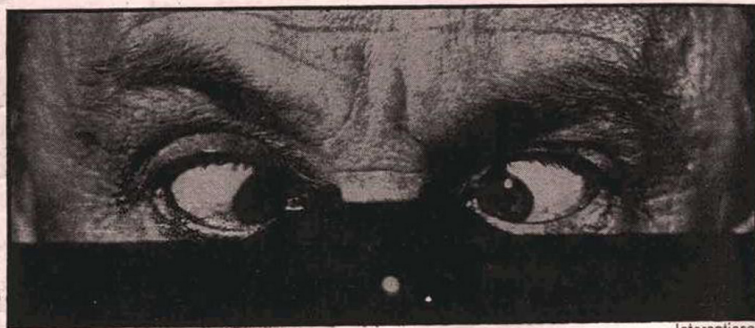


MEDICINE

Exercise v. Eyeglasses

Though it is popularly supposed that all boys who want to be airmen must have perfect eyesight, many an Army & Navy air cadet knows better. Eye exercises sufficiently improved his faulty eyes to give him a crack at the course. And many an enlisted man has eye exercises to thank for his uniform. Examples:

One boy who failed to get into Annapolis because of weak eyes (20/40 in one eye,* 20/80 in the other) got there after two months of exercises, has since become a flyer. Another boy was refused by the Coast Guard for 20/100 vision, got in after a month and a half of eye



DR. NEUMUELLER, EXERCISING
Some advocate blinking, swaying, looking at the sun.

training. Neither the Army nor Navy keeps tab of how many of their men have eye-muscled their way in, but the American Optometric Association has records of 1,000.

Unchangeable Eyeballs? Nevertheless, very few ophthalmologists will undertake to correct nearsightedness, farsightedness or astigmatism (unequal eye images) by exercise; the practice is limited almost entirely to certain psychologists, opticians and physical therapists. Reason: different schools of thought about how the eye works.

Orthodox explanation of eye function is that the shape of the eyeball is as unchanging as a glass eye; focusing is done by the elastic lens at the front of the eye; the six muscles around each eye have no function except to turn the eyeball. In myopia (nearsightedness) the eyeball is usually long from front to back; in farsighted people it is often short. In a nearsighted eye, the image falls in front of the retina; in a farsighted eye, behind the retina. Astigmatism is usually laid to slight eye distortions. As orthodox doctors agree that a patient's efforts can not alter the shape of an eyeball, they accept distortions as final, prescribe glasses.

But they use exercises for difficulties which they recognize as muscular (cross eyes, wall-eyes, etc.). Exercise equipment may be simply a pin which a patient

* That is, he could see at 20 feet what he should have seen at 40.

watches while it is brought up to his nose, or a complex instrument like the synoptophore, third cousin to a stereoscope, which not only exercises eyes but helps diagnosis as well. An eye-exerciser sponsored by American Optical Co.'s Dr. J. F. Neumueller (*see cut*) combines mirrors, lenses, lights and stereoscopic images to give eye muscles a strenuous workout.

With & Without Bates. Optical orthodoxy is just a finger-snap to many U.S. therapists, whose offices have as many discarded eyeglasses as Lourdes has crutches. They will try to fix almost any eye disorder (except infections, tumors, etc.) by exercise. Some follow the theory of the late Dr. William H. Bates (died

1931) that the six outside eye muscles not only turn the eye but change the shape of the eyeball.

Among present-day Bates disciples are Mrs. Bates and Optometrist Harold Peppard of Manhattan. Novelist Aldous Huxley was so much helped by the Bates method that he wrote a book about it (*The Art of Seeing*).

Mrs. Bates sticks closest to her late husband's teaching. To get eye relaxation a patient covers his eyes with his hands and thinks of blackness ("palming"); blinks frequently. He practices reading fine print. He "suns" his eyes (rolls his head while glancing sunward). Mrs. Bates has successfully treated many patients, including Ignace Jan Paderewski.

Batesian Peppard features "the long swing" (a relaxing exercise done by swaying the body from side to side); the deliberate reading of each letter in a word separately; tennis (especially for nearsighted people, to promote shifting and prevent staring); and reading upside down.

Samuel Renshaw, Professor of Experimental Psychology at Ohio State University, believes that training may not only correct many eye defects but also improve normal vision. His methods have been adopted by Ohio State's Naval Recognition School, which has sent some 500 Navy teachers out to help sailors recognize enemy aircraft, spot distant periscopes and life rafts.

The indisputable point about eye exercise: sometimes it works.

It is beneficial to look at a very close object, placed in the central field as shown in the picture. But; the object must be placed up to eye level. The eyes must shift (*move* the attention) on the object from part to part. Blink. It must be done with relaxation. No force, no strain, effort. When looking at an object close to the eyes (or at any distance); shift part to part on it. Shift on tiny parts. Blink and Relax.

This prevents staring, strain. It maintains relaxation, clear vision. It is natural, the normal function of the eyes, vision. It is taught by Dr. William H. Bates. It can cure myopia, farsight, presbyopia and many other eye, vision problems. Reading microscopic print close to the eyes is also healthy for the eyes, maintains clear vision at all ages. It perfects Central Fixation, Shifting, the Eyes' Saccades, tiny shifts, Convergence, Accommodation.

Warning: Avoid Auto-Stereograms, Magical Eyes pictures, Stereoscope Machines, Methods... (Also called Artificial 3-D) referred to on the top, right side of this article. They are all unnatural. They are NOT Dr. Bates' Method. Various forms of it are used by some Behavioral Optometrists and unnatural vision teachers. It can cause; unclear vision, double vision, crossed/wandering eyes, sprained eye muscles, astigmatism, detached retina and vitreous, impaired brain function with the retina, lens, eyes, eye muscles...

< The eye exercise in this antique picture of Dr. Neumueller might be, or be similar to the unnatural Artificial 3-D Auto-Stereograms, Stereoscope... pictures method; use of abnormal fusion by placing 2 objects in the left-right peripheral field to create an illusion of a 3rd object appearing to be in the central field between the 2 peripheral objects. AVOID it! It is NOT Dr. Bates' method. Eye muscles-eyes-the brain must be relaxed and their functions, interactions perfected gently, naturally. NEVER forced, strained by 'strenuous workouts'. NEVER applying 'abnormal eye, visual system function.' Read the Copyright, Disclaimer, Directions, Warnings - Avoid Unnatural/Harmful Vision Methods, Artificial 3-D, Auto-Stereogram Pictures... Fake Vision Teachers PDF and Video on the website: <https://cleareyesight-batesmethod.info/id110.html>

Use Dr. William H. Bates' TRUE Natural Vision

Improvement Method; This is a healthy, natural, relaxed way to look at objects, improve the vision; Do not use force when crossing the eyes inward to look at a close object. Do it gently. Relax. Avoid staring. Shift move the attention part to part on the object. Blink.

Example; Place an object 1 - 20 inches from the eyes, at eye level, in the central field (between the eyes). A flower, stone, pencil... Look directly at it and shift part to part on it. Blink, relax. No effort to see. Then; look at a far object beyond/in line with it in the central field. Shift on it. Blink. Then; move back to the close object. Shift on it. Blink. Then; move to the far object. Repeat.

Practice with 3 small dots or tiny beads placed at a variety of close, middle, far distances from the eyes; place them in the central field, at eye level. Shift on them. Blink. Look at, shift on one dot/distance at a time. This is NATURAL True 3-D (3-Dimensional) vision. It produces perfect convergence/accommodation, divergence/unaccommodation, shifting movements of the eyes, perfect function of the lens. Prevents myopia, farsight, presbyopia, cataract...

Sun (Sunning) is done with the eyes closed and moving. Some people prefer Sunning with the eyes open; always with the eyes moving *shifting* and blinking, and a time limit to prevent staring, over-exposure. The head/face moves in synchronization with the eyes.

When looking at a small object close to the eyes; shift part to part on it, shift on tiny parts and blink. This prevents staring, strain & blur.

TIME, March 15, 1943