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Bottom Spotlight

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

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THE VARIABLE SWING

[illegible]

DEARLY

By W. H. Bates, M.D.

THIS case is reported because the child on account of her enthusiasm obtained normal vision in a short time—about a week.

[illegible]

"It was very interesting to see how much her vision improved at the first visit. She demonstrated central fixation without much trouble. When she regained her upper right-hand control of the large letter on the Swinlow test card she could imagine that she saw it best. If she tilted to the bottom the center rose to the bottom and the top went and could demonstrate by practicing central fixation her vision was imperfect. She said it seemed to her as though the cone came out from behind a cloud and made everything clearer when she practiced central fixation. I called her attention to the white center of a large letter O and had her look at it about a foot from her eyes. She said that the white center looked whiter than the rest of the card. Then I covered over the black part of the letter with a white card and with an opening that showed the white part of the letter across the center looked, she said, the same shade of white as the margin of the card. When the whole letter was exposed the center looked much whiter than the rest of the card. I said to her, "You do not see the white center of that letter O whiter than the margin. It is an illusion that you know." And she said, "I don't think so. The white center looks whiter than the margin, the only difference being, I say, because a smaller hole is less transparent or more opaque than light. As if the white could not see through the white part of the letter O as the white part of the letter O could not see through the black part of the letter O." She answered me, "No, I don't think so. The white center looks whiter than the margin, the only difference being, I say, because a smaller hole is less transparent or more opaque than light."

I was all nervous because when they would read a line of letters quite rapidly and misread one or more letters of the line, and I said to her, "You misread two of those letters, which were *W* and *U*," and she would tell me, "How do you know," I asked her. She answered, "Because I know I misread those letters because I did not see them as black or as clear as the letters I read correctly. The misread letters were not so black and furthermore they did not have a short, slow and an easy a twing as the letters that I read correctly."

One day she came to the office and told me that

On another occasion she said that she was restless and could not sleep and she said to me, "I could not sleep so I thought I might as well spend the time in pulsing and the next thing I knew it was morning. Pulsing enabled me to go to sleep very quickly."

When it came to memory I asked her what was the best thing that she could remember and the most perfectly, and she said, "A white dress with polka dots," and sure enough when she looked at the Seelsten test card and remembered that white dress with polka dots her vision became very much improved.

During the week they were here each one was trying to out-do the other. The mother was cured in about the same time as the daughter, like vision without glasses became normal and she became able to read without glasses and to read with a great deal more comfort than she ever had when she wore glasses. I am quite sure that the cure of the mother's eyes was of great benefit to the sight of her daughter.

The interesting features of the treatment of this young girl was that her progress was continuous and she had no relapse. It was remarkable that she consumed normal-right and was able to maintain it after so short a treatment as one week. It was still more interesting to find the number count in so short time as was the daughter. They had to learn tones and were quite willing to practice with the Sinaloa test card as long as I and it was necessary. I heard from them occasionally and then they stopped writing. One day, about a year later, I was pleased to hear a visit from the mother who stopped in my office to tell me that both she and her daughter had continued to have normal right without glasses and they had done nothing whatever for her but six months before they gave up practicing. The Sinaloa test card was lost and they had not taken the trouble to find it. Both of them did not know that they had eyes. Both of them read many hours a day; both of them read by artificial light; both of them used their eyes for reading while riding on railroad trains and as far as they could tell and their friends could judge, both of them had eyes as good as any one could wish to have. Before the record sheets obtained were entirely due to the confusion of these facts, I wish all my patients could be cured as quickly.

STORIES FROM THE CLINIC

THREE CASES

By Emily C. Lieberman

[illegible]

she was dead, anyway? My friend has perfect sight but just to prove that I was right I looked at her with the microscope and found that she was near-sighted. I proved this to her by taking her sight with the test card. This frightened her but after she had pulled her eyes for a few minutes she was relieved of her eye strain and her vision was perfect. I was amazed at her eyes by moving the card slowly from side to side and alternately closing and opening her eyes.

A young German woman came to me not long ago, asking the question, "Was ist in der Welt das Beste?" (What is the best in the world?) I told her that in English was anything but perfect. She had had ear trouble for some time and she wanted very much to know if Dr. Bates could help her without an operation. Now this was the conversation between them:

"Mrs. Lierman: What you call dat enoyah? My eyes is running all da time. Da water runs on da face insteat of inside. Pibles always say to me, 'What you cry for all da time?' Maybe sometime you I cry I wouldn't haf no water left. True times in Germany I was by da da doctor and he say operation. I say no. You vat call da enoyah? I go by another doctor and he bid van operation vet is no good. He hart me something awful but da water is running yet. I told her that she had trouble with her tear duct and that Dr. Bitts could easily cure her by pulsing and enwiggling. When the strain was relieved the tear duct trouble would cease. She was told to call for other treatment if the pulsing and enwiggling did not help her. Evidently pulsing and enwiggling has helped her for we have not seen her since.

One day early one day a big monster, or first tall, came into the room very quietly and sat at a corner with his head down. One could see that he was trying to look at the right side of his face. When I came closer to him I found that he had a very good manner for doing so. There was a big cut over the eyebrow which had been torn off by one of the bones hanging the night before. Perhaps some of our makers do not sit like us when we write about these things but we do have to meet all kinds of people and all kinds of cases and we must not be afraid. I know that this huge bulk of dark humanity had been in a fight, or it certainly was as I approached him. There was a great deal of kindness shining out of his good eyes as he looked at me. I said, "First fellow, did you hit yourself?" It is kindly but very unkindly rule to be accused, "Well, damn," I saw in a fight. You see Ah had no touch marks there." He really did not need to tell me to feel something coming from his forehead either if he could, but he would never have had the nerve to answer him anywhere else but the chair, for he would have wanted me once to dash off I chance to meet him in the street. Dr Bates looked at him and said, yes, I can say that your eye might be wet, and after the man had pulled his eyes for a little while the eyelid opened. So I said, why did you hold himself when your face was not destroyed. As the men left the room I tried to say something concerning to him and his answer was that "Now, damn, now you better leave me, you oughter use to be careful, but it's too late, you've done."

THE BETTER EYESIGHT LEAGUE

THE Better Eyesight League was organized for the purpose of benefiting the vision of its members. Each one was supposed to practice improving their vision every day without glasses. After their vision became normal it was expected of them that they would help one or more persons every day.

QUESTIONS AND ANSWERS

If I imagine the vision of the poor eye will there not be a confusion of images?

Ans. Not necessarily.

Is it possible to cure a three year old child of squint without an operation?

Ans. Yes, I have had many such cases that were cured by one method of treatment.

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