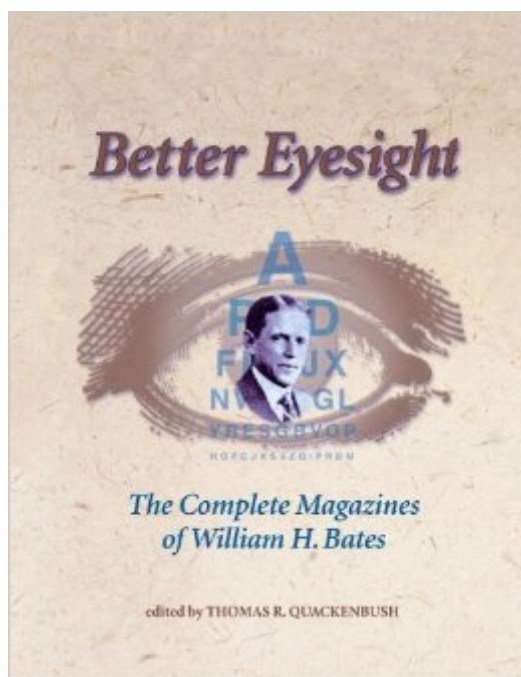


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# Better Eyesight: The Complete Magazines Of William H. Bates



## Synopsis

Artists, teachers, army officers, housewives, elderly people, parents, and children with vision problems write about their experiences with the Bates Method and giving up their glasses in Better Eyesight. Major eye conditions (myopia, astigmatism, farsightedness, presbyopia, amblyopia, strabismus, cataract, glaucoma, blindness) are discussed by Bates, other ophthalmologists, the medical community, and readers. The significance of this literature is both historical and immediate. For the first time, the connection between eyestrain to shoulder and neck pain, headaches, and other muscular tension is discussed.

## Book Information

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## Customer Reviews

In his introduction the author refers to the contents of the Better Eyesight magazines as a treasure chest. Actually this compilation is priceless! It is chock-full of absorbing information ---articles by Dr. Bates, case studies and many testimonials from people of all ages and all walks of life --- covering supposedly irreversible conditions such as nearsightedness, farsightedness, astigmatism, cataracts, glaucoma and many more. If you are not amazed by what you read in at least one case history, then you'd better have someone check you for a pulse. The book also confirms that Dr. Bates' teachings had nothing to do with eye aerobics and everything to do with relearning how to RELAX the mind and the eyes for better vision and improved overall health. Even though I'm not a novice at natural vision improvement (see Relearning to See review), this book has greatly inspired me. The moment I began reading Better Eyesight, it was like stepping back in time to get personal advice

from Dr. Bates in his clinic. It was also uncanny to read many unique observations so similar to my eye re-education experiences. I'm on the homeward stretch of my 20/20 goal (or keener!) and Better Eyesight has bolstered my motivation. It's helped remind me to quickly recognize and correct myself when I lapse into poor vision habits and my progress has surged. Dr. Bates humbly stated that he had no external cure to improve eyesight. It was nature's way of healing and he cited cases where people improved their vision with no knowledge of his teachings. (I know of two adults who hated their prescribed glasses as kids, quit wearing them, and their sight returned to normal.) However Dr.

If you want to have all the Better Eyesight magazines in a single, reasonably priced volume, this book may be considered as long as you are fully aware of a few shortcomings:<sup>1</sup> An integral part of Bates' writings was removed; specifically, his teaching on sun gazing. All references to it, including those found in patients' letters and testimonials, are either altered or deleted. The editor claims Bates changed his teaching in his later years to closed-eyed sunning only, despite evidence to the contrary. It is a shame that while sun gazing is unorthodox and politically incorrect, for people suffering from cataract, it may well be the potential cure they won't hear about anywhere else.<sup>2</sup> Another omission from the book that I uncovered has to do with teacher qualifications. In Bates' time, the only way for him to spread his teaching, in addition to his publishing effort, was to train teachers. Nowadays, anyone interested in his method can easily gain access to his writings. For those who somehow still think they need a teacher, keep in mind that Bates is no longer around to train anyone; there is no reliable accreditation; and testimonials from strangers should never be relied upon. Nevertheless, Bates had the foresight to lay down some guidelines for them: "The teacher, if he is to benefit the patient, must himself be able to derive benefit from the various methods recommended. If his vision is 10/10, he must be able to improve it to 20/10, or more. If he can read fine print at twelve inches, he must become able to read it at six, or at three inches. He must also have sufficient control over his visual memory to relieve and prevent pain." -- Better Eyesight, December, 1919 The above paragraph is nowhere to be found in the book.

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