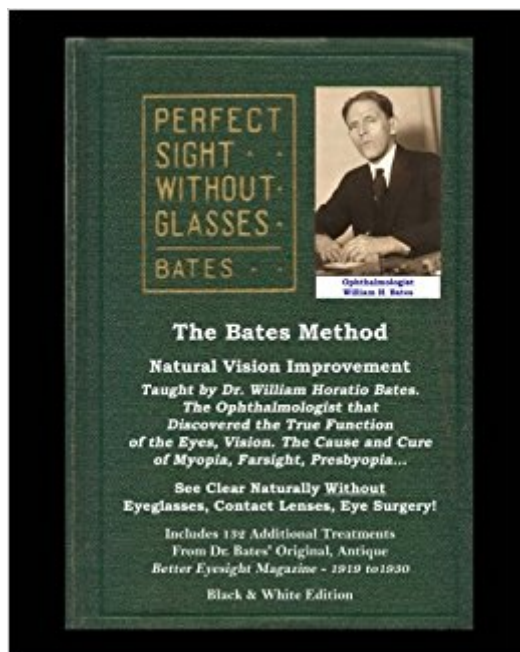


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# The Bates Method - Perfect Sight Without Glasses - Natural Vision Improvement Taught By Ophthalmologist William Horatio Bates: See Clear Naturally ... Eyesight Magazine. (Black And White Edition)



## Synopsis

This is the text version of Perfect Sight Without Glasses. A smaller book to provide a lower price in color, black and white. It contains only Dr. Bates's book, Better Eyesight Magazine and extra eyecharts. Black and White Edition. A 480 page version of this book in scans of the original antique pages, with additional training, magazines, many pictures by a Bates Method teacher is available in color, black and white paperback. Dr. Bates's page;

[.com/William-H.-Bates/e/B004H9DOBC](http://www.william-h-bates.com/William-H.-Bates/e/B004H9DOBC) Dr. W. H. Bates started his career as an orthodox ophthalmologist following the old, long time rules of the practice; prescribing eyeglasses... During his practice, working with different patients, eye conditions, he realized that unclear close, distant vision, astigmatism and other conditions often cured itself, reversed back to clear vision, especially when his patients stopped wearing their eyeglasses and relaxed. He noticed that wearing glasses &apos;tensed&apos; the eyes, eye muscles, lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses. He began his own studies on the eye and its function. This led him to discover that many of the old ophthalmology, optometry &apos;supposed facts&apos; about the eye, lens and its function and cause of unclear vision... are incorrect. Dr. Bates began teaching his patients to stop wearing their glasses. He taught them natural methods, including relaxation, correct use of the eyes/vision (shifting...) to produce clear vision. Dr. Bates cured his own eyesight, close vision, presbyopia. Distant vision also clear. He wrote an article in his book, magazine describing how he did it with Memory, Imagination, Relaxation. &apos;He controlled, changed the focus of light rays in his eyes with his mind.&apos; Dr. Bates performed experiments on the eyes of animals, and observed the function of animal, patient&apos;s eyes under different conditions. He used the retinoscope to see the refraction of light rays in the eye under various conditions. He proved that the refraction, clarity of vision changes often. And when the eyes are left alone, eyeglasses avoided; the refraction, clarity returns to normal-clear vision. He proved that the state of the mind, thoughts, emotions, body change the refraction of the eye, clarity of vision. Example: when the mind, body is relaxed, positive, happy thoughts, emotions; the refraction is normal and vision is clear. When the mind, body is under stress, strain; the refraction is abnormal and vision is unclear. Dr. Bates discovered that the main cause of unclear vision and other eye problems is; Wearing Eyeglasses, Mental Strain, Mental, Visual Effort to See, Poor Vision Habits-incorrect use of the eyes/vision; squinting, staring, not shifting-lack of normal, relaxed eye movements, lack of central-fixation, poor memory and imagination...Perfect Sight occurs with Perfect Relaxation (deep or active/dynamic relaxation). Relaxation occurs first, and then the eyesight becomes clear. Practicing normal, relaxed eye/vision

function induces relaxation of the mind, eyes and perfect clarity. Dr. Bates's experiments on the outer eye muscles proved that tension in these muscles (mainly caused by eyeglasses, strain in the mind, incorrect vision habits) disrupts their function, the eyes movement, accommodation, convergence, un-accommodation, divergence, causes pressure, tension, pulling on/in the eye, alters the eye's shape, (and lens, retina...), disrupts refraction, focus of light rays in the eye, on the retina and the clarity of vision. Blood, oxygen, fluid, tear circulation, production, nerve function in the eyes is impaired. When the mind is strained, tense, the brain and retina do not communicate/function together at optimum level. Function of the retina is lowered. Relaxing the mind, returning normal eye movement relaxes the outer, inner eye muscles, returns the eyes, lens, retina... to normal shape with clear vision.

## **Book Information**

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## **Customer Reviews**

EVELYN CUSHING CAMPBELL Better Eyesight Magazine I have acquired perfect vision without glasses, and a relaxed state of once over-strained nerves. A visit to Dr. Bates wrought this seeming miracle. The pioneer ophthalmologist's 1920 book. His findings after many years devoted to research and experimental work dealing with issues that orthodox ophthalmology could not explain or would not acknowledge. Not to be confused with Better Eyesight Without Glasses, a scaled-down edition published after Dr. Bates's death, excluding large portions of the text and all pictures. VICTORIA COOLIDGE HOW I HELPED OTHERS - Better Eyesight Magazine, April, 1920 - When I had become able to read without glasses, and my headaches had become less and less frequent, and less severe each time, I was so enthusiastic over my experience that I was anxious to help others. My brother was my first patient. He has now done without glasses for about

a year, and has made remarkable progress in that time. **CHARLOTTE ROBERTSON** Better Eyesight Magazine How My Eyestrain was Relieved **I** Have had such wonderful relief by following Dr. Bates's method of treating imperfect sight and eye-strain. I have practiced reading pages from Dr. Bates's book which I have always found encouraging. **W. Wallace Fritz, M. D.,** Journal of the Allied Medical Associations. The removal of strain causes a return to normal vision. **Marshall, Olive.** "Has nature played trick on us?" Syracuse Herald. 11 July 1920. Spectacles may be banished by the revolutionary discovery of Dr. Bates. He claims that all errors of refraction-nearsight, farsight, astigmatism and even old-age sight are due to a mental strain resulting in imperfect functioning of the muscles on the outside of the eyeball. The cure for all these conditions, Dr. Bates finds in relaxation. **HOW I WAS CURED OF PRESBYOPIA** By **FRANCIS E. MCSWEENY** Better Eyesight Magazine, April, 1922 This patient was first seen on March 11, 1919. His right vision was 20/50 and his left vision 20/70 and, although he was fifty-one years old, he read diamond type at eight inches. He had not worn glasses for some months, and with the help of a cured patient had been able to improve his sight considerably. **My present vision is:** Distance (both eyes): 10/10, 15/15, some of 15/10, 20/20 and 30/30. Fine print (both eyes): best at 12 inches, some at 20 inches, can see a period at 20 inches. **Lawrence Galton - Coronet,** Oct., 1955. **Improve Your Sight Without Glasses;** Dr. William H. BATES threw a bombshell into the ophthalmological world 35 years ago with the publication of Perfect Sight Without Glasses. It has been exploding in a chain reaction ever since. Bates meant exactly what the title said - even though it seemed impossible. He was a practicing New York eye specialist who developed a theory which violated about every orthodox idea of how we see, why we lose sight - and what can be done to regain it without reliance upon glasses as the sole corrective. Bates's ideas were originally dismissed as utter foolishness, and are still being vigorously discussed pro and con. But, according to those who use Bates's techniques, they have brought normal or practically normal sight to scores of thousands of people long considered hopelessly nearsighted or farsighted, or otherwise afflicted and forced to wear glasses the rest of their lives. After a few months of practicing Bates's theory, a nearsighted woman with 1/10th normal vision, who had worn glasses for most of her life, passed a driver's test with 20/40 vision, wearing no glasses. Two years later, she passed it again with 20/20, or normal vision. A farsighted businessman, for whom print was only a blur without the glasses which he had worn for half a dozen years, was able to discard them in less than three months.

Ophthalmologist William H. Bates. Author of; 'The Cure of Imperfect Sight by Treatment

Without Glasses; Perfect Sight Without Glasses; and Better Eyesight Magazine; 132 Monthly Issues from his Clinic in New York City. The eye doctor that discovered Natural Eyesight Improvement, The Bates Method. He corrected the eyesight of hundreds of thousands of patients without use of eyeglasses, surgery, drugs during his life and after through his books, magazines. All William H. Bates, Clark Night Books published by; Central-Fixation Publishing Co., CreateSpace, ClearSight Publishing Co., include 17 PDF E-Books; ALL our books on .com, GoogleBooks... including Dr. Bates 132 Issues of Better Eyesight Magazine in the Original Antique Print and the Modern Version with 500 pictures. True History! A Treasure for the Collector of Dr. Bates and other Natural Eyesight Teachers work. Download from Internet. PDF is unlocked, no security; print in color, any size print large or fine., bind as preferred. 1650 pages. 700+ pictures with directions for a variety of treatments, activities for every eye, vision condition. PDF Index is linked to chapters. Click and go quickly to a page. Type in a word in the search bar (Example; Myopia, Near-Sight, Presbyopia, Cataract...) to find 50-100 natural home treatments throughout the book. Click the link to go to the treatment. Bookmarks on the side of the book pages link to every chapter, article, picture, treatment...

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Kindergarten Coloring Book: Coloring pages with kindergarten sight words to help with sight word practice. (Educational coloring ... and preschoolers with sight word practice) Take Off Your Glasses and See: A Mind/Body Approach to Expanding Your Eyesight and Insight Better Eyesight without Glasses Better Vision Now: Improve Your Sight with the Renowned Bates Method William Shakespeare's Star Wars Collection: William Shakespeare's Star Wars, William Shakespeare's The Empire Striketh Back, and William Shakespeare's The Jedi Doth Return You Don't Need Your Glasses or Contacts: Natural Ways to Correct Your Vision Without Drugs or Corrective Lenses Eye Exercises to Improve Vision: Recover Your Vision Naturally with Simple Exercises (Vision Training) Relearning to See: Improve Your Eyesight Naturally! Improve Your Eyesight Naturally: See Results Quickly Clear Home, Clear Heart: Learn to Clear the Energy of People & Places

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