

BATES METHOD HISTORY - TEACHERS, BOOKS, WEBSITES
The Best Natural Eyesight Improvement Training
From the 1800's to Present Day

184+
 Natural
 Eyesight
 Videos >
 Grant
 See Clear, Blindness Restored -
 Eyesight Improvement Pictures...

Basic Training Advanced Training Central-Fixation E-Books-Free Paperback Books Better Eyesight Magazine - Train Directly From Dr. Bates Dr. Bates History, Teachers Pilots
 See Clear Naturally Eyeglasses - 'Reverse Addiction To' Contact - Phone, Video Chat

NATURAL EYESIGHT IMPROVEMENT

Bates Method

Free 'Do It Yourself

Training for Perfect,

Clearer Than 20/20

Eyesight. Correct

Myopia, Presbyopia,

Astigmatism and

Other Eye-Vision

Conditions Without

Eyeglasses, Surgery

PERFECT SIGHT**WITHOUT GLASSES**

Dr. Bates Original

1920 Book in the

Antique Print - Free

SEE BETTER NOW!

Perfect Clearer Than

20/20 Vision at all

Distances, Close and

Far! Quick Easy

Training

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Ophthalmologist

Bates, Life History,

Natural Eyesight

Improvement

Experience. **AVOID**

the Harmful Plus

Lens' Eyeglasses

Method! Dangers of

Laser Cornea

Surgery, Most

Cataract Surgeries,

Contact Lenses.

Avoid un-natural

teachers illegally

using our books,

website title, videos

CONTACT, Phone,**Address - Question**Ophthalmologist
William H. Bates

TEACHERS, BOOKS IN HISTORICAL ORDER, YEARS - 1800's, 1901 to PRESENT

+THE CURE OF IMPERFECT SIGHT BY TREATMENT WITHOUT GLASSES (Perfect Sight Without Glasses), 1920-1940. 9 print editions. By Ophthalmologist William Horatio Bates, M.D., Eye, Ear, Nose and Throat. Authors name on book; W. H. Bates. Advertised in Better Eyesight Magazine Sept., 1919 Possibly advertised in other magazines, newspapers.

Dr. Bates wrote **Medical Articles**, invented operations, discovered adrenalin, began his experiments and started to cure patient's eyesight naturally in 1886. He published **STRENGTHENING THE EYES - A New Course in Scientific Eye Training in 28 Lessons**, a kit-book with Bernard MacFadden, a Natural Health teacher, body builder in 1918. Dr. Bates worked in hospitals, colleges treating patients without eyeglasses, surgery, drugs. He cured other doctor's eyesight, taught them Ophthalmology and Natural Eyesight Improvement.

This resulted in the head surgeon (Dr. Roosa, New York Post Graduate Hospital, Medical School) daring Dr. Bates to prove his statements about natural eye function are fact, then expelling Dr. Bates after Dr. Bates proved his discoveries are a fact and the natural practice is effective. (**Read Reason and Authority - Man Not a Reasoning Being** in the final chapter of Perfect Sight Without Glasses.)

Dr. Bates and the Bates Method survived. He was welcomed in many hospitals, colleges as he continued to prove his method works. He opened his own office, clinic in New York City. Thousands of people were cured of unclear eyesight, cataract, glaucoma and other conditions. Often Dr. Bates and Emily, his assistant provided free-no charge for treatment clinic days. See his **Better Eyesight Magazine** for hundreds of documented natural eyesight cures.

Perfect Sight Without Glasses is Dr. Bates original, first book, it contains the complete, unedited antique edition. Treatments for blindness and other conditions. Some prints from 1920 to 1940 have a picture removed, new added, bit of text changed in the fine print section... and the printers, address are different. The 1940 final print of the book contains: a certificate, letter from T. K. Peters, Oglethorpe University, Ga., Oct., 18th, 1938 stating the book is preserved in the *Crypt of Civilization for future generations*. A small C eyechart with *Suggestions To Patients* and step by step directions *How To Demonstrate the Fundamental Principles of Treatment* are added by Emily A. Bates and an *Appreciation by Dr. Bates' Church Reverend, Dr. Rev. Daniel Poling*. Editions after 1940 have different titles, are not the complete version of Dr. Bates original book. Many of his natural treatments (**The Sunglass, other Sunlight Treatments** that can cure blindness, cataract...), his experiments and all pictures are removed.

5 original editions combined in one book are free in PDF E-book on our website and preserved in paperback. All 9 editions will be combined. I found 8 editions as of Sept, 2014. Single editions will also be created in paperback.

+BETTER EYESIGHT (Better Eyesight Magazine) - A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES By Ophthalmologist William H. Bates. 1919 11 Years, July, 1919 to June, 1930. 132 Issues, 2400+

<https://cleareyesight-batesmethod.info/id4.html>



Emily C. Lierman, Bates

The next pages are a copy of the *Best Bates Method History, Teachers, Books Website Page*;

<https://www.cleareyesight-batesmethod.info/id4.html>

For more Teachers, Books, Information; See the Dedication, Favorite Teachers, Certificates pages.

BATES METHOD HISTORY - TEACHERS, BOOKS, WEBSITES

IN HISTORICAL ORDER, YEARS 1800's, 1901 to PRESENT

The Best Natural Eyesight Improvement Training



Ophthalmologist
William H. Bates

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Emily C. Lierman, Bates

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Eye doctors, surgeons and the optical industry became angry, feared they would lose a lot of money as people were being cured naturally and did not need to purchase eyeglasses, surgery and drugs. The eye doctors, opticians tried to stop Dr. Bates from curing his patient's eyes, vision naturally, teaching Natural Eyesight Improvement to the public and certifying teachers. To date, year 2024+; Eye doctors, businesses that prefer to sell eyeglasses, contact lenses, eyedrops, drugs, cornea lasik..., cataract, retina... eye surgery continue to hide Natural Eyesight Improvement, the Bates Method; to prevent the public from learning how to obtain clear eyesight and cure, prevent eye problems, disease naturally, *on their own*. Dr. Bates' life history; <https://cleareyesight-batesmethod.info/id4.html>

Better Eyesight Magazine and all Dr. Bates, Clark Night's books listed on this page are free in 20 PDF E-books at; <https://cleareyesight-batesmethod.info/id148.html> 'Print your own book'. Read, listen to Dr. Bates' Better Eyesight Magazine website; <https://www.cleareyesight.info/naturalvisionimprovementoriginalandmodernbatesmethod>

Magazines in Paperback or E-book in Original Antique Print and Modern Print in Color with 500 Pictures. See the website [homepage](#) navigation on the left for low cost paperback books, other doctors, teacher's books; <https://www.cleareyesight-batesmethod.info/id120.html> Copy/paste a book title from this page into the Amazon... bookstores search bar. Teachers trained and certified directly by Dr. Bates are listed in his Better Eyesight Magazine, in this book's introduction, here and on the website.

+STORIES FROM THE CLINIC By Emily C. Lierman 1926

Doctor, patient experiences, natural treatments in Dr. Bates' New York City Clinic, offices. Emily C. Lierman's eyesight was cured by Ophthalmologist William H. Bates. She then worked as Dr. Bates' Assistant in his Clinic... in New York City, U.S.A. for many years. They married in 1928. Her name changed to Emily A. Bates.

Emily Lierman, Bates is known for her kind, gentle, understanding way of treating, teaching adults and children how to obtain clear eyesight and healthy eyes naturally, and for her devotion to Dr. Bates' work. She continued teaching The Bates Method of Natural Eyesight Improvement after Dr. Bates passed away in 1931 and preserved his books, Better Eyesight Magazine, Medical Articles. The book contains true stories of their patients, describes the natural treatments that Dr. Bates and Emily applied without use of eyeglasses, surgery, drugs to cure; Unclear Close and Distant Vision (Farsight, Myopia, Presbyopia), Astigmatism, Crossed, Wandering Eyes (Squint-Strabismus), Cataracts, Glaucoma, Cornea Ulcers, Scars, Blindness and other eye problems. A variety of patients, their eye, vision conditions were treated. Dr. Bates, Emily's patients became teachers, applied Natural Eyesight Improvement to cure many people in the United States and other countries. Children cured by Dr. Bates and Emily then cured their friends, parents, school teachers with the Bates Method. Emily's *Stories From The Clinic* were originally published in *Better Eyesight Magazine* by Ophthalmologist William H. Bates, Central Fixation Publishing Co., New York City, U.S.A.

The stories in her book contain a few different, additional sentences, descriptions. Free on this website.

+THE BATES METHOD FOR BETTER EYESIGHT WITHOUT GLASSES By Dr. William H. Bates M. D. And Emily C. Lierman, A. Bates 1943 Emily A. Bates published the 1940 and 1943 editions of Dr. Bates' book.

European version; **GOOD SIGHT WITHOUT GLASSES**

1943 and later editions are not the complete version of Dr. Bates' original book. Blindness cures; looking into the sun with eyes open (the correct way, specific directions, time limit, eyes moving, blinking...), the sunglass and other original treatments, experiments and all pictures are removed from the book. (Fear of imprisonment, fines due to pressure from eye doctors, optical businesses trying to hide Dr. Bates' work, the truth.) Emily may have been reluctant to continue publishing Dr. Bates' original book and it's true title after Dr. Bates passed away in 1931, and Margaret Corbett, other Bates Method teachers were taken to court in the 1940's by dishonest eye doctors trying to suppress the Bates Method so they can continue selling eyeglasses, eye surgery and drugs. Right before Dr. Bates died in 1931 the dishonest eye surgeons... were trying to take him to court, take away his medical license, book... and stop him from teaching his natural method.

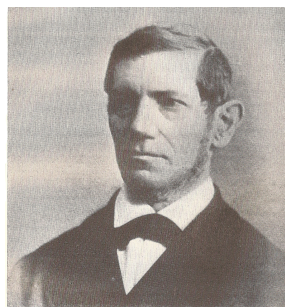
Emily A. Bates' list of the basic practices '*Fundamental Principles of Treatment*' are placed at the end of the 1940, 1943 books. My two copies state; copyright; 1940, 1943 by Emily A. Bates. 1940 is the original, has extra pages. 1943 has a full-size Big C Eyechart. Page 53; picture of the human eye. 1968, 18th printing. Owl Book edition 1981. Other books are labeled by different titles. Some people altered, corrupted the book's method, contents after copyright expired.

(Clearsight Publishing Co. has all of Dr. Bates', Emily's treatments included 'legally, public domain' from Dr. Bates' Better Eyesight Magazine in our reproduction of Dr. Bates' original 1920 to 1940 editions combined.)

Two of the Best Eye Doctors, Scientists That Studied the Human Eye, Lens, Accommodation and Refraction Of Light Rays;

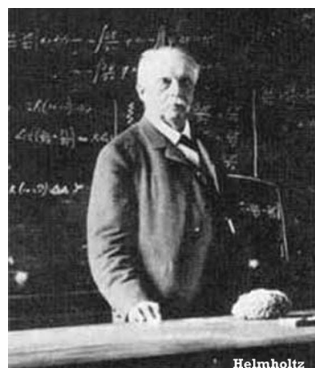


Hermann von Helmholtz



FERDINAND VON ARLT
(1812-1887)

Distinguished Austrian ophthalmologist, Professor of Disease of the Eye at Vienna, who believed for a time that accommodation was produced by an elongation of the visual axis, but finally accepted the conclusions of Cramer and Helmholtz.



Helmholtz



Helmholtz

Hermann Ludwig Ferdinand von Helmholtz; Great German Scientist, inventor, philosopher, physics, contributed to optics, electrodynamics, mathematics, physiology, meteorology, measured the speed of the nerve impulse, submitted a theory of color vision, the perception of musical tones. From '*Psychology and Life*', 6th edition. Read the chapter on vision, page 264. Great description of eye movements, fixations, left and right brain hemisphere function with the eyes...

He studied the eyes' lens and invented instruments to inspect the inside of the eye, light rays, retina, lens... ; '*the Ophthalmoscope and Ophthalmometer*'. He stated his experiments developed the theory that the eye's lens changes shape to produce accommodation, clear close vision. Dr. Bates disagreed with this and produced experiments, stated that the eye changes shape during accommodation, and the lens does not change shape. Dr. Bates stated that the eye lengthens from front to back during accommodation, 'for clear close, reading vision'. (Like a camera does.) Dr. Bates definitely proved as fact that the outer eye muscles, 'oblique and recti', when tense alter the eye's shape, the eye's refraction of light rays, eye pressure., clarity of vision at close and far distances causing; unclear vision, astigmatism, cataract, glaucoma, strabismus and other eye, vision conditions. When the mind, body and eye muscles relax; these conditions are reversed, cured.

Ophthalmologist Ferdinand Von Arlt: Originally studied the theory that the eye accommodates by lengthening 'like a camera'. Some modern eye doctors, scientists state; they have proved that the lens and eye change shape during accommodation. The eye lengthens a bit when the lens changes shape. If true, it proves that Dr. Bates and Dr. Arlt, Helmholtz are correct. Tension in any eye muscle; the outer oblique, recti and inner ciliary/lens, iris-pupil muscles and even the tear gland and eyelid-blinking muscles can affect each other's function, the eyes' function and the clarity of vision. Neck, shoulder and back, body muscle tension, incorrect posture can affect the eye muscles and clarity of vision.

+STRENGTHENING THE EYES - A New Course in Scientific Eye Training in 28 Lessons By Bernarr A. Macfadden and William H. Bates, M.D. 1918, 1924, 1925. His first book;

+STRONG EYES - HOW WEAK EYES CAN BE STRENGTHENED AND SPECTACLES DISCARDED 1901.

Possibly the first person or one of the first people to write a book about Natural Eyesight Improvement. 1901 is a good book, has wonderful poetry..., but needed some improvement. Contains a few practices I do not recommend. In later years, MacFadden with the help of Dr. Bates wrote a new book with many changes, additions; The 1918, 1924-1925 book 'eyesight kit' editions of STRENGTHENING THE EYES is a result of Bernarr MacFadden learning Ophthalmologist William H. Bates Method of Natural Eyesight Improvement, in person training from Dr. Bates. MacFadden published Physical Culture; A fitness, natural health, food, body building magazine. In this magazine and other magazines, newspapers Dr. Bates and MacFadden advertised the Bates Method, their 'Strengthening the Eyes' Natural Eyesight Course consisting of training booklets - 28 lessons and an eyechart. This and Dr. Bates' Medical Articles, work around 1886 started the Natural Eyesight (Vision) Improvement revolution. In later years MacFadden turned the kit into a book.

Dr. Bates' name and picture are in the 1918 red cover kits as author with MacFadden. Some 1918 kits did not have his name, picture. Later book editions (1924, 1925, 1936, 1940) were authored only by MacFadden. Dr. Bates' name and picture were removed. This information is from copies I bought at antique stores... Maybe other copies, years do have Dr. Bates in them. Many of his pictures, practices remained in the books. Dr. Bates did not like some of MacFadden's unnatural eye exercises... Dr. Bates left the book and worked on his own projects, books; Better Eyesight Magazine, Perfect Sight Without Glasses, Medical Articles, Clinic work... Dr. Bates' 1919-1920 book, magazine contains many original and new (only 100% natural) practices. (Clearsight Publishing Co., <https://www.clearsight.info> has included Original and Modern Bates Method training in MacFadden's book; corrected some practices, treatments and added new practices while preserving the original text, pictures, practices 'the entire book'.)

MacFadden, Bates' practice of looking at 'shifting on' small parts of a close object (pencil), then looking beyond it to a far object on the horizon; looking at the far object's small parts, then back to the pencil, then far, then pencil... improves the eyesight quickly to 20/20 and clearer. Perfect convergence, divergence improves all eye, vision functions. Bernarr MacFadden is one of the first Natural Health, Physical Fitness teachers. Sadly, (if true); he died in 1955 from a urinary tract infection after refusing standard medical doctor's treatment. Many people have improved their vision with the Bates Method. It is hidden by the medical community due to its success; it prevents the need for glasses, surgery...

The Bates Method works if the patient will learn and apply it. Many people prefer eyeglasses or surgery; a quick imperfect fix with no study, practice. Glasses, contacts, many surgeries are addictive, maintain, increase eye, vision problems, cause cataract, detached retina... With practice the Bates Method 'natural eye, vision function' becomes automatic and conscious practice is not needed. Bernarr A. Macfadden has many very good natural eyesight practices in his book. Just a few I don't recommend. He helped get the public aware of Natural Eyesight Improvement and Dr. Bates' method.

+EL USO NATURAL DE LA VISION (The Natural Use Of Vision) By Dr. Ramon Ruiz Arnau, M.D. 1924

Spanish - Berkley, CA Optometry Library. Type in the book Title or Author name; https://search.library.berkeley.edu/discovery/search?vid=01UCS_BER:UCB Also preserved in the Library of Congress. Studied and successfully taught Dr. Bates' Method. From Dr. Bates in Better Eyesight Magazine, Nov., 1924;

"This book should appeal to Spanish-speaking people, because it contains numerous demonstrations of the truth which make it possible to cure imperfect sight by treatment without glasses. In the magazine, "Better Eyesight," of May, 1920, is an article by Dr. Arnau with the title "My Headaches" in which he describes at length how he was cured of chronic headaches and imperfect sight by treatment without glasses. As a result of his cure he has become able to give relief to his patients. The author's most important contribution is his claim that the true use of the ciliary muscle is not to increase the curvature of the lens when the eye is focused for reading at the near point, but just the opposite: The ciliary muscle prevents any change of form in the curvature of the crystalline lens. He has written a great deal about mind strain as the real and only cause of defective eye-sight. He discusses the unconscious movements of the vegetative functions of the body, circulation, respiration and the constant mental shifting as entirely in accord with the new ideas of Einstein, Korbzyski and others. The Tachorthoscope was discovered by Dr. Arnau. It is an apparatus for the treatment of patients who are not benefited promptly by other methods. (It shows that voluntary or artificial attention, as is with spontaneous attention, oscillates, needs alternate contractions and relaxations. Forcing one fixation causes fatigue, lowers the vision..., perfect perception. Constant voluntary muscle contraction creates spasms, results in many impaired body, mind... functions.) He has also investigated the use of music by which some patients find an easy way to obtain a short swing through the auditory memory."



Dr. Ramon Ruiz Arnau

Dr Arnau's book; <https://archive.org/details/52330510R.nlm.nih.gov/mode/2up>

Here's another Spanish book on Scribd, by a different author; EL MÉTODO NATURAL DEL OFTALMÓLOGO NORTE AMERICANO DOCTOR W. H. BATES J. de S'Agaró Como se recupera la VISIÓN NORMAL SIN GAFAS; <https://www.scribd.com/doc/89556144/Vision-Sin-Gafas> I cannot read complete Spanish. Some pictures are good, they show the true natural Bates Method practices. Some show unnatural practices. Avoid the unnatural. Keep the natural.

+BETTER SIGHT WITHOUT GLASSES OR CONTACT LENSES By Harry Benjamin N. D. 1929

Also wrote a book on his experience with Myopia, books on Diet and Vegetarianism. Cured many people of defective sight. Describes how glasses impair the eyes' natural accommodation, other functions. Good chapter on Mental Strain. Lot of pictures, easy to learn; the sway, swing, looking close and far to return natural accommodation, memory, imagination... Nutrition for the eyes. Very good book. Possibly trained with Dr. Bates.

+THE IMPROVEMENT OF SIGHT BY NATURAL METHODS - A Complete Treatise Upon the Newer Methods of Treating all Conditions of Imperfect Sight by Natural Means, and Obviating the Necessity for Glasses, Drugs, or Operations 1934 By Cecil S. Price

Trained by Ophthalmologist Bates. Captain of the Australian Army Medical Corps, Principal of the School of Eyesight Training (London). This is from Dr. Bates in Better Eyesight Magazine, Jan., and Mar., 1925;

"Capt. C. S. Price, of London, England, will visit Dr. Bates around the latter part of January. He is planning to discuss with Dr. Bates the best methods which are employed for the cure of imperfect sight without glasses. The spread of Dr. Bates' method in England is largely due to Capt. Price's enthusiasm and success in helping others. There are now two clinics, and a Better Eyesight League in England, all reporting favorable results. Capt. Price has been the guest of Dr. Bates for several weeks. Dr. Bates wishes to announce that he finds Captain Price thoroughly capable of curing imperfect sight by his methods "

+SIGHT WITHOUT GLASSES By Optometrist, Dr. Harold M. Peppard 1936

Worked with and was trained in The Bates Method by Ophthalmologist Bates. Continued Dr. Bates' work in New York City with Dr. Bates' wife Emily A. Bates after Dr. Bates' death in 1931.

Book has step by step Bates Method directions for various eye problems. The effect health, stress, diet, neck, shoulder tension and headaches... have on the eyes, vision. He states that imperfect, slow, stiff close distance eye convergence *sometimes* occurs as we age and is the cause of presbyopia, unclear close reading vision. It is easily corrected. The Bates Method, long swing and reading fine, microscopic print is the natural cure. Glasses cause stiffness, impair convergence, accommodation.

After Dr. Bates' death; the eye doctors that prefer to sell eyeglasses, eye surgery and drugs, to hide the Bates Method, Dr. Bates' work and discoveries tried to destroy Dr. Bates' books, Better Eyesight Magazine. Emily Lierman, A. Bates and others preserved Dr. Bates' work. Dr. Peppard and other honest eye... doctors helped to protect Emily during this time, and preserved Dr. Bates' Original unedited book 'Perfect Sight Without Glasses', His Medical Articles and 132 Monthly Better Eyesight Magazine Issues. See picture on right > Dr. Monroe J. Hirsch preserves Dr. Bates' magazines in a medical college library. (Movies, new books Dr. Bates, Emily stated they created, were in process of creating are 'missing, hidden?')



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BY
MONROE J. HIRSCH, O.D., PH.D.

+USE YOUR OWN EYES 1937

+NORMAL SIGHT WITHOUT GLASSES By Dr. William B. MacCracken, M.D. 1945

Trained by Dr. Bates. Very successful in his medial practice curing his patient's eyesight with the Bates Method. A blind student I work with has success with this doctor's book. From the book;

In many cases it is quite practicable to teach a patient who is having trouble with eyesight how to correct the abnormal function and regain good normal vision. There are different techniques, or procedures, in the method originated by Dr. Bates. They are all very simple, and they are varied so that they are adaptable to every kind of condition, and temperament and opportunity. In this book all of these practices will be described so that it will be possible to learn definitely from the text how to carry them out. Dr. MacCracken's books are free to download on the website.

+SEEING WITHOUT GLASSES By Dr. Emery C. Ingham. 1941 Dr. Ingham was trained in the Bates Method of Natural Eyesight Improvement by her mother, Doctor Clara Ingham who was trained in person by Ophthalmologist Bates, the founder of the Bates Method of Natural Eyesight Improvement. Both had clear eyesight their entire life. She is mentioned in Dr. Bates' monthly magazine as a qualified teacher and she posted in the magazine. By Dr. Bates;

Dr. Ingham, who also practices by Dr. Bates' method, is going back to Oregon. She will have access to the orphanage, and expects to start the system there free of charge. Dr. Ingham is a true member of the League. She not only gives her time, but her valuable experience in curing defective eyesight. She is most enthusiastic and we hope to hear very favorable results of her work in Oregon, and that a BETTER EYESIGHT LEAGUE is established there.

Perfect Book! Video; https://www.youtube.com/watch?v=ELLV_aHBoME&t=6s

Her mother Clara Cogswell Ingham wrote books; Health Habits. Seeing Without Glasses. 1926... Other books.

+THE ART OF SEEING By Aldous Huxley 1942 Almost blind, he learned the Bates Method, was trained by Margaret Corbett and improved his eyesight, could see without glasses, prevented the full, permanent blindness that his eye doctors stated would definitely occur. Sunlight and Palming were two of his favorite practices. Famous writer 'Brave New World' and other books. Read his experience in Margaret Corbett's story; next page. The easy directions, practices in his book helped many people achieve clear eyesight. His book is my first Bates Teacher. Corrected my eyesight, removed myopia in high school at age 17 and presbyopia at age 38 (possibly caused or increased by stress on a dangerous job, and a alcohol-beer drinking problem). Now age 67, 2024 I still see clear close and far, including fine and microscopic print at close reading distances.



+HOW TO IMPROVE YOUR SIGHT - SIMPLE DAILY DRILLS IN RELAXATION

(How to Improve Your Eyes) 1938 +HELP YOURSELF TO BETTER SIGHT 1949

+A QUICK GUIDE TO BETTER VISION; HOW TO HAVE GOOD EYESIGHT WITHOUT GLASSES By Margaret Corbett 1957

Margaret Corbett is a Natural Eyesight Improvement teacher that worked with and was trained as a Bates teacher by Dr. Bates. She cured famous writer Aldous Huxley's eyesight, saved him from blindness. She improved the eyesight of many people, including pilots and people of various professions in the military, stars in Hollywood, Los Angeles, CA, USA.

In the 1940's, California; Eye doctors and people in the optical, medical profession tried to stop Margaret Corbett and her assistant from teaching the public how to improve their eyesight naturally and stop use of eyeglasses. They accused her of practicing optometry without a license. They brought her and others to court a few times. Aldous Huxley and other cured Bates Method graduates were witnesses, testified for Margaret Corbett. Huxley proved that she improved his eyesight, he sees clear without glasses. Many people proved she cured them of cataract, near blindness and other eye, vision problems, proved they had healthy eyes, retinas due to Dr. Bates' sunlight practice and obtained clear eyesight, freedom from eyeglasses. She won the 2 cases brought against her and later improved the eyesight of more people that were in the courtroom that day and worldwide. Other teachers won similar cases.

She was accused of violating the Medical Practice Act of CA for treating the eyes without a license. Mrs. Corbett explained in court that she was not practicing Optometry or Ophthalmology, is not acting as a doctor. That she is only an instructor of eyesight training. After she won the cases; the Optometrists and Ophthalmologists... fought back by proposing a bill in the CA State Legislature to cause Eyesight Education to be illegal when without an Optometry... or medical license. The bill was defeated. New York succeeded in passing bills. Emily A. Bates, in N.Y. was affected by this abuse. The bills were eventually discontinued.

Huxley wrote the book; 'The Art of Seeing' in 1942 to describe the Bates Method and how his eyesight was cured. See his pictures on the right > Top picture; strong, thick eyeglasses, unclear eyesight, near blindness before Natural Eyesight Improvement. Bottom picture; without eyeglasses, he has clear eyesight after his eyes, sight was cured by the Bates Method.

Critics state that later in life, Huxley was giving a speech and could not read part of a page without using a magnifying glass. People must realize that it is normal for the clarity of vision to fluctuate and especially when under pressure, a bit nervous giving a speech while knowing 'certain people' will be working against him, hoping his vision won't be perfect. Aldous Huxley had a major eye problem, was almost completely blind before treatment from Margaret Corbett. Age 16; attack of keratitis punctate, had opacities on the cornea blocking his vision, hyperopia, astigmatism. He wore very strong glasses for years and used a powerful magnifying glass to read. These things further impaired his vision. The Bates Method helped correct this. His eye injuries were not 100% cured but after the Bates Method he could see well. Due to the injuries he used a magnifier occasionally, mainly to see in dim light. Read Aldous' wife's book for facts; his eyesight and the Bates Method; This Timeless Moment: A Personal View of Aldous Huxley by Laura Archera Huxley. *Margaret Corbett published other books.*

By Clark Night; For many years, since eyeglasses were invented and sold to the public, eye doctors and optical businesses that prefer to hide the truth about Natural Eyesight Improvement and to prescribe/sell eyeglasses, eye surgery and drugs have tried to stop true Bates Method teachers from teaching the public how to cure unclear eyesight and other eye problems naturally without glasses, surgery and drugs. Bates teachers are often threatened with lawsuits, fines, imprisonment by organized eye doctors, surgeons. Eyeglasses are addictive, lead to prescriptions for stronger and stronger lenses, cause and increase; mental strain, eye muscle tension, eyestrain, vision impairment, abnormal eye, cornea, lens shape, tension on and inside the eye, cornea, lens, retina, optic nerve, eye muscle nerves, capillaries and all parts of the eye, increase eye pressure resulting in; unclear eyesight, astigmatism, crossed/wandering eyes, cataracts, detached retina, broken retina blood vessels, macula degeneration, glaucoma and other eye problems. Eye doctors prescribe laser and other cornea surgeries which are very harmful to the eyes and result in unclear day and night vision, blindness, pain, light streaks, halos, impaired light tolerance and other eye, vision problems. Lifelong sales of eye drops, other treatments, more destructive surgery and eyeglasses after cornea surgery profit the doctors and drug companies. (Some honest eye doctors are teaching Dr. Bates' Method.) Natural Eyesight Improvement improves the clarity of eyesight and health of the eyes without side effects.

+RELAX AND SEE; A DAILY GUIDE TO BETTER VISION By Clara A. Hackett 1955 Great Natural Vision Improvement teacher. One of the first Bates Method Teachers. She placed some of her training in audio. I heard it once. Can't find a copy. May have trained with Dr. Bates, Margaret Corbett and other Bates Method teachers.

+YOUR INNATE POWER 1967 By Olive Lyle Brown Very interesting, uplifting book. Combines methods of Dr. Roger Vittoz, F. Matthias Alexander, Dr. William H. Bates and others. Healthy Mind/Body technique, healing on all levels. Shows how to think, control thoughts a certain correct way to improve function, health of mind, body and spirit. Positive effect on the eyesight. These old techniques are different, very effective, from their original creator.

+ EYE MOVEMENTS and VISION by Dr., Scientist Alfred L. Yarbus Published in Russia - 1965. English - 1967.

See his Shifting, Saccades, Central Fixations pictures in the Shifting Chapter.

History; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3563050>

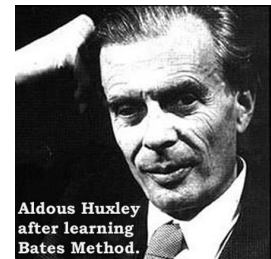
The book is free online, but I am not posting it. Must respect copyright. It is in many bookstores.



Margaret Corbett



Aldous Huxley before learning the Bates Method.



Aldous Huxley after learning Bates Method.

+NATURAL VISION IMPROVEMENT By Janet Goodrich 1985

+HELP YOUR CHILD TO PERFECT EYESIGHT WITHOUT GLASSES By Janet Goodrich 1996
Famous Natural Vision Improvement Teacher. Variety of Original and Modern Bates Method practices. Reichian Therapy. Free videos, audios. Covers all aspects of Natural Vision practice. Wrote other books. Thomas Quackenbush was trained, certified to be a Natural Vision Teacher by Janet Goodrich.

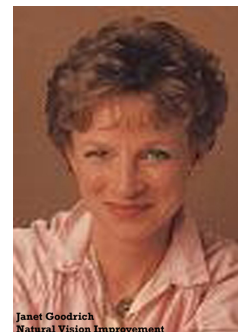
Worked as a teacher, author; 1970 - 1999. Janet passed away in 1999. The School is presently closed.

CARINA GOODRICH (Janet Goodrich's daughter) now runs the school and published a book;

+THE PRACTICAL GUIDE TO NATURAL VISION IMPROVEMENT 2010

Original and Modern Natural Vision Improvement. She has a lifetime of experience learning and teaching this method with her mom and family. Very good book! I do not use the Artificial 3-D fusion 'Merging Circles'... in the Goodrich books. Prefer it to be applied by an eye doctor. (also called Auto-Stereograms.) It's only for an Optometrist, Ophthalmologist to apply a specific way for each individual case if necessary to treat strabismus. The Bates Method alone can correct crossed, wandering eyes without the artificial 3-D. The Goodrich books, school also has natural 3-D practices.

Read more information in this book in the *Avoid Artificial 3-D* section/chapter. I use many of their other practices.



Janet Goodrich
Natural Vision Improvement

+HEALTH AND LIGHT By John N. Ott 1973 One of the first to study sunlight and it's benefit to life, health, eyesight, sleep, brain function. With his experiments he proved the healthy effects sunlight has on the body, brain, eyes and eyesight. Dr. Bates observed and proved many times that lack of sunlight causes unclear vision, cataracts, many eye diseases and blindness. The eyes must have full spectrum sunlight (no eyeglasses) to remain healthy and see clear.

+LIGHT; MEDICINE OF THE FUTURE By Jacob Liberman, Optometrist 1991

+TAKE OFF YOUR GLASSES AND SEE - A Mind/Body Approach to Expanding Your Eyesight and Insight 1995

Has more books. Liberman and Ott teach the subject of light perfect! Experiments, directions included. Indoor full spectrum lightbulbs improve health, eyesight.

+EYE EXERCISE CARD - DO IT YOURSELF - NATURAL EYESIGHT IMPROVEMENT (Clark Night) 1996, 1999, 2007, 2008
Copyrights, 4 books. Ophthalmologist William H. Bates' books, magazines and books by Clark Night preserved in paperback and PDF. Click #1, my name, then #1 to see books; https://cocatalog.loc.gov/cgi-bin/Pwebrecon.cgi?Search_Arg=EYE+EXERCISE+CARD&Search_Code=TALL&PID=mu2dCN42gFzP8kromYRd_bIKVH&SEQ=20131103082801&CNT=25&HIST=1

+DO IT YOURSELF - NATURAL EYESIGHT IMPROVEMENT - Original and Modern Bates Method With Better Eyesight Magazine By Ophthalmologist William H. Bates

+BETTER EYESIGHT MAGAZINES BY OPHTHALMOLOGIST WILLIAM H. BATES by Clark Night, (Mary Iva Oliver), Clearlight Publishing Co., <https://www.cleareyesight-batesmethod.info> Dr. Bates' books assembled, preserved. We also preserve Dr. Bates, Emily C. Lierman, A. Bates' books, Medical Articles and 132 Better Eyesight Magazine issues in text with 500 pictures and in the original antique print. They are public domain. Other books self and printer published, copyrighted with a 'poor mans' old fashioned copyright; Mail a copy of the book to yourself and do not open it. Postage proves date.

+RELEARNING TO SEE - IMPROVE YOUR EYESIGHT NATURALLY! 1997

By Thomas R. Quackenbush

+BETTER EYESIGHT; THE COMPLETE MAGAZINES OF WILLIAM H. BATES 2001

Edited By Thomas R. Quackenbush [See his Archive.org links in this book.](#)

Thomas Quackenbush is an Original and Modern Bates Method, Natural Vision Improvement teacher. He is the first person, the *pioneer* (after Dr. Bates) that restored Dr. Bates' Better Eyesight Magazine, preserved 11 years, 132 issues into one book. Tom's book, the magazines brought Dr. Bates' work, the entire Bates Method, true Natural Vision Improvement to the modern public.

Tom is the first modern teacher that has not hidden Dr. Bates' Better Eyesight Magazine, books. Many teachers before him took full credit for Ophthalmologist Bates' work and hid Dr. Bates' magazines, books so the public could not learn for free, have complete training. This true source of the Bates Method was and still is hidden because; it is simple, easy and people do not have to pay money to learn, apply and teach it. It's free in libraries in the U.S., Europe. Mr. Quackenbush's books also enable people that are low income, cannot travel to have access to the best, complete and honest priced Natural Vision Improvement Training.

Tom is one of my 1st Natural Vision Improvement Teachers. I obtained clearer than 20/20 eyesight at close and far distances as a result of taking a natural vision course from him at his school when he taught in San Francisco, California. I studied his books, the original Better Eyesight Magazines and learned all practices of the TRUE Original and the Modern Bates Method. Resulted in seeing the small bottom 10 eyechart line and smaller lines at 20 to 40 feet! My ability to relax, state of mind, self-esteem, emotions, intelligent and creative thinking improved. I quit a dangerous job at a hotel in South San Francisco, CA, quit drinking too much beer and found an honest Doctor and Chiropractor that cured a neck injury/dizziness after discovering natural alternative medicine, therapy from taking Thomas Quackenbush's class.

Tom does NOT use Artificial 3-D, Magical Eyes... pictures. He warns students to not use them.

See Tom's website for free Natural Vision Improvement information, nutrition... links. Download the *Tom Q Radio Talk Shows* on the 'Healthy Vision Program' for free Bates Method, Natural Vision discussion by Thomas Quackenbush and an Ophthalmologist who is also a graduate of Tom's school. Click; [NVCRadio1.mp3](#) and [NVCRadio2.mp3](#)

See his link to the FDA for warnings about vision impairment, blindness caused by laser... cornea surgery. Pictures of his school, the teacher and students in action! Check YouTube for video/audio interviews...

<https://web.archive.org/web/20160118212137/https://naturalvisioncenter.com/Other.html>

^ Use the Archive.org links in this book for Tom's Pages, Courses, Seminars, Radio.



Thomas R. Quackenbush

Tom trained thousands of students and certified hundreds (thousands now?) of students to be teachers. He knows who are the best teachers worldwide. See my video review of his book, palming and other things I learned in his school; <https://www.youtube.com/watch?v=Wy7666JJBO0> His books are free in public libraries.

RESTORING YOUR EYESIGHT - A TAOIST APPROACH By Doug Marsh, Foreword By Thomas R. Quackenbush 2006 Excellent Natural Vision training and in depth information about how the mind, emotions, thoughts... influence eyesight. Describes how eyeglasses injure the eyes, vision; how they are most always prescribed too strong and incorrect leading to fast impairment of the vision and eyes' health, causing addiction to stronger and stronger eyeglass lenses. One example; Abnormal lighting in the exam room and eye test machine ups the prescription; its too strong. Mr. Marsh attended Thomas Quackenbush's school, studied his books and other teacher's books, training. I learned a lot from this book.

BOOKS TEACHING LEFT AND RIGHT BRAIN HEMISPHERE ACTIVATION AND INTEGRATION

For equal, perfect clear eyesight in the left and right eyes at all distances (close, middle, far) and improvement of all brain functions with the visual system and perfect function of eye muscles. (This advanced study, practice started in the 1960's.) ;

+**PERSONALIZED WHOLE BRAIN INTEGRATION** 1985 By Paul E. Dennison and Gail E. Hargrove

+**BRAIN GYM** By Paul E. Dennison and Gail E. Dennison <https://breakthroughsinternational.org/about/brain-gym>

+**SWITCHING ON** By Paul E. Dennison (They have more books)

+**DRAWING ON THE RIGHT SIDE OF THE BRAIN** 1979, 1989, 1999 By Betty Edwards

Left and right brain hemisphere activation and integration for equally clear eyesight in the left and right eyes at all distances close, middle and far. Awakens, improves all brain functions and areas of the brain not always used in this modern time. Improves artistic skills, creativity, memory, imagination, math, science, sports performance, emotions, all skills-functions of the brain, brain hemispheres, visual cortex, body and many other functions. The exercises, methods in these 4 books also help correct unclear vision, astigmatism, crossed-wandering eyes, amblyopia and other eye, eyesight problems. As the brain, body function, relaxation improves, this automatically improves the eyesight.

+**JOURNEYS OUT OF THE BODY** and **EAR JOURNEYS, ULTIMATE JOURNEY** 1971+

By Robert A. Monroe Left and right brain hemisphere activation, integration, synchronization, deep relaxation into the alpha, theta, delta brain wave states. Improves memory, imagination, color visualization, energy strengthening and control, freedom from negative emotions, thought patterns. Spiritual growth, travel and other practices. All improve the eyesight! I like his Discovery Wave 1, 6 DVDs. I have 6 WAVE packages with 6 training level DVDs in each and his Hemi Sync DVDs. Great! Prepare to GROW! <https://www.monroeinstitute.org> Also see the book; **Captain of My Ship, Master of My Soul** BY F. Holmes Atwater, (Skip Atwater) and Joseph McMoneagle Military training in remote viewing 'a type of astral projection' for protection of the United States and Allies. I have experienced Astral 'Spirit' Travel and spirit-body *protection* from using the original method Robert Monroe and his partners created during his lifetime. Like it! Check out the colored energy, energy bar tool, balloon!



Videos, Archives; <https://archive.org/details/monroe-institute-video-archives-toc>

PSYCHO-CYBERNETICS, A New Way to Get More Living Out of Life 1967 By Maxwell Maltz M.D., F.I.C.S.

Plastic surgeon notices; after many patients' facial and other abnormalities are corrected by surgery, the patient still acts shy, their self-image is low, they continue to have problems achieving success and confidence. Dr. Maltz studied this and developed a method to control the brain, thoughts, emotions and unlock, increase your inner brain... power, achieve your goals. This method works! A bit like self-hypnosis but different. Changed my life. My school grades improved, I left a destructive gang. My mind... never stopped growing after learning this method. Also has a positive spiritual effect.

+**THE EFT MANUAL - Emotional Freedom Techniques** 2008 By Gary and Tina Craig Similar to Acupressure, Karate energy control. Aligns, corrects and strengthens the body's energy 'chi' and other energies. When energy blocks are removed, energy flows correct and negative emotions, trauma... is removed from the mind/brain. Mental and physical health improves. Helps military persons cure post-traumatic stress, anxiety-panic attack disorder (PTSD). Works for removing mental, emotional blocks that cause unclear eyesight. <https://www.emofree.com/>

Free book on this website, scroll down the page; <https://cleareyesight-batesmethod.info/id27.html>

THE MIDWEST CENTER for Stress and Anxiety By Lucinda Bassett <https://stresscenter.com>

I like this teacher, have her course, tapes and books. She gave the course to me free. Over \$300.00 value. She does that a lot. On many TV talk shows providing free training, people cured of extreme fear. A great and very good hearted 'natural, drug free anxiety, depression, stress cures' teacher, motivational speaker. Rational Emotive, Cognitive-Behavior Therapy.

Course, Books; <https://stresscenter.com/collections/all>

THE SMALL BOOK 1989 and **RATIONAL RECOVERY** 1996 By Jack Trimpey and Albert Ellis Ph. D.

Natural alternative to Alcoholics Anonymous and other often ineffective, destructive *phony* psychology, psychiatry and religious methods. Rational Recovery, RR, Rational Emotive & Cognitive-Behavior Therapy puts YOU in control, power over your own mind, emotions, health and life. Freedom from dependence upon and use, abuse by other people.

HEALING BACK PAIN - The Mind-Body Connection John E. Sarno, M.D. 1979+ Many books, natural pain... cures.

+The ALEXANDER TECHNIQUE, Yoga, Tai Chi, Qi Gong, Dance, Physical Therapy and other methods to correct the posture, movement, balance, coordination, function of the body with the eyes and eyesight; brings clear eyesight, improved hearing and other health benefits. Incorrect posture, movement causes tension, pressure, pulling of the vertebrae, muscles in the body, back and especially the neck, shoulders and head. This causes tension, pressure and pulling on the spine, spinal cord, brainstem, nerves, blood, lymph vessels in the spine, body, neck, and those that travel to the head, brain, ears, sinus., eyes, retina, eye muscles. This disrupts function of the eyes, eye muscles, retina, lens, brain and optic nerve, hearing, balance. This results in unclear eyesight, impaired eye health and impairs coordinated, relaxed movement of the head, body with the eyes and a relaxed mobile neck. Correct, relaxed eye movement (shifting, convergence, divergence...) is restricted, stiff and unbalanced. Correct posture, movement, relaxation, good diet returns the body, mind/brain, eyes and eye muscles to normal health and function resulting in clear eyesight. I prefer Physical Therapy, Tai Chi for Correct Movement/Posture and other natural movements, postures like the Alexander Technique invented by Frederick Matthias Alexander. Dr. Bates likes these methods, doctors.

Three teacher's books on movement, the mind;

+ THE ALEXANDER TECHNIQUE: THE ESSENTIAL WRITINGS OF Frederick Matthias Alexander.

Also known by F. M. Alexander.

+ Man's Supreme Inheritance: Conscious Guidance and Control in Relation to Human Evolution

+ Constructive Conscious Control of the Individual (Man's Supreme Inheritance, V. 2)

+ The Use of the Self (He has other books)

THE FELDENKRAIS METHOD By Moshé Feldenkrais;

+ Awareness Through Movement: Health Exercises for Personal Growth, to Improve Your Posture, Vision, Imagination, and Personal Awareness

+ The Potent Self: A Study of Spontaneity and Compulsion

+ Body Awareness as Healing Therapy: The Case of Nora (He has other books)

DR. ROGER VITTOZ;

+ Treatment of neurasthenia by teaching of brain control (1911)

+ Treatment of neurasthenia by means of brain control (1913) +

Les confréries de Lausanne au Moyen Âge

Be sure to obtain THEIR books. Not new ones created by different teachers that alter or impersonate the method.

A few originals are free on GoogleBooks. Public domain books are on the website e-books page and the GuestPage; <https://naturaleyessightimprovement-batesmethod.com/GuestPage/index.php>

BOOKS TEACHING HOW THE BODY, BRAIN and EYES CONNECT, WORK TOGETHER: How the body, neck muscles, nerves, circulation affect, connect to the head, brain, certain parts, functions of the brain, eyes, ears-hearing, sinus and other systems. Some teachers combine training of the Alexander Method... with other movement... methods. Some teachers are very good but others impersonate the original teachers, authors and teach incorrect. Choose carefully. I have used two spine, neck alignment methods (without touching... my neck, spine). They are safe alternatives to avoid the risks of Chiropractic. Also used various physical therapy/movement methods, some yoga. I prefer to stay with the original books by Frederick Matthias Alexander and other safe methods. One popular eye-body teacher is strange; he sells unnatural methods such as pinhole glasses... without listing the side effects. Much of his training seems to be 'made up', missing parts, not teaching the true connection of the body, nerves, muscles with the eyes and brain.

I prefer study of Ophthalmology, nervous, circulatory, lymph, energy systems, muscles, massage, myofascial release (to relax contracted muscles, muscle knots, improve blood, lymph flow, and improve the muscle stretch reflex), acupuncture and EFT. The spiritual, energy bodies also affect the health of the physical body and mind. Healing from a higher ^ level.

My experience with other teachers, good and bad; After years of study, application I disagree with some teacher's methods. I do not like most of a very popular high priced teacher's eyesight training. It's unnatural.

Example; his blocking the eyes' central field with a black paper while using only the peripheral field to see with. This is directly against Ophthalmologist Bates #1 practice of central-fixation and normal eye shifting 'movement'. Central-fixation, 'central vision' with normal, completely free eye shifting is essential for clear eyesight, healthy eyes. It cures glaucoma, cataract, macular degeneration, myopia, presbyopia, astigmatism and other eye-vision problems, keeps the central vision perfectly clear, better than 20/20 and the peripheral at its maximum normal function. Using the peripheral field to see the object of mental-visual attention (placing the object you want to see in the eyes' peripheral field) causes; glaucoma, cataract, macular degeneration, myopia, farsight, presbyopia, astigmatism and other eye-vision problems.

The unnatural teacher's physical movement, yoga book made me realize there are alternative ways to heal a neck, spine injury that was caused by a dishonest Chiropractor. The teacher has some beneficial practices. But; he teaches some movements, muscle practices wrong. His specialty is supposed to be movement, muscle relaxation, posture but he teaches things that impair these functions. His 'palming' hands' position is set with the hands straight up, side by side. This causes neck, head and shoulder tension (a main cause of unclear eyesight) and prevents brain hemisphere integration and activation of a major chi-charka energy center. The hands' fingers must be crossed on the forehead for complete benefit. Try it and feel the difference; <https://clearyesight-batesmethod.info/id49.html> One of his movements helped my spine, back. I then searched for other movement, posture teachers. It took many different physical therapists, doctor's books, tools, methods and better 'complete' movements to correct the neck, spine.

I don't like teachers that alter, corrupt Dr. Bates' Method, make it unnatural in order to 'create their own method' so it attracts attention, can be mass marketed, sold for a very high price by the hour lessons, expensive seminars, endless \$300.00 to \$5000.00+ multi-level training, teaching things that are harmful, holding back training and hiding the true, easy Bates Method. Be aware of this and avoid them. Many videos on the internet contain partial or incorrect training.

I now refuse to allow most doctors and even natural healers to touch my head, neck, spine... The Chiropractors injured me on purpose. They did not like my webpage that describes how chiropractic has become corrupt, the main secret method they use to misalign the spine, back, hips, neck and head in order to sell endless treatments. I quit Chiropractors after a few broke, dislocated my neck resulting in vertigo, ringing ears..., hospital visits. It is dangerous even when in the hands of a honest doctor. A bad masseuse pressed hard on my lower spine vertebrae and caused loss of feeling in my legs. A good masseuse and honest Chiropractor corrected it and permanently cured back pain. The DORN Method by Thomas Zudrell is very good. I was advised not to use the tool on my 'broken' neck. The movements and other treatments are great, aligned my neck, body naturally! I used the tool on some areas. <https://www.dorn-method.com> Honest Chiropractors taught me what the dishonest ones did to injure me, then taught me how to undo the injuries, misalignments without using hands on bone-cartilage moving forms of Chiropractic. Read experiences here; <https://cleareyesight-batesmethod.info/id150.htm>

Dorn videos; <https://www.youtube.com/user/Thomashealer/videos>

Many teacher's prices for in person training and teacher certification are extremely high. I wish their greedy leader and others would give free training to the blind. Many blind, semi-blind people called him and a famous lady teacher and other high priced teachers; asked about this and they answered; "they do not help the blind or anyone for free". Just a seminar (but that's limited and mainly for advertisement). Semi-blind people also asked them; "If a person is going blind, is wearing strong -6, -8 and up glasses; should they stop wearing the glasses?" The teachers said NO, to keep wearing the glasses. This is very bad advice from these teachers, their leader and his staff. *Eyeglasses, especially strong prescriptions cause and increase detached retina, other retina problems, macula degeneration, cataract, glaucoma, myopia, presbyopia, astigmatism and most all eye-vision problems. Wearing the glasses can lead to retina detachment, blindness. Stopping the use of eyeglasses will help the retina heal and reverse blindness, other eye problems.* The dishonest teachers also told us they cannot say if the leader's method is Ophthalmologist Bates' Method and said; "That question has to be asked to the leader in person only, you must travel to his location, pay \$". But in his books, school he uses Dr. Bates' name. (*Deceptive!*) This teacher alters, corrupts the Bates Method. He hides Dr. Bates' true method, book and Better Eyesight Magazine.

Many people with retina conditions, cataract, glaucoma, partially or full blind, advanced myopia, presbyopia, astigmatism, cross eye... have contacted me for free help after teachers have taken their money and not given complete training, then ask for more money, have given incorrect training or refused to give free training. It is cruel, inhuman to allow a person to go blind because they have little money. Many blind people are on disability, a limited income.

The blind people the popular teacher and other dishonest teachers reject can be helped. It's so easy to teach; just tell them to stop wearing the eyeglasses and give them the basic ten steps in our free e-books and Dr. Bates' book, Better Eyesight Magazine. Many have regained their vision with these simple practices and some, including senior citizens on pensions are now teaching, curing others for free. A Mormon in Utah is integrating the Bates Method with the Bible and its natural health cures. His pure salt and water recipes greatly helped heal my neck and other injuries. *Glasses prevent normal eye, brain function. When glasses are removed the eyes activate Natural Eyesight Improvement automatically, 'on their own', the normal eye-visual system function.* Dishonest teachers hide this fact. They make the Bates Method seem long, complicated. Avoid these crooks charging hundreds, thousands of dollars for classes, more for teacher training. Note; if a teacher will not give the full training free to help a blind, partially blind person; they are dishonest. Avoid them.

The popular high priced teacher in San Francisco, CA states he was blind at birth, had cataracts, eye operations that caused lens injury and other eye problems. He states he cured his eyesight naturally, can now see clear to drive without glasses. His sight is not 20/20 clear but he achieved a lot if he is telling the truth about his past eye conditions and surgery results. I sometimes suspect he is hiding the full truth. He states the Bates Method cured his sight. But he teaches so much of it wrong. If it healed him; I think he is hiding the true, entire Bates Method which he used for himself, is refusing to fully reveal it to others. Or he only learned some of it. He invents his own stuff but it's not healthy and often not entirely effective. This enables him to sell more and more classes, holding back training until more money is paid and then he still hides complete training. Many bad teachers do this. I wish he would give credit to Dr. Bates by telling the truth and preserving, providing Dr. Bates' books, Better Eyesight Magazine which are free, public domain and contain complete Natural Eyesight Improvement training. Please teach the entire and true, correct method. And stop altering, corrupting and hiding Dr. Bates' Method in order to make it 'your own method' so you can charge a high price.

To all teachers that use these underhanded practices; PLEASE change your heart, stop destroying Dr. Bates' great method. Teach it correct, for an honest price and set up free help for the blind and low vision people. At least give 1 day a week and 30 min. to 1 hour a day in person or Online, Phone. Give the gift of sight that heaven gave you to others.

All Dr. Bates' books, magazines are free on our website. Distribute them free to the public when you train people. Don't lie to us, saying your method is superior to Dr. Bates. That's just an excuse to take people's money. Dr. Bates' method is true and free. *These dishonest teachers also corrupt Dr. Bates' method because dishonest eye doctors like this, will endorse it, and the corrupt teachers who teach it.*

If a teacher does not provide Ophthalmologist Bates' Better Eyesight Magazine, books, Medical Articles and his wife Emily Lierman's book Stories From The Clinic; the teacher is withholding the true, entire method.

Avoid teachers charging hundreds of dollars for Dr. Bates' Better Eyesight Magazine, books. (The magazine, books are free in the Library Of Congress and some Optometry, Ophthalmology college libraries, on our website and GoogleBooks.) Superior copies in Hardcover are great and worth the money. A man in Italy creates these. For the collector, true teacher.

There are other teachers, people that have preserved Dr. Bates' work but they use Dr. Bates' name, books and magazine to sell eyeglasses, eye-cornea surgery and other unnatural treatments, products. I will not list them. Endorsing corrupt behavior gives the person the idea that he, she has a license to continue these practices that harm the public's health, sight.

Even some teachers that are certified to teach by famous, excellent teachers become corrupt; after they get their diploma, they then alter the Bates method, make it unnatural, teach it wrong and speak against their teacher. They do this so the method they teach is different, they can call it 'their own' and charge a high price, direct students away from the honest teacher that certified them. There are honest teachers, books in the world. Choose carefully;

Best Teachers that Provide the True Bates Method and Free, Honest Priced Natural Eyesight Improvement Training, Books;

Thomas R. Quackenbush. My teacher. Professional, easy to learn complete course. Great books. He can refer people to teachers he has trained in the USA and other countries. See a real Natural Eyesight Improvement school in action! Natural health information, full spectrum lights, natural dentists, free introductory lectures and review classes. Colored light treatment. Includes strabismus correction. Totally holistic. School closed; [See his Archive.org links in this book](#).

Janet and Carina Goodrich Method. Great! Years of experience teaching this method, one of the first original/modern teachers after Bates, Lierman, Corbett, Hackett, Peppard... Trained, certified Thomas R. Quackenbush. Free audios, videos. Books, kits, courses in person and home study. Janet and Carina have taught Natural Vision Improvement in their school for many years, helped people cure a variety of eye-vision problems. Also wrote books for correction of children's vision. Relaxation, positive thoughts, emotions, movement, games, brain hemisphere balancing, color and other techniques. Also provides treatment for strabismus, books for adults, and parents to help baby's and children's vision. I read all of the Goodrich books. Learned much from their books and website. They (and Tom's training) improved my teaching skills and keep my eyesight clear. I like the diverse practices, breathing and relaxation with positive thoughts, emotions. Janet cured her eye-vision conditions naturally; she had a very strong astigmatism prescription around -5 with -6 myopia and strabismus. Took her 2 1/2 years to cure them all, see clear, pass her driving test without glasses.

I don't use the 'Merging Circles'... Artificial 3-D Fusion, (Autostereograms pictures) in the Goodrich books. It's not Dr. Bates' Method. I prefer their Bead String, Phoria Swings... and Dr. Bates' practice of looking close and far. Janet and Carina also teach Dr. Bates' practices and many natural fusion practices. I prefer auto-stereograms to be applied only by an eye doctor. Done a certain way with direction by an Optometrist, Ophthalmologist 'Behavioral Optometry'; a specific type of Artificial 3-D might correct strabismus, (crossed, wandering eyes) but it can cause it if done wrong, trying to do it alone from a book... Read my and others experience with Artificial 3-D on the website, in this book and on the following pages. Try the Bates Method first. If you need the extras, contact an eye doctor. Find an expert in brain hemisphere and other brain area functions, its effect on relaxation, contraction, un-contraction of the eye muscles and eye movement (shifting and looking close and far) and how mind-brain strain can cause eye muscle tension. Some eye doctors know this. The Goodrich school teaches this. Also start here; Edu-Kinesthetics, Whole Brain Learning. (See Dennison, BrainGym page.) I don't use pinhole glasses. The Goodrichs state that they are not natural and provides insight on their function. If needed; I prefer a different type pinhole glasses; one hole in the cardboard per eye so the fovea is not blocked when the eyes move. Move the head with the eyes. Use only if necessary. Not for driving... due to much of the peripheral field is blocked. Mainly for reading, quick glance at a object. (I am not familiar with all the other teachers, doctors linked on the Goodrich website. I learned from one, but I don't list him; he strayed. I like Thomas R. Quackenbush, one of Janet's best trained teachers!) Preserve all of Janet and Carina's books. Some of Janet's books (Natural Vision Improvement) if not listed; check used bookstores.

Janet Goodrich books; https://www.amazon.com/stores/Janet-Goodrich/author/B001KJ1UDQ?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true Also search for Carina Goodrich.

Some people experience quick cures, 1-2 days to 2-3 months, get perfect clarity when they remove their glasses and practice the Bates Method. It can take other people longer, but with practice they will achieve clear eyesight, permanent freedom from glasses. Depends upon the type, amount of tension in the visual system, eyes, eye muscles, the mind, body... Many years wearing glasses often disrupts the eyes' movement and causes neck tension, advanced eye muscle tension... Coordinating and relaxing eye muscle and eye movement, improving, equalizing the clarity of eyesight in the left and right eyes often brings fast results. Emotions have an effect. Some people who wore glasses for years get quick cures.

<https://www.cleareyesight-batesmethod.info/id148.html> - By Clark Night, (Mary I. Oliver). Books by Ophthalmologist William H. Bates, Emily C. Lierman, A. Bates, other doctors, teachers. Dr. Bates' Better Eyesight Magazine website contains entire 132 issues - 11 years, 3x spell check, linked index and bookmarks navigation for every year, month; <https://www.cleareyesight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod>
Translator, speaker reads aloud; <https://www.bing.com/translator>

YouTube Channel; <https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

Original and modern teachers, books are listed in the bookstores; <https://cleareyesight-batesmethod.info/id92.html>
See my book, vitamin and product reviews on Amazon, the good and the bad teachers, authors;
https://www.amazon.com/gp/profile/amzn1.account.AHWRACVRPEL3JAP6VASYEAETAITO/ref=cm_cr_arp_d_pdp?ie=UTF8

Note; the fake vision teachers have gotten many of my reviews removed; by trolling or changing their book's title.

There are more true Bates teachers that provide perfect training but have no school, books. They teach for free on-line. Their internet names are available on request. See the training certificates webpage; <https://cleareyesight-batesmethod.info/id60.html> and chapter in this book. Teachers trained and certified directly by Dr. Bates are posted in this book and his Better Eyesight Magazine, and the website; <https://cleareyesight-batesmethod.info/id4.html>

THERE ARE OTHER VERY GOOD TEACHERS in the USA and OTHER COUNTRIES; I do not list-endorse them if I have not taken their in person or home study course and/or studied their books. I have certificates, receipts from 5. Some teachers I have taken courses from, read their books are 1/2 to 3/4 percent natural, they teach some very effective, healthy methods. Contact me for names and information, the beneficial methods they teach and the unnatural methods to avoid.

Please note that some of these pages, subjects for the best books, teachers, history and teachers, methods to avoid repeats 2-3 times in this book. If I live long enough I will re-read this book again and merge them all into one section.

I have learned from more teachers but I don't list them because they have gone against their original training and are selling unnatural methods and products, cornea laser surgery and other harmful cornea, eye surgeries, dangerous eye, vision experimental retina and other surgery 'done on perfectly healthy eyes!', practices that impair the vision, eyes' movement and health. Some are advising for all children, adults to wear glasses. That IS NOT the Bates Method.

Three teachers asked me to raise the price of my e-books and charge money for the videos; \$175.00. They continually try to prevent free public access to the books, videos, Dr. Bates' magazines. After I refused to raise the price and then set all the e-books for free download; the teachers became abusive, lot of cruel messages in emails, phone, online forums, hackers.

Some Natural Vision teachers are organized into groups and post their members, prices on their website. Teachers must pay a yearly fee to be part of the group and listed. They limit free books, training unless you pay. I don't like the arrogant teachers that charge high prices and endorse lasik, contact lenses, magical eyes, pinhole glasses... They flip-flop on issues so they can please everyone 'customers', even if that means allowing unnatural methods that impair the eyesight. Teachers are creating laws to present to dishonest politicians, doctors to force the public to pay thousands of dollars to be certified as a teacher, by them. This will make it illegal to teach the public the Bates Method unless you are certified.

For true Natural Eyesight Improvement; I prefer to stay solely with Ophthalmologist Bates' original training from his book 'Perfect Sight Without Glasses', his 'Better Eyesight Magazine' and *Thomas R. Quackenbush* (my favorite teacher) for student and teacher training, certification and a few other teachers that stay with the true, natural Bates Method. Modern training is also beneficial if it is natural. I am confident in Thomas Quackenbush's way of training. I can send people to him knowing they will be in a safe place. Tom provides all Dr. Bates' Better Eyesight Magazine Issues and his book 'Relearning to See-Improve Your Eyesight Naturally'. Complete Original and Modern training for a honest price.

(Note; Tom's magazines do not have some original practices by Dr. Bates; The Sunglass (Burning Glass) and Open Eyes Sunning (Sun-Gazing)... These are things that must be done with special training, safety. You may see these in Dr. Bates' Original Antique Print Magazine Issues on my website, in paperback and at libraries, colleges.)

Other teachers I like are from the old days; Dr. Bates, Emily C. Lierman/Bates, Optometrist Harold M. Peppard, Dr. Emery C. Ingham and her mother - a doctor that was trained directly by Dr. Bates; Dr. Clara Ingham, C. S. Price, Margaret Corbett, Aldous Huxley, Clara Hackett, Dr. R. Ruiz Arnau, M.D. and other original teachers. Many that were trained in person by Dr. Bates are listed in his Better Eyesight Magazine. Search for their books. Also check members of Dr. Bates, Emily's *Better Eyesight League*. Started in the USA and grew in Europe, many countries. They preserved Dr. Bates' method, books.

Better Eyesight and the League are listed in the Library Of Congress. Search for Dr. Bates' *Better Eyesight* (with and without the word magazine) preserved in 14 Volumes. Maybe others are preserved. They have Dr. Bates' book *Perfect Sight Without Glasses (The Cure Of Imperfect Sight By Treatment Without Glasses,)* 1st and 1940 editions. Ruiz Arnau's book; *El Uso Natural De La Vision* and Emily Lierman's book *Stories From The Clinic*. These are in original antique print.

The Copyright office; <https://www.copyright.gov> is different from the Library of Congress. Search both; <https://catalog.loc.gov/vwebv/holdingsInfo?searchId=6088&recCount=25&recPointer=2&bibId=8731874>

Free on Archive.org (Dr. Arnau's book); <https://archive.org/details/52330510R.nlm.nih.gov/mode/2up>

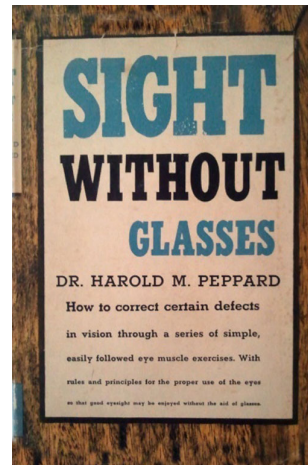
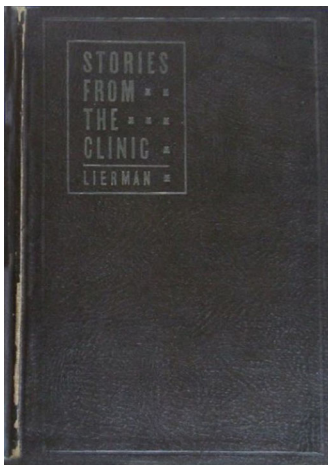
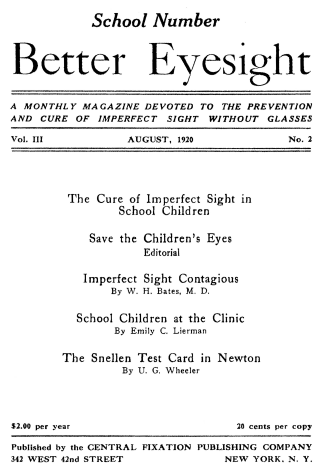
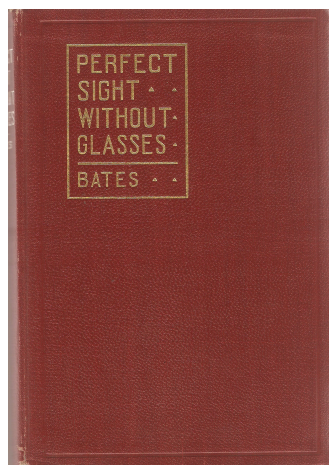
A lot of school teachers, doctors and the military applied Dr. Bates' method with success. I like teachers that describe the benefits of sunlight, color treatment, left and right brain hemisphere activation and integration, memory, imagination, relaxation, EFT, acupressure, massage, movement and other practices. I am studying more of the brain's function with the eyes to discover which areas of the brain, its actions, emotions and nerves, body muscles 'when tense' can cause a specific eye muscle to be tight resulting in strabismus. There are other causes of strabismus (crossed, wandering eyes) and less clear vision in one eye, at one or more distances; Imperfect left-right brain hemisphere function-balance, imperfect function of certain brain areas, (memory, imagination...), physical balance, coordination, brain, body development.

Four of the Best Original Books;

Dr. William H. Bates' Book and Magazine

Emily C. Lierman

Dr. Harold M. Peppard



Dr. Bates, Emily C. Lierman (A Bates) and Dr. Peppard worked together in New York City. An Ophthalmologist (Eye, Ear, Nose and Throat), a Clinic Assistant-Teacher-Wife and Optometrist.

Warning: Choose a Natural Eyesight (Vision) Improvement Teacher, Books, Forum-Group
Carefully! Investigate, Seek Truly Natural Original & Modern Bates Method Practices
(This information repeats in this book, but has more information. Will merge it in the future.)

Natural Eyesight Improvement has been in existence before Dr. Bates discovered it. Eye doctors and the public have used it in the 1800's and earlier. Sailors have used it for hundreds of years to navigate the sea by looking at the stars, moon, sun, planets in the sky, flow of ocean water, seeking other ships, landmarks, lighthouses, birds, fish migration, wind... Hunters use it in ancient and modern times. It's also used when looking at close distances to create tools, shelter, inspect, sort food, draw and write to preserve heritage, education... Natural Eyesight Improvement is the normal function of the eyes, vision and brain, body function with the eyes, vision, 'the entire visual system'. It has been in existence since the creation of life; fish, animals, humans... on this planet, the evolution-development of the eye and its function with light and dark, response to sunlight, movement. The eyes need sunlight. Light, survival and movement created the eyes. I suspect Mother Nature threw in beauty, happiness and love. Sunlight maintains the eyes' health and function. Trees, plants, microscopic life have a visual instinct, function. They react to light, are drawn to it and grow healthy due to sunlight.

Practice only the Bates Method. It is the true natural eyesight practice. The Bates Method teaches; relaxation of the mind, body, eye muscles, eyes, neck, shoulders and correct posture, movement, '*correct, relaxed, natural vision habits*' (imitating, inducing the normal function of the eyes, visual system; *shifting, central-fixation 'centralizing', memory, imagination, the opposite swing, blinking...*), tests for and perfects accommodation, convergence, un-accommodation, divergence, normal eye movement, body movement, left and right brain hemisphere activation and integration, color treatment, full spectrum sunlight (sunning), breathing and other natural activities. This produces 20/20 and clearer eyesight at all distances, close and far, day and night. The Bates method returns the eyes, vision, eye muscles, brain, body 'entire visual system' to normal function, maintaining clear eyesight automatically, on its own. After some practice, you don't need to consciously practice.

The Bates Method does not consist of repetitive, forceful eye exercises, eye stretches...

The Bates Method relaxes and aligns the left and right eyes and eye muscles' movement, perfects their function. Switching, shifting on close and far objects (looking close and far) is 'kind of an exercise', but; it is done in a relaxed way, integrating Dr. Bates' natural practices. It is very effective. See Switching and Shifting in the books and on the website.

Many eyesight improvement teachers claim to teach the Bates Method but they do not. They teach tension, effort inducing eye exercises and other unnatural treatments that cause mental strain, eyestrain, eye muscle tension, headaches, neck tension, unclear vision and other side effects. Forceful eye exercises are not natural and do not produce clear eyesight. Eye or eye muscle injury can occur. Avoid teachers that refuse to give free help for advanced eye, vision conditions, blindness. A honest teacher will help you free of charge, has years of experience, written one or more books and provides their book and Dr. Bates' Better Eyesight Magazines, books (complete training) for a honest, affordable price or free. Clear eyesight, healthy eyes is the birthright of ALL people. Dr. Bates always helped the blind, people needing eyesight improvement. He charged a low price and often trained free in the New York City Clinic, his offices.

I notice many teachers' books teach tracing on objects (with or without the nosefeather) incorrectly; they have the person looking into space near but not on the object. This is diffusion, the opposite of central-fixation. Their pictures should show the nosefeather and central field tracing line - - - - directly ON the edge of the object you are tracing on. (Or if looking at a part; on the edge of the part of the object.) Not off to the side into space. Example; looking at, tracing on the edge of the roof of a house. Trace on the edge. Do NOT trace on the sky away from the edge. Even when you use the big fluffy feather with no point on the end; the eyes' central field still moves on the edge of the object. Central-Fixation with Shifting.

Let the attention move freely along the edges. Jump part to part on it. Go to other parts, then back to the edge. Avoid tension, staring, effort, strain when tracing along a edge. Blink.

See the Nosefeather Chapter in the book and on the website; <https://cleareyesight-batesmethod.info/id56.html>

**Many Teachers Teach Things That are Unnatural, Wrong, Unsafe,
are Not the True Original Bates Method;**

Avoid teachers, websites, forums that teach, sell and/or refer to eye doctors that sell these harmful, unnatural methods; Lasik and other Cornea Eye Surgeries, use of Contact Lenses or Contact Lens Treatments to try to force the cornea/eye to change shape (Ortho-keratology, Ortho-k, Orthocology-Ortho C... This can injure, warp the cornea.), Eyeglasses, the harmful, unhealthy Plus Lens method. Also called Anti-Corrective-Stress Relieving Eyeglass method. (It CAUSES stress, cataract, detached retina, astigmatism, eye muscle tension-dysfunction, eye and vision impairment... It consists of wearing stronger and stronger addictive plus or minus eyeglasses.), Bifocals, Progressive, no-line Bifocals, Trifocals., Multi-Section and Mono-Vision Glasses, Sunglasses, Tinted/Colored Eyeglass Lenses, Autostereograms (Artificial 3-D Fusion Exercises, 3-Cups, Magical Eyes... pictures, machines. They impair the eye muscles and eyes' movement. Read more below.) Avoid Eye Muscle Surgery and Prisms for Crossed/Wandering Eyes (Strabismus), Eye-Eye Muscle Stretching (forcing the eyes to look, stay far left, right, up, down... and keeping the head in the opposite direction), and other unnatural methods.

NOTE for cataract surgery; If the your eye doctor says it can be done > Avoid implanted eyeglass (myopia, farsight, presbyopia, astigmatism, bifocal...) prescriptions in the cataract surgery artificial lens replacement inside the eyes. The prescription traps you with an eyeglass prescription in the eye that cannot be changed, removed without more surgery. More surgery has risks. A prescription in the eye is also addictive, increases vision impairment. There might be a new invention; a lens that is exactly like the human eye's lens, 'its natural focus'; no eyeglass prescription in it. It can focus perfectly close, middle and far to see clear, same as a natural human eye lens. This enables the option to wear eyeglasses (if needed) or use Dr. Bates' method.

Read our entire Warnings, Directions PDF; <https://cleareyesight-batesmethod.info/id110.html> and in our book copyright.

Cornea laser surgery is similar; the lasik and certain other cornea surgeries place a prescription in the cornea. More cornea surgery in an attempt to change it can result in cornea injury, blindness. The prescription cannot be changed.

All these unnatural treatments, exercises, surgeries are not the Bates Method. They cause cornea injury, strabismus, impair eye muscle, eye function and movement, impair the clarity of vision, cause astigmatism, conical cornea, cataracts, glaucoma, detached retina, other eye-vision problems, impaired eye health and can result in blindness. They disrupt the brain's function with the eyes-vision. I do not endorse, advise use of lasik, Artificial 3-D eye exercises, Plus Lens method, Contact Lenses, any unnatural method.

AVOID pinhole glasses. I do not like teachers that sell them and especially without warning of the side effects, without teaching healthy alternatives. Reason is posted on the website with video and PDF; <https://cleareyesight-batesmethod.info/id114.html> They block many natural eye-vision functions, impair the vision, eyes' health, balance, coordination, memory... The small holes in the glasses impair the eyes, visual system's function. The black areas are frequently moving over, blocking the eyes' fovea-macula; the exact central field, the main area of the retina that produces perfect clear better than 20/20 eyesight and natural eye shifting movements, central fixations. The peripheral field is also blocked, impaired.

I don't like teachers that sell colored eyewear (color treatment glasses). It imbalances the sun's natural healthy full light spectrum. It turns healthy sunlight into partial unhealthy light that imbalances the visual system, brain and body's function, chemical, hormone production... Sunglasses, colored, tinted and even plain glass, plastic block full spectrum sunlight. It impairs the eye, cornea, iris-pupil, lens and retina's function and health. True color therapy and colored light therapy does not involve wearing colored glasses. I prefer the original natural colored light treatment (without colored glasses) taught by Thomas Quackenbush and other natural teachers and plain good old sunlight which contains all colors.

See the real method here; <https://cleareyesight-batesmethod.info/id59.html> and here; <https://cleareyesight-batesmethod.info/id37.html> and in this book in the Sunlight and Color, Colored Light Treatment chapters; *Do it Yourself - Natural Eyesight Improvement*. Website; <https://cleareyesight-batesmethod.info/id148.html>

The website, book list all the unnatural methods, eyeglasses to avoid. Choose a Bates Method Behavioral Optometrist, Ophthalmologist only, if an eye doctor is needed. AVOID LASER... CORNEA SURGERY! No cornea surgery, no contact lenses, no plus lens method... Don't let them sway, sweet talk you. Some vision improvement teachers receive money 'kickbacks' from Optometrists, Ophthalmologists, Opticians, other doctors and other businesses by referring students to them through links on their website or in private chats, messages, in person. Avoid teachers that endorse contacting their 'affiliate' Behavioral Optometrists or other eye doctors, teachers that sell, teach the harmful practices listed here as 'to avoid'. Some eye doctors are ok, they teach the true Bates Method, but some are not natural, they prefer to sell eyeglasses, lasik and other eye surgery, contact lenses, the plus lens method, other unnatural practices. They want you to develop cataract, cornea injury... so they can sell that expensive surgery. Also; Know the side effects, risks of Chiropractic. See the Chiropractic Warning page; <https://cleareyesight-batesmethod.info/id26.html>

And <https://cleareyesight-batesmethod.info/id150.htm> All doctors are not bad. There are good ones. Choose wisely.

I do not allow people I train to use contact lenses. They cause cornea, eye injury. Contact lenses are never a perfect fit for the cornea because the eye, cornea naturally change shape, often. This occurs more frequently as the eyes, cornea return to normal healthy shape with practice of Natural Eyesight Improvement. The contacts will not fit; they can easily scrape, injure, infect and scar the cornea. Contact lens cleaning solutions, eye drops get contaminated with bacteria, parasites. People have gone blind, lost their entire eye. Some fake teachers allow use of contact lenses, strong eyeglasses and other destructive methods because they want endorsement from eye doctors to help sell their training and books.

True Bates Method teachers, schools teach that only reduced *weaker and weaker* eyeglass lenses, usually 20/40 clarity (no contacts) are used and only temporarily, only *if needed* for driving, safety at work... as the vision is improving with practice of the Bates Method. Example; a person with -3.00 eyeglasses for myopia might try reducing to -2.50 or -2.00.

The eyechart will show 20/40 clarity with glasses on. Avoid glasses as much as possible. Keep practicing the Bates Method. Then continue to reduce until seeing clear without glasses. A person with +3.00 eyeglasses for presbyopia, farsight might reduce to +2.50 or +2.00 and continue to reduce. If the eyeglasses have uneven lens strength for the left, right eyes; try to get the strength even. See directions on the eyeglasses page; <https://cleareyesight-batesmethod.info/id36.html> and here;

If the eyeglasses have uneven prescription strength in the left and right eyeglass lenses;

It's best to change the lenses to equal strength; Don't use the stronger lens from the less clear vision eye's eyeglass lens because it will impair-lower the vision in the best-clear vision eye. Use the *weakest eyeglass lens* number from the best *clearest vision* eye for both left and right eyeglass lens' frame. And reduce (weaken) both the left and right lenses strength equally. Ask your eye doctor for the number; maybe reduce 0.50 or 1.00 diopter. - or + depending on the prescription. Some people reduce more; 2.00... The clearest vision eye will see 20/40 clarity through its reduced eyeglass lens. (20 feet, #40 eyechart line.) The less clear vision eye will have the same strength eyeglass lens but it must catch up (improve its vision) to see 20/40 through its lens, see equally clear as the clearest vision eye. Note that the clearest vision eye will also be improving; so do some extra Bates Method practice with the less clear eye (without glasses). The goal is to get the clarity of vision improved and equal in the left and right eyes when not wearing glasses. Then, when glasses are worn; both left and right eyeglass lenses are weaker, and are equal strength, the eyes see at an equal level through the reduced eyeglass lenses. Continue to improve the vision and discontinue use of glasses when vision is clear without them.

If the lenses are too weak or too strong; vision through the eyeglasses will be too blurry and cause strain, effort to see, headache. Find a balance where the glasses are weaker (not 20/20 strong). Are just right to see comfortable with no strain.

Correct Vision Habits; Shifting, central-fixation, blinking... are used when wearing glasses, and not wearing glasses.

Uneven vision and uneven eyeglass lenses cause imbalance, tension in the visual system, brain, eyes, retinas, eye muscles and slows vision improvement. Correcting this and removing bifocal, multi-section, astigmatism, prism, UV blocking, tinting, coating... from the eyeglass lenses enables easy, faster vision improvement, helps to reverse addiction to glasses and is not as harmful to the eye's health as glasses with multiple and strong prescriptions. No eyeglasses is the healthiest option. Glasses, level of clarity with and without glasses must be legal, safe for driving, work...

If you cannot get the left and right eyeglass lens strength equal; it's still important to reduce the strength of each lens. Getting the lenses equal and reduced is the best option, but some people have a large difference in the left, right eyes' clarity so equalizing the eyeglass lenses may feel uncomfortable, at first, so they reduce only. An option is to buy 2 pair of glasses; the *equal and reduced* and *reduced only*. Then; wear your way into the *equal and reduced* as the vision improves.

When buying; reduce the equal and reduced strength glasses a bit more to fit improvement in the vision. All glasses need more reduction as the sight improves and the lenses become too strong. Before glasses give 20/20; its time to reduce.

No bifocal! If you need to reduce for far and close vision; buy two pair of glasses; one reduced for far and one reduced for close. Wear them around your neck on a string. One higher to prevent scratching. Use glasses as little as possible.

The P.D., centering and height of the left and right eyeglass lenses, exact fit of the frames, handles... must be placed in the prescription. Some Opticians teach about the P.D. centering, height and other eyeglass settings that online Opticians don't tell you. Find a Optician that has a good reputation and online videos.

P.D., eyeglass lens, frames measurement; <https://cleareyesight-batesmethod.info/id36.html>

Most people can do without glasses when the vision improves to 20/70 - 20/50. Some at 20/100 or more unclear prefer to go without glasses. No glasses = eyesight improves faster. (Always stay legal, safe for driving, work, hobbies...) Eyeglasses are discontinued permanently as soon as possible. It is best to try and stop use of eyeglasses immediately. If the prescription is strong, the eyes contain cataract, detached retina, a retina, optic nerve problem, glaucoma, potential for these or any eye health condition; STOP WEARING EYEGASSES! Eyeglasses cause and increase cataract, detached retina, torn, leaking blood vessels, capillaries in the eye, retina and all eye health, vision problems. (Strong prescriptions will advance these conditions.) Eyeglasses can interfere with healing of an eye injury. Contact lenses also cause all of these problems.

A man who wore strong glasses for many years started to see flashing blue lights. He told his eye doctor. The eye doctor then increased the eyeglass prescription, prescribed the strongest glasses the man ever wore. He then saw more blue lights, had a bout of temporary blindness. Doctor told him to keep wearing the glasses. Then more blue lights, then blindness. A blood vessel burst in his retina, glaucoma came back and black cataract in both eyes.

In the past this man stopped wearing eyeglasses for a couple years and used the Bates Method. He cured cataract in both eyes and 80% of his glaucoma and myopia. Then he had a lot of stress in his life, lost his home and family. His vision blurred a bit from the stress. *Stress can lower the vision.* If glasses are avoided, relaxation obtained; the vision returns to clear. Unfortunately he followed his eye doctor's advice and went back to glasses. This is when the trouble started, strong glasses prescribed which lead to blindness. Eye surgery was performed on the broken retina blood vessel. He is now staying away from glasses *forever* and works to restore his sight naturally. He refuses surgery for the cataracts because many of his eye problems occurred years ago due to eye surgery so he's reluctant to trust doctors, hard to find a good one.

Some teachers, businesses that sell Natural Vision Improvement books, courses also sell vitamins, nutrients for the eyes. The health of the liver, kidneys, gall bladder, spleen, digestion... affect vision, the eyes' health. There are healthy effective remedies that improve function of the body organs, circulation, eyes... Choose carefully. Some herbs, vitamins, minerals... can be toxic, impair body chemistry, hormones, health and vision. Some teachers sell herbs, ingredients in their eye vitamins, formulas that have side effects, impair the eyes' health and clarity of vision. They do not warn people about this.

Healthy food, good nutrition has a positive effect on the clarity of vision, health of the body and eyes. Most vitamins, nutrients... are beneficial but they are best acquired from fresh food. If taken in pill form; it must be created from food, not artificially from chemicals... No additives. Read the Nutrition Chapter; <https://www.cleareyesight-batesmethod.info/id21.html> And avoid products containing bilberry leaf, eyebright, sulfite's, sulfate, nitrites, nitrate and other unhealthy ingredients, certain herbs, preservatives, chemicals. Natural sulfur from cabbage... is healthy. Chemical versions are not. Sulfite's, sulfate, nitrites, silicates, MSG, hydrolyzed... protein, corn, soy, yeast..., aspirin, aspirin type herbs, other herbs can cause temporary migraine headaches with flashing lights, blind spots in the visual field, impaired memory, a variety of health problems. Read the labels, check all the ingredients. MSG is also called flavor enhancer. MSG and other chemicals are labeled under many different names that the govt. has legalized so the food industry, restaurants can hide ingredients. Aspirin causes kidney, stomach damage, headache, other health impairment. It's addictive. Acetaminophen, NSAID's cause kidney, liver, joint damage, heart attacks, impairs eye health, vision and is the cause of many health problems. Avoid calcium in pill form. It causes deposits in the body, kidneys... Drug store (and also many phony natural) eye drops contain chemicals, toxins. Diet, injuries, drugs, chemicals, sinus sprays (sinus sprays, chemicals cause glaucoma, cataract, lower central and peripheral vision, color perception), eye drops, some eye medicine, sinus infection or congestion, mold allergy, lead, tooth cavities are other causes of eye-vision problems. Bilberry berries are healthy. When buying bilberry, ask for pure organic bilberry fruit, the berries only, no leaf. (Bilberry leaf CAN be toxic.) The berries are excellent. Pure bilberries improve eye health and day, night vision. It's an old World War Two pilots food for clear night vision when flying. They ate it as bilberry jam. Best without adding processed sugar. True bilberry contains a lot of dark red/purple juice inside the berry and the skin. It temporarily stains the skin when the berry is compressed in the fingers, as a blackberry or wild blueberry does. This juice and entire berry is healthy for the eyes, retina, its cells, cones-rods light receptors. Lutein and other nutrients, carrots, spinach, lemon-orange peels, cornsilk, certain types of chrysanthemum... are also beneficial.

Many Natural Vision Improvement websites have discussion forums, groups, guestbooks, blogs where people can post subjects on the Bates Method-Natural Vision Improvement, ask questions and learn from others that have improved their vision. When you connect with the right people it is a very positive experience. Life evolves through the exchange of ideas, sharing experience, cooperation and new creations. Beware of some Natural Vision Teachers, book Authors that 'hang out' on groups, forums giving limited help; they often are trying to lure people into taking private lessons for \$50.00 to \$200.00+ per hour, \$300.00 - \$10,000.00 and up seminars. Affiliate sellers also post for them. Most of the people on these forums are honest, very helpful, but there are a few that go on the forums giving the impression that they are strict Dr. Bates Method people but in reality they are providing links to websites, eye doctors that sell unnatural use of eyeglasses, the harmful 'plus lens method'., lasik and other cornea, eye surgery, contact lenses, artificial 3-D, pinhole glasses and other harmful products, treatments. Some people state incorrect, harmful advice and/or hide true Bates Method training. They try to make it seem difficult, complicated, state that only a highly intelligent personality can understand it and be successful. This is false. The Bates Method is easy, simple, a 'Do It Yourself' practice. Children learn it, are cured and become effective teachers. Many people obtain clear eyesight by only removing their glasses, learning to relax and shift, know what central-fixation is. A quick 10-30 minute lesson.

Be careful downloading free software from websites and typing, clicking on a forum chat, e-mail forum post or private message notifications. I was hacked many times on a forum chat and other ways by competing teachers, authors from CA, Iowa, Kiev-Ukraine, Russia, Italy and their partners in other countries. Some websites, software contain spyware, hacker viruses. A Better Eyesight Magazine website gives free software for the computer screen, eyesight but it acts as a virus, slows the computer., produces pop-ups asking for money. It impairs the eyesight. Some teachers link to it on their websites and advertise it in their books. It's hard to remove, hides in the computer. I found a secret way to remove viruses and block them. The magazines on that website have many spelling mistakes and missing issues. For years I have offered the owner help to fix the magazines but he does not reply. Site has some kind of tracker, cookie that locks into your computer. He may have just moved on, does not care to work on the magazines but I find that a very strange thing to do. I suspect there is a new 'secret owner or co-owner', they prefer the magazines to stay incomplete, mis-spelled so they can sell high priced paperback, PDF complete copies. This type of people hacked me 7 times trying to shut down our free magazines, bookstores on Amazon... and linked to that incomplete website and 2 duplicate websites in the U.S., Kiev Ukraine, Russia... They use Dr. Bates' name, picture... to sell unhealthy adult content, things that harm children, drugs... They want to stop honest teachers from providing Dr. Bates' books, magazines for free and low price. They sell for a very high price. There are bad people in the world. The good must stand up and protect, preserve Dr. Bates' work! I created an entire magazine collection online; <https://cleareyesight-batesmethod.info/naturalvisionimprovementoriginalandmodernbatesmethod>

For Natural Eyesight Improvement Bates Method forums, groups, discussion websites and book reviews, comments at bookstores; Note that some group... owners and members posting have become corrupt and are selling advertisements. Avoid their ads for lasik and other eye surgery, unnatural vision courses, eyeglasses, contact lenses, eyedrops, some vitamins, herbs... It's so sad that Dr. Bates' name and work are being used in this way. Speak up against this corruption!

Read more information on the different types of teachers, authors, books - the good and the bad, what's best, all the unnatural methods, eyeglasses to avoid; See the 2 *Warnings, Directions...* PDF's on top of this page; <https://cleareyesight-batesmethod.info/id110.html> and here; <https://cleareyesight-batesmethod.info/id36.html> Study these so you can detect a false teacher. My videos on YouTube show how all eyeglasses; plus and minus lens, astigmatism lens, contacts, prisms harm the eyes, eyesight. Watch for new videos in 2024+ showing more natural cures for myopia, farsight, presbyopia.

For the antique books I preserve, publish and sell on the website, Amazon...; about 3% of the training in some doctors, teacher's antique books have modern practices included to update or add to some of their original methods. New practices, clarifications are in blue. I never remove the antique pages, pictures, training. Modern practices and pictures are added while maintaining the original work. Other teacher's books I like and list have 100-97% perfect training, but a few contain 3% unnatural practice. It's worth it to read, learn from their books. Things to avoid such as artificial 3-D, pinhole and colored glasses... are posted here and on the website.

People have been stealing my website, books' content and using that and Dr. Bates' books to create their books with unnatural methods, use of eyeglasses... added. I do not endorse, do not allow this. In Sept., 2014 a book store took control of my Dr. Bates' Author's page that I created for Dr. Bates and his books. It's a public domain law the stores must follow. Careful; other authors might sneak their books (using Dr. Bates' name) onto that page and any store that contains Dr. Bates' books. This means that books with unnatural content added might get mixed in with Dr. Bates' true, natural method books I have assembled that are public domain. So far - Aug, 2024 only Dr. Bates' books are on there, and books I created with his content added. I like Amazon, I created a Dr. Bates' page; https://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_1 Amazon allows free speech here and on my Clark Night page. Read directions for selecting Dr. Bates' true books without unnatural methods added on his page, Biography, and my page, Biography here; https://www.amazon.com/Clark-Night/e/B004HU1MNS/ref=dp_byline_cont_pop_book_1

The best option is to find our books by the titles, authors and covers on the website; <https://cleareyesight-batesmethod.info> I'm building a new Dr. William H. Bates Author's Page for our books on the website and linking to stores. Be careful; other author's books might sneak onto store pages. Might invite true natural teachers and antique dealers to also post their and Dr. Bates' authentic books on the website.

I removed the names of the dishonest and high priced teachers, the ones described in this book, website that teach harmful methods. I did this to avoid harassment, lawsuits and to be kind to the teachers that do teach beneficial practices, but unfortunately also teach unnatural practices. I will give their names to people that contact me by phone so you can avoid them, prevent harm to your eyes, vision and also check out the good practices that some teachers provide. You have these pages and our Warnings, Directions PDFs listed in this book, website to protect you; so you know what to watch for; what is healthy, beneficial, safe to practice and what must be avoided.

Some teachers, authors tried to do a hostile takeover of my business, website, book rights after I refused to sell it to them. I have lawyers on retainer. The Bates Method works! That's why so many people are fighting over who can sell it, and most eye doctors, surgeons hide it.

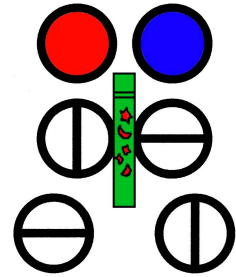
Stay with the true original Bates Method for clear eyesight and healthy eyes.

Warnings, Descriptions For Artificial 3-D Fusion Autostereograms, Magical Eyes Pictures;

I do not teach, advise Artificial 3-D Fusion Eye Exercises. Also labeled as; 'Autostereograms, Magical Eyes Pictures, Merging Objects, 3-Cup Images...' It can cause strabismus, *crossed, wandering eyes*, impair the eyes' convergence, divergence, accommodation, un-accommodation, the eye muscles and eyes' movement, cause eye muscle tension, double vision, astigmatism and blur in normal eyes and more so if there is a slight or advanced strabismus or other eye, medical problem, imbalance of the brain hemispheres or other brain functions, neck injury-tension, mis-aligned skull bones, other conditions. The Artificial 3-D can make a slight strabismus condition worse. It causes strain, tension, stress and confusion in the brain, eyes, retina and eye muscles. *It is not Dr. Bates' Method.*

Artificial 3-D Fusion exercises are not necessary to obtain clear vision, normal eye movement. It was not taught by Ophthalmologist Bates. He stated; the picture machine does not work. The Bates Method alone can cure strabismus; there are plenty of other activities, methods with *true* fusion, 3-D to obtain clear, balanced vision, coordinated eye movement in Dr. Bates' book, magazine. Dr. Bates and modern Bates Method Natural Eyesight (Vision) Improvement teachers teach different activities, natural ones with true 3-D (Three-Dimensional vision, depth, distance... perception) for correcting crossed, wandering eyes 'strabismus' and amblyopia, unclear vision.

The picture on the right shows an artificial 3-D example; looking at the pen placed in the central field, between and before the 2 red-blue circles which are in the peripheral field, to create an illusion of a 3rd circle between them. (Many teachers make this even more abnormal by not using the pen; the eyes just stare into space. The pen brings at least some normal effect.) Thinking red makes the circle turn red. Thinking blue makes it turn blue. This strains, confuses the brain, eyes, retina and eye muscles. See the Artificial 3-D warning at; <https://clear eyesight-batesmethod.info/id103.html> and in our books. Dr. Bates has extra 'similar but different' practices that correct strabismus naturally. Search treatments for squint, crossed eyes, double vision... in his book *Perfect Sight Without Glasses* and *Better Eyesight Magazine*.



Look for the practice using a candle flame and the girl that learned to turn the eyes in any direction and avoid tension.

Some Behavioral Optometrists, Ophthalmologists teach forms of Artificial 3-D Fusion as activities, tests a special way for each individual person's strabismus condition. It should be used for strabismus (crossed, wandering eyes) only. Ask a Bates Method Behavioral Optometrist, Ophthalmologist for guidance if you have tried the Bates Method FIRST, worked with a Bates teacher and still need additional help. Follow your doctor's directions. Do not copy it from a book, website created by an unqualified person or anyone. The doctor's activity might help correct imperfect convergence, divergence, fusion, strabismus when applied correct. It must be practiced with the guidance of a Bates Method Behavioral Optometrist, Ophthalmologist. The eye doctor will teach the patient which activities are to be done for specific conditions, distances that the patient's eye movement, convergence, divergence, fusion... needs improvement. The doctor might have the patient practice with the 3-D image card placed at only one, two distances or at a variety of close, middle and far distances, fusing the two images into a 3rd by looking at one or a variety of different close distances/objects before the card and/or one or a variety of different far distances/objects beyond the card. (one distance at a time.) Distance of the card might be varied. Spacing between the two images might be at a variety of widths or limited. Merging, fusing images that are further apart or closer together being accomplished with advanced fusion training if needed. How many are practiced, length of time each or only some of these activities, routines are practiced is determined by the student's condition; convergence or divergence impairment, eye, eyes in, out, up, down, angled., degree of impairment and other eye-vision and brain conditions. Other old and new treatments, pictures... might be applied. I refuse to use, teach Artificial 3-D. I have seen too many people who have been injured by it, even with a doctor's directions, supervision. This is NOT a one size fits all, just carelessly thrown in a book, webpage for every person's treatment! Only a professional can prescribe a correct, precise routine for each individual. Practicing too much or too little at a specific distance, at the wrong distance, on pictures spaced a specific width that's not needed, the wrong activity... can impair convergence, divergence and cause other eye, vision problems, astigmatism, cause and increase strabismus, amblyopia.

Some teachers place the Artificial 3-D in their books, school to attract attention, seem professional. They teach it wrong. They should warn about the side effects. It affects how the brain works with the eyes, retina, eye muscles. It is not to be toyed with. Do not interfere with a child or adult's natural brain, eye development, function. It must be applied by a professional experienced in the function of the eyes, the brain, brain hemispheres, visual cortex, nerves, eye muscles and other functions. Accommodation, un-accommodation of the eyes and lens work-occur with the eyes' convergence, divergence, fusion. All are affected, improved or impaired when the activities, tests are done correct or incorrect.

Most vision teachers do not teach this the correct way, do not warn about the side effects of doing it wrong because they cannot prescribe for every individual person's condition in the class, in books and usually do not know the entire, correct Behavioral Optometry treatment. Even a Behavioral Optometrist, Ophthalmologist needs the best training and experience, know exactly what part of the brain needs work. They also need to learn the Bates Method of Natural Eyesight Improvement so they can give their patient an option; true natural (Bates Method) treatment, or if needed, the artificial 3-D and be sure it's done correct, and apply both methods; the Bates Method. And the professional Artificial 3-D if needed. The artificial 3-D is a temporary treatment. The Bates Method is a permanent practice, an art, natural correct vision function.

The Artificial 3-D activities do produce a natural 3-D effect created by the eyes, retina, brain, left and right brain hemispheres, visual cortex. Seeing the correct fused image indicates the brain, eyes and eye muscles are working together, the eyes are balanced-aligned. But; I call the activities *Artificial* 3-D because it is not the normal way a person uses the eyes-vision to see an object clear. The Artificial 3-D has the person staring into space between, and before or beyond 2 objects placed in the left and right peripheral field, merging these two into a 3rd object which shows an illusion of it being in the central field.

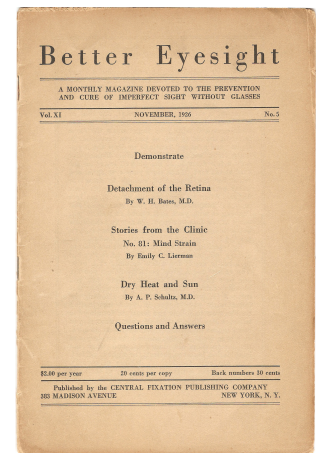
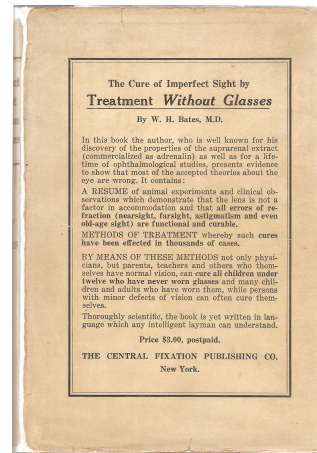
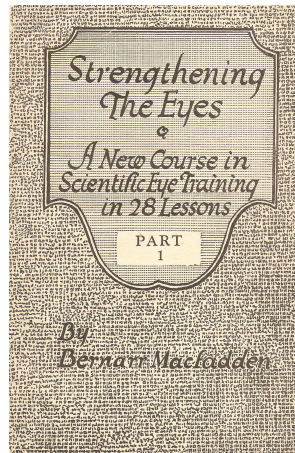
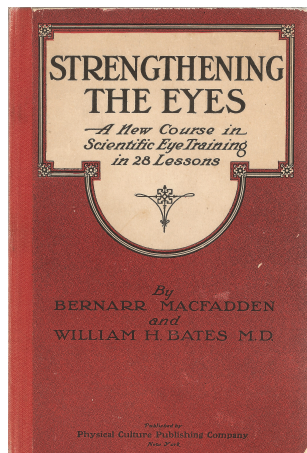
In reality it is 2 areas/objects of the peripheral field combined and still in the peripheral field. The person is using the peripheral vision to see with; the illusion in the central field. Diffusion, strain occurs. This prevents Dr. Bates #1 natural practice of Central-Fixation (true central vision). Normal, natural Shifting eye movement is also prevented, impaired due to the person's mind, eyes being on more than one object, distance at a time, and not solely in the central field; Mind, eyes are on the real placement of objects and the illusion. Artificial 3-D causes strain, tension, confusion in the brain, eyes, dizziness and other side effects. Impairing the eyes' natural movement leads to unclear eyesight, strabismus.

True completely natural 3-D vision for healthy eyes, correct eye-brain function, clear vision occurs when; Looking directly at the object you want to see, directly at the distance the object is at, in the true central field (object is between the left-right eyes) with the mind, eyes 'mental-visual attention' on/at that object, distance. And; the central field, (the retina's fovea) 'visual-mental attention' are moving 'shifting' part to part upon the object.

True natural fusion produces a completely natural 3-D vision created by the eyes, retina, brain, left and right hemispheres, visual cortex. You can determine true depth, distance of objects, time, speed to travel to, from one object to another... You see the object's texture, shape, all parts large to tiny, light, shadows...

Try the Bates Method first; Relaxation, Central-Fixation (centralizing), Shifting, Switching (looking close, middle and far), Bead String, Pens in a Row (natural healthy fusion with true 3-D), Phoria Swings, Memory and Imagination, Natural Movement, Long Swing, Sway (Rock), Left and Right Brain Hemisphere Activation and Integration, Color Treatment and other natural methods are usually all that are needed. See the Switching, Bead String and other chapters, pictures in this book to test and correct the vision, eyes' movement.

Bernarr MacFadden & Dr. William H. Bates' first book-kit, 1918; *Strengthening The Eyes*.
 Later; Dr. Bates left the *Strengthening The Eyes* book. He then wrote his own book containing
 100% NATURAL Eyesight practices; *Perfect Sight Without Glasses (The Cure Of Imperfect Sight
 By Treatment Without Glasses)* - Year 1920. And his; *Better Eyesight Magazine* - Year 1919 to 1930.
 Central-Fixation Publishing Co. - Years 1919, 1920-1930-1940;



See the 'Bates Method History, Teachers, Books' Page on the website;
<https://cleareyesight-batesmethod.info/id4.html>

Natural Vision Improvement GuestPage-Forum; <https://naturaleyeyesightimprovement-batesmethod.com/GuestPage/index.php>

Google Hangouts, Video Chat; <https://cleareyesight-batesmethod.info/id93.html>

YouTube 184+ videos; <https://www.youtube.com/user/ClarkClydeNight/videos>

Facebook; <https://www.facebook.com/MaryIOLiver?ref=profile>

<https://truthsocial.com/@OClearEyesightForMAGA> X; <https://x.com/mclearsight>

Contact me for my 3 Favorite FREE SPEECH Social Media

Go to; <https://cleareyesight-batesmethod.info> for free e-books, paperbacks, vitamins, colored lights and other products.

Questions - Phone; 1-781-629-3903 Address; Revere, MA, Broadway-8th St. South Boston, MA (California again someday.)
 Born, grew up in Brookfield, Warren, Worcester Massachusetts. Small town, Country life.

(I learned from the true Bates Method teachers; To not call Natural Vision Improvement 'Eye Exercises'.
 They are the; Practice of Correct, Relaxed, Natural Vision Habits, Normal Vision Function.)

**More Bates Method Teachers Trained in Person, Directly by Dr. Bates and Emily from 1918 to 1931...
Listed in his Better Eyesight Magazine as Qualified To Teach. For people that may want to search
for these teachers' books, movies, schools... and possible books, creations by their ancestors;**

April 1924;

Announcement

Miss Mildred Shepard, 50 Main St., Orange, N. J., is now a certified teacher of better eyesight. She is well qualified to cure imperfect sight by treatment without glasses. The Editor of Better Eyesight takes great pleasure in recommending her to any who may need her services.

Nov 1924;

El Uso Natural de La Vision

(The Natural Use of Vision)

By R. RUIZ ARNAU, M.D.

THIS book should appeal to Spanish-speaking people, because it contains numerous demonstrations of the truth which make it possible to cure imperfect sight by treatment without glasses. In the magazine, "Better Eyesight," of May, 1920, is an article by Dr. Arnau with the title "My Headaches" in which he describes at length how he was cured of chronic headaches and imperfect sight by treatment without glasses. As a result of his cure he has become able to give relief to his patients. **The author's most important contribution is his claim that the true use of the ciliary muscle is not to increase the curvature of the lens when the eye is focused for reading at the near point, but just the opposite: The ciliary muscle prevents any change of form in the curvature of the crystalline lens.**

He has written a great deal about mind strain as the real and only cause of defective eye-sight. He discusses the unconscious movements of the vegetative functions of the body, circulation, respiration and the constant mental shifting as entirely in accord with the new ideas of Einstein, Korzbyski and others.

The Tachorthoscope was discovered by Dr. Arnau. It is an apparatus for the treatment of patients who are not benefited promptly by other methods. He has also investigated the use of music by which some patients find an easy way to obtain a short swing through the auditory memory.

Dr. Ruiz Arnau of Madrid, who is now there introducing Dr. Bates' method into schools, and to those medical doctors who desire to learn a better way of obtaining perfect vision, than the use of eyeglasses. Dr. Arnau became interested in the Bates Method some years ago when he himself was suffering with continual headaches and other discomforts caused by mind and eyestrain. He came from San Juan, Porto Rico, leaving a good practice to seek the only Doctor who could help him. Dr. Arnau has shown his appreciation for what Dr. Bates has done for him by writing a book entitled, "El Uso Natural de la Vision," which he dedicated to Dr. Bates.

Jan 1925;

Announcement

We are pleased to announce that Capt. C. S. Price, of London, England, will visit Dr. Bates around the latter part of January. He is planning to discuss with Dr. Bates the best methods which are employed for the cure of imperfect sight without glasses. The spread of Dr. Bates' method in England is largely due to Capt. Price's enthusiasm and success in helping others. There are now two clinics, and a Better Eyesight League in England, all reporting favorable results. We are hopeful that Capt. Price will attend the February meeting of the League.

April 1925;

Announcements

THE WORK IN ENGLAND

Capt. C. S. Price, of London, England, has been the guest of Dr. Bates for several weeks. Dr. Bates wishes to announce that he finds Captain Price thoroughly capable of curing imperfect sight by his methods.

July 1925;

Announcements

Correction

Dr. J. L. MacKinnon, a student of Dr. Bates, is using his method successfully in Kingston, New York. The June issue of "Better Eyesight" removed him from Kingston, New Jersey, in error.

Aug 1925;

Announcement

Our readers may be interested to know that of November first, Miss S. I. Paisley, formerly of Washington, D. C., will be in Los Angeles as a representative of Dr. Bates. Other representatives who have just completed Dr. Bates' Course on the "Cure of Imperfect Sight by Treatment Without Glasses" are:

DR. J. B. CLAVERIE,
1467 East 53rd Street,
CHICAGO, ILLINOIS,

DR. ST. GEORGE FECHTIG,
97 Madison Avenue,
NEW YORK CITY,
and
PALM HARBOR,
Pinellas County, Florida.

Dec 1926;

Announcement

Miss Katherine Hayes, of the Central Fixation Publishing Company, will be pleased to improve cases of imperfect sight by treatment without glasses at 303 West 122nd Street, New York City, Telephone—Cathedral 3450.

May 1927;

Announcement

Because of the increased demand for the Bates Method in California, Emily C. Lierman, assistant to Dr. W. H. Bates for fourteen years and also manager of the Central Fixation Publishing Company of New York City, has opened an office at 609 South Grand Avenue, Los Angeles, California, where she is treating patients. Mrs. Lierman is also giving courses of instruction to those who desire to cure imperfect sight by the Bates method. At the completion of the course, the student receives a certificate authorizing him or her to improve defective vision by treatment without glasses. Mrs. Lierman is delivering lectures throughout California and is *showing moving pictures which illustrate the Bates Method of curing imperfect sight.*

May 1927;

Announcement

Dr. H.M. Peppard, of 71 Park Avenue, is a representative of Dr. Bates and is qualified to improve or cure imperfect sight by the Bates method. Office hours - 9:30 to 6:00 Telephone Caledonia 4694

Oct 1927;

Announcement

Dr. Bates wishes to announce that Mrs. E. C. Lierman, his assistant for fifteen years, has finished her work in California, and has resumed her work at his office.

Oct 1929;

Announcement

Dr. Bates takes pleasure in announcing that Dr. John A. Rath of 111 North West Ave., Jackson, Mich., has recently completed a course of instruction under him and is fully qualified to practice the Bates Method.

Feb 1930

Announcement

Dr. Bates takes pleasure in announcing that the following have recently completed courses of instruction under him and he highly recommends them to anyone desiring their services:

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

Mr. Fred Baechtold,
633 Hudson Ave.,
West New York, New Jersey.

Mr. Baechtold will be pleased to visit those patients who desire to receive treatment at home. Appointments can be arranged by telephoning him at Palisade 7735.

Mar 1930;

Announcements

Dr. Bates wishes to announce that the following have recently completed courses of instruction and are authorized to practice the Bates Method:

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

Miss Wilson is the principal of the Anna Head School for Girls in Berkeley and plans to introduce the method into the school for the prevention and cure of imperfect sight in her pupils.

Mr. Harold E. Ensley,
112 West 104th Street, Tel. Academy 6941, and 45 W. 45th Street, New York City, Tel. Regent 9483. Mr. Ensley was formerly a student at Princeton University.

April 1930;

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.** Subscriptions for the remaining months, however, are being received. 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.

May 1930

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. Schluter (prominent eye specialist),
Hamburg, Mundsburgerdamm 11, Germany

There may be more teachers, authors.
Search in Dr. Bates' magazine, books, articles, advertisements.

Better Eyesight

OCTOBER MEETING

PERHAPS no speaker has brought greater encouragement to those endeavoring to gain better eyesight than Miss Florian Shepard, of Orange, N. J., who spoke to our League on October ninth. The special significance of her cure lies in the fact that it has been one of the unusually slow ones. Miss Shepard told the history of her case and related the gradual steps in her progress. At first nothing seemed to work. Palming, swinging, everything produced strain instead of relaxation. It was only by long perseverance that she was able to arrive at any real success. Again and again Miss Shepard spoke of the marvelous patience and understanding with which Dr. Bates helped her find a way out of all her difficulties. Her testimony proves that Dr. Bates can succeed not only with easy cases but also with hard and unresponsive ones.

Miss Shepard spoke of the trick of timing the swing with the thumb and finger, and Dr. Bates later discussed this point. Attention was called to the fact that the September magazine had an article on the subject.

At Dr. Bates' request Miss Mildred Shepard gave a short account of her cure. The most interesting part of all was perhaps the fact that since her eyes have become normal she is much less tense and consequently less nervous in all phases of her life. She spoke of herself as having become "happy-go-lucky."

LEAGUE BUSINESS

Miss May Secor, of 521 West 122nd Street, has been elected corresponding secretary.

The League has voted to amend the constitution to make the dues \$1 a year instead of \$3. The subscription to the magazine will not be included. Anyone wishing to join the League now will have paid up to January, 1925.

Better Eyesight

Of Special Interest

Throw Away Your Glasses

DOCTOR BATES' article in the September issue of Hearst's International Magazine awakened more interest in his method of treatment than any previous writings. Hundreds of letters were relayed from Norman Haggood, Editor, to Dr. Bates and contained congratulations, inquiries and appointments for treatment. A special notice of this article was placed in the New York Times by the editor of Hearst's.

In view of this fact we have had reprints made of the article and will fill orders immediately upon receipt.

The title is **THROW AWAY YOUR GLASSES**, and it explains how this can be accomplished. Everyone interested in curing their own sight will be enlightened on many points by reading this reprint.

Don't wait until the initial supply is exhausted before placing your order. Price 35c.

*Are You Nearsighted—Farsighted—Astigmatic?
Have You Cataract—Glaucoma?*

Then send for the number of the **BETTER EYE-SIGHT MAGAZINE** which deals with each of these defects individually. Dr. Bates explains the cause of each and how it can be cured by his treatment. These instructions can be followed by the layman.

ALL BACK NUMBERS 30c.

Bound Better Eyesight

July, 1922—June, 1923—Price \$4.25

Bound in leather the same color as the book, and both together make an attractive set. This volume contains many helpful suggestions and instructions for the use of the various swings, shifting and palming. Progressive myopia, astigmatism and other defects are treated and their cause and cure explained. The cure of eye defects in children is described in various parts of the book.