

Dr. Bates *Questions and Answers* from 132 Monthly Issues of Better Eyesight Magazine

QUESTIONS AND ANSWERS

The editor has received so many questions from the readers of BETTER EYESIGHT that he feels it sufficiently important to open a new department which will start next month. All persons are invited to send in questions which will be answered as promptly as possible by mail or the questions and answers will be published in the magazine. Kindly enclose a stamped, self-addressed envelope.

(No questions and answers were listed from July, 1919 to Sept, 1920. Months without Questions & Answers have a training article by Dr. Bates or other teachers, doctors, school teachers... trained by him. Questions & Answers start in Oct., 1920. The blue dates link to the entire Better Eyesight Magazine issue for each month, year. Blue print is additional information by original/modern teacher Clark Night.)

Year, 1919

July 1919

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 headline 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.

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.

September 1919

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.

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.

November 1919

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,

December 1919

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.

Year, 1920

January 1920

FACTS VERSUS THEORIES

Reading fine print is commonly supposed to be an extremely dangerous practice, and reading print of any kind upon a moving vehicle is thought to be even worse. Looking away to the distance, however, and not seeing anything in particular is believed to be very beneficial to the eyes. In the light of these superstitions the facts contained in the following letter are particularly interesting:

"On reaching home Monday morning I was surprised and pleased at the comments of my family regarding the appearance of my eyes. They all thought they looked so much brighter and rested, and that after two days of railroading. I didn't spare my eyes in the least on the way home. I read magazines and newspapers, looked at the scenery; in fact, used my eyes all the time. My sight for the near-point splendid. Can read for hours without tiring my eyes. . . . I went downtown today and my eyes were very tired when I got home. The fine print on the card (diamond type) helps me so. . . . I would like to have your little Bible (a photographic reduction of the Bible with type much smaller than diamond). I'm sure the very fine print has a soothing effect on one's eyes, regardless of what my previous ideas on the subject were."

It will be observed that the eyes of this patient were not tired by her two days railroad journey, during which she read constantly;—they were not tired by hours of reading after her return; they were rested by reading extremely fine print; but

they were very much tired by a trip downtown during which they were not called upon to focus upon small objects. Later a leaf from the Bible was sent to her, and she wrote:

"The effect even of the first effort to read it was wonderful. If you will believe it, I haven't been troubled having my eyes feel 'crossed' since, and while my actual vision does not seem to be any better, my eyes feel a great deal better.

February 1920

MENTAL EFFECTS OF CENTRAL FIXATION

A man of forty-four who had worn glasses since the age of twenty was first seen on October 8, 1917, when he was suffering, not only from very Imperfect sight, but from headache and discomfort. He was wearing for the right eye: concave 5.00D.S. with concave 0.50D.C. 180 degrees, and for the left concave 2.50D.S. with concave 1.50D.C. 180 degrees. As his visits were not very frequent and he often went back to his glasses, his progress was slow. But his pain and discomfort were relieved very quickly, and almost from the beginning he had flashes of greatly improved and even of normal vision. This encouraged him to continue, and his progress, though slow, was steady. He has now gone without his glasses entirely for some months. His wife was particularly impressed with the effect of the treatment upon his nerves, and in December, 1919, she wrote:

"I have become very much interested in the thought of renewing my youth by becoming like a little child. The idea of the mental transition is not unfamiliar, but that this mental, or I should say spiritual, transition should produce a physical effect, which would lead to seeing clearly, is a sort of miracle very possible indeed, I should suppose, to those who have faith.

"In my husband's case, certainly, some such miracle was wrought, for not only was he able to lay aside his spectacles after many years constant use, and to see to read in almost any light, but I particularly noticed his serenity of mind after treatments. In this serenity he seemed able to do a great deal of work efficiently, and not under the high nervous pressure whose after-effect is the devastating scattering of forces.

"It did not occur to me for a long time that perhaps your treatment was quieting his nerves. But I think now that the quiet periods of relaxation, two or three times a day, during which he practiced with the letter card, must have had a very beneficial effect. He is so enthusiastic by nature, and his nerves are so easily stimulated, that for years he used to overdo periodically. Of course, his greatly improved eyesight and the relief from the former strain must have been a large factor in this improvement. But I am inclined to think that the intervals of quiet and peace were wonderfully beneficial, and why shouldn't they be? We are living on stimulants, physical stimulants, mental stimulants of all kinds. The minute these stop we feel we are merely existing, and yet if we retain any of the normality of our youth do you not think that we respond very happily to natural simple things?"

March 1920

INFLUENZA—A QUICK CURE

When the muscles of the eyes are perfectly relaxed all errors of refraction are not only corrected, but abnormal conditions in other parts of the body are also relieved. It is impossible to relax the muscles of the eyes without relaxing every other muscle in the body. When people have colds or influenza the muscles that control the circulation in the affected parts are under a strain, the arteries are contracted, and the heart is not able to force the normal amount of blood through them. The blood consequently accumulates in the veins and produces inflammation. Hence any treatment which relaxes the muscles of the eyes sufficiently to produce central fixation and normal vision will cure colds and influenza. When one palms perfectly, shifts easily, or has a perfect universal swing, not only the muscles which control the refraction, but the muscles of the arteries which control the circulation of the eyes, nose, lungs, kidneys, etc., are relaxed, and all symptoms of influenza, disappear. The nasal discharge ceases as if by magic, the cough is at once relieved, and if the nose has been closed, it opens. Pain, fatigue, fever and chilliness are also relieved. The truth of these statements has been repeatedly demonstrated.

The Editor is very proud of this discovery which is now published for the first time.

EDITOR'S NOTE.—The writer of this article, a young man of twenty, was wearing, when first seen, the following glasses, prescribed three years earlier: both eyes, concave 6.50 D. S. combined with concave 3.00 D. C. 180 degrees. He also brought with him, from the Mayo Clinic, a later prescription—right eye, concave 9.00 D. S. combined with 4.50 D. C. 180 degrees; left eye, concave 8.00 D. S. combined with concave 3.00 D. C.—which indicated that there had been a very rapid advance in his myopia. The progress he made in the brief period of six weeks was very unusual.

April 1920

"BETTER EYESIGHT" APPRECIATED

The testimony of the following letter to the value of the experiences of patients recently published in this magazine is very interesting. The statements about the effect of central fixation upon the desire for sleep are also significant, and the facts have been duplicated in many other cases.

I am keenly interested in this medium through which your discoveries and the experiences of your patients are made known to the public. My eyesight is improving steadily, and I find that I am grasping and applying the principles set forth in your magazine more intelligently every day.

I have improved physically and mentally since I started the exercises. Ever since I can remember, I have had the greatest difficulty in rousing myself from a very heavy sleep in the morning into which I seem to fall after a night of constant dreaming. As a result, I feel heavy with fatigue and positively stupid mentally. One doctor whom I consulted said that these nocturnal disturbances were due to indigestion, or a bad conscience! I told him I guessed it was both!

As soon as I awaken in the morning now, I start my exercises and after palming, flashing and swinging, I feel as if a fog had lifted and as if I were suddenly released from a weight that had held me down. I start the day with a clear mind and a buoyant energy that enables me to accomplish twice as much as I used to. This has been a very interesting experience to me, and a very curious one. I suppose some mental scientists would say that I forget my fatigue because I focus my attention and interest on something else, which may be true to a certain extent, but not wholly, because it does not explain the sudden clear vision and physical freedom of which I immediately become conscious.

May 1920

Fine Print a Benefit to the Eye

Its Effect the Exact Contrary of What Has been Supposed

Seven Truths of Normal Sight

1—Normal Sight can always be demonstrated in the normal eye, but only under favorable condition.

2—Central Fixation: The letter or part of the letter regarded is always seen best.

3—Shifting: The point regarded changes rapidly and continuously.

4—Swinging: When the shifting is slow, the letters appear to move from side to side, or in other directions, with a pendulum-like motion.

5—Memory is perfect. The color and background of the letters, or other objects seen, are remembered perfectly, instantaneously and continuously.

6—Imagination is good. One may even see the white part of letters whiter than it really is, while the black is not altered by distance, illumination, size, or form, of the letters.

7—Rest or relaxation of the eye and mind is perfect and can always be demonstrated.

When one of these seven fundamentals is perfect, all are perfect.

June 1920

Cataract Cure

The treatment prescribed was as follows:

+Palming six times a day, a half hour or longer at a time;

+reading the Snellen test card at five, ten, and twenty feet;

+reading fine print at six inches, five minutes at a time, especially soon after rising in the morning and just before retiring at night, and

+reading books and newspapers.

+Besides this, he was to subject his eyes, especially the left, to the sunlight whenever an opportunity offered,
+ to drink twelve glasses of water a day,
+walk five miles a day,
+and later, when he was in better training, to run half a mile or so every day.

The results of this treatment have been most gratifying. Not only have his eyes improved steadily, but his general health has been so much benefited that at eighty-two he looks, acts and feels better and younger than he did at eighty-one.

July 1920

SEE THINGS MOVING

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

When the sight is perfect the subject is able to observe that all objects regarded appear to be moving. A letter seen at the near point or at the distance appears to move slightly in various directions. The pavement comes toward one in walking, and the houses appear to move in a direction opposite to one's own. In reading the page appears to move in a direction opposite to that of the eye. If one tries to imagine things stationary, the vision is at once lowered and discomfort and pain may be produced, not only in the eyes and head, but in other parts of the body.

This movement is usually so slight that it is seldom noticed till the attention is called to it, but it may be so conspicuous as to be plainly observable even to persons with markedly imperfect sight.

If such persons for instance, hold the hand within six inches of the face and turn the head and eyes rapidly from side to side, the hand will be seen to move in a direction opposite to that of the eyes. If it does not move, it will be found that the patient is straining to see it in the eccentric field. By observing this movement it becomes possible to see or imagine a less conspicuous movement, and thus the patient may gradually become able to observe a slight movement in every object regarded. Some persons with imperfect sight have been cured simply by imagining that they see things moving all day long.

The world moves. Let it move. All objects move if you let them. Do not interfere with this movement, or try to stop it. This cannot be done without an effort which impairs the efficiency of the eye and mind.

August 1920

THE CURE OF IMPERFECT SIGHT IN SCHOOL CHILDREN

While reading the Snellen test card every day will, in time, cure imperfect sight in all children under twelve who have never worn glasses, the following simple practices will insure more rapid progress:

1. Let the children rest their eyes by closing for a few minutes or longer, and then look at the test card for a few moments only, then rest again, and so on alternately. This cures many children very promptly.
2. Let them close and cover their eyes with the palms of their hands in such a way as to exclude all the light while avoiding pressure on the eyeballs (palming), and proceed as above. This is usually more effective than mere closing.
3. Let them demonstrate that all effort lowers the vision by looking fixedly at a letter on the test card, or at the near point, and noting that it blurs or disappears in less than a minute. They thus become able, in some way, to avoid unconscious effort.

The method succeeds best when the teachers do not wear glasses.

Supervision is absolutely necessary. At least once a year some person whose sight is normal without glasses and who understands the method should visit the classrooms for the purpose of answering questions, testing the sight of the children, and making a report to the proper authorities.

The Snellen test card is a chart showing letters of graduated sizes, with numbers indicating the distance in feet at which each line should be read by the normal eye. Originally designed by Snellen for the purpose of testing the eye, it is admirably adapted for use in eye education.

September 1920

MAKE YOUR SIGHT WORSE

This is an excellent method of improving it

Learn how to cure/avoid unclear vision by experiencing how strain and unclear vision are caused.

Strange as it may seem there is no better way of improving the sight than by making it worse. To see things worse when one is already seeing them badly requires mental control of a degree greater than that required to improve the sight. The importance of these facts is very great.

- + When patients become able to lower their vision by conscious staring, they become better able to avoid unconscious staring.
- + When they demonstrate by increasing their eccentric fixation that trying to see objects not regarded lowers the vision, they may stop trying to do the same thing unconsciously.
- + What is true of the sight is also true of the imagination and memory. If one's memory and imagination are imperfect, they can be improved by consciously making them worse than they are.
- + Persons with imperfect sight never remember or imagine the letters on the test card as perfectly black and distinct, but to imagine them as grey and clouds is very difficult, or even impossible, and when a patient has done it, or tried to do it, he may become able to avoid the unconscious strain which has prevented him from forming mental pictures as black and distinct as the reality.
- + To make imperfect sight worse is always more difficult than to lower normal vision. In other words, to make a letter which already appears grey and indistinct noticeably more cloudy is harder than to blur a letter seen distinctly. To make an imperfect mental picture worse is harder than to blur a perfect one. Both practices require much effort, much hard disagreeable work; but they always, when successful, improve the memory, imagination and vision.

October 1920

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible. Kindly enclose a stamped addressed envelope.

Q - 1 When objects at a distance clear up they are double. Can you suggest a remedy for this double vision?

2. When I open my eyes after palming my sight gradually clears, but an intense pain often comes in my eyes, so that they close. The pain always starts with very clear vision. Is this eyestrain?—H. M.

A - 1 If the objects are double when they clear up, relaxation is not complete, and the only remedy is to secure a greater degree of relaxation. This may be done in many ways. Use the method you have found most effective.

2. Yes. Your sight should be best when you open your eyes. If it clears up afterward, it is because you are making an effort to see. This produces the pain.

Q - 1 How long should one palm and how often?

2. How young a patient can you treat by this method, and up to what age can you expect results? How would you handle a child that did not know its letters?

3. Is astigmatism curable by this method?

4. How long has the method?—J. H. W.

A - 1 As often and as long as possible.

2. The age is immaterial. It is a matter of intelligence. Patients as old as eighty-two have been relieved. Children can be treated as soon as they are able to talk. Any small object can be used for eye training, and in the case of children who do not know their letters, kindergarten and Montessori equipment is often useful.

3. Yes.

4. Its evolution began thirty-five years ago. It has improved as experience was gained, and is still improving.

November 1920

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible. Kindly enclose a stamped addressed envelope.

Q - Can opacity of the cornea be cured?—E. B.

A - Yes. A patient with opacity of the cornea came to the eye clinic of the Harlem Hospital with a vision of 20/70, and in half an hour became able to read 20/40. Later his vision became normal, much to my surprise. Other cases have also been cured.

Q - Is retinitis pigmentosa curable?—R. V.

A - Yes. See Better Eyesight, for April, 1920.

Q - My eyes are weak, and cannot stand the light. Can anything be done for them?—Mrs. W. T

Close vision cure

Q - Is it possible to regain the ability to read without glasses when it fails after the age of forty, the sight at the distance being perfect? If so how can this be done?—H. C.

A - The failure of the sight at the near-point after forty is due to the same cause as its failure at any other point and at any other age, namely strain. The sight can be restored by practicing at the near-point the same methods used to improve the vision at the distance—palming, shifting, swinging, etc. The sight is never perfect at the distance when imperfect at the near-point, but will become so when the sight at the near point has become normal.

A - Yes. Stop wearing dark glasses, and go out into the bright sunshine. As they get stronger accustom them to the direct light of the sun. Let the sun shine on the closed eyelids. Then gradually open them until able to keep them wide open while the sun shines directly into them. Be careful not to overdo this, as much discomfort and lowered vision might result temporarily from a premature exposure of the eyes to strong light. See Better Eyesight for November, 1919.

November, 1920

December 1920

VOLUNTARY PRODUCTION OF EYE TENSION A SAFEGUARD AGAINST GLAUCOMA

It is a good thing to know how to increase the tension of the eyeball voluntarily, as this enables one to avoid not only the strain that produces glaucoma, but other kinds of strain also. To do this, proceed as follows:

+ Put the fingers on the upper part of the eyeball while looking downward, and note its softness. Then do any one of the following things:

+ Try to see a letter, or other object, imperfectly, or (with the eyes either closed or open) to imagine it imperfectly.

+ Try to see a letter, or a number of letters, all alike at one time, or to imagine them in this way.

+ Try to imagine that a letter, or mental picture of a letter, is stationary.

+ Try to see a letter, or other object, double, or to imagine it double.

When successful the eyeball will become harder in proportion to the degree of the strain; but, as it is very difficult to see, imagine, or remember, things imperfectly, all may not be able at first to demonstrate the facts.

Year 1921

January 1921

THE TREATMENT OF CATARACT

A Report of a Case

From "A Case of Cataract," by Victoria Coolidge, in "Better Eyesight" for June, 1920.

The treatment prescribed was as follows:

- + Palming six times a day, a half hour or longer at a time.
- + Reading the Snellen test card at five, ten, and twenty feet.
- + Reading fine print at six inches, five minutes at a time, especially soon after rising in the morning and just before retiring at night, and reading books and newspapers.
- + Besides this, he was to subject his eyes, especially the left, to the sunlight whenever an opportunity offered, to drink twelve glasses of water a day, walk five miles a day, and later, when he was in better training, to run half a mile or so every day. The results of this treatment have been most gratifying. Not only have his eyes improved steadily, but his general health has been so much benefited that at eighty-two he looks, acts and feels better and younger than he did at eighty-one.

February 1921

THE PREVENTION AND CONTROL OF PAIN BY THE MIND

Anyone who has normal vision can demonstrate in a few moments that when the memory is perfect no pain is felt, and can produce pain by an attempt to keep the attention fixed on a point. To do this proceed as follows:

- + Look at a black letter, close the eyes and remember it.
- + Look at the letter again and again close the eyes and remember it.
- + Repeat until the memory is equal to the sight.
- + Now press the nail of one finger against the tip of another. If the letter is remembered perfectly, no pain will be felt.
- + With practice it may become possible to remember the letter with the eyes open.
- + Remember the letter imperfectly, with blurred edges and clouded openings, and again press the nail of one finger against the tip of another. In this case it will be found impossible to continue the pressure for more than a moment on account of the pain.
- + Try to remember one point of a letter continuously. It will be found impossible to do so, and if the effort is continued long enough pain will be produced.
- + Try to look continuously at one point of a letter or other object. If the effort is continued long enough, pain will be produced.

March 1921

March, 1921

HOW TO OBTAIN PERCEPTION OF LIGHT IN BLINDNESS

Two things have always brought perception of light to blind patients. One is palming, and the other is the swing. The swing may take two forms:

1. Let the patient stand with feet apart, and sway the body, including the head and eyes, from side to side, while shifting the weight from one foot to the other.
2. Let him move his hand from one side to the other in front of his face, all the time trying to imagine that he sees it moving. As soon as he becomes able to do this it can be demonstrated that he really does see the movement.

Simple as these measures are, they have always, either singly or together, brought relaxation and with it perception of light, in from fifteen minutes or less to half an hour. In palming, the patient should remember that this does not bring relief unless mental relaxation is obtained, as evidenced by the disappearance of the white, grey and other colors which most blind people see at first with their eyes closed and covered.

April 1921

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q - While I can see the letters on the Snellen test card distinctly with both eyes down to the 50-line, the right eye sees double below that point. What is the reason? J. C. H.

A - While you see the letters down to the 50-line singly and well enough to recognize them, you do not see them perfectly. Otherwise you would see them perfectly below that point. The double vision of the right eye below that point is not due to its error of refraction, but to imagination. With both eyes closed, imagine the letters single. Then look at the test card for a moment. Repeat until the letters can be regarded continuously without doubling. Practice first with both eyes together, then with the right eye separately.

Q - I have conical cornea. Can it be cured or relieved without glasses or operation? A. R.

A - Yes One such case secured normal vision in six weeks by the aid of the methods presented in this magazine. Another case was cured in two weeks. Corneal cornea is simply an anterior staphyloma, or bulging of the front of the eyeball similar to the posterior staphyloma which so often occurs in myopia. Both are curable by the same methods.

May 1921

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q - I began to wear glasses for farsight when I was twenty-six. I began with convex 1.00 D. S. and now at forty-two I am wearing convex 2.50 D. S., or was until a few weeks ago when I decided to try the methods presented in this magazine. I can read and sew with ease in the daylight, but cannot read fine print even in a strong electric light for more than a few minutes without getting a dull ache at the back of my eyeballs. What I want to do is this:

1. Do you advise the use of the test card in my case, or is it only for children?
2. Would the swing help me, and if so will you explain it a little more clearly?
3. Is it best to go without the glasses as much as I can, or am I injuring my eyes by so doing?
4. Would it retard the cure to use the glasses just for evening reading?
5. How long will it take for my eyes to become young again, if that is possible? G. H.

A - 1. The test card is for everybody.

2. Yes, the swing would help you. The normal eye is constantly shifting, and thus an apparent movement of objects regarded is produced. By consciously imitating this unconscious shifting of the normal eye and realizing the apparent movement which it produces, imperfect sight is always improved.

3. You should discard your glasses permanently. They are never a benefit and always an injury to the eyes.

4. Yes.

5. It is entirely possible for your eyes to become young again, but it is impossible to guess how long this will take because it is impossible to tell how well or intelligently you will practice central fixation.

Q - Why is it that when I look at an electric light half a mile away it looks as if there were ten or a dozen rays of light going in all directions? R. R. T.

A - Because when you look at an object half a mile away you strain to see it, and under the influence of the strain you imagine rays of light going in all directions so vividly that you seem to see them. It is for the same reason that the stars twinkle. If you could look at the light, or at the stars, without effort, there would be no twinkling.

June 1921

QUESTIONS AND ANSWERS (None listed this month)

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

July 1921

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q - After leaving off my glasses and practicing the methods advocated in your magazine for six months, I went to the oculist who gave me glasses eleven years ago to have my eyes re-examined. He said the astigmatism was exactly what it was eleven years ago, but that there had been some improvement in the near-sightedness. I am sending you the prescriptions, old and new. I apparently see better than when I took off my glasses, and there are times when I see letters measuring $\frac{3}{32}$ nds of an inch in height at a distance of ten feet. This lasts until I wink, (blink) when the letters become blurred and indistinguishable. I would like to ask the following questions:

1. Could there have been an improvement in the astigmatism without the oculist's observing it?
2. What is the percentage of improvement in each eye?
3. In your experience, when astigmatism has been cured, how does it go—all at once, or gradually?
4. Do you think I have made enough progress to warrant my continuing, or should I go back to glasses, which always gave me comfort, and leave perfect eyesight for those more easily cured? G. H. A.

A - 1. Yes. During the examination you may have been under a strain.

2. It is impossible to judge your improvement by comparing your glasses, because the refraction is continually changing.

3. It may go in either way.

4. Yes. Your trouble is so slight that I do not understand why it should take you so long to correct it.

Q - After being out in the bright sunlight everything looks intensely black to me indoors. Is this a natural consequence of the exposure of the eyes to bright light, or does the normal eye not experience it? L. K.

A - Many persons with imperfect sight, and also persons with ordinarily normal sight suffer in the way you describe after going indoors out of the bright sunlight, and the trouble can be relieved by any method which brings about a complete relief of strain.

Q - What is the quickest cure for inability to read without glasses on account of advancing years? J. L. C.

(Presbyopia cure)

A - Close the eyes and remember a small letter of the alphabet perfectly. Open the eyes, and at twelve inches look at the corner of a card showing a specimen of diamond type fine print, remembering the letter as well as you can. Close the eyes or palm, and remember the letter better. Alternately, remember it with the eyes open (and looking at the corner of the card) and closed, until the memory with the eyes open and closed is nearly equal. Then look between the lines and do the same thing. In this way some patients become able in half an hour to read the letters on the card. Others require days, weeks, or longer.

Q - Is it possible to become able to read without glasses after the extraction of cataract? A. C.

A - Yes. Accommodation is brought about by a lengthening of the eyeball through the action of a pair of muscles on the outside. If the patient is able to look at a printed page without effort or strain, the eyeball will lengthen sufficiently to compensate for the loss of the lens.

August 1921

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q—(1) Does working by artificial light affect the eyes? I work all day by electric light—am a bookkeeper, and suffer a great deal from my eyes. I have been fitted with glasses, but cannot wear them. I feel that my eyes, instead of getting better from wearing them, get weaker.

(2) When I go out in the street after working I cannot stand the glare of the sun, and must keep my eyes half-closed;

otherwise I suffer a great deal of pain. Is it so because of my eyes being accustomed to the artificial light? It is not so on Sundays.

(3) Is it advisable to wear an eye-shade while working?—S. S.

A—(1) Working by artificial light should not injure the eyes. If it does, it is because you are straining them. The idea that the light is injurious may cause you to do this. If you think of it as quieting and beneficial, it may have the opposite effect. You are right in thinking that the glasses injure your eyes.

(2) The sun hurts your eyes when you go out on the street after working because you have been straining to see, not because you have been working by artificial light. Because you strain less on Sundays the sun does not hurt you.

(3) It is not advisable to wear an eye-shade while working.

Q—Can the blindness of squint be cured?—F. C. E.

A—Yes. It can be cured by the same methods that are employed to relieve strain in other cases of imperfect sight.

Q—Do you get as much benefit from gazing at the sun through a window as you would outdoors? I have read that it did no good to take a sunbath through glass.—E. C. H.

A—Yes. The strength of the sunlight is not appreciably modified by the glass.

Modern Scientists state that all glass, plastic, clear, tinted, colored blocks out part of the suns healthy full spectrum light causing unhealthy, unbalanced, partial spectrum light to enter the eyes, brain, body resulting in lowered health, impaired function of body, brain, eyes and unclear vision. Full Spectrum transmitting glass may allow passage of more (but still imperfect) full spectrum light.

September 1921

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q—(1) After closing my eyes tight and then opening them, I can read Better Eyesight at a distance of about two feet. The type stands out very black and clear. After about two or three minutes my old myopia comes back. What I want to know is whether this practice is good for the eyes and whether it will help me to see at a distance.

(2) Can you tell me what is a good thing to do to see people across the street clearly or in a meeting room at fairly close range? It is awkward not to be able to recognize people until one is close upon them.—A. H. C.

A—(1) Yes, but I would expect you to get better results if you closed your eyes easily and naturally, instead of closing them tight.

(2) The only way to overcome this difficulty completely is to get cured, but the practice you have described sometimes helps to bring out distant objects temporarily. Straining to see at the nearpoint may also improve your distant vision temporarily. One myopic patient, when she wished to recognize people across the street, used to strain to see her finger held close before her eyes and then look at the person she wished to see.

Shift on the finger, no strain for clear close and distant vision.

October 1921

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

November 1921

QUESTION AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q - (1) How long should one palm at a time, and how far should one be from the test card?

(2) I do not understand shifting and swinging well enough to practice this method. Will you please explain it to me just as you would to a new patient?

(3) I am not getting the results you say one should from the treatment. For instance, I tried palming last evening, and at the beginning I could see clearly only the first three lines on the test card. After two hours work I could see and read clearly all but the last line of letters at the bottom, but when I looked at the card this morning it was just the same as when I started palming. Now, how can I get the vision to stay? Must one continue to palm every day, and if so will the improvement in time become permanent? R. H.

A - (1) The length of time you should palm depends entirely upon the results you obtain from the practice. Some patients can palm for hours with benefit; others cannot keep it up for more than a few minutes. Your distance from the test card depends somewhat on the state of your vision and somewhat on your own convenience. At whatever distance you may be—7, 10, 15, or 20 feet—practice with a line of letters which you cannot see distinctly.

(2) See *The First Visit*, this issue.

(3) We think you are doing wonderfully well and congratulate you. If you continue the palming, the improvement will in time become permanent. If you will practice shifting and swinging when not practicing with the card it will help you (See *The Swinging Cure*, *BETTER EYESIGHT*, October, 1919).

Q - (1) I have discarded my glasses for street use, and am slowly getting used to seeing without them. However, when I go to the theatre or a movie I cannot discern the faces, expression, etc., of the actors without the aid of my glasses. When I look without them the whole proceeding is like one hazy mass before my eyes. What can I do about this?

(2) Kindly explain your terms "cupping and palming." Subscriber.

A - (1) All you can do is to go on improving your sight.

(2) By cupping is meant cupping the hand over the eye in such a way so as to exclude the light while avoiding pressure on the eyeball. Palming cannot be explained briefly. See *BETTER EYESIGHT*, January, 1920.

Q - (1) What is the best method to use when the patient has a dilated pupil?

(2) What special refractive condition causes white letters and dots to appear over the test card along with blurring of the letters and also without it? (3) Is the temporary use of the reading glass or lorgnette as detrimental to the eyes as regular glasses? C. C. J.

A - (1) Any method that produces relaxation will help. Palming is particularly effective.

(2) They may occur with any error of refraction.

(3) Yes.

Q - (1) In swinging the period should one follow it in its travel from side to side, seeing it clearly all the time.

(2) *BETTER EYESIGHT* advises sleeping on the back. Will you kindly give me explicit directions as to how to do this. T. J. O. J.

A - (1) Whether you see a period all the time you are swinging it depends upon the length of the swing. If the swing is very short, a mere pulsation, you will; if it is long, or too rapid, it will be blurred or lost altogether at times.

(2) In lying on your back the arms should be parallel with the body and the lower limbs completely extended. The height of the pillow is immaterial. The head may or may not be turned to one side. It is a good thing to go to sleep swinging or palming.

Q - (1) When I palm does it affect my eyes if I do mental work. I could palm more if it didn't matter what you were thinking about, because I could do part of my studying that way. In short, does mental work necessarily mean mental strain?

(2) Isn't there any way to cure my eyes that doesn't take so much time as palming? M. W.

A - (1) Mental work does not necessarily mean mental strain. If you can see black with your eyes closed and covered while thinking of your lessons, you are perfectly safe in doing so.

(2) The best thing for a busy person is to form a habit of constant shifting and to imagine that everything seen is moving. It is the habit of staring that spoils your sight. If you can correct this by constant shifting and the realization of the movement

produced by the shift, you can get well without so much palming and you will also be able to do your school work better.

Q - I cannot yet read or write easily without my glasses. Can I harm my eyes by trying to do so? P. A. C.

A - You cannot harm your eyes by reading and writing without glasses if you stop often to rest them by closing or palming. Even if the use of the eyes without glasses produces pain and fatigue the injury is less than from the wearing of the glasses.

Q - How can I relieve fatigue and nervousness while listening to the sermon in church?

A - Try swinging your thumbs over or round each other, or back and forth, and then reversing. One patient gets relief from swinging her big toe inside her shoe.

Q - Can a tendency to sties be relieved by relaxation?

A. Yes.

Q - Is it injurious to expose a baby's eyes to the strong sunlight while sleeping? F. E.

A - The strong sunlight is very beneficiary to the eyes of babies, asleep or awake. It is injurious to shade their eyes from the sun.

December 1921

QUESTION AND ANSWERS

Our readers are invited to send in questions regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Year 1922

January 1922

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send in questions regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q - (1) Should a house be brightly lighted by a direct electric light or a reflected white light?

(2) In many homes colored shades are used on the lights. Does that impair the sight? C. I. I.

A - (1) The more brightly the house is lighted the better for the sight.

(2) Yes.

Q - (1) Is it advisable to use specimens of diamond type other than the Seven Truths of Normal Sight? Would it be well to get a New Testament in diamond type?

(2) I have thus far found the flashing method the most helpful. However, after closing the eyes, I have difficulty in opening them. The lids seem to stick together, as it were. What is the cause of such stickiness and the remedy?

(3) I was trying to read the Seven Truths lately by the flashing method, and for about twenty minutes obtained very little results. Then, of a sudden, upon closing my eyes, I saw the blackest object I have ever seen with closed eyes. I was startled, it seemed so real, and on opening my eyes I was surprised to find that I could read practically all of the Seven Truths clearly, at thirteen inches, without closing my eyes. I think the black object was probably the black rubber key of the electric socket in the fixture which I had unconsciously looked at from time to time during the exercise. I have not been able to do just this since. What is the probable reason for my failure?

(4) I find I see any reading matter more clearly in a bright light—sunlight or electric light—than in a dim or less bright light. Why is this?

(5) Today in trying to read the Seven Truths I found that I could do it at six or seven inches with few alternate closings of the eyes and flashes; but I found in accomplishing this I was partially closing my eyelids, so that I must have looked much like

the Patagonians in Fig. I in Dr. Bates' book, said to be probably myopic when the picture was taken. I found that I could not keep my eyes thus partly closed without some strain, but I could not see the print clearly when they were wide open. Often the print would look quite blurred when I first looked at it, but it cleared perceptibly and became quite black as I continued to look. I also found myself reading today twenty pages of fairly small print at about eight or nine inches in much the same way. W. C. C.

A - (1) Yes, if you wish to. The Testament would be a good thing to have.

(2) Difficulty in closing or opening the eyes is a common symptom of strain, and may be relieved by any method that relieves strain. (3) Such intervals of relaxation are a very common phenomenon. They will come more frequently and last longer if you continue to practice.

(4) In a bright light the contrast between black letters and their white background is more marked than in a dim light. Persons differ greatly, however, in the amount of light they require for maximum vision. Some people see better in a dim light, because they think that condition a favorable one.

(5) It is a bad one. [Squinting is a destructive habit that causes, increases eye muscle tension, eyestrain, blur.](#)

January, 1922

February 1922

QUESTIONS and ANSWERS

Q - Do the rays from the Snellen Card at 20 feet enter the normal eye approximately parallel?

A - Yes.

Q - I am not absolutely clear in my mind about the use of the word relaxation.

"The eye possesses perfect vision only when it is absolutely at rest." Page 107, "Perfect Sight Without Glasses."

"Near, vision although accompanied by muscular action." Page 101.

A - Read further.

Q - What is the function of the ciliary muscles?

A - I do not know.

Q - How do you account for this muscle and the changes in the curvature in the lens which never occur? (I have lost the page reference where you cited cases of a flattening or increase in convexity of the lens.)

A - I do not account for the presence of the ciliary muscle and never stated the lens changed its curvature.

[The ciliary muscle = muscle in the ciliary body.](#)

[The ciliary muscle suspends the lens in place and moves Aqueous Humor into the posterior chamber of the eye.](#)

[The old theory of accommodation states that the ciliary muscle changes the shape of the lens to produce accommodation, clear close vision.](#)

[Other doctors state it may slightly move the lens forward and backward as in a camera or may change the shape, position of the lens for other purposes; function with light, work with the iris muscle...](#)

March 1922

SEE THINGS MOVING

WHEN riding in a railroad train, traveling rapidly, a passenger looking out a window can imagine more or less vividly that stationary objects, trees, houses, telegraph poles, are moving past in the opposite direction. If one walks along the street, objects to either side appear to be moving. When the eyes move from side to side a long distance with or without the movement of the head or body it is possible to imagine objects not directly regarded to be moving. To see things moving avoid looking directly at them while moving the eyes.

The Long Swing: No matter how great the mental or other strain may be, one can, by moving the eyes a long distance from side to side with the movement of the head and body in the same direction, imagine things moving opposite over a wide area. The eyes or mind are benefited.

The Short Swing: To imagine things are moving a quarter of an inch or less, gradually shorten the long swing and decrease the speed to a rate of a second or less for each swing. Another method is to remember a small letter perfectly with the eyes closed and noting the short swing. Alternate with the eyes open and closed.

The Universal Swing: Demonstrate that when one imagines or sees one letter on a card at a distance or at a near point that the card moves with the letter and that every other letter or object seen or imagined in turn also swings. This is the universal swing. Practice it all the time because the ability to see or to do other things is benefited.

Practice the imagination of the swing constantly. If one imagines things are stationary, the vision is always imperfect, and effort is required and one does not feel comfortable. To stare and strain takes time. To let things move is easier. One should plan to practice the swing observed by the eye with normal vision: as short at least as the width of the letter at twenty feet or six inches, as slow as a second to each movement and all done easily, rhythmically, continuously.

April 1922

TO A PATIENT

By L. M. Stanton, M. D.

These words of instruction and encouragement have a message not only for a single patient of Dr. Stanton's, but for everyone who seeks the better vision that true knowledge gives.

THE eyes are almost a part of the brain, and vision is more closely connected with the mind than is any one of the other special senses. Anything that effects the mind, therefore, is almost certainly reflected in the eyes and if the mind is disturbed vision is impaired.

Importance of mental control cannot be overestimated. Perhaps this state of the mind at rest is better expressed by the word composure or equanimity than by control, as the latter somewhat suggests effort. If we could but catch those fleeting moments of clear vision, so exasperating because so elusive, and trace them to their origin I think in every case it would be found that a state of mental composure would account for them.

An unperturbed mind undoubtedly makes for clarity of physical as well as of mental vision. This is no "far-off divine event" but an effect which happens immediately and which one can demonstrate many times a day.

When you look at an object you will see it better if you don't try to see it than you will if you try to see it. The maxim, "If at first you don't succeed try, try, try again" is never true in the sense that "try" means effort, and the futility of effort is never more convincingly shown than in our attempt to see by straining to see. If we would "venture," instead of "try," we would succeed not only eventually but often "at first."

You need not trouble about your blood pressure, but take your nerve pressure as often as you can. You can gauge your mental tension by your muscular tension, and if your muscles are taut—your arms rigid, your hands clenched—you are mentally straining. And there are no muscles that respond more quickly to our thought than do the ocular muscles. A patient was requested to close her eyes. She literally banged them shut, and if she had been asked to perform the most difficult task her face could not have expressed greater strain. By our multifarious environment we are being continually bombarded, and though we must ever be ready for action, unless this action springs from self-possession it is pretty sure to miss fire.

Can you perfectly recall the individual letters of the diamond type card? This is very good practice for the memory and imagination. I could not remember a small letter t but resolved to experiment without looking at the card. Many t's were at first discarded for I knew they were imperfect and not like the t of the card. I knew that a t was a long letter but whether it extended above or below the short letters of the line I could not tell. I was not sure where it was crossed in relation to the other letters in the word in which I imagined it. So poor were my mental pictures that I confounded the t with an f. This, however, was a step forward, as an inverted f closely resembles a letter t. I continued to experiment, knowing that if I imagined the truth I would see the letter as perfectly as when looking at it on the card. Then, suddenly, there it was, shapely and black. I still remember it clearly for "the little one does learn is unforgettable, impressed upon the mind in a different way than mere learning."

When you palm do you see a perfect black? I look out into the blackness of the darkest night and then imagine it still blacker. Experience is only suggestive. As you are different from anyone else so are your eyes like no others. Do your own experimenting, and prize your own successes above all things.

May 1922

QUESTIONS AND ANSWERS

Q - "When the sight is perfect the memory is also perfect because the mind is perfectly relaxed." "Better Eyesight," November 1919, page 2. I know of a Professor of Chemistry who has remarkably fine eyes and who cannot remember the roads to drive his car home from Boston to Malden.

A - He does not see the roads perfectly.

Q - Do idiots and patients having aphasia never have perfect eyesight?

A. Some do.

Q - Am I right in thinking that you consider the reverse of this true?

A - Yes, with exceptions

June 1922

QUESTIONS AND ANSWERS

Q - When the memory is perfect the sight is also perfect? An eminent musician in Boston has a phenomenal memory for music but is so near-sighted that without glasses he could not see to find his way.

A - He sees music perfectly.

Q - You have said that imagining sensations of feeling, tasting, smelling, etc., are as effective as seeing in perfecting the eyesight. I know of a Professor of Psychology who is an expert in the field of smell. She has a remarkable ability to imagine odors, as I have heard her testify many times. She is so near-sighted that she has to have an attendant when she walks. I don't remember any definite statement as to her visual memory except that I remember her remarking that when she heard a name she always by some power of association saw distinctly some color. Her memory in other respects also seems far above the average. How would you account for her near-sightedness?

A - Strain to see.

Q - "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."—"Better Eyesight," page 8, July, 1919. Why is this necessarily true if as you say on pages 8 and 9 of the same magazine different strain produces eccentric fixation from that strain which produces, for example, myopia.

A - Imperfect sight is always accompanied by loss of central fixation.

Q - In visualizing a black period what background should one see?

A - Not important.

Q - How would you explain by your theory this experience? A friend of mine who has far-sighted astigmatism for which she is wearing glasses, when working under pressure and with considerable nervous strain has no trouble with her eyes, but upon completely relaxing during a vacation period is troubled with smarting and aching of the eyes.

A - Strain, not relaxed.

Q - "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 movement 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."—"Better Eyesight," December, 1919, page 1. I do not understand the italicized statement. You have said that the normal eye is continually shifting. If every motion of the eye or the object of vision ("Perfect Sight Without Glasses"), page 107), produces an error of refraction how advise reading in a moving vehicle, or attending a moving picture show?

A - Moving pictures do not move when seen. Reading in a moving vehicle is common as the page may be stationary with the eye.

Vision remains clear because: when watching the movie, the characters, scenery are constantly moving, changing and this keeps the eyes moving, shifting often.

It is only when the eyes move very slow, infrequently or stop moving (staring) that the temporary blur produced by eye movement is seen.

When the eyes move easily, frequently, blur is not seen, vision remains clear.

This same fact occurs when reading a book in a moving car, train; the book moves about and if the eyes stay relaxed and move with the book, without trying to lock the eyes onto it: shifting, eye movement occurs and the neck, body move, stay relaxed. This keeps the vision clear.

July 1922

"PAGE TWO"

ON page two of this magazine are printed each month specific directions for improving the sight in various ways. Too many subscribers read the magazine once and then mislay it. We feel that at least page two should be kept for reference.

When the eyes are neglected the vision may fail. It is so easy to forget how to palm successfully. The long swing always helps but it has to be done right. One may under adverse conditions suffer a tension so great that the ability to remember or imagine perfectly is modified or lost and relaxation is not obtained. The long swing is always available and always brings sufficient relief to practice the short swing, central fixation, the perfect memory and imagination with perfect relief.

Be sure and review page two frequently; not only for your special benefit but also for the benefit of individuals you desire to help!

Persons with imperfect sight often have difficulty in obtaining relaxation by the various methods described in the book and in this magazine. It should be emphasized that persons with good vision are better able to help others than people who have imperfect sight or wear glasses. If you are trying to cure yourself avoid people who wear glasses or do not see well. Those individuals are always under a strain and the strain is manifested in their face, in their voices, in their walk, the way they sit, in short in everything that they do.

Strain is contagious. Teachers in Public Schools who wear glasses are a menace to their pupils' sight. Parents who wear glasses or who have imperfect sight lower the vision of their children. It is always well when treating children or adults to keep them away from people with imperfect sight.

August 1922

QUESTIONS AND ANSWERS

Q - If one's arms become tired while palming, will a black silk handkerchief covering the eyes produce the same amount of relaxation one gets from palming?

A - No. Palming is the best method for relaxation and improvement in vision. When tired of palming, the hands can be removed and the eyes kept closed until one feels relaxed.

Q - Will it still be necessary to continue practicing the methods of swinging and shifting after my eyes are cured?

A. No. When you are cured of eyestrain you will not be conscious of your eyes. However, if you strain then, you will know what to do to relieve the strain,

Q - Can squint be cured by treatment without glasses after an operation proved unsuccessful? Does age make any difference?

A - Yes, even when it is over corrected, done too much damage. No, age does not make any difference.

September 1922

Eye Trouble Often Due Merely to Foreign Substances

A woman who could not speak a word of English tried very hard to tell of her suffering. Her son, aged 14, was with her and he repeated to me in English what she told him in Greek. Twice she had the muscles of her left eye cut in order to relieve her pain. She was discouraged the boy said, because two operations had done her no good. I examined her eye very carefully and when I turned her upper eyelid inside out, I discovered two small eyelashes growing in. This had caused all her suffering because every time she closed her eye the end of these eyelashes rubbed the cornea of her eye. Under the supervision of Dr. Bates I promptly removed the two lashes with a pair of tweezers and immediately her trouble was over. I cannot describe my pleasure and happiness when our patients show their gratitude after their sufferings are relieved. My heart overflows with thankfulness because I am able to help.

Dr. Bates told me that day about a patient who came to him who had been treated medically by other doctors for syphilis. When he did not respond to the treatment the medicine was changed and then they gave him treatment for rheumatism. The pain still continued so he called on Dr. Bates. Dr. Bates examined his eyes and found a foreign body, a cinder lodged in his cornea. This was removed and, for the first time in weeks, the poor man was relieved entirely of pain. I could go on describing such cases but I must leave room for something perhaps more important to our readers.

October 1922

QUESTIONS AND ANSWERS

Q - Is reading too great a strain for the eyes?

A - No. Reading is good for the eyes.

Q - Is it an injury to read in dim light?

A - No. It is a benefit to the eyes.

Q - Is it a strain to the eyes to read while riding on a train?

A - No. If there is no discomfort. It is a good thing to look out of the window and see the scenery moving opposite, then continue to read.

Q - How can one look at the sun without injury?

A - While looking toward the sun it is best to blink the eyes and to look to the right and to the left of the sun. This will help you to look directly at the sun without discomfort or pain. One cannot look directly at the sun without normal vision.

Q - What causes and cures abnormal watering of the eye?

A - Strain produces watering of the eye. Relaxation obtained by palming and swinging will cure this trouble.

Q - How can one, without glasses, accustom himself to reading by electric light?

A - The sun treatment, as it is explained in an article written by Emily C. Lierman in "Stories from the Clinic," September, 1922 number, is beneficial to anyone troubled by strong light of any kind. Whether it is a natural sun light or electric light, it does not matter. The sun treatment can only be applied by an expert.

November 1922

QUESTIONS AND ANSWERS

Q - If I improve the vision of the poor eye will there not be a confusion of images?

A - Not necessarily.

Q - Is it possible to cure a three year old child of squint without an operation?
A - Yes. I have had many such cases that were cured by my method of treatment.

December 1922

QUESTIONS AND ANSWERS

Q - Has Dr. Bates' method anything to do with concentration?
A—No, to concentrate is to make an effort. Dr. Bates' method is rest and relaxation which cannot be obtained by concentration.

Q - Is auto-suggestion a benefit to the eye?
A—Dr. Bates has tried it and found that it is not beneficial as it does not relieve the strain.

Q - Can hemorrhage of the retina be cured by Dr. Bates' method of treatment?
A—Dr. Bates has cured many such cases.

Q - Can one be cured of near-sightedness without being examined personally by Dr. Bates?
A—Yes, we have received letters from people who have cured themselves by reading Dr. Bates' book PERFECT SIGHT WITHOUT GLASSES.

Q - Can a patient while under treatment with Dr. Bates carry on his daily work just the same?
A—Yes, most patients continue their work just the same without the use of their glasses even though they find it difficult at the start.

Q - Can the vision be improved without glasses after the lens has been removed for cataract?
A. Yes.

Q - Does Dr. Bates approve of dark glasses to protect the eye from the glare of the sun at the sea shore?
A - No. Dark glasses are injurious to the eyes. The strong light of the sun is beneficial to the eyes, although it may be temporarily painful and blinding.

Q - When the pupils become dilated is that an indication of eyestrain.
A - No. A great many people who have dilated pupils have no trouble at all with their eyes.

Q - What causes styes (sties) ?
A - Infection, which is always associated with eyestrain.

A young girl experienced painful sties. She was poor and could not go to a doctor. She noticed that when a eyelash hair root, skin in that area itched, it would form a sty. She began the habit of pulling out eyelashes that itched and never again had sties. Possible infection starts in the eyelash root, skin pore?

Q - What causes night blindness?
A - It is caused by a form of eyestrain which is different from the eyestrain which causes imperfect sight with other symptoms.

Q - Can imperfect sight in school children be cured or prevented without supervision?
A - No. It is necessary for someone, who does not have to be a physician, to inspect the work once a year or oftener.

Year 1923

January 1923

BREATHING

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

A man aged sixty-five, had imperfect sight for distance and was unable to read fine print without the aid of strong glasses. After practicing deep breathing in the manner described he became able at once to, read diamond type quite perfectly, as close as six inches from the eyes. The benefit was temporary but by repetition the improvement became more permanent. At one time I experimented with a number of patients, first having them hold their breath and test their vision, which was usually lower when they did not breathe. They became able to demonstrate that holding their breath was a strain and caused imperfect sight, double vision, dizziness and fatigue, while the deep breathing at once gave them relief.

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

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

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

[Abdominal, diaphragmatic breathing, yawning is taught by modern Natural Eyesight Improvement teachers.](#)

February 1923

Meeting at East Orange, N. J.

By MINNIE E. MARVIN

A MEETING of the Better Eyesight League of the Oranges was held in the Library at East Orange, N. J., Friday evening, January 5th, at which there was an enthusiastic gathering of about two hundred. Mrs. E. C. Lierman, Dr. Bates' assistant, was the speaker.

Dr. Gore, one of the sponsors of the League out here, introduced Mrs. Lierman. She had already endeared herself to the greater part of the audience through her "STORIES FROM THE CLINIC." Although she has come in contact with thousands through the BETTER EYESIGHT MAGAZINE, the fact that she had to speak personally to this large assemblage almost awed her, but when Mrs. Lierman started to talk about her work, her personal feelings disappeared, and she carried the lecture off with honors.

The evening was a very enjoyable one to all, and much amusement was afforded by Mrs. Lierman's little stories of humorous events and happenings at the Harlem Hospital, where she and Dr. Bates are conducting their clinic. It isn't all joy and happiness, however. There is a great deal of sorrow and pathos, too, as in the case of the old lady, seventy-six years of age, having no living relatives, who is afflicted with cataracts. Then there is the old lady, seventy-nine years of age, who has absolute glaucoma, and the blind girl, who was born with cataracts in both eyes, and is now beginning to actually see. There are hundreds of other cases similar to these, but Mrs. Lierman cited a few of the most interesting. She has the faculty of taking these poor afflicted patients right into her heart, and showing her love for them, while they in turn, reciprocate, by loving her and trusting her implicitly. The result is that her instructions are followed faithfully, and the patient gradually regains his or her sight.

March 1923

THE MEMORY SWING

THE memory swing relieves strain and tension as well as does the long or the short swing which has been described at various times. It is done with the eyes closed while one imagines looking over first the right shoulder then over the left shoulder when the eyeballs may be seen through the closed eyelids to move from side to side. When done properly it is just as efficient as the swing which is practiced with the eyes open whether short or long.

The head can move left and right, to the left and right shoulders with the closed eyes. Do this relaxed, easy and the neck, head and eyes will greatly relax.

The memory swing can be shortened by remembering the swing of a small letter, a quarter of an inch or less when the eyes are closed. The memory swing has given relief in many cases of imperfect sight from myopia, astigmatism and inflammations of the outside of the eyeball as well as inflammations of the inside of the eyeball. One advantage is the fact that it can be done without attracting the attention or making one more or less conspicuous to others. It is much easier than the swing practiced with the eyes open and secures a greater amount of relaxation or rest than any other swing. It may be done wrong just as any swing may be done wrong. When done right one does not imagine things are moving necessarily. All that is important is to move the eyes from side to side as far as possible or as far as one can move them when the eyes are open.

(Comfortably, easy. No force.)

April 1923

The Question Mark By M. E. MARVIN

For the benefit of those who are undertaking the cure of imperfect sight by following Doctor Bates' book we are adding a new feature to our Magazine and calling it the "Question Mark."

Questions in regard to the treatment are bound to arise from time to time, and these, we shall be pleased to answer either by mail or through this column, according to the request. If personal answers are to be made kindly enclose stamped addressed envelope.

Q - WHAT IS CENTRAL FIXATION?—S. P.

A—Seeing best where you are looking; that is, an object, for instance, a chair, look at the arm or the leg. The object is brought out clearer. Trying to take in the whole chair at once, strains the eyes, and the object becomes blurred.

Q - HOW LONG DOES DR. BATES' TREATMENT TAKE?—L. M.

A—This depends on the seriousness and nature of your defect. The average case takes three weeks. Some are cured in less time and some take longer.

Q - SHALL I HAVE TO LEAVE OFF MY GLASSES WHILE PRACTICING THE TREATMENT?

A—Emphatically yes. No permanent benefit noticed while glasses are worn.

Q - Are cataracts curable without operation?—A.W.M.

A—Yes.

May 1923

The Question Mark Salt Lake City, Utah.

Q—Am forty-nine years of age and have had to wear glasses for five years, due to gradual weakening of the eyes. Is this curable? S. J.

A—Old age sight is curable, and you can discard your glasses by following the methods as outlined in the book, "Perfect

Sight Without Glasses."
Chicago, Ill.

Q—My father, eighty-three years old, has cataracts on both eyes. Can you help him? E. C. V.

A—Without personal supervision, cataracts are very hard to cure. Would advise his coming to New York. I can cure him. In the meantime, read the chapters on Cataract in my book and he will get a great deal of relief.
New York City.

Q—Why are books for small children printed in large type? P. E. S.

A—Because Boards of Education have not yet learned that it is a strain for anyone to look at big print and a relaxation to read fine print.
San Francisco, Cal.

Q—I cannot gaze into the sun without discomfort. Do I do it incorrectly? K. Johnson.

A—Read Chapter XVII in the book. Do not gaze into the sun but at each side of it alternately. In this way you not only swing it, but allow the rays to shine on the eyes. This is a great benefit.

[Movement, shifting of the eyes, moving the head side to side prevents overexposure, concentration of sunlight on one area, and gets the sunlight moving upon and activating all areas of the eyes, cornea, lens, retina.](#)

[If the sunlight is too strong, practice under a tree and let the sun shine through the branches.](#)

New York City.

Q—Am practicing the methods in your book to cure myopia and astigmatism. Sometimes, for short periods, I see perfectly, then things fade away. Can you explain this? M. E. S.

A—This is what we call getting flashes of perfect sight. With continued practice these flashes will come more frequently and eventually will become permanent. Then you are cured.

June 1923

The Question Mark Denver, Col.

QUESTION—If one's arms become tired while palming with a black silk handkerchief covering the eyes, produce the same amount of relaxation one gets from palming? "R. E. F."

ANSWER—No. Palming is the best method for relaxation and improvement in vision. When tired of palming, the hands can be removed and the eyes kept closed until one feels relaxed.

Brooklyn, N. Y.

QUESTION—Will it still be necessary to continue practicing the method of swinging and shifting after my eyes are cured? "W. B. D."

ANSWER—No. When you are cured of eyestrain you will not be conscious of your eyes. However, if you strain them you will know what to do to relieve the strain.

East Orange, N. J.

QUESTION—Can squint be cured by treatment without glasses after an operation proved unsuccessful? Does age make any difference? G. A. B.

ANSWER—Yes. No, age does not make any difference.

Cleveland, Ohio.

QUESTION—Can the vision be improved without glasses after the lens has been removed for cataract? L. G.

ANSWER—Yes.

St. Petersburg, Fla.

QUESTION—Does Dr. Bates approve of dark glasses to protect the eyes from the glare of the sun at the sea shore?

ANSWER—No. Dark glasses are injurious to the eyes. The strong light of the sun is beneficial to the eyes, although it may be temporarily painful and blinding.

July 1923

The Question Mark

Q—Why is it a rest to read fine print. I should think it would be more of a strain? M. F. S.

A—Fine print is a relaxation, large print a menace. Send for the December, 1919, number which explains this in detail.

Q—My son is taking treatment for squint. While on auto trips is it necessary for him to palm continually? A. O. R.

A—No. The finest thing he can do is to see things moving. He can do this to great advantage in a car. If his eyes burn or seem tired, he can then palm occasionally. Chicago, Ill.

Q—I am 75 years of age. Do you mean to say that you can make me see with normal vision? G. W. M.

A—We most certainly do. Old age sight is not incurable. San Francisco, Cal.

Q—I still cannot visualize "black." What else can I use as a substitute? W. H. H.

A—Don't try to see anything. If it is an effort to visualize black, think of something that is pleasant, for instance, a field of daisies, a sun-set, etc. The result will be just as beneficial.

Q—Must the body be at rest before the eyes can be cured?

A—When the eyes are relaxed, the whole body is relaxed.

August 1923

The Question Mark

Dayton, Ohio.

Q—Which is more beneficial, the short or the long swing? L. P.

A—The short swing, if you can maintain it.

Boulder, Col.

Q—I find that when I imagine a period, and try to hold it, it causes discomfort. Why is this? A. S.

A—You are straining. Never try to hold anything. Imagine the period moving from left to right. This overcomes strain.

New York City.

Q—I have great difficulty in seeing things move. W. M. M.

A—This is the cause of your defective vision. The normal eye sees things moving continually. Read the chapter on imagination.

Brooklyn, N. Y.

Q—Are the movies harmful? T. E. B.

A—No. Quite the contrary. Send for the magazine on this subject.

East Orange, N. J.

Q—Can the layman use the burning glass. J. S. P.

A— Yes. A great many of our readers use this with remarkable success. Directions are mailed with each glass.

September 1923

The Question Mark

Newark, N. J.

Q—Please state in detail why fine print is a benefit. L. G.

A—Send for detailed explanation. It requires more of an effort to accommodate the eye to large type than to small. Wilmington, Del.

Q—Is it really possible to cure oneself by reading the book, PERFECT SIGHT WITHOUT GLASSES? ANNA S.T.

A—Yes. Follow the instructions as outlined.

New York City.

Q—Have had good results with Dr. Bates' book, but as yet cannot leave off my glasses with comfort. May I resume them when I do close work? MRS. CLARKE.

A—No medicine is easy. Put up with the discomfort. Learn how to diminish and abolish this day by day. Leave off your glasses.

East Orange, N. J.

Q—My husband has a fully developed Cataract. Can this be removed by Dr. Bates' method without operation? MARY S.

A—Yes.

Albany, N. Y.

Q—If fine type is beneficial, why do they print Children's school books in large type? JOHN H.—Teacher.

A—For the same reason that people wear glasses —Ignorance of the proper way.

Stamford, Conn.

Q—Trying to make things move gives me a headache. Palming gives me more relief. Why? EAS.

A—Making an effort to do a thing won't help you. When you are walking the street, the street should go in the opposite direction without effort on your part. Some people get more relief from palming, while swinging helps others best.

October 1923

The Question Mark

Questions and Answers taken from The Better Eyesight League Meeting

Q—Can anything be done for night blindness?

A—It can be cured by sun gazing.

Q—What can be done for a man, blind for fifteen years who cannot tell light from darkness?

A—Same treatment as is used for myopia and other defects.

Q—How can we see things moving without making an effort ?

A—Things only move when one is relaxed. An effort always stops things from moving.

Q—Why do "movies" hurt my eyes when they should benefit them?

A—Unconscious strain. Do not stare at the picture, but allow the eyes to roam over the whole picture, seeing one part best. Also keep things swinging.

Q—Why do some people see better by partly closing their eyes?

A—People with poor sight can see better by partly closing their eyes, but when they have perfect sight, squinting makes it worse. This is a good test for the vision of ordinary objects.

Q—When does the long swing fail to produce relaxation?

A—When one stares at objects moving.

November 1923

The Question Mark

QUESTIONS AND ANSWERS

Q—What is the cause of cataract?

A—Eyestrain is the cause of cataract, but some times cataract is produced from an injury such as a blow of some kind.

Q—Is a hemorrhage on the outside of the eyeball fatal?

A—Rarely.

Q—Can insomnia be cured by the method of palming ?

A—Yes.

Q—Can a patient while under treatment wear eye glasses?

A—No, this prevents a cure.

Q—Can I overdo the swing?

A—No, not if it is done in the right way.

Q—Does sunlight injure the eyes of children?

A—No.

Q—Does wearing dark glasses injure the eyes?

A—Yes.

December 1923

The Question Mark

QUESTIONS AND ANSWERS

Q—Can people over fifty be cured without glasses?

A—Yes.

Q—Is the treatment good for nervousness?

A—Yes. As a general rule the long swing is the most efficient.

Q—Is Central Choroiditis curable and does it require much treatment?

A—Yes, Choroiditis is curable and requires a great deal of treatment in some cases.

Q—Is conical cornea curable?

A—Yes, the variable swing has been a great benefit. This is described in "Better Eyesight," November, 1922.

Q—Why do I squint when I am out in the sun?

A—You are not accustomed to the strong light. Read chapter on sun-gazing.

Q—Why do my eyes water?

A—Strain.

Year 1924

January 1924

The Question Mark

QUESTIONS AND ANSWERS

Q—When doing the swing, does one move the head or the eyes?

A—The eyes are always moved; moving the head also may help.

Q—Does massaging help the eyes?

A—No.

Q—What causes the eyes to become bloodshot? How is it cured?

A—The cause is strain. It is cured by relaxation.

Q—Is practicing under a strong electric light as beneficial as practicing in the sun?

A—It may be.

Q—Is closing the eyes and resting them during business hours as efficient as palming?

A—Usually not.

Q—Can one remember perfectly and see imperfectly?

A—No.

Q—What is the quickest cure for imperfect sight?

A—Imagine something perfectly. If you imagine the white Snellen Test Card perfectly white, you'll see the letters perfectly black. If you see them perfectly black, you can tell what they are.

February 1924

The Question Mark

Q—Can a child three months old be cured of squint?

A—Yes.

Q—Does the bright sun light harm a baby's eyes?

A—No.

Q—Is being in a dark room with the eyes open as beneficial as palming?

A—No.

Q—Can any other color be substituted for black when palming?

A—Yes, if imagined consciously and intentionally.

Q—How often must one read fine print to obtain benefit?

A—Daily.

Q—What one method of improving the sight is best?

A—Swinging and blinking.

Q—To palm successfully is it necessary to remember black or try to see black?

A—No. When one palms successfully the eyes and mind are relaxed and black is usually seen, but any effort to see black is a strain which always fails.

Announcement

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

March 1924

Dr. Bates suggested:

A. Methods for the elimination of myopia in school children, without the use of glasses.

1. In each class room have a Snellen card hanging where it will be plainly visible to the pupils.
2. Have each pupil read the Snellen card several times daily.
3. Have the pupils palm and swing daily.
4. Since perfect sight is contagious, and imperfect sight is contagious, consider it your duty as a teacher, to acquire normal eyesight without the use of glasses.

Note:—Nurses, osteopathic physicians, and medical physicians will find that the acquisition of normal eyesight without the use of glasses will render their work more effective.

B. Points to be considered by all readers.

1. Imperfect sight is the result of hard work; effort produces strain; perfect sight is attained with ease; lack of effort produces relaxation.
2. Tension indicates imperfect relaxation; stare, effort, trying to see—these interfere with perfect vision.
3. Under strain one cannot imagine, remember, nor see perfectly.

C. To read diamond(and microscopic) print:

- a. Hold the print not more than twelve inches from the eyes; then move it closer.
- b. To eliminate staring, move the head and eyes while reading; also, move the card or book.

During the annual business meeting reports were presented by the treasurer, Mrs. Marsden, and by the secretary; both reports were encouraging, and urged the members to put forth, during the coming year, even greater effort to advance the work of the league. The following officers were elected for the ensuing year: President, Miss Kathleen E. Hurty; Vice-President, Clinton E. Achorn, D.O.; Recording Secretary, May Secor; Corresponding Secretary, Mr. Nicholas A. Weiss; Treasurer, Mrs. William R. Marsden

April 1924

Questions and Answers

Q—If Dr. Bates' method is practiced without professional supervision can harm be done to the eyes?

A—No harm can be done to the eyes, if the method is practiced properly.

Q—What is the best thing to practice when glasses are removed and eyes are terribly weak?

A—Palming, if it is beneficial.

Q—How long does it usually take for the eyes to get enough improvement to see without glasses?

A—Glasses should always be discarded at once in order to obtain improved vision.

Q—How can one improve their imagination?

A—By improving the memory. When the memory of a letter becomes perfect or one can remember it with their eyes open or with their eyes closed equally well, it is possible to imagine it perfect. ([and see it perfect.](#))

Q—What is the difference between the wink and the blink?

A—Winking consists in closing one or both eyes for an appreciable length of time. Blinking the eyes is closing and opening so quickly that most people do not know they do it.

Q—If your method is followed for a short time and glasses then resumed, do they retard progress?

A—Wearing glasses for emergencies or for a longer time makes it impossible to improve the vision without glasses to any great extent.

May 1924

Questions and Answers

Q—What is the cause and cure of granulated eyelids?

A—The cause is strain. The cure has been accomplished by practicing the universal swing, by palming and other methods of correcting the strain.

Q—What can I do to help my sight when my vision blurs while reading?

A—Palm more frequently or imagine the white spaces between the lines are whiter than the other parts of the page.

Q—What is Trachoma?

A—Trachoma is a contagious disease of the inside of the eyelids. Consult some competent ophthalmologist for diagnosis and treatment.

Q—Does palming help nervousness?

A—Yes, when it is done right. It can be done wrong.

Q—Is Glaucoma curable?

A—Glaucoma is curable. Some cases of blindness from Glaucoma have been permanently cured by palming for long periods of time.

Q—Does the cataract become absorbed by relaxation treatment?

A—In cases which have been cured the opacity of the lens disappeared and the lens regained its normal condition.

June 1924

Questions and Answers

Q—Should a person who has discomfort in the sunlight, persist in going without a hat?

A—Yes.

Q—What do you suggest for an eight months old cross eyed baby?

A—Swinging with the help of the cradle and the loving arms of its mother.

Q—If closing and resting the eyes is beneficial why won't sleep cure defective vision.

A—Sleep is hard on the eyes because most people strain their eyes more when they are asleep than when they are awake.

Q—My eyes grow so tired when I read, that I usually fall asleep over my paper. Can this be helped?

A—Sleepiness is caused by strain. Strain is caused by imperfect sight. When you read with perfect sight you will not become sleepy.

Q—What is the best exercise for school children with myopia?

A—Reading the Snellen Test Card and palming.

July 1924

Questions and Answers

Q—Some days I can read the Snellen Test Card to the 15 line, others only to the 30 or 20.

A—When the eyestrain is less the vision is always better.

Q—By following instructions in the book, can cataract be benefited without consulting a physician?

A—Yes.

Q—Is memory and imagination the same? When we remember an object do we have to visualize it?

A—A perfect memory cannot be obtained unless you are able to imagine that you see or visualize what you remember.

Q—When I try to imagine a black period, it blurs and I get all colors but black.

A—When you fail to remember a period with your eyes closed, open your eyes and see it, then close your eyes and remember it as well as you can for a moment, alternate.

Shift part to part (point to point) left and right, top and bottom, diagonally... on the letter with the eyes open and when the eyes are closed using the imagination, memory.

Q—I am always conscious of eyestrain in church.

A—Eyestrain is caused by a stare or an effort to see. Close your eyes frequently and rest them.

August 1924

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 (relaxed, free flowing). 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.

Move the open fingers of the hands up and down, left and right in front of the closed eyes for 'Saccadic Sunning' to induce eye movement.

See Natural Eyesight Improvement directions at: www.clearsight.info (Cannot be done by people prone to epileptic seizures from flashing light.)

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.

September 1924

Questions and Answers

Q—Is there any power in the lens of dark sunglasses? Are they harmful?

A—Yes. Dark glasses are very injurious to the eyes.

Q—I improved temporarily by your method, but I am at a standstill now. What is the next step?

A—Practice the swinging.

Q—I enjoy palming, but it makes me drowsy after ten or fifteen minutes. Is this helpful?

A—When palming is done properly it does not make you drowsy.

Natural deep relaxation leading to restful sleep is beneficial.

Q—Is a case of detached retina likely to respond to treatment?

A—To cure detachment of the retina requires in some cases a year or longer.

Q—Could a little colored girl cure a cataract on her eye by blinking and swinging?

A—Yes, but the patient should practice many hours daily and it should be kept up for many months under the supervision of someone with perfect sight without glasses.

October 1924

Questions and Answers

Q—I find conscious blinking a strain, because I close my eyes temporarily and seem to hold the eyeball stationary. If I shut my eyes for a longer period would that be blinking?

A—No; the normal eye blinks consciously or unconsciously without effort, without strain and quickly.

Q—You mention the black period in your book. Must this be any particular size? I only imagine large round black objects like cannon balls, the centre of a target, or a moving football. This is restful, but is it beneficial?

A—No. Anything that is restful is beneficial.

Q—My little daughter has temporary perfect sight while palming, but her eyes turn in when she plays excitedly or strenuously. I thought play was relaxing.

A—Play may be relaxing and should be beneficial, but like other things, it can be done wrong with a great effort, without benefit.

Q—Please give me a simple demonstration or example of the swing. I cannot see objects moving when I know they are stationary.

A—When you ride in a railroad train which is traveling fast, and look out the window, you may see the telegraph poles and other objects moving in the opposite direction.

November 1924

Questions and Answers

Q—If sun and light are beneficial, why do you advocate the shutting out of these two by palming?

A—To obtain relaxation. The sun strengthens the eyes and palming relaxes them.

Q—My left eye turned in and was corrected by operation. Now it turns out. What method will cure this?

A—You need more than one method. Complete relaxation will relieve the strain and correct the squint.

Q—After palming for ten minutes or longer, my eyes are rested, but I feel sleepy.

A—The palming is not perfect. Try imagining stationary objects to be moving when you palm.

Q—I was given glasses for headaches. Discarded them by your method; headaches have gone, but I strain while I sleep and my lids are swollen in the morning.

A—See page 2 of this issue.

Q—Is a great amount of floating specks indicative of cataract? When I am weary these look like a flock of bees crossing my eyeballs.

A—No. Your particular strain produces floating specks. A different strain produces cataract.

December 1924

Questions and Answers

Q—When palming and remembering black, is it advisable to keep the image stationary and to keep the same image, or is it just as good to shift from one object to another?

A—When palming and remembering black, one should imagine everything remembered to be moving and not stationary. It is necessary to shift from one image or from one object to another. [Shift continually from part to part on objects and object to object on mental pictures in the imagination.](#)

Q—Would the reading of fine print at four inches be helpful?

A—The reading of fine print at four inches is usually helpful.

Q—My little son becomes fidgety while palming. Do you prescribe something else equally beneficial?

A—Your little son may become able to palm for a few minutes at a time. Sometimes swaying from side to side helps.

Q—I am presbyopic (old-age sight). How can I improve my vision by reading fine print, when I can not even see it?

A—You can improve your vision for reading fine print by alternately remembering the whiteness of snow for a second while looking at the white spaces between the lines of print, then close your eyes and remember or imagine the same white more continuously, better and more easily. By alternating, you may become able to remember the white as well when flashing the card, as you can with your eyes closed with improved vision.

Q—I cured myself by following the directions in your book, but cannot seem to benefit my mother. She is nearsighted and doubtful of good results in her case.

A—The fact that you cured yourself by following the directions in my book, makes it possible to cure your mother in the same way. You will waste your time unless your mother has the courage to discard her glasses permanently.

Year 1925

January 1925

Questions and Answers

Q—What is the difference between the long and the short swing?

A—In the long swing, objects appear to move an inch or more. In the short swing, objects appear to move an inch or less.

Q—My hands become tired when I palm. Can I sit in a dark room, instead of palming? Can I cover my eyes with a dark cloth?

A—No. I have found this to be a strain.

Q—While palming is it necessary to close the eyes.

A—Yes.

Q—When I read and blink consciously, I lose my place.

A—This is caused by strain, which prevents one from remembering the location of letters.

—How long is it necessary to read the test card before obtaining benefit?

A—Some patients by palming, and resting their eyes, have obtained benefit in a few minutes.

February 1925

Questions and Answers

Q—What is most helpful when one is dreadfully nearsighted and finds it almost impossible to see without glasses?

A—Practice palming as frequently as possible every day. Keeping the eyes closed whenever convenient for five minutes ten times a day is also helpful.

Q—I notice that my squint eye does straighten after palming, but reverts when I stop. How can I tell when and how I strain?

A—Avoid staring after palming and blink all the time. You can demonstrate that staring is a strain by consciously doing it for a few seconds.

Q—If glasses are harmful, how do you account for the benefit the wearer receives; also relief from headaches?

A—(a) Eye glasses are harmful because the benefit received is not permanent. (b) The mental effect of glasses helps some people, but the headaches are not relieved permanently and the vision is usually made worse.

Q—Why is fine print beneficial?

A—Fine print is beneficial because it cannot be read by a strain or effort. The eyes must be relaxed.

[Fine print activates perfect central fixation with shifting.](#)

Q—How can I correct the vision of my three-year-old son, who won't palm and doesn't understand it? He is far-sighted.

A—Make a test card with black letters on white paper. The letters to be composed of E's pointing in various directions. These are to be graduated in size, from about 3½ inches to a quarter of an inch. Have the child read them from 10 to 20 feet away. Have him blink constantly while telling in which direction the E's are pointing.

March 1925

Questions and Answers

Q—Explain what you mean when you say "imperfect sight, imperfect memory."

A—If you see an object imperfectly, blurred or gray instead of black, you cannot remember it perfectly. You will remember it as you see it.

Q—My eyes feel fine after I palm and let my mind drift on various black objects. The period is more difficult though.

A—Perfect mental pictures of ordinary objects means a perfect mental picture of a period. To try to see is an effort or strain, and produces defective sight. [Shift point to point on the period. See it move 'The Swing'](#)

Q—By blinking do you mean shutting and opening the eyes quickly, or is done slowly, like a wink?

A—Blinking is done quickly, and not slowly like a wink. Watch some one with perfect sight do this unconsciously, and follow his example.

Q—How can one overcome the stare if it is unconscious?

A—Blink consciously, whenever possible, especially when reading. Never look at an object for more than a few seconds at a time. Shift your gaze.

Q—I have noticed when I palm that my eyeballs hurt from the pressure. When I loosen this tension the light filters

in.

A—Palming is done correctly with the fingers closed and laid gently over each eye, using the palms like a cup. If this is done properly there is no pressure and the light is shut out.

Allow the hands to relax, no pressure on face/eyes, no muscle tension in hands, head, shoulders, neck, body. It is ok if a little light shines through the hands.

April 1925

and Answers

Q—Are floating specks serious? Sometimes they just flood my eyes like clouds of dust and greatly frighten me.

A—Floating specks are not serious. They are always imagined and never seen.

Q—(a) My eyes are swollen and disfigured in the morning. (b) Although I have eight and nine hours' sleep, it does not rest me.

A—(a) The swelling of your eyes or eyelids in the morning is due to eyestrain when you are asleep. Read chapter in my book on this subject.

(b) You may be restless and sleep very poorly and strain your eyes terribly, although apparently you may be asleep for a long time.

Q—I have improved my sight by palming, but when I read for any length of time the pain returns.

A—When you read and your eyes pain you, it means that you are straining your eyes. More frequent palming may help you more continuously.

Q—Explain which "swing" is beneficial, and whether one moves the whole head or only the eyes.

A—All swings when done properly are beneficial. When done improperly they are not beneficial. It is necessary for some people to move their head in order to move their eyes and obtain a perfect swing.

Q—Is there a possibility of palming wrong? I can obtain some benefit, but later I feel strained.

A—Palming may be done properly or it may be done wrong. Read the chapter on palming in my book.

May 1925

Questions and Answers

Q—Dr. Bates says that in reading fine print one should look between the lines. Is this not contrary to the principles of Central Fixation? To see the print best, should one not look directly at it?

A—One can look between the lines and shift to the black letters with Central Fixation.

Modern teachers say to look directly at the print, read through the center of the words or just let the eyes shift about on the letters, words as the eyes move along the sentence. Blink! Breathe abdominally, relax, look to the distance occasionally.

When vision is very blurry: looking at, imagining the white spaces between the sentences and the thin white line under the sentence perfect, bright, glowing white with the eyes open, closed, open improves the memory, imagination, relaxation and then the blackness, clarity of the letters. Then, the person looks directly at the letters to read.

Do not look at the white spaces when reading. Use central fixation - Look directly at the words.

Q—If type can be seen more distinctly with the eyes partly closed, is it advisable to read that way? (Squinting)

A—No, it is not advisable to read that way because it is a strain, and alters the shape of the eyeball.

Q—Should children read microscopic print?

A—Yes, the more the better. Reading microscopic print is a benefit to the eyes of both children and adults.

Q—Can the eyes be harmed by using the burning glass or sun treatment?

ANSWER—No, the eyes cannot be harmed by using the burning glass or by sun treatment.

(If done properly. See other articles: +Burning glass +Sunglass +Convex glass +Magnifying glass +Sun treatment +Sun-gazing +Sunning)

Q—I have attained normal vision, but after reading for a while, my eyes feel strained. Would you still consider I had normal sight?

ANSWER—If your eyes feel strained you are not reading with normal vision.

June 1925

QUESTIONS AND ANSWERS

Shifting, Swings, Oppositional Movement Described

Q- When I look at an object and blink, it appears to jump with each blink. Would this be considered the short swing?

A- Yes. You unconsciously look from one side to the other of the object when blinking.

Q – Please explain the difference between the long and short swing.

A – The short swing is about the length of a letter. The long swing is the movement of a letter an inch, a foot, or more.

Q- What are the benefits of each?

A- The long swing relieves eye discomforts and helps one to obtain the short swing. The short swing improves the vision.

Q- Seeing stationary objects moving appears to me to be merely self-hypnotism. I can't do it.

A- When riding in a train the stationary telephone poles appear to move in the opposite direction.

Of course this is an illusion, but it is a benefit to the eyes to imagine all stationary objects moving.

Q- I heard your lecture at the Psychology Club and immediately discarded my glasses. Now I cannot see at all and am worse off.

A- You can be cured by practicing relaxation methods when you discard your glasses. You cannot be cured when you use your glasses for emergencies.

Q-You stress palming in your instructions. If I obtain poor results with this exercise should I continue?

A- No. Do that which is most helpful.

July 1925

QUESTIONS AND ANSWERS

Q- I have understood that if glasses are not worn, the sight becomes worse.

A - After wearing glasses and then removing them, the vision is always worse than if they had never been worn.

Q- When people remove their glasses, I notice their eyes look dull and expressionless.

A- It is due to the fact that wearing glasses has increased the stare.

Q- It is said that defective vision is due to a change in the shape of the eyeball. Does a cure by the Bates Method affect the shape of the eyeball?

A- When a person is cured by the Bates Method the eyes become normal and the expression is one of relaxation or rest without any strain. When the eyes are cured, the eyeball becomes normal in shape and is neither too long nor too short.

Q – Is it better for a myopic person to suffer inconvenience by not seeing at a distance without glasses, than to have them for special occasions?

A – When a myopic person desires to be cured without glasses, it is absolutely necessary to discard glasses permanently, and never to wear them even for emergencies.

(Some Modern Natural Vision Improvement teachers allow the patient to wear reduced, weaker eyeglass lenses if necessary for driving and other activities requiring safety. Even reduced lenses block vision improvement but not as much as strong lenses.)

August 1925

BATES METHOD POPULAR WITH TEACHERS

Throughout the past year a group of teachers in one of the city high schools has been much interested in studying the Bates Method. One afternoon each week, from three to four, we have a “Bates class.” The number attending has varied, sometimes being as many as fourteen. I feel that the total result has been eminently satisfactory. A great deal of enthusiasm has been aroused and many people helped.

Different individuals have, of course, presented different problems. One woman was beginning to feel that her near vision was blurring. She had never worn glasses. It seemed a very short time—perhaps not more than a month—before her eyes improved so that she could read diamond type. At present she is able to see the microscopic print in the little Bible.

A man who had worn glasses many years discarded them last December, and says now he has “forgotten how they feel.”

Another teacher who took off her glasses two years ago, comes to the class once in a while for a little practice with us when her eyes feel tired.

A certain teacher with three diopters of hyperopia and presbyopia has made great strides. She has a vivid imagination and never-flagging enthusiasm. We both feel that her eyes will be normal some day in the near future. The teachers who come to the class often look very weary. They always say they feel more rested at the end of the lesson.

Our procedure is the usual one of palming, swinging, sunning and working with the Snellen test card and fine print.

Some of the teachers who understand the method come to help teach the others. A student in the school whom I have trained always assists at the classes, and that makes the handling of the large group much easier.

I am intending to have a similar class next year, and I am sure we are going to accomplish even more.

September 1925

QUESTIONS AND ANSWERS

Q - a - Does the improvement of the sight by the Bates Method increase the rapidity of reading?

b - Is slow reading conducive to strain?

A - a - The better the letters are seen, the more rapidly they can be read.

b - Yes.

Q - Do weather conditions affect the sight?

A - They often do. When the eyes are normal the weather does not disturb the sight as much as when the sight is defective.

Q - Is cataract curable after an operation?

A - After a cataract operation, the crystalline lens of the eye is removed. A large amount of hypermetropia is manifest. Strong glasses are usually required to improve the vision. These cases have obtained normal sight for distance and for reading by my method without glasses.

Q - How long is it necessary to follow your method before a cure is effected in a case of astigmatism?

A - These cases require a variable length of time. Some are cured in a few weeks, while others may require many months.

Q - My sight is good, but my vision blurs and the eyes pain. Will glasses relieve this condition?

A - I would not expect glasses to give you any relief.

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.

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!

November 1925

QUESTIONS AND ANSWERS

Q- Why is it that many people feel the need of glasses for near work when they reach middle age?

A- When trying to read they strain, which makes the sight imperfect. This may occur before the age of forty or after sixty.

Q- How can I prevent the sun from hurting my eyes?

A- By becoming accustomed to it. See page 15 of this issue of "Better Eyesight." - Sun treatment

Q- When should one blink and under what circumstances should stationary objects be imagined as moving, and for what purpose?

A- One should blink to improve the sight. Stationary objects should be imagined as moving to avoid the stare

which always impairs the sight and causes pain and fatigue. Stationary objects appear to move when the eyes move, shift.

Q- When can one determine whether the desired results have been attained in palming?

A- The desired results in palming are obtained when black is seen.

(Modern teachers' state; Desired results are obtained when relaxation of mind, eyes, body is attained. They state that seeing black is not mandatory. It is often easier to just imagine any pleasant thoughts, objects, let the mind drift.)

Q- Will you please tell me if results are obtained at all ages or whether there is a limit? If there is, after what age are results unsatisfactory?

A- Results are obtained satisfactorily at all ages without an exception.

December 1925

SOME INTERESTING CASES

By Mildred Shepard

Editor's Note - Ms. Shepard has done much good work in the cure of imperfect sight by treatment without glasses. She came to me as a patient about five years ago and was treated for hypermetropia or far-sightedness accompanied by astigmatism. She had suffered with pain and fatigue whenever she used her eyes. After her sight became normal, Miss Shepard began to treat her friends. She became so interested in curing them of imperfect sight that she decided to take my course.

Ten days ago a lady came to me after having worn glasses for twenty years. She is now forty-five. Her vision with both eyes was 14/70, and with the left eye she read two letters of 14/50.

Her mental pictures were good, and after palming a while she became able by the use of her memory to read 14/20.

When she came for her second lesson, she could read 14/50 easily, and improved to 10/15. She understands the general principles and wants to work by herself for a couple of weeks. I hope that she will have 14/10 when she comes again.

Another near-sighted young lady of twenty-four, a school teacher, read 14/40 and some letters of 14/30 the first day of her treatment. The same day she improved to 14/20. One week later she read 14/15.

Two of my pupils have gone back to their oculists for examinations, the results of which were rather interesting. In one case the man wanted to get a pair of glasses, which he could use when he sat in the top balcony of the Opera House. When the oculist examined his eyes and compared it with the previous examination, he found so much improvement that he refused to prescribe glasses for him. His vision had improved from 10/30 minus with the right eye and 10/40 with the left to 12.5/10 with both.

In the other case the examination showed 1½ diopters of myopia instead of 3¾ which had been present before. This man had a pair of still weaker glasses made up, to wear while working under trying and unusual conditions. He hopes soon to discard the glasses altogether. His vision improved from 20/70 to 10/10.

Last spring a young girl of twenty-two came to me. She had worn glasses for nine years. Her vision was 20/200 with both eyes. With the right eye it was not so good. She had six lessons in ten days and became able to read 10/10 on the black card. Six months later she returned. Her vision was still 10/10. She was so enthusiastic that she brought her mother and a friend, both of whom had lessons. She wants to go into the work after she improves her sight still more.

Another girl of fourteen whose vision was 7.5/100 last February can now read 8/10 on the black card, and when she once masters central fixation I know she will get back to normal vision.

Another has improved from 6/200 to 5/30. She still has a long way to go, but she is faithful, and we both are

hopeful.

I might go on indefinitely giving other cases, some similar and some quite different.

Year 1926

January 1926

Questions and Answers

Q—I can read with no trouble but cannot distinguish things at a distance, especially the features of people. What would you suggest?

A—You are near-sighted. The imagination cure is the quickest and most satisfactory cure of myopia. Use two Snellen test cards, one held at one foot or nearer, or at a distance where you can see it best; the other placed at five feet or further. Look at the first letter of one of the lines of the near card and with the eyes closed remember it for half a minute or longer. Then look at the same letter on the distant card at five feet or further and imagine that letter for not longer than a second. Then look at the near letter again for part of a minute, close your eyes and remember it, and then glance at the same letter on the distant card for not longer than a second, and imagine it as well as you can. Alternate. When you become able to see the bottom line on the distant card, place it a few inches further off and repeat.

Practice with both eyes together, one eye at a time, then both together again.

Q—What method is most helpful in myopia?

A—Palming, swinging, and the use of the memory or imagination (described above), are most helpful.

Q—Can you tell me what to do for inflammation of the white of the eye? Do you think sun gazing would help?

A—The light treatment is beneficial. Sit in the sun with the eyes closed and let the sun shine directly upon the closed eyelids. Move the head a short distance from side to side. Practice this for half an hour or longer three times daily when possible.

Q—Will you kindly tell me what I can do in order to read as well with the eyelids fully open as I can when they are slightly parted?

A—Improve your vision with the aid of the imagination cure as described above in answer to question 1. When your vision improves, your eyelids will be more open.

Q—Is there any exercise or any particular, method of relaxation that will help double vision?

A—Closing the eyes and resting them is a cure for double vision. Blinking frequently, just as the normal eye does, is also beneficial.

Q—Please explain the elliptical swing.

A—In the elliptical swing, the head and eyes are moved continuously in the orbit of an ellipse or a circle. The continuous movement of the head and eyes prevents the stare or strain, since staring requires that one try to keep the eyes from moving.

The Figure Eight, Infinity Swing is a modern variation of the Elliptical Swing.

Q—How many times a day should the sun treatment be given?

A—The sun treatment should be given for half an hour or longer three times a day, or more often, when possible. The more sun treatment, the better, as it rests and strengthens the eyes.

Q—What treatment helps most people?

A—Palming is generally most helpful.

Q—Is it possible for some people to be cured by the help they may obtain from your book "Perfect Sight Without Glasses"?

A—Yes. By practicing the methods recommended in my book, many readers have improved their vision without my supervision. It helps to have someone with perfect sight supervise your treatment.

Q—Is myopia hereditary?

A—No. It is, however, contagious in many cases. When parents are cured of myopia, their children may recover without treatment.

Q—How long does it take to cure an average case of myopia?

A—Some patients are cured more quickly than others. The length of time is uncertain, as patients differ in their response to treatment.

February 1926

Questions and Answers

Q—It is difficult for me to find time enough to gain perfect relaxation. What would you suggest?

A—You have just as much time to relax as you have to strain. Practice relaxation all day long. Whenever you move your head or eyes, notice that stationary objects move in the direction opposite to the movement of your head or eyes. When walking about the room or on the street, the floor or pavement appears to come toward you, while objects on either side of you move in the direction opposite to the movement of your body. Remember to blink frequently just as the normal eye does. Constantly shift your eyes from one point to another, seeing the point regarded more clearly than all other parts. When talking with anyone, do not stare. Look first at one eye and then the other, remembering to blink. Shift from the eyes to the nose, to one cheek and then to the other, then to the mouth, the chin, and back to the forehead.

Q—Why is it that I have perfect vision only in flashes? Can these flashes become permanent?

A—You have not yet lost your unconscious habit of straining. When relaxation methods are practiced faithfully at all times, the flashes of improved vision become more frequent and last longer until the vision becomes continuously good.

Q—What causes twitching eyelids?

A—Strain causes twitching eyelids and is relieved by rest and relaxation. Palming, sun treatment, swinging, blinking are very beneficial.

Q—Can you explain why I see yellow and blue spots after looking at the sun?

A—You are straining. Do not look directly at the sun until your eyes are more accustomed to it. Practice the sun treatment—sit in the sun with the eyes closed. Allow the sun to shine directly upon your closed eyelids, as you slowly move your head a short distance from side to side. Do this for half an hour or longer as often as possible whenever the sun is shining.

Q—Is working or reading under electric light harmful? Should a shade be worn?

A—It is not harmful to read by electric light if the eyes are used properly. Do not wear a shade or any other protection for the eyes. Practice sun treatment.

Q—When remembering a black period, I see a bright disk with a small black center. Is this seeing a period?

A—No, you are straining. The period that you imagine is very imperfect, because to remember the period, and at the same time a very bright disk, is an unconscious strain. You cannot strain and remember the bright disk, and simultaneously relax and remember a black period. When your bright disk is prominent, everything else is remembered under a strain. You cannot strain and relax at the same time.

March 1926

Questions and Answers

QUESTION—When one uses electric light in place of sunlight—

- (a) How strong a light is it proper to use?
- (b) Because of the heat, how close to the light is it advisable to sit?
- (c) How long is it advisable to sit at one time?
- (d) How much time should be given to it in a day?

- ANSWER—(a) One can use an electric light of 1000 watts with benefit.
(b) Sit five feet or further away from the light to avoid any discomfort from the heat.
(c) Practice for one-half hour or longer. The more light treatment taken, the better.
(d) Devote at least one-half hour a day to the sun or light treatment.

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

Sunning and Sunglass Treatment

A—The sun treatment with the burning glass is more intensive than without it. At first, patients become accustomed to strong light by sitting in the sun and allowing the sun's rays to shine directly on the closed eyelids, as they slowly move their heads a short distance from side to side. Then, with the burning glass, the strong light of the sun is focused on the closed eyelids, and when the eyes are accustomed to that, one can consider the advisability of focusing the direct rays of the sun upon the eyeball, itself. This is done by lifting the upper lid while the patient looks down. When the sun is focused upon the naked eyeball, one should keep moving the glass from side to side, and for a short time only, so as not to produce discomfort from the heat.

Q—If one practices reading fine print for a time each day, is it harmful to read print like that of the Forum (usual magazine type)?

A—No, the more you read, the better, even though you read with imperfect sight. Large print can be read with a strain, but fine print can only be read when the eyes are relaxed. It is all right to read print of any size if one reads it with perfect sight. When read with imperfect sight, the eyes are under a strain. Imperfect sight is always caused by a stare or strain, and one can stare or strain when regarding a large letter, blurring it to a considerable degree, and yet be able to tell what the letter is. The same amount of strain, which produces as much of a blur, when looking at a small letter, may make it impossible for one to read the small letter perfectly, although he can still distinguish the large letters. Any size type can be read without strain if blinking, shifting, and central fixation are practiced.

Q—In viewing moving pictures is it not more beneficial to sit as far back as one may and not strain, than to sit farther forward?

A—Sit at a distance from the screen at which you are most comfortable, i.e., where you can see the picture with the least discomfort. One can strain the eyes when sitting at almost any distance from the screen. To avoid the stare and strain as much as possible, it is necessary to keep shifting the eyes from one part of the screen to another, or to look off into the darkened room from time to time to give the eyes a rest. Some people are benefited by palming for a few seconds or longer, and in this way prevent the strain.

Q—When palming and seeing mental pictures, I almost never think whether it is black before my eyes or not. If I turn my attention to it, it is usually dark, more or less, but not a black. Am I right not to think at all about it?

A—When palming, do not try to think of anything. Just think of something pleasant, something that you remember perfectly, and let your mind drift from one pleasant thought to another.

April 1926

PERSONAL EXPERIENCE

The writer had 24 years' personal experience in wearing glasses, most of the time with bifocals. After this 24 years' knowledge of the advantages and disadvantages of glasses, they were laid aside on August 15, 1924, and have not been worn since.

Owing to attained age and 24 years of Eye and Mind strains being physically recorded, Eye-Mind improvement was slow but marvelous and my visual difficulties are now confined to poor print, poor type and poor light. I have attained wonderful improvement in this one and a half years of Eye-Mind practice. On many occasions truly miraculous conditions prevailed. They were periods of reflective, very free thinking, when thought flowed, was created as fast as pen could write. There was ease, relaxation of eye and mind. A noted experience of this occurred on the morning of November 3, 1925, after I had read some article upon school work. I was seeing thoughts with my mind's eye. Near and distant vision was wonderfully free and clear. These experiences and phenomena have occurred many times during the past six months. The thrill of ecstasy, and feeling of freedom during these periods, arising from a complete emancipation from the thralldom of wearing glasses and their effects, are indescribable. They indicate an intimacy of relationship between the mind and matter never fathomed, and they also indicate that man is still a free agent to search out truth and happiness, and if he wills to use and uses his

intelligence and available scientific data, he may carve out a new birth of freedom and progress for the human race. Man creates his own destiny.

Eye Education as an ally of mind development, of eye and physical health conditions and of human efficiency and happiness, should be practiced in every American school. Excepting radio, it is the miraculous wonder of the great age in which we live.

Questions and Answers

Q—At intervals, sometimes months apart, I find my eyes twitching but it is hardly noticeable to an observer. What is the cause and how can I overcome it?

A—This is caused by mental tension which has a direct effect on the eye. Practice relaxation methods, palming and swinging.

Q—Why does eating ice cream hurt my eyes?

A—Because the nerves of the eye are in direct relationship with the roof of the mouth, and the sudden chill makes the nerves sensitive.

Q—If I am worried at night and lie awake, my eyes burn and pain, and I have a feeling that a magnet is drawing my eyes through my head. What causes this and what is the cure?

A—This is caused by the tension of the mind. Just before retiring and the first thing in the morning, practice the long swing.

Q—If I am sitting in the sun reading, I can see the print perfectly and my eyes do not trouble me, but if I raise my eyes and look at any other object, everything seems blurred and there are colored spots before my eyes. Is this caused by the sun or the manner in which I read?

A—The sun is beneficial to the eyes but the glare of light on the white page produces a tension of the nerves. The sun treatment should help you to become accustomed to the strong light. Sit in the sun with the eyes closed, allowing the sun's rays to shine directly upon the closed eyelids as you slowly move your head a short distance from side to side. Practice this daily for half an hour or longer.

May 1926

Questions and Answers

Q—Why do animals' eyes shine, and why do they see better at night?

A—It is the reflection of the light from the front part of the eye which makes them shine. It is not known why some animals see better at night than they do in the daytime.

Q—Why do Albinos always have poor eyesight?

A—On account of the absence of pigment, Albinos' eyes are not protected from the light. However, they do not all have imperfect sight. It is because their mental equipment is imperfect that some have imperfect vision. When the memory or imagination is improved, the vision also improves.

Q—What color eyes are the strongest? I have been told that color matters, why?

A—The color of the eyes has no effect upon the strength.

Q—Doesn't it hurt to wear eye-glasses for near-work during the interval of eye practice?

A—You should use your eyes correctly all day long, no matter what you may be doing. Practice blinking, shifting, central fixation, and imagining stationary objects to be moving opposite to the movement of your head and eyes. Wearing glasses for any purpose whatever retards your progress and lowers your vision.

Th

umb, Finger Movement

Q—What is the movement of the thumb and forefinger, and how does it help?

A—Let the ball of the thumb rest on the ball of the forefinger. Move the thumb in a circle, about one-quarter of an

inch in diameter. When the thumb is moving continuously, one can imagine that all the nerves of the body are moving with the thumb. This prevents the stare and strain. This movement of the thumb can be practiced when inside a room at home, office... or on the street. When the right foot moves forward let the thumb move in the same direction. Then, when the left foot moves forward, let the thumb move backward. Alternate.

Example;

Right foot forward > Thumb moves forward >

Left foot forward > Thumb moves backward <

Alternate:

Right foot forward > Thumb moves backward <

Left foot forward > Thumb moves forward >

Then, practice alternating with the left and right hands.

This exercise also activates a form of oppositional movement as the thumb moves forward and backward on the finger and as the thumb moves with and opposite to the movement of the feet. This exercise relaxes the mind, body, eyes, improves eye movement and activates and integrates the left and right brain hemispheres.

When practicing the long swing, the movement of the thumb is a help. When you turn your body to the right, move your thumb in the same direction. When you turn your body to the left, move your thumb to the left. Let the movement of the thumb be a continuous movement.

When you practice the short swing, the slow, short, easy, circular, continuous movement of your thumb in the same direction as the movement of your head and eyes, it helps you to see better, to remember better, and to imagine better.

See larger picture of thumb movement in November 1921 issue; picture is on www.cleareyesight.info

Q—I am forty-five years of age and have worn glasses for eighteen years. As my eyes have pained me for so long, is it too late to expect help or to discard my glasses?

A—It is certainly not too late to discard your glasses and improve your vision. When relaxation methods are employed, the pain disappears and the vision improves. I suggest that you palm for five minutes ten times daily, or more often if possible. Practice the sun treatment for one-half hour, one hour, or longer, every day that you have sunshine. The circular movement of the thumb, as described above, relieves pain almost immediately.

June 1926

These facts have led me to the following conclusions:

- + First: All persons with normal eyes and perfect sight do not have normal eyes and perfect sight continuously.
 - + Second: The cause is always an effort or strain to see.
 - + Third: That treatment by eye training is successful when distant, small, familiar letters are read a few moments at least every day, and
 - + Fourth and last: The good results obtained, justify the use of this method in all schools, the army, navy, merchant marine, and on all railroads—in short, by everybody who desires or needs continuous perfect sight.
- If any of you are interested in the preservation of your eyesight for yourself, your family, or your children, I shall consider it a privilege to answer any question sent to me at this station.

Shift, Palm, Daydream Pleasant Thoughts. Remember, Imagine objects clear, in color, motion. Listen to a Johnny Cash song and imagine, visualize the story, objects (Trains...) he is sings about.

Another Radio Talk Through WMSG

On June 8th, about 8 P. M. (see exact time in Radio section of Daily Newspapers), Emily C. Lierman, Dr. Bates' assistant, will give an interesting and instructive talk on Eye Education. Your comments will be appreciated.

July 1926

Prevention

In order to prevent, as well as to cure myopia, it is necessary that you use your eyes correctly all day long.

1. Blink frequently, just as the normal eye does. Staring is a strain, and always lowers the vision.
2. Shift constantly from one point to another, seeing best the part you are looking at, and other parts not so clearly.
3. All day long, your head and eyes are moving. It is important that you notice stationary objects to be moving in the opposite direction to the movement of your head and eyes. When you walk around the room or on the street, notice that the floor or pavement appears to come toward you, while objects on either side of you, appear to move in the opposite direction to the movement of your body.
4. Practice daily with the Snellen test card for five minutes or longer. Shifting, blinking, and imagining stationary objects to be moving, can be practiced at all times and in all places, no matter what you may be doing.

August 1926

Questions and Answers

Q—My sight is good, but I am suffering from eyestrain caused by muscle imbalance. No oculist has been able to help me. I have had to become a cook from being a typist and dressmaker. If I focus my eyes on my fingers for more than a moment, terrific pain shoots through my eyes. I cannot stand light and have to cover the kitchen tables with a dark cloth. Please tell me what to do. Is it possible for me to discard the dark glasses I wear?

A—It is evident that when you look at your fingers for more than a minute, you stare, strain, and make an effort to see. Practice the variable swing. Hold the forefinger of one hand six inches from the right eye and about the same distance to the right. Look straight ahead and move the head a short distance from side to side. The finger appears to move, and the stare is prevented.

In order to overcome your sensitiveness to light, I suggest that you obtain as much sun treatment as possible. Sit in the sun with your eyes closed, and the sun shining directly on the closed eyelids. Slowly move your head from side to side in order to avoid discomfort from the heat. This should be practiced for half an hour or longer daily, whenever possible. When your eyes become more accustomed to the strong light, the sun should be focused on the closed eyelids by moving the sun-glass rapidly from side to side above the eyelids. Later this can be done with the eyes open as you look far down, exposing the white part of the eye by lifting the upper eyelids. (Directions for use of the sun-glass can be obtained from the Central Fixation Publishing Company).

The sun is focused and moved on the white part of the eye, not the pupil or iris.

Q—Often, when I am trying to see a thing, it will come to me, but my eyes will commence to smart, and then I blink and lose it. What shall I do to overcome that?

A—Blinking can be done correctly, and it can be done incorrectly. You strain while you blink. The normal eye blinks easily and frequently. Strain is always accompanied by the stare. By standing and swaying from side to side so that your whole body, head and eyes move together, the stare is lessened. The swing and the movement of the eyes lessens the tendency to stare.

Q—What does "seeing things moving all day long" mean?

A—Your head and eyes are moving all day long. Notice that stationary objects appear to move in the opposite direction to the movement of your head and eyes. When you walk around the room or on the street, observe that the floor or pavement appears to come toward you, while objects on either side of you, appear to move in the opposite direction to the movement of your body.

Q—My trouble is cataract. Shall I cover up the good eye while practicing?

A—Practice with both eyes together until your vision is normal. Then, cover the good eye and improve the vision of the poor one.

Q—Could cataract be caused by diseased teeth?

A—While it is possible for abscesses of the teeth to cause cataract, most cases are caused by eyestrain, and are curable.

September 1926

Questions and Answers

Q—What is retinitis pigmentosa?

A—Retinitis pigmentosa is a disease of the interior of the eye, in which small areas of the retina and other parts of the eye are destroyed. They are replaced by small black pigment patches.

Q—Can opacity of the cornea be cured?

A—Yes. The treatment which is most beneficial is the sun treatment as described in "Perfect Sight Without Glasses," by W. H. Bates, M.D.

Q—Are all cases of squint curable without glasses or an operation?

A—All cases of squint or cross-eyes are curable by the Bates Method.

Q—Is it possible to cure squint in a child under two years of age by the Bates Method, and what is the treatment employed?

[Squint, crossed/wandering eye treatment](#)

A—A child, two years of age or younger, can be treated and cured of squint, with or without imperfect sight, by the Bates Method. The treatment is varied. The swing can be practiced by the mother holding the child in her arms. If the child is able to stand or walk, it is held by the hands and the sway is practiced with the child moving from side to side. Keeping time with music encourages the child to continue the swaying for a longer time.

Improving the memory and imagination is also recommended. The child is encouraged to play with toy animals and is taught the names of the different animals. Usually the animals are placed on the floor in groups and the child is asked to pick up the animals as they are named. As the child reaches for one and then another, the parent may observe whether the child goes directly toward the toy or reaches to either side of it. This method is used in extreme cases of squint where the child does not see perfectly where it is looking.

Colored yarns are also used in these cases. The child is taught names of the different colors. An improvement is always noted after such treatment because the child is constantly shifting his glance from one colored skein of yarn to the other as he selects the one called for. The problem is to educate the eyesight. The more the eyes are used, the better.

Palming is beneficial in the cure of squint. If the child is told that it is just a game of peek-a-boo, he immediately becomes interested and enjoys it. Reading a story to the child so he palms is usually beneficial, and improves the squint.

With children three years or older, the Pot Hooks card is used. This is a test card with the letter "E" pointing in various directions. The child tells whether it is pointing up or down, left or right. If a mistake is made, palming is introduced in order to rest the eyes.

Children with squint are usually unruly, disobedient, or destructive. When the squint is improved, a change in their conduct is also noted. They become quiet, obedient, and their mental efficiency is improved.

Q—Is diabetic cataract curable?

A—Diabetic cataract is curable when the general disease of diabetes can be relieved by treatment.

[In other articles Dr. Bates tells how eyesight was improved even when the diabetic condition was not cured. Correct diet, and use of Bates method improves the health of body, mind and eyes.](#)

Q—After a serious illness eight years ago, my pupils became very large. Is there anything you can suggest that will help them to contract?

A—Dilated pupils are not usually symptoms of disease of the eye. The sun treatment is beneficial. Sit in the sun with the eyes closed, allowing the sun's rays to shine directly on the closed eyelids, moving the head a short distance from side to side to avoid discomfort from the heat. This should be practiced for a half-hour, an hour, or longer.

October 1926

Questions and Answers

Q—What causes redness and smarting sensation of the eye even when plenty of sun treatment has been given? Should one continue with sun treatment under the circumstances?

A—Take the sun treatment frequently for five or ten minutes at a time daily, increasing the length of time until the eyes become accustomed to the sun. The eyes should always be benefited after the sun treatment, and one should always feel relaxed. When done properly, the redness and smarting should soon disappear. If the eyes are not benefited, it is an indication that you strain while taking the treatment. Alternate the sun treatment with palming or closing the eyes to rest them.

Q—What makes the eyes seem extremely heavy upon rising in the morning?

A—Eyestrain while sleeping. See the May number of "Better Eyesight" on Presbyopia.

Q—What causes a white matter to appear in the corner of the eyes after the sun treatment?

A—The white matter in the corner of the eye is produced by infection, and is cured by the sun treatment.

Q—Is it harmful to sit facing the sun, while reading a book in the shade, thus getting sun treatment?

A—To sit facing the sun, while reading a book, is not injurious to the eyes, provided the patient is comfortable. Some people become uncomfortable, which produces a strain, and the sun is of little benefit under such conditions.

[Try with the sun behind you, shining on the back, over the shoulder onto the book.](#)

Q—Does sun treatment have to be continuous to be effective, or can short spells be substituted?

A—Sun treatment does not have to be continuous. Short periods are equally beneficial.

Q—Is resting the eyes by palming a more effective cure for smarting of the eyes than the sun treatment?

A—This depends upon the individual. Some are benefited more by palming, while others receive more benefit from the sun treatment.

Q—Should sun treatment be moderated due to the heat of the sun—as in the tropics?

A—Take as much sun treatment as you can with the eyes closed while slowly moving the head a short distance from side to side to avoid discomfort from the heat. Should it make you uncomfortable and nervous, lessen the length of time that the sun treatment is employed.

Q—Is smoking in moderation injurious to the eyes?

A—Smoking in moderation is not injurious to the eyes.

[I disagree: Smoking is a main cause of health impairment, lowers circulation, blood/oxygen to the brain, ears, eyes, causes many eye problems, including glaucoma. Truth about tobacco not know in the past.](#)

Q—Should motor goggles be worn as protection against wind?

A—No protection is needed against the wind if the eyes are used correctly. Blinking, shifting, central fixation, and the imagination of stationary objects to be moving, should be practiced while motoring, and, in fact, all the time. Motor goggles weaken the eyes and make them sensitive to the sunlight.

[Goggles protect the eyes from eye injury from insects, other debris flying into the eyes.](#)

November 1926

Questions and Answers

Q—Should one practice with fine print by holding it where it can be seen best or at the normal distance.

A—Hold the print at the distance from your eyes at which you see best. Remember not to look directly at the letters.

[Modern Bates teachers state: to look directly at the letters \(central fixation\). Shift to see the letters clear: Move the eyes along the sentence. Avoid staring, squinting. Occasionally take a break, stop reading and then: look at, shift](#)

on the white spaces between the sentences, relax, daydream something pleasant, look to the distance. Return to the print when the eyes, mind are relaxed.

Looking at the white spaces is not necessary to improve the vision and is not needed after the vision improves.

Q—Is age a factor in the cure of imperfect sight without glasses?

A—Age is not a factor. I have cured hundreds of patients past sixty.

Q—What method is best to relieve the tension in the back of the neck?

A—The variable swing. This is described in the September, 1926, number of the Better Eyesight Magazine. See Demonstrate article Paragraph 2. [Infinity Swing/Figure Eight, Long Swing, Massage, Shifting, Tracing with the Nosefeather.](#) www.cleareyesight.info .

Q—Is the swing apt to cause nystagmus?

A—No, the swing relieves strain, whereas nystagmus is caused by eyestrain.

Q—When taking Dr. Bates' treatment, could one wear glasses for a few hours each day for close work?

A—No, each time you put on your glasses, your progress is retarded.

Q—What causes the lids of the eyes to itch and sometimes become scaly?

A—This is due to strain. Practice relaxation methods all day long,—shifting, blinking and central fixation. Get as much sun treatment as possible.

Q—What causes my vision to improve for a day or two, and then relapse?

A—This is caused by lack of practice and by straining your eyes. When the vision is good, you are relaxed.

Q—In palming, should one close the eyes tightly?

A—No, easily, lazily and naturally at all times.

Q—Why is my vision worse on a rainy or cloudy day than in broad daylight?

A—Because you strain to see on a dark day.

December 1926

Questions and Answers

Q—What causes my vision to become blurred upon sudden confusion or when I have a number of activities coming at once?

A—The fact that your vision becomes blurred at such times is proof of your eccentric fixation. Do not try to see or do several things at once. Practice central fixation, seeing the part regarded best and other parts not so clearly, all day long.

[Organize, make a list, then do one project at a time. Learn dexterity: use of left and right hands, feet for tasks.](#)

Q—If bad eyesight is caused by some physical ailment, will your methods help?

A—Yes, relaxation is always a benefit, not only to the eyes, but to all the nerves of the body.

Q—My daughter, aged ten, is practicing your method for the cure of cross-eyes. Would it help to cover her good eye with a shield, which is easy for her and keeps the left eye straight for a certain period of time, besides making it work? It helped her so much when she wore glasses, that I thought it might help her without them in the same way.

A—It is first necessary to improve to normal the vision of both eyes, when used together. Then cover the good eye and practice improving the vision of the poor eye.

Q—I am sixty-five years old and, in addition to bifocals, I am wearing strong prism glasses for reading. These tire me and strain my eyes. Am I too old to be helped by your methods, and would the adjustment of my eyesight increase the dizzy attacks which I have had and which I dread most of all?

A—Age is not a factor in the cure of imperfect sight by my methods. Patients, eighty years and older, have become able to read fine print at six inches and have obtained normal sight for distance. Relaxation prevents dizziness and is beneficial to the entire system. (See December, 1925, number of "Better Eyesight" on Dizziness.)

Year 1927

January 1927

Questions and Answers

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q—(1) Does working by artificial light affect the eyes? I work all day by electric light—am a book-keeper, and suffer a great deal from my eyes. I have been fitted with glasses, but cannot wear them. I feel that my eyes, instead of getting better from wearing them, get weaker.

(2) When I go out in the street after working I cannot stand the glare of the sun, and must keep my eyes half closed; otherwise I suffer a great deal of pain. Is it so because of my eyes being accustomed to the artificial light? It is not so on Sundays.

(3) Is it advisable to wear an eye-shade while working?—S. S.

A—(1) Working by artificial light should not injure the eyes. If it does, it is because you are straining them. The idea that the light is injurious may cause you to do this. If you think of it as quieting and beneficial, it may have the opposite effect. You are right in thinking that the glasses injure your eyes.

(2) The sun hurts your eyes when you go out on the street after working because you have been straining to see, not because you have been working by artificial light. Because you strain less on Sundays the sun does not hurt you.

(3) It is not advisable to wear an eye-shade while working.

Q—Can the blindness of squint be cured?—F. C. E.

A—Yes. It can be cured by the same methods that are employed to relieve strain in other cases of imperfect sight.

Q—Do you get as much benefit from gazing at the sun through a window as you would outdoors? I have read that it did no good to take a sunbath through glass.—E. C. H.

A—Yes. The strength of the sunlight is not appreciably modified by the glass.

Modern teachers state that; all glass, plastic... (windows, eyeglasses) block part of the suns light spectrum resulting in unbalanced, unhealthy, partial spectrum light entering the eyes, brain, body. This impairs health, function of the eyes, brain, body, left and right brain hemispheres, sleep, hormones, other body systems and clarity of vision. Sunlight through a window is better than no light but pure full spectrum sunlight is best.

Q—1. When objects at a distance clear up they are double. Can you suggest a remedy for this double vision?

(2) When I open my eyes after palming my sight gradually clears, but an intense pain often comes in my eyes, so that they close. The pain always starts with very clear vision. Is this eyestrain?—H. M.

A—1. If the objects are double when they clear up, relaxation is not complete, and the only remedy is to secure a greater degree of relaxation. This may be done in many ways. Use the method you have found most effective.

2. Yes. Your sight should be best when you open your eyes. If it clears up afterward, it is because you are making an effort to see. This produces the pain.

Seeing objects slightly double as vision is improving is common. The eye muscles are relaxing, returning to normal function, the eye, cornea, lens, is changing back to normal shape. The brain, left and right hemispheres are relaxing, returning to correct function, integration. This can cause a slight temporary astigmatism/double effect. Keep shifting, central fixation, relaxation and the double effect will correct itself, double images will merge into one perfect clear image.

Q—1. How long should one palm and how often?

2. How young a patient can you treat by this method, and up to what age can you expect results? How would you handle a child that did not know its letters?

3. Is astigmatism curable by this method?

4. How long has the method been known?—J. H. W.

A—1. As often and as long as possible.

2. The age is immaterial. It is a matter of intelligence. Patients as old as eighty-two have been relieved. Children can be treated as soon as they are able to talk. Any small object can be used for eye training, and in the case of children who do not know their letters, kindergarten and Montessori equipment is often useful.

3. Yes.

4. Its evolution began thirty-five years ago. (1892) It has improved as experience was gained, and is still improving.

Bates Method is the natural, normal function of the eye: It has been in existence since the beginning of life, evolution of the eye in animals and humans.

February 1927

Questions and Answers

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q—In practicing the universal swing, beginning with the finger, then the hand, the chair, and so on until one gets to the sky, ought one to hold continuously in mind each object added together with the sky, or just the sky moving with the finger?

A—Imagine only one thing at a time moving with your finger.

Q—In Mrs. Lierman's book, "Stories from the Clinic," page 16, suggestion 11, she says: "It is very important that you learn how to imagine stationary objects to be moving without moving your head or body." Is this to be accomplished by a slight conscious movement of the eyes or is it entirely mental?

A—This is not accomplished by a conscious movement of the eyes. It is imaginary and mental. [Let the eyes move on their own, automatically.](#)

Q—Will relaxation methods alone remove a blood clot from the vitreous humor?

A—Yes, provided the patient practices my methods correctly and faithfully.

Q—How is it possible to get sun treatment when there has been no sun for days?

A—I should advise you to purchase a 250 or 500 watt electric light and sit in front of it with your eyes closed. It would be well to use the sun swing at this time which is moving the head a short distance from side to side. See the Ques. and Ans. column in October No. of B. E.

Q—When you suggest new methods do you mean to discontinue with the old?

A—Not necessarily, all the methods I recommend have relaxation for their object. It is for the patient to determine which treatment is most beneficial and to continue its practice faithfully. Some patients tire easily when one thing is done continuously. For this reason several are suggested in order to vary the practice.

Q—I have been able to improve my vision in one eye but not in the other. Can you give me a reason for this?

A—This is caused by imperfect imagination. If you will practice my methods of memory, imagination, blinking and shifting, your other eye will also improve. I suggest that when both eyes together are improved to normal, you wear a patch over the good eye as often as possible and practice until your other eye is also improved to normal.

Q—I am told that I am losing my "central vision." Is it possible to regain what I have already lost or to forestall the loss of the remainder?

A—Yes, it is possible by faithful practice of my methods.

Q—What causes my eyes to flash violet sparks and splashes?

A—This is caused by a mental strain. Learn to relax and improve your memory and imagination. Palming should help you a great deal.

[Neck, eye muscle tension, incorrect posture, staring at close distances, especially with the head, neck bent down and/or pushed forward for a long time, sinus pressure, congestion cause sparks of light, floaters and unclear vision.](#)

[The Sun Glass treatment must be done a specific way by a professional Bates Method Ophthalmologist. Used wrong it can burn, injure the eye, vision](#)

[Plain full spectrum sunlight without the sunglass can be equally beneficial.](#)

March 1927

Demonstrate

That Memory and Imagination Improve the Vision.

- +Look at the large letter at the top of the card and note that it may be more or less blurred.
- +Close the eyes and remember or imagine the same letter perfectly.
- +Then open both eyes and imagine it as well as you can.
- +In a second or less, close your eyes and remember the letter perfectly.
- +When this is accomplished open the eyes and imagine it as well as you can.
- +Close them quickly after a second or less.
- +Practice the slow, short, easy swing and alternately remember the large letter with the eyes closed for part of a minute or longer, and then open the eyes and imagine it as well as you can.
- +When done properly, you will be able to improve your vision of the large letter until it becomes quite perfect.
- +Then practice in the same way with the first letter of the second line.
- +Improve your imagination of the first letter of the second line in flashes, until it improves sufficiently for you to recognize the next letter without looking at it.
- +Improve the sight of the first letter of each line by alternately remembering it with the eyes closed for part of a minute and then flashing it (looking at/shifting on it) for just a moment, a second or less. You should be told what the first letter of each line is. With your eyes closed remember it as perfectly as you can. Then open your eyes and test your imagination for the letter for a very short time, one second or even less. Keep your eyes closed for at least a part of a minute, while remembering the known letter. The flashes of the known letter with the eyes open become more frequent and last longer, until you become able to see, not only the known letter, but other unknown letters on the same line.

April 1927

Questions and Answers

- Q - In case of illness where one is unable to practice with the Snellen test card or stand up, what method is used?
A - Blink frequently and shift your eyes constantly from one point to another. Turn your head slightly from side to side on the pillow or close your eyes and think of something pleasant, something that you can remember perfectly and let your mind drift from one pleasant thought to another.
- Q -The sun shining on the snow darkens and almost blinds my vision. What is this caused by, and how can I obtain relief?
A -This is caused by a strain and can be relieved by practicing blinking, shifting and central fixation all day long. Notice that stationary objects appear to move in the direction opposite to the movement of your head and eyes. Notice that the trees or other near objects move opposite while the horizon or distant objects move with you.
[Poor nutrition, drugs, some herbs, can impair the eyes adjustment from light to dark, dark to light.](#)
- Q - Does wearing rubbers for any length of time hurt the eyes?
A - Yes, it does not give the blood an opportunity to circulate properly.

Q - It is very hard for me to think in terms of black and white. Is there some other method which is just as beneficial?

A - Yes, letting your mind drift from one pleasant memory to another will accomplish the same results.

Q - Is it necessary to practice with the Snellen test card if you follow the method otherwise?

A - Yes, it is advisable to keep up your daily practice with the test card for at least a few moments. This will improve your memory and the memory must be improved in order to have the vision improve.

May 1927

Hypermetropic Astigmatism

By Dr. H. M. Peppard

Last fall a young man presented himself to me for examination complaining of headache, nervousness, insomnia and eyestrain. He had previously had a nervous breakdown and said he felt as if he were going to have another. This statement was apparently correct if general appearances can be considered as an indication. The eyes were bulging with a dry, glassy appearance and the upper lid markedly retracted.

The eye examination revealed a very hard eyeball with 1.25 diopters of hyperopia with 2.50 diopters of astigmatism with the axis 180°. Glasses had been worn but gave little relief. The visual acuity was 20/50 for both eyes and the same in each eye.

Treatment by the Bates Method was started on August fourth. Palming, swinging, blinking, flashing and reading of diamond type was used. The flashing was especially beneficial.

On August 27th, the eyes were again tested. Visual acuity was 20/15 for both eyes, 20/15 in the right, and 20/20 in the left. The hyperopia or farsightedness was not present and the astigmatism was decreased to 1.00 diopter. A few more treatments relieved the remainder of the astigmatism and the vision improved to 20/15 in each eye.

With the improvement in vision, the general symptoms cleared up. He became able to sleep, was free from headaches and was not so nervous.

The eyes felt comfortable and his entire facial expression was changed from the relaxation around the eyes. The eyes no longer were starey, but bright and moist and the blinking frequent and easy. Six months later the eyes were in perfect condition and the patient no longer feared a nervous breakdown.

[Dr. Harold M. Peppard wrote the book; 'Sight Without Glasses'](#)

[Read Aldous Huxley's book: 'The Art of Seeing' along with Peppard's book. Books have a few old methods that need updating, changing but 95% of the information in the books consist effective Natural Vision Improvement treatments.](#)

June 1927

Questions and Answers

Q – Should one practice with fine print by holding it where it can be seen best or at the normal distance?

A – Hold the print at the distance from your eyes at which you see best. Remember not to look directly at the letters,

[until the eyes have looked at the white spaces first, relaxed, then; look directly at the letters to read them.](#)

[If done without strain, no squinting; reading fine print closer, at a blurry distance improves the sight.](#)

Q – Is age a factor in the cure of imperfect sight without glasses?

A – Age is not a factor. I have cured hundreds of patients past sixty.

Q – What method is best to relieve the tension in the back of the neck?

A – The variable swing. This is described in the September, 1926, number of the Better Eyesight Magazine. See Demonstrate article paragraph 2.

Q – Is the swing apt to cause nystagmus?

A – No, the swing relieves strain, whereas nystagmus is caused by eyestrain.

Q – When taking Dr. Bates' treatment, could one wear glasses for a few hours each day for close work?

A – No, each time you put on your glasses, your progress is retarded.

Q – What causes the lids of the eyes to itch and sometimes become scaly?

A – This is due to strain. Practice relaxation methods all day long, - shifting, blinking and central fixation. Get as much sun treatment as possible.

Q- What causes my vision to improve for a day or two, and then relapse?

A – This is caused by lack of practice and by straining your eyes. When the vision is good, you are relaxed.

Q – In palming, should one close the eyes tightly?

A – No, easily, lazily and naturally at all times.

Q – Why is my vision worse on a rainy or cloudy day than in broad daylight?

A – Because you strain to see on a dark day.

Also: the pupil is larger in dimmer light – the pinhole effect of bright light is not available. If the vision is imperfect, imperfectly focused light rays in the eye and the larger pupil in dimmer light lets in more light rays; more imperfectly focused light rays are on the retina and blur is increased. Practice Natural Eyesight Improvement, Correct Vision Habits - shifting, central fixation, relaxation, switching, memory and imagination at night for clear night vision and vision will be clear in all levels of light.

July 1927

Questions And Answers

Q - a - How often should the sunglasses be used?

b - How long on the closed lids before using it on the eyeballs themselves?

c - Can one use the sunglasses on one's own eyes?

A - a - Daily for two or three minutes. (Two or three seconds at a time. Minutes are too long. Applying the sunglasses for only a few seconds prevents burning the eye.)

b - Usually for several weeks on the closed lids before using it on the eyeballs themselves, although the length of time varies with each individual case.

c - Some people can, but it is rather difficult and awkward to do.

Q - My neck gets very cramped in the back and becomes very painful. Is there any way of relieving this?

A - Practice the long swing, variable swing and circular swing. (The directions for all these swings have appeared in previous numbers of Better Eyesight.)

Q - Since I have taken off my glasses I find it almost impossible to not half close my eyes to see better. (Squinting)

A - Partly closing your eyes brings on a strain which increases your imperfect sight. It is a bad thing to do because it injures your eyes.

Q - My vision, after practice with the test card is good, but I cannot sustain it. What means can I use to have continuous vision?

A - Acquire a continuous habit of imagining stationary objects to be moving easily, until it becomes an unconscious habit.

Q - If I blink everything becomes blurred. How can I overcome this?

A - Practice blinking, slowly, easily, without a conscious effort as much as you possibly can. Shift

Q - I have myopia and have been practicing your methods. At first, I had very good results, but I now seem to be at a standstill. How can I continue to progress?

A - There are three things which you can practice. One is blinking, one is palming, and one is the practice of the circular swing, that is, moving the head and eyes in the orbit of a circle.

The modern Infinity Swing, Figure Eight is best.

Q - My eyes are so sensitive to light that it is impossible to use the sun treatment. In what way can I use it and avoid headaches and pain which it causes?

A- Sit in the sun with your eyes closed, allowing the sun to shine directly on your closed eyelids, as you move your head slowly from side to side.

Q - I have found blinking and shifting to be of great benefit to me but, although I have been practicing both for six months, it has not become a habit. I still have to practice both consciously. What means can I use to blink and shift normally?

A - Continue to consciously practice blinking and shifting until you acquire the unconscious habit. It is merely the substitution of a good habit for a bad one. [Practice with the eyes open before going to sleep. Practice in the imagination with the eyes closed before drifting off to sleep. The conscious and subconscious mind will absorb the correct habits, correct eye function and activate it automatically.](#)

Q - Can one swing objects or letters by moving just the eyes, or must one always move the head or body?

A - It is easier to move the head and body with the eyes.

August 1927

A School Teacher's Report

June 12, 1927

As a teacher of Speech Improvement I have found that some of the exercises that are used by Dr. Bates in the correction of poor vision are very helpful in the treatment of stammering. Those who stammer are invariably nervous, and the palming and swaying exercises calm the nerves and help the children to speak more quietly and slowly and therefore without stammering. In all cases where I have introduced the swaying in my stammering classes, the result has been a greater calmness both in reading and speaking and I believe that in this age of nerve tension, relaxation exercises are a boon even for children of school age.

Poor speech and poor sight often go together and it is a happy circumstance that Dr. Bates has devised exercises that will help both defects at the same time. An outstanding case of a child suffering both from defective speech and very poor eyesight was a little Italian boy who was in one of my stammering classes. I asked him to read a sentence from the blackboard and he immediately bent his body away over to one side and stretched his neck as far forward as he could, straining to see the letters. I directed him to cover his eyes for a few minutes and then to sway for a while. He soon found that he could see much better and that he could read without stammering. He was very backward in reading and spelling. Although in the second year of school, he did not even know the names of all the letters of the alphabet. I believe that this was largely due to his poor vision and that the stammering came as he became aware of his inability to keep up with the rest of his class. During the short time that he was with me, his speech and sight greatly improved.

Posture is another thing that may be improved by the swaying exercise. Ordinarily, when you ask a child to stand in good posture he will place his feet close together like an Egyptian statue. In the sway, he is shown that by putting his feet apart he has a broader base for standing and more ease and comfort for moving. I hope that some day we may be able to bring all these beneficial exercises to all the children in the schools who need them.

September 1927

Questions And Answers

Q - Is memory and imagination the same? When we remember an object, do we have to visualize it?

A - The memory and imagination are not the same. It is best when you remember an object to visualize it with the help of the imagination, but it is not always necessary to visualize it. [\(The brain will automatically produce a mental picture of the object.\)](#)

Q - When I try to imagine a black period, it blurs and I get all colors but black.

A - When you fail to imagine a black period, it means that you are making an effort to see black. It may help you to think of a black football that has been thrown into the ocean and is being carried further and further from shore. As it recedes in the distance, it becomes smaller and smaller until it seems only a small black speck or period.

Q - Why is it a rest to read fine print? I should think it would be a strain.

A - Fine print can be read perfectly only when the eyes are relaxed. If any effort is made, the print immediately blurs. It is, therefore, evident that the more fine print you are able to read, the more continuously relaxed your eyes and mind are.

(Fine print activates perfect central fixation, and improves close and distant vision.)

See [oppositional movement chapter 17 in the book: Do It Yourself – Natural Eyesight Improvement – Original and Modern Bates Method.](#)

[100% Free view on GoogleBooks.](#)

Q - I am following your method for squint. While riding in an automobile or train, is it necessary for me to palm?

A - No. It is beneficial to observe the universal swing, that is, looking in the distance and noticing that everything on the horizon, the clouds, treetops, etc., seem to move in the same direction in which you are moving. Without looking directly at near objects, you are conscious of the fact that they seem to be moving past in the opposite direction. Remember to blink frequently, as the normal eye does.

Perfect Sight

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.

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. ([Oppositional Movement](#))

October 1927

Questions And Answers

Q - When doing the swing, what does one move, the head or eyes?

A - One moves the eyes in the same direction as the head is moved.

Q - Does massaging benefit the eyes?

A - No, because it does not relieve the mental strain which caused the eye trouble.

Q - Is practicing under a strong electric light as beneficial as practicing in the sun?

A - If the sun is not shining, the strong electric light can be used with benefit, although more benefit is derived from direct sun treatment.

Q - **Memory** - Can one remember perfectly and see imperfectly?

A - It is impossible to remember perfectly and see imperfectly at the same time. Perfect sight can only be obtained with the aid of a perfect memory. When the memory is perfect, the mind is relaxed and the vision is normal. Imperfect memory requires a strain of the eyes which produces the imperfect vision.

Q - Can one blink too quickly and too often?

A - The normal eye blinks quickly, easily and frequently.

Q - What causes a white matter to appear in the eyes after sun treatment?

A - The white matter in the corner of the eye is produced by infection and is cured by sun treatment.

Q - If bad eyesight is caused by some physical ailment, will your methods help?

A - Yes, relaxation is always a benefit, not only to the eyes, but to all the nerves of the body.

November 1927

Case Report

The following is a report of a case treated by Miss Anne Woessner, West Nyack, N. Y. Ms. Woessner is one of Dr Bates' representatives.

Ada, aged 24, from childhood has had hypermetropia combined with partial paralysis. Very strong glasses had been prescribed for her by a New York specialist. These glasses were shaped like two miniature searchlights, which, together with the nosepiece and shafts, resembled some fantastic bug.

Last February, the first time she came to me, she had left off her glasses. It was indeed pitiful to see her walk up the short path from the gate to the porch steps. Without her glasses she could only see a dim, blurred outline of people or objects two feet away.

Upon test the four and one-half inch high "C" appeared a gray smudge at two feet. When handed a card printed with regulation reading type she saw only a blank.

After palming one half hour, she became able to read the 70-line at four feet. I then explained the importance of blinking, shifting and swinging, which she practiced for twenty minutes. This resulted in the reading of the 20-line at four feet, but blurred and gray in color.

She practiced faithfully at home the following week and started the next lesson with 4/40 quite clear. From this time on she improved steadily. The sun treatments became so soothing that she often dozed, much to our mutual amusement.

Her phenomenal memory greatly helped her to relax. She could relate many incidents which had happened in her childhood. Often I would read a story while she palmed and while still palming, she would repeat the story almost verbatim. This always helped. The large letters became clearer and the small type on the "Fundamental" card seem to be very clear to her in spots.

With the practice of central fixation, memory of period and two to three hours of sunlight daily, she is now able to read newspaper type slowly and the diamond type on the back of Dr. Bates' professional card. The change in her appearance is as remarkable as that of her sight. She is now a true sunshine girl with large eyes of blue, cheeks and

hair touched by the sun, and is smiling always. She fairly flies around her home. She phoned me specially one night recently to say that she had read the clock clear across the room. There is still much to be done, however. She has had just fourteen treatments to date and if she continues to practice so conscientiously she surely will be rewarded eventually with normal sight. In closing I wish to state that I am still holding her glasses which she handed me upon her second visit. "Don't ever want to see them again."

December 1927

Questions And Answers

Q - Why is it a rest to read fine print? I should think it would be more of a strain.

A - Fine print is a relaxation, large print a menace. The December, 1919, issue of this magazine explains this in detail.

Large print is also seen clear by reading with relaxation, shifting, central fixation.

Q - Must the body be a rest before the eyes can be cured?

A - When the eyes are relaxed, the whole body is relaxed.

Q - Which is more beneficial, the short or the long swing?

A - The short swing, if you can imagine it. – Shift on small letters and see **Oppositional Movement – The Short Swing: The letter moves in the opposite direction the eyes shift to.**

Q - Are "movies" harmful?

A - No. Quite the contrary. Send for the magazine on this subject.

Q - Trying to make things move gives me a headache. Palming gives me more relief. Why?

A - Making an effort to do a thing will not help you. When you are walking along the street, the street should appear to go in the opposite direction without effort on your part. Some people get more relief from palming, while swinging helps others more.

Q - Why do "movies" hurt my eyes when they should benefit them?

A - Unconscious strain. Do not stare at the pictures, but allow the eyes to roam over the whole picture, seeing one part best **at a time and shift part to part, on objects and from object to object.** Also keep things swinging.

Q - Why do some people see better by partly closing the eyes? (**Squinting**)

A - People with poor sight can see better by partly closing their eyes, **but this increases vision impairment** and when they have perfect sight, squinting makes it worse. This is a good test for the vision of ordinary objects.

(**Squinting is a main cause of eye muscle tension, eyestrain and unclear vision.**)

Q - Is a hemorrhage on the outside of the eyeball fatal?

A - Rarely.

Q - Is central choroiditis curable and does it require much treatment?

A - Yes, choroiditis is curable but requires a great deal of treatment in some cases.

Q - My trouble is cataract. Shall I cover up the good eye while practicing?

A - Practice with both eyes together until your vision is normal. Then, cover the good eye and improve the vision of the poor one.

Q - Is it necessary to practice with the Snellen test card if you follow the method otherwise?

A - Yes, it is advisable to keep up your daily practice with the test card for at least a few moments. This will improve your memory and the memory must be improved to have the vision improve.

Practicing with both eyes and one eye at a time with the card also keeps perfect, equally clear, balanced vision in

the left and right eyes. The Snellen card is also a familiar object. Looking at a familiar object relaxes the mind, eyes and keeps vision clear.

Year 1928

January 1928

Questions And Answers

Q - I have a high degree of myopia. Approximately how long will it take to obtain a cure by your method?

A - It is impossible to say, as people vary so in their response to the treatment.

Few minutes, hour, day, week, month, year - depending on the individuals type/amount of strain, understanding and correct use of the Bates Method.

Q - How often should one with imperfect sight palm during the day and for how long?

A - Palming should be done as often as possible during the day, ten times at least, for five, ten, fifteen, minutes or longer at a time. Some people obtain more benefit from short periods than from longer periods.

Q - Am forty-nine years of age and have had to wear glasses for five years, due to gradual weakening of the eyes. Is this curable?

A - Old-age sight is curable, and you can discard your glasses by following the methods as outlined in the book, "Perfect Sight Without Glasses."

Q - If one's arms become tired while palming, will a black silk handkerchief covering the eyes produce the same amount of relaxation one gets from palming?

A - No. Palming is the best method for relaxation and improvement in vision. When tired of palming, the hands can be removed and the eyes kept closed until one feels relaxed.

Q - Can the vision be improved without glasses after the lens has been removed for cataract?

A - Yes.

Q - Can squint (**crossed, wandering eyes**) be cured by treatment without glasses after an **eye muscle** operation proved unsuccessful? Does age make any difference?

A - Yes. Age does not make a difference.

Q - Will it still be necessary to continue practicing the method of swinging and shifting after my eyes are cured?

A - No. When you are cured of eyestrain you will not be conscious of your eyes. However, if you strain them, you will know what to do to relieve the strain.

Q - Is it a strain to the eyes to read while riding on a train?

A - No, if there is no discomfort. It is a good thing to look out of the window and see the scenery moving in the opposite direction to that in which you are going, and then continue to read.

(Oppositional movement)

Q - What causes and cures abnormal watering of the eyes?

A - Strain produces watering of the eye. Relaxation obtained by palming and swinging will cure this trouble.

Avoid sunglasses, tinted, colored, UV blocking lenses, eyeglasses, contact lenses.

February 1928

The Thumb Movement

Rest the hand against an immovable surface. Place the ball of the thumb lightly in contact with the forefinger. Now move the end of the thumb in a circle of about one-quarter of an inch in diameter. When the thumb moves in

one direction, the forefinger should appear to move in the opposite direction, although in reality it is stationary. In the practice of the universal swing, everything is imagined to be moving in the same direction, except the eyes. With the aid of the thumb movement, however, one can imagine the spine and the head moving opposite to the direction of motion of the thumb, while the eyes, being fastened to the head, also move with the head and hand. While watching the movement of the thumb, remember imperfect sight. At once, the thumb movement becomes irregular or may stop altogether. Demonstrate that any effort, no matter how slight, to see, remember or imagine, interferes with the movement of the thumb. The thumb is so sensitive to an effort or strain that the slightest effort is at once recorded by the motion.

While watching the movement of the thumb, remember perfect sight. Notice that the movement of the thumb is slow, short, continuous, and restful - with relaxation of all parts of the body.

Many patients have been successfully treated for pain, fatigue, and dizziness with the help of the thumb movement, after other treatment had failed. Some patients with severe pain complain that when they forget to practice the movement of the thumb, the pain comes back.

Not only have patients suffering from pain and symptoms of fatigue been relieved, but an equal number have been relieved of imperfect sight by the correct practice of the thumb movement.

[Thumb movement done in various directions and with the left and right hands also activates, integrates the left and right brain hemispheres and eye movement, shifting.](#)

March 1928

First Visit Cures

The word "cures" is used advisedly. It is a fact that some people have been cured of myopia in one visit, after relaxation of the nerves of the eyes and other parts of the body was obtained.

Suppose the patient is near-sighted and can only see the big letter "C" at fifteen feet, a vision of 15/200. Let the patient walk up close to the card until he can read the bottom line. The distance may be three feet, five feet or farther. The first letter on the bottom line may be the letter "F." With the eyes open, it is possible for the patient to imagine the letter "F" quite perfectly, but with the eyes closed, he is more easily able to remember and imagine he sees the letter "F" much better.

Palming is a great help when remembering or imagining the letter "F" with the eyes closed. By alternately imagining the letter "F" with the eyes open, and remembering or imagining it better with the eyes closed, the memory, the imagination and finally the vision for the letter "F" is very much improved.

If the patient becomes able to see the letter "F" at three feet, or to imagine he sees it quite perfectly, he should be encouraged to walk back and increase the distance between the eyes and the letter "F" about one foot. When the patient becomes able to imagine the letter "F" at four feet, he should go back another foot, alternately imagining it with his eyes open and remembering it much better with his eyes closed. By gradually increasing the distance of the eyes from the letter "F," all patients who practiced this method obtained normal vision temporarily at the first visit.

The length of time required to obtain a permanent cure is variable. Some patients with not more than one or two diopters of myopia may require many weeks or months of daily treatment before they are permanently cured, while others with a higher degree of myopia sometimes obtain a cure in a much shorter time.

April 1928

Questions And Answers

Q - Is it all right to palm while lying down? Is it better to sit or stand while doing so? If the arms get tired is it all right to rest the elbows on a desk or something like that while palming? Or is it best to hold the elbows up free from all support?

A - It is all right to palm while lying down. Palming should not be done while one is standing. The elbows should rest on a desk or table or on a cushion placed in the lap. One should be in as comfortable a position as possible while palming, in order to obtain the most benefit.

Q - My left eye turned in and was corrected by operation. Now it turns out. What method will cure this?

A - You need more than one method. Complete relaxation will relieve the strain and correct the squint.

Q – Is a great amount of floating specks indicative of cataract? When I am weary these look like a flock of bees crossing my eyeballs.

A – No. Your particular strain produces floating specks. A different strain produces cataract.

Q – Would the reading of fine print at four inches be helpful?

A – The reading of fine print at four inches is usually helpful.

Q – How long is it necessary to read the test card before obtaining benefit?

A – Some patients by palming and resting their eyes have obtained benefit in a few minutes.

Q - I notice that my squint eye does straighten after palming, but reverts when I stop. How can I tell when and how I strain?

A – Avoid staring after palming and blink all the time. You can demonstrate that staring is a strain by consciously doing it for a few seconds.

Q – Please explain what you mean when you say “imperfect sight, imperfect memory.”

A – If you see an object imperfectly, blurred or gray instead of black, you cannot remember it perfectly. You will remember it as you see it.

The blurred mental image causes the object to continue to be seen unclear because the memory, imagination, brain is creating, storing a unclear image, picture of the object. Remembering, imagining the object clear, shifting on it causes the brain to store a clear picture of the object in the memory. The object becomes clear, the eyes then see the object correct, clear and send a perfect clear picture to the brain. The brain stores a perfect clear picture of the object in the memory. The next time the object is seen, the eyes, brain use the clear memory picture to activate correct eye function, perfect shifting on the object - the eyes see the object clear.

Q - My hands become tired when I palm. Can I sit in a dark room instead of palming? Can I cover my eyes with a dark cloth?

A - No. I have found this to be a strain.

Q – Why is fine print beneficial?

A – Fine print is beneficial because it cannot be read by a strain or effort. The eyes must be relaxed.

Q – How can one overcome the stare if it is unconscious?

A – Blink consciously, whenever possible, especially when reading. Never look at an object for more than a few seconds at a time. Shift your gaze. **Shift from part to part, object to object. Blink, relax.**

Q – I have attained normal vision, but after reading for a while, my eyes feel strained. Would you still consider I had normal sight?

A – If your eyes feel strained, you are not reading with normal vision. **Check your posture, relaxation, positive state of mind, stay interested in the subject being read. Blink. Avoid staring, squinting, effort to see, worrying, thinking about the eyes, clarity of vision. Look to the distance occasionally.**

Q – If type can be seen more distinctly with the eyes partly closed, (**squinting**) is it advisable to read that way?

A – No, it is not advisable to read that way because it is a strain, and alters the shape of the eyeball.

Q – Seeing stationary objects moving appears to me to be merely self-hypnotism. I can't do it.

A – When riding in a train the stationary telephone poles appear to move in the opposite direction. Of course this is an illusion, but it is a benefit to the eyes to imagine all stationary objects moving.

Q – I am always conscious of eyestrain in church.

A – Eyestrain is caused by a stare or an effort to see. Close your eyes frequently and rest them. **Shift, blink when looking at the priest, altar, windows... If you are bored with the sermon because you have heard it many times before, let the mind daydream to something pleasant.**

Q – Is there any power in the lens of dark sunglasses? Are they harmful?

A – Yes. Dark glasses are very injurious to the eyes.

Sunglasses, tinted, colored, UV blocking and even plain eyeglass lenses prevent healthy full spectrum sunlight from entering the eyes and causes harmful unbalanced, partial spectrum light to enter the eyes, brain, body, lowers tolerance to sunlight and all light, adjustment to light/dark, causes watering eyes, impairs mood, sleep cycle, functions of the brain, memory, imagination..., impairs health and function of the retina, lens, cornea, eye muscles, iris, resulting in unclear vision, astigmatism, cataracts, macula degeneration, conical cornea and other eye problems.

Q – By blinking do you mean shutting and opening the eyes quickly, or is it done slowly like a wink?

A – Blinking is done quickly, and not slowly like a wink. Watch someone with perfect sight do this unconsciously, and follow his example.

Q – I have noticed that when I palm, my eyeballs hurt from the pressure. When I loosen this tension the light filters in.

A – Palming is done correctly with the fingers closed and laid gently over each eye, using the palms like a cup. If this is done properly there is no pressure and the light is shut out. *Its ok if a little light shines through.*

Q – I have improved my sight by palming, but when I read for any length of time the pain returns.

A – When you read and your eyes pain you, it means that you are straining your eyes. More frequent palming may help you more continuously.

Squinting – To squeeze the eyelids close together, narrowing the space between the eyelids. This reduces the unfocused light rays in abnormally functioning eyes (the pinhole effect) and brings temporary clearer vision while squinting but leads to eye muscle tension, strain, muscle tension in the face, neck... and increased blur. Avoid squinting.

Shift part to part on a object to see it clear, maintain clear eyesight and healthy eyes.

Case Report

By Edith Reid

The following is a report of a case treated by Mrs. Edith Reid, one of Dr. Bates' representatives, who is now practicing in Johannesburg, South Africa.

Many times I have been asked: "Is it really possible to cure cataract by Dr. Bates' method without an operation?" I can prove that it is. One morning in January during our very hot weather a lady called to see me. Upon being told that as I was leaving town very shortly I could not see her, she became very much upset and declared that she would go blind, as she had cataract. As soon as I heard it was cataract, I had her shown into the room, knowing that if she was not taught the Bates Method she would become worse if left until I returned some months later. This lady made her living by teaching singing.

When tested, she read the fifty line at ten feet from the test card; then her vision blurred as she began to strain terribly. She was taught to palm and rest her eyes. Hers was a bright, sunny nature and she was very happy at finding such an easy simple way of resting her poor tired eyes.

She was told to discard her glasses, but declared that would be very difficult as she had worn them for thirty seven years. However, she said that she would be plucky and try. She was asked to come again the following day, which she did. She was all smiles and said that she was sure she was better as her eyes felt moist and so rested.

She was taught the swing and was told to swing and palm all day long if possible. She had a journey of about two hours on the train every morning to come into the city to teach, so she was told to look out of the windows and see everything moving, and when talking to friends to be sure to close her eyes often, so as to keep herself from staring.

Every morning for the next eight days she came to my rooms to get the sun glass treatment and rest for at least an hour before starting her teaching. She was always bright and cheerful and came every day saying how much better she was.

On the ninth morning she was tested and she was able to read the test card 15/10 and diamond type print at twelve inches. She became very much excited and told of how she had been told by an eye specialist that she had cataract and that she would go totally blind and then they would operate. She was also told never to take off her glasses. When asked how she found time to practice, she answered: "I work with my eyes all day long. When I play the accompaniments for my pupils, I swing and then when I speak to them I close my eyes."

She is now able to read the newspapers and any small print with perfect comfort. She says her friends come to see her teach as they had never known her without glasses. She is most grateful to Dr. Bates

May 1928

Some people are unable to distinguish red from blue or other colors. Many doctors explain color blindness to be due to something wrong with the retina, optic nerve or brain. They believe that organic changes in the retina are the principal cause. But this is not always true because, in some cases, cures occur without any apparent change in the retina.

I have found that color blindness occurs in a great many cases in an eye apparently normal. There are, however, a number of individuals who can be demonstrated to have color blindness as a result of a disease of the retina caused by mental strain. These cases cannot be cured, however, until the disease of the retina is cured.

Some patients with color blindness are sensitive to a bright light. On the other hand, there are patients with color blindness who are more comfortable in a bright light. These patients are usually relieved by the practice of sun treatment, central fixation, palming, the long swing, or any other method which brings about relaxation.

One patient had a normal perception for colors at three feet and at ten feet. But at a nearer point than three feet she was color blind, the blindness being most marked at three inches. At a distance greater than ten feet the color blindness was evident. After her eyestrain was relieved by relaxation her color blindness disappeared.

People who have been born color blind as well as those who have acquired color blindness have all been cured by the practice of relaxation methods.

The Stare

By W. H. Bates, M.D.

Much can be written about the stare. In the first place, when a patient stares, an effort is always made to hold the eyes still without moving them. It is impossible to hold the eyes perfectly still. Trying to do the impossible always requires a strain. This strain can be demonstrated to be a mental strain which affects all the nerves of the body as well as the eye. With a mental strain, the memory and imagination become imperfect and imperfect sight results. Pain, fatigue or dizziness, are acquired or made worse. With relaxation of all the nerves, the sense of touch is improved, but with the stare or other efforts to see the sense of touch is lost while the sense of pain is increased. **Staring=not moving/shifting the eyes. Keeping the eyes, visual attention on only one part of a object without shifting on the part, without shifting to a new part, or trying to see all parts of a object or all objects in the central and peripheral field clear at the same time without shifting part to part, object to object. This is diffusion, eccentric fixation. These two types of staring result in strain and unclear vision.**

June 1928

Questions And Answers

Q - Can hemorrhage of the retina be cured by Dr. Bates' method of treatment?

A - Cases of hemorrhage of the retina have been cured by Dr. Bates' method.

Q- Can a patient while practicing the Bates method carry on his daily work just the same?

A - Yes, most patients continue their work just the same without the use of their glasses even though they find it difficult at the start.

Q - Can the vision be improved without glasses after the lens has been removed for cataract?

A - Yes.

Q - Does Dr. Bates approve of dark glasses to protect the eyes from the glare of the sun at the seashore?

A - No. Dark glasses are injurious to the eyes. The strong light of the sun is beneficial to the eyes, although it may be temporarily painful and blinding.

Q - What causes styes? (Sties)

A- Infection, which is always associated with eyestrain.

(When I was a young child I developed Myopia. I occasionally had painful, infected styes. One day a boy threw a hard snowball into my eye directly on the stye. PAIN and so sleepy, couldn't open eyes for 15 min. From that day on, after looking over my eyelids and thinking it appeared the stye developed out of a eyelash root, I then started to pull out any eyelash that would start to feel itchy, soar, red. This prevented styes for the rest of my life from age 8 to present 56.

Q- I am practicing the methods in Dr. Bates' book to cure myopia and astigmatism. Sometimes, for short periods, I see perfectly: then things fade away. Can you explain this?

A- This is what we call getting flashes of perfect sight. With continued practice these flashes will come more frequently and eventually will become permanent. Then you are cured.

It is normal for the clarity of vision to fluctuate: clear, less clear, back to clear. Even persons with perfect sight experience times of less clear vision. When glasses are avoided, the vision returns to perfect clarity.

Q- If ones arms become tired while palming will a black silk handkerchief covering the eyes produce the same amount of relaxation one gets from palming?

A- No. Palming is the best method for relaxation and improvement in vision. When tired of palming, the hands can be removed and the eyes kept closed until one feels relaxed.

Q- My little daughter has temporary perfect sight while palming, but her eyes turn in when she plays excitedly or strenuously. I thought play was relaxing?

A – Play may be relaxing and should be beneficial, but like other things, it can be done wrong, necessitating great effort, and without benefit.

Q- I enjoy palming, but it makes me drowsy after ten or fifteen minutes. Is this helpful?

A – When palming is done properly it does not make you drowsy. **It can be so relaxing that the person falls asleep if desired.**

Q- I am presbyopic. How can I improve my vision?

A- By reading fine print and alternately remembering the whiteness of snow for a second while looking at the white spaces between the lines of print. Then close your eyes and remember or imagine the same white more continuously, better and more easily. By alternating, you may become able to remember the white as well when flashing the card as you can with your eyes closed, and your vision will be improved.

Then, look at, see, read the letters clear.

July 1928

Questions And Answers

Q – Some days I can read the Snellen test card to the 15 line, while at other times only to the 30 or 20. Why?

A – When the eyestrain is less the vision is always better.

Q – While palming is it necessary to close the eyes?

A – Yes.

Q - Are floating specks serious? Sometimes they just flood my eyes like clouds of dust and greatly frighten me.

A - Floating specks are not serious. They are always imagined and never seen.

Q - By following instructions in the book, can cataract be benefited without consulting a physician?

A – Cataract has been benefited by following the instructions in my book without consulting a physician.

Q – I find conscious blinking a strain, because I close my eyes temporarily and seem to hold the eyeball stationary. If I shut my eyes for a longer period would that be blinking?

A – No; the normal eye blinks consciously or unconsciously without effort, without strain, and does it quickly.

Q – If the sun and light are beneficial, why do you advocate the shutting out of these two by palming?

A – To obtain relaxation. The sun strengthens the eyes and palming rests them.

Q – Why, after palming for ten minutes or longer and my eyes are rested, do I feel sleepy?

A – The palming is not perfect. Try imagining stationary objects to be moving when you palm.

Q – When I read and blink consciously, I lose my place. Why?

A - This is caused by strain, which prevents one from remembering the location of letters.

Q – Explain what you mean when you say “imperfect sight, imperfect memory.”

A – If you see an object imperfectly, blurred or gray instead of black, you cannot remember it perfectly. You will remember it as you see it.

Q – If there a possibility of palming wrong? I can obtain some benefit, but later I feel strained.

A – Palming may be done properly or it may be done wrong. I would suggest that you read the chapter on palming in my book.

Q – I get nervous if I palm for any longer than ten minutes at a time. Can I obtain as much benefit by palming for short periods at more frequent intervals?

A – Yes.

Q - What is the circular swing and how is it practiced?

A – The circular swing is described in the June number of “Better Eyesight.”

August 1928

Children

By W. H. Bates, M.D.

About fifteen years ago, before the medical society of Greater New York, I read a paper on the prevention and cure of imperfect sight in school children, illustrated with stereoptican pictures. Physicians who attended were very much interested in what I had to say. In the course of my reading I mentioned that most books on ophthalmology have published the statement that near-sightedness was made worse by an effort or strain to read at less than six inches or to read in a dim light. I went on to say that a careful study of the facts demonstrated that much reading in a dim light at the near point will not produce near-sightedness in school children, but will produce the opposite condition far-sightedness. ([far-sightedness occurs only if strain, effort is allowed when reading the print](#)) A great many members rose up immediately to disprove this statement. They were unable favorably to impress those present because not one of them had investigated the subject. They admitted that they condemned such statements because most German physicians and many French, Italian and others had, like them, condemned the methods employed from hearsay and not from actual investigation or experience.

It was a rule of the society that every paper should not require more than twenty minutes for its reading. After more than half an hour had passed I asked the president of the society how much more time I could have for finishing my paper. He answered that as much time would be allowed for finishing the paper as was necessary. The answer was so encouraging that nearly two hours elapsed before I was finished. The meeting was then thrown open for discussion and many of the ophthalmologists present publicly stated that near-sightedness, far-sightedness, astigmatism, cataract, glaucoma and many other eye diseases could not be cured by operation or by the use of drops or other local eye treatment.

Those present asked many questions and the answers satisfied some and annoyed others. One question was asked which would have required some hours before it could be answered intelligently. It was as follows: “What percentage of cases of myopia in school children can be cured or prevented without treatment?” I answered that statistics were misleading. Someone has said that one can prove anything by statistics, but I disagree with him.

About midnight, the janitor appeared on the scene and whispered in the ear of the president a message which must have been annoying from the way the president acted when he received it. The president then said that the paper was so valuable that its discussion must not be curtailed, and if the janitor expected the society to adjourn, the members would go downstairs to one of the large rooms which was not occupied. It seemed to me as though all the members passed on to the new room.

A few weeks later another paper on myopia was read by invitation before the medical society of the County of New York. Among other things, I said that if it could be demonstrated that one child of the Public Schools of the City of New York did not produce or acquire myopia by an effort to see at the distance that I was wrong about the whole matter. The Board of Education heard of this statement and became interested. They sent for me to appear before them. I visited the Board of Education and told them about my investigations and offered to introduce the method in the schools for the prevention of myopia in school children. Some of the members of the Board themselves demonstrated that when they made an effort to see at the distance that the sight became less from the production of myopia, and that rest lessened the myopia. Much to my surprise it was voted that my methods should be given a trial in the public schools of the City of New York.

Soon afterwards I called on the principal of one of the schools and asked for an opportunity to prove that I was right. The principal listened to my story and when I had finished said to me: "Come with me and we will try to prove whether you are right or wrong."

She invited me to one of the school rooms where a number of the children were suffering from eyestrain or were wearing glasses. When their glasses were removed their vision was imperfect. While their glasses were removed they were asked to sit with their eyes closed. At the end of fifteen minutes the sight was tested and all were found to have improved sight. Some had even obtained normal vision. The principal then said to me: "Remain here, doctor, until I return."

She then went to one of the other classrooms. In a little while she returned smiling. She said: "Doctor, you are right; rest of the eyes does improve the imperfect sight of myopia. I am pleased to inform you that I was able to cure about a dozen children just by having them close their eyes and resting them for some minutes. I would like to have you meet some of my teachers and explain your method to them for their benefit." I found out later that she treated these children privately herself so that she could be sure that magic was not used.

[Memory, Imagination, Relaxation and Vision Function Together](#)

In the beginning it was demonstrated that the memory played an important part on the cause, prevention and cure of imperfect sight in school children. It was also observed that improving the imagination enabled the children to improve their sight. They soon learned that they could only see what they imagined and that they could imagine what they remembered, and remember only what they saw.

A number of children were found wearing glasses who were backward in their studies and complained of attacks of headache and pain in their eyes; they were restless and took very little interest in their studies. After eye education was practiced, not only did the vision improve, but the mentality as well.

Teachers in other cities also used my method of eye education in their classrooms. A teacher in the West devoted considerable time to teaching children how to remember, how to imagine, and how to see by using their eyes without effort or strain. She taught them how to palm until their eyes were rested. She had the whole class stand up and sway from side to side and imagine stationary objects to be moving.

Her efforts to improve the imagination of the children were most interesting. One method was to have the child close the eyes and draw some fantastic and unusual figures of people, animals and other objects while the eyes were closed. Some of these drawings were so valuable and interesting that they were used by older patients to improve their imagination. Many weary hours of work were relieved by having the children practice relaxation methods. In time the children enjoyed these relaxation methods and practiced them at recess. One child who was able to improve his sight very promptly enjoyed teaching other children how to improve their sight.

[Children are Often the Best, Perfectly Natural Vision Improvement Teachers](#)

The Superintendent of the Public Schools in North Bergen, N. J., published in this magazine in August 1925, a report of the result of the adoption of my methods in his schools. In many of the schools were children 16 years of age in the same class as other children much younger. One very important result of the practice of relaxation methods in his schools was that children suffering from retardation were materially benefited or cured so that their teachers were able to place them in the classes in which they belonged according to their years.

After my methods were practiced in the Public Schools of New York for several years with great benefit, some physicians interested in eye work believed that the eyes of the children were not benefited by eye education and through their recommendation the practice of my method was stopped. I cannot understand why the Board of Education was willing to abandon methods which were practiced by teachers who were much pleased with the

results obtained, in favor of methods which had failed to bring about any material benefit. (Optical industry hiding Bates Method from the public.)

September 1928

Questions And Answers

Q – (1) How long should one palm and how often?

(2) How young a patient can you treat by this method, and up to what age can you expect results?

(3) Is astigmatism curable by this method?

A – (1) As often and as long as long as possible.

(2) Age is not a factor in the cure of imperfect sight without glasses. Patients as old as eighty-two have been relieved. Children can be treated as soon as they are able to talk.

Babies, children can be rocked, swung in their mothers arms, cradle..., different objects moved in front of the eyes to prevent staring, to get the eyes shifting, activate relaxation.

(3) Yes.

Q – How long has the method been known?

A – Its evolution began thirty-five years ago. It has improved as experience has been gained and is still improving.

The Modern Bates Method consists of many new, improved versions of the original treatments and new methods; Left and right Brain Hemisphere activation, integration, color treatment, Infinity swing, posture, movement, positive thoughts/emotions are a few examples.

Q – Why is it a rest to read fine print? I should think it would be more of a strain.

A – Fine print is a relaxation, large print a menace. The December, 1919, issue of this magazine explains this in detail.

Fine print activates perfect central fixation, tiny shifting eye movements, short swing, fine tuned detailed vision. The mind, eyes become perfectly relaxed when reading fine print because that is the only way it can be read.

Q – Must the body be at rest before the eyes can be cured?

A – When the eyes are relaxed, the whole body is relaxed.

Q – Which is more beneficial, the short or the long swing?

A – The short swing, if you can maintain it.

Short Swing Example: Shift on a small fine print letter or period and see it show oppositional movement.

Q - Trying to make things move (oppositional movement) gives me a headache. Palming gives me more relief. Why?

A – Making an effort to do a thing will not help you. When you are walking on the street, the street should go in the opposite direction without effort on your part. Some people get more relief from palming, while swinging helps others more.

Q – Are the “movies” harmful?

A – No. Quite the contrary. Send for the magazine on this subject.

Q – Why do “movies” hurt my eyes when they should benefit them?

A - Unconscious strain. Do not stare at the pictures, but allow the eyes to roam over the whole picture, seeing one part best. Also keep things swinging.

Q – Is a hemorrhage on the outside of the eyeball fatal?

A – Rarely.

Q – Is central choroiditis curable and does it require much treatment?

A – Yes, choroiditis is curable. It requires a great deal of treatment in some cases.

Q - Should one imagine a thin white line along the top of a word or sentence or just at the bottom?

A - If you can imagine it at the top as easily as you can at the bottom, do so, otherwise imagine it only at the bottom.

Q - If the lens is not a factor in accommodation, what is its purpose?

A - The lens is for protective purposes, just as fat is a protection to the bones of the body.

The lens also bends/refracts light rays, focuses the rays onto the retina. The cornea also refracts/focuses light rays. The cornea and lens also control the amount of light that enters the eye. Most eye professionals state the lens also changes shape to produce accommodation, adjust light rays from close objects to focus on the retina.

Light rays from close objects diverge; this is why the lens/eye must change shape to bring the rays onto the retina for clear close vision.

Light rays from distant objects are basically parallel, focus perfectly on the retina so the lens/eye do not need to change shape to focus light rays from distant objects onto the retina. The round eye shape is set perfect for focus of parallel light rays. Dr. Bates stated that the lens does not produce accommodation. He states that the outer eye muscles (oblique) slightly lengthen the eye (as a camera works) to focus on close objects.

Q - If strain is the cause of imperfect sight, why are not all affected in the same way? Why is it that some have myopia, others astigmatism, etc.?

A - Different people react in different ways to strain. Some have mind strain, some nerve strain, some physical strain, etc. All these tend to cause various ailments. One's temperament also has a great deal to do with it.

One strain can lead to secondary, and third...strain, all which increase each other. Example: A person uses incorrect posture and experiences neck tension which results in some eye muscle tension and slight blur. This is the first type of strain. Then the person squints, stares, uses effort to see. This causes a new secondary type of strain and increased blur. The person begins to worry about the blur, eyestrain and a new third strain (worry) occurs, and more blur. The person starts wearing eyeglasses which is a fourth strain and greatly increases all four strains. Four different types of strain are now in the visual system, mind.

The Natural Eyesight Improvement teacher shows the student how to identify and remove all types of strain. Left and right brain hemisphere imbalance, dominance, suppression, negative thoughts, emotions, using effort to see at close and far distances, squinting, staring can cause different types of strain, unclear vision at certain distances, other abnormal eye conditions.

Q - When doing the swing, what does one move, the head or eyes?

A - The eyes are moved in the same direction as the head is moved.

Q - Does massaging benefit the eyes?

A - No, because it does not relieve the mental strain which caused the eye trouble.

Modern teachers know that; Body, shoulder, neck, face acupuncture point activation and muscle massage does improve the sight, health of the eyes by relaxing the eye muscles, improving eye movement, blood, oxygen, lymph, nerve flow/circulation to the brain, eyes. Joint, vertebrae alignment, muscle massage, relaxation in many different areas of the body has a direct affect on the eyes and improves the clarity of vision.

Improving the state of the body, its relaxation helps remove mental, visual strain.

Applying Bates method also removes strain in the mind, eyes, body, muscles, nerves.

Q - Is practicing under a strong electric light as beneficial as practicing in the sun?

A - If the sun is not shining, the strong electric light can be used with benefit, although more benefit is derived from direct sun treatment.

Q - Can one remember perfectly and see imperfectly?

A - It is impossible to remember perfectly and see imperfectly at the same time. Perfect sight can only be obtained with the aid of a perfect memory. When the memory is perfect, the mind is relaxed and the vision is normal. Imperfect memory requires a strain of the eye which produces imperfect vision.

Q - Can one blink too quickly and too often?

A - The normal eye blinks quickly, easily and frequently. Blinking can be done correctly or incorrectly. Some people, when they are told to blink, squeeze their eyes shut, or close them too slowly and then open them spasmodically, which is wrong. When the normal eye blinks, things are seen continuously.

October 1928

Questions And Answers

Q – Will it still be necessary to continue practicing the methods of swinging and shifting after my eyes are cured?

A – No, when you are cured of eyestrain you will not be conscious of your eyes. However, if you strain them you will know what to do to relieve the strain.

Q – If one's arms become tired while palming, will a black silk handkerchief covering the eyes produce the same amount of relaxation one gets from palming?

A – No. Palming is the best method for relaxation and improvement in vision. When tired of palming, the hands can be removed and the eyes kept closed until one feels relaxed.

Q – How can one look at the sun without injury?

A - While looking toward the sun it is best to blink the eyes and to look to the right and to the left of the sun. (shift) This will help you to look directly at the sun without discomfort or pain. One cannot look directly at the sun without normal vision.

Q – If I improve the vision of the poor eye will there not be a confusion of images?

A – Not necessarily.

Q – Is it possible to cure a three-year old child of squint without an operation?

A – Yes. I have had many such cases that were cured by my method of treatment.

Q – When the pupils become dilated, is that an indication of eyestrain?

A - No. A great many people who have dilated pupils have no trouble at all with their eyes.

Q – I am practicing the methods in your book to cure myopia and astigmatism. Sometimes for short periods, I see perfectly, then things fade away. Can you explain this?

A – This is what we call getting flashes of perfect sight. With continued practice these flashes will come more frequently and eventually will become permanent. Then you are cured.

Q – Can the vision be improved without glasses after the lens has been removed for cataract?

A – Yes.

Q – Does Dr. Bates approve of dark glasses to protect the eyes from the glare of the sun at the seashore?

A – No. Dark glasses are injurious to the eyes. The strong light of the sun is beneficial to the eyes, although it may be temporarily painful and blinding.

Q – By following instructions in the book, can cataract be benefited without consulting a physician?

A – Yes.

Q – Are memory and imagination the same? When we remember an object do we have to visualize it?

A - A perfect memory cannot be obtained unless you are able to imagine that you see or visualize what you remember.

Q – When I try to imagine a black period, it blurs and I get all colors but black.

A – When you fail to remember a period with your eyes closed, open your eyes and see it, then close your eyes and remember it as well as you can for a moment. Alternate.

Shift on the period with eyes and mind and a clear mental, visual image will be seen and imagined.

Q – I enjoy palming, but it makes me drowsy after ten or fifteen minutes. Is this helpful?

A - When palming is done properly it does not make you drowsy.

Q – I find conscious blinking a strain because I close my eyes temporarily and seem to hold the eyeball stationary. If I shut my eyes for a longer period would that be blinking?

Stationary eyes=muscle tension, strain, blur.

A – No. The normal eye blinks consciously or unconsciously without effort, without strain, and quickly.

Q – My little daughter has temporary perfect sight while palming, but her eyes turn in when she plays excitedly or

strenuously. I thought play was relaxing.

A – Play may be relaxing and should be beneficial but like other things, it can be done wrong with a great effort without benefit.

Q – While palming, is it necessary to close the eyes?

A - Yes.

Q – How long is it necessary to read the test card before obtaining benefit?

A - Some patients, by palming and resting their eyes, have obtained benefit in a few minutes.

Q - What is most helpful when one is dreadfully nearsighted and finds it almost impossible to see without glasses?

A - Practice palming as frequently as possible every day. Keeping the eyes closed whenever convenient for five minutes, ten times a day, is also helpful.

Q – Why is fine print beneficial?

A - Fine print is beneficial because it cannot be read by a strain or effort. The eyes must be relaxed.

[Fine print also activates perfect central fixation, with eye movement/shifting, including tiny shifts.](#)

[When the mind, eyes are relaxed, vision is clear.](#)

[Perfect relaxation must occur for fine print to be seen. Reading fine print brings the mind, body, eyes to perfect relaxation.](#)

Q – I have noticed when I palm that my eyeballs hurt from the pressure. When I loosen this tension the light filters in.

A - Palming is done correctly with the fingers closed and laid gently over each eye, using the palms like a cup. If this is done properly there is no pressure and the light is shut out.

[It is ok if a little light shines thorough.](#)

[The hands must stay relaxed. No pressure on the eyeballs, eyes.](#)

Q – Are floating specks serious? Sometimes they just flood my eyes like clouds of dust and greatly frighten me.

A - Floating specks are not serious. They are always imagined and never seen.

Q – I have improved my sight by palming, but when I read for any length of time the pain returns.

A – When you read and your eyes pain you, it means that you are straining your eyes. More frequent palming may help you to read more continuously.

Q – If type can be seen more distinctly with the eyes partly closed, ([squinting](#)) is it advisable to read that way?

A - No, it is not advisable to read that way because it is a strain, [causes eye muscle tension](#) and alters the shape of the eyeball [and leads to increased blur](#).

Q – I have attained normal vision, but after reading for a while, my eyes feel strained. Would you still consider I had normal sight?

A – If your eyes feel strained you are not reading with normal vision.

Q – When I look at an object and blink, it appears to jump with each blink. Would this be considered the short swing?

A – Yes. You unconsciously look from one side to the other of the object when blinking. ([Oppositional Movement](#))

Q – Some days, I can read the Snellen card to the 15 line, others only to the 30 or 20.

A - When the eyestrain is less the vision is always better.

November 1928

Question And Answers

Q - What causes night blindness?

A - It is caused by a form of eyestrain which is different from the eyestrain which causes imperfect sight with other symptoms.

Q - What causes styes?

A - Infection, which is always associated with eyestrain.

Q - Are cataracts curable without operation?

A - Yes.

Q - I am forty-nine years of age and have had to wear glasses for five years, due to gradual weakening of the eyes. Is this curable?

A - Old age sight is curable, and you can discard your glasses by following the methods as outlined in the book, "Perfect Sight without Glasses."

Q - I am practicing the methods in your book to cure myopia and astigmatism. Sometimes, for short periods, I see perfectly, then things fade away. Can you explain this?

A - This is what we call getting flashes of perfect sight. With continued practice these flashes will come more frequently and eventually will become permanent.

Q - I cannot gaze into the sun without discomfort. Do I do it incorrectly?

A - Read Chapter XVII in the book. Do not gaze into the sun but at each side of it alternately. In this way you not only swing it, but allow the rays to shine on the eyes. This is a great benefit.

Q - Can squint be cured by treatment, without glasses after an operation proved unsuccessful? Does age make any difference?

A - Yes. No, age does not make any difference.

December 1928

DECEMBER, 1928

Practice Methods

Many people have asked for help in choosing the best method of treatment for their particular eye trouble. A woman aged sixty complained that she had never been free of pain; pain was very decided in her eyes and head. She also had continuous pain in nearly all the nerves of the body. The long swing when practiced 100 times gave her great relief from pain. The relief was continuous without any relapse. At the same time a second woman of about the same age complained of a similar pain which, like the first patient, she had had almost continuously. She was also relieved by practicing the long swing. The long swing was practiced by other people with a satisfactory result.

It seemed that the swing was indicated for pain; it seemed to bring about better results than any other treatment. Later on, however, some patients applied for relief from pain which was not benefited by the long swing. Evidently one kind of treatment was not beneficial in every case. A man suffering from tri-facial neuralgia which caused great agony in all parts of the head was not relieved at all by the long swing. Palming seemed to be more successful in bringing about relief. Furthermore, there were patients who did not obtain benefit after half an hour of palming who did obtain complete relief after palming for several hours.

Patients with cataract recovered quite promptly when some special method was tried.

The experience obtained by the use of relaxation methods in the cure of obstinate eye troubles has proved that what was good for one patient was not necessarily a benefit to other patients suffering from the same trouble, and that various methods must be tried in each case in order to determine which is the most beneficial for each particular case.

Year 1929

January 1929

Time For Practice

So many people with imperfect sight say that they have not the time to practice relaxation methods, as their time is taken up at business or in the performance of other duties. I always tell such people, however, that they have just as much time to use their eyes correctly as incorrectly.

+ They can imagine stationary objects to be moving opposite whenever they move their head and eyes. When the head and eyes move to the left, stationary objects should appear to move to the right, and vice versa.

+ They can remember to blink their eyes in the same way that the normal eye blinks unconsciously, which is frequently, rapidly, continuously, without any effort or strain, until by conscious practice, it will eventually become an unconscious habit, and one that will be of benefit to the patient.

+ They can remember to shift or look from one point to another continuously.

+ When practicing shifting, it is well to move the head in the same direction as the eyes move. If the head moves to the right, the eyes should move to the right. If the head moves to the left, the eyes should move to the left. By practicing in this way, relaxation is often obtained very quickly, but: if the eyes are moved to the right and at the same time the head is moved to the left, a strain on the nerves of the eyes and the nerves of the body in general is produced (**and central fixation, normal eye movement is prevented**).

February 1929

Questions And Answers

Q – When palming and remembering black, is it advisable to keep the image stationary and to keep the same image, or is it just as good to shift from one object to another?

A – When palming and remembering black, one should imagine everything remembered to be moving and not stationary. It is necessary to shift from one image or from one object to another.

Shift from part to part when looking at a object in the mind, memory, imagination; Notice tiny details – shift point to point on a small imaginary object – a Bee: shift on its yellow and black fur, eyes, nose, antennas, wings, feet, see it moving its legs, wings, face..., follow it as it takes off, fly's around through a field, lands on an apple in a tree, then fly's to, lands on a flower, see it moving up and down... as the wind lightly blows the flower, the bee fly's zig-zagging over a field of tall grass occasionally landing to investigate a flower, blade of grass, fly's along the river, over the sparkling water in the sunlight. Shift on each object the mind imagines as the minds eyes move from object to object, part to part.

Q – Would the reading of fine print at four inches be helpful?

A – The reading of fine print at four inches is usually helpful.

Q- While palming is it necessary to close the eyes?

A- Yes.

Q – Why is the reading of fine print a benefit?

A – Because it cannot be read by a strain or an effort. The eyes must be relaxed.

Q – My eyes feel fine after I palm and let my mind drift to various black objects. The period is more difficult, however.

A - Perfect mental pictures of ordinary objects means a perfect mental picture of a period. To try to see is an effort or strain and produces defective sight.

Q - Are floating specks serious? Sometimes they just flood my eyes like clouds of dust and greatly frighten me.
A - Floating specks are not serious. They are always imagined and never seen.

[Shifting, central fixation, perfect memory, imagination, relaxation of mind, body and eyes removes floating specks, floaters.](#)

March 1929

Questions And Answers

Q - While palming, is it necessary to close the eyes?
A - Yes.

Q - When I read and blink consciously, I lose my place.
A - This is caused by strain, which prevents one from remembering the location of the letters.

Q - How long is it necessary to read the test card before obtaining benefit?
A - Some patients by palming and resting their eyes have obtained benefit in a few minutes.

Q - How can I prevent the sun from hurting my eyes?
A - By becoming accustomed to sun treatment.

Q - Will you please tell me if results are obtained at all ages?
A - Results can be obtained at all ages.

Q - What is the circular swing and how is it practiced?
A - The circular swing is described in the June, 1928, number of "Better Eyesight." [Modern Infinity Swing, Figure Eight is beneficial.](#)

Q - I get nervous if I palm for any longer than ten minutes at a time. Can I obtain as much benefit by palming for short periods at more frequent intervals?
A - Yes.

Q - Is there a possibility of palming wrong? I can obtain some benefit, but later I feel strained.
A - Palming may be done properly or it may be done wrong. I would suggest that you read the chapter on palming in my book.

Q - Explain what you mean when you say "imperfect sight, imperfect memory."
A - If you see an object, (letter) imperfectly, blurred or gray instead of black, you cannot remember it perfectly. You will remember it as you see it.

Q - My left eye turned in and was corrected by operation. Now it turns out. What method will cure this?
A - You need more than one method. Complete relaxation will relieve the strain and correct the squint. [Left and right brain hemisphere activation, integration, neck muscle relaxation, movement.](#)

Q - Is a great amount of floating specks indicative of cataract? When I am weary these look like a flock of bees crossing my eyeballs.
A - No. Your particular strain produces floating specks. A different strain produces cataract.

Q - Would the reading of fine print at four inches be helpful?
A - The reading of fine print at four inches is usually helpful.

Q - Why is fine print beneficial?

A - Fine print is beneficial because it cannot be read by a strain or effort. The eyes must be relaxed.

Fine print activates, improves perfect central fixation, relaxation, tiny shifting. This improves ability to see small, fine details of objects clear at close and far distances.

Q - How can one overcome the stare if it is unconscious?

A - Blink consciously, whenever possible, especially when reading. Never look at an object for more than a few seconds at a time. Shift your gaze; object to object, distance to distance, part to part on objects, small point to small point on parts of objects and on tiny objects.

Q - If type can be seen more distinctly with the eyes partly closed, (squinting) is it advisable to read that way?

A - No, it is not advisable to read that way because it is a strain, causes eye muscle tension, and alters the shape of the eyeball causing incorrect focus of light rays in the eye.

Q - I have attained normal vision, but after reading for a while, my eyes feel strained. Would you still consider I had normal sight?

A - If your eyes feel strained you are not reading with normal vision - Not reading with; relaxation, no interest in the subject, no shifting, blinking.

Q - Are dark sun glasses harmful?

A - Yes. Dark glasses are very injurious to the eyes.

April 1929

Questions And Answers

Q - Which is the best method of obtaining relaxation?

A - The object of all the methods I recommend is relaxation. Some patients obtain more benefit from the practice of one method than another.

Q - When palming and remembering black, is it advisable to keep the image stationary and to keep the same image, or is it just as good to shift from one object to another?

A - When palming and remembering black, one should imagine everything remembered to be moving and not stationary. It is necessary to shift from one image or from one object to another.

Q - How long is it necessary to read the test card before obtaining benefit?

A - Some patients by palming and resting their eyes have obtained benefits in a few minutes.

Q - What is most helpful when one is dreadfully nearsighted and finds it almost impossible to see without glasses?

A - Practice palming as frequently as possible every day. Keeping the eyes closed whenever convenient for five minutes ten times a day is also helpful.

Q - I have noticed when I palm that my eyeballs hurt from the pressure. When I loosen this tension the light filters in.

A - Palming is done correctly with the fingers closed and laid gently over each eye, using the palms like a cup. If this is done properly there is no pressure and the light is shut out.

Q - Is there a possibility of palming wrong? I can obtain some benefit, but later I feel strained.

A - Palming may be done properly or it may be done wrong. Read the chapter on palming in my book.

Q - Should children read microscopic type?

A - Yes. Reading microscopic type is a benefit to the eyes of both children and adults.

Q - Dr. Bates says that in reading fine print one should look between the lines. Is this not contrary to the principles of central fixation? To see the print best, should one not look directly at it?

A - One can look between the lines and shift to the black letters with central fixation. [Look directly at the letters when reading them.](#)

Q - When I look at an object and blink, it appears to jump with each blink. Would this be considered the short swing?

A - Yes. You unconsciously look from one side to the other of the object when blinking.

Q - After palming for ten minutes or longer, my eyes are rested, but I feel sleepy.

A - The palming is not perfect. Try imagining stationary objects to be moving when you palm.
[Shift on the objects in the imagination.](#)

Q - My eyes feel fine after I palm and let my mind drift on various black objects. However, the period is more difficult.

A - Perfect mental pictures of ordinary objects means a perfect mental picture of a period. To try to see is an effort or strain, and produces defective vision. [Shift on the period in the imagination.](#)

Q - Should I think only of a black period when palming? Should I imagine my body swaying and the period moving?

A - If it requires an effort for you to think of a period, you should not try to do so. It is just as beneficial to let your mind drift from one pleasant thought to another. When one remembers a period, it should be imagined to be moving from side to side. [\(as the eyes, mental visual attention is shifting on it.\)](#)

Q - Should one always imagine stationary objects to be moving in the opposite direction?

A - When one is riding in a train, one should imagine that telegraph poles and other stationary objects are moving in the opposite direction. When one is walking on the street, he can imagine when looking down, that the pavement is coming toward him; when he looks to the right or left, he can imagine that objects on either side are moving opposite. The object of this is to avoid the stare.

Q - Will you please describe the long swing?

A - The long swing is accomplished as follows: Stand with the feet about one foot apart, turn the body to the right - at the same time lifting the heel of the left foot. The head and eyes move with the body. Now place the left heel on the floor, turn the body to the left, raising the heel of the right foot. Alternate.

Q - How do you practice the variable swing?

A - Hold the forefinger of one hand six inches from the right eye and about the same distance to the right, look straight ahead and move the head a short distance from side to side. The finger appears to move.

Q - What is central fixation?

A - Central fixation is seeing best where you are looking, and worse where you are not looking. That is, when you look at a chair, for instance, 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.

Q - How much time should I devote to palming each day?

A - The more time one devotes to palming, the quicker will results be obtained, provided one practices correctly. Palming should be practiced for five, ten, fifteen minutes or longer at a time. Some patients obtain more benefits from practicing palming for short periods of time at more frequent intervals.

May 1929

Shifting

When the normal eye has normal sight it is at rest and when it is at rest it is always moving or shifting. Shifting may be done consciously with improvement in the vision, or it may be done unconsciously with impaired vision.

Shifting can be practiced correctly and incorrectly.

+**A wrong way to shift** is to turn the head to the right while the eyes are turned to the left, or to turn the head to the left while the eyes are turned to the right.

+**Correct way** = Eyes, head/face, body move together, synchronized, at the same time, in the same direction.

To improve imperfect sight by shifting, it is well to move the head and eyes so far away that the first letter or object imagined is too far away to be seen at all clearly. Shifting from small letters to large letters alternately may be a greater benefit than shifting from one small letter to another small letter. Quite frequently the vision is decidedly improved by shifting continuously from one side of a small letter to the other side, while the letter is imagined to be moving in the opposite direction. When the shifting is slow, short, and easy, the best results in the improvement in the vision are obtained.

The eye also moves quick, very fast (Saccadic) and this occurs automatically. Any attempt to stop the shifting always lowers the vision. The letter or other object which appeared to move is usually shifting a short distance – one half or one quarter of an inch. It is not possible to imagine any particular letter or other object stationary for a longer time than one minute.

Strain, blur begins when the eyes have not moved after a fraction of a second to one second.

While the patient is seated, benefit can be obtained from shifting, but even more benefit can be obtained when the shifting is practiced while the patient is standing and moving the head and shoulders, in fact the whole body, a very short distance from side to side. **(The Sway, Rock)** Shifting the whole body makes it easier to shift a short distance and may explain why this method is best.

It is easy to see letters on a eyechart clear when shifting easily on the letters while doing the sway a short distance left and right.

Blink, sway, relax.

June 1929

Questions And Answers

Q - After palming for ten minutes or longer, my eyes are rested, but I feel sleepy.

A - The palming is not perfect. Try imagining stationary objects to be moving when you palm.

Q - Are memory and imagination the same? When we remember an object do we have to visualize it?

A - A perfect memory cannot be obtained unless you are able to imagine that you see or visualize what you remember.

Q - Please give me a simple demonstration or example of the swing. I cannot see objects moving when I know they are stationary.

A - When you ride in a railroad train which is traveling fast, and look out that window, you may see the telegraph poles and other objects moving in the opposite direction.

Q - My little son, four years old, becomes fidgety while palming. Do you prescribe something else equally beneficial?

A - Your little son may become able to palm for a few minutes at a time. Swaying from side to side usually helps.

Q - How can one overcome the stare if it is unconscious?

A - Blink consciously, whenever possible, especially when reading. Never look at an object for more than a few seconds at a time. Shift your gaze.

Q - (a) My eyes are swollen and disfigured in the morning. (b) Although I have eight and nine hours' sleep, it does not rest me.

A - (a) The swelling of your eyes or eyelids in the morning is due to eyestrain when you are asleep.

Read chapter in my book on this subject. (b) You may be restless and sleep very poorly and strain your eyes terribly, although apparently you may be asleep for a long time.

Q - When palming and remembering black, is it advisable to keep the image stationary and to keep the same image, or is it just as good to shift from one object to another?

A - When palming and remembering black, one should imagine everything remembered to be moving and not stationary. It is necessary to shift from one image or from one object to another.

Q - What is most helpful when one is very nearsighted and finds it almost impossible to see without glasses?

A - Practice palming as frequently as possible every day. Keeping the eyes closed whenever convenient for five minutes ten times a day is also helpful.

July 1929

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. [Plain sunning without the sunglass is equally beneficial in most cases. Also, shining direct sunlight \(no sunglass\) onto the sclera, white part of the eye is healthy. Sunglass is used only by a experienced ophthalmologist and only in a case of near or complete blindness when plain sunning without the glass does not improve the sight.](#)

August 1929

Case Reports—School Children

By KATHERINE HAYES

A boy of thirteen came for treatment. He was wearing glasses which he had been using for three years. His dislike of glasses was not prompted by vanity as in little Elsie's case, but was because being a real boy, he liked all sorts of sports and could not engage in any of them because of his "old glasses" as he called them. "Gee," he said, "if I didn't have to wear those things, I'd be happy."

After testing his vision, I found that he had quite a high degree of myopia. His vision was 15/70 with both eyes. Palming seemed to make him restless, so I told him to just close his eyes and sit back comfortably in the chair. After twenty minutes, he was directed to stand up and look out the window, then to start swaying from side to side as he blinked his eyes. After practicing this for five minutes, I again tested his vision, and found that it had improved to 15/40. I told him to leave his glasses off and gave him instructions to follow at home.

When he came again, his vision was not quite 15/50. He said that he had had a bad cold and was not able to practice. I gave him light treatment for about twenty minutes, after which his vision improved to 15/30 minus. I told him to get a great deal of sun treatment at home, letting the sun shine on his closed eyelids as he moved his head slowly from side to side. When he came again, his vision had improved to 15/20 minus. He continued to improve steadily and when he came the last time, which was about a month ago, his vision was normal in both eyes. Needless to say he was a happy boy, and incidently, as he was leaving the office he said that he thought Dr. Bates was the most wonderful man in the whole world, with the exception of his own father.

September 1929

Questions and Answers

Q—Is diabetic cataract curable?

Answer.—Diabetic cataract is curable when the general disease of diabetes can be relieved by treatment.

Q—After a serious illness several years ago my pupils became very large. Is there anything you can suggest that will help them to contract?

A—Dilated pupils are not usually symptoms of disease of the eye. The sun treatment is beneficial. Sit in the sun with the eyes closed, allowing the sun's rays to shine directly on the closed eyelids, moving the head a short distance from side to side to avoid discomfort from the heat. This should be practiced for a half hour, an hour, or longer.

Q—What causes my vision to become blurred upon sudden confusion or when I have a number of activities coming at once?

A—The fact that your vision becomes blurred at such times is proof of your eccentric fixation. Do not try to see or do several things at once. Practice central fixation, seeing the part regarded best and other parts not so clearly, all day long.

Q—My daughter, aged ten, is practicing your method for the cure of cross-eyes. Would it help to cover her good eye with a shield, which is easy for her and keeps the left eye straight for a certain period of time, besides making it work? It helped her so much when she wore glasses, that I thought it might help her without them in the same way.

A—It is first necessary to improve to normal the vision of both eyes, when used together. Then cover the good eye and practice improving the vision of the poor eye.

Q—When you suggest new methods do you mean to discontinue with the old?

A—Not necessarily. All the methods I recommend have relaxation for their object. It is for the patient to determine which treatment is most beneficial and to continue its practice faithfully. Some patients tire easily when one thing is done continuously. For this reason several methods are suggested in order to vary the practice.

Q—I am told that I am losing my "central vision." Is it possible to regain what I have already lost or to forestall the loss of the remainder?

A—Yes, it is possible by faithful practice of my methods.

Q—What causes my eyes to flash violet sparks and splashes?

A—This is caused by a mental strain.

Learn to relax and improve your memory and imagination. Palming should help you a great deal.

[Staring, neck tension, incorrect posture, many hours with the head, neck bent down or pulled forward reading, typing without taking a break causes this symptom and unclear vision, dizziness.](#)

[Use correct posture, walk around, look to the distance to prevent tension in the neck, eyes, blur.](#)

Q—It is very hard for me to think in terms of black and white. Is there some other method which is just as beneficial?

A—Yes, letting your mind drift from one pleasant memory to another will accomplish the same results.

Q—In case of illness where one is unable to practice with the Snellen test card or stand up, what method is used?

A—Blink frequently and shift your eyes constantly from one point to another. Turn your head slightly from side to side on the pillow or close your eyes and think of something pleasant, something that you can remember perfectly, and let your mind drift from one pleasant thought to another.

Q—What does "Seeing things moving all day long" mean?

A—Your head and eyes are moving all day long. Notice that stationary objects appear to move in the opposite direction to the movement of your head and eyes. When you walk around the room or on the street, observe that the floor or pavement appears to come toward you, while objects on either side of you appear to move in the opposite direction to the movement of your body.

October 1929

The Memory Swing

The memory swing relieves strain and tension as do the long or the short swings which have been described at various times. It is done with the eyes closed while one imagines himself to be looking first over the right shoulder and then over the left shoulder, while the head is moved from side to side. The eyeballs may be seen through the closed eyelids to move from side to side in the same direction as the head is moved. When done properly, the memory swing is just as efficient as the swing which is practiced with the eyes open, whether it be short or long.

Feel the physical eyes move left and right when imagining moving left and right and when physically moving the head left and right. The eyes move in the same direction the mind imagines moving and the physical body, head moves. The brain works with the eyes. This swing also relaxes, improves movement of the neck. Enjoy relaxation of the mind, eyes, head, neck, shoulders, body.

The memory swing can be shortened by remembering the swing of a small letter, a quarter of an inch or less, when the eyes are closed.

The memory swing has given relief in many cases of imperfect sight from myopia, astigmatism, and inflammations of the outside of the eyeball as well as inflammations of the inside of the eyeball. It is much easier than the swing practiced with the eyes open and secures a greater amount of relaxation or rest than any other swing. It may be practiced incorrectly, just as any swing may be done wrong, and then no benefit will be obtained.

November 1929

Questions and Answers

Q - My trouble is cataract. Shall I cover up the good eye while practicing?

A - Practice with both eyes together until your vision is normal. Then, cover the good eye and improve the vision of the poor eye.

Q- Often, when I am trying to see a thing, it will come to me, but my eyes will commence to smart and then I blink and lose it. What shall I do to overcome that??

A - Blinking can be done correctly, and it can be done incorrectly. You strain while you blink. The normal eye blinks easily and frequently. Strain is always accompanied by the stare. By standing and swaying from side to side so that your whole body, head, and eyes move together, the stare is lessened..

Q- What causes redness and smarting sensation of the eye even when plenty of sun treatment has been given? Should one continue with sun treatment under the circumstances??

A - Take the sun treatment frequently for five or ten minutes at a time daily, increasing the length of time until the eyes become accustomed to the sun. The eyes should always be benefited after the sun treatment, and one should always feel relaxed. When done properly, the redness and smarting should soon disappear. If the eyes are not benefited, it is an indication that you strain while taking the treatment. Alternate the sun treatment with palming or closing the eyes to rest them..

[Move the head side to side when sunning..](#)

Q - Is resting the eyes by palming a more effective cure for smarting of the eyes than the sun treatment??

A - This depends upon the individual. Some are benefited more by palming, while others receive more benefit from the sun treatment..

Q- Should motor goggles be worn as protection against wind??

A - No protection is needed against the wind if the eyes are used correctly. Blinking, shifting, central fixation, and the imagination of stationary objects to be moving, should be practiced while motoring, and, in fact, all the time. Motor goggles weaken the eyes and make them sensitive to the sunlight..

Q- Is age a factor in the cure of imperfect sight without glasses??

A - Age is not a factor..

Q- In palming should one close the eyes tightly??

A - No, easily and naturally at all times..

Q- When you suggest new methods do you mean to discontinue with the old??

A - Not necessarily; all the methods I recommend have relaxation for their object. It is for the patient to determine which treatment is most beneficial and to continue its practice faithfully. Some patients tire easily when one thing is done continuously. For this reason several are suggested in order to vary the practice..

December 1929

Questions and Answers

Q—Would the reading of fine print at four inches be helpful?

A—The reading of fine print at four inches is usually helpful.

Q—You mention the black period in your book. Must this be any particular size? I only imagine large round black objects like cannon balls, the center of a target, or a moving football. This is restful, but is it beneficial?

A—No. Anything that is restful is beneficial.

Q—I have attained normal vision, but after reading for a while, my eyes feel strained. Would you still consider I had normal sight?

A—If your eyes feel strained you are not reading with normal vision.

Q—Seeing stationary objects moving appears to me to be merely self-hypnotism. I can't do it.

A—When riding in a train the stationary telephone poles appear to move in the opposite direction. Of course this is an illusion, but it is a benefit to the eyes to imagine all stationary objects moving.

Q—Is it possible to cure squint in a child under two years of age by the Bates Method, and what is the treatment employed?

A—A child, two years of age or younger, can be treated and cured of squint, with or without imperfect sight, by the Bates Method. The treatment is varied. The swing can be practiced by the mother holding the child in her arms. If the child is able to stand or walk, it is held by the hands and the sway is practiced with the child moving from side to side. Keeping time with music encourages the child to continue the swaying for a longer time.

Improving the memory and imagination of the child is also recommended. The child is encouraged to play with toy animals and is taught the names of the different animals. Usually the animals are placed on the floor in groups and the child is asked to pick up the animals as they are named. As the child reaches for one and then another, the parent may observe whether the child goes directly toward the toy or reaches to either side of it. This method is used in extreme cases of squint where the child does not see perfectly where is looking.

Colored yarns are also used in these cases. The child is taught the names of different colors. An improvement is always noted after such treatment, because the child is constantly shifting his glance from one colored skein of yarn to the other as he selects the one called for. The problem is to educate the eyesight. The more the eyes are used the better.

Palming is beneficial in the cure of squint. If the child is told that it is just a game of peek-a-boo, he immediately becomes interested and enjoys it. Reading a story to the child as he palms is usually beneficial, and improves the squint.

With children three years or older, the pot hook card is used. This is a test card with the letter "E" pointing in various directions. The child tells whether it is pointing up or down, left or right. If a mistake is made, palming is introduced in order to rest the eyes.

Children with squint are usually unruly, disobedient or destructive. When the squint is improved, a change in their conduct is also noted. They become quiet, obedient, and their mental efficiency is improved.

[See left and right brain hemisphere activation, integration, balance and other new methods for curing squint.](#)

Year 1930

January 1930

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 a black letter is composed of many tiny black periods and shift continually, easy, relaxed from one period to another on the letter.

When shifting: see one period at a time darkest black and clearest in the center of the visual field as the central field moves from period to period as the eyes shift.

When a letter is seen perfect, the mental image, memory, imagination of the letter is further improved, perfected, resulting in perfect memory, imagination, relaxation, and clear vision.

Notice

Dr. Bates, as well as the Central Fixation Publishing Company, has been receiving a number of letters recently from people who have been unsuccessfully treated by practitioners who have not taken Dr. Bates' course of instruction and do not understand the Bates Method thoroughly.

Dr. Bates gives a course of instruction to doctors, teachers, nurses, and others who wish to practice his method professionally. At the end of the course the student receives a certificate authorizing him to help others by the Bates Method. Those wishing further particulars may obtain them by writing direct to Dr. Bates at 18 East 48th Street, New York City.

+ We wish to inform our subscribers that the Better Eyesight Magazine will be discontinued after the June, 1930, issue. This will enable Dr. Bates and Mrs. Bates to devote more time to the writing of new books on treatment alone for which there has been a very great demand during the past year. Subscriptions for the remaining months, however, are being received.

February 1930

See Things Moving

When the sight is perfect the subject is able to observe that all objects regarded appear to be moving. A letter seen at the near point or at the distance appears to move slightly in various directions. The pavement comes toward one in walking, and the houses appear to move in a direction opposite to one's own. In reading, the page appears to move in a direction opposite to that of the eye. If one tries to imagine things stationary, the vision is at once lowered and discomfort and pain may be produced, not only in the eyes and head, but in other parts of the body. This movement is usually so slight that it is seldom noticed till the attention is called to it, but it may be so conspicuous as to be plainly observable even to persons with markedly imperfect sight.

+If such persons, for instance, hold the hand within six inches of the face and turn the head and eyes rapidly from side to side, the hand will be seen to move in a direction opposite to that of the eyes. If it does not move, it will be found that the patient is straining to see it in the eccentric field. By observing this movement it becomes possible to see or imagine a less conspicuous movement, and thus the patient may gradually become able to observe a slight movement in every object regarded. Some persons with imperfect sight have been cured simply by

imagining that they always see things moving.

The world moves. Let it move. All objects move if you let them. Do not interfere with this movement, or try to stop it. This cannot be done without an effort which impairs the efficiency of the eye and mind.

March 1930

I do not know of anything which helps more than the long swing, which can be practiced fifty or one hundred times by the patient each morning and night. After the long swing I usually have the patient shorten the swing so that he is able to read one letter at a time of the test card and then sway the body to the left or to the right, whichever is found to be best for the patient. If the right eye turns in it is best to sway to the right and then to the test card which is placed directly in front of the patient. In this way both eyes move at the same time in the same direction and there is no squint visible while the swing and the reading of the test card is going on. When the squint is again noticeable while reading the card and practicing the half swing, it is best to draw the card up a little closer where the patient has less strain while reading. The squint will then be less and the patient can practice better without any discomfort.

The reason why some cases of squint take longer than others is because the patient does not practice enough at home every day. Cases of squint in adults as well as in children need not only supervision but encouragement from those who are fortunate enough to have good sight. No one with imperfect sight ought to try to help such cases at home or away from our office because it cannot be done successfully. The unconscious strain which is evident when the sight is not perfect always produces more strain in the squint case which is under treatment.

One cannot encourage the patient enough to blink often, do the long swing morning and night as Dr. Bates advises often in his articles in this magazine, and if possible to do the long swing 100 times at least twice daily. While the long swing is being practiced, both eyes move together and at such times both eyes are straight. Every day one should notice how long the eye remains straight during treatment. If the eyes remain straight for just a few minutes longer from day to day the improvement will soon be noticed by the patient and this will encourage him to do more practicing.

Announcements

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

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

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

Mr. Harold E. Ensley,
112 West 104th Street, Tel. Academy 6941,
and 45 W. 45th Street, New York City, Tel.
Regent 9483.

Mr. Ensley was formerly a student at Princeton University.

It has come to our attention that certain parties not connected with Dr. Bates in any way are desirous of publishing a periodical called "Better Eyesight." We wish to say that any such use of this title is not with the permission of Dr. Bates or the Central Fixation Publishing Company and that any magazine issued under this title, other than the present one, is not published in the interests of the Bates Method. The title "Better Eyesight" is protected against illegal usage.

We wish to announce that after June, it will be necessary to raise the price of bound volumes of "Better Eyesight" They are now listing at \$3.00 per volume and begin with the year 1923. They contain much valuable information and we would suggest that subscribers secure any volume or volumes which they may desire before the price is raised.

We desire to inform our subscribers that the "Better Eyesight" magazine will be discontinued after the June, 1930,

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

April 1930

The Optimum Swing

The optimum swing is the swing which gives the best results under different conditions.

Most readers of this magazine and of "Perfect Sight Without Glasses" know about the swing. The swing may be spontaneous; that is to say, when one remembers a letter perfectly or sees a letter perfectly and continuously without any volition on his part he is able to imagine that it has a slow, short, easy swing. The speed is about as fast as one would count orally. The width of the swing is not more than the width of the letter, and it is remembered or imagined as easily as it is possible to imagine anything without any effort whatsoever. The normal swing of normal sight brings the greatest amount of relaxation and should be imagined. When one is able to succeed then it becomes the optimum swing under favorable conditions. Nearsighted persons have this normal optimum swing usually at the near point when the vision is perfect. At the distance where the vision is imperfect the optimum swing is something else. It is not spontaneous but has to be produced by a conscious movement of the eyes and head from side to side and is usually wider than the width of the letter, faster than the normal swing, and not so easily produced.

When one has a headache or a pain in the eyes or in any part of the body the optimum swing is always wider and more difficult to imagine than when one has less strain of the eyes. Under un-favorable conditions the long swing is the optimum swing, but under favorable conditions when the sight is good, the normal swing of the normal eye with normal sight is the optimum swing.

The long swing brings a measure of relief when done right and makes it possible to shorten it down to the normal swing of the normal eye.

May 1930

Questions and Answers

Q—It is difficult for me to find time enough to gain perfect relaxation. What would you suggest?

A—You have just as much time to relax as you have to strain. Practice relaxation all day long. Whenever you move your head or eyes, notice that stationary objects move in the direction opposite to the movement of your head or eyes. When walking about the room or on the street, the floor or pavement appears to come toward you, while objects on either side of you move in the direction opposite to the movement of your body. Remember to blink frequently just as the normal eye does. Constantly shift your eyes from one point to another seeing the point regarded more clearly than all other parts. When talking with anyone, do not stare. Look first at one eye and then the other, remembering to blink. Shift from the eyes to the nose, to one cheek and then to the other, then to the mouth, the chin, and back to the forehead.

Notice when looking in a persons eyes: if their eyes move, your eyes move. If a person stares, eyes immobile, keep your eyes moving when looking into their eyes and you will prevent staring in your eyes and help the person obtain normal eye movement.

Q—Why is it that I have perfect vision only in flashes? Can these flashes become permanent?

A—You have not yet lost your unconscious habit of straining, When relaxation methods are practiced faithfully at all times, the flashes of improved vision become more frequent and last longer until the vision becomes continuously good.

Q—What causes twitching eyelids?

A—Strain causes twitching eyelids and this is relieved by rest and relaxation. Palming, sun treatment, swinging,

blinking are very beneficial.

Q—Can you explain why I see yellow and blue spots after looking at the sun?

A—You are straining. Do not look directly at the sun until your eyes are more accustomed to it. Practice the sun treatment—sit in the sun with the eyes closed. Allow the sun to shine directly upon your closed eyelids, as you slowly move your head a short distance from side to side. Do this for half an hour or longer as often as possible whenever the sun is shining.

Modern teachers state to not look into the sun with the eyes open.

Look to the side, out to the bright sky, clouds. Blink, shift continually, easy, relaxed, move the head and eyes. Daydream something pleasant.

Q—Is working or reading under electric light harmful? Should a shade be worn?

A—It is not harmful to read by electric light if the eyes are used properly. Do not wear a shade or any other protection for the eyes. Practice sun treatment.

Q—When remembering a black period, I see a bright disk with a small black center. Is this seeing a period?

A—No, you are straining. The period that you imagine is very imperfect, because to remember the period and at the same time a very bright disk, is an unconscious strain. You cannot strain and remember the bright disk, and simultaneously relax and remember a black period. When your bright disk is prominent, everything else is remembered under a strain. You cannot strain and relax at the same time.

June 1930

Questions and Answers

Q—(1) Should a house be brightly lighted by a direct electric light or a reflected white light?

(2) In many homes colored shades are used on the lights. Does that impair the sight? C. I. I.

A—(1) The more brightly the house is lighted the better for the sight.

(2) Yes. **Avoid all forms of fluorescent lights.**

Q—(1) Is it advisable to use specimens of diamond type other than the "Seven Truths of Normal sight?" Would it be well to get a New Testament in diamond type?

(2) I have thus far found the flashing method the most helpful. However, after closing the eyes, I have difficulty in opening them. The lids seem to stick together, as it were. What is the cause of such stickiness and the remedy?

(3) I was trying to read the "Seven Truths" lately by the flashing method, and for about twenty minutes obtained very little results. Then, all of a sudden, upon closing my eyes, I saw the blackest object I have ever seen with closed eyes. I was startled, it seemed so real, and on opening my eyes I was surprised to find that I could read practically all of the "Seven Truths" clearly, at thirteen inches, without closing my eyes. I think the black object was probably the black rubber key of the electric socket in the fixture which I had unconsciously looked at from time to time during the exercise. I have not been able to do just this since. What is the probable reason for my failure?

(4) I find I see any reading matter more clearly in a bright light—sunlight or electric light—than in a dim or less bright light. Why is this?

(5) Today in trying to read the "Seven Truths" I found that I could do it at six or seven inches with few alternate closings of the eyes; but I found in accomplishing this I was partially closing my eyelids, (**squinting**) so that I must have looked much like the Patagonians in Fig. I in Dr. Bates' book, said to be probably myopic when the picture was taken. I found that I could not keep my eyes thus partly closed without some strain, but I could not see the print clearly when they were wide open. Often the print would look quite blurred when I first looked at it, but it cleared perceptibly and became quite black as I continued to look. I also found myself reading today twenty pages of fairly small print at about eight or nine inches in much the same way. W. C. C.

A—(1) Yes, if you wish to. The "Testament" would be a good thing to have.

(2) Difficulty in closing or opening the eyes is a common symptom of strain, and may be relieved by any method that relieves strain. (3) Such intervals of relaxation are a very common phenomenon. They will come more frequently and last longer if you continue to practice.

(4) In a bright light the contrast between black letters and their white background is more marked than in a dim light. Persons differ greatly, however, in the amount of light they require for maximum vision. Some people see

better in a dim light, because they think that condition a favorable one.
(5) It is a bad one.

Announcements

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

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

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

Dr. Paul J. Dodge,
911 New Industrial Trust
Bldg., Providence, R. I.

Mrs. D. L. Corbett,
1712½ Fifth Ave.,
Los Angeles, Calif.

Miss Jane Button,
249 Harvey St.,
Germantown, Pa.

Mr. Fred Baechtold,
572 12th St.,
West New York, N. J.
Tel.—Palisade 6-7735

Mr. Harold E. Ensley,
112 West 104th St.,
New York City.

Dr. Med. E. Schluter,
Hamburg, Mundsburger-
damm 11, Germany.

Mrs. R. Norman Jolliffe,
171 West 71st St.,
New York City.

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Bound volumes of "Better Eyesight" containing the issues from July, 1929 to June, 1930, inclusive, will be ready about July 15th. Those subscribers wishing to have their own magazines bound may send them to us before July 10th and they will be bound at the same time our issues are being bound. The price for binding will be \$1.00.