

June 1930

Better Eyeglass

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

June, 1930

Stop Straining

It can be demonstrated by tests with the microscope that all persons with imperfect sight, vision, or eye, can

To demonstrate this fact I ask kindly an eye-part of a large or small mirror or the distance or margin. In a second, usually, fatigue and discomfort will be produced, and the letter will blur or disappear. If the effort is continued long enough, pain may be produced.

To break the habit of straining

(1) Hold consistently from one part to another of all objects irregular, and imagine that these objects were in a direct contrary to the movement of the eye. Do this with letters on the test card, with letters of fine print, if they can be seen, and with other objects.

(2) Close the eyes frequently for a moment or longer. When the result is noticeable, keep the eyes closed for several minutes and open them for the object of a second straining. When the result is sufficient to keep the vision down to 20/20 or so, pause for a change or shorter time; then look at the card for a moment. Later more closing of the eyes may afford sufficient rest.

(3) Imagine that the white spaces and margins of letters are within the rest of the background. Do this with eyes closed and open alternately. It is an interesting fact that this practice prevents straining and improves the vision rapidly.

Imagination Extended to Sight

By W. H. Bates, M.D.

IT is well known fact that vision is a process of mental interpretation. The person which the mind sees is not the impression on the retina, but a mental interpretation of it. To the mind objects were appear to be in an upright position, but the person who the vision is upside down. When the right is turned the margin and openings of black letters on a white card appear wider than the rest of the card, but this, of course, is not the fact, the whole background being of the same whiteness. One may seem to see a whole letter all at once at one time, but, as a matter of fact, the eye is shifting rapidly from one part to another. The letter appears to appear more although it is stationary.

When the vision is imperfect the imagination is also imperfect. The mind, in short, adds imperfections to the imperfect retinal image. A great part of the phenomena of imperfect sight, eye, then, therefore, imagination and not in any way to be corrected by the management of the visual apparatus. The color, size, form, position and number of objects regarded are distorted, and non-visual objects may be seen. Some persons with imperfect sight literally see phantoms. A key, or a green person, either, in a dark cellar, is often under such a strain that he thinks he has been shown figures, and one of my patients, in his day light, used to see little dark dancing on the top of high buildings.

It is a great deal of patients to learn that these objects are not real, and that there is no danger in the imagination under control. And it is impossible to imagine perfectly without perfect relaxation, any impression to the imagination of the retinal image means an impression to the conditions which have led to a distortion of these images. In relaxation, at all regular studies of this magazine have in the case for most eye troubles. There is no more effective method of improving the sight, therefore, than by the aid of the imagination, and wonderful results have been obtained by this means. An eye imagination always seems to take the place of sight, in the case of a patient who gained a high degree of central fixation in spite of the fact that the muscles (mostly of right) had been distorted, or in those cases in which patients become able to imagine correctly letters which are seen only as gray spots without knowing what they are.

How patients manage to see how they are looking without a muscle is hard to explain, but the imagination of letters which are not consciously seen is probably made possible by a certain degree of unconscious vision. When one looks at a letter on the baseline test card which can be seen distinctly and vision to imagine the top straight or open when it is curved, or curved when it is straight or open, it will be found impossible to do so, and the vision will be lowered by the effort, to a greater or less degree. In one case the more suggestion to a patient that he should imagine the top of the big 'C' angle around the whole card he became blind. When one looks at a letter seen distinctly without knowing what it is and vision to imagine to be other than it is, one is usually able to do so, but not without strain, evidenced by the fact that the letter becomes more blurred, or by the impossibility of imagining that it has a line, any string of not more than a quarter of an inch. This fact makes it possible to find out what the letter is without seeing it.

The patient learns by imagining each of the four sides of the letter when he is to be straight, curved, or open, and observing the effect of each upon upon the string. If the right side is straight, for instance, and the imagined 'C' is too straight, the string will be exchanged, but if the imagined 'C' is too curved, the string will be lengthened or too, or will become less even and any. If he is unable to tell the difference between two guesses it is too long, and he is told to pause and remember a letter of distorted type, with its short string, until he is able to discern it. Having imagined each of the four sides of the letter correctly, he becomes able to imagine the whole letter, first with the eyes closed and opened, and then with the eyes open.

When one knows what the four sides of a letter are, its colorization, in some cases, is a simple process of sense. A letter which is straight on top and on the left side, and open on the two other sides, cannot be anything but an 'F'. If, on the contrary, it is straight on the bottom and on the left side, and open on the other two, it must be an 'L'. Such letters can be imagined with a letter degree of relaxation than the less simple ones, like a 'V', 'U', or a 'K'. If the letter is not imagined correctly, the string will be altered, and in that case the process should be repeated from the beginning.

Having imagined the letter correctly, the patient is asked to imagine it like with the eyes closed and opened and then with the eyes open and looking at the card until he is able to imagine it or until what he is looking at the card or other printing. In the way it finally becomes possible for him to imagine it so easily when looking at the card that he actually sees it.

With most patients the method of improving the sight produces results more quickly than any other. Others, for some unknown reason, do so more slowly. Temporary improvement is often obtained in an exceedingly short space of time, but only continued practice the temporary improvement becomes permanent.

The patient who does not learn to see in this which looked at the baseline test card at one day and did not see any of the letters even as gray spots. By the method described above the patient is able to see the whole card. A little girl of six years could not see anything at all but below the large letter at the top of the card. She was told how to make out the letters by the aid of her imagination, and then left alone for half an hour. At the end of this time she had read the whole of an ordinary card. A child of about the same age whose left muscles had been distorted by straining of the shoulder (which is one of the eyes) was able with the effort to see only the 20/20 letters, in the next week and the only when he looked at the card. The way was found to see the letters, and after a few months, during which time the same way was applied, she obtained normal vision in both eyes. She is still under treatment.

A school girl of sixteen with such a high degree of straining, although she could not only the large letters at one day but became able to read in five days, by the aid of her imagination, to read 20/20 temporarily, and at her last visit she read 20/15 temporarily. A college student twenty-three years old, with compound hypermetropic amblyopia (both degrees in each eye), could read only 20/300 with his right eye and 10/200 with his left, and had been compelled to stop his studies because of the pain and fatigue resulting from the use of his eyes at the near point. In four trials his vision was improved by the aid of his imagination to 20/30 and he became able to read almost to six inches without glasses and without distortion.

There and many other cases of the same kind have demonstrated that imagination is so necessary to normal sight.

A PATIENT'S REPORT

Diagnose to give for themselves when I was fifteen, and from that time I never then constantly went to Dr. Bates. For the last two or three years I have never took them off, except for short work, and I get into bad of sight, and then I get out of bad in the morning I see no signs.

In spite of these precautions my sight became steadily worse, and for the last three years I have spent most of my time going from one specialist to another both in this country and in Europe. Three of the most famous specialists in Great Britain told me that I had retinitis pigmentosa, a condition in which pigment is deposited in the retina, and which, I was told, always ended in complete blindness if the patient lived long enough. Nothing could be done to prevent this, they said, but they advised me to wear dark glasses when I went out of doors on bright days, because by exposing my eyes to too much light I was spending my capital. For the last three years I did this, and for the last year, on very sunny days, I often wore dark glasses in the house also, because my eyes had become so sensitive to the light that I could sometimes find relief only by going into a darkened room. Even with dark glasses and dense bluish, there was a kind of acute distress before my eyes which was so maddening that I almost longed for the blindness with which I had been threatened, so that I might be free from such distress. When I looked out of a window once a sunny corner and then back into the room again, everything before me appeared black for a moment. For the last two years and half I have been able to go out alone in the city. In the case of most hypermetropes, with my sight rapidly getting worse, I heard of Dr. Bates through a patient where he was treating, and, in spite of what I had to be the feasibility of my bluish, although they were considerable enough to expose it, I tried to see in consulting him. The measurements of his methods, while it saved the suspicion of others, was a recommendation to me. I knew what the old methods accomplished, or rather what they did not accomplish, and I wanted something different. I wanted to see that Dr. Bates was the way now had been looking for.

My bluish have now been corrected, but, in spite of the fact that I am able to report substantial improvement in my vision, I still must work much more than in other quarters. A doctor to whom my progress was reported by a friend wrote to me that if my results were imaginary Dr. Bates might help me through hyperopia or mixed eyes, but that if there was anything really the matter with my eyes he could be doing by his methods. One who had met some of Dr. Bates' cured patients and, was inclined to believe in him, said, when I told that I was being treated by retinitis pigmentosa: "Good practice, he surely doesn't pretend to cure retinitis pigmentosa! There is no organic disease!"

Could he be so easily persuaded to say so, he had made substantial progress in my case. The doctor said: "I think he's helping you, but don't believe you are ever going to see without limitation."

The improvement in my vision which I have been made treatment has been indisputable. After two weeks the bluish suffering caused by light to me, and I have never intended I can go out in the brightest sunlight without glasses of any kind, and, although my eyes feel weak and I suffer a little, there is no real distress. I can look out of a window once a sunny corner, and when I turn back again into the room there is no distress. When I first took off my glasses I had to hold over some of my glass when I was sitting, in order to see what was in it. Now I sit in an almost normal position, with a slight bend that I don't think anyone would notice. I take up a newspaper while sitting in a normal position. For three years I have been very different for me to read or see, with or without glasses. Now I do both without glasses, and normal of the distress which these activities formerly caused me. I experience a delightful feeling of freedom. And not only can I read ordinary print, but I can read distorted type and photographic reductions. About a year ago I began to lose my color perception, and up to two weeks ago I was unable to distinguish the red from the green in the flower of the rose. Now I can see that the flower of the rose is red, and the green of the leaves is green. In the present evening I have just become able to observe that a candle flame is in a position. I can tell easily now very much of the distress. But I am beginning to make out the features of the people around me and to read signs in the street and street cars, and when I think out of the windows on the balcony I see the people on the platform. My field of vision has been enlarged. The other day I printed a piece of paper three inches from the card, and was able to see it while looking at the card. After such improvement, in the brief period of five weeks, I do not feel inclined to consider the prediction of my medical friend that I am going to require my sight only with limitation. I hope I am going to get normal vision.

Along with the improvement in my sight there has come a remarkable improvement in my physical condition, the natural result of freedom from suffering. I used to be a very nervous sleeper, and when I woke in the morning I was greatly frightened. Now the bed is so smooth in the morning as if I had never stirred at all, and I am much more collected than I used to be, although not so much so as I hope to be later. Formerly I had to leave myself to write a letter. Now it is a pleasure to do so, and I am clearing off all of my correspondence. I could not attend to my accounts. Now I have been able to do anything on it. It could receive nothing more than the treatment that the physical comfort has increased ability in things, it would be worth while.

Suggestions

By Emily A. Bates

1. If the vision of the patient is improved under the care of the doctor, and the patient neglects to practice, when he leaves the office, when he is told to do so, the treatment has been of no benefit whatever. The improved vision was only temporary. Habitual practice permanently improves the sight to normal.

2. If the patient conscientiously practices the methods, as advised by the doctor, his vision always improves. This applies to patients with errors of refraction, to all visual defects.

3. In case of eyes in which the eye is not to be improved, the eye is not to be improved, and the eye is not to be improved.

4. When a patient suffers with common straining, usually the best method of treatment, and should be practiced many times every day.

5. All patients with imperfect sight unconsciously strain, and should be reminded by others who are near to them to blink often. To strain is to strain. Strain is the cause of imperfect sight.

The following rules will be found helpful in finding the cause—

6. When sitting, do not look up without raising your chin. Always turn your head in the direction in which you look. Blink often.

7. Do not make an effort to see things clearly. If you let your eyes alone, things will clear up by themselves.

8. Do not look at anything longer than a fraction of a second without shifting.

9. When reading, do not blink often, or close your eyes, but let your mind and imagination relax.

10. When you are conscious of your eyes while looking at objects at any time, it causes discomfort and hinders your vision.

11. It is very important that you know how to imagine ordinary objects to be moving, without moving your head or your body.

12. Nothing is a help, and I suggest that you pause for a few minutes many times during the day to rest your eyes. At night just before retiring, it is well to pause for half an hour or longer.

Questions and Answers

Question—(1) Should a house be brightly lighted by a direct electric light or a colored white light? (2) Is more harm caused than is done by the light, than that light is right? C. L. L.

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

Question—(3) It is a well-known fact that vision is a process of mental interpretation. The person which the mind sees is not the impression on the retina, but a mental interpretation of it. To the mind objects were appear to be in an upright position, but the person who the vision is upside down. When the right is turned the margin and openings of black letters on a white card appear wider than the rest of the card, but this, of course, is not the fact, the whole background being of the same whiteness. One may seem to see a whole letter all at once at one time, but, as a matter of fact, the eye is shifting rapidly from one part to another. The letter appears to appear more although it is stationary. When the vision is imperfect the imagination is also imperfect. The mind, in short, adds imperfections to the imperfect retinal image. A great part of the phenomena of imperfect sight, eye, then, therefore, imagination and not in any way to be corrected by the management of the visual apparatus. The color, size, form, position and number of objects regarded are distorted, and non-visual objects may be seen. Some persons with imperfect sight literally see phantoms. A key, or a green person, either, in a dark cellar, is often under such a strain that he thinks he has been shown figures, and one of my patients, in his day light, used to see little dark dancing on the top of high buildings. It is a great deal of patients to learn that these objects are not real, and that there is no danger in the imagination under control. And it is impossible to imagine perfectly without perfect relaxation, any impression to the imagination of the retinal image means an impression to the conditions which have led to a distortion of these images. In relaxation, at all regular studies of this magazine have in the case for most eye troubles. There is no more effective method of improving the sight, therefore, than by the aid of the imagination, and wonderful results have been obtained by this means. An eye imagination always seems to take the place of sight, in the case of a patient who gained a high degree of central fixation in spite of the fact that the muscles (mostly of right) had been distorted, or in those cases in which patients become able to imagine correctly letters which are seen only as gray spots without knowing what they are. How patients manage to see how they are looking without a muscle is hard to explain, but the imagination of letters which are not consciously seen is probably made possible by a certain degree of unconscious vision. When one looks at a letter on the baseline test card which can be seen distinctly and vision to imagine the top straight or open when it is curved, or curved when it is straight or open, it will be found impossible to do so, and the vision will be lowered by the effort, to a greater or less degree. In one case the more suggestion to a patient that he should imagine the top of the big 'C' angle around the whole card he became blind. When one looks at a letter seen distinctly without knowing what it is and vision to imagine to be other than it is, one is usually able to do so, but not without strain, evidenced by the fact that the letter becomes more blurred, or by the impossibility of imagining that it has a line, any string of not more than a quarter of an inch. This fact makes it possible to find out what the letter is without seeing it. The patient learns by imagining each of the four sides of the letter when he is to be straight, curved, or open, and observing the effect of each upon upon the string. If the right side is straight, for instance, and the imagined 'C' is too straight, the string will be exchanged, but if the imagined 'C' is too curved, the string will be lengthened or too, or will become less even and any. If he is unable to tell the difference between two guesses it is too long, and he is told to pause and remember a letter of distorted type, with its short string, until he is able to discern it. Having imagined each of the four sides of the letter correctly, he becomes able to imagine the whole letter, first with the eyes closed and opened, and then with the eyes open. When one knows what the four sides of a letter are, its colorization, in some cases, is a simple process of sense. A letter which is straight on top and on the left side, and open on the two other sides, cannot be anything but an 'F'. If, on the contrary, it is straight on the bottom and on the left side, and open on the other two, it must be an 'L'. Such letters can be imagined with a letter degree of relaxation than the less simple ones, like a 'V', 'U', or a 'K'. If the letter is not imagined correctly, the string will be altered, and in that case the process should be repeated from the beginning. Having imagined the letter correctly, the patient is asked to imagine it like with the eyes closed and opened and then with the eyes open and looking at the card until he is able to imagine it or until what he is looking at the card or other printing. In the way it finally becomes possible for him to imagine it so easily when looking at the card that he actually sees it. With most patients the method of improving the sight produces results more quickly than any other. Others, for some unknown reason, do so more slowly. Temporary improvement is often obtained in an exceedingly short space of time, but only continued practice the temporary improvement becomes permanent. The patient who does not learn to see in this which looked at the baseline test card at one day and did not see any of the letters even as gray spots. By the method described above the patient is able to see the whole card. A little girl of six years could not see anything at all but below the large letter at the top of the card. She was told how to make out the letters by the aid of her imagination, and then left alone for half an hour. At the end of this time she had read the whole of an ordinary card. A child of about the same age whose left muscles had been distorted by straining of the shoulder (which is one of the eyes) was able with the effort to see only the 20/20 letters, in the next week and the only when he looked at the card. The way was found to see the letters, and after a few months, during which time the same way was applied, she obtained normal vision in both eyes. She is still under treatment. A school girl of sixteen with such a high degree of straining, although she could not only the large letters at one day but became able to read in five days, by the aid of her imagination, to read 20/20 temporarily, and at her last visit she read 20/15 temporarily. A college student twenty-three years old, with compound hypermetropic amblyopia (both degrees in each eye), could read only 20/300 with his right eye and 10/200 with his left, and had been compelled to stop his studies because of the pain and fatigue resulting from the use of his eyes at the near point. In four trials his vision was improved by the aid of his imagination to 20/30 and he became able to read almost to six inches without glasses and without distortion. There and many other cases of the same kind have demonstrated that imagination is so necessary to normal sight.

Answer—(4) Yes, if you wish to be. The "best" method is a good thing to have. (5) Differently in closing or opening the eyes is a common process of strain, and may be relieved by any method that relieves strain. (6) Such intervals of relaxation are a very common phenomenon. They will come more frequently and last longer if you continue to practice. (7) 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 their condition is chronic, one (C. L. L.) is a case.

Advertisements

Spots where you can see to print the entire list of Dr. Bates' authorized representatives in the United States, Canada and Europe, which we should like to be 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. These subscribers who wish to know of them is an authorized representative in their city may obtain this information by writing directly to Dr. Bates at 210 Madison Avenue, New York City.

Miss Clara M. Browner

Adelle C. Cline

Osaka, Nebraska

Miss Mary E. Wilson

2718 Chestnut Way

Bethesda, Md.

Dr. Paul J. Dwyer

912 New Industrial Trust

Wing, Providence, R. I.

Miss D. L. Crocker

1712 N. 10th Ave.

Los Angeles, Calif.

Miss Lou Bates

249 Albany St.

Greenwich, Pa.

Mr. Fred Burchfield

171 12th St.

New York City, N. Y.

Ed. H. H. H. H.

Mr. Harold E. Bandy

112 West 10th St.

New York City

Dr. M. E. S. S. S.

Hawthorne, Massachusetts

James H. Germany

Mr. M. Norman Mills

171 West 10th 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 Eyeglasses". We wish to say that any such use of this title is not with the permission of Dr. Bates or the Central Division Publishing Company and that any suggestion issued under this title, other than the present one, is not published in the interest of the Bates Method. The title, "Better Eyeglasses", is protected against illegal usage.

As we have already advised our subscribers, "Better Eyeglasses" is being discontinued with this issue. This will enable Dr. Bates and Miss Bates to devote more time to the writing of new books to maintain alive for which there has been a very great demand. We request that if 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.

Bound volumes of "Better Eyeglasses" 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 15th and they will be bound at the same time our issues are being bound. The price for binding will be \$1.00.

Previous Issues

Subscription: In Current Page