.58.118.202 They use other variations and ip's from a few other countries close by and 1-2 in the U.S. They use vpn, wi-fi, phones... to hide identity. Here's a ip checker; <http://www.ipligence.com/geolocation> My web service also provides ip check. The hackers are cult members of the 'Perfect Sight Without Glasses' Yahoo Group. ips can be blocked and spoofed through a certain type server, so its really hard to fight these crooks. The new forum created in Mar., 2014 stopped this problem but I keep the eagle eye on watch. (I am not against Russians..., Italians. I like Al Pacino, Mr. Spock, adore Johnny Weir Voronov and have many Italian friends. I avoid people that are prejudice, abusive to Natural Vision teachers.)

**OK, enough ranting! [Sign on if you like](#). Learn, cure yourself. Then help others see clear.**

**Here's the old Guest Page; You can post here through e-mail.**

**Post Comments - Ask Questions, Tell Others Your Experience with Natural Eyesight Improvement**

Contact to post a comment on this page; [mclearsight@aol.com](mailto:mclearsight@aol.com), 1-508-754-0162

(All comments with advertisements for; Cornea Laser Surgery, Contact Lenses, Eyeglasses, Sunglasses, the harmful Plus Lens-Anti-Corrective Lens Method, Magic Eye Artificial 3-D, Unnatural Vision Teachers and teachers that ask for money, refuse to give [complete](#) eyesight training for free will be deleted. I suggest people do not place their e-mails on-line. Keep your information private. I remove all email addresses from messages and post only the question. Name is posted only if the person prefers that and your website may be posted if it's a good business, beneficial service.)

From: Bartosz Oliwa \*\*\*\*\*  
To: mclearsight <mclearsight@aol.com>  
Sent: Tue, Aug 30, 2011 12:36 pm

Move 'Shift'

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

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

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

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

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

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

13 - EYECARTS TEST AND IMPROVE CLOSE AND DISTANT EYESIGHT  
Eyechart Pictures

Thanks for advices, and yes you can post the comment. You can add my real name and address if you want.

Hi Clark, Thank you for respond. I didn't saw your message until now, when I checked a Spam Folder. Something strange happened to mail gmail.

So, unfortunately I don't look at Snellen card, because I'm working all day (from 5:25 am to 5:25 pm), and when I come back to home I'm so tired to look at the Snellen Card. But I'm exercising shifting on different objects like trees, buildings, cars, etc. My vision is more and more clear. I can read a bus timetable in City from 3-4 meters. Of course, I need to shift on numbers for a while, and after a moment I see it more clearly, that I can read that. Now I'm waiting for a eyepatch, because me right eye is strong, but left eye is to weak, so I have to see the world with my docile (correct word?) left eye. I also swinging once a day. I take my finger 20 cm from face, I'm looking on it, and I'm swinging for left side to right side one hundred times, then up and down, and last one is "U-swing". When I'm shifting and swinging I'm looking also on the background, that goes to opposite direction to my look/swing.

Clark Night - When you swing; you don't have to always hold up a finger; use nothing and just relax. You can also make a central fixation stick and place the stick a certain distance. It will move with your head, eyes so you don't get a tired arm holding up the finger. A baseball cap can be used with eyepatch; sew a piece of cloth onto the visor to cover the eye. Let a bit of light into the sides of the patch to keep both eyes, brain hemispheres active. Do the shifting, switching close, middle far with the patch and as directed in the book.

If you are getting clear flashes, then the vision will continue to improve.

Are you shifting part to part when looking at the letter?

The eyes, central point must move; part to part, point to point. The part you are looking at should be clearest. Sometimes when the vision has been unclear for a while, it takes some time before the central field becomes clearest. It will. Blink, relax, shift.

Thanks Doc! One of my Bates teachers also suggested Sardo exercise for my back 2 years ago and it worked. I will definitely get the book. Would you like a free book on Bates Method? Clark John morcos

Dear clarknight, I saw your post to David about you neck problem, there is a way to cure it, much similar to the bates method, get the book healing back pain by dr John e sarno, read the reviews on amazon. It cured me but took time. I am a doctor trying to cure my vision and I cured my back and neck problems to about 90% with this book

Clark Night - Forgot to answer: yes I like EFT-it changes my thoughts from very bad... experiences to positive, good emotions, energy. Only use a few times, it works! I stay with Bates Method usually, but also use EFT and Robert Monroe Methods when stress gets too high! Brings clear vision, a normal, happy state.

Clark Night - Hi Anne, Thanks for the compliment on the website! Sounds like you are missing one thing to get to perfect clarity. The fact that you have some improvement shows that your visual system responds to The Bates Method. Do you wear glasses? Are the lenses equal and reduced in both eyes? Uneven lense strength can impair the vision. Is vision less clear in one eye? If yes, do switching... Are there any additions in the lenses such as bifocal or astigmatism? These can block full vision improvement. Write to me at: [mclearsight@aol.com](mailto:mclearsight@aol.com) and I will send you a free book and give you e-mail support. Have you listened to the videos? Some advertise our books but only in the first minute or so, then, rest contains free lessons.

Anne

First, congratulations for this very rich, thorough and intelligent website. I have been visiting it for a couple of years. I began applying the Bates method almost three years ago, very diligently, along with new versions (Meir Schneider, Janet/Carina Goodrich, Evgania Mehler). Now, I feel like I have done everything possible to get to 20/20, but I am still far from having a vision sufficient to drive, for example. I decided to engage into EFT to master emotions, because I feel like this may be the only lock remaining on the door to perfect vision. I read about success with this method but I would like to know what Clark Night thinks of it. Kind regards Anne

Clark Night - To Tony Sorry I did not post back to you - I never received this comment notice in my e-mail. Thanks for the nice complement! Yeah, the pens work. Similar to the bead string with more room to shift on. Do switching, shifting, central fixation on all objects close, middle, far. Watch your e-mail for a free E-book. Clark

Tony

I have been doing some of the excises from your websits, and I can really tell that there is improvement in my vision, although I started 3 weeks ago, and my vision is 6/9, however the color pens are perfect for me, thanks.

Clark Night - Hi Jack, Sounds like your eye doctor used the old sneaky method of prescribing 20/20 and stronger eyeglass lenses to make your eye muscles more and more tense causing increased, progressive, fast vision impairment. A bates method doctor would have avoided prescribing glasses at age 8 or if necessary for safety to see: he would have prescribed weaker, reduced lenses as you were taught Natural Eyesight Improvement and the vision improves. See the videos on Youtube: <http://www.youtube.com/watch?v=-m3Kunmnnp> Chapter 3 part 1,2,3 and other videos. I am sending you a free book. Watch your e-mail for the download link. Write with any questions and for training at: [mclearsight@aol.com](mailto:mclearsight@aol.com). You can do it! Do not allow doctor s to place astigmatism or bifocal in the glasses. It is hard to find a behavioral Optometrist that will do this, even many of them are corrupt

From Dr. Bates  
Medical Articles

14 - THE FIGURE  
EIGHT (Infinity  
Swing)Left and Right  
Brain Hemisphere  
Activation,  
Integration, Neck,  
Body Movement,  
Relaxation

15 - THE SWAY,  
'Rock', LONG SWING,  
CROSS CRAWL and  
Other Movement,  
Relaxation, Body-  
Brain Activities For  
Clear Eyesight

16 - THE ILLUSION  
OF OPPOSITIONAL  
MOVEMENT-'The  
Swing'

17 - SUNLIGHT,  
SUNNING. SACCADIC  
SUNNING With  
Hands

18 - SACCADIC  
SUNNING With Tree,  
Fence, Nosefeather,  
Swing, Rocking  
Chair, Oppositional  
Movement

19 - DR. BATES  
SUNLIGHT  
TREATMENTS,  
PICTURES - As  
Described in Better  
Eyesight Magazine  
and Perfect Sight  
Without Glasses

20 - SUNLIGHT,  
LIGHT ENERGY  
TRAVELS INTO THE  
EYES, OPTIC  
NERVES, BRAIN,

and sell laser. Very harmful. Keep searching. Many people have done it on their own: try to figure your prescription and with the eyechart and order weaker glasses at on of the on-line mail order places in the book. Zennioptical.com is good. There are new better opticians on the eyeglasses webpage. Order plain, clear lenses, no uv, no tinting... Start with palming, shifting, tracing with nosefeather, central fixation, blink, yawn, abdominal breathing... Get that neck relaxed if it is stiff. You can do it! I recently had a neck injury causing double vision, impaired eye movement, astigmatism, blur, many problems and the Bates Method has brought my vision back to normal, kept me out of glasses. Eye doc tried to sell astigmatism lenses, bifocal, laser. Don't need it!

Jack

I need help!!! i started with eye glasses at age of 8, and from then on every year i had to change to a stronger prescription till 20 years old, i ended up with a -14 OD -15 OS and -1.5 cyl. when i take off my glasses i can read only up to 3 inches away, i finally got frustrated so i went to a doctor and asked him if he can tell me of anything that i can do to improve my eyes without surgery, he said nothing you can do about it, so i went on line and did a google search and i found out that their is a possibility for me to get full eye sight, my problem is that i don't know were to start, can you guide me thru the steps i should take, if i will be able to see without glasses wow ! i have no words to say Thank you

Clark Night - 5-10 minutes day. Shifting is a normal eye function that should occur all the time but if you try to hard, constantly thinking about the eyes, it can interfere with perfect, completely natural eye function, perfect vision. The tiny saccadic shifts will occur on their own as the eye muscles, eyes relax and improve other shifting movements. Shifting brings light into the eyes, onto the retina. Without movement, there is low or no vision. Do the 5-10 minutes, or a little more if you like, or divide the practice up to 1-2 minutes throughout the day. Anytime vision is unclear, or you stare: shift. Use the nosefeather. You can also use a big fluffy feather as long as the eyes move part to part or trace on the object the feather is sweeping over. Don't try to be perfect. The eyes will do this on their own. The goal is relaxation, soothing, easy movement of the eyes, visual attention, head/neck. Do some close and far switching with the nosefeather shifting on objects 3-7 days week to get the vision clear in both eyes. more days if vision is very unclear. This is a main way to quickly improvement the vision.

Mian Asfahan Ali Gul

For how long should i shift and then leave the eyes alone for automatic shifting??????

Clark Night - Practice, then don't practice; let the eyes do it 'on their own'. Once the brain, eyes learn to return to normal function: shifting, central fixation, then, the only true natural way is to let the eyes alone, don't think about their function or the vision. Shift if you catch yourself staring. Let shifting become a subconscious, automatic habit.

Asfahan Ali

I m trying shifting .....it works but is a very tedious job.....but i will never give up.....

Clark Night - I sent you a couple free books. Watch your e-mail for the links. This will get you started. It is normal for vision to fluctuate, even for people that have clear vision. Its good that you have never started glasses. Did you get a eye exam? Do this, but avoid glasses unless needed for safe driving.. and use the Bates method, reduced weaker lenses only. No bifocals... Very hard to find honest optometrists that will work with you. See The Cambridge Institute on website for a free list. Glasses will block vision improvement but weaker 20/40...lenses not as much as regular and strong lenses. Keep practicing the Bates method and do some Behavioral Optometry: Switching with Shifting close and far as in chapter: 13-14. Both eyes, one eye at a time, then both together again to get the vision equal and clear in both eyes. Check your posture, neck for tension, avoid sugar. A little is ok but quit for a while as you are working on improving vision. Natural sugars only. Vision my appear lower without glasses if you are squinting, staring, straining, using effort, trying hard to see clear when vision is blurry. Replace these incorrect vision habits with correct ones: shift, blink, relax. Don't fight the blur, relax and float with it, shift on objects and you will get clearer and clarity will remain. Don't worry if the clarity fluctuates. When you get to better than 20/20 the fluctuations will occur less often and usually not be noticed, will not interfere with your daily routine. Listen to Janet Goodrich's free lessons: audio and video. Clink the free lessons links on our videos page. have you tried the central fixation and using the exact center to shift point to point on objects and small parts? That will fine tune the vision. I will place you on our email list for the new book upgrades coming out soon: many more treatments will be available. You can do it! Clark

Artur

I have been improving my sight for 5 weeks, and it gets worse or better on different days(the book on renowned Bates method says it's normal).So I am full of scepticizm and want to know if the method is helpful for people with poor vision who has never started to wear glasses and the second question is if vision gets worse when you do not wear them and why.I hope you will answer so i'll be inspired to continue my work.

Clark Night - Avoid glasses! Glasses, especially with astigmatism correction will keep the eye muscles that are causing the astigmatism tense, maintaining a irregular eye/cornea shape, block natural left and right brain hemisphere activation, integration, balance, block natural eye development as the child grows. The glasses will increase muscle tension, abnormal eye shape, cause blur and prescriptions for stronger and stronger lenses. Children can experience some blur or astigmatism as the brain and eyes grow. One brain hemisphere may be activated more than the other as the child learns new things. Let her play with variety of toys, games. Avoid glasses. Teach her basic shifting, avoid squinting, avoid trying hard to see and the vision will become clear, astigmatism removed naturally. Do the cross crawl. Teach her the basic correct vision habits but it must not become a exercise. No effort. Nice and easy then let the eyes alone and allow them to work completely natural independent. I am sending you a free E-book. Contains my book and Dr. Bates Magazines... Click the two... links in the E-mail. Write if you have a Questions.

Two people have sent questions asking for eyesight help through the question answer page. They did not leave a correct e-mail address so i cannot respond or send a free E-book.

Parul Agarwal



SPINE, BODY,  
CHAKRAS 'Energy  
Centers, Pathways'

21 - RELAXATION  
METHODS;  
PALMING, Color  
Visualization,  
Breathing, Energy  
Circulation, Alpha,  
Theta, Delta Deep  
Relaxation Chart

22 - COLOR,  
COLORED LIGHT  
TREATMENT;  
Antique Colored  
Glass Bottle,  
Sunlight, Color  
Changing Angel  
Lamp for Night-Time

23 - NEAR VISION;  
Clear Eyesight at  
Close Distances.  
READ IN FULL  
SPECTRUM  
SUNLIGHT, FINE  
PRINT HEALTHY FOR  
THE EYES - Reading,  
Seeing Fine and  
Microscopic Print  
Clear. Natural  
Presbyopia Cure,  
Prevention. Book

24 - CORRECT,  
RELAXED NATURAL  
VISION HABITS  
CARD For Clear  
Close and Far  
Vision. THUMB-  
FINGER MOVEMENT,  
'OPPOSITE SWING'

25 - NIGHT VISION  
See Clear in Lower  
light, Moonlight.  
Cones, Rods in the  
Retina, Visual Purple

Hi... my 4 year old daughter has astigmatism in both her eyes (-3.50 at 180 deg in both her eyes) ... I have been doing the astigmatism excercises mentioned in Janet Goodrich's book for kids.... I ahve also tried to look at your website and see if i could additional excercises with her .... my question is ... if my daughter is regularly doing these excercises what are the chances that she will be cured of astigmatism and how long is it expected to take her to get rid of this eye condition? Thank you!

Books; Better Eyesight Without Glasses vs. Perfect Sight Without Glasses;

Better Eyesight Without Glasses; Great, Will get you to 20/20! This is the later revised edition of Dr. Bates original book published years after his death with the title changed. His original book is titled; [Perfect Sight Without Glasses by W. H. Bates](#). Also known as; 'The Cure of Imperfect Sight by Treatment Without Glasses by W. H. Bates.

This new book is a great book and WILL improve your vision to 20/20 and better. This later book edition has omitted a lot of text, practices and all pictures but it has an additional section listing the main treatments at the end of the book written by Emily C. A. Lierman, Bates (Dr. Bates assistant, wife). All main steps organized for you! Some later re-prints of the original book contain this. '1940' print. If you cannot find that copy then I suggest buying this book and adding it to your collection along with Dr. Bates original books, free on-line.

New Publishers, sellers were afraid to print all the original natural treatments in this new edition due to threats of imprisonment, lawsuits by eye surgeons, the optical industry who were destroying Dr. Bates and his wife's original books, his Better Eyesight Books-Magazines, Medical Books-Articles after his death in an attempt to hide true, safe, effective Natural Eyesight Improvement from the public. The eye doctors preferred to sell addictive, harmful eyeglasses, contact lenses, eye surgery and drugs. Lasik surgery on the cornea is big business and eye surgeons, doctors know it will lead to many eye problems resulting in more expensive surgery and lifelong purchase of eye drops and other medications, kits to treat all the eye, vision problems the surgery causes. This includes prescriptions for eyeglasses. Sometimes the side effects of surgery do not appear for about a year.

One thing about the old original Bates books; some practices (which are removed from the new editions) like open-eyed sunning and the sunglass which can reverse blindness must be done with exact directions, precision, skill and for a temporary time or eye, vision injury can occur. Dr. Bates is not here to treat the patients in person and give detailed directions. Modern teachers, authors hide these old practices to protect people, so they don't just read it in a book and then do it wrong. Others teach it, place it in their books but with exact directions and state that "only an experienced Ophthalmologist that practices the Bates Method should apply it and only to reverse, correct advanced eye, vision conditions and only temporarily.

There are people that stay with, teach only the original Bates practices but they misunderstand them and are using the sunglass on their eyes every day, a few times a day for life and advising everyone to do this. This is dangerous and not the true Natural Vision practice Dr. Bates and Modern teachers, authors teach. These people still have unclear vision, for years. Much anger, arrogance, stubbornness, partial knowledge has kept them and their students mentally, spiritually and visually in the dark.

## 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.

OCTOBER, 1925

THE BLIND MAN

### Little Girls Cure Homeless Man of Blindness

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

[26 - ASTIGMATISM TEST & REMOVAL, CHARTS, SWINGS](#)

[27 - STRABISMUS Crossed/Wandering Eyes Correction](#)

[28 - GOOD POSTURE For Relaxed Body, Shoulders, Neck, Eye Muscles, Balanced Movement and Clear Eyesight](#)

[29 - PATH OF LIGHT RAYS AND EYE MUSCLES, NERVES IN THE EYES, BRAIN, BODY. Chiropractic Treatment Vs. Physical Therapy, Massage.](#)

[CHIROPRACTIC Causes Stroke, Blindness, Death, Paralysis... Videos](#)

[30 - PHYSICAL THERAPY - For Relaxed Body, Shoulders, Neck, Head and Clear Eyesight. Vertebrae C-1 Top of Neck to C-5 Upper Spine](#)

[31 - ACUPRESSURE POINTS, MASSAGE Face-Eyes, Head, Neck, Shoulders, Back, Body, Hands, Feet... for Muscle Relaxation, Balanced, Moving Chi... Energy and Clear Eyesight. EFT](#)

[32 - NUTRITION For Healthy Eyes, Clear Eyesight. Grow](#)

Dear Dr. Bates:

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

His eyes were very much sunken. She taught him to palm and sun-gaze. She and a little girl friend visited him in his hovel once or twice a week. Much of the time he was so ill that he kept to his bed, but had this so placed that the sun shone on his eyes. Little by little his eyes came forward. He palmed faithfully and swung a chart that was given to him. A visiting nurse was telling him it was all "bunk" one day, as Edith entered. She spoke to the nurse and informed her it was not bunk, and that if she (the nurse) would come back in two or three months she would find out for herself.

Well, up to July the reports were that he was gradually looking better, and his eyes seemed fuller. When school opened, Edith came into my room and said, "He sees!"

I had forgotten about the man, and for a minute I wondered what she meant. She told me that she had met this man on the street a week or two ago - he was very happy - sees to get around, can read headlines in the papers, and can pick out the smaller words in spots. He has promised her that he will not stop exercising till he obtains perfect sight. He also told Edith that if he had not met her, he would still be a blind man begging for food. Now he intends to find work in some other city.

Isn't this a wonderful thing for a little girl to do? Of course, if it were not for Edith, the man would still have been blind. Children do not discriminate as to whether a man is a beggar, a worker or worthy. To them there are no differences. They scatter the good into every nook and cranny, and what is more, if it had not been for the revolutionary discovery of this very, very natural way to see and think, I would not have been able to have carried it on to the children, who so unquestionably take to the truth when presented to them.

I have been so excited about this that I had to write you at once!

**Read, Study Better Eyesight Magazine, Dr. Bates and Emily Lierman, Bates Books on this website.**

## Thank-You Bates Method Students!

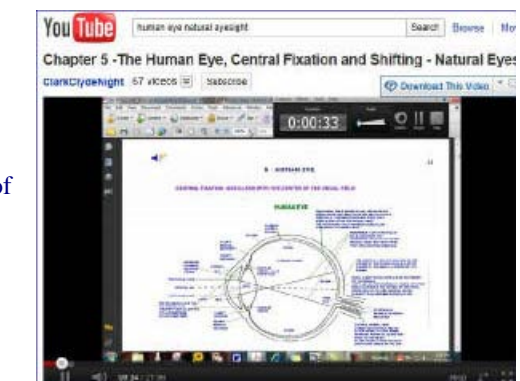
Thank you to the many visitors to this website that have e-mailed questions on Natural Eyesight Improvement and provided updates on their eyesight improvement process. Many have become teachers and improved other people's vision.

Natural Eyesight Improvement Teachers learn from their students and their own vision improvement and training from a qualified Natural Eyesight Improvement Teacher. Every student that improves their Eyesight Naturally is automatically a Natural Eyesight Improvement Teacher. A child with clear eyesight uses their eyes correct and watching that child's eyes, body movement, natural relaxation is a way to obtain free Natural Eyesight Improvement Training. Notice how easy, continually their eyes shift, moving from part to part, point to point when looking at objects at any distance; close, middle, far, without effort, without thinking about their eyes. When observing the child's eye movement; don't let the child know you are watching their eyes or they will become self conscious and this can interfere with their eyes natural movement. Clearest vision occurs when you don't think about the eyes. That is why shifting, central-fixation and other correct, relaxed vision (eyesight) habits are practiced in a easy, effortless manner and then; the student lets the eyes shift, activate all 'correct, natural , relaxed vision habits' automatically, on their own. A natural, subconscious function, without thinking about or controlling the eyes. Just as the heart beats, lungs breathe, the sense of taste, touch, hearing... occur automatically.

Children that are taught Natural Eyesight Improvement and obtain clear eyesight often successfully teach their brothers, sisters, other children, parents and school teachers how to improve their vision. Read examples of this in Dr. Bates 'Better Eyesight Magazines' and 'Stories From the Clinic' by Dr. Bates Assistant, Wife Emily C. Lierman (Later, Emily A. Bates).

When you achieve eyesight improvement, teach others, then they can teach more people. Some websites listed in the links on this website teach students to be Bates Teachers. (I prefer Thomas Quackenbush.) This insures that the correct method is maintained and passed on. Choose a Teacher carefully. Read the Home Page, Introduction. Original copies of [all unedited](#) Dr. Bates Better Eyesight Magazines (early 1900's) is a very good training manual. They were difficult to find in the past. Many teachers would hide them or charge a high price for copies. Teachers took credit for Dr. Bates Work, hid his books, magazines for years. The buyer must be sure the magazines are complete, exact, original copies; scans or photos of the originals. Misprints, missing articles, paragraphs, editing, changed wording are common in retyped copies.

## Better Eyesight Magazine - Volume 1 - By Ophthalmologist William H. Bates



Your Own Bilberries,  
Blackberries,  
Spinach, Kale, Corn,  
Dandelions, Flowers,  
Carrots... For Healthy  
Retina, Lens...

33 - For Pilots -  
Aviators - Better  
Eyesight Magazine.  
Warning; Avoid  
The Plus Lens-Anti-  
Corrective Method

34 - STORIES FROM  
THE CLINIC by Emily  
C. A. Lierman, Bates.  
Dr. Bates Assistant,  
Wife for Many Years  
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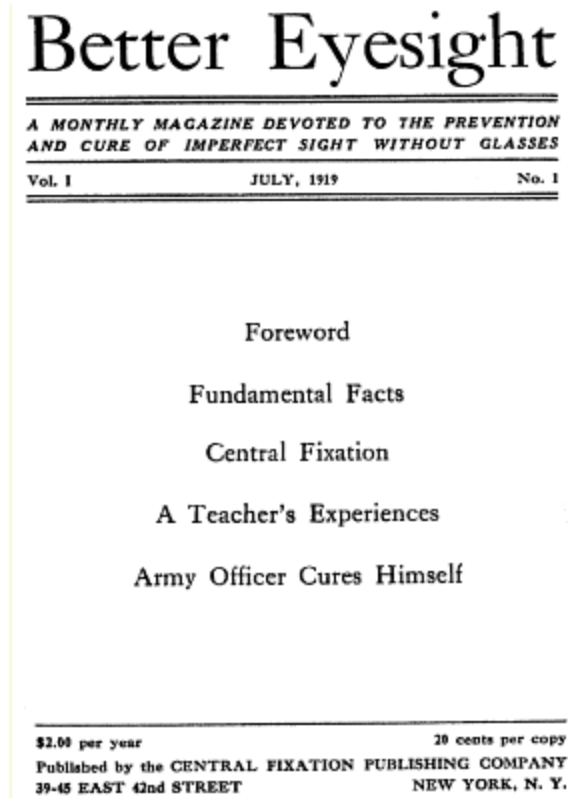
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By

### Ophthalmologist William H. Bates

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