

Questions and Answers Collection

Year 1920

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September 1920

QUESTIONS AND ANSWERS.

The editor has received so many questions from the readers of Better Eyesight that he feels it sufficiently important to open a new department which will start next month. All persons are invited to send in questions which will be answered as promptly as possible by mail or the questions and answers will be published in the magazine. Kindly enclose a stamped, self-addressed envelope.

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QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible. Kindly enclose a stamped addressed envelope.

Q. 1. When objects at a distance clear up they are double. Can you suggest a remedy for this double vision? 2. When I open my eyes after palming my sight gradually clears, but an intense pain often comes in my eyes, so that they close. The pain always starts with very clear vision. Is this eyestrain?—H. M.

A. 1. If the objects are double when they clear up, relaxation is not complete, and the only remedy is to secure a greater degree of relaxation. This may be done in many ways. Use the method you have found most effective. 2. Yes. Your sight should be best when you open your eyes. If it clears up afterward, it is because you are making an effort to see. This produces the pain.

Q. 1. How long should one palm and how often? 2. How young a patient can you treat by this method, and up to what age can you expect results? How would you handle a child that did not know its letters? 3. Is astigmatism curable by this method? 4. How long has the method?—J. H. W.

A. 1. As often and as long as possible. 2. The age is immaterial. It is a matter of intelligence. Patients as old as eighty-two have been relieved. Children can be treated as soon as they are able to talk. Any small object can be used for eye training, and in the case of children who do not know their letters, kindergarten and Montessori equipment is often useful. 3. Yes. 4. Its evolution began thirty-five years ago. It has improved as experience was gained, and is still improving.

1. Shool Hygiene, System of Diseases of the Eye, edited by Norris and Oliver.

2. Report of the Provost Marshal General to the Secretary of War on the First Draft under the Selective Service Act, 1917. Second Report of the Provost Marshal General to the Secretary of War on the Operations of the Selective Service System to December 20, 1918.

3. School Health News, February, 1919.

4. Archiv. f. Augenh., vol. IXXIX, 1915, translated in Arch. Ophth., vol. XLV, Nov. 1916.

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Q. Can opacity of the cornea be cured?—L. B.

A. Yes. A patient with opacity of the cornea came to the eye clinic of the Harlem Hospital with a vision of 20/70, and in half an hour became able to read 20/40. Later his vision became normal, much to my surprise. Other cases have also been cured.

Q. Is retinitis pigmentosa curable?—R. V.

A. Yes. See Better Eyesight, for April, 1920.

Q. My eyes are weak, and cannot stand the light. Can anything be done for them?—Mrs. W. T.

Q. Is it possible to regain the ability to read without glasses when it fails after the age of forty, the sight at the distance being perfect? If so how can this be done?—H. C.

A. The failure of the sight at the near-point after forty is due to the same cause as its failure at any other point and at any other age, namely strain. The sight can be restored by practicing at the near-point the same methods used to improve the vision at the distance—palming, shifting, swinging, etc. The sight is never perfect at the distance when imperfect at the near-point, but will become so when the sight at the near point has become normal.

A. Yes. Stop wearing dark glasses, and go out into the bright sunshine. As they get stronger accustom them to the direct light of the sun. Let the sun shine on the closed eyelids. Then gradually open them until able to keep them wide open while the sun shines directly into them. Be careful not to overdo this, as much discomfort and lowered vision might result temporarily from a premature exposure of the eyes to strong light. See Better Eyesight for November, 1919 [link].

1. Textbook of Ophthalmology, authorized translation from the twelfth German edition by Duane, p. 795.

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Q. While I can see the letters on the Snellen test card distinctly with both eyes down to the 50-line, the right eye sees double below that point What is the reason? J. C. H.

A. While you see the letters down to the 50-line singly and well enough to recognize them, you do not see them perfectly. Otherwise you would see them perfectly below that point. The double

Q. I have conical cornea. Can it be cured or relieved without glasses or operation? A. R.

A. Yes One such case secured normal vision in six weeks by the aid of the methods presented in this magazine. Another case was cured in two weeks. Corneal cornea is simply an anterior staphyloma, or bulging of the front of the eyeball similar to the posterior staphyloma which so often occurs in myopia. Both are curable by the same methods.

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O. I began to wear glasses for farsight when I was twenty-six. I began with convex 1.00 D. S. and now at forty-two I am wearing convex 2.50 D. S., or was until a few weeks ago when I decided to

try the methods presented in this magazine. I can read and sew with ease in the daylight, but cannot read fine print even in a strong electric light for more than a few minutes without getting a dull

A. 1. The test card is for everybody. 2. Yes, the swing would help you. The normal eye is constantly shifting, and thus an apparent movement of objects regarded is produced. By consciously

A. Because when you look at an object half a mile away you strain to see it, and under the influence of the strain you imagine rays of light going in all directions so vividly that you seem to see them. It is for the same reason that the stars twinkle. If you could look at the light, or at the stars, without effort, there would be no twinkling.

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O. After leaving off my glasses and practicing the methods advocated in your magazine for six months, I went to the oculist who gave me glasses eleven years ago to have my eyes re-examined. He

said the astigmatism was exactly what it was eleven years ago, but that there had been some improvement in the near-sightedness. I am sending you the prescriptions, old and new. I apparently see

and indistinguishable. I would like to ask the following questions: 1. Could there have been an improvement in the astigmatism without the oculist's observing it? 2. What is the percentage of improvement in each eye? 3. In your experience, when astigmatism has been cured, how does it go—all at once, or gradually? 4. Do you think I have made enough progress to warrant my continuing, or should I go back to glasses, which always gave me comfort, and leave perfect eyesight for those more easily cured? G. H. A.

A. 1. Yes. During the examination you may have been under a strain. 2. It is impossible to judge your improvement by comparing your glasses, because the refraction is continually changing. 3. It may go in either way. 4. Yes. Your trouble is so slight that I do not understand why it should take you so long to correct it.

Q. After being out in the bright sunlight everything looks intensely black to me indoors. Is this a natural consequence of the exposure of the eyes to bright light, or does the normal eye not experience it? L. K.

A. Many persons with imperfect sight, and also persons with ordinarily normal sight suffer in the way you describe after going indoors out of the bright sunlight, and the trouble can be relieved by any method which brings about a complete relief of strain.

Q. What is the quickest cure for inability to read without glasses on account of advancing years? J. L. C.

A. Close the eyes and remember a small letter of the alphabet perfectly. Open the eyes, and at twelve inches look at the corner of a card showing a specimen of diamond type, remembering the letter as well as you can. Close the eyes or palm, and remember the letter better. Alternately, remember it with the eyes open (and looking at the corner of the card) and closed, until the memory with the eyes open and closed is nearly equal. Then look between the lines and do the same thing. In this way some patients become able in half an hour to read the letters on the card. Others require days, weeks, or longer.

Q. Is it possible to become able to read without glasses after the extraction of cataract? A. C.

A. Yes. Accommodation is brought about by a lengthening of the eyeball through the action of a pair of muscles on the outside. If the patient is able to look at a printed page without effort or strain, the eyeball will lengthen sufficiently to compensate for the loss of the lens.

1. Talks to Teachers, 1915, p. 104.

2. Elements of Physiological Psychology, 1900, p. 543.

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QUESTIONS AND ANSWERS

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Q.—(1) Does working by artificial light affect the eyes? I work all day by electric light—am a bookkeeper, and suffer a great deal from my eyes. I have been fitted with glasses, but cannot wear them. I feel that my eyes, instead of getting better from wearing them, get weaker. (2) When I go out in the street after working I cannot stand the glare of the sun, and must keep my eyes half-closed; otherwise I suffer a great deal of pain. Is it so because of my eyes being accustomed to the artificial light? It is not so on Sundays. (3) Is it advisable to wear an eye-shade while working?—S. S.

A.—(1) Working by artificial light should not injure the eyes. If it does, it is because you are straining them. The idea that the light is injurious may cause you to do this. If you think of it as quieting and beneficial, it may have the opposite effect. You are right in thinking that the glasses injure your eyes. (2) The sun hurts your eyes when you go out on the street after working because you have been straining to see, not because you have been working by artificial light. Because you strain less on Sundays the sun does not hurt you. (3) It is not advisable to wear an eye-shade while working.

Q.—Can the blindness of squint be cured?—F. C. E.

A.—Yes. It can be cured by the same methods that are employed to relieve strain in other cases of imperfect sight.

Q.—Do you get as much benefit from gazing at the sun through a window as you would outdoors? I have read that it did no good to take a sunbath through glass.—E. C. H.

A.—Yes. The strength of the sunlight is not appreciably modified by the glass.

1. Bates; Myopia Prevention by Teachers, N. Y. Med. Jour., Aug. 30, 1913 [link]

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Q.—(1) After closing my eyes tight and then opening them, I can read Better Eyesight at a distance of about two feet. The type stands out very black and clear. After about two or three minutes my old myopia comes back. What I want to know is whether this practice is good for the eyes and whether it will help me to see at a distance. (2) Can you tell me what is a good thing to do to see people across the street clearly or in a meeting room at fairly close range? It is awkward not to be able to recognize people until one is close upon them.—A. H. C.

A.—(1) Yes, but I would expect you to get better results if you closed your eyes easily and naturally, instead of closing them tight. (2) The only way to overcome this difficulty completely is to get cured, but the practice you have described sometimes helps to bring out distant objects temporarily. Straining to see at the nearpoint may also improve your distant vision temporarily. One myopic patient, when she wished to recognize people across the street, used to strain to see her finger held close before her eyes and then look at the person she wished to see.

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January 1922

QUESTIONS AND ANSWERS

All readers of this magazine are invited to send in questions regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by snail. Kindly enclose a stamped, addressed envelope.

Q. (1) Should a house be brightly lighted by a direct electric light or a reflected white light? (2) In many homes colored shades are used on the lights. Does that impair the sight? C.I.I.

A. (1) The more brightly the house is lighted the better for the sight. (2) Yes.

Q. (1) Is it advisable to use specimens of diamond type other than the Seven Truths of Normal Sight? Would it be well to get a New Testament in diamond type? (2) I have thus far found the flashing method the most helpful. However, after closing the eyes, I have difficulty in opening them. The lids seem to stick together, as it were. What is the cause of such stickiness and the remedy? (3) I was trying to read the Seven Truths lately by the flashing method, and for about twenty minutes obtained very little results. Then, of a sudden, upon closing my eyes, I saw the blackest object I have ever seen with closed eyes. I was startled, it seemed so real, and on opening my eyes I was surprised to find that I could read practically all of the Seven Truths clearly, at thirteen inches, without closing my eyes. I think the black object was probably the black rubber key of the electric socket in the fixture which I had unconsciously looked at from time to time during the exercise. I have not been able to do just this since. What is the probable reason for my failure? (4) I find I see any reading matter more clearly in a bright light—sunlight or electric light—than in a dim or less bright light. Why is this? (5) Today in trying to read the Seven Truths I found that I could do it at six or seven inches with few alternate closings of the eyes and flashes; but I found in accomplishing this I was partially closing my eyelids, so that I must have looked much like the Patagonians in Fig. I in Dr. Bates' book, said to be probably myopic when the picture was taken. I found that I could not keep my eyes thus partly closed without some strain, but I could not see the print clearly when they were wide open. Often the print would look quite blurred when I first looked at it, but it cleared perceptibly and became quite black as I continued to look. I also found myself reading today twenty pages of fairly small print at about eight or nine inches in much the same way. W. C. C.

A. (1) Yes, if you wish to. The Testament would be a good thing to have. (2) Difficulty in closing or opening the eyes is a common symptom of strain, and may be relieved by any method that relieves strain. (3) Such intervals of relaxation are a very common phenomenon. They will come more frequently and last longer if you continue to practice. (4) In a bright light the contrast between black letters and their white background is more marked than in a dim light. Persons differ greatly, however, in the amount of light they require for maximum vision. Some people see better in a dim light, because they think that condition a favorable one. (5) It is a bad one.

1. Bates: The Relief of Pain by the Aid of the Memory, N. Y. Med. Jour., May 24, 1919.

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February 1922

QUESTIONS and ANSWERS

Q. Do the rays from the Snellen Card at 20 feet enter the normal eye approximately parallel?

A. Yes.

Q. I am not absolutely clear in my mind about the use of the word relaxation.

"The eye possesses perfect vision only when it is absolutely at rest." Page 107, "Perfect Sight Without Glasses."

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

A. Read further.

Q. What is the function of the ciliary muscles?

A. I do not know.

Q. How do you account for this muscle and the changes in the curvature in the lens which never occur? (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 presence of the ciliary muscle and never stated the lens changed its curvature.

Doctors are needed all over the world to cure people without glasses.

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May 1922

QUESTIONS AND ANSWERS

Q. "When the sight is perfect the memory is also perfect because the mind is perfectly relaxed." "Better Eyesight," November 1919, page 2. I know of a Professor of Chemistry who has remarkably fine eyes and who cannot remember the roads to drive his car home from Boston to Malden.

A. He does not see the roads perfectly.

Q. Do idiots and patients having aphasia never have perfect eyesight? A. Some do.

Q. Am I right in thinking that you consider the reverse of this true?

A. Yes, with exceptions

Second Monthly Meeting

BETTER EYESIGHT LEAGUE

4:00 P. M., MAY 10th

Room 405

300 MADISON AVENUE NEW YORK CITY

Doctors are needed all over the world to cure people without glasses.

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June 1922

QUESTIONS AND ANSWERS

Q. When the memory is perfect the sight 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 sees music perfectly.

Q. You have said that imagining sensations of feeling, tasting, smelling, etc., are as effective as seeing in perfecting the eyesight. I know of a Professor of Psychology who is an expert in the field of smell. She has a remarkable ability to imagine odors, as I have heard her testify many times. She is so near-sighted that she has to have an attendant when she walks. 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 by some power of association saw distinctly some color. Her memory in other respects also seems far above the average. 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 as 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 [link]. Why is this necessarily true if as you say on pages 8 and 9 of the same magazine different strain produces eccentric fixation from that strain which produces, for example, myopia.

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

Q. In visualizing a black period 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 astigmatism 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 smarting and aching 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 shifts are so rapid that the error does not last long enough to be detected by the retinoscope, its existence being demonstrable only by reducing the rapidity of the movement to less than four or five a second. 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 [link]. I do not understand the italicized statement. You have said that the normal eye is continually shifting. If every motion of the eye or the object of vision ("Perfect Sight Without Glasses"), page 107 [link]), produces an error of refraction how advise reading in a moving vehicle, or attending a moving picture show?

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

Third Monthly Meeting

BETTER EYESIGHT LEAGUE

8:00 P. M., JUNE 13th

Room 405

300 MADISON AVENUE NEW YORK CITY

Doctors are needed all over the world to cure people without glasses.

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August 1922

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Q. If one's arms become tired while palming, will a black silk handkerchief covering the eyes produce the same amount of relaxation one gets from palming?

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

Q. Will it still be necessary to continue practicing the methods of swinging and shifting after my eyes are cured? A. No. When you are cured of eyestrain you will not be conscious of your eyes. However, if you strain then, you will know what to do to relieve the strain,

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

A, Yes, even when it is over corrected, done too much damage. 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.ÿÿNo. Reading is good for the eyes.

2.ÿÿIs it an injury to read in dim light?

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

3.ÿÿIs it a strain to the eyes to read while riding on a train?

Ans.ÿÿNo. If there is no discomfort. It is a good thing to look out of the window and see the scenery moving opposite, then continue to read.

4. How can one look at the sun without injury?

Ans.ÿÿWhile looking toward the sun it is best to blink the eyes and to look to the right and to the left of the sun.ÿÿThis will help you to look directly at the sun without discomfort or pain. One cannot look directly at the sun without normal vision.

5.ÿÿWhat causes and cures abnormal watering of the eye?

Ans. Strain produces watering of the eye. Relaxation obtained by palming and swinging will cure this trouble.

6. How can one, without glasses, accustom himself to reading by electric light?

Ans. The sun treatment, as it is explained in an article written by Emily C. Lierman in "Stories from the Clinic," September, 1922 number [link], is beneficial to anyone troubled by strong light of any kind. Whether it is a natural sun light or electric light, it does not matter. The sun treatment can only be applied by an expert.

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November 1922

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If I improve 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 my method of treatment.

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December 1922

QUESTIONS AND ANSWERS

Has Dr. Bates' method anything to do with concentration?

Ans.—No, to concentrate is to make an effort. Dr. Bates' method is rest and relaxation which cannot be obtained by concentration.

Is auto-suggestion a benefit to the eye?

Ans.—Dr. Bates has tried it and found that it is not beneficial as it does not relieve the strain.

Can hemorrhage of the retina be cured by Dr. Bates' method of treatment?

Ans.—Dr. Bates has cured many such cases.

Can one be cured of near-sightedness without being examined personally by Dr. Bates?

Ans.—Yes, we have received letters from people who have cured themselves by reading Dr. Bates' book PERFECT SIGHT WITHOUT GLASSES [link].

Can a patient while under treatment with Dr. Bates carry on his daily work just the same?

Ans.—Yes, most patients continue their work just the same without the use of their glasses even though they find it difficult at the start.

Q. Can the vision be improved without glasses after the lens has been removed for cataract?

A. Yes.

Q. Does Dr. Bates approve of dark glasses to protect the eye from the glare of the sun at the sea shore?

A. No. Dark glasses are injurious to the eyes. The strong light of the sun is beneficial to the eyes, although it may be temporarily painful and blinding.

April 1924

Questions and Answers

Question—If Dr. Bates' method is practised without professional supervision can harm be done to the eyes?

Answer—No harm can be done to the eyes, if the method is practised properly.

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

Answer—Palming, if it is beneficial.

Question—How long does it usually take for the eyes to get enough 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 perfect.

Question—What is the difference between the wink and the blink?

Answer—Winking consists in closing one or 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 your method is followed for a short time and glasses then resumed, do they retard progress?

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

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Questions and Answers

Question—What is the cause and cure of granulated eyelids?

Answer—The cause is strain. The cure has been accomplished by practicing the universal swing, by palming and other methods of correcting the strain.

Question—What can I do to help my sight when my vision blurs while reading?

Answer—Palm more frequently or imagine the white spaces between the lines are whiter than the other parts of the page.

Question—What is Trachoma?

Answer—Trachoma is a contagious disease of the inside of the eyelids. Consult some competent ophthalmologist for diagnosis and treatment.

Question—Does palming help nervousness?

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

Question—Is Glaucoma curable?

Answer—Glaucoma is curable. Some cases of blindness from Glaucoma have been permanently cured by palming for long periods of time.

Question—Does the cataract become absorbed by relaxation treatment?

Answer—In cases which have been cured the opacity of the lens disappeared and the lens regained its normal condition.

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Question—Should a person who has discomfort in the sunlight, persist in going without a hat?

Answer—Yes.

Question—What do you suggest for an eight months old cross eyed baby?

Answer—Swinging with the help of the cradle and the loving arms of its mother.

Question—If closing and resting the eyes is beneficial why won't sleep cure defective vision.

Answer—Sleep is hard on the eyes because most people strain their eyes more 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—Sleepiness is caused by strain. Strain is caused by imperfect 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 and palming.

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July 1924

Questions and Answers

Question—Some days I can read the Snellen Test Card to the 15 line, others only to the 30 or 20.

Answer—When the eyestrain 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—When I try to imagine a black period, it blurs and I get all colors but black.

Answer—When you fail to remember a period 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—I am always conscious of eyestrain in church.

Answer—Eyestrain is caused by a stare 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 sun glasses? Are they harmful?

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

Question—I improved temporarily by your method, but I am at a standstill now. What is the next step?

Answer—Practice the swinging.

Question—I enjoy palming, but it makes me drowsy after ten or fifteen minutes. Is this helpful?

Answer—When palming is done properly it does not make you drowsy.

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

Answer—To cure detachment of the retina requires in some cases a year or longer.

Question—Could a little colored girl cure a cataract on her eye by blinking and swinging?

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

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Question—I find conscious blinking a strain, because I close my eyes temporarily and seem to hold the eyeball stationary. If I shut my eyes for a longer period would that be blinking?

Answer—No; the normal eye blinks consciously or unconsciously without effort, without strain and quickly.

Question—You mention the black period in your book. Must this be any particular size? I only imagine large round black objects like cannon balls, the centre of a target, or a moving football. This is restful, but is it beneficial?

Answer—No. Anything that is restful is beneficial.

Question—My little daughter has temporary perfect sight while palming, but her eyes turn in when she plays excitedly or strenuously. 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—Please give me a simple demonstration or example of the swing. I cannot see objects moving when I know they are stationary.

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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Questions and Answers

Question—If sun and light are beneficial, why do you advocate the shutting out of these two by palming?

Answer—To obtain relaxation. The sun strengthens the eyes and palming relaxes them.

Question—My left eye turned in and was corrected by operation. Now it turns out. What method will cure this?

Answer—You need more than one method. Complete relaxation will relieve the strain and correct the squint.

Question—After palming for ten minutes or longer, my eyes are rested, but I feel sleepy.

Answer—The palming is not perfect. Try imagining stationary objects to be moving when you palm.

Question—I was given glasses for headaches. Discarded them by your method; headaches have gone, but I strain while I sleep and my lids are swollen in the morning.

Answer—See page 2 of this issue.

Question—Is a great amount of floating specks indicative of cataract? When I am weary these look like a flock of bees crossing my eyeballs.

Answer—No. Your particular strain produces floating specks. A different strain produces cataract.

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December 1924

Questions and Answers

Question—When palming 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 palming 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 fine print at four inches be helpful?

Answer—The reading of fine print at four inches is usually helpful.

Question—My little son becomes fidgety while palming. Do you prescribe something else equally beneficial?

Answer—Your little son may become able to palm for a few minutes at a time. Sometimes swaying from side to side helps.

Question—I am presbyopic (old-age sight). How can I improve my vision by reading fine print, when I can not even see it?

Answer—You can improve your vision for reading fine print by alternately remembering the whiteness of snow for a second while looking at the white spaces between the lines of print, then close your eyes and remember or imagine the same white more continuously, better and more easily. By alternating, you may become able to remember the white as well when flashing the card, as you can with your eyes closed with improved vision.

Question—I cured myself by following the directions in your book, but cannot seem to benefit my mother. She is nearsighted and doubtful of good results in her case.

Answer—The fact that you cured yourself by following the directions in my book, makes it possible to cure your mother in the same way. You will waste your time unless your mother has the courage to discard her glasses permanently.

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Questions and Answers

Question—What is the difference between the long and the short swing?

Answer—In the long swing, objects appear to move an inch or more. In the short swing, objects appear to move an inch or less.

Question—My hands become tired when I palm. Can I sit in a dark room, instead of palming? Can I cover my eyes with a dark cloth?

Answer—No. I have found this to be a strain.

Question—While palming is it necessary to close the eyes.

Answer—Yes.

Question—When I read and blink consciously, I lose my place.

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

Question—How long is it necessary to read the test card before obtaining benefit?

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

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Questions and Answers

Question—What is most helpful when one is dreadfully nearsighted and finds it almost impossible to see without glasses?

Answer—Practice palming as frequently as possible every day. Keeping the eyes closed whenever convenient for five minutes ten times a day is also helpful.

Question—I notice that my squint eye does straighten after palming, but reverts when I stop. How can I tell when and how I strain?

Answer—Avoid staring after palming and blink all the time. You can demonstrate that staring is a strain by consciously doing it for a few seconds.

Question—If glasses are harmful, how do you account for the benefit the wearer receives; also relief from head-aches?

Answer—(a) Eye glasses are harmful because the benefit received is not permanent. (b) The mental effect of glasses helps some people, but the headaches are not relieved permanently and the vision is usually made worse.

Question—Why is fine print beneficial?

Answer—Fine print is beneficial because it cannot be read by a strain or effort. The eyes must be relaxed.

Question—How can I correct the vision of my three-year-old son, who won't palm and doesn't understand it? He is far-sighted.

ANSWER—Make a test card with black letters on white paper. The letters to be composed of E's pointing in various directions. These are to be graduated in size, from about 3½ inches to a quarter of an inch. Have the child read them from 10 to 20 feet away. Have him blink constantly while telling in which direction the E's are pointing.

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Questions and Answers

Question—Explain what you mean when you say "imperfect sight, imperfect memory."

Answer—If you see an object imperfectly, blurred or gray instead of black, you cannot remember it perfectly. You will remember it as you see it.

Question—My eyes feel fine after I palm and let my mind drift on various black objects. The period is more difficult though.

Answer—Perfect mental pictures of ordinary objects means a perfect mental picture of a period. To try to see is an effort or strain, and produces defective sight.

Question—By blinking do you mean shutting and opening the eyes quickly, or is done slowly, like a wink?

Answer—Blinking is done quickly, and not slowly like a wink. Watch some one with perfect sight do this unconsciously, and follow his example.

Question—How can one overcome the stare if it is unconscious?

Answer—Blink consciously, whenever possible, especially when reading. Never look at an object for more than a few seconds at a time. Shift your gaze.

Question—I have noticed when I palm that my eyeballs hurt from the pressure. When I loosen this tension the light filters in.

Answer—Palming is done correctly with the fingers closed and laid gently over each eye, using the palms like a cup. If this is done properly there is no pressure and the light is shut out.

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Questions and Answers

Question—Are floating specks serious? Sometimes they just flood my eyes like clouds of dust and greatly frighten me.

Answer—Floating specks are not serious. They are always imagined and never seen.

Question—(a) My eyes are swollen and disfigured in the morning. (b) Although I have eight and nine hours' sleep, it does not rest me.

Answer—(a) The swelling of your eyes or eyelids in the morning is due to eyestrain when you are asleep. Read chapter in my book on this subject.

(b) You may be restless and sleep very poorly and strain your eyes terribly, although apparently you may be asleep for a long time.

Question—I have improved my sight by palming, but when I read for any length of time the pain returns.

Answer—When you read and your eyes pain you, it means that you are straining your eyes. More frequent palming may help you more continuously.

Question—Explain which "swing" is beneficial, and whether one moves the whole head or only the eyes.

Answer—All swings when done properly are beneficial. When done improperly they are not beneficial. It is necessary for some people to move their head in order to move their eyes and obtain a perfect swing.

Question—Is there a possibility of palming wrong? I can obtain some benefit, but later I feel strained.

Answer—Palming may be done properly or it may be done wrong. Read the chapter on palming in my book.

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Questions and Answers

Question—Dr. Bates says that in reading fine print one should look between the lines. Is this not contrary to the principles of Central Fixation? To see the print best, should one not look directly at it?

Answer—One can look between the lines and shift to the black letters with Central Fixation.

Question—If type can be seen more distinctly with the eyes partly closed, is it advisable to read that way?

Answer—No, it is not advisable to read that way because it is a strain, and alters the shape of the eyeball.

Question—Should children read microscopic print?

Answer—Yes, the more the better. Reading microscopic print is a benefit to the eyes of both children and adults.

Question—Can the eyes be harmed by using the burning glass or sun treatment?

Answer—No, the eyes cannot be harmed by using the burning glass or by sun treatment.

Question—I have attained normal vision, but after reading for a while, my eyes feel strained. Would you still consider I had normal sight?

Answer—If your eyes feel strained you are not reading with normal vision.

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Questions and Answers

Question—I can read with no trouble but cannot distinguish things at a distance, especially the features of people. What would you suggest?

Answer—You are near-sighted. The imagination cure is the quickest and most satisfactory cure of myopia. Use two Snellen test cards, one held at one foot or nearer, or at a distance where you can see it best; the other placed at five feet or further. Look at the first letter of one of the lines of the near card and with the eyes closed remember it for half a minute or longer. Then look at the same letter on the distant card at five feet or further and imagine that letter for not longer than a second. Then look at the near letter again for part of a minute, close your eyes and remember it, and then glance at the same letter on the distant card for not longer than a second, and imagine it as well as you can. Alternate. When you become able to see the bottom line on the distant card, place it a few inches further off and repeat.

Question—What method is most helpful in myopia?

Answer—Palming, swinging, and the use of the memory or imagination (described above), are most helpful.

Question—Can you tell me what to do for inflammation of the white of the eye? Do you think sun gazing would help?

Answer—The light treatment is beneficial. Sit in the sun with the eyes closed and let the sun shine directly upon the closed eyelids. Move the head a short distance from side to side. Practice this for half an hour or longer three times daily when possible.

Question—Will you kindly tell me what I can do in order to read as well with the eyelids fully open as I can when they are slightly parted?

Answer—Improve your vision with the aid of the imagination cure as described above in answer to question 1. When your vision improves, your eyelids will be more open.

Question—Is there any exercise or any particular, method of relaxation that will help double vision?

Answer—Closing the eyes and resting them is a cure for double vision. Blinking frequently, just as the normal eye does, is also beneficial.

Question—Please explain the elliptical swing.

Answer—In the elliptical swing, the head and eyes are moved continuously in the orbit of an ellipse or a circle. The continuous movement of the head and eyes prevents the stare or strain, since staring requires that one try to keep the eyes from moving.

Question—How many times a day should the sun treatment be given?

Answer—The sun treatment should be given for half an hour or longer three times a day, or more often, when possible. The more sun treatment, the better, as it rests and strengthens the eyes.

Question—What treatment helps most people?

Answer—Palming is generally most helpful.

Question—Is it possible for some people to be cured by the help they may obtain from your book "Perfect Sight Without Glasses"?

Answer—Yes. By practicing the methods recommended in my book, many readers have improved their vision without my supervision. It helps to have some one with perfect sight supervise your treatment.

Question—Is myopia hereditary?

Answer—No. It is, however, contagious in many cases. When parents are cured of myopia, their children may recover without treatment.

Question—How long does it take to cure an average case of myopia?

Answer—Some patients are cured more quickly than others. The length of time is uncertain, as patients differ in their response to treatment.

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Questions and Answers

Question—It is difficult for me to find time enough to gain perfect relaxation. What would you suggest?

Answer—You have just as much time to relax as you have to strain. Practice relaxation all day long. Whenever you move your head or eyes, notice that stationary objects move in the direction opposite to the movement of your head or eyes. When walking about the room or on the street, the floor or pavement appears to come toward you, while objects on either side of you move in the direction opposite to the movement of your body. Remember to blink frequently just as the normal eye does. Constantly shift your eyes from one point to another, seeing the point regarded more clearly than all other parts. When talking with anyone, do not stare. Look first at one eye and then the other, remembering to blink. Shift from the eyes to the nose, to one cheek and then to the other, then to the mouth, the chin, and back to the forehead.

Question—Why is it that I have perfect vision only in flashes? Can these flashes become permanent?

Answer—You have not yet lost your unconscious habit of straining. When relaxation methods are practiced faithfully at all times, the flashes of improved vision become more frequent and last longer until the vision becomes continuously good.

Question—What causes twitching eyelids?

Answer—Strain causes twitching eyelids and is relieved by rest and relaxation. Palming, sun treatment, swinging, blinking are very beneficial.

Question—Can you explain why I see yellow and blue spots after looking at the sun?

Answer—You are straining. Do not look directly at the sun until your eyes are more accustomed to it. Practice the sun treatment—sit in the sun with the eyes closed. Allow the sun to shine directly upon your closed eyelids, as you slowly move your head a short distance from side to side. Do this for half an hour or longer as often as possible whenever the sun is shining.

Question—Is working or reading under electric light harmful? Should a shade be worn?

Answer—It is not harmful to read by electric light if the eyes are used properly. Do not wear a shade or any other protection for the eyes. Practice sun treatment.

Question—When remembering a black period, I see a bright disk with a small black center. Is this seeing a period?

Answer—No, you are straining. The period that you imagine is very imperfect, because to remember the period, and at the same time a very bright disk, is an unconscious strain. You cannot strain and remember the bright disk, and simultaneously relax and remember a black period. When your bright disk is prominent, everything else is remembered under a strain. You cannot strain and relax at the same time.

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Questions and Answers

Question—When one uses electric light in place of sunlight—

(a) How strong a light is it proper to use?

(b) Because of the heat, how close to the light is it advisable to sit?

(c) How long is it advisable to sit at one time?

(d) How much time should be given to it in a day?

Answer—(a) One can use an electric light of 1000 watts with benefit.

(b) Sit five feet or further away from the light to avoid any discomfort from the heat.

(c) Practice for one-half hour or longer. The more light treatment taken, the better.

(d) Devote at least one-half hour a day to the sun or light treatment.

Question—Is the effect of the burning glass and that of sunshine falling on closed eyelids different, so that one needs both kinds each day?

Answer—The sun treatment with the burning glass is more intensive than without it. At first, patients become accustomed to strong light by sitting in the sun and allowing the sun's rays to shine directly on the closed eyelids, as they slowly move their heads a short distance from side to side. Then, with the burning glass, the strong light of the sun is focused on the closed eyelids, and when the eyes are accustomed to that, one can consider the advisability of focusing the direct rays of the sun upon the eyeball, itself. This is done by lifting the upper lid while the patient looks down. When the sun is focused upon the naked eyeball, one should keep moving the glass from side to side, and for a short time only, so as not to produce discomfort from the heat.

Question—If one practices reading fine print for a time each day, is it harmful to read print like that of the Forum (usual magazine type)?

Answer—No, the more you read, the better, even though you read with imperfect sight. Large print can be read with a strain, but fine print can only be read when the eyes are relaxed. It is all right to read print of any size if one reads it with perfect sight. When read with imperfect sight, the eyes are under a strain. Imperfect sight is always caused by a stare or strain, and one can stare or strain when regarding a large letter, blurring it to a considerable degree, and yet be able to tell what the letter is. The same amount of strain, which produces as much of a blur, when looking at a small letter, may make it impossible for one to read the small letter perfectly, although he can still distinguish the large letters. Any size type can be read without strain if blinking, shifting, and central fixation are practiced.

Question—In viewing moving pictures is it not more beneficial to sit as far back as one may and not strain, than to sit farther forward?

Answer—Sit at a distance from the screen at which you are most comfortable, i.e., where you can see the picture with the least discomfort. One can strain the eyes when sitting at almost any distance from the screen. To avoid the stare and strain as much as possible, it is necessary to keep shifting the eyes from one part of the screen to another, or to look off into the darkened room from time to time to give the eyes a rest. Some people are benefited by palming for a few seconds or longer, and in this way prevent the strain.

Question—When palming and seeing mental pictures, I almost never think whether it is black before my eyes or not. If I turn my attention to it, it is usually dark, more or less, but not a black black. Am I right not to think at all about it?

Answer—When palming, do not try to think of anything. Just think of something pleasant, something that you remember perfectly, and let your mind drift from one pleasant thought to another.

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April 1926

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 overcome it?

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

Question—Why does eating ice cream hurt my eyes?

Answer—Because the nerves of the eye are in direct relationship with the roof of the mouth, and the sudden chill makes the nerves sensitive.

Question—If I am worried at night and lie awake, my eyes burn and pain, and I have a feeling that a magnet is drawing 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 retiring and the first thing in the morning, practice the long swing.

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 on 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.

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May 1926

Questions and Answers

Question—Why do animals' eyes shine, and why do they see better at night?

Answer—It is the reflection of the light from the front part of the eye which makes them shine. It is not known why some animals see better at night than they do in the daytime.

Question—Why do Albinos always have poor eyesight?

Answer—On account of the absence of pigment, Albinos' eyes are not protected from the light. However, they do not all have imperfect sight. It is because their mental equipment is imperfect that some have imperfect vision. When the memory or imagination is improved, the vision also improves.

Question—What color eyes are the strongest? I have been told that color matters, why?

Answer—The color of the eyes has no effect upon the strength.

Question—Doesn't it hurt to wear eye-glasses for near-work during the interval of eye practice?

Answer—You should use your eyes correctly all day long, no matter what you may be doing. Practice blinking, shifting, central fixation, and imagining stationary objects to be moving opposite to the movement of your head and eyes. Wearing glasses for any purpose whatever retards your progress and lowers your vision.

Question—What is the movement of the thumb and forefinger, and how does it help?

Answer—Let the ball of the thumb rest on the ball of the forefinger. Move the thumb in a circle, about one-quarter of an inch in diameter. When the thumb is moving continuously, one can imagine that all the nerves of the body are moving with the thumb. This prevents the stare and strain. This movement of the thumb can be practiced when around a room or on the street. When the right foot moves forward let the thumb move in the same direction. Then, when the left foot moves forward, let the thumb move backward. Alternate. When practicing the long swing, the movement of the thumb is a help. When you turn your body to the right, move your thumb in the same direction. When you turn your body to the left, move your thumb to the left. Let the movement of the thumb be a continuous movement.

When you practice the short swing, the slow, short, easy, circular, continuous movement of your thumb in the same direction as the movement of your head and eyes, it helps you to see better, to remember better, and to imagine better.

Question—I am forty-five years of age and have worn glasses for eighteen years. As my eyes have pained me for so long, is it too late to expect help or to discard my glasses?

Answer—It is certainly not too late to discard your glasses and improve your vision. When relaxation methods are employed, the pain disappears and the vision improves. I suggest that you palm for five minutes ten times daily, or more often if possible. Practice the sun treatment for one-half hour, one hour, or longer, every day that you have sunshine. The circular movement of the thumb, as described above, relieves pain almost immediately.

August 1926

Questions and Answers

Question—My sight is good, but I am suffering from restrain caused by muscle imbalance. No oculist has been able to help me. I have had to become a cook from being a typist and dressmaker. If I focus my eyes on my forgors for more than a moment, terrific pain shoots trough my eyes. I cannot stand light and have to cover the kitchen tables with a dark cloth. Please tell me what to do. Is it possible for me to discard the dark glasses I wear?

Answer—It is evident that when you look at your fingers for more than a minute, you stare, strain, and make an effort to see. Practice the variable swing. Hold the forefinger of one hand six inches from the right eye and about the same distance to the right. Look straight ahead and move the head a short distance from side to side. The finger appears to move, and the stare is prevented. In order to overcome your sensitiveness to light, I suggest that you obtain as much sun treatment as posible. Sit in the sun with your eyes closed, and the sun shining directly on the closed eyelids. Slowly move your head from side to side in order to avoid discomfort from the heat. This should be practiced for half an our or longer daily, whenever possible. When your eyes become more accustomed to the strong light, the sun should be focused on the closed eyelids by moving the sun-glass rapidly from side to side above the eyelids. Later this can be done with the eyes open as you look far down, exposing the white part of the eye by lifting the upper eyelids. (Directions for use of the sun-glass can be obtained from the Central Fixation Publishing coompany).

Question—Often, whan I am trying to see a thing, it will come to me, but my eyes will commence to smart, and than I blink and lose it. What shall I do to overcome that?

Answer—Blinking can be done correctly, and it can be done incorrectly. You strain while you blink. The normal eye blinks easily and frequently. Strain is always accompanied by the stare. By standing and swaying from side to side so that your whole body, head and eyes move together, the stare is lessened. The swing and the movement of the eyes lessens the tendency to stare.

Question—What does "seeing things moving all day long" mean?

Answer—Your head and eyes are moving all day long. Notice that stationary objects appear to move in the opposite direction to the movement of your head and eyes. When you walk around the room or on the street, observe that the floor or pavement appears to come toward you, while objects on either side of you, appear to move in the opposite direction to the movement of your body.

Question—My trouble is cataract. Shall I cover up the good eye while practicing?

Answer—Practice with both eyes together until your vision is normal. Then, cover the good eye and improve the vision of the poor one.

Question—Could cataract be caused by diseased teeth?

Answer—While it is possible for abscesses of the teeth to cause cataract, most cases are caused by eyestrain, and are curable.

September 1926

Questions and Answers

Question—What is rednitis pigmentosa?

Answer—Retinitis pigmentoss is a disease of the in-terior of the eye, in which small areas of the retina and other parts of the eye are destroyed. They are replaced by small black pigment patches.

Question—Can opacity of the cornea be cured?

Answer—Yes. The treatment which is most beneficial is the sun treatment as described in "Perfect Sight Without Glasses," by W. H. Bates, M.D.

Question—Are all cases of squint curable without glasses or an operation?

Answer—All cases of squint or cross-eyes are curable by the Bates Method.

Question—Is it possible to cure squint in a child under two years of age by the Bates Method, and what is the treatment employed?

Answer—A child, two years of age or younger, can be treated and cured of squint, with or without imperfect sight, by the Bates Method. The treatment is varied. The swing can be practiced by the mother holding the child in her arms. If the child is able to staid or walk, it is held by the hands and the sway is practiced with the child moving from side to side. Keeping time with music encourages the child to continue the swaying for a longer time.

Improving the memory and imagination is also recommended. The child is encouraged to play with toy animals and is taught the names of the different animals. Usually the animals are placed on the floor in groups and the child is asked to pick up the animals as they are named. As the child reaches for one and then another, the parent may observe whether the child goes directly toward the toy or reaches to either side of it. This method is used in extreme caps of squint where the child does not see perfectly where it is looking.

Colored yarns are also used in these cares. The child is taught names of the different colors. An improvement is always noted after such treatment because the child is constantly shifting his glance from ore colored skein of yarn to the other as he selects the am called for. The problem is to educate the eyesight. The more the eyes are used, the better.

Palming is beneficial in the cure of squint. If the child is told that it is just a game of peek-a-boo, he immediately becomes interested and enjoys it. Reading a story to the child so he palms is usually beneficial, and improves the squint.

With children three years a older, the Pot Hooks card is used. This is a test card with the letter "E" pointing in various directions. The child tells whether it is pointing up or down, left or right. If a mistake is made, palming is introduced in order to rest the eyes.

Children with squint are usually unruly, disobedient, or destructive. When the squint is improved, a change in their conduct is also noted. They become quiet, obedient, and their mental efficiency is improved.

Question—Is diabetic cataract curable?

Answer—Diabetic cataract is curable when the general disease of diabetes can be relieved by treatment

Question—After a serious illness eight years ago, my pupils became very large. Is there anything you can suggest that will help them to contract?

Answer—Dilated pupils are not usually symptoms of disease of the eye. The sun treatment is beneficial. Sit in the sun with the eyes closed, allowing the sun's rays to shine directly on the closed eyelids, moving the had a short distance from side to side to avoid discomfort from the heat. This should be practiced for a half-hour, an hour, or longer.

October 1926

Year 1927

January 1927

Questions and Answers

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Question—(1) Does working by artificial light affect the eyes? I work all day by electric light—am a book-keeper, and suffer a great deal from my eyes. I have been fitted with glasses, but cannot wear them. I feel that my eyes, instead of getting better from wearing them, get weaker. (2) When I go out in the street after working I cannot stand the glare of the sun, and must keep my eyes half dosed; otherwise I suffer a great deal of pain. Is it so because of my eyes being accustomed to the artificial light? It is not so on Sundays. (3) Is it advisable to wear an eye-shade while working?—S. S.

Answer—(1) Working by artificial light should not injure the eyes. If it does, it is because you are straining them. The idea that the light is injurious may cause you to do this. If you think of it as quieting and beneficial, it may have the opposite effect. You are right in thinking that the glasses injure your eyes. (2) The sun hurts your eyes when you go out on the street after working because you have been straining to see, not because you have been working by artificial light. Because you strain less on Sundays the sun does not hurt you. (3) It is not advisable to wear an eye-shade while working.

Question—Can the blindness of squint be cured?—F. C. E.

Answer—Yes. It can be cured by the same methods that are employed to relieve strain in other cases of imperfect sight.

Question—Do you get as much benefit from gazing at the sun through a window as you would outdoors? I have read that it did no good to take a sunbath through glass.—E. C. H.

Answer—Yes. The strength of the sunlight is not appreciably modified by the glass.

Question—1. When objects at a distance clear up they are double. Can you suggest a remedy for this double vision? (2) When I open my eyes after palming my sight gradually clears, but an intense pain often comes in my eyes, so that they close. The pain always starts with very clear vision. Is this eyestrain?—H. M.

Answer—1. If the objects are double when they clear up, relaxation is not complete, and the only remedy is to secure a greater degree of relaxation. This may be done in many ways. Use the method you have found most effective. 2. Yes. Your sight should be best when you open your eyes. If it clears up afterward, it is because you are making an effort to see. This produces the pain.

Question—1. How long should one palm and how often? 2. How young a patient can you treat by this method, and up to what age can you expect results? How would you handle a child that did not know its letters? 3. Is astigmatism curable by this method? 4. How long has the method been known?—J. H. W.

Answer—1. As often and as long as possible. 2. The age is immaterial. It is a matter of intelligence. Patients as old as eighty-two have been relieved. Children can be treated as soon as they are able to talk. Any small object can be used for eye training, and in the case of children who do not know their letters, kindergarten and Montessori equipment is often useful. 3. Yes. 4. Its evolution began thirty-five years ago. It has improved as experience was gained, and is still improving.

THE USE OF THE SUN GLASS

In using the sun glass, it is well to accustom the eyes of the patient to the strong light by having him sit in the sun with his eyes closed, and at the same time he should slowly move his head from side to side, in order to avoid discomfort from the heat. Enough light shines through the eyelid to cause some people a great deal of discomfort at first, but after a few hours' exposure in this way, they become able to gradually open their eyes to some extent without squeezing the lids. When this stage is reached, one can focus, with the aid of the sun glass, the light on the closed eyelids, which at first is very disagreeable. When the patient becomes able to open the eyes, he is directed to look as far down as possible, and in this way the pupil is protected by the lower lid. Then by gently lifting the upper lid, only the white part of the eye is exposed, while the sun's rays strike directly upon this part of the eyeball. The sun glass may then be used on the white part of the eye. Care should be taken to move the glass from side to side quickly. The length of time devoted to focusing the light on the white part of the eye is never longer than a few seconds. After such a treatment the patient almost immediately becomes able to open his eyes widely in the light.

February 1927

Questions and Answers

All readers of this magazine are invited to send questions to the editor regarding any difficulties they may experience in using the various methods of treatment which it recommends. These will be answered as promptly as possible, in the magazine, if space permits, otherwise by mail. Kindly enclose a stamped, addressed envelope.

Question—In practicing the universal swing, beginning with the finger, then the hand, the chair, and so on until one gets to the sky, ought one to hold continuously in mind each object added together with the sky, or just the sky moving with the finger?

Answer—Imagine only one thing at a time moving with your finger.

Question—In Mrs. Lierman's book, "Stories from the Clinic," page 16, suggestion 11, she says: "It is very important that you learn how to imagine stationary objects to be moving without moving your head or body." Is this to be accomplished by a slight conscious movement of the eyes or is it entirely mental?

Answer—This is not accomplished by a conscious movement of the eyes. It is imaginary and mental.

Question—Will relaxation methods alone remove a blood clot from the vitreous humor?

Answer—Yes, provided the patient practices my methods correctly and faithfully.

Question—How is it possible to get sun treatment when there has been no sun for days?

Answer—I should advise you to purchase a 250 or 500 watt electric light and sit in front of it with your eyes closed. It would be well to use the sun swing at this time which is moving the head a short distance from side to side. See the Ques. and Ans. column in October No. Of B. E.

Question—When you suggest new methods do you mean to discontinue with the old?

Answer—Not necessarily, all the methods I recommend have relaxation for their object. It is for the patient to determine which treatment is most beneficial and to continue its practice faithfully. Some patients tire easily when one thing is done continuously. For this reason several are suggested in order to vary the practice.

Question—I have been able to improve my vision in one eye but not in the other. Can you give me a reason for this?

Answer—This is caused by imperfect imagination. If you will practice my methods of memory, imagination, blinking and shifting, your other eye will also improve. I suggest that when both eyes together are improved to normal, you wear a patch over the good eye as often as possible and practice until your other eye is also improved to normal.

Question—I am told that I am losing my "central vision." Is it possible to regain what I have already lost or to forestall the loss of the remainder?

Answer—Yes, it is possible by faithful practice of my methods.

Question—What causes my eyes to flash violet sparks and splashes?

Answer—This is caused by a mental strain. Learn to relax and improve your memory and imagination. Palming should help you a great deal.

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September 1929

Questions and Answers

Question.—Is diabetic cataract curable?

Answer.—Diabetic cataract is curable when the general disease of diabetes can be relieved by treatment.

Question.—After a serious illness several years ago my pupils became very large. Is there anything you can suggest that will help them to contract?

Answer.—Dilated pupils are not usually symptoms of disease of the eye. The sun treatment is beneficial. Sit in the sun with the eyes closed, allowing the sun's rays to shine directly on the closed eyelids, moving the head a short distance from side to side to avoid discomfort from the heat. This should be practiced for a half hour, an hour, or longer.

Question.—What causes my vision to become blurred upon sudden confusion or when I have a number of activities coming at once?

Answer.—The fact that your vision becomes blurred at such times is proof of your eccentric fixation. Do not try to see or do several things at once. Practice central fixation, seeing the part regarded best and other parts not so clearly, all day long.

Question.—My daughter, aged ten, is practicing your method for the cure of cross-eyes. Would it help to cover her good eye with a shield, which is easy for her and keeps the left eye straight for a certain period of time, besides making it work? It helped her so much when she wore glasses, that I thought it might help her without them in the same way.

Answer.—It is first necessary to improve to normal the vision of both eyes, when used together. Then cover the good eye and practice improving the vision of the poor eye.

Question.—When you suggest new methods do you mean to discontinue with the old?

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Question.—What causes my eyes to flash violet sparks and splashes?

Answer.—This is caused by a mental strain. Learn to relax and improve your memory and imagination. Palming should help you a great deal.

Question.—It is very hard for me to think in terms of black and white. Is there some other method which is just as beneficial?

Answer.—Yes, letting your mind drift from one pleasant memory to another will accomplish the same results.

Question.—In case of illness where one is unable to practice with the Snellen test card or stand up, what method is used?

Answer.—Blink frequently and shift your eyes constantly from one point to another. Turn your head slightly from side to side on the pillow or close your eyes and think of something pleasant, something that you can remember perfectly, and let your mind drift from one pleasant thought to another.

Question.—What does "Seeing things moving all day long" mean?

Answer.—Your head and eyes are moving all day long. Notice that stationary objects appear to move in the opposite direction to the movement of your head and eyes. When you walk around the room or on the street, observe that the floor or pavement appears to come toward you, while objects on either side of you appear to move in the opposite direction to the movement of your body.

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November 1929

Questions and Answers

Q. My trouble is cataract. Shall I cover up the good eye while practicing?

A. Practice with both eyes together until your vision is normal. Then, cover the good eye and improve the vision of the poor eye.

Q. Often, when I am trying to see a thing, it will come to me, but my eyes will commence to smart and then I blink and lose it. What shall I do to overcome that?

A. Blinking can be done correctly, and it can be done incorrectly. You strain while you blink. The normal eye blinks easily and frequently. Strain is always accompanied by the stare. By standing and swaying from side to side so that your whole body, head, and eyes move together, the stare is lessened.

Q. What causes redness and smarting sensation of the eye even when plenty of sun treatment has been given? Should one continue with sun treatment under the circumstances?

A. Take the sun treatment frequently for five or ten minutes at a time daily, increasing the length of time until the eyes become accustomed to the sun. The eyes should always be benefited after the sun treatment, and one should always feel relaxed. When done properly, the redness and smarting should soon disappear. If the eyes are not benefited, it is an indication that you strain while taking the treatment. Alternate the sun treatment with palming or closing the eyes to rest them.

Q. Is resting the eyes by palming a more effective cure for smarting of the eyes than the sun treatment?

A. This depends upon the individual. Some are benefited more by palming, while others receive more benefit from the sun treatment.

Q. Should motor goggles be worn as protection against wind.

A. No protection is needed against the wind if the eyes are used correctly. Blinking, shifting, central fixation, and the imagination of stationary objects to be moving, should be practiced while motoring, and, in fact, all the time. Motor goggles weaken the eyes and make them sensitive to the sunlight.

Q. Is age a factor in the cure of imperfect sight without glasses?

A. Age is not a factor.

Q. In palming should one close the eyes tightly?

A. No, easily and naturally at all times.

Q. When you suggest new methods do you mean to discontinue with the old?

A. Not necessarily; all the methods I recommend have relaxation for their object. It is for the patient to determine which treatment is most beneficial and to continue its practice faithfully. Some patients tire easily when one thing is done continuously. For this reason several are suggested in order to vary the practice.

December 1929

Questions and Answers

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

Answer—The reading of fine print at four inches is usually helpful.

Question—You mention the black period in your book. Must this be any particular size? I only imagine large round black objects like cannon balls, the center of a target, or a moving football. This is restful, but is it beneficial?

Answer—No. Anything that is restful is beneficial.

Question—I have attained normal vision, but after reading for a while, my eyes feel strained. Would you still consider I had normal sight?

Answer—If your eyes feel strained you are not reading with normal vision.

Question—Seeing stationary objects moving appears to me to be merely self-hypnotism. I can't do it.

Answer—When riding in a train the stationary telephone poles appear to move in the opposite direction. Of course this is an illusion, but it is a benefit to the eyes to imagine all stationary objects moving.

Question—Is it possible to cure squint in a child under two years of age by the Bates Method, and what is the treatment employed?

Answer—A child, two years of age or younger, can be treated and cured of squint, with or without imperfect sight, by the Bates Method. The treatment is varied. The swing can be practiced by the mother holding the child in her arms. If the child is able to stand or walk, it is held by the hands and the sway is practiced with the child moving from side to side. Keeping time with music encourages the child to continue the swaying for a longer time.

Improving the memory and imagination of the child is also recommended. The child is encouraged to play with toy animals and is taught the names of the different animals. Usually the animals are placed on the floor in groups and the child is asked to pick up the animals as they are named. As the child reaches for one and then another, the parent may observe whether the child goes directly toward the toy or reaches to either side of it. This method is used in extreme cases of squint where the child does not see perfectly where is looking.

Colored yarns are also used in these cases. The child is taught the names of different colors. An improvement is always noted after such treatment, because the child is constantly shifting his glance from one colored skein of yarn to the other as he selects the one called for. The problem is to educate the eyesight. The more the eyes are used the better.

Palming is beneficial in the cure of squint. If the child is told that it is just a game of peek-a-boo, he immediately becomes interested and enjoys it. Reading a story to the child as he palms is usually beneficial, and improves the squint.

With children three years or older, the pot hook card I used. This is a test card with the letter "E" pointing in various directions. The child tells whether it is pointing up or down, left or right. If a mistake is made, palming is introduced in order to rest the eyes.

Children with squint are usually unruly, disobedient or destructive. When the squint is improved, a change in their conduct is also noted. They become quiet, obedient, and their mental efficiency is improved.

Year 1930

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May 1930

Questions and Answers

Question.—It is difficult for me to find time enough to gain perfect relaxation. What would you suggest?

Answer.—You have just as much time to relax as you have to strain. Practice relaxation all day long. Whenever you move your head or eyes, notice that stationary objects move in the direction opposite to the movement of your head or eyes. When walking about the room or on the street, the floor or pavement appears to come toward you, while objects on either side of you move in the direction opposite to the movement of your body. Remember to blink frequently just as the normal eye does. Constantly shift your eyes from one point to another seeing the point regarded more clearly than all other parts. When talking with anyone, do not stare. Look first at one eye and then the other, remembering to blink. Shift from the eyes to the nose, to one cheek and then to the other, then to the mouth, the chin, and back to the forehead.

Question.—Why is it that I have perfect vision only in flashes? Can these flashes become permanent?

Answer.—You have not yet lost your unconscious habit of straining. When relaxation methods are practiced faithfully at all times, the flashes of improved vision become more frequent and last longer until the vision becomes continuously good.

Question.—What causes twitching eyelids?

Answer.—Strain causes twitching eyelids and this is relieved by rest and relaxation. Palming, sun treatment, swinging, blinking are very beneficial.

Question.—Can you explain why I see yellow and blue spots after looking at the sun?

Answer.—You are straining. Do not look directly at the sun until your eyes are more accustomed to it. Practice the sun treatment—sit in the sun with the eyes closed. Allow the sun to shine directly upon your closed eyelids, as you slowly move your head a short distance from side to side. Do this for half an hour or longer as often as possible whenever the sun is shining.

Question.—Is working or reading under electric light harmful? Should a shade be worn?

Answer.—It is not harmful to read by electric light if the eyes are used properly. Do not wear a shade or any other protection for the eyes. Practice sun treatment.

Question.—When remembering a black period, I see a bright disk with a small black center. Is this seeing a period?

Answer.—No. you are straining. The period that you imagine is very imperfect, because to remember the period and at the same time a very bright disk, is an unconscious strain. You cannot strain and remember the bright disk, and simultaneously relax and remember a black period. When your bright disk is prominent, everything else is remembered under a strain. You cannot strain and relax at the same time.

Announcements

We take pleasure in announcing that the following have recently completed courses of instruction at Dr. Bates' office and are qualified to practice the Bates Method:

Dr. Paul J. Dodge,
911 New Industrial Trust Building, Providence, R. I.
Dr. med. E. Schliiter (prominent eye specialist),
Hamburg, Mundsburgerdamm 11, Germany

It has come to our attention that certain parties not connected with Dr. Bates in any way are desirous of publishing a periodical called "Better Eyesight." We wish to say that any such use of this title is not with the permission of Dr. Bates or the Central Fixation Publishing Company and that any magazine issued under this title, other than the present one, is not published in the interests of the Bates Method. The title "Better Eyesight" is protected against illegal usage.

After June, it will be necessary to raise the price of bound volumes of "Better Eyesight." They are now listing at \$3.00 per volume and begin with the year 1923. They contain much valuable information and we would suggest that subscribers secure any volume or volumes which they may desire before the price is raised.

We desire to inform our subscribers that the "Better Eyesight" magazine will be discontinued after the June, 1930, issue. This will enable Dr. Bates and Mrs. Bates to devote more time to the writing of new books on treatment alone for which there has been a very great demand during the past year. We request that all those who desire to be notified upon the publication of new books kindly send us their names and addresses, which will be kept on file.

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June 1930

Questions and Answers

Question.—(1) Should a house be brightly lighted by a direct electric light or a reflected white light? (2) In many homes colored shades are used on the lights. Does that impair the sight? C. I. I.

Answer.—(1) The more brightly the house is lighted the better for the sight. (2) Yes.

Question.—(1) Is it advisable to use specimens of diamond type other than the "Seven Truths of Normal sight?" Would it be well to get a New Testament in diamond type? (2) I have thus far found the flashing method the most helpful. However, after closing the eyes, I have difficulty in opening them. The lids seem to stick together, as it were. What is the cause of such stickiness and the remedy? (3) I was trying to read the "Seven Truths" lately by the flashing method, and for about twenty minutes obtained very little results. Then, of a sudden, upon closing my eyes, I saw the blackest object I have ever seen with closed eyes. I was startled, it seemed so real, and on opening my eyes I was surprised to find that I could read practically all of the "Seven Truths" clearly, at thirteen inches, without closing my eyes. I think the black object was probably the black rubber key of the electric socket in the fixture which I had unconsciously looked at from time to time during the exercise. I have not been able to do just this since. What is the probable reason for my failure? (4) I find I see any reading matter more clearly in a bright light—sunlight or electric light—than in a dim or less bright light. Why is this? (5) Today in trying to read the "Seven Truths" I found that I could do it at six or seven inches with few alternate closings of the eyes; but I found in accomplishing this I was partially closing my eyelids, so that I must have looked much like the Patagonians in Fig. I in Dr. Bates' book, said to be probably myopic when the picture was taken. I found that I could not keep my eyes thus partly closed without some strain, but I could not see the print clearly when they were wide open. Often the print would look quite blurred when I first looked at it, but it cleared perceptibly and became quite black as I continued to look. I also found myself reading today twenty pages of fairly small print at about eight or nine inches in much the same way. W. C. C.

Answer.—(1) Yes, if you wish to. The "Testament" would be a good thing to have. (2) Difficulty in closing or opening the eyes is a common symptom of strain, and may be relieved by any method that relieves strain. (3) Such intervals of relaxation are a very common phenomenon. They will come more frequently and last longer if you continue to practice. (4) In a bright light the contrast between black letters and their white background is more marked than in a dim light. Persons differ greatly, however, in the amount of light they require for maximum vision. Some people see better in a dim light, because they think that condition a favorable one. (5) It is a bad one.

Announcements

Space does not permit us to print the entire list of Dr. Bates' authorized representatives in the United States, Canada and Europe, which we should like to do for the benefit of our subscribers. The following, however, is a list of those who have taken courses of instruction in the Bates Method within the past few months. Those subscribers who wish to know if there is an authorized representative in their city may obtain this information by writing direct to Dr. Bates at 210 Madison Avenue, New York City.

Miss Clara M. Brewster
Studio 6, Aquila Court,
Omaha, Nebraska.

Miss Mary E. Wilson,
2538 Charming Way,
Berkeley, Calif.

Dr. Paul J. Dodge,
911 New Industrial Trust
Bldg., Providence, R. I.

Mrs. D. L. Corbett,
1712½ Fifth Ave.,
Los Angeles, Calif.

Miss Jane Button,
249 Harvey St.,
Germantown, Pa.

Mr. Fred Baechtold,
572 12th St.,
West New York, N. J.

Tel.—Palisade 6-7735

Mr. Harold E. Ensley,
112 West 104th St.,
New York City.

Dr. Med. E. Schluter,
Hamburg, Mundsburger-
damm 11, Germany.

Mrs. R. Norman Jolliffe,
171 West 71st St.,
New York City.

It has come to our attention that certain parties not connected with Dr. Bates in any way are desirous of publishing a periodical called "Better Eyesight". We wish to say that any such use of this title is not with the permission of Dr. Bates or the Central Fixation Publishing Company and that any magazine issued under this title, other than the present one, is not published in the interest of the Bates Method. The title, "Better Eyesight", is protected against illegal usage.

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Bound volumes of "Better Eyesight" containing the issues from July, 1929 to June, 1930, inclusive, will be ready about July 15th. Those subscribers wishing to have their own magazines bound may send them to us before July 10th and they will be bound at the same time our issues are being bound. The price for binding will be \$1.00.

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