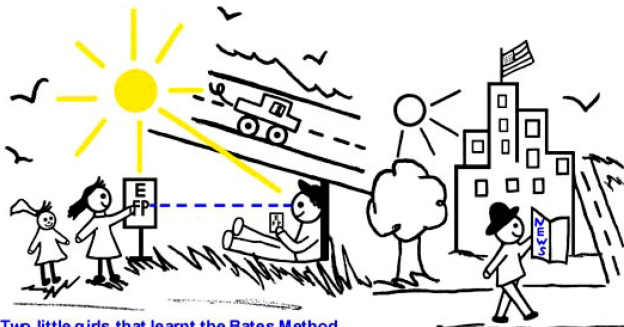


Sunning, Sun-Gazing For Healthy Eyes, Mind, Body and Clear Eyesight



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



Two little girls that learnt the Bates Method, obtained clear eyesight teach the Bates Method to a blind homeless man they found living outside under a bridge. They cure the blindness, his eyesight and health are restored. Treatment: Sunning, sunlight, palming, shifting and switching on letters on identical close and distant eye charts, swinging, central fixation... Children are often the best Natural Vision Improvement teachers.

His blindness cured, he now reads the newspaper, walks the city on his own, looks for a job and continues to practice the Bates Method.



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

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

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

ARTIFICIAL LIGHT MAY BE BENEFICIAL

Like the sun, a strong electric light may also lower the vision temporarily, but never does any permanent harm. In those exceptional cases in which the patient can become accustomed to the light, it is beneficial. After looking at a

Additional page, photo from another 1920 edition.



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

strong electric light some patients have been able to read the Snellen test card better.

It is not light but darkness that is dangerous to the eye. Prolonged exclusion from the light always lowers the vision, and may produce serious inflammatory conditions. Among young children living in tenements this is a somewhat frequent cause of ulcers upon the cornea, which ulti-

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

DR. BATES SUNLIGHT TREATMENTS (As described in Better Eyesight Magazine)

Shining direct sunlight on the sclera, the outer white part of the eye is a old treatment Dr. Bates applied to bring life, health, activity to the retina and its cells, cones, rods, nerves, blood vessels. Dr. Bates cured unclear vision and other eye problems, diseases with this treatment. People that were blind or almost blind would begin to see light and obtain clear vision as result of this treatment and other Bates activities.

Directions

1 - Face the sun with the eyes pupil directed away from the sun. Allow full spectrum sunlight to shine directly on the sclera, (white part of the eye) by pulling the upper eyelids up while looking down. The sun shines on the upper white area of the eye. The eyes pupil is down, under the lower eyelid to prevent direct sunlight from shining into the pupil.

Move the eyes and head/face side to side to move the sunlight over the entire sclera and retina, lens through the sclera. Keep the sunlight moving on the sclera for a few seconds. Then stop, rest. Repeat if comfortable. Do not overdo it. Movement of the eyes, light places sunlight on all areas of the eye, retina, improves absorption, use of the light, activation of the retinas cells, light receptors... and prevents overexposure, concentration of the light, sunburn on the eye.

When pulling the eyelid; do not touch the eye or eyelid. Pull on the skin above the eyelid. Keep fingernails very short. Wash your hands first. Avoid chemical based soap. Do both eyes at the same time; left thumb pulls left lid, right thumb pulls right lid. Pull gently. This treatment also helps the eye build normal tolerance to sunlight, improves health and color of the sclera, perception of light, color, clarity of vision.

2 - Now, direct the sunlight onto the bottom of the sclera; Pull the lower eyelids down, move the eye/pupil up in the opposite direction so the sun shines on the lower area of the sclera and not directly into the pupil.

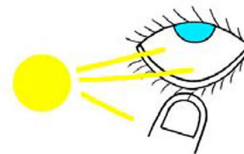
Move the eyes, head/face side to side. Keep the sunlight moving on the sclera for a few seconds. Then stop, rest. The head/body may need to be tilted back a bit to keep sunlight on the lower sclera and away from the pupil. Practicing this treatment repeatedly can tense the eye muscles and the pull of the fingers can irritate the eyelids, skin. Use it occasionally.

Sunlight on the Sclera

Face the sun, the eyes pupil directed away from the sun.



1 - Pull the upper eyelid up and look down. Sunlight shines on the upper area of the Sclera. Sunlight does not shine into the pupil.



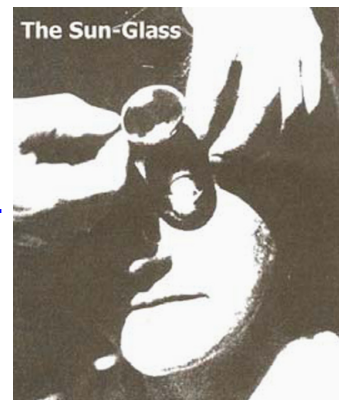
2 - Pull the lower eyelid down and look up. Sunlight shines on the lower area of the Sclera. Sunlight does not shine in the pupil.

Expose left and right eyes to the sun at the same time. Move the eyes left and right enabling the sun to shine/move on all areas of the Sclera.

Sun-Glass Treatment

Dr. Bates cured advanced eye problems, blindness by the sunlight methods and, also applying the use of the Sunglass to increase the strength of the sunlight on the eyes sclera and retina through the sclera. He moves the sunlight through the Sunglass quickly over the sclera for only a second, few seconds. He also moves the sunlight through the Sunglass on/over closed eyelids. Light is not directed into the pupil. Light on closed eyelids is done first. The light is kept in movement and moved quickly on the sclera and not for too long; only a few seconds in order to prevent over concentrating sunlight on any one or more areas of the eye, to prevent overexposure, sunburn on/in the eye. Distance of the glass must be correct or the eye can be burned.

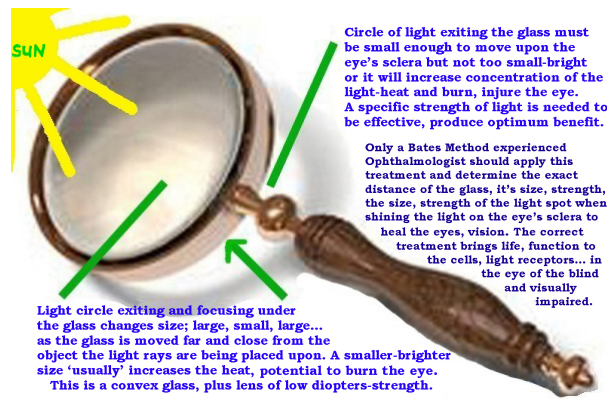
The patient is exposed to plain sunlight first, without the glass to get the eyes adjusted to the light before using the sun-glass. Do not do this at home without an eye doctor's direction. Done incorrect, it can burn the eye.



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

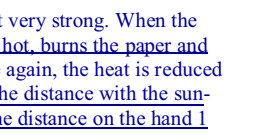
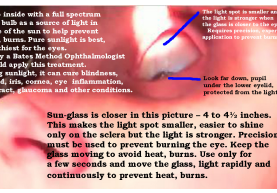
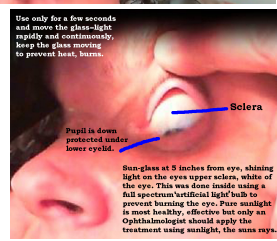
The Sun-Glass (Burning-Glass) Treatment is only for the blind, cases of advanced vision impairment. The sun-glass can burn the eye if done incorrect. It is a magnifying glass, it can set objects on fire! The sun-glass must be a small convex lens () magnifying glass, plus diopters. When used correct it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

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



Circle of light exiting the glass must be small enough to move upon the eye's sclera but not too small-bright or it will increase concentration of the light-heat and burn, injure the eye. A specific strength of light is needed to be effective, produce optimum benefit.

Only a Bates Method experienced Ophthalmologist should apply this treatment and determine the exact distance of the glass, it's size, strength, the size, strength of the light spot when shining the light on the eye's sclera to heat the eyes, vision. The correct treatment brings life, function to the cells, light receptors... in the eye of the blind and visually impaired.



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

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



1

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

2

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

3

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

4

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

5

Magnifying glass (Sun-Glass) 1 1/2 to 1 inch from the paper. Light spot on the paper turns into a large, well defined square as the glass moves closer. The light is bright, still strong but less strong than at 3 to 5 inches. It is stronger and smaller than the square at 5 inches. Glass-light was immobile at 1 to 1 1/2 inches while shining the light on my hand for 10 seconds; it started to burn the hand at about 10 seconds. Do not place the magnifying glass on the eye at any one time or hot distance. Even though the light, heat, is low strong at certain distance it can still burn, injure the eye.



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

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

Directions from Dr. Bates Better Eyesight Magazine;

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

In using the burning glass, it is well to prepare the eyes of the patient by having him sit in the sun with his eyes closed. Enough light shines through the eyelid to cause some people a great deal of discomfort at first, but after a few hours' exposure in this way, they become able to gradually open their eyes to some extent without squeezing the lids. When this stage is reached, one can focus with the burning glass, the light on the outside of the eyeballs, which at first is very disagreeable! When the patient becomes able to open the eyes, he is directed to look as far down as possible, and this can be done in such a way that the pupil is protected by the lower lid. It is not well to use the burning glass when the patient squeezes the eyelids shut. As long as the light is focused on the white of the eye, and is done quickly, all heat is avoided. The length of time devoted to focusing the light on the white part of the eye, is never longer than a few seconds, moving the light from side to side, up and down, or in various directions.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sun treatment is an immediate benefit to many diseases of the eye. Before the treatment, take a record of your best vision of the Snellen test card with both eyes together and each eye separately without glasses. Then sit in the sun with your eyes closed, slowly moving your head a short distance from side to side, and allowing the sun to shine directly on your closed eyelids. Forget about your eyes; just think of something pleasant and let your mind drift from one pleasant thought to another. Before opening your eyes, palm for a few minutes. Then test your vision of the test card and note the improvement. Get as much sun treatment as you possibly can, one, two, three or more hours daily. When the sun is not shining, substitute a strong electric light. A 1,000 watt electric light is preferable, but requires special wiring. However, a 250 watt or 300 watt light can be used with benefit, and does not require special wiring. **(Full spectrum bulbs, no fluorescent)** Sit about six inches from the light, or as near as you can without discomfort from the heat, allowing it to shine on your closed eyelids as in the sun treatment. **(Warning; light bulbs can suddenly burn out and break throwing glass into the eye. Avoid other people, pets, clutter so the bulb is not accidentally broken by people, pets running by... Do not practice during a lightning storm which can blow out, shatter the electric bulb. Avoid high heat bulbs... that can burn the eyes, skin.)**

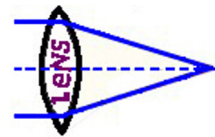
The strong light of the sun focused on the sclera, or white part of the eyeball, with the sun glass, also improves the vision. After the eyes have become accustomed to the sunlight with the eyes closed, focus the light of the sun on the closed eyelids with the sun-glass. Move the glass rapidly from side to side while doing this for a few minutes.

Then have the patient open his eyes and look as far down as possible, and in this way, the pupil is protected by the lower lid. Gently lift the upper lid so that only the white part of the eye is exposed, as the sun's rays fall directly upon this part of the eyeball. The sun glass may now be used on the white part of the eye for a few seconds, moving it quickly from side to side and in various directions. Notice that after the use of the sun-glass, the vision is improved. **When the light is on the sclera, it is normal to see a reflection of the blood vessels in the eye.**

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

The Eye is a Natural Sun-Glass

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



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

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

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



THE USE OF THE SUN GLASS

In using the sun glass, it is well to accustom the eyes of the patient to the strong light by having him sit in the sun with his eyes closed, and at the same time he should slowly move his head from side to side, in order to avoid discomfort from the heat. Enough light shines through the eyelid to cause some people a great deal of discomfort at first, but after a few hours' exposure in this way, they become able to gradually open their eyes to some extent without squeezing the lids. When this stage is reached, one can focus, with the aid of the sun glass, the light on the closed eyelids, which at first is very disagreeable. When the patient becomes able to open the eyes, he is directed to look as far down as possible, and in this way the pupil is protected by the lower lid. Then by gently lifting the upper lid, only the white part of the eye is exposed, while the sun's rays strike directly upon this part of the eyeball. The sun glass may then be used on the white part of the eye. Care should be taken to move the glass from side to side quickly. The length of time devoted to focusing the light on the white part of the eye is never longer than a few seconds. After such a treatment the patient almost immediately becomes able to open his eyes widely in the light.

Most Modern Natural Eyesight Improvement Teachers do not apply the Sunglass Treatment - (Mainly due to fear of the AMA.) Ophthalmologist Bates cured many vision problems, eye diseases, various types of blindness with the Sunglass and Sunlight, Sunning Treatments. Try plain Sunning, Sunlight first.

The Sunglass treatment is to be done by a Bates Method Experienced Ophthalmologist and only if necessary in cases of blindness, extreme vision impairment and only after closed eyes sunning, daily sunlight exposure; eyes open (never staring into the sun), yes; looking at, shifting on the bright sunny sky, clouds, trees and other Bates Method Treatments have been tried first. (See other sunlight treatments in this book.)

If these have not brought vision improvement, the Sunglass Treatment may.

Be aware that certain types of glass act as a magnifying glass. The Sunglass is a magnifier and sunlight passing through the Sunglass can burn the eye.

Only a professional should apply this method;

The glass is never still; the glass is moved continually side to side... causing the light to move quickly on the top white area of the eye. A short time; only a few seconds of light is placed on the eye. Do one eye at a time.

(Patch the eye not being treated with a thick white eyepatch to prevent the eye, pupil from moving into the light of the Sunglass. Keep the patch open on the outer side away from the glass to allow plain daylight into that eye to keep both brain hemispheres, eyes active.)

Do not wear any type of eyeglasses, contact lenses, sunglasses, tinted, UV blocking lenses when using the Sunglass, Sun-Gazing, Sunning.)

Distance of the glass from the eye must be exact, a specific distance and the time the light is on the eye (white area, sclera only, through eyelids or eyes open) must be brief, a few seconds or the eye can be burned.

It is a certain type of magnifying glass; Type, size, thickness, curvature... of the glass, distance, angle from the eye, strength of the sun affects the strength, intensity, concentration of the light ray beam, heat of the sunlight through the glass. The heat increases with the amount of time the light is on the eye. The correct amount is relaxing, healthy for the eyes. The light must never shine on/into the eyes pupil. Keep the light away from the pupil, iris. Keep the eye, pupil far down, under the lower lid to prevent the light beam from shining into the pupil. Do not move the eyes when the Sunglass light is on the eyes.

Start with eyes closed, look far down. Bring the glass, light beam close, but a safe distance from the eye. Move the light beam on the white area of the eye through the closed eyelids. The movement helps to prevent heat. Test the intensity of the light, heat, distance of the glass... on the forehead, closed eyelids first. Through closed eyes notice the size of the light spot on the eye and the blood vessels... in the eyes, sclera. Keep the light moving, move it quickly on the upper sclera for a few seconds. (Light is kept away from the eyes pupil.)

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

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

The Sunglass is a glass. As described in other chapters; All glass, plastic.; eyeglasses, windows, sunglasses block out part of the sun's light spectrum causing unhealthy partial spectrum, unbalanced light to exit the glass and shine into the eyes, travel to the brain, body. This impairs health, function of the brain, body, eyes and clarity of vision. For this reason the sunglass is only used to get the cells, light receptors, capillaries... in the eye, retina, lens back to full life, activity, bring the vision back. Then the glass is not used. Plain sunlight not passing through glass is used by practicing Sunning, Sun-Gazing... as described in this chapter.

Read more directions for Sunning, Sun-Gazing, Sunglass Treatments in the PDF Natural Eyesight Improvement E-book; Ophthalmologist Bates 'Better Eyesight Magazine' describes this treatment. See; Better Eyesight Magazine; April, May, June, August, October, December, 1926 and November, 1924 and

other 'Use of the Sunglass, Burning Glass' articles. Better Eyesight Magazine article June, 1926 in original form is shown on this page.

I place the instructions here due to the many cures Dr. Bates, Emily Lierman, Bates, other doctors obtained with the Sunglass and to enable persons to know if their Eye doctor is doing the treatment correct, safe.

Sun-Gazing; Looking into the sun with the eyes open, while moving the eyes, head/face side to side, keeping the eyes, head/face in movement 'shifting' is still done by some people in various countries, cultures.

For sun-gazers that do look at the sun with the eyes open; Practice only for 5-10 seconds occasionally, always moving the head/face, eyes; shifting side to side, top and bottom... across the sun. Blink often.

Never stare into the sun. Application time may vary with certain cultures, countries, treatments by experts.

Avoid areas where the sunlight is concentrated or the ozone layer is depleted.

Looking at the sun at sunrise, sunset in safe areas of the planet is allowed as long as staring, over-exposure is avoided. People have been looking at the sky, sunrise, sunset for millions of years.

Due to the depletion of the ozone layer, Modern Bates Teachers do not advise looking into the sun with the eyes open. Closed Eyes Sunning only is practiced.

Looking at the bright areas of the sky, clouds, tree tops with the eyes open on a sunny day is allowed.

Never look at or near the sun during a solar eclipse of the sun.

Good nutrition is necessary to maintain the eyes natural protection and tolerance to sunlight.

Sunlight through the eyes and on the skin is also necessary for the body to absorb, create, function with nutrients, vitamins, vitamin D, calcium., minerals, to help protect the eyes, skin from sunburn, overexposure to sunlight, to produce, balance, control hormones, chemicals in the brain, body, body organs, systems, including melatonin for a normal sleep cycle and serotonin, tryptophan... for a positive state of mind, good mood, positive thoughts, emotions. The eyes need sunlight to remain healthy, keep the vision clear.

Most drugs and some herbs impair the vision, eye health, natural tolerance, protection from over-exposure to sunlight.

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

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



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

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

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

SUN TREATMENT. The eyes need sunlight. People who work in mines, where there is no sun, sooner or later develop inflammations of the interior of the eyes. The cloudiness of the lens from cataract is lessened by exposing the eye to the direct rays of the sun. When using the sun treatment, it is best to let the eyes become accustomed to the sun by mild treatment at first. Have the patient sit in a chair with his eyes closed and his face turned toward the sun. He should slowly move his head a short distance from side to side. The movement of the head prevents concentration of the sun's rays on one part of the eye. After some days of treatment, or when the patient becomes more accustomed to the light, one may use the sun-glass with added benefit. Direct the patient to look far down and while he does this, lift the upper lid gently, exposing to view the sclera or white part of the eye. Now, with the aid of the sun-glass focus the sunlight on the forehead or on the cheek, and then rapidly pass the concentrated light over various parts of the sclera. This requires less than a minute of time. It is

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

Better Eyesight

not well to be in a hurry. One should wait until the patient becomes sufficiently accustomed to the sun to permit the upper eyelid to be raised while he looks far down, exposing the sclera only. It is important that the patient be cautioned not to look directly at the sun.

Prognosis

The cure of cataract is usually accomplished more quickly than the cure of some other diseases of the eye. My assistant, Emily C. Lierman, has had unusual success in treating cataract cases, as she adapts my methods to each individual case. In her book, "Stories from the Clinic," the treatment is described in detail.

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

For Healthy Eyes, Body & Clear Eyesight

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

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

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

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

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

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

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

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

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

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

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

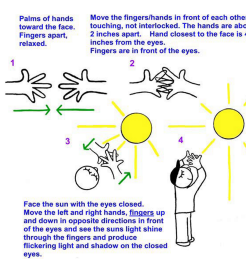
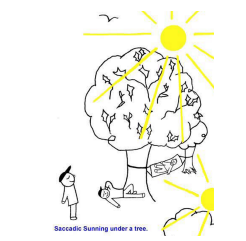
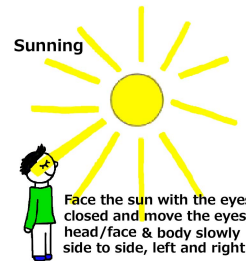
7 - Practice Open-Eyes Sunning, briefly, a few seconds. Keep the eyes and head moving. Head moves with the eyes, in synchronization. Blink frequently. Then stop and rest. Repeat, then rest. Open-eyed sunning can be practiced for a bit longer time as the eyes get used to the sunlight. If you see a light-spot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

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

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

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

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



Precautions, Benefits for the Sun-Glass, Sunlight Treatments

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

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

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

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

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

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

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

SUN TREATMENT

Most ophthalmologists prescribe dark glasses to nearly all of their patients who suffer from the brightness of light. This practice, in my opinion, has been overdone. I remember one patient who was in the hospital for two years in a dark room, with both eyes bandaged with a dark binding day and night continuously. When she left the hospital she was in a very pitiable condition. She was practically blind in the bright sunlight. She went to a great many clinics and eye doctors and all they did for her was to give her stronger dark glasses. In time these dark glasses did not give her any relief. Instead of being helpful to her weak eyes, the glasses had the effect of making them more sensitive to the light than they had ever been before. It has been my experience

that all persons who wear dark glasses sooner or later develop very serious inflammation of their eyes. The human eye needs the light in order to maintain its efficiency. The use of eye-shades and protections of all kinds from the light is very injurious to the eyes.

Sunlight is as necessary to normal eye as is rest and relaxation. If it is possible, start the day by exposing the eyes to the sun—just a few minutes at a time will help. Get accustomed to the strong light of the sun by letting it shine on your closed eyelids. Later, when you can look down sufficiently, by gently lifting the upper lid the white part of the eye can be exposed, while the sun's rays strike directly on it. It is good to move the head slightly from side to side while doing this, in order to prevent straining. One cannot get too much sun treatment.

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

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

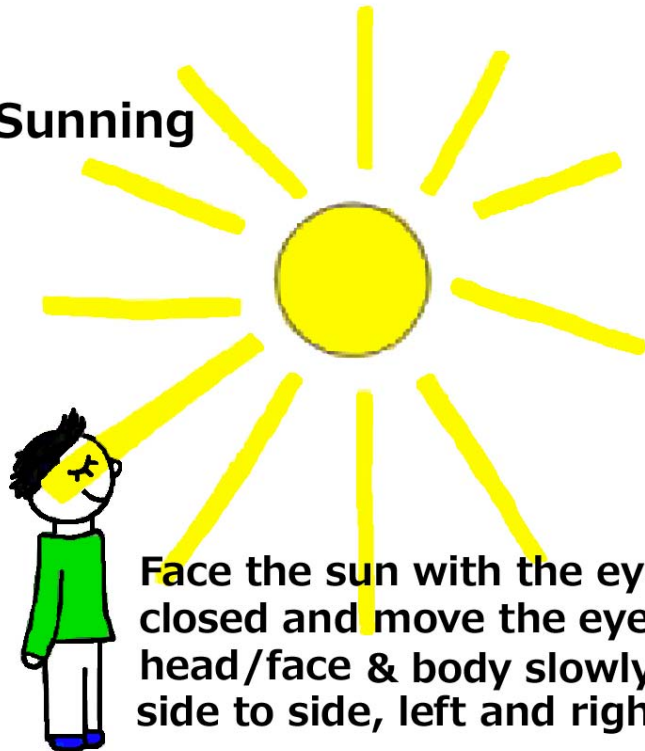
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Sunning



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