

The Fundamental Principles of Treatment

Derived from Dr. Bates Better Eyesight Magazine

HOW TO DEMONSTRATE THE FUNDAMENTAL PRINCIPLES OF TREATMENT

Closing, Resting the Eyes

Palming

Central-Fixation

Shifting and Swinging

Memory

Imagination

Flashing

Reading Familiar Letters

How to Practice with the Test Card

Sun Treatment - Sunning

Shifting on Small Objects, Shifting on, Reading Tiny Letters, Fine Print

Fundamentals of Treatment

BETTER EYESIGHT

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

June, 1921

HOW TO DEMONSTRATE THE FUNDAMENTAL PRINCIPLE OF TREATMENT

By W. H. Bates, M. D.

The object of all the methods used in the treatment of imperfect sight without glasses is to secure rest or relaxation, of the mind first and then of the eyes. Rest always improves the vision. Effort always lowers it. Persons who wish to improve their vision should begin by demonstrating these facts.

- + Close the eyes and keep them closed for fifteen minutes. Think of nothing particular, or think of something pleasant. When the eyes are opened, it will usually be found that the vision has improved temporarily. If it has not, it will be because, while the eyes were closed, the mind was not at rest.
- + One symptom of strain is a twitching of the eyelids which can be seen by an observer and felt by the patient with the fingers. This can usually be corrected if the period of rest is long enough. Relaxation of the neck, shoulders helps. No chiropractic, it has caused many injuries, including stroke. See the warning in the E-book. Use safe, natural massage on the muscles, good posture and movement.
- + Many persons fail to secure a temporary improvement of vision by closing their eyes because they do not keep them closed long enough. Children will seldom do this unless a grown person stands by and encourages them. Many adults also require supervision.
- + To Experience, demonstrate that strain lowers the vision; think of something disagreeable-some physical discomfort, or something seen imperfectly. When the eyes are opened, it will be found that the vision has been lowered. Next; close the eyes and think something pleasant, happy. Open the eyes and notice clear or improved vision. Also, stare at one part of a letter on the test card, or try to see the whole letter all alike at one time. This invariably lowers the vision and may cause the letter to disappear. Staring, eye immobility cause strain, blurred vision. Shift, move the eyes, 'visual attention' from part to part on the letter and from letter to letter on the test card and experience relaxation, clear vision.

FUNDAMENTALS OF TREATMENT

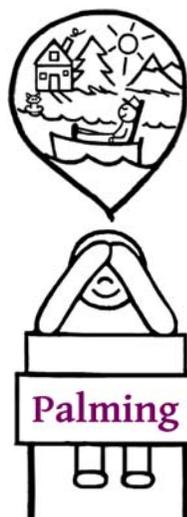
ALL errors of refraction and many other eye troubles are cured by rest; but there are many ways of obtaining this rest, and all patients cannot do it in the same way. Sometimes a long succession of patients are helped by the same method, and then will come one who does not respond to it at all.

+Closing, Resting the Eyes. – The simplest way to rest the eyes is to close them for a longer or shorter period and think about something agreeable. This is always the first thing that I tell patients to do, and there are very few who are not benefited by it temporarily.

+Palming. – A still greater degree of rest can be obtained by closing and covering the eyes so as to exclude all the light. Both eyes are closed and then cover the eyes with the palms of the left and right hands with the fingers crossing over the center of the forehead. (See picture on the right > and end of this book.) The mere exclusion of the impressions of sight is often sufficient to produce a large measure of relaxation. Palm gently, no pressure on the eyes.

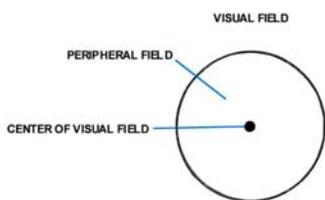
In other cases the strain is increased. As a rule, successful palming involves a knowledge of various other means of obtaining relaxation. The mere covering and closing of the eyes is useless unless at the same time mental rest is obtained. When a patient palms perfectly, he sees a field so black that it is impossible to remember, imagine, or see, anything blacker, and when able to do this he is cured. It should be borne in mind, however, that the patient's judgment of what is a perfect black is not to be depended upon. While palming; imagining a happy, pleasant scenery, objects, color, positive thoughts can produce relaxation. Seeing black is not mandatory.

+Central Fixation. – When the vision is normal the eye sees one part of everything it looks at best and every other part worse in proportion as it is removed from the point of maximum (central, macula/fovea) vision. When the vision is imperfect it is invariably found that the eye is trying to see a considerable part of its field of vision equally well at one time. This is a great strain upon the eye and mind, as anyone whose sight is approximately normal can demonstrate by trying to see an appreciable area all alike at one time. At the near-point the attempt to see an area even a quarter of an inch in diameter in this way will produce discomfort and pain. This is why the eye must shift. Shift from small part to small part on an object for relaxation and clear vision. Anything which rests the eye tends to restore the normal power of central fixation. It can also be regained by conscious practice, and this is sometimes the quickest and easiest way to improve the sight.



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

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



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

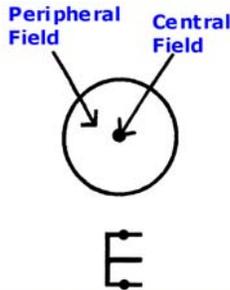


SHIFT FROM PART TO PART ON THE BIRD AND APPLE

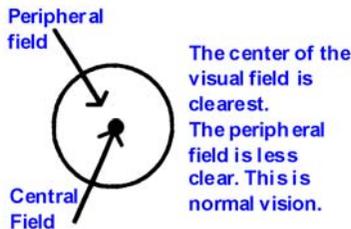


When the patient becomes conscious that he sees one part of his field of vision better than the rest, it usually becomes possible for him to reduce the area seen best. If he looks from the bottom of the 200 letter (Big C on the eyechart) to the top, for instance, and sees the part not directly regarded worse than the part fixed, he may become able to do the same with the next line of letters, and thus he may become able to go down the card until he can look from the top to the bottom of the letters on the bottom line and see the part not directly regarded worse. (The part directly regarded is in the central field and is seen best.) In that case he will be able to read the letters. Try this on the dots on the letter E below; look at the dot on the top of the E. The central field (eyes fovea) is moving on that dot and it is seen clearest. Next; look at the dot on the bottom. The eyes central field (eyes fovea) is now moving on that dot and it is seen clearest.

On the principle that a burnt child dreads the fire, it is a great help to most patients to consciously increase the degree of their eccentric fixation.



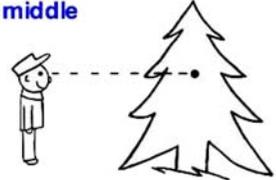
Look at the dot on the top of the E. The dot is in the center of the visual field and is clearest. The dot on the bottom is in the peripheral field and is less clear. Shift dot to dot seeing one dot clearest at a time.



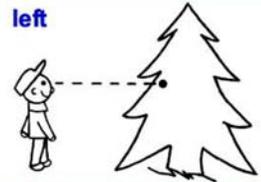
The center of the visual field is clearest. The peripheral field is less clear. This is normal vision.

Face the object you want to see. Move the eyes, central field from part to part on the object. The man faces the part of the object he wants to see, then moves the eyes visual attention from part to part on that area. Blink, relax.

middle



left



right



top



bottom



Shift on the tree from dot to dot.



For when they have produced discomfort or pain by consciously trying to see a large letter, or a whole line of letters, all alike at one time, they unconsciously try to avoid the lower degree of eccentric fixation which has become habitual to them. They then experience central-fixation. Most patients, when they become able to reduce the area of their field of maximum vision, are conscious of a feeling of great relief in the eyes and head and even in the whole body. Shift=move that small area (central field, which is actually the central point) part to part on objects. Practice on the dots on the pictures on the right. >

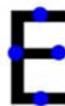
Since small objects cannot be seen without central fixation, the reading of fine print, when it can be done, (with relaxation, without effort, no squinting, strain) is one of the best of visual exercises, and the dimmer the light in which it can be read without effort and the closer to the eye it can be held the better.

(Practice reading fine print in the sunlight for healthy eyes, increased clarity. No eyeglasses, no sunglasses.)

+Shifting and Swinging. – The eye with normal vision never regards a point for more than a fraction of a second, but shifts rapidly from one part of its field to another, thus producing a slight apparent movement, or *swing*, of all objects regarded. The eye with imperfect sight always tries to hold its points of fixation, just as it tries to see with maximum vision a larger area than nature intended it to see. (The word field in the above paragraph pertains to the scenery, objects in your environment the eyes see. The eyes entire visual field, central and peripheral moves with the eyes; the eyes moving the small central field from object to object and part to part on objects in the scenery. The eyes use the central field to see best, clearest because the eyes fovea centralis with its many cones in the center of the macula produces the clearest vision in the central field = Central Fixation.)

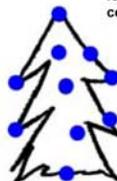
The bad habit of holding a point or trying to see a larger area than nature intended, (trying to see all objects in the scenery and/or all parts of a object at the same moment, without shifting) can be corrected by consciously imitating the unconscious shifting of the normal eye and realizing the swing produced by this movement. At first a very long shift may be necessary, as from one end of a line of letters to another, in order to produce a swing; but sometimes even this is not sufficient. In such cases patients are asked to hold one hand before the face while moving the head and eyes rapidly from side to side, when they seldom fail to observe an apparent movement of the hand. Some patients are under

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



Do not imagine dots on a object when looking at real objects. The dots on the pictures are only for practice, to learn shifting, central fixation.

Shift dot to dot on the Tree.



Blink, Relax

Shift dot to dot on the Dog.



Shift from dot to dot in any direction.



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

such a strain, however, that it may be weeks before they are able to do this. After the apparent movement of the hand has been observed, patients become able to realize the swing resulting from slighter movements of the eye until they are able to look from one side to another of a letter of diamond type and observe that it seems to move in a direction contrary to the movement of the eye.

A mental picture of a letter can be observed to swing precisely as can a letter on the test card and, as a rule, mental shifting and swinging are easier at first than visual. The realization of the visual swing can, therefore, be cultivated by the aid of the mental swing. It is also an advantage to have the patient try to look continually at some letter, or part of a letter, and note that it quickly becomes blurred or disappears. (Staring, not shifting.)

When he thus demonstrates that staring lowers the vision he becomes better able to avoid it. When visual or mental swinging is successful, everything one thinks of appears to have a slight swing. This I have called the *universal swing*. Most patients get the universal swing very easily. Others have great difficulty. The latter class is hard to cure.

Practice shifting dot to dot (part to part) on the pictures. Then practice on real objects and any pictures. *Do not imagine dots on objects, pictures. The pictures with dots in this book are only for practice, to learn shifting, central-fixation.*

BETTER EYESIGHT

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

MAY, 1926

Demonstrate - Swinging

THAT the **long swing** not only improves the vision, but also relieves or cures pain, discomfort and fatigue.

Stand with the feet about one foot apart, facing squarely one side of the room. Lift the left heel a short distance from the floor while turning the shoulders, head, and eyes (entire body) to the right, until the line of the shoulders is parallel with the wall.

Now turn the body (shoulders, head, eyes) to the left, after placing the left heel upon the floor and raising the right heel. Alternate looking, turning (swinging) from the right wall to the left wall, being careful to move the head and eyes with the movement of the shoulders.

When the swing is practiced easily, continuously, without effort and without paying any attention to moving objects, one soon becomes conscious that the long swing relaxes the tension of the muscles and nerves. It relaxes the body, eyes, mind, neck, improves eye movement, improves movement alignment of the bones in the neck, spine.

When doing the long swing, stationary objects move with varying degrees of



rapidity. Objects located almost directly in front of you, closest to you appear to move with express train speed, moving past you in the opposite direction and should be very much blurred. It is very important to make no attempt to see clearly objects which seem to be moving very rapidly. Don't stop the swing, don't lock the eyes, visual attention onto the objects. Just relax, swing and let the objects swing by.

The long swing seems to be very helpful to patients who suffer from eyestrain during sleep. By practicing the long swing fifty times or more just before retiring and just after rising in the morning, eyestrain during sleep has been prevented or relieved.

It is remarkable how quickly the long swing relieves or prevents pain. I know of no other procedure which can compare with it. The long swing has relieved the pain of facial neuralgia after operative measures had failed. Some patients who have suffered from continuous pain in various parts of the body have been relieved by the long swing, at first temporarily, but by repetition the relief has become more permanent. Hay fever, asthma, sea-sickness, palpitation of the heart, coughs, acute and chronic colds are all promptly cured by the long swing.

With practice; a shorter swing can be done; the shorter the swing, the more the improvement in the clarity of vision will be. See the Sway for examples of a short swing; move side to side, left and right without turning left and right. See picture. > Just look forward and sway 1 foot, then 6 inches, then 2, 1 inches, then try ½ inch and see a small swing. Shift left and right on a small letter on the eyechart, then a fine print letter for a tiny shift, seeing a tiny swing. Relax, blink.

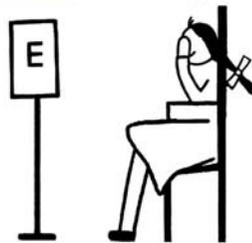


**Sway/rock
left and right.**

Memory - When the sight is normal the mind is always perfectly at rest, and when the memory is perfect the mind is also at rest. Therefore it is possible to improve the sight by the use of the memory. Anything the patient finds is agreeable to remember is a rest to the mind, but for purposes of practice a small black object, such as a period or a letter of fine diamond type, (E, o) is usually most convenient. The most favorable condition for the exercise of the memory is, usually, with the eyes closed and covered, but by practice it becomes possible to remember equally well with the eyes open.

When patients are able, with their eyes closed and covered, to remember perfectly a letter of diamond type, it appears, just as it would if they were looking at it with the bodily eyes, to have a slight movement, (due to the shift of the eyes when open or closed) while the openings appear whiter than the rest of the background. If they are not able to remember it, they are told to shift consciously from one side of the letter to another and to consciously imagine the opening whiter than the rest of the background. When they do this, the letter usually appears to move in a direction contrary to that of the imagined movement of the eye, and they are able to remember it indefinitely. (Notice when imagining shifting on a letter with the eyes closed-the eyes move as if shifting on

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



**Perfect mental pictures,
relaxation=clear vision.**

the letter with the eyes open.)

If, on the contrary, they try to fix the attention on one part of the letter, or to think of two or more parts at one time, it soon disappears, demonstrating that it is impossible to think of one point continuously, or to think of two or more points perfectly at one time, just as it is impossible to look at a point continuously, or to see two points perfectly at the same time.

Persons with no visual memory are always under a great strain and often suffer from pain and fatigue with no apparent cause. As soon as they become able to form mental pictures, either with the eyes closed or open, their pain and fatigue are relieved.

Imagination - Imagination is closely allied to memory, for we can imagine only as well as we remember, and in the treatment of imperfect sight the two can scarcely be separated. Vision is largely a matter of imagination and memory. And since both imagination and memory are impossible without perfect relaxation, the cultivation of these faculties not only improves the interpretation of the pictures on the retina but improves the pictures themselves. When you imagine that you see a letter on the test card, you actually do see it because it is impossible to relax and imagine the letter perfectly and, at the same time, strain and see it imperfectly.

The following method of using the imagination has produced quick results in many cases: The patient is asked to look at the largest letter on the test card at the near point, and is usually able to observe that a small area, about a square inch, appears blacker than the rest, and that when the part of the letter seen worst is covered, part of the exposed area seems blacker than the remainder. When the part seen worst is again covered, the area at maximum blackness is still further reduced. When the part seen best has been reduced to about the size of a letter on the bottom line, the patient is asked to imagine that such a letter occupies this area and is blacker than the rest of the letter.

Then he is asked to look at a letter on the bottom line and imagine that it is blacker than the largest letter. Many are able to do this and at once become able to see the letters on the bottom line.



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



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

Flashing - Since it is effort that spoils the sight, many persons with imperfect sight are able, after a period of rest, to look at an object for a fraction of a second. If the eyes are closed before the habit of strain reasserts itself, permanent relaxation is sometimes very quickly obtained.

This practice I have called *flashing*, and many persons are helped by it who are unable to improve their sight by other means. The eyes are rested for a few minutes, by closing or palming, and then a letter on the test card, or a letter of fine diamond type, if the trouble is with near vision, is regarded for a fraction of a second. Then the eyes are immediately closed and the process repeated.

Better Eyesight Magazine

September, 1923

Blinking - It is a rest to the eyes to close them and keep them closed for a few minutes or a half hour or longer. When the eyes are open the vision is usually improved for a moment or longer.

The normal eye can look at a small letter of the Snellen Test Card and see it continuously but when it does so the letter is always moving and the eyes are not kept open all the time. Closing the eyes effectually dodges perfect or imperfect sight. Usually unconsciously the normal eye closes and opens quite frequently and at irregular intervals and for very short spaces of time.

Most people can demonstrate that when they regard a letter that they are able to see quite clearly it is possible for them to consciously close their eyes and open them quick enough and see the letter continuously. This is called Blinking and it is only another name for dodging. Dodging what? Dodging the tendency to look steadily at things all the time. All the methods which have been recommended for the improvement of the vision, central fixation, palming, swinging, blinking can all be grouped under the one word – dodging.

One of the characters in "Oliver Twist," by Charles Dickens, was called the "Artful Dodger." Persons with good sight may not be artful but they certainly are good dodgers.

The normal eye when it has normal sight, blinks quite frequently. By blinking is meant closing the eyelids and opening them so quickly that neither the patient nor his observers notice the fact. The moving pictures have shown that in some cases the eyes were closed and opened five times in one second. This is done unconsciously and is rather more than I can do consciously. Blinking is necessary in order to maintain normal vision continuously, because if one consciously prevents blinking the vision for distance or the ability to read fine print are modified. It is interesting to me how blinking, which is so necessary for good vision, has been so universally ignored by the writers of books on diseases of the eyes. Blinking is a rest, it prevents fatigue, and very important, it improves the sight in myopia, and helps to maintain good vision more continuously.

Blinking causes the eyes to shift automatically. The shift may be small, not noticed or longer keeping the eyes relaxed, in movement, the eyesight clear.

Reading Familiar Letters - The eye always strains to see unfamiliar objects, and is always relaxed to a greater or lesser degree by looking at familiar objects. Therefore, the reading every day of small familiar letters at the greatest distance at which they can be seen, is a rest to the eyes and is sufficient to cure children under twelve who have not worn glasses as well as some older children and adults with minor defects of vision.

In the treatment of imperfect sight these fundamental principles are to a great extent interdependent. They cannot be separated as in this article. It is impossible, for instance, to produce the illusion of a swing unless one possesses a certain degree of central fixation. That is, one must be able to shift from one point to another and see the point shifted from less distinctly than the one directly regarded. Successful palming is impossible without mental shifting and swinging and the use of the memory and imagination.

Dr. Bates taught Two Ways to learn Central Fixation;

By Clark Night

1 - Noticing the point, 'part of the object' not directly regarded is seen worse, less clear. The point not regarded is in the peripheral field. While doing this the eyes are on the part in the central field but the mental, visual attention is also on the part not directly regarded in the peripheral field. This is not done all the time, it's not regular use of the eyes. It's only a short practice to notice which area is less clear.

2 - Noticing the point 'part of the object' directly regarded is seen best, clearest. The point directly regarded is in the central field. The person's eyes, mental and visual attention is on the part in the central field. As eyesight improves the central field is perfectly clear.

When the eyesight is very unclear, often the peripheral field, though unclear is clearest. The central field is unclear and less clear than the peripheral. This is abnormal eye function and leads to increased blur. Returning best clarity to the central field is normal eye function and brings perfect clear eyesight.

When the eyesight is very unclear, some people find **# 1** easier but; developing a habit of looking at the central field while also looking at the peripheral field by trying to use the central and peripheral fields of the eyes retina, eyes visual field, looking at, thinking about two points, 'two parts of a object or two objects' at the same time causes; tension, strain in the eyes, mind, head, eye muscles, body and unclear eyesight. It causes diffusion, eccentric fixation which is the opposite of central fixation. It has the tendency to cause staring, interferes with normal eye movement.

I prefer **# 2** because; the eyes and mind are at rest, relaxed, functioning normal, best and eyesight is perfectly clear when the eyes, mental and visual attention is on the central field, seeing, noticing that the central field, point directly regarded is most clear. Using the eyes central area of the retina 'fovea', the eyes central field. Color is also brightest, best in the central field.

With practice, relaxation, the central field will become perfectly clear, better than 20/20 and this also improves the peripheral field to its maximum clarity, function.

It is normal for the peripheral field (the point not directly regarded to be less clear. The brain, eyes do sense images in the peripheral field but the normally functioning eyes, mental, visual attention is in the central field to maintain relaxation and clear eyesight. If you want to see a object that's in the peripheral field; turn, move the eyes, face to look directly at the object, placing it in the central field and see it perfectly clear.

The eyes are never 'fixed' on a point, but move continually point to point. Modern teachers use different words to describe central fixation to prevent students from misunderstanding the word. Avoid fixing the eyes on/staring at an object. Combine central fixation with shifting; let the eyes move upon the object of visual attention. Let the eyes move from object to object.

Better Eyesight Magazine

May, 1930

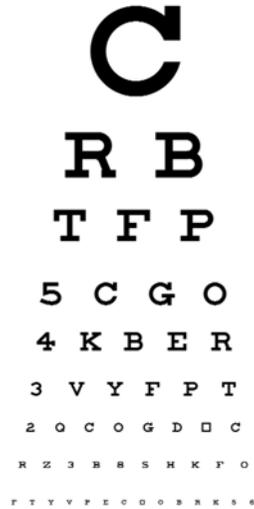
Suggestions to Patients

By Emily C. A. Lierman, Bates

The Use Of The Snellen Test Card - Test Card Practice

Editor's Note - The following is taken from Mrs. Bates' book, "Stories From The Clinic". Although the majority of our subscribers have Mrs. Bates' book, we believe that these suggestions can always be reread with benefit.

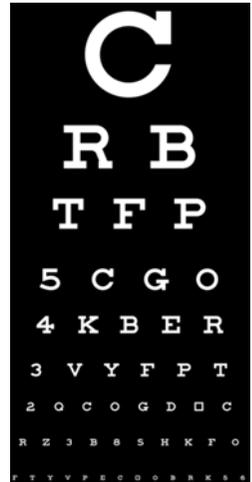
- 1 - Every home should have a test card.
- 2 - It is best to place the card permanently on the wall in a good light.
- 3 - Each member of the family or household should read the card every day.
- 4 - It takes only a minute to test the sight with the card. If you spend five minutes in the morning practicing with the card, it will be a great help during the day.
- 5 - Place yourself ten feet from the card and read as far as you can without effort or strain. Over each line of letters are small figures indicating the distance at which the normal eye can read them. Over the big C at the top of the card is the figure 200. The big C, therefore, should be read by the normal eye at a distance of two hundred feet.



If you can read this line at ten feet, your vision would be 10/200. The numerator, top number of the fraction is always the distance of the card from the eyes.

The denominator, bottom number always denotes the size, number of the line read. If you can only read the line marked 40 at ten feet, the vision is 10/40.

6 – If you can only see to the fifth line, at ten feet for example, notice that the last letter on that line is a R. Now close your eyes, cover them with the palms of the hands and remember the R. If you will remember that the left side is straight, the right side partly curved and the bottom open, you will get a good mental picture of the R with your eyes closed. Shift part to part on the letter in the mind; left and right, top, bottom, center, any direction, to any part. This mental picture will help you to see the letter directly underneath the R, which is a T. Shift part to part on the letter T. Shift continually, easy, relaxed from one small part to another.



7 – Shifting is good to stop the stare. If you stare at the letter T, you will notice that all the letters on that line begin to blur. It is beneficial to close your eyes quickly after you see the T, open them, and shift to the first figure on that line, which is a 3. Then close your eyes and remember the 3. You will become able to read all the letters on that line by closing your eyes for each letter. Shifting on the letter when the eyes are open, and when closed using the memory, imagination keeps the image of the letter in the mind clear and the image seen by the eyes clear.

Repeat this step for each line on the chart; look at the last letter on the line you can see clear. Close and cover the eyes (palm) and shift on the image of the clear letter in the mind, memorize a clear picture of the letter. Open the eyes and look at the letter on the line under it and see it clear.

Then practice at 20 feet, then 30, 40...

(Practice at closer distances to start if needed and work toward farther distances.)

8 – Keep a record of each test in order to note your progress from day to day. Fraction; Top letter is for the distance from the chart.

Bottom letter is the size of the letter, line on the chart.

5 minutes practice is beneficial. Time for testing the eyesight with the card can be only 1-2 minutes. The normal eye with clear vision can read a test card in less than 10 to 20 seconds. 5 seconds or less if not speaking each letter aloud.

9 – When you become able to clearly read the bottom ten line with each eye separately and both eyes together at ten feet; your vision is normal for the distance, 10/10.

At 20 feet=20/10 vision. At 40 feet=40/10. 20/20= seeing the 20 line at 20 feet.

10 – The distance of the Snellen test card from the patient is a matter of considerable importance. However, some patients improve more rapidly when the card is placed fifteen or twenty feet away, while others fail to get any benefit with the card at this distance.

In some cases the best results are obtained when the card is as close as one foot. Others with poor vision may not improve when the card is placed at ten feet or further, or at one foot or less, but do much better when the card is placed at a middle distance, at about eight feet.

Some patients may not improve their vision at all at ten feet, but at one foot. While some patients are benefited by practicing with the card daily, always at the same distance, there are others who seem to be benefited when the distance of the card from the patient is changed daily.

Experiment with the test card placed at a variety of close, middle, far distances.

For close reading vision; practice at all distances, then closer and closer up to 6, 4, 3 inches from the eyes seeing small objects, fine print clear. See Dr. Bates fine print directions in the book.

Better Eyesight Magazine

SUN TREATMENT, SUNNING - The eyes need sunlight for perfect health, clear eyesight. Sunlight relaxes, rests the eyes, mind and body, keeps normal eye tolerance to bright sunlight, improves energy flow, strength, mood, emotions, thinking, sleep and health of the body, mind, eyes,.

Some persons are unable to see in a bright light. Their vision is usually improved by the sun treatment. An important part of the routine treatment is the use of direct sunlight. It is best to let the eyes become accustomed to the sun by mild treatment at first.

Sit or stand in the sun with the eyes closed with the face, eyes turned toward the strong light of the sun. Expose the closed eyes to the sun, a few minutes at a time by letting it shine directly on the closed eyelids and slowly move the head (and eyes with the head in the same direction) a short distance side to side. Forget about the eyes, think of something pleasant, let the mind drift from one happy thought to another or think of nothing and just enjoy the sun.

Before opening the eyes, palm for a few minutes.

The head, eye movement moves the sunlight evenly over the entire retina. Moving light activates the cones, rods, all parts of the eyes, improving their function and activates tiny, fast saccadic eye movements, prevents strain and over concentration of the sun's rays on any part of the eye. Practice for half an hour or longer whenever possible. Morning, daytime, sunset, 2-10 minutes is also beneficial.

Now turn the back to the sun and open the eyes. There should be relief at once. The eyes are rested, strengthened and gradually grow accustomed to the strong light of the sun. At first there may be slight discomfort which usually disappears in a few minutes. By repetition, strong sunlight will be tolerated easily and benefit becomes greater and permanent.



Face the sun with the eyes closed and move the eyes, head, face side to side, up, down, circular counter clockwise, clockwise... to move healthy full spectrum sunlight over the eyes, retina.

Do the Long Swing or Sway (Rock) facing the sun with eyes closed. Then with eyes open facing the bright sky, trees, clouds.

When the eyes are used to the strong sunlight, raise the upper lid of one eye, look downward to cover the eyes pupil with the lower lid and let the sun shine on the sclera, white part of the eye. Blink as needed. Relax. Repeat with the other eye.

Then, try it with both eyes, at the same time.

Then look up, head back to keep direct sunlight from entering the pupil, pull the lower lids down and let the sun shine on the lower white area of the eyes.

Get sunlight daily, often as possible without sunburn.

When the sun is not shining, a strong electric light (1000 watts) is substituted. The patient sits about six inches from the light, or as near as he can without discomfort from the heat, allowing it to shine on his closed eyelids as in the sun treatment.

Do not use fluorescent light. Use full spectrum lights. Open windows, skylights is the best natural light. I prefer not to use artificial light, light bulbs when sunning due to the risk of the bulb popping, breaking by accident or burnout resulting in eye injury.

People who work in mines, where there is no sun, sooner or later develop inflammations of the interior of the eyes. The cloudiness of the lens from cataract is lessened by exposing the eyes to the direct rays of the sun.

EYE-SHADES (Avoid Sunglasses, Tinted, Colored and UV Blocking Lenses)

When the eyes are hypersensitive to light, one usually obtains immediate relief from the discomfort by the use of an eye-shade. This relief, however, is temporary, and very soon glasses are prescribed which seldom are a permanent benefit. The conditions are not favorable for normal vision when

using eye-shades. The normal eye is not made uncomfortable in a good light. An eye-shade makes the eyes more sensitive to light and causes eyestrain. Patients who have used eye-shades habitually, are very difficult to cure. Sun treatment, Sunning when used properly, is often followed by quick relief.

No Sunglasses, tinted, UV blocking lenses. Dark glasses block healthy full spectrum sunlight resulting in unclear vision, eye disease.



Sun-Gazing - Open Eyed; Open eyed sunning is practiced by some religions, nationalities. Modern Natural Eyesight teachers advise closed eye sunning only due to depletion of the earth's ozone layer. Other teachers state it is beneficial to look at the sun or near the sun at the bright sky. The head and eyes are moved continually left and right and in other directions and the eyes blink to avoid staring and concentration of the sun on any one area of the eyes to avoid sunburn, overexposure. Time looking at the sun is limited and location on the planet, ozone, strength of the sun's light is considered.

Do not be in a hurry to look in the neighborhood of the sun. The strong glare may cause a temporary loss of vision, and other discomforts, after images which may continue for some hours or days before recovery. There is no danger of a permanent loss of vision by looking more or less directly at the sun. Good nutrition must be applied. Avoid all drugs, sinus sprays, chemicals, some herbs, food that

can impair eye function, normal light tolerance. Other conditions apply. See the entire sunlight directions, end of this book and in the E-book sunlight chapter.

Shifting on Small Objects, Shifting on, Reading Tiny Letters, Fine Print Daily or 1-3 Times Week

Read the section on Fine Print for directions. Shift on and see small details of small objects and fine, tiny print clear at close reading distances. Also improves distant eyesight by improving central-fixation, tiny shifting, relaxation and naturally returning an abnormal lengthened eye that causes myopia to a normal round shape for clear eyesight. Fine print improves convergence, accommodation, circulation in the eye, can prevent cataracts and other eye problems and prevent need for eyeglasses.



Better Eyesight Magazine

June, 1925

Suggestions to Patients By Emily C. Lierman, A. Bates

- 1 - Palm in the morning while in bed.
- 2 - Take sun treatment for twenty minutes or longer every day.
- 3 - Mentally or physically, keep up that pendulum-like motion. (Long Swing, Sway and see Oppositional Movement 'The Swing' produced by the eyes Shift.) Practice shifting on objects in a pleasant scene or an eyechart. Place the chart in the scenery.
- 4 - After sitting in the sun, hold the small card and flash the white spaces.
- 5 - What you do not see immediately, do not worry about.
- 6 - While practicing with the Seven Truths of Normal sight, always move the card slowly from side to side as you hold it six or eight inches from your eyes.
- 7 - To induce sleep when suffering from headache or nervous strain, close your eyes, remember the small F or T of the ten line of the test card and imagine it is moving slightly, about one-quarter of an inch, either up and down or to the left and right. (Shift small part to small part 'point to point' on the letter in the mind or, just let the eyes shift automatically on their own as you imagine the letter moving.)
- 8 - There is a right way and a wrong way to blink the eyes while practicing. Children like to hold up their two hands about ten or twelve inches apart, looking first at one hand and then at the other. In this way one blinks when looking at the right hand and again when looking at the left hand. The head should turn in the same direction with the eyes.
- 9 - Nearsighted patients sometimes get along faster in the cure of their eyes by using two similar test cards at the same time while practicing. One card is held in the hand while the other is five or ten feet away. The patient looks at a letter up close and imagines he sees the same letter on the distant card. Then the patient closes his eyes and imagines that letter perfectly. Having seen it perfectly up close, he becomes able by practice to see it just as well on the distant card.

Suggestions to Patients - June, 1930

1. If the vision of the patient is improved under the care of the doctor, and the patient neglects to practice, when he leaves the office, what he is told to do at home, the treatment has been of no benefit whatever. The improved vision was only temporary. Faithful practice permanently improves the sight to normal.
2. If the patient conscientiously practices the methods, as advised by the doctor, his vision always improves. This applies to patients with errors of refraction, as well as organic diseases.
3. For cases of squint (crossed, wandering eyes) we find that the long swing is beneficial to adults and to children.
4. When a patient suffers with cataract, palming is usually the best method of treatment, and should be practiced many times every day.
5. All patients with imperfect sight unconsciously stare, and should be reminded by those who are near to them to blink often. To stare is to strain. Strain is the cause of imperfect sight.

The following rules will be found helpful if faithfully observed:—

6. While sitting, do not look up without raising your chin. Always turn your head in the direction in which you look. Blink often.
7. Do not make an effort to see things more clearly. If you let your eyes alone, things will clear up by themselves.
8. Do not look at anything longer than a fraction of a second without shifting.
9. While reading, do not think about your eyes, but let your mind and imagination rule.
10. When you are conscious of your eyes while looking at objects at any time, it causes discomfort and lessens your vision. This is why it is good to learn, consciously practice shifting, central fixation, then; don't practice-let the eyes do it automatically, on their own without thinking about the eyes, clarity of vision.
11. It is very important that you learn how to imagine stationary objects to be moving, without moving your head or your body; just the eyes. The movement, shift of the eyes produces the appearance of stationary objects moving. Do not keep the head, body so still that it causes tension in the head, neck, eyes. The practice of imagining stationary objects to be moving should mainly be done when moving the head, body with the eyes. The head, body most always moves with the eyes when shifting from object to object and shifting part to part on a object. Moving the head and body with the eyes when shifting is the normal function of the visual system and improves, perfects shifting, central fixation, appearance of oppositional movement, keeps the neck, head, eyes relaxed, mobile and vision clear. When shifts are very small, tiny, the head movement may be very small or not occur but the head, neck, eyes remain relaxed, loose.

When the eyes move 'shift', stationary close objects appear to move in the

opposite direction the eyes shift to. Distant objects appear to move with the eyes in the same direction but, in reality appear to move opposite although the movement is slower; as when looking to the far distance out a moving car side window; it takes more time to see that distant objects have moved past you in the opposite direction.

Practice seeing oppositional movement 'the swing' with the eyes open and in the imagination with the eyes closed.

12. Palming is a help, and I suggest that you palm for a few minutes many times during the day, at least ten times. At night just before retiring, it is well to palm for half an hour or longer.

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.

All the functions of the visual system work together, are integrated. Practicing, improving one, improves all. Practice improving each one and all are greatly improved. Relax, Blink, Breathe abdominally, Shift, Central Fixation, Memory and Imagination, Oppositional Movement (The Swing), Shifting on Familiar objects, eyechart letters, Flashing, Reading Fine Print, Sunning, daily exposure to sunlight, Palming, Good Posture, Exercise, Diet ...

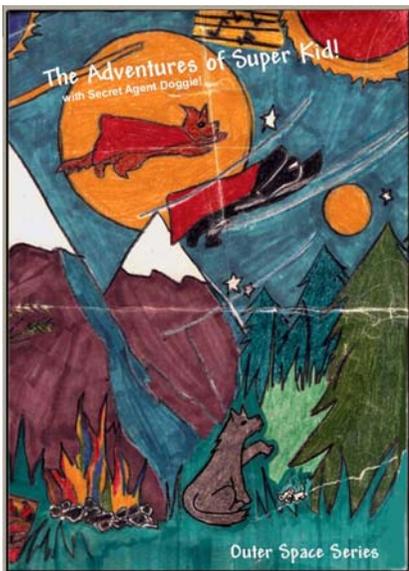
Shifting back and forth (Switching) on objects at close and far distances with both eyes together, one eye at a time, some extra time with a eye that may have less clear vision, then both eyes together again is beneficial. See Bernarr MacFadden's section of the book and the E-books.

Free Natural Eyesight Improvement

Adults, children can experience free Natural Eyesight Improvement Training by watching how children (that have clear vision, when their eyes, visual system have developed) use their eyes: relaxed, their eyes move, 'shift' often, easily, clear vision occurs effortless, automatically without thinking about, controlling their eyes and vision. Do not let the child know you are watching their eyes because this might cause them to start thinking about their eyes, clarity of vision, try to control eye function and this will interfere with completely natural, normal eye function and visual clarity. Similar to a teacher placing a lot of pressure on a child to see an eyechart clear. The child must be allowed to see the chart in a relaxed state, memorize the letters. Same rule for adults testing the sight at the eye doctors or at home. Relaxation, good memory produces clear eyesight. Imitate, practice the child's correct eye function.

A new born, young baby's eyes move slow, less shifts as the visual system, brain, eyes are developing. The eyes, visual attention move with less shifts upon objects as the baby's brain, eyes are becoming familiar with objects, developing, storing clear mental, memory pictures of each new object it encounters. A baby usually first practices this on its mother's face. When objects are memorized, mental pictures stored in the brain, then the next time the baby sees the objects they are familiar and the eyes move faster as the eyes shift quickly upon the familiar object, and more shifts occur on parts, details of the object. The vision is clear.

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