

## Five Suggestions

### 1. Imagine things are moving all the time.

When riding in a car, when looking out the window the telephone poles and other objects, although they are stationary, appear to be moving.

To stop the movement is impossible, and the effort to do so may be very uncomfortable.

The greater the effort, the greater the discomfort; this is the cause of heart sickness, headaches and nausea.

Any movement of the head and eyes produces an apparent movement of stationary objects. Notice this.

**2. Blink often.** By blinking is meant, closing and opening both eyes rapidly. When done properly, things are seen continuously and they always move with a quick jump in various directions. Regarding stationary objects without blinking is an effort, a strain which always lowers the vision.

**3. Read the letter practice card** at 15 feet as well as you can, every night and morning.

School children and others are often cured of imperfect sight by reading a familiar card, first with both eyes and then with each eye separately. It is the only method practiced which prevents myopia in school children.

**4. Read fine print** at six inches when possible every night and morning. If not possible, do the best you can. Just regarding the white spaces between the lines of fine print without reading the letters is a benefit.

**5. Palm** for five minutes, ten times daily when convenient.

## Fundamentals

by

William H. Bates, M.D.

### 1. Glasses discarded permanently.

2. Central Fixation is seeing best where you are looking.

3. Favorable conditions: Light may be bright or dim. The distance of the print from the eyes, where seen best, also varies with people.

4. Shifting: With normal sight the eyes are moving all the time.

5. Swinging: When the eyes move slowly or rapidly from side to side, stationary objects appear to move in the opposite direction.

6. Long Swing: Stand with the feet about one foot apart. Turn the body to the right, at the same time lifting the heel of the left foot. Do not move the head or eyes or pay any attention to the apparent movement of stationary objects. Now place the left heel on the floor, turn the body to the left, raising the heel of the right foot. Alternate.

7. Drifting Swing: When practicing this swing, one pays no attention to the clearness of stationary objects, which appear to be moving. The eyes wander from point to point slowly, easily, or lazily, so that the stare or strain may be avoided.

8. 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.

9. Stationary Objects Moving: By moving the head and eyes a short distance from side to side, being sure to blink, one can imagine stationary objects to be moving.

10. Memory: Improving the memory of letters or other objects improves the vision for everything.

11. Imagination: We see only what we think we see, or what we imagine. We can only imagine what we remember.

12. Rest: All cases of imperfect sight are improved by closing the eyes and resting them.

13. Palming: The closed eyes may be covered with the palm of one or both hands.

14. Blinking: The normal eye blinks, or closes and opens very frequently.

## How to Relax the Eyes

by Marion Wing Thomson

1. Always look at the background of a thing, rather than at the object itself.

2. This is particularly true in reading fine print. Casual blinking also aids in relaxing the eyes.

3. Always point your nose at anything you want to see, because turning the head in this way prevents distorting the angle of vision.

4. As you read, breathe easily and remember to keep the eyelids moving and relaxed. Be sure to look at the background of just one word at a time, rather than a full line or sentence.

5. A gentle blink, or closing of the eyes, brings a moment of rest and aids in maintaining the visual purple which is used in the process of seeing.

6. Unless blinking, keep the eyes open, rather than peering through partly closed lids. Partly closed lids reduce the field of vision and restrict the light so essential to good vision.

7. Did you ever pause to close your eyes gently, and relax or "let go" at the base of your tongue? Try it sometime. The resulting feeling of relaxation will be delightful.

8. Practice this drill until it becomes a habit, and you will find that reading any print will become easy and will be an exciting experience.

9. Peace of mind and a happy outlook bring mental relaxation. This, in turn, brings visual relaxation, and so vision will improve.

10. Glasses are like a plastic cast which prevents normal muscular activity to the eye.

11. When one looks into the distance, the eyeball should automatically flatten very slightly. When one looks at anything close up, the eyeball should elongate very slightly.

When glasses are worn, the muscles are prevented from carrying on this normal action and so become weaker. Then the glasses have to be made stronger and a vicious circle is set in motion. Eye training can and will rebuild normal vision by relieving strain and re-educating the muscles of the eye.