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Quotes from Dr. William H. Bates

From Dr. Bates' book, *The Cure of Imperfect Sight by Treatment Without Glasses*,

Chapter XII, Palming

“ALL the methods used in the cure of errors of refraction are simply different ways of obtaining relaxation, ...”

Ibid, Chapter X, Strain

“The eye with normal sight never tries to see. If for any reason, such as the dimness of the light, or the distance of the object, it cannot see a particular point, it shifts to another. It never tries to bring out the point by staring at it, as the eye with imperfect sight is constantly doing.

Whenever the eye tries to see, it at once ceases to have normal vision.”

Ibid

“Every thought of effort in the mind, of whatever sort, transmits a motor impulse to the eye; and every such impulse causes a deviation from the normal in the shape of the eyeball and lessens the sensitiveness of the center of sight. If one wants to have perfect sight, therefore, one must have no thought of effort in the mind. Mental strain of any kind always produces a conscious or unconscious eyestrain and if the strain takes the form of an effort to see, an error of refraction is always produced. A schoolboy was able to read the bottom line of the Snellen test card at ten feet, but when the teacher told him to mind what he was about he could not see the big C.”

From the article *Dodge It, Better Eyesight*, September 1923, Vol. III, No. 2

“WHENEVER your sight improves shift quickly to something else. Dodge your improved vision. Whenever you see things imperfectly shift your eyes quickly to something else. Dodge your imperfect sight. To stare always lowers the vision. Do not stare. Dodge it.”

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From the article Imperfect Sight Contagious, Better Eyesight, Vol III, No. 2

“The question of whether or not errors of refraction are hereditary is one about which the medical profession has exercised itself greatly. An immense amount of work has been done for the purpose of throwing light upon it, and all the time the very plain fact that these conditions are contagious has escaped observation. **For an error of refraction is simply a nervous condition,** and there is nothing more contagious than nervousness. A person with myopia, hypermetropia, or astigmatism, is a person under a strain. This strain shows in his voice, his walk, his manner, and makes the people with whom he comes in contact nervous.”

From the article Swinging, Better Eyesight, Vol. X, No. 7

“All cases of imperfect sight from myopia, or near-sightedness, become normal when the swing becomes normal. The same is true in cataract, glaucoma, diseases of the optic nerve and retina.”

From the article Simultaneous Retinoscopy, Better Eyesight, Vol. 1, No. 4

(Bold and underlined text by Carlos Moreno).

“By means of simultaneous retinoscopy it has been demonstrated that the refraction of the eye is never constant; that **all persons with errors of refraction have,** at frequent intervals during the day and night, moments of **normal vision** when their myopia, hypermetropia, or astigmatism, disappears completely; and that **all persons,** no matter how good their sight may ordinarily be, **have moments of imperfect sight** when they become myopic, hypermetropic, or astigmatic. It has also been demonstrated that **when the eye makes an effort to see, an error of refraction is always produced, and that when it looks at objects without effort, all errors of refraction disappear,** no matter how great their degree, or how long their duration. It has been further demonstrated that **when the eye strains to see distant objects myopia is always produced** in one or all meridians, and **when it strains to see near objects hypermetropia is always produced** in one or all meridians.”

Ibid.

“Under conditions of mental or physical discomfort, such as pain, cough, fever, discomfort from heat or cold, depression, anger, or anxiety, errors of refraction are always produced in the

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normal eye, or increased in the eye in which they already exist. In a dim light, in a fog, or in the rain, the retinoscope may indicate no error of refraction in eyes which ordinarily have normal sight; but a pilot on a ship on a rainy night usually has an error of refraction, because he is straining to see, and it is rare to find persons in positions of responsibility under unfavorable conditions with normal vision.”

Ibid.

“... myopia, hypermetropia and astigmatism are functional conditions, not organic, as the text-books teach, and as I believed myself until I learned better.”

Ibid.

“At the present time the number of doctors in different parts of the United States who understand the treatment of imperfect sight without glasses is altogether too few, and my efforts to interest them in the matter have not been very successful.”

From the Q & A section, Better Eyesight, Vol. X, No. 7

“Question — Is myopia hereditary?

Answer — No. It is, however, contagious in many cases. When parents are cured of myopia, their children may recover without treatment.”

“Question — How long does it take to cure an average case of myopia?

Answer — Some patients are cured more quickly than others. The length of time is uncertain, as patients differ in their response to treatment.”