



Ophthalmologist William H. Bates

Practice Time

A large number of people have bought the book "Perfect Sight Without Glasses" but do not derive as much benefit from it as they should because they do not know how long they should practice.

Rest: The eyes are rested in various ways. One of the best methods is to close the eyes for half an hour after testing the sight. This usually improves the vision.

Palming: With the eyes closed and covered with the palms of both hands the vision is usually benefited. The patient should do this five minutes hourly.

Shifting: The patient looks from one side of the room to the other, alternately resting of the eyes. This may be done three times daily for half an hour at a time. The head should move with the eyes and the patient should blink.

Swinging: When the shifting is slow, stationary objects appear to move from side to side. This should be observed whenever the head and eyes move.

Long Swing: Nearly all persons should practice the long swing one hundred times daily.

Memory: When the vision is perfect, it is impossible for the memory to be imperfect. One can improve the memory by alternately remembering a letter with the eyes open and closed. This should be practiced for half an hour twice daily.

Imagination: It has been frequently demonstrated and published in this magazine that the vision is only what we imagine it to be. Imagination should be practiced whenever the vision is tested. Imagine a known letter with the eyes open and with the eyes closed. This should be practiced for ten minutes twice daily.

Repetition: When one method is found which improves the vision more than any other method, it should be practiced until the vision is continuously improved.

PERFECT SIGHT

If you learn the fundamental principles of perfect sight and will consciously keep them in mind your defective vision will disappear. The following discoveries were made by Dr. Bates and his method is based on them. With it he has cured so-called incurable cases:

1. Many blind people are curable.
2. All errors of refraction are functional, therefore curable.
3. All defective vision is due to strain in some form.
4. Strain is relieved by relaxation.

You can demonstrate to your own satisfaction that strain lowers the vision. When you stare, you strain. Look fixedly at one object for five seconds or longer. What happens? The object blurs and finally disappears. Also, your eyes are made uncomfortable by this experiment. When you rest your eyes for a few moments the vision is improved and the discomfort relieved.

Have some one with perfect sight demonstrate the fundamental principles contained in Dr. Bates' book, "Perfect Sight Without Glasses." If the suggestions and instructions are carried out, and glasses discarded, it is possible to improve the vision without personally consulting a physician.

"Perfect Sight Without Glasses" will be sent C. O. D. on five days' approval. Price, \$5.00.

Central Fixation Publishing Company
383 Madison Avenue, New York City

Fundamentals
By
W. H. Bates, M. D.

1 - Glasses discarded permanently.

2 - Central fixation is seeing best where you are looking.

Central-Fixation; Place the object the eyes are looking at in the center of the visual field. The central field moves with the eyes as the eyes shift from object to object and part to part on an object. The head moves with the eyes.

3 - Favorable conditions: Light may be bright or dim. The distance of the print from the eyes, where seen best, also varies with people.

4 - Shifting: With normal sight the eyes are moving all the time.

5 - Swinging: When the eyes move slowly or rapidly from side to side, stationary objects appear to move in the opposite direction. [Oppositional Movement](#), 'The Swing'.

6 - Long swing: Stand with the feet about one foot apart, turn the body to the right—at the same time lifting the left foot. Do not move the head or eyes or pay any attention to the apparent movement of stationary objects. Now place the left heel on the floor, turn the body to the left, raising the heel of the right foot. Alternate. [Long swing - To clarify; the head, eyes do move, but with the body at the same time, in the same direction, in synchronization; body, head, eyes moving together; left, right, left, right... easy, continual. No attempt to stop and try to see objects clear. Just relax and swing. An alternate method allows a quick 'fraction of a second' glance, shift on a letter on eyecharts placed on the left and right sides of the body. Swinging is not interrupted.](#)

7 - Drifting swing: When using this method, one pays no attention to the clearness of stationary objects, which appear to be moving. The eyes move from point to point slowly, easily, or lazily, so that the stare or strain may be avoided.

8 - Variable swing: Hold the forefinger of one hand six inches from the right eye and about the same distance to the right, look straight ahead and move the head a short distance from side to side. The finger appears to move. This can also be done with the finger 6 inches in front of the face/nose, between the left and right eyes.

9 - Stationary objects moving: By moving the head and eyes a short distance from side to side, being sure to blink, one can imagine stationary objects to be moving. [Oppositional Movement](#), 'The Swing'. Objects appear to move opposite the movement 'shift' of the eyes. [Relaxing](#), improves the vision.

10 - Memory: Improving the memory of letters and other objects improves the vision for everything.

11 - Imagination: We see only what we think we see, or what we imagine. We can only imagine what we remember. Memory, imagination, remembering-imagining objects clear, mental pictures clear in the mind. [The brain and eyes work together; improve the brains function, memory, imagination and the vision will improve. Improve the vision and the brains function, memory, imagination improve. Each strengthens the other. Relaxation also works with, improves all these functions.](#)

12 - Rest: All cases of imperfect sight are improved by closing the eyes and resting them.

13 - Palming: The closed eyes may be covered by the palm of one or both hands. [Practice memory, imagination and relaxation with palming. Palming and other activities, correct eye functions listed above are further described with pictures in and at the end of this book.](#)

14 - Blinking: The normal eye blinks, or closes or opens very frequently.

15 - Mental pictures: As long as one is awake one has all kinds of memories of mental pictures. If these pictures are remembered easily, perfectly, the vision is benefited. [Memory, imagination, remembering, imagining objects, mental pictures clear.](#)

The Original Method for Practicing Natural Eyesight Improvement
Described by Ophthalmologist William H. Bates

BETTER EYESIGHT

September 1927

Perfect Sight

By William H. Bates

If you learn the fundamental principles of perfect sight and will consciously keep them in mind your defective vision will disappear. The following discoveries were made by W. H. Bates, M. D., and his method is based on them. With it he has cured so-called incurable cases:

- I. Many blind people are curable.
- II. All errors of refraction are functional, therefore curable.
- III. All defective vision is due to strain in some form.

You can demonstrate to your own satisfaction that strain lowers the vision.

When you stare, you strain. Look fixedly at one object for five seconds or longer. What happens? The object blurs and finally disappears. Also, your eyes are made uncomfortable by this experiment. When you rest your eyes for a few moments the vision is improved and the discomfort relieved.

- IV. Strain is relieved by relaxation.

To use your eyes correctly all day long, it is necessary that you:

- 1. Blink frequently. Staring is a strain and always lowers the vision.
- 2. Shift your glance constantly from one point to another, seeing the part regarded best and other parts not so clearly. That is, when you look at a chair, do not try to see the whole object at once; look first at the back of it, seeing that part best and other parts worse. Remember to blink as you quickly shift your glance from the back to the seat and legs, seeing each part best, in turn. This is central-fixation. (with shifting.)
- 3. Your head and eyes are moving all day long. Imagine that stationary objects are moving in the direction opposite to the movement of your head and eyes. When you walk about the room or on the street, notice that the floor or pavement seems to come toward you, while objects on either side appear to move in the direction opposite to the movement of your body.

BETTER EYESIGHT

December 1927

INSTRUCTIONS FOR HOME TREATMENT

By William H. Bates

The most important fact is to impress upon the patient the necessity of discarding his glasses. He is told that when glasses are used temporarily a relapse always follows and the patient loses for a short time, at least, everything that has been gained. If it is impossible or unnecessary for the patient to return at regular intervals for further treatment and supervision, he is given instructions for home practice to suit his individual case, and is asked to report his progress or difficulties at frequent intervals.

The importance of practicing certain parts of the routine treatment at all times, such as blinking, central-fixation, shifting and imagining stationary objects to be moving opposite to the movement of his head and eyes, is stressed. The normal eye does these things unconsciously, and the imperfect eye must at first practice them consciously until it becomes an unconscious habit.

The Natural Vision Improvement student practices, imitates these normal, natural eye functions (Relaxed, Natural, Correct Vision Habits) to gently coax the eyes, brain, eye muscles, body (visual system) back to normal, relaxed function and clear vision. Then, the eyes, brain... function correct, automatically 'on their own' maintaining clear vision. All of Dr. Bates 132 Better Eyesight Magazine Issues are in the free E-Books.

Fundamentals

1. Glasses discarded permanently.
2. Favorable conditions: Light may be bright or dim. The distance of the print from the eyes, where seen best, also varies with people.
3. Central Fixation is seeing best where you are looking.
4. Shifting: With normal sight the eyes are moving all the time. This should be practiced continuously and consciously.
5. Swinging: When the eyes move slowly or rapidly from side to side, stationary objects appear to move in the opposite direction.
6. Long Swing: Stand with the feet about one foot apart, turn the body to the right—at the same time lifting the heel of the left foot. Do not move the head or eyes or pay any attention to the apparent movement of stationary objects. Now place the left heel on the floor, turn the body to the left, raising the heel of the right foot. Alternate. This exercise can be practiced just before retiring at night fifty times or more. When done properly, it is a great rest and relieves pain, fatigue, and other symptoms of imperfect sight.
7. Stationary Objects Moving: By moving the head and eyes a short distance from side to side, one can imagine stationary objects to be moving. Since the normal eye is moving all the time, one should imagine all stationary objects to be moving. Never imagine that you see a stationary object stationary.
8. Palming: The closed eyes may be covered with the palm of one or both hands. The patient should rest the eyes and think of something else that is pleasant.
9. Blinking: The normal eye blinks, or closes and opens very frequently. If one does not blink, the vision always becomes worse.

THE FUNDAMENTAL PRINCIPLE

Do you read imperfectly? Can you observe then that when you look at the first word, or the first letter, of a sentence you do not see best where you are looking; that you see other words, or other letters, just as well as or better than the one you are looking at? Do you observe also that the harder you try to see the worse you see?

Now close your eyes and rest them, remembering some color, like black or white, that you can remember perfectly. Keep them closed until they feel rested, or until the feeling of strain has been completely relieved. Now open them and look at the first word or letter of a sentence for a fraction of a second. If you have been able to relax, partially or completely, you will have a flash of improved or clear vision, and the area seen best will be smaller.

After opening the eyes for this fraction of a second, close them again quickly, still remembering the color, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you may soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

If your trouble is with distant instead of near vision, use the same method with distant letters.

In this way you can demonstrate for yourself the fundamental principle of the cure of imperfect sight by treatment without glasses.

If you fail, ask someone with perfect sight to help you.