



"Now, vision although accompanied by muscular action." Page 101.

A. Bad fortune.

Q. What is the function of the ciliary muscles?

A. To relax them.

Q. How do you account for this muscle and the changes in the lens which occur now? (I have lost the page reference where you cited cases of a flattening or increase in convexity of the lens.)

A. I do not account for the pressure of the ciliary muscle and never stated the lens changed its curvature.

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May 1922

#### QUESTIONS AND ANSWERS

Q. "When the right is perfect the quantity is also perfect because the mind is perfectly relaxed." "Better Eyesight," November 1919, page 2. I know of a Professor of Chemistry who has tremendously fine eyes and who cannot remember the results in vitro he can derive from Bismuth in Mollins.

A. He does not use the mind perfectly.

Q. Do different and perfect hearing apparatus ever have perfect insight? A. Never do.

Q. And I am thinking that you consider the reverse of this true?

A. No, with exception.

Second Monthly Meeting  
BETTER EYESIGHT LEAGUE

1007 E. 14th Ave.  
Room 405

300 MADISON AVENUE NEW YORK CITY

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June 1922

#### QUESTIONS AND ANSWERS

Q. When the sensory is perfect the right is also perfect? An eminent musician in Boston has a phenomenal memory for music, but is so near-sighted that without glasses he could not see to find his way.

A. He does not see perfectly.

Q. You have said that imaging apparatus ever have perfect insight? A. No, not as effective as seeing in perfecting the eyesight. I know of a Professor of Psychology who is an expert in the field of mind. She has a remarkable ability to imagine colors, as I have heard her testify many times. She is so near-sighted that she has to have an attendant when she reads. I don't remember any definite statement as to her visual memory except that I remember her remarking that when she heard a name she always gave of association can distinctly come color. Her memory in other respects also seems to be almost perfect. How would you account for her near-sightedness?

A. Strain to see.

Q. "The cause of this loss of function in the center of sight is mental strain and in all abnormal conditions of the eyes, organic as well as functional, are accompanied by mental strain, all such conditions must necessarily be accompanied by loss of central fixation."—"Better Eyesight," page 8, July, 1919 [1924]. Why is this necessarily true if as you say on page 8 and 9 of the same magazine different strain produces opposite results from that strain which produces, for example, strabismus.

A. Imperfect sight is always accompanied by loss of central fixation.

Q. Is visualizing a fixed point what background should one see?

A. Not important.

Q. How would you explain by your theory this experience? A friend of mine who has far-sighted eyes for which she is wearing glasses, when working under pressure and with considerable nervous strain has no trouble with her eyes, but upon completely relaxing during a vacation period is troubled with straining and watering of the eyes.

A. Strain, not relaxed.

Q. It is true that every motion of the eye produces an error of refraction but when the movement is short this is very slight and usually the deficit is so small that the error does not last long enough to be detected by the retinaculum, its existence being demonstrable only by reducing the equality of the movement to less than four or five seconds. The period during which the eye is at rest is much longer than that during which an error of refraction is produced."—"Better Eyesight," December, 1919, page 1 [1924]. I do not understand the indicated statement. You have said that the normal eye is constantly shifting. If every motion of the eye is an error of refraction (The Right Sight Without Glasses?), page 107 [1924], produces an error of refraction how, when reading, is it possible to avoid straining, or producing a wrong picture about?

A. Moving pictures do not move where you see. Reading in a moving vehicle is common as the page may be stationary with the eye.

Third Monthly Meeting  
BETTER EYESIGHT LEAGUE

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August 1922

#### QUESTIONS AND ANSWERS

Q. If you're nose becomes tired while painting, will it blink with handkerchief covering the eyes produce the same amount of relaxation one gets from painting?

A. No. Rubbing is the best method for relaxation and improvement in vision. When tired of painting, the hands can be relaxed and the eyes kept closed until one feels relaxed.

Q. Will it still be necessary to continue practicing the method of relaxing and shifting after eye cure is made? A. No. When you are cured of eyestrain you will not be conscious of your eyes. However, if you strain them, you will know where to do to relieve the strain.

Q. Can sight be cured by treatment without glasses after an operation proved successful? Does age make any difference?

A. No, even when it is cured, cataracts, does not make change. No age does not make any difference.

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October 1922

#### QUESTIONS AND ANSWERS

1. Is reading too great a strain for the eyes?

Ans. [P]No. Reading is good for the eyes.

2. I don't see things so well as the light?

Ans. No. It is a benefit to the eyes.

3. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

4. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

5. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

6. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

7. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

8. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

9. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

10. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

11. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

12. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

13. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

14. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

15. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

16. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

17. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

18. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

19. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

20. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

21. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

22. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

23. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

24. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

25. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

26. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

27. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

28. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

29. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

30. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

31. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

32. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

33. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

34. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

35. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

36. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

37. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

38. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

39. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

40. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

41. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

42. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

43. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

44. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

45. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

46. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

47. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

48. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

49. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

50. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

51. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

52. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

53. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

54. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

55. I don't see things so well as the light?

Ans. [P]No. It is a benefit to the eyes.

QUESTION – Can one remember perfectly and see imperfectly?

ANSWER – No.

QUESTION – What is the quickest case for imperfect sight?

ANSWER – Imagine something perfectly. If you imagine the white Snellen Test Card perfectly white, you'll see the letters perfectly black. If you see them perfectly black, you can tell what they are.

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April 1924

Questions and Answers

Question – If the Bosc method is practical without professional supervision can letters be done to the eyes?

Answer – No letters can be done to the eyes, if the method is practical properly.

Question – What is the best thing to practice when glasses are removed and eyes are really weak?

Answer – Patience, if it is beneficial.

Question – How long does it usually take the eyes to get strong improvement to see without glasses?

Answer – Glasses should always be discarded at once in order to obtain improved vision.

Question – How can one improve their imagination?

Answer – By improving the memory. When the memory of a letter becomes perfect or one can remember it with their eyes open or with their eyes closed equally well, it is possible to imagine it perfectly.

Question – What is the difference between the real and the ideal?

Answer – "Watching content is closing one's both eyes for an appreciable length of time. Blinking the eyes is closing and opening so quickly that most people do not know they do it.

Question – If you cannot afford for a doctor and glasses, then continued, do they stand progress?

Answer – Wearing glasses for empergation or for a longer time makes it impossible to improve the vision without glasses to any great extent.

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May 1924

Questions and Answers

Question – What is the cause and cure of pseudototal cataract?

Answer – The cause is strain. The cure has been accomplished by practicing the universal seeing, by patching and other methods of correcting the vision.

Question – What can be done to help the eye when the vision does, while reading?

Answer – Read more frequently or imagine the white spaces between the lines are whiter than the black parts of the page.

Question – What is a leukoma?

Answer – This denotes a longitudinal disease of the inside of the cornea. Corneal cones compress ophthalmologists for diagnosis and treatment.

Question – Does patching help improvement?

Answer – Yes, when it is done right. It can be done wrong.

Question – Is cataract curable?

Answer – Glaucoma is curable. Some cases of blindness from glaucoma have been permanently cured by patching for long periods of time.

Question – Does the cornea become discolored by cataract treatment?

Answer – In cases which have caused the opacity of the lens disintegrated and the lens required to several conditions.

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June 1924

Questions and Answers

Question – Should a person who has dicataract in the sunlight, prefer to going without a hat?

Answer – Yes.

Question – What do you suggest for an eight months old case cataract?

Answer – Looking with the help of the candle and the living area of it is useful.

Question – If closing and resting the eyes is beneficial why must sleep cause defective vision.

Answer – Sleep is hard on the eyes because most people think that you must sleep when they are asleep than when they are awake.

Question – My eyes grow so tired when I read that I usually fall asleep over my paper. Can this be helped?

Answer – Glaucoma is caused by strain. Strain is usually to improve sight. When you read with perfect sight you will not become sleepy.

Question – What is the best exercise for school children with myopia?

Answer – Reading the Snellen Test Card regularly.

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July 1924

Questions and Answers

Question – Some days I can read the Snellen Test Card to the 17 line, others only to the 33 or 35.

Answer – When the condition is less the vision is always better.

Question – By following instructions in the book, can cataract be benefited without consulting a physician?

Answer – Yes.

Question – Is memory and imagination the same? When we remember an object do we have to visualize it?

Answer – A perfect memory cannot be obtained unless you are able to imagine that you see or visualize what you remember.

Question – What I try to imagine a black pencil, white and I get all colors but black.

Answer – When you fail to remember a pencil with your eyes closed, open your eyes and see it, then close your eyes and remember it as well as you can for a moment, alternate.

Question – Last night I remember a cigarette in a church.

Answer – Eyesight is caused by a state or an effort to see. Close your eyes frequently and rest them.

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September 1924

Questions and Answers

Question – Is there any power in the lens of dark test glasses? Are they harmful?

Answer – Yes. Dark glasses are very injurious to the eyes.

Question – I experienced temporarily by your method, but I am at a modified one. What is the next step?

Answer – Practice the seeing.

Question – I enjoy patching, but I make too slowly after ten or fifteen minutes. Is this helped?

Answer – When patching is done properly it does not make one sleepy.

Question – Is a case of detached retina likely to respond to treatment?

Answer – The detachment of the retina requires to some extent a year or longer.

Question – Could a little colored gelatin or contact on her eye by filling and seeing?

Answer – Yes, but the patient should practice every thing daily and it should be kept up for many months under the supervision of someone with perfect sight without glasses.

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October 1924

Questions and Answers

Question – I had cataracts blinding a week, because I close my eyes temporarily and seem to hold the cataract stationary. If I shut my eyes for a longer period would that be blinding?

Answer – No. The natural eye holds cataracts unconsciously without effort, without strain and quickly.

Question – You mention the field point of your book. What then is my particular case? I only imagine large round black objects like convex balls, the center of a target, or a warning flashlight. This is useful, but is it beneficial?

Answer – No. Anything that is useful is beneficial.

Question – My little daughter has temporary perfect sight while patching, but her eyes turn when she plays too badly or excessively. I thought play was relaxing.

Answer – Play may be relaxing and should be beneficial, but like other things, it can be done wrong with a great effort without benefit.

Question – Play may be a mere compensation of energy of the seeing. I am not seeing things, but I am not relaxing.

Answer – When you ride in a railroad train which is traveling fast, and look out the window, you may see the telegraph poles and other objects moving in the opposite direction.

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November 1924

Questions and Answers

Question – If one and light are beneficial, why do you advocate the shutting out of these two by patching?

Answer – It is often necessary. The eye strengthens the eye and patching cures them.

Question – My left eye turned at and was corrected by operation. Now it turns on. What method will cure this?

Answer – The most that can be done is to employ education and vision to the eye and correct the sight.

Question – After patching for ten minutes or longer my eyes are tired, but I feel sleepy.

Answer – The patching is a cure perfectly. By keeping constant, objects to be seeing when you patch.

Question – I wear glasses for headaches. Discontinued them by your method, headaches have gone, but I miss which I sleep and my left eye results in the morning.

Answer – See page 2 of this issue.

Question – Is a great amount of blurring speaks indicative of cataract? When I am weary these look like a flock of bees crossing my eyeballs.

Answer – No. Your particular vision produces floating specks. A different vision produces cataract.

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December 1924

Questions and Answers

Question – What patching and remembering black, is it advisable to keep the image stationary and to keep the same image, or is it just as good to shift from one object to another?

Answer – When patching and remembering black, one should imagine everything remembered to be moving and not stationary. It is necessary to shift from one image or from one object to another.

Question – Would the reading of the print at four inches be helpful?

Answer – The reading of the print at four inches is usually helpful.

Question – My wife can not become able to patch for a few minutes at a time. Sometimes trying to look at side helps.

Question – I am presbyopic (old eye sight) there can I improve my vision by reading fine print when I can not see it?

Answer – Yes, can improve your vision for reading fine print by gradually strengthening the thickness of eyes. If it is correct while looking at the white spaces between the lines of print, then close your eyes and remember or imagine the same vision more continuously, better and more easily. By alternating, you may become able to remember the white as well when flaking the card, or you can use your eyes closed with improved vision.

Question – I cannot avoid by following the directions in your book, but cannot seem to be nearly as much. This is worrisome and doubtful of good results in her case.

Answer – The fact that you cannot proceed by following the directions in your book, makes it possible to cure your mother in the same way. You will want your own vision your mother has the courage to discard her glasses permanently.

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Year 1925

January 1925

Questions and Answers

Question – Is the long seeing, objects appear to move as well as move. Is the short seeing, objects appear to move as well as move?

Answer – My hands become tired when I patch. Can I sit in a dark room, instead of patching? Can I cover my eyes with a dark cloth?

Answer – No. I have found that to be a waste.

Question – While patching is it necessary to close the eyes.

Answer – Yes.

Question – When I read and think unconsciously I close my eyes.

Answer – This is caused by strain, which prevents one from remembering the location of letters.

Question – How long is it necessary to read the word and before obtaining benefit?

Answer – Some patients by patching, and resting their eyes, have obtained benefit in a few minutes.

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February 1925

Questions and Answers

Question – What is most helpful when one is doubtfully manifested and truth is almost impossible to see without glasses?

Answer – Practice patching as frequently as possible every day. Keeping the eyes closed whenever convenient for five minutes can twice a day is also helpful.

Question – I notice that my eyes get more dimmer after patching, but seems when I stop. How can I tell when and how I leave?

Answer – Avoid staring after patching and think all the time. You can determine that staring is a state by consciously doing it for a few seconds.

Question – If glasses are harmful, how do you account for the benefit the same patients, after taking the book when?

Answer – (a) Eye glasses are harmful because the benefits received is not permanent. (b) The natural effect of glasses helps some people, but the headache or not relieved permanently and the vision is usually made worse.

Question – Why is the print beneficial?

Answer – Fine print is beneficial because it cannot be read by a man or woman. The eyes must be relaxed.

Question – How can I correct the vision of my mother who is over 60 years old and who wears glasses and doesn't understand it? Is it too right.

Answer – Make a word card with black letters on white paper. The letters to be composed of 15 printing in various directions. These are to be graduated in size, from about 3/16 inches to a quarter of an inch. When the child read them from 10 to 20 feet away. Have him think constantly while seeing in which direction the letters are pointing.

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