

This PDF booklet contains one of Dr. Bates' Main Natural Practices for Clear Eyesight.

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DR. BATES EXPLAINS HIS "SWINGING CURE" FOR DEFECTIVE EYES

**Pioneer in Treatment Given
Senator Gore Says Strain Al-
ways Marks imperfect Sight.**

Friends of Dr. William H. Bates, whose offices are at 300 Madison ave., Manhattan, claim for him that he was the pioneer in the work which Dr. Samuel J. Harris of Boston, who has been treating blind Senator Gore, has been doing for a number of years. Dr. Bates, who says that he was for ten years assistant to the late Dr. Henry D. Noyes, in his day one of the foremost eye doctors in the world, and that he assisted a number of other prominent eye specialist, has been working for 36 years to prevent and cure imperfect sight so that glasses may be discarded. He holds clinics at the Harlem Hospital every other day. Dr. Bates' friends say that he is 150 years ahead of his times.

Dr. Harris mentioned the name of Dr. Bates as one who knew about his methods of treatment and acknowledged an indebtedness to the latter for some of his ideas. -Dr. Bates does not treat patients by electrical means.

Dr. Bates says that imperfect vision is due to staring and strain and that the secret of overcoming this strain and improving the vision to the point where glasses are no longer necessary lies in relaxation, rest and exercise of the eye muscles.

Clarification for the sentence containing 'Exercise of the Eye Muscles'; Dr. Bates does not exercise the eye muscles. He *relaxes the muscles* by relaxing the mind and inducing natural eye movements (shifting). Coordinated, perfect function of the eye muscles, eyes occurs *automatically*.

Clarification for the sentence containing 'The Object May Be Seen All Alike at One Time'; In the eye with imperfect sight, the point fixed (looking at) is not seen best, is not most perfectly clear. The eye stares, shifting is impaired and the whole object 'all parts' seen are the same clarity and the clarity is imperfect.

Imagining the letter stationary disrupts the eyes' shifting and results in unclear vision, strain and lowered memory.

Imagining the letter moving (as described by Dr. Bates) produces normal eye shifting, relaxation, perfect memory and clear vision. Read Dr. Bates' description of *Central Fixation* and *Shifting* in this book and his *Better Eyesight* magazine. They produce perfect relaxation with perfect eye movements and perfect clear vision.

Suffer From Strain.

"All persons with imperfect sight are under a strain," said he. "Persons with perfect sight and perfect Imagination experience no strain. The Strain manifests itself in errors of refraction. When the vision is normal the movements of the eye are short, rhythmical and easy, and each successive point fixed is seen better than any other point. In the eye with imperfect sight the movements are longer, irregular and accompanied by strain. The points fixed are not seen best, so that the object may be seen all alike at one time."

Dr. Bates said that he had been able to benefit even patients suffering from atrophy of the optic nerve and that sooner or later, when the strain was corrected, there was noted an improvement of vision.

He had known cases, he said, where the vision of the patient had been restored even after it had appeared, after viewing the eye through an ophthalmoscope, that there was no optic nerve left. In cases of glaucoma, or hardening of the eyeball, he continued, when the strain was corrected and perfect relaxation brought about the eyeball had become soft.

“With perfect relaxation the eye-ball becomes normal in tension very quickly,” said he. “I think that the most valuable discovery I have made is that all cases of imperfect sight are associated with eye strain. It is an interesting fact that the normal eye at rest is always in motion and this can be demonstrated readily. When that motion is interfered with there is strain. When the normal eye imagines a letter moving from side to side everything it sees has a swing. This swing is very short, rhythmical and restful. When there is strain the motion of the eye is jerky.”

Explains "Swinging Cure."

Emily C. Lierman, the doctor's secretary, showed The Eagle reporter two pairs of eye glasses which she explained she had formerly worn but discarded after the doctor had treated her. She said she had suffered from hypermetropia accompanied by severe headaches and that she regained her vision after eight weeks' treatment, never putting on the glasses again.

Some idea of the doctor's methods may be gained from his description of what he calls the "swinging cure":

"If you see a letter perfectly, you may note that it appears to pulsate, or move slightly in various directions. If your sight is imperfect, the letter will appear to be stationary. The apparent movement is caused by the unconscious shifting of the eye. The lack of movement is due to the fact that the eye stares, or looks too long at one point. This is an invariable symptom of imperfect sight, and may often be relieved by the following method:

"Close your eyes and cover them with the palms of the hands so as to exclude all light, and shift mentally from one side of a black letter to the other. As you do this, the mental picture of the letter will appear to

move back and forth in a direction contrary to the imagined movement of the eye. Just so long as you imagine that the letter is moving or swinging, you will find that you are able to remember it, and the shorter and more regular the swing, the blacker and more distinct the letter will appear. If you are able to imagine the letter stationary, which may be difficult, you will find that your memory of it will be much less perfect.

“Now open your eyes and look first at one side and then at the other of the real letter. If it appears to move in a direction opposite to the movement of the eye, you will find that your vision has improved. If you can imagine the swing of the letter as well with your eyes open as with your eyes closed, as short, as regular and as continuous, your vision will be normal.”
