

My mother had a headache. I told her to put her hands before her eyes, and not let any light get in. She did this and she felt better. My elder sister was wearing glasses, I told her to palm for twenty-five minutes. She did this for one week. She went to the doctor and he was surprised because her eyes were cured and he said, "You don't have to wear glasses any more."

Palming has improved my imagination and eyesight. It also helps me clear my mind, which I call "Making my mind a file and not a pile." What I mean is that it helps me not to forget. Before I knew anything about palming my eyesight was very poor and I had to strain if I wanted to read. From this straining I had many headaches, but now I even can read fine print and I don't know how a headache feels like.

[Editor's Note.—Mrs. Lierman, Dr. Bates' assistant, was so impressed with Miss Hansen's letter and so touched to think that there were teachers who did take an interest in the school children's welfare, that she immediately sat down and wrote the following letter to Miss Hansen:]

Feb. 12, 1924.

My dear Miss Hansen:—

When I came to my office this morning Dr. Bates told me about your wonderful letter and asked me if I would like to read it. I want you to know that I feel just as he does about that letter. It is the most wonderful letter I have ever read in my life. Perhaps you do not realize it but there are a million words in between the lines of your letter that I understand very well. They are in your heart and you are able to give what a child needs so much, your wonderful love and understanding.

Your letter reminded me of a little girl of long ago. She was a sickly little girl and while her grandmother, who loved and cared for her, was in the home, she was happy but after the grandmother had left her home, she was a very lonely little girl. She had three brothers, one older than herself. She also had a stepfather who did not understand children at all. Her mother, while she was very tender and self-sacrificing, had to neglect

her children a great deal in order to be the bread-winner of the household. This little girl knew nothing but an Industrial School where there were five teachers altogether and a Principal. Every one of these teachers loved her as well as did the Principal. When this little girl graduated from this tiny school she became panic-stricken as she walked into the big Public School to the first grade of the Grammar. She was sickly but did not complain much because one little stranger after another kept coming into her home and that meant more burdens to bear.

With a great deal of difficulty this little girl went on from the first to the second grade of the Grammar and as she was forced to care for the babies after school hours and also in the morning before she left home for school, she did not have the time to do her home studies as other children did. There was no use complaining because she was afraid her stepfather would scold and she feared him very much. She failed in the second grade and had to stay there another term and in both terms she had the same teacher. This teacher was just your opposite, very short in her words, very strict and very unforgiving. She wore glasses and she would stare out of her eyes in such a way that most of the children in her class, strained as the little girl did.

Her last recollection of school days was a lesson in History. Two girls used one history book to read from. The little girl who held her book with her pinched her forearm as she sat very close and instead of the little girl crying out loud with pain, she giggled. The teacher asked who laughed. She immediately raised her hand. The teacher ordered her to the front of the class and told them how stupid the little girl was and as an example to the rest she sent the little girl out to the Principal. The little girl had to wait outside on a bench where she was entirely forgotten, until the Janitor found her and let her out after five p. m. She told the truth at home and another punishment awaited her by her stepfather. The little girl never went to school again.

She was next oldest to a family of ten children and whenever a new baby came she was appointed mother to the next youngest child. As the little girl grew up she knew very little else but to mother the little ones who loved her so much. There is much to tell, but this little girl never knew that she could do anything worth while outside of giving her love to little ones, until she had grown to womanhood and married and then someone told her that she could really do something worth while. As a patient, she came to Dr. Bates and after he cured her imperfect sight and other troubles, he inspired her to help him in this wonderful work. He has been her teacher, not only in Better Eyesight but also to study other things as well. The little girl I started to tell you about, is myself.

How I wish I could be near you every day and watch you as you give your love and your life to the children in your charge.

You cannot understand now just what you are doing for those children but later on in life they will think back to you and remember all the wonderful things you did for them and how you cured their imperfect sight. Is there anything more wonderful in this world than to make people see? You are not only curing the children's eyes but you are instilling in their minds more wonderful things than better sight. I cannot say too many times to you, God bless you.

When you come to New York please come right straight to me because I love you.

Sincerely yours,

EMILY C. LIERMAN.

## *Minutes of the January Meeting*

By MAY SECOR, RECORDING SECRETARY

**T**HE January meeting of the Better Eyesight League was held at 383 Madison Avenue, on January eighth; a discussion of the various phases of the Bates Method was followed by the annual business meeting of the league.

Among the clinical cases reported were two of special interest. A high school boy who was suffering from myopia was relieved, after one treatment, to such an extent that he was able to dispense with three pairs of glasses which he had been using. An acute case of divergent squint, in a high school girl, was noticeably relieved in consequence of two treatments. Dr. Achorn spoke of the important rôles which relaxation, memory, and swinging play in restoring normal vision.

Dr. Bates suggested:

*A. Methods for the elimination of myopia in school children, without the use of glasses.*

1. In each class room have a Snellen card hanging where it will be plainly visible to the pupils.
2. Have each pupil read the Snellen card several times daily.
3. Have the pupils palm and swing daily.
4. Since perfect sight is contagious, and imperfect sight is contagious, consider it your duty as a teacher, to acquire normal eyesight without the use of glasses.

Note:—Nurses, osteopathic physicians, and medical physicians will find that the acquisition of normal eyesight without the use of glasses will render their work more effective.

*B. Points to be considered by all readers.*

1. Imperfect sight is the result of hard work; effort produces strain; perfect sight is attained with ease; lack of effort produces relaxation.