

Now vision was ranked in the order of highest efficiency as shown by the combined number of under-age and normal pupils (column 5).

The conclusion of these conditions is also found in the fact that America has explained the efficiency of German schools—explained by Germans to American pedagogues visiting the German Empire and they in turn to American Educators. Their schools contained 50% of retardation but this was not revealed and statistics hidged out after the war.

EYE-MIND EDUCATION

After working two years upon the solution of the problem of Retardation, I found that we had almost reached its maximum reduction for several reasons:

Teacher and pupil made mental and effort accordingly, because:

1. Retardation problem was no longer a retardation.
2. Because of the disorganization due to influences epidemic.
3. Because of emphasis given to well known differences in pupils.
4. Because of emphasis given to intelligence writing.
5. Because of satisfactory salary conditions.

In the midst of these perplexities, solution were found and Eye-Mind Education was practiced for the purpose of maintaining the high standards we had attained. After careful analysis, observation, and personal work, I became convinced of its great educational value. After seven years' experience with Eye-Mind Education, I show it as one of the surest means of increasing the present age, mental only to that of adults women and their control. The Basic method of Educating the Eye-Mind to prevent and remove eye and mental strains, to prevent and remove Retardation in schools, is usually established. Its contribution to the happiness of mankind is uncalculable.

Since 1920 our records of progress in Eye-Mind education have been carefully made.

Not only does eye-mind education give us additional benefit upon the teacher, but by improving the average health, disposition and morality of their pupils, it surely lightens their labors and furnishes an additional means of preventing retardation.

In 1924, out of 129 pupils wearing glasses, 51 were found with normal vision and 111 with vision below 20/20. Out of 4,626 pupils without glasses 1,137, or 28.7%, had below-normal vision. The total below-normal vision was 1,241 out of 4,755 pupils, or 29.9%.

In this year out of 138 below-normal pupils wearing glasses, 90 or 75.4% improved and of 1,072 pupils not wearing glasses but having below-normal vision, 695 have improved, or 64.5%. Out of a total of 1,190 pupils with below 20/20 vision, 782 improved, or 65.8%. Of those who improved 542 even attained normal vision, or 45.7%. This is indicative of what may be obtained by this educative process under most systematic and persistent procedure.

Dr. William M. Cullen says in the Medical Times: "Not all retarded children are so retarded from eye strain, but the effects of eye strain are one of the main causes of such retardation."

The same year of 1922 showed that 17% of pupils with glasses had normal vision and 60% without glasses had normal vision. The year's work produced wonderful effects in Eye-Mind Education. The records show 70% of those wearing glasses were improved, that 57% of those not wearing glasses improved, and that of those improving, 50% attained normal vision.

PERSONAL EXPERIENCE

The writer had 34 years' personal experience in wearing glasses, most of the time with bifocals. After this 24 years' knowledge of the advantages and disadvantages of glasses, they were laid aside on August 15, 1924, and have not been worn since.

Owing to strained eyes and 24 years of Eye and Mind strains being physically recorded, Eye-Mind improvement was slow but sure and my visual difficulties are now confined to poor print, poor type and poor light. There attained wonderful improvement in this one and a half years of Eye-Mind practice. On many occasions truly miraculous conditions prevailed. They were periods of reflection, very true thinking, when thought flowed, was created as fast as pen could write. There was ease, relaxation of eye and mind. A most experience of this occurred on the morning of November 5, 1925, after I had read some articles upon school work. I was using thought with my mind's eye. Near and distant vision was wonderfully free and clear. These experiences and phenomena have occurred many times during the past six months. The thrill of activity, and feeling of freedom during these periods, arising from a complete emancipation from the shackles of wearing glasses and their effects, are indescribable. They indicate an intimacy of relationship between the mind and matter never before known, and they also indicate that man is with a free agent to search out truth and happiness, and the will to use and govern his intelligence and enable himself clear, his every eye can see a new world of freedom and progress for the human race. When man has been denied Eye Education as an ally of mind development, of eye and physical health condition and of human efficiency and happiness, should be practical in every American school. Every young man, it is the strenuous wonder of the past age in which we live.

Questions and Answers

Question—At intervals, sometimes months apart, I find my eyes twitching but it is hardly noticeable to an observer. What is the cause and how can I control them?

Answer—This is caused by mental tension which has a direct effect on the eye. Practice relaxation methods, painting and writing.

Question—Why does seeing a car cause heat my eyes?

Answer—Because the nerves of the eye are in direct relationship with the roof of the mouth, and the muscles of the mouth make the nerves sensitive.

Question—If I am worried or angry and feel nervous, my eyes burn and pain, and I have a feeling that a weight is driving my eyes through my head. What causes this and what is the cure?

Answer—This is caused by the tension of the mind. Just before writing and the first thing in the morning, practice this long writing.

Question—If I am sitting in the sun reading I can see the print perfectly and my eyes do not trouble me, but if I raise my eyes and look at any other object, everything seems blurred and there are colored spots before my eyes. Is this caused by the sun or the manner in which I read?

Answer—The sun is beneficial to the eyes but the glare of light in the white page produces a tension of the nerves. The sun treatment should help you to become accustomed to the strong light. Sit in the sun with the eyes closed, allowing the sun's rays to shine directly upon the closed eyelids as you slowly move your head a short distance from side to side. Practice this daily for half an hour or longer.

Previous Issues

1925-1926-1927-1928-1929-1930-1931-1932-1933-1934-1935-1936-1937-1938-1939-1940-1941-1942-1943-1944-1945-1946-1947-1948-1949-1950-1951-1952-1953-1954-1955-1956-1957-1958-1959-1960-1961-1962-1963-1964-1965-1966-1967-1968-1969-1970-1971-1972-1973-1974-1975-1976-1977-1978-1979-1980-1981-1982-1983-1984-1985-1986-1987-1988-1989-1990-1991-1992-1993-1994-1995-1996-1997-1998-1999-2000-2001-2002-2003-2004-2005-2006-2007-2008-2009-2010-2011-2012-2013-2014-2015-2016-2017-2018-2019-2020-2021-2022-2023-2024-2025-2026-2027-2028-2029-2030-2031-2032-2033-2034-2035-2036-2037-2038-2039-2040-2041-2042-2043-2044-2045-2046-2047-2048-2049-2050-2051-2052-2053-2054-2055-2056-2057-2058-2059-2060-2061-2062-2063-2064-2065-2066-2067-2068-2069-2070-2071-2072-2073-2074-2075-2076-2077-2078-2079-2080-2081-2082-2083-2084-2085-2086-2087-2088-2089-2090-2091-2092-2093-2094-2095-2096-2097-2098-2099-2100-2101-2102-2103-2104-2105-2106-2107-2108-2109-2110-2111-2112-2113-2114-2115-2116-2117-2118-2119-2120-2121-2122-2123-2124-2125-2126-2127-2128-2129-2130-2131-2132-2133-2134-2135-2136-2137-2138-2139-2140-2141-2142-2143-2144-2145-2146-2147-2148-2149-2150-2151-2152-2153-2154-2155-2156-2157-2158-2159-2160-2161-2162-2163-2164-2165-2166-2167-2168-2169-2170-2171-2172-2173-2174-2175-2176-2177-2178-2179-2180-2181-2182-2183-2184-2185-2186-2187-2188-2189-2190-2191-2192-2193-2194-2195-2196-2197-2198-2199-2200-2201-2202-2203-2204-2205-2206-2207-2208-2209-2210-2211-2212-2213-2214-2215-2216-2217-2218-2219-2220-2221-2222-2223-2224-2225-2226-2227-2228-2229-2230-2231-2232-2233-2234-2235-2236-2237-2238-2239-2240-2241-2242-2243-2244-2245-2246-2247-2248-2249-2250-2251-2252-2253-2254-2255-2256-2257-2258-2259-2260-2261-2262-2263-2264-2265-2266-2267-2268-2269-2270-2271-2272-2273-2274-2275-2276-2277-2278-2279-2280-2281-2282-2283-2284-2285-2286-2287-2288-2289-2290-2291-2292-2293-2294-2295-2296-2297-2298-2299-2300-2301-2302-2303-2304-2305-2306-2307-2308-2309-2310-2311-2312-2313-2314-2315-2316-2317-2318-2319-2320-2321-2322-2323-2324-2325-2326-2327-2328-2329-2330-2331-2332-2333-2334-2335-2336-2337-2338-2339-2340-2341-2342-2343-2344-2345-2346-2347-2348-2349-2350-2351-2352-2353-2354-2355-2356-2357-2358-2359-2360-2361-2362-2363-2364-2365-2366-2367-2368-2369-2370-2371-2372-2373-2374-2375-2376-2377-2378-2379-2380-2381-2382-2383-2384-2385-2386-2387-2388-2389-2390-2391-2392-2393-2394-2395-2396-2397-2398-2399-2400-2401-2402-2403-2404-2405-2406-2407-2408-2409-2410-2411-2412-2413-2414-2415-2416-2417-2418-2419-2420-2421-2422-2423-2424-2425-2426-2427-2428-2429-2430-2431-2432-2433-2434-2435-2436-2437-2438-2439-2440-2441-2442-2443-2444-2445-2446-2447-2448-2449-2450-2451-2452-2453-2454-2455-2456-2457-2458-2459-2460-2461-2462-2463-2464-2465-2466-2467-2468-2469-2470-2471-2472-2473-2474-2475-2476-2477-2478-2479-2480-2481-2482-2483-2484-2485-2486-2487-2488-2489-2490-2491-2492-2493-2494-2495-2496-2497-2498-2499-2500-2501-2502-2503-2504-2505-2506-2507-2508-2509-2510-2511-2512-2513-2514-2515-2516-2517-2518-2519-2520-2521-2522-2523-2524-2525-2526-2527-2528-2529-2530-2531-2532-2533-2534-2535-2536-2537-2538-2539-2540-2541-2542-2543-2544-2545-2546-2547-2548-2549-2550-2551-2552-2553-2554-2555-2556-2557-2558-2559-2560-2561-2562-2563-2564-2565-2566-2567-2568-2569-2570-2571-2572-2573-2574-2575-2576-2577-2578-2579-2580-2581-2582-2583-2584-2585-2586-2587-2588-2589-2590-2591-2592-2593-2594-2595-2596-2597-2598-2599-2600-2601-2602-2603-2604-2605-2606-2607-2608-2609-2610-2611-2612-2613-2614-2615-2616-2617-2618-2619-2620-2621-2622-2623-2624-2625-2626-2627-2628-2629-2630-2631-2632-2633-2634-2635-2636-2637-2638-2639-2640-2641-2642-2643-2644-2645-2646-2647-2648-2649-2650-2651-2652-2653-2654-2655-2656-2657-2658-2659-2660-2661-2662-2663-2664-2665-2666-2667-2668-2669-2670-2671-2672-2673-2674-2675-2676-2677-2678-2679-2680-2681-2682-2683-2684-2685-2686-2687-2688-2689-2690-2691-2692-2693-2694-2695-2696-2697-2698-2699-2700-2701-2702-2703-2704-2705-2706-2707-2708-2709-2710-2711-2712-2713-2714-2715-2716-2717-2718-2719-2720-2721-2722-2723-2724-2725-2726-2727-2728-2729-2730-2731-2732-2733-2734-2735-2736-2737-2738-2739-2740-2741-2742-2743-2744-2745-2746-2747-2748-2749-2750-2751-2752-2753-2754-2755-2756-2757-2758-2759-2760-2761-2762-2763-2764-2765-2766-2767-2768-2769-2770-2771-2772-2773-2774-2775-2776-2777-2778-2779-2780-2781-2782-2783-2784-2785-2786-2787-2788-2789-2790-2791-2792-2793-2794-2795-2796-2797-2798-2799-2800-2801-2802-2803-2804-2805-2806-2807-2808-2809-2810-2811-2812-2813-2814-2815-2816-2817-2818-2819-2820-2821-2822-2823-2824-2825-2826-2827-2828-2829-2830-2831-2832-2833-2834-2835-2836-2837-2838-2839-2840-2841-2842-2843-2844-2845-2846-2847-2848-2849-2850-2851-2852-2853-2854-2855-2856-2857-2858-2859-2860-2861-2862-2863-2864-2865-2866-2867-2868-2869-2870-2871-2872-2873-2874-2875-2876-2877-2878-2879-2880-2881-2882-2883-2884-2885-2886-2887-2888-2889-2890-2891-2892-2893-2894-2895-2896-2897-2898-2899-2900-2901-2902-2903-2904-2905-2906-2907-2908-2909-2910-2911-2912-2913-2914-2915-2916-2917-2918-2919-2920-2921-2922-2923-2924-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