

Fourteen inches back

To improve the vision for the near-point, such as reading, hold your text fourteen inches from the eyes.

Blink twice to a line and read without glasses, deliberately; don't hurry.

Get a ruler and measure fourteen inches to get a clearer impression of how far the book is to be held from the eye.

Read as long as from five to ten minutes. Read as you write one word at a time, without reaching ahead.

Sample Text— Two of four pages

DISCOVERY

RELAX! That's right, Relax. The lack of relaxation is reported to be the cause of nine-tenths of defective sight. Rarely will you notice habitually relaxed people—even in their middle and senior years, wearing glasses.

Anger, rage, hostility, these tensions can of course affect the mine and pull the eyes out of focus, these two being essential to sight. Emotions, all of them, influences eye sight, and the eyes responds to emotional situations and mental situations is very fluid.

It is noted that straining (staring) to see is the cause of imperfect sight, not the result, but the cause.

Some near ninety percent of people over the age of forty-five use glasses, corrective lens, or other, all the time or for reading. Not to mention all the children who are fitted for glasses at ages seven through fifteen.

This app is for these people, and all people who wish to no loner use corrective lens. Whether you have just recently started or worn glasses for years—changing them every two to four years for stronger lens, this is for you.

If you no longer can read print at fourteen to sixteen inches from your eyes—the proper distance, or comfortably read numbers or text on your phone, and you are in your forties or fifties(or younger and you are starting to strain) this is a warning sign. You need intelligent attention. This app is for you too.

This is for children in hope that they may discard and never have to be fitted for glasses again!

[“And, finally, this is for those people, young or old, who have the humiliation of cross-eyes. Hundreds of cases of cross-eyes have been straightened by following the principles laid down in here.

It is not for people whose sight is defective because of organic disturbances, such as tumors, degeneration of the retina or of the optic nerve or of the visual centers in the brain—all such cases belong to an eye physician,

It is for all eye disorders for which glasses are fitted, all refractory troubles, And, too, for that fortunate and large group of people who have good or fair eyesight and wish to keep it or, better still, to improve it.” —

Dr. Harold M. Peppard ;Sight without glasses 1936]

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DISCOVERY

Before the techniques in this app were developed the way to handle eye ailments were corrective lens, operation or most likely both. This dates back for centuries— eye difficulty, go to the oculist get fitted for glasses. That was the stop gap. The eye was practically an undiscovered country then.

There were certain troubles the eye was heir to- nearsightedness, farsightedness, astigmatism, cross—eyes, cataract, glaucoma—and somewhere in middle age most people had to put on glasses to read. But what caused any of these things no one knew. Glasses helped eyes to see, But eye men knew nothing that would cure eyes and they didn't try to cure them. They tried to ease and aid them, but they didn't believe that they could be cured.

In the beginning of the twentieth century, a man, Dr. William Horatio Bates, of New York City, one of the outstanding eye specialists of his day, pushed ahead into that unexplored country and discovered something. Through research and experiment, he found out that most eye trouble could be cured, not just helped, that the underlying causes could, most of them, be removed and the eyes recover perfect health and normality like any other part of the body-unless some degenerative condition were present. The eye, however, is rarely the primary seat of a degenerative disease.

Having a scientific type of mind, he had looked for several years with decreasing favor upon the Helmholtz theory which was then, and still is, the theory accepted by most eye men. This theory is founded on the premise that it is a change in the shape of the eye lens that allows the eye to see at varying distances, in other words, one focuses by the changing of the shape of his crystalline lens.

Although a large percentage of eye troubles could not possibly be explained by this Helmholtz theory, it was, nevertheless, the only method of treating eyes for almost a century before Dr. Bates came on the scene with his theory that the eye adapts itself to varying distances not by changing the shape of its crystalline lens but by changing the shape of the eyeball itself. In other words, that the eye accommodates itself to varying distances by means of the extrinsic eye muscles with their varying pull on the eyeball.

If you look at an illustration of the eye, you will see that the eye, placed in the bony depression of the skull with a fatty pad back of the eyeball to cushion it, is operated by six muscles-one on either side, one at top, one at bottom, and two passing partly around the meridian of the eyeball, one at the top, one at the bottom. The first four are called the recti muscles and the last two, the oblique muscles.

When the eye focuses for distant objects, the pull or tension of the four recti muscles is increased and the eyeball is flattened out, shorter from front to back, longer from side to side.

On the other hand, if you want to read or look at any near point, the oblique muscles obey that desire by increasing their tension, squeezing the eyeball so that it becomes deeper from front to back and shorter from side to side,

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