

Courtesy of

Carlos Moreno at CenteredVision.com

An excerpt from

Better Eyesight

**A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF
IMPERFECT SIGHT WITHOUT GLASSES**

Vol. VIII

November 1923

No. 58

A DOCTOR'S STORY

By H. W. Woodward, M.D.

ABOUT two years ago I visited New York for the purpose of investigating the claims made by Dr. Bates relative to the cure of refractive errors and the restoration of diseased eyes without the use of glasses.

I visited his clinic at Harlem Hospital. Here I found most unusual methods practiced by the doctor and Mrs. Lierman in the treatment of disorders of the eye. I was surprised at the cheerfulness of the patients, particularly the children.

The doctor invited me to call at his office. I did so, and again I found his methods so different from the usual oculist that I was interested at once in finding out how he did his work. The first thing that impressed me was seeing so many patients working in his waiting room. They seemed to be engaged in steadfastly regarding the letters of test cards placed upon the wall.

After I had seen the doctor treat several patients he turned to me and inquired about the condition of my own eyes. I replied that I had reached the age where most people

require glasses for reading, but was just beginning to be annoyed by a blurring of vision when I consulted a telephone directory in a dimly lighted room. I knew that this symptom means in the almost universal experience of mankind, glasses, and more glasses, until one becomes dependent upon them. While I was contemplating this prospect, Dr. Bates explained to me that he had been through this experience, having had to wear quite strong lens for reading and that he had cured himself.

He handed me one of his professional cards. On the back of this card was printed in small diamond type seven paragraphs stating seven fundamentals of perfect sight. He requested me to hold this card about six inches from my eyes, then close my eyes and form in my imagination or memory a small letter "o" and to see it in my mind, very black with a white center. After doing this for a few seconds I was to open my eyes and look at the letters on the card. I did this, and to my surprise upon opening my eyes, the letters were jet black and remarkably

CenteredVision.com

Email us at: Admin@CenteredVision.com

Page 1 of 2

Courtesy of

Carlos Moreno at CenteredVision.com

distinct; but for only a moment did this clear vision last. The letters soon faded away into a blur.

This experience of getting a flash of clear vision, though evanescent in character, was encouraging to me, because it suggested the possibility of conquering this tendency to blurring. In other words, if I could learn to sustain this primary normal position that my eyes relaxed into just before opening them, I would certainly achieve perfect vision. Dr. Bates instructed me to practice what I had just done twice a day. I did as he advised. At first I could not hold this flash of clear vision more than a second or two. It was too subtle. I could not get a hold on it. I

continued, however, practicing night and morning for several weeks with but slight improvement. At last, however, I became able to sustain the clear vision for about thirty seconds; but if I would wink my eyes while seeing clearly, my vision would fade into a blur. In time my patience was rewarded by more improvement, for now I am often able to read the whole card without a blur.

Dr. Bates deserves much credit for the pioneer work which he is doing and for the way he keeps on doing it in spite of the hostile criticism continually directed toward him. To know him is a privilege and I am thankful to have had this experience.