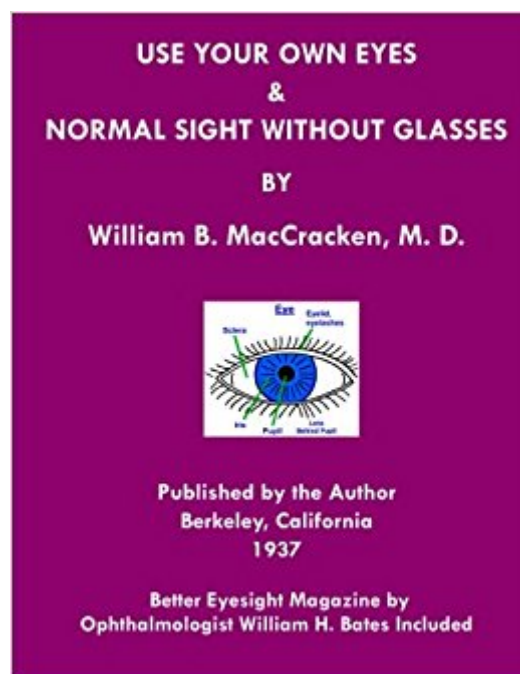




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# Use Your Own Eyes & Normal Sight Without Glasses: Better Eyesight Magazine By Ophthalmologist William H. Bates (Black & White Edition)



## Synopsis

William B. MacCracken, a Medical Doctor, trained in Natural Eyesight Improvement by Ophthalmologist William H. Bates. Dr. MacCracken cured his patients of unclear eyesight and other eye conditions with the Bates Method. This book contains MacCracken's two books and Bernarr MacFadden's book: Strengthening The Eyes - A System of Scientific Eye Training in 28 Lessons and Treatments from Ophthalmologist William H. Bates Better Eyesight Magazine. Additional Modern Natural Eyesight Improvement Treatments by Clark Night, Natural Eyesight Improvement Teacher. 20 Free E-BOOKS CONTAIN [Â cleareyesight-batesmethod.info/](http://cleareyesight-batesmethod.info/) ;+This Paperback Natural Eyesight Improvement Book in Color, with 100 pictures. Less reading, Easy to learn steps; Read the directions printed on the pictures for Fast Vision Improvement.+Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines -July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training.+Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates. Photo copy of all his Original Magazine Pages. (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.) Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement!+The Cure of Imperfect Sight by Treatment Without Glasses (Perfect Sight Without Glasses)by Dr. Bates (photo copy of all the original book pages) with pictures.+Medical Articles by Dr. Bates - with pictures. +Stories From The Clinic by Emily C. Lierman/Bates.+Use Your Own Eyes by Dr. William B. MacCracken.+Normal Sight Without Glasses by Dr. William B. MacCracken. +Strengthening The eyes-A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden - with pictures & modern training.+EFT Training Book.+Clear Close Vision - Seeing Fine Print Clear.+Ten Steps For Clear Eyesight without Glasses.+Astigmatism Removal Treatments. +New additional books.+Eyecharts - 15 Large, Small and Fine Print Charts for Clear Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts.+Audio and Video lessons in training chapters. 100 YouTube videos. Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs. The natural treatments they applied removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, retinitis pigmentosa, detached retina, wandering/crossed eyes (strabismus) and other conditions. See

'William H. Bates Author's Page' for entire Biography, Videos of internal book pages, description of the Paperback, 20 E-books. .com/William-H.-Bates/e/B004H9DOBC/ref=ntt\_atthr\_dp\_pel\_pop\_

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Tension in the mind is the cause of many abnormal physical conditions such as constant eyestrain, indigestion, insomnia, and even distinct diseases with muscle spasms & mental disturbances.

Above all, the brain itself with all its nerves, is dominated by the same impressions from the world it lives in, and is molded like the softest clay. Suppressions, conscious or unconscious, increase the abnormal conditions of tension, and we are constantly suppressing. And worst of all, we are thoughtlessly allowing abnormal and harmful influences to suppress the natural normal functions of our subconscious mind, & mislead us into complexes that are the causes of many diseased conditions. It is possible to relieve these abnormal conditions by the simple expedient of securing a state of relaxation of the muscles of the body. Without muscular relaxation there never is mental

relaxation. And when the muscles are relaxed mental relaxation is always present. There are different methods & varieties of technique by which this muscular relaxation may be secured. But they all must depend upon the same laws of psychology and physiology. It is necessary to enlist the cooperation of the subconscious mind. This can be accomplished by occupying the conscious mind so completely with some carefully chosen impression that the subconscious mind is also fully occupied with the same thought and purpose for a period of time. This method has been proved. It is scientific & successful. It requires, however, that the patient be receptive, earnest, and confident. The story in this book is founded on these truths. Vision is the most precious of the senses which feed the life and the happiness of the human. That vision should be allowed to degenerate into a crippled dependent upon a mechanical device is an ominous threat to the future of the race. If the mind can be roused into a consciousness of its loss, the recovery of the natural power of the eye will be the smallest of the glorious achievements that will come with the new life. It has been interesting to try to imagine the mighty spirits of the past contemplating the modern hosts that are helpless without their pieces of glass. How could those independent souls understand this new habit? How long will it be before the minds of children, who are beginning their lives, will be taught to use their own eyes, with the freedom and the power which belongs to them, and which will give them a new fullness of life? W. B. M. Berkeley, CA Feb., 1937

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