

MAKE YOUR SIGHT WORSE

Imagine as it may seem there is no better way of improving the sight than by making it worse.

To see things worse when we already seeing them badly requires mental control of a degree greater than that required to improve the sight. The importance of these facts is very great. When patients become able to better their vision by conscious means, they become better able to avoid association means. When they demonstrate by increasing their accurate fixation that trying to see objects not regarded better the vision, they may stop trying to do the same thing unconsciously. What is true of the sight is also true of the imagination and memory. If one's memory and imagination are improved, they can be improved by consciously making them worse than they are. Persons who with repeated sight worse encounter or imagine the letter on the test card or perfectly black and distance. Now to imagine them as grey and distant is very difficult, or even impossible, and when a patient has done it, or tried to do it, he may become able to avoid the subconscious strain which has prevented him from forming mental pictures as black and distant as the reality. To make imperfect sight worse is always more difficult than to have normal vision. In other words, to make a letter which already appears grey and indistinct entirely more clearly is harder than to make a letter more distinctly. To make an imperfect mental picture worse is harder than to have a perfect one. Both practices require much effort, much hard disorganizing work, but they always, when successful, improve the memory, imagination and vision.

October 1920

GO TO THE MOVIES

Cineamograph pictures are commonly supposed to be very injurious to the eyes, and it is a fact that they often cause much discomfort and blurring of vision.

They can, however, be made a means of improving the sight. When they hurt the eyes it is because the subject refuses to see them. If this tendency to strain can be overcome, the vision is always improved, and, if the practice of viewing the pictures is continued long enough, straightening, astigmatism and other troubles are cured. If your sight is imperfect, therefore, you will find it an advantage to go to the movies frequently and learn to look at the pictures without strain. If they hurt your eyes, look away to the dark for a while, then look at a corner of the pictures; look again, and then look a little nearer to the center, and so on. In this way you may soon become able to look directly at the pictures without discomfort. If this does not help, try looking for five minutes or longer. Design the pain, in short, and prevent the symptoms by constant drilling, or by looking. If you become able to look at the movies without discomfort, nothing else will bother you.

November 1920

MAKE YOUR SIGHT WORSE

There is no better way of dealing again than by making it worse, or by producing other kinds of pain.

There is no better way of dealing with these troubles from the eyes, such as the red of the nose. To produce divergent again, fix a point at the distance to one side of any object, and strain to see it as well as when directly regarded. To produce a vertical squint, look at a point below an object at the distance, and at the same time strain to see the letter. To produce an oblique divergent squint, look at a point below and to one side of an object at the distance while straining to see the letter. When successful two images will be seen arranged horizontally, vertically, or obliquely, according to the direction of the strain. The production of convergent squint is usually easier than that of the other variations, and most patients encounter them with a light as the object of vision than with a letter, or any other luminous object.

December 1920

VOLUNTARY PRODUCTION OF EYE TENDRIS A SARGUARD AGAINST GLAUCOMA

It is a good thing to have how to increase the tension of the eyeball voluntarily, as this enables one to avoid not only the strain that produces glaucoma, but other kinds of strain also.

To do this proceed as follows: Put the fingers on the outer part of the eyeball while looking downward, and raise the eyebrows. Then do any one of the following things: Try to see a letter, or other object, imperfectly, or (with the eyes either closed or open) to imagine it imperfectly. Try to see a letter, or a number of letters, all alike at one time, or to imagine them in this way. Try to imagine that a letter, or mental picture of a letter, is stationary. Try to see a letter, or other object, double, or to imagine it double. When successful the eyeball will become harder in proportion to the degree of the strain, but, as it is very difficult to see, imagine, or sometimes, things imperfectly, all may not be able at first to demonstrate the facts.

Year 1921

January 1921

THE TREATMENT OF CADMACEY

From "A Case of Cadmacey," by Victoria Collins, in "Woman's World," Jan. June, 1920 [1941]

The treatment prescribed was as follows:

Placing six times a day, a half hour or longer at a time.

Reading the Beatles not card at five, ten, and twenty feet.

Reading the point at six inches, five minutes at a time, especially seven after rising in the morning and just before retiring at night, and reading books and newspapers.

Besides this, he was to subject his eyes, especially the left, to the sunlight whenever an opportunity offered, to drink twelve glasses of water a day, with five miles a day, and later, when he was in better training, to march half a mile or so every day.

The result of this treatment have been most gratifying. Not only have his eyes improved readily, but his general health has been so much benefited that at eighty-two he looks, acts, and feels better and younger than he did at eighty-one.

February 1921

THE PREVENTION AND CONTROL OF PAIN BY THE MIND

Anyone who has normal vision can demonstrate in a few moments that when the memory is put to pain is felt, and can produce pain by an attempt to keep the attention fixed on a point.

To do this proceed as follows: Look at a black letter, close the eyes and remember it. Look at the letter again and again close the eyes and remember it. Repeat until the memory is equal to the sight. Now press the end of one finger against the tip of another. If the letter is remembered perfectly, no pain will be felt. With practice it may become possible to remember the letter with the eyes open. Remember the letter imperfectly, with blurred edges and closed openings, and again press the end of one finger against the tip of another. In this case it will be found impossible to combine the pressure for more than a moment on account of the pain. Try to remember one point of a letter continuously. It will be found impossible to do so, and if the effort is continued long enough pain will be produced. Try to look continuously at one point of a letter or other object. If the effort is continued long enough, pain will be produced.

March 1921

HOW TO OBTAIN PERCEPTION OF LIGHT IN BLINDNESS

Two things have always brought perception of light to blind patients.

One is painting, and the other is the ring. The ring may take two forms: 1. Let the patient stand with feet apart, and sway the body, including the head and eyes, from side to side, while shifting the weight from one foot to the other. 2. Let him move his head from one side to the other in his face, all the time trying to imagine that he sees it moving. As soon as he becomes able to do this it can be demonstrated that he really does see the movement. Simply at these moments are, they have always, either singly or together, brought education and with it perception of light. In from fifteen minutes or less he will be able to paint, the patient should maintain education is obtained, as evidenced by the disappearance of the white, grey and other colors which most blind people see at first with their eyes closed and covered.

April 1921

METHODS THAT HAVE SUCCEEDED IN PREVENTION

The use of metaphors, or of any other means of education, is not, and never psychologic patients are able to obtain the most simply by closing the eyes.

They are kept closed until the patient feels relieved, which may be in a few minutes, but no hour or longer. Then close the eyes to regard for a few moments. The voluntarily closing the eyes and looking at the point means patients quickly become able to read at an eighteen inches, and by continued practice they are able to reduce the distance until it can be read at six inches to a few feet. As first the letters are seen only in flashes. Then they are seen for a longer time, until finally they are seen continuously. When this method fails, painting may be tried, combined with the use of the memory, imagination and ring. Particularly good results have been obtained from the following procedure: Close the eyes and remember the letter "V" in diamond type, with the open space as white as snow and the outline as black as possible. When the white center is at its maximum, imagine that the letter is moving and that all objects, no matter how large or small, are moving with it. Open the eyes and continue to imagine the uncolored ring. Alternate the imagination of the ring with the eyes open and closed. When the imagination is just as good with the eyes open as when they are closed, the cure will be complete.

May 1921

HOW TO IMPROVE THE SIGHT BY MEANS OF THE IMAGINATION

Remember the letter in diamond type, with the eyes closed and covered.

If you are able to do this, it will appear to have a cure, since seeing, how it is seen distance. Look at an envelope letter on the test card which you can see only on a grey spot, or on four or more, and imagine that it has a ring of one more than a quarter of an inch. Imagine the top of the envelope letter to be straight, self-maintaining the ring. If this is in accordance with the fact, the ring will be unchanged. If it is not, the ring will become narrower, or longer, or will be flat. If the ring is absent, try another game. If you can tell the difference between two games, it is because the ring is too long. Put and remember the it with its short ring, and you may become able to shorten the ring of the larger letter. In this way you can continue, without using the letter, whether its four sides are straight, curved, or open. You may then be able to imagine the whole letter. This is easier with the eyes closed and covered. If the ring is modified, you will know that you have made a mistake. In that case repeat from the beginning. When you get the right letter, imagine it distinctly with the eyes closed and open, until you are able to imagine it as well when you look at it as when your eyes are closed and covered. In that case you will actually see the letter.

June 1921

HOW TO DEMONSTRATE THE FUNDAMENTAL PRINCIPLE OF TREATMENT

The object of all the methods used in the treatment of imperfect sight without glasses is to secure rest or relaxation, of the mind first and then of the eyes.

Most patients improve the vision after placing a letter of black ink to improve their vision should begin to demonstrate this fact. Close the eyes and keep them closed for fifteen minutes. Think of nothing particular, or think of something pleasant. When the eyes are opened, it will usually be found that the vision has improved temporarily. If it has, it will be because, while the eyes were closed, the mind was not at rest. One symptom of rest is a feeling of the eyelids which can be seen by an observer and told by the patient with the fingers. This can usually be continued if the period of rest is long enough. When patients fail to secure a temporary improvement of vision by closing their eyes because they do not keep them closed long enough. Patients will seldom do this unless a person stands by and encourages them. Many adults also require explanation. To demonstrate that strain keeps the vision, think of something disagreeable—some physical discomfort, or something seen imperfectly. When the eyes are opened, it will be found that the vision has been lowered. Also, once at one point of a letter on the test card, or try to see the whole letter all at once at one time. This invariably lowers the vision and may cause the letter to disappear.

July 1921

HOW NOT TO CONCENTRATE

To remember the letter of diamond type continuously, and without effort, proceed as follows:

Imagine a black spot on the right-hand side of the forehead, the size of the letter, then imagine a similar spot on the left-hand side.

Shift the attention from the right-hand point to the left, and observe that every time that you think of the left point the eye appears to move to the right, and every time you think of the right one it appears to move to the left. This motion, when the shifting is done properly, is very short, less than the width of the letter. Later you may become able to imagine the v without conscious shifting and straining, but whenever the attention is directed to the matter these things will be noticed. Now do the same with the i letter on the test card. If the shifting is normal, it will be noted that the letter can be regarded indifferently, and that it appears to have a slight motion. To demonstrate that the attempt to concentrate spoils the memory or imagination, and the vision. Try to think continuously of a period on one part of an imagined letter. The period and the whole letter will come disagree. Or try to imagine two or more periods, or the whole letter, equally black and distinct at one time. This will be found to be even more difficult. Do the same with a letter on the test card. The results will be the same.

August 1921

CHILDREN MAY IMPROVE THEIR SIGHT BY CONSCIOUSLY DOING THE WRONG THING

Children often make a great effort to see the blackboard and other distant objects in school.

It helps them to overcome this habit to have them demonstrate just what the strain is to see done. Tell them to fix their attention on the smallest letter they can see from their seats, or stare at it, to concentrate on it, to partly close their eyelids—in short, to make as great an effort as possible to see it. The letter will blur or disappear altogether and the whole card may become blurred, while discomfort or pain in the eyes or head will be produced. Now direct them to rest their eyes by painting. The pain or discomfort will cease, the letter will come out again, and other letters that they could not see before may come out also. After a demonstration like this children can be led to make an effort to see the blackboard or anything else, but some children have to repeat the experiment many times before the subconscious inclination to strain is corrected.

September 1921

HOW TO IMPROVE THE SIGHT BY MEANS OF THE IMAGINATION No. 2

In a recent time directions were given for improving the vision by the aid of the imagination [No. 1]. According to this method the patient associates what a letter is by imagining each of the four sides to be straight, curved, or open, and noting the effect of each guess upon the imagined ring of the letter. Another method which has succeeded even better with many patients is to judge the correctness of the guess by observing its effect on the appearance of the letter.

Look at a letter which can be seen only on a grey spot, and imagine the top is straight. If the guess is right, the spot will probably become blacker; if it is wrong, the spot may become lighter or disappear. If no difference is apparent, rest the eyes by looking away, closing, or painting, and try again.

In many cases, when one side has been imagined correctly, the whole letter will come out. If it does not, proceed to imagine the other sides as directed above. If, when all four sides have been imagined correctly a letter does not come out, pause and repeat.

Once one starts being a letter that is not seen on all of this way. Look at a line of letters which cannot be seen, and imagine the top of the first letter to be straight. If the guess is correct, the line may become apparent, and by continued practice the letter may come out clearly enough to be distinguished.

October 1921

HOW TO OBTAIN MENTAL PICTURES

Look at a letter on the Beatles test card.

Remember to blackboard. Shift the attention from one part of this type of black ink another. I should appear to move to a discrete contrary to the imagined movement. If it does not, try to imagine it stationary. If you succeed in doing this it will fix, or disappear. Having demonstrated that it is impossible to imagine the spot stationary, it may become possible to imagine it moving. Having become able to form a mental picture of a black spot with the eyes closed, try to do the same with the eyes open. Observe until the mental vision with the eyes closed and open is the same. Being become able to imagine a black spot try to imagine the letter in diamond type with the center as white as snow. Do this alternately with eyes closed and open. If you cannot hold the picture of a letter or period, content to remember a number of letters on the test card and recite them to yourself while imagining that the card is moving. If some other color or object is easier to imagine than a black spot it will serve the purpose equally well. A few exceptional people may get better results with the eyes open than when they are closed.

November 1921

THE SENSE OF TOUCH AS AN AID TO VISION

Just as Montaigne has found that imagination gained through the sense of touch are very useful in teaching children to read of all sorts, persons with defective sight have found them useful in recovering their memory and imagination.

One patient whose visual memory was very imperfect found that if she traced an imaginary black letter on the ball of her thumb with her fingertips, she could follow the imaginary lines with her mind as they were being formed and retain a picture of the letter better than when she gained the impression of it through the sense of sight. Another patient discovered that when he lost the ring he could get it again by sliding his fingertips back and forth over the ball of his thumb. When he traced his fingers it seemed as if his whole body were moving. Both these experiments have the advantage of being inconspicuous, and can, therefore, be used anywhere. The vision was improved in both cases.

December 1921

March 1923

THE MONUMENTY PRING

The money wing reflects vision and motion as well as from the bang of the short swing which has been described as vision time.

It is done with the eyes closed while one imagines looking over the other side whether there ever be the doublet when the whole body is seen through the closed curtain to move from side to side. When done properly it is just as efficient as the wing which is practiced with the eyes open whether short or long. The monetary wing can be shortened by remembering the wing of a small letter, a quarter of an inch or less when the eyes are closed. The monetary wing has given relief to many cases of imperfect sight from fatigue, anticipation and inflammation of the outside of the eyelid as well as inflammation of the inside of the eyelid. One advantage is the fact that it is done without attending the attention or making one more or less conspicuous to others. It is much easier than the wing practiced with the eyes open and secures a greater amount of education or rest than any other swing. It may be done wrong just as any wing may be done wrong. When done right one does imagine things are moving accurately. All that is important is to move the eyes from side to side as far as possible or as far as one can move them when the eyes are open.

April 1923

WATCH YOUR STEP

When you know what the master with you it is possible for you to control it and bring about a cure.

If you do not know what is wrong with you the case of your imperfect sight is delayed. Some persons have been cured quickly when they were able to demonstrate that we are imperfectly required a tremendous effort, an effort which was very difficult. Some persons are cured in one visit and they readily demonstrate that imperfect sight is not so difficult. Others require weeks and months to demonstrate the fact. Perfect sight is quick, comes easy and without any effort whatever. Imperfect sight is slow, difficult. One cannot consciously make the right move as readily as it can be done unconsciously. There is no danger in demonstrating the fact. Look at a small letter, say the letter 'm' on the Snellen Test Card and move slowly as one winging from center to the margin. When the letter is seen quite perfectly it is usually seen without any apparent effort. However, by looking steadily, looking at and making an effort to improve it the time then it is an attempt to demonstrate that the effort is not very easy then the letter. Now close the eyes and rest them for a part of a minute or longer and then glance at the letter again. It will usually be as clear as it was before. Again by waiting, making an effort, the letter becomes blurred. One can readily demonstrate that to make the right move requires an effort, a strain. Many children have been obtained a permanent cure only after knowing how to make the right move consciously. In my book an published Series Twelve of Normal Sight. Prove the facts by demonstrating that the right becomes imperfect when one or all of these is made imperfectly by a strain.

May 1923

Track Others

Many masters have told me that when they taught *Katharine*, the one who learned the secret was always the teacher.

Some masters have made the remark that the one who profited easily by the master was the one who delivered it. For many years my patients who have been benefited by treatment without glasses have a greater or less extent enjoyed the pleasure of helping others. When you think that you understand how to practice the wing with hands try to teach somebody else how to do it. If you find teaching is beneficial that how many of your friends who are also benefited by practicing. But when you meet someone who is not benefited by what you tell them to do, you have at this time an opportunity of helping not only your friend but you are also well. It is more a simple matter to try to teach your eyes, not them to try to teach them to see and find that your sight is improved by the rest. However, there are some people who are not benefited apparently by closing their eyes and resting them. One case of failure is the memory of imperfect sight. Many patients failed to improve because with their eyes closed they think too much of their failure to see. Patients who have improved usually usually can demonstrate that the memory of perfect sight is useful, while the memory of imperfect sight is a strain. If you have a case of imperfect vision (the one closed) and cannot practice the wing without difficulty at the very first and without glasses, you can spend as long as you wish in showing your friend how to demonstrate while teaching the person that it is impossible to try to concentrate on a point without seeing, or if not resting the right eye, that it is impossible to remember, imagine or not concentrate them, that it is impossible to maintain normal vision with the eye kept continuously open without thinking.

June 1923

To Dancing

There has been repeatedly published in this magazine and in my book that the imagination of stationary objects to be moving is a rest and education and a benefit to the sight.

Young children, when one or both eyes are in or are, are benefited by having them swing from side to side with a regular rhythmic motion. This motion prevents the strain and the strain and improves the appearance of the eyes. It helps the right of most children to play pass to the center or to play back and forth? Children become very much excited and laugh and carry on and have a good time and it certainly is a benefit to their sight. It seems to me that these children would be benefited by going to dancing school. Many of my patients practice the long swing in the office and give images the impression that they are practicing steps of a dance. One patient with imperfect sight from detachment of the retina refused to let me see the slightest that he went to a dance the night before and although he was not comfortable they the right was very much improved in the following morning. Dancing is certainly a good help to long things moving or to imagine stationary objects are moving, and is always recommended. Some people have told me that the memory of the music, the constant rhythmic motion and the education have improved the vision.

July 1923

The Short Swing

MANY people with normal sight can demonstrate the short swing readily.

They do demonstrate that with normal vision such short swing repeated across from side to side about a quarter of an inch or less. By so often they can stop this short swing, and when they are able to demonstrate that the vision becomes imperfect almost immediately. Practicing the long swing brings a measure of education and makes it possible for those with imperfect sight to see things moving with a short swing. It is a good thing to have the help of someone who can practice the short swing successfully. Ask some friend who has perfect sight without glasses, to each eye to practice the readily swing or just described, which is a help to those with imperfect sight who have difficulty in demonstrating the short swing. Unimpaired patients usually can demonstrate that when the vision is perfect, the distant type of the reading distance, one letter repeated is seen continuously with a strain, short eye swing not with that the distance of the letter. By making the short swing and the vision becomes imperfect. It is more difficult for a unimpaired person to stop the swing of the first part, item C, than it is for a swing. When the right is very imperfect it is impossible to obtain the short swing. Many people have difficulty in maintaining several pictures of any letter or any object. They cannot demonstrate the short swing with their eyes closed until they become able to imagine several pictures.

August 1923

The Snellen Test Card

The Snellen Test Card is used for testing the eyesight.

It is usually placed about 20 feet away from the patient. The correct one eye alternately, and make the card as well as he can. Each line of letters is numbered with a figure which indicates the distance that it should be read with the normal eye. When the vision is recorded it is written in the form of a fraction. The numerator being the distance of the patient from the card, and the denominator denoting the line read. For example if a patient at 10 feet can only read the line marked 100 the vision is written 10/100 or 1/10. If the patient at 20 feet can read the line marked 10 the vision is recorded as 20/10 which means that the right is double that of the average eye. Reading the Snellen Test Card only helps the sight. Children in a public school with normal eyes under 12 years of age, who have never worn glasses were improved immediately by practicing with the Snellen Test Card. Children with imperfect sight also improved, and with the help of someone with perfect sight to show the vision becomes normal without glasses. School children who cannot see very much distressed in their struggle and who can be accomplished with the help of the Snellen Test Card. They have come among themselves to see who can read the card first in a bright light, or in a dim light when the light is dim. Many of them find out themselves that reading, making the right move, while picking and swinging improves their vision. Many of them become able to see the Snellen Test Card in such a way as to select or prevent movement and headaches. Many hours of education become to be responsible for any benefit that may be derived from the Snellen card in the schools.

September 1923

Acts in Looking

IT IS possible for most people to do a very simple thing—to move the finger nail of the thumb from side to side against the finger nail of one finger.

It is usually placed about 20 feet away from the patient. The correct one eye alternately, and make the card as well as he can. Each line of letters is numbered with a figure which indicates the distance that it should be read with the normal eye. When the vision is recorded it is written in the form of a fraction. The numerator being the distance of the patient from the card, and the denominator denoting the line read. For example if a patient at 10 feet can only read the line marked 100 the vision is written 10/100 or 1/10. If the patient at 20 feet can read the line marked 10 the vision is recorded as 20/10 which means that the right is double that of the average eye. Reading the Snellen Test Card only helps the sight. Children in a public school with normal eyes under 12 years of age, who have never worn glasses were improved immediately by practicing with the Snellen Test Card. Children with imperfect sight also improved, and with the help of someone with perfect sight to show the vision becomes normal without glasses. School children who cannot see very much distressed in their struggle and who can be accomplished with the help of the Snellen Test Card. They have come among themselves to see who can read the card first in a bright light, or in a dim light when the light is dim. Many of them find out themselves that reading, making the right move, while picking and swinging improves their vision. Many of them become able to see the Snellen Test Card in such a way as to select or prevent movement and headaches. Many hours of education become to be responsible for any benefit that may be derived from the Snellen card in the schools.

October 1923

Multiple Vision

PERSONS with imperfect sight when they repeat one letter of the Snellen Test Card or one letter of this paper instead of seeing just one letter they may see two, three, six or more letters.

Sometimes three letters are arranged side by side, sometimes in a vertical line one above the other and in other cases they may be arranged obliquely by any angle. Multiple vision can be produced at will by an effort. It can always be corrected by relaxation. One of the best methods is to close the eyes and cover them in such a way as to exclude the light. Do this for five minutes or a half hour or long enough to obtain normal sight. The double vision is then corrected. Practice of the long swing is a great help. When the long swing is done properly the multiple images are always broken. Do not forget that you do the long swing in the wrong way and restore the multiple images. One great advantage of the long swing is that it helps you to think of other, that, continuous swing of normal sight. When the vision is normal the letters appear to move from side to side or in some other direction a distance of about a quarter of an inch. This eye is about equal to the time of the moving hand of a clock on the watch. The most important part of the short swing is that it should be maintained easily. Any effort or strain modifies or stops the short swing. Thus the eyes begin to move and the multiple images move. It is a great benefit to learn how to produce multiple images or will become this require much effort or strain, and it is decidedly more difficult than normal single vision which can only be obtained easily without effort.

November 1923

The Book Perfect Sight Without Glasses

A GREAT many people have testified that they were cured by the help that they obtained from the book. A large number of letters have been received with it help although most people have been able to get some benefit from it.

On the day in described the Fundamental Principle [24]. This should interest most people because if you can follow the direction recommended you will most certainly be cured of imperfect sight from various causes. If you have a vision injury to the eye which destroys one of its essential parts you will find it impossible to carry out the directions. At the bottom of the page is printed: "If you fail ask some one with perfect sight to help you."

It is an interesting fact that only people with perfect sight without glasses can demonstrate the Fundamental Principle. You will read that with your eyes closed should not them, which is not possible if you remember things imperfectly. The book recommends that you remember some color that you can remember perfectly because I have been demonstrated that the normal eye is always at rest when it has normal sight. A perfect memory means perfect rest. Should you have perfect rest you have perfect sight and that demonstrates that they can remember some letter or other object some color better with their eyes closed than with their eyes open. By practice some people become able to remember images, and so normal pictures as well their eyes open as they can with their eyes closed. They then are cured.

December 1923

One Thing

BY CENTRAL FLEXION is meant the ability to see one letter or one object repeated in such a way that all other letters or objects are not seen.

Some people have been cured by practicing Central Flexion only, although this does not alter method of use. **ADDITION** When the normal eye sees normal sight the small letters of the Snellen Test Card are imagined to be moving from side to side continuously, one more than the whole of the book. Persons with imperfect sight become able to imagine this flexion by alternately concentrating on imagining the small letters moving from side to side continuously. With their eyes open they may be able to do it as a matter of fact, or at least occasionally, and last more continuously, and that are cured. **DISAGREEMENT** is very difficult in practicing the vision. Some persons have told me that when they have what is better than they could imagine they see it. By closing their eyes they usually become able to imagine a picture better than with their eyes open. By demonstrating imagining a picture better with the eyes open and with the eyes closed, the imagination of the letter often improves to normal when the letter was regarded. The patient who is able to do this also able to demonstrate that when the imagination is improved for one knows better the vision for unknown letters is also improved. By imagining the first letter of a line perfectly the patient can tell with second letter and with other letters which are known. The imagination comes to picture when other method of improve have failed.

Year 1924

January 1924

Questions

ASKING questions is all too common with patients who have imperfect sight.

There are important or necessary questions which the patient should have in order to bring about a cure. The cause of the imperfect sight should be emphasized. In all cases of imperfect sight a strain, an effort, a state or concentration can be demonstrated. To see imperfectly requires a great deal of trouble. Even the imperfect memory or the memory or imagination of an imperfect letter is an effort. It is no great a strain that the memory or imagination if it is not used for any length of time. Perfect sight can only be obtained without an effort, without a strain. It is impossible to remember or imagine things perfectly by an effort. One may desire questions into (1)—proper questions, (2)—improper or useless questions. It is a waste of time to inquire to the patient, for him to describe the infinite manifestations of imperfect sight. To have to identify answers and to various replies as effort on the part of the patient to describe these things. And this effort increases the imperfect sight. It is absolutely of no help whatever in formulating methods for its cure. Instead asking questions about the symptoms of imperfect sight or anything connected with imperfect sight, any question connected with perfect sight may be a good thing for the patient to know. One may ask questions or discuss. How long one can practice a perfect memory, a perfect imagination or study the last manifestation of perfect sight? The answer to this question is a benefit to the patient.

February 1924

The Trinity

There are three things which the normal or practices more or less continuously, which are necessary in order to maintain normal vision.

1.—The long swing. 2.—The short swing. 3.—Blinking or pulsing. The long swing has been described repeatedly and most people are able to practice it successfully, especially people whose sight is good. If you have very imperfect sight you may have difficulty in demonstrating the benefit of the long swing. Some persons are indeed difficult to manage. They may be able to practice the long swing when looking out of a window with its light background. By moving the whole body, head and eyes together, a long distance from side to side one becomes able to imagine a card of the window dark swing in the opposite direction. This makes it possible to imagine the long swing when you rest your back to the window, and look at objects in the room which are dark background. When the long swing is properly maintained the letters of the Snellen Test Card become darker or long or one does not look directly at the card. Looking above the card or below it is a help in maintaining the long swing of the card when the maximum vision is obtained by the long swing. Never look directly at the card or try to read the letters when practicing the long swing. By gradually lowering the position of the body from side to side, the swing of the card becomes better and one can soon become able to look the long letters. The swing of the card can be reduced as much as he likes.

March 1924

Manual Pictures

MANY patients with imperfect sight complain that when they close their eyes to remember a white card with black letters, they usually find and remember instead a black card with white letters.

The vision of these patients is very much improved when they become able to remember a white card with the black letters remembered perfectly black. Inquiries usually, imperfect imagination, imperfect sight are all caused by them. One patient could not remember a white pillow, but by first regarding the pillow and seeing one corner bent and all the other corners were and shifting from one corner to another he became able, when closing his eyes, to remember one corner in turn bent, and obtained a good mental picture of the whole pillow. One cannot see a pillow perfectly without Central Flexion. To have Central Flexion requires relaxation or rest. One patient who could not remember a large letter 'C' of the Snellen Test Card, with the eyes closed, was able to remember the color of some flowers, and that he was able to remember a letter 'C'. In order to remember a distinct mental picture one should concentrate perfectly upon other things. This is a education which helps to remember the mental picture desired. It is well to keep in mind that one cannot remember one thing perfectly and something else imperfectly at the same time. In my book I described the case of a woman with imperfect sight who could remember a yellow button with the eyes closed perfectly but with her eyes open could remember the Snellen Test Card with imperfect sight, she had no memory of the yellow button.

April 1924

Distance of the Snellen Test Card

The distance of the Snellen Test Card from the patient is a matter of considerable importance.

Some patients improve more rapidly when the card is placed 10 feet or twenty feet away while others fail to get any benefit with the card at this distance. In some cases the best results are obtained when the card is as close as one foot. I recall a patient with very poor sight who made no progress whatever, when the card was placed at ten feet or farther, but became able to improve the vision very materially with the card at about six inches. After the vision was improved at six inches the patient became able to improve the card at a greater distance until normal sight was obtained at twenty feet. Some cases with poor vision may not improve when the card is placed at ten feet or more but at one foot or less but do much better when the card is placed at a middle distance, at about eight or ten feet. Other individuals may not improve their vision at all at one foot, but are able to improve their sight at twenty feet or at one foot. I recall one patient with 20/40 vision of people whose vision was not was possible. The letter at twenty feet and at one foot were apparently all the same normal size, but at ten feet they appeared to be one-fifth of the normal size. Practicing with the card at twenty feet or at one foot helped her greatly, even practicing with the card at about ten feet. While some patients are benefited by practicing with the card fairly close to the vision distance, there are others who seem to be benefited when the distance of the card from the patient is changed fairly.

May 1924

Time to Practice

MANY people complain that they have no time to practice my methods.

They say that washing glasses is quite and much more. Persons with normal vision or perfect sight without glasses are practicing conscientiously or unconsciously all the time when they are awake. When one sees a letter or an object perfectly the eyes are at rest. Any effort to improve the sight always makes it worse. The only time the eyes are perfectly at rest is when the vision is perfect. Persons with imperfect sight have to strain in order to see imperfectly. For eyes with headaches, pain and other symptoms of discomfort in the eyes or in other parts of the body are under a constant strain which is usually unnecessary. When a patient says that he has no time to practice he is not in the right way, or he can see them through his eye, to complete that they have no time to practice is an error. Some patients object to covering their glasses on the ground that their vision is not sufficiently good for them to attend to their work, and find that they have to put off the treatment until they have a vacation. Some of my patients have very poor vision and yet find time to practice without their glasses. Some school boys with 10/20 vision have found time to practice without anything with their work. In so practicing without their glasses were enabled them to do their work much better than before.

Middle-sized or small letters at the distance are imagined properly by the proper use of the vision. While the eyes are closed or open, the top period should be imagined best while the lower period is more or less blurred and not seen so well. In a few instances it is well to shift and imagine the lower period best while the upper period is imagined not so well. Common sense makes it evident that one period cannot be imagined best where there is some other period or other object which is seen worse. The smaller letters that can be imagined is usually the one that is imagined more readily than a larger one. When painting, tracing, or when cannot be practiced sufficiently well without improvement in the reading, the memory or imagination of the small letters, one part best, can usually be practiced with benefit. To remember or imagine a letter perfectly requires constant drilling. When the letters are remembered or imagined perfectly, and this cannot be done by any effort or strain, the right is always imagined and the memory and imagination are also improved. It is interesting to note that the smaller the letters, the blinder and better can one remember, imagine, or use one period of it, with benefit to the right. One may find that the memory of a very small letter should be more difficult than the memory of a large one, but strange to say it can be demonstrated in most cases that the very small letters is remembered best. If the movement of the letters is above, the right is always imperfect. In other words, it requires a strain, stress, and effort to make the letters stay in apparent motion.

October 1929

The Memory Fixing

The memory fixing will often retain and retain as far as the long or the short strings which have been described or written down.

It is to show with the eyes closed while one imagines himself to be looking first over the right shoulder and then over the left shoulder, while the head is turned from side to side. The results may be seen through the head quickly or more from side to side in the same direction as the head is turned. When done properly, the memory fixing is just as efficient as the writing which is practiced with the eyes open, whether it be short or long. The memory fixing can be determined by remembering the writing of a small letter, a quarter of an inch or less, when the eyes are closed. The memory fixing has given relief in many cases of imperfect sight from straining, imagination, and information of the results of the method, it is much easier than the writing practice with the eyes open and more or greater amount of relaxation or rest than any other fixing. It may be practiced incorrectly, just as any fixing may be done wrong, and then no benefit will be obtained.

November 1929

Improve Your Sight

When convenient, practice the long writing.

Stand with the feet about one foot apart, turn the body to the right, at the same time lifting the head of the left foot. The head and eyes move with the body. Now place the left hand on the floor, turn the body to the left, raising the head of the right foot. Alternate. Move your eyes continually by looking. The normal eye thinks irregularly but continuously. When convenient, practice looking in the following way: Cover irregularly and blink for each count. By consciously blinking correctly, it will soon become an unconscious habit. When the mind is awake it is thinking of many things. One can remember things perfectly or imagine things perfectly, which is a test to the eyes, mind, and the body generally. The memory of imperfect sight should be avoided because it is a strain and lowers the vision. Read the Twelve test card at 20 feet with each eye, separately, twice daily or alternate other convenient. Imagine the white spaces in letters to be white; that the rest of the card. Do this alternately with the eyes closed and opened. Then to imagine the white spaces in letters just as white, in looking at the Twelve test card, as can be accomplished with the eyes closed. Whenever convenient, close your eyes for a few minutes and rest them.

December 1929

The Thinking Cure

Do you read irregularly? Can you observe that when you look at the first word, or the first letter, of a sentence you do not see first where you are looking, that you see other words, or other letters, just as well or as 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 colors, 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 colors, and keep them closed until they again feel rested. Then again open them for a fraction of a second. Continue this alternate seeing of the eyes and thinking 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 you 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.

Year 1930

January 1930

The Imagination Cure

When the imagination is perfect the mind is always perfectly relaxed, and so it is useful to relax and imagine a letter perfectly, and at the same time strain and see it imperfectly, it follows that when one imagines that one sees a letter perfectly one actually does so, as demonstrated by the retroimage, no matter how great an error of refraction the eye may previously have had.

The right, therefore, may often be improved very quickly by the aid of the imagination. To use this method the patient may proceed as follows: Look at a letter at the distance at which it is seen best. Close and cover the eyes so as to exclude all the light, and remember it. Do this alternately until the memory is nearly equal to the right. Next, after remembering the letter with the eyes closed and covered, and while still holding the mental picture of it, look at a blank surface a foot or more to the side of it, at the distance at which you wish to see it. Again close and cover the eyes and remember the letter, and on opening them look a little nearer to it. Gradually reduce the distance between the point of fixation and the letter, until able to look directly at and imagine it as well as it is remembered with the eyes closed and covered. The letter will then be seen perfectly, and other letters in its neighborhood will come on. If unable to remember the whole letter, you may be able to imagine a blank period as missing part of it. If you can do this, the letter will also be seen perfectly.

February 1930

See Things Moving

When the right is perfect the subject is able to observe that all objects regarded appear to be moving.

A letter seen at the near point or at the distance appears to move slightly in various directions. The greatest cause toward one is twinning, and the lesser appear to move in a direction opposite to one's view. In twinning, the page appears to move in a direction opposite to that of the eye. If one sees to imagine things stationary, the vision is at once blurred and discomfort and pain may be produced, not only in the eyes and head, but in other parts of the body. This movement is usually so slight that it is seldom noticed off the attention is called to it, but it may be so conspicuous as to be plainly observable even to persons with normally perfect sight. If such persons, for instance, hold the head within six inches of the face and move the head and cover rapidly from side to side, the head will be seen to move in a direction opposite to that of the eyes. If it does not move, it will be found that the patient's imagining to see it is the accurate. Still, by observing this movement it becomes possible to see or imagine a letter conspicuous movement, and that the patient may gradually become able to observe a slight movement in every object regarded. Some persons with imperfect sight have been cured simply by imagining that they always see things moving. The world moves. Let it move. All objects move if you let them. Do not interfere with this movement, or try to stop it. This cannot be done without an effort which impairs the efficiency of the eyes and mind.

March 1930

How Not to Concentrate

To remember the letter O of Diamond type continuously and without effort proceed as follows.

Imagine a thick spot on the right hand side of the O (thicker than the rest of the letter), then imagine a similar spot on the left hand side.

Shift the attention from the right hand spot to the left, and observe that every time the left spot the O appears to move to the right, and every time you think of the right one it appears to move to the left. This motion, when the shifting is done properly, is very short, but less than the width of the letter. Later you may become able to imagine the O without conscious shifting and twinning, but whenever the attention is directed to the matter these things will be noticed. Now do the same with a letter on the test card. If the shifting is normal, it will be noted that the letter can be regarded indefinitely, and that it appears to have a slight motion. To demonstrate that the attempt to concentrate spoils the memory, or imagination, and the vision. Try to think continuously of a spot on one part of an imagined letter. The spot and the whole letter will soon disappear. Or try to imagine two or more spots, or the whole letter, equally thick and distinct at one time. This will be found to be even more difficult. Do the same with a letter on the test card. The results will be the same.

April 1930

The Optimum Fixing

The optimum fixing is the fixing which gives the best results under different conditions.

Most studies of this nature and of "Perfect Sight Without Glasses" leave about the fixing. The fixing may be spontaneous that is to say, when one remembers a letter perfectly or sees a letter perfectly and continuously without any vision on his part he is able to imagine that it is a slow, short, easy fixing. The speed is about as fast as one would count really. The width of the fixing is not more than the width of the letter, and it is remembered or imagined as easily as it is possible to imagine anything without any effort whatever. The normal fixing of normal sight brings the greatest amount of relaxation and should be imagined. When one is able to record them it becomes the optimum fixing under favorable conditions. Through practice here this normal optimum fixing usually at the near point where the vision is perfect, at the distance where the vision is imperfect the optimum fixing is something else. It is not spontaneous but has to be produced by a conscious movement of the eyes and head from side to side and is usually wider than the width of the letters, even less than the normal fixing, and not so easily produced. When one has a headache or a pain in the eyes or in any part of the body the optimum fixing is always wider and more difficult to imagine than when one has no strain of the eyes. Under no favorable conditions the long fixing is the optimum fixing, but under favorable conditions when the right is good, the normal fixing of the normal eye with normal sight is the optimum fixing. The long fixing brings a measure of relief where done right and makes it possible to distance it down to the normal fixing of the normal eye.

May 1930

Methods that Have Succeeded in Psychics

The cure of psychics, of all other sorts of refraction, is not, and many psychics patients are able to obtain this cure simply by closing the eyes.

They are kept closed until the patient feels relaxed, which may be in a few minutes, half an hour, or longer. Then some fine print is regarded for a few seconds. By alternately seeing the eyes and looking at fine print many patients quickly become able to read it at six inches, and by continued practice they are able to reduce the distance until it can be read at six inches in a few days. At first the letters are seen only in flashes. Then they are seen for a longer time, until finally they are seen continuously. When this method fails, nothing may be tried, continued with the use of the memory, imagination and fixing. Particularly good results have been obtained from the following procedure: Close the eyes and remember the letter i in diamond type, with the eyes open as white as starch and the outline as black as possible. When the white center is at the maximum imagine that the letter is moving, and that all objects, no matter how large or small, are moving with it. Open the eyes and continue to imagine the normal fixing. Alternate the imagination of the fixing with the eyes open with its imagination with the eyes closed. When the imagination is just as good with the eyes open as when they are closed the cure will be complete.

June 1930

Stop Staring

It can be demonstrated by two with the retroimage that all persons with imperfect sight stare, strain, or try to see.

To demonstrate this fact look intently at one part of a large or small letter at the distance or nearpoint. In a few seconds, usually fatigue and discomfort will be produced, and the letter will blur or disappear. If the effort is continued long enough, pain may be produced. To break the habit of staring: (1) Shift consciously from one part to another of all objects regarded, and imagine that these objects move in a direction contrary to the movement of the eyes. Do this with letters on the test card with letters of fine print. If they can be seen, and with other objects. (2) Close the eyes intently for a moment or longer. When the strain is considerable, keep the eyes closed for several minutes and open them for a fraction of a second—flashing. When the strain is sufficient to keep the vision down to 2-200 or less, pain for a longer or shorter time, then look at the card for a moment. Later more closing of the eyes may afford sufficient rest. (3) Imagine that the white spaces and margins of letters are white; that the rest of the background. Do this with eyes closed and open alternately. It is an interesting fact that the practice prevents staring and improves the vision rapidly.